



## OUR LADY'S SCHOOL NEWSLETTER

13 February 2020

[www.olsunshine.catholic.edu.au](http://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](http://www.olsunshine.catholic.edu.au)  
*Our Lady's is a Child Safe School*

*'So, whatever you eat or drink, or whatever you do, do everything for the Glory of God' Cor 10:31*

### DATES FOR THE DIARY

#### **Fri 14 Feb**

Parent Helper Course 9.00am

#### **Tues 18 Feb**

Professional Development Day for Staff (Review planning) No school for the children

#### **Wednesday 19 Feb**

Professional Development Day for Staff (Review planning) No school for the children

#### **Wed 26 Feb**

Ash Wednesday

#### **Mon 9 March**

Labour Day Public Holiday

#### **Mon 16 March**

School Photos

#### **Tues 17 March**

St Patrick's Day Mass at Cathedral

#### **Thurs 26 March**

Open Day. Tours at 9.30am, 12.00pm and 2.30pm

#### **Fri 27 March**

End of Term 1 at 3.15pm

#### **Tues 14 April**

Start of Term 2 at 8.45am

### SACRAMENTS

#### **Eucharist**

Sunday 17th May

Sunday 24th May

#### **Reconciliation**

Wednesday 22nd July

#### **Confirmation**

Friday 20th November

Dear Parent,

On Tuesday we celebrated our Opening of the School Year Mass with Father Peter. Thank you to Father Peter and Kriss Oliver our Religious Education Leader for organising the mass.

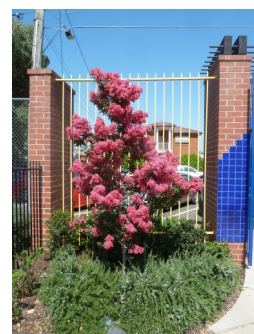
The Our Lady's school choir sang so beautifully and sang one of our favourite songs in French *Chercher avec toi, Marie*; a song dedicated to Mary, Our Lady. It was wonderful to see our new Foundation students attend their first school mass for the year. Many thanks to the parents and friends who came to join us. We hope parents can also join us at the Ash Wednesday Mass on Wednesday the 26th of February at 9.00am.

This week we have a stunningly beautiful display of bright pink flowers from our crepe myrtle tree near the front gate of the school. It was a reminder of the beauty of God's world which surrounds us everyday.

This year is a Review year for Our Lady's School. Schools are reviewed every 4 years and are asked report on the impact they have made in the following areas of schooling: Religious Education, Leadership and Management, Learning and Teaching, Well-being and Community.

We have set aside 2 days next week: Tuesday the 18th and Wednesday the 19th of February to work through an extensive process involving deep analysis and reflection of the last 4 years of data (2016-2019). We will also begin to formulate goals and targets for the next four years as well as write our 2020 school review report. I apologise if this has caused any difficulties for parents but I do not choose the date for the review it is given to me. My responsibility is to make sure that we meet all compliance requirements as set out by the VRQA.

The school reviewer will be visiting Our Lady's school in the first and second week of Term 2. While the reviewer is at the school she will speak to the students and staff as well as a parent group about the school. I will continue to keep you informed about this process.



### *Prayer about Praying*

*We must pray always. We ask God's help in all things.*

Dear God, we pray our prayers each day, but sometimes we don't know what to say, and words will not come. We want to tell you about our day and about our joys and sorrows, and hopes and dreams. We ask you to hear the prayers that we don't say with words. You created us and you know what is in our hearts. Amen



## Parent Advisory Board

*The evidence is consistent, positive and convincing: families have a major influence on their children's achievement. When schools, families, and community groups work together to support learning, children do better in school, stay in school longer, and like school more.*  
(Anne T. Henderson, *Beyond the Bake Sale*)

I encourage you to consider nominating for a position on the PAB if you are genuinely interested in using your skills to provide me with support and advice. I truly value the Parent Voice and am genuine in collaborating together to improve all aspects of the school. The PAB performs a critical role in the school community by bringing the parent voice to the meetings.

