

MASS TIMES: Saturday Vigil 6.00pm, Sunday 8.00am and 9.30am. All welcome!

2014 - Celebrating 35 years of Catholic Education

9th October 2014

DIARY DATES

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| Friday 10 October |
| Yr 6 Touch Football Gala Day |
| Tuesday 14 October |
| Parent Information for Reconciliation, 7.00pm |
| Wednesday 15 October |
| Parent Information for Reconciliation, 7.00pm (Repeat session) |
| Friday 17 October |
| Yr 3 & 4 CSIRO Incursion |
| Saturday 18 October |
| Commitment Mass for Reconciliation, 6.00pm |
| Sunday 19 October |
| Commitment Mass for Reconciliation, 9.30am |
| M/T/W 20/21/22 October |
| Year 5 Camp |
| Tuesday 21 October |
| Diocesan Basketball Gala Day 7.30pm P & F Meeting |
| Saturday 25 October |
| Working Bee Enrolment Mass for Reconciliation |
| Wednesday 29 October |
| Kinder 2015 Orientation |
| Friday 31 October |
| World Teachers Day Gymnastics Competition P & F Disco |
| Sat/Sun 1/2 November |
| Sat – All Saints Day Sun – All Souls Day Weekly Parish based lessons - Reconciliation |
| Sat/Sun 8/9 November |
| Weekly Parish based lessons – Reconciliation |
| Monday 1 December |
| Christmas Concert led by Andrew Chinn, 7.00pm |
| Tuesday 9 December |
| Year 6 Farewell Mass, 7pm |
| Mon 24th Nov – Fri 5th Dec |
| Swimming Program Yrs K-4 |
| Friday 12 December |
| Year 6 Social, 6pm |

Dear Parent, Carers, Students & Friends,

I hope you have all had a restful break and some quality time with your loved ones. As a parent of a beautiful son and husband of a wonderful wife, I cherish the times I can spend with them. It is at these times that I truly appreciate the wonderful gift of life.



A Parent's Prayer

Loving God,
You are the giver of all we possess, the source of all of our blessings.

We thank and praise you.
Thank you for the gift of our children.

Help us to set boundaries for them, and yet encourage them to explore.
Give us the strength and courage to treat each day as a fresh start.

May our children come to know you, the one true God, and Jesus Christ, whom you have sent.



May your Holy Spirit help them to grow in faith, hope, and love,
so they may know peace, truth, and goodness.

May their ears hear your voice.
May their eyes see your presence in all things.
May their lips proclaim your word.
May their hearts be your dwelling place.
May their hands do works of charity.
May their feet walk in the way of Jesus Christ, your Son and our Lord.
Amen.

As you all know Sue is on a Pilgrimage with many of her colleague Principals and is having a wonderful time. She has already travelled to Athens, Corinth, Kalambaka, Thessaloniki, the Turkish city of Izmir, Ephesus, Troas and Canakkale. Then her journey took her to the Gallipoli Peninsula to visit Anzac Cove. She has just arrived in Rome, the eternal city, where she will join the Holy Father. She sends her love to you all.

New Fencing

You may have noticed that our school has new security fencing around the entire site. We thank Catholic Education Diocese of Parramatta for their funding of the new fencing and in particular Mr Michael Pruscino, our Facilities Officer, for supporting us through the process.

During school hours the only entry into the school will be via the Troy Street car park. We ask that between the hours of 9.00am and 2.30pm you use the intercom to enter the school grounds. This is to provide a secure environment for all of our children. We thank you for your understanding and appreciation of the importance of this for our school.

Sunday Stage Masses

Father PJ has invited the children at Our Lady of the Way to celebrate Sunday Mass with the community in the coming weeks. This is a wonderful opportunity for us as a community to celebrate Mass together. The first Mass will be a Stage 3 Mass on 2nd November at 9.30am. The Stage will be responsible for many parts of the Mass including; Altar Servers, Prayers of the Faithful, Offertory Procession and a Communion Hymn. The Stage 2 Mass will be on Sunday 16th November and finally the Early Stage 1/ Stage 1 Mass will be celebrated on Sunday 30th November. We encourage all children, parents, family and friends to join with us as we celebrate as a Catholic faith community.

