



## OUR LADY'S SCHOOL NEWSLETTER

9 October 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*

*'In the beginning God created the Heavens and the Earth' Genesis 1:1*

Dear Parents,

Finally, I can pass on the good news that next week we will all be back at school again! It will of course still be under a COVID safe context and we will be implementing our School COVID Safe Plan. This involves staggered drop off times in the morning and pick up times at the end of the day. These will remain as they were at our last school re-entry and I have put a copy of the times on the next page of this newsletter, for your reference.

The snack and lunch playtimes will also be staggered and Year levels will have specified play areas which will be rotated during the week. This will help with social distancing and provide students with more space to play in. Hygiene will be a top priority and we will be enforcing all our hygiene protocols and reminding students on a regular basis. The school is thoroughly cleaned each day by our cleaning staff Nubia and Salvador. Teachers will also be regularly wiping surfaces in the classroom when needed. We will also be making sure that the classrooms are well ventilated and that we keep the classroom doors open.

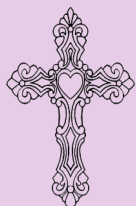
Sadly, visitors and parents will not be able to enter onto our school site other than at the front office and only if necessary. At this stage no large gatherings can take place, so paraliturgies (prayer gatherings) and assemblies will be remote. Our Friday Assemblies will take place at 2:30 pm and will be live streamed via Google Meet. Before the assembly begins you will be sent a link via Seesaw to join. You will need a Google account in order to join. You may wish to use your child's Google account if you don't have your own.

As I have already communicated in my letter to parents this week your child's health, social and emotional wellbeing will be a top priority for all staff. I have included 7 tips for preparing your child to come back to school in this newsletter. I also encourage you to visit our Wellbeing Hub which is full of resources for you to access to support you in supporting your child's wellbeing. Information about the Wellbeing Hub is included in this newsletter. The staff have looked at the Term 4 class programs and the school calendar to prioritise activities and events which promote amongst the students a sense of belonging and connectedness, and opportunities for greater interaction and collaboration with their peers so that they can quickly re-establish school friendships and relationships. Above all else we want to instil in our students a sense of optimism, confidence and hope in the future, reassuring them that all will be well and that their school is here to help them to grow and flourish in all areas of their learning.

### Important reminders for Term 4

- Parents need to return all Chromebooks that were borrowed during the online learning period back to school on Monday with their child. These Chromebooks need to be given back to their classrooms teacher.
- Our Lady's is a SunSmart school and wearing a school hat while outside is compulsory in Terms 1 and 4. Our rule is "No hat, no play" and it means you sit in the shade if you do not have a school hat.
- Children are expected to be in full Summer uniform by Monday the 26th of October. Until then you can choose for your child to wear either a Winter (if the weather is still cold) uniform or a Summer uniform.
- Children must wear black shoes (NOT runners) as part of their uniform and only wear runners on their Sports Day. Please let your child's teacher know if your child has outgrown their school shoes and you are having trouble purchasing a new pair. Some allowances will be made.
- The canteen will be open each day for lunch orders only at this stage.
- Children are required to bring their own water bottles which they will be able to refill at school if they need to. We are not allowed to use the school taps.
- EXTEND our after school care providers will begin at school on Monday the 12th of October onwards.

### A Student's Prayer for a New School Term



Lord Jesus, I ask for Your help as I begin this new school term.

Allow me to experience Your presence in the many blessings You put before me. Open my eyes to the new challenges and exciting opportunities that this new school term brings. Open my heart and mind to new friends and new teachers. Give me a generous spirit to be enthusiastic with my studies and courage to accept new opportunities. Help me to be attentive to my teachers and let me experience Your presence in my new friends. Jesus, inspire me to do my best this term! Amen

## Preparation for 2021 Classes

At this time of the year the school is making arrangements for staffing and classes for 2021. Next week we will begin the process of class compositions for 2021. This process usually takes about a month and a great deal of time and energy goes into the decision-making process. We give the children a voice by asking them to list 6 children they would like to be in their class and we guarantee that each child will have one friend that they have listed.



