



May

Monday 25th

Return to school for all
students

The Ascension of the Lord

Mt 28:16-20

A reading from the holy Gospel according to Matthew

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commandments I gave to you. And know that I am with you always; yes, to the end of time.'

Ref:Liturgyhelp.com



Ascension of the Lord

The message of the Ascension is a powerful one. It reminds us that Jesus, the human incarnation of God on earth, was limited to a specific time and place in history. Despite the physical limitations of his life on earth, Jesus ensured that his message and ministry would continue through those he had taught. Knowing that the disciples would need time to grieve and come to terms with all that had occurred in a relatively short space of time, Jesus promised that the Spirit would come upon them in the days to come. That visiting of the Spirit upon the disciples at Pentecost was the motivation to set about doing what Jesus had charged them to do. Without the Ascension, there is no Pentecost.

Social Skills

Care and Compassion - Being Positive

- ◆ Expressing your opinion
- ◆ Respecting other people's opinions



School News

Initially we had planned to continue with a staggered return to school. After the NSW Premier's announcement, it is now expected that all students will return to school, full-time, for face-to-face teaching, from Monday 25th May. **This means that online, remote learning will not continue.** We have been advised that any student who does not attend will be marked absent on the class roll and will require an explanation from parents.

Morning Arrival

- In the morning we ask that parents drop their child at the front gate and leave promptly. Please ensure that the drop off zone is reserved for that purpose only and not used for parking.

NEW Afternoon Dismissal Arrangements TRIAL as of Monday 25th May

- In the afternoon, for safety reasons, parents will be allowed to collect their child from the classroom. **Kindergarten students and their siblings** will now be collected from outside the Open Learning Area in the top playground. Kindergarten parents only are asked to enter via the top playground gates, which will be opened at 3:10pm, and leave through the same gates. We are trying to avoid large groups of parents gathering in other areas of the school. **We ask that for everyone's safety, all parents adhere to the dismissal arrangements.**
- Classroom teachers will send the siblings of Kindergarten children to the open learning area, just before the bell, to ensure they are there when you arrive. Other grades are to be collected as per normal, however, we ask that parents do not enter the classroom or stay on the premises.
- Please avoid gathering with other parents at the front of the school.
- If you wish to discuss an issue with your child's classroom teacher, a phone or zoom meeting can be arranged.
- Walkers bus duty will continue for those children crossing Windsor Road and Oakland Avenue.

A Reminder:

- Social distancing needs to be adhered to at all times with other adults.
- Before and after school care is still available each day. Please contact Cubby House to ensure they have an appropriate number of staff each day.
- The school canteen is available for lunch orders and other purchases.
- If you have borrowed a school device, please ensure that it is returned next Monday.
- As a precaution, we ask that parents **do not** send their child to school if they are showing symptoms such as fever, sore throat and coughing. For safety reasons, if we notice any of these symptoms at school, we will ask you to come and collect your child.
- Children are to wear the uniforms as per normal.
- We will continue with our safety and hygiene practices with no assemblies, regular hand-washing and separate playgrounds. Bubblers, railings, sinks and toilets are cleaned everyday.
- We encourage children to bring their own drink bottle each day.

As more students return we ask that parents please remember the social distancing rules and please collect your children and leave promptly. As children can be collected between 3:10 pm and 3:40 pm, all parents do not need to be at school at the same time in the afternoon.

If you have any questions, please contact myself or Mrs Neylan.

Excursions

Due to the uncertain times and financial concerns of many families we have had to make the unfortunate decision and cancel excursions for this year, this includes the Year 6 overnight Canberra excursion and the Year 5 overnight Bathurst excursion. At this stage we have not cancelled Kindergarten to Year 4 Swimming as it is held in the last two weeks of the year, a decision on this will be made later in the year. Parents will be given a credit for these activities on their School Fees Accounts. This will be reflected in term 2 or 3 accounts.

Thankyou

The teachers would like to give a big thank you to all our students for the wonderful way they adapted and worked with their online learning tasks . We are very proud of our fantastic students at Our Lady of Lourdes.

A yellow smiley face emoji with a wide, toothy grin, holding a white rectangular sign with a black border. The sign has the text "A Reminder!" written in bold black letters. The emoji is positioned to the right of the "A Reminder:" section header.

THANK YOU

Morning Drop Off

Thank you to all our parents for your cooperation with stop and drop each morning at the front of the school. Parents are letting their children out of their cars to come into school and then moving off promptly. This has ensured the traffic has flowed smoothly, efficiently and safely.

Winter Uniforms

Children are now wearing Winter uniforms which include ties for boys and girls. Purchase of any uniform items can be made through Oz Fashions.



Birthday cakes

Children often enjoy celebrating their birthday with cup cakes at school with class mates. In these uncertain times if you have any concerns and do not wish your child to take part and receive a cake please email the school on ololbhills@parra.catholic.edu.au

Canteen Reminder

While all our canteens are still accepting cash we prefer if all parents/staff can open a canteen account online at www.melstastybites.com under online orders.

