



By The Way



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

25th August 2016

DIARY DATES

Friday 26 August Book Character Parade
Thursday 1 September Fathers' Day Stall
Friday 2 September Fathers' Day - Breakfast 7.30am, - Prayer 9.00am Parish Wine Tasting, 7pm
Mon/Tue 12/13 September Confirmation Rehearsal 7.30-8.30pm
Thursday 15 September Confirmation, 7.30pm Footy Fever Mufti Day
Friday 16 September Stage 2 Touch Football
Monday 19 September Way of Mercy Visit with Cross and Relic
Thursday 22 September Grandparents' Day - Mass, 9.15am - Celebrations, 10.00am
Friday 23 September Stage 3 Touch Football Last day of Term 3
Monday 10 October School resumes
Wed/Thurs 12/13 Oct First Reconciliation Parent Info Session, 7.30pm
Sat/Sun 15/16 October First Reconciliation Enrolment Mass
Thursday 27 October Parent Information and Kinder Orientation Program, 8.45-10.45am
Wednesday 9 November First Reconciliation Liturgy, 7.30pm
Friday 2 December Gingerbread House Night
Monday 5 December Christmas Carols Evening
Monday 12 December End of Year Thanksgiving Mass
Friday 16 December Last Day of School

Dear Parents, Carers, Students and Friends of OLOW

Professional learning for staff at OLOW is varied and ongoing. At the heart of it all is to be Jesus to others, and see Jesus in others. We are constantly challenged in our daily lives and as a Catholic faith community we must strive to be the face of Jesus in all we do and say.

Today our Stage 1 teachers, Linda Flanagan and I attended Peer Review. This is a School compliance process to evaluate how we, as a school, follow BOSTES and CEDP requirements. As a school we are always 24/7 compliant, however, this process enables the system to spot check two Key Learning Areas in a Stage. They give us seven days to organise documentation including programs, scope and sequences, timetables and student work samples. These are shared and evaluated with teams from three other schools in our area. This year the system has chosen English and PDHPE in Years 1 and 2. It is a very rewarding process and allows us to showcase the terrific work we do as a school and enables and empowers our teachers.

Over the past week the Staff at OLOW have been given a generous offering of meaningful spiritual reflection. On Friday the staff gathered for our Faith Formation Day at Benedict XVI Retreat Centre, Grose Vale. We were provided with thought provoking reflections by Dr Laurie Woods who provided some wonderful insights through a number of interactive sessions on some Old Testament issues commencing with Genesis and how narrative works in the Hebrew Bible. We also participated in conversations on selected texts from the Gospel, some portraits of the human Jesus and we also looked at the compassionate Jesus in this 'Year of Mercy'.

On Monday evening we hosted Leadership teams from seven of our neighbouring Catholic schools. We gathered with Br Aengus Kavanagh to discuss the Topic: Leading and Teaching - Beyond a Profession? We discussed that often the science of teaching trumps the art of teaching. The art of teaching strongly emphasises the importance of the human and interpersonal dimensions at the heart of the teaching and learning process. In turn, the art of teaching is strongly linked to the kind of person the teacher is, the human and spiritual qualities the person brings to the role. Invariably, these qualities will be at the fore in the minds of people who look back in gratitude and affection on teachers who have most touched their lives in positive ways.

As a teacher and leader I feel proud to acknowledge that the human and spiritual qualities are at the fore of every single staff member at Our Lady of the Way.

*Take Care,
Michael Mifsud
Acting Principal*

In this year of Mercy, another Gospel calls us to be mindfully aware of the presence God in the context of our daily lives.

Look for the face of Jesus in the people around us, in everyday situations and in the special moments we share in our families. We can be grateful for many things in our lives, for the tiny miracles that happen every day. When we do this, we too are awakened and alerted to God's presence in our lives.



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"

CONGRATULATIONS TO OUR AWARD RECIPIENTS FOR TERM 3, WEEK 4 and WEEK 5



Mya Kelty, Max Thompson, Jackson O'Brien, Caleb Vanegas, Maya Deacon Chilmaid, Mia Eekman, Carter Jones, Mikayla Mercieca, Jade Elford, Lucienne Heffernan, Marcus Skinner, Tracy So, Justin Bailie, Katelyn King, Lucas Woods, Toby Witjes, Harrison Armour, Jorja Tabor, Riley Bahlmann, Thomas Garrahy, Jett Cleary, Wayde Race, Kaliyah Kessel, Ashton Bartlett, Erin Budge, Kees Muller, Cara Smith, Dominic Vella, Asha Morris, Oscar King, Ethan Houlihan, Emilia Di Prinzio, Emma Jones, Keegan Smith and Isabella Toth.

READING RECOVERY GRADUATE

Congratulations to Zac Roach who successfully completed the Reading Recovery Program under the guidance of Ms Glynn. Reading Recovery is an accelerative reading program run by specialist teachers. The program is sponsored by the Catholic Education Office Parramatta Diocese.

GET WELL SOON

The school community wishes to send their prayers to Mrs Curry. We wish her a speedy recovery.



