

By The Way



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

2014 - Celebrating 35 years of Catholic Education

17th July 2014

DIARY DATES

Sat/Sun 18 & 19 July

Confirmation Commitment Mass, 6.00pm Saturday 9.30am Sunday

from Monday 21 July

Parent/Teacher/Student Led Conferences begin (& continue to 1 August)

Thursday 24 July

Year 5 Drama Performance, 10.00am

Year 6 Voice of Youth Final

Friday 25 July

Pyjama Day for Vinnies Winter Appeal

Sat/Sun 26 & 27 July

Enrolment Mass for Confirmation, 6.00pm Sat 9.30am Sunday

Wednesday 29 July

Parent Maths Workshop and P & F Meeting, 7.00pm. All Welcome

Thursday 31 July

Voice of Youth Cluster Final

Friday 1 August

Impact of Graffiti Workshop Years 5 and 6

Wednesday 6 August

Kinder Farm Excursion

Friday 8 August

Nepean Zone Athletics

Bingo Night Parents and Friends, 18 years and older

Thursday 21 August

Expo Choir Rehearsal

Friday 29 August PUPIL FREE DAY

Wednesday 3 September

Fathers' Day Breakfast Fathers' Day Liturgy Fathers' Day Stall

Mon/Tues 8 & 9 Sept

Creative Arts Expo

Thursday 11 September

Grandparents' Day

Friday 12 September

7:30pm Confirmation with Most Rev. Kevin Manning

Friday 19 September

Footy Fever & Hot Dog Day

Dear Parent, Carers, Students & Friends.

Welcome back to Term 3, a term filled with many wonderful learning opportunities for your children, shared faith experiences and great community events.

Some of the great things that we can look forward to include:

AFL training workshops; Parent/Teacher & Student led conferences; Feast of St Mary

MacKillop; Vinnies Winter Appeal/Pyjama day; Fathers' Day breakfast; Fathers' Day stall; Fathers' Day prayer; Feast of the Assumption Mass; Grandparents' Day; Voice of Youth speeches; P&F meetings; Religious Literacy assessment; Graffiti Workshop; Parents Maths Workshop; Nepean Zone & Diocesan Athletics Carnivals; Parent BINGO night; Netball Gala Day; Book Week; National Literacy & Numeracy week; Touch Footy Gala Day; Creative Arts Expo performances; Confirmation Mass; Footy Fever & Hotdog day.....just to mention a few!

I take this opportunity to publicly thank all staff for the many tireless hours they give to ensuring that activities are well planned and implemented so that all at OLOW benefit from them.

These 'special' events are in addition to the great learning and teaching that happens every day in our classrooms. Our teachers remain steadfast and true in supporting you to give life to your child's full potential. It is our privilege to work with you in building each child's personal best, and to build a community where the face of Jesus is alive in all interactions.

Have a great week,

God Bless

Mrs Sue Veling

Principal

Parent Maths Workshop (repeat session)



A Maths Workshop will be held at the next P&F meeting on Tuesday 29 July beginning at 7pm. This will be a repeat session, and parents attending will receive a show bag full of maths resources and ideas on how to extend their child's mathematical understanding. This is a hands-on session where you will be working on different activities that help

develop counting and place value strategies. All activities can be adapted to suit the students' needs from Kindergarten to Year 6. Parents that attended our last parent workshop felt it was very worthwhile.

For Sale - Sports Socks

Our new white sports socks have arrived at school and are available from the office for \$10 a pair. They come in a range of sizes. Even though these socks are not compulsory to wear in 2014, I would encourage any family purchasing white socks to do so through the school. In 2015, our Kindergarten will wear these sports socks as part of the OLOW sports uniform.



XS: Child 9-12 (approx. toe to heel 15cm)
M: Youth 2-7 (approx. toe to heel 21cm)

S: Child 13-3 (approx. toe to heel 18cm)

L: Men/Women 7-11 (approx. toe to heel 24cm)

Boys Winter Uniform

At the last P&F meeting it was agreed that from 2015, the boys' winter uniform will include long pants and a long sleeved shirt. There will be no optional component of wearing shorts and a short sleeved shirt

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



What Does Homework Look Like at OLOW?

