

DIARY DATES

Thursday 30 April First Reconciliation Parent Meeting, 7.30pm (repeat)
Sunday 3 May First Holy Communion 11.30am
Tuesday 5 May Diocesan Cross Country Kinder Excursion to Farm P & F Meeting, 7.30pm
Wednesday 6 May Mothers' Day Stall
Thursday 7 May Stage 3 Girls Soccer Gala
Friday 8 May Mothers' Day Liturgy & High Tea, 9.30am
Saturday 9 May Commitment/Enrolment Mass Reconciliation 6.00pm
Sunday 10 May Commitment/Enrolment Mass Reconciliation 9.30am MOTHERS' DAY
Tues/Wed/Thurs 12/13/14 May NAPLAN
Saturday 16 May Reconciliation Lesson 5.00pm
Sunday 17 May Reconciliation Lesson 10.30am
Thursday 21 May Captivate Choir Rehearsal
Sat 23/Sun 24 May Reconciliation Lesson
Monday 25 May Feast of Mary Help of Christians Mass
Friday 29 May PUPIL FREE DAY
Sat 30/Sun 31 May Reconciliation Lesson

Dear Parents, Carers, Students & Friends,

Welcome back to Term 2 – it has begun with great weather... for ducks that is! I hope you had a holy and relaxing time with family and friends during the Easter and term break.



We have started this term with a significant event - the ANZAC commemoration. ANZAC Day holds an extra special place in my heart particularly after visiting Gallipoli last year on my pilgrimage. This place has a sense of the sacred and the gravity of the lives and the many stories untold just hits you deep at your core. The many young men who died for a cause did not know its true and eternal impact that would be bestowed upon us for 100 years.

However, ANZAC Day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day on which we remember Australians who served and died in all wars, conflicts and peacekeeping operations.

Our **ANZAC Remembrance Wall** will always be a constant reminder of these men and women. I wish to thank Paul and Carolyn Burton for their foresight and planning. I also wish to thank Fr. Mick, Mr. Mifsud, Mrs. Day and the Year 6 leadership team for the beautiful ceremony held last Friday. With over sixty parents and friends in attendance, it truly was a community gathering.

Term 2 is always a very busy time. Teachers will be preparing half yearly reports to be sent out later this term. Parent/Teacher/Student-run conferences will also take place towards the end of term. Student work samples will be sent home in Weeks 3, 6 & 9; Celebrations of Learning in Week 8 as well as our K-6 Athletics Carnival. Kindergarten 2016 interviews have already started. One group of students will receive their First Holy Communion; another will make their first reconciliation whilst another group will begin their preparation for Confirmation. There are lots of excursions planned, gymnastics lessons each Monday, Diocesan Cross Country Championships, Mothers' Day stall and High Tea, NAPLAN testing, Year 6 leaders civic reception with the mayor, Captivate Choir rehearsals and performances, our Feast Day celebrations, school disco, not to mention all the other things that happen at school on a day-to-day basis.

May the following weeks be good to you!

God Bless
Mrs. Sue Veling
Principal



PUPIL FREE DAY - STAFF DEVELOPMENT DAY

Friday 29 May 2015



Newsletter of Our Lady of the Way Catholic Primary School, Emu Plains

49 Forbes Street, Emu Plains 2750 Phone: 4735 1930, Fax: 4735 6221, Email: OLOW@parra.catholic.edu.au, Web: www.olowemuplains.catholic.edu.au/

"To act justly, To love tenderly and To walk humbly with our God"

Our Lady of the Way School Remembers

Our Remembrance Wall

Each part of the wall represented something to honour the ANZAC memory.

The Pebbles signify the Sand of the cove

The curve of the wall is the actual cove that they sailed into

The wall is to signify the cliffs that they were faced with

The red bricks on the top signifies the blood shed of the diggers.

It was explained to the children that we do not celebrate War at this time but we remember and honour all those who gave their lives and served us so that we may live in a free country.

Steve Hauer from Penrith RSL shared this reflection:

At the going down of the sun...

I crouched in a shallow trench on that hell of exposed beaches... steeply rising foothills bare of cover... a landscape pockmarked with war's inevitable litter... piles of stores... equipment... ammunition... and the weird contortions of death sculptured in Australian flesh... I saw the going down of the sun on that first ANZAC Day... the chaotic maelstrom of Australia's bleeding.

I fought in the frozen mud of the Somme... in a blazing destroyer exploding on the North Sea... I fought on the perimeter at Tobruk... crashed in the flaming wreckage of a fighter in New Guinea... lived with the damned in the place cursed with the name Changi.

