



Inaugural Student Leaders Commissioning Mass

With our first student leadership team in the College's history confirmed, each school came together for a special Mass to commission the leaders for 2022.

It was a beautiful celebration of the Holy Eucharist with Fr Carlos and Fr Omar from our parish, Our Lady of the Angels Catholic Church - Rouse Hill. Families of our student leaders were invited to take part and be the first to pin the leadership badges on the students' uniforms.

It was a proud moment for the parents present, whose children have already shown exemplary leadership traits throughout the selection process.

At the conclusion of the Mass, Father Carlos and Father Omar gave our 2022 student leaders a blessing for the year ahead, in which they will serve and set an example for the rest of the College.

Congratulations to the students who have been selected as leaders as well as their parents, their first educators, who have played an important role in the formation of our student leaders.

In this issue, we're covering:

- Student Leaders Commissioning Mass
- Year 7 Camp
- ANZAC & Mothers Day
- Dr Kristy Goodwin at the PEN
- Parent Resources





Year 7 Camp

Allison Gardiner (Wellbeing Leader)

An excited Year 7 cohort were fortunate enough to attend their first camp as Santa Sophia students during Week 4. Students ventured out to the Narrabeen Sport and Recreation Centre for an overnight camp that is aimed at strengthening relationships, problem-solving, making new connections and having fun together as a cohort. Throughout the camp, students enjoyed participating in activities including archery tag, kayaking and team building games. It was excellent to see Year 7 grow closer as a cohort and enjoy a variety of physical activities, outside of their usual school environment.

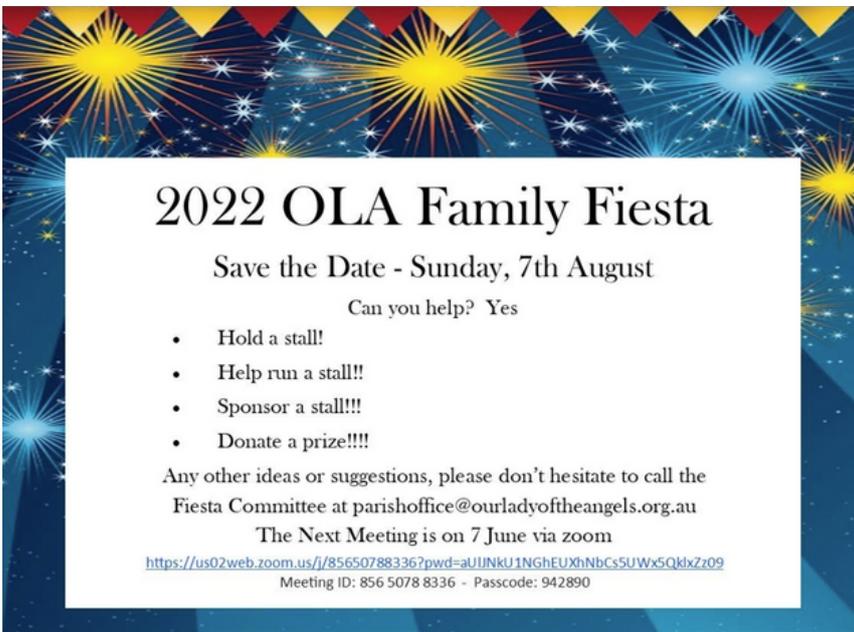




ANZAC Day & Mother's Day

Earlier this term, we celebrated two major events with liturgies. Our ANZAC Day Remembrance was a beautifully solemn ceremony that honoured those who've served in conflicts and peacekeeping operations.

For Mother's Day, we welcomed over 600 mothers & grandmothers for a special liturgy and open classrooms. With May being the month of Mary, the liturgy also honoured the mother of Jesus, and included prayers of intercession for all mothers. Mums were also invited to visit the classrooms where students showed them samples of their learning, and worked on some Mother's Day activities together.

2022 OLA Family Fiesta

Save the Date - Sunday, 7th August

Can you help? Yes

- Hold a stall!
- Help run a stall!!
- Sponsor a stall!!!
- Donate a prize!!!!

