



OUR LADY'S SCHOOL NEWSLETTER

1 May 2020

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

Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.' Matthew 19:13-15

Dear Parent,

We at Our Lady's, and most schools have as one of our aims to develop independent learners. I believe that this remote online learning that we are all engaged in has certainly supported our children to develop greater independence as they take up the challenge to navigate their way through a whole new way of experiencing school. This has been a very steep learning curve for not only our children but also our staff and our parents. I personally have been stretching my technology skills like never before to meet the new demands that remote online learning brings.

'Do not be afraid, for I am with you' Isaiah (41:10)

This is a time that requires us all to be brave and have courage to take up the challenges of our times. I have been delighted each day by the quality and diversity of the learning that the children are engaging in. It is a credit to the Our Lady's staff who have taken up this challenge with gusto and determination to provide an excellent quality of education for all our students. Your support as parents in our endeavour has been invaluable. As a school community we should all feel very, very proud.

I'm sure we are all missing each other and the many events that would have been and even though technology has been amazing it is not the same as going to school and having the social interaction. Although, imagine if this had happened 18 years ago? We would've been stuck at home with our Nokia, 10 minute call limits and dial up internet. Technology has enabled a relatively smooth transition, considering the enormity and the speed at which we had to adapt to an online mode of delivering education. We have been testing new platforms and new possibilities to deliver online learning and we are seeing some wonderful results each week.

In the following pages of the newsletter I have featured work from students in Years Three and Four, which shows that even in an online learning context our students are still keeping the Our Lady's school values of service, compassion, justice, peace, respect and courage alive. I'm sure you will enjoy reading the children's prayers and their letters to essential services personnel.

I have also included our 'Remote Online Learning Policy', in this newsletter.

Please make sure you take the time to read it so that you are clear about roles and expectations. I have had no further news as to when schools will return to normal. I will of course inform you as soon as I know.

EXTEND AWARDS –AWARDED BY ALYSHA

Jonah received this award for always having a positive can do attitude and being willing to try anything.

Gerard received this award for showing initiative in his own learning and assisting others with their learning.



Great Job!

**Celebration
OF LEARNING**



Talents Prayer

God gives each of us talents and abilities. We should offer them back to God.

Father, you are Creator of our world and of each of us.

Help us to share the gifts and talents you have given us.

May we use what we have for the good of others in our world.

Amen



Prayers for healthcare workers



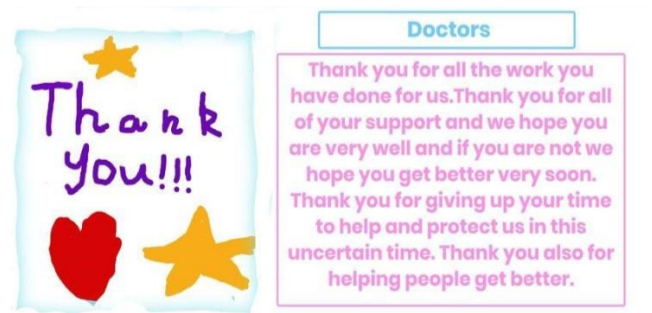
From Year 3s at Our Lady's School, Sunshine

**Dear grocery workers,
Thank you for keeping the stores
clean so that we can shop
without any fear of catching the
coronavirus.**



