

DIARY DATES

Friday 13 September

Touch Football
Stage 2 Gala Day

Monday 16 September

Mackillop Athletics
Carnival

Thursday 19 September

Confirmation Mass,
7pm

Friday 20 September

Footy Fever Day

Wed 25 September

Grandparents' Day

Thurs 26 September

STEM Day at St
Dom's, Year 5

Friday 27 September

Touch Football Stage
3 Gala Day

Last day of Term 3

Monday 14 October

PUPIL FREE DAY

Tuesday 15 October

Term 4 Begins

Wed 23 – Fri 25 October

Year 5 Camp at Berry

Wednesday 30 October

Kinder 2020
Orientation Morning,
9.00- 10.30am

Monday 4 November

Basketball Gala Day
Stages 2 & 3

Mon 25 – Fri 29 Nov

K-4 Swimming
Lessons

Monday 2 December

Christmas Concert

Wed 11 December

Year 6 Graduation

Dear Our Lady of the Way Community

The Our Lady of the Way School Values state that we are:

- *a safe and inclusive community*
- *compassionate*
- *respectful*
- *just and fair*
- *responsible*
- *cooperative*



*These are the values, stemming from our Gospel values, that as a whole community, we aspire to in our daily living of words, actions and interactions with others. The fourth value of **just and fair** is one that we as teachers and parents need to support our children and is one that we can at times battle with ourselves. When we or our children see something as unjust or unfair, it is difficult to accept.*

What is 'Fair Process'

We can often hear from our children, "That's not fair!", but what is it that they really mean when they say this?

We can be slightly cynical and say it is because he/she is not getting their own way. But if we take an honest look at the dynamic in operation here, we can see that the child is pointing out that some aspect of fair process is missing.

Justice and fairness provide the foundation upon which healthy relationships are built. The central theme of fair process is that:

'individuals are most likely to trust and cooperate freely with systems – whether they themselves win or lose by those systems - when fair process is observed.'

The three Elements of FAIR PROCESS

The best way to define Fair Process is to recall a time when you were treated unfairly; what was missing, what was it that people did not do? It is here that we discover the three elements of fair process:

1. LISTEN

Involving each person by asking for their input so they can tell their story.

2. SPEAK

Everyone involved and affected should be able to discuss why final decisions are made as they are.

3. UNDERSTAND

Once decisions are made, new rules are clearly stated, so that everyone understands what is expected.

We want our children to have healthy and positive relationships with their peers and with the adults in their life. If justice and fairness is the foundation, it is important to support them in understanding and valuing the process of repairing relationships when things go wrong.

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.

We make time to ask **RUOK?**TM

R U OK? is a national charity inspiring and empowering everyone to meaningfully connect with people around them and support anyone struggling with life. Looking out for one another and lending support is a key life skill for any age group. We know that anxiety is a growing concern in our society and sadly affecting children, even as young as primary school age. R U OK? seeks to create a world where we're all connected. We're never too young to look out for one another and meaningfully connect. Below is some information from R U OK? that might be helpful for us who are supporting children as they at times encounter challenges.

A range of circumstances can lead to a child feeling low, including:

- *Big life changes like moving house or school*
- *Experiencing grief or loss*
- *Being around people going through tough times*
- *Being teased or bullied*
- *Arguing with someone*
- *Problems with school work*
- *Being bored*
- *Having a medical condition or chronic illness*
- *Not sleeping well*
- *Not exercising enough*
- *Hormonal changes*
- *Special needs*

Be aware of certain behaviours and signs that can indicate a child might be struggling. The first thing to look out for is changes in behaviour. When people feel low, they often:

- *Withdraw from their friends or their family*
- *Lash out at people and get angry or upset really easily, including towards the people they care about*
- *Cry or become emotional*
- *Lose interest in activities and things they usually love*
- *Have changed sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (such as in the middle of the day)*
- *Have a changed appetite. They could be eating more than usual, or less.*

Children cannot be expected to fix someone's problems, nor know the best way to help and support. However, they can be encouraged to listen to what their friend is saying, let them know they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend. By promoting an environment of positive peer support and accessing support channels via an adult, children can learn that asking, 'Are you OK?' is a key life skill.

R U OK? has 4 Conversation Steps to help navigate a conversation when someone says, "No, I'm not OK".