Please take the time to talk to your child about who they will list as their friends and encourage them to think about listing children who will support them in their learning and help them to be a better learner in the classroom rather than someone they would like to play with. The staff work very hard to make sure that we provide a supportive and engaging learning environment for each child and this process plays a large part in this.

The class structure for 2021 will not change; we will still maintain two classes for each year level. None of the classes will be composite; they will all be straight classes from Foundation to Year 6.

**If you have any educational concerns about your child's placement for 2021 you will need to communicate these to Ms Bertani in writing via email on [principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au) by Friday 16 October 2020. It is essential that all letters have been received by next Friday.**

As we are planning for 2021, 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 2021 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 2021 (apart from our current year 6 children) please let the Office know as soon as possible.**

# Drop Off and Pick Up Times and Gates Term 4

A-F ☀ Morning Drop Off (Victoria Street)	
8:20 → 8:30	A→F Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
A-F 🌙 Afternoon Pick Up (Victoria Street)	
2:50 → 3:00	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)

G-L ☀ Morning Drop Off (Station Place)	
8:20 → 8:30	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
G-L 🌙 Afternoon Pick Up (Station Place)	
2:50 → 3:00	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)

M-R ☀ Morning Drop Off (Victoria Street)	
8:30 → 8:40	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
M-R 🌙 Afternoon Pick Up (Victoria Street)	
3:00 → 3:10	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)

S-Z ☀ Morning Drop Off (Station Place)	
8:30 → 8:40	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
S-Z 🌙 Afternoon Pick Up (Station Place)	
3:00 → 3:10	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)

# Returning to school: 7 tips for parents/carers to help children cope

Adapted from: [Parent zone](#)

After months of remote learning and a range of COVID19 restrictions, children will be returning to school routines, classrooms, classmates, teachers, expectations and, in some cases, even new school settings. Amid the anticipation and excitement many children are feeling, for some, leaving the home learning routine and environment may create anxiety for a range of reasons including: the ongoing uncertainty of COVID19; social distancing and hygiene measures in place; family circumstances related to health; grief associated with a recent loss; or economic circumstances.

To prepare and support students' return to onsite learning and the school/classroom environment, consider the following tips:

## **1. Talk to your children about how they feel**

- It is important to encourage children to discuss their feelings about returning to school.
- If they feel anxious or worried, help them understand this is perfectly normal, and that you and their teachers are there to support them.
- Although difficult, try not to share any anxiety you may be feeling with your children.
- Bear in mind that your child may be returning to a pre-existing issue from before remote learning – for example, a bullying or relationship issue, or difficulty with school work or staff – or they may be preparing for the transition to secondary school.
- Try to give them a non-judgemental and supportive place to share any worries. Younger children, in particular, may not always have the words to express their feelings, so try to find a way of bringing up the conversation without putting pressure on them – for instance when you're playing with them or going for a walk. This can help them to open up naturally and identify what they're worried about.

## **2. Pack right, pack light**

- Your school will have been in touch to let you know what your child should and shouldn't bring on their return. Eg. bring an individual water bottle.
- Make sure you have checked with your school about what they need in order to make your child's day easier.

## **3. Support children to understand the school procedures**

- Your school will also have been in touch to explain various procedures in place – such as entry points, break times and hand washing routines.
- If you haven't received this information or are unsure you should contact your school office.
- It will be important for your child to understand social distancing and hygiene rules and, importantly, why they are in place.
- Read school communications with your child and make sure they are prepared and know what to expect when they arrive at school.

