

Dear Parents/Carers,

On Tuesday a team of boys from St Oliver's competed in the annual Cross Country at Sydney Motorsport Park, Eastern Creek. Here are some reflections. Thank you to Mrs Haiek for taking photos and Mrs Habib for cheering us on.

Cross Country was so much fun we had to get to school at 7:20am. At first I was really nervous and once I arrived at school the butterflies became stronger and stronger. On the bus I tried to calm down but it was freezing. When we got there the butterflies really got to me because of how many people there were. It also brought back memories of running last year and how long the race was. I was in the 10year old group for the eastern region. My race was very late and I was waiting a long time. Finally my race was starting. I got a bit more motivated by putting the goal in my head to beat my position I got last year. I thought I would get 10th position ahead but I actually got 21 position which was a great improvement. I was so proud of myself; I hope I get into the Cross Country next year. *Tseviso*

Cross Country was so much fun. We had to wake up early in the morning and we left school at 7:30am. When we were at The Motorsport stank, I started getting goose bumps and getting nervous. Before my race, I was training to prepare my muscles. When I raced, I didn't walk in the race. I came 85th. Before we knew it, the day was over and I couldn't move my legs that much. Running 2km is really exhausting but I really enjoyed the day. *Olivier*

Tuesday, it was the cross country day. We went on a bus. When we got there, there were so many people! We went to the grandstand to watch the races. When it was our race, we had to go to the marshalling area. After we finished, we got cards to tell us where we came in the race. It was a really exciting day. I came 134th. *Nithin*

Peace and best wishes



Ms Barbara Young
Principal

Dates to Remember

May

- 6th Mother's Day Liturgy @ 9:15 in the hall followed by morning tea
- 8th Mother's Day
- 9th Winter Uniform
Coffee and Chat 9:15am
- 10th Naplan Years 3& 5
- 11th Naplan Years 3& 5
- 12th Naplan Years 3& 5
- 10th After School Sports begin for Infants
- 13th Stage 3 @ Parish Mass
- 16th Athletics Carnival
- 20th ES1 & S1 @ Parish mass
- 20th Whole School Assembly
Stage 1 @ **2:15pm**
- 30th Athletics Carnival (Back up)

June

- 3rd Whole School Mass
"The Most Sacred Heart Mass"
- 13th **PUBLIC HOLIDAY**



SCHOOL NEWS

Cross Country 2016: On the 3rd of May some boys from Stage 2 and 3 went out to Eastern Creek Motorpark to represent St Oliver's in Cross Country. The boys had a lot of fun racing and play. Don, Tsepiso, Nehal, Samuel, Nithin, Olivier and Antonious represented us in the 2km run. We were all nervous but as soon as we raced we felt confident, we also would like to thank Mrs Allison, Miss Pauline and Ms Young for helping us throughout the day. It was fun cheering on people, St Oliver's had great manners, great sportsmanship and were aware of what we were doing. We all had a great and we really happy because Antonious broke the school record by coming 27th out of over a hundred people. We all arrived back at school proud of our achievements. **Derek**



Reminder: Mother's Day Liturgy tomorrow at **9:15am** in the hall followed by morning tea provided by the school

Mother's Day Stall: Thank you to all Mum's who helped wrap and sell the mother's day gifts. Your continued support is wonderful. **If your child didn't bring money today their gift is on layby and they will need to come into the office to pay and collect their gift.**

School Fees Term 2 - due on 30 May 2016

Athletics Carnival – Monday 16 May – Reminder to send in your permission note along with payment. Thank you in advance.

Whole School Assembly – Please note time change! **Friday 20 May 2016 at 2:15pm**

Coffee and Chat – Monday 9 May 2016 at 9:15 all welcome



Some important reminders about expected playground behaviour before and after school:

Before School:

- No playground equipment is permitted - **including handballs**
- Students arriving before 8.30am must sit under the shade cloth and wait for the teacher on duty

Please note: Teachers are not on playground duty until 8.30am each morning. Students arriving before this time remain on the playground **unsupervised**

After school:

- No balls or play equipment permitted - including handballs
- Students who are attending COOSH should move straight to the seats in COOSH waiting area and remain seated in this area under the supervision of COOSH staff until they are asked to move
- Students waiting to be picked up should move straight to the silver seats and remain **seated in this area** under the supervision of the teacher on duty
- Students whose carers are at school to pick them up go straight to their carers and remain with them. Carers who choose to remain on the playground with their children after 3pm are asked to ensure that they are carefully supervised - this includes no running or ball games and no climbing on the seats or in the gardens

Please note:

- Students are **not** permitted to bring basketballs or soccer balls from home – handballs are permitted
- No Hat No Play – students without a hat are to remain seated under the shade of a tree during both recess and lunch



The Holy Spirit will teach you everything and remind you of all I have said to you.

Jesus said to his disciples:

‘If anyone loves me he will keep my word, and my Father will love him, and we shall come to him and make our home with him. Those who do not love me do not keep my words. And my word is not my own: it is the word of the one who sent me. I have said these things to you while still with you; but the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all I have said to you. Peace I bequeath to you, my own peace I give you, a peace the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid. You heard me say: I am going away, and shall return. If you loved me you would have been glad to know that I am going to the Father, for the Father is greater than I. I have told you this now before it happens, so that when it does happen you may believe.’

