



OUR LADY'S SCHOOL NEWSLETTER

20 August 2021

www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley

Principal: Ms. Patrizia Bertani

Parish Mass Times:

English: Saturday 5.30pm, Sunday 9:00am, 10:45am & 5:30pm

Vietnamese: Saturday 7.30pm, Sunday 12.30pm

Chin: Sunday 2.30pm

School Phone: 9312 2230

School website: www.olsunshine.catholic.edu.au

Our Lady's is a Child Safe School

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." 1 Peter 4:10

DATES FOR THE DIARY

Every Friday Assembly is online at
2.30pm

Mon 23-Fri 27 August

Book Week

Wed 25

Wellbeing Day

Sun 5 September

Father's Day

Wed 8 September

School Disco:

5.30 Hot Dog Dinner

6.00-7.00 Disco

Fri 17 September

End of Term 3 at 3.15pm

Mon 4 October

Start of Term 4 at 8.45am

Tues 12-Wed 13 October

**Staff RE Conference—no school
for the children**

Mon 1 November

School Closure - Report Writing

Tues 2 November

Melbourne Cup Public Holiday

Fri 12 November

Yr 6 Confirmation

Mon 15-Fri 26 November

10 Day Swimming Program

PLEASE TAKE NOTE OF THE 2021 SCHOOL CLOSURE DAYS

Tues 12-Wed 13 Oct Staff RE
Conference (re-scheduled)

Mon 1 Nov Report Writing

Dear Parents,

Yesterday, we held the *Our Lady's Got Talent* show online. We had many students showcasing their special talents and sharing them with the school community. It was an event which injected much fun and joy into our day. We thank all the students who participated in the Talent Show and the over 150 members of our school community who were able to attend. Thank you to Ms Kriss Oliver our RE/Learning and Teaching Leader for organising this event.

Taking care of each other, and ensuring that our wellbeing is being looked after, has never been more important than throughout the COVID pandemic due to the fact that we are spending more time than ever in front of a screen and therefore not being as active as usual.

Making sure children and adults have quality time away from devices and technology is vital in supporting wellbeing. Making time for alternative activities such as playing outside, playing games, listening to and dancing to music, riding our bikes or scooters, making and creating or simply reading a book can restore our sense of wellbeing and inject a sense of fun into our day. **In light of this next Wednesday 25 August will be the Our Lady's School Wellbeing Day for students, staff and parents.**

There will be no remote online learning so that students, staff and parents can spend the day away from the screen, participating in activities that will enhance their wellbeing, hopefully re-energising and restoring their sense of wellbeing.

Students of essential workers will still be able to be supervised at school on Wednesday. They will participate in games and activities which promote their wellbeing.

As you are aware we are currently scheduled to continue with the lockdown until Thursday the 2nd of September 11:59pm. This is based on advice from the Victorian Chief Health Officer and means that we will continue with our online, flexible learning.

I am sure each and every person in our community will be following all government recommendations and doing their part to drive the numbers of COVID community transmissions down, so that our students can return to school and life can return to a COVID safe 'normal'.

I need to update you with new and important requirements outlined in the updated Schools Operations Guidelines. This affects parents who bring their students to school for on-site supervision.

Petition Psalm

We pray to the Lord. God hears our petitions.

In you, Lord, I take refuge; let me never be put to shame. *You are my hope, Lord.*

In your justice rescue and deliver me; listen to me and save me! *You are my hope, Lord.*

Be my rock and refuge, my secure stronghold; for you are my rock and fortress. *You are my hope, Lord.*

I will always hope in you and add to all your praise. *You are my hope, Lord.*

My mouth shall proclaim your just deeds, day after day your acts of deliverance, though I cannot number them all. *You are my hope, Lord.*

I will speak of the mighty works of the Lord; O God, I will tell of your singular justice. *You are my hope, Lord. Psalm 71:1-3, 14-16*



As from 18th of August, parents and carers will only be able to request on-site supervision for their child/children for the reasons listed below only if they hold a permit as an authorised worker.

