



# OUR LADY HELP OF CHRISTIANS Catholic Primary School

*"Under Your Protection"*



8 Cambridge Street, Epping, 2121

Ph: 9868 3322 Fax: 9868 5035  
Email: [olhc@dbb.catholic.edu.au](mailto:olhc@dbb.catholic.edu.au)

After School Care: 9869 3635  
[www.olhcdbb.catholic.edu.au](http://www.olhcdbb.catholic.edu.au)

**No. 25 18th August 2010 (Week 5 Term 3)**

## WEEKEND MASSES

Saturday 9.15am

Saturday Vigil: 6.00 pm

Sunday 8.00 am, 10.00 am & 6.00 pm

Weekday Masses OLHC Church

Thursday 7.00 am (Convent)

Tuesday & Friday 12.15 pm

Wednesday 9.15am

## From the Principal

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#### Life Education

This week the children have been visiting the 'Life Education' van. This important community initiative assists the children to understand aspects of a healthy lifestyle.



Healthy Harold has been entertaining the children and reinforcing the need to have a healthy outlook.

#### 2010 Athletics Champions

Congratulations to the following children who were acknowledged at last week's assembly as Age Champions and Runners Up from the athletics carnival held last term:

#### Age Champions

8 Years Girls Annabel Da Rin  
8 Years Boys Ben Horsley

9 Years Girls Corey Gonzalez  
9 Years Boys Marc Agostino

10 Years Girls Kate Book  
10 Years Boys Tom Findlay

11 Years Girls Holly Baldwin  
11 Years Boys Liam Quinn

12 Years Girls Emma Horsley  
12 Years Boys Woo Jin Yang



#### Runners Up

8 Years Girls Olivia Halmarick  
8 Years Boys Dominic Micallef

9 Years Girls Zoe Re  
9 Years Boys Sam Aloisio

10 Years Girls Mikhala Balzan  
10 Years Boys Michael Gray

11 Years Girls Yasmine O'Callaghan  
11 Years Boys Nathan Stubbs

12 Years Girls Brigitta Handayani  
12 Years Boys Brendan O'Sullivan

#### Building Update

The building project is ahead of schedule and the children have been fascinated by the progress that has been made.



The frame for the shade structure is almost complete and the covering will be done next week. The Hall is almost ready to be handed over ready for the Father's Day breakfast.

#### Book Week

Next week the school is conducting our annual book week celebrations with the theme this year being: **"Across the Story Bridge"** The celebrations have been incorporated into the 'dads in the classroom' activities. A separate note, attached to the newsletter, provides all the information the dads need to participate in the day. Many thanks to the staff, especially Mrs. Jackson, for the organisation of Book Week.

## Dads Meeting

### **"About reading and how to promote it in your child"**

*On Tuesday the 24<sup>th</sup> August at 7.30pm, the Dad's in the classroom group has organised Dr Gordon Winch as a guest speaker to attend a literacy evening at the school. Dr Winch is a full time author of children's books and was previously the head of the Dept of English at Ku-ring-gai University of Technology. The talk will not be too formal and it will utilise some of Gordon's publications as tools for discussion. This is a terrific opportunity to tap the mind of a proven expert in the field of children's literacy, continuing on from OLHC's past successful "literacy events" in promoting how important reading is in the life of your child (particularly for young boys). An invitation has been extended to the parents of St Gerards, and if you can please advise the school of your interest in attending. It will greatly assist in ensuring there is enough room in the library for the audience.*

## Parents and Friends Meeting

### P&F Meeting Agenda

**8.30 am** August 25th, 2010

1. President's report
2. Vice-president's report
3. Principal's report
4. Treasurer's report
5. Canteen report
6. Uniform Shop update
7. Fundraising/Markets report
8. Any other business
  - Before & After School Care Situation Report
  - DPC Parent Conference
  - Athletics

## Working Bee

Many thanks to those families who have responded to the 'working bee' note. All families are welcome to join us on the day from 1 pm. – 4 pm.

Some of the tools required for the work are hammers, sledge hammers, angle grinders and pinch bars. If you are able to bring these along that would be very helpful.

## Father's Day Breakfast

The children are very excited about spoiling their dads at the Father's Day breakfast on Friday 3<sup>rd</sup> September.

Many thanks to all those mums who are working hard behind the scenes to make the morning such a huge success.

