



# OUR LADY'S SCHOOL NEWSLETTER

## 3 February 2023

[www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)

**Parish Priest:** Fr. Peter-Damien McKinley

**Principal:** Ms. Patrizia Bertani

**Parish Mass Times:**

English: Saturday 9.00am, 5.30pm, Sunday 9.00am, 10.30am & 5.30pm

Vietnamese: Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm

Burmese: Every 2nd Sunday 2.30pm

Chin: Every 1st, 3rd, 4th, 5th Sunday 2.30pm

Tongan: Every 1st Sunday 3.00pm

**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*

He began to teach them many things in parables, and in his teaching he said to them: "Listen! A sower went out to sow. And as he sowed, some seed fell on the path, and the birds came and ate it up. Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil. And when the sun rose, it was scorched; and since it had no root, it withered away. Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold." And he said, "Let anyone with ears to hear listen!" (Mark 4:2-9)

### DATES FOR THE DIARY

**Mon 6 Feb** 9.15am First Nations Smoking Ceremony  
**Wed 15 Feb** 7.00pm Foundation Learning Parent Info Session  
**Thurs 16 Feb** 11.30am Beginning of School Year Mass  
**Tues 21 Feb** 2.15pm Parent Helpers Session  
**Wed 22 Feb** Ash Wednesday  
**Fri 24 Feb** 9.00am Parent Helpers Session  
**Wed 1- Fri 3 Mar** Yr 6 Camp  
**Mon 6 Mar** School Photos  
**Wed 8 Mar** 5.00-6.30pm Foundation Picnic  
**Mon 13 Mar** Labour Day Public Holiday  
**Thurs 16 Mar** 7.00pm Reconciliation Parent Night  
**Mon 27 Mar:** Staff Professional Learning Literacy with Deb Sukarna  
**Thur 6 Apr** End of Term 1 at 3.10pm

### **SACRAMENTS**

**Thur 23 March:** 7.00pm Reconciliation for Year 3  
**Sun 7 May:** 10.30am Eucharist for Year 4  
**Sun 7 May:** 10.30am Eucharist for Year 4  
**Thur 24 Aug:** 7.00pm Confirmation for Year 6

### **PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS**

**Mon 27 March:** Literacy with Deb Sukarna  
**Fri 5 May:** Personalised Learning with Kath Murdoch  
**Thur 22 Jun:** Three Way Learning Conversations  
**Fri 28 Jul:** RE with Maria Forde  
**Mon 6 Nov:** Report Writing

Dear Parents,

Welcome to the 2023 school year. A very special welcome to all our Foundation students, new students across other year levels and our new families. Our Lady's School has made an excellent start to the 2023 school year. The students are very settled and focussed on learning. As I visit the classrooms I have been delighted to see just how engaged the students are with their learning, the respectful way they communicate and the joy they show in learning together. I congratulate all our students for showing such a positive attitude to their learning. Thank you to all parents for your collaboration with the new before school drop off and the after school pick up arrangements.

### **A very special invitations to all parents and grandparents**

We would like to invite everyone to join the teachers and students at 9.00am on Monday for the Smoking Welcome to Country Ceremony. The Smoking Ceremony will be conducted by Aunty Joy Murphy Wandin (pictured on the right) who is a Senior Wurundjeri elder of the Kulin Nation. The traditional owners of the land on which our school stands today.

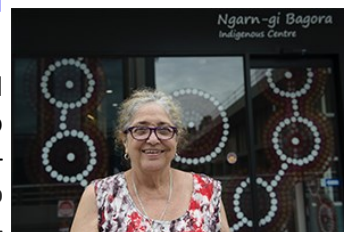
Born in Healesville, Aunty Joy's family never left Wurundjeri land and she is the great-great niece to William Barak, the last traditional Ngurungaeta of the Wurundjeri-willam clan.

I encourage parents to join us as it will be an opportunity to witness and participate in an indigenous custom dating back thousands of years.

### **A special treat for all parents and grandparents on Monday morning at 9:30am**

On Monday morning from 8:30am to 9.00am when the Welcome to Country Smoking Ceremony begins I would like to offer all parents and grandparents a free coffee made from our wonderful coffee man Phil who makes the best cappuccinos, lattes, short/long blacks and hot chocolates in the western suburbs. You will find his van parked near our canteen.

It is our way of welcoming our parents/grandparents back to our school community. I am hoping that this will encourage you to stay for the Welcome to Country Smoking Ceremony but also stay and chat with other parents as you enjoy Phil's excellent coffee.



