

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

17<sup>th</sup> September 2015

## DIARY DATES

### Friday 18 September

Footy Fever Mufti Day

Stage 3 Touch Footy Gala Day

Learn-a-thon  
BIG RAFFLE DRAW

Last day of Term 3

### Tuesday 6 October

First day of Term 4

### Wednesday 7 October

Communion Information  
Evening for Parents,  
7.30pm

### Thursday 8 October

Year 3 Reconciliation

Communion Information  
Evening for Parents,  
7.30pm (repeat)

### Friday 9 October

Year 2,3 & 4 Mass

### Wednesday 14 October

Year 6 Reconciliation

Year 5 Sport & Rec Camp

### Friday 16 October

Year 5 Sport & Rec Camp

### Sat/Sun 17/18 October

Commitment/Enrolment  
Mass Communion

### Wednesday 21 October

Year 5 Reconciliation

### Friday 23 October

Year 4 Incursion

### Sat/Sun 24/25 October

Communion – Lesson 1

### Wednesday 28 October

Kinder 2016 Orientation

Dear Parents, Carers, Students & Friends,

Thank you to the many, many grandparents who visited us today for Grandparents Day. It was a beautiful Mass organised by our teachers, lovely morning tea provided by our P&F, entertaining concert presented by our students, yummy BBQ served by our Year 6 parents, great book fair and open classrooms! We give thanks to all of Grandparents for the love and care they show our children.



Grandparents have the experience and knowledge that come from surviving a great many years of life's battles and hopefully, they have the wisdom to know when to share this experience and knowledge with their grandchildren. Jimmy Carter once observed that, "Because grandparents are free to love, guide and befriend young people without having to take daily responsibility for them, they can often reach out beyond pride and fear of failure and close the gap between generations."

Besides being the keepers of family traditions and history, grandparents provide grandchildren with examples of hard work and family loyalty. Grandparents' stories contribute to family identity by sharing knowledge about relatives, important events, family traditions, the grandparent's childhood and the childhood of the grandchild's parent. As these stories are passed on, the grandchild can gain a positive image of their place within the family and a positive image of ageing.

When we become parents, we automatically give our parents a new position in life, that of being grandparents. At the same time, we give our child the added security of belonging to an extended family. The relationship between grandchild and grandparent can be very life-enhancing: a grandchild can bring love, energy, optimism, laughter, youthfulness and sometimes purpose to the life of their grandparent. At the same time, a grandparent can provide maturity, knowledge, stability, a wise ear and unconditional love to a grandchild.

Nowadays, being a grandparent might not be as simple as you would like. However, whether you are a grandparent, step-grandparent or even a grandparent raising a grandchild, you are an important person in your grandchild's life.

**"God, Father of us all, we are thankful for our life and for the privilege to be parents and grandparents. We pray for patience, guidance and wisdom to use our life's role, for our own benefit and the benefit and enjoyment of our extended family. Amen."**

*We again come to the end of another fantastic term and what a busy term we have shared together!*

*When I look back through my diary, and tick off all the events, prayer reflections and educational experiences that have occurred this term, it is no surprise that schools are really becoming the hub of our faith communities.*

*I wish to begin by saying a sincere thank you to our parents for their continued support. Without you journeying with your child through their educational and spiritual life we would not have achieved the many exciting experiences along the way.*



**THANK YOU  
FOR YOUR SUPPORT**

Teaching children is a very challenging profession. It takes constant dedication, knowledge and passion to do what we do every day. Our teaching staff are one of the most committed staff groups I have had the privilege to work along-side. They always strive to do what they can to improve the learning outcomes for the children in their care. A lot of our role happens behind the scenes and I wish to thank our staff for what they do for our children but also how they go about the day to day of living in this community of faith and hope.

We are truly blessed to work with the best children in the world. Our children need to be congratulated for all their hard work, for never giving up on the learning they are constantly challenged with and always looking out and caring for each other.

We are a very lucky community!

