



# OUR LADY HELP OF CHRISTIANS Catholic Primary School

*"Under Your Protection"*



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**No. 28 8th September 2010 (Week 8 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

### Confirmation

Last Saturday Bishop David celebrated the Sacrament of Confirmation with members of the parish. This was a very important time for those who received the Sacrament as they continued on their faith journey.



Congratulations to all the children from Year 1 and Year 2 for their behaviour and conduct during the excursion.

Many thanks to the teachers and parents who assisted on the excursion. The children had a fantastic educational experience.

### Night of the Notables

Next Tuesday the children from Stage Three will be presenting the 'Night of the Notables'. All the children have been working very hard researching their notable person's life and so will present these findings on the night.

### Kasia at NSW Athletics Carnival

The school community wishes Kasia all the best as she competes in the NSW Catholics Schools Athletics Carnival on Friday.

### Reflection

#### Believing in You

Never stop believing in yourself.

When others doubt, don't you.

Do what you love to do,

No one knows better than you.

Life is too short to live others' dreams

Follow your own dream

Push yourself to reach your goals

And live the life you once dreamed.

Trust your instincts.

Be true to yourself.

You know what is right for you.

Never give up or give in.

### Father's Day Breakfast

WOW! What a busy morning at OLHC last Friday as we welcomed over 60 dads for the annual Father's Day Breakfast. The children were very excited to share a meal with their dads and it was great to have so many dads as our guest at school.



The morning would not have been such a huge success without the hard work of Stella Re, Christine Stephens, Kate Cleary and their teams of helpers. These ladies worked tirelessly to make sure the dads were spoilt. The school community thanks all those who contributed to making the breakfast such a worthwhile community event.

### Stage 1 Excursion

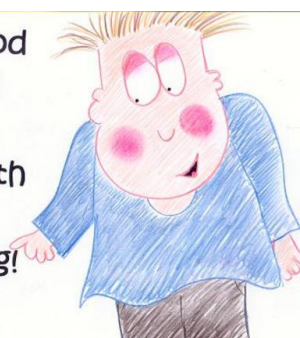
On Monday the children from Year 1 and Year 2 travelled to Narrabeen Lakes as part of their HSIE and Science and Technology units: 'Water and Shelters'.

Forget the words "I don't know how".  
 You can learn,  
 You can research,  
 You can do.  
 Your mind is powerful.  
 When you believe you can.  
 You will find a way  
 You won't waste a day.  
 Persist and persevere  
 Do not fear  
 Because if you believe in you  
 You will find dreams can come true.  
 May all your dreams turn into goals,  
 Believe in yourself.  
 And remember, all of life is a choice.  
 The decision is up to you.

***Believe in Yourself, Dare To Be Whatever You  
 Want To Be!***

### Final Prayer

Dear God  
 Help me  
 to cope  
 with both  
 wright  
 and rong!  
 Amen



### Principal's Retreat

I will attending the annual Prinicipal's Retreat for the remainder of the week. This is an ideal opportunity to share some spiritual time with colleagues. I greatly appreciate the time away from my role at school.

Kevin Turner  
 Principal

### Diary Dates

#### Term 3 2010

##### Week 8

9<sup>th</sup> Sept K – 2 Liturgy 10.30am

##### Week 9

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

##### Week 10

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

23<sup>rd</sup> Sept Public Speaking Final 9.30am

24<sup>th</sup> Sept Sausage Sizzle

#### **Last day of Term 3**

#### Term 4 2010

11<sup>th</sup> Oct

**First day of Term 4**

### Lost Property

The lost property bin is overflowing with items of winter uniforms and clothing. Unfortunately they do not have names on them. If you have lost any articles of clothing please check the bin as it will be given to St Vincent de Paul at the end of term.

### From the AP

#### Swimming Programme

Our annual Swimming Programme at Ryde Aquatic Centre will take place in fourth term. This is an eight day programme that will commence on Monday, 18<sup>th</sup> October until Thursday, 28<sup>th</sup> October.

This week the notes with details regarding the Swimming Programme will be coming home. There will be two parts to this note. The first gives you all the details for the programme and there is a permission note. The second involves you letting us know about your child's swimming ability. I would urge you to fill this out and return this information to your child's class teacher promptly as we need to have all these details to the people at the pool before the end of the term.

#### University Competitions

This week we received the results of The University of New South Wales English Competition. Students from our school achieved very pleasing results in this very demanding competition. Thirty four children participated in the competition and were awarded 7 Distinctions, 12 Credits and 15 Participation Certificates.

Congratulations to all of the participants and certificates will be presented at the School Assembly this week.

### National Literacy and Numeracy Week

#### *Learning for Living*

This is the theme for National Literacy and Numeracy Week in 2010.