OLOW Working Bee

We have organised a Working Bee for Saturday 25 October between 8.00 and 12.00. We appreciate that many people have sporting and other commitments, however, all we ask is an hour or two of your time to tidy up our grounds; restore a few garden beds, weed, mulch, mow and do a general clean up.

Please come along and help us in any way. A separate note will be sent home next week so that we can organise our plan of action. We will be offering refreshments during the Working Bee and concluding with a sausage sizzle.



Social Media at OLOW

Social Media in our society is a powerful tool. Used correctly it has many wonderful advantages. We, as a school, have a Facebook page and a Twitter account that informs parents and friends of the happenings at OLOW. It provides information and celebrates events and learning.

Used incorrectly, Social Media can result in bullying, lifetime hurt and distress, and sometimes death.

13 is the minimum user age required by Facebook, Instagram, Youtube, Tumblr and Twitter.

Kik recommends that users are 17 years or older.

Your child will be using technology for the rest of their lives – you are in the great position of being able to get them off to a safe and positive start. Nothing replaces parental supervision and education of our children about cyber safety and the correct use of Social Media.

Finally - Did anyone watch the football on Sunday night? What a game! What a team! What a journey! I mentioned to the children on Tuesday morning that South Sydney spent years losing, picking themselves up again and again then finally winning a championship. They did it this year because the players believed in themselves and each other. They developed the skills required to succeed. They showed grit, determination, focus, influence, empathy and teamwork. Many of the qualities we see every day in the students and staff at Our Lady of the Way.



Have a great week,

Go the Bunnies!!!!

Michael Mifsud

Assistant Principal

VERY IMPORTANT DATES THIS TERM!!!

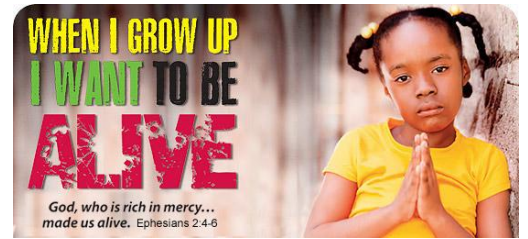
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| Sunday 2nd November | 9.30am - Stage 3 Mass (Yrs 5 & 6) |
| Sunday 16th November | 9.30am - Stage 2 Mass (Yrs 3 & 4) |
| Sunday 30th November | 9.30am - Early Stage 1/ Stage 1 Mass (Kinder, Yrs 1 & 2) |
| Monday 1st December | Advent/Christmas Celebration, 7.00pm |
| Tuesday 9th December | Year 6 Farewell Mass, 7.00pm |
| Friday 12th December | 9.15am End of Year Thanksgiving Mass Year 6 Social Night (courtyard/hall) |
| Thurs/Fri 19/20 December | Staff Development Days |

RELIGIOUS EDUCATION NEWS

Catholic Mission

When I grow up I want to be... Alive

This term the students at OLOW as well as parishioners and other school children across Australia are invited, as part of the Catholic Mission World Mission Appeal, to reach out to support the crucial work of the Jamaican Catholic Church in helping people turn away from violence and crime to seek a new future through the power of education and the spirit of Jesus Christ. Sadly Jamaica is a nation deeply troubled by violence and crime. With the second-highest rate of gun-killings anywhere in the world, communities across Jamaica live in constant fear. To just be alive might seem like a simple dream to us, but for many of the Jamaican youth born into the ghettos, they know chances are high that they will never achieve their dreams or that their life will be cut short as a result of the violence. Together we can help the youth of Jamaica, and throughout the world, grow up to be fully alive, and achieve their dreams of a positive and hope-filled future.