### **Beginning of the School Year Prayer**

*The beginning of the school year can be an exciting time. We pray that God will always be with us.*



God, Father of us all, we are beginning a new year together in our class. Help us to learn new things this year and to make new friends. May we open our minds to learn more about you. May we open our hearts to the needs of others. May we have a welcoming word for those who are new or who need a friend. Help us to learn new ways to serve you in love. Amen

# Canteen News

This year the school canteen will be operating on Wednesdays, Thursdays and Fridays only. **There will be no canteen on Monday and Tuesday.** Parents will need to make sure that their child brings their lunch from home on the days the canteen is closed. The canteen will be managed by Nubia and Connie who will be introducing new food options in the coming weeks. Nubia and Connie are very excited to be able to expand our canteen menu with food they make and cook themselves so watch out for these.



The children will be able to purchase drinks and snacks from the canteen during the second play break from 1:30 to 2pm.

**A reminder to all parents who have outstanding payments to make for food purchased from the canteen to please pay these promptly. We still have many outstanding from last year so please pay these ASAP at the office.**

This year students across all year levels will have a 5-minute brain food break from 9:45 am to 9:50 am. We ask parents to make available a small healthy snack for the children to eat such as cut up fruit or vegetables. They will also be required to have a water bottle which they can access in their classroom whenever they need a drink.

Students will begin eating their lunch at 11:20 am. They will be eating their lunch inside and will be supervised by their teacher. This we hope will ensure that more students finish eating their food, reduce the amount of rubbish in the schoolyard and also reduce the amount of lost lunch boxes. Students will have a snack break from 2:00 pm to 2:10 pm. They will be eating their snack inside and will be supervised by their teacher.

*We encourage you to give your child unprocessed food which is healthier but also can be stored in reusable containers which help to cut back on the use of one use packaging and supports sustainability. Our canteen will not be using any plastic items only recyclable bamboo spoons, forks and food containers.*

## School starting and finishing times

The school gates all open at 8:20am and there will be a staff member supervising in the schoolyard. Classrooms all open at 8:25 am and students can enter their classroom and prepare themselves for the day. Classes will begin at 8:35 am sharp. School will finish every day at 3:10 pm.

I ask all parents to collaborate with the school by making sure their child is at school on time. It is difficult for children when they have to walk into a classroom where the class has already begun. It puts them at a disadvantage. It is also disruptive for the other students in the class as well as the teacher.

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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





# Staff 2023



Patrizia Bertani  
Principal



Christine Carabott  
Deputy Principal/  
Wellbeing



Kriss Oliver  
RE /  
Teaching and Learning



Anna Kalc Smyth  
Numeracy



Tania Cuni  
Literacy



John Buttigieg  
DDT



Kirsty Ross  
Learning Diversity



Tim Wickham  
6A



Monica Muscat  
6B



Glenn Membrey  
5C



Michelle Gurry  
5D



Jen Howe  
3E



Angelica Mendoza  
3E



Josh Howarth  
3F



Karen Everson  
4G



Beatrice Robles  
4H



Cam Tu Nguyen  
Foundation I



Menica Granata  
FI



Wendy Veldman  
Foundation J



Shai Stringa  
1K



Stephanie Huynh  
1L



Rochelle Monge  
2MJ



Kath Mitchell  
2N



Jo McManus  
PE/Sustainability



Matteo Maccio  
LOTE



Pina McDonald  
Art



Justine Sales  
NCCD Support



Caroline Wood  
Mental Health



Toni Balbata  
LSO/Library



Gina Callanan  
LSO



Lynda Gardy  
LSO



Frances Mafodda  
LSO



Lorraine Bugeja  
LSO



Kathleen Caruana  
LSO



Greg Woolford  
Community Liaison



Mary-Anne Meilak  
Admin



Jayne Hill  
Admin



Catherine Elarmaly  
Admin



Nubia Barrera  
Canteen / Cleaner



Connie Caterino  
Canteen



Salvador Barrera  
Cleaner



Dean Frahm  
Maintenance



John Payne  
Gardens





## FI

**James** - For being a great role model in FI this week. Thank you for being a Self-Manager and listening to all instructions. *From Ms. Cam Tu & Mrs Granata*

**Joanne** - For being a Collaborator and helping us to keep our class tidy every day. Thank you for your help! *From Ms. Cam Tu & Mrs Granata*

## FJ

**Euro** - For being a great friend by inviting others to join in your activities and games. *From Miss Wendy*

**Casper** - For showing the Gospel Value of Respect when talking with your friends and teachers. Keep up the great work! - *From Miss Wendy*

