



# Our Lady of the Rosary Catholic School

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Week 6, Term 1, 2017

9 March 2017



Dear Parents,

We had a wonderful evening of school and family partnership last night as over 85 parents, many from OLOR, attended the Michael Grose workshop. He was informative and witty with lots of practical hints. My thanks to our P&F who supported the evening by subsidising the ticket price, supplying and serving supper and selling Michael's book, *Spoonfed Generation*. Michael Grose has been on 702 ABC Sydney this morning at 9.30am with Wendy Harmer. You might like to listen to the podcast.

OLOR subscribes to *Parenting Ideas* so it is free to parents to access. <https://www.parentingideas.com.au/blog/>

A reflection during this Lenten season.

## Do We Want to Fast for Lent?

Fast from hurting words and say kind words  
Fast from sadness and be filled with gratitude  
Fast from anger and be filled with patience  
Fast from pessimism and be filled with hope  
Fast from worries and trust in God  
Fast from complaints and contemplate simplicity  
Fast from pressures and be prayerful  
Fast from bitterness and fill your heart with joy  
Fast from selfishness and be compassionate  
Fast from grudges and be reconciled  
Fast from words and be silent so you can listen



## Open Day

Looking forward to a big crowd at our Open Day morning next Tuesday 14 March. Our Choir and Band groups will perform at 9.30am followed by a short presentation. Parents and our student leaders will then take visitors through a tour of our school and grounds. Thank you in anticipation to all those who are able to assist with morning tea and as tour guides.

## Maths Parent Evening

Some parents have indicated an interest in attending the Parent Maths session similar to one held in Term 4, 2016. We will be presenting a repeat of this workshop again on Wednesday 22 March at 7.00pm. Please click on the link and submit the Google form if you are interested in attending [RSVP/Parent Maths Sessions](#)

## Religious Education Co-ordinator

Mrs Sara Clarke has decided to resign from her REC position. As you would expect, classes will continue to plan and work with the Broken Bay Religious Education syllabus and we will continue to prepare uplifting liturgies and masses. We are being supported with personnel from the CSO RE team as we discern the way forward for 2017. Later in the year we will be able to advertise for a permanent replacement for 2018. Please contact the school office if you have questions.

## Blokes and Buddies BBQ

On Saturday March 19<sup>th</sup> our Year 5 families will be hosting our Blokes and Buddies BBQ on the oval near TLOCC from 3pm to 4.30pm. After this all families will move to the Cathedral where we will be involved in the Parish Mass at 5pm. At this mass the parish community will welcome our newest members of the school and their families into this faith community. All welcome.

## Diary Dates - Term 1

Monday 13 March  
Tuesday 14 March  
Wednesday 15 March  
Thursday 16 March  
Friday 17 March  
Saturday 18 March

Tuesday 21 March  
Wednesday 22 March  
Friday 31 March

- Mat Hat Monday - Wellbeing Week  
- **OLOR Open Day for Kindergarten 2018: 9.30am-11.00am**  
- Parents' Lenten prayer @ 2.15pm  
- Second-hand Uniform Shop Open @ 8.30am  
- A Touch Of Green Friday - Wellbeing Week  
- Blokes & Buddies BBQ (Kindergarten & Year 5) @ 3.00pm followed by Parish School Mass (coordinated by Kindergarten & Year 5) @ 5.00pm.  
- Multicultural Day/Harmony Day  
- Parent Maths Evening @ 7.00pm  
- Kindergarten Open Classrooms @ 8.30am



### Diocesan Swimming

Congratulations to the 14 OLOR students who will be taking part in the Diocesan Swimming Competition at Mingara Pool tonight. We have several relay teams who will be competing and individual events as well. Thanks to Miss Tonnet who will be representing OLOR as an official at this swimming event.

God bless you and your family

Jacinta Crowe  
Principal



We have had a very sad week with the passing of one of our teachers parent. Jenny Bainy's mother Georgette Bainy died over the weekend. Our prayers and thoughts are with her during this sad time.