These steps are:

- 1** Ask
- 2** Listen
- 3** Encourage action
- 4** Check in

three little words that
can make a difference
to someone's life...

Are you ok?

Through our Personal Development, Health and Physical Education lessons, students learn about how to build and maintain healthy relationships; talk about who are the people we have in our lives that we can go to when we are worried or hurt and develop strategies to be positive in our lives. For many, this, as well as the support of their loving families, is enough for most children to work through the normal ups and downs of life and growing up. We do know that for some, additional help and support is needed. If you ever have any concerns for your child, please know that our doors are always open to listen and help.

Staff Professional Development - Weeks 8 and 9



At Our Lady of the Way, we believe that we are all life-long learners. When staff are attending professional development, there is a handover to casual staff to ensure that student learning is not interrupted.

Date	Type of PD	Who is involved
Tuesday 10th September	Action Plan Cluster Meeting @ Corpus Christi	Leadership Team – Donna McFadzean, Emma Mizzi, Linda Flanagan, Bernadette Curry, Therese Coutinho
Wednesday 11th September	2020 Budget	Finance Administrator
Thursday 12th September	Opal (EMU)	Linda Flanagan, Michele Glynn
Friday 13th September	PBS4L	Donna McFadzean, Emma Mizzi, Linda Flanagan, Rebecca Kakoschke, Rebecca Blazek, Tara Cremen, Kylie Rix, Deanne Kuipers, Dianne Khalifeh, Joanne Thomas, Sharon Taylor, Gina Storr, Michele Glynn, Megan Vella
Monday 16th September	Growing Great Leaders	Donna McFadzean, Emma Mizzi, Linda Flanagan, Bernadette Curry
Tuesday 17th September	Play Matters Project Based Learning	Lise (Teacher Educator) working with Kindy Year 5 Zoo Project Planning - Megan Vella and Therese Coutinho
Wednesday 18th September	Principal Meeting Fire Warden Training CEDP Strings Program Pastor, Principal, REC Meeting (pm)	Donna McFadzean Emma Mizzi Francoise (Music Teacher Educator) working with Elizabeth McGregor Fr Paul, Therese Coutinho and Donna McFadzean

Now
Enrolling!



Kindergarten enrolments for 2020

Offers of enrolment for Kindergarten 2020 have been sent out and we are in the process of finalising numbers. Ensure your child's place at Our Lady of the Way by completing and returning your

enrolment forms as soon as possible. Once complete, please submit your application to the School Office. Enrolment packs can be collected from the school office or downloaded from our website at

<http://www.olowemuplains.catholic.edu.au>.

There are limited places available in other grades. If you are aware of families wishing to enrol their children, please ask them to contact the school office on 4777 7200.

RELIGIOUS EDUCATION NEWS

Go out into the Deep Becoming the Community Christ Calls Us to Be



"Do not be afraid to convey the Gospel in new ways and launch into the deep."

That was one of the messages Bishop Vincent Long OFM Conv, Bishop of Parramatta, shared at the inaugural Diocesan Forum on Saturday 13 July. The forum called diocesan representatives to respond to the signs of the times as we listen to what the Spirit is saying through our own communities and through the Plenary Council process.

View the address from Bishop Vincent Long, materials prepared for the forum, reports from the forum data and images from the day here: www.parracatholic.org/forum2019.

Further opportunities will invite us all to engage in deanery and diocesan initiatives coming out of the forum as we continue to go out into the deep to become the community Christ calls us to be.

ATTENDANCE

ATTENDANCE - EVERY LEARNER - EVERY DAY

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.*

As we draw closer to the end of term, could you please make sure that you have sent in notes explaining any absences that your child has had this year, this will avoid you receiving a request for an explanation. Thank you for your cooperation.

Grandparents' Day

Wednesday 25th September 2019

- 9:15am - 10:15am **Grandparents' Day Mass**
- 10:15am - 11:00am Morning tea in the hall for parents and Grandparents. Parents are asked to provide a plate to share.
- 11:00am - 12:00pm Showcase presenting the OLOW Story.
- 12.00pm - 12:45 pm Celebration of Learning - You are invited to join in the learning activities.
- 12:45 pm onward Picnic lunch, sausage sizzle and Book Fair
(you might like to bring a picnic blanket or some folding chairs to sit on).

BOOK FAIR

Parents and grandparents are invited to purchase a book for their child/grandchild. Books will be on sale from \$3.00 - \$10.00. The library will be open from 10.30am - until the end of the day.