I was your mate... the kid across the street... the med. student at graduation... the mechanic in the corner garage... the baker who brought you bread... the gardener who cut your lawn... the clerk who sent your phone bill.

I was an Army private... a Naval commander... an Air Force bombardier. no man knows me... no name marks my tomb, for I am every Australian serviceman... I am the Unknown Soldier.

I died for a cause I held just in the service of my land... that you and yours may say in freedom... I am proud to be an Australian.

REMEMBRANCE WALL PLAQUES

You still can be part of our **ANZAC Remembrance Wall**. Plaques can be purchased and inscribed for \$50. 150 bricks are available in total. Please contact Julie at the office or Carolyn & Paul Burton for details.



DAWN SERVICE

Jeff, Fiona and Olivia Boulous (Yr 5) attended the ANZAC Day Dawn Service at Rooty Hill RSL with Fiona wearing her Great Grandfather, Tom McGrath's, WW1 medals (Light Horseman at Gallipoli). Olivia wore her Great Grandfather, Jimmy Saad's, WW2 medals (Middle East). Lest We Forget.

EMU PLAINS ANZAC DAY SERVICE



A large contingent of Our Lady of the Way students, parents and teachers joined with the Emu Plains community for its 35th annual ANZAC Day ceremony on Saturday.

I wish to thank our student leaders who laid a wreath and Jessica Daley for reading so beautifully during the Ceremony. Congratulations to the younger members of our school who attended the service.

They were reverent and respectful at all times. A big thanks to Mrs Blazek, Mrs Flanagan, Mrs Scott and Miss Reynolds for attending the ceremony on behalf of our school staff. All of our students, parents and teachers represented Our Lady of the Way with pride.



KINDERGARTEN 2016 – ENROLMENT PERIOD

Enrolments for Kindergarten are now open – please advise family and friends of this fact. The first round enrolment period for Kindergarten closes on Friday 29 May. Enrolments after this time will be considered based on availability of places.

CONGRATULATIONS TO OUR AWARD RECIPIENTS FOR WEEK 10 (Term 1) & WEEK 1 (Term 2)



Declan Casey, Amity Houlihan, Noah Pascoe, Benjamin Tabor, Erin Downie, Sandra Elias, Hayden Jenkins, Jessica Dray, Ella Desmond, Tristan Bryant, Miah Hirsch, Taylah Cowley, Sienna Gahagan, Kye Lloyd, Jack Gale, Hannah Carroll, Sophie McDonald, William Drummond, Lucia Hooke, Ellabeth Fischer, Harrison Armour, Liam Darke, Madeleine Godfrey, Connor Clifford,



Tristan Bryant, Abigail Andrews, Breha Pearson, Isabella Bradley-Labra, Joshua Robinson, Jack Gale, Georgia Ristevski.

DELIGHTFUL HOT CROSS BUNS

Thank you to all of the families who supported our *Hot Cross Buns* fundraising event. This year the P&F raised \$180 as well as filling many tummies over Easter.

FIRST HOLY COMMUNION CHILDREN

We continue our prayers for the children who are preparing to receive their First Holy Communion on Sunday, 3 May at 11:30am. This is a most beautiful sacrament. We are so proud of these children as they take this important step towards their full initiation into the Catholic faith community. We join with their parents in wishing them a beautiful and memorable day as they receive Jesus for the first time.

Congratulations to - Riley Bahlmann, Brooke Bentley, Mack Boormakin, Liam Darke, Emilia Di Prinzie, Emma Jones, Bailey Latham, Billy Pearson, Daniel Prendergast, Jack Prendergast, Madeline Renny, Charlize Risse, Jayden Roots, Sienna Rose, Clarice Sagun, Kennedy Storr, Logan Sultana, Jorja Tabor, Mia Urquhart, Patrick Urquhart, Jessie Whiteley.

MAY IS THE MONTH OF MARY

Tomorrow we begin the month of May. May is the month dedicated to Mary and indeed all mothers with the celebration of Mothers' Day on Sunday 10th May. When Mary was asked to be the mother of Jesus, it was a great journey of her faith and indeed like all new mothers, one of adventure! Being a mother is the most selfless of gifts.

Jesus was guided by His mother. He became the most significant role model ever known to the world. The influence of Mary on all generations, through her son, is immeasurable. Like all mothers, she may never have dreamt of how her model, guide and advice would live on through the ages. There is always a little bit of our mothers still alive in all of us. May I take this opportunity to pray for God's blessings upon all mothers in the Our Lady of the Way community and to give thanks for the beautiful children we have been gifted by God.