Olivia Boulous in Year Four, will be raising money for Catholic Mission by holding a Jellybean Guessing

Competition (50c a guess) in Weeks 2 and 3 outside the office during break times. Olivia has had the initiative to come up with this idea on her own as she saw the need to raise money to assist people who are less fortunate than ourselves.



OCTOBER THE MONTH OF THE ROSARY

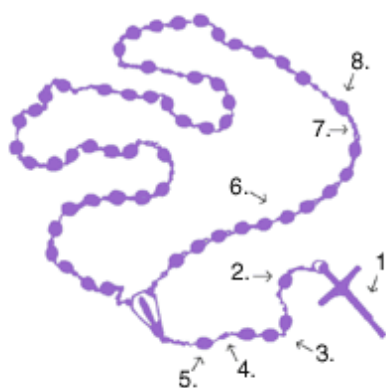
October is traditionally the month of the Holy Rosary, in which we are reminded of the importance of uniting our prayers with the Mother of God and conforming ourselves to Christ as revealed in the mysteries of His life.



The Rosary is a prayer we pray in which we remember events of Jesus' life and Mary's part in this. There are four groups of these events, which are called mysteries. They are the Joyful Mysteries, which are about the incarnation and birth of Jesus; the Mysteries of Light, about the public life of Jesus; the Sorrowful Mysteries about suffering and death of Jesus, and the Glorious Mysteries about Jesus' triumph over death through his resurrection.

We pray the Rosary by repeating the 'Hail Mary' many times in sets of ten; each set is called a decade. Each time we say the rosary, we pray five decades.

How to Pray the Rosary



1. Make the Sign of the Cross and pray the Apostles' Creed.
2. Pray the Our Father.
3. Pray three Hail Marys.
4. Pray Glory Be to the Father.
5. Announce the mystery for reflection and pray the Our Father.
6. Pray the 10 Hail Marys.
7. Finish the decade with the Glory Be to the Father.

In this month of October, let us consider this beautiful prayer of the Rosary as a means that we too can use in order to draw closer to Jesus and Mary.

PARENTING BEHAVIOURS

Dr. Tim Elmore is a leading expert recently in an article for Forbes Magazine (January 2014) shared his thoughts about the 7 'not so useful' parenting behaviours he believes that keep children from becoming leaders of their own lives.

1. We don't let our children experience risk

We live in a world that warns us of danger at every turn. The "safety first" preoccupation enforces our fear of losing our kids, so we do everything we can to protect them. It's our job after all, but we have insulated them from healthy risk-taking behaviour and it's had an adverse effect. Psychologists in Europe have discovered that if a child doesn't play outside and is never allowed to experience a skinned knee, they frequently have phobias as adults. Kids need to fall a few times to learn it's normal; teens likely need to break up with a boyfriend or girlfriend to appreciate the emotional maturity that lasting relationships require. If parents remove risk from children's lives, we will likely experience high arrogance and low self-esteem in our growing leaders.

2. We rescue too quickly

Today's generation of young people has not developed some of the life skills kids did 30 years ago because adults swoop in and take care of problems for them. When we rescue too quickly and over-indulge our children with "assistance," we remove the need for them to navigate hardships and solve problems on their own. It's parenting for the short-term and it sorely misses the point of leadership—to equip our young people to do it without help. Sooner or later, kids get used to someone rescuing them: "If I fail or fall short, an adult will smooth things over and remove any consequences for my misconduct." When in reality, this isn't even remotely close to how the world works, and therefore it disables our kids from becoming competent adults.

3. We rave too easily

The self-esteem movement has been around since Baby Boomers were kids, but it took root in our school systems in the 1980s. Attend a junior soccer game and you'll see that everyone is a winner. This "everyone gets a trophy" mentality might make our kids feel special, but research is now indicating this method has unintended consequences. Kids eventually observe that Mum and Dad are the only ones who think they're awesome when no one else is saying it. They begin to doubt the objectivity of their parents; it feels good in the moment, but it's not connected to reality. When we rave too easily and disregard poor behaviour, children eventually learn to cheat, exaggerate and lie and to avoid difficult reality. They have not been conditioned to face it.

