



OLW NEWS 2019

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Issue: 16

Date: Monday May 20 2019

Dear Parents & Families,

I have been made aware that some drivers are not adhering to the 10kmh speed limit in the Church Carpark. The safety of our children is paramount and the few seconds you may save are not worth the harm that could occur, so please be patient and cautious when entering or leaving the carpark.

FIRST EUCHARIST

There is a Parent – Child Night in the School Hall at 7.00pm tomorrow evening for those celebrating their First Eucharist this year as part of their final preparation for the celebration of the Sacrament next Sunday, May 26, at 11.30am.

PREP 2020 INTERVIEWS

Interviews for Current Families continue this Wednesday, May 22. Interviews for New Families commence next Tuesday, May 28.

NAPLAN

Naplan Online Testing continues this week until this Friday for our Year 3 & 5 students. There will be an opportunity for catch-up tests for students who are absent on any of the test days.

SCHOOL FEAST DAY

This Friday, May 24, is the Feast Day of Our Lady of the Way. To celebrate this day, we will be holding a whole school Paraliturgy at 9.15am in the Church which families are welcome to join us in celebrating. After the Paraliturgy each class will take part in a one-hour Circus Skills incursion with The Circus Crew, learning skills such as juggling, floor displays, balance routines and teamwork routines. It will be great day!

OLW JUNIOR GROUP

The OLW Youth Leadership Board are looking to form a program for a Junior Group for students from Grade 3 to Grade 6 which would be held fortnightly on Friday after school hours.

At this point, they are looking for interested parents who are able and keen

to join, participate and support the Junior Group. Support is required for supervision, provision of snacks and activities and games. Should you be interested, please contact Laura Porras @ 0430075277 or let Fr Terry know. Your support is very much appreciated!

SENIOR SCHOOL WINTER SPORT

Winter Sport continues this Friday, May 17, with an AWAY game against Reservoir East Primary School. Please note that all Soccer matches are played at Donath Reserve.

Enjoy the week!

Kevin Burke

RELIGIOUS EDUCATION NEWS

FIRST COMMUNION

A reminder that a parent/child reflection evening for the Sacrament of First Eucharist will take place in the hall at 7:00pm this Tuesday 21st May for our students who will be receiving the Eucharist for the first time next Sunday May 26 at 11:30am.

Please keep these students in your thoughts and prayers as they continue to prepare for this special sacrament.

Confirmation (Year 6)

Commitment Mass Sunday 21st July
10:00am

The Sacrament of Confirmation -
Thursday 1st August at 5:00pm

Reconciliation (Year 2)

Commitment

Mass - Sunday 20th October 10:00am
Sacrament of Reconciliation - Tuesday
12th November at 7:00pm

WORD OF THE WEEK

Congratulations to everyone who found out that selfless means 'concerned more with the needs and wishes of others than with one's own'. A hint for this week's word is that it is linked to our school feast day.

Our word of the week for this week is:

IMMACULATE

Find out it's meaning and see if you can add this word to your vocabulary over the next week!

Our Lady of the Way Feast Day

Circus
Crew
Incursion
teaching
Circus
Skills!



Free
Sausage
Sizzle
Lunch
provided
by the
P & F!

Whole School Paraliturg at
9.15am in the Church.
Everyone is welcome to join us!

Friday May 24

The Australian Government has worked with experts to develop guidelines to help you, as parents and educators, support children and young people to build daily routines for better health.

The 24-Hour Movement Guidelines include a picture of what a day for a child or young person should look like, including time for physical activity, limiting sedentary activities, and getting adequate sleep.



Following these guidelines may be challenging at times; however, meeting them will benefit health. Achieving these guidelines is associated with better health and leads to improved body composition, cardiorespiratory and musculoskeletal fitness, cardiovascular and metabolic health, academic achievement and cognition, improved mental health and emotional regulation. For those not currently meeting these guidelines a progressive adjustment towards them is recommended.



