



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

27th July 2018

DIARY DATES

Thursday 2 August

Confirmation Parent Information Meeting
7.30pm

Wednesday 8 August

Mary MacKillop Mass
9.15am

Friday 10 August

Nepean Athletics Carnival

Saturday 11 August

Sunday 12 August
Confirmation
Enrolment Mass

Wednesday 15 August

Feast of Assumption
Mass, 9.00am

Thursday 23 August

Diocesan Athletics Carnival, Blacktown

Friday 24 August

Book Week Character Parade

Tuesday 28 August

Netball Gala Day

Thursday 30 August

Fathers' Day Stall

Friday 31 August

7.30 Fathers' Day Breakfast
8.45am Fathers' Day Prayer

Sunday 2 September

Fathers' Day

Monday 17 September

7.30pm Confirmation Rehearsal

Thursday 20 September

Rite of Confirmation Mass, 7.30pm

Thursday 20 September

Footy Fever Mufti

Thursday 27 September

Grandparents' Day
Year 6 BBQ
Last day of Term

Friday 28 September

PUPIL FREE DAY

Wed-Fri 24-26 October

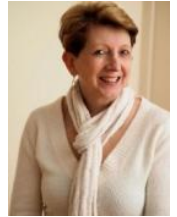
Year 5 Camp

Saturday 27 October

Trivia Night

Dear Parents, Carers, Students & Friends,

Welcome back to school and to a fabulous Term 3 at Our Lady of the Way. The children have enjoyed a great beginning of meeting up with their friends and teachers, sharing their holiday news and establishing their learning routines for the term ahead. We had a visit from our new Parish Priest Fr. Regie Lavilla and he is looking forward to meeting every family.



And what a great way to start the term with our Athletics Carnival. It was a beautiful sunny day. The children participated in a variety of activities and displayed a 'have-a-go' attitude. I am particularly proud of the way the children supported and cheered on one another. We were once again blessed with support from many parents, grandparents and past students who helped officiate our carnival by timing, place judging, motivating and cheering along with our students. We express our sincere gratitude to everyone who came out to support the students. The day's success is because of your support.

The teachers have planned a great term of learning for the children and look forward to connecting with families, immediate and extended at special events such as Fathers' Day, Grandparents Day and Celebrations of Learning. The students will celebrate Pyjama Day; Book Week with a book character parade; attend the Musica Viva workshop, be part of our 'We've Got Talent Quest' and participate in grade excursions and incursions. We welcome again our colleagues from Texas, pray for our students making their Confirmation and celebrate with our Musical Ensemble who will participate in the CAPTIVATE Showcase at Homebush along with students from all across the diocese..... and these are just some of the activities planned.

We ask God to bless our school community and all who are a part of it.

As we begin this new term,

help us to give of our best in our learning and in our interactions.

May we follow the model of St Mary MacKillop,

who never saw a need without doing something about it.

The term will soon be over so we need to make the most of every day.

Help all of us to try hard and do our best in our learning.

We make this prayer in the name of your son, Jesus. Amen.

May God bless you and your family,

Mrs Sue Veling

Principal

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.

CONGRATULATIONS TO OUR AWARD RECIPIENTS FOR TERM 2 WEEK 10 & TERM 1 WEEK 1



Kristian Liras, Vanessa Bogaerts, Charley Whalan, Xavier Clark, Eliza Herps, Ruby Trad, Isabella Rampono, Elara Layton, Emma-Lee Haines, Aidan Latty, Ruby Murphy, Makenzie Clark, Ben Hall, Nicholas Heffernan, Carter Jones, Jacob Thompson, Brody Green, Lincoln Mayer, Joshua Vanegas, Joshua Robinson, Jessica Craig, Hunter Middleton, Ayrton Russell, Jett Edwards, Rose Zeidon, Audrey Edwards, Edward Whyllie, Ava Jones, Lucia Rose, Elara Layton, Dylan McDonald, Kaliyah Kessell, Oliver MacLennan, Ronan Cullen, Hayley Burton, Jack Casey, Alyssa McDonald, Jarrod Partlett, Cruz Vilar, Isabelle Roots, Ayden Pusko, Benny Tabor, Breanna Palummo, Daisy Andersen, Jude Godfrey, Chloe Riley, Toby Witjes.

