



OUR LADY OF LOURDES SCHOOL

23 ORANGE GROVE BAYSWATER 3153

T: 9729 3411 Email: principal@olbayswater.catholic.edu.au

Newsletter No: 13 ~ Term 2

8th May, 2019



We acknowledge that we are on the land of the Wurundjeri and Bunurong people of the Kulin Nation'.



OUT OF SCHOOL HOURS CARE:
T: 9729 3411 (7.30am - 9am & 3.20pm - 6.15pm)

OLOL EARLY CHILDHOOD CENTRE: T: 9720 3395
OLOL Presbytery T: 9729 2622

DATES TO REMEMBER

Week Four—NAPLAN Assessments for Years 3 & 5

Dear Parents/ Carers,

I was fortunate to join the P-2 students at Chesterfield Farm on Monday. It was wonderful to see the enthusiasm and excitement of the students on the day. We are fortunate to be able to provide such worthwhile extracurricular activities for our students.

PARISH NEWS

Last Friday Fr Sebastian informed me that he would be absent from the parish for two weeks as he is visiting family following a bereavement in his family. Please keep Fr Sebastian and his family in your prayers.

PRINCIPAL LONG SERVICE LEAVE

From Thursday 23rd May I will taking some Long Service Leave for three weeks. I will be travelling with my family to New Zealand to celebrate a couple of 'milestone' birthdays, then also travelling to Tasmania to visit family. During my absence Mrs Michelle Brearley and Mr Brendan Williams will be in charge of the school. I will return to school on Monday 17th June.

P-2 EXCURSION- CHESTERFIELD FARM

Last Monday the P-2 students attended Chesterfield Farm for their first excursion of 2019. There was much excitement at the farm as the students (and teachers!) had the opportunity to milk cows, feed animals, visit the petting enclosure and see a sheep dog show. The highlight for many

(including me!) was the milking 'battle' between staff to see who could collect the most milk in two minutes. Congratulations to Mrs Joiner & Mrs Mihalicek!



NAPLAN ASSESSMENTS 2019 (Week Four 14-16th May)

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7, and 9. All students in these year levels are expected to participate in tests in Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests.

	Tuesday 14th May	Wednesday 15th May	Thursday 16th May
Year Three	Language Conventions (40 min) Writing (40 min)	Reading (45 min)	Numeracy (45 min)
Year Five	Language Conventions (40 min) Writing (40 min)	Reading (50 min)	Numeracy (50 min)

If a student is absent on the day of an assessment, they are able to complete the assessment later in the week (week four only).

ART/ WELLBEING PROGRAM

In term two we continue to offer the specialist 'Art/ Wellbeing' program for the students. Some of the broad aims of this program are to promote resilience, mindfulness and sensory awareness. Last Friday the students spent some time in the Joan Heenan Peace Garden. I was amazed by the sheer joy on the faces of the students as they 'experimented' with the autumn leaves. Further physical evidence of this program can be seen in the artwork in our corridors near the music and art rooms.



My challenge to parents: Ask your child about their 'Art/ Wellbeing' sessions with Mrs Sheffield. Perhaps you could incorporate some mindfulness activities at home.

MOTHERS DAY BREAKFAST

A reminder that we need all responses for the Mother's Day Breakfast coming up this Friday. We look forward to a yummy breakfast of cereal, toast and croissants with tea and coffee. This is a great chance to celebrate all our Mum's, Grandma's, Nonna's etc.

MOTHERS' DAY STALL - SSShhhh!

A reminder (for everyone reading, except Mums, who shouldn't read this special font!), there will be a Mother's Day stall this Friday. Items at the stall are priced at \$1, \$2 and \$5. A bag will be supplied for students to take their special presents home.

WOOLWORTHS EARN & LEARN

Once again our school is participating in the Woolworths Earn & Learn Program, hoping to receive new resources for our school. There is a box in the school foyer, as well as at Bayswater Woolworths for you to drop your stickers. Thank you for your support!



SCHOOL TOURS/ OPEN SESSION (EVENING)- TUESDAY 21ST MAY

We strongly encourage all our families to participate in this evening event where the classrooms will be open for the students to visit and share time with parents, grandparents, etc and talk about their learning. At the same time, new and prospective parents are invited to come along and tour the school. Feel free to invite a friend, neighbour or relative to come along and see our amazing school in action!