## 1K

**Rose F** - for consistently following the classroom expectations and trying your best in everything you do. Keep it up! *From Miss Shai*

**Will B** - for displaying the Our Lady's School Gospel Value by volunteering yourself for a classroom job and doing it with great motivation and maturity. Well done! *From Miss Shai*

## 1L

**Angela A** - For being a great example to others when showing your Whole Body Listening! You've made a great start to Year 1! *From Miss Steph*

**Zeb B** - For being a fantastic helper in the classroom. I love the way you help your teachers and classmates. *From Miss Steph*

## 2M

**Yodi G** - For being a great example of what it means to be part of a class family by helping to clean up after others! *From Ms Rochelle*

**Sadie K** - For always following our classroom rules and reminding your classmates of the rules we need to follow! This is a fantastic start to the year!. *From Ms Rochelle*

## 2N

**Kei Le** - For starting Grade 2 with such a positive attitude towards his Home Reading. Well done! *From Mrs Mitchell*

**Casey Z** - For making a wonderful start to learning in Grade 2. You listen to the teacher and consistently try your best. Well done! *From Mrs Mitchell*

## 3E

**Bonnie M** - For being a wonderful collaborator during group activities. Well done on a great start to the year! *From Ms Howe & Mrs Mendoza*

**Oscar W** - For starting the school year with a positive, can-do attitude! Well done on all your hard work this week! *From Ms Howe & Mrs Mendoza*

## 3F

**David L** - For a great start to Our Lady's. Welcome to our school, it's great to have you here! *From Mr Josh*

**Laura B** - For showing the learning asset of Self Manager by being organised for learning each day. Well done! *From Mr Josh*

## 4G



**Stephanie D-** For displaying the Our Lady's School Gospels Value of Respect and Compassion when learning and playing with her peers. Your positive start to the year has been noted by your teachers. *From Ms Karen*

**Grace R-** For making valuable contributions to class discussions. Your confidence and your deep thinking skills have shone through! Well done for beginning the school year on such a positive note! *From Ms Karen*



#### 4H

**Jesse-** For displaying the Learning Asset of a Collaborator by doing the fair share when working in a group. *From Ms. Robles*

**An-** For starting at Our Lady's School in a positive and enthusiastic way. You're starting to foster a positive relationship with your peers. *From Ms. Robles*

#### 5C

**Filip S-** For making great learning choices from the first day. Well done Filip! *From Mr Membrey*

**Annie Rose S-** For the way you have transitioned into Year 5, with calmness and enthusiasm. Well done Annie Rose! *From Mr Membrey*

#### 5D

**5D -** For making a fantastic start to the school year by showing great listening, contributing during lessons and following instructions. We are going to have an amazing year! *From Ms Gurry*

#### 6A

**Natalie H -** For stepping up and being prepared to show service.. Great to see the beginnings of student leadership. *From Mr Wickham*

**6A -** For a wonderful start to the 2023 school year. You have set a standard this week for the rest of the year. Well done. *From Mr Wickham*

#### 6B

**Ryan -** For exhibiting the attributes of a Self Manager by making responsible choices when it comes to your learning. You are so focused and you try your best at all times. Keep it up! *From Mrs Muscat*

**Zac -** For demonstrating Our Lady's Gospel Value of Service by being an active leader in class, answering questions, sharing opinions and always finding ways to assist others. *From Mrs Muscat*

FI: Oliver H, Audey C, Leigh N  
FJ: Ava M, Glory Z, Vincent B, Sean E  
1K: Maria A, Ryan C, Victoria V, Jeremiah L  
1L: Willow T, Hinnaya K, Kitty M  
2M: Hamish M, Easton L  
2N: Brian N, Van P, Chelsea V  
3F: Louise N, Andreas A, Koby B,  
4G: Oliver B, Ben M, Kim B, Skylar C  
4H: Jasmine D, Matthew M  
5D: Saiyam S, Delilah T  
6A: Rati V, Sam A, Ava H,  
Staff: Mrs Frances, Dean, Mrs Catherine, Greg





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3E & 3F



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6 B



## Summer Newsletter 2022

Welcome to our Summer Newsletter,

Abbey's vision of #givingtogetherness to families living with childhood cancer continues through the work of the Abbey Solo Foundation.

Drawing on the lived experience of Malia and Solo, our amazing group of volunteers work tirelessly to respond to family's needs as they look to care and support each other.

