

WHOLE SCHOOL WELLBEING DAY
FRIDAY 10th AUGUST

Dear Parents and Friends of Our Lady of the Rosary Primary School

HAPPY FATHER'S DAY

DID YOU KNOW that Father's Day was founded in the US by Sonora Dodd from Washington in 1910. Sonora's father was a Civil War veteran, William Jackson Smart, a single parent from Arkansas who selflessly raised six children. Sonora had heard about how Anna Jarvis had created Mother's Day in honour of her mother.

HAPPY
FATHER'S
DAY

I'd like to extend our very best wishes, thoughts and prayers to all our Fathers this Sunday.

*Dear God,
Bless all the fathers in the world
who have accepted the responsibilities of being a parent.
Guide them to be outstanding role models to their children.
Let them look to your example
and to parent with patience,
unconditional love
and understanding.*



*We thank you for the gift of good dads
and everything that they do for us.*

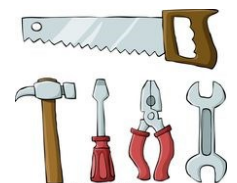
*Help them to have patience,
wisdom when we can't see the way,
strength when we need comforting,
and love at all times,
so that, through them,*

we get a little glimpse of how you feel about us.

*Our heavenly Father,
Amen.*



DAD



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Celebrating 140 YEARS
1880 - 2020

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OPTIMISM IN CHALLENGING TIMES

Optimists do better academically, socially and enjoy better health than pessimists.

Helping your child look on the bright side is a significant life skill to develop. When children think that they can succeed they are more likely to give things a try. In other words,



IF THEY THINK THEY CAN, THEY WILL.

Optimists look at the flip side of negative events for some good, some hope and some reason to be positive. It means having a strong self-belief and confidence to deal with situations.

There are five building blocks to optimism:

1. Trying and persisting
2. Practising
3. Having a positive view of failure
4. Planning and organisational skills
5. Having the confidence to try again

Importantly, these building blocks link optimism with competence so when children experience success they are more likely to believe that they can achieve and have more success.



Some children are natural optimists. They are born with optimistic temperaments and have natural dispositions to deal with challenges and problems. Others expect the worst and tend to see catastrophes where really small challenges exist.

Recent American research indicates that children learn their optimism from their experiences of success and through their interactions with parents, teachers and significant others in the first eight years of life.

So the way adults talk is significant in the way they shape a child's belief about success or failure. The message is clear that adults need to be aware how they present the world to children as our explanatory style (the way we explain events) is on show.

Optimists explain adverse events in the following ways:

1. Adverse events tend to be temporary: "It takes time"
2. Situations or causes are specific: "I am not so good at soccer" rather than "I am hopeless at sport."
3. Blame is rationalised rather than personalised: "I was grounded because I hurt my sister" rather than "I was grounded because I am a bad kid."

Pessimists have a tendency to build mountains out of molehills and give up before trying.



Remember, when children think that they can succeed they are more likely to give things a try.

DEVELOPING YOUR PASSION IN SHUTDOWN

We have all heard people urge us to “Follow your passion.” But what if you have no idea what you’re passionate about? And it pays to remember that the reality of following your passion is not always easy or quick. It takes effort and time to develop a direction in your life that you know if the one you want to follow forever, whatever it takes.



Perhaps what we should be doing is *developing our passion, finding out where our interests lie and exploring them.*

We can start by moving *towards what we are interested in. Career paths are developed, not discovered.*

Learning a new language could lead to a love of the food of that country and a career in cooking or writing or the outdoors. Learning to play the violin can lead to loving another instrument or enjoyment of the world of music.

Doing things you quite enjoy may lead to the one thing you are really passionate about. A first job can be an opportunity to begin the process. You may discover a talent for leadership or teaching others or keeping records or cleaning. Take the first steps and you have more chance of arriving at the destination you really want.

