

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 19 and Tues 20 Aug
Our Lady's staff attending a 2 day conference. No school for students.

Wed 21 Aug Gus Gordon Author visit for F-3

Fri 23 Aug Book Week Parade 8.45-9.45am

Tues 27 Aug Community Classrooms 3.10-4.00pm

Thurs 29 Aug P&F Father's Day Stall

Fri 30 Aug 8.25-9.00am Father's Day Coffee in the Staffroom

Sun 1 Sept Father's Day

Mon 2 Sept Poetry in Motion for Yrs 4-6

Thur 5 Sept Yr 6 Leadership Day

Mon 9 Sept Italian Day

Fri 13 Sept Second Hand Uniform Sale 3.00-3.45pm

Fri 20 Sept End of Term 3 at 1.00pm

Mon 7 Oct Start of Term 4 at 8.35am

Thurs 10 Oct 9.00am Yr 6 Graduation Photo

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

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

Dear Parents and Carers,

On Thursday we celebrated the Feast of the Assumption of Mary into heaven.

In the Catholic tradition Mary holds a special place as the mother of Christ, the most perfect of all disciples. We are given only a few insights into Mary through scripture. We are told she said 'Yes' consenting to be the Mother of God and was of deep faith as expressed in the Magnificat. She followed Jesus throughout his ministry and was present at his Crucifixion. We are told she was a refugee, fleeing her home when Jesus was an infant. We can infer that she was a strong, perhaps courageous woman in a time where women had very little rights in society. On August 15th the Church celebrate the tradition of Mary being wholly taken into heaven with the Feast of the Assumption. We pray that Mary blesses the students, parents and staff of Our Lady's School.



**CONGRATULATIONS AND
THANK YOU SALLY!**

**WE ALWAYS KNEW
YOU'RE THE BEST
CROSSING SUPERVISOR
WE COULD EVER HAVE!**

CONGRATULATIONS!

Brimbank City Council
11 h · 📍

You might recognise her from your daily school runs, and now you can celebrate her as the winner of the biannual School Crossing Victoria Supervisor of the Year for our region!

With 20 years of dedication as a school crossing supervisor, Sally's passion and commitment have made a huge impact on her school community. It is a testament to the important role our crossing supervisors play in keeping our children and wider community safe.

Sally received her well-deserved award at a ceremony in Preston, among many other dedicated nominees. This year, we're proud to have had 8 school crossing supervisors nominated for their exceptional service.

👏 A big congratulations to Sally and all our nominees! Your dedication and hard work keep our community safe every day.

Read more about Sally and the awards at <https://news.brimbank.vic.gov.au/brimbank-school-crossing-supervisor-wins-regional-award/>



AN IMPORTANT REMINDER

Next Monday 19th of August and Tuesday the 20th of August the staff of Our Lady's will be participating in a 2 day conference focused on Recontextualising and Designing a new curriculum framework.

There will be no school for students on those days.

Assumption of Mary



Father in heaven, all creation rightly gives you praise, for all life and all holiness come from you. In the plan of your wisdom she who bore the Christ in her womb was raised body and soul in glory to be with him in heaven. May we follow her example in reflecting your holiness and join in her hymn of endless love and praise.

Hail Mary, full of grace, the Lord is with you.

Blessed are you among women and blessed id the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, Now and in the hour of our death.

Amen

CELEBRATING FATHER'S DAY AT OUR LADY'S SCHOOL

The Father's Day stall organised by the Parents and Friends committee is coming up on Thursday the 29th of August. This is an opportunity for your child to purchase a gift/gifts for their Dads.



A very special Father's Day invitation has been sent out by the Year 6 Events Committee who have planned to really spoil the Dads of Our Lady's School with a special gathering on Friday the 30th of August at 8.25am in the staffroom.

As an extra special treat there will be a coffee van in the school on Friday the 30th of August from 8.15am and they will be giving out free coffees to all Dads.

This will ensure that those Dads who can't attend the event in the Staff Room will still be able to have a special treat.