ATTENDANCE - EVERY LEARNER - EVERY DAY

School Name	School Attendance Level %
Our Lady of The Way Primary Emu Plains	89.5%
Scholastic Year	Sch Yr Attendance Level %
K	98.1%
01	85.9%
02	88.0%
03	91.5%
04	92.0%
05	76.8%
06	94.5%

At *Our Lady of the Way*, we continue to promote positive student attendance. Thank you to our parents for the support and value that you place on your child being at school each day. Regular school attendance plays a **critical role** in ensuring that every student has access to the same learning opportunities. When students are not at school, are late to school or leave school early, they are missing out on so much that can impact on their future learning.

Our school average this week is **89.5%**, which is **below** the CEDP target of 90%. **Congratulations to Kindergarten, Year 3, Year 4 and Year 6 who continue to display excellent attendance.** We love seeing all our students at school!

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'. *Parents can use the Skoolbag app to email an absence note to school.*

Partial Absences (PA) are recorded for each child every time they are late to school or leave early from school. **Partial Absence** from school does add up to time away from learning, settling into routines of the day or saying goodbye at the end of the day. It is important that all children are at school by 8:45am when our school day starts. A **Partial Absence** is recorded from this time and an explanation is required by parents or a carer to be signed in through the Office.

READING RECOVERY GRADUANTS

Congratulations to our three Year 1 students who successfully graduated from the Reading Recovery Program under the guidance of Miss Lamaletie: Junior North, Ethan Hughes, Zac Welton. Reading Recovery is an accelerative reading program run by specialist teachers. The program is sponsored by the Catholic Education Office Parramatta Diocese.



BOOK WEEK BOOK CHARACTER PARADE

In Week 5 we celebrate BOOK WEEK. The theme this year is "Find Your Treasure". Apart from acknowledging the importance of reading during the week it is also a time to celebrate Australian children's literature. Please find attached a list of the shortlisted books for 2018 at the end of the newsletter.

On Friday 24 August we will hold our biennial Book Character Parade. The students are asked to dress up as their favourite book character. The parade will begin at 9am under the COLA.





PSSA CROSS COUNTRY

Congratulations to Edward Lennon who ran in the special class category at the PSSA Cross Country Championships on Friday. We are excited to announce he placed third. An amazing feat of resilience! We are so proud of Edward.



SCHOOL LEAVERS

A reminder to families that a term's notice (10 school weeks) in writing **MUST** be given to the principal before the removal of a student or a full term's fees will be payable. The notice can be given any time during the term for the next term and where appropriate notice has been received, a pro-rata credit will be calculated. Where a term's notice has not been given to the principal, the term's school fees will be charged for your children. This is a Diocesan Policy.

NAPLAN READINESS ONLINE

In Term 2, Years 3 and 5 sat for NAPLAN tests (National Assessment Program- Literacy and Numeracy). This was a pencil and paper test.

In August 2018, schools in NSW will be participating again in a readiness test of NAPLAN online. This will include Years 3 and 5 students at all diocesan schools. The purpose of this is to ensure that schools and school systems are ready for the digital version of NAPLAN, which will begin in 2019. As this is only a trial, no results will be made available to schools.

MY HOLIDAYS by Madeline Wade Yr 6

University is where most people go after Year 12 but what if I told you that I, an 11 year old that hasn't yet finished Year 6, let alone Year 12, went to the UNIVERSITY OF NEW SOUTH WALES in the holidays.

I was one of 22 kids chosen from across Australia fortunate enough to be able to go to a program called GERRIC. My course was called 'The Science of Earth's Changing Climate' and it went for three days.

Over three days, we did a range of real-world hands-on experiments. We explored the scientific process; physical and chemical properties of water; mapping and features of the ocean floor; global winds and deep ocean currents; the carbon cycle; the Coriolis Effect; how Earth's climate has been recorded; natural causes of climate change; and human impact on climate change. Most importantly I got to make some great friends and had lots of fun. By the end of the course I had learnt about our changing environment and how we can help. I would recommend this course to everyone.



THE RECYCLABLES COLLECTION ZONE AT OLOW IS OPEN.