*We are opening up the nominations for the Parent Advisory Board. If you are interested in representing the parent voice in matters of curriculum, school resources and infrastructure, please come and join us for the Annual General Meeting on Wednesday 11 March at 7.00pm in the Planning Room.*

### *The Parent Advisory Board Vision*

- To represent and to be representative of all parents and families, being inclusive and committed
- To share and live out the vision and the values of the school
- To be a rich source of wisdom and insight as well as working to strengthen community partnerships
- To consult and seek to achieve better outcomes for all members of the school community
- To be role models for others – maintaining a professional and confidential approach
- To make everyone feel included and welcome
- To be active listeners committed to working collaboratively
- To work proactively and positively for the school
- To represent the parent voice and the whole school community in a loyal and proper way
- To establish boundaries and protocols to operate by
- To at all times maintain confidentiality



## **OUR LADY'S SCHOOL PARENTS ADVISORY BOARD (PAB)**

### **Membership**

Open to all parents/carers – representing families

Principal (representing Parish Priest and School Community – children, families and staff)

School Leaders as required

Community members as invited e.g. Family-School Partnership convenor

### **Structure**

Chairperson

Deputy Chairperson

Secretary

Currently the Parents and Friends Committee meets and reports regularly to the Principal who will pass on relevant information to the Parents Advisory Board

### **Vision for Parent Advisory Board**

- To represent and to be representative of all parents and families, being inclusive and committed
- To share and live out the vision and the values of the school
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### **Current protocols/agreements include:**

Maintain a positive and proper tone for all our communication – in meetings and in representing the school. Speak for the needs of all children and not our personal concerns (individual matters are to be discussed with the school leaders and teachers).

Agenda is set by the Chairperson in consultation with the Principal. All parents attending are welcome to add items to the agenda. New agenda items are tabled and then placed on the agenda of the next meeting.

Meetings start at 7.00pm and end at 8.00pm.

The chairperson communicates matters to the school community via Parent Advisory Board Newsletter article. Please email to: [jhill@olsunshine.catholic.edu.au](mailto:jhill@olsunshine.catholic.edu.au)

The principal follows up matters with the staff and the whole community.

The secretary records and distributes the notes of the meeting to all attendees and apologies.

Proposed agenda items must be emailed to the Chairperson / Deputy Chairperson / Secretary 1 week before the scheduled Board Meeting.



# *Parents Advisory Board*

## **Expression of Interest Form**

Expressions of Interest are invited for the Our Lady's School Parents Advisory Board 2020.

I, (your name) \_\_\_\_\_

Parent of (name and grade of your eldest child):

\_\_\_\_\_

Contact number: \_\_\_\_\_

Contact email: \_\_\_\_\_

Am interested in becoming a member of the Our Lady's School  
Parents Advisory Board in 2020.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

***EXPRESSIONS OF INTEREST FORMS ARE TO BE HANDED INTO THE OFFICE***

# Parents & Friends Committee

At Our Lady's school we are committed to developing and sustaining reciprocal partnerships with our parent community in order to improve student engagement ,wellbeing, and learning. Joining the Parents and Friends Committee is a great way to contribute to strengthening your connection to this school. We are hoping that you will consider joining the Parents and Friends Committee. Over the years the Parents and Friends Committee and volunteers have raised money to purchase valuable resources for the school as well as providing additional rich experiences for the children of Our Lady's school to enjoy.

Our school values, encourages and appreciates parent involvement and children love to see their parents participating in the life of the school.

## Parents and Friends Committee

### Annual General Meeting 2020

**Friday 6 March at 9.00am in Hall Kitchen**

On Friday 6 March we will be holding the Parents and Friends Annual General Meeting (AGM). The meeting will be held from 9.00am in the Hall Kitchen.

It is a great way of connecting with other parents and you will be made to feel very welcome. We look forward to adding new members to our already great team.

Attached you will find the role descriptions and a nomination form. Joining the Parents and Friends Committee is a wonderful way to meet other parents, support the school via many exciting fund raising activities and to enrich the children's school experience by organising special treat days or the Sacramental parties for the children who received their Reconciliation, Eucharist or Confirmation.



## **ROLE DESCRIPTIONS OF THE PARENTS AND FRIENDS COMMITTEE**

### **President**

The President's position carries a task of trust and responsibility and requires skill and time. The President should exercise authority with tact, be impartial and open to other points of view.

