

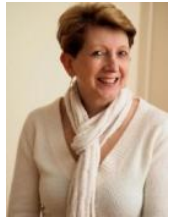
## DIARY DATES

<b>Friday 31 March</b> Disco Infants – 5.30 to 6.30pm Primary – 7.00 to 8.30pm
<b>Friday 7 April</b> Last Day for term 1
<b>Monday 24 April</b> <b>PUPIL FREE DAY</b>
<b>Wednesday 26 April</b> Term 2 Begins ANZAC Day Prayer, 10.15am P&F Meeting, 7.00pm
<b>Thurs/Fri 27/28 April</b> Year 6 in Canberra
<b>Wed 3 / Thurs 4 May</b> Eucharist Parent Information Evening, 7.30pm (repeated)
<b>Tues-Thurs 9-11 May</b> NAPLAN
<b>Thursday 11 May</b> Mothers' Day Stall
<b>Friday 12 May</b> Mothers' Day Mass and Devonshire Tea
<b>Monday 15 May</b> School Photos
<b>Sat/Sun 20/21 May</b> Eucharist Enrolment at Mass
<b>Wednesday 24 May</b> Feast of Mary Help of Christians Prayer
<b>Saturday 27 May</b> Parish Trivia Night
<b>Wednesday 31 May</b> P & F Cookie Dough Promo
<b>Wednesday 14 June</b> Eucharist Rehearsal, Group 1
<b>Sunday 18 June</b> First Eucharist, Group 1
<b>Wednesday 21 June</b> Eucharist Rehearsal, Group 2
<b>Friday 23 June</b> Feast of Sacred Heart Mass, 9.15am
<b>Sunday 25 June</b> First Eucharist, Group 2
<b>Mon/Tues 24/25 July</b> Year 4 CARES Visit
<b>Wed/Thurs 26/27 July</b> Confirmation Parent Information Evening, 7.30pm
<b>Sat/Sun 12/13 August</b> Eucharist Enrolment Masses
<b>Friday 18 August</b> <b>PUPIL FREE DAY</b>
<b>Friday 1 September</b> Fathers' Day Breakfast and Prayer, from 7.00am
<b>Thursday 21 September</b> Grandparents' Day
<b>Sunday 22 October</b> <b>LOW SCHOOL FETE</b>

Dear Parents, Carers, Students & Friends,

Parenting best practice, backed by research and clinical experience, helps parents reshape kids' challenging behaviour, create strong family bonds, and guide children toward becoming happy, kind, and responsible adults. Effective strategies include:

- ✚ Great parents do what they say they are going to do
- ✚ Great parents see that actions speak louder than words
- ✚ Great parents are transparent about their decision-making process.



One easy-to-implement tip is replacing the word 'but' - which can have negative connotations - with 'and', which sounds more agreeable. For instance, instead of saying "That was a good job but you missed out an important part", you could say "You did a great job and you could consider this part too".

Another technique is to pivot. This means to use words that get your point across in a more positive way. Pivoting is the art of saying yes instead of no, and meaning the same thing. For instance, "No, we can't go to the park until after you have a nap" may get a better response if pivoted to "Yes, we can go to the park as soon as you've finished your nap".

It's best to avoid labels. If your son is reluctant to join an activity, resist commenting to other adults that "He's just shy". Acting shyly is a behaviour and not always a permanent characteristic. Your child is listening and could come to think of himself in the manner you're describing. Even a positive label should be avoided. By labelling your child clever, they may internalise this as "I am smart/creative/good at sports and I want to stay that way", which might lead to a reluctance to try new things for fear of failure and no longer being defined by that label.

Great parents focus near and far. Focusing only on the moment and not the long term can create problems. If your daughter typically whines for something at the store and you usually buy it for her, she'll learn that whining helps her get her way. A short-term solution has created a long-term issue. This is also true of yelling to get your point across. If we habitually yell to get our kids' attention, we are teaching them to ignore us until we yell and we are also teaching them that yelling is the way to get someone's attention.

