



# OUR LADY OF LOURDES SCHOOL

23 ORANGE GROVE BAYSWATER 3153

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## OUT OF SCHOOL HOURS CARE:

T: 9729 3411 (7.30am - 9am & 3.20pm - 6.15pm)



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



Dear Parents & Carers,

We all agree that it's great to have the students return to classroom learning. Each time we have experienced remote learning it has had a different effect on all of us- parents, staff and students. We all react differently, and for this reason we are continuing to care for and nurture the wellbeing of all members of our community, but in particular our students. If you have any concerns about your child and their return to classroom learning, please contact your child's classroom teacher.

## FEAST DAY—ST MARY OF THE CROSS (MACKILLOP)

This Sunday marks the Feast day of Australia's first saint, St Mary of the Cross. As a school we are making plans to celebrate this special day in an appropriate way as a school community. The students will be learning more about St Mary of the Cross in the coming days.

## CLASSROOM CUISINE FOOD DAYS

Following the success of our canteen theme days using the Classroom Cuisine service, we are pleased to offer this service as an ongoing venture for the rest of this term. **Families will be able to order (online) lunches for students on Mondays and Fridays.**

## VILLAINOUS VOYAGE—SCHOOL MUSICAL PRODUCTION

Rehearsals have recommenced this week as the main cast, as well as each class group, spend time working with Mr Brendan Williams and Mrs Cathy Kerley improving their knowledge of the script and the songs to be performed. Without giving away too much information, our production weaves a story with familiar characters, using well known songs (with revised lyrics!) to tell a fun family story. We look forward to sharing further information regarding ticketing, etc. in the coming weeks.

## KNOX GIRLS' SOCCER

On Tuesday our champion girls soccer team travelled to Knox to compete in the Knox region inter-school carnival. In testing conditions (which included both sunshine and hail!), the girls competed with great spirit and pride, resulting in a draw and two close losses on the day. Congratulations to our girls team, which comprised students from Years 3-6!! Thanks to Mrs Brendan Williams and Mrs Tegan Dunstan for coaching and supervision on the day.



**Ross Williams**  
Principal

**eSmart**  
Schools

# GROWTH MINDSET

For the remainder of this term will be focusing on social greetings. particularly

**GOOD MORNING, HELLO , GOOD AFTERNOON and GOODBYE.**

We would like to develop a culture at Our Lady of Lourdes where we always greet one another in friendship and respect.

So we are asking our students to greet us EVERY morning and to use our names.

“GOOD MORNING MRS SHEFFIELD” and we in turn reply with a “GOOD MORNING JODIE” . A casual “MORNING MRS SHEFFIELD” is also fine or a “HI MRS SHEFFIELD”.

Greeting people with a few words helps to strengthen our relationships with them. It can be between a teacher and student, between a parent and child, or simply between classmates or friends.



With this in mind, we have a few tips for parents on how to GREET the day at home.

A good day starts with a good beginning.

Out of necessity, most of us are focused on meeting our child's *physical* needs in the morning; making sure they eat a good breakfast, find that library book and even get their shoes on are no small task!

But what if we can prepare our kids for the day **mentally** and **emotionally**, too?

With a little planning, it is possible to create a *drastically different* kind of morning. One that encompasses your child's physical AND emotional needs and provides a **happy, peaceful** start.

Kids will be much more willing to listen and follow your morning directives if you've **connected** with them first. Time spent reestablishing your bond after a long night can make the morning run smoothly.

Identify with your child the type of morning greeting that would work for them and will deepen your early morning connection.

If your son or daughter appreciates physical touch, snuggling or hugging, these are all ideal morning activities.

Other children respond to acts of service, so bringing them a drink of water or a bowl of cereal will make them feel loved and appreciated.

*Tip:* To make time for connection, **getting up a bit earlier** than your kids is key. Give yourself the chance to fully wake up, get caffeinated, or take a few breaths in silence. Then, once the kids are awake, the focus can shift to being present and connected with them. You'll be less stressed, which they will notice and may even mirror your calm behaviour.