God Bless and safe holidays,  
**Mrs. Sue Veling**  
Principal

# Have A Great Holiday

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



Holly Penny, Abby Godwin, Gabrielle Boyd, Oscar King, Isaac Steele, Sophie Procter, Taylor Carroll, James Borland, Akeda Chilmaid, Ella Reid, Leilahni Isaia, Riley Brown, Alexander Hawkes, Miah Green, Montana Clifford, Brooke Robertson, Zac Roach, Amity Houlihan, Scarlett Storr, Dominic Vella, Charlie



Thomas, Madeline Wade, Kennedy Storr, Matthew Barnes, Olivia Craig, Connor Clifford, Caleb Vanegas, Zachary Levy, Lewis Edwards, Ben Garrahy, Emilia Di Prinzio, Clare Roser, Jackson Gore.

## WITH DEEPEST SYMPATHY

It is with much sadness that we announce the passing of baby Brooklyn Biggar – sister to Tailyn and Cadence (Yr 4), Aroha (Yr 7) and Aaliyah (Yr 12). Our thoughts and prayers go out to the family in this difficult time.

## THANK YOU

Thank you to Jesse Whiteley and Charlize Risse from Year 4 who organised a guessing competition over the past few week to help raise money for the Learn-a-thon fundraising. They collected \$66.60. The winners will be announced tomorrow in conjunction with our Learn-a-thon raffle draw.

## WOOLWORTHS EARN & LEARN 2015

A BIG thank you to everyone who participated in the *Woolworths Earn and Learn* promotion this year. At OLOW we have collected 753 sheets, which is 45,180 tokens. (This means that our families have spent \$450,180.00 at Woolworths during the promotion period!)

We wish to thank the Flanagan and Budge families for sticking all tokens on the collection sheets and collating them.

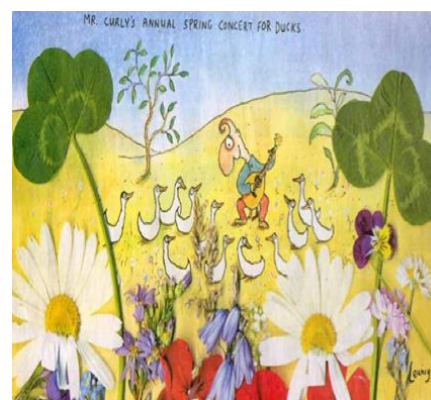
## SPRING

*Dear God,*

*We celebrate spring's return and the rejuvenation of the natural world. Let us be moved by this vast and gentle insistence that goodness shall return, that warmth and life shall succeed, and help us to understand our place within this miracle. Let us see that as a bird builds its nest, bravely, with bits and pieces, so we must build human faith. It is a simple duty; it is our highest art; it is our natural and vital role within the miracle of spring: the creation of faith.*

*Amen.*

*Thanks to Michael Leunig for this beautiful prayer in celebration of Spring!*



# OLOW Learn-a-thon

A very big **THANK YOU** from all of us at Our Lady of the Way.

Our Learn-a-thon has been a huge success. The students, staff and parent helpers are still excited the rich, fun and engaging learning experiences they participated in 2 weeks ago.

As you are aware the students were grouped in teams from Kindergarten to Year 6. They rotated through activities in three different Zones around the school.

Great prizes are now on offer for grades, families and also individuals. A ticket for every \$10.00 raised has gone into a draw for these prizes.

The **Big Raffle Draw** will be held tomorrow - Friday, 18 September. We wish to thank family and friends for their generous donations. We have nearly reached our target but if you have forgotten to send in your money it is still not too late to send it in tomorrow.

As mentioned previously the money raised from the Learn-a-thon will go towards purchasing extra WAPS (**wireless access point** - a device that allows wireless devices to connect to a wired network using Wi-Fi) for our school. All monies raised will supplement the costs for the extra WAP'S needed to service our school and its many electronic devices.

Thanks again for supporting your school - OLOW.

*Michael Mifsud on behalf of the Learn-a-thon Team.*

## The Problem With Plastics

by Taj Le Breton

Plastics in the ocean is threatening marine species to extinction.

Every day 3.5 million pieces of plastic enter the ocean and head out to one of the great garbage patches. Plastic isn't biodegradable so it can stay there for hundreds or even thousands of years!

We are relying on plastic too much in our society and just throwing it in our creeks, rivers, bays and oceans. Whenever animals such as turtles come across plastic they think it is fish and eat it and choke to death.

