



Our Lady of Lourdes School

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Newsletter No 17

Week 1 Term 4

9 October 2018

IMPORTANT DATES 2018

OCT

Fri 12	Sports Carnival
Mon 15	Kindy Café commences - Group A
Tues 16	Board Meeting - 5.30pm
Mon 22	Kindy Café commences - Group B
Mon 22	Book Fair Commences (all week)
Tues 23	P&F Meeting - 6.30pm
<u>NOV</u>	
Thurs 1	Music 'Count Us In' - 12.30pm
Fri 2	Interschool Sports Carnival
Mon 5	Constable Care Incursion
Tues 6	MYAT Testing Year 6 - 11.00am
Wed 8	Kindy Assembly
Thurs 9	P&F Movie Night

We Value:

Courage

When facing difficult choices, choosing good actions, despite the possible consequences or the opinions of others

We show this by:

- Asking for help
- Doing what is right even if it is difficult
- Going ahead even when you feel like giving up
- Saying sorry and owning up to your mistakes
- Trying new things

Dear Parents and Community Members,

A PARENTS' PRAYER

*Thank you, God, for my children.
I know they are a gift from you.
Each day I need your strength
and wisdom to guide them
on the right path.
Give me patience and a joyful heart.
Let me be an example of your love
and forgiveness.
Thank you, God, for the honour
and privilege of being a parent.
Amen*

The Bull and Barrel Festival

Thank you to our community members who volunteered to assist with parking and 'Sweet Landing' game. We really appreciate your time and sincerely thank all who assisted. Special thanks to our P&F Executive for their many hours of planning, preparation and organisation and for their hours of service on the day. It was a very successful fundraising event for the school and we are very grateful for all our P&F do to support our school.

Open Morning

On Thursday 13 September classrooms were open for parents to view student work and see the displays in the classrooms. This was a wonderful opportunity for students to share their work with parents and grandparents, and we thank all who were able to come to our Open Morning.

OUR VISION

A welcoming community of Many Minds and One Heart in Christ

OUR MISSION

With Christ as its inspiration & guided by Gospel values, the school strives to promote the education & development of the whole child. Our Mission is to provide a high quality education that will inspire an ongoing love of God and embrace our core values:

INTEGRITY

RESPECT

JUSTICE

COMPASSION

COURAGE

MJR Assembly

Four students were awarded as MJR Stars at our Assembly last term. The focus was on 'resilience' and these students were noticed by their teachers for showing resilience and never giving up when faced with challenges. We shared a lovely morning tea and talked about what makes these students such special role models for their peers. We are so lucky to have students in our school who 'Make Jesus Real' to all they meet.

'Buyabale' Fundraiser

Thank you for your support of this initiative. Due to the generosity of our community on our 'Dress as a Farmer for a gold coin donation' day, we were able to send a total of \$470 to the organisers of 'Buyabale' to support drought affected farmers.



Term 4 Calendar

There are many dates to note this term, with upcoming events such as Sports Carnival, Interschool Sports Day, Book Fair, Kindy Café and Orientation, Year 5 Surf Camp, Annual School Community Meeting and various end of year meetings and activities. Please ensure that you check the Term Calendar, and also check the newsletter for any updates. Just a reminder that our school-managed Facebook page is also a great way to keep up to date with what is happening. Search for 'Our Lady of Lourdes School' on Facebook and 'like' our page.

School Board

Next meeting is Tuesday 16 October at 5.30pm in the Staff Room. Nominations will be sought in November for a new Board Member for 2019. We have one Board Members coming to the end of his term, and finishing on the Board due to his youngest child being in Year 6 and leaving OLOL at the end of the year. Please consider if this is something you would like to be part of, being involved with the school, sharing your gifts and talents with our community.

The Board would like to inform you that after making application to the Executive Director of Catholic Education for the commencement of a Three-year-old Kindergarten program at OLOL, we have received in-principle support to start the process of making application for registration of another year level at our school with the Minister of Education. It is hoped that we will receive registration and will be able to start our Three-year-old program possibly in second semester next year. Those who have expressed an interest in the program will be contacted shortly.

P&F News

The next P&F meeting will be held on Tuesday 23 October at 6.30pm in the Staff Room. Please consider your involvement for next year as our current executive are coming to the end of their term. All are welcome to attend our P&F meetings, there are two each term, one evening and one morning meeting.