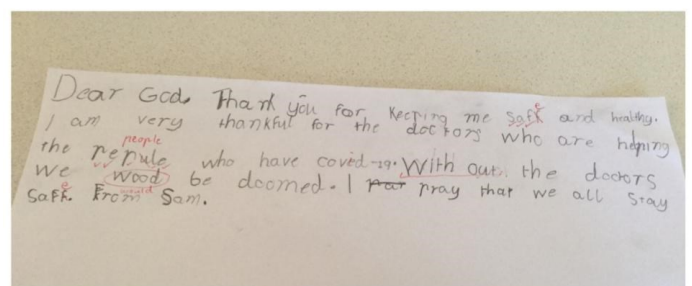
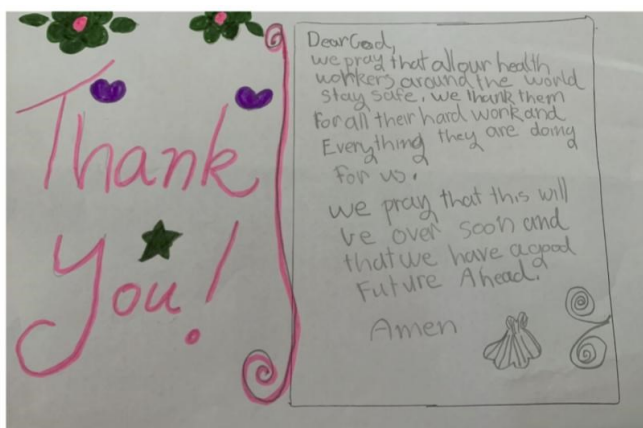
**Thank you Doctors and Nurses, for
helping the sick people and helping us
stay safe. I hope you can stay safe while
looking after everyone.
Amen.**

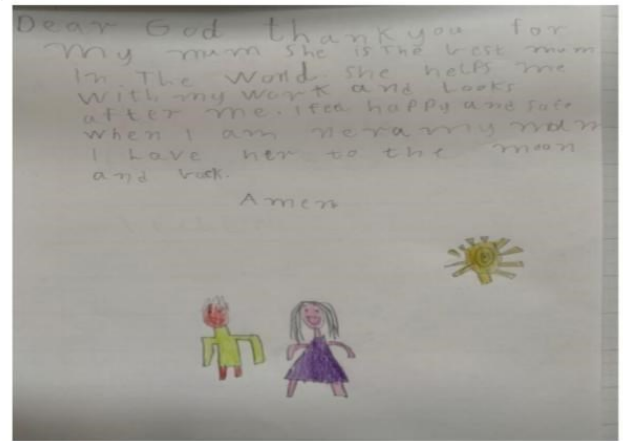
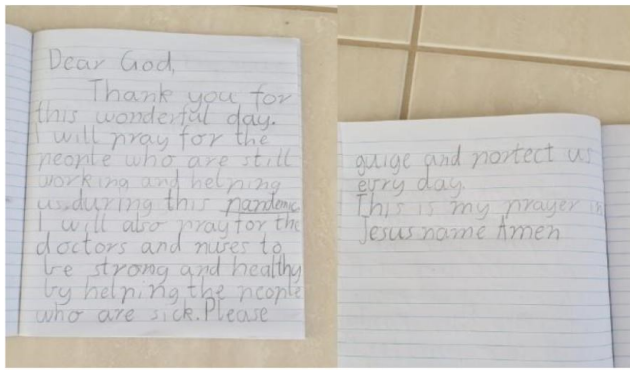
From Sebastian



**★ Friday 24/04/2020 ★
THANK YOU PRAYER**

I thank you all the Dr and nurses for helping all the sick people who are in need.
I also thank you the police because they are protecting us by keeping us safe at home.
I thank you all the teachers help us study online at home and the educators have to take care of the children in childcare center.
I thank you my parent because they cook very good meals, play with me and my sister, help me with the online homework. I love them so much!!
Thank you so so much.



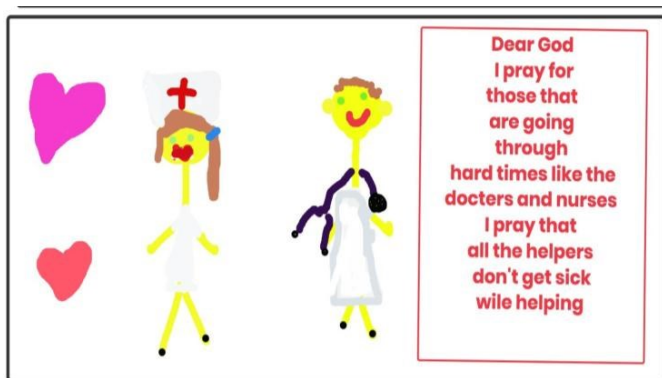


Aria



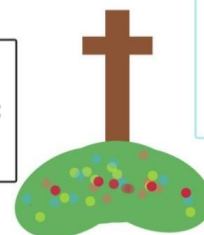
Dear God,
I pray to all the people who are trying to keep us safe. To the Aged Care Workers that are looking out for our dear loved Family and Relatives, keep them safe. To our parents for loving, caring and helping us, we thank them.