We have built strong relationships with the nurses and Allied Health team at the Royal Children's Hospital (RCH) in Melbourne, in particular Katie Nield and Kristie Scott in the Social Work team and Merridy Justice. We thank them for their advocacy for families and reaching out to us for help.

We have helped over 60 families with direct support ranging from fuel vouchers, Uber travel and food vouchers, meals from the amazing [Dinner Ladies](#), and short-term accommodation at the Larwill Apartments at RCH for when parents need to be close by when their young ones are in need of critical care in PICU and are unable to stay with them.

We have also assisted families with over 1000 single-use exit vouchers for parking at RCH, alleviating them of an unnecessary and costly burden of parking during their child's care. We are proud to say we are the only foundation that offers this support.

Please pass this newsletter on to family, friends and colleagues to help spread our good news.

A heartfelt thank you to our Board, Committee members and volunteers, and from everyone here at the foundation, we wish you all a very happy Christmas and peace filled new year.

*Gerard Moadford*

### Our Vision

We exist to assist families living with childhood cancer with timely and practical support that meets THEIR needs and reduces financial and wellbeing stress. We will do what we can so that families can stay together, and be close to their child during treatment.



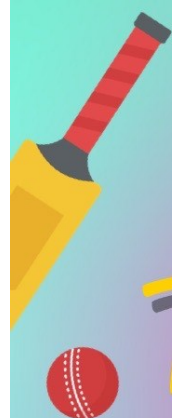
We are so very grateful to the [Howard Mitchell Foundation](#) for a grant of \$10,000 which will enable us to provide 500 parking vouchers for families, along with fuel vouchers and Uber travel vouchers to assist families with the ever-increasing cost of travel to and from hospital.

**#givingtogetherness**

*Over \$70,000 in assistance to families.*

Why not come on board and become part of the Abbey Solo Foundation Family?





Abbey Solo  
Foundation

# T20 Family Cricket Night

RAISING MONEY AND AWARENESS FOR FAMILIES  
FACING CHILDHOOD CANCER



AINSWORTH RESERVE  
SUNSHINE WEST

14 FEB 2023

5PM START

FREE! T20 MATCH | SAUSAGE SIZZLE  
ICE CREAM VAN | FACE PAINTING  
MUSIC | RAFFLE PRIZES TO BE WON



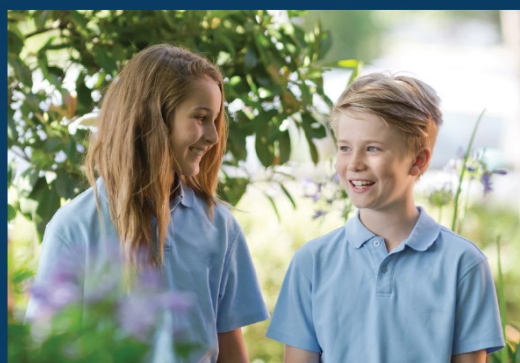


# Our Lady of The Immaculate Conception Parish Primary School

SchoolPix is coming to photograph on:

## Monday, 6 March 2023

**ORDER ONLINE AT [WWW.SCHOOLPIX.COM.AU](http://WWW.SCHOOLPIX.COM.AU)**



**Early Bird orders with free delivery to your school close five working days after your last photography session.**

**A postage fee will apply for orders placed after this date.**

**Sibling orders must be placed prior to 8am on Monday, 6 March.**



Misplaced your order flyer? Please visit [www.schoolpix.com.au](http://www.schoolpix.com.au) and use the student search to find your child's unique ID or contact our Customer Care team on 1300 766 055.

Please note: Cash orders will not be accepted



# HAVE YOU BOOKED YOUR OUTSIDE SCHOOL HOURS CARE FOR TERM 1?

## WE'RE HERE TO HELP!

Extend wants you to start the year off right.  
Join us for a term full of laughter and excitement!

Join us for sunsmart outdoor activities, creative crafts that tickle your brain with new ideas, and interesting new ways to make use of recyclables with an artsy twist!

We look forward to welcoming your children back into the new term!