A copy of your permit must be submitted to the principal at pbertani@olsunshine.catholic.edu.au as soon as possible and before your child is scheduled to attend next week. If you cannot scan and email me a copy of your permit please bring it with you so that the office can photocopy it.

These are the reason why your child can have access to on-site supervision:

- Children where both parents or carers are considered authorised workers who cannot work from home, work for an essential provider and where no other supervision arrangements can be made.
- Where there are two parents/carers, both must be essential workers, working outside the home in order for their children to be eligible for on-site provision.
- For single parents/carers, the essential worker must be working outside the home in order for their children to be eligible for on-site provision.



Wednesday 25 August - Our Lady's Wellbeing Day

*Next Wednesday 25 August is the
Our Lady's Wellbeing Day!*

*No screens, no Google Meets, no
school work for the children and the
Staff and the parents!*

*Turn off your devices, take some time
to be with your family, get outside,
play, make, create, read and enjoy
the company of your family!*

*Recharge your batteries and look
after your Wellbeing next Wednesday!*



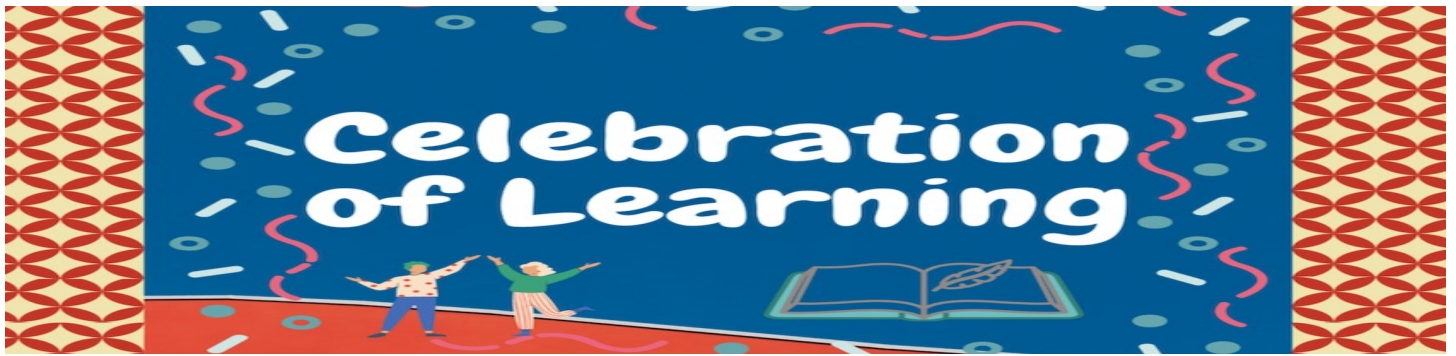
Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



FI

Savannah - For a great writing piece in showing others the steps needed to create a Pac Man. You sequenced the steps well. Great work! *From Ms. Cam Tu*

Tom - For showing improvement in the way you were hefting objects to identify which objects were lighter or heavier than other objects. Great effort! *From Ms. Cam Tu*

FJ

Thelma - For an amazing poetry recital at the talent show! You used your voice, your costume and your actions to be a fabulous Communicator! Well done! *From Miss Wendy*

Snowbery - For being an excellent Self-Manager during Remote Online Learning. You make sure you are always up to date with everything and finish all your work to a very high standard. You are a superstar! *From Miss Wendy*

Lily - For showing courage and when sharing your beautiful dance with the whole school at the talent show. You made us all so HAPPY!