WAY OF THE CROSS - MONDAY 19th SEPTEMBER

On Monday 19th September, the Way of Mercy Cross & Relics will be coming to Our Lady of the Way School as part of its Diocesan journey in the Year of Mercy.

This celebration will be held between 9-11am. We invite and encourage all families, parishioners and friends to come along and witness this special event.

The Mercy Cross is a 4 metre high cross that was donated to the Richmond Parish in 1990 as part of a Redemptorist mission. The Richmond Parish is delighted to share this precious symbol of faith with the Diocese. The Mercy Cross will be accompanied by a relic from Blessed Mother Teresa and a relic from St Mary of the Cross MacKillop.

We hope that you will be able to join us for this great celebration.

OLOW BOOK CHARACTER PARADE

Students from Kindergarten through to Year 6 are invited and encouraged to dress up in costumes of their favourite storybook characters and parade around our school on **Friday, 26th August at 9am** on the Infant's playground.

Bring your family, a camera, and a big smile as we cheer on our students and staff celebrating the joy of reading!

FATHERS' DAY BREAKFAST, PRAYER & CELEBRATIONS OF LEARNING

Our Fathers' Day breakfast and prayer is on **Friday 2 September**. Come join us for cereal, toast, fruit juice and a breakfast BBQ. The BBQ opens from **7:30am** and you will be served by the beautiful OLOW staff. Dad's & father figures - this is a great time to have breakfast with your children!

SUMMER UNIFORM SWAP OVER

Change over into our summer uniform will begin in the last two weeks of this term from Monday 12th September. Parents may dress their child/children in full summer or full winter uniform during this period depending on the weather. By Tuesday 10th October (first day back for Term 4), all students will be wearing their summer uniforms.

KISS & DROP ZONE REMINDER

Our **Kiss & Drop Zone** in Troy Street is operational between 8.00am and 9:30am school days.

The zone is for parents and carers to drop off their children, without having to park or get out of the car.

Once stopped, it is safest for the children to get out of the car on the **kerb side of the road** to be away from passing traffic.



Parents and carers are asked **NOT TO** get out of the car as a matter of courtesy. If you wish to spend more time with your children, please park in a designated car spot so you are not holding up traffic.

The **Kiss and Drop Zone** is manned by a staff member from 8:20am each morning. However, if no staff are present, the same rules apply until 9:30am.

Please be considerate of all members of our school community. The safety of our children is paramount.

RELIGIOUS EDUCATION NEWS

Sacrament of Confirmation:

Please keep in your prayers the children who are preparing to celebrate the Sacrament of Confirmation and also their families who are preparing them. At Monday morning assembly we offered this prayer of blessing for the candidates:



May the Holy Spirit fill you with Wisdom to help you be truly wise and follow the way of God.

May the Holy Spirit fill you with Understanding to help you see things the way that God sees them.

May the Holy Spirit fill you with Knowledge to help you see the goodness of God.

May the Holy Spirit fill you with Right Judgment to help you make good choices in your life.

May the Holy Spirit fill you with Courage to help you follow Jesus.

May the Holy Spirit fill you with Reverence to help you to love, honour and respect God.

May the Holy Spirit fill you with Wonder to help you see and appreciate the wonder of God.

Liturgical Celebrations for Term 3:

- Friday September 2 - **Fathers' Day Liturgy** - 9:00am - Infant's Playground
- Friday September 9 - **Year 6 Reconciliation** - 10:00am - Church
- Wednesday September 14 - **Year 4 Reconciliation** - 10:00am – Church
- Thursday September 15 – **Confirmation Mass** - 7:30pm - Church
- Thursday September 22 - **Grandparents' Day Mass** - 9:15am - Church



Carole Day

Religious Education Coordinator

Growth Mindset

“If you imagine less, less will be what you undoubtedly deserve,” Debbie Millman

The above quote highlights what modern psychology knows about how our belief of our own ability and potential fuels our behaviour and predicts our success.

One of the most basic beliefs we carry about ourselves has to do with how we view and inhabit what we consider to be our personality. A “fixed mindset” assumes that our character, intelligence, and creative ability are static givens which we can’t change in any meaningful way. Striving for success and avoiding failure at all costs become a way of maintaining the sense of being smart or skilled. A “growth mindset,” on the other hand, thrives on challenge and sees failure not as evidence of unintelligence but as a heartening springboard for growth and for stretching our existing abilities. Out of these two mindsets, which we manifest from a very early age, springs a great deal of our behaviour, our relationship with success and failure in both professional and personal contexts, and ultimately our capacity for happiness.

The following are some phrases you can use to encourage a Growth Mindset in your child. A simple change in the language we use can have a powerful effect and put our children on a path towards success, not only at school, but in life.

DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

SPORTS NEWS



ZONE ATHLETICS

Congratulations to all the students who participated at the Zone Athletics Carnival on Thursday, 11th August. It was a wonderful day, with some excellent results. Thank you to Mrs Connell for assisting as a place judge on the day.

