

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

CHILDREN LOVE MINDFULNESS

Do mindfulness.

Your brain loves it.

Brains love mindfulness – probably even more than we love pictures of furry baby animals.

Mindfulness helps brains to be **calmer, braver and stronger** which helps you to be calmer, braver and stronger.



Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

When we practice mindfulness, our thoughts tune into what we're sensing in the **present** moment rather than rehashing the **past** or imagining the **future**.

Here's how it works.

Mindfulness strengthens the pathway between your **thinking** brain (the **prefrontal cortex**) and the **feeling** brain (especially the **amygdala**), making it easier to calm big feelings.

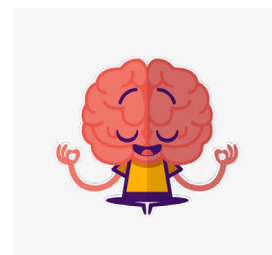
Mindfulness can also **improve concentration, learning, moods and sleep**.

Over time, it can help you to feel less stressed and anxious, happier, kinder, more able to focus and more in control of your feelings.

Brains are smart but all brains can read things wrong sometimes.

Just remember – there are no bad feelings.

All feelings deserve to be there, but sometimes what you do with your feelings can land you in trouble.



Celebrating 140 YEARS
1880 - 2020

A: 32B Saddington Street St Marys 2760 PH: 8856 8301

E: olorstmarys@parra.catholic.edu.au W: www.olorstmarys.catholic.edu.au

Our Lady of the Rosary Parish - Fr Brendan - 9623 1962

The feeling brain and the thinking brain need to work well together, but it doesn't always happen this way. When feelings are big, the feeling brain can take over. It can overwhelm the thinking brain and send it 'offline' for a while. This is the work of the amygdala – the fierce warrior part of your brain.

If you actually are in danger, having your amygdala take control can be a great thing. If there is a wild animal coming at you for example, your amygdala doesn't want you to think too long about whether the animal is lost, hungry or angry. It just wants you to get safe, so it sends the thinking brain offline until the 'danger' has passed.

Here's the problem. Amygdalas are doers, not thinkers, so they'll act first and think later.

An example of this is when you're not allowed to do something you really want to do. Your amygdala might hear that as a threat and send the thinking brain offline.

If your response is to yell or fight or lie, that can mean trouble. None of this means you can blame your brain when things go wrong. If your brain gets into trouble, you'll get into trouble, so you have to be the boss of your brain.

Feel your feels, but be smart about it. Things will always work out better when your **feeling brain and your thinking brain** are able to send strong messages to each other but to do that, you need to keep your thinking brain strong.

If you feel as though your amygdala is taking over and your thinking brain is about to tap out, strong, slow, deep breaths and mindful clouds will help.

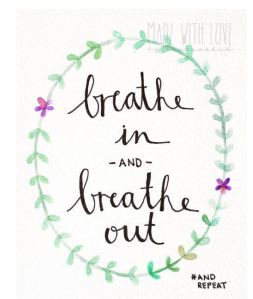
Mindful clouds

Get comfy and imagine your thoughts and feelings are forming into little clouds in front of your head. Let them float around gently and when you're ready, blow them away. As you blow the cloud away, feel some of that angry energy or sad energy leaving you. Keep doing this as different thoughts and feelings appear. It's okay if the same ones keep coming back. Just watch them in front of you, let them float around, then blow them gently away.



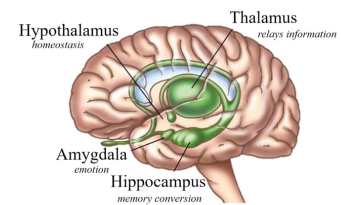
Breathe. In. Out. Lovely.

Strong, steady breathing is like a lullaby for your brain. Breathe out to get rid of all the air, then in for 3, hold for one, out for 3. Do this a few times to bring your thinking brain back online so you can calm your big feelings, make good decisions and be awesome. You might still feel sad, angry or anxious, but you'll be more able to respond in a way that is strong, brave and better for you. It's important to practise when you're calm, so the pathways can strengthen.



Here is a way to practise. Hot chocolate breathing: Imagine you're holding a cup of hot chocolate. Breathe out, then smell the warm, chocolatey smell for 3, hold it for one, then blow it cool for 3.

