

STUDENTS RETURN TO SCHOOL FULL TIME
FROM MONDAY MAY 25

Dear Parents and Friends of Our Lady of the Rosary Primary School

YOUR CHILD'S WELLBEING

There is no silver bullet to caring for and growing your own and your children's wellbeing. Just like the dashboard in your car, no single gauge tells you how well your car is running, but rather it is a combination of all of the important information you possess.



The gold standard model for wellbeing is PERMAH, and your own and your children's wellbeing relies on a combination of all of them. A shortfall in one adversely affects the others, and in these current uncertain times, this could easily occur should we all not be vigilant. As James Baldwin said, "Children have never been very good at listening to their elders, but they have never failed to imitate them." Let's have a look at simple things you can do as a family to ensure each of the elements of PERMAH are healthy.

P – Positive Emotions + Gratitude: it is the frequency of positive emotions, not their intensity, which has the greatest influence on growing your own and your children's wellbeing. For everyone, social connection is the best way to achieve this. To self-generate positive emotions, try these things: exercise first thing every morning, text a friend who is struggling, aim to do three kind acts every day and Facetime grandparents.



E – Engagement + Mindfulness: your own negative mind chatter, which causes you to experience fight or flight responses will probably be the biggest thing for you to control and overcome. Remember your children are likely to imitate you. To focus yourself try: create positive I can and I will self-talk statement to combat the negatives, colour in for ten minutes and breathe deeply and slowly.

R – Relationships + Empathy: other people are the best antidotes for life's ups and downs. Use Zoom, Skype and Google Hangout for you and your children to see happy and smiling faces, break out Uno, Scrabble and other fun games to generate laughter, have fun cooking, and do Wellbeing Fitness Challenges together.



CELEBRATING 140 YEARS

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Our Lady of the Rosary Parish - Fr Brendan - 9623 1962

M – Meaning + Purpose: in these times, feelings of vulnerability are perfectly normal for both you and your children. To relieve these feelings, having a strong sense of purpose to focus on something bigger than yourselves to devote your energies to, will assist. As a family, make cards to drop in the letterboxes of elderly people in your street, make fun family videos, and as a family follow and learn about a caring charity.



A – Accomplishment + Optimism: to cultivate feelings of optimism in your family that together you can influence your own futures, set a goal at home every day. Try starting a vegetable garden with your children, paint a room or piece of furniture, do one extra sit up or push up, encourage your children to complete one thing at a time from their teachers or an online wellbeing activity.

H – Health + Strengths: to keep your own and your children's immune systems strong, focus on the big five – healthy fresh eating, one hour's exercise, at least 8 hours sleep, drinking plenty of water and looking on the bright side of life. An uplifting family activity is to identify your top character strengths by doing the free online Strengths Survey at www.viacharacter.org. Everyone puts their strengths on the fridge and tries spotting them.



Ascension of the Lord: May 21

When we are faced with the departure of a very close friend, this parting inevitably causes sadness; this is a perfectly human reaction. So how come, when Jesus departed company with his disciples at his Ascension, St Luke records: “Then he led them out as far as Bethany and lifting up his hands he blessed them. While he blessed them, he parted from them and was carried up into heaven. And they worshipped him and returned to Jerusalem **with great joy.**” Luke 24:50-53. How are we to understand this? Pope Benedict shared his insight with us:



“The disciples do not feel abandoned. They do not consider Jesus to have disappeared far away into an inaccessible heaven. They are obviously convinced of a new presence of Jesus. They are certain that he is now present to them in a new and powerful way. They know that he is now permanently among them in the way that only God can be close to us.

The joy of the disciples after the ‘Ascension’ corrects our image of this event. ‘Ascension’ does not mean departure into a remote region of the cosmos but, rather, the continuing closeness that the disciples experience so strongly, that it becomes a source of lasting joy.” Jesus of Nazareth.

Just before Jesus' departure, the disciples, still trapped in their old ideas, ask yet again if it is time for the kingdom of Israel to be established and the occupying Romans driven out. Jesus counters this notion of a restored kingdom with a promise and a commission. The promise is that they will be filled with the power of the Holy Spirit; the commission is that they be his witnesses to the end of the earth. They are being told, as we are today, that Christianity is in the present, it is both a gift and a task: receiving the gift of God's inner closeness and, as a consequence, being witness to Jesus.

There is a rather wonderful story in Mark's Gospel when Jesus “walks on the water”. After the multiplication of the loaves and fishes, Jesus tells his disciples to get into the boat and go across the lake to Bethsaida and he will join them later. Jesus then goes “up the mountain” to pray. However, on the lake there is a strong headwind, the waters become turbulent and the boat is threatened by the power of the waves and the storm. Jesus seems to be far away on his mountain. But because he is with his Father, he sees them. He comes to them across the water, gets into the boat with them and makes it possible for them to continue to their destination.



Mark 6:46-52.

