



OUR LADY'S SCHOOL NEWSLETTER

22 March 2024

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

I give you a new commandment, love one another; just as I have loved you, you also must love one another. By this love you have for one another, everyone will know that you are my disciples. John 13:34-35

DATES FOR THE DIARY

Fri 22 Mar 3.00-3.30 Second Hand Uniform Sale outside the junior classrooms
Mon 25 Mar 11.30am-12.30pm Holy Week 'Praying With The Cross'
Tues 26 Mar 11.30am-12.30pm Holy Week 'Praying With The Cross'
Wed 27 Mar 7.00pm PAB Meeting
Thur 28 Mar End of Term 1 at 1.00pm. Casual Day for a money donation
Mon 15 April Start of Term 2 at 8.35am.
Mon 22 Apr Maths Information Night for Parents (Michael Ymer) 7.00-8.00pm
Wed 24 Apr 7.00-8.00pm RE Sacrament Information Evening with Maria Forde (online)
Thur 25 April ANZAC Day Public Holiday. No school.

SACRAMENTS

Thurs 2 May 6.30pm Reconciliation for Year 3
Sun 26 May 10.30am Eucharist for Year 4
Fri 2 Aug 7.00pm Confirmation for Year 6

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Friday 26 April - School Closure (All MACS schools)
Wed 26 & Thurs June - Three Way Learning Conversations

Dear Parents and Carers,

We have had another wonderful week of learning here at Our Lady's. Years 3 and 5 completed NAPLAN. Foundation, Year 1 and Year 2 engaged in wellbeing incursions. Year 3 had a Reconciliation parent evening which was a huge success. Year 4 attended an excursion to CERES. We even conducted a Community Conversation with parents and carers which was very insightful. For all of this and more, we are grateful.



On Thursday, 21st March we acknowledged Harmony Day in our classrooms. We created diverse hands and chose values to demonstrate how we can be people of harmony. The theme for this year was "Everyone Belongs." We are very fortunate here at Our Lady's because 74% of our children come from an English as an Additional Language background. This makes our school community rich and diverse. Something we should be proud of and celebrate. Let's remember to always be inclusive, respectful, welcoming, understanding and compassionate so that all feel they belong.

St. Joseph, whose feast day we celebrated this week on the 19th March is an important role model in our school. We thank the Sisters of St. Joseph who shared their charism of St. Joseph with our school community many years ago. We will be remembering and honouring St. Joseph in our online school assembly at 2:40pm this week. We hope you can join us online.



Sr. Monica Cavanagh, the Josephite Congregational Leader reminds us "to take time in the hustle and bustle of life to listen deeply to our good God, to the needs and voices of our neighbour and world, and to respond as Joseph did with a generous heart."

Passion Sunday Prayer

Passion Sunday is the first day of Holy Week. We remember what Jesus did for us.

Dear Jesus, Lord and Redeemer, we know that when you entered in the city of Jerusalem for the last time you were hailed as a king.

Later the people turned against you and forgot all that you had taught them. As we prepare to celebrate Passion Sunday we remember all that you did for us.

May we never turn away from you.

We give praise and glory to your name as the Redeemer of our world. Amen



On Monday the 25th of March Ms Bertani and Mrs Carabott and four Year 6 leaders (Henry, Holly, Gabbie and Ryan) will host and welcome an official group of people who have all been critical in the funding and development of the new building. These will include representatives from the State government (Member for Laverton Sarah Connolly), MACS Capital Works and Infrastructure, Architects from Clarke Hopkins Clarke and MelbCon, our building company. The official visitors will tour the building site and take some photos. When schools receive a building grant; Our Lady's received \$3 million from the Victorian State government, it is a requirement that we have an official visit.



Commencement of the New Playground

Next week the playground work will begin. This means that the blue/green grass will not be able to be used by any member of our school community. It also means that the walkway between the new building and the old will not be accessible.

Here is a timeline of what will happen in the blue/green grass area next week in week 9:

- Monday - Fencing will continue to be erected around the blue/green grass area and also on the side of the canteen that faces the Year 2 classes so that a dumpster bin can be placed in that area.
- Tuesday - The turf people will begin to remove the blue/green grass and the playground people may begin some excavation.
- Wednesday - Continue works as above
- Thursday - Continue works as above

Throughout week 9 I'm not sure on what day there will also be excavation done by the builders to place in the underground cables from the new building to the old.