Three questions to ask:

- ✚ Is what I'm doing something I would be happy to see my kids emulate?
- ✚ Is what I'm doing creating a positive family dynamic?
- ✚ Is what I'm doing solving one problem but creating another?

For parents with older kids, there is one last tip, titled "Great parents start where they are". Rather than fretting over past actions, keep in mind that you can only act on what you know, and most parents have been doing the best they can with what they know so far.

Thankfully, most kids are both resilient and forgiving; they are more like hardy weeds than delicate flowers.

May God Bless You,  
**Mrs Sue Veling**  
Principal

Acknowledgement: "What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive," Erica Reischer

## OUR LADY OF THE WAY MISSION STATEMENT

*Our Lady of the Way is a Catholic community in which children, teachers and parents nurture a sense of personal worth as they work together in a safe, happy, challenging and faith-centred learning environment.*

### QUALITY CATHOLICS SCHOOL SURVEY

Each year, every school in the Diocese of Parramatta participates in the Quality Catholic School Survey. Staff, students and randomly selected parents are invited to participate. The survey period begins on 20<sup>th</sup> March and concludes on 31<sup>st</sup> March. **I encourage all parents who received a survey to complete it by tomorrow, 31<sup>st</sup> March**, as it gives us another lens by which to gather information about how we are functioning as a faith community.

### PUPIL FREE DAY & CATHOLIC SCHOOLS CARE (COSHC)

Our next Staff Development Day (PUPIL FREE DAY) will be held on Monday 24<sup>th</sup> April. The following day is the ANZAC day holiday so students return back to school on **Wednesday 26<sup>th</sup> April**. We have been advised that COSHC will be open during the day. If you would like your child to attend care on Monday 24<sup>th</sup> April, please call Kate 0419 332 512.

### WINTER UNIFORM CHANGEOVER

Students return to school after the holidays on Wednesday 26<sup>th</sup> April **wearing their winter uniform**. There will be a two-week change over, if you feel the weather is still too warm for children to return in winter uniform. By Monday 8<sup>th</sup> May all children will be wearing winter uniform. The correct uniform should be worn at all times in order to maintain high expectations. If, for any reason, a child is unable to wear any part of the correct uniform, a note should be sent to the child's teacher. The school hat is an essential item of school uniform. The wearing of the school hat is compulsory throughout the year. For a full list of school uniform requirements, please refer to our School Website.

### SIBLING ENROLMENT FOR KINDERGARTEN 2018

Enrolment packs are available to those families who intend to enrol any sibling/s of students already at Our Lady of the Way for Kindergarten in 2018. Please collect these packs from the office and return as soon as possible as this information will assist us in preparing for next year's intake of students. We already have a large group of new families wishing to enrol in 2017.

### ATTENDANCE

At Our Lady of the Way, we continue to promote student attendance – **EVERY LEARNER, EVERY DAY**.

**WEEK 9 (20-24 March) OLOW Attendance Level was: 89.1%**

**We are aiming for 90% +**

Absence Explanation Note: If your child is away from school, a note explaining their absence is required within 7 days of returning to school. If no note is received, the absence is recorded as 'unexplained'.

### READ – READ - READ

What a beautiful photo of our Librarian Mrs Sue Masters and Harper from Kinder.

Mrs Masters loves books and is always promoting excellent reads by sharing them with grades when they visit the library.

We are so lucky to have such a wonderful person running our library.