Our Lady of the Way School has joined forces with the Return & Earn Container Collection at Blacktown and has been asked to participate in the 'Scrap for Schools' Program.



This means the school is **a drop off and pick up point for recyclables**. The school has an account with the Blacktown collection point and all funds generated from recyclables collected from our school or dropped off by families at their facilities, will be paid into our account.

If the bottle/carton has **10c refund written on the label**, please deposit it in our white bags. So far (in one term) we have filled to the brim 4 large white bags. Only 6 bags to go before we can exchange them for money!

PLEASE DOWNLOAD THE SKOOLBAG APP

Skoolbag is a free app that can be downloaded to your phone, iPad and computer as a form of communication with the school. **Skoolbag IS NOT a social media app.** It is available from iTunes and Google. Just search for OLOW Emu Plains and you will see our school crest. All school notes, notices and newsletters are updated onto this site and you will receive an alert when something is uploaded or there is an important or urgent announcement.

LOW ATHLETICS CARNIVAL 2018

On Monday 23rd July, our Infants and Primary children made their way to Parker Street Reserve for our Athletics Carnival. The sun was shining, and it was a beautiful day to be outdoors enjoying being active and participating in a range of track, field and novelty events throughout the day.



Across the track you could see all of our House Colours being represented with pride and determination as the students strived to achieve personal bests in their events of 800m, 200m, 100m, Long Jump, Shot Put and High Jump.



Our Infant students enjoyed racing very fast against their friends, jumping in sacks, hurdling over jumps and participating in other novelty events.

Our House Captains lead their teams in chants, organisation, motivation and team spirit. Well done to Jessica Craig & Tiare Raukawa (**Manning**); Sandra Elias & Isaac Steele (**Clark**); Sienna Gahagan & Harrison Bennett (**Bede**); Rory Muller & Mark Gardiner (**Benjamin**).



Congratulations to Bede (Blue) who won the overall shield.

Congratulations to the following 41 students that have made it into the Nepean Zone Athletics Carnival to be held on Friday 10th August: *Mason Benitez, Jacob Bennett, Mikayla Blazek, Declan Casey, Samuel Cashel, Eden Chapman, Milaya Cleary, Tyler Clifford, Jessica Crambrook, James Cremen, Tanner Crook, Luke Durham, Jade Elford, Dieter Erdmann, Sienna Gahagan, Ava Grech, Zoe Grech, Brody Green, Cooper Hartstonge, Sebastian Hayward, Lucienne Heffernan, Taylor Latham, Edward Lennon, Alyssa McDonald, Lucie McIntosh, Rory Muller, Will Pearson, Marshall Pereira, Zachary Phillips, Archie Prendergast, Tiare Raukawa, Marlie Robertson, Max Selby, Cara Smith, Tianna Stansfield, Fraser Tait, Samuel Thompson, Dominic Vella, Madeline Wade, Darby Weber, Toby Witjes.*

How to Be a Resilient Parent

Children learn more from what you do than what you say, so your resilience—the way they watch you approach adversity—affects theirs. Explore these mindful strategies for building awareness around challenging experiences.

Imagine two equally talented graduates at their first jobs. Within a year, downsizing gets them both laid off. One becomes caught up in thinking he has failed: *I was never good enough. My boss hated me.* The other decides, *I wanted this job so badly. I better fix my resume and learn how to deal with a difficult boss better.* Who moves through adversity more quickly?

The same attitude carries over for parents around daily routines, school, or anything else. If one parent expects bedtime to be stressful and another feels it should happen without much adult effort, who has a harder time sticking to sleep training when it gets challenging? Our perspective toward whatever we encounter in life fundamentally changes how we experience it.

Stress itself can be defined as the perception that something is more than we can handle. When we frame challenges as surmountable, we surmount them more easily. When we frame them as opportunities for failure, we more often fail. That may sound like the most clichéd advice ever, but it is a foundation of resilience research.

What is resilience?