The main role of the President is to:

- \* Be the main representative/spokesperson for the P&F
- \* Liaise with the Committee members and set the agenda for meetings
- \* Be the main contact for agenda items
- \* Open the meetings punctually and ensure the agenda is followed
- \* Ensure those present at the meeting have the opportunity to discuss each item on the agenda prior to a decision being made
- \* Make sure, particularly on contentious matters, as many points of view as possible are expressed
- \* Make sure everyone is given an opportunity to speak and encourage members to speak by addressing questions to them
- \* Work towards a collaborative approach with other members of school community
- \* Be mindful of timelines, keep discussions on track and keep meetings moving
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### **Vice-President**

The Vice President plays an important role by assisting the President with P&F responsibilities and replacing the President and chair meetings in the absence of the President.

### **Secretary**

The Secretary is very important to the efficient operation of the P&F. Duties and responsibilities include:

- \* Taking minutes at P&F and Committee meetings
- \* Photocopying and distributing minutes to Committee members along with agenda prior to the next meeting
- \* In consultation with the Principal and President:
- \* Providing a summary of the matters discussed at the meeting for display on the parents' notice board
- \* Dealing with any incoming/outgoing correspondence

### **Treasurer**

The Treasurer carries a task of trust and responsibility. Duties and responsibilities include:

- \* Taking charge of monies of the P&F
- \* Keeping accurate financial records of all receipts and expenditure
- \* Banking all money regularly
- \* Reporting regularly on the P&F's financial position at meetings
- \* Preparing a financial report for the Annual General Meeting

### **Committee Members**

Committee members have a responsibility to:

- \* Attend PFA meetings as regularly as possible and send apologies if unable to attend
- \* Help organise P&F activities and projects
- \* Work towards the best possible outcomes being achieved
- \* Be mindful that discussions should be on topics which are relevant to the whole school community
- \* Facilitate and nurture positive home/school relationships within the parent community



## Election of the Our Lady's School Parents and Friends Committee 2020

### **Nomination Form**

**P & F Annual General Meeting – Friday 6 March at 9.00am**

Nominations are invited for the Our Lady's School Parents & Friends Committee 2020.

### **Nomination**

I, (your name) \_\_\_\_\_

Parent of (name and grade of your child) \_\_\_\_\_

Nominate: (name of person) \_\_\_\_\_

For the Position of: (one form per nomination)

☐

President

☐

Vice President

☐

Secretary

☐

Treasurer

### **Signed**

Nominator: \_\_\_\_\_

Date: \_\_\_\_\_

### **Nomination Acceptance**

I, (nominee) \_\_\_\_\_

Parent of (name and grade of your child) \_\_\_\_\_

Accept the nomination as indicated above.

Nominee's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***ALL NOMINATION FORMS ARE TO BE HANDED INTO THE OFFICE***

## STUDENT MOBILE PHONE UPDATE

Our Lady's Primary School takes the safe and responsible use of digital technologies seriously. The school acknowledges that we live in a technology-rich world where mobile phones are an important communication tool. Research has found that mobile phones and other devices can be disruptive in classrooms and open to misuse at school. We have defined Mobile Phone to be a telephone with access to a cellular (telecommunication) system, with or without a physical connection to a network. (DET 2020). When we refer to mobile phones this includes any device that may connect to or has a similar function to a mobile phone such as smart watches.

The unregulated presence of mobile phones and other devices in classrooms can undermine students' capacity to think, learn, remember, pay attention and regulate emotion. This is why there are no mobile phones or smart watches allowed in classrooms or on the playground.

Our Lady's Primary School has developed a policy and associated procedure to provide staff members, students, parents and carers with clear guidelines on mobile phone restrictions, exemptions and storage requirements at school. You will be able to access this policy on the school website in the following week.

This policy takes effect at the commencement of the 2020 school year and complies with the direction of the Victorian Minister for Education under [Section 5.2.1\(2\)\(b\) of the Education and Training Reform Act 2006](#). You will be able to access the whole policy

Our Lady's Primary School discourages students bringing personal mobile phones to school. It does; however, acknowledge that some students may bring a personal mobile phone to school, particularly if they are travelling independently to and from school.

Mobile phones are not permitted for use at Our Lady's Primary School during school hours:

Students who bring a personal mobile phone to school must switch them off and leave them at the Administration Office prior to the commencement of the school day and may only collect them from the Office at the conclusion of the school day or if they are required to leave school early.