## CONGRATULATIONS TO OUR AWARD RECIPIENTS FOR TERM 1 WEEKS 8 & 9



Ella Hirsh, Hannah Fullam, Isabelle Gribble, Ava Palombo, Oscar King, Taylor Latham, Emma Jones, Ryley Coote, Amara Frank, Olivia Eekman, Will Pearson, Abigail Andrews, Larissa Stewart, Gabrielle Boyd, Jason Andrews, Jack Prendergast, Lucie McIntosh, Oliver Casey, Ruby Murphy, Addison Riley, Jacob Bennett, Abbey Flanagan, Emily Sekulic, Taylah Cowley, Sophie Procter, Remy Cross, Mya Kelty, Declan Casey, Carter Jones, Toby Witjes, Grace Foster, Zoe Grech, Hayden Jenkins, Rowan Astridge, Cassidy Southall, Alexander Hawkes.

### NAPLAN 2017

National Assessment Program for Literacy and Numeracy (NAPLAN) testing will be conducted at *Our Lady of the Way* from 9-11 May 2017 for all students in Years 3 & 5.

	Tuesday 9 <sup>th</sup> May	Wednesday 10 <sup>th</sup> May	Thursday 11 <sup>th</sup> May
<b>Year 3</b>	* Language Conventions (40 minutes) * Writing (40 minutes)	* Reading (45 minutes)	* Numeracy (45 minutes)
<b>Year 5</b>	* Language Conventions (40 minutes) * Writing (40 minutes)	* Reading (50 minutes)	* Numeracy (50 minutes)

If you have any concerns about your child sitting the NAPLAN testing, please talk to Mrs Veling.

### OLW NEW PHONE NUMBER

Our new phone number is [4777 7200](tel:47777200). The old number will continue to be diverted to the school for a few months.

### SCHOOL PHOTO DAY

On Monday 15<sup>th</sup> May all students will have individual and grade photos taken. As in previous years, pre-paid envelopes will be sent home two-weeks prior to the date. Please ensure that the correct money is enclosed in the prepaid envelope, as no change will be given. Family photos are also available, and these envelopes will be available from the office. This year students will wear their **SPORTS UNIFORM** for the photos.

Year 6 students will have a graduation photo in their summer uniform and a grade photo in their new white polo shirts.

## ANZAC DAY CEREMONY 2017

All *Our Lady of the Way* students and their parents are invited to join our Year 6 leadership team at the 37<sup>th</sup> Annual Emu Plains ANZAC Day Service.

**Date: Tuesday 25<sup>th</sup> April 2017**

**Address: Emu Plains Guide Hall (cnr Nepean Street & Great Western Highway)**

**Time: 7:50am for 8am start – marching across to the cenotaph in Emu Plains Park**

Please wear your summer uniform and meet Mrs Day, Mrs Flanagan and Miss Mizzi as we march together carrying our school banner.





**Don't forget to turn your clocks back one hour when you go to bed on Saturday night - 1<sup>st</sup> April.**

**EMERGENCY CONTACT INFORMATION**

It is very important that we have parents' up-to-date contact numbers/address. If you have changed your mobile number; changed jobs; or moved to a new house—please let us have your new details.

**INVITATION TO FAREWELL FR ARTHUR COOK**

An invitation is extended to anyone who would like to attend the farewell for Fr Arthur Cook. Fr Arthur is retiring from parish life and will be leaving the Diocese of Parramatta at the end of April. To mark the occasion and to thank Fr Arthur for his years of service to the parishes of the Diocese, there will be a celebration on Sunday 23 April at St Matthew's Catholic Church Windsor. The celebration will begin with morning tea after the 9am Mass and will be followed by a BBQ. Please RSVP by 12 April on 4577 3073 or email [stmcc@tpg.com.au](mailto:stmcc@tpg.com.au)

**OUR LADY OF THE WAY IS CELEBRATING HOLY WEEK**

**When: Tuesday 4<sup>th</sup> April at 2pm**

**Time: 2pm**

**Where: In the church**

All OLOW families and friends are warmly invited to attend our Holy Week Liturgy. This is an opportunity for our school to gather together in prayer and song to remember the significant events of Holy Week.

Our Holy Week Liturgy marks the final week before Easter. During Holy Week, we celebrate and remember the last days of Jesus' life before he was crucified. Many important things happen in those last few days, as Jesus taught us about God and His infinite love for us.