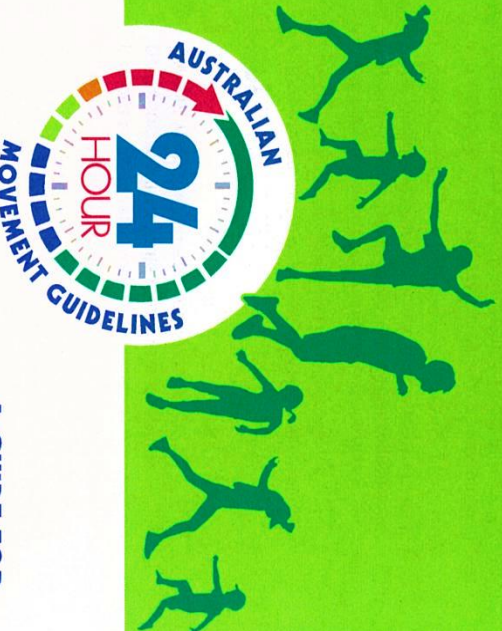
Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years):
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

FOR MORE INFORMATION,
VISIT WWW.HEALTH.GOV.AU

NOTE: These guidelines are relevant to all apparently healthy children and young people (5–17 years) irrespective of gender, cultural or language background, geographic location or the socio-economic status of the family. These guidelines may be appropriate for children and young people with a disability or medical condition; however, a health professional should be consulted for additional guidance.



GUIDELINES FOR HEALTHY GROWTH & DEVELOPMENT FOR CHILDREN & YOUNG PEOPLE (5 TO 17 YEARS)



A GUIDE FOR PARENTS & EDUCATORS

Australian 24-Hour Movement Guidelines for
Children and Young People (5 to 17 years):
An Integration of Physical Activity, Sedentary Behaviour, and Sleep



GENERAL ADVICE

For optimal health, children and young people (5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day.



Children and young people should participate in a range of physical activities such as active play and recreation, sports, hobbies, chores and jobs while maintaining good quality sleep and limiting screen time and prolonged sitting. Whether at home or school, indoors or outdoors, on the field or in the water, moderate to vigorous physical activity can provide health benefits.

PHYSICAL ACTIVITY

Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heart beat faster—more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer.

Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated (in the recommended 60 minutes of daily physical activity) at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.



TIPS

- Basketball, soccer, netball, lap swimming, skipping or running are all great ways to add more **vigorous** activity to a day. They don't have to be organised, paid activities—they can be as simple as grabbing a ball or a friend and running around at the park. Anything that makes kids 'huff and puff' counts!
- Add to the daily total with **moderate-intensity** activities such as bike riding, scootering or skateboarding. Swap a drive to the local shops or library with a bike or scooter ride.
- Examples of **light activities** include leisurely walking or playing handball. Walking your dog or to school is a great way to increase light activity. Some activity is better than none.
- Great options to **strengthen muscles and bones** include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.
- Try to **switch sitting for being active**. Encourage kids to get off the bus a stop earlier, or to meet friends for a game in the park rather than spend their leisure time sedentary on a screen. These small changes will deliver health benefits, but remember to maintain sufficient sleep.
- **Teachers:** you can also help students to add vigorous activity by integrating short but intensive aerobic activities into Physical Education lessons and inside the classroom such as tuck jumps or fun simple dance routines.

SEDENTARY BEHAVIOUR

Long periods of sitting can counteract the benefits of being physically active so should be broken up as often as possible.

Sedentary *recreational* screen time should be limited to 2 hours per day. This does *not* include screen-based activities for educational uses. Encourage positive social interactions and establish boundaries by discussing time limits and age appropriate content with children and young people.



TIPS

- **Parents:** be your child's role model and keep your own screen time to a minimum and be active too.
- **Parents:** leave the car at home and ride or walk together to your local activities. Be **active together** on the weekends by taking a nature walk or learning a new activity such as rock climbing.
- **Teachers:** add in physical activity such as star jumps to break up long periods of sitting in school.



SLEEP

Sleep is essential for optimal health.

Children (5–13 years) should have 9 to 11 hours of uninterrupted sleep per night and young people (14–17 years) should have 8 to 10 hours uninterrupted sleep per night.

To establish and maintain healthy sleep patterns, children and young people should have a consistent bedtime routine, avoid screen time before sleep, and keep screens out of the bedroom.

TIPS

- To keep a **consistent routine** try not to vary bedtime and wake-up times by more than 30 minutes.
- **Avoid screens** one hour before going to bed.
- Make bedrooms a **screen free zone**.