## **4. Familiarise yourself with school procedures**

- You'll need to know where and when to drop children off and pick them up, as well as what parts of the school you can access.
- If your child travels to/from school independently, including on public transport, you should talk to your child about getting to and from school, including observing the directions of Victoria's Chief Health Officer (ie. social distancing, group gatherings).
- Your child will be expecting you at the end of the day so make sure you, or whoever is collecting them, are there in the right place at the right time.
- If your child travels home independently, make sure you, or another carer, is there to welcome them home and check-in about their day.

### 5. End of day emotions

- For younger children in particular, a school day can require a lot of self-regulation or compressed behaviour, which can lead to tired and emotional outbursts later on in the day.
- Given the length of remote learning and new school safety procedures in place, these emotions may be hard to cope with when they return home.
- It is a good idea to keep this in mind, and allow some time for 'letting off steam' by encouraging children to unwind and play outdoors.

### 6. Stay informed

- Given the long absence from school, there may be a period of readjustment.
- Discuss and affirm familiar routines and school expectations regarding uniform, grooming, attendance and participation to help your child reconnect with their school community.
- There may be fresh challenges for your child, from working with new classmates and teachers, to coping with their work and school expectations / 'rules'.
- Try to stay informed about how they are getting on – but if you are concerned, contact the school office about speaking to the class teacher.

### 7. Sleep and rest

- Your children may have been getting used to some unusual hours during the remote learning period and that may have extended into the school holidays.
- Make sure children are getting a good night's sleep for their return to school.
- It might mean introducing some earlier bedtimes than they have had recently and limiting screen time.
- A good night's rest will help them cope with the return to school and the new routines they will be adapting to.

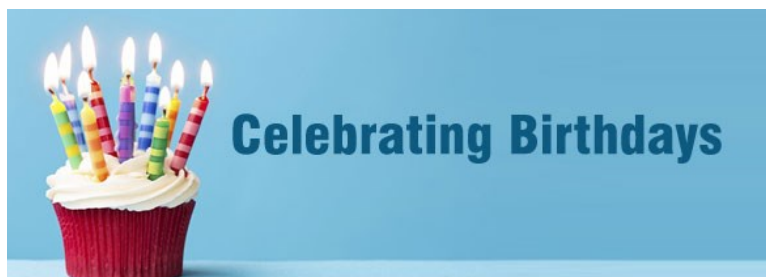
Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

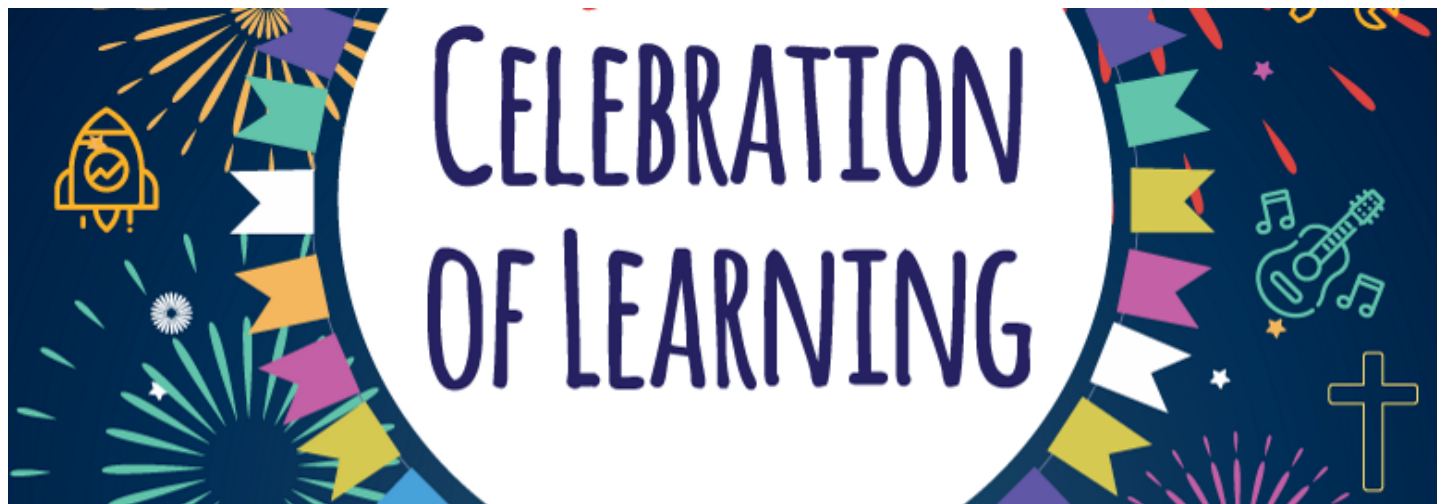
[principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au)



