

TERM 1 FINISHES: FRIDAY APRIL 8, 2022
TERM 2 STARTS: TUESDAY APRIL 26, 2022
MONDAY APRIL 25 - ANZAC DAY HOLIDAY



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

YOUR CHILD'S WELLBEING

There is no silver bullet to caring for and growing your own and your children's **wellbeing**. Just like the dashboard in your car, no single gauge tells you how well your car is running, but rather it is a combination of all of the important information you possess.



A helpful acronym for wellbeing is **PERMAH**, and your own and your children's wellbeing relies on a combination of all of them.

A shortfall in one adversely affects the others, and in these current uncertain times, this could easily occur should we all not be vigilant. As James Baldwin said, "Some children have never been very good at listening to their elders, but they have never failed to imitate them."

Let's have a look at simple things you can do as a family to ensure each of the elements of PERMAH are healthy.

P – Positive Emotions + Gratitude: it is the frequency of positive emotions, not their intensity, which has the greatest influence on growing your own and your children's wellbeing. For everyone, social connection is the best way to achieve this. To self-generate positive emotions, try these things: exercise first thing every morning, text a friend who is struggling, aim to do three kind acts every day and Facetime grandparents.



E – Engagement + Mindfulness: your own negative mind chatter, which causes you to experience fight or flight responses will probably be the biggest thing for you to control and overcome. Remember your children are likely to imitate you. To focus yourself try: create positive I can and I will self-talk statement to combat the negatives, colour in for ten minutes and breathe deeply and slowly.



R – Relationships + Empathy: other people are the best antidotes for life's ups and downs. Use Zoom, Skype and Google Hangout for you and your children to see happy and smiling faces, break out Uno, Scrabble and other fun games to generate laughter, have fun cooking up hot cross buns, and do Wellbeing Fitness Challenges together.

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

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

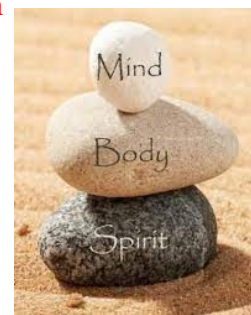
Our Lady of the Rosary Parish - Fr Brendan - 9623 1962

M – Meaning + Purpose: in these times, feelings of vulnerability are perfectly normal for both you and your children. To relieve these feelings, having a strong sense of purpose to focus on something bigger than yourselves to devote your energies to, will assist. As a family, make cards to drop in the letterboxes of elderly people in your street, make fun family videos, and as a family follow and learn about a caring charity.

A – Accomplishment + Optimism: to cultivate feelings of optimism in your family that together you can influence your own futures, set a goal at home every day. Try starting a vegetable garden with your children, paint a room or piece of furniture, do one extra sit up or push up, encourage your children to complete one thing at a time from their teachers or an online wellbeing activity.

H – Health + Strengths: to keep your own and your children's immune systems strong, focus on the big five – healthy fresh eating, one hour's exercise, at least 8 hours sleep, drinking plenty of water and looking on the bright side of life.

PERMAH has a number of wellbeing activities that can be shared as a family.

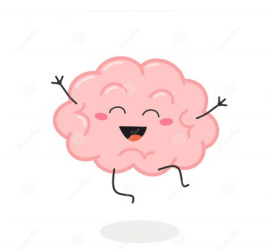


PUT YOUR BRAIN IN A GOOD MOOD

What gets your brain fired up? Believe it or not, a good mood. When you're in a good mood, your brain is more sensitive to new ideas and more creative.

The opposite is also true. A bad mood limits our brain to what we already know, the tried and the true, the logical and obvious.

When we're in a good mood, we feel safe and secure. We're more willing to take risks. When we are in a bad mood, we stick with what we know.



How can we make sure we are in a good mood – most of the time? First of all, we need to find ways to increase our happiness. There are four sure-fire ways to make us happier: a daily gratitude practice, a daily mindfulness practice, regular exercise and a good night's sleep.

