



OUR LADY'S SCHOOL NEWSLETTER

26 October 2017

www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley
Principal: Ms. Patrizia Bertani
Parish Mass Times: Saturday 6:00pm
Sunday 9:00am, 10:30am & 5:30pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au
Our Lady's is a Child Safe School

"I have come so that they may have life and have it to the full" John 10

DATES FOR THE DIARY

Fri 27 Oct

Missions Assembly 2.30pm

Day for Daniel

Wed 1 Nov

All Saints Day

Thurs 2 Nov

All Souls Day

Fri 3 Nov

All Saints and Souls Assembly

Mon 6 Nov

Professional Learning Day for
Staff (Report Writing) - No
School for Students

Tues 7 Nov

Melbourne Cup Day Public
Holiday

Wed 8 Nov

P&F Meeting 7.00pm

Fri 10 Nov

Parish Movie
Confirmation Prayer Day

Wed 15 Nov

7.00pm Parent Advisory
Meeting

Mon 20 Nov-Fri 1 Dec

Swimming Program

Wed 6 Dec

Dream A Little Dream Whole
School Performance

Thurs 14 Dec

Grade 6 Graduation

Wed 20 Dec

End of term 4 for students at
3.00pm

Thurs 21 Dec

Professional Learning for Staff
(Handover 2018) No school
for the children

SACRAMENTS 2017

Confirmation (Year 6)

Friday 17 November



Dear Parents,

The Month of October is Missions month and students and teachers in all classes have been organising and designing exciting activities which will be used to raise money for Catholic Missions. Catholic Mission's 2017 World Mission Month Appeal is propelled by Pope Francis' annual World Mission message, which reminds us

that... *mission is at the heart of our faith.*

This year students in Catholic schools across Australia are invited to partake in World Mission Month celebrations by '*Socking it to Poverty*' through their active support of missionaries such as Sister Mary Goretti, and the professional staff at St Luke Health Centre in Bujuni, Uganda. Together, they work to provide critical community health and medical resources to support needy children and new mothers. Each day, 42 children in Uganda pass away from malaria related illnesses due to exposure of dirty water, a lack of access to nutritious foods and infected mosquito bites. This week's Friday Assembly is hosted by Year 4H and is focused on the Catholic Missions and their work, please come and join us in the school hall. On Friday the 3rd of November we will be holding our Crazy Socks Day and children will be able to donate a gold coin to the Catholic Missions and wear their crazy socks to school as a visible reminder that we are working together to sock it to poverty.



Foundation 2018 Transition Days

If you have a child that is starting school next year please make sure you attend all of the Transition days so that your child has a great start to school. In 2018. At Our Lady's we know that starting school is a big step for you and your child. It can be both challenging and exciting. As families the support you give your child during their transition from kindergarten to school is very important so pencil in these important Transition dates into your calendar.

Tuesday 14 November 2:15-3:00

Monday 4 December 2:15-3:00

Tuesday 12 December 2:15-3:00.

FRIENDS



Jesus, when you were on earth you had many friends. You were kind to them, you loved them, and you forgave them when they let you down. We are your friends, too, you are kind to us, you love us, and you forgive us when we let you down. Thank you, Jesus, for our friends. Help us to be kind to them, to love them, and to forgive them when they let us down. We pray that one day we may join all your friends, with you in heaven.

At Our Lady of the Immaculate Parish Primary School we promote the safety, well being and inclusion of all children.

Celebrating Children's Week

21 – 29 OCTOBER 2017

Children's Week is an international event designated by the United Nations, and celebrated annually in the fourth week of October. During Children's Week, local councils, organisations, schools and early childhood services organise a range of open days, displays and special events that celebrate childhood and showcase children's achievements. All Children's Week events are offered free-of-charge to Victorian families with children aged 0-12 years. This represents a great opportunity for Victorian families to enjoy a fun, engaging and educational experience at minimal expense. Children's Week activities can be accessed at: Department of Education and Training <http://www.education.vic.gov.au/about/events/Pages/childrensweek.aspx> Brimbank libraries <https://www.brimbanklibraries.vic.gov.au/index.php/what-s-on/238-children-s-week>



Canteen

URGENT NEED FOR VOLUNTEERS! The school has a canteen to provide lunches for our children and it operates each day. Volunteers are urgently needed to assist Geraldine and Nubia, especially on Fridays. We would be very grateful to have your assistance. Please see Geraldine or Nubia in the canteen if you can help. The canteen cannot provide the current level of service to our school community without more volunteers.

