

NEWSLETTER

No. 16 | 22 October 2025

Term 4 Week 2

Faith-Tips for the Journey

As we walk with our children in faith, hope and love



The Gift of Scripture

In the New Testament we read: "Remember who your teachers were, and how, ever since you were a child, you have known the holy scriptures..." (2 Timothy 3:15).

It is a great gift to be introduced to the Scriptures as a child. Think about how you do this for your own children, helping them to grow in love and knowledge of the Bible from a young age. Pool your wisdom with other parents. Some ideas and links follow.



FAITH STEPS AT HOME

Gather

Display a family bible in a visible, attractive spot in your home. Go to it regularly. Everyone loves a good story, and the Bible is full of them. Encourage Bible storytelling at home. Play 'bible charades'. Watch and discuss together films with biblical themes. Play Christian music with scriptural lyrics. Drop a Scripture verse in your children's lunch box.



Pray

Teach your children to feed themselves not only with food but with the 'daily bread' of Scripture. Include Scripture in your family prayer time.

Remember

Even a single verse of Scripture can inspire and shape our actions.

FROM THE PRINCIPAL



Pilgrimage

It was a privilege to go on pilgrimage over the school holidays with my colleague principals from Broken Bay Diocese, Bishop Anthony and Danny Casey our Director of Schools. This was a once in a lifetime opportunity as part of the Catholic Church Jubilee Year which we celebrate every 25 years. Jubilee Year is a time and opportunity for all of us to renew our faith, to deepen our faith. It is also a time of thanks and hope. In fact the theme for this years Jubilee is 'Pilgrims of Hope.'

Each day we prayed the rosary together and celebrated Eucharist in a different church. As we entered the doorway of each church, part of the theme was to pause at the doorway before entering God's house and be thankful and hopeful as members of our universal church.



Each OLHC student wrote a reflection of either thanks or hope before I left from which I made an OLHC Tree of Hope.

I took one of the student's 'leaves' overseas and with me into each church.

As I paused at each doorway I thought with thanks and hope for our students, our families and our staff.

The churches in Poland and Rome are very elaborate, as those of you who have also visited would know (this was my first time).

Of course they are very old and the custom of these times was to celebrate and reflect the wonder and majesty of God through elaborate and 'wonderous' embellishments. Especially in gold! These days of course, and in Australia, we demonstrate our wonder of God in different and more humble ways.

I look forward to continuing my efforts as a leader of our Catholic school community and pray that the Holy Spirit will continue to guide and enrich me in these endeavours.





KINDERGARTEN 2025 & No Friday Assembly This Week

It's very exciting that this Friday Kindergarten 2026 joins us for their first transition morning. This will be an opportunity for the students to become familiar with the 'OLHC way', our staff and premises. We will meet in the hall from 9am – 11am where Mrs Laurendet has organised fun and engaging activities for our newest students. I know you will make our new mums and dads feel welcome if you see them around.

God Bless

Dominique O'Sullivan
Principal

FROM THE ASSISTANT PRINCIPAL

Swimming

The swimming program is in full swing, and the students are doing a great job in and out of the pool. Swimming presents the students with several learning opportunities each day. Apart from learning new water skills, the children's organisational skills and listening skills are also developing. It is important to take these opportunities to encourage and praise your child's efforts throughout the program - not only for their swimming skills but also that they have remembered to pack their belongings each day and brought them home, and maybe even get to the end of the program without losing something!





School Hats

It's heating up! It feels like summer already so just a quick reminder that it is ***compulsory*** for all students to wear an OLHC school hat while outside at recess, lunch and sport. This is not only a part of our school uniform, but for essential sun protection.

Please ensure your child has their hat (clearly named) every day so that they can participate fully in outdoor activities safely. If you need to order a new hat you can do so by ordering online at www.picklesschoolwear.com



PICKLES 

Curriculum Letters

Parents please keep an eye out for your child's Curriculum Letter which has been

FROM THE RELIGIOUS EDUCATION COORDINATOR

Socktober

Every year during Mission Month catholic schools across the Broken Bay Diocese participate in Socktober. Catholic Mission is the Pope's international mission agency in Australia. Socktober invites students to engage in faith in action by supporting children in need.

On **Friday 31 October** all students may wear colourful and fun socks and **bring a gold coin or donate via the QKR App** to support this worthy cause.



Save the Date

The Year 5 and 2026 Kindergarten Buddy Mass will be held on **Sunday 23 November, 8:30am** at the OLHC Church, Epping.

Lesley Harpur



Year Five & 2026 Kindergarten Family Mass

WE LOOK FORWARD TO
CELEBRATING WITH ALL OUR
YEAR FIVE FAMILIES AND 2026
KINDERGARTEN FAMILIES AT THIS
SPECIAL ANNUAL GATHERING

THE 2026 KINDIES WILL WEAR THEIR
OLHC TSHIRTS AND WILL SIT WITH
THEIR FAMILIES & NEW BUDDIES

DATE: SUNDAY 23 NOVEMBER 2025

**VENUE: OUR LADY HELP OF
CHRISTIANS CHURCH**

29 OXFORD ST EPPING

TIME: 8:30AM

ENJOY MORNING TEA TOGETHER
FOLLOWING THE MASS

Year 3 & Year 4 Taronga Zoo Excursion

Year 3 and 4 visited Taronga Zoo to learn more about rainforest animals. First, we visited the Sumatran tigers because we are going to learn about sustainable palm oil in Term 4.

contained different amounts of sustainable palm oil.