**Holy Week**

**EASTER - HOLY WEEK CELEBRATIONS AT OLOW PARISH**

**Saturday 8<sup>th</sup> April – Vigil Palm Sunday of the Passion of the Lord - 6pm**

**Sunday 9<sup>th</sup> April – Palm Sunday of the Passion of the Lord - 8am & 9:30am**

**Thursday 13<sup>th</sup> April – Mass of the Lord's Supper – 7.30pm**

**Friday 14<sup>th</sup> April - Stations of the Cross – 10am**

**Friday 14<sup>th</sup> April – Celebration of the Lord's Passion – 3pm**

**Saturday 15<sup>th</sup> April - Easter Vigil - 7pm**

**Sunday 16<sup>th</sup> April – Easter Sunday – 8am & 9:30am Mass**

## SCHOOL FEES TERM 1

Term 1 School Fees are now overdue. If you haven't already finalised your account for Term 1, could you please make a payment or contact Ms Vion on 4777 7200 or email [pvion@parra.catholic.edu.au](mailto:pvion@parra.catholic.edu.au) to discuss your account. Fees can be made by cash, cheque, credit card, EFTPOS, BPAY or POSTBILL.

## USE OF THE STAFF/PARISH CAR PARK

Thank you to our many parents who follow the staff/parish carpark guidelines. Just a few parents are using this car park in a dangerous manner. The staff car park should not be entered unless you have a disabled label clearly visible or you are parking to visit Fr Mick at the parish office. Cars have been seen driving into the driveway, letting children out and then reversing out of the driveway. This is extremely dangerous as other children walk along the footpath and into the school in this area.

### The NRMA reports that: -

- ⇒ Small children can be impossible to see from inside a car, especially if they are immediately behind it.
- ⇒ There is a large 'blind space' behind most cars.
- ⇒ Even if your car has parking sensors or a video camera fitted, you may not notice a small child until it is too late to stop.

The Kiss 'n Drop Zone in the morning is a safe drop off area for all children. All vehicles are expected to drive carefully, especially when they use this area or drive past this area. Please do not do U-turns in front of the Kiss 'n Drop area or try and cross the road adjacent to it.

### The NMRA reports that: -

- ⇒ More than one third of pedestrians aged under six years killed in motor vehicle crashes were killed 'off road' in yards, car parks and driveways.
- ⇒ Many of the young children who are not killed sustain severe and permanent injuries.
- ⇒ Even when drivers use mirrors while reversing, visibility behind the car is limited.

**You are urged not to put our children at risk.**

# SCHOOL ZONE Parking Infringements



NSW Police Force



School Zone Infringement amounts as at 1 Dec 2016



**\$180** + 2 demerits

**\$325** + 2 demerits

**\$325** + 2 demerits

**NO STOPPING**

**BUS ZONE**

<http://www.rms.nsw.gov.au>

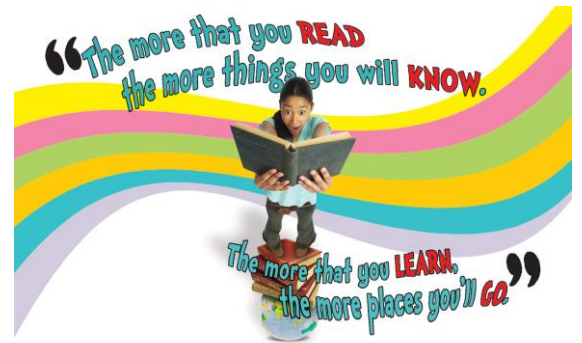
# FROM THE ASSISTANT PRINCIPAL

Term 1 Week 10 2017

As we come towards the end of Term 1, it is good to reflect upon the wonderful learning and opportunities we've had so far this year. Already the students and their teachers have set individual goals and are working together to reach their targets and beyond. Our youngest students have settled in beautifully to their school and the routines of the day. Our older students have slipped confidently into their new roles as leaders and so many students throughout the school are striving to do and be their best.