Congratulations to the following children who will be representing OLOW at the Diocesan Athletics Carnival at Blacktown International Sports Park on Friday, 26th August.

Diocesan Athletics Team

Charlie Connell, Emilia Di Prinzie, Jett Cleary, Blake Skinner, Jade Elford, Sienna Gahagan, Toby Witjes, Tiare Raukawa and Milaya Cleary

Junior Girls Relay – Jade Elford, Sienna Gahagan, Charlize Risse and Milaya Cleary

Excellent Results!

Nepean Age Champions

Jade Elford – Junior Girl Age Champion

Sienna Gahagan – Junior Girl Runner Up

Zone record broken!

Well done to Sienna Gahagan who broke the Zone record for the 9 Year Girls 100 metres.



NETBALL GALA DAY

What a wonderful day! The sun was shining early (thank goodness) and all six teams were excited to take the court. Well done to all of our teams- your sportsmanship and sense of teamwork were noted by many. The supporters cheered loudly and were very proud of each team's efforts whether they won, lost or finished with a draw.

Special mention to the Year 4 White team who won their division for the second year in a row. Also, to our 11 year girls team who also won their division. Both teams were undefeated champions!

Many thanks to Mrs Muller, Mrs Sullivan, Mrs Clifford, Mrs Procter, Mrs Whiteley and Elise McKeon for coaching our teams on the day. Thanks also to Mrs Hensen, Mrs Flanagan, Mrs Blazek, Mrs Thomas, Mrs Marshall, Mrs Day and Mrs Scott for training and assisting our teams. To those parents who helped with scoring, jacket collection and toilet runs- a big thank you!

Once again our ex-students were wonderful ambassadors for Caroline Chisholm College umpiring our six teams. Many thanks to Bridie Witjes, Madison Whiteley, Ruby Lowe, Jasmine Ridding, Laura Patterson and Alanah Eisenhuth.

Alanah sent a lovely message about our netballers that summed up our day: ***I would just like to thank you for the opportunity to umpire today and would like to say that you and all of the OLOW teachers should be proud of the students and how they conducted themselves and played today.*** Thanks Alanah.

Anne-Maree McKeon



GENERAL NEWS

Please join us for a Wine Tasting Evening Friday 2nd September 7pm in the Parish Hall

Everyone is welcome whether you are a wine connoisseur or a novice. This will be a great chance to find out about Calabria Wines in conjunction with Chambers Cellars, Emu Plains.

Bill Calabria will be there to give us information about the wines.

We also have an autographed Sydney Swans Shirt that we will be auctioning on the night.

Come along for a relaxing, fun evening with friends.

Please indicate on the sheets in the foyer if you will be attending.

Entry \$10 per person

COMMUNITY NEWS

the
children's
hospital at Westmead

DEPARTMENT OF PSYCHOLOGICAL MEDICINE

Corner Hawkesbury Road and Hainsworth Street
Locked Bag 4001, Westmead NSW 2145
DX 8213 Parramatta Tel 9845 2005 Fax 9845 0413
ABN 53 188 579 090

Attention: Students in Years 3-6.

GROUP THERAPY FOR CHILDREN AND YOUNG PEOPLE WITH ANXIETY PROBLEMS

The Department of Psychological Medicine at the Children's Hospital at Westmead in partnership with the Parramatta Diocese is pleased to advise that anxiety management groups for children and adolescents (ProACTIVE©) are currently being offered at the school. ProACTIVE© has been evaluated in a clinical setting as being an evidence-based treatment for anxiety problems using acceptance and commitment therapy (ACT). The school-run groups are being conducted as part of a research study which has ethics approval from the Children's Hospital at Westmead and Catholic Education, Diocese of Parramatta.

What is ProACTIVE?

ProACTIVE© consists of ten 1 hour group therapy sessions (6-8 students per group). Parents will be asked to attend two sessions over treatment to learn how to assist the young person to manage their anxiety. Pharmacological (medication) treatments are not provided.

Invitations are sought from any family whose child's primary presenting problem is one of anxiety. ProACTIVE is not suitable for children and adolescents with complex mental health problems.

How long will it take before a family is seen?

The family may be seen within a few days or up to 10 weeks waiting period. Referrers and families will be informed about likely waiting times at the time of referral.

Referrals will be initially screened by phone by a qualified psychologist. If appropriate, the family will then be offered a face-to-face assessment by psychologist. If it is apparent at referral or following an assessment that the family would receive more suitable help elsewhere, the psychologists will provide referral suggestions.

How long will my child receive treatment?

The treatment program will be completed within 10 weeks. Follow-ups will occur three months following treatment completion to monitor treatment effectiveness. In the event that the family continues to have concerns about their child's psychological health following treatment, appropriate options for further treatment will be discussed with the family.

How much does the treatment cost?

There is no charge for psychological services provided through the Anxiety Clinic.

Who should I contact if I have questions or would like to enrol my child?

Please contact Linda Flanagan to provide an expression of interest in this program by the end of Week 7 (2nd September). You are also invited to speak with Barbara Mulligan (School counsellor) on Wednesdays or Thursdays with any questions that you might have