

TERM 3 ENDS FRIDAY SEPTEMBER 17
WISHING ALL STAFF & FAMILIES
A SAFE & RELAXING BREAK



Celebrating 140 YEARS
1880 - 2020

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

PRAYER OF THANKS: HELLO HOLIDAYS



A Prayer of thanks for all the online teaching and learning during this term at Our Lady of the Rosary

Expressing Gratitude

Gracious God, in the busy-ness of my day,
I sometimes forget to stop to thank you for all that is good in my life.

My blessings are many and my heart is filled

with gratefulness for the gift of living,

for the ability to love and be loved,

for the opportunity to see the everyday

wonders of creation,

for sleep and water,

for a mind that thinks and a body that feels.

I thank you, too,

for those things in my life that are less than I would hope them to be.

Things that seem challenging, unfair, or difficult.

When my heart feels stretched and empty,

and pools of tears form in my weary eyes,

still I rejoice that you are as near to me as my next breath

and that in the midst of turbulence,

I am growing and learning.

In the silence of my soul,

I thank you most of all for your unconditional and eternal love.

Amen



A: 32B Saddington Street St Marys 2760 PH: 8856 8301

E: olorstmarys@parra.catholic.edu.au W: www.olorstmarys.catholic.edu.au

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

LOVE FROM YOUR BRAIN

This is the letter your brain would write to you.

Dear You,

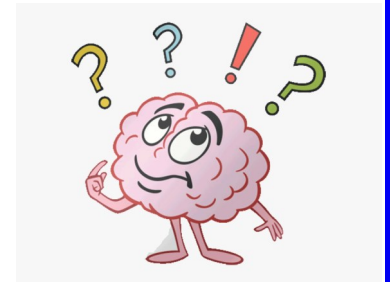
I love being in your head because we're going to be together forever, you and I, so here are some things you should know about me.

I'm made up of about 85-100 billion very small building blocks called neurons, which are brain cells.

If you were to count them one by one, it would take around 3000 years.

There are lots of different parts to me – a thinking part, a listening part, a memory part, a feelings part, and many more.

Being able to do something well depends on the connections between neurons inside the different parts and between the different parts.



You can actually design me to be the best brain for you.

Brains can change, and you're the superstar who can change me.

How? Every time you think, feel or do something, the messages travel along the neurons that are connected to that thought, feeling or action.

This forms a pathway in the brain. Whenever you do that action, feel that feeling, or think that thought, the messages travel along the same pathway.

Whenever you do something over and over, that pathway becomes stronger and stronger. The stronger the pathway, the stronger that part of your brain, and the easier that behaviour, thought or feeling will be. Here's an example.

When you first learn to ride a bike, you wobble and fall. That's because the 'riding a bike' pathways in your brain aren't very strong yet. The more you ride, the stronger the pathways get, so the easier the 'this is how you ride a bike' messages travel around to the parts they need to travel to.

This can also happen in ways that aren't so great for you. If you keep doing something that's bad for you, like yelling every time you get angry, the 'I'm going to yell' pathways in the brain will become very strong and will drive you to keep yelling.

Your thoughts can change your brain too – so make them good ones.

Thoughts create pathways in your brain. These pathways will influence your feelings and behaviour.

This is why it's so important that your thoughts are positive and strong. When you think brave thoughts, 'I can do that', or 'whatever happens I'll be okay', those thoughts form a pathway. The more you think those thoughts, the more real they'll feel.

Brave thoughts ('I can do this') lead to brave behaviour.

Calm thoughts lead to calm behaviour.

Anxious thoughts ('what if something bad happens?') lead to anxious behaviour.

Remember, thoughts, feelings and behaviours don't need to match. You can feel anxious and think brave, or feel anxious and brave.



Your brain creates enough electrical impulses to power up a small light bulb – so don't let anyone tell you that you aren't powerful!

Once the message (the electrical impulse) gets to the end of the neuron, it has to jump to the next neuron.

Neurons don't touch – there's a tiny space between them.

The message jumps across the gap to the next neuron by chemical messengers called neurotransmitters.

Having the right balance of neurotransmitters is important because it can affect your mood, how well you sleep, how well you learn and remember, how stressed or anxious you feel, your motivation and much more.



There are three powerful ways to make sure your neurotransmitters are at healthy levels:

Eat plenty of healthy, nutritious food.

Being a brain is busy work, so you need to fuel me up with good brain food like salmon, tuna, eggs, blueberries, cabbage, avocado and soy.