Condolences to the Portelli Family (John 3G) on the passing of Liezel's father in the Philippines. Condolences to the Parkinson Family (Jack 5G & Lily 1G) on the passing of Anne's mother in Ireland.

## Well-being Week - Week 7 Term 1 2017

Our Pastoral Care School Improvement Plan (SIP) for 2017 focuses on fostering the wellbeing of all. One of the strategies is to seek to find more of the relatively elusive 'Silence, Stillness and Simplicity' in our lives; this, in turn, will help us to become more attuned to the needs of others.

At OLOR during Week 7, students, staff and community are invited to participate in various activities to promote a happier and healthier environment where we show authentic 'Mercy' to all. Each day has a theme to help the students focus on approaching life with energy and gratitude! There will be a number of special activities planned for the week and No Homework - except 'reading' each evening. It is hoped that a 'no homework' week will allow more 'Silence, Stillness, Simplicity and Spending more time with family' to creep into our homes.

**The world's most powerful word that we can use on children:** When your child does something for someone else or when he/she thinks of others first, be sure to use the most powerful word in the world ... *"I'm so **proud** of you!"*

"Mad Hat" Monday 13 March	Thankful Tuesday 14 March	Wonderful Wednesday (for 'others') 15 March	Trumpeting Thursday (for 'us') 16 March	Finally Friday "A Touch Of Green" Day St Patrick's Day 17 March
Students can choose to wear a fun and 'crazy' hat today (it needs to be sensible enough for playtime outside though)	Parents, staff and students encouraged to make a personal visit to the chapel area of our cathedral (open all day)  -Use iPads to take photos of things around our school that encourage us to be thinking of others during Lent.	Staff meeting with "Stillness, Silence, Simplicity" theme.  Prayer in class with "Stillness, Silence, Simplicity" theme.  Don't forget the Parents' Lenten Prayer at 2.15pm in cathedral followed by the Coffee Van.	Students discuss/share what they are good at ... something that acknowledges their gifts and talents – ie: a day with some 'Bucketfilling' activities.	Students can choose to wear something green to celebrate St Patrick's Day.  2.00pm Students gather in House Groups and do peer support activities.



Qkr! is now available as a method for ordering school lunches at OLOR Waitara. For information on how to install the Qkr app on your phone, please click on this link. [Instructions on Qkr](#)

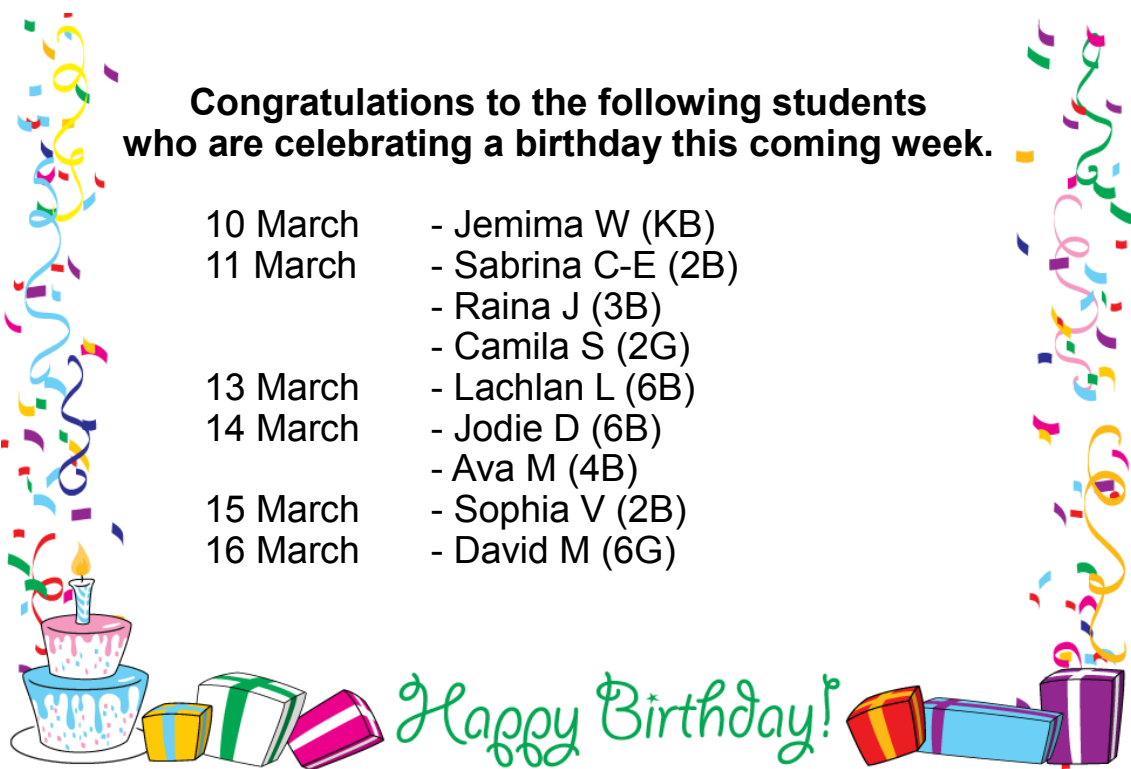
Our current canteen system, School24 will be run alongside Qkr for several weeks, so if you have any credit with School24 can you please use that credit before you start using Qkr.

