

# SCHOOL NEWSLETTER

# OLOR

RESPECT  
QUALITY  
CARE  
COMMUNITY  
SELF ESTEEM

Verran Terrace, Berri 5343 SA  
Telephone: 08 8582 1128  
Principal: Mrs. Ros Oates

VOLUME 25  
WEEK 8 TERM 3  
13TH SEPTEMBER 2017



OUR LADY OF THE RIVER  
CATHOLIC SCHOOL

This concept is based on 5 key things to help us be happy. These included: An Attitude of Gratitude, Random Acts of Kindness, Positive Reflection, Being a Wellbeing Warrior and Operation Home Services.

Family challenges are a fun way to bring happiness into your home. They are a fun approach to building family relationships as well as promoting communication, which is not easy to do if watching TV or playing video games. The challenges could be light hearted competitive challenges such as sit up or push up or working as a family to achieve a goal such as no TV for a week.

Here are a few ideas for fun family challenges.

### Rubber Band Shoot Challenge

Cut a hole in a shoe box, lay tape across the floor as a starting position. The aim is to shoot the rubber band into the shoe box. You could do most out of 10 or who gets the most in a minute. A wonderful opportunity arises to emphasise safety.

### Balloon Tap Challenge

How many times in 1 minute can you tap the balloon in the air.

### Coin Tower Challenge

How many coins can you stack in a minute?

### Cup Tower Challenge

How many cups can you stack in a minute? You can count the score by number of cups stacked or by number of levels tall.

I encourage you to try out some of these activities with your children, or to come up with your own fun tasks as a family. That is a challenge in itself. If you would like to learn more about the *Growing with Gratitude* Program, visit <https://www.growingwithgratitude.com.au>

Dear Parents, Caregivers and Students,

It has certainly been lovely to enjoy some warmer weather over the past couple of days. As the temperature begins to increase and we get closer to Summer, it's important to remember sun safety to protect ourselves from harmful Ultra Violet radiation. Our senses cannot detect UV radiation, so we won't notice the damage until it has been done. Staff will now be reminding students to wear hats or play in the shade. Please also remember to apply sunscreen in the mornings.



At the commencement of the Term, staff were in serviced in the *Growing with Gratitude* Program by Founder Ashley Manuel. Growing with Gratitude is an evidence based program, that aims to help teachers, students and families easily develop the habits of gratitude, kindness and mindfulness that have been identified as the stepping stones to greater happiness and success.



## SPECIAL NEWS IMPORTANT DATES & INFORMATION *Please update your diaries*

### TERM 3

#### Week 8:

Friday 15<sup>th</sup> September Year 2 - Assembly  
Friday 15<sup>th</sup> September Riverland Field Days – Band Playing

#### Week 9:

Wednesday 20<sup>th</sup> September NRM YEL Forum at Katarapko National Park  
Thursday 21<sup>st</sup> September – Year 2 Mass  
Saturday 23<sup>rd</sup> September Confirmation @ 6.30pm Mass

#### Week 10:

Thursday 28<sup>th</sup> September Our Lady of the River School Sports Day  
Friday 29<sup>th</sup> September 6 & 7 Assembly  
Term 3 Concludes @ 2.20pm

### CONFIRMATION

St Mary's Parish Confirmation 2017 will be held at 6.30pm Mass Saturday 23<sup>rd</sup> September, St Mary's Church. Mia Stokes will also receive her First Holy Communion during this ceremony. All families are welcome to attend this celebration with our St Mary's congregation.

## FOUNDATION MASS



## BOOK CLUB

Last week your child/ren received Issue 6 of Scholastic Book Club. Orders are due in by **Wednesday, 20<sup>th</sup> Sept.** OLOR receives a small percentage from the orders, which allows us to buy books for our Library. If you would like to place an order, please send correct payment by cash or cheque (**made to OLOR**). Credit card payments can be made by following the instructions on the bottom of the order form. Please remember to clearly write your child's name and class on the order form and send to school in an envelope marked "Book Club". Regards, Sandy Sando

## FAITH FEED FUN - Thursday 5<sup>th</sup> October

Years 1 to 4 – 4.30 to 6.30pm Years 5 to High School – 6.00 to 9.00pm  
St Joseph's School, 8 Joyce Street, Barmera. A movie for the little kids, shared meal, a moment to share about being grateful and then a movie for the big kids.

## COMMUNITY

### Riverland Field Days Rabobank Sound Shell Stage

OLOR School can be located in the Marquee Pavilion block number 53  
This year the Captains and Mrs Rosie Perre will be attending to the OLOR stall.  
The OLOR School Rock Band will also be performing and they will be located at Rabobank Sound Shell Stage

### Aussie Hoops & Domestic Info / Registration Night

Aussie Hoops is for children in Reception, Year 1 and Year 2 or aged 5 - 7. It will be run every Wednesday night at OLOR from 4:15—5:00pm during Term 4. \$50 cost per child.

Domestic Competition is for children in Year 3—Year 7. Domestic competition will also run for Term 4 at OLOR from 5:00 pm onwards. It is \$50 per child with a \$20 top deposit which will be refunded upon return of the top. **\*\*If your child is playing Intertown but is also interested in playing Domestic you will only be charged for a top deposit.**

Anyone in Years 8, 9 or 10 are encouraged to come out and coach or umpire. Berri Basketball Club will be running a registration night for both Aussie Hoops and Domestic Competition on Wednesday 20<sup>th</sup> September from 4:30pm till 6:00pm at OLOR.

If you are unable to attend registration night please contact Hannah Fletcher on 0423 807 529 or email [hannah-010@outlook.com](mailto:hannah-010@outlook.com)

To continue to keep Aussie Hoops and Domestic Competition running we are always looking for helpers! Whether it is umpiring, scoring, cooking on the BBQ or helping in the canteen it is always appreciated! As they say 'many hands make light work.'

## Important Reminders

**Please Check these Updates**

[www.olor.catholic.edu.au](http://www.olor.catholic.edu.au) or

[www.facebook.com/olorverrantce](https://www.facebook.com/olorverrantce)

**SchoolStream App**

**Summer Uniform Stock**

**Tri-state Renmark**

Please check that your child/ren have the correct sizing for this winter. New stock of jumpers, tracksuit pants and long sleeved shirts are now available. Please allow time for personalised printing on the jumpers.

### New School Timetable

8.30: Children arrive at school

8.50: Classes begin & Fitness

**11:35: Early Lunch (10mins)**

**11.45: Lunch Play**

12.15: Classes resume

**1.45: Afternoon Break (10mins)**

**1.55: Afternoon Play**

2.15: Classes resume

3.00: Pack-up/clean-up

**3.15: Dismissed**



## 2017 RE News

Fr. Paul Bourke: 85821894

Fr. Cletus Mloka: 0484 562 612

### MASSES TERM 3

Normally Thursdays 9.00 am

St Mary's Church

Week 9: Year 2 Mass

### New Weekend Mass Times

Weeks 1,3 & 5 Sundays of the Month

Berri 9am, Waikerie 11am, Loxton 11am, Barmera 6pm

Weeks 1,3 & 5 Saturday night

Morgan 6pm and Renmark 6.30pm

Weeks 2 & 4 Sundays of the Month

Renmark 9am, Morgan 9am, Barmera 11am, Loxton 6pm

Weeks 2 & 4 Saturday night

Berri 6.30pm and Waikerie 6pm

*In the Footsteps of Christ  
Proposed OLOR Parish pilgrimage  
to the Holy Lands October 2018*

**For more information  
Please contact Ros Oates 0417 787 843**