School holidays are a great opportunity to slow down and take a break from the everyday school environment and to reenergise for the next 10 weeks of learning to come. Although a break is needed, for students and their teachers, children are advised to keep up their reading. Just as we all do when on a break, the holidays are a good time to delve into books of interest and continue to develop a love of reading.

Reading is like just about everything else in life, the more you do it the better you get. When children stop reading for extended periods of time they often take a few steps backwards in their reading improvement. For this reason, it is important to encourage children to keep reading during the holidays despite the distraction of friends and relatives and holiday events. Reading in the holidays should be fun and can be integrated into family activities such as reading the ingredients in a recipe. It can also be a great time to share reading with people that children don't often get to read to such as family or friends who visit.



**Emma Mizzi**

*Assistant Principal*

## RELIGIOUS EDUCATION NEWS

### Parish Sacramental Program:

Congratulations to the children who participated in the Rite of Reconciliation and received the Sacrament of Penance for the first time on Wednesday evening. The ceremony that Fr. Mick and the Sacramental team prepared was beautiful and so meaningful for the children. They were well prepared and had an understanding of the importance of this special time with God and their parish community.



Congratulations to:

Sophie Wade  
Nathan Moore  
Cruz Vilar  
Jessica Still  
Ella Reid  
Holly Rech  
Cooper Sulic  
Chloe Luczak  
Lucas McClenahan  
Alyssa McDonald  
Holly Hartstonge  
Ava Grech

Pierce Lucas  
Lucia Hooke  
Amity Houlihan  
Lucas Latty  
Zachery Levy  
Miah Hirsch  
Hunter Grima  
Alexander Hayward  
Oliver Herps  
Mario Della-Scala  
Abby Godwin  
Mia Eekman

Eden Chapman  
Noah Downey  
Michael Gardiner  
Abigail Andrews  
Cooper Bahlmann  
Jacob Bennett  
Alexander Boyd  
Aidan Callaghan  
Samuel Cashel  
Erin Budge  
Kate Budge

## Scripture Bags:

Our Scripture Bags will be launched in Week 3 next term. Every second afternoon students will be given the opportunity to share the bags with their families. As a family you can reflect on a piece of scripture that the students have worked with during Term 1 and pray together. You can make it very formal or keep it simple – the options will be there for you. Next week I will be sharing the bags with the students and going through the many ways that you can explore a piece of scripture and help support your child's spiritual growth.

## Project Compassion:



Next week will be the last week of Project Compassion. We are inviting children to bring in the Project Compassion boxes which they may have been using to save money. The Outreach Team will be collecting boxes and counting the money, in the hope that we can reach a total of \$300 – an amount that could buy 8 pigs. We have raised a total of \$208 so far, so we are well on the way to achieving that goal. Thank you for your support with this initiative in reaching out to others.

## Sunday, 26<sup>th</sup> Mar 2017: Fourth Sunday of Lent - Year A

Jn 9:1-41 Jesus cures a man who was blind from birth on the Sabbath.



In Sunday's Gospel, a man born blind has his sight restored by Jesus simply enough, his journey from darkness into light is a more complicated affair. He faces disbelief, ridicule and even abuse from the Jewish authorities as they try to discredit Jesus and diminish the impact of the miracle. In fact, their treatment of the man is what drives him along the road from recipient of an act of mercy to a confirmed believer. Furthermore, the Jewish authorities, despite their physical capacity for sight, are shown to be the ones who are truly blind and trapped in darkness because they deny the light that is before their very eyes.

Sunday's Gospel is the main scripture explored by Years 4 – 6 in their Lenten units. They have used the Three Senses of exploring scripture to gain a deeper level of understanding and connection to the story.

