

# OLOL SCHOOL NEWSLETTER

Oakland Avenue, Baulkham Hills South Telephone:9639 4172 Facsimile 9639 0819 www.ololbhills.parra.catholic.edu.au

## Term 1 Week 8



#### The Third Sunday of Lent

This Sunday's Gospel reading is from John.

# 'The water that I shall give will turn into a spring of eternal life'

'Whoever drinks this water will get thirsty again: but anyone who drinks the water that I shall give will never be thirsty again:

the water that I shall give will turn into a spring inside him, welling up to eternal life.'

#### Sunday's Gospel Acclamation

Glory to you, Word of God, Lord Jesus Christ! Lord, you are truly the Saviour of the world; give me living water, that I may never thirst again. Glory to you, Word of God, Lord Jesus Christ!

#### The Annunciation of the Lord

Next Tuesday is the feast of the Annunciation. This feast originated in the East during the sixth century and gained universal observance in the West during the eighth century. It is a feast of the Lord, commemorating the announcement to the Virgin Mary of the Word made flesh, Mary's acceptance of God's will, and the conception of Christ nine months before Christmas. Its occurrence close to Easter links the incarnation with the whole mystery of human redemption in Christ.

(from the Daily Mass Book 2014)

Hail Mary, Full of Grace, The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

## 21st March, 2014

#### <u>School Photo Day</u>

School photos for 2014 are scheduled to be taken on Thursday, 27th March. Individual envelopes from the



photographers have been issued to all students. These envelopes should be brought to school ON PHOTOGRAPHY DAY with the appropriate amount of money enclosed - no change can be given by the photographers.

Payment options are:

Cash: Exact money only -NO CHANGE CAN BE GIVEN Cheque: Payable to Fotomakers Sydney

**Cheque:** Payable to Fotomakers Sydney Bounced cheques will see the order cancelled.

Cheque payments will be charged a \$1 administration and bank fee

Credit Card: CREDIT CARD PAYMENTS ARE TO BE MADE ONLINE ONLY

- Go to <u>www.fotomakerssydney.com.au</u>
- Click on "Order your photos" tile
- Enter your SHOOT KEY (located above 'Payment Options' on your envelope).

Package prices are outlined on the envelopes. EVERY student is to bring their own envelope on photo day although 1 payment can be made into the eldest child's envelope for siblings with reference of payment location on the younger sibling's envelope. Family envelopes are to picked up from the office. Spare envelopes will **NOT** be distributed on the day. To order photos after Thursday, 27th March, parents will need to contact Fotomakers on 9624 8504.

Students are requested to wear FULL SUMMER school uniform for the photos as ALL students will be photographed.

**Please Note:** Family discounts for individual photos are available if paying online. The discount applies if you have more than 2 children - 1st and 2nd child pay full price and any other children are free.

#### **OLOL Twitter Account**

Calling all Tweeters and Followers! Our Lady of Lourdes Baulkham Hills has an official Twitter account. If you have a Twitter account, please feel free to 'Follow' the Our Lady of Lourdes Baulkham Hills Twitter Feed.

The Twitter handle is: @olol8Hills

#### Merit Cards

Congratulations to all students who received Merit Awards at the assembly this week:

#### KN

Stella Puletua Antonella Bayeh Noah Ranola Matthew Wybrow

#### 1**D**

Abigail Giandinoto Spencer Collimore Elise Sturdy Keira Culnane

#### **2B**

Tiago Qiuntal Melissa Fonseka Joshua Hasham Connor Urquhart Brooke Whittaker

#### 3LN

**Abigail Scully** Braydon Wickman Jerome Abou-Antoun **Emily** Tapia Jessica Abrahams

#### **4AB**

Luke Wehbe Jasmine Schiller Keisha Lotoanui Michael Gabrael

#### **5**C

Nicole Pacheco Luke Harrod Nicholas Moses **Daniel Antivilo** 

#### **6M**

Vanessa Turini Zac Wooldridge Annalise El-Khoury Jonah Bowry Elise Birch Connor Rudd

#### **Uniform Shop**

The uniform shop will be open on Friday, 28th March, Monday, 7th April and Tuesday, 8th April from 8.45am till 9.15am.