Kanieshka V 3F  
Kayden T 5D  
Leonardo S 2N  
Scout C 6B  
Anna V 2N  
Ms Bertani  
Bella D 3E  
Justin C FJ  
Kayla T 5C  
Charlotte M 1K  
Dean Z 3F  
Sidney F 4H  
Abbey N 2N

Brian L FJ  
Georgia M 5D  
Arielle A 5D  
Rose H 4G  
Elke K 1K  
Ethan A 5D  
Sienna C 2M  
Will F 3E  
Mrs Mendoza  
Mason M 6B  
Khoen B 6A  
Chloe F 4H





## FI

**Hannah** For having an enthusiastic approach to all learning tasks. Keep it up! *From Ms. Cam Tu*

**Eilish** For choosing a variety of interesting writing seeds. Well done on being innovative! *From Ms. Cam Tu*

## FJ

**Koby** - For using his brain to show his thinking and making connections about his seeds for writing! Well Done! *From Miss Severino*

**Makuei**- For demonstrating deep thinking around your writing seed and making such meaningful connections to experiences in your life. Well done! *From Miss Severino*

## 1K

**Lincoln B** For your interest and enthusiasm in Science experiments. You completed a very good evaluation of the Science experiment. Well done Lincoln! *From Miss Karen*

**Helena L** For consistently completing learning in your Remote Home Learning booklet. *From Miss Karen*

## 1L

**Archie S** - For being a creative and musical thinker! Well done on composing a great song to show your imaginative seed thinking! *From Miss Steph*

**Philemon C** - For his persistence and doing his best when reading new stories! Well done on using your reading strategies to sound out unfamiliar words! *From Miss Steph*

## 2M

**Peter D**- For working to the best of your ability during remote learning and demonstrating the learning asset of being a Thinker. *From Miss Scarpaci*

**William T**- For working to the best of your ability during remote learning and showing excellent collaboration skills with family members. *From Miss Scarpaci*

## 2N

**Madeline F**- For speaking clearly and confidently to form persuasive reasons, trying to convince others to think the same as her. Fantastic work Madeline! *From Ms Howe*

**Ava D**- For having such amazing self-motivation while learning from home and always doing your best in everything you do! You are amazing Ava! *From Ms Howe*

## 3E

**Nathan L** - For completing all of your learning activities each day and for going back and trying again when your teachers ask. Well done, keep it up! *From Miss O'Connell*

**Charlize D** - For always trying her best with her learning activities on Seesaw and for working hard to answer questions with full sentences. Great work Charlize - well done! *From Miss O'Connell*

## 3F

**Kanieshka V** - For always trying her best with her learning activities on Seesaw and for working hard to answer questions with full sentences. *From Ms Murphy*

**Mila K** - For demonstrating you are an excellent Self-Manager during Remote Learning. Well done always working to the best standard and communicating clearly - keep it up! *From Ms Murphy*

#### 4G

**Rose H-** For always having a polite, pleasant manner when online and in person. Never change Rose! *From Mrs Sales*

**Miller M-** For consistently going above and beyond in his learning and being an excellent Self-Manager. Keep it up, champ! *From Mrs Sales*

