



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 6

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

19 August 2021

DATES TO REMEMBER

AUGUST

Book Week Colouring In Page - Look for the link on the Library Support Google Classroom page.

Friday 20th
St Oliver's Got Talent Show

SEPTEMBER

Thursday 2nd
Father's Day Liturgy



Dear St Oliver's Families,

Last week the St Oliver's staff engaged in valuable professional learning focusing on mental health and wellbeing during COVID-19. We thought it would be worthwhile sharing some of our learning with the community to shed some light on our current circumstances.

The World Health Organisation (WHO) defines mental health as ***'a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community'***.

In looking at this definition during this time of pandemic, what stood out for many during our staff meeting were the notions of *'normal stresses of life'* and being *'able to make a contribution to her or his community'*. What qualifies as *'normal stresses of life'*? And certainly what is *'normal'* for some, may not be so for others. Equally debatable was the notion of *'contributing to our community'* during this time of pandemic. When one's mental health is clouded by *'normal stresses of life'* it can become difficult to work *'productively and fruitfully'* in order to contribute to our respective communities.

In response to the questions posed above, we explored the following tips.

- **Control the Controllable During COVID-19**
- **Carve Out Time for Self-Care to Maintain Your Mental Health**
- **Get Your Body Moving to Help Your Mental Wellness**
- **Model Self-compassion**
- **Set Reasonable Expectations (for yourself and others)**
- **Communication is Vital for Maintaining Mental Health for Teachers**
- **Be unapologetic**
- **A Dedicated Work Space Can Improve Mental Wellness**
- **Set Office Hours While Remote Teaching**
- **Reach Out**

Staff were encouraged to select 2-3 tips which spoke to them and to set some goals for themselves over the coming weeks. Perhaps some of these tips will speak to you as parents who are working remotely yourselves and supporting remote learning.

Whilst we continue to be faced with challenges and problems which may adversely affect our thinking, mood and behaviour, let us *control what we can* to continue promoting positive mental health and balanced well-being.

Go gently and stay safe,

Pascale Joseph





The Assumption of Mary

Last Friday St Oliver's learning community came together to celebrate the Holy Day of The Assumption of Mary which took place on Sunday 15th August.

Fr Chris joined us and reminded us of the special promise Mary made 'Christ'. Mary said "YES!"

The Assumption of Mary in the tradition celebrates that Mary, at the close of her life on earth, was assumed into heaven. For our students we engage them in a presentation that Mary as a woman within her tradition prefigures the model of vocation. In Mary's complete self-giving to God's will and her intimate relationship with Jesus, she is gifted with the immediate consequences of his resurrection.

Living the Gospel – Saying 'Yes'

In the face of social isolation, the call to a Christian life is a call to say 'Yes' to life itself and all it offers. To say 'Yes' to life is to say 'Yes' to life-giving relationships and decisions and 'No' to life denying relationships and decisions. To say 'Yes' to life is to say 'No' to those things that harm self and harm others. A 'Yes' to life is a 'Yes' to hope; to possibility; to love; to God; and to yourself.

© Greg Sunter

Father's Day

Please save the date **Thursday 2nd September**. On this day as a learning community we will honour all the father figures in our life. This day's structure will be communicated next week as we consider the current contexts.



TEACHER ILLNESS

Please be advised that due to the lockdown we are unable to replace staff when they are sick or have family members that require care. As such, should teachers call in sick, we will endeavour to notify parents either through Google Classroom or Seesaw. Please note that there will be no teacher activity on these platforms when the teacher is unwell. The preset work that has been set should still be attended to by the students on such days. Thank you for your understanding.

PBS4L

Mindfulness - Week 6

- We are safe when learning remotely by participating in mindfulness activities

Mathematics at home



Mathematics can be challenging during remote learning as methods used to teach and learn mathematics may look very different.

Here are some tips that may help you make the mathematics conversations with your child/children as productive as possible.

Conversations in mathematics

Start from where things make sense

- “How could we draw a picture so this made sense?”
- “This feels confusing. Let’s start with an easier problem.”

Be curious

- “That’s the right answer, but I don’t see how you got it. How did you do that?”
- “Let’s try to do it in a totally different way. How many ways could we come up with?”

Keep it light and non-judgemental

- “It doesn’t matter if we get it wrong. Let’s just mess with it.”
- “I have no idea what to do. Let’s figure it out together!”

Do’s and don’ts in mathematics conversations

DON’T

- Judge intelligence based on how long it takes to solve a math problem
- Get overly intense

DO:

- Keep it playful, keep it light, keep it fun
- Take a step back or pause if it feels like things are getting too intense

DON’T SAY:

- I’m not good at math/I’m not smart
- Ask your father/Ask your mother
- I’m not a math person
- Why aren’t you getting this? We just talked about this yesterday.
- It’s obvious!
- You should know this by now.

DO SAY:

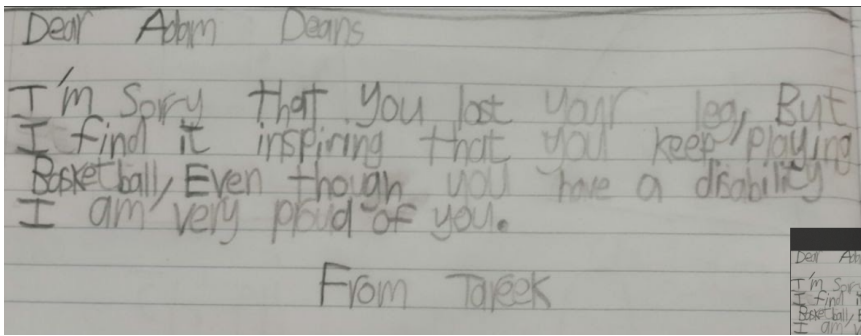
- I don’t know - let’s find out!
- Interesting idea. Why do you think that’s true?
- I don’t get it. Can you draw me a picture that would help me get it?
- These numbers are confusing me. Let’s do an easier problem first.
- I wonder if this model, tool, drawing, manipulative) would help.