Also when fauna such as krill eat microplastics they get poisoned and then whales come and eat the poisoned krill and die.

But there are solutions to this problem, at some supermarkets there are recycle bins where you can recycle plastics. You can also use paper and cornstarch items instead of plastic.

In conclusion plastic is affecting and killing all marine life and forcing them to extinction.



my references

<http://tiki.oneworld.org/plastic/plastic.html>  
<http://kidcyber.com.au/tag/facts-plastic-for-kids/>  
<http://www.abc.net.au/btn/story/s3591476>



## YEAR 4 CARES EXCURSION

Earlier in the term Year 4 attended an excursion to C.A.R.E.S St Marys (Community and Road Education Scheme). C.A.R.E.S is a program run by the NSW Police to educate students about road awareness and safety. The program aims to teach students about the road rules and regulations and how they are expected to behave when using and sharing the roads and footpaths with pedestrians and other motor vehicles.



Constable Brace, from C.A.R.E.S gave students a challenge to present their learning about road and bike safety. Students were encouraged to present their learning in any format. Constable Brace kindly donated two Lazer helmets for the two most creative responses. We would like to congratulate all the students who accepted the challenge and acknowledge Abigail Dixon and Sienna Rose for their creative and informative presentations.

## MATHS CHALLENGE

Find a number such that:

1. It is a 3-digit number. Larger than 399 and smaller than 500.
2. Both digits in the tens and ones are odd and their sum is equal to 5.
3. The digit in the ones is larger than the digit in the tens.

## YEAR ONE LEARNING NEWS

Year One have been writing about their Dads for Father's Day and their Grandparent's for Grandparent's Day.

My Dad has a lovely smile and he is handsome! I love my Dad because he uses funny and exciting voices for the stories and sings beautiful bedtime songs to me. My Dad is the best dad in the world and I will love him forever. **By Sophie W**



My Dad is super dooper and special. My Dad has blue eyes and his favourite colour is blue. He is a mechanic and he has a skateboard and I love him. **By Holly R**

My Dad is amazing and funny. My Dad has black hair and he likes to watch Panthers play football. My Dad loves me and I love my dad. **By Hunter G**

My Dad is a loving and funny Dad and I love him a lot. When my Dad gives me a kiss, I can feel his whiskers. I love playing with my Dad and I love going to the park. I play tip and I always tip him. **By Holly H**

<p>G-Good and giving R-Respectful and real to me A-Amazing and always there for me N-Nice and needs me D-Delightful P-Polite A-Awesome R-Radiant and really responsible E-Excited to see me N-Never says no to me T-Terrific S-Special</p> <p><b>By Erin B</b></p>	<p>G-Giving R-Really loves reading A-Amazing and awesome N-Nice Nana D-Delightful and fun P-Polite and perfect A-Amazing R-Reading and writing E-Excellent and exciting N-Nice T-Talking S-Singing</p> <p><b>By Nathan M</b></p>	<p>G-Good, generous, grateful R-Respectful, reads A-Awesome, amazing N-Nice D-Delightful P-Patient A-Always helpful R-Radiant, really great E-Excellent at making sandwiches N-Never gets angry at home T-Teachers me how to read S-Sometimes watches tennis</p> <p><b>By Pierce L</b></p>
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GRANDPARENTS  
fill the world  
with LOVE



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

### What is skin cancer?

Skin cancer is the uncontrolled growth of abnormal cells in the skin.

Cancer that only affects cells in the skin's top layer is called superficial cancer. Cancer that spreads deeply into the skin or to other parts of the body is known as invasive cancer.

### Skin cancer symptoms

Skin cancers don't all look the same, but there are some signs to look out for:

- a spot that is different from other spots on the skin
- a spot, mole or freckle that has changed in size, shape or colour
- a sore that doesn't heal
- a spot that bleeds.



