

OUR LADY'S SCHOOL NEWSLETTER 3 May 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

The Lord God took the man and put him in the garden of Eden to till it and keep it. Genesis 2:15

DATES FOR THE DIARY

Fri 3 May Interschool Sport starts, Years 1-2 CERES Excursion

Mon 6 May 6B 'The Huddle' excursion, Yr 4 Mary MacKillop Heritage Centre Excursion Wed 8 May Yr3 Jawbone Excursion, Yr 4 You Yangs Excursion Thur 9 May Mother's Day Stall, Teeth on Wheels Fri 10 May Walk Safely to School Day, Mother's Day Morning Tea Sun 12 May Mother's Day Mon 13 May Yr 3 You Yangs Excursion Wed 15 May 7.00pm Eucharist **Parent Evening** Sun 26 May 10.30am Eucharist for Year 4 Mon 27 May Athletics Day at **Keilor Athletics Track** Wed 29 May 7.00pm PAB Thurs 30 May 6A 'The Huddle' excursion Mon 3 June Open Day Tours at 9.00am & 4.00pm Fri 7 June 9.00am Sacred Heart Mass Mon 10 June King's Birthday Public Holiday Wed 12 June 7.00pm Parent **Cyber Safety Session** Fri 21 June Second Hand Uniform Sale 3.00pm Fri 28 June 1.00pm End of Term 2

SACRAMENTS

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

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Wed 26 & Thurs 27 June - Three Way Learning Conversations

Mon 15 July Staff First Aid Training

Dear Parents and Carers,

I would like to congratulate the Year 3 (and three Year 4) students below who received the Sacrament of First Reconciliation on Thursday night. The students participated in the celebration with such reverence and grace. Thank you to all the parents and families who joined us as well as the staff of Our Lady's School. We were very fortunate to have three priests administering the Sacrament of Reconciliation; Father Peter our Parish Priest, Father Peter Zin and Father Luis.

Receiving the Sacrament of Reconciliation is an important milestone in the spiritual life of our Year 3 students. This is a sacrament of love, healing and forgiveness. I ask you all to pray for the students and hope that by receiving this sacrament they are filled with peace and the knowledge that God will always love and forgive them.

Thank you also to the Year 3 teachers Stephanie Huynh, Christine Chu and Tanya Majczak who collaborated with our RE /Learning and Teaching Leader Tania Cuni to organise this special celebration.

On Tuesday the 7th of May the Year 3 students will have a special lunch organised by the school to celebrate this very special event in their lives.

Congratulations to the students who received their First Reconciliation



Reconciliation

Jesus, reconciliation is a big word. It means that when we do anything unjust, to hurt other people, we need to tell them that we are sorry, that we will try not to hurt them again, that we want to be friends with them always.

Thank you for the Sacrament of Reconciliation, which helps me to tell you that I am sorry for the times when I have done anything to hurt you and other people, and that I want to be friends with you again, after I have turned away from you. Please forgive me Jesus.



WINTER UNIFORM AT OUR LADY'S

All students need to be in their Winter Uniform from Monday May 6

School jumper Shirt or Skivvy (**NOT** pale blue polo) Long navy trousers (NOT yoga style or cargo) or Tunic Navy Tights (**NOT** black tights or black leggings) School socks Black shoes/boots (**NOT** runners) Navy spray jacket for OUTSIDE ONLY - NOT TO BE WORN INSTEAD OF JUMPER

SPORT

School crested yellow polo School crested windcheater Trackpants

All items (except shoes) now available on the QKR App.

CELEBRATING MOTHER'S DAY AT OUR LADY'S SCHOOL

I would like to remind you about the Mother's Day stall organised by the Parents and Friends committee next Thursday the 9th of May. This is an opportunity for your child to purchase a gift/gifts for their mums.

A very special Mother's Day invitation has been sent out by the Year 6 Events Committee who have planned to really spoil the mums of Our Lady's School with a special morning tea on Friday the 10th of May at 8:30am in the staffroom.