Parish of Our Lady of the Way Kingsbury

Presbytery: 13 Green Ave, Kingsbury, 3083



Parish Priest: Fr Terry Bergin
Email: terrybergin1@bigpond.com

Tel: 9462 1221

School Tel: 9460 6684

Parish Website: OLW Kingsbury

Mass Timetable

Saturday – Vigil Mass:	6.00PM
Sunday:	8.00AM and 10.00AM
Weekdays:	10.00AM
Sacrament of Reconciliation:	Saturday from 5.15 to 5.45PM
Rosary Monday to Saturday:	9.30AM
Divine Mercy Chaplet	After Mass Daily
Exposition of the Blessed Sacrament:	Friday from 9.00 to 9.30AM
Baptisms and Marriages by appointment: Please ring 9462 1221	

Entrance Antiphon: O sing a new song to the Lord, for he has worked wonders; in the sight of the nations he has shown his deliverance, alleluia.

Communion Antiphon: I am the true vine and you are the branches, says the Lord. Whoever remains in me, and I in him, bears fruit in plenty, alleluia.

Readers for Sunday Mass

19 th May	6pm J Glover	8am B Bowlwn	10am M Jones
29 th May	6pm L Lipson	8am M Browne	10am A Walsh

Extraordinary Ministers of Holy Communion

19 th May	6pm L Gangi & Volunteer needed	10am N Buchan & Volunteer needed
26 th May	6pm E Gleeson & Volunteer needed	10am B Hayes & Volunteer needed

OLW Church Cleaning Roster

25 th May	Professional Cleaners
8 th Jun	Thien Lan Nguyen E Nguyen Charles

OLW Sacristy Linen Laundering Roster

19 th May	Pia Matthews
26 th May	Barbara Hayes

15th May	Church Account	\$1388.50
	Presbytery Account	\$738.00

Green Ave Theatre: opens again on Wednesday June 5th. Please sign on for we need to know numbers for the basket lunches.

Fr Terry's Anniversary: Sat 1st June after 10am Mass, parishioners will be holding a morning tea to celebrate Fr Terry's 44th anniversary to the priesthood. Please bring a sweet or savoury plate for sharing. All welcome. Many thanks.

Don't forget to sign on for Christmas in July, Sunday 28th July. \$30.00 per head includes roast lunch, dessert, tea and coffee, cakes and nibbles and soft drinks. Bring your own wine and spirits, especially the Christmas ones! If you wish to make part payments, see Glenda, Angelina or Sue.

Learn to meditate will be Saturday 25th May at 9am, before the 10am Mass. Looking forward to seeing you all there!

Would any parishioners be prepared to use, or learn to use, the computer to put the Mass prayers on the monitors? Hopefully we will have a roster, so the responsibility doesn't fall on one person. Please consider helping out our community. Please see Fr Terry or Dorothy.

Would any of our seniors in the parish be interested in a session on what to expect in your seniors years? Maybe just a get together and chat over morning tea. Let Dorothy or Fr Terry know if you are interested.

Chosen Conference is a national conference for youth and young adults between 18 – 30, organized by Jesus Youth, an international Catholic Association with a focus on evangelizing young people and nurturing their missionary initiatives. We invite you to join us from 4th-7th July 2019 at Sacred Heart Girls College Melbourne for 4 power-packed days of youth rallies, up lifting talks, workshops, theatre, Eucharistic celebration, vocation & mission expo and live music. For registration please visit www.chosenconference.org.au. For further info contact: info@chosenconference.org.au or call 0491 002 081.

Parish Lunch: 29th May at Summerhill Hotel, 12 noon. Numbers needed so add your name to the list.

Counted: During the month of May, the number of parishioners attending Masses will be counted. These numbers go to our Cathedral and then to Rome for their statistics. Thanks for your understanding.

If you ever get an email about pork, ham, salt, and preservatives, don't open it. It's spam.

My neighbors were yelling so loud at their kids to clean up their room that out of fear even I started cleaning my room.

Be careful when you follow the masses. Sometimes the M is silent.

Two mysterious people live in my house. "Somebody" and "Nobody." Somebody did it and nobody knows who.

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