



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

19th March 2020

DIARY DATES

Friday 3 April
School Photo Day

Monday 27 April
Staff Development Day
(Pupil Free)

Tuesday 28 April
1st day of Term 2 for students

Tues 12- Fri 22 May
NAPLAN

Friday 3 July
Last day of Term 2

Monday 20 July
Term 3 Begins

Please monitor our posts on Skoolbag for updates regarding important dates.

Dear OLOW Community

We are so fortunate to be a part of the Catholic Education Diocese of Parramatta (CEDP) at this time of unrest due to the novel Coronavirus (Covid-19) pandemic. Our head office has been phenomenal in supporting our schools and the wider community.

Communication has been transparent, timely and supportive. We have procedures in place to address hygiene, learning and also, importantly, the self-care of all members of our community.

At Our Lady of the Way we are following the directives set out in the correspondence distributed via Skoolbag

- We are remaining open at this time.
- All non-essential indoor gatherings of more than 100 people (including staff) will no longer be permitted from Wednesday 18 March 2020. An indoor gathering refers to a gathering within a single enclosed area (i.e. an area, room or premises that is or are substantially enclosed by a roof and walls, regardless of whether the roof or walls or any part of them are permanent, temporary, open or closed). There are some essential services that are exempt from this restriction.
- Outdoor events of fewer than 500 attendees may proceed; however, there is a range of protocols that must be followed.
- Social distancing protocols apply. This includes being able to maintain a distance of 1.5 metres between people.
- The advice level for all overseas travel has been raised to the highest level. That advice is that all Australians regardless of the destination, age or health should not travel overseas at this time. There is also updated advice on domestic travel.

As you know, health and safety are our priority, and we are closely following the advice of the relevant authorities. We understand that the measures listed above mean significant change at a school level. Our staff are working hard to make the appropriate adjustments and really appreciate your support at this challenging time.

In the event that school closures are required at a later date, we are well prepared to respond. This includes a strong commitment to working with families to ensure continued learning using means that are appropriate to each community member. Thank you to all the families who responded so quickly to our online survey in relation to devices and internet access in the home via Skoolbag yesterday. I can see that this form of communication was effective and we will be sure to use digital forms for information gathering in the future.

The Australian Health website, NSW Health and Smart Traveller are the government information sites. We will continue to keep you updated including through the Catholic Education Diocese of Parramatta website and Facebook page and Skoolbag.

As well as increased cleaning services, you may also notice the following posters that have been displayed around the school to support our community with hygiene etiquette at this time. Explicit teaching and frequent reminders are now part of our daily routines at Our Lady of the Way.





If you have a **fever, cough, sore throat** or **shortness of breath** and you have been **overseas** in the last 14 days



Please call your doctor or
healthdirect (1800 022 222)

Practice simple hygiene by washing hands regularly

1 Wet hands



2 Apply soap



3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spend **20 seconds** washing your hands.

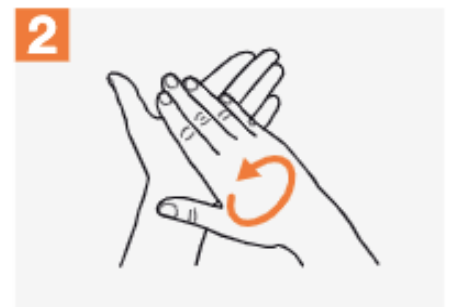
How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

🕒 Duration of the entire procedure: 20-30 seconds



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



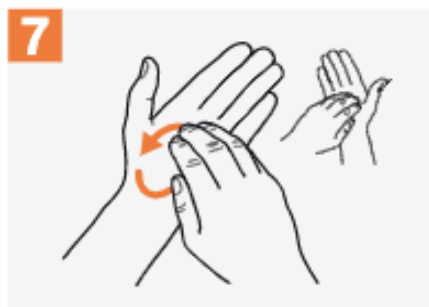
4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.



Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

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May 2009

In addition to this advice, the following information has been provided by CEDP via Access EAP and I believe it is worth sharing at this time:



We are all currently experiencing the effects of the novel Coronavirus (Covid-19) pandemic. It is important to remember that feeling anxious, fearful, stressed, angry or irritable are common and normal feelings during uncertain times like these. It can be helpful to understand some of the things that may be causing you to feel anxious and stressed. This includes when you read, hear or watch the news; go to the supermarket and see the empty shelves; can no longer engage in some of the activities that you love doing. You will notice many different reactions and responses from other people. We are all impacted in many ways and depending on your circumstances or perspective; you may experience different symptoms of stress.

Many of these are normal responses to what we are all experiencing with the uncertainty caused by the Coronavirus. It is important to monitor your own physical and mental health. Some signs of stress you may notice include:

- Heightened anxiety and/or fear.
- Increased irritability and outbursts of anger and arguments
- Difficulty in sleeping and relaxing
- Having difficulty in communicating or listening
- Physical symptoms such as headaches, stomach pains
- Feeling depressed, guilty
- Denying feelings or saying you don't care
- Confused, difficulty making decisions

If you are experiencing any of these symptoms, focus on looking after yourself. It is important you manage your stress so you can remain healthy and well. Here are some important self-care strategies you may find useful:

1. Focus on consistently implementing personal hygiene habits such as proper handwashing as this is a proven way to minimise your exposure to the virus.
2. Keep things in perspective, get the facts from reputable sources such as the World Health Organisation and Australian Government websites. Covid-19 has received unprecedented media coverage. While this can be helpful, it can also create anxiety. Consider minimising your exposure by limiting time spent online.
3. Identify what you can control by writing it down versus what is causing you concern but can't be controlled. Consider effective personal hygiene practices, washing your hands properly, social distancing or even offering to do the grocery shopping for your elderly neighbour.
4. Focus on the people around you, such as family, children, friends and colleagues. Keep in contact and connected.
5. Take breaks to enjoy some activities and be physical – go for a walk, garden, clean your house or practice yoga (remember you can still do these things even if you are self-isolating).
6. Eat healthy food and drink water regularly.
7. Make time to continue to do things that relax you – deep breathing, meditate, mindfulness, read, stretch, watch a movie, call a friend.
8. Talk about your feelings to loved ones and friends often – do not bottle up your anxieties as they won't go away.
9. Talk about other topics with friends, share enjoyable conversations.
10. Find ways to help others – helping others can help us feel like we can do something useful, which in turns helps with feelings of helplessness.