Protect yourself in 5 ways:

- **Slip** on clothing that covers your shoulders, arms and legs. Choose shirts with collars, high necks and sleeves and trousers or longer shorts and skirts that come below the knees.
- **Slop** on SPF30+ or higher broad-spectrum water-resistant sunscreen. Apply generously 20 minutes before going outside and re-apply every 2 hours. Never rely on sunscreen alone.
- **Slap** on a broad-brimmed hat that protects your face, ears and neck. Broad-brimmed, bucket and legionnaire style hats provide good protection.
- Baseball caps are not recommended, as they do not protect the ears, cheeks or neck.
- **Seek** shade whenever you can especially when UV levels are highest between 10am and 2pm (11am and 3pm during daylight saving).
- **Slide** on sunglasses that meet Australian Standard AS1067 and that fit your face well.

### Skin Cancer Statistics

- Australia has among the highest rate of skin cancer in the world.
- About two in three Australians will be diagnosed with some form of skin cancer before the age of 70.
- Basal Cell Carcinoma and Squamous Cell Carcinoma (SCC) are the most common types of non-melanoma skin cancer.
- In Australia, over 750,000 new cases of Basal Cell Carcinoma and Squamous Cell Carcinoma are diagnosed and treated each year.
- Basal Cell Carcinoma can develop in young people, but is most common in people aged over 40.
- SCC occurs mostly in people aged over 50.
- Melanoma can occur in young people, but is more common in people over 40, especially men.
- But this doesn't need to be the case. Nearly all skin cancers can be prevented by protecting yourself from the sun and most skin cancers can be cured if they are diagnosed and treated early.

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

All students are to wear a school hat when they are outdoors. (Sporting activities, Before school, First Break, Second Break & After school)

We also encourage all parents to be Sun Smart by wearing a hat when you are dropping off or picking up your children, and also during any outdoor activities.

Read more at <http://www.cancercouncil.com.au/>

Cheers  
Michael



Please contact me at [mmifsud@parra.catholic.edu.au](mailto:mmifsud@parra.catholic.edu.au) if you have any questions relating to the **OLOWCURRICULUMSPOT**.



# SPORTS NEWS

## DIOCESAN NETBALL CARNIVAL

On Wednesday 9<sup>th</sup> September 58 girls represented our school at the Diocesan Netball Carnival. All players displayed outstanding sportsmanship and teamwork throughout the day. Many umpires and teachers from opposing schools commented on how polite and friendly our girls were. Many thanks to Mrs Muller, Mrs Procter, Mrs Sullivan, Mrs Whiteley, Miss Reynolds, Mrs Flanagan, Mrs Hensen, Mrs Grima Starkey, Ms Glynn and Elise McKeon for coaching and managing our 6 teams. Thanks also to Bec Moffitt and Sarah Blaikie along with our ex-students Sasha Panczyk, Alanah Eisenhuth, Laura Patterson and Ruby Lowe for umpiring on the day.



**Year 3 Division Winners (undefeated)** : Lucie, Rory, Milaya, Chloe, Zoe, Larissa, Erin, Kate, Georgia and Emily. Well done girls!

**Year 3:** Daisy, Maya, Jessica, Abbey, Sandra, Lily, Sarah, Phoebe and Talisha

**Year 4:** Sophie, Clarice, Charlize, Miah, Sophia, Jorja, Jessie and Maddy R

**Year 5:** Alyssa E, Alyssa G, Emma F, Emma C, Layla, Montana, Olivia B, Clare, Lara and Taylor

**Year 6:** Mikayla, Madalyn, Anne, Kirrilly, Bianca, Lara, Sophie, Olivia, Jill and Kaitlyn

**Year 6 Division Runners-up:** Maddison M, Madison W, Jemma, Amber, Jessica, Sammy, Brooke, Shanice, Jasmine and Bridie

## Anne-Maree McKeon







**ATHLETICS RECORD BREAKERS**



Congratulations to the following students who broke three records at the recent Nepean Zone Championships recently:  
 8 Years Girls 100m – Sienna Gagahan  
 8 Years Girls 100m – Jade Elford  
 13 Years Girls 100m – Annabelle Ruskin





## GENERAL NEWS

# Thank you, Thank you, Thank you

We would like to acknowledge and thank the following companies for their support of our Learn-a-thon and Trivia Night.