## Reflection

### **Have a Great Life**

We meet some of the most interesting people. Last week I was fortunate to meet an older woman with a very sunny disposition. We had a discussion about many different things; she was one of those people who you would want to be your grandmother. When she was leaving our shop, I said to her "Have a great day". She looked up at me from her wheelchair and said, "No, have a great life!"

Her words made me smile and I said to her, "You are right". To which she replied, "Yes it is not just today that it is great, it is life that is great, so enjoy it all!"

The next day I was reading a book by William Arthur Ward and came across these words of wisdom he had written many years ago but that still apply today.

Regardless of age, you are still young at heart as long as you exclaim

"Wow" instead of "What's the use!" ....

when you say "Hot dog" instead of "Oh well"....

when you yell, "Yippee" instead of "So what?"....

when you contend "Everyone's important" instead of "You can't fight City Hall"....

When you insist "Folks are swell" instead of "You can't trust people anymore"....

When you greet others with "What a great day to be alive!" instead of "The world is shot to pieces"....

When you proclaim "What an opportunity" instead of "What a predicament."

So, I share with you the message that I was getting from people I met, and from the books I was reading last week -

**"Enjoy your life, not just the day!"**

**A reminder that this Monday 23<sup>rd</sup> August is the Staff Development Day.**

Kevin Turner  
Principal

### Diary Dates

#### Term 3 2010

#### Week 6

**23<sup>rd</sup> Aug**      **Staff Development Day/Pupil Free**  
24<sup>th</sup> Aug      Dads in Classroom – Guest Speaker  
7.30pm

**25<sup>th</sup> Aug**      **P & F General Meeting 8.30am**  
Dads in Classroom 9 – 10am  
K – 2 Liturgy 10.30am

26<sup>th</sup> Aug

**Week 7**  
1<sup>st</sup> Sept      Frances Watts (Children's author)

**3<sup>rd</sup> Sept**      **Father's Day Breakfast**

**Sun 5<sup>th</sup> Sept**      **Father's Day**

#### Week 9

14<sup>th</sup> Sept      Night of the Notables 7pm

#### Week 10

22<sup>nd</sup> Sept      Grandparents Mass 9.15am

### From the AP

#### Public Speaking at Our Lady Help of Christians

Last week children from Year 2-6 received information about our school Public Speaking Competition this term. I am sure that there were mixed emotions as this note was produced in many households. Some children enjoy the challenge of everything that is involved in participating in this activity, while it strikes fear in the hearts of others.

As a child and a young adult I know that I firmly fell into the group that was apprehensive when engaging in such a task. In Year 2 this week we have been talking about public speaking and some skills and tips for delivering a great speech. The first thing that I have reinforced constantly with the children is the importance of talking about a topic that they are interested in! Another point that I have stressed with the children is the importance of practice, practice, practice!

The question that you may be considering is how you, as a parent, can help your child prepare to deliver their speech? I have found this advice from a primary principal, Merrilyn Jenkins to her community. I believe that there are some very important points in this passage and I have included a number of points from this article which I believe to be relevant to our situation.

Merrilyn Jenkins wrote:

*Public speaking is an important life skill. Students need to be able to speak confidently to an audience. This is an important part of the curriculum.*

*Not all students are going to win public speaking competitions but they need to develop the skills and confidence to speak in real life situations where public speaking is required. Public speaking skill does not just happen; it has humble beginnings and grows with experience. Students need lots of opportunities to both prepare and present speeches as well as to listen and*

*watch others speak. A clear confident speaking voice is an essential life skill as it fosters self-esteem and personal confidence. There are lots of ways parents can help.*

*The first part of developing a good speech is to help your child to choose a topic that is both interesting and original. Your child should have a personal knowledge of their topic. Try to avoid recycled speeches that have been written by someone else. A good speech has a line of thought that leads to an opinion, not just a mini lecture or recount of something that happened to them.*

*Speeches should have an interesting beginning and ending. Students don't need to introduce themselves, address the audience or say thank you at the end.*

*When your child asks for help, assist them to develop their speech rather than write it for them. Learning is through doing, not having something done for you. Direct them to sources where they can find information; this might be from a person, family discussions, the library or the Internet. You can sit with your child as they write and support their thinking. The speech needs to be personable, meaningful and conversational.*