As an extra special treat there will be a coffee van in the school on Friday the 10th of May from 8:15am and they will be giving out free coffees to all mums.

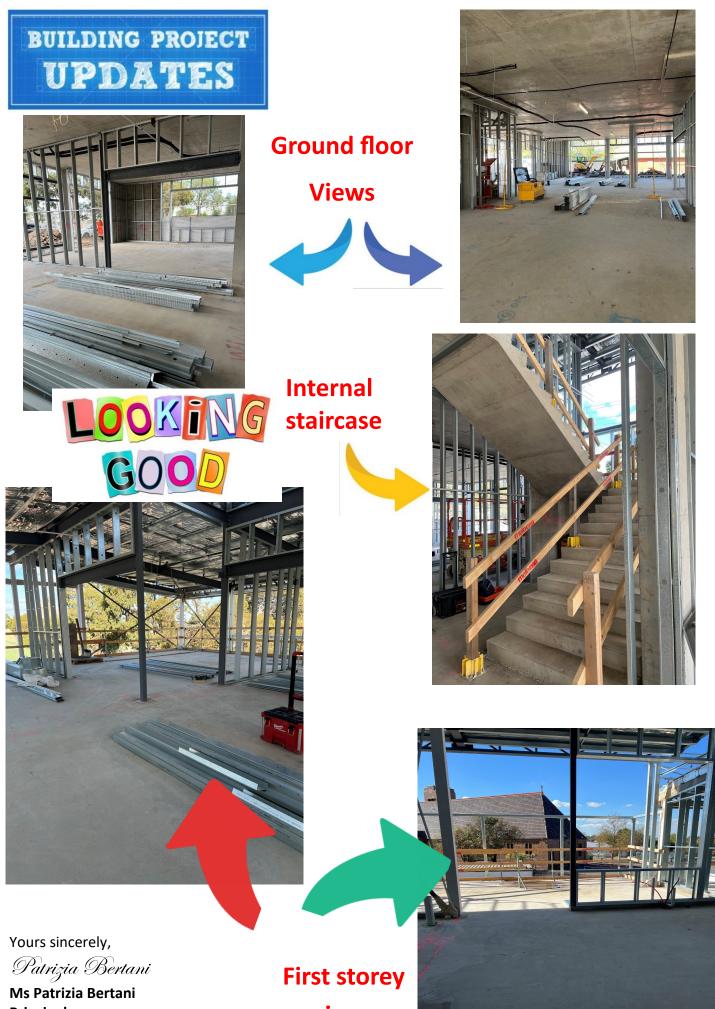
This will ensure that those mums who can't attend the special morning tea will still be able to have a special treat.











Principal principal@olsunshine.catholic.edu.au views



FI

Martin: For showing resilience during writing time by having a go and not giving up when faced with writing challenging words. Well done, Martin. *From Miss Seona*

Riley: For concentrating and listening to the sounds of letters and writing them on the whiteboard. Well done, Riley! *From Miss Seona*

FJ

Kayden - For being a great communicator by valuing and listening to others. You should be proud of your efforts this week, Kayden! *From Miss Kathleen and Miss Wendy*

Grace Da - For showing enthusiasm when dramatising the story We're Going On a Bear Hunt. Thank you for your contributions and ideas! *From Ms Cam Tu and Miss Wendy*

1K

Stuti - for settling into your new class and school with such a positive attitude and a big smile! We are so lucky to have you! *From Miss Shai*

Lachlan - for showing the Our Lady's Gospel Value of Courage by taking on a challenge and stepping outside of your comfort zone to meet and work with new people! *From Miss Shai*

1L

Anderson - For showing the Our Lady's Gospel Value of Respect when listening to your teachers and peers during each lesson. Thank you and well done! *From Miss Scarlett*

Harriet - For showing the Learning Asset of Communicator whilst sharing some amazing knowledge about why we should save water during FLI. Well done! *From Miss Scarlett*

