

NEWSLETTER – Term 04 – Week 04

Thursday 26th 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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| • Monday 30th October | Swimming Program Week 01 |
| • Tuesday 31st October | Celebration of The Rosary in Church- 10:00am |
| • 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,

It seems that family life is so busy this term! Extra-curricular activities such as cricket, basketball, netball, calisthenics, Little Athletics, Karate...the list of activities that I hear about on the Monday morning drop-off is exhausting!! Not to mention family events, special celebrations, etc. We certainly have embraced the return to 'normality.'

School Review Week

This week we have welcomed Mrs Gaynor Robson-Garth to our school to review our school processes and practices. Gaynor has met with staff, students and parents over the last few days, while also working through a mountain of paperwork and data. Later this term Gaynor will meet with our leadership team and MACS advisers to provide feedback and recommendation for future learning. These will provide the basis of our next four year School Improvement Plan.

Parish News

This Sunday, 29th October, Our Lady of Lourdes Parish will celebrate the Month of Mary with a 'Living Rosary' commencing at 4:00pm. This will be followed by the regular 5:00pm Mass and attendees are invited to bring a plate to share together in The Narthex afterwards. A reminder that Mass is available at 9:00am on both All Saints Day (November 1st) and All Souls Day (November 2nd). The students in Years 3-6 will attend Mass on All Saints Day.

Swimming Week One

We are very excited to commence the first week of our swimming program next Monday. During this week we will have an altered school timetable, meaning that our breaktimes will be altered slightly. Teachers will be encouraging students to eat their main meal earlier than usual, so that they have the 'energy' for swimming. For this reason, we ask that families do not purchase lunch orders on Monday or Friday next week.

Please find, below, the daily schedule for swimming lessons next week, noting the change of recess and lunch breaks.

Swimming 2023

Year Level	Recess	Depart	Lesson Time	(Leave) Return	Lunch
Prep/1 BB	10.20-11.00	12.10	12.45-1.30	(1.55) 2.10	2.10-3.00
2/3 Y	10.20-11.00	12.10	12.45-1.30	(1.55) 2.10	2.10-3.00
3/4 WM	10.20-11.00	1.05	1.35-2.20	(2.45) 3.00	12.30-1.00
5/6 B	10.20-11.00	1.05	1.35-2.20	(2.45) 3.00	12.30-1.00

Celebration of October- the month of Mary

To complete our celebration of October as the month of Mary we will visit the church on ***Tuesday 31st October at 10:00am to pray The Rosary as a school.*** Families are welcome to attend.

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.

School Fees- Reminder to finalise payments

A reminder that all families are expected to have a nil balance on 2023 school fees by the end of November. Please contact the office to make an appointment if you anticipate difficulties in this matter.

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.

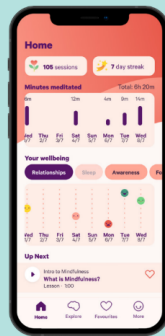
Creating mindful generations

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.

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



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