The playground work will continue over the school holidays and I hope it will be completed by the end of week 3.

BUILDING PROJECT UPDATES

All internal scaffolding has been removed and we can now see the classroom spaces taking shape. This is very exciting!



Important works by Powercor - Affecting Station Place

On the Monday 25, Tuesday 26 and Wednesday 27 of March Powercor will be working in the garden area behind Foundation Room I to install a large power switch, remove the current powerpole and install a new one. This important upgrade will bring power to our whole school including the new building. Powercor will have workers on Station Place to manage the traffic so I advise parents to perhaps use a different street and gate as there will be much activity going on.



Praying With the Cross

On Monday, 25th March at 11:30am and Tuesday, 26th March at 11:30am we will be praying in the church as we prepare for Holy Week and Easter. Please join us if you can.



Parents and Friends

A big thank you to the Parents and Friends committee for organising the Second Hand Uniform Sale. This event provides a valuable service to our school community. It is one way that we can support sustainability, as we reuse perfectly good clothing and help parents to save money.



NAPLAN Update

This week we conclude the NAPLAN assessment tests for Year 3 and 5 students. Thank you to all the staff who collaborated to make sure that the NAPLAN tests ran smoothly and on time. Thank you to all the Year 3 and 5 students for participating and trying your best.

Yours sincerely,

Tania Cuni

Mrs Tania Cuni

Religious Education & Learning/Teaching Leader

tcuni@olsunshine.catholic.edu.au



Community Conversation News

On Wednesday this week, we were joined by a group of parents from school to discuss how we could make the school better for children and families. With parents from five cultural backgrounds represented, Tania (Acting Principal), Kirsty (Learning Diversity Leader), Lisa (Literacy Leader) and myself invited the parents to share their opinions about school.

Through a series of questions, discussion focused on what is working well and how we could improve what we're doing as well as how to better communicate with parents and families. From this, there was a clear want to find ways that parents could better support their children's learning at home as well as great ideas around communication.

Going forward, the comments from parents will be taken to the teachers and school leadership to discuss how we can put in practice the parent suggestions about improving the school. In doing this, we will include opportunities for parents to continue feeding back what's working and how we could continue to improve. Please feel free to give us feedback in the future.

A huge thanks to all of our parents who came along and we understand for many of you. It was a challenge as it was during work hours. We currently looking at the possibility of running another session after hours for parents who are working.

Thanks again to all our parents who joined us.

Greg Woolford

Family-School Partnerships Convenor





FI

Brooklyn: for being a wonderful self-manager during independent work. You stay on task and try your best. Well done! *From Miss Seona*

Jovie: For showing the Our Lady's Gospel Value Courage when coming into school each morning. You are doing so well, Jovie! *From Miss Seona*

FJ

Aideen - For always being willing to help others. You show the Gospel Value Service by always helping out. Well done! *From Miss Wendy*

Kayden - For being a fabulous self-manager during the SEAL incursions. You showed great listening and followed all the directions. Excellent work, Kayden! *From Miss Wendy*

1K

Joanne - for displaying the Learning Asset of a Self-Manager when you took on board feedback about your writing and turned it into a fantastic piece of work. Well done Joanne! *From Miss Shai*

Nate - for showing the Learning Asset of a Communicator when an issue arose, you solved it by speaking calmly and respectfully. *From Miss Shai*

1L

Chi - For showing the Learning Asset of Contributor whilst we practised for our assembly performance. You showed enthusiasm and positivity no matter how many times we practised. Thank you and well done! *From Miss Scarlett*

Louis - For showing the Learning Asset of Self Manager during our wellbeing incursions. You made good choices in where you were sitting and were flexible when choosing your puppet. Well done! *From Miss Scarlett*

2M

Biak - For being brave and challenging yourself to participate in class discussions and even volunteering to read for our assembly today. You did a wonderful job! *From Ms Rochelle*

Mai - For being such a positive example for others and always keeping a positive attitude towards your learning! *From Ms Rochelle*

2N

Kira- For growing in confidence when sharing your ideas with the class. Keep it up! *From Ms Robles*

Zephaniah- For displaying an enthusiastic attitude during Maths. Well done! *From Ms Robles*