2M

Billie - For consistently displaying a 'can do' attitude in maths. You have shown determination and perseverance when learning something challenging and work hard until you get it! Keep it up! *From Ms Rochelle* **Elias** - For taking on board feedback in writing in a really positive way and showing that you have made an effort to apply the feedback to improve your writing. Well done! *From Ms Rochelle*

2N

Charlie- For working really hard to make choices beneficial for his learning. Keep it up! *From Ms Robles* **Lan**- For taking initiative to share your ideas during class discussions. Well done! *From Ms Robles*

3E

Everyone in 3E - For being respectful, reverent and supportive as members of our classroom community made their Sacrament of Reconciliation. I love the way you cheered one another on and prayed for each other leading up to the night! *From Ms Steph*

3F

Serah G- Welcome to Our Lady's School! You have settled into your new school and class so beautifully, we love having you as part of our learning community! From Ms Christine & Mrs Majczak

Isaiah M- For showing reverence and respect while reading during the First Reconciliation evening. Well done Isaiah! *From Ms Christine & Mrs Majczak*

4G

David- For displaying the Our Lady's Gospel Value of Justice by playing fairly with your peers. Keep it up! *From Ms Karen & Mrs Mendoza*

Sophia S- For working really hard on your learning. Your great work has been noticed. Well done Sophia! From Ms Ka-

4H

Tha Tha- for your mature attitude towards your learning. You are displaying the Learning Asset of Self Manager! *From Mr Membrey*

Ella- for displaying the Gospel Values of Peace and Respect in your interactions with your peers and teachers. *From Mr Membrey*

5C

Tling Za-For being persistent and giving your best in all your learning. Great job! *From Ms Huyen* **Anthony B-**For displaying the Our Lady's School Gospel Value of Service by willingly lending a helping hand with technology issues. Super job! *From Ms Huyen*

5D

Skylar - For consistently being an excellent Collaborator when working with your peers in pair and small group activities. Well done! *From Ms Gurry*

Lincoln - For improving as a Communicator by sharing more of your thinking and ideas with 5D during whole class discussions. Keep it up! *From Ms. Gurry*

6A

Chan Chan - For improving with his focus in class and the effort he has put into his persuasive writing and FLI - *From Mr Kevin*

Henry - For bringing a positive attitude to his learning and doing a great job in his persuasive writing. - From Mr Kevin

6B

Matilda - For being an excellent self-manager! Matilda works diligently to complete all of her work on time and to a high standard. Great job! *From Mrs Belinda & Ms McManus*

Kobe - For the positive attitude you bring to your learning. You give tasks a go even when they are challenging. Keep up the amazing work! *From Mrs Belinda & Ms McManus*



1K: Alannah V
2N: Thomas N
5C: Tling Za R
5D: Quentin S
STAFF: Ms Karen. Mrs Gardy, Mrs Ross, Ms Pina, Ms Jess





























Sacrament of Reconciliation















with Michael Ymer



























THURSDAY 9th MAY 2024

Children will be able to purchase special gifts for their wonderful Mums, Grandmas and Carers ranging from

50C to \$5.00

Please send along money on the day (not more than \$10)

Don't forget a bag so you can híde your gíft from Mum untíl Mother's Day!

For more information or any questions,

please emaíl us at parents@olsunshíne.catholíc.edu.au

Next Friday is Walk Safely to School Day. Walk Safely to School Day Friday 10th May 2024







For the tenth year, the children and families of Our Lady's are invited to participate in Walk Safely to School Day. This is an Australia wide event, where all primary school aged children are encouraged to walk and commute safely to school. This is a wonderful opportunity for our families to walk to school together and discuss safety issues when crossing a road. It is also an opportunity for extra exercise in the morning which may also help ease traffic congestion on the roads around our school. Plus, it's also great for the environment!

Some families live close by the school and are regular walkers anyway, which is fantastic, we will hopefully see you walking to school on this day. However, even if you live much further away, we encourage you to park the car a few streets away from the school and take the time on Walk Safely to School Day to walk those extra few blocks to school together.

