

*The Kingdom of God is like a mustard seed, which is the smallest of all seeds on earth. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds can perch in its shade. Mark 4:31-32*

#### DATES FOR THE DIARY

**Mon 22 July** NAIDOC Cultural Immersion Day  
**Wed 24 July** 7.00pm P&F Meeting  
**Fri 26 July** Yr 6 Reflection Day (St Joseph's By The Sea)  
**Tues 30 July** 100 Days of Foundation  
**Wed 31 July** Years 3-4 NGV/ACMI Excursion  
**Fri 2 Aug** Years 1-2 NGV / ACMI Excursion  
**Fri 2 Aug** 7.00pm Confirmation for Year 6  
**Mon 5 Aug** Confirmation lunch party  
**Thurs 8 Aug** Feast of St Mary of the Cross MacKillop. Mass at 9.00am. All welcome.  
**Fri 9 Aug** Yr 5 CCCC Wizard of Oz performance  
**Thurs 15 Aug** Feast of the Assumption. Mass at 9.00am. All welcome  
**Fri 23 Aug** Book Week Parade  
**Thurs 29-Fri 30 Aug** Year 5 Camp  
**Sun 1 Sept** Father's Day  
**Fri 20 Sept** End of Term 3 at 1.00pm

#### **SACRAMENTS**

**Fri 2 Aug 7.00pm** Confirmation for Year 6

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

**Mon 19-Tues 20 August** Staff Conference: *Our Lady's School Curriculum Design & Renewal*

Dear Parents and Carers,

A warm welcome back to Our Lady's school from myself and all the staff. The students have made a very positive start back to school. There were lots of smiles as they walked through the school gates for the first time this term. I visited all the classrooms on the first day back and there was a lovely sense of calm. In every classroom I visited the students were attentive and engaged with their learning.

Monday was a Professional Learning Day for all staff focused on Health and Safety training which covered CPR, First Aid, Asthma and Anaphylaxis training. Each year we update our Health and Safety knowledge and practice in order to ensure that all staff are trained to provide the best possible first aid and care to any child at Our Lady's who needs it.

#### **Confirmation Parent Information Evening**

On Wednesday evening we held the Parent Confirmation evening at Our Lady's School. This is an important part of supporting parents to deepen their understanding of the Sacrament of Confirmation so that they can engage more deeply with their child as they prepare to receive the Sacrament of Confirmation on Friday the 2nd of August at 7.00pm in Our Lady's Church.

The teachers were very happy with the level of engagement shown by the parents who attended. Thank you to all the parents and students who took the time to participate.

I would also like to thank the teachers; Tim Wickham (6A), Belinda Whelan (6B), Jo McManus (6B) and Tania Cuni (RE/Learning and Teaching Leader).

***I ask you all to pray for our Year 6 students as they prepare to receive the Sacrament of Confirmation.***



#### ***Bless This Day Prayer***

*We ask God's blessing on our lives. Each day we must walk with Jesus.*

God, Father and Creator, bless us this day in all that we do and think and say.

Bless our hearts and our lives as we walk the way of Jesus.

We ask your blessing on all your people.

May we live in love each day.

We ask this in the name of your Holy Spirit of love. Amen

## BUILDING UPDATE

During the school holidays we had major electrical work completed by Powercor who consolidated the 6 electricity meters on our site to one meter. You can see the large power box that was installed in front of Foundation Room I. We had 6 electricity meters because over many years the parish had purchased houses along Station Place to extend the school grounds. Water rectification works were also carried out and these are also close to completion.

We can clearly see the building design now that the scaffolding has been removed. The joinery has almost all been installed. They are currently painting and have installed almost all the doors. At this stage it is hoped the building will be completed by the 2nd of October.



## NAPLAN UPDATE FOR PARENTS OF STUDENTS IN YEARS 3 and 5

Today we are sending home with your child the paper copies of your child's NAPLAN results for 2024. They will be sent home in an envelope.

Please make sure you keep these in a safe place at home as secondary schools will request to see these as part of their enrolment process.

A reminder that the NAPLAN tests are a snapshot of your child's ability on a given day and cannot be used as the sole piece of evidence to form judgements about your child's learning achievements. Please remember to praise your child's efforts.



## 100 Days of Foundation celebration: An invitation to all Foundation Parents

On the morning of Tuesday the 30th of July we will be celebrating the Foundation I and J students for completing their first 100 days of primary school.

The Foundation teachers will be sending out detailed information to all Foundation parents. We hope you can come and celebrate with us.



FJ: Grace Dinh  
FI: Hari S  
1K: Zeallian T, Stuti D  
1L: Gabriel L  
2N: Tanishka M, Aman J  
3E: Ava L, Snowbery T  
3F: Isaiah M, Winnie B  
4H: Tha Tha B  
5C: Louisa Jane S  
6B: Kayla M, Matilda L



# Celebrating the opening of the Olympic Games at Our Lady's School

On Friday the 26th of July the Paris 2024 Olympic Games will begin. Here at Our Lady's we are very fortunate that Moira Kelly (pictured below with the Olympic torch she carried for the 2012 London Olympics) will loan us the torch for a week so that every child at Our Lady's school will be able to hold it. Moira is a friend of Our Lady's and has spoken at the Year 6 Leadership Conference, inspiring our students with her humanitarian work and her ongoing support for some of the most vulnerable children around the world.