Finally, we went to the Desert classroom in the Taronga Institute of Science and Learning where we learnt about desert and rainforest animals. Undoubtedly, one of the most exciting parts was interacting with the animals.

We would like to say a huge thank you to the wonderful parent helpers who joined on the day!

Did you know?

- Taronga Zoo is home to 6 Sumatran Tigers. The keepers can identify them by the unique patterns on their fur.
- There are less than 400 Sumatran tigers in the wild today which makes it is a Critically Endangered Species.
- The clearing of land for Palm Oil Plantations is causing catastrophic habitat loss.
- We can do our bit by buying products that use Sustainable Palm Oil.

Miss Natalie Precious

Year 3 & Year 4 Teacher





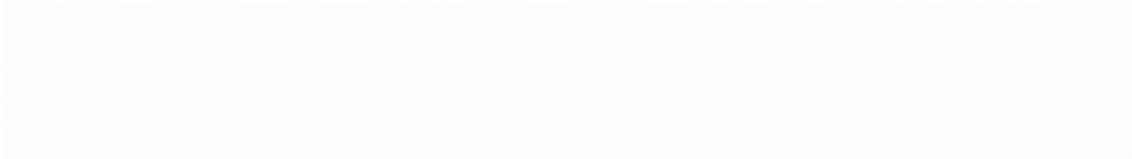
Diary Dates

Term 4 2025	
Week 2	
Monday 20 - Thursday 23 October	K - 4 Swimming
Friday 24 October	Kindergarten 2026 Transition Day #1
Week 3	
Monday 27 - Thursday 30 October	K - 4 Swimming
Monday 27 October	Choir Pizza Lunch
Friday 31 October	Socktober Crazy Sock Day
Week 4	
Tuesday 4 November	Kindergarten 2026 Transition Day #2
Thursday 6 November	Year 1 & Year 2 Excursion
Week 5	
Week 6	
Sunday 23 November	Kindergarten 2026 & Year 5 Buddy Mass
Week 7	
Thursday 27 November	Fitness with Fathers
Saturday 29 - Sunday 30 November	Band Camp
Week 8	
Week 9	
Wednesday 10 December	Year 6 Graduation Mass & Dinner
Thursday 11 December	Year 5 & Year 6 Surf Ed
Week 10	
Wednesday 17 December	LAST DAY OF TERM 4 FOR STUDENTS
SCHOOL HOLIDAYS BEGIN Thursday 18 December	

	TERM 1	TERM 2	TERM 3	TERM 4
Students First Day of Term	Monday 3 February	Wednesday 30 April	Tuesday 22 July	Monday 13 October
Students Last Day of Term	Thursday 10 April	Thursday 3 July	Thursday 25 September	Wednesday 17 December

OLHC Term Dates 2026				
	TERM 1	TERM 2	TERM 3	TERM 4
Students First Day of Term	Thursday 29 January <i>(Years 1-6)</i> Friday 30 January <i>(Kindergarten)</i>	Tuesday 21 April	Tuesday 21 July	Monday 12 October
Students Last Day of Term	Thursday 2 April	Thursday 2 July	Friday 25 September	Tuesday 15 December

Assembly Awards



Merit Awards - Term 4 Week 1		
Kindergarten	Charlie M	Mark M
Year 1	Nethra H	Yoan L
Year 2	Ellie M	Eden D
Year 3 & Year 4	James K	Curtis C
Year 5 & Year 6	Ralph E	Matthew F

CONGRATULATIONS



Congratulations to our
Term 4 Week 1 Merit Award Winners!
Keep up the great work!



Birthday Stars

Congratulations and Happy Birthday to the following children who have celebrated their birthday recently.



Wayne L	Aavya G	Lucas J
Lorraine X	Lucas L	Aaron C
James K	Aedan B	Abigail F
Mia L		



1-2-3 MAGIC

CatholicCare's 1-2-3 Magic Online Program

Simple strategies for calmer, happier parenting

Are tantrums and tricky behaviours wearing you down?

The 1-2-3 Magic course by CatholicCare Broken Bay offers practical, easy-to-use tools to help parents manage behaviour without shouting or arguing. Learn how to stop unwanted behaviours, encourage cooperation, and strengthen your connection with your child.

This **free online course** is perfect for parents of children aged 2–12 and is designed to fit into busy family life.

Sessions will be held on Tuesday evenings: 28 October, 4 November, and 11 November, from 7:30pm to 9:00pm.

OLHC families are eligible, no matter where you live—just select *Our Lady Help of Christians Epping Primary School* in the “Where did you hear about this program?” section when registering.

👉 Register [here](#)

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