MOTHERS' DAY STALL

The P&F have organised a Mothers' Day Stall to be held on Wednesday 6 May. Some lovely gifts will be available. Prices range from 50c to \$5.

MOTHERS' DAY LITURGY & HIGH TEA

A special Mother's Day liturgy followed by High Tea will be held on Friday 8 May beginning at 9:30am. We welcome all Mothers, Grandmothers and special ladies in our lives to this special celebration. We wish to thank the students from Caroline Chisholm College for assisting with the catering.

DIOCESAN CROSS COUNTRY CHAMPIONSHIPS

On Tuesday a squad of 48 students from OLOW will compete in the Diocesan Cross Country Championships at Eastern Creek. We wish them all the best as they compete against other Catholic schools in the Diocese.

WELCOME BACK MRS DAY

Mrs Day will arrive back at school on Monday after her Pilgrimage to the Middle East. We look forward to hearing about her wonderful experiences as she *walked in the footsteps of Jesus*.

CHANGE OF DATE

Our next P&F Meeting has been moved to Tuesday 5 May at 7:30pm. All Welcome!

PUPIL FREE DAY - STAFF DEVELOPMENT DAY for TERM 2

The upcoming staff development day on Friday 29 May will be on Mathematics and furthering our professional development around effective numeracy teaching. We will be focusing on the use of mental strategies in line with our 2015 numeracy goal.

NAPLAN TESTING FOR YEARS 3 & 5 2015

National Assessment Program for Literacy and Numeracy (NAPLAN) testing will be conducted from 12 -14 May 2015 for all students in Years 3 & 5. These national tests will provide information on how Australian students are performing in the areas of numeracy, reading, writing, spelling, grammar and punctuation and will assist teachers in identifying student strengths and weaknesses. By analysing results along with information from teacher judgements and work samples, teachers can adjust teaching strategies to provide appropriate support. The aggregation of student results from the NAPLAN provides schools with an overview of current achievements for groups of students and contributes to a more comprehensive understanding of their performance. The analysis of aggregated results assists school planning and can be used to monitor literacy and numeracy development over time.

Students may be withdrawn from NAPLAN by their parents. This is a matter for consideration by parents in consultation with the Principal. If you wish to withdraw your child from the tests, a parent consent form must be signed. Please make an appointment with Mrs. Veling, if you would like to discuss your child's participation in NAPLAN.

For more information visit the website: <http://www.nap.edu.au/>

LIBRARY NEWS



The students of Our Lady of the Way are again invited to participate in Premier's Reading Challenge.

The 2015 Premier's Reading Challenge runs from 2nd March to 21 August 2015. To experience a book a child can **listen** to the book, participate in a shared reading of the book or read part or the entire book independently.

This year our aim is for all students of OLOW to complete the challenge, so each class will be completing the challenge together.

Books shared in the Library or in Class will be recorded on a reading log. Once the class has completed their challenge, they will be recorded with the PRC.

Kinder Yr 1 & Yr 2 total of 30 books

Years 3 - 4 total of 20 books

Years 5 - 6 total of 20 books

Parents are welcome to visit the school library on a Monday or Tuesday before or after school and I will be more than happy to assist with book selection for your child or you may like to view our Parent Library.

Happy Reading
Susan Masters
Library Assistant



Get into the good books

YEAR 5 ANZAC POEMS

I am Raymond James Carroll

I am determined and dependable
I wonder when there's going to be peace
I hear silence when the bugle has played
I see the dead in no man's land
I want peace in our world
I am determined and dependable
I pretend I am eager to go to war
I feel the emptiness in my soul
I touch my beating heart in battle
I worry that my friends will not come back
I cry that the war won't be over
I am determined and dependable
I understand war gives us freedom
I say lest we forget
I dream that my friends will stay alive
I try to help my friends and do the right thing
I hope that I go home with my friends
I am determined and dependable

by Hannah Carroll



I am a soldier

I am cautious and faithful
I wonder if I will survive
I hear gun fire
I see the sunset
I want to live
I am cautious and faithful

I pretend that I am brave
I feel cruel
I touch my beating heart
I worry that I will die
I cry for the fallen soldiers
I am cautious and faithful

I understand that war is wrong
I say that I should not be here
I dream of home
I try to be brave
I hope that not many people die
I am cautious and faithful.

by Ethan Still



I am a Stretcher Bearer

I am brave and scared
I wonder when the war will end
I hear the cries of the wounded
I see fallen soldiers in no man's land
I want to go home
I am brave and scared