Dear God,
I pray for my mum and dad to not get sick and stay safe also to be happy. I thank them for all the hard work in keeping us safe at home Amen.



Dear God
I pray for those that are going through hard times like the doctors and nurses
I pray that all the helpers don't get sick while helping

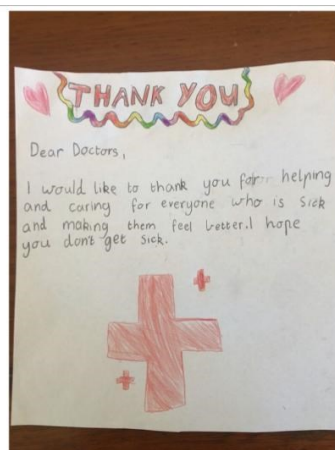
Dear God
thank you for making the perfect people to stop a sickness



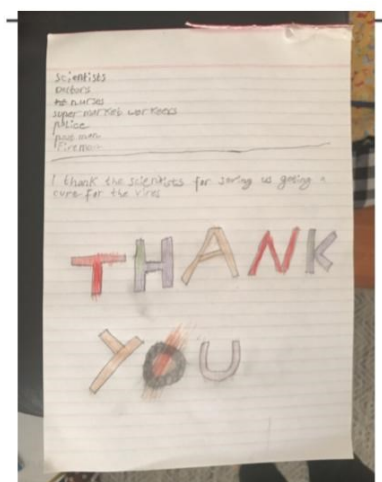
Thank you communities for trying to help us not get sick



Dear Doctors,
I Hope you don't get sick and that you'll stay healthy. Thank you for all you do for us and all the appreciation you give us.
From Eva



Dear Doctors,
I would like to thank you for helping and caring for everyone who is sick and making them feel better. I hope you don't get sick.