#### 4H

**Tom D.** - For displaying the Learning Asset of Self Manager in presenting work on See-saw that reflects thought effort and attention to detail. Well done Tom. *From Mr Wickham*

**The Parent Group of 4H** - For your support and assistance during the period of online learning. What your children have achieved would not have been possible without your help. You have displayed the Learning Assets of Collaborator and Self Manager and have modelled these Assets to your children. Congratulations and thank you. *From Mr Wickham*

#### 5C

**Jack T.-** For making a huge effort with his learning this week. You are completing your work to a very high standard, Jack. Great self managing! *From Miss Wendy*

**Kyle F.** - For being an amazing thinker, and for sharing his ideas with his teacher and classmates. *From Miss Wendy*

#### 5D

**Avy K** - For the positive energy you always bring to the google meets and always being super organised each day! Amazing Avy! *From Mrs Mendoza*

**Chum C** - For improving your effort in your learning, having a go at each activity. What a great start to the term! Keep it up! *From Mrs Mendoza*

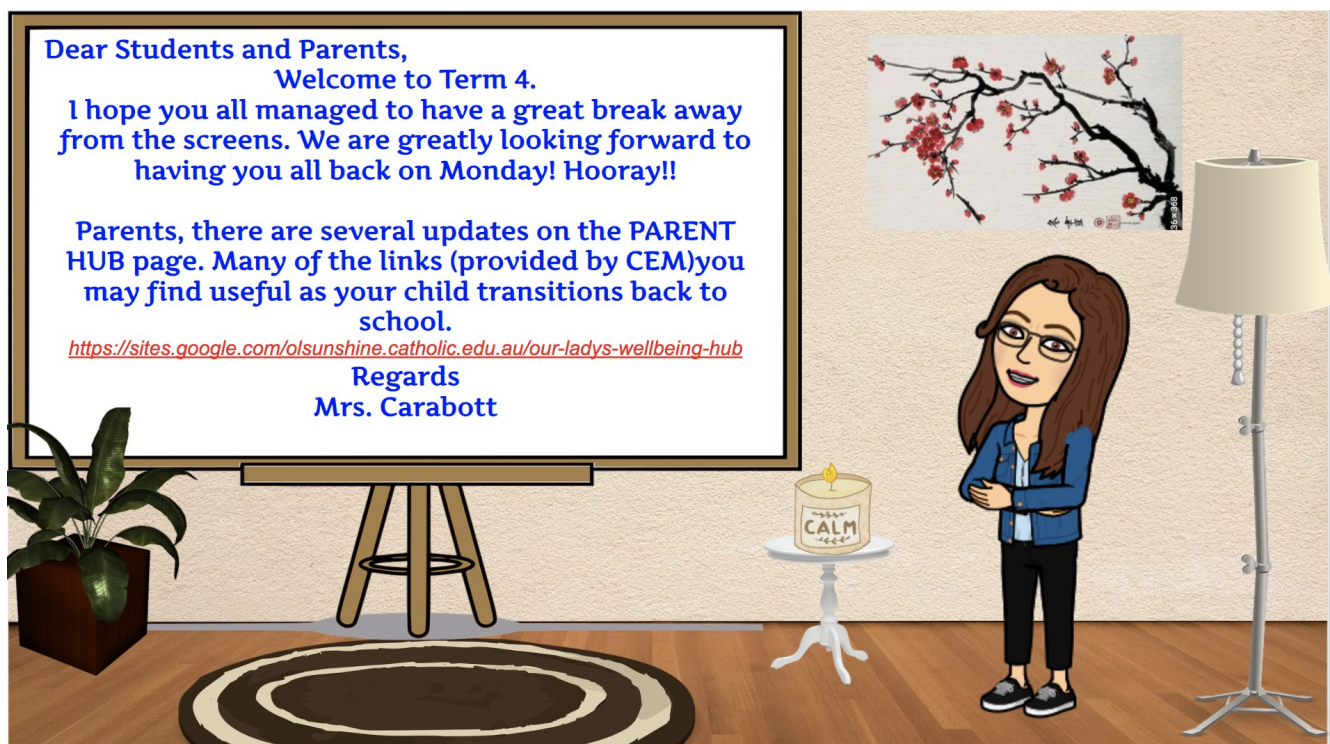
#### 6A

**Matthew D-** For being an accountable learner and always coming prepared for all Google Meets. *From Ms. Kaan*  
**Stalin C-** displaying the school Gospel Value of Respect in all our class. Google meets *From Ms. Kaan*

#### 6B

**Peter H** - For being an excellent communicator during remote learning and sharing his ideas in both class and small group meetings. *From Ms. Gurry*

**Bawi T** - For being an excellent communicator during 6B Google meetings and small group sessions. You shared your ideas and asked questions to improve your learning. Well done! *From Ms. Gurry*



## SCHOOLTV SPECIAL REPORT : Coronavirus – The Transition Back

Below is a link to a 10-minute presentation by Dr Michael Carr- Gregg where he gives advice to parents regarding children transitioning back to school.

*Unfortunately, the reality of Covid-19 is not quite over and there is still a considerable amount of uncertainty. We have all experienced this event together and we are at various levels of transition and adjustment across Australia and New Zealand. The circumstances of this situation have significantly impacted students, parents and teachers alike.*

*Emotions during this time have varied. For some it has been an opportunity to reflect on what is important, whilst others have embraced the opportunity to learn new things. One thing that has remained constant - the need for good parenting and supportive teachers. Both of which offer young people stability and familiarity, and are vitally important during this time of transition and adjustment.*