Resilience relies on how we perceive our lives. So maybe we get queasy watching our child on stage for the first time; anxious and concerned, we start ruminating. Within those thoughts exist layers of assumptions, perspectives, and mental filters—*I didn't prepare her enough; she's going to embarrass herself; I must do something to save her.* If we feel our role is to protect kids from everything, that moment on stage becomes miserable. If we recognize we cannot shield our children from every hurt, but we've done our best, the experience changes—*I'm almost as stressed as she is! Hope it goes well, but I'm here if it doesn't.*

Perception itself is pliable. In fact, this idea is a focus of the military's resilience training for soldiers. Participants explore mental traps—habitual distortions that undermine emotional well-being. These pitfalls might represent thoughts like *Asking for help is an admission of failure.* They include catastrophising the worst possible outcome of every situation or, alternatively, minimising and ignoring whatever overwhelms. An overly active inner critic may continually let us know we are not good enough to manage. All these distortions represent filters that twist perspective and pull us away from resiliency.

With mindfulness practice, we learn to hold these patterns to the light and question ourselves: What is valid, if anything, and what isn't useful? Is our view inflexible, reactive, or full of doubt? Without belittling ourselves or forcing ourselves to be unnaturally positive, we observe with curiosity and redirect ourselves until new habits develop: *She's on her own up on stage now; I'm nervous but need to let go.*

Uncertainty and change are inevitable in life—doubly so for parents. Instinct drives us to worry and protect endlessly because we care more than anything about our families. But if the only relief we seek is striving to battle uncertainty into submission, that causes needless stress, as certainty never happens—and too much stress undermines not only how we feel but the choices we make day to day.

Labouring under the misperception that parenting worry is ever going away only makes us feel worse. We cannot and should not aim to control everything. Rather, we can shift our perspective to accept that stressful things happen over and over again. When we try to fix everything we face and reach for a perfect picture of happiness, we undermine our best intentions. The perception that parenting or any other part of life can be anything other than imperfect and changing pushes us far from our most skilful and resilient selves.

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You can begin to separate your perspective from the experience itself. Many attitudes toward adversity seem like factual statements: *Those people are like that. My child will never . . . I'm not the sort of person who ever . . .* Notice those habitual thoughts, and ask of each... *Is it true?* Drop your assumptions and predictions for a while, and see what changes.

Try catching yourself with this simple S.T.O.P. practice:

- **S**top whatever you're doing.
- **T**ake a few slow breaths.
- **O**bserve what's going on around you and in your mind, and
- **P**ick how to proceed.

For a longer practice, follow the instructions below.

Follow the STOP practice

Stop what you're doing; put things down for a minute. Get comfortable in the position you're in, almost as if you're relaxing into this moment.

Take a few deep breaths. See if you can tune in to the subtle sensations involved with inhalation and with exhalation, as if this were the first time you've ever noticed your breathing.

Observe your experience just as it is. If your mind wanders, gently guide it back to this moment. Notice any feelings present and how they're being expressed. Research shows that just naming your emotions can turn the volume down on the fear circuit in the brain. Turn your attention to your body. How is your posture? How does it feel?

Proceed. As the stress response begins to calm, ask the question: What's most important right now to pay attention to? Whatever comes up in your mind, that's what you'll continue with.

Six steps to shift perceptions

The following suggestions, adapted from recommendations of the [American Psychological Association](#), provide a [framework for shifting perceptions](#) and building resilience:

1. Make connections and accept help. Value relationships with close family members and friends, prioritizing time with them, and reach out for support when needed.

2. Monitor for mental traps. Whenever undermining habits appear, pause, label them catastrophizing again, and redirect. For example, if you feel shut down by fear, acknowledge that fact, then refocus on something useful to be done as a first step: *If nothing else, I'm calling the paediatrician today and getting a referral.*

3. Nurture a positive view of yourself. Catch your inner critic in action, set it aside, and focus on your own strengths instead: *Thanks anyway, I wish I'd done it differently but I didn't. What would be the best thing to do now?*

4. Aim to accept that change and uncertainty are a part of living. One common misperception that undermines well-being and resilience is fighting with whatever is truly beyond our control. Even when something upsetting happens, separate that experience from a broader expectation that it "shouldn't" have happened in the first place.