Your child SHOULD be doing activities each afternoon when they get home. It is a time for them to connect their learning with life experiences. We know from research that when children make these connections, then true and long lasting learning takes place. The responsibility for overseeing homework lies essentially with the parents. Homework need not be a cause of stress or upset for children or parents. The emphasis should always be placed on the learning value.

The Board of Studies (BOSTES) recommends the times suggested below. If you require assistance in identifying suitable resources to help your child with home activities, please talk to their teachers.

During the course of the year, teachers may send home activities that need to be completed to complement a unit of work being studied, or work that was not completed in class time. Teachers will notify parents when this is necessary, when the task is due back to school and what is expected.

EARLY STAGE 1 & STAGE 1

In Kindergarten, Year 1 & Year 2, homework involves reading a variety of home readers and quality literature as well as the quick identification of sight words. In these foundational years children become better readers by practising reading.

Parents are encouraged to provide opportunities for their children to build fluency through counting games and using Mathematics in real-life situations around the home for 5–10 minutes each day. Children may also pursue other learning activities that spark their curiosity with their families. **The time suggested for homework for Kindergarten, Year 1 & Year 2 students, is approximately 15-30 minutes daily.**

STAGE 2

In Year 3 and Year 4, homework involves reading a variety of texts including chapter books, magazines, as well as visual information, maps, tables, charts, diagrams, animations, images that embrace media and digital texts, covering all areas of the curriculum. Teachers will provide guidance and assistance to students in choosing suitable reading material.

Parents are encouraged to provide opportunities for their children to build fluency through the quick recall of number and table facts as well as the spelling of familiar words for 10-15 minutes each day. Teachers will prescribe other English, Mathematics and research activities during the course of the year.

Children may also choose to pursue other learning activities that spark their curiosity with their families as well as continue with their learning topics from school. The time suggested for homework for Year 3 & Year 4 students, is approximately 30–45 minutes daily.

STAGE 3

In Year 5 and Year 6, homework involves reading a variety of texts including visual information, maps, tables, charts, diagrams, animations, images that embrace media and digital texts, covering all areas of the curriculum.

Parents are encouraged to provide regular opportunities for their children to build fluency through the quick recall of number and table facts as well as the spelling of familiar and unfamiliar words for 10-20 minutes each day.

Teachers will prescribe other English, Mathematics and research activities during the course of the year. Children should also choose to pursue other learning activities that spark their curiosity, imagination and creativity with their families as well as continue with their learning topics from school. The time suggested for homework for Year 5 & Year 6 students, is approximately 45-60 minutes daily.

Stop Work Meeting

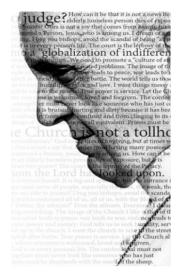
There will be a stop work meeting on Wednesday 23 July 2014 for 3 hours from the commencement of school. The action involved members of the Independent Education Union (IEU) to discuss concerns regarding the proposed new Enterprise Agreement. **We do not expect any interruption to school attendance and supervision will be provided.** Please read the attached information about why industrial action is taking place in our schools.

POPE FRANCIS

In March 2013, Jorge Mario Bergoglio, Archbishop of Buenos Aires was elected as the 266th Pope of the Catholic Church. He chose the name Francis after St Francis of Assisi.

From the moment Pope Francis appeared on the balcony of St Peter's Basilica, he has won the respect and admiration of people the world over. His humility, joyfulness and simplicity reveal a leader who is deeply interested in real people for their goodness, kindness and humanity. He has demonstrated himself as a man comfortable with having real conversations with people and seeking to be in in direct contact with them. To illustrate this recently he announced he will no longer use the bulletproof Popemobile as the glass 'sardine can' keeps him away from people. In a typically self-effacing way Pope Francis recently commented, 'It is true that anything could happen, but let's face it, at my age I don't have much to lose.'

In his short time as Pope, Francis has also spoken extensively about education. His writings and discourse in this area centre on his passionate belief that at the heart of Catholic education there needs to always be a daily personal encounter with Jesus Christ.



School can and should function as a catalyst, being a place of encounter and convergence of the entire educational community with a single objective of shaping and helping young people to grow as mature, simple, honest, and competent persons who know how to love faithfully, who know how to live their lives as a response to God's call and their future professions as a service to society.