*Whilst many children may be excited at the prospect of lockdown restrictions being lifted, others may feel mixed emotions. Each child's reaction will differ depending on how well they cope with stress and change. As we all adjust to new routines, it will be vitally important to keep a check on our young people's mental health and wellbeing. Encourage them to focus on the things they enjoy and value in order for them to remain motivated and ensure their sense of belonging.*

[https://schooltv.me/wellbeing\\_news/special-report-coronavirus-transition-back](https://schooltv.me/wellbeing_news/special-report-coronavirus-transition-back)

CATHOLIC SCHOOL PARENTS VICTORIA (CSPV) invite you to a free webinar entitled :

“The Power of Parent Engagement for Student Learning & Wellbeing” delivered by Anne Henderson.

Anne has over 40 years' experience in researching and advocating for family and parent engagement in the US and is best known for her book, 'Beyond the Bake Sale,' her role in the development of parent leadership and her current role on the board of NAFSCE (National Association for Family and School Community Engagement). She works with families, educators, community organizations, foundations, education agencies, and advocacy groups all over the world, to improve student learning by engaging families and community resources in education.



**connect**  
The power of connection

**FREE WEBINAR**

CSPV invite you to register for our Connect Webinar for parents with guest presenter Anne T Henderson.

**The power of parent engagement for student learning and wellbeing**

**Saturday 10th October 2020 9.30am-10.30am**

What is parent engagement? How can you continue to support your children's learning when they return to school?

In conversation with renowned parent engagement expert, Anne T Henderson, we'll focus on parent engagement and the importance of continuing to be engaged in your child's learning once they return to school.

**What we will explore:**

You now have a huge opportunity to continue to engage in your children's learning, to support them to thrive. Through the expertise of Anne, you will learn how important parent engagement is for children's learning and wellbeing and the extremely valuable role you as their parents have to support and enhance learning at home.

**Who is this for?**

Parents and carers of Catholic school students will benefit from learning from a parent engagement expert who has researched the impact of parent engagement in learning over the past four decades and proven that when parents are enabled and supported to be engaged, it significantly impacts student learning and wellbeing.