ICAS University of NSW Tests can now be booked and paid for via Qkr. Additional information about Qkr can be found via this link on our website: [Link for Qkr online video](#)

CLASS	MERIT AWARD	PBL AWARD Include Others
Kindergarten Blue	Eliana P	Flora M
Kindergarten Gold	Timothy S	Lucas K
1Blue	Michael M	Samuel R
1Gold	Euan R	Isabella R
2Blue	Lucy S	Grace M
2Gold	Gabriel O	Xavier D
3Blue	Ashton S	Sam M
3Gold	Grace D	Zachary H
4Blue	Eve H	Wyatt T
4Gold	Ysabella P	Isha B
Year 5	Alexander T Juliet L	Ruby M Joey T
6Blue	Ethan L	Rosie D
6Gold	Meeghan P	Sofia A

**Congratulations to the following students  
who are celebrating a birthday this coming week.**

10 March - Jemima W (KB)  
 11 March - Sabrina C-E (2B)  
               - Raina J (3B)  
               - Camila S (2G)  
 13 March - Lachlan L (6B)  
 14 March - Jodie D (6B)  
               - Ava M (4B)  
 15 March - Sophia V (2B)  
 16 March - David M (6G)



The above awards and birthday certificates are presented at assembly on Monday at 2.20pm

## Parents & Friends Association

### SAVE THE DATE

Tuesday 16 May, 7.00pm "Parent Seminar - Raising Kids That Cope"

Tuesday 8 August, 7.00pm "Parent Seminar - Cyber Safety"



# Sport News

What a fantastic result OLOR had on Tuesday at the North Shore Cluster Carnival. We had some amazing swimmers and ended up coming 2<sup>nd</sup> overall for the meet. Another big congratulations to those students that attended and swam their best.

We wish the following students the best of luck tonight, as they represent OLOR at the Broken Bay Diocesan Carnival.

Andrea B, Amy C, Matthew C, Cameron G, Charlize G, Sadie J, Daniel J, Lachlan L, Ethan L, Lucy M, Sophie M, Jordan S, Lisa T, Tara W.

# Congratulations



We offer congratulations to the following students who have achieved great results in their chosen field.

Tara W (6G) for qualifying to compete in the triple jump at the State Little Athletics Championships to be held in March at Olympic Park.

Charlize G (4B) who was named Runner up Swimmer of The Meet at the North Shore Cluster Carnival.

