



OUR LADY'S SCHOOL NEWSLETTER

11 August 2023

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

Chin Hakha/Burmese: 2.30pm

Tongan: Every 1st Sunday 3.00pm

School Phone: 9312 2230

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

Our Lady's is a Child Safe School

'Ask and it will be given to you; search and you will find; knock and the door will be open for you.' Matthew 7:7

DATES FOR THE DIARY

Fri 11 Aug Aussie of the Month Assembly

Mon 14 Aug 7.00pm Confirmation Formation Meeting

Tues 15 Aug Feast of the Assumption. Mass at 9.00am

Thurs 17 Aug District Athletics

Fri 18 Aug Author visit for Yrs 4-6

Mon 21 Aug Book Week Parade, Author visit for Yrs F-3

Thurs 24 Aug Sacrament of Confirmation 7.00pm

Wed 30 Aug 7.00pm Student Wellbeing Parent Session

Thurs 31 Aug Father's Day Stall

Fri 1 Sept 8.30-9.00am Father's Day Breakfast

Sun 3 Sept Father's Day

Wed 6-Fri 8 Sept Year 5 Camp

Fri 8 Sept Aussie of the Month Assembly

Fri 15 Sept End of Term 3 at 1.00pm

Mon 2 Oct Start of Term 4 at 8.35am

Wed 4 Oct Yr 6 Graduation Photo

SACRAMENTS

Thur 24 Aug: 7.00pm Confirmation for Year 6

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Mon 6 Nov: Report Writing

Dear Parents,

On Tuesday the 8th of August we celebrated St Mary of the Cross MacKillop's Feast Day with a whole School Mass which was organised by the Foundation students, Ms Cam Tu (FI), Ms Wendy (FJ) and Ms Kriss Oliver (RE/ Teaching & Learning Leader). Thank you to our Parish Priest Father Peter and his assistant priest Father Peter Zinh who celebrated the Mass and thank you to all the parents who joined us on this special Feast Day. As part of the celebration Our Lady's students received a free bag of popcorn to enjoy.

St Mary of the Cross MacKillop was born in Fitzroy in Melbourne and grew up to become Australia's first Saint; spreading God's word across this land and beyond.

On her Feast Day we particularly remember the Sisters of St. Joseph who worked at Our Lady's school for so many years. The Sisters of St. Joseph came to Our Lady's School in 1928. Initially there were only three sisters; Sister Mildred Duncan (Superior), Sister Leo Byrne and Sister Eustace who took up residence in the new convent which stood in the same place as our School Office does today.



We give thanks for the love and dedication they gave to Our Lady's Parish and School and remember that we could not have become the school we are today without their deep and lasting contribution. I ask you to pray for all the Sisters of St. Joseph who continue to live out St Mary MacKillop's legacy all around the world.

Here are some of St Mary of the Cross MacKillop's precious treasures:

"We must teach more by example than by word." (1867)

"Do all you can with the means at your disposal and calmly leave the rest to God." (1891)

St Mary of the Cross MacKillop

Dear St Mary of the Cross,

You have a special place in Australian hearts.

Thank you for the Sisters of St Joseph, whom you gathered together, to teach in the schools that you opened in small country towns here in Australia, so that children could learn about their faith, as well as their other lessons.

Help us to remember what we learn about God, Mary the saints and the angels, and all the other things about our faith. Help us to be true to our faith all our lives.

Please pray for all the people in Australia. Thank you St Mary of the Cross.



CYBER SAFETY UPDATE

This week the staff and students participated in Cyber Safety sessions and received updated information about how to stay safe online. These sessions provide up to date knowledge about how to safely navigate the internet and highlight the do's and don't's of keeping safe while online.

Thank you to all the parents who attended the Cyber Safety Webinar. It is an important part of our aim to ensure that our students are safe online as well as in our community. These sessions provide parents with important and current information which we hope will empower parents to keep their children safe online.

The next Cyber Safety webinar is on Digital Balance and Wellbeing and it will be held on 17th October at 7:30pm.