### CREATE SOME ARTISTIC ATTIRE!



### WHIP UP AMAZING COLOURFUL SANDS!



### DRAW A CHALKFUL OF COOL STREET ART!



## COME JOIN THE FUN AT EXTEND TODAY!



Get involved in a fun-filled term at [extend.com.au](https://extend.com.au)



# MARIBYRNONG SWIFTS FOOTBALL CLUB

## THE ONLY ALL-FEMALE SOCCER CLUB IN THE INNER-WEST

**Registrations for the 2023 season now open!**



**Pre-season training 6-7pm  
Tuesdays and Thursdays**



**Johnson Reserve  
West Footscray**



**Welcoming new and  
existing players from  
U8 to U16**



### *We are...*

- *Supportive of all playing abilities*
- *A safe and inclusive club*
- *A fun and welcoming environment*
- *A great place to make friends from across the Inner West*



*Head to our website  
for more info via the  
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[maribyrnongswiftsfc@gmail.com](mailto:maribyrnongswiftsfc@gmail.com)



## INSIGHTS

### Helping kids settle back into school



The start of the new school year brings a variety of challenges – from teacher and class changes, through to the transition from holiday mode back into the routine of school. This can make settling back into school difficult for some children and young people, especially after the extended summer break.

Naturally, as a parent you want to help your child settle back into school as seamlessly as possible, but it can often be hard to know where to start. So, we've asked the experts- primary and secondary school teachers – for their top tips.

#### Get kids involved in the organisation process

Being organised for school isn't a parent-only activity. Involve your kids as fully as practical in the process. By doing this, you will be encouraging them to take responsibility for and ownership of their schooling, not to mention reducing your workload.

Specific tasks include:

- preparing their uniform for each day
- packing their school bag
- helping organise their lunch
- ensuring they have the correct school resources for each day

#### Use positive language

It's critical to use positive language when discussing school because children who hear their parents discuss education in a negative way typically model that behaviour. This is especially important in the first few weeks back. Sharing your own positive school memories is an authentic and relatable way to do this.

#### Add a personal touch

If your child is struggling being away from you, consider giving them a bit of you to take with them can help the transition. Whether it's a personal item of yours that they carry with them, or even a positive note that you leave in their lunchbox, a personal touch is a helpful way for your child to stay connected with you throughout the school day. It's a great reminder that it will be okay.

#### Trust and communicate with your child's teacher

Trust your child's teachers as they have their best interest at heart and know children well! Couple this trust with regular communication, which is particularly helpful at the start of the year when back to school worries are identified and addressed. Continue this communication throughout the years, especially if any issues or concerns arise.

# parenting\*ideas

It may be beneficial to arrange a meeting between you, the previous teacher and the current teacher to enable a smooth transition, particularly if problems emerge. It's a team effort, so working together is key.

## Talk about how they are feeling

It is important to discuss with your child how they are feeling about being back at school. So be prepared to listen and be guided by your child's responses.

Avoid shutting them down if they are feeling unsettled, nervous or scared and validate their emotions and work through them. This is especially important with the added complexity of the pandemic. Ensure you offer problem solving advice about what they can control, such as washing their hands regularly, or wearing a mask if this is a school requirement. Provide some time after school for your kids to talk with you about their day. This also provides an opportunity for them to decompress.

## Maintain a consistent routine at home

Moving from holiday mode into a more structured school mode is one of the biggest struggles for many kids. One way to reduce the impact of this transition is the maintenance of consistent routines at home over the weekends, especially in the first term.

Some specific ways include:

- Regular reading
- Limiting screen time
- Keeping mealtimes and bedtimes consistent

Using a visual 'back to school' schedule board or weekly planner can also assist in reminding kids what is coming up each week.

## Limit after school activities in Term 1

As kids readjust to being back at school, they will probably be tired. So, limiting after school activities such as sport and music, at least in the first term, helps them maintain a sense of balance.

Avoid overloading the weekends with activities so they can really use that time to relax and prepare for the week ahead.

## In closing

It is normal for every child to settle back into school differently. Some kids will be excited, and some may feel unmotivated or even anxious.

As parents, there is a variety of ways you can support your child as they transition back into the school routine. A critical first step is to work with your child and their teachers as a team and to keep those lines of communication open. This will also be beneficial throughout the school year as well, especially if any issues arise.



### Shona Hendley

Shona Hendley is a freelance writer and a former secondary school teacher. Her work appears in Kidspot, ABC Everyday, The Guardian, Body + Soul, and News.com.au amongst others. Shona currently lives in regional Victoria with her family, including husband, two daughters, two cats, and three super cheeky goats. You can follow her on [Instagram](#).



# You are the Light of the World

5th Sunday in Ordinary Time, Year A

Draw a picture of yourself setting a good example to others.

LET  
YOUR  
LIGHT  
SHINE

## Gospel

Mt 5:13-16

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

Unscramble and decipher these tiles to reveal one of Jesus' sayings from this week's Gospel.

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