



St Oliver's Primary School

Newsletter

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At St Oliver's we are called to unite in service by living out our Mercy Values and striving to be quality learners who contribute positively to our community.

Term 3 Week 2

<http://www.stoliversharrispark.catholic.edu.au/home>

22 July 2021

DATES TO REMEMBER

AUGUST

5th: Multicultural Day

18th: Book Week Incursion

25th: Book Week Parade

From the Principal

Dear St Oliver's Families,

As we continue during this period of COVID unrest, I thought I would share with you the following advice that I came across on the CathFamily website. I believe it serves as a timely reminder of the importance of the family unit and how each member can contribute to the collective.

The article I read describes how *'..the world is collectively grieving. Everyone is experiencing some kind of loss.'* It proceeds to define that *'A loss is defined as a loss of a particular connection to a place, person or object.'* This loss will look and feel different to each member of the family. For some it will be the inability to go into the workplace. For others it will mean not being able to see loved ones or not getting to attend social events.

In addition to the constant adjustment of restrictions and uncertainty, parents will also worry about what *loss* their child is feeling right now. Not being able to connect with friends or to come together for a school assembly, or to have the opportunity to see teammates for an activity or sport, are all events that children would be feeling the loss of right now. It is important for parents to remember and explain to our children that a lot of what is happening right now is out of our control. Remember to validate your child's feelings during this period of lockdown.

We can, however, control what is happening to us, within our families and communities.

I encourage families to think about the activities that will bring joy and positive emotions to the household.

- What kind of activities do you enjoy doing as a family?
- Think about all your blessings
- Practice gratitude together

The following are encouraged in the article that I read and I strongly urge you to put these in place where you can:

- **CULTIVATE** hope and optimism through positive thinking, prayer, meditation and gratitude.

- **HUG.** Remember how important physical touch is to our nervous system. We release tons of oxytocin (happy hormones) when we experience the sensation of touch. Cuddle your children often.
- **BREATHE.** A great and quick calming activity is to simply place a hand on your forehead and the other on your abdomen. Breathe in slowly through your nose and exhale slowly through your mouth. This mindfulness practise slows down your heart rate and calms your nerves immediately.
- **LOWER EXPECTATIONS.** These are times of stress. We need to be self-compassionate and kind to ourselves. As Brené Brown so famously affirms: *“Just showing up is good enough.”*

The importance of mental and physical wellbeing is crucial in times like these. Ensure that your own emotional cup is filled so that you can attend to the needs of other family members.

Former generations have lived through wars, depressions and other pandemics. What we hope to learn from all this:

- *The presence of others matters*
- *Working together is for the betterment of all*
- *I'm comfortable in being uncomfortable*
- *I'm more resilient than I thought*

Let us remember that *‘this too shall pass’*.

Go gently and stay safe,

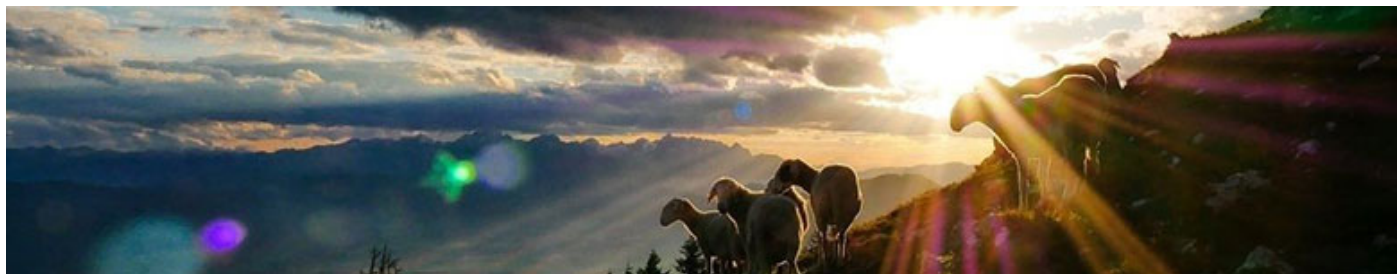
Pascale Joseph
Principal



WE ARE HERE TO HELP

With remote learning turning your house into one constant 'school lesson', St Oliver's wants to remind you that we are here for you. Please reach out through the various platforms, Seesaw, email or phone so we can, in the thoughts of Catherine McAuley, continue to help (divide the task with you) when you are closely pressed.