1K

Brian - For demonstrating the Our Lady's School Gospel value of Courage throughout your learning. Keep up the great work *From Miss Scarpaci*

Oscar - For showing persistence throughout your learning especially in writing. Your writing has improved so much. Keep up the amazing work. *From Miss Scarpaci*

1L

Simon L - For being an excellent Self-Manager during Remote Online Learning. Well done for being an independent learner! *From Miss Steph*

Sung Khun T - For being a persistent learner who keeps on trying! Well done for having a growth mindset and for never giving up when things are challenging. *From Miss Steph*

2M

Kennedy H - For always showing a real keenness to learn, and for always showing respect to her peers, and teachers. Well done! *From Ms Frost*

Oliver I - For always trying his best in all tasks, and for creating an interesting and informative Narrative this week. Well done! *From Ms Frost*

2N

Oliver B - For showing courage by performing your own composition at the Our Lady's Talent Show! You did an amazing job showing us your talented piano skills! *From Ms Howe*

Vaslem F - For putting in so much effort this week with your learning! You have tried so hard to make sure you ask for help when you need it and complete your learning. I am very proud of you! *From Ms Howe*

3E

Cohen W For working hard on your writing. Keep up the great work Cohen! *From Miss Karen*

Gabby W For showing initiative, checking all of your learning so carefully and communicating respectfully and clearly with your peers and teacher. *From Miss Karen*

3F

Rhys N For showing the Learning Asset of Self Manager by being organised for remote learning each day and attending all Google Meets on time. Well done Rhys! *From Mr Josh*

Scarlett D For being persistent in all tasks and giving things a go! Keep up the great work Scarlett! *From Mr Josh*

4G

Jonti M - During our maths groups, you have persevered whenever things have become challenging, and been brave in asking questions when you are not sure of the strategies we are using. Keep being brave and taking risks with your learning! Well done! *From Ms Wood*

Bidao - For sharing your technology knowledge! You are an expert at Google Meets and have shared how to fix Ms Wood's recurring problem with her camera! It was so helpful that it has been shared with all the staff at Our Lady's. Thank you and well done! *From Ms Wood*

4H

Sophie D- For demonstrating the Our Lady's Gospel Value of courage by displaying a growth mindset especially when solving worded problems. Keep up the good work! *From Ms. Robles*

Natalie H- For using your learning time effectively and wisely as well as completing all the learning tasks to the best of your ability. Well done! *From Ms. Robles*



5C

Lachlan B- For displaying the Gospel Values of Courage and Service when you took the lead to share our daily schedule to the year 5s when your teachers had technical difficulties! *From Ms. Kaan*

Mikayla C- For displaying the Gospel Value of Courage when you shared your creative talents in Our Lady's Got Talent show *From Ms. Kaan*

5D

Asha K : For the amazing hat you created and accompanying ad that used different persuasive techniques. Well done! *From Ms Marina*

Chloe F: For displaying the Learning Asset of Self Manager through your dedication to learning during online remote learning. You are always so organised and completing all of the work. Keep up the great effort! *From Ms Marina*

6A

Teague A : For displaying the Learning asset of Self Manager by showing effort and dedication to completing learning tasks. Keep it up Teague! *From Mr Wickham*

Jack T. For your quiet determination to show the learning asset of Self Manager by completing learning tasks on time and with some effort and care. *From Mr Wickham*

6B

Avy K - For demonstrating improved skills as a self-manager during remote learning by reading your instructions more carefully and answering questions in appropriate detail. Keep it going! *From Ms. Gurry*

Georgia M -For being an excellent self-manager during remote learning and continually putting in your best effort! You are showing great leadership! Keep it up! *From Ms. Gurry*



Fr Peter
Harry M 4G
Helena L 2N
Harrison H 5D
Kathy P 6B
Cohen W 3E

Book Week 21st-27th August 2021

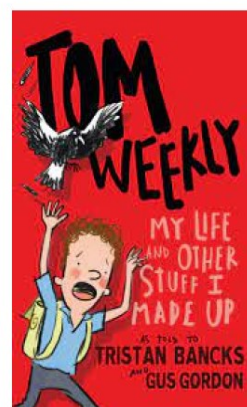
23rd August
Foundation- Year 2

Online Author Visit
Lee Fox



26th August
Year 3- Year 6

Online Author Visit
Tristan Banks



ONLINE DRESS UP DAY!!! Monday, 30th August

Are you ready to dress up as your favourite book character? Maybe you could be a famous Olympic athlete for the day? How about wearing your favourite clothes? Maybe a mask, a wig or a hat will do? Crazy socks can always be fun! It's your choice. What will you wear?



insights



Video Games: the good, the bad and getting the balance right

by Martine Oglethorpe

Video games tend to get a bad rap from parents and the media. There's the fear of your child being locked away in their room for hours on end, inhabiting a virtual world that removes them from family, friends, school work and anything resembling reality. Then there is the fear of what someone might do following a session of first-person shooting, blowing up cars and taking out snipers with an AK47. Not to mention the seemingly wasted hours spent staring at a screen.