At the personal level and in practical terms, Pope Francis points to three key languages of learning that a mature person needs to know to be fully human:

- the language of the mind
- the language of the heart
- the language of the hands

He makes the further point that true learning occurs when these three languages are working together in harmony.

- Think about what you say and do
- Listen to what you think and what you do
- And do well what you think and do

It is important for us not to lose sight of one of education's fundamental aspects, which is respecting each child's readiness to learn and the awareness that real learning usually takes time to happen.

It is also about remaining mindful that not all expected results can be seen or ascertained right now. Like the parable of the sower who is busy sowing without always seeing the fruits of his work — educating both at home and at school requires working with hope and confidence believing that, in time, our work will also bear fruit.



RELIGIOUS EDUCATION NEWS

Feast of the Sacred Heart:

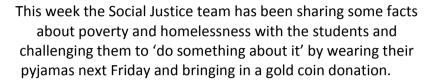
It was wonderful to see so many parents at our Feast of the Sacred Heart Mass. Thank you to the children from all grades who helped lead our celebration and a special thanks to Mrs. Atkins who prepared the liturgical movement the Kindergarten children shared so beautifully with us.

St. Vincent de Paul Winter Appeal:



The theme for the St. Vincent de Paul Winter Appeal is

DO SOMETHING ABOUT IT





Here are some of the facts about poverty and homeless for you to reflect upon:

- 14.3% of families in NSW live below the poverty line
- In 2012-2013 Society members made 218 000 visits to people's homes, prisons, nursing homes and detention centres
- In 2012-2013 Society members distributed \$17 million to assist people experiencing disadvantage
- In NSW 28,190 people experience homelessness every night
- Rental affordability has been a major contributor to homelessness
- It is estimated that by 2016, 131,975 people will be on a waiting list for social housing
- An increase in gas and electricity prices has put enormous pressure on households
- St. Vincent de Paul Society provided 692,785 meals through its services
- St. Vincent de Paul Society provided 274,145 bed nights through its accommodation services

We encourage you to ask the children about what they heard during the Social Justice Team visit (the children's information was different to that above) and help them make the connection of how supporting the Pyjama Day next week can help many people in need.

Religious Literacy Assessment:

In Week 6 the students of Year 4 and Year 6 will undertake a Religious Literacy Assessment.

Carole Day Religious Education Coordinator



ON SATURDAY, JULY 26,

WE CELEBRATE THE FEAST OF STS JOACHIM AND ANNE, GRANDPARENTS OF JESUS.

Jo all our grandparents, thanks for all the gifts of life and faith they have given us.

OLOW CURRICULUMS POT

BULLYING

Bullying

Over the years, the word - bullying - has taken on a life of its own. Children, parents and media often use the term to describe anything from negative comments, unhappy interactions, eye-rolls, arguments, teasing and even reprimands. Taking everyday activities, and labelling them as bullying, can deskill and disempower children. As a school, and as concerned parents, we must work to skill our children to deal with many different negative social challenges. The four key forms of negative interaction are:

Banter– brief comments, not intended to hurt but which sometimes can be taken the wrong way, e.g. - Wake up! You missed the ball.

Conflict - these are life's disagreements! Every relationship will have disagreements, and children need to learn to manage these so that they will know how to handle such moments as an adult. Sometimes, with poor self-control, these disagreements become physical, and while this is unacceptable, we must teach our children how to resolve all kinds disagreements.

Teasing - this is not a good part of life and often results in put downs. We work with all the children at OLOW to give the message of - No Put Downs! Teasing is children trying to assert power over another; we must teach our children that this is not acceptable.

Bullying—this is the most severe of all negative interactions. It is the ongoing and repeated targeting of another, which results in one person being victimised. Bullying requires intervention to assist the victim and to stop the bully. The bully needs help to stop these behaviours and the victim needs help to know how to be strong; to cope; to build defences.

At OLOW we have programs to assist the children in developing the skills to navigate their way through life. These include programs that help children build resilience, protective behaviour activities that encourage children to speak out against a wrong doing, and the lessons taken as part of our NSW PDHPE syllabus.

All of these things are just one part - children learn much from what they hear and see around them. As adults, what are we modelling? As adults, how do we strengthen our children, rather than over-protect? As adults, how do we treat one another?