3E

Snowbery T - For writing a clear description and information about your artefact for the Year 3 Immigration Museum! *From Miss Steph*

Ava L - For your clear and confident communication when explaining the significance of your cultural artefact! *From Miss Steph*

3F

Billy - For showing focus in your learning and demonstrating the Learning Asset of Communicator by contributing to class discussions. *From Ms Christine & Mrs Majczak*

Savannah- For making responsible decisions when faced with challenging situations. *From Ms Christine & Mrs Majczak*

4G

Akoldh- For being an 'up-stander' by standing up for others, supporting them and speaking the truth. Congratulations for being such a good role model for other students to follow. *From Ms Karen*

Laura- For showing respect, whole body listening and excellent manners during our excursion to CERES. You have

shown that you are a great self- manager. Well done Laura. *From Ms Karen*

4H

Bonnie- for your excellent hard word, thinking and collaboration in drafting a discussion text in Writing. *From Mr Membrey*

Olive- for your excellent hard word, thinking and collaboration in drafting a discussion text in Writing. *From Mr Membrey*



5C

Jesse- For showing initiative in the classroom by helping without waiting to be asked. Great job! *From Ms Huyen*

Maya-For being organised, focused and keen to learn. Keep up the wonderful effort! *From Ms Huyen*

5D

Stephanie - For displaying the Learning Asset of Self-Manager by consistently showing initiative in the classroom. Keep it up! *From Ms Gurry*

Thien - For showing persistence by working hard and staying focussed when working on your partner inquiry while they were absent. Well done! *From Ms. Gurry*

6A

Gabbie - For consistently putting in her best effort in her work and regularly showing initiative in the classroom. *From Mr Kevin*

Grace - For her wonderful work on her country report and her diligent hard work each day in class. *From Mr Kevin*

6B

Abbey N - For writing a well structured and entertaining personal recount of our Year 6 camp. Keep up the amazing work! *From Mrs Belinda & Ms McManus*

Holly B - For being a wonderfully curious and persistent researcher when comparing and contrasting Australia to Iceland for her FLI Inquiry. *From Mrs Belinda & Ms McManus*



2M: Penny M

3E: William O

6B: Ken T, Adele M

STAFF: Mrs Balbata, Ms Steph

ST MARY MacKILLOP AWARD

Congratulations to the recipients of our St Mary MacKillop Award for March 2024.

Congratulations to:



Lucy V 1K




Mika P 4G



Congratulations!

Last Day Of Term 1
Casual Clothes
FUN! Fundraiser!



The Events Committee have organised a **Casual Clothes Day** for the last day of Term 1
Thursday 28th of March.

If you wish to participate you will need to bring a money donation.
All of the money collected will be extra money for our new playground.

We want the students to enjoy the last day of Term 1 by being comfortable in their own clothes.

From the Events Committee and others

You are invited.

To an **ONLINE** evening via **GOOGLE MEET** with Maria Forde



**Wednesday,
24th April 2024
7-8pm**



All F-6 parents and children will:

- Learn about the Sacraments;
- Reflect on their relationship with God and each other;
- Use a candle to pray at home;
- Spend time connecting with each other.

Maria Forde is a well known educator, songwriter and musician who draws on her Irish heritage and her love for God to create a sacred space where everybody can be still and feel the presence of God.

We hope you can join us online for this spirit filled evening!



Celebrating Catholic Education Week



'In the light of Christ'





Year 4 at CERES

Easter Triduum 2024 – Our Lady's Sunshine

HOLY THURSDAY - 28 MARCH 2024

Mass of the Lord's Supper

6.00pm English & Chin 8.30pm Vietnamese

GOOD FRIDAY - 29 MARCH 2024

Stations of the Cross

10.00am English - (*outdoors*) 11.00am Vietnamese

Liturgy of the Passion & Veneration of the Cross

12.00pm Chin 3.00pm English 6.00pm Vietnamese

HOLY SATURDAY - 30 MARCH 2024

10.00am Confessions

Easter Vigil Mass

6.00pm English & Chin 8.30pm Vietnamese

EASTER SUNDAY - 31 MARCH 2024

Mass of the Resurrection

9.00am English

12.30pm Vietnamese

10.30am English

1.00pm Chin (*SH St Albans*)





OUR LADY'S

Easter Raffle

RAFFLE DRAWN
AT ASSEMBLY

THURSDAY
28 MARCH

DONATIONS OF EASTER EGGS
+ THEMED ITEMS CAN BE
DROPPED OFF AT THE OFFICE
BY TUESDAY 26 MARCH

TICKETS \$1 EACH VIA QKR

SAVE THE DATE!



