

NEWSLETTER – Term 04 – Week 01

Thursday 5th October, 2023

OUR LADY OF LOURDES SCHOOL

23 ORANGE GROVE BAYSWATER 3153

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

OUT OF SCHOOL HOURS CARE:

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



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

Reminders...

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| • Wednesday 11th October | Police in Schools Incursion (all year levels) |
| • Monday 16th October | RACV Road Safety Squad Incursion
Dental Van on-site |
| • Monday 23rd October | School Review Week |
| • Monday 30th October | Swimming Program Week 01 |
| • Monday 6th November | Report Writing Day- No school |
| • Tuesday 7th November | Melbourne Cup Public Holiday |
| • Wednesday 8-10th November | Year 5/6 Camp (Save the dates!) |
| • Monday 20th November | Swimming Program Week 02 |

Dear Families and Friends,

Well...the beautiful Spring weather lasted all day Monday! There really was a sense of excitement as the students and staff returned to school on Monday- warm weather over the holidays had dried out the oval and ensured full use of our wonderful facilities. While we have had a couple of days affected by weather, we are looking forward to getting into the playground this term. You will also note from the reminders above that there will be a focus on student safety with incursions from the RACV and Victoria Police. We greatly value the connections to community that we have that help our students to be safe.

School Hats- No hat, No play

From the start of October all staff and students are expected to be 'SunSmart' when outside. This includes all break times and during outdoor PE lessons. From today (Thursday) our strict policy is, 'No hat, NO play' and students will be seated under cover near the Italian Room. **School hats are available for purchase at the school office.**

MACSSIS Surveys- Thank you!!

Last term we had the highest response rate to the MACSSIS surveys ever!! Thank you to all those parents who 'volunteered' to participate in this important survey. I will be on the lookout for those promised brand new vehicles!!!

School Review Week- Parent forum, 3:00pm Wednesday 25th October

We are finalising our preparations for our upcoming school review in week four. As part of the review process, parents are invited to participate in the review. Parents are welcome to meet with Mrs Gaynor Robson-Garth on Wednesday 25th October at 3:00pm in The Hub.

Staffing Update

The months of September and October are a popular time for people to see a little sun and fun, and several of our dedicated staff have been using their Long Service Leave to 'freshen up' for the run towards the end of the school year. Long Service Leave can be take after at least nine years continuous service in catholic education. In the last two weeks of last term, Mrs Jess Browne and Mrs Cathy Kerley were away on leave, and this week Mr Brendan Williams and Mrs Jo Sheffield are on leave. Jo will return next week, and Brendan will be back in week three.

We are incredibly fortunate to be able to replace these teachers with teachers who are familiar with our school routines, and they have worked with staff to ensure the classroom program continues.

School Attendance- Every day counts!

As we commence the last school term for the year I remind all parents of the importance of full attendance in classroom learning activities. We know that the best opportunities for learning come from consistent attendance to receive classroom instruction from our talented teachers. I have asked staff to monitor all attendance records and will be in contact with families where required.

Earth Care Update- New bins in classrooms!



This week our classrooms feature four new bins to sort out our rubbish. The aim of this process is to better inform students of their options for caring for our earth when disposing of rubbish. We also had invested in new compost bins for each classroom (and the staff room) which will be emptied into our new compost bin, located in the Gnome Garden.

Swimming Program- Split Weeks in 2023

Permission notices were sent out this week for our upcoming swimming program, which will be split over two weeks this year. We also have a new venue- Healthways Aquatic Centre in Ringwood. The first week of swimming will commence on Monday 30th October. The second week of the program will start on Monday 20th November. Further information will follow soon.

Senior Level Camp- The Ranch 8th – 10th November

There was a lot of excitement in the 5/6 classroom on Tuesday as we held our first camp meeting and distributed information packs. We are looking forward to returning to The Ranch this year for our adventure camp, held over two nights. More information will follow in the coming weeks.

Kind regards,

Ross Williams

Principal

OLOL Vision Statement

Shaped by our Catholic identity,
we at Our Lady of Lourdes
Bayswater, respect the sacredness
of each person.