Any other ideas or suggestions, please don't hesitate to call the Fiesta Committee at parishoffice@ourladyoftheangels.org.au

The Next Meeting is on 7 June via zoom
<https://us02web.zoom.us/j/85650788336?pwd=aUJlNkU1NGhEUXhNbCsSUWx5QklxZz09>
 Meeting ID: 856 5078 8336 - Passcode: 942890

UPCOMING EVENTS

- 30/05** Athletics Carnival (Yr 3-6)
- 31/05** Athletics Carnival (Yr 7-11)
- 03/06** K-4 Assembly (Yr 3 host)

REMINDERS

Stay up to date with the activities and events of the College by following us on social media



PARISH NEWS

Return to Mass

During the height of Covid, Catholics from the Parramatta Diocese were dispensed from their Sunday Mass obligation. However, from 15 Dec 2021, this Decree was revoked and Sunday obligation is now imposed once again. We look forward to seeing you at Mass at OLA Saturday 5.30pm (Vigil), Sunday 8.30am, 10.00am & 5.30pm and Santa Sophia Catholic College at 11.30am

Angels Hangout (Yr 5-7)

Every Friday of school term
3.30 - 5.30pm

First Friday Devotion:

Mass, Adoration, Confession, Healing Procession. Next date:
Friday 3 June, 7pm - 8.30pm

Family Fiesta Sponsorship

The parish is looking for corporate sponsorship or donations to meet the costs of running the annual Family Fiesta and facilitate the raising of funds. For more info, [click here](#).

For more info on any of the above, visit the [OLA website](#) or email: parishoffice@ourladyoftheangels.org.au

KIDS, TEENS & SCREENS

FOR PARENTS OF K-11

Thursday 23 June 2022
6:30pm - 8.00pm
College Hall

RSVP ESSENTIAL



WITH GUEST SPEAKER

Dr Kristy Goodwin

DIGITAL WELLBEING & E-SAFETY EXPERT

RSVP [BIT.LY/PENWEEK9](https://bit.ly/penweek9)

REALISTIC STRATEGIES TO HELP PARENTS NAVIGATE
THE ONLINE WORLD WITH THEIR 'SCREENAGERS'

Dr Kristy will help confused and concerned parents feel confident about how they can best support their children's and teens' physical health, mental wellbeing and learning online, without proposing 'digital amputation', banning the gaming console or iPad.

Kristy will explore:

- Why children and teens are susceptible to **potential pitfalls online** given their **brain development**;
- A simple & realistic formula to determine healthy **screen time limits**;
- **5 vital digital boundaries**;
- Current risks in the online world and simple solutions;
- Why **digital disconnection** is critical for your child's **physical health** and **mental wellbeing**.



In The Spotlight

STUDENTS - Bailey Thorne (Year 8)
and Jesse Walker (Year 7)

Bailey and Jesse recently competed in the 5 day **Australian Intermediate League Baseball Championships** in Mildura, Victoria. We are proud of their efforts so far and the wins they've achieved during the tournament.

Parent Resources

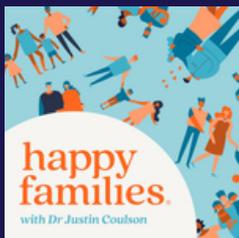
In partnership with our parents who are the primary educators of their child, we want to see all students grow and become the best versions of themselves



Webinar: Emotion Coaching
Monday 20 June, 8pm AEST
Strategies to effective emotional regulation for yourself and your child and research-backed processes that help build emotional understanding & regulation in your child
> [Register for email reminders](#)



Webinar: Help your child improve **memory**
Wednesday 1 June, 6:30pm AEST
How you can set up your child's study space to maximise attention, best techniques for improving memory
> [Register here](#)



Podcast: Keeping Control and Letting It Go
Justin & Kylie Coulson answer a listener's question about screen time limits
> [Listen to the podcast](#)

Santa Sophia Catholic College is a subscriber of *Happy Families* parenting resources. All families of the College receive a **FREE** membership! **Sign up here.**