



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 3

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

21 October 2021

DATES TO REMEMBER

OCTOBER

Monday 19th

All students to return to school for face-to-face learning



Gospel

Mk 10:35-45

Whoever aspires to greatness must serve the rest.

Leadership in the Jesus model is about being of service to others; it is not about prestige and acclamation. Many of the best leaders are those who do not have any title of leadership or authority. Their leadership and authority come from what they do and how they do it. They inspire others to follow their example. They don't demand it; they don't bully; they don't play power games. People simply want to follow their example.

Living the Gospel – Servant Leadership

What does it really mean to practise servant leadership? It means placing the needs of others before your own desires for prestige or authority. We've all known people who have been given a position of leadership and they really only wanted the job as recognition of their popularity; a thank you for previous work done; an opportunity to demonstrate their strength of will or cleverness with words. Servant leadership is about collaborating; it's about empowering people to do their best; it's about trusting others and about rolling up your sleeves and getting on with the job.

© Greg Sunter

Last Wednesday many families in our community began their journey towards the Sacrament of Confirmation. Father Chris de Souza helped us understand how the Holy Spirit plays a role in our lives in leadership.

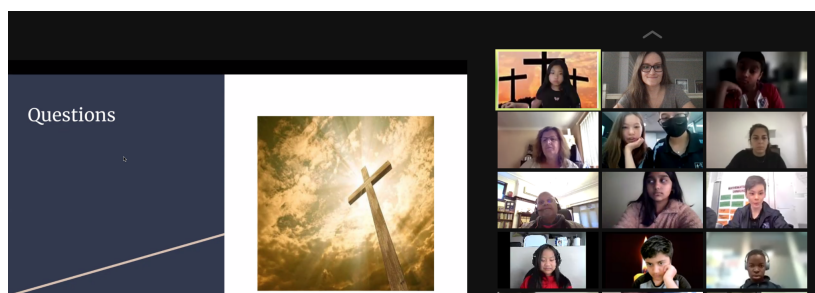
Father Chris reminded us that holiness is about 'giving your best, to be the best version of yourself'.

Friday Prayer Liturgy with Fr Chris

As we currently are not able to attend Mass, students have been ZOOM meeting with Fr Chris.

On Friday, the Stage 3 students engaged in a prayer Liturgy centred on the theme of Hope and how we can be hopeful during challenging times. Father Chris was able to give his time to be a part of our Liturgy and provide students a deeper insight in scripture. Students were given an opportunity at the end of the Liturgy to ask Father Chris any questions they had. One key message that stood out was "What we could do to focus on the positives over the negatives". Father Chris used the analogy of a rainbow. A rainbow would appear after a storm, rather than society focussing on the beauty of the rainbow, we would turn to the storm. It was a lovely Liturgy to be a part of and I am sure Stage 3 will have greatly benefited from this learning experience as they transition back to a face-to-face return to school.

We look forward to Stage 2 meeting with Fr Chris this Friday.



October_ Month of the Rosary

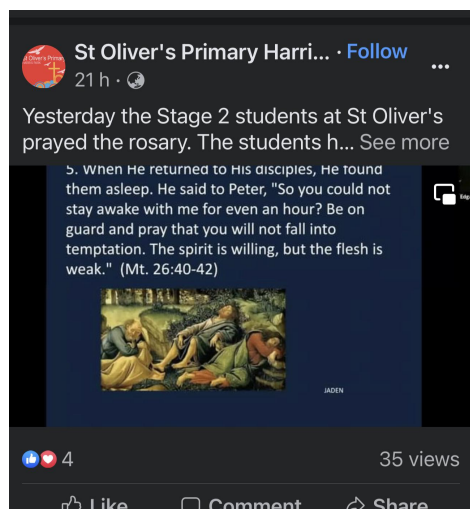
The Holy Rosary (or simply, the Rosary) is a set of prayers popular amongst many Catholics, as a form of personal devotional prayer to the Blessed Virgin Mary.

This meditative prayer form requires a set of rosary beads, which are used to help say the prayers in the correct sequence and serve to engage the entire body in prayer. Historians believe the origins of the Rosary can be traced back to the twelfth century.

It became popular practice for people to replace the daily scripture readings and psalms used by monks, with simpler memorised prayers for their own private daily devotions. Deriving from the Latin word, rosarium (meaning "rose garden"), the Rosary is also known as the Dominican Rosary; according to legend, St Dominic de Guzman had an apparition of the Virgin Mary in 1214, in the church of Prouille, France, during which the concept of the Holy Rosary was given to him.

The main element of the Rosary is the repetition of the prayer known as the Hail Mary.

© LiturgyHelp.com



Have you checked the school Facebook page?

Parents will not be permitted on our school site as per COVID guidelines. This may make it harder for some children to separate from parents. Prepare your child for this by:

- discussing what might be different about the drop off and pick up procedures and how you will manage it as a family
- talk through the new procedure and role play or write social stories
- reassure your child that there will be plenty of staff to help take them to their classroom
- ask your child if there is anything that will make this easier for them, such as arriving at school with a buddy or taking a special item that helps them feel 'brave'.

Returning to school

You can help your child by:

- reassuring them that it is okay to feel anxious
- explaining that all children are returning to school
- allowing your child to pick a fun activity to complete when they get home from school so that they have something to look forward to

As children readjust to the pleasures and challenges associated with school it's important to remember that this is a readjustment phase and should improve with time. You know your child best. Should you need any extra support or clarity regarding our return to school, we invite you to contact your child's teacher so that, together, we can best support your child's transition back to school.