Teachers will be at the entrance gates in the morning to give each student who walks to school a special token provided to us, which will enable the student to go into a special raffle the school is organising for an exciting prize - a Rebel Sport voucher. There will be one per class! Please join us and remember to walk safely to school on Friday 10th May 2024!

Regards

Mrs Carabott

TFRM 2	INTERSCHOOL	SPORT DRAW

Friday 3 May	Away Game	Ardeer South v OLPS	
Friday 10 May	Away Game	St Theresa's v OLPS	
Friday 17 May	Home Game	OLPS v Harvester	
Friday 24 May	Away Game	St Paul's v OLPS	
Friday 31 May	Away Game	Albion v OLPS	
Friday 14 June	Home Game	OLPS v Sunshine North	
Friday 21 June	Home Game	OLPS v Sunshine Heights	
	Home Games:	Netball & Newcombe played at school	
		Football & T-Ball played at Parsons Reserve	







JOIN THE FUN!

Sunshine Auskick Centre

Kinder Smith Reserve, Braybrook

REGISTRATIONS ARE NOW OPEN Friday

FIRST SESSION MAY 3rd

5pm-6pm

Please contact

kris.mannix@afl.com.au

Co-ordinator: Tom Millar (James 1L) 0438 625 209



Scan the QR Code to register!



Australia's leading childhood development sports program

MINIS For boys and girls aged 2.5 - 3 years PRESCHOOL For boys and girls aged 3 - 5 years

PREMIER For boys and girls aged 9 - II years HOLIDAYS Exciting school holiday programs

REGISTER NOW

Williamstown Primary School & Essendon Keilor College & Ardeer Primary School & Ascot Vale West Primary School JUNIOR For boys and girls aged 6 - 8 years

BIRTHDAYS Soccer themed birthday parties

00

Join us for our upcoming

Open Day 2024

Sunday 19th May, 2024 11.00am – 2.00pm 204 Churchill Avenue

https://www.cccc.vic.edu.au/open-day-2024





Parent Information Night

Caroline Chisholm Catholic College will be holding a Parent Information Night for families interested in joining our school community.

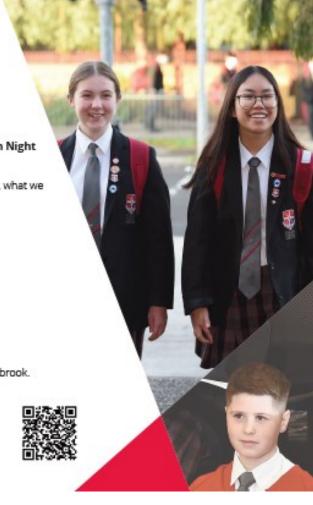
Hear from our Acting Principal, Mrs Laura Ruddick, as she unpacks who we are, what we offer and what our plans for the future are.

Information about enrolments for Year 7 2026 will also be available.

We have two information sessions available to choose from -

- Session 1: Tuesday, 4th June 2024 4.30pm 5.30pm Gates open at 4.15pm.
- Session 2: Tuesday, 4th June 2024 7.00pm 8.00pm Gates open at 6.45pm.
- Location: Quin Auditorium, Corner of Darnley Street & Churchill Avenue, Braybrook. Enter via Gate 3.
- RSVP: Please RSVP by Friday, 31* May 2024, by scanning the QR code.

For any questions regarding the event, please contact registrar@cccc.vic.edu.au or call us on 9296 5311.





We're delighted to offer another term of fun, safe and quality Outside School Hours Care for children of all ages!

Our Term 2 theme is: Discovering a world of fascinating adventures!

Journey through Term 2 and learn new skills through creative arts, sports, experiments, role play, group activities and other adventures in our service!

Our professional Educators look forward to welcoming your children into our service with delicious snacks and a supportive environment!



Enrol and book your sessions for Term 2 at extend.com.au



INSIGHTS

happy families.