Take Care Michael Mifsud

SPORTS NEWS

Netball News

65 students have been selected to represent OLOW at the St. Nicholas' netball carnival on Tuesday 19th August. Thank you to Mrs. Whitely, Mrs. Campbell and Mrs. Sullivan for offering to coach one of our 7 teams and to Paige McCarry for taking on the role of manager. If any parents or ex-students are interested in coaching one of the teams or umpiring on the day, please contact me at school.



TRAINING

Monday	Tuesday	Wednesday	Thursday	Friday
Year 5/6	Year 3	Year 4	Year 6 Mixed	Year 5

Anne-Maree McKeon

GENERAL INFORMATION

Condolences

We offer our condolences to Emma Fowler (Year 4). Her Grandfather passed away during the school holidays.





Food Allergy Awareness

Severe allergies are a community health issue. The most severe allergic reaction is called "**Anaphylaxis**" and can be lifethreatening. Anaphylaxis is a severe and sudden allergic reaction. It can occur when a susceptible person is exposed to an allergen (such as a food or insect sting). We have children at OLOW who do suffer from severe food allergies and whilst we are not a nut free school we do ask for everyone's co-operation in minimising the risk to our children. If you could supply your children with food that is nut free we would greatly appreciate it. There are posters up around the school or you can visit the website: www.allergyfacts.org.au for more information.

CANTEEN NEWS

Crunchy Munchy Café Meal Deals \$ 4.50

Available until Friday 25 July

Meal Deal 1

Salad Wrap, Juice Popper

Meal Deal 2

5 Chicken Nuggets, Juice Popper, Mini Cookies

Please see the **new Canteen Price List** at the end of this newsletter. A copy is also available on the school's website.

COMMUNITY NEWS

A **Worldwide Marriage Encounter Weekend** is a *Marriage Enrichment* experience for married couples – set in peaceful, picturesque surroundings, away from the distractions of everyday life. During the weekend, couples have a unique opportunity to reconnect, rekindle and refresh their relationship. Take time out of your busy schedule, to invest in your most precious asset... your Marriage!

Weekend dates: 12 – 14 September (7 – 9 November) at Mt Carmel Retreat Centre, Varroville, NSW Bookings: Ardell & Bill Sharpe tel. 02 4283 3435 or wsw.www.facebook.com/WWMEasternUnit

SEMINAR - UNDERSTANDING FAMILY LAW

The Solo Parent Ministry will be running our next Seminar on "Understanding Family Law" which will cover information on how the Family Law act applies to issues related to living arrangements for children and property settlements post separation or divorce amongst other topics. Date: Tuesday 22nd July, 7.30pm, Venue: Blacktown Cost: \$5.00. Bookings essential: Ph: 9933 0205 or Email: soloparentministry@ccss.org.au

SEASONS FOR GROWTH - BEREAVEMENT SUPPORT PROGRAM

CCSS Solo Parent Ministry is running its next Seasons for Growth Program for adults commencing on **Tuesday** 5th **August 2014**. This small group Program runs for five consecutive Tuesdays and is open to anyone grieving the death of their spouse or partner. See Notice Board for Flyer. **Venue**: CCSS Centre 51-59 Allawah St Blacktown. **Date/Time**: 5 Tuesdays from 05thAugust -10.00am – 1.00pm. **Cost**: \$80.00. Information and Registration- Ph. 9933 0205 or email: soloparentministry@ccss.org.au

Why industrial action is taking place in our schools



The current Enterprise Agreements covering Catholic school staff have nominally expired, with their provisions remaining in place until a new Agreement is developed.

On 7 April 2014, Catholic school employers released for discussion a draft Enterprise Agreement covering the majority of staff working in Catholic systemic schools. It's a new, contemporary

agreement which presents a range of ideas about how schools can better support 21st century teaching and learning.

Education in Australia is changing. Modern curricula, new technology and community expectations have changed schools forever and our industrial arrangements must reflect this. The proposed agreement rewards excellence in teaching, reduces distractions to the core work of learning and teaching and allows greater flexibility in the way we work. We believe that what has been proposed is equitable, sustainable and supports excellence in education for our children.

We have made it clear to the Union and staff that the proposal is just a *starting point for conversation* and will be subject to revision and change following staff feedback and union negotiation. Importantly, we have highlighted that our staff are in control as only they can vote to change their Agreement.