YEAR SIX TRANSITION INFORMATION

Information for Year Six students transitioning to State Secondary Schools in 2020 has been sent home today. As a new process, parents are able to return the transition forms directly to the State Secondary School of their choice. All documentation needs to be received by the State Secondary School by 17th May. If you have any questions, please see Ross.

If your child has a confirmed place at a Catholic Secondary School, please complete the form and return to the office.

NEW WEBSITE- PARENT AND FORMER STUDENT TESTIMONIALS

As we expand our new website to both inform current parents and attract new families to our community, we are seeking positive testimonials from parents (current and past) and former students regarding their experience at Our Lady of Lourdes. To be most up to date, we are seeking feedback from parents and students over the last three years. Contributors can remain anonymous if they wish.

Please follow this link to complete the testimonial form.

<http://tiny.cc/OLOLtestimonials>

HELP (OR ADVICE) REQUIRED

As we seek to complete some maintenance of our school grounds and garden areas, we are looking for members of our school community (parents, relatives, friends) that can assist (or provide helpful advice) on the following matters:

- * We are looking to develop the small garden area near the Board Room- we are looking for someone to assist with laying artificial turf in this area.
- * Tree maintenance- we are seeking advice on the best way to maintain our wonderful Sensory Garden and the trees in our playground. If there are any families that can recommend arborists and gardening experts, please contact the office. Thank you!!

What's happening in Student Wellbeing?

The **Way To GO** this week is... **I can recognise my many different feelings.**

Everyone has feelings. They are useful to us, even the unpleasant or uncomfortable ones. Pleasant feelings help us to know the things that make us happy. These feelings help us to cope better when we make a mistake or have a setback.

We all experience lots of different feelings every day. Sometimes our feelings can change quickly.



What can you do to help your child become more able to understand and manage feelings?

Teach your child how to manage their strong feelings. Use the following five steps to help your child when their emotions are 'hot' such as when they are sad or afraid or angry. These five steps provide an opportunity to be close to your child and teach them how to manage strong feelings.

1. Take notice when your child is feeling sad or angry or upset.
2. Listen to your child and show them you understand how they are feeling.
3. Name the emotion in words your child can understand.
4. Help your child with problem solving within acceptable limits.
5. Finish with a hopeful or optimistic statement that they can do something to help make things feel better.

But what about the parents?

Parent tips for managing their own emotions:

As a parent, you are in the trenches focused on keeping everyone calm and not completely losing it yourself.

YOU need a plan too.

You need strategies to handle YOUR big feelings, so that you can model what it looks like for your children.

As you know...they will always do what you do, not what you say!

Please see attached poster for some tips.

Chris Dawson – Student Wellbeing Leader

SAY AFFIRMATIONS

MEDITATE

DO EFT TAPPING

PRACTICE GRATITUDE

BE Mindful

DO COLOR BREATHING

TAKE A BATH

READ A BOOK

LISTEN TO MUSIC

GO FOR A WALK

SIT ON THE PORCH

Relax

I CAN PAUSE AND

Get Outside

SPLASH WATER ON MY FACE

BREATHE DEEPLY

SWIM

WORKOUT

GARDEN

CLEAN

CALL A FRIEND

CUDDLE WITH A PET

SING A SONG

Create

CROCHET

Connect

LOOK AT FAMILY PHOTOS

BAKE

HUG SOMEONE

HAVE A DANCE PARTY

JOURNAL

Big Life Journal

Printables by Big Life Journal - biglifejournal.com

5 ways to deal with FRUSTRATIONS as a PARENT

by Big Life Journal

1 ACCEPT YOUR CHILD AS THEY ARE

- See and know them for who they are rather than who we expect them to be.
- Tell them from the start that **you will love them**...and repeat it all the time.
- Be awake to who they are; feeling seen is an essential part of feeling loved.
- A great way to connect with your child is via their love language, you can **make them feel seen and appreciated.**



2 ALLOW YOUR EMOTIONS

- All feelings are okay!
 - When a strong feeling arises, observe it. **Pause and take a breath.**
 - When frustration arises, use the helpful practice **S.T.O.P.**
- S-** Stop what you are doing
T- Take a few deep breaths
O- Observe your thoughts and feelings as they are
P- Proceed with whatever you were doing before