4. We let guilt get in the way of leading well

Your child does not have to love you every minute. Your kids will get over the disappointment, but they won't get over the effects of being spoiled. So tell them "no" or "not now," and let them fight for what they really value and need. As parents, we tend to give them what they want when rewarding our children, especially with multiple kids. When one does well in something, we feel it's unfair to praise and reward that one and not the other. This is unrealistic and misses an opportunity to enforce the point to our kids that success is dependent upon our own actions and good deeds. Be careful not to teach them a good grade is rewarded by a trip to the mall. If your relationship is based on material rewards, kids will experience neither intrinsic motivation nor unconditional love.

5. We don't share our past mistakes

Healthy teens are going to want to spread their wings and they'll need to try things on their own. We as adults must let them, but that doesn't mean we can't help them navigate these waters. Share with them the relevant mistakes you made when you were their age in a way that helps them learn to make good choices. (Avoid negative "lessons learned" having to do with smoking, alcohol, illegal drugs, etc.) Also, kids must prepare to encounter slip-ups and face the consequences of their decisions. Share how you felt when you faced a similar experience, what drove your actions, and the resulting lessons learned. Because we're not the only influence on our kids, we must be the best influence.

6. We mistake intelligence, giftedness and influence for maturity

Intelligence is often used as a measurement of a child's maturity, and as a result parents assume an intelligent child is ready for the world. That's not the case. Some professional athletes and Hollywood starlets, for example, possess unimaginable talent, but still get caught in a public scandal. Just because giftedness is present in one aspect of a child's life, don't assume it pervades all areas. There is no magic "age of responsibility" or a proven guide as to when a child should be given specific freedoms, but a good rule of thumb is to observe other children the same age as yours. If you notice that they are doing more themselves than your child does, you may be delaying your child's independence.

7. We don't practice what we preach

As parents, it is our responsibility to model the life we want our children to live. To help them lead a life of character and become dependable and accountable for their words and actions. As the leaders of our homes, we can start by only speaking honest words – white lies will surface and slowly erode character. Watch yourself in the little ethical choices that others might notice, because your kids will notice too. If you don't cut corners, for example, they will know it's not acceptable for them to either. Show your kids what it means to give selflessly and joyfully by volunteering for a service project or with a community group. Leave people and places better than you found them, and your kids will take note and do the same.

More from Tim Elmore at <http://growingleaders.com>

Please contact me at mmifsud@parra.catholic.edu.au if you have any questions relating to the **OLOWCURRICULUMSPOT**.

LEARNING NEWS

Rotary "Service Above Self" Award



Congratulations to Max Prendergast in Year 6 for receiving the Rotary "Service Above Self" Award.

On Tuesday the 16th of September, my family, teachers and I attended the Rotary "Service Above Self" Awards at Leonay Golf Club. Once everybody had arrived the President of the Rotary Club said a few words about the students and their achievements. He also spoke about the teachers and how they have supported the students in their school years. The President also acknowledged the parents and how they have raised their child and taught them all they know.

I would like to thank my teachers for nominating me for this award. It was a very special night.

Max Prendergast.

SPORTS NEWS

AFL – Preliminary Final

The Auskick program provided the opportunity for 9 students from Stage 2 to participate in the half time entertainment at the Sydney Swans Preliminary Final on the 19th September at ANZ Stadium. The students displayed great skill and sportsmanship on the night. Thank you to the parents who were able to attend with their child. It was a very exciting and wonderful opportunity for the following students – Lachlan Armour, Lachlan Aitchison, Noah Clifford, Flynn Starr, Joshua Phillips, Patrick Urquhart, Kyan Roach, Ben Robinson and Jayden Roots.

We had a good night at the AFL because we got to see one of our favourite players Adam Goodes. Our team won the friendly game and the four of us each scored a goal. We worked well together as a team. Thank you to Mr & Mrs Scott for helping us on the night.