This year we are running a sausage sizzle as a fundraising event for the Year 6 gift to the school. **Sausage sandwiches will need to be pre-ordered.**

Last day for orders is: **Friday 13th September**.

All orders should be placed in an envelope clearly marked with '**Sausage Sizzle Order**', the family name and the exact amount of money enclosed.

We can't wait to celebrate Grandparents' Day with you!!

Grandparents Day Sausage Sizzle ORDER

Please note that there are no orders taken on the day

**** THIS IS DUE BY TOMORROW, FRIDAY 13TH SEPTEMBER ****

Eldest Child's Name: _____ Class _____

Sausage sandwich: \$3.00 each. Choice of onion and sauce. Soft Drinks will be available on the day for \$1.50.

Please circle the number of sausage sandwiches you would like to order.

1 2 3 4 5 6 7 8 9 10

Total (\$) enclosed _____

MORNING TEA

I am able to provide a plate for morning tea. (Please bring to the Hall the morning of the event)

Name: _____

Celebrating 40 Years of Catholic Education at Our Lady of the Way Primary



Come and join in celebrating our schools 40th Birthday on
Sunday 20th October

Events for the Day:

9:15am Mass

Here our School and Parish community will come together to give thanks for our school and the past 40 years of education.



Following Mass (Approx 10:15am - 2pm)

Come and enjoy a BBQ breakfast and a cuppa in our beautiful school grounds + other special events

Other events throughout the day include:

- OLOW special Museum - displaying some photos, stories and items from the past 40 years
- School Band and choir performance
- Fun rides and activities for the children to enjoy
- Open classrooms - take a look around what our learning environments look in 2019
- And more surprises on the day . . .

We look forward to our school community coming together to celebrate this special milestone for our school. We hope you can all enjoy us on the day. Save the date in your calendar.

SPORTS NEWS

NSWCPS Mackillop Track & Field Championships

We wish the following students the best of luck as they represent OLOW and the Parramatta Diocesan Athletics Team on Monday the 16th of September:

Remi Cross (Yr 2)
Edward Lennon (Yr 3)

Max Selby (Yr 3)
Will Pearson (Yr 4)

Jade Elford (Yr 6)
Samuel Thompson (Yr 6)

Stage Two Touch Football

We have 3 teams from our Stage 2 cohort attending the Touch Football gala day tomorrow. We wish them the best of luck and hope they enjoy their day. Look out for some photos in the next newsletter.



A massive thank you to the parents who are assisting on the day and thank you to those who have given up their time to run training sessions at school in the lead up.

We also thank Jade Elford and Milly Brace, from Yr 6, who will be attending as referees on the day.

Megan Vella

Sports Coordinator

AWARDS



Term 3, Week 6 Awards

Braith Vella, Noah Scott, Telia Davys, Hudson Ansell, Hunter Middleton, Logan Bishop, Martina Della Scala, Marcus Belcastro, Jordan Scobie, George Bouletos, Rowan Astridge, Kelsey Ellis, Chase Bryan, Tanner Clarke, Abby Hurst, Makenzie Clarke, Jacinta Roser, Hayley Burton, Zak Roach, Jessica Penfold, Alex Hayward, Hannah Selby, Sienna Footman, Grace Foster, Harry Phillips, Scarlett Storr.



Term 3, Week 7 Awards

Josie Mazurkiewicz, Sofia Ebeid, Heidi Walsh, Maddison Kenyon, Hamish MacLennan, Martina Della Scala, Gemma Lewandowski, Kosta Bouletos, Rohan Sykes, Cody Mortimer, Chase Bryan, Emma-Lee Haines, Lola Troitsin, Eli Downey, Ben Hall, Layla Pascoe, Drae Funnell, Annabelle Tran, Nathan Gillett-Moore, Heath Murray, Lachlan Stonehouse, Riley Brown.

GENERAL NEWS

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 Play. Just search for OLOW Emu Plains and you will see our school crest. All school notes 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. **This is a requirement for all families to ensure clear communication from the school to the home.**

LEAVING OLOW AT THE END OF 2019?

A reminder to families that a terms 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.

TRANSITION TO SUMMER UNIFORM

Students are now invited to wear either their **FULL** Summer **OR** Winter uniform to school. Students should not be wearing parts of either uniform. Please refer to the uniform requirements below. The transition period will be until the end of the term. From Term 4, all students should be in full Summer uniform.