“This is an image for the time of the Church and intended also for us. The Lord is ‘on the mountain’ of the Father. Therefore he sees us. Therefore, he can get into the boat of our life at any time. Therefore, we can always call on him; we can always be certain that he sees and hears us.

In our own day, too, the boat of the Church travels against the headwind of history through the turbulent ocean of time. Often it looks as if it is bound to sink. But the Lord is there and he comes at the right moment ‘I go away and I will come to you’: that is the essence of Christian trust, the reason for our joy.”

Pope Benedict. Jesus of Nazareth.

Enrolling Now for 2021

Our Lady of the Rosary Primary School St Marys, is one of 615 Catholic primary and secondary schools across NSW and the ACT. During the Enrolment interview I often hear from parents the desire for their children to attend a school with the distinct character and strength of a Catholic School.



Please remind your friends and relatives in the area that we are currently enrolling for Kindergarten 2021 and there are places available in other grades. Direct them to our website and they can follow us on facebook to get a better idea of the teaching and learning currently experienced by our children at OLR. Invite them to experience teaching and learning at its best in 2021. Enrolment forms can be collected from the office or downloaded from our website.

Thought for the Week

“It never gives me pleasure to cross or disappoint anyone”

St Mary MacKillop 25.7.1899

Have a Blessed Week
Michael Siciliano
PRINCIPAL





From the Assistant Principal's desk...

Welcome to my desk. In each Newsletter I will provide general information, ideas and tips for parents in all key Learning Areas. If you have a particular question or query or anything you would like more information about, please let me know.

Welcome back!



Last Monday we started to welcome our students back to school. It was so lovely to see their smiling faces and how quickly they settled back into the routine of school life.

The school to which they have returned is both the same and quite different from the one they left seven weeks ago. We now have a school where social distancing and hygiene practices need to be observed. However, our relationships and our care for one another have not changed.

Perhaps we all have a new appreciation of learning, of our families, of our teachers and of our schools. Isolation and lockdown have asked us to draw on our resources and to be more positive.

So, what are the messages that we have received over the past few months?

There have been such strong signs of hope.

There have been many, many acts of kindness.

Families have found ways to acknowledge their love for each other when separated.

We have all learned to be more patient, kinder, gentler and more compassionate with others and themselves.

As we move through the pandemic, we know that we need to be people of hope and optimism. With God's love and protection, we will pray for all those affected by the pandemic, we will thank Him for the gift of all those in the medical and health professions and we will know that we bear the mark of God's Spirit living within.



Return to school.

This morning (Tuesday 19 May), NSW Premier Gladys Berejiklian announced the return to face-to-face teaching for students in all NSW public schools, effective from next Monday, 25 May. This announcement brings forward the timeline previously in place for the return to regular school attendance.

Our Executive Director Mr Greg Whitby has now stated,

"In line with the Premier's announcement, the expectation is now that students at all CEDP schools will return to school on Monday 25 May."

Therefore, it is expected that all students at Our Lady of the Rosary will resume school on a full time basis next Monday.

(Any parents who are not sending their students back to school for any reason will need to contact the office).



Once again we thank you, our parents for your ongoing support in this process. You have done an amazing job supporting your children's learning at home and we hope that one very positive element of this pandemic is the strengthening of the student - parent - teacher relationship.

Mrs Julianne Regan
Assistant Principal

RELIGIOUS EDUCATION @ Our Lady of the Rosary

From the page of the Religious Education Coordinator - Mrs Colleen Fuller

WE CELEBRATE 140 years of Catholic Education at Our Lady of the Rosary. We also thank God for 200 years of Catholic Education within Australia.

SCHOOL FORMATION GOAL - 2020 to form, to inform, to transform

All students to be self-reflective disciples of Jesus, through deep learning from Matthew's Gospel.

PARISH MASS ATTENDANCE: *In this time of Covid-19 we are all committed to practising social isolation. For this reason, opportunities to attend Mass are being provided online for your convenience.*

Some parish Masses for 10 participants, are available. Please contact the parish office on 9623 1962 to arrange a time to attend Mass.

You can still participate in the Parish Mass online through the Our Lady of the Rosary Parish Facebook page.

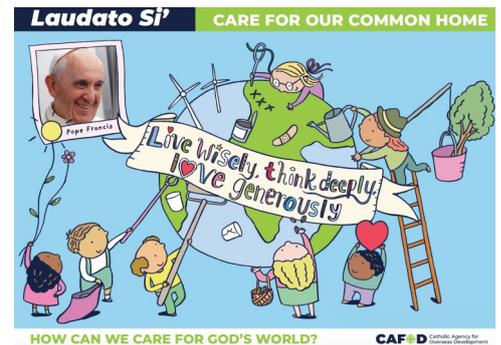


Blessings to you and your family at this time of challenge and opportunity as you focus on your family members, care of each other and participate in prayer for the Common Good. We are all connected in this one Earth.

