

Thursday 22nd October 2020

Dear Parents and Carers

An abbreviated week with Melbourne celebrating Grand Final Weekend. A bit of a hollow feeling with our community still in lockdown, but at least we have two Victorian sides: Richmond and Geelong in the big one on Saturday night. Something that I heard that sums it all up 'Stay Positive but Test Negative !'

School Photographs: On Wednesday student class photos are scheduled to be taken. I sent out a COMPASS alert that contains information regarding payment and ordering of photos. **Please ensure that your child is wearing their summer uniform so that means No Runners and No Sports Tops. Summer Dress, Black Shorts, School Shirt, black shoes and black or white socks (no monograms) is the attire for the day.** Please return all monies to the school if you are paying in cash . The preferred option is payment on line or with credit card details. The 2020 COVID-19 photoshoot could be one for the family album !



Birthday wishes to all these children who celebrate their birthday this

week: Bellisario Prep C, Emma 5H, Taylor 5C, Michael 3T, Anastasia 5N, Davy 5C, Alexander 1T, Rozine 5N, Scarlett Prep H, Youliuss 1G, Melano 1T,

HAPPY BIRTHDAY EVERYONE !

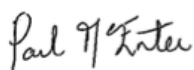
Term 4 School Events & Important Dates :

- Friday 23rd October- AFL Finals Public Holiday- No School Today
- Wednesday 28th October : School Photographs : SUMMER UNIFORM
- Monday 2nd November: Pupil Free Day; No School
- Tuesday 3rd November, Melbourne Cup Day Public Holiday
- Tuesday 15th December, School finishes for 2020

If your child is unwell, please keep them at home

Thank you for your ongoing support of all of our staff and please do not hesitate to contact me if you have any questions at this time. principal@olps.vic.edu.au

Good luck to this year's finalists



Paul McEntee
Principal



FROM THE FOOTY FINALS DESK



RELIGIOUS EDUCATION NEWS



This year our school is participating in Socktober. We invite our students to connect with young people experiencing challenges in the developing world through education and the world game of soccer.

We've had a challenging year ourselves, but the benefit of this program is that it covers several core parts of our curriculum, and it has been designed to make it easy for us to deliver, and fun for you to engage with at home.

Socktober works best when every child is on board. I'd like to invite you to take a moment to register your child/ren for Socktober so they have the opportunity to join their friends and make a difference for children in need around the world. Setting up your child's page takes only a few minutes.

[Please register your child/ren at our school's Socktober page here](#)

Then, simply share the page and encouraging family and friends to get behind your child/ren's Socktober journey.

You'll be asked to pick a fundraising goal when you register. Whatever your child/ren raises towards this goal will support the basic needs of vulnerable children around the world, such as food, clean water, healthcare, and education. You might choose from one of the targets below:

\$30 can help purchase food, school uniforms and books for kindergarten children in Cambodia.

\$75 can help towards purchasing sports equipment for children with disabilities in Cambodia.

\$393 can go towards the costs of medical support and physiotherapy for children with disabilities in Cambodia.

This week we'll have a chance to come together at our school's Socktober Event Day which is THURSDAY 29th October, where the children will be able to kick goals for kids in need around the world.

[Students are encouraged to wear their favourite socks to school on Thursday.](#)



Thank you for your support and for helping your child/ren 'sock it to poverty!'

STUDENT WELLBEING @ OUR LADY'S

...PROVIDING A SAFE AND SUPPORTIVE LEARNING ENVIRONMENT



GRINNERS ARE WINNERS

Congratulations to the following classes for consistently being safe, responsible and respectful in class last week:

With a perfect score...

1G 1S 2A 2M 3T 3W 4C 4M 6C

.....

Boosting Your Child's Physical and Psychological Immunity

Having good mental health is key to the healthy development of every child. Kids need good mental health to deal with challenges and adapt to change, and so they can feel good about themselves, build strong relationships with others and live a happy and 'healthy' life, immune from the multitude of things that can undermine health.

The key to both physical and mental wellbeing is a healthy immune system – sometimes called resilience.

Of course physical health and mental health are tied together. Good physical health leads to better mental health and even better brain development. It also increases a child's ability to make friends and build supportive social networks simply because kids who feel better are better able to engage with those around them.

As parents how can we boost our children's health immune system?

- **Focus on sleep**

The amount of sleep your child needs depends on their age. Helping children get the sleep they need lets their immune system thrive and protects them against the dangers of sleep deprivation that can make them more susceptible to illness and behavioural problems.