Girls' Summer Uniform	Girls' Winter Uniform	Girls' & Boys' Sports Uniform
Green and white check dress	Grey/Green Plaid Tunic & White Blouse with Peter Pan Style Collar	Bottle green unisex knee length sports shorts with school emblem and bottle green polo shirt with gold side panels and white trim with school emblem
Bottle green jumper, zip jacket or school sloppy joe with school emblem	Bottle green jumper, zip jacket or school sloppy joe with school emblem.	Bottle green jumper, zip jacket or school sloppy joe with school emblem
Black leather school shoes (no black joggers)	Black leather school shoes (no black joggers)	Sports shoes - predominately white with white laces (Fluoro or multi coloured shoes are not permitted)
Plain white ankle socks (not sport anklet socks)	Black tights/stocking (no dance pants or leggings etc.)	Plain white ankle socks with school emblem on cuff
Bottle green school hat with school emblem	Bottle green school hat with school emblem	Bottle green school hat with school emblem
Green, white or gold hair ties	Scarves, gloves or beanies worn in winter must be school green only.	Bottle green track suit with school emblem
Boys' Summer Uniform	Boys' Winter Uniform	
Grey 'blocker' school style shorts (cargo style or corduroy are not permitted) & mint short sleeve shirt with school logo	Grey pants – long school style (cargo style or corduroy are not permitted) & long-sleeved mint green shirt with school emblem.	
Bottle green jumper, zip jacket or school sloppy joe with school emblem	Bottle green jumper, zip jacket or school sloppy joe with school emblem	
Black leather school shoes (no black joggers)	Black leather school shoes (no black joggers)	
Grey ankle socks (not sports anklet socks)	Grey ankle socks (not sports anklet socks)	
Bottle green school hat with school emblem	Bottle green school hat with school emblem	

URGENT HEALTH ALERT

We have had many cases of Whooping Cough and Influenza at OLOW. If your child is sick, please have them tested for these diseases.

Whooping Cough Symptoms:

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

Influenza Symptoms:

People with influenza typically experience some or all of the following symptoms:

- fever and chills
- cough, sore throat and runny or stuffy nose
- muscle aches, joint pains, headaches and fatigue (feeling very tired)
- nausea, vomiting and diarrhoea (more common in children than adults).
- Some symptoms may last for more than a week. Some people may also experience very mild symptoms, particularly if they have some immunity from a previous infection or vaccination.
- Seek immediate medical advice if the illness quickly becomes worse or if any of the following symptoms occur:
- shortness of breath or rapid breathing
- chest pain
- confusion or sudden dizziness
- persistent vomiting.

Below are links to fact sheets for your information:

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/pertussis.aspx>

https://www.health.nsw.gov.au/Infectious/factsheets/Pages/influenza_factsheet.aspx

SCHOOL FEES

Thank you to the families who have finalised their school fees for 2019. These fees were due Wednesday 28 August 2019. Please be advised that unless alternative arrangements have been made with the Principal or myself, 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 collection.

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. Please be assured of complete confidentiality with regards to any information you are asked to provide.

Please note: There is no 50/50 split of school fees. Enrolment signatories are joint and severally responsible for the payment of fees.

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 from the school or a full term's fees will be payable.

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

Pascale Vion
Senior Finance Officer

CANTEEN NEWS

Your Canteen is now using Flexischools to communicate important updates with you.

To get alerted on canteen updates, simply download the **Flexischools App** and log in or register to create an account.



flexischools

OLOW's **Brodie Miles** from Year 5 will be in this production.
Book your tickets now to come along and support him!



Penrith Musical Comedy Company
is proud to bring to

The Q Theatre, Penrith
8 Shows

October 5-13, 2019

Including iconic songs such as:

Food, Glorious Food

Consider Yourself

Where Is Love?

As Long As He Needs Me


Oom-Pah-Pah

LIONEL BART'S


OLIVER!

Book, Music & Lyrics by
Lionel Bart

Orchestral arrangements by
William David Brohn

 penrithmusical.org

 facebook.com/PMCCInc

 instagram.com/penrithmusicalcomedycompany

Visit thejoan.com.au/events/oliver

or call the box office 02 4723 7600

Proudly Supported by

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Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
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