Greetings!

The words Pray and Work are part of our school crest and philosophy. They are also part of the message from the gospel this week. We need to have a balance between business (work) and quiet (prayer).

We have been talking with the children this week about how important it is to have balance and this means taking the time to spend with Jesus in prayer. It also means taking time to be with those around us; to be present to them which can be different to just being with them.

It would be helpful to us if you are able to take some time and ask your child about the story of Mary and Martha. This gospel story is our Weekly Theme this week. I hope that the children can share with you some of their thoughts about the story and what they think the story means for them.

Speaking of prayer... Bishop Anthony has provided a small Family Prayer Book for families. This will be sent home over the next week or so. A letter from Mr. Greg Whitby (the Executive Director of Schools) accompanies the book. I hope that you find the book helpful.

A very warm welcome to Mr. James Maher who is teaching Year 2 for the remainder of the year. We hope that you enjoy your time with us.

Thank you for taking the time to discuss appropriate toilet behaviour with the children. There has been a very dramatic improvement in the tidiness of the toilets. We are in the process of ensuring that all the toilet fixtures work. We are also obtaining quotes for the upgrade of the Kinder toilets.

The “Kiss and Drop” is running smoothly, thank you parents for your help with this.

Congratulations to all of our Netball competitors. You were great ambassadors for our school. Thank you to the teachers and parents for the training and help on the day. We had some help with umpiring from some of our ex students. This was a very generous gesture. Thank you for your assistance.

Best wishes,

John Spradbrow
SPGR TEXT START

GOD IS WITH US

Parents will shortly be receiving a copy of God is with us, a prayer book for families, a book of prayers for use in the family home. Along with traditional and daily prayers, there are prayers for special occasions. Special reference is made to the devotion of The Angelus, which is prayed daily in every Catholic school in the diocese.

SPORTS SPECTACULAR

Soccer Gala Day
30th July 2013 Boys
31st July 2013 Girls

Zone Athletics
15 August 2013.

Good luck to Luke Iacono (6 RO) who will represent Parramatta Diocese in the Sydney/ Wollongong Cricket Championships next Tuesday 30 July.

Many Thanks
Mrs Vicki Harvey

GRANDPARENTS DAY AGENDA

9:00am Liturgy in Hall (Infants children only K – 2)
9:30am Classroom Visits (Whole School)
10:00am Grandparents Morning Tea (School Hall)
10:30am Mini – concert (Primary Yr 3 -6)
11:00am Conclude

Looking forward to seeing you all there.

CADBURY FUNDRAISER

A huge thank you to all families that have already sent in their chocolate money. Just a reminder that all money is now due.

Thanks again!
Margaret and Catherine
P&F Fundraising Co Ordinators.

RELIGIOUS REFLECTION

Home/ School Liaison Role

Thank you for your wonderfully, warm welcome to me at Our Lady of the Rosary. I have been overwhelmed by the graciousness and friendliness of the staff and children and have certainly met many friendly caring parents.

I propose to hold a meeting next Tuesday July 30 at 2.15pm to meet parents and to have an informal chat about how I can support you. Please meet at the School Office.

Looking forward to meeting you.

Sr Antoinette
WEEKEND TO END WOMEN’S CANCERS

Thanks to the amazing generosity of so many people within the OLR community.
To date we have raised approximately $4,000.

If anyone is able to help us raise much needed funds for this cause, either by a personal donation, or if you know of any businesses you can forward the details onto, it would be greatly appreciated. Please see the link below to donate.
http://sy13.endcancer.org.au - click on Donate, type in our team name **Darling Hearts**, and search. You can either donate online or print out a donations form.

With Many Thanks
Tracy Hunt and Helen Gilmour
GRANDPARENTS DAY CATERING

Grandparents Day is a major highlight of the school calendar with a great crowd of very special Grandma’s, Grandpa’s, Nans, Nonnas, Pops and Pa’s visiting the school. To celebrate this special day, the P&F is organising a special morning tea. We would be grateful for your assistance in bringing a plate of food (disposable please!) from the list below. If you have more than one child, please send in what you can manage.

Kindy – Cupcakes / muffins
Year 1 – Scones or pikelets. (please send cream in bottle for whipping at school)
Year 2 – Sandwiches
Year 3 – Cake / tea cake
Year 4 – sweet biscuits / slices
Year 5 – Fruit / chocolates
Year 6 – Savoury – dip / cheese / savoury biscuits etc

This list is a guide only. If you are a star cake maker and your child is down for fruit for example, feel free to send in a cake! Please deliver to the school hall between 8.15am and 9am on Tuesday 30th July.

CANTEEN CORNER

Reminder:

The OLOR School canteen will now be open from 8.30am each morning and will be serving hot chocolate and selected breakfast items such as Up & Go, fruit, muffins etc.