Jordan S (6B) who has auditioned successfully to dance with The Australian Ballet in "The Nutcracker- The Story of Clara." He will perform at the Sydney Opera House in the matinee and evening shows during May.

We are very proud of each one of you.



## Multicultural Day 2017

This year we will be celebrating Multicultural Day on Harmony Day, which is Tuesday 21st March 2017. Children are encouraged to wear their national dress or orange, which is the colour for Harmony Day.



We will start the day with a **Liturgy in The Light of Christ Centre at 9.00am**. All parents are welcome to attend.

During the day children will be involved in activities with the class teachers. In the afternoon the children will have the chance to perform an item that represents their culture at the **assembly**. This will start at **1.30pm in TLOCC**. All parents are welcome. Most children are well under way with rehearsals, which is great. Mrs Fileman and I will be looking through the children's performance next week, so please have the music on a USB stick so we can practise on either Tuesday or Wednesday.

**Lunch Orders:** Mrs Daniels will have a special lunch day of butter chicken, fried rice or sushi. Orders are open on Qkr now.

Samantha Muscat - EAL/D Teacher

## CANTEEN NEWS

### Roster

Monday 13 March	- Helpers needed
Tuesday 14 March	- Cindy Papazoglu & Suzanne Leverton
Wednesday 15 March	- Alex Sturrock
Thursday 16 March	- Rima Elsom & Danielle Jones
Friday 17 March	- Alison Costello
Monday 20 March	- Georgina Madaeno
Tuesday 21 March	- Petra Barber
Wednesday 22 March	- Chloe Culle, Audrey McCarry & Helen Dorgan
Thursday 23 March	- Sandra Bartlett
Friday 24 March	- Eniko Turchayi & Judi Crowe



On Tuesday 21 March, for Harmony Day, we are having a special lunch day. Orders close 9.00am on Thursday 16 March. Fish Burger day will be heard Friday 31 March.  
Thank you to all who have volunteered.

Carmel Daniels 0407919660

# What's Happening @ School & In The Community

## Blokes and Buddies BBQ (Kindergarten and Year 5)

**Saturday, 18 March 2017**

**3pm to 5pm** followed by Vigil Mass

(for Kindergarten and Year 5 students with their Dads/special blokes)

**The Light of Christ Centre and St. Leo's Oval**  
Free

To celebrate being part of the OLOR school community, please join us for a BBQ for the Kindergarten and Year 5 buddies and their dads. The OLOR Parents & Friends Association will be hosting a sausage sizzle before the Saturday evening Mass at the Cathedral for Kindergarten and Year 5 students with their dads or a special bloke in their lives.

Visit <http://olorpandf.weebly.com/> to RSVP.

### LADIES NIGHT

*Year 4 Mums' night out.*

**When:** Friday March 31<sup>st</sup>. **Where:** Hornsby RSL, Level 1 Lounge. **Time:** 7pm.  
Food and Drink available for purchase.

*No need to RSVP, just come along for a fun night.*



#### MONTE OPEN DAY

Sunday 12 March, 9.30am - 1.30pm

**Bring the family!** Discover how a Monte education can transform your daughter's future.

11.00am Information Session with Principal, Mrs Nicole Christensen

Monte Sant' Angelo Mercy College

128 MILLER STREET, NORTH SYDNEY / 9409 6200 / WWW.MONTE.NSW.EDU.AU



### SUNDAY YOUTH GROUP (AGES 11-13)

Hornsby  
Cathedral  
Parish



10:45am to 11:45am

12th March 2017

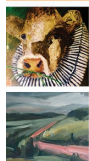
Hornsby Cathedral Parish

<https://www.facebook.com/hornsbyparishyouth/>

Contact PJ Almendras (YM) for more details  
0422 000 521 OR [pj.almendras@dbb.org.au](mailto:pj.almendras@dbb.org.au)