Book Fair

This year the Book Fair will be held from Monday 22 October through to Friday 26 October, 8.30am-9.00am and 2.45pm-3.15pm. A reminder that you are welcome to bring along people from outside the school to have a look – the more books sold the more the school benefits. This could be the perfect opportunity to get some early Christmas shopping done, so extended family and friends are welcome.

Kindy Café

We welcome our Kindy students to their introduction to our school through their participation in Kindy Café sessions each Monday this term, starting next Monday 15 October with Group A and Monday 22 October for Group B. Mrs Kylie Madaffari will facilitate these sessions. Kindy 2019 Orientation meeting will be held on Wednesday 14 November at 9.00am in the School Hall.

Uniform

Summer uniform is worn in Terms 1 and 4. As stated in our School Handbook, sports shoes should be predominantly white, black or navy blue, and should not include fluoro colours or laces. Please keep this in mind when purchasing new sports shoes, thank you. Our uniform is a form of belonging and identity, and is worn with pride by most of our students. Please note that the woollen jumper is worn with the formal summer uniform, the zip-up sports jacket is only worn with the sports uniform.

School Faction Sports Carnival

This will be held THIS Friday with the weather forecast looking good for the day, hopefully! Jumps and throwing events will commence at 8.30am, with running and tabloid events following. Kindy students will join in the fun and take part in a running race. Approximate start time for running races is 11.00am.

A coffee van will be available for parents, and morning tea will be available for purchase, thanks to our P&F. We look forward to a great day, celebrating team spirit and providing opportunities for students to compete and have fun.

The P&F will be cooking a sausage sizzle for lunch. An order form was sent home last term, additional forms are available from the office. Orders need to be placed by Thursday.

Interschool Sports Carnival

Please note that for the Interschool Carnival, will be held on Friday 2 November. Factions (OLOL Blue or White) will be determined by the results from our Faction carnival this Friday. You will be notified early next week what faction your child is in. If your child is in OLOL white, please can they wear a PLAIN white t-shirt, without writing or logos. Examples of where to purchase a plain white t-shirt are 'Best and Less' or 'K-Mart' for about \$5. Students in OLOL Blue just wear the school sports shirt.

Arrival times at school and Dismissal times at the end of the day

Just a reminder that students are to arrive at school from 8.30pm. Any students at school before this time need to wait at the tables outside the Assistant Principals' office. Please note that the first bell at the end of the school day is for the dismissal of students who go on the first two buses, the Ferguson and Boyanup buses, only. Our duty of care for all other students remains with the classroom teacher until the second bell at 3.05pm.

School Fees

Please note that school fees are now overdue. Please make payment as soon as possible. If you have any concerns, please make a confidential appointment with the Principal. Payment plans are direct debit are available as options.

2018 Residential Address Collection

Please see important information attached to this newsletter as a PDF about the 2018 Residential Address Collection.

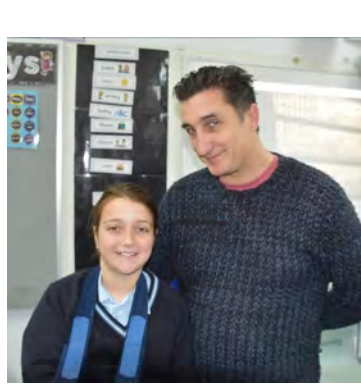
Wishing you a wonderful week.

May God bless you.



Mrs Angela Hegney
Principal





Open Morning





Faction Fun Day







ABBEY PIGGOTT

Addressing children's wellbeing through Mindfulness & Meditation

Mindfulness & Meditation with Abbey Piggott

I enjoyed every minute of Term 3 facilitating the eight week program in Mindfulness & Meditation for Our Lady of Lourdes students. Students thoroughly enjoyed the classes and learnt about topics which included:

Mindfulness, Positive self-talk, Trust, Gratitude, Resilience, Connections to thought and behaviour and Emotions.

The program addresses the social, emotional and mental aspects of a child's wellbeing. Children experience and develop a 'tool kit' to manage underlying thought processes and empower them when facing personal challenges. Classes cover;

- Breathing techniques to manage our emotions to reduce stress and anxiety
- Guided visualisation meditation encouraging 'calm children'
- Teaching positive self-talk to build self-esteem
- Promotes awareness of thoughts impacting on our actions
- Nourishing creativity and encouraging compassion, generosity and respect
- Stimulates parts of the brain that increase focus and concentration
- The science behind why the brain and body respond to mindfulness techniques

Different topics are facilitated using problem solving activities, games, craft, guided visualisations & group discussion. My background includes over a decade of high school teaching experience in Health and Physical Education. My aim and purpose is to equip students with skills to manage stress before they start high school.