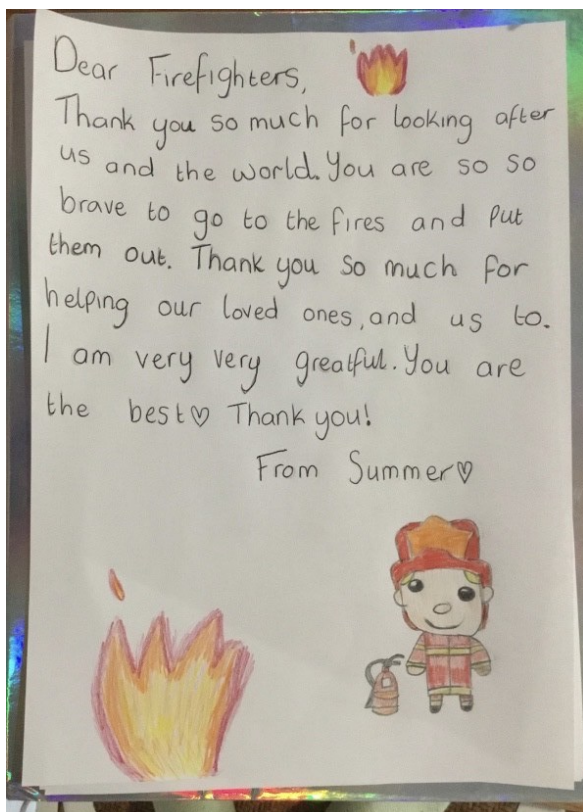
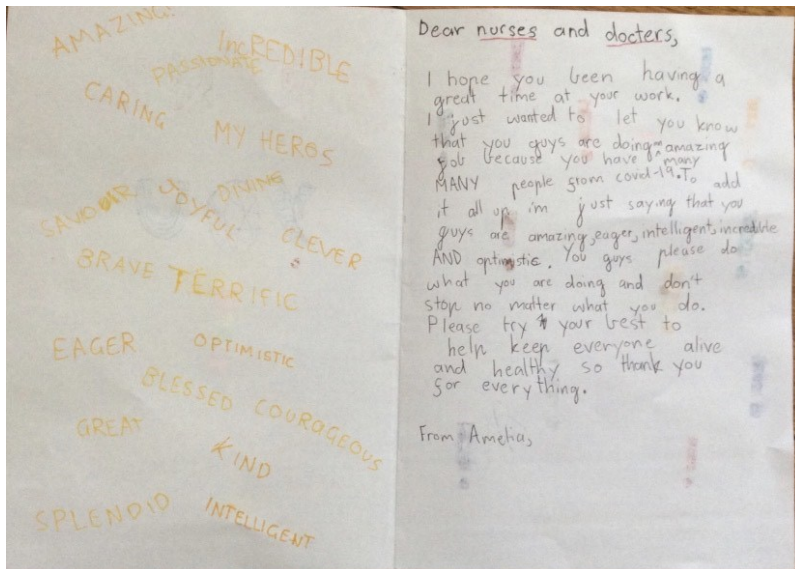
Scientists
Doctors
Aged Care Workers
Superheroes
Police
Firefighters
I thank the scientists for trying to give a cure for the virus

THANK YOU



Thank you to all our Year 4 students who wrote to essential services workers to show them our appreciation.

Below I have included Summer and Amelia's (4G) letters and also the replies they received from the firemen and nurses.



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



FI

Anthony V: For working so conscientiously at home. Thank you for sharing your video clip showing all the things you found on your scavenger hunt. You were very adventurous! *From Ms. Cam Tu*

Ethan N: For consistent effort and attention to detail in your work. Thank you for sharing your Art work for this week, your colour wheel was so meticulously placed together! *From Ms. Cam Tu*

FJ

Olive M: For your amazing attempts to spell words. You are using your strategies to hear initial and end sounds in words to help you spell. You are so clever! Well done! *From Miss Severino*

Joanne H: For using the Lips the Fish strategy in your writing pieces to hear the first sounds in words. Keep up the great job! *From Miss Severino*

1K

Jacob T: For sharing his learning on Seesaw and using the Learning Asset 'Thinker' to explain his learning! *From Miss Karen*

Andi M: For being so enthusiastic about her on-line learning. Her love of learning shows. *From Miss Karen*

1L

Simeli C: Trying her best in her online-learning and giving everything a go! *From Miss Steph*

Alexia V Completing all of her online learning to a high standard with lots of detail and effort shown! *From Miss Steph*

2M

Neveah M: For demonstrating the Learning Asset of being a Thinker throughout your learning. Well done and keep it up! *From Ms Scarpaci*

David H: Fantastic work during online learning and for showing great persistence. *From Ms Scarpaci*

2N

Giselle T:For being an active self-manager and sharing your learning and asking for feedback. Amazing Gisele, keep it up! *From Ms Howe*

Madeline F: For using the Thinker Learning Asset while learning from home and showing your deep thinking in our learning tasks. Well done Madeline! *From Ms Howe*

3E

Will F: For working from home really well and for trying to be a self manager on the days mum was working. Well done Will you've done a great job! *From Miss O'Connell*

Cade A: For joining our Google Meet every morning with a smile and participating in group conversations. I am also impressed with the work you complete each day. Keep it up Cade! *From Miss O'Connell*

3F

Bidaochai K: For being a self-manager, asking for help when he needs it. I am so impressed with how hard you always try, keep it up, I am so proud! *From Ms Murphy*

Aquelly L: For always putting in so much effort in your learning, even from home. Keep it up! *From Ms Murphy*

4G

Zoe A: For demonstrating true Anzac spirit and baking Anzac biscuits to commemorate our Anzac heroes. *From Mrs Sales*

Dominic C: For demonstrating true Anzac spirit and baking Anzac biscuits to commemorate our Anzac heroes. *From Mrs Sales*

4H

Alisha L: For displaying the Learning Asset of Self Manager by being able to self-direct and complete learning tasks that display attention to detail and thought.