In addition we are requesting that children drop off their lunch orders directly to the canteen between 8.30 – 8.45am. The aim is to help reduce morning classroom disruptions. Thank you for your support.
DIGNITY OF HUMAN LIFE
Monthly all-night Adoration will be held in the Shrine of the Holy Innocents from 8pm on Friday July 25 to 10am on Saturday morning July 26, followed with Mass for the Unborn at 11am. All welcome to pray in reparation for the sin of abortion and other offences to human life.
If you are able to spend one hour with The Blessed Sacrament during the Nocturnal Adoration between 8pm Friday evening until 10am Saturday morning, please put your name and contact number on the clipboard in the foyer of the Church. Thank you.

COR YOUTH has resumed for all high school students who would like to share faith, fun and fellowship each Friday night during school term between 7pm-9pm in the OLR parish hall. For more information please call the parish office on 9629-2595

MASS FOR HSC AND OTHER STUDENTS - 27 Sept at 7pm
We wish all HSC students preparing for their trials and final exams the best possible outcome. There will be a Special Mass on Friday 27 September at 7pm to pray for all HSC students and all those writing exams.

REQUEST FOR FINANCE COMMITTEE MEMBERS
We are looking for a team of 12 committed individuals who are prepared to make a difference. The role of the Finance Committee is to ensure that the parish has sufficient income, to approve expenditure, to prepare and monitor the annual budget and to look to the maintenance and repair needs of the parish property. Please be generous with your contribution in person and intellectual property. Please contact Senani on 0418291624 or the parish office on 96292595 to offer your help.

WEEKLY SHORT CATECHISM WITH FREE BBQ LUNCH each Sunday after 11am Mass. You cannot love what you do not know so come and join us for Catechism and fellowship. Make new friends in the parish. If anyone would like to help or join the team in any way please call the parish office. We thank those who are dedicating themselves to this new venture in our parish.

DEVOTIONS AT OLR KELLYVILLE DURING THE WEEK
Mondays: Novena to the Divine Mercy.
After 7pm Mass there is a Novena to the Divine Mercy with an hour of Adoration of the Blessed Sacrament. Veneration of the Relic of Saint Faustina follows Benediction.
Tuesdays: Novena to St. Anthony.
It is a Franciscan tradition to bless the bread of St. Anthony and distribute it among the faithful. Veneration of the Relic of St. Anthony concludes the Novena after 7pm Mass.
Wednesdays: Novena to Our Lady of Perpetual Help
Fridays: Devotion to the Sacred Heart of Jesus
Adoration after 9.15am Mass until 6pm every Friday. Vespers (Evening prayers) and the Franciscan Crown (Rosary of the Seven Joys of Our Lady) follows Benediction. On the First Friday of the month, a Holy Hour of Devotion to the Sacred Heart of Jesus, follows 7pm Mass.

INVITATION TO TRIDUUM MASSES & TALKS
To mark the end of The Year of Faith we would like to invite you to a Triduum celebration of Masses and talks on the following dates:

Wednesday 9 October : Talk on Lumen Fidei
Thursday 10 October : Talk on Guadium et Spes
Friday 11 October : Evening of Praise and Songs

All three evenings will conclude with a light supper in our Parish Hall. Each of the above nights will begin with Mass at 7pm.
Can your child bend it like Beckham or make a splash like Thorpie?

You might be surprised to know that some of the most famous sports stars have asthma, and it hasn’t stopped them achieving at the top of their game. David Beckham and Ian Thorpe are just two examples of how asthma doesn’t need to hold a person back in sport.

Exercise Induced Asthma (EIA) is when being active makes you feel short of breath, wheezy, tight in the chest or makes you cough, and these symptoms do not improve within a few minutes of rest. If your child experiences this they may have EIA and you should speak to your doctor about these symptoms.

**Why does it happen and can you prevent it?**

Normally we breathe through our nose, which warms, moistens and filters the air we breathe. When your child exercises they will start to breathe faster and through their mouth. This can have a dehydrating effect which can cause the muscles around the airways to tighten, making breathing more difficult.

If your child has already been diagnosed with asthma, make sure you are managing it well. Ensure they take any medications exactly as prescribed by the doctor and help them to stay fit and healthy.

Encourage them to warm up before sport or exercise; ten minutes of gradually increasing exercise is the minimum someone with asthma should do before working out intensely. In very cold, dry weather you could try giving them a scarf or face mask to wear during warm up.

If the child is doing this and still experiences symptoms when exercising go back to your doctor, he or she may need to change the type of medication being used. For some people they will advise an extra dose of their blue reliever puffer before they start exercising, but this needs to be monitored carefully so its not too much.

People with asthma should be able to participate in almost any sport or exercise.

If you are finding asthma gets in the way of your child’s ability to participate in and enjoy sport, call the Asthma InfoLine on 1800 ASTHMA (1800 278 462) or email ask@asthmafoundation.org.au for more information on how to better manage their asthma.

To find out more contact Asthma Foundation NSW
1800 ASTHMA | asthmafoundation.org.au

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