Look for purpose. That means realising that we are hard-wired not only to gratify our personal desires but also to care for others. We often find ourselves when we are helping others. Ask yourself, “What problem can I help solve? How can I contribute?” You can try writing down your answers. Psychologists have found that writing about your values helps to motivate you.

Keep an eye on the finishing line. Your first hobby or job may not last very long. You may try out lots of things before you discover your lifelong passion. You may even find several things that excite you at different times in your life.



But the more you do and learn, the more valuable skills and knowledge you will find and the more doors will open to you. The key is to give things a go and then give 100% to whatever you are doing. Life is a journey of learning and it can be surprising where we find the most important lessons.

Thought for the Week
***“Time is a precious thing.
Never waste it”***
Gene Wilder

Have a Blessed Week
Michael Siciliano
PRINCIPAL





From the Assistant Principal's desk...

Welcome to my desk. In each Newsletter I will provide general information, ideas and tips for parents in all key Learning Areas. If you have a particular question or query or anything you would like more information about, please let me know.



Thank you to all of the students and parents who participated so wholeheartedly in Book Week last week.

The teachers were so pleased to see so many students completing the activities during the week, participating in the Zoom Disco and dressing up for the virtual parade.

If you haven't seen the video we uploaded to Facebook on the weekend. Make sure you have a look.

Click on the link to watch.... [BOOK WEEK 2021](#)

WHOLE SCHOOL WELLBEING DAY ... DIGITAL FREE FRIDAY...



On Friday, 10th September we are going to set aside a day for all members of the community to REST. RECONNECT. RECHARGE.

On this day there will be no formal learning, no zooms, no compulsory tasks. The focus will be on **Wellbeing**.

The teachers will provide a grid of **choice activities** for the students to complete on this day. They will focus on the 5 elements of Well being. The students can take photos of themselves engaging in one of the tasks to share with their classmates the following week.

The staff will meet over Zoom to pray, reflect, reconnect and engage in some Professional Learning activities.

We hope this is an opportunity for families to take a break and spend some time together.

If at any time you are concerned about your child's well being please don't hesitate to contact their teacher.



From the *Acting Religious Education Coordinator,*

Sharing Our Faith

Below is a question for you to ask your child about their faith. This is an opportunity for Parents and students to engage in dialogue together. If you choose, it would be wonderful to see responses either written down, drawn or creatively depicted. These responses can be sent to the school email olorstmarys@parra.catholic.edu.au.



Question: How do we show our faith to those around us?

Mass Times

During the time of the pandemic, Our Lady of the Rosary Parish is livestreaming masses via their Facebook page at the following times:

Monday - Friday 6:30am
Saturday 8:00am & 6:00pm
Sunday 9:00am

We have included the link to the OLR Parish Facebook page



Father's Day Online Liturgy

This Friday, 3rd September we will be celebrating Father's Day with online class Liturgies. Please see your child's learning platform for zoom links on Friday. Each grade will be engaging in the Liturgy at the following times.



Kindergarten	11.15am
Year 1	12.00pm
Year 2	12.30pm
Year 3	12.45pm
Year 4	10.00am
Year 5	10.10am
Year 6	9.00am

Please join us in celebrating an important day for our Father's and influential men in our lives.

Prayer

In these difficult times we pray together as a community for those around us. May we come together to be stronger in God's love.

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
In your name, we pray.
Amen.



With thanks and God's Blessing,
Miss Beckhaus

HAPPY BIRTHDAY

Happy Birthday to the following children who have celebrated their birthday in the last 2 weeks.

Gum Ngong, Brandon Dababneh, Nygood Lual, Raymond Gai,
Daniel Sesay, Jyothi Cherukoori, Miguel Mendoza,
Sandra Chalouhi, Dianna Nweke, Brooklyn Gatehau,
Gabriella Pereira, Alic Quot



SOME PHOTOS FROM OUR ONLINE BOOK WEEK DAY