'Let me know when you are closely pressed, and I will divide with you, be it ever so little.' - Catherine McAuley.



REC NEWS

Have you thought? Prayer and reflection

Jesus demonstrated how important it is to engage in times of quiet prayer and reflection. When you expend a lot of time and energy in the service of others it is essential to **reflect on those experiences**, to learn from them and consider what you'd do differently next time. It is also important that any ministry that seeks to be based in the message of Jesus can only remain so if it is fuelled by prayer. Only through prayerful dialogue with God can we learn what God desires for us. (Greg Sunter)

This week (on Thursday) the community was invited to join together in an online prayer and reflection. As you read this newsletter the service would have concluded, but we invite you to continue to pray with your family and each other and join future prayer reflections made available.

A reading from the Holy Gospel according to Mark

They were as sheep without a shepherd.

Mark 6:30-34

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, 'You must come away to some lonely place all by yourselves and rest for a while'; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

The Gospel of the Lord.

Anthony Matthews

MULTICULTURAL DAY

Currently plans are being made to adapt our Multicultural Day celebrations in alignment with the latest Government instructions. Multicultural Day at St Oliver's celebrates our 'Unity in Diversity' and also our Mercy charism. Traditionally the community will wear traditional dress and try recipes from our diverse united community. In 2021 we will continue to engage our cultures in a hybrid digital way.

The set date for Multicultural Day has been moved back a week. The new date is **Thursday 5th August**. This day will be facilitated using digital technologies to bring our community together in spirit although not physically.

PRIMARY SCHOOL SPORT UPDATE - Zone Athletics Carnival

CEDP Primary Sport has announced the indefinite postponement of Zone & Diocesan Athletics Carnivals due to COVID-19 restrictions. The lockdown restrictions for Greater Sydney mean that there is no community/school sport in the Greater Sydney area during this time. We will continue to provide updates as relevant information comes to hand, especially from our governing bodies [Catholic Schools NSW Sport](#) and the [NSW School Sports Unit](#).



The CEDP Sports team is considering how an Athletics pathway opportunity can be provided in the future when COVID-19 restrictions are at a level where interschool sports activities can recommence.

InfoZone

Welcome to the Library and Technology section of the St Oliver's Newsletter!

CELEBRATE!



Congratulations to students and parents for your wonderful uptake of technology skills for remote learning! Thank you to those who persisted through challenging technical difficulties and triumphed! Please remember we are only an email or a phone call away, so do not hesitate to ask for any clarifications or assistance.

FUN IN BOOK WEEK TERM 3!

At home or at school Children's Book Week is still an opportunity to celebrate Australian literature and highlight the importance of reading! All students are invited to join the **2021 Library Support Google Classroom**. There are resources, helpful tips, links to the PRC and fun activities.



LOOKING FOR BOOKS TO READ AT HOME?

Children are able to borrow ebooks and audiobooks from our eLibrary! All children can see this at their Classm8 login. Please see the **2021 Library Support Google Classroom** for further help, including video. The local public libraries also have eBooks and audio books!

PREMIER'S READING CHALLENGE

Please keep reading! Don't forget that eBooks and audiobooks may be added to the Challenge too! The Challenge closes at the end of August.

[NSW Premier's Reading Challenge 2021 : Home](#)

FUN AWAY FROM THE SCREEN?

- ☐ Draw something using only squares and circles
- ☐ Bake some cookies/biscuits
- ☐ Create a board game
- ☐ Learn to play chess
- ☐ Make a time capsule
- ☐ Make art using leaves
- ☐ Record all the shapes you can find in your bedroom
- ☐ Play your favourite music and have a dance party with the family
- ☐ Have a paper aeroplane competition
- ☐ Have a picnic in your backyard/living room/balcony