From Mr Wickham

Karen H: For being ready each day, showing enthusiasm and interest in her learning. *From Mr Wickham*



5C

Jack T: For being a motivated and organised online learner and putting a lot of effort into his work. Well done, Jack! *From Miss Wendy.*

Michael C: For always being an enthusiastic learner. Your enthusiasm shines through in everything you do, I have loved listening to you read with expression. Well done, Michael! *From Miss Wendy.*

5D

Esthy K: For always trying her best in her learning each day. You put lots of effort into each activity and will always ask for help when you need it. Keep it up! *From Mrs Mendoza*

Kayden T: For his persistence each day in every learning activity. You have been an enthusiastic learner and ask questions when you need to. Keep it up! *From Mrs Mendoza*

6A

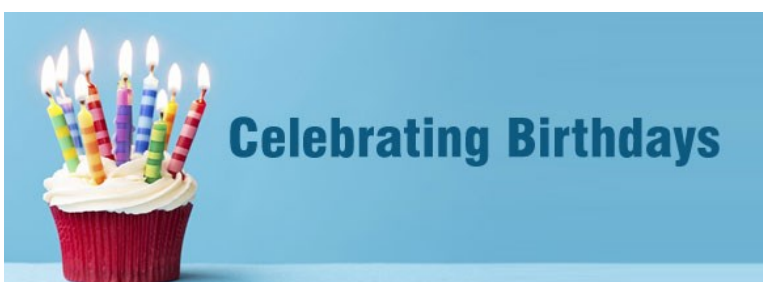
Jason P: For being an enthusiastic learner and sharing his awesome sense of humour with others. *From Ms Kaan*

Matthew S: For collaborating with others online and for stretching his thinking in all learning areas. Keep it up Matthew! *From Ms Kaan*

6B

Phoebe W: For demonstrating excellent core thinking when unpacking a seed using a 3 Level Guide. *From Ms Gurry*

Oscar M: For being an excellent self-manager and communicator while learning from home. *From Ms Gurry*



1L: Quentin S
2N: Ava D
5C: Aiden C
Staff: Miss Pina

Our Lady's Primary School	System Update: 28.04.2020	
Version 0.2	Date of Next Review: 28.04.2021	

Remote On-Line Learning Policy

Google Meet, Google Suite and Seesaw

Our Lady's school has organised for safe, remote, online learning to be implemented F-6 for the purpose of students' education continuing during the COVID-19 health crisis.

This guide explains the protocols when teaching and learning from home, for parents, students and teachers.

During this period of remote learning your child will be invited to participate in whole class, as well as small group or individual learning opportunities if required.

If your child is invited to participate in a small group or individual learning opportunity, for the purpose of their education, you will be informed by a staff member.

Ideally, we would ask that a parent/adult/older sibling is present and in the same room as their child while the Google Meet is held. Small group and one to one learning opportunities will require parent consent and the Google Meet will be recorded.

On-Line Safety Responsibilities:

Parents and Carers:

It is important for Parents & Carers to ensure that members of their family adopt and maintain safe 'on-line' practices at all times. This includes, but is not limited to:

- » Ensuring all family members are aware of the school expectations when working online and the school's Technologies Policy/User Agreement, in accordance with eSafety Commission ['Are They Old Enough'](#) guidelines.
- » Develop family expectations for screen time, sharing working spaces, using security controls and boundaries for social media use.
- » Refer to the [Top 5 Online Safety Tips for Kids](#) and consider developing a personal safety plan. Discuss this plan and share this with your family.
- » Use only credible sources for content searches online.