Get your body moving.

I don't have legs. So I need you to move.

Exercise increases the neurotransmitters that help you feel happier, less stressed, less anxious, and the ones that help you focus, learn and remember, and think positive thoughts.

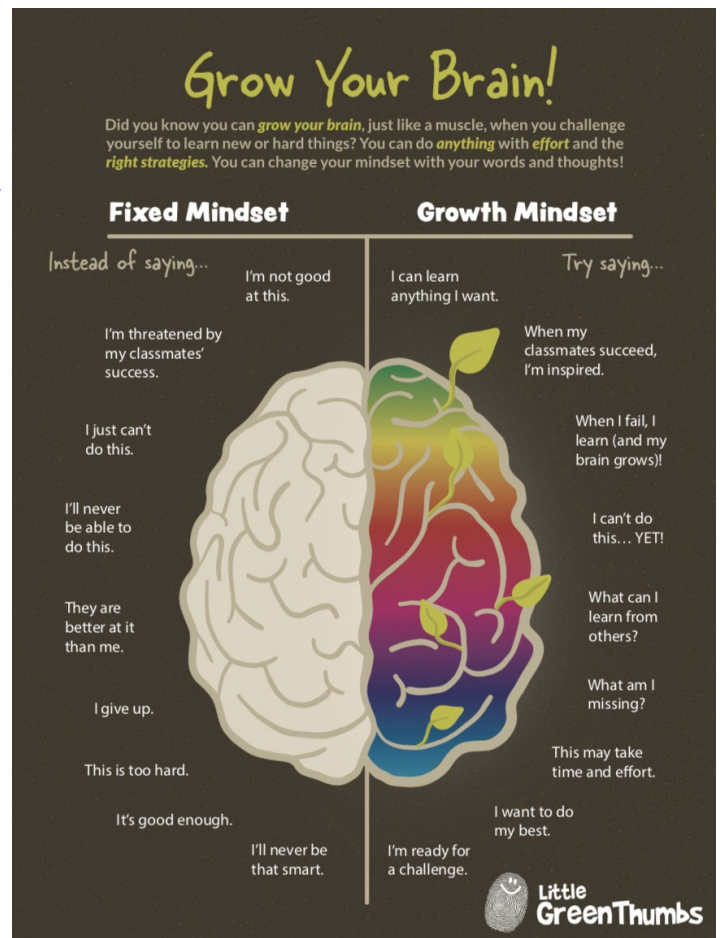
Exercise is a brain booster. I love it.

Get plenty of peaceful zzz's.

I do some of my best work while you're sleeping.

I help you deal with your emotional stuff, I help you understand what you've learned, and I strengthen your memories.

It's also when I can get creative because I'm not having to take care of other things that keep me busy when you're awake.



And finally... You have extraordinary power to shape your brain in ways that will help you to be good at the things you want to be good at.

Don't worry if you make mistakes along the way because it's how I learn, strengthen and keep you shining.

You're a magic maker, a king, a queen, a legend.

There is so much 'awesome' in you. Be brave enough to believe it, and know that with time, effort and patience, you can get better at anything. We're an amazing team you and I.

I'll write again soon.

Love from your brain.



Our Lady of Sorrows

September 15

A mother is only as happy as her saddest child

Every life climbs its Calvary. Every soul has its quiet sorrow which cannot be shared in full with any other soul. This concealed pain is the very real drama that plays out behind the curtain of the duties and distractions of everyday life.

Jesus Christ, fully God and fully man, shared in all things human, save sin, including pain and sorrow. So He wept at the death of Lazarus, and He balanced the heavy cross on his sore bones and trudged up a hill to his own execution.

Suffering is intensely private in that it is a personal, lived experience. The intense sufferings of Jesus Christ were intensified by His perfection. It was more unjust, more cruel, that one so perfect should suffer at the hands of creatures of His own making. Only a perfect being similar to Jesus could enter into His sorrow, could experience it somewhat as He did.



That person was Mary. She was not a Goddess, of course, but the New Eve, the perfect person God intended that every person should be from the start. Because she was perfect, she most understood, and felt, the pain of her perfect Son. Shared perfection led to shared sorrow. The feast on September 15 commemorates the sorrows of Mary, most especially those who lived during Jesus' passion and death.