In partnership with our community,
we seek to nurture the development
of young minds, empowering them
to enrich the world with meaning
and hope.

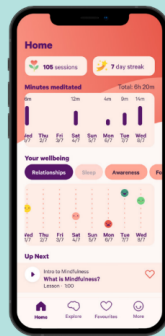
Creating mindful generations

Imagine if every young person was taught the skills they need to be resilient, emotionally aware and mentally healthy as a standard part of their education? We think this is possible and important for the mental health of future generations.

We want to see generations of young people thrive — and that means doing things a bit differently.

Download the Smiling Mind app today

Our free app is available through the App Store or Google Play and can be downloaded on your phone, iPad or computer for your personal use.



Smiling Mind is a 100% not for profit organisation with a bold ambition to change the way we look after our mental health.

We have been fortunate to receive a grant that allows us to implement and complement our existing wellbeing program for the next 12 months.

With daily mindful practices we hope to provide accessible and lifelong tools to support the healthy minds of the children at Our Lady of Lourdes.

2 Day Autism Workshop for Parents and Carers

Doncaster, VIC

Scan to register



This workshop is for parents, full time carers and grandparents.



Interpreters available upon request



14 and 15 November 2023
9.30am - 2.30pm



Mercure Doncaster
6 Tower Street
DONCASTER 3108
Victoria

Morning tea and a light lunch will be provided

During the workshop you will learn about:

- The diversity of autism
- Sensory processing
- Understanding behaviour
- Working together with your child's school

Join other local families to learn more about autism and ways to strengthen the partnership between home and school.

For more information or to register visit:
www.positivepartnerships.com.au
Contact: ccorrigan@positivepartnerships.com.au



For help, call:
1300 881 971

New Uniform Shop Details

WELCOME TO SPARTAN SCHOOL WORLD

The Our Lady of Lourdes Primary School range is now available via the following options:

Instore:

Spartan School World
Bayswater North store

Online:

www.spartanschoolworld.com.au

Select Our Lady of Lourdes Primary School from the "FIND MY SCHOOL" list of schools.

Choose free weekly delivery to school or home/private address.

Click and Collect:

Order online and collect instore.



● VISITING THE STORE

School World Bayswater North
1/210 - 214 Canterbury Road,
Bayswater North. Vic. 3153.

● OPENING HOURS

Monday to Friday
9.00am to 5.00pm

First Saturday of the month:
9.00am - 12.00pm

CUSTOMER SERVICE

Ph: 03 9070 8284

Email:
onlineorders@spartanss.com.au





SERVICING OUR LADY OF LOURDES BAYSWATER
AVAILABLE ON MONDAY & FRIDAY
Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED

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)
- Pic(k)nic Box with a Whole Egg
- Falafel with Tabouli Salad (V,G/DF, H)
- 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)
- Tofu Hand Rolls (2)

BAKERY

- Cheese and Bacon Roll
- Cheese and Vegemite Scroll (w/m)
- SCROLL with Ham & Cheese
- Semi Dried Tomato and Olive ROLL
- Topped with Only Cheese Roll
- GOZLEME - Lamb & Beef (H)
- GOZLEME - Spinach and Cheese (V, H)

BAKED FRESH PIZZAS

(Thin & Crisp, Served at room temp)

- Margherita Pizza
- Ham and Pineapple 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 ROLL with Cheese and Tomato
- WRAP (GF, DF) Ham and Salad
- Wholegrain Ham and Cheese Sandwich
- Chicken MAYO and Lettuce Roll (H)
- Garden Salad Wrap (GF,DF,V)

LUNCH ITEM TWO/THREE

FRESH FRUIT & VEG

- Freshly chopped strawberries with Grapes
- Fresh Fruit Combo
- 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
- Chia Bowl with Banana, Coconut & Strawberries
- 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
- Fruit Bun
- Jam Drop Biscuit (GF, NF, H)

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
- Popcorn - Lightly Salted
- 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
- Strawberry (Lactose Free) 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