KΖ Jet Hall **Olivia Higgins** Maya Phegan Joseph Wesser

#### **1H**

Samuel Polley Lauren McGirr Sarah Thomas Mia Langdon JamesCampbell

#### **2H**

Josie Kneller Thomas Murphy Elias Tannous Mia Bermudez

#### <u>3S</u>

Max Langdon Kyle Filipino Grace Attard Ella Mc Girr

Julian Younis Jack Rowe Jack Jenkins **Emily Hardy** Jenny Bekiaris

#### **5P**

Hannah Briggs Kieran Courtney Amy Zammit Anamarie Raic

#### **6P**

Sarah Wehbe Saskia Brothers Nicholas Bila **Charlie** Pease Sophie Wisely



#### **Early Years Assessment**

"Early Years Assessment" for Kinder and Year 1 students was introduced by the Catholic Education Office.

Over the next few weeks, the teachers in Kinder and Year 1 will individually assess the children's progress in Literacy.

Assessment for Kindergarten includes:

Letter Identification, Concepts about Print and Running Records.

Assessment for Year 1 includes:

Reading Fluency and Comprehension (Running Records)

Word Reading Test

Writing Vocabulary

Hearing and Recording Sounds in Words

This data is then recorded and sent to the Catholic Education Office.

#### **Kindergarten 2015**

**Enrolments** Our Lady of Lourdes Primary

is

School



taking Kindergarten enrolments for 2015. Please download the enrolment form from the school website www.ololbhills.catholic.edu.au, complete the form and return it to the school office with all the required documentation.

All families will be interviewed on Saturday, May 3rd by a member of the leadership team.

If your child has any special physical or learning needs please make an appointment to see Mr Haskins for a more extensive interview.

New families may have a tour of our school on:

- Thursday, April 3rd, 2014 at 7.00pm
- Thursday, May 1st, 2014 at 10.00am \*

Please email the school

ololbhills@parra.catholic.edu.au to inform us if you wish to attend any one of these sessions.

#### **School Fees**

School fees for Term 1, 2014 are now overdue.

Some families have not yet finalised their Term 1 account. If you have not made a Flexible Payment Plan arrangement and your Term 1 School fee account remains outstanding, please finalise this account as soon as possible to avoid your account being transferred to the Catholic Education Office for further action.

#### Money to School for Activities

All money for school activities should be sent to the classroom teacher as it is recorded before being sent to the office. Please ensure each envelope has your child's name and class clearly marked.

Erin Boffa

#### **4D**

#### **Cross Country/Fun Run**

The School Cross Country and Fun Run was held last Friday the 14th March at Yattenden Oval. Congratulations to all students who participated in events. Students showed great enthusiasm and endurance in the warm weather! A big thank you to all parent helpers who assisted on the day.

The Diocesan Cross Country will be held on Tuesday 6th May (Term 2, Week 2) at Eastern Creek. Further information and permission notes will be distributed in the coming weeks.







#### Mother's Day Stall

We are looking for raffle prize donations for this year's annual Mother's Day Stall fundraising raffle. If you would like



to make a donation, please bring it into the school office. The Mother's Day Stall will be held on Thursday, 8th May. Phone Alison Urquhart on 0407 317 231 if you have any queries.

#### Easter Raffle

This year, as part of our fundraising efforts, we are holding an Easter Raffle. This week the eldest child from each family was sent home with a booklet of 10 raffle tickets.



Tickets are \$2.00 each

1<sup>st</sup> Prize – Family Pass to the Sydney Royal Easter Show 2014, which includes ride coupons (total value \$220)

 $2^{nd}$  Prize – A Family Movie Pass to Events Cinema  $3^{rd}$  Prize – An Easter Hamper

We would appreciate if all tickets sold or unsold are returned with monies to the school no later than Friday 1<sup>st</sup> April.

We thank-you for your ongoing support,

The Social & Fundraising Committee

#### **Band News**

Our Lady of Lourdes <u>Junior</u> Band will begin morning band rehearsals on the first Thursday of Term 2 (1st May) in the Parish Hall at 8.30am, straight after <u>Senior</u> Band. Rehearsals will then continue every Thursday at 8.30am in school term, till the end of the year, as well as the usual lessons.

I am very pleased to report to parents, that the loud and sometimes unusual 'noises' coming from the 'junior band' children's instruments, are gradually being replaced by musical sounds, and sometimes recognisable tunes! They are very much enjoying their band experience and look forward to their first performance. Please put the concert date in your diaries - Thursday, 19th June at 6.30pm in the Learning Centre (Dress-smart casual). An invitation will be sent home closer to the date.