3 KNOW THE "90-SECOND RULE"

- When we resist a feeling, we inadvertently remain stuck in the same feeling.
- When we accept the feeling, **it's gone in under 2 minutes!**
- In the critical 90 seconds of an emotion, be sure to communicate your strong feelings to your child and how you plan to cope with them. **"Mommy is feeling very tired and grumpy right now."**



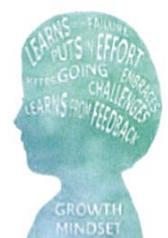
4 PARENT FROM A PLACE OF GRATITUDE

- Practicing gratitude improves mental and physical health, increases empathy, and improves sleep. **It even changes the brain!**
- Each time you're about to say, "I have to" to, replace it with **"I get to."**
- "I have to take my daughter to ballet" versus "I get to take my daughter to ballet".
- "I have to put him to bed" versus "I get to put him to bed."



5 APPLY GROWTH MINDSET TO YOUR PARENTING

- **No one is born knowing how to parent.** When frustration overtakes you, use it as an opportunity to grow from the experience, and decide what you'd do differently next time.
- When it all seems too difficult, remember the feeling of things being hard is the **feeling of your brain growing.**



OSHC NEWS

Our Lady of Lourdes Primary School OSHC – 8th May 2019

Welcome to OSHC Term 2- 2019.

Dear Parents and School staff,

Note: No morning care on Friday 1st March. If you need care kindly call 0448793271 or contact school a day before for morning booking – 0397293411/ OSHC NO- 0422247106

Australian Government ~ Re-enrolment - 8 week rule (ceasing enrolments)

You may notice that some children's enrolments have been ceased by the Child Care Subsidy System. This is because under the Child Care Subsidy, a child ceases to be enrolled if eight continuous weeks pass without the child attending a session of care at the service. For more information, families can visit [here](#) or visit humanservices.com.au

OSHC! - Program Details-

Children had fun during the first and second week back to school; Children made Anzac biscuits; the program included a number of building games which consisted of Lego, the trainset, Chaos cuboid and Marble Run. This week other indoor activities also took place such as: drawing with numbers, colouring. The children have been enjoying playing outdoor skipping and playing helicopter, hula hoops, basketball, and in the sandpit.

Next week's program children will be making gifts and cards for Mothers' Day, jewellery box, painting, board games of their choice, and enjoying a bit of colouring and reading or watching a movie for a relaxing time.

I would like to share a few pictures of the children having fun at OSHC.



If you have any further suggestions, please let the OSHC team know.

Victorian Early Years and OSHC Awards 2019 by Local Labour MP

Nominations close at midnight on 24th May 2019. Winners will be announced at an award's ceremony at the National Gallery of Victoria in October. For more information or to submit a nomination, see: www.education.vic.gov.au/veya.

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From
Juhi, Marianne & staff at OSHC

A message from our new counsellor...

Student Counselling Support

Hello everyone! My name is Sheryl. It is my pleasure to join OLOL this year as a student counsellor. I am currently completing my Master of Counselling at Monash University. I have a wealth of experience working with children and adolescents from different cultural backgrounds.

Talking to a counsellor about our personal challenges can be a positive experience since it might be hard to talk about our concerns with someone we are familiar with. I will be providing a safe and private place for the students to express their challenges as well as helping and supporting their wellbeing.

Please do not hesitate to contact me for further information. I will be in school every Wednesday to meet the students, parents or carers. I hope we will create positive and happy memories this year.

Best regards,
Sheryl



MATER CHRISTI COLLEGE: Bring your family and friends to our next Scheduled Tours, Friday 10 May departing 9.30am and Sunday 19 May departing 10.00am. Mater Christi girls consistently achieve region leading VCE and vocational results. A visit will enable your family to witness our vibrant, inclusive and warm community.

Visit materchristi.edu.au to book your tour.

**OUR LADY OF LOURDES PRIMARY
SCHOOL**

Invites you to our annual

Mother's Day Breakfast

FRIDAY 10TH MAY

7.30am in the Parish Hall

MENU - Continental Breakfast with Tea & Coffee

Dad's, Grandparents and Special Friends more than welcome to help service our wonderful Mother's, Grandmothers & Special Friends.

MOTHER'S DAY STALL

Our P&F Committee are holding a stall for the children on Friday 10th May – items will be on sale for \$1, \$2, \$3 & \$4 for children to purchase for their loved ones

A free raffle for each class will also be drawn on Friday – we wish all children the best of luck for a lucky ticket!!!