Managing Fatigue as a Parent

If you're a parent, I can almost guarantee you're tired. Parenthood and fatigue seem inseparable. Infants and toddlers amplify our tiredness, but regardless of their age, raising children is tiring. (The impact of COVID, economic insecurity, and general life stress from recent years exacerbate this feeling).

It's tempting to see our parental exhaustion as a moral failing. We are worse parents when we are tired. We parent better when we feel alive and vital. But life conspires against us.

We'll never beat fatigue completely. The daily grind combines with ageing to ensure we'll be tired every day. It just happens faster with kids than without them! But we misunderstand two things about this exhaustion.

The first is that much of our tiredness is firmly within our control; it comes down to choices (with the exception of parenting young children who genuinely require us at ALL hours and remove a lot of choice for attentive and involved parents).

The second is that we think we have no way around our fatigue, whereas the truth is that we may not have learned better strategies to reduce our exhaustion.

We're also afraid... of change. What if we make a change and we're less tired, but that change requires us to sacrifice something we really like in our lives?

If we do have more control than we realise, and if strategies do exist, then there is value in making the attempt to reduce fatigue. The following three solutions feel kind of sucky because they're so obvious, but they work.

Solution 1

Sleep: The Ultimate Recharge

Sleep is non-negotiable, but so many of us treat it like a luxury item. Get real about sleep (unless you are dealing with a baby or toddler) by:

- Switching off screens (no streaming, no socials, no games) at least 30 minutes before bed.
- Focusing on reading or connecting with your partner before sleep. (Sex is great for enhancing exhaustion. Some people get tired just hearing it's a possibility! Others get tired right after it.)

- Shooting for a solid 7+ hours each night (recognising some people need up to 9).
- Waking up early enough to be tired at night.
- Staying off the coffee, sweets, and alcohol, particularly in the afternoon and evening.

Solution 2

Diet: Fueling the Body

Quick, sugary snacks and convenience foods exacerbate fatigue (and inflammation). It sounds boring, but:

- Minimise drinking anything other than water (and drink plenty of it).
- · Increase your vegetable intake for snacks and at meals.
- · Grab a handful of nuts rather than sweets when you need a snack.
- Prep well-loved, nutritious meals in batches on the weekend to minimise stress on busy nights.
- Set up a routine where you have the same meals each week or fortnight to minimise cognitive load. Eg: Monday is Mediterranean, Tuesday is Tacos (Mexican), Wednesday is a one-pot solution, Thursday is Pizza, Friday is Fish, Saturday is BBQ, and Sunday is leftovers (or a roast).

Solution 3

Attention Management: Be Present

Multi-tasking is both exhausting and inefficient. Focus on one thing. Do it well. Be present. Engage. When complete, move on.

Your energy flows where your attention goes. Putting attention on too many things pushes energy in too many directions. Be clear on your focus. Direct your energy. Watch your productivity increase while your exhaustion drops.

Parenting requirements shift from moment to moment, day to day, and week to week. But improved sleep habits, better systems, and clearer focus will increase your balance and allow you more time and energy to spend on what (and who) matters most—your family.





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 <u>happyfamilies.com.au</u>.

Love one another as I have loved you

John 15:9-14

6th Sunday of Easter, Year B

Jesus said to his disciples:

so I have loved you.

Remain in my love.

commandments and remain in his love. I have told you this

love one another, as I have loved you.

'As the Father has loved me.

If you keep my commandments you will remain in my love, just as I have kept my Father's

so that my own joy may be in you and your joy be complete. This is my commandment:

A man can have no greater love than to lay down his life for his

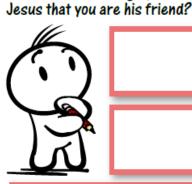
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Jesus is my friend ...

Draw some pictures of the people you love and write a little bit about each of them.

friends. You are my friends, if you do what I command you. Jesus is our friend. He loves us so much that he was prepared to give up his life for us. What are some things you can do to show



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