Despite this, the Union is encouraging industrial action which is likely to take place in some schools. We believe this action is intended to stop discussion about important changes that include:

- pay that is linked to professional standards that all Government's around Australia have mandated;
- how the school day is organised;
- supporting quality teaching;
- managing workloads by changing outdated work practices; and
- having all staff collaborate on what works best for students instead of relying on a one-size-fits-all approach.

Catholic Employers are committed to good faith bargaining, and working through the issues in an open and fair way. While we acknowledge the Union's important role in acting on behalf of employees, we genuinely believe that opening up the conversation around change is ultimately in the best interest of teachers, students and the whole school community.

During this challenging time, our priority is to ensure that there is minimal inconvenience to parents and disruption to our students' learning and we will ensure that parents are informed as soon as possible about any changes to the school day.

In the meantime, a dedicated website has been created if you would like to learn more about the employers' proposal www.foundationsforexcellence.com.au

We welcome your questions and concerns.

YOUNGSTARS





THE BEST BOYS' WEEKEND IS THE ONE WITH YOUR SON

Our YoungStars camp is the perfect father-son* weekend for primary school boys aged seven and up. This adventure-filled camp gives dads the space to connect and bond with their sons while taking part in lots of fun activities away from the demands of modern life and technology.

The weekend will help build confidence and resilience in young boys while giving dads the chance to share their experience of raising sons with other dads.

Time together to

- Pitch a tent and set up camp
- Roast marshmallows around the campfire
- · Play games and do craft activities
- Share sing-a-longs and stories
- · Camp out under the stars

Numbers are limited so book now to secure your place!

*The weekend is also open to boys and close family members such as an uncle, grandfather or step-dad.

Details

Dates & Locations: 6-7 September

Milson Island Sport and Recreation Centre

18-19 October & 15-16 November Berry Sport and Recreation Centre

Price: \$400 per family, includes all

meals and activities

Additional: BYO tent and sleeping bags

To secure your place or for more information:

W: http://www.dsr.nsw.gov.au/youngstars

P: 13 13 02

Be sure to check out the video on our website.







OUR LADY OF THE WAY PRIMARY SCHOOL

Canteen Menu 2014

FRESH FRUIT AVAILABLE
AT ALL TIMES
Red Apple, Banana,
Green Apple \$ 1.00

SANDWICHES

AVAILABLE IN WHITE OR MULTIGRAIN BREAD

WRAPS AD	D .60 TO	SANDWICH	PRICE
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BREAD AND BUTTER	\$1.00
VEGEMITE, JAM OR DEVON	\$1.50
TOMATO OR CHEESE	\$2.00
TUNA OR EGG	\$2.50
LEG HAM	\$3.00
CHICKEN OR RED SALMON	\$3.00
SALAD SANDWICH	\$3.50
LETTUCE, TOMATO, CUCUMBER, BEETROOT CARROT	Γ&
SALAD WITH DEVON OR CHEESE	\$3.80
SALAD WITH TUNA OR HAM	\$4.00
SALAD WITH CHICKEN OR SALMON	\$4.00
TURKISH BREAD—2 FILLINGS	\$5.00
3 FILLINGS	\$5.50

EXTRAS - ALL EXTRAS .40c EACH

SALADS

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FRESH FRUIT SALAD CUPS	\$2.00
LARGE GARDEN SALAD	\$3.60
LARGE GARDEN SALAD-DEVON OR HAM	\$4.00
LARGE GARDEN SALAD-SALMON OR CHICKEN \$4.80	
CHICKEN CEASAR SALAD	\$5.00