Gratitude trains the brain to focus on the positive so we filter out negative thoughts.

Mindfulness teaches the brain to be calm and focused, giving our brain time and space for new thoughts and ideas. Take some time to be alone, with all devices switched off, spending quiet time.

Exercise lowers stress levels, increasing feel-good neurochemicals like dopamine. This lowers anxiety and improves our good mood.

A good night's rest increases energy levels, giving us the ability to meet challenges. When we sleep, the brain has time to find all sorts of hidden connections between ideas.

Gratitude, mindfulness, exercise and sleep are essential for the good mood that leads to peak performance. When life gets complicated, concentrate on these to get your brain fit and ready to deal with problems.



OLR Supervision Times

An important reminder that OLR school supervision:

- commences at 8:15am
- concludes at 3:25pm

Any parents who require supervision outside these times please contact one of our OSHC Centres. Details below:

- YMCA 1300 009 679
- St Clair OOSH 9670 5555
- Go Bananas 1300 226 262

SOS HELP NEEDED

We are currently inviting parents and friends to help when the weather improves with **weeding and trimming the school hedges**.

Please contact the school office if you can assist in this matter.

Phone: 8856 8301.



Thought for the Week

“God loves those best who help the weak become whole.”

Mary MacKillop 2.9.1906

Have a Blessed Week

Michael Siciliano

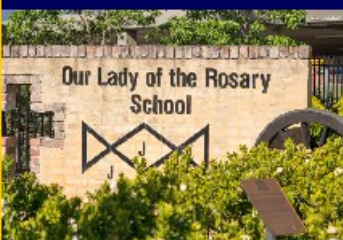
PRINCIPAL



OUR LADY
of the
ROSARY
PRIMARY ST MARYS

Enrolling now

WE ARE RESPECTFUL, SAFE
LEARNERS



ENROLMENT
FORMS ARE NOW
AVAILABLE AT THE
SCHOOL OFFICE

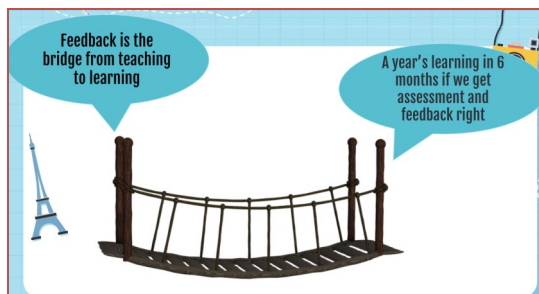
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From the Assistant Principal's desk...

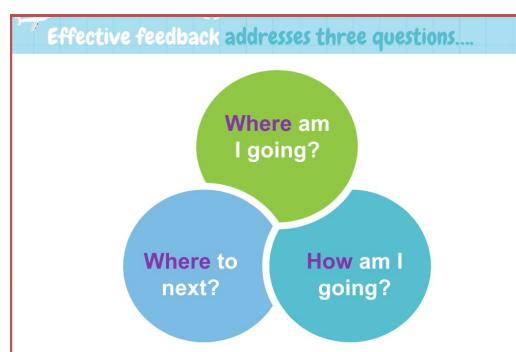
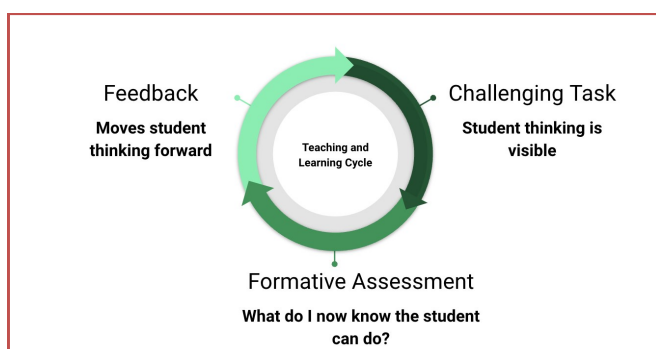
Staff Development Day

Last Friday the teachers engaged in some great learning in Mathematics. As a school, we are always looking at keeping up to date with the latest research on best practice in how students learn best.