## SUNSMART

A reminder that all students should be wearing the Our Lady's school hats while in the playground. If any child does not have they will be asked to sit in the shade, we will be enforcing the 'No hat, no play' rule.

Please ensure your child/children do not wear:

- Rings
- Earrings other than sleepers or studs
- Make-up
- Bandanas
- Bracelets or bangles
- Necklaces/bracelets other than a simple chain with a cross or item of religious significance
- Items of clothing that have not been purchased from the school's uniform shop
- Sports shoes on non-sport days
- Black runners instead of black leather shoes



Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

*principal@olsunshine.catholic.edu.au*



**REMINDER: Please check your email for mail from CareMonkey to sign in and update your child's profiles. Once done, it will be synced with the school. This only needs to be done once (unless you want to make any changes later!)**



## How does a User Share a Profile with a Second Parent or Carer?(Community Edition)

For Community Edition

NOTE: If you're using Group Edition, you'll need to ask the school to give another person permission to access your child's details and respond to forms. If you don't know what version you are using [check this article](#).

If you're using Community Edition you can give access to your child's CareMonkey data by sharing the care profile you have created. Simply login and click the 'Share' button or follow the instructions below.

### About Sharing Profiles

Care Profiles are not just designed to be shared with schools, clubs and other organisations. They can be shared with anyone at the discretion of the Profile Owner (i.e., parents, adult club members, adult participants, employees, etc.)

A Profile Owner can give another person (such as a second parent) 'View only' or 'View & Modify access'.

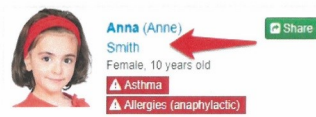
If 'View & Modify access' is provided, the other person is given the ability to modify the profile and respond to eForms in the same way as the Profile Owner can.

If 'View only' access is given then the other person can only see the profile (but not change it). This is suitable for babysitters, family members, and parents of the child's friends, so they can view the child's profile and know what to do and who to call in an emergency.

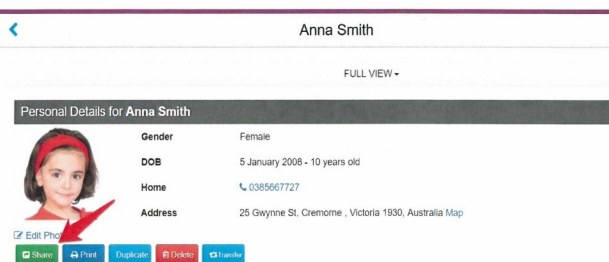
### How to Share a Profile

To share a profile, please follow the steps below:

1. Click the **profile name or photo**.



2. Hit the green **Share** button on the Personal Details section.



3. Fill-out the form with the exact name and correct email address of the person you wish to share the profile with and decide if you want to give them **View** or **View and Modify** access.

For more information on the difference between View and View and Modify, please see the end of this article.

Invite someone to view Henry's profile

This section allows you to invite another person (such as a grandparent or babysitter) to view or manage this profile.

Name\*  
First Name

Email\*  
Email of Carer

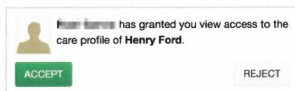
Relationship\*

Access type\*  
 View & Modify

Message  
This box is optional

[Invite](#) [Cancel](#)

4. The person receiving the access will have to log in to his/her CareMonkey account and accept this. If he/she does not yet have his/her own CareMonkey account, he/she will be sent an email asking them to sign up.



### 'View' vs 'View and Modify Access'

- **View Access** will allow the person to log in and see the medical data attached to the profile. They will not be able to see or respond to eForms, edit the profile, or share the profile with anyone else.
- **View and Modify Access** will allow the person to log in and see everything the Profile Owner does in regards to the shared profile. They will be able to perform any actions that the Profile Owner can, including responding to eForms and changing the medical data of profiles. They will not be able to delete your account or make themselves the Profile Owner, and will not have access to any other profiles that you have not specifically shared with them. The most common case of using this

<https://desk.zoho.com/portal/caremonkey/kb/articles/how-does-a-user-share-a-profile-with-a-second-parent-or-carer>

Want to share your child's profile with someone else at home (eg Mum or Dad)?? Follow the steps here or use the link below to read how easy it is online!!