Parent Information Night Maths for Parents!

Presented by Michael Ymer

Monday 22nd April 2024

7.00pm to 8.30pm

Our Lady's School



Michael Ymer is a specialist mathematics consultant from Melbourne, Australia. He is involved in many Professional Development programs in schools across Australia and Asia.

Michael is an enthusiastic and entertaining presenter who has a clear and practical approach to the challenges that confront schools and parents in mathematics. On this evening, Michael will address the following areas:



- What is my child learning in mathematics?
- How can I help my child become an efficient problem solver?
- How do children best learn mathematics?
- How can parents promote quality thinking and learning?
- How can I help my child in mathematics?

We commend this evening to all parents as a very worthwhile session that will help you understand the focus of Mathematics in schools today and offer strategies and ideas to help you support your young mathematicians.

We look forward to sharing this evening with you.

Mrs Anna Kalc Smyth

Mathematics Leader





MARIAN COLLEGE

196 Glengala Rd
Sunshine West VIC 3020
www.mariansw.catholic.edu.au



YEAR 7 **2026** ENROLMENTS NOW OPEN

LIMITED PLACES AVAILABLE FOR 2025
SUBMIT AN APPLICATION ON OUR WEBSITE TODAY

MARIAN COLLEGE
196 Glengala Road
Sunshine West VIC 3020

T +61 3 9363 1711
E principal@mariansw.vic.edu.au
www.mariansw.catholic.edu.au

A Kildare Education Ministries Catholic College in the Brigidine Tradition.



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MARIAN COLLEGE TOURS 2024

Register your attendance via our website and
join us for a school tour in 2024

2024 Tour Dates

Wednesday 8 May – 9.00am
Tuesday 4 June – 9.00am
Tuesday 16 July – 9.00am
Tuesday 6 August – 9.00am
Thursday 22 August – 4.00pm
Tuesday 3 September – 9.00am
Wednesday 9 October – 9.00am
Thursday 7 November – 4.00pm
Tuesday 26 November – 9.00am

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Dear Families,

Just a reminder that we have Teeth On Wheels visiting our school for dental check-ups and oral health education starting on the 02/05/2024.

Please click on the link below to complete your child's consent form.

<https://teethonwheels.com.au/consent-forms/consent-eform/>

Please complete your form today and the Teeth On Wheels team will be in contact to schedule your child's appointment and notify you on your eligibility. If you are not eligible, Teeth On Wheels will offer you a special deal of \$99 for the full check-up, oral cancer screening, clean, fluoride treatment and any x-rays if required (this can be claimed back through your private health insurance).

For any further questions, please contact the Teeth On Wheels team on (03) 9338 1191.

PLEASE NOTE, THE CUT OFF DATE FOR COMPLETING YOUR CHILD'S FORM IS 27/03/2024.



TeethOnWheels™
a positive dental experience

EXCITING
NEWS



Teeth on Wheels will be
visiting our School for
Dental Check-ups and
Oral Health Education!!



SCAN THE QR CODE TO COMPLETE YOUR FORM

IT MIGHT BE **FREE**



TeethOnWheels™
a positive dental experience



**Our Lady's
Primary
School
Sunshine**

ENROLMENTS

FOR FOUNDATION 2025

OPEN

MARCH 4 2024

**Our Lady's School is
a Catholic Primary
School serving the
Parish of Our Lady's
Sunshine.**

**In a spirit of unity and
harmony, we strive to
develop the whole person;
providing an excellent
education for all and inspiring
our community members to
live a Christian way of life.**



OPEN DAYS

**Wednesday 1 May &
Monday 3 June**
**Tours at 9.00am &
4.00pm**



9312 2230

FOR MORE INFO VISIT NOW

www.olsunshine.catholic.edu.au

Principal
Ms Patrizia Bertani
principal@olsunshine.catholic.edu.au

**Our Lady's
School**
**32 Station
Place Sunshine
3020**



Defusing Explosive Children

In 1998, Dr. Ross Greene wrote a bestselling book titled *The Explosive Child*. I interviewed him on The Happy Families podcast, and our discussions became some of our most listened-to conversations.