Register at: <https://event.webinarjam.com/channel/CSPVwebinar-2>

Connect Webinar Series hosted by Catholic School Parents Victoria

**Rachel Saliba**  
CSPV Executive Officer - Host

**Anne T Henderson**  
Guest presenter

**CATHOLIC SCHOOL PARENTS VICTORIA**

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Hours of Operation  
After School Care: 15:00 - 18:00

Contact Details  
0499849940  
[olic@extend.com.au](mailto:olic@extend.com.au)

Monday	Tuesday	Wednesday	Thursday	Friday
Hello My Name Is...	What colour can you make? - Painting Activity	Group Games Outside	Bouncing Vinegar Eggs	Origami

DISCOVER

LEARN

PLAY

## Meet the Team: Leonie Lannigan



Hello,

Welcome back to Term 4!

Extend hopes this term will be happy and productive term for all.

Extend would love to introduce to you, Leonie Lannigan, who will be acting as the Service Coordinator at Our Lady of Immaculate Conception.

Leonie has been in the education sector for fifteen years moving into the OSHC sector three years ago. Leonie's educational background is in science, an area which she has always had a thirst for learning and discovering. Leonie has lived throughout Australia, South East Asia, and China so food and lively conversations are another passion for her. As an OSHC educator Leonie believes her role is to facilitate and guide our children in discoveries that will encourage, enrich, and empower them to know themselves and become active participants in society

Thank You

Extend

[extend.com.au](http://www.extend.com.au)



## INSIGHTS

## Charting a new course for kids post COVID-19



While we've been denied access during the COVID-19 pandemic to activities such as playing group sport, spending time in a café or meeting with friends, there's been plenty of upside too.

Discussions with friends reveal that family life has been a big beneficiary from the physical distancing measures. Comments such as "It's so good to slow down," "I cherish the time I'm spending with my children," and "I'm discovering the joy of having real conversations with my teenager" point to the positive side of getting off the family roundabout many of us have been on.

Though the restrictions placed on society are of course challenging, the imposed period of social isolation has provided an opportunity for parents to forge new habits that have potential to bring more joy and less stress to their children's lives once the threat has subsided. Here are some ideas to consider while charting a new course for kids post COVID-19.

### Significant personal hobbies

Our previous reliance on organised, adult-initiated activity to keep kids busy came at the expense of child-initiated hobbies and interests. The rise of personal digital entertainment and communication technology in recent years has also contributed to the demise of hands-on hobbies such as collecting, crafts and music.

The Scandinavians have long valued the positive impact of hobbies on a person's wellbeing and quality of life. In turn they encourage (and in Sweden's case heavily subsidise) the uptake of hobbies and personal interests from a very young age.

### Personal learning centres

Experts agree that the future of work will be characterised by constant change, requiring workers to continually learn and upskill if they are to adapt. Our children will need to see themselves as continuous learners if they are to succeed in this uncertain future.

The home is a great place to plant this concept in young minds and there's no better way to do this than establishing their own personal learning centre. Start small with a bean bag, a small book shelf and build from there. It's the idea rather than the physical setting where the learning significance lays.

### Mental health practices

This period in isolation has offered an opportunity to embed good mental health practices in children and young people. Three key health practices to continue include healthy eating, plenty of exercise and good sleep patterns. Add regular mindfulness practice, deep breathing and the opportunity to spend plenty of time in nature and you'll be establishing a strong mental health and wellbeing framework for life.

# parenting\*ideas

## Mix of alone and group activities

Life in social isolation has meant family members have had to compromise. Extroverts who love to be surrounded by people have had to give parents and siblings the space they need. Introverts who prefer their own company have been sharing their time, space and company with other family members. Post COVID-19, consider encouraging kids to experience a mixture of alone time, allowing for personal reflection and family time, which promotes family connection. Both are essential for healthy wellbeing.

