

St Oliver's Primary School

Newsletter

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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 6

http://www.stoliversharrispark.catholic.edu.au/home

19th November 2020

Joke of the Week: What do dentists call their x-rays? Tooth-pics

DATES TO REMEMBER

Term 4

November

Tuesday 24th

Kindergarten Orientation

December

Tuesday 1st

Kindergarten Orientation

90 Celebrating 90 years of Catholic education at St Oliver's 1930-2020



2020 End of Year Thanksgiving Liturgy and Awards Ceremony

Like almost everything else in our lives, COVID-19 will have an impact on our End of Year Thanksgiving Liturgy and Awards Ceremony.

Each year on the last day of term we join together as a whole community to celebrate and give thanks. This year like most of the year it will look a little different. At this stage we will be able to celebrate with all our students. The current COVID Safe Plan as released by NSW Department of Health does not allow for us to safely have visitors on our site. We are looking into ways to ensure our families can access this liturgy via electronic means.

Date: Wednesday 16th December

Enrolling now for 2021

We're all about learning at St Oliver's Primary School. We put safety first, and focus on student wellbeing.

A reminder that limited places are still available for 2021 in **Year 3**, **Year 4 Year 5** and **Year 6**. Please share this news with your friends, family and neighbours. For more information about joining our caring school community, please contact stolivers@parra.catholic.edu.au or 8633 8300.

School attendance level target is 90 % or greater.	89.3%	This figure indicates the percentage of our children who attend school 90% to 100% of the time.
School attendance level - winning class	Yr 3 at 100%	Well done also to K, Yr 1 and Yr 5 at 93%



Barbara Young

ADVENT

Advent begins Sunday, 29th November.

Advent is such a busy time of year and we so easily forget that—at its heart—it is meant to be a time of preparation, waiting and hope for the coming of Jesus into our world and lives.



During the four weeks of Advent, we prepare for the celebration of Christ's birth through prayer and reflection. We contemplate the First Coming of Jesus as Saviour, and anticipate his promised Second Coming. And amid the flurry of Christmas preparations, we look for practical ways to observe the holiness of the season in our everyday lives.

Let us all join together as we prepare for this Season of Advent.

Anthony Matthews

REC

Student Prayer

Dear God.

Thank you for letting us live a happy life. When Jesus sacrificed himself for us, it really showed us and you how much he really loves us. You have helped everyone that is in need in your time to this day. You have cured the sick, ill, blind and poor. The time Jesus walked on water, it reminded me that you actually cannot walk on water but the message in that story/passage was that God was never going to let you go far. In the Lost Sheep, Jesus wanted to find the lost sheep. The message of that story was that no matter what happened to you he will always be there for you, to find you, so you can reconnect. Thank you God and Jesus, you have played your part. Now it is our turn to play ours. It's our turn to reconnect by praying to the Angels every day. After generation and generation, God, The Holy Spirit and Jesus, to all the angels and saints, we come together as one whole. A part of a holy body we come together and give thanks. For he is our guide until the end. Amen. Miguel Yr 6.

PBS4L NEWS FOCUS WEEK 6

We are safe.

Stop, think, do; manage impulsivity



OLI'S STAR CLASS

Congratulations to Year 4



What's in season for summer?

There are lots of good reasons to eat seasonal fruit and vegies:

- They are fresher
- They have more flavour
- They are more nutritious less storage time means nutrients don't break down
- They are less expensive plenty of supply means that produce is at its cheapest



AND summer fruit and veg are delicious! Here is what is in season for summer:

Fruit: apricot, banana, blueberry, blackberry, cherry, fig, grapes, grapefruit, lychee, mango, melon, nectarine, orange (valencia), passionfruit, pawpaw, pear, peach, pineapple, plum, raspberry, strawberry.

Vegetables: asparagus,beans (green, butter,snake), beetroot, bok choy, cabbage, capsicum, celery, cucumber, eggplant, leek, lettuce/salad mix, mushrooms, onion, peas (sugarsnap, snow), potato, radish, rhubarb, shallots, spinach, squash, sweetcorn, tomato, zucchini.

Sunsmart News

Overexposure to solar UV radiation causes 95% of all melanomas and 99% of all non-melanoma skin cancers in Australia. If we protect our skin from UV we reduce our risk of developing skin cancer.

Remember, it's never too late to protect your skin – encourage everyone, even adults, to SLIP SLOP SLAP SEEK and SLIDE when UV is 3 or above.

Not all sunglasses are made equal

In Australia sunglasses and fashion spectacles are tested prior to sale in accordance to a range of performance standards, including UV protection. The Standard defines five categories of lens, according to the amount of UV radiation and visible light that is able to pass through the lens

We recommend you purchase and wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).

Sunglasses lens categories explained

Lens category 2: General purpose sunglasses - These provide good protection against sunglare and good UV protection; they suitable for driving in at night or under dull light conditions.

Lens category 3: General purpose sunglasses - These provide high protection against sunglare and good UV protection; they are not suitable for driving at night or under dull light conditions.

Lens category 4: Very dark special sunglasses – very high sunglare reduction - These are special purpose sunglasses that provide a very high protection against extreme sun glare and good UV protection, they are not suitable for road use and driving.

Skin Cancer Action Week: 15th to 21st November

National Skin Cancer Action Week 2020 is this week. Download and print off skin cancer prevention resources from the <u>SunSmart NSW website</u> and encourage your community to: slip on protective clothing, slop on SPF 30 or higher sunscreen, slap on a sun smart hat, seek shade, and slide on sunglasses.

The SunSmart Team

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