The Limbic System



THE “WE” ATTITUDE

Being a parent is a hard job, a complicated job and sometimes a lonely job. Probably, it's the most important job parents will ever have, because as their child's first teacher, they will make a difference for their child.

Parents have the opportunity to form a viable partnership with their child's teacher, because together they have a common goal: a successful school year for each child.

Teachers and Parents need to know that we are all on their side and if we aren't, we need to be able to express ourselves as to why not.

It's important to remember that parents and teachers are partners in helping each child achieve a successful transition through each grade.

This combined support is essential if the transition is to be a positive developmental experience for your child. A professional relationship with your child's teacher will make it easier for you to stay informed about your child's progress across all areas of schooling and to work together if problems arise during the year.

On occasion, you might find that your teacher has constructive criticism about your child; it's important to keep an open mind to the teacher's comments. It's important to consider all sides of the story.

The outcome should be the one that helps your child succeed at school. There needs to be a sensitivity that respects the teacher as a well-trained professional and respects the parents who have special knowledge of their child.

Teachers are dedicated and caring and want to be better teachers.

Jonathan Sarks, Rabbi and author of “The Politics of Hope”, said about them: “Teachers open our eyes to the world. They give us curiosity and confidence. They teach us to ask questions. They connect us to our past and future. They are the guardians of our social heritage. Life without a teacher is surely not a life.” Everyone likes to be appreciated and teachers are no exception. If we go for the “We” attitude and work with our child's teacher, then our child will benefit greatly.

God, our Father,
 bless us,
so that Your Spirit within us will give us
 a common bond as together
we take responsibility for the well-being of
 Your gift of creation to us.
We ask for strength and determination
to create more space in our lives for You,
so that by the example of our lives,
our children will be inspired
to follow Your ways.
Amen

Thought for the Week

*“Whatever troubles may be before you,
accept them cheerfully remembering who you are trying to follow.”
Mary MacKillop 1909*

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.

WINTER UNIFORM

In the next two weeks all students must transition to the full winter uniform. The photos below are an example of the uniform. Any additional items such as scarves, beanies and gloves should be close to the school colours.

SPORT UNIFORM

Track suit pants for boys and girls. (no tights) The school sports shirt. School Jacket. (no other jackets).

BOY'S UNIFORM

Long navy pants and long sleeved shirt for the boys.

GIRL'S UNIFORM

Long sleeved shirt with peter pan collar; School tunic; Navy stockings or socks. Hair tied back with bands in school colours.



A HUGE thank you to the members of the P&F for organising a very successful Mothers Day Stall. The children loved being able to choose from the beautiful gifts to take home to their mums. Thanks to the parents who helped in any way.

OUR LADY OF THE ROSARY SECOND HAND UNIFORM SHOP

Sincere thanks to all the parents who donate school uniforms to our second hand uniform shop as your child outgrows them. A timely reminder that second hand uniforms can be donated through the school office.

I would like to thank the wonderful and helpful Mrs Bijoux, who looks after our uniform shop, however we are in need of more helpers. If you are able to assist in this matter please contact the school office.

Our uniform shop is opened on Tuesdays from 9:15 - 10:15.

WHATS HAPPENING AT SCHOOL

Tuesday 11th May - Monday 17th May	⇒	NAPLAN - Years 3 & 5
Tuesday 11th May	⇒	7:30-8:30pm Parent Confirmation Meeting in Parish Hall
Thursday 13th May	⇒	7:30-8:30pm Parent Confirmation Meeting in Parish Hall
Friday 14th May	⇒	2:00pm Celebration of Learning
Tuesday 18th May	⇒	7:30-8:30pm Parent Reconciliation Meeting in Parish Hall
Thursday 20th May	⇒	7:30-8:30pm Parent Reconciliation Meeting in Parish Hall

HAPPY BIRTHDAY

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

Rhea Kumar, Thomas Foye, Rafqa Sakr, Amelia Young, Nuer Quot, Dau Deng, Prisha Hans, Tamanna Chaudhary, Shashwat Shukla, Josephine Cahill, Alake Deng, Krishnan Naicker, Atak Baak, Nathaniel Fajardo, Deng Lual, Lilith Goulding.