- **Minimise stress and anxiety**

You can help minimise stress and anxiety by teaching your little ones to face their fears, and not run away from them.

- **Foster Acceptance and Connection**

Spending one-on-one time with your kids helps them develop coping skills within the context of caring relationships. When kids know they have the unconditional support of a parent they feel able to try to work through difficult situations and learn how to ask for help when they need it. And these interactions let parents model coping and problem-solving skills to children.

- **Build Social Support**

It's still really important and good for them to spend social time with others. But, without a doubt, the most important social experience that they'll have as young children is with you – their parents. By giving this support and love your child will be more healthy and more resilient.

(From Article by Dr. Justin Coulson 'Happy Families'. For the full article feel free to visit

<https://www.happyfamilies.com.au/blog/boosting-your-childs-physical-and-psychological-immunity/>



DON'T FORGET SCHOOL PHOTOS ON WEDNESDAY



THE CHILDREN'S
BOOK COUNCIL
OF AUSTRALIA
VIC BRANCH

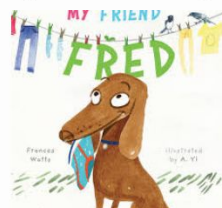
SPECIAL NEWSLETTER CBCA Book Week

**Congratulations to the winner and honour books
for the 2020 CBCA Book of the Year Awards!**

The winning titles in each category are:



Older Readers - *This is How We Change the Ending* by Vikki Wakefield



Early Childhood - *My Friend Fred* by Frances Watts



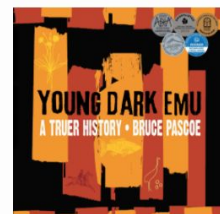
New Illustrator - *Baby Business* by Jasmine Seymour



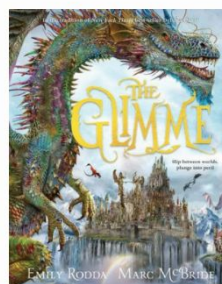
Younger Readers - *The Little Wave* by Pip Harry



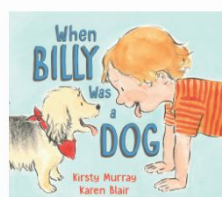
Picture Book - *I Need a Parrot* by Chris McKimmie



Eve Pownall - *Young Dark Emu* by Bruce Pascoe



Honour Book in the Younger Readers - *The Glimme* by Emily Rodda



Honour Book in the Early Childhood category - *When Billy Was a Dog* by Kirsty Murray (and Karen Blair)

Importance of Narratives in Children and how to support them

Having good narration skills is an important type of discourse that has clear ties to socialisation, classroom discourse, and early literacy' (Gillam, 2018).

Engaging in narration skills at home with your child will help move them towards grade-level listening and reading understanding as well as speaking and writing story-telling skills. Narrative skills help children when talking with peers, being able to engage in classroom discussions and in their early reading skills.

How can I help my child with narration skills?

As parents, your role is important in helping develop your child's narration skills.

- Begin reading a story with your child
 - Ask questions about each page
 - **Who** is the story about?
 - **Where** are they?
 - **What** are they doing?
 - **How** does the person feel?
 - Talk more about what is going on in the picture than the words on the page
 - Once you've read the page and asked questions, have your child re-tell you what's going on in the story
 - Do this with each page of the story
- After you've finished reading the story ask your child to re-tell the story to you while looking back at the pictures
 - See if they can use the correct character, setting, action and feelings of the characters

Examples of how goals can be targeted during narration

Speech- if your child has a speech sound error, use narration skills to practice that sound. If you're reading a book with your child, emphasise that speech sound. "The Lion is the king of the jungle", "Lions hunt for prey." Then when your child is re-telling the story they you can help them emphasise the speech sound they have in error.

Vocabulary- When working on narration skills and you're are reading with your child, select 1-2 new words in the story and talk about they mean. Once you are done with re-telling the story you can look up the words/pictures for more understanding.

There are many opportunities to work on narrative skills with your child! Even telling them your own personal stories is incredibly important.

Here is a link to help work on narrative skills with your child:

<https://www.speechsproutstherapy.com/2018/04/how-to-improve-narrative-skills-in.html>

Reference:

Sandra L. G. (2018) Improving Narrative Production in Children With Language Disorders: An Early-Stage Efficacy Study of a Narrative Intervention Program. *American Speech-Language-Hearing Association*