If you are interested in registering for Term 4 please visit
www.abbeypiggott.com.au

Thank you to the parents, the staff and Mrs Angela Hegney for seeing value in this program and for making me feel so very welcome and supported at Our Lady of Lourdes. I'm looking forward to working with new and returning students in Term 4!

Abbey Piggott
Facilitator | BEd(HSc), GdipEd, GdipCoach
South West Mindfulness
Mobile +61 423035588
sw.mindfulness@holmes.com.au



Held at Our Lady of Lourdes Hall, Dardanup

Lower School Mindfulness & Meditation 3.15pm - 4.15pm

Year 6 High School Transition Program 4.15pm - 5.15pm

Starting the 11th October 2018

\$130 for 7 Sessions

Strategies around friendship dynamics and approaching new experiences in High School.

Breathing techniques to manage emotions and to reduce stress and anxiety.

Guided visualisation meditation for success, acceptance and gratitude.

The science behind the Stress Response.

Teaching positive self-talk to build self esteem.

Increase a student's ability to focus and concentrate.

Promotes awareness of how our thoughts impact on our actions and outcomes.

Encourages empathy, generosity and respect.

Guidance and resources for Parents.

To register go to www.abbeypiggott.com.au | sw.mindfulness@hotmail.com | 0423035588

Limited places available, registrations close on 10th October 2018



Sausage Sizzle



Available for Lunch at our Faction Carnival this Friday.

Pre-order only by Thursday 11th.

Additional order forms available from the office.

PosterMyWall.com

TO THE BOOK FAIR AND BEYOND!

Book Fair October 22nd to 26th Thomas Little Hall

8.30-9am and 2.45-3.15pm

Get excited about reading at book fair! Hundreds of books catering for all ages at affordable prices. Students will see, touch and connect with books they want to read. Come and check out the display.

Term 4 Calendar - 2018 - Our Lady of Lourdes

Term 4 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
October <u>Wk 1</u>	8 Pupil Free Day	9 K-Year 6 Commence for Term 4 Staff Meeting	10	11	12 Sports Carnival	13/14
October <u>Wk 2</u>	15 Kindy Café A	16 PLC Meeting Board Meeting	17	18	19	20/21
October <u>Wk 3</u>	22 Book Fair commences Kindy Café B	23 PLC Meeting P&F Meeting 6.30pm	24	25 Year 4/5 Excursion	26 World Teachers Day Book Fair finishes	27/28
October/ November <u>Wk 4</u>	29 Kindy Café A	30 PLC Meeting	31	1 Nov All Saints Day Music 'Count Us In' 12.30pm	2 All Souls Day Interschool Sports Carnival	3/4
November <u>Wk 5</u>	5 Constable Care Incursion Kindy Café B	6 MYAT Testing 11.00am Year 6 Staff Meeting	7	8 Kindy Assembly	9 P&F Movie Night	10/11
November <u>Wk 6</u>	12 Fr Wayne returns from leave Kindy Café A	13 PLC Meeting Board Meeting	14 Kindy 2019 Orientation Meeting 9.00am	15 MJR Assembly P&F Meeting 9.30am Waste Audit 1.30pm (Year 6)	16	17/18
November <u>Wk 7</u>	19 Kindy Café B	20 Annual School Community Meeting	21	22 Year 5 Surf Camp	23 Leonardo Day Year 5 Surf Camp Principals Thanksgiving Mass in Perth	24/25
November / December <u>Wk 8</u>	26 Kindy Café A	27 PLC Meeting BCC Presentation night	28	29 Orientation day for Year 7 2019 End of Year Awards and Graduation	30 Faction Fun Day Parish Community Sundowner 5.00pm	1/2 Dec 1 st Sunday of Advent Parish AGM
December <u>Wk 9</u>	3 Kindy Café B	4	5	6 PP Assembly	7 Thanksgiving Mass End of Term 4 for Students	8/9 2 nd Sunday of Advent
December <u>Wk 10</u>	10	11	12	13	14 End of Term 4 for Staff	15/16 3 rd Sunday of Advent