Supporting your child's learning

A reminder to all families that it is important that your child goes to bed at a reasonable hour and arrives at school between 8:20am and 8:45am. A teacher is on yard duty from 8:20am and it is important that children are not dropped off very early as no one is outside to supervise them. School classes commence at 8:45am and all classrooms start their day on time with the morning routine of calling the roll, saying prayer and checking for lunch orders. From time to time, we all may be running late. However, it is very important that you assist your child by making sure they arrive at school on time so their day can be a smooth one. We appreciate your support in this important area of school life.

Images of our children enjoying our beautiful garden.



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

UNIFORM NEWS

A reminder that all students now need to be wearing their Summer Uniform to school each day (other than their allocated Sport Day). School hats need to be worn every day at snack, lunch and during Sport lessons.

GIRLS: Summer checked dress

School jumper

White socks

Black school shoes



BOYS: Blue short sleeved school shirt (no polo shirts)

School jumper

Navy school shorts (not cargo)

School socks

Black school shoes



PREPARATIONS FOR 2018

As we are beginning our preparations for 2018, we ask that parents let us know as soon as possible if their children are not returning to Our Lady's next year. We have had many inquiries about places for 2018 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and several of the other year levels are full, with enrolment enquiries coming in.

If your child is not returning in 2018 (apart from our current year 6 children) please complete the form below and return it to the office. It is vital that you return this form as soon as possible.

Thank you.

Children NOT returning to Our Lady's School in 2018

Family Name: _____

Child/children's names

1. _____ Grade: _____

2. _____ Grade: _____

3. _____ Grade: _____

Suburb we are moving to: _____

Name of our new school: _____

Signed: _____ **(Parent)**

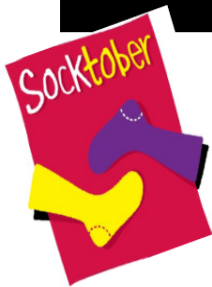
Please return this form to the office as soon as possible

Missions Week



Catholic Mission's 2017 World Mission Month Appeal is propelled by Pope Francis' annual World Mission message, which reminds us that... mission is at the heart of our faith. This year students in Catholic schools across Australia are invited to partake in World Mission Month celebrations by 'Socking it to Poverty' through their active support of missionaries such as Sister Mary Goretti, and the professional staff at St Luke Health Centre in Bujuni, Uganda. Together, they work to provide critical community health and medical resources to support needy children and new mothers. Each day, 42 children in Uganda pass away from malaria related illnesses due to exposure of dirty water, a lack of access to nutritious foods and infected mosquito bites.

We will be having a **Crazy Socks** fundraising day for the Missions



Socks are all different—we recognise that every child is unique and special.



After All:

Socks work best in pairs—we work best when we partner with your school.



Socks keep us warm, protect us, help us to enjoy sport and have fun—Catholic Mission, with the support of your school, protects, houses, feeds and educates children globally.



Socks are part of the everyday clothes we wear—it's the normal everyday contributions that allow us to make an extraordinary difference.

The sock it to something concept is an Australian expression that means to fight, punch or strike out at. For example, each year Socktober will sock it to social issues such as poverty, child labour, child trafficking and homelessness. We want you to help us fight, punch or strike out at social issues, but we also need your practical support.

FRIDAY 3rd November On this day students can come with **crazy socks** – let your imagination take over! Empathy is being able to put yourself in someone's shoes—we walk with our brothers and sisters to help restore hope and justice.

A gold coin donation for wearing "crazy" socks, will be collected on the day. Normal school uniform to be worn which will make the crazy socks stand out more.

Throughout the week there will be other activities during recess and lunch time to help raise money for the missions. *See below*

Please help us to have a really successful fundraiser by being generous and encouraging your child to participate enthusiastically and generously.

Join us in our dream and be a promoter of justice and dignity.



Thank you for your co-operation

Sincerely,

Halina Lipski (R.E.L.)

Learn more at : <http://www.catholicmission.org.au/get-involved>

Summary of Fundraising activities organised by classes

26 &/or 27 October	30 &/or 31 October	1 November	2 November	3 November
Mr Squiggle Drawing competition Treasure stall selling old toys ... Colouring in competition Knock em down stall Guess the jelly beans in the jar	Dance Competition DIY Slime workshop Spooky Stall Paper plane competition Cake Stall Spin to Win Lolly Stand Treasure Pong game	DIY Slime workshop Games Lolly bags	Mr Squiggle Drawing competition Treasure stall selling old toys	DIY Slime workshop Games Mr Squiggle Drawing competition Treasure stall selling old toys ...