We did some professional reading on the importance of effective Feedback and how it allows students to know and understand **where they are in their learning, how they are going and where to next.**

Our goal is for all of our students to act on Feedback given by their teachers in order to improve their own learning.



As reflective practitioners the staff observed that ... **Assessment and feedback work together to drive learning and teaching. Planning and programming can change daily based on assessment.** Did students learn what I taught? How do you know? Do I need to do something differently?

Here are the teachers being learners...



From the Religious Education Coordinator - Colleen Fuller.

Mass Times

Please check Sunday and Week-day Mass Times at the OLR Parish Facebook page.

The OLR church is open after renovations and after the Covid lock down with some small Covid safety procedures. The community is ready to welcome you. Please check the Facebook page for Mass Times and what is happening in the parish.

LENT: 40 days to grow in holiness.

WHY LENT? Lent is a time to renew and reflect on our life choices and discern whether we are living according to the Good News of the Gospel.

What more can each of us do to live a life of goodness and holiness?

Support of CARITAS is one way we invite you to contribute.

As you understand these contributions have become somewhat more of a challenge, because we need to ask for all contributions to be made online. To do this you will need to use the QKR app. You need to download this app. This same app is used at school when you buy things from the school office. Every dollar makes a difference to families in need.



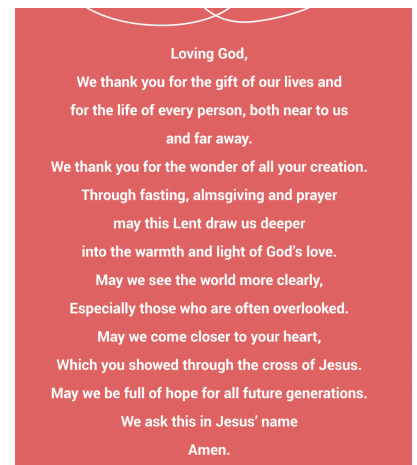
Thank you in anticipation of your assistance.

LENT IS a time of PRAYER, FASTING and ALMSGIVING - a time to grow closer to God and those in need of our love and support. It is also a time to be reminded of Catholic Social Teaching and what this means in our everyday life. In this season we work closely with Caritas to reach out to those in need.

[Caritas Australia is the international aid and development organisation of the Catholic Church in Australia.](#)

Each year, Project Compassion asks for our help during the six weeks of the Church season of Lent. We are currently in the Third Week of Lent.

We invite people from across Australia to help us raise much-needed funds who need our help yto morrisson



Attached is the Caritas Prayer that you may choose to pray with your family.

HOLY WEEK REMEMBERING - Monday Week 11

YOU ARE INVITED!

9:00am in the School Undercroft Area.

As a whole school we will gather, pray and remember the great story of Salvation when God became man and died for our sins. Each Grade will be presenting an aspect of the Holy Week story for our prayer.



WHATS HAPPENING AT SCHOOL

Tuesday 22nd March ⇒ Year 5 Practice Naplan Omnibus Test

Wednesday 23rd March ⇒ OLR Cross Country

Thursday 24th March ⇒ Year 5 Practice Naplan Writing Test
⇒ Year 3 Practice Naplan Omnibus Test

Friday 25th March ⇒ Year 5 Don Bosco

Friday 1st April ⇒ Year 6 Don Bosco
⇒ STAR Awards

Thursday 7th April ⇒ GOLD Awards

Friday 8th April ⇒ LAST DAY FOR TERM 1

BIRTHDAY TREATS

Please remember that we cannot hand out to children home-made or non-individually commercially packaged treats to children on their birthday. We suggest either a bag of freddos or similar or a bag of chips. The canteen does provide a birthday bucket of ice-blocks or jumpy's (see flyer at end of newsletter).