I pretend to be at home
I feel the broken hearts of the families
I touch my friend's shoulder
I worry if the war will end
I cry for my family at home
I am brave and scared

I understand I have to go on
I say a prayer to God
I dream about going home
I try to not be scared
I hope I will hear the Last Post
I am brave and scared

by Lachlan Armour

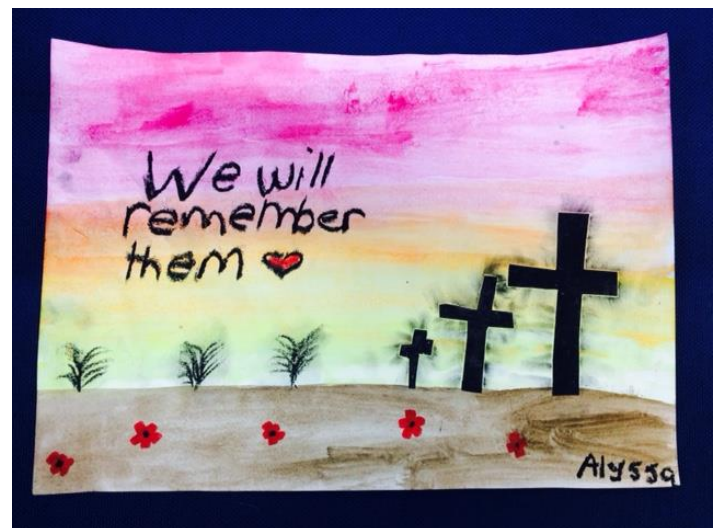
I am an ANZAC soldier

I am brave and thankful
I wonder if I will live through the night
I hear gun shots firing near my body
I see terrifying things that I don't
speak about
I want to go home
I am brave and thankful

I pretend it never happened
I feel scared and afraid
I touch my beating heart
I worry that I won't see my country
again
I cry because I'm scared
I am brave and thankful

I understand war has to happen
I say I'm not worried but I am
I dream that the war did not happen
I try to get the war over with so I can
go home
I hope I can go home
I am brave and thankful

by Noah Clifford



The Importance of Writing

By putting ourselves in the role of the student we are able to better identify the types of support and scaffolds they may require to be successful writers.

These include:

- ***A specific purpose for writing***
- ***An authentic (real) audience to write to/for***
- ***A clear understanding of what makes a successful piece of writing***
- ***Access to appropriate supports (e.g. dictionaries, sight word lists, alphabet charts, access to factual information)***
- ***Opportunities to receive feedback on how they are going (i.e. what they are doing well, what they need to work on)***
- ***An appropriate work environment (free from distraction)***
- ***A realistic timeframe for completing their writing (a writing task may be completed in 1 session however, most often it will take several weeks to compose a text)***

At Home:

- ***Encourage your child to write around the home - write signs, poems, favourite recipes and instructions, or to label things that they design and make***
- ***Encourage your child to use technology to help with their writing - use online dictionaries or help them to research on the internet***
- ***Help develop spelling strategies- play word games like scrabble, complete word searches and crosswords***
- ***Make reading and writing part of your everyday life***
- ***Read every day - reading at home is one of the most effective ways to help your child develop and improve as a writer***
- ***Reading and writing support each other. The more your child does of each, the better they will be at both.***
- ***Write in front of your child - Talk about what you are writing***

Encouraging your child to write for a real purpose and audience - They could write messages to you and other family members, cards, menus, invitations, thank you notes, or letters. Children of all ages can also be encouraged to keep a diary and write in it regularly.

Allowing time - Help your child spend time thinking about what they are going to write. Good writers often spend a lot of time thinking, preparing, and researching before starting to write. Your child may dawdle, sharpen a pencil, get papers ready, or look up the spelling of a word. Be patient - this may all be part of the preparation.

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

Michael Mifsud

GENERAL NEWS



RECONCILIATION AND FIRST HOLY COMMUNION

We would like to extend an invitation to parents with children in Year 3 or above who are baptised and would like to begin preparation for the Sacraments of Reconciliation and First Holy Communion. Please come to an information session for parents which will outline the structure of the programme and Parish expectations. If you missed last night's meeting, there is a repeat session tonight, Thursday, 30 April at 7.30 pm in the Parish Hall on Troy Street.