The following are some Year 6 student reflections:

*In the Gospel story Jesus Heals the Man born Blind, blindness has two meaning: One is literal blindness, and then there is spiritual blindness. Literal blindness was that the man could not see in the story. Spiritual blindness are those that just walked past him. In our time blindness could represent two things again: Doctors can treat literal blindness, spiritual blindness is pretending we don't see those who are in need.*

*In the bible story Jesus heals a man born blind, blindness was God's way of showing his works on Earth. In our time blindness could mean something that causes us to be physical struck blind it could also mean we pretend we don't see the horrible things that are happening. In my life, spiritual blindness is pretending not to see things that I should be making an effort to change.*

**Carole Day**

Religious Education Coordinator



# SPORTS NEWS

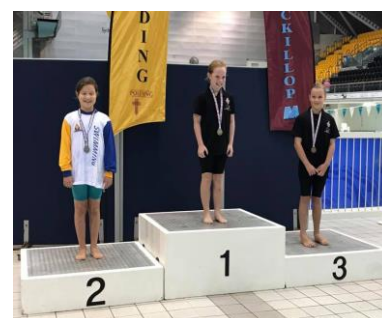
## NSWCPS SWIMMING CARNIVAL

On Wednesday 22nd March we had 8 students attend the NSWCPS Swimming Carnival at Homebush. The students were in the following events

<b>Heffernan, Lucienne — 9 Years (OLOW)</b> 50m Freestyle 50m Butterfly	<b>Robinson, Benjamin — 12 Years (OLOW)</b> 100m Freestyle .....(4) 50m Freestyle .....(4)
<b>OLOW, Female Jnr Girls Relay</b> Jade Elford Erin Downie Milly Brace Lucienne Heffernan	<b>OLOW, Male — Snr Boys relay</b> Benjamin Robinson Declan Cremen James Cremen Jayden Roots

Congratulations to all the students who beat their personal best for all their events as this alone is a huge success. We are very proud of you all and all the hard work and hours you have put in to training and preparing for the event. It is a great achievement to make it through and represent Parramatta Diocese and you should all be very proud of yourselves.

We would like to acknowledge and send a big congratulations to Lucienne Heffernan who qualified for the Mackillop Swimming Team to compete next Wednesday 5th and Thursday 6th at NSWPSSA Swimming Championships at Homebush. Swimming requires hours of training and many early morning sessions. The determination and hard work you have done, is outstanding and we are all very proud of you and you should be very proud of yourself. You will have all our support on Wednesday and Thursday next week, we look forward to hearing how it went.



## OLOW CROSS COUNTRY 2017

On Tuesday, we held our annual Cross Country at Hunter Field. All the students from Years 2-6 walked to Hunter Field and ran the course to earn a place to compete in the Parramatta Diocesan Event. Everyone that had turned or were turning 11 or 12 this year had to run the three km (3000m) course and the students that turned or were turning 8 to 10 had to run the two km (2000m) course.

Everyone raced competitively and the track was fair and not too wet. Good luck to all those students who made it through to the Diocesan Cross Country next term.

Thank you to Miss Reynolds, Mrs Johnston and Mrs Scott for organising the event, and to the teachers and parents who helped out, encouraged the children and made it such a great success.

## CROSS COUNTRY REFLECTIONS

The OLOW Cross Country was a huge challenge for me because I had to run 3km. I woke up yesterday morning and was ready to go to school. I was so excited to run, I could feel butterflies in my belly. We walked to Hunter Field and I started saying to myself "I don't care if I win, what I care about most is having fun".

I got myself ready to race. Miss Reynolds pulled her hand down, and the 11 year old girls started running. I could feel myself smiling as I ran. On the last lap I kept thinking I couldn't do this, then I heard people calling my name, that put that smile back on my face and sprinted to the finish line. I really changed my mind set that day by telling myself I couldn't do this to ***I could do this***. Having the Cross Country at Hunter Field was different because we usually have it at our school. Everyone at the carnival seemed to try and it was a great day. I saw everyone cheering each other on, which was great. There was amazing sportsmanship. We all represented our school fantastically.