Patrick Urquhart, Kyan Roach, Ben Robinson, Jayden Roots.



NSW Netball Cup State Finals

On the 16th of September nine OLOW girls competed at the NSW Netball Cup State finals. We won two games and lost two games, we came 5th in NSW. We would like to thank Mrs McKeon for organising this day and all of her hard work throughout the competition. We would also like to thank Mrs Whiteley for training us to prepare for all the games. We wish to congratulate our fellow teammate Jasmine Ridding who won two tickets to an upcoming Australian Diamonds match. We thank our parents and grandparents who were there to support us throughout the competition.

Congratulations to Ruby Lowe, Jasmine Ridding, Alanah Eisenhuth, Bridie Witjes, Shae Healey, Madison Whiteley, Kate Charlton, Maddison McCarry who joined our team for the State finals, Laura Patterson and Alyssa Procter. We thank everyone who supported us and especially Mrs McKeon for this amazing opportunity. We had a great experience and loved being able to raise money for the Kids Cancer Project. The NSW Netball Cup was not only a chance for schools across the State to compete but also an opportunity to raise money for young people who suffer from cancer.



Alyssa Procter and Laura Patterson

NSW Netball Cup State Final



Last term the girls competed in the state final of the NSW Cup at Lidcombe. Their opponents included teams from Orange, Wauchope and Gerringong. All the games were very close and our girls demonstrated outstanding skill and sportsmanship. To reach this level of competition is a remarkable achievement and the girls should be very proud of themselves. The girls were pleased to support The Kids Cancer Project which was the charity partner of NSW Netball. Take a look at the NSW Netball website as it features the OLOW girls and their families. A special thank you to Mrs. Whiteley for coaching the team and to the Patterson family for the team's uniform. Well done girls!

Chess Competition

Congratulations to the students who participated in the one day Chess Tournament at Our Lady of the Way School last term. The students competed against other schools and were involved in a wonderful day of fun and skill. Well done Noah Clifford, Lachlan Armour, Lachlan Aitchison, Kenny Mangan, Max Prendergast, Hunter Storr, Brendon Kruzic, Bailey Gregory, Ethan Dempsey, Kennedy Storr, Patrick Urquhart, Jayden Roots, Michael Moore, Drew Stevens, Emile Haddad, Jack Mercieca, Blake Skinner, Jeremy Skinner. Check out all the photos on facebook.

2014 Mackillop Athletics Trials



Last term Emilia Di Prinzie, Ruby Lowe and Bridie Wijes represented our school and the Parramatta Diocese at the Mackillop Athletics Trials at Homebush last term. Both Ruby and Bridie achieved significant personal bests and were very pleased with their results. Emilia finished 2nd in the Junior Para Athlete shot put and will now represent Mackillop at the PSSA Athletics championships next week. This is a significant achievement for Emilia and she deserves to be very proud of herself. We wish Emilia all the best and congratulate all three girls on their success.

Anne-Maree McKeon

GENERAL INFORMATION

Validations Forms

Thank you to everyone who returned their contact details last term. A validation form has been sent out from Catholic Education Office, this only needs to be returned if there are any variations.

Enrolments For 2015

We understand that family circumstances change and that children sometimes need to change schools. If you know that you will not be attending OLOW in 2015 please advise Mrs Veling and complete a notification of leaving form that is available from the school office.

Please note that concerns regarding financial difficulties **are not** a reason for seeking another school, as the Catholic Education Office and Our Lady of the Way can and will assist families with meeting these costs when genuine financial difficulties arise.

We have very healthy enrolments for all classes in 2015, and some children on waiting lists, so in fairness to these families we ask you to let us know if you are changing schools.

If you know of anyone considering a Catholic school education for their child here at OLOW from 2015, in any grade, please encourage them to contact us as soon as possible to assist us with our planning for 2015.