YMCA CHILDREN'S PROGRAMS OSHC PROGRAMS AT A GLANCE



For all **Bookings and Cancellations** please call us directly on **0401 700 401**
Email us: ourladysoshc@ymca.org.au For any **Account Information** please call our office on: **8371 0500**
www.childrensprogramms.ymca.org.au

Week 4 October 30

DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Jewelry Breads Outside: Playground and Cricket	Seasonal Fruit & Veggies Pop Corn
Tuesday Staff: Brad, Lucette, Hang	Inside: Halloween Activities Outside: Playground & Tiggly	Seasonal Fruit & Veggies Chocolate & ANZAC Biscuits
Wednesday Staff: Hang, Jennie, Chelsea	Inside: Oil Pastel Colouring In Outside: Playground and Group Games	Seasonal Fruit & Veggies Sandwiches
Thursday Staff: Brad, Hang, Jennie	Inside: Paper Bag Creations Outside: Playground & Octopus Homework + Readers	Seasonal Fruit & Veggies Cheese and Crackers
Friday Staff: Brad, Jennie	Children's Choice: Games, Activities Inside & Out. Cooking Nachos with Jennie	Seasonal Fruit & Veggies Crackers, Dip & Celery

A variety of seasonal fruit and vegetables are always offered to children for afternoon snack! A variety of arts, crafts, board games, construction, recreational activities, sensory and imaginary play opportunities are available every day for children to choose. **Homework & Home Readers Time** – Our YMCA staff are there to encourage home readers and homework and most days we set aside a time to encourage this! **If you or someone else is picking up your child (children) early from school and they are not attending the after school care, please let OSHC Team know.**

Please remember children need to bring their school hat (Broadbrim Hat, Bucket Hat or Legionaries Hat) from 1st September to 1st May and sunscreen will need to be applied when playing outside.

Bookings and Cancellations: It is important to book your child's place so we can plan and expect their arrival at After School Care. To ensure the safety of your child please notify us of any absences or additional days of care **via the My Family Lounge Portal** <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> As a reminder please note that the cancellation period of 7 days notice applies for all After School Care bookings. For additional information on our program please visit <http://www.childrensservices.ymca.org.au/school-care/our-locations/our-ladys-ps.html> There may be certain circumstances where children receive gifts or prizes throughout the year as part of our advertised programs. These occasions would be advertised on our program planners to provide parents/guardians with prior notification. Occasions where children may receive gifts/prizes as advertised are as follows: last day of school terms, end of year celebrations, designated holiday program days, cultural and festive celebration days and during organised program competitions. **Thank You, Brad and Our Lady's OSHC Team**

REMEMBRANCE DAY 2017

The Sunshine RSL has provided the school with the following items for Remembrance Day
11 November 2017

All are available at the Office



\$1.00 poppy pin



\$2.00 poppy



\$3.00 bracelet




\$4.00 bag tag

Wellbeing: Child Safety

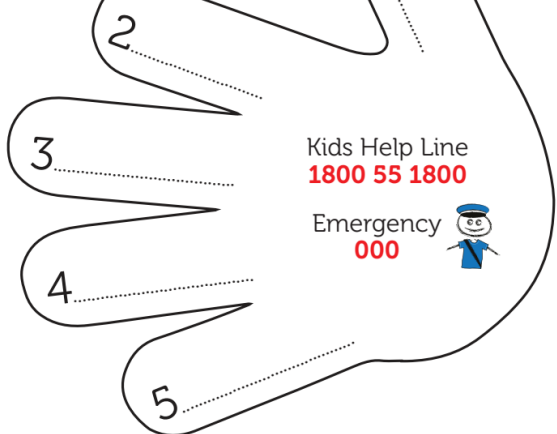
As a whole school approach, and as part of the wellbeing and child safety curriculum, the students will be immersed in exploring their personal safety network. This involves listing five trusted adults that a child can turn to when they need to discuss something or if any issue arises. It is important that the five trusted people include people from both inside and outside their home. All children will be completed a safety network 'hand' this week at school. You may wish to discuss their learning with them to consolidate the importance of having five trusted people in their safety network.

Keeping kids safe!


Report
My safety network
Activity



1 List your safety helpers. They must be adults and should include someone who lives at home, males and females, as well as people who live outside the home
Suggestions: Mum, Dad, Carer, Grandparent, Uncle, Teacher, Principal, Friend of Mum or Dad, Police
2 Colour in and cut out your hand
3 Take home and show the adults on your list



Kids Help Line
1800 55 1800

Emergency
000 

Just a reminder that today, Friday 27th October, is Day for Daniel. As a whole school, we wore an element of RED. This was another way we focussed on the message of child safety.