National Literacy and Numeracy Week is an Australian Government initiative conducted in collaboration with the Government, Catholic and Independent education sectors. It has been celebrated in all states and territories for the past ten years.

Last week was National Literacy and Numeracy Week and I referred to the web site with a number of great resources as well as valuable information for parents set up to celebrate this week.

<http://www.nlnw.nsw.edu.au/index.htm>

On this site I found this information for parents to assist and support their child in the areas of Literacy and Numeracy. This week I would like to share the:

## Ways to build your child's numeracy skills K-4

### 1. Thinking about time

As a parent, you can develop understand about time by:

Looking at parking signs and discussing the time restrictions when parking the car.

- Looking at a calendar together and marking important dates. Talk about how many days until each event.
- Using a watch with a second hand, time your child running, skipping or swimming. Count how many steps, skips or strokes one child does in a minute. Discuss how many steps or skips could happen in three minutes.
- Having your child help set a kitchen timer or an alarm clock.
- Asking your child to make a label with the 'use by' date for meat or cooked foods that are to be frozen.

### 2. Measurement and calculating

Here are some ideas about measurement at home:

- If you roll a toy car down a ramp, your child could measure how many car lengths it travelled.
- Record your child's growth on a height chart. Compare the height of family members and talk about who is taller and who is shorter.
- Talk to your child about how much he or she weighed at birth and what other things have the same weight.
- Put a can of food into each of your child's hands. Ask which one is heavier.
- Play using household objects, such as a measuring cup and containers of different sizes and shapes. It's lots of fun doing this at bath time.

***I've learned that finishing a marathon isn't just an athletic achievement. It's a state of mind; a state of mind that says anything is possible.***  
**--John Hanc**

Peace,  
Louise McDonald  
Assistant Principal

### From the REC

Congratulations to those students who received the Sacrament of Confirmation last Saturday. I ask the school community to keep those students in their prayers as they continue to be challenged to listen and be more open to the Spirit. We pray that they hear Jesus' message and call to discipleship.

Cameron	Fernandopulle
Benjamin	Gangemi
Adam	Gangemi
Myah	Demasi
Samantha	Stubbs
Olivia	Halmarick
Alessandro	Muranty
Emily	Chiplin
Dominic	Micallef
Georgia	Astbury
Oscar	Sheehan
Henry	Yuen
Jose	Saavedra
Tia	O'Callaghan
Lorenzo	Saavedra
Brigitta	Handayani
Sasha	Dunn

It was lovely to see so many children last Saturday receive the Sacrament of Confirmation. As parents you make that choice to bring your children up as part of the Catholic family. As with any Sacrament the children receive, it is important that the children keep participating in the Sacraments. I encourage you as parents to keep nurturing your child's developing faith by taking them to Reconciliation (any Saturday from 5-5.30pm) and the Eucharist. This way these wonderful Sacraments will be ongoing and a part of your child's life.

Tracey Dawson (Religious Education Coordinator)



### Canteen

An order form for the sausage sizzle to be held on the last day of term Friday 24<sup>th</sup> September has been sent home with the children today. Please ensure

that your order is returned with the correct money before Wednesday 22<sup>nd</sup> September. There will be no other lunch options on this day. Thank you.

Marissa Sheehan



## Uniform Shop

Spring is fast approaching so it's time to dust off the summer uniforms for Term 4.



For anyone needing to make any purchases, the Uniform Shop will open on Monday 13th September from 8:30-9:30am. Alternatively, orders can be placed via the Black Bag.

Regards,  
Carmel & Monica

## Birthday Stars

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



Olivia Halmarick          David Williams

## Community News

**Broken Bay Parent Council presents**– Student Support Services an information forum for parents regarding services offered to students with special needs, social/emotional needs and gifted students. Monday 13<sup>th</sup> September 10 – 11.30am at St6 Kevin's Dee Why. RSVP 10<sup>th</sup> September on 9847 0340 or [parentcouncil@dbb.edu.au](mailto:parentcouncil@dbb.edu.au)

**Australian School of Performing Arts** – for girls who are interested in dancing, singing and performing. Open Day Sunday 24<sup>th</sup> October. Call 9922 6733 for more information.

**Australian School of Performing Arts** – school holiday program for boys and girls Kinder to Year 8 6<sup>th</sup> & 7<sup>th</sup> October. Programs include singing, drama, dance, craft and circus. Go to [www.aspagroup.com.au](http://www.aspagroup.com.au)

## Father's Day Breakfast



## Merit Awards Week 7 Term 3

Kindy	Tahlia Demasi Liam Abbott
Year 1	Lucy Findlay Catalina Trujillo
Year 2	Tarun Oorloff-Kay Niamh Keeley
Year 3	Oliver Quinn Georgia Manning
Year 4	Jaiden Snell Alistair Moon
Year 5/6	Amy Blissenden