Summer School Uniform

Please note that all students should be in their full summer uniform for Term 4. The summer uniform requirements are listed below.

| <i>Girls' Summer Uniform</i> | <i>Boys' Summer Uniform</i> |
|---|---|
| Green and white check dress with green, white or gold hair accessories | Grey 'blocker' school style shorts (cargo style or corduroy are not permitted) & mint short sleeve shirt with school logo |
| Plain white ankle socks (not anklet socks) | Grey ankle socks (not anklet socks) |
| Bottle green jumper, zip jacket or school sloppy joe with school emblem | |
| Black leather school shoes (no black joggers) | |
| Bottle green school hat with school emblem | |

Hairstyles

A number of boys are coming to school with inappropriate haircuts. School is not a place to display the latest fashion trends. Boys' haircuts should be a conventional cut, the same length all over using a minimum number 3 or 4 blade. Gel and hairspray should not be used to make spikes.

Sports Shoes

If you are buying your child a new pair of sports shoes for school, please make sure they are white (predominantly) with white laces.

Uniform reminders will be sent home to parents whose children come to school with inappropriate haircuts and who wear the incorrect uniform.



Be SunSmart



Our Lady of the Way is a Sun Smart School and we encourage all students, parents and teachers to Slip. Slop, Slap, Seek and Slide all year round.

Australia has the highest rate of skin cancer in the world. Two in three Australians (2 in 3 men and 3 in 5 women) will develop some form of skin cancer before the age of 70. Over 440,000 Australians are treated for skin cancer and more than 1800 Australians die each year from skin cancer.

Nearly all skin cancers can be prevented by protecting yourself from the sun.

OLOW has a 'No Hat - No Play' policy.

All Students & Teachers wear a school hat when they are outdoors.

*(Sporting activities, Before school, First Break,
Second Break & After school)*

*We encourage all parents to also be SunSmart by wearing a hat when dropping off
or picking up your children and during any outdoor school activities.*

P&F NEWS



Our Lady of the Way School Disco
will be held on

Friday 31st October

Next P&F Meeting

Date: Tuesday 21st October

Time: 7:30pm

Venue: The school library

All Welcome!



CANTEEN NEWS

Crunchy Munchy Café Meal Deals \$ 4.50

Available until **Friday 17th October**

Meal Deal 1

Egg & Lettuce Roll, Fruit Crisps & Small Water Bottle

Meal Deal 2

Traveller Pie, Juice Popper and Zooper Dooper

HAPPY 10th Birthday Dam Fest
WARRAGAMBA NSW

Sunday 19th October 2014

Car & Bike Show

Wet Bar

Animal petting zoo

Amusement rides

Market stalls

Emergency Services displays and demonstrations

Live entertainment by "Jake Rattle 'n Roll"

Helicopter joy flights over the catchment

www.damfest.org.au 02 4774 1273

Saturday 25th to Sunday 26th
October 2014
9:30am - 4pm
Adults \$5 • Concession \$4 • Children \$2

26th Annual Doll Bear Craft Show

FEATURING:

- Unique Handmade Products
- Dolls and Accessories
- Wooden Toys and Furniture
- Doll's Houses and Supplies
- Teddy Bear and Making Supplies
- Aromatherapy • Jewellery, Craft

For more information call 4731 3000 or visit www.museumoffire.com.au

MUSEUM OF FIRE
Please Don't Smoke

Museum of Fire, 1 Museum Drive Penrith, The Museum of Fire is a Registered Charity

FOR SALE OLOW

SPORTS SOCKS

Good quality, white, ankle-length sports socks, with the OLOW insignia.



Available from school office - \$10 a pair.

**SMALLER SIZE
NOW IN STOCK**



XXS: CHILD 3-8 (APPROX. TOE TO HEEL 13CM)

XS: CHILD 9-12 (APPROX. TOE TO HEEL 15CM)

S: CHILD 13-3 (APPROX. TOE TO HEEL 18CM)

M: YOUTH 2-7 (APPROX. TOE TO HEEL 21CM)

L: ADULT 7-11 (APPROX. TOE TO HEEL 24CM)