I share with you this inspiring video clip which you may enjoy as a point of reflection.

<https://youtu.be/Nw5KQMXDiM4> Titled - The Great Realisation about the impact and opportunity of Covid 19.

Laudato Si' Week - This week we celebrate the 5th Anniversary of the Pope's Letter to humanity-urging everyone to take better care of our world for the present and future generations. We are reminded of the beauty of God's Creation and our call to respond as Stewards (care-takers) of this creation. As a school community we will pray this prayer and be reminded to take action. For example: use less water, turn lights and air-cons off when not needed. Plant trees, admire, respect and maintain the beauty of our surroundings. Buy less, share what we have with the poor and practise GRATITUDE in all things.



COMMON PRAYER for the 5th anniversary of **Laudato Si'**

Loving God,
Creator of heaven and earth and all that is in them,
You created us in your own image and made us
stewards of all your creation.
You blessed us with the sun, water and bountiful land
so that all might be nourished.

Open our minds and touch our hearts,
so that we may attend to your gift of creation.
Help us to be conscious that our common home belongs
not only to us, but to all of your creatures and to all future
generations, and that it is our responsibility to preserve it.
May we help each person secure the food and resources
that they need.

Be present to those in need in these trying times,
especially the poorest and those most at risk of being
left behind.

Transform our fear and feelings of isolation into
hope and fraternity so that we may experience a true
conversion of the heart.

Help us to show creative solidarity in addressing the
consequences of this global pandemic,
Make us courageous to embrace the changes that
are needed in search of the common good,
Now more than ever may we feel that we are all
interconnected and interdependent,
Enable us to listen and respond to the cry of the earth
and the cry of the poor.

May the present sufferings be the birth pangs of
a more fraternal and sustainable world.

Under the loving gaze of Mary Help of Christians,
we make this prayer through Christ our Lord.

Amen

HAPPY BIRTHDAY

Happy Birthday to the following children who have celebrated their birthday in the last 2 weeks.

Jack Darby; Prisha Hans; Tamanna Chaudhary; Josephine Cahill;
Shashwat Shukla; Atak Baak; Krishnan Naicker; Amelia
McMillan; Nathaniel Fajardo; Kuol Kuol; Deng Lual; Sai Tayi;
Lilith Goulding; Felix Jasim; Christian Berrier; Faith Atonio;
Everly Morrison; Josalynn Toala; Dianna Kelei; Garang Kuol;
Tanisha Sharma; Sabine Moises; Jennifer Ebsworth; Nyanwut
Reec; Abur Ujuangi; Jaylon Chandrapala; Emmanuel Danao.



Emmaus Catholic College Enrolment Applications for Year 7 2021

Dear Parents/Carers,

Another reminder that we are now in a position to accept enrolment applications in person at the College. If you have received a preliminary acceptance letter and have not lodged your application, if you are intending to enrol your Year 6 student or you know of members of the community wishing to enrol, please contact our enrolment officer on 96708300 or email our enrolment officers for details on : bbiermann@parra.catholic.edu.au



Your sincerely,
Mr Robert Nastasi
Principal

FEE RELIEF FOR FAMILIES EXPERIENCING HARDSHIP DUE TO COVID-19

We are aware of the financial strain that COVID-19 is having on some families and its impact on their capacity to pay school fees.

No child should be denied an opportunity to attend a Catholic school because of financial hardship. To assist families who are experiencing difficulties with school fees because of COVID-19, a new process has been developed to make seeking fee relief as simple and fair as possible.

Please visit the Catholic Education Office website (www.parra.catholic.edu.au) and click on Fee Relief and follow the instructions or you can contact Mrs Anne Rando in the school office.

STUDENT BORROWING FROM THE SCHOOL LIBRARY

Students may borrow from the school library from Monday May 25. Please send your child with a library bag and any library books they may already have so they can borrow.





Catholic Education
Diocese of Parramatta

19 May 2020

Dear Parents and Carers

This morning (Tuesday 19 May), NSW Premier Gladys Berejiklian announced the return to face-to-face teaching for students in all NSW public schools, effective from next Monday, 25 May. As a result, we are looking forward to welcoming students back full time from next Monday.

We understand that this morning's news will see students return to school much sooner than many of us expected. Your school will provide you with more information in the days ahead as preparations for the full return to at-school learning continue.

I want to reassure you that the safety of our communities remains our priority. The relevant government and health authorities have provided assurances that it is safe to welcome students back. Our schools will continue to reinforce important health and hygiene messages.

Thank you for the way you have responded to challenges of COVID-19, including making the transition to at-home learning and balancing your child's learning with work arrangements. As always, if you have any concerns about your child's learning or wellbeing, please contact your school.

Yours sincerely

Gregory B Whitby
Executive Director
Catholic Education
Diocese of Parramatta

P.S. We're here to help! A reminder that information about fee relief is also available on your school's website.

LEARNING FOR TODAY'S WORLD



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