A Canteen account works in credit which means your child/ren can buy from the canteen at recess and lunch using their account and there is no exchange in money. It's cleaner and safer!



Flexi schools can ONLY be used for an online lunch order through their website, and your child/ren can not buy from the canteen at recess and lunch using their Flexi Schools account as its a third party account and we don't have access to your account with Flexi Schools.

Any queries please email Mel at info@melstastybites.com

Thank you Mel

Library News

This term Mrs Bryant has created a virtual library called, Online Look On Library, for the children. The children are able to access this through their own Google Classroom. In addition she has created a newsletter with information about Australian authors and illustrators.



Returning Reading and Library books

Dear Parents, As your children return to school it is very important that they return the reading books they were given prior to the school holidays. Library books can also be returned at the same time. This will give the children an opportunity to borrow more books.

2020 School Fees

If you would like to organise a flexible payment plan for 2020 school fees, please email Dianne on ololbhills@parra.catholic.edu.au

For those that have been financially impacted by COVID-19, please click on the following link for fee relief information:

<https://www.parra.catholic.edu.au/feerelief>



The fee relief form can be completed **online** or **downloaded** as a PDF. If you are completing the paper document, please scan and email to cl@parra.catholic.edu.au (Community Liaison at CEDP). All information will remain strictly confidential.

Enrolments



We are now taking Kindergarten Enrolments for 2021. The enrolment form can be downloaded from the school website www.ololbhills.parra.catholic.edu.au Completed forms can be returned to the school office or emailed to OLOLBHills@parra.catholic.edu.au with all the required documentation including originals (if emailing you will be required to present original documents at a later date). Please note that we cannot accept a Driver's Licence as proof of ID.



Congratulations

Congratulations to the Matta family on the birth of a baby boy. A brother for Anthony (KO).



What Parents Can Do To Help Their Children's Successful Return To School:

1. Look after yourself

Make time to look after yourself so you're in a better position to support those around you. Children and young people's emotions can be affected by how adults are feeling.

The Beyond Blue website provides more information on how to [look after your mental health during the coronavirus outbreak](#) (click on blue text , right click mouse select open hyperlink).

2. Maintain routines where possible

Get back into the usual routines associated with going to school (eg., morning routines, routines for the night before a school day). Give as much notice as possible about transitions and changes to normal routines if needed. Have realistic expectations of children during this time of returning to school.

3. Talk about the facts

Talk about the importance of getting information from trusted sources like government websites. Draw their attention to the facts around the outbreak and the reassuring aspects of this information. For example:

- Children are unlikely to experience severe symptoms if they contract coronavirus.
- There are few cases in Australia compared to the rest of the world

Government and health professionals have been preparing for a pandemic for a long time and are acting quickly to minimise the outbreak and develop a vaccine.

It's important to listen to any questions children may have, and to let them know that it's normal to feel concerned.

If the media or the news is getting too much for them, limit their exposure.

For more information watch Beyond Blue's video on [Talking to kids about scary stuff in the news](#). (click on blue text , right click mouse select open hyperlink).

4. Focus energy in a positive direction

Encourage discussions about ways to minimise the spread of coronavirus to help children feel more in control. E.g., ways to practise good hygiene, social distancing.

5. Help regulate emotions

Support children to express their emotions so they feel listened to and validated. Explain that it's normal to feel a range of emotions during this time.

Take extra care to notice and listen to children and young people as this will give them the opportunity to explore their emotions and reach out for help.

6. Monitor changes in behaviour over time

Children who may be feeling overwhelmed by stress or anxiety could be tired, withdrawn, irritable, fearful, unmotivated, moody, lose their appetite, need more comfort, have trouble concentrating and feel physically unwell. Consult with your classroom teacher to help monitor any concerning changes in behaviour over a period of time.

Trudy Ricketts

OLOL Baulkham Hills, School Counsellor

Wellbeing Counsellor and Educational Psychologist

2020 Mathematics in the home #6 T2 W4

Activities to do to stimulate your child's mathematical thinking at home:

- Do complicated jigsaw puzzles
- Make a household chores roster
- Practise telling the time and convert analog to digital and to 24-hour time
 - Do timed activities eg 'How many bounces in a minute?'
 - Card games / Dominoes eg find ways to add and subtract numbers to get either 10 or 20
- Find and read numbers around your home or neighbourhood eg clocks, number plates, letterboxes
- Plan for a family dinner eg: cooking at home vs take-away - budget, shopping list

Other ways to help your child include:

Use everyday opportunities to make mathematics visible

- Maths is an important part of everyday life
- Being positive about Maths is really important
- Talk a lot to your child while you are doing things together
 - Ask your child to show you how they do things



Reference: www.minedu.govt.nz/parents