Next Friday morning the students will gather on the green grass for a prayer for the athletes and then we will pass the torch around to each class. [Parents are welcome to stay and participate.](#)

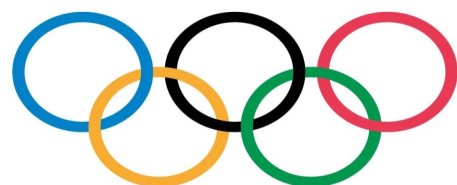
Moira has a son Ahmed Kelly (pictured below) who has already represented Australia in the swimming as a Paralympian in 3 Games. He won a silver medal at the Tokyo Paralympics and will once again represent Australia in the 2024 Paris Paralympic Games aiming to win a gold medal for Australia.

I hope that the Our Lady's School community can get behind Ahmed by sending him messages of support as he aims to achieve his dream of winning a gold medal for Australia.



*"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well." (Bishop of Pennsylvania during the 1908 Olympic games)*

Do you know what each Olympic ring stands for?  
Maybe you can investigate this with your class.



Warm regards,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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



## The Best Way to Say ‘No!’ to Your Kids

One of the most difficult parts of parenting is saying no.

Unfortunately, sometimes we have to. Sometimes plans change, or something might not be safe. At times, someone else’s needs may matter more, or our child wants what they can’t have.

And while they might not thank you for it, setting limits is one of the best things you can do for your child. Saying ‘no’ teaches our kids important lessons about life, independence, empathy, and getting along. Research shows that the best parenting style is one that combines setting limits with warmth. These parents are nurturing and responsive, but they set firm limits for their children. They listen to their child’s point of view, but they don’t always accept it. And it works! Their children tend to be friendly, self-reliant, cooperative, curious, and goal-oriented.

So how can we say no while still letting our kids know that we empathise with them? How can we be firm *and* warm?

### Give them their wish in fantasy.

It’s important to remember that our kids have big feelings, and that’s ok! We might need to limit behaviour, but big feelings are allowed. And while our kids don’t always need us to say yes, they do need to feel heard. All humans are more willing to cooperate once their feelings have been acknowledged. Our kids are no different.

So when your child wants something that you can’t (or won’t) say yes to, you can still show him that you empathise. Give him his wish in fantasy.

Here is an example. Imagine you’re in the supermarket with your child. You’re at the checkout, and it’s been a long, tiring day. You just want to get out of there and get home. Suddenly your child pipes up, ‘I want a lolly!’ You inwardly groan. It’s just before dinner, and you need to say no! You can feel a tantrum brewing. The last thing you need is a public meltdown!

But it doesn't have to end in a meltdown. Here's what you do:

First, connect with your child. Touch him on the arm, get down to his level, and make eye contact. 90% of good parenting is connection.

Then, give him what he wants in fantasy. Say, 'I wish you could have a lolly! What kind would you get?' Hopefully, your child will start to calm down right away and think about the answer. 'Freddo Frog', he might say. 'Oh, that's a great choice. I would pick lolly, or maybe freckles.'

Depending on how big your child's feelings are, you might need to extend the fantasy. You might say, 'What if our car was made of lollies? We'd never have to go to the supermarket again!' Your child might say, 'The wheels could be cookies!' When you give your child what he wants in fantasy, it shows him that you understand his feelings and that you care. Once he hears this, it is much easier for him to transition from being overwhelmed by his big feelings to dealing with a situation that, from his perspective, is less than ideal.

When you engage your child in fantasy, you are speaking to him in his favourite language: play. This reinforces your connection. It also shows your child that even if the world sometimes feels unfair, it is basically safe. This is because he has felt heard and understood.

We might not always get a round of applause, but putting this principle into practice will help us through the tough "no" moments with our children. They may still want what they can't have, but we'll be able to playfully get them through it. And in the process, teach them.



**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](https://happyfamilies.com.au).





# Jesus taught the sheep of his flock

16th Sunday in Ordinary Time, Year B



## Gospel

Mark 6:30-34

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, 'You must come away to some lonely place all by yourselves and rest for a while'; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

## Jesus taught them many things

What did Jesus teach people?  
Answer True or False to the following

"Love your neighbour" \_\_\_\_\_

"Punish those who dislike you" \_\_\_\_\_

"I am the wine of life" \_\_\_\_\_

"Blessed are the meek, they shall inherit the earth" \_\_\_\_\_

"I am the light of the world" \_\_\_\_\_

"A rolling stone gathers no moss" \_\_\_\_\_



Jesus was a shepherd, a leader, a teacher and a helper to his followers. In the footprints, write the names of people you know who care about others the way Jesus did.