All children should be encouraged to practise their instruments at least four or five times each week, for about 15 minutes each time. This will give them confidence in their note reading and playing, and allow us all to move forward more quickly with our songs.

If you have any questions about band, please email me on jenny@teachingservices.com.au or contact Teaching Services on 9651 7333.

I look forward to meeting you all at our performance in Term 2. *Jenny Sparks – Band Director* 

#### **Chicken Pox Outbreak**

In the past week there have been a number of outbreaks of chickenpox in Year 6 and some in Year 2. Please read the attached fact sheet from the NSW Department of Health.

Chicken pox is a viral infection caused by the varicella-zoster virus.

Symptoms include fever and "cold-like" symptoms followed by a rash. The rash appears as blisters which crust to form scabs. The rash is more noticeable on the trunk than on the limbs and may affect the scalp and the inside of the mouth, nose and throat. The rash is usually itchy.

For an accurate diagnosis, please visit your family doctor.

You are requested to keep your child at home for 5 days after the rash first appears and until the blisters have all scabbed over.

Please email the school to inform us if your child is absent with chicken pox.

Thank you for your cooperation.

Mr Steve Haskins, Principal

#### **OLOL Parishioner Concerns ....**

Since the issuing of the Decree by Bishop Anthony on 5<sup>th</sup> March there has been some concern raised regarding our place of worship as defined in the Decree.

Fr Peter Williams VG addressed this issue in his initial "Statement to the Parishioners of Our Lady of Lourdes, South Baulkham Hills." of 11th November, 2013.

"Whilst for canonical reasons the boundaries need to be altered, that does not mean that anyone living under the new boundaries (and technically in another parish) and who identifies with Our Lady of Lourdes will find themselves excluded from the community. **Every Catholic has the right to make a choice about which parish they identify with.** 

In the Parramatta Diocese many people who belong to parishes don't live within the boundaries. The church will remain open. Mass and the Sacraments will continue to be celebrated as has been the case in the past. The Parish School will remain as a vital part of the local area.

The parish organizations and groups will continue to function, the parish office will remain open, and a Sunday bulletin focusing on the community here will continue to be published.

These assurances were made to the Parish Pastoral Council during the consultation process."

It is incorrect to state that your place of domicile is the parish to which you now belong. You have the right to choose your place of worship and, through this choice, the parish to which you belong is determined.

#### **Baulkham Hills Football Club**

Baulkham Hills Football (Soccer) Club would like to invite students, boys and girls, 10yrs/11yrs to play in our Small Sided Football U11 teams.

We welcome all children of any ability to come and play football as a mighty Kooka.

For more information please call: BHFC Secretary, Mr Tony Hughes, 0432 056 959.

#### Stepping Beyond: Support for those Separated or Divorced

On the last Tuesday of each month, CatholicCare Solo Parent Ministry invites those who have been separated or divorced to an evening for sharing and support. The emphasis is on personal development, growth and goals for a hope-filled future. Shared personal experiences are prompted by the questions: "How well are you stepping beyond? What do you want to step beyond? What are you currently stepping beyond? What is stopping you from stepping beyond? What have you learned as you keep stepping beyond?"

**Date:** Tuesday 25th March **Venue:** CCSS Centre, 51 -59 Allawah Street, Blacktown **Time:** 7.30 – 9.30 **Cost:** \$5.00

**Registration:** <u>soloparentministry@ccss.org.au</u> or Phone 99330205

#### Worldwide Marriage Encounter Weekend

A marriage enrichment experience for married couples on 13-15th June at Mt Carmel Retreat Centre, Varroville, NSW. Bookings: 02 4283 3435 or <u>wsharpe@bigpond.net.au www.wwme.org.au</u> <u>www.facebook.com/WWMEasternUnit</u>

## Respect feeling good about yourself and others



 Valuing others / being friendly / being a good friend / encouraging others

SCHOOL EVENTS	
March Sun 23rd Tues 25th	Third Sunday of Lent The Annunciation 9.15am Mass Year 4
Thurs 27th	Reconciliation 5P School Photo Day
Sun 30th	Fourth Sunday of Lent
Mon 31st	SRC Young Leaders Day

# Religious Education in Year <sup>3</sup>

During Term 1, Year 3 students have been learning about Lent being a time of growing, changing and giving.