Students:

Staying safe online:

- » Always remain SMART, SAFE and RESPECTFUL online.

If you experience anything, that makes you feel uncomfortable or upset, you can:

- take screenshots for evidence
- do not respond to anything unkind or disrespectful - Leave the program immediately
- tell the adult in charge
- Report the Incident to your teacher.

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Google Meet Parents and Carer Responsibilities:

Before the Google Meet starts:

- » Set-up a device in a safe and quiet space using an Internet enabled device, which supports your child's learning.
- » Make sure your child has everything they need for the lesson.
- » Make sure others in your house know your child will be in a Google Meet so they are not interrupted.
- » Your child should be dressed ready for learning (e.g. not in pyjamas).
- » Remind your child that the rules used at school also apply in an online meeting classroom.

During the Google Meet:

- » Make sure that your child remains on task and is using their device correctly. They should not be playing 'on-line' games or be watching videos unless this is an instruction for their teacher.
- » Your child should be engaged in the lesson by:
 - actively listening,
 - asking questions,
 - completing online exercises.

After the Google Meet:

Parents and Carers please make sure that:

- » Your child completes tasks as best they can.
- » Your child contacts their classroom teacher if they are having difficulty in completing any activity.


If you have any difficulties please do not hesitate to contact their classroom teacher to discuss the possibility of alternative arrangements.

Google Meet Student Responsibilities:

- Read all information/emails/instructions from your teacher.
- Complete set learning activities.
- Upload your work as requested by your teacher for feedback.
- Participate in Google Meets.
- Contact your classroom teacher if you are having difficulty in completing any activity or require clarification or additional assistance.

Before the Google Meet starts:

- Make sure your devices are charged and connected to power and your home Internet.
- Find a quiet place in your house.
- Place your device on a flat surface.
- Use headphones (if you have them).
- Bring a pencil and paper and any work you need for the lesson, as well as questions about your work.
- Go to the toilet before the meeting.

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- Please eat before or after the meeting, not when the meeting is taking place.
- Be on time for your video conference. Turn your video on at the start of the meeting so that everyone can see you.

Logging In:

Foundation -Year 1

- Make sure you are logged into your Seesaw account and your class google account.

Year 2-5

- Make sure you are logged into your Seesaw account and your Google account.

During remote online learning (Google Meet, Google Drive and Seesaw)

- Keep your microphone on mute unless the teacher asks you to turn it on.
- Follow the school rules when learning online.
- Use polite and respectful language when communicating (speaking/writing messages) online with your teachers and your classmates.
- Use technology responsibly and follow the Student Technologies Policy/ Agreement.
- Raise your hand to speak or use the "Chat" feature to ask questions or respond to classroom learning.
- Stay calm if your technology does not work. Try rejoining the Google Meet.
- When the meeting finishes all students should leave the meeting before the teacher does.
- Stay comfortable and remember to stand and stretch regularly during your online learning.

Respectful Online Participation for Learning and Wellbeing:

To ensure the safety and wellbeing of all students participating in on-line learning & Google Meets (video conferencing) the following provisions must be considered:

- » All Video Conferences, chat and direct messages will be monitored. Please remember to act within school expectations.
- » No Video Conference will take place with a student on their own and an adult must be present in the room at all times.
- » Whatever goes online, stays online. Take pride in yourself as a member of the school community.

Privacy:

The Our Lady's School Technologies Policy /User Agreement requires all users to take reasonable steps to protect the personal information that is held from misuse and unauthorised access.

Our Lady's School stresses that you take responsibility for the security of your device (e.g. computer, iPad, phone) and not allow it to be used by an unauthorised party.

insights



Wellbeing tips for primary school kids

by Dr Jodi Richardson

It's time for parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Wellbeing – it's a word we hear a lot these days. We understand that it's important for our kids; but it's not always clear exactly what it is, how we know if they've got it, and how we can help them to get more!