Without doubt there is some substance to some of the fears around gaming obsessions and violent behaviours. However, like many elements of the modern world, the negative impacts are often affecting only a very small minority and often these are in the extreme.

It is safe to say that many, many young people can play video games in a way that benefits their physical, social and emotional wellbeing. Like most things, when game playing is done with balance and perspective, it can actually be a most productive way for a young person to spend their time.

The benefits of video games

Cognitive and physical benefits. There are lots of great skills developed when playing video games. Analysing, thinking, problem solving, creating, team work and collaboration form the backbone of many games. Spatial awareness and hand-eye coordination skills, many of which can be transferred to the real world, are an added benefit. Many workplaces and training institutes use games to simulate real-world situations and the medical field is increasingly using forms of gaming to help with physical and neurological disorders.



Social and emotional benefits. Many kids who struggle to fit in at school, or don't make the sports teams, often feel a real sense of belonging, connection and achievement when playing video games. For those who find it difficult to shine in mainstream environments, gaming can be a great way for them to boost their self-esteem and sense of identity in a space that offers comfort, connection and control.

Thinking outside the box. Many games encourage players to think outside the box, take risks and critically analyse a situation. There is a lot of trial-and-error required in many games and this helps to develop players'

persistence in problem solving tasks as they strive to get to the next level, the next world or create the next big city.

Stress release. There is certainly an element of stress release that many games provide for young people. After a long day at school it can be a welcome relief to immerse yourself in a game that allows you to switch off a little.

Keeping it under control

Of course these benefits won't eliminate the concerns many parents have about game playing, especially of online games. So what are some things we can do as parents to help keep it under control?

Look at your individual child. Are they coming to the dinner table without a fight? Are they coming to the table without bringing their device? If they are struggling too much in any of these areas over a long period of time, it might be time to make some changes.

Come up with time limits together. Discuss together what you think is fair based on the need to ensure they are striking the right balance and have enough energy for their other pursuits. While your child is young, give them a warning ahead of when you want them stop so they have time to finish whatever they are creating or whatever level they are at in their game. This helps them to get better at regulating their time.

Play a game with your child. It is much easier to make rules and boundaries around something that you understand and that they know you understand. Play a game with your child to get a feel for what they enjoy about it, be witness to some of the skills they may be developing and enjoy some important bonding time with your child.

Remove headphones, particularly when younger children are playing online games with friends or where others are involved. That way you can have your ears pricked to any bullying, aggressive play or unwanted language.



So next time you are lamenting the time your child spends playing video games, remember that as long as you are able to come up with some rules and boundaries together, you will have a much better chance of keeping game playing healthy and beneficial. With the gaming industry growing rapidly and continually creating and providing for so many other industries, your child may well be working on the skills they'll need in their future career.



Martine Oglethorpe

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website themodernparent.net. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent

Lord, your words give everlasting life

21st Sunday in Ordinary Time, Year B



By listening to Jesus, we too can have everlasting life. What are some things Jesus is telling us? Draw the missing pictures, then circle the correct answers.



Love one another

Do anything you want



Always be the winner

Help others



Be stronger than others

Pray to God

Gospel

Jn 6:60-69

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?'

'It is the spirit that gives life,
the flesh has nothing to offer.
The words I have spoken to you are spirit
and they are life.'

'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'

Jesus spoke to his disciples about the bread of life. It was hard to understand, but those who had faith continued to follow him. Crack the code to find out what Simon Peter said to Jesus.