Keep safe,

Pascale Joseph

PBS4L - Focus - We are safe

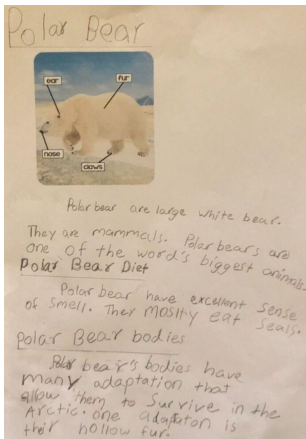


FROM 23 OCTOBER TILL THE END OF NOVEMBER 2021 WEEKEND MASS TIMES

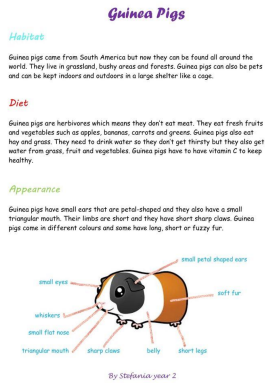
Saturday: Vigil 5:30 pm and 6:30 pm

Sunday: 8:00 am, 9:00 am & 10:00 am

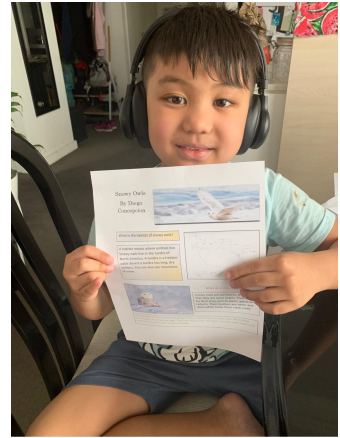
REMOTE LEARNING PHOTOS



Reya Y2 Writing



Stefania Y2 Writing



Diego Y2 Writing

BACK TO SCHOOL



Kindergarten



Kindergarten



Kindergarten



Year 1



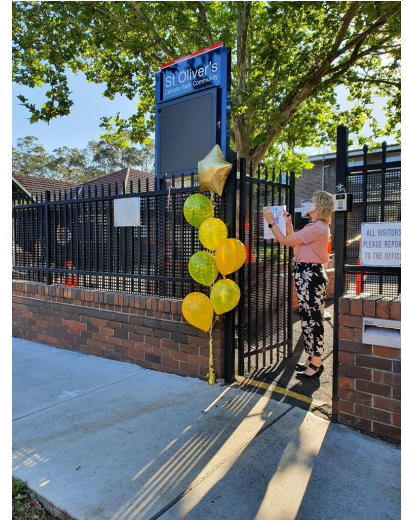
Year 1



Year 1



Year 1



Outside the gates



Year 1



Outside the gates



Outside the gates



Outside the gates

Focus On Learning

BACK TO SCHOOL ROUTINE

With remote learning finishing this week and all children returning to school next week it's important to be prepared. Don't let the start of school sneak up on you and your child! Reinforce the positive side of school such as seeing their friends, learning their favorite subject. Nothing makes it easier to get back in routine than being prepared!

Be Prepared!

- Find your bag/ lunchbox/ uniform now so you're not stressing the night before.
- Remember to bring your mask. (Kindy- 6 encouraged to wear a mask, Age 12 years+ are mandated to wear a mask)
- Nothing makes it easier to get back in routine than being prepared!



Go to sleep earlier: Sometimes having almost no obligations can result in going to sleep late and sleeping in. This is one thing students (especially teens) tend to do when they can. The Australian Centre for Education in sleep recommends 10-12hrs per night for Primary students and 8-10hrs for high school students. Getting enough sleep significantly contributes to overall health, emotions, concentration, problem solving, creativity and motor coordination. [How much sleep do you really need?](#)



Screen time: Have an agreed time (Contract) that all technology (phones / ipads/ computers) are turned off and removed from the bedroom. Have a common place in the study or kitchen for all phones/ ipads/ computers to charge and stay until the next morning e.g. [Contract](#). Studies have shown the brightness from screens affects our ability to feel sleepy. Therefore it's important to give our brains/ eyes time (about 1.5hrs) before bed without technology. [TECHNOLOGY AND SLEEP](#)

Routine / Checklist: Having a routine chart will help you and your child know all they need to do and when. Place it on the fridge / study and discuss the jobs they need to complete, explain what needs to be done and show them to ensure they understand. Establishing routines and checklists takes the pressure off you to have to remember everything e.g. having a checklist (timetable printed) to ensure the school bag contains all the items needed for the next day at school and doing it the night before prevents a mad panic and undue stress the morning of. [Use This Free Kids Daily Routine Printable to Develop Good Habits](#)



Feeling Worried about coming back to school: It's normal to feel a little worried or anxious about returning to school and the impact of the virus, because everyone is talking about it. It is important to help your child prepare for the return to school. Talk to your child about how they are feeling and validate their feelings "I hear that you're worried about picking up this virus. There's been a lot of information about it on the news, but let's get some good information." So validate, but then stay fact-based. Don't be dismissive, like, "Oh, that's silly to worry about that." Normalise their concerns and try not to exacerbate them "It's ok to feel a little excited but also a little worried about coming back to school". Feeling a bit worried is a normal feeling to have after such an unusual situation. The worries will most likely reduce once they are back at school. If your child is experiencing a particularly high level of worry/anxiety about returning to school you can speak with their class teacher or the School Counsellor.