Devotional images of Mary show her heart pierced by seven swords, symbolic of seven sorrows: the prophecy of Simeon; the flight into Egypt; Jesus being lost in the temple; meeting Jesus on His way to Calvary; standing at the foot of the Cross; being present when Jesus was removed from the Cross; and her presence at His burial.

Mary was perfect, but her life wasn't perfect. She experienced pain, humiliation, and sorrow that affects every life. She was unmarried and pregnant and must have heard the neighbour's whispers as she walked the dusty streets of her town. She and her family had to flee to a far-off land to escape the murderous King Herod the Great. She lived a real life filled with real human drama. But her most intense sorrows were felt when she was in her late forties, when her one and only child died a public death, leaving her, already a widow, totally alone, her middle-aged face stretched with sorrow.

When we pray the rosary, we meditate over things glorious, joyful, luminous, and sorrowful. We recall historical events like Christ's Baptism and the Last Supper, and theological events like the Assumption and the Coronation. The Sorrowful Mysteries are historical. Mary hovers just off center stage. She stands nearby, amidst the crowd on the path to Calvary, upright and brave at the foot of the Cross, weeping as her dead boy is wrapped in a sheet and delicately placed on a cold slab in a rock-cut tomb. She is Our Lady of Sorrows because she, and the Church, are mothers. They give and nurture life. They feel more than men. They respond to suffering with co-suffering, not so much through actions and solutions.

On this feast day, we recall Mary's sorrow and share in it. Christian grief is not godless grief. Our grief, like Mary's grief, is ameliorated by the sure and certain hope that the last word in our book is not death and despair but hope and life.

Mary's sorrow is temporary, as all of our sorrows one day will be. There is nothing that does not have a context, except for God. And the context for Christian sorrow is the Resurrection.

*Mary of Sorrows,
you shared the pain and sorrow of your perfect Son
but were never forlorn.
Help all who turn to you
to unite our sorrows to yours and His
so that we may co-suffer
in His death
and co-share in
His Resurrection.*

Thought for the Week

"We must take things quietly and just do what our good God enables us."
Mary MacKillop 1875

Have a Blessed Holiday
Michael Siciliano
PRINCIPAL



TERM 4 2021

STUDENTS RETURN TO ONLINE LEARNING
TUESDAY OCTOBER 5

PROPOSED DATES FOR RETURN TO FACE TO FACE TEACHING IN TERM 4 2021

Kindergarten & Year 1
Years 2 & 6
Years 3, 4 & 5

Monday October 25
Monday November 1
Monday November 8



From the Assistant Principal's desk...



As you are aware, last Friday we dedicated the day to **Wellbeing**. This was a day to STOP. REFRESH AND RENEW. We are so proud of how hard everyone in the community has been working and the sacrifices you have all had to make to keep the Home Learning happening.

WELLBEING DAY MATRIX

Connect	Give	Notice	Keep Learning	Be Active
 Talk Call a relative you haven't spoken to for a while.	 Say thank you Write a letter or thank-you card for someone who has been helping you.	 Recognise the beauty Go outside and sit or lay down and look at the sky... you could draw what you see.	 Try something new You could cook something... bake a cake.	 Play outside Go outside and run or kick a ball or make up a new game.
Listen Listen to some music or an audiobook or podcast.	Offer to help others Offer to do a job around the house that you wouldn't normally do.	Be aware of your feelings Draw or journal how you are feeling at the moment. Tell someone about your feelings.	Read a book Spend some time reading a book in a comfortable way.	Go for a walk Take your parents and siblings for a walk. Walk your dog.
Be a friend Call or write a letter to one of your friends.	Include others Play a game with your younger brother or sister.	Relax Just do nothing. Enjoy quiet and peacefulness. Do some drawing/colouring in.	Do a Puzzle Do a jigsaw puzzle or crossword or sudoku.	Skip Find a rope to skip with or just skip around the house.
Spend time with family Make up a game the whole family can do together.	Do something nice for someone Think of an act of Kindness you could do for one of your family, friends or teacher.	Meditate Try one of these... Mindfulness Meditation for kids Guided Meditation - Secret Treehouse	Play a Game Play a Board game with the family or make a game to play with your siblings.	Dance Learn a new dance or teach someone else a dance to perform for the family.
Volunteer Be your mum or dad or other family member's assistant for an hour.	Give someone a smile Just smiling at someone could really brighten their day. When you give a smile you usually get one back.	Use your Senses Take some time out in nature. Use your senses to explore the outdoors. Look, listen, touch, smell.	Set yourself goals Write down 3 things you would like to achieve this year and how you can work toward them.	Learn Create an Obstacle course or lead the family in your favourite exercises.