DANCE COSTUMES

The students in all classes will need to be dressed in white and NO other colour for their dance performance. We would like parents to speak to their child about putting together their costume by looking at any white clothing they may already have at home; from which they can create their costume. We ask if parents can put the clothing items into a bag with their child's name clearly marked on the bag and then get your child to take the bag to school to their class teacher. If you need any support to create a costume please speak to your child's teacher.



Here are some ideas and examples of clothing to create a costume: T-shirts, shorts, skirts, leggings, trousers, lab coats, white fabric to use as belts, head bands etc.

THE FEAST OF THE ASSUMPTION

Next Tuesday the 15th of August we will be celebrating the Feast of the Assumption. Our Lady's students will be attending Mass at 9.00am. We invite all our families to come and join us in Our Lady's Church to celebrate this important Feast day.



Yours sincerely,

Patrizia Bertani

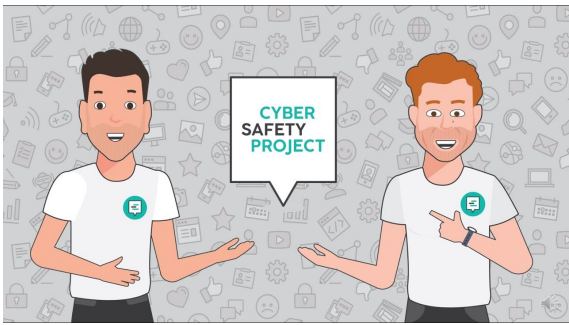
Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



3E: Vincent A, Evie H
4G: Grace R
5D: Kieren L
6A: Evelyn L
Staff: Mrs Mitchell





Book Week is coming!!!

Are you ready?



BOOK PARADE!!!

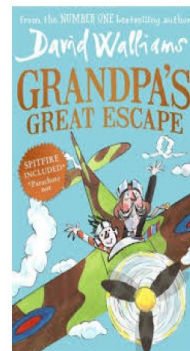
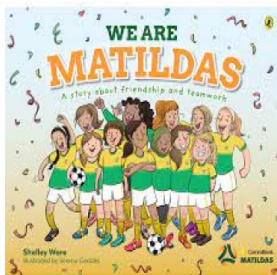
Monday, 21st August at 9am

Where: On the Blue/Green Grass (weather dependant)

Are you ready to dress up as your favourite book character? If you could choose to be anybody from a book, who would it be? You could be a superhero, a princess or a cat. Who would you choose? Will a mask, a wig or a hat do for you? Crazy socks can always be fun! It's your choice.

What will you wear?

Who will you be?



Introducing our Book Week authors for 2023

Oliver Phommavanh (Years 4-6 on 18th August) and Richard Galbraith (Years F-3 on 21st August)



Starring some Our Lady's students!

An Amateur Production By Arrangement with ORIGIN™ Theatrical, on behalf of RIGHTS HOLDER

Kenneth Grahame's

**The
Wind In The
Willows**

adapted by Mike Kenny

a kids & family show

**Directed by David & Donna Prince
September 2023**

Friday 1st 7pm

Saturday 2nd 2pm Saturday 9th 2pm

Sunday 3rd 2pm Sunday 10th 2pm



GIRL SOCCER PLAYERS



JOIN US IN 2024

Sunshine Heights JSC is calling for expressions of interest from Girl players ages 7 to 15 years old to join our family friendly club.

If you are keen to join us in 2024, please register your interest and get notified as soon as our trial dates are released.

theclub@sunshineheightsjsc.com.au



**10 EXCLUSIVE SPOTS AVAILABLE FOR OUR LADY OF IMMACULATE
CONCEPTION CHILDREN AT ALTONA COLLEGE VACATION CARE!
BOOK NOW AT EXTEND.COM.AU SO YOU DON'T MISS OUT!**

**CREATE YOUR OWN
MINI GREENHOUSE**

**COMPETE IN
EXCITING TEAM GAMES**

**BECOME A
SCIENTIST FOR A DAY**

These spring holidays are flourishing with incredible activities at every service!

Head to the great outdoors and discover our incredible incursions!

