



St Oliver's Primary School

Newsletter

33 Wigram Street, Harris Park
Email: stolivers@parra.catholic.edu.au

Tel: 8633 8300
Website: www.stoliversharrisparra.catholic.edu.au

At St Oliver's we are called to unite in service by living out our Mercy Values and striving to be quality learners who contribute positively to our community.

Term 4 Week 1

<http://www.stoliversharrisparra.catholic.edu.au/home>

17th October 2019

DATES TO REMEMBER

OCTOBER

Thursday 17th &
Friday 18th
Stage 3 Camp

Friday 18th
Stage 1 Mass 9.15am

Wednesday 23rd
Stage 2 and 3 basketball
gala day

Friday 25th
Crazy sock day (gold
coin donation for
Catholic Mission)

Stage 3 Mass 9.15am

December

Friday 6th
Twilight Christmas Fair
and Concert



Religious Education Gospel



[Lk 17:11-19](#)

A reading from the holy Gospel according to Luke

It seems that no one has returned to give thanks to God except this foreigner.

On the way to Jerusalem Jesus travelled along the border between Samaria and Galilee. As he entered one of the villages, ten lepers came to meet him. They stood some way off and called to him, 'Jesus! Master! Take pity on us.' When he saw them he said, 'Go and show yourselves to the priests.' Now as they were going away they were cleansed. Finding himself cured, one of them turned back praising God at the top of his voice and threw himself at the feet of Jesus and thanked him. The man was a Samaritan. This made Jesus say, 'Were not all ten made clean? The other nine, where are they? It seems that no one has come back to give praise to God, except this foreigner.' And he said to the man, 'Stand up and go on your way. Your faith has saved you.'

Literal Sense

In Sunday's gospel, Jesus recalls the story of a foreigner who suffered the pain and indignities of leprosy. Those suffering from leprosy in this story recognise Jesus, stand at a distance, and cry out to him by name. Only one man returns to thank him, and he is a Samaritan. He is not surprised that Jesus healed him. Nor is he the only one who had faith. They all believed that Jesus had the power to heal them and they all went off to show themselves to the priests. What makes this man unique is his **gratitude**. Jesus commends the man for his faith. Once again the last (a Samaritan) will be first (held up as an example)

Application Sense

Those who know that they have been healed, who realize that this was a gift freely given to them, and who return to give thanks have, by these acts of devotion, stepped over a threshold into a new way of living. Their thanks and praise usher them into a new age.

© Dianne Bergant CSA

Sacraments of Initiation

This month, several students will begin their preparation for the Sacrament of Penance. As a community let us pray for them during this period.

Catholic Mission - 'Crazy Sock'

Each year in the month of October, 'Catholic Mission' celebrates SOCKTOBER. Socktober invites schools to engage with mission in a holistic way within the head, heart, hands model: encouraging a learning mind, an open heart and hands for action.



On this day, we invite your child to wear 'Crazy Socks' (with your school uniform). This could be any pair of socks which your child would like to wear to get into the spirit of Socktober. Our 6 social justice leaders will lead an activity using socks during lunch. We also ask that you **donate** generously to this cause.

PBS4L News

This fortnight we are focusing on being **Learners**

Congratulations Kindergarten for winning Week 10 Term 3 the Oli Star Class



Sacrament of Reconciliation_Eucharist Enrolment Registration 2019/2020

For those who wish to enrol their child into the Sacraments Of Initiation 2019/2020 (Reconciliation and Holy Communion) the registration form can now be completed online

[Click here for Registration](#)

First parent session : Tuesday 22nd October @ 7:30pm (St Patrick's Cathedral Parish Hall).

Christmas Raffle Donations.



We are asking for any donations for our Christmas raffle. Could you please send them into the school office.

If you are approaching a business for donations, please pick up a letter from the school office to give to the business.

The raffle will be drawn at the end of the Christmas Twilight Fair and Concert on Friday, 6th December.

Thank you for your continued support.

Memorial Mass

FOR THOSE BEREAVED BY SUICIDE

CATHOLIC CARE WESTERN SYDNEY
AND BLUE MOUNTAINS TOGETHER WITH THE
DIOCESE OF PARRAMATTA INVITE THOSE
BEREAVED BY SUICIDE, TO A CELEBRATION OF
MASS TO HONOUR LOVED ONES WHO HAVE
TAKEN THEIR LIVES

MASS WILL BE CELEBRATED ON TUESDAY 19TH NOVEMBER
LIGHT SUPPER PROVIDED AFTER MASS

PLEASE ARRIVE AT 6:45PM FOR 7PM MASS

VENUE: ST OLIVER PLUNKETT
CATHOLIC CHURCH,
35 WIGRAM ST, HARRIS PARK

RSVP BY THURSDAY 14TH NOVEMBER FOR CATERING PURPOSES

☎ (02) 8843 2575 // ✉ soloparentservices@ccss.org.au

*“Come to me, all you who are weary
And burdened, and I will give you rest.”*

– MATTHEW 11:28



Focus On Learning



Mindfulness

There has been a lot of talk in the media about mental health and the increase of anxiety and depression in our society. Looking after our mental health begins at a young age and teaching children to care for their mind is just as important as teaching them to be physically healthy.

One way of looking after our mental health is by practising **mindfulness**. At St Oliver's we have introduced mindfulness meditation after recess and lunch and have noticed a big improvement in children coping with the transition from play to the classroom, with the children being more focused and engaged in their learning. Mindfulness meditation combines meditation, breathing techniques and paying attention to the present moment. It helps the children notice the way they think, feel and act.

"Key points about mindfulness:

- Mindfulness is paying attention to what's happening right now, moment by moment.
- Mindfulness can boost emotional and physical wellbeing, and help with stress, anxiety and depression.
- Mindfulness can help children handle the stress of study, work and play as they get older."

Taken from raisingchildren.net.au

According to smilingmind.com.au "a meta-analysis of more than 70 studies comparing more than 6,000 school aged young people, those who practised mindfulness showed:

- **Better emotion and behaviour regulation** than 62% of those who didn't practice mindfulness
- **Better academic performance** than 66% of those who didn't practice mindfulness
- **Lower depression and anxiety scores** than 66% of those who didn't practice mindfulness
- **Better social skills** than 64% of those who didn't practice mindfulness"

There are many free apps and websites that offer mindfulness meditation that can be used at both home and school. Why not try it as a whole family activity?

Information taken from:

<https://www.smilingmind.com.au/>

<https://raisingchildren.net.au/pre-teens/mental-health-physical-health/about-mental-health/mindfulness>