HOT FOOD

AVAILABLE TO ORDER RECESS OR LUNCH

CHICKEN NUGGETS	EACH \$0.60
OVAL HASH BROWN	\$1.00
GARLIC BREAD	\$2.00
CHEESE & BACON ROLL	\$2.00
LARGE SPRING ROLL	\$2.50
CUP OF NOODLES. Chicken. Beef or Orienta	\$2.50
HOT DOG WITH SAUCE	\$2.50
HOT CHEESE ROLL	\$2.50
PIZZA ROUNDER	\$2.60
HOT CHICKEN ROLL	\$3.00
CHICKEN FINGERS X 8	\$3.00
PANCAKES (2) PLAIN OR CHOC CHIP	\$3.00
HOT ROAST BEEF ROLL WITH GRAVY	\$ 4.00
WRAPS	
MINI TOASTED WRAP	\$ 2.50
Chicken Tender, Cheese & BBQ Sauce	·
HOT CHICKEN WRAP	
With Lettuce, Tomato & Mayo	\$ 4.20
HOT SWEET CHILLI CHICKEN WRAP	\$ 4.20
With Lettuce & Tomato & Mayo	
HOT ROAST BEEF WRAP	
With Lettuce, Tomato & BBQ Sauce	\$ 4.50

BURGERS

CHEESE BURGER - BBQ SAUCE	\$3.50
VEGIE BURGER - LETTUCE & MAYO	\$3.50
CHICKEN BURGER - LETTUCE & MAYO	\$3.50
FISH BURGER - LETTUCE & MAYO	\$3.50

BAKERY

INDIVIDUAL TOMATO OR BBQ SAUCE	\$0.40EA
PARTY PIE - 60GM LITE	\$1.00
SAUSAGE ROLL - LITE	\$2.80
TRAVELLER PIE - VARIOUS	\$3.20
BEEF, OR CHEESE/BACON	

PASTA'S & RICE

HONEY SOY CHICKEN & RICE	\$3.50
LASAGNE 200GMS	\$3.50
MACARONI & CHEESE 200GMS	\$3.50
NACHOS	\$3.50



OUR LADY OF THE WAY PRIMARY SCHOOL



Canteen Menu 2014



SNACKS

FLAVOURED BREAD STICKS	\$0.20
MINI COOKIES	\$1.00
SHAPE BISCUITS	\$0.80
DELIGHTS SOUR CREAM OR BBQ	\$1.00
SULTANA'S	\$1.00
J NOODLES BBQ & CHICKEN	\$1.00
POPCORN ASSORTED	\$1.00
MUESLI BAR	\$1.20
JJ CRACKERS ASSORTED	\$1.20
ASSORTED CHIPS	\$1.20
GINGERBREAD MAN 97% FAT FREE	\$1.50
RIVIANA FRUIT CUP	\$1.50
PAULS SCREW TOP YOGHURT	\$1.50
COON NIBBLES CHEESE PACKET	\$1.50
VAALIA 160gm FRUIT YOGHURT CUP	\$2.00
BANANA BREAD	\$2.50

ICE BLOCKS

TOE DECONO	
FRUIT STACK	\$0.50
ZOOPER DOOPER	\$0.60
LEMONADE ICE BLOCK	\$0.80
COOL CUPS 100% JUICE	\$1.00
ICY MONY	\$1.00
CHCOLATE/ FRUIT ICE CREAM STICK	\$1.00
JUICEE PUSH POP ICE BLOCK	\$1.00
VANILLA ICE CREAM CUP	\$1.20
PADDLE POP	\$1.50
CHOCOLATE, BANANA & RAINBOW	
BLIZZARD SLUSHIE CUP	\$2.00
DRINKS	
JUICE - POPPERS	\$1.50
BOTTLE WATER 350ML	\$1.50
POP TOP ORCHY FRESH JUICE 200ML	\$1.60
FLAVOURED MILK 300ML	\$2.00
BOTTLED WATER 600ML	\$2.00
99% JUICE BOMB 250ML	\$2.00
ICED TEA—PEACH, LEMON, RASPBERRY	\$2.00
SANITARIUM UP & GO	\$2.00

FLAVOURED MILK 500ML

ONLINE ORDERS

Can be placed every morning until 8.30am at:

www.flexischools.com.au

PLEASE NOTE

- Recess orders are to be PICKED UP FROM THE CANTEEN.
- All ICE CREAMS ordered with lunch are given out when the LUNCH BAG IS RETURNED TO THE CANTEEN.
- Please write CLEARLY on bag:
 - ⇒ CHILDS NAME
 - ⇒ CLASS
 - ⇒ FOOD ORDER
- NO CREDIT AVAILABLE
- Products & Prices are subject to availability
- Canteen is leased by Classroom Catering
- Halal and Gluten free menu available on request.



\$3.00

Trading hours: 8:30 to 2PM School days