Since the Slip! Slop! Slap! campaign of the early 80s, the media has helped to spread messages about the importance of protecting our skin from the sun, regular exercise and a diet rich in nourishing wholefoods to promote and protect our own health and that of our families.

Now it's time for us as parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Put simply, our kids' wellbeing is a combination of their physical, mental, emotional and social health. And because a range of different elements contribute to their wellbeing, there are a bunch of activities we can do with them, role model for them and teach them, to improve it.



Developing wellbeing is more than ensuring the absence of ill-health, it's about taking action to adopt thinking and behaviour patterns that researchers have shown to foster flourishing physical and mental health.

It's evident from the *Australian Child and Adolescent Survey of Mental Health and Wellbeing* that it's never been more important for us as parents to do so. Among 4- to 11-year-olds, 1 in 100 are depressed, 7 in 100 suffer with anxiety and 8 in 100 struggle with ADHD. Add to those worrying statistics the knowledge that 1 in 4 Australian children are overweight or obese, and it's easy to see why working on wellbeing matters.

Here are 5 practices that you can put into action to enhance your kids' wellbeing:

1. Get them outside and moving

Australian kids are some of the least active in the world, with as few as 1 in 5 meeting the recommended 60 minutes of daily exercise. There's so much we can do! Park further from school at drop off and pick up – ease the traffic congestion (cos' we all know what school parking is like!) and increase their daily exercise at the same time; stay a while after school to let the kids play; stop at the park on the way home or head outside after bags are

unpacked and have a bounce on the trampoline. Yes, I know, it's going to take some effort, but this is what really matters – and it's good for you too!

2. Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!

Positive social relationships not only enhance kids' wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

3. Keep screen time to a minimum

I know, easier said than done! Kids love screens, but we're the parents and we can work with our kids to create clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12-year-olds. Assuming kids are watching appropriate material and lying on their tummies to use tablets (helps reduce neck strain), the risks of screen time largely relate to what kids are NOT doing while using them such as being active, chatting, reading, playing creatively and sleeping. Kids also need to get bored!

4. Help your kids develop mindfulness skills

Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. That's it. Sounds easy, but like any skill it takes time and practice. It gives kids' overstimulated minds a rest! A regular mindfulness practice will also help them to regulate their attention and their emotions; and teaches them to create a lifelong practice of taking time out to become calm, content, relaxed and in the moment. I highly recommend the Smiling Mind app for age appropriate mindfulness meditations; also, a lovely mindfulness practice is to lay down with the kids, eyes closed, and take time out to breathe naturally while everyone tunes in their 'Spidey senses' to all of the sounds around them.

5. Last but not least – ensure your kids get ample sleep

Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a 'wind-down' routine which may include a bath/shower, being read a book and then quiet reading before lights out. Taking time to chat with your kids before bed or encouraging them to reflect on what they're grateful for is also a great way to help them decompress and get a restful night's sleep.



Dr Jodi Richardson

*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson
Enquiries to jodi@drjodirichardson.com.au*



Jesus is always with us

3rd Sunday of Easter, Year A



Life is like being on a journey of faith, but sometimes we encounter obstacles along the way. What are some of the toughest obstacles on your path of life?



How does Jesus help you and guide you along that path?





Gospel Lk 24:13-35

Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him. He said to them, 'What matters are you discussing as you walk along?' They stopped short, their faces downcast.

Then one of them, called Cleopas, answered him, 'You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days.' 'What things?' he asked. 'All about Jesus of Nazareth' they answered 'who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us they had seen a vision of angels who declared he was alive. Some of our friends went to the tomb

and found everything exactly as the women had reported, but of him they saw nothing.'

Then he said to them, 'You foolish men! So slow to believe the full message of the prophets! Was it not ordained that the Christ should suffer and so enter into his glory?' Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself.

When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. 'It is nearly evening' they said 'and the day is almost over.' So he went in to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?'

They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, 'Yes, it is true. The Lord has risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.