HAPPY BIRTHDAY

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

Taara Hariraam, Amajima Malek, Abang Deng, Larenz Wise,
Monika Dabra, Temidire Osuntubo, Ceana Paranís, Achol Ngor,
Reyan Ramí, Hanna Domjan, Alakier Akot, Aluel Quot,
Adriell Dela Calzada, Kieran Beatty, George Dib, Nikolina Tíak.



TERM 1 WEEK 6 LIGHTHOUSE AWARD RECIPIENTS

Kindy - Lauren Sein
Year 1 - Chol Aleu
Year 2 - Sabine Moises
Year 3 - Faith Atonio
Year 4 - Christina Thomas
Year 5 - Elisha El-Chami
Year 6 - Elijah Cahill



COLOURING COMPETITION

Ray White Real Estate are running a Easter Colouring Competition.

The competition closes **Friday 8th April**, so enter now for the chance to win one of three family passes* to the Sydney Royal Easter Show!

Winners will be announced on Monday 11th April.

To enter, come to the school office and collect a colouring sheet. Once completed you can either email your entry to georgia.vassallo@raywhite.com or hand it in their office at 200 Queen Street St Marys.

* Tickets are for entry on Easter Monday (18th April 2022).



Colouring Competition



2-DAY SUPER CAMP
April 2022

WHERE EVERY CAMPER'S
TREATED LIKE A ROCK STAR

Duration: 2-days Age: Kindy - Yr 6 Time: 8.30am - 3.30pm daily

EXPERIENCE: 12 HYBRID SPORTS | 6 SUPER SESSIONS | AMAZING COACHING
AT A LOCATION NEAR YOU #noonedoesitlikemotiv8sports

CREATIVE KIDS
REGISTERED PROVIDER
Claim your \$100 voucher here
NSW

ST NICHOLAS NETBALL TEAM

St Nicholas Netball Club is looking for players turning 6 or 7 this year to join our club. You'll learn how to play at training and during games held on Saturday morning at Jamison Park Penrith. Games are always played at 9 am.

Please contact us by email stnicholasnetball@gmail.com or phone 0427606605.

Limited vacancies in other grades as well

2022

AVAILABLE FROM YOUR CANTEEN

BIRTHDAY BUCKETS

CHOOSE FROM 3 BUCKET OPTIONS:

COVID SAFE BIRTHDAY
TREAT SENT TO
CLASSROOM WITH
LUNCH ORDERS!
(SERVES 30)



\$25



FROZEN
MOOSIES



QUELCH
STICKS

CHICKEN
JUMPY'S

Orders To Be Made Through Spriggy By 9am On The Day

www.spriggyschools.com.au



GO4FUN

HEALTHY ACTIVE HAPPY KIDS

FREE family healthy lifestyle program for 7 - 13 year olds to become fitter, healthier & happier

Go4Fun Springwood

Thursdays | 5:00PM-7:00PM | Starts 28 April

Penrith YMCA

Go4Fun Jamisontown

Wednesdays | 4:30PM-6:30PM | Starts 27 April

Springwood Uniting Church



TO REGISTER: FREE CALL

1800 780 900

SMS 0409 745 645 for a call back

Register online at www.go4fun.com.au



HEALTHYEATING
ACTIVE LIVING

GO4FUN

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What happens at Go4Fun?

Go4Fun is a ten week healthy lifestyle program for kids aged 7-13 who are above a healthy weight, and their families. Sessions run once a week for two hours after school, during term.

Supermarket tour
& goal settings

Parent/carer
support



Learn about healthy
eating for the kids &
family!

Make new friends



Whole of family
approach

Manage
screen time

Get active
Fun games
and activities!



Build confidence
& improve self-
esteem

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HEALTHYEATING
ACTIVE LIVING



HEALTHYEATING
ACTIVE LIVING