From: ‘Math for Love’ (2020) (blog <https://mathforlove.com/>)

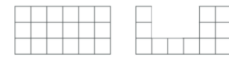
PLEASE REMEMBER:

- Mental health and well being are very important for families at this time. We would like the children to try their personal best but if the maths is still too difficult, it is fine to stop and try again another day.
- If your child is having difficulty with their mathematics, please encourage them to ask their teacher for help at their zoom meeting.

SOME GREAT REMOTE LEARNING SAMPLES



Tareek in Year 2 wrote a letter to Olympian Adam Deans



What is the area of each one? What is the perimeter of each one?

A rectangle

The area is 18 because
It is 3x6 and it equals 18.

An irregular shape

The area is 12. I know
This because I did 18-6. I got 18 from 3x6

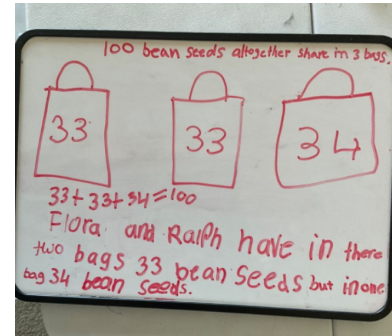
The perimeter is 18 because I added 6+3+6+3
And it equals 18!!!

The perimeter is 3+2+6+3+2+2+1=19!!!!

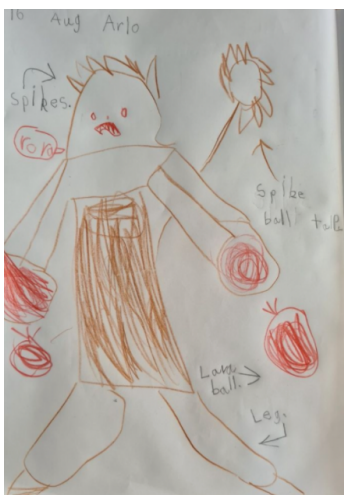
Ella, Year 5, Mathematics



Aiden in Kindergarten designed a light and dark sky



Asees, Year 1, Mathematics



Arlo in Kindergarten drew a mythical creature.

Poland

My nannie (dads mum) is from Poland.

This is Poland's flag



Malta

My nanna (mums mum) is from Malta. Nanna is maltese for grandmother.

This is the Maltese flag



One of The World's Smallest Countries

Out of 236 countries Malta ranks 204th in size, and the smallest in the European Union. It is the world's tenth smallest and fifth most densely populated country.

Malta's capital Valletta, was the first ever planned city in Europe. During the Order of St. John of Jerusalem, the city was sketched out, in 1565.

There are 3 times more tourists than there are residents on the Maltese islands!

Jarrod in Year 6 investigated his heritage.

Australia's Neighbours		
Compare and contrast Australia and a neighbouring country of your choice, using the headings in the table.		
Topic	Australia	New Zealand
Capital City	Canberra	Wellington
Population	25,788,215	4,960,443
Prime Minister	Scott Morrison	Jacinda Ardern
Sports	Cricket	Rugby Union
famous Landmarks	Sydney Opera house, Great Barrier Reef, etc.	Mount Cook, Huka Falls, etc.
Currency	Dollars	New Zealand dollar

Saisha in Year 4 compared Australia and New Zealand.



Mariah in Year 2 designed transport for her injured toy



Isabella in Year 3 constructed a lantern.



Samyra in Year 1, made a snowman

InfoZone

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



SCHOLASTIC BOOK CLUB

In response to the current lockdowns Scholastic has added the temporary option for all parents to have their orders sent directly to their homes. This option will enable parents to place and receive orders while their children are undertaking schooling at home.

- When parents place their Issue 6 Book Club orders, they'll have the option to select home delivery or school delivery.
- The home delivery option will automatically be added to schools in lockdown areas.
- The home delivery option at the time of ordering is \$7.50

Parents please visit [scholastic.com.au/loop](https://www.scholastic.com.au/loop) and select Register if you would like to place an order. PLEASE NOTE: our planned Book Fair will not take place this term.

BOOK WEEK COMPETITIONS!

Next week is **Book Week**! All competitions are on the Library Support Google Classroom. A link is also on each Google Classroom. You may submit your entries by:

- Sending an email to stolivers@parra.catholic.edu.au with Attention to Mrs Quinn.
- Via Seesaw
- Via Google Drive [HERE](#) Entries will then be relocated to a secure folder for judging.

ALL COMPETITIONS CLOSE ON MONDAY 23RD AUGUST.

PREMIER'S READING CHALLENGE COUNTDOWN!

TWO WEEKS LEFT! What a wonderful achievement to earn a certificate from the Premier in this difficult year! Congratulations to those students who have already completed their Challenge! Don't worry if you haven't finished yet - keep reading! You can read many books in the 2 weeks that remain. All student entries are due by **Friday September 3rd**.

1. Older students may enter their books online using their PRC details
2. All students K- 6 may send us their lists and we will enter your books.:
 - Email the list to stolivers@parra.catholic.edu.au or
 - Upload to the Library support Google Classroom or
 - Upload to your class Seesaw



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