CLOTHING POOL NEWS

- Sports socks are now available - \$10.00 a pair. These can be purchased from the school office or clothing pool.
- Jackets & Jumpers (Sloppy Joe type) – plenty of second hand ones are currently available for a gold coin donation.
- We are in need of second hand girls white shirts and winter tunics. If you have any that you no longer require, we would greatly appreciate you sending them in to the school office.
- Please ensure all clothing is labelled. There are a lot of jackets in the lost property bin located outside the clothing pool door. Please get your child to check there if they have lost something.



Thank you to Mrs Elliot (Christopher Yr 6) who has been looking after the clothing pool on a Thursday afternoon. Unfortunately other commitments will prevent her from continuing.

We are looking for a volunteer to open the clothing pool one afternoon a week from 2.30pm (any day that suits). If you can help, please contact the office.



NEW BABIES ON THE BLOCK

Congratulations to Keegan (Yr 5) and Avalon (Kinder) Smith on the birth of their baby brother, Hendrix, and to Heath Murray (Yr 2) on the birth of his baby brother, Nikolai.

CONGRATULATIONS!

Jayden (4 Gold) and Isabelle (2 Gold) Roots completed the Surf Lifesaving NSW Nippers Program at Wet 'n' Wild, Sydney on Sunday 29th March 2015. Their carnival day included swim, sprint, flag and board events. Both Jayden and Isabelle received place ribbons in each of their competitive events with Jayden coming 1st in his ski board race and Isabelle coming 2nd in the mystery flag race.

Congratulations Jayden and Isabelle on all your effort and hard work that you put in each week and for all the new skills you have learnt (and on surviving the early Sunday morning starts!)



COMMUNITY NEWS

MARRIAGE ANNULMENT INFORMATION NIGHT

CCSS Solo Parent Services is holding **it's only Information Session** on the process of Marriage Annulments in the Catholic Church **for this year**. The evening is open to anyone who is interested. **Venue** : Mamre House, 181 Mamre Rd Orchard Hills **Date**: Tues 5th May **Time**: 7.30pm – 9.30pm. **Cost** : \$7.00. **Registration**: Rita or Eileen. PH: 9933 0205 or Email: soloparentservices@ccss.org.au

Scan with your
smartphone or
tablet to go to the
OLOW website.



QRT

QUALITY RELATIONSHIPS TIP

PRAISE VS ENCOURAGEMENT

FOCUS ON DESCRIPTIVE AUTHENTIC ACKNOWLEDGMENT.

You put a lot of thought into that work.

You were such a good friend when you helped Johnny after he fell over.

e.g. I am so pleased you washed the dishes

CHANGE TO

Thank you for washing the dishes.

Michael Mifsud and Rebecca Blazek

Fun Food Facts

WHY IS BREAKFAST IMPORTANT?

Children who miss breakfast are often:

- Reported as having poor behaviour and poor concentration.
- Unable to meet their daily nutrient requirements.
- More likely to have a greater risk of being overweight or obese

NO TIME FOR BREAKFAST?

Try some of these quick breakfasts children can enjoy on the go:

- Reduced-fat yoghurt, or a yoghurt drink.
- Reduced-fat milkshake.
- Healthy cereal in small plastic bag (a small carton of milk can add a calcium boost).
- Slice of banana loaf or other low fat fruit loaf.

WATER



Tap water makes the best drink! Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger. Here's what water has to offer:

- It is cheap and readily available.
- It doesn't contain any kilojoules or sugar.
- It encourages optimal function of the body.

We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even in cooler months.

SUPPORT YOUR HEALTHY SCHOOL CANTEEN BY:

- Talking to your child about eating healthy food.
- Serving healthy food at home.
- Helping your child choose healthy food from the canteen.
- Sending only healthy food to school.

USE VEGETABLES AS SNACKS

- Include vegetable slices with cheese and crackers.
- Top English muffins with chopped tomato, capsicum and ham, sprinkle with grated reduced-fat cheese and heat in the oven or grill.
- Serve vegetable sticks with salsa.
- Vegetable-based soup makes a great snack on cold afternoons.
- Cooked two minute noodles mixed with grated zucchini and chopped tomatoes and top with grated reduced-fat cheese.

Lunch Box Checklist

Does your child have each of these foods in their lunch box?

- Breads / Cereals / Pasta / Rice / Noodles
- Vegetables
- Milk / Yoghurt / Cheese
- Fruit
- Meat or an alternative such as chickpeas or tofu

Having these foods in your child's lunch box helps them to get a balance of all the food groups which provides them essential nutrients for their growth and development.



Try including some crunchy fruit or vegetables in your child's lunchbox. Eating these provide essential nutrients and minerals for concentration in the classroom and can help stop tooth decay.