*Spend some time listening to your child's speech. They need to practise it often, work on saying the ends of words clearly and use a variety of pitch and pace when speaking. Students need to be able to arrive at a point where they can look at the audience while speaking. They should be just glancing at their speech cards, not reading every word. Young students who are not fluent readers may have picture clues to help them remember each part of their speech. Time them with a stopwatch so that they can pace their speech to reach the correct time. Microwaves or oven timers can also be a great help!*

*It really helps if they practise in front of a mirror; this way they can keep working on using facial expressions. You can even video their speech so they can watch it back and evaluate their own efforts. Amazingly your mobile can be a great help here! This can also make practising fun.*

*Above all **practice** and **encouragement** are important. Praise your child's efforts, as this should be enjoyable. Avoid putting too much pressure on a child to perform, they need to be encouraged to participate at their own level and build their skills as they gain more experience. A relaxed, well-prepared speaker will exude confidence and therefore will always be a winner.*

Good luck with this task. Encourage your child to really have fun with the activity. Your encouragement is important and as know learning is a journey and we all travel at a different pace. I do encourage you to

support your child to do their best and advance their skills, without comparisons to others.

### *Dads in the Classroom*

Next week is **Dads in the Classroom Week** at Our Lady Help of Christians! The dads, under the leadership of Daniel Paul and Mike Exton, have been invited to two great activities at our school.

Gordon Winch will be speaking in the Library on Tuesday evening at 7.30pm. This promises to be a very informative session for all dads who are involved with and wish to have further involvement in supporting the learning of their child. Thank you to Brian Maguire who has liaised extensively with Gordon.

Next Wednesday, 25<sup>th</sup> August is Dads in the Classroom and Mary Anne Jackson has planned exciting activities for the Dads to help us celebrate Book Week. This event is always a popular morning with lots of dads and mums attending and taking the opportunity to promote and inspire the love of literacy for our children.

### *Supporting our Library*

Thank you to those who have been very busy covering a mountain of books, especially those books that you kindly donated at the Book Fair at the end of Term Two! If you have any books that are ready to be returned we would gratefully accept these. We are very appreciative for your hard work and skills! Many of these are available for the children to borrow right *now* and new sets of readers are being read in Year Two with great enthusiasm and gratitude!

If you are able to cover any books for the Library there are just a few remaining bundles of book in the School Office.

*Clean out a corner of your mind and creativity will instantly fill it.*

*Dee Hock*

Peace,  
Louise McDonald  
Assistant Principal

### **OLHC Netball**

Please look out for the OLHC Epping Netball Club End of Season Newsletter and Expression of Interest Form 2011 being sent home today.

Julie Da Rin

## **Birthday Stars**



Congratulations and Happy Birthday to the following children who celebrated their birthday this week.

Liam Abbott  
Bryan Herijanto

Cameron Fernandopulle

### **Community News**

**Holy Cross Crusaders Cricket Club** – Registration at Holy Cross College Ovals (Victoria Rd, Ryde) 9am – 12noon Saturday 21<sup>st</sup> August. Family discounts available. For more information call Barry Sheehan 9804 8330 or got to [www.holycrosscrusaders.com.au](http://www.holycrosscrusaders.com.au)

**St Leo's Catholic College Wahroonga** – enrolling now for 2011. Limited places available in Yr 8 & Year 11. For more information call 9487 3555 or email [stleos@dbb.catholic.edu.au](mailto:stleos@dbb.catholic.edu.au)

**Family Matters** – Multicultural Communities Series presents Self Care and Stress Management on Monday 6<sup>th</sup> September at Castle Hill Community Centre 10am – 1pm. Call 9621 6633 or 9899 5163 for more information and bookings.

**Broken Bay Parent Council** – presents Student Support Services Wednesday 8<sup>th</sup> September 7.30 – 9pm at Holy Family, Lindfield. Information regarding services offered to students with special needs, gifted or who have social/emotional needs. RSVP 7<sup>th</sup> September on 9847 0340 or [parentcouncil@dbb.edu.au](mailto:parentcouncil@dbb.edu.au)

### **Merit Awards Week 4 Term 3**

Kindy	William Wright
	Jasmine Agostino
Year 1	Oscar Kirk
	Charli Fidler
Year 2	Elizabeth Honor
	Ben Gangemi
Year 3	Paddy Morrison
	Nicholas Gray
Year 4	Jessica Prowse
	Sam Aloisio
Year 5/6	Lorenzo Saavedra
	Brendan O'Sullivan