## lindfield artshow & fair 2017 at holy family school



In its 41st year and presenting over 300 works for sale, we bring established award-winning artists to newly emerging talent from Sydney, surrounds and across the country. Visit our web site to see the full details of all that is on offer, from a fantastic range of traditional to contemporary art, markets, music and kids activities

#### Opening Times:

Fri. 10th March: 7:30pm Cocktail Party (See website for ticket bookings)

Sat. 11th March: 9am - 4pm (Free Entry to Art Show and Festival)

Sun. 12th March: 9am - 2pm (Free Entry to Art Show)

Holy Family Catholic Primary School, 2 - 4 Highfield Road, Lindfield 2070

[www.holyfamilyartshowandfair.com](http://www.holyfamilyartshowandfair.com)



@lindfieldartshowandfair



[facebook.com/Lindfield-Art-Show-Fair](https://www.facebook.com/Lindfield-Art-Show-Fair)



Free Entry  
Open To  
All!

**LOWES**  
EXCLUSIVE OFFER TO  
ZERO & REWARDS CARD HOLDERS  
**20% OFF**  
SCHOOLWEAR  
AND EVERYTHING ELSE  
THURSDAY  
16TH MARCH  
INSTORE & ONLINE  
\*Cannot be combined with other offers or discounts. Offer valid only on schoolwear. Excludes gift cards. Offer ends midnight (AEST) 16/3/17. Must use Zero or Rewards card to receive discount.

# parenting ideas insights

## Help kids change their perspective when things go wrong

By Michael Grose

*Parents can help catastrophisers learn to change their perspective when things go wrong.*

It's natural when things go wrong to think that life will never be the same again. I recall as a teenager doing poorer than expected in my end of school exams, and missing the tertiary course I had set for myself. At the time it was such a catastrophe. I thought that there was no point taking another course – naturally, I would hate it. Of course, I undertook a teaching course, which I really enjoyed and I didn't look back.

Breaking up with a friend, losing close sports events and being on the receiving end of teasing can at the time seem like events from which we will never recover.

Catastrophising (jumping immediately to the worst possible scenario) only exaggerates kids' worries and makes them feel even more anxious. It always helps to keep your sense of proportion, but it's not easy when emotions run high. We all exaggerate our problems from time to time, particularly, when we are under stress. It takes a cool customer to moderate their thinking the whole time, but some kids are prone to jumping to the worst-case scenario, even when the events are quite minor.

If your child is a serial catastrophiser, always seeing the worst case in a

negative situation, try to change their thinking so they learn to keep things in perspective. Ask them the following questions to challenge your child's catastrophic thinking:

**'What's the most likely scenario?'**

Sometimes it's useful to introduce a dose of old-fashioned rational thinking for those kids who always assume the worst will happen to them. 'Yep, you could break your leg if you go skiing. But the odds are that you won't.'

'You may be right, but does it really matter?' One way to help hard-core catastrophisers is to admit that they could be right, but then ask them to imagine that the worst possible scenario actually happens. Then challenge them to understand that even the worst possible scenario is not so bad after all. This is the type of reality check many kids need.

**'Where does this fit on the disaster meter?'**

Catastrophisers tie themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves when they give a talk at school may not be insignificant to kids, but there are plenty of worse things that could happen. Help them get some perspective by giving their worry a score out of ten on how important the issue really is.

**'Is that helpful thinking?'**

Sometimes kids' thinking is so out of whack with reality that they become anxious about minor things. Thinking things such as, 'Everyone must like me,' 'I must never make a mistake' and 'Bad things always happen to me' are extreme and need to be replaced by more moderate, realistic thoughts, such as, 'It would be nice if everyone liked me but not everyone will. It's important to have some good friends.'

When children experience hardships it is helpful if parents and teachers can assist them to process what happened to them. Children are faulty observers and often have difficulty seeing the full picture particularly when they are so close to the situation. Help your child see the full picture and in doing so they may realise that things may not be as bad as they seem.

**Visit our website for more ideas and information to help you raise confident and resilient young people.**

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