LIGHTHOUSE AWARDS

TERM 2 WEEK 2

Kindy	-	Taylan Karahasan
Year 1	-	Rishaan Chhabaria
Year 2	-	Sarina Maile
Year 3	-	Abigail Zarb
Year 4	-	Brooklyn Gatehau
Year 5	-	Samantha Cazar-Mungcal
Year 6	-	Tristan Pierre



EMMAUS CATHOLIC COLLEGE

Emmaus Catholic College will be holding an Open morning on Tuesday 25th May between 9.00 am and 9.45 am. If you or anyone you know are considering enrolment at Emmaus Catholic College, you are very welcome to attend. If you are unable to attend at that time and would still like to visit Emmaus, please contact our Enrolment Officers on 02 9670 8300 who will be very happy to assist you.

A MESSAGE FROM FR. BRENDAN

May 11 2021. 75th Anniversary Year.

Dear Parents, Friends and Staff,

Greetings to you all. I hope and pray that all are coping with the present situation, which is not without its blessings.

Sacraments:

You will have been advised of the Parent Information Nights this week and next week; this evening Tuesday May 11 and this Thursday May 13 at 7:30pm for the Sacrament of Confirmation; and Tuesday May 18 and Thursday May 20 at 7:30pm for the Sacrament of Reconciliation.

These meetings are in the Parish Hall, and will be brief, due to present circumstances.

Please note that there will be a limit of 50 Confirmation candidates this year, and preference will be given to the older children. It is presumed that the candidates are practising their Faith.

We are bringing the First Reconciliation programme forward this year, and transferring the First Communion programme to the second half of the year, as parents who have already applied have been advised.

These alterations are a consequence of the pandemic.

Church renovations:

The church refurbishment programme is presently running to schedule. Thankfully, the rain has held off sufficiently for the roof replacement to continue without interruption.

So far, too, the Masses at the MacKillop Centre have been blessed with good weather.

The scheduled date for the completion of the works is June 23.

Liturgical:

This Thursday May 13, feast of Our Lady of Fatima and feast of Saint Maria Domenica Mazzarello, co-foundress of the Salesian Sisters, is also in our parish the solemnity of the Dedication of our parish church, blessed and opened on May 13 1962. Next year we celebrate the 60th anniversary of our church.

Monday May 24 is the feast of Mary Help of Christians, patroness of Australia; and Tuesday May 25 is the anniversary of the death of the remarkable 'founder' of the Catholic Church in Australia, Father John Joseph Therry, who celebrated the first Mass in our parish in 1833 and who died in 1865.

God bless.

Fr Brendan.

Dear Parents and Caregivers,

Planning on Moving or Leaving OLR

This is a reminder that if you are moving or planning to leave OLR you are required to give the school a full-term notice as detailed in the agreement signed on enrolment at the School.

If this notice is not received, you will be charged by the Catholic Education Office a 10-week penalty fee. This does not apply if you are moving to another Catholic school in the Parramatta Diocese.

School Fees

Please be advised that Term 1 school fees are now overdue, and Term 2 are due on Wednesday 26 May 2021.

If you are on a payment plan then you simply stick with your Weekly, Fortnightly or Monthly payments until the end date.

If you would like to set up a payment plan, its not too late. Please contact Anne Rando in the school office.

PH - 88568301

If you are experiencing financial hardship and would like to talk about our options for school fees assistance, then again please contact Anne Rando in the school office. PH - 88568301

Diocesan Cross Country

On Tuesday 4th of May, students from OLR who qualified at our school cross country travelled to Sydney Motorsport Park in Eastern Creek to represent our school at the 2021 Diocesan Cross Country. Congratulations to all of the students involved on the day who competed with such drive and enthusiasm while demonstrating incredible sportsmanship. You have definitely made all of us at OLR very proud!

A particular thank you to the staff members who were involved and parents who volunteered on the day. We dearly appreciate it!

We congratulate the following students who were successful in progressing to the next round and have qualified for the 2021 Parramatta Diocesan XC team.

Rainne Acuna, Matthieus Acuna, Raemon Gatehau, Levi Montgomery and Ruby Montgomery.

These students will be part of the Diocesan team and will participate at the NSWCCCCPS Cross Country on Tuesday 8th June at Sydney MotorSports Park. We wish them the best of luck on that day!