We have also learnt about how Jesus is present in the church and how he sent us the Holy Spirit to enrich our lives.







Year 3 have also discussed the story of 'The Giving Tree' and the theme of giving to others.



The children created dramatic still images demonstrating how we can reach out to those in need.





that can reappear later in life as shingles. Vaccination is recommended

Chickenpox is a common viral infection

for all infants and non immune adults.

Communicable Diseases Factsheet

# **Chickenpox and Shingles**

Last updated: 19 August 2013

#### What is chickenpox?

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

#### What are the symptoms?

- Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.

#### How is it spread?

- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

#### Who is at risk?

- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

Chickenpox and Shingles



#### How is it prevented?

- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- Students in their first year of high school who have not previously received varicella vaccine and who have not had chickenpox are offered a varicella vaccine.
- The Varicella vaccine is recommended for all non-immune adolescents (>14 years) and adults. This
  involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for
  example, health care workers, people living with or working with small children, women planning a
  pregnancy, and household contact of persons who are immunosuppressed.
- People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they
  have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

#### How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

#### What is Shingles?

- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

#### How are shingles and chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

#### What is the public health response?

Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

- Varicella vaccine protects against chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website <a href="http://www.health.nsw.gov.au">www.health.nsw.gov.au</a>



OUR LADY OF MERCY COLLEGE PARRAMATTA

# Year 7, 2016 Enrolment **Information Evening**

Tuesday April 1, 2014 – 4.45pm

Collect an enrolment pack, tour the College, meet with staff and enjoy a sausage sizzle and some Mercy hospitality.

Enquiries: contact the College Registrar on 8838 1222 or email enrolment@olmc.nsw.edu.au

Limited places available for Year 7, 2015

MERCY

COMPASSION

JUSTICE DIGNITY EXCELLENCE HOSPITALITY STEWARDSHP

SERVICE

# Discover the pathway that's right for you at the post school options expo for students with a disability



# Join us at the **EXPO** to discover all you need to know about;

Transition to Work Community Participation Supported Employment Sport & Recreation Open Employment Apprenticeships & Traineeships and much more!

DATE: Wednesday 30<sup>th</sup> April 2014 TIME: 12pm – 7pm COST: FREE LOCATION: THE CONCOURSE, Pavilion Room – 409 Victoria Ave Chatswood WHO SHOULD ATTEND: Students, Parents, Guardians, Advocates, Teachers and Support Staff. We encourage all students and families to attend even if the young person will not be leaving school for several years as the information distributed at this event will enable you to make informed choices for the future. For more information contact;

becca Deep on 9639 0253 or Rebecca.deep@2realise.org.au





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Healthy•

Α







# FREE fun program for kids to become fitter, healthier & happier

## Do you have children 7 to 13 years old? Are you worried about their weight?

Go4Fun runs for 10 weeks during school term. Sessions are run twice a week for two hours after school.

Registrations for the next school term are now open. To find out more or enquire about a location near you call:



Free call 1800 780 900



(CPH)

SMS 0409 745 645 for a call back or visit www.mendcentral.org/go4fun

### Hills ADHD LD Parent Support Group

Parents and carers welcome

The Delta Clinic - 248 Old Northern Road and Cecil Ave, Castle Hill.

#### Dear all,

There were some great discussions at the last meeting around positive ways of giving instructions for example: "No. You cannot ride your bike" and instead saying "I know you want to ride your bike now, but we will have lunch first, and then we can go" taking away the negative and offering a short term goal and solution.

As well as this, whenever you feel that you need to raise your voice to get your child's attention, try moving closer and using a softer voice. You may just find that your child responds better, reducing conflict!

There are many pearls of wisdom, many of which we may already know, and I do know as a parent, it's easy to get caught up where the situation gets the best of us. However like most things, practice makes perfect and if we keep being persistent and remain consistent with our messages, things eventually sink in, if not now, certainly at some point © Autumn 2014

#### Save the date!

Hills District Support Group Thurs 27 March 2014 @ 7:15pm

Support Group – share you experience, struggles and tips to support our children, and ourselves!\*

\*Gold coin donation to cover tea, coffee, biscuits



C.R

## A parents story.....

I used to see misbehaving children in public and think that the child really needed discipline...until I had an ADHD child. I used to think that ADHD was way over diagnosed...until I had an ADHD child. Now I know it's real, and I can pick an ADHD child out in a crowd. No amount of perfect parenting can undo ADHD behavior. And ADHD isn't always just about not being able to pay attention or acting hyper.