It was a hard day for everyone including the teachers and I'm sure lots of people were sore the day after, because I know I was. Some people walked the race, which is also great because at least they came to compete and I saw them laughing and having fun with everyone.

### Charlize (Sports Leader)

Yesterday morning I woke up and was excited about the Cross Country except when I looked outside I saw that it was cloudy and I doubted it would go ahead. Fortunately for all the OLOW students the weather was on our side and it turned out to be perfect weather for the challenge that lay ahead.



Walking to Hunter Field I started to doubt myself but as soon as we got there I started thinking I could at least walk the distance and make myself proud, after all isn't that what sports is about? At the starting line I had a strategy, it was simple, it was to try my hardest and to go as fast as I could until I ran out of energy and then I would walk and that is what I did. It took a while but I finally crossed the finish line. I felt really proud but not only for myself but also for my family.

One lasting memory I will always think about is the way the other students and parents made me feel when they cheered me on. It was very encouraging and it lifted me to keep going and to compete the best way I could.

The day was fun and it was good to get out of the classroom, away from school and out in the fresh air. I think everyone enjoyed and supported the carnival.

### **Liam (Sports Leader)**

I really enjoyed myself at our Cross Country. I think it's important to show the students of OLOW that you don't have to be a great runner to run in cross country. The day is all about having fun and just enjoying yourself and it doesn't matter where you come, you know that you got yourself a PB which is your personal best. All that matters is what you want to achieve. What I wanted to achieve was that I could have a go and keep encouraging my peers to have a go. I also changed my mind set in a big way. At first I said to myself that I wasn't going to be able to even run a little bit but I changed my thinking and tried my best and pushed my own abilities.

I really loved the Cross Country.

### **Brianna (Sports Leader)**

I need water. Quickly. Puffing, breath losing, leg aching sport.

This is what it feels like to run 3 kilometres up, down hills, on grass, road and pebbles....thinking how can anyone do this, but not me.

I'm called the **running man** by my friends and family. Wondering how I can do it so easily without training or anything. But my mum says that I have to work for what I can achieve, in this case, my running skills just come to me instead of me chasing it down. Cross Country has been a major experience for me because it influences the bigger things I want to achieve in the future. Doing Cross Country makes me feel incredible because I get to be free doing something that I love. It is also exciting looking forward to going to Eastern Creek to represent my school.



When you make it to the next level for running it is always harder than the last one because you're versing people that have had a lot of experience and are smarter with running. Now I know that sounds odd but I mean smart by they knowing how to run and breathe weaving in and out of people and getting a better position. In Cross Country I push myself to my limits but also not so far that I pass out. I can do this because as mentioned in the tips below, I keep a steady pace then sprint the last few hundred metres. The only reason I can do this is because I change my mindset to challenge myself and push myself. It's also fun competing against other children because you can make so many new friends and race on a racetrack that is used for racing.

### Some tips for Cross Country Racing at Eastern Creek

Last year I was coming 15 out of 107 kids and the last two hundred metres I put my heart into it and over all I got 5th. I can just imagine what people think how this kid can get so many places in less than two hundred metres.

(Tips)

1. When you start, keep the same pace until you reach about one hundred metres from the finish and then sprint like you're racing your heart out.
2. If you're nervous, before you start take a minute to breathe in through your nose and out through your mouth. Jiggle your arms and legs around and then introduce yourself to someone next to you so you don't feel sick.
3. **Make sure you go to the toilet before your race too.**

It always works for me.

### **Blake (Sports Leader)**

Yesterday morning I woke up thinking what a day it is going to be. I knew it was going to be a tough racing in the under 12's racing the running man in 3km. I had set myself a goal of 3<sup>rd</sup>.



Cross Country is always tough for everyone. The pain in your legs after the race won't be as bad as the pain in your legs when you wake up the next morning. Your legs feel like your grandpa's do every day. I believe that if you change your mindset you will set a personal best every year at Cross Country. The track at Hunter Field was safe and also challenging.