5. Develop step-by-step goals and take decisive action. Rather than detaching and wishing stress away, stay proactive. When tasks seem unachievable, ask, *What's one small thing I can accomplish that moves me in the direction I want to go?*

6. Take care of yourself. Engage in activities that you enjoy and find relaxing. Taking care of yourself helps to keep your mind and body primed for resilience.

Tune in to your experience

Children learn more from what you *do* than what you *say*, so your resilience—the way they watch you approach adversity—affects theirs. Pay attention to how you experience challenges. Note how your body feels, your emotions, and where your thoughts go. Are you projecting your fears about the future? Are you caught up in regret or resentment? We often add to unpleasant moments in ways that make them even more difficult.

GENERAL NEWS

SCHOOL FEES

School fee statements for the third instalment of school fees for 2018 have been mailed out. The due date for payment is on or before Wednesday 29th August 2018. If you have not yet received your statement, please contact me on 4777 7200 to arrange for a copy to be sent home.

Catholic Education Diocese, Parramatta, is committed to supporting families experiencing genuine financial hardship. If you are having difficulties with the payment of your school fees, you are encouraged to contact the school office to arrange an appointment with the Principal to discuss payment options. Your situation will be treated with care and confidentiality and an appropriate payment arrangement will be made for you. Please note that as part of this process you may be required to complete an Application for School Fees Assistance Form so that the school is aware of your current financial situation. Please be assured of complete confidentiality with regards to any information you are asked to provide.

Please be advised that unless alternative arrangements have been made regarding the payment of your account it will be assumed that full payment will be made on or before the due date. Fees are payable in accordance with the Diocesan School Fees Policy which states "all fees are due and payable within 30 days of the date the school account statement is issued".

Outstanding accounts will be forwarded to Catholic Education Diocese, Parramatta, for actioning.

If you need to discuss any issues regarding the school fees, please contact me by phone on 4777 7200 or by email olow-emupfees@parra.catholic.edu.au

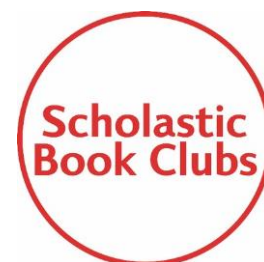
School fees can be paid by Bpay, Postbillpay, cash, Direct Debit, EFTPOS, credit card or cheque.

Pascale Vion

Senior Finance Officer

BOOKCLUB

Please note that all book club orders must be placed online. Instructions are given on the Scholastic brochure. Thank you for your cooperation in this matter.



**The Children's Book Council of Australia announces
THE 2018 BOOK OF THE YEAR SHORT LIST**

Book of the Year: Older Readers

Entries in this category may be fiction, drama or poetry and should be appropriate in style and content for readers in their secondary years of schooling. Ages 13-18 years (NB: These books are for mature readers).

Author	Title	Publisher	ISBN
Archbold, Charlie	MALLEE BOYS	Wakefield Press	9781743055007
Black, Cally	IN THE DARK SPACES	Hardie Grant Egmont	9781760128647
Crowley, Cath & Howell, Simmone & Wood, Fiona	TAKE THREE GIRLS	Pan Macmillan Australia	9781742612744
Harry, Pip	BECAUSE OF YOU	University of Queensland Press	9780702259777
Keil, Melissa	THE SECRET SCIENCE OF MAGIC	Hardie Grant Egmont	9781760127763
Wakefield, Vikki	BALLAD FOR A MAD GIRL	Text Publishing	9781925355291

Book of the Year: Younger Readers

Entries in this category may be fiction, drama or poetry and should be appropriate in style and content for readers from the middle to upper primary years. Ages 8-12 years.

Author	Title	Publisher	ISBN
Camavas, Peter	THE ELEPHANT	University of Queensland Press	9780702259616
MacDibble, Bren	HOW TO BEE	Allen & Unwin	9781760294335
Murray, Martine	HENRIETTA AND THE PERFECT NIGHT	Allen & Unwin	9781760290245
Murray, Martine	MARSH AND ME	Text Publishing	9781925498011
Rodda, Emily	THE SHOP AT HOOPERS BEND	HarperCollins Publishers	9781460753668
Shanahan, Lisa	THE GRAND, GENIUS SUMMER OF HENRY HOUBLER	Allen & Unwin	9781760293017