This is the matrix we shared with the students last week to think about the 5 areas of wellbeing. Many of the students engaged in these activities at home which was wonderful to see. We hope that they continue using this to help them to **connect to self and others**.

On behalf of the teachers... I want to sincerely thank all parents, grandparents, carers and siblings at home who have been supporting the children with their learning during this difficult time. You have done an AMAZING job and the teachers are so grateful for what you have been doing.

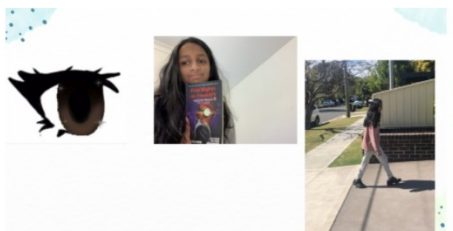
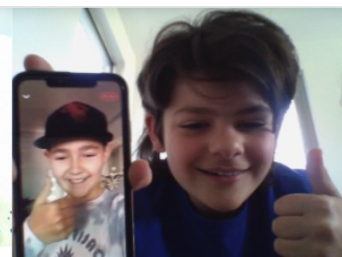
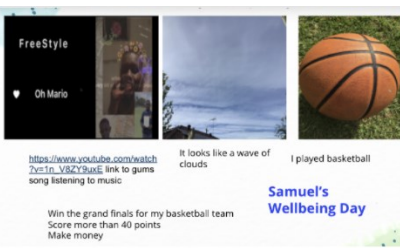
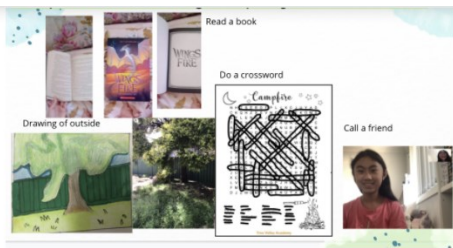
On behalf of the parents and students... I would like to thank our wonderful teachers who have gone above and beyond to create engaging learning opportunities for the students. I know you would agree that their commitment to the children and parents has been just fantastic.



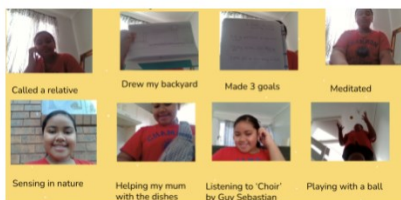
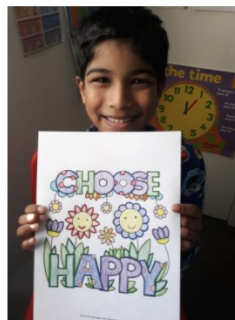
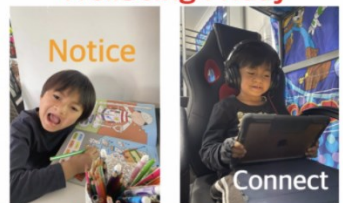
We will continue to work together next term to keep the learning going for our students and we cannot wait until we can have everyone back together.

Stay safe, take care of yourselves and one another and have a **well deserved break over the next 2 weeks**.

HERE ARE SOME OF THE WAYS OUR STUDENTS LOOKED AFTER THEIR WELLBEING ON FRIDAY...



Wellbeing Friday



From the *Acting Religious Education Coordinator,*

Our Lady of the Rosary Feast Day - Thursday October 7th

We will celebrate at school on Friday 8th October (Term 4, Week 1)

The month of October is the official month of the Rosary. A month where we take time of focus on the mysteries of the Rosary which walk through the major events of Jesus's life. The Rosary provides us with a time and place to connect with Jesus through Mary.

During October, the Our Lady of the Rosary feast day is an especially important celebration for our school community. It occurs on October 7th and the students will engage in a whole school day of special events to celebrate on **Friday 8th October**. Students will be invited to **wear the colours yellow and blue** to celebrate Our Lady of the Rosary as the Patron Saint of our school.



Outline of events

Morning Session

Learning experiences centred around Mary and the Rosary.

Students will be provided with some choice activities to complete in the morning on their online learning platform.

Middle Session

Parents and Families welcome to join this session

Grade Liturgies
OLR's Got Talent Online

Picnic lunch is encouraged outdoors with siblings.

Afternoon Session

Students will be given a free fun afternoon to enjoy activities with their families.