His philosophy: “Kids do well if they can.”

In my words: Competence. A challenging situation presents itself. Capable kids navigate it, often with confidence. If they’re not quite there but believe they can do it, they’ll go for it. But if they’re incompetent, they pull back. Feeling incompetent can lead to withdrawal or explosions. And they don’t do well... *because they can’t!*

Greene describes incompetence in a gentler way: *lagging skills*.

Lagging skills are the missing pieces in a child’s skill set, hindering their ability to meet the demands of the moment. These lagging skills are flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.

Let’s break them down:

Flexibility and Adaptability

A disrupted routine or inadequate time to prepare for a transition to a new activity (leaving the park, taking a bath, or switching off a screen) requires this skill. So does a change in plans. But it’s a skill that takes time, practice, and support to develop. Its opposite: rigidity and tunnel vision.

Frustration Tolerance

When the bottom drops out, expectations are unmet, or delayed gratification is required, frustration tolerance is what stops an emotional outburst. It’s recognising things didn’t work out according to my agenda, and then managing the frustration, expressing it appropriately, and thinking clearly.

High emotions = low intelligence. Frustration tolerance keeps emotions level and stable, and allows us (or our child) to sit in that emotion without acting rashly.

Problem Solving

Unpredictability, randomness, and volatility are inescapable realities of most of our lives. Being flexible and adaptable and having frustration tolerance keep emotions stable and facilitate

creative, broad thinking so we (and our kids) can solve problems effectively.

A parent's fundamental job, besides keeping their child safe, is to help them learn to solve problems. How do they resolve a problem with a sibling? How do they navigate a friendship challenge at school? What is the best way forward with an academic question?

Emotion Regulation

Frustration tolerance is a crucial component of a much larger challenge: emotion regulation, which means expressing and suppressing emotions appropriately.

Our words matter. They shape our perceptions and build the world we live in.

Remember:

Your child isn't 'naughty.' They have some lagging skills that we can develop.

Your child isn't trying to ruin your life. Kids do well if they can.

Your child isn't an idiot or a pain. Your child doesn't have the competence to get it right... yet.

Even if they've done it right before. Even if they're laughing about it and you sense they're being malicious. Even if they're being disrespectful. Even if they're insisting that they 'can't'.

When they're stuck:

1. Soften your eyes. Look upon them with compassion and kindness. Remember that kids do well if they can, so if they can't right now, there's something going on. Hungry? Angry? Lonely/Disconnected? Tired? Stressed? Sick? Overstimulated?
2. Say what you see. If you can name it, you can tame it.
3. Ask if they want you with them or if they want space.
4. As emotions subside, explore their world and their challenges. Explain what you are looking for. And empower them through problem-solving. Support those skills of flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.
5. Make a plan so they can try to do better next time.

Dr. Greene's 'Collaborative and Proactive Solutions' framework teaches parents to help children develop these skills (which often lag) in order to solve problems.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.

Hosanna! Hosanna!

Palm Sunday of the Passion of the Lord, Year B

A crowd of people came to see Jesus as he entered Jerusalem on the back of a donkey. Draw yourself amongst a crowd of people waving palm fronds at Jesus.



Gospel

Mark 11: 1-10

When they were approaching Jerusalem, in sight of Bethphage and Bethany, close by the Mount of Olives, Jesus sent two of his disciples and said to them, 'Go off to the village facing you, and as soon as you enter it you will find a tethered colt that no one has yet ridden. Untie it and bring it here. If anyone says to you, "What are you doing?" say, "The Master needs it and will send it back here directly."' They went off and found a colt tethered near a door in the open street. As they untied it, some men standing there said, 'What are you doing, untying that colt?' They gave the answer Jesus had told them, and the men let them go. Then they took the colt to Jesus and threw their cloaks on its back, and he sat on it. Many people spread their cloaks on the road, others greenery which they had cut in the fields. And those who went in front and those who followed were all shouting, 'Hosanna! Blessings on him who comes in the name of the Lord! Blessings on the coming kingdom of our father David! Hosanna in the highest heavens!'

Draw or write what happened on each of these special days during Holy Week.



Holy Thursday



Good Friday