**BOOK 14 DAYS IN ADVANCE TO
RECEIVE THE EARLY BIRD RATE.**

**GET IN TOUCH WITH NATURE AND HAVE A BLAST
THESE SPRING HOLIDAYS WITH EXTEND!**

For FANTABULOUS FUN book your School Holidays at extend.com.au



Student Wellbeing Parent Information evening

Focus: Zones of regulation;
social and emotional learning;
Wellbeing

**When: Wednesday 30th
August at 7:00pm**



SUNSHINE BASEBALL CLUB

BARCLAY RESERVE - TALMAGE ST - SUNSHINE



BOYS & GIRLS AGED 5-17

Join in on the fun of playing baseball, no experience necessary,
just the desire to learn a new sport and to have FUN !!

AUGUST 20TH/27TH & SEPTEMBER 3RD
2.PM TO 4.PM ON EACH DAY

COME TO EITHER 1, OR ALL 3 OPEN DAYS FREE SAUSAGE SIZZLE AND HANDOUTS

PHONE GAVIN: 0419 874 135

EMAIL: sbcjuniors@gmail.com.au

Web: sunshinebaseball.com.au

GRAND UNITED CRICKET CLUB



**PLAY CRICKET
REGISTER TODAY**



BOYS AND GIRLS - JUNIOR TRAINING AND REGISTRATION NIGHTS

UNDER 11'S - UNDER 13'S - UNDER 15'S - UNDER 17'S

EVERY THURSDAY @ 4.30PM - STARTING 31ST AUGUST

JR PARSONS RESERVE, STANFORD ST, SUNSHINE

CRICKET BLAST (4-9 Y.O) - SATURDAY 21ST OCTOBER - 9:30AM

FOR MORE INFORMATION CALL JACK HALE 0421 526 500

INSIGHTS

Maintaining strong family traditions



Strong families develop their own traditions and rituals that define them and bind members together. Birthdays, Christmas, Diwali, bar mitzvahs, and Ramadan are some traditions and rituals that families enjoy. They are the coat hooks upon which we hang our family memories. By definition, they are permanent and not set aside when life gets busy.

Rituals can be as simple as a parent saying to a child ‘I love you’ each day as they go to school, a weekly game of cricket or another sport, or the bedtime-story routine that so many children love. The permanence and uniqueness of rituals give them their significance.

My own family, for example, has developed a very strong food culture that is shown through the traditions and rituals that we maintain. A meal takes time and effort to prepare and there’s an expectation that everyone contributes in some way. When the children were young the contribution was in preparation, table-setting or post meal clean up. The tradition of contribution continues as a new generation of children visit and do their bit to assist. Like most traditions this mealtime ritual was nurtured as a result of past parental experiences and gradually became refined over time to reflect our own family’s unique identity.

Develop traditions early

Family traditions are best developed when children are pre-school or primary school aged. Parent approval is important so kids will generally comply when enjoyable family traditions engender a relaxed, calm atmosphere. Adolescents are likely to challenge many of their family’s traditions and rituals, which is often difficult for parents to encounter. It helps to establish the traditions that are negotiable and those that are non-negotiable so you can approach adolescent challenges with some flexibility.

Defend them fiercely

When a child tells you that ‘everyone at school is allowed to do...’ you can reply by saying, “In our family we do it this way.” Leaning against family tradition in this way gives you a strength to resist children’s pester power. Family traditions and rituals need to be fiercely defended by parents.

Make family meals non-negotiable

This writer recommends that shared mealtimes should be non-negotiable in families. It’s no coincidence that countries with strong food cultures are also known for their strong family cultures. Shared mealtimes build connection, are great tools for developing children’s manners and respectful actions. They’ve also been linked to the maintenance of good mental health in children and young people, presumably due to the opportunity it provides parents to stay in touch with their children.

Healthy families are built around traditions and rituals. It’s useful to approach the concept of family traditions with a mix of firmness to insist that children adhere to family rituals but also flexibility to accommodate growing independence as children move into the next stage of development.



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.



Gospel Matthew 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

We can have faith that Jesus will always be there to help us in difficult times. Write a prayer asking God to help you when things get tough.

Dear Lord,

Amen.

Help Jesus find his way across the water and onto the boat.
Be sure to pick up St Peter along the way!