### **Our Major sponsors:**

Sydney Helicopters  
Chambers Cellars Emu Plains  
One Agency, Reeves Properties  
Wisdom Homes

Museum of Fire, Featherdale Farm, Koala Park, Taronga Zoo, Whitewater Rafting, Australian Maritime Museum, Powerhouse Museum, Sydney Giants, Boulous family, Tabor family, Captain Cook Cruises, Emu Plains Mowers, King Henrys Court, Outback Steak House, Penrith RSL, FC Team Sports,



## COMMUNITY NEWS

### ***Penrith Regional Gallery School Holiday Workshops***

With the school holidays almost upon us, the Gallery is pleased to announce its School Holiday Program. Covering both weeks of the holidays, the workshops for primary school aged children and their families are each inspired by the current exhibition suite *Flower Show*. Kids will explore the exhibitions and spend time in the garden and studio, being inspired and learning new skills. Full program [here](#).

### **POST SEPARATION RECOVERY PROGRAM**

CCSS Solo Parent Services is offering its seven week Post –Separation Recovery Program which has proven to be an excellent Program that guides and supports those whose marriage or long-term partnership has ended. **Commencing:** Wednesday 21<sup>st</sup> October from 7.30pm - 9.45pm. **Venue:** DAC, 1-5 Marion St Blacktown. For further information and registration, contact Eileen or Rita on 9933 0205 or [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au)

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





NSW PARLIAMENT PRESENTS

# FAMILY FUN DAY

..... 2nd OCTOBER 2015 .....

COME ALONG FOR A LOOK AT AUSTRALIA'S  
FIRST AND OLDEST PARLIAMENT HOUSE

NO NEED TO BOOK  
**ALL WELCOME!**  
10:00 AM - 3:00 PM

**MACQUARIE ST. SYDNEY**  
[www.parliament.nsw.gov.au](http://www.parliament.nsw.gov.au)  
ENQUIRES: 02 9230 2047

## FUN ACTIVITIES

////////// FOR THE WHOLE  
FAMILY INCLUDING:

- PHOTO AND DRESS-UP OPPORTUNITIES
- TOURS OF THE LEGISLATIVE CHAMBERS
- MYSTERY OBJECT GUESSING COMPETITION
- SAUSAGE SIZZLE (MINIMUM CHARGE)
- ROVING HISTORICAL CHARACTERS
- ART AND OTHER DISPLAYS



////////// **FREE ENTRY** //////////

# FAMILY BUSH DANCE

Saturday 19th September  
at

St Thomas Aquinas School Hall,  
168 Hawkesbury Road, Springwood

Free Sausage Sizzle from 5:30pm

Dancing 6:30 -9:30pm

**THIS IS AN EVENT FOR THE  
WHOLE COMMUNITY!**

**EVERYONE IS WELCOME TO ATTEND,  
(EVEN IF YOUR CHILDREN DON'T ATTEND ST THOMAS'S!)**

Sponsored by



Catholic Care Social Services  
Springwood Drop in Centre

4751 4956 or [www.ccss.org.au](http://www.ccss.org.au)

and St Thomas Aquinas Parish Family Groups

**MUSIC BY RICHMOND PLAYERS  
BUSH BAND**





# Glenbrook Swimming Club

Cnr Wascoe and Fletcher Sts,  
Glenbrook, NSW 2774

[www.glenbrook.swimming.org.au](http://www.glenbrook.swimming.org.au)

## Swimming

- Promotes physical development
- Develops aerobic endurance
- Enhances children's natural flexibility
- Develops superior co-ordination
- Is the most injury free of all children's sports
- Is a sport that will bring children fitness and enjoyment for life.

## Proud History

- Established 1980
- Swimmers both past & present have achieved state & national levels.

## Join Our Family

- Both social and competitive swimming catered for.
- Social club nights Mondays from **6.30pm.**
- Free stroke correction classes.

**So come and join the  
healthy sport of swimming today!**

REGISTRATIONS  
ARE IN  
OCTOBER



Boys and Girls, 7 – 13 years  
are invited to join

# Penrith City Children's Choir

for its next project

## *Summer Beat*

directed by Lucy McAlary

applications close 7 October!

If you love to sing, please join us.

No auditions.

For further information,  
contact the Administrator:

Liz Strasser  
0418 202 849

[pccc@penrithcitychoir.com.au](mailto:pccc@penrithcitychoir.com.au)