Choir & Glee Clubs at Mission Mass St Patrick's Cathedral





Parenting for Resilience

by Michael Grose



Resilience has proven to be one of the most important factors in predicting success as an adult. The ability to bounce back, regulate emotions and cope with stress are key traits in a healthy, functioning person. Resilience also helps prevent anxiety and depression. It is something we need to be instilling in our children.

As a child's first educators, parents can't leave it to early learning centres, pre-schools and schools to develop their child's resilience. It's something that parents need to be constantly developing. Building resilience is not a program, but should be an approach or mindset that guides your parenting. Here are five principles/ideas that you can easily adapt to develop a strong sense of resilience in your child.

1. Develop your child's self-sufficiency

Self-esteem is an essential element for resilience. It teflon coats children against rejection and self-doubt. The foundation for self-esteem is self-sufficiency. It's the simple things such as feeding yourself as a toddler, making your own snacks in primary school and making your own lunch in secondary school that build self-esteem. Mastery over your own life provides a strong sense of self, which is an important piece of the resilience puzzle.



2. Allow kids to resolve their own problems

Resilience is developed when children own and resolve their own problems, whether those problems are learning, relational or organisational challenges. A lunch left at home is a child's problem to solve – either he borrows or goes without. A teenager who sleeps in on a school day needs to be allowed to manage the inconvenience of the situation, experience the stress that comes with being late and find a solution to avoid a repeat. Look for ways to coach your kids through social, physical and learning challenges but resist the urge to interfere or rescue kids unless it's absolutely necessary.

3. Encourage play (and mucking around) at every age

Encourage your child to play and be playful. As a community we seem to hold little store in the value of free, child-initiated, or even teenager-initiated, play. It's almost as if play time is a waste of valuable learning time. As any adult who experienced the joys of 'mucking around' as a child or young person will know, free play has huge benefits. These include helping children manage fear, providing opportunities to negotiate risk, and learning how to work flexibly with others. Importantly, free play and mucking around help children experience and tame stress, which is essential for resilience.

4. Focus on face-to-face friendships

Healthy peer relationships are important protective factors against anxiety and depression for children and young people. From a resilience perspective, peer relationships are most potent when connections are face-to-face rather than through a digital medium. Studies are now showing how simple face-to-face social engagement has a massive positive impact on wellbeing. Positive face-to-face engagement – a smile, a wink or a nod – releases oxytocin, which increases trust and reduces cortisol (stress hormone). These simple face-to-face interactions also release dopamine, which makes us feel better.

For the sake of your child's resilience, encourage more face-to-face interactions, model healthy socialisation and help them balance their time between the online and real worlds.



5. Tell stories of resilience

Storytelling is a powerful way of shaping children's understanding of how the world works. According to a recent study, children who hear stories about family members overcoming obstacles are more resilient and display more grit in the face of challenges. The most helpful stories are those that are realistic, reflecting life's ups and downs. It's often stories of difficulty rather than success that teach and inspire children to persist. Similarly, it helps to remind children of times you worked hard in the past to overcome obstacles. These might include how you learned to ride a bike, how you adjusted to moving schools or how you got along with a seemingly challenging teacher, boss or work colleague.

Perhaps the easiest way to bring resilience into your parenting is to develop a mindset for resilience. It helps to remember the struggles and difficulties you may have experienced and be willing to keep kids' chins up when difficulties and challenges get them down. It's also helpful to remind kids that things will get better. They always do, which is a fabulous resilience lesson to learn.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.



Jesus' law of love

God

your
neighbour

30th Sunday in Ordinary Time, Year A

Gospel

Mt 22:34-40

When the Pharisees heard that Jesus had silenced the Sadducees they got together and, to disconcert him, one of them put a question, 'Master, which is the greatest commandment of the law?' Jesus said, 'You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: you must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.'



Show your love

I show love for God when I

I show love for others when I

Fill in the missing words to complete the story.

love
second
God
answered
yourself
teacher
heart
first
test
commandment

An expert in the Jewish law tried to ____ Jesus. He asked, "_____, what is the most important _____?"



Jesus _____: "Love the Lord your ____ with all your _____, soul and mind." This is the _____ and most important commandment. The _____ is like it: "_____ your neighbour as much as you love _____".