Reflection

Jesus bids farewell to his disciples and promises to send them the gifts of peace and the Spirit. Jesus speaks again about the closeness of his relationship to the Father. Jesus’ words come from the Father, and those who love Jesus love the Father. By promising to send the Holy Spirit, Jesus assures the Apostles that they will not be alone. The Father sends Jesus, who sends the Holy Spirit. The Spirit continues the teaching of Jesus and guides the Apostles in their ministry. Jesus also gives the peace above all understanding. This is a peace no one can take from us. Jesus promises to send the Holy Spirit to the disciples and to the world. The Holy Spirit is to be the Advocate (the Paraclete) of the Father and the Son. The Holy Spirit performs a dual purpose: firstly, to carry on the teaching; and secondly, to continue to remind the believers of all that Jesus said and did. The action of the Holy Spirit continues in the world today – inspiring and teaching those who are open to hearing and keeping alive the memory of Jesus, his teaching and his compassion. We talk about being full of school spirit and team spirit but these feelings of loyalty and commitment are only a distant echo of what it is to be filled with the Holy Spirit. God's presence overcomes anxiety about God's absence; and the present holds in it the seeds of a fresh future shaped by love, not fear. As our celebration of the Easter season is coming to an end, the liturgy reminds us that Jesus remains with us through the Holy Spirit, who teaches us everything we need to know, reminds us of all that Jesus taught, and brings us peace.

Praise: Dear God, We are truly grateful for your unconditional love and peace that you bestow on us.

Repent: I regret the times when I doubt your love and peace in my life and in the world.

Ask: Help us to recognise the work of the Holy Spirit whom Jesus sent to guide us and strengthen us in our daily life

Yes: I would like to be a peacemaker and have courage to live out the Gospel values in my everyday life.

Amen.

IN BRIEF

- Learn to compromise.
- All the earth praise God.
- Don't keep God in a building.
- God and Jesus and Spirit are one.
- Spirit is the gift of Jesus.

Mother's Day Prayer



Dear Jesus,

We thank you for Mothers everywhere. For all who care for someone day by day, Let us not forget that you were a child and your mother was Mary. Mary is our Mother too and we can talk to her each day. We say thank you for Mums across the world. Although we may not say it, we think you are the best. So let us give grateful thanks and let our voices be heard for all the Mums, grandmothers and all who are like mothers. Amen. Have a very special mother's day!

InfoZone

Welcome to the Library and Technology section of the St Oliver's Newsletter

PREMIER'S READING CHALLENGE

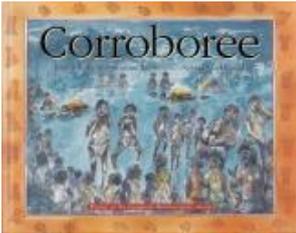
Congratulations to those children who zoomed ahead in the holidays with their reading for the Premier's Reading Challenge! However, if you are behind, do not worry – there is still plenty of time! All children at St Oliver's read every night – this is a perfect time to read from the Premier's List which is available at

<https://online.det.nsw.edu.au/prc/booklist/home.html>

Our library has many of the books on the list; more books are also available at local libraries. Most books are identified with a challenge sticker on the spine.



Featured Book from the 5 - 6 Challenge



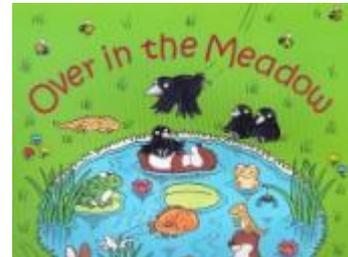
Corroboree, Wallam, Angus & Kelly, Suzanne & Macdonald, Norma (ill)

"It is springtime, Wirrin's favourite time of the year. He will go hunting with his father, digging with his mother and gathering with his grandmother. People are coming from far and wide for the big corroboree and Wirrin will see all his cousins."

Featured Book from the K - 2 Challenge

Over in the Meadow, Evans, Michael (ill)

"Read along and count with the animals."



Series Books

There are specific rules regarding series books. Only the name of the series is included in the PRC booklists. Individual titles are listed in the Series list. There are restrictions on the number of books that may be read from the same series. Please see Mrs Quinn if you need clarification.

COMPUTERS AND VISION

<https://www.acbo.org.au/for-patients/about-vision/74-computer-vision-syndrome>

Computers in themselves do not cause any damage to your eyes in terms of eye health or visual skills, but computer use is very visually demanding and will highlight any existing visual deficits.

Avoiding Problems

There are a number of proactive measures you can take to ensure your eyes feel fresher and to protect your vision into the future.

Posture

Headaches after prolonged computer use may seem like they are due to eye problems, but poor posture may actually be the cause. Be aware of this, relax and breathe. Sit up straight. The screen distance should be arm's length for desktop computers, a little more than reading distance for laptops, and tablets should be the same as reading matter - forearm distance from your nose.

Rest

Looking at a screen all day will mean that your eyes are focussing at just one distance. This would be the same as holding your arm horizontally without moving all day - would be tiring wouldn't it?. Looking away from your screen and getting up for a break every now and then will help keep your eyes rested.

Don't Over-Do It

Vision develops better during activities such as reading and active play. Alternate periods of intense screen viewing with periods of outdoor play or sport, which require distance vision.

Mrs Lesley Quinn
Teacher Librarian