We'd love to know how this new routine works for you.



*Jo Sheffield—Wellbeing Leader*

**LUNCH ITEM ONE**

**SALADS**

- Greek Style Salad with Feta and Olives (V, GF)
- Pic(k)nic Box – Vegetarian (V, GF)
- Pic(k)nic Box with Ham (GF)
- Mexican Inspired Salad (V, GF)
- Tuna Mix with Brown Rice & Quinoa Cakes (V, GF)

**SUSHI**

- Teriyaki Chicken Hand Rolls (2)
- Cooked Tuna Hand Rolls (2)
- Avocado Hand Rolls (2)
- Cucumber Hand Rolls (2)
- Vegetarian Hand Rolls (2)

**BAKERY**

- Cheese and Bacon Roll
- Cheese and Vegemite Scroll (w/m)
- Spanakopita – Puff Parcel
- SCROLL with Ham & Cheese
- Semi Dried Tomato and Olive ROLL
- Topped with Only Cheese Roll

**BAKED FRESH PIZZAS**

*(Thin & Crisp, Served at room temp)*

- Margherita Pizza
- Ham and Pineapple Pizza
- Fresh Tomato, with Italian Herbs Pizza
- Spinach and Feta Pizza

**SANDWICHES, ROLLS & WRAPS**

- Turkey, Cranberry, Lettuce and Cheese Sandwich
- Gluten Free Ham & Cheese Sandwich (GF)
- Simple Salad Roll (V)
- Cucumber & Ham Sandwich (GF)
- Vegemite Sandwich (2)
- Mild Salami and Salad Roll
- Plain Cheese Sandwich (2)
- Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
- Cheese and Salad Roll
- Wholegrain Cheese and Tomato Sandwich
- WRAP (GF, DF) Ham and Salad
- Wholegrain Ham and Cheese Sandwich
- Chicken and Salad Roll
- WRAP - Green Goodness & Salad (GF,DF,)

**FRESH FRUIT & VEG**

- Fresh Fruit Combo
- Freshly chopped Strawberries & Grapes
- Lightly Steamed Corn wheels & Broccoli pieces
- Celery & Carrot Sticks with Sultanas
- Chopped Carrot, Cucumber, Red & Yellow Capsicum
- Apple pieces with Lemon Juice, Cinnamon & Brown Sugar
- Sugar Snap Peas, Beans & Cherry Tomatoes
- Cantaloupe & Honeydew pieces
- Edamame (Lightly Salted)
- Cherry Tomatoes with Tasty Cheese & Rice Crackers
- Freshly chopped Orange Segments
- Whole Fruit – Banana OR Mandarin

**YOGHURT**

- Strawberry Chobani Yoghurt
- Blueberry Chobani Yoghurt
- Passionfruit Chobani Yoghurt
- Plain Chobani Yoghurt

**- BAKED GOODS**

- Choc Chip Cookie
- Cornflake Cookie
- Finger Bun with Sprinkles
- Hedgehog Slice
- Choc Cup Cake (GF,DF)
- Blueberry Muffin

**DIPS & CRACKERS**

- Tzatziki Dip with Rice Crackers
- Avocado Dip with Rice Crackers
- Spring Onion Dip with Rice Crackers

**POPCORN/SNACKS**

- Dried Fruit Medley with a Yoghurt Frog
- Cobs Popcorn, Lightly Salted
- Cobs Popcorn Slightly Sweet, Lightly Salted
- Lightly salted Fav'va Beans
- Chickpeas with Lime & Black Pepper
- Balsamic & Sea Salt Fav'va Beans

**DRINKS**

- Apple Juice
- Orange Juice
- Full Cream Milk
- Nippy's Chocolate Milk
- So Good Soy Milk

**Healthy, Interesting & Affordable Lunches Delivered to School!**

**More information about Our Offering including  
Pricing, Ingredients and Portion Size is available on the Our Menu Page at**

**[www.classroomcuisine.com.au](http://www.classroomcuisine.com.au)**

**LUNCH ITEM TWO/THREE**

Strawberry Milk – Lactose Free