How can we celebrate as a family at home?

A great way to celebrate the feast of Our Lady of the Rosary is to pray the Rosary each day in October. You could pray for peace, to fight temptation, for a special intention, or simply to get to know Jesus and Mary better. As you pray, think about events in the life of Mary and Jesus. We call these events mysteries because God speaks to us through them. What is God saying to you? Pray the Rosary and listen!

There is an opportunity to pray the Rosary live, worldwide, and virtually at **6:30 pm on October 7**. You will need to register in advance to receive the link to join in. To register your interest please visit <https://www.tickettailor.com/events/avilafoundation/568089#>

Mass Times

During the time of the pandemic, Our Lady of the Rosary Parish is livestreaming masses via their Facebook page at the following times:

Monday - Friday 6:30am
Saturday 8:00am & 6:00pm
Sunday 9:00am



With thanks and God's Blessing,

Miss Beckhaus

HAPPY BIRTHDAY

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

Antonio Danao, Levi Williams, Roman Lual, Therese Morabito,
Athum Malek, Adhel Ngong, Akol Maout, Sidrah Yasmeen,
Niniola Tedimola, Monasa Komi, Andreas MacFarlane,
Jayden Khneger, Japjot Grewal



Happy Birthday to the following children who will celebrate their birthday this week and in the school holidays.

Arshi Choudhury, Maja Bilokapic, Moses Sabastiano, Moira Paniani,
Chut Aduai, Tevita Gatehau, Sarina Maille, Patrick Reece,
Maanya Manocha, Mikhail Mendoza, Ayai Akon, Monica Sakr,
Aishwarya Shukla, Sophia Furner, Ruby Montgomery,
Phoebe Bulloch, Samuel Johnson, Savva Rami, Gerlene Siladan,
Lucas Adriano, Aarosh Budhathoki, Levi Montgomery, Matilda Drew,
Kye Bijoux, Diya Kumar, Vanessa Komi, Jacob Matthews.



SCHOOL DENTIST VISIT

Due to Covid-19 restrictions, the School Dentist visit booked for October 25-29 has been postponed till March 28 - April 1 2022.

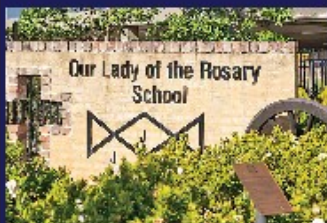
More details regarding this will be sent out next year.



**OUR LADY
of the
ROSARY
PRIMARY ST MARYS**

Enrolling now

**WE ARE RESPECTFUL,
SAFE LEARNERS**



32b Saddington Street, St Marys
Phone: 8856 8301
olorstmarys.catholic.edu.au



**Enrolment
Forms
are now
available at
the School
Office**

OLR 2021 ART COMPETITION

Congratulations to our winners of the OLR 2021 Art Competition:

Kinder: Lucas Koprivanac

Year 1: Niniola Tedimola

Year 2: Diya Vinoth Kumar

Year 3: Samridhi Malla

Year 4: Charlyn Bankler

Year 5: Crystal Christine

Year 6: Jennifer Ebsworth

We were hoping to award the certificates and prizes at the start of Term 3 but we will do this when we all get back to school. Thank you to all of the amazing artists who entered this school event during Term 2. We have many, many talented artists at OLR and the judges had a difficult time choosing. The winning artworks will be displayed in our school gallery for all to see and admire.



Lucas - Kindergarten



Niniola - Year 1



Diya - Year 2



Samridhi - Year 3



Charlyn - Year 4



Crystal - Year 5



Jennifer - Year 6

OLR's Got Talent 2021!

Can you sing, dance, play an instrument, do circus tricks, act, or tell side-splitting jokes?

Here is your opportunity to shine and showcase your talents with the school community.

OLR's GOT TALENT 2021 will be online this year.

You will need to submit your act via Flipgrid or Seesaw by the end of Term 3.
Each grade will be notified where to submit their acts this week during Music time.

Two acts will be chosen from each grade to be pre-recorded and shown to the whole school as part of the OLR Feast Day celebrations in Term 4 Week 1.

Guidelines:

Remember your audience is your teachers, classmates and if you get to the finals, it is the whole school community.

- No longer than 2 minutes.
- Appropriate choice of music and lyrics..
- Appropriate dress / costumes.
- Appropriate language and topics.
- No judges or prizes. It is a showcase not a competition.

We look forward to celebrating the special talents that you have to share with us!