(Source: Access EAP People in Focus)

NAPLAN PRACTICE TESTING



Over the coming fortnight, our Year 3 and Year 5 students will participate in NAPLAN practice testing. The purpose of this testing is to familiarise students with the process and layout of NAPLAN online which will take place next term. The results of the practise test are not recorded in any manner. This will take place within the classroom learning spaces as part of the daily routine.

Year 5 will participate in two online tests, Writing and Omnibus (this is a combination of the other three tests that they will do as part of NAPLAN). Year 3 just participate in the Omnibus test as they will still be doing writing with pencil and paper.

Please ensure that your children bring a bottle of water to school each day as we are avoiding the use of bubblers at the present time. Children will be able to refill their bottles at the water stations outside Kinder and the Library.



RELIGIOUS EDUCATION NEWS

AMENDED MASS TIMES

Please note the following amended mass times or Our Lady of the Way Parish:

Saturday – there will be no Vigil Mass

Sunday – both the 8.00 and 9.30am Masses will be held outdoors in the school grounds.

Please visit Fr Paul's new blog at catholicparishemuplains.org.au.

SACRAMENTAL PROGRAMS

A reminder of the dates for celebrations of Sacraments:

Sacrament of Reconciliation:

The program is continuing and Reconciliation will be held on Wednesday, 1st of April.

Sacrament of Eucharist: (generally for children around the age of 9)

Celebrated on a choice of: Sunday 21st June at 11.30 Mass OR the weekend of 27/28th June at either the 6pm Parish Mass or the 9.30am Parish Mass.

Sacrament of Confirmation: (generally aged 10-11)

Celebrated on the evening of Wednesday 9th September OR Wednesday 23rd September. (This date is to be confirmed by the Diocese)

Carole Day

Religious Education Coordinator

OUR LADY OF THE WAY MISSION STATEMENT

At Our Lady of the Way we are a Catholic community setting the foundations for lifelong learning. We aim to provide students with a positive learning environment allowing them to develop the knowledge, skills and values to contribute positively to the world beyond school by *living respectfully, acting responsibly and learning together.*

AWARDS

Term 1, Week 7



GENERAL NEWS

CANTEEN NEWS

We were informed by Healthy Canteens Australia that they will no longer be providing a Canteen at OLOW due to the cost of operating this service.

We are excited to announce we are changing our school canteen service to **My School Lunch Box**.

My School Lunch Box will be operating at OLOW from the beginning of Term 2, starting Tuesday 28 April, 2020.



Please note, there will no longer be an onsite canteen at OLOW from Term 2.

My School Lunch Box runs externally and delivers the food each day. Students will not be able to make daily purchases at the canteen at first and second break. All orders must be done online.

I will continue to communicate with you as we transition to our new service to ensure everyone is informed and ready to go come our first day back in Term 2. In the meantime, feel free to visit the My School Lunch Box website to set up a login, view the menu and become comfortable with placing an order. If you have any questions, please contact the school office.

MOUNT SCHOENSTATT SPIRITUALITY CENTRE NEWS

24 Hours for the Lord at Mt Schoenstatt 20th to 21st March

Come and spend some time with Our Lord and His Mother in the Schoenstatt Shrine: Friday 20 March 6 pm Mass, then Reconciliation 7:15 - 10.00 pm. On Saturday Reconciliation 10 am-12 pm and 3-4.45 pm with a Vigil Mass at 5 pm. The Shrine will be welcoming people for prayer for the full 24 hours. Groups to lead prayer and reflection are welcome.

Contact mensbranch@schoenstatt.org.au or phone 4773 8338.

Schoenstatt Family Groups, Information Day, Sunday 5th April

Supporting your family's faith development together with other Catholic families. A family group is made up of 4-8 families who journey together as a small community, where couples support one another while their children make friends with other children in a faith-filled environment.

Address: 230 Fairlight Road, Mulgoa 11 am to 2.30 pm (see flyer for more details).

Phone: Bernard: 0416 106 871

Email: families@schoenstatt.org.au

Good Friday Stations of the Cross, 10th April

All Welcome - starting at 10 am. Join fellow Catholics to walk the Stations of the Cross from the Valley to the Shrine.

Please come early to secure parking and walk into the valley where the Stations of the Cross will commence.

You are welcome then to enjoy a picnic and time with your family and friends on the grounds.

Address: 230 Fairlight Road, Mulgoa

Phone: 02 4773 8338

Email: info@schoenstatt.org.au

MSSC Weekend availability (two-night minimum) in the Retreat House:

- * April 17th to 19th
- * April 24th to 26th
- * June 19th to 21st
- * July 17th to 19th
- * July 24th to 26th
- * August 14th to 16th

There are still plenty of options for weekday retreats, individual and groups, no minimum nights. Also our Home of Light (bunk style accommodation) has vacancies if your group would like a more economical retreat space. Contact Michelle or Ann-Maree from Mount Schoenstatt Spirituality Centre on 4773 8338 if you have any questions.