### **Thomas (Sports Leader)**

**Kirsty Reynolds**  
Sports Coordinator

# GENERAL NEWS

## Harmony Day - Many Thanks



Thanks to everyone who wore their ribbons, stickers and a touch of orange on Harmony Day Tuesday March 21st to show your support - your efforts were greatly appreciated.

Thanks to all our Year 5 students who wrote about their family backgrounds and what Harmony Day means to them and to all our Kinder, Year 1 and Year 2 students who did their decorated hands for our Harmony Day display.

Thank you to Year 6 who put together our decorated hands display and made our "Everyone Belongs" and "We are one but we are many" signs. Thank you to the Year 6 Outreach Team too, who took some great photos on the day.

Thank you also to Year 3 and Year 4 who after some great discussions are now working on their Harmony Day acrostic poems.

Congratulations to our Bell Music Guessing Competition winners who received their prizes at assembly last week. Our five pieces of music were of Indigenous Australian (Aboriginal), Egyptian, French, Australian and Chinese origin. Thanks to all who had a go at guessing.

**The Biggest Thank You of All** to those Year 5 students who did such a great job sharing their family backgrounds and thoughts about the importance of Harmony Day on assembly. They are our **Harmony Day Team 2017**.

Thank you also to the parents and families who helped them practise at home, and came to both assemblies to support them. Your efforts are greatly appreciated too.

### Harmony Day Team 2017 (pictured below) - Well Done Team!!!

*From left to right they are -*

**Front Row - Abbey Flanagan, Paige Hawkes, Katelyn King, Millina Storek (absent from photo)**

**2nd Row - Larissa Stewart, Chloe Riley, Rory Muller, Sandra Elias**

**Back Row - Charlie Thomas, Henry Starr, Mark Gardner, Sebastian Hayward, Harrison Amour and Jack Sykes.**

**Individual Photo - Millina Storek**



**"We are one but we are many"..... "I am, you are, we are Australian.  
Everyone belongs..."**



### BANDAGED BEAR DAY

Thank you to everyone who participated in Bandaged Bear Day last week. We really appreciate your support of such a worthwhile cause. We raised \$556.30! What a great result!

## COFFEE4KIDS FOUNDATION

The Coffee4Kids Foundation was set up 10 years ago by a group of Rural Fire Service staff who wanted to do their bit to help children in need. By donating an equivalent of a cup of coffee a week to children's charities, collectively we could make a difference in the lives of sick and injured children.

To celebrate its 10th anniversary this year, the foundation is hosting the 2017 Coffee4Kids Charity Ball on May 6 at Luna Park to help raise money for the Child Protection Unit (CPU) at the Children's Hospital at Westmead. We're proud to announce that Gabrielle Boyle, reporter for Nine News Australia will be hosting the event. Tickets are \$140.00 plus booking fee which includes all meals and drinks at the grand ballroom in one of Sydney's most iconic locations. **Please come and join us in a night of fun and games to help this worthy cause!**

The CPU treats serious cases of child abuse, including neglect, physical, sexual and emotional abuse and the funds raised this year will go towards the 'Safe to Connect, Play and Grow' program, which aims to "promote positive interaction between children and caregivers to stop the cycle of abuse".

Organisers are looking for corporate sponsors for the event (with packages ranging from \$10,000 to \$1,000) and anyone is welcome to purchase a ticket and attend or simply make a donation.

The foundation has raised more than \$350,000 over 10 years.

To donate to the charity or buy tickets to the Charity Ball, go to [coffee4kids.org.au](http://coffee4kids.org.au) or head to their Facebook page:

[facebook.com/Coffee4KidsFoundation](https://www.facebook.com/Coffee4KidsFoundation)

To visit the Daily Telegraph article online promoting the Charity Ball: <https://goo.gl/uAAzEo>