## Deep eldership connection

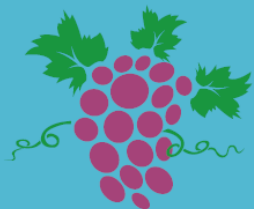
Increased one-on-one time between parents and kids has been a positive side effect of life in social isolation. The opportunity for parents to connect with children and young people with greater depth and meaning is a return to eldership, practised by past generations. Eldership, where parents shared their wisdom and their vulnerabilities with young people, when combined with healthy rites of passage is a time-honoured way of preparing young people for adulthood.

This period of social isolation has provided a rare opportunity for parents to renew and refresh their children's lifestyles, and in some circumstances, reboot family lives as well. It would be a waste to climb back on the busy roundabout of life once the COVID-19 pandemic has subsided, without making some positive changes to the way we live.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



# God's kingdom will be given to those who do right

27th Sunday in Ordinary Time, Year A



## Working for God

Jesus says that we shall be given God's kingdom if we work hard to do right. How can we be good workers for God?

I can be a good worker for God by...

I can be a good worker for God by...

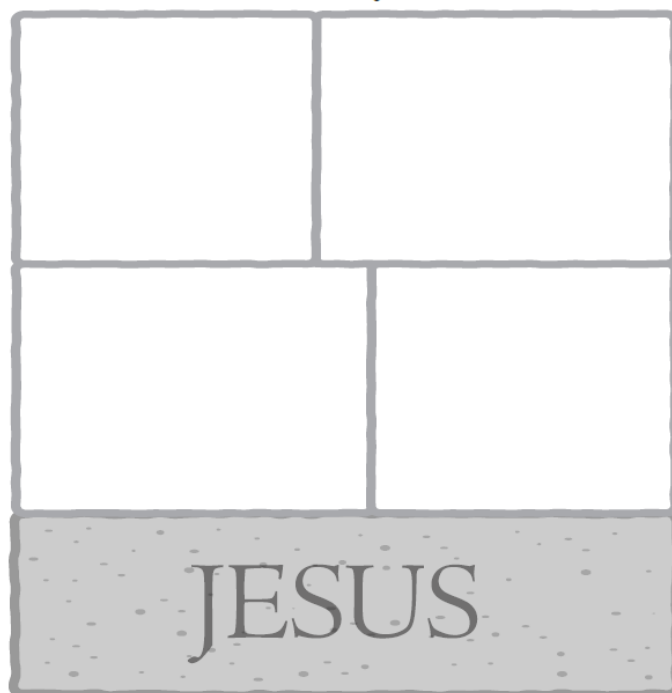
I can be a good worker for God by...

I can be a good worker for God by...



THE STONE REJECTED BY THE BUILDERS HAS NOW BECOME THE MOST IMPORTANT STONE OF ALL.

With Jesus as the cornerstone of our faith, fill in the other stones with pictures of the people in our world who are rejected and outcast.



## Gospel Mt 21:33-43

Jesus said to the chief priests and the elders of the people, 'Listen to another parable. There was a man, a landowner, who planted a vineyard; he fenced it round, dug a winepress in it and built a tower; then he leased it to tenants and went abroad. When vintage time drew near he sent his servants to the tenants to collect his produce. But the tenants seized his servants, thrashed one, killed another and stoned a third. Next he sent some more servants, this time a larger number, and they dealt with them in the same way. Finally he sent his son to them. "They will respect my son," he said. But when the tenants saw the son, they said to each other, "This is the heir. Come on, let us kill him and take over his inheritance." So they seized him and threw him out of the vineyard and

killed him. Now when the owner of the vineyard comes, what will he do to those tenants?' They answered, 'He will bring those wretches to a wretched end and lease the vineyard to other tenants who will deliver the produce to him when the season arrives.' Jesus said to them, 'Have you never read in the scriptures:

It was the stone rejected by the builders that became the keystone.

This was the Lord's doing and it is wonderful to see?

'I tell you, then, that the kingdom of God will be taken from you and given to a people who will produce its fruit.'