ADHD also drastically affects a child's ability to process information inhibiting learning and affects behavior limiting friendships and teacher relationships. Medication helps, but there is no cure. It isn't about bad parenting; these children truly often can't control themselves. And until you have an ADHD child in your life, you can't possibly understand. Please don't judge us. – G.W., Knoxville



#### Hills ADHD LD Parent Support Group

Parents and carers welcome

The Delta Clinic - 248 Old Northern Road and Cecil Ave, Castle Hill.

### Autumn 2014

Did you know ....



A study on 46, 12-17 year olds published online in the *Journal of Attention Disorders, July 26, 2013* found that adolescents with ADHD were unable to correctly determine whether they had taken stimulant medication or a placebo? Only 61% of the time they identified "real" medication days and 59% of the time when given placebo's.

"Of what relevance are these findings clinically? One important implication is that many adolescents may be unable to accurately judge whether or not they are actually benefiting from medication. Thus, the commonly stated request to discontinue medication because 'it is not helping' needs to be carefully considered and should not be taken at face value".

David Rabiner, Ph.D. Research Professor Dept. of Psychology & Neuroscience Duke University

#### What about me?? Siblings of ADHD children

Caring for a child with ADHD is often physically and emotionally consuming that it can be difficult to find time for yourself, let alone others. You may even find yourself comparing one against the other in frustration! Read here for some ideas to minimising sibling jealousy and alienation.

http://www.additudemag.com/adhd/article/1016.html

#### ADHD In The Early Years – Understanding and Reponding

#### Learning Links

Practical strategies to support play, learning and interactions of children with ADHD in inclusive early childhood settings are provided. When: 20 March 2014 Where: Learning Links, Level 1, 46b Reservoir Road, Mount Pritchard Cost: \$85.00 Phone: 8568 8200 www.learninglinks.org.au/index.php/workshops/book/

#### Northern Beaches ADHD Support Group

The Northern Beaches ADHD Support Group is a voluntary group offering support for parents of Children or teenagers with ADHD via regular meetings. The group is run by parents and aims to provide a supportive environment to discuss and learn more about ADHD in order to best help parents and kids.

Upcoming meetings below: 24 March 2014 Maxine Ottowa – 'An ADHD Success Story' 12 May 2014 Sarah Mitchell – 'Advocating at School for the ADHD Child' Time: 7pm – 9pm Where: The Pittwater RSL, Main Sail Room Mona Vale Road (corner of Foley Street, Mona Vale Cost: Free Reserve Tickets here: http://www.eventbrite.com.au/o/northern-beachesadhd-support-group-4222746751

Are you looking for positive strategies to help manage your ADHD child's behaviour? If your child is 6-12 years old you are invited to attend a FREE well-known parenting program at Macquarie University. The program is part of an evaluation study and participants will be asked to attend evening sessions and complete questionnaires (anonymously). Please call Julie Chesterfield (Department of Psychology, Macquarie University) on 0412 414 114 (if unanswered please leave a message) or email julie.chesterfield@students.mq.edu.au and provide your contact numbers.



# Alcohol fuelled violence in our community

# FREE

Essential new information for parents, professionals and local services covering:

- Alcohol issues in Australian society what can we realistically do?
- Teenagers and alcohol

**Featuring Paul Dillon** – keynote speaker and bestselling author of Teenagers Alcohol and Drugs. Regarded as a key social commentator, Paul is a nationally recognised drug education specialist with 25 years experience in the field.

The night will be hosted by David Citer, Manager of the KYDS Youth Development Service.

Q&A panel featuring NSW Police, NSW Health and other industry professionals to provide insight and answer your questions.

When:	Tuesday 25 March 6.45pm-9pm
Where:	Hornsby RSL (main showroom) 4 High Street Hornsby (Hornsby RSL supports local community initiatives)

RSVP: Please call Paul Stuart on 9477 8729 or email pstuart@nsml.com.au



Northern Sydney Local Health District