<https://desk.zoho.com/portal/caremonkey/kb/articles/how-does-a-user-share-a-profile-with-a-second-parent-or-carer>

# EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Sports Monday - Outdoor challenges	Yoga session and meditation in the Hall	Design your own key ring and create special person cards	Group games and dances	Enrichment program - Cooking Mexican cuisine

## The Extend Superstar is...

Aiden... for positively contributing to sorting out arts and crafts cabinet and sports bucket. Well done ☆

## What's Been Happening?

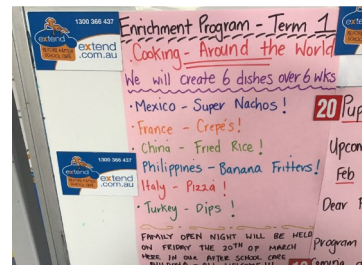
It's all happening here at Extend After School Care. We are beginning our new enrichment program which is cooking from around the world.

It will involve cooking different cuisines each week and presenting our favourite dish on family open night towards the end of term 1. Also, we are engaging in community links, sustainability projects, cooking lessons, exploring science, sports challenges, arts and crafts and of course, we are having lots of fun.

**Families, just a reminder we will be running programs on Tuesday the 18th and Wednesday the 19th of February from 8am till 6pm, BOOK NOW!**

Finally, if your children have any preloved books and games you no longer need at home, please consider donating to us here at Extend After School Care.

**Enrol and book now: [extend.com.au](http://extend.com.au)**



## **1 FREE SESSION - Braybrook**

**When: Term 1 runs on Fridays**

**U8's/U12s - 6pm**

**Where:**

**Recwest Indoor Sports Centre, Lily St.**

**Duration:**

**1 hour per session.**

**Cost after FREE trial:**

**\$20 per Session GST Inc.**

**Uniform Fee if continuing in Term 2 = \$90 GST Inc. (One time fee providing Adidas Soccer Pro Academy Uniform of Socks, Shorts, and Top.)**

**Interested?**

**Coaching by Steve Scerri current Point Cook Jets Technical Director/Coach and FFA Licence holder.**

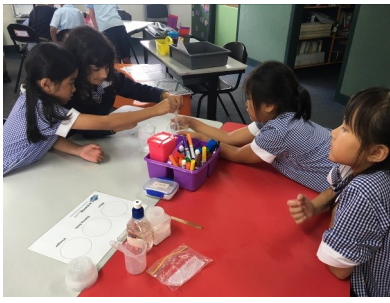
**Our sessions are designed by Steve and ex Socceroo, Olyroo & International Player Joe Spiteri.**

**They will work on specialised in game awareness, teaching each player how to better read the game and how to position themselves effectively to become a better player.**

**Each Player will receive all the skills needed to be club ready and enjoy the game.**

**To secure your FREE Session Contact Joe Spiteri 0422 087 191**





Science Incursions

for Years 2 & 3





## The power of gratitude for a happier life

by Dr Jodi Richardson



*More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.*

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

### **Benefits of a grateful mindset**

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.



## Where do I start?

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

## Supporting your child to become more grateful begins with teaching three fundamental ideas:

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

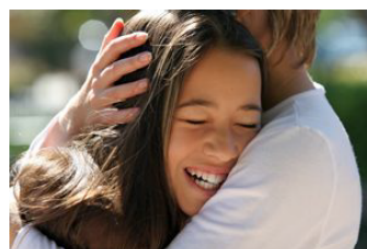
## There are loads of fun ways to practice gratitude. Here are a few to get you started:

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Ask each family member what they're thankful for each evening at dinner.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Relive happy moments together.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.

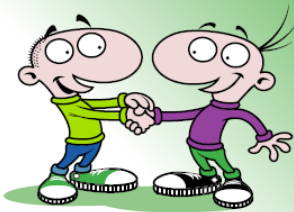


It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."



Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.



# Be reconciled before you offer your gift to God

6th Sunday in Ordinary Time, Year A

## Gospel

Mt 5:23-24

Go and make peace with your neighbour first, then come and offer your gift.

Jesus said to his disciples: If you are bringing your offering to the altar and there remember that your brother has something against you, leave your offering there before the altar, go and be reconciled with your brother first, and then come back and present your offering.

Jesus wants us to make peace with those who we have wronged

When someone does wrong things against me, I can make peace with them by....

When I do wrong things against someone, I can make peace with them by....

Find your way through the maze