Green Team - Nude Food Tuesday Award

Congratulations to 2M for winning the week 4 Nude Food Award with 70% of the students having NO plastic wrapping . Here they are pictured with year 6 Green Team members Ken and Chan Chan and Billie the Bilby who gets to hang out with them for the week.

Congratulations 2M - Who will be the week 5 winner?
Stay tuned for an announcement at the Friday assembly.



We are looking forward to seeing lots of families visit the classrooms for our Term 3 Community Classrooms on Tuesday 27 August from 3.10-4.00pm.

All the grades are busily preparing activities for you to share in so you can see what's happening in your child's classroom.

Congratulations and Well Done to all the students who participated in the District Athletics!

29 students participated in the District Athletics and out of these 20 have progressed to the Division Athletics. This is a great result. The Division Athletics will be held on September 10.

Please see a picture and list of all the students who competed later on in the Newsletter.



Warm regards,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

FI: Van N

FJ: Elliott L

STAFF: Ms McManus, Mr Buttigieg, Fr Peter

BULLDOGS VISIT OUR LADY'S



On Tuesday the 13th August the Year 4s and 5s had the privilege of having a Question and Answer session with 2 Western Bulldog Players.

Lachie Bramble (Number 29) and Lachie Smith (Number 40) answered some questions from the students about their careers, achievements and how they became Bulldogs players.



Thanks AFL Victoria and the Western Bulldogs for providing this opportunity to our students.

SPORTS NEWS

On Friday the 9th of August, 29 students represented Our Lady's at the District Athletics held at Newport Athletics Track. All the students tried really hard and were amazing representatives for our school. Out of the 29 students, 20 are moving forward to the Division Athletics to be held on Tuesday September 10th at Keilor Athletics Track.



Congratulations to the following students for representing our school:

Dylan T (4H)	Akoldh N (4G)	Joanne H (4H)	Garang M (4H)	Laura B (4G)	Ethan N (4G)
Evie H (4G)	Oliver S (4G)	Louise N (4H)			
Thien N (5D)	Emily N (5D)	Jake C (5D)	Helena L (5C)	Xavier S (5C)	Ngun P (5C)
Jesse D (5C)	Andi M (5C)	Anthony B (5C)			
Henry A (6B)	Delilah T (6A)	Andrew T (6B)	Angeli C (6A)	Ayce F (6A)	Holly B (6B)
James N (6A)	Neveah M (6A)	Peter D (6A)	Grace N (6A)	Giselle T (6B)	





Bullying No Way National week of action

12-16 August 2024



Bullying No Way: National week of action

This year, Our Lady's school is once again participating in the Bullying No Way: National week of action, 12 to 16 August 2024.

Bullying No Way Week is a commitment being made by thousands of schools and supporters across the country. It provides an opportunity to demonstrate our commitment to bullying prevention. It gives us an opportunity to connect with students, staff and school communities to implement workable solutions to prevent bullying.

The new hero colour for the campaign is purple – symbolising peace, strength and empowerment to take a stand against bullying behaviour.

The theme for this year's campaign is **Everyone belongs**. This theme highlights the importance of creating a sense of belonging and inclusion for students. We recognise bullying often thrives in environments where individuals feel marginalised or excluded, and it is our collective responsibility to ensure that every student feels valued and respected.

"Positive school climates that value diversity and inclusion can foster a sense of belonging and provide a protective factor against negative peer relationships and reduce bullying." (Australian Education Research Organisation 2023).

For more information about Bullying No Way Week and bullying prevention, visit the [Bullying No Way](https://www.bullyingnoway.gov.au) website.

For your information, during this week, all classes have been engaging students in meaningful discussions and activities aimed at promoting empathy, understanding, and respect for diversity. We encourage you as your child's parents/carers to take this opportunity to have open and honest conversations with your children about the impact of bullying and what they can do if they need support. You can visit the [Bullying No Way website](https://www.bullyingnoway.gov.au) for tips around how to have this discussion.

You can access the school's bullying policy on our website to learn more about our process for preventing and responding to bullying. If you have concerns that your child is being bullied, please contact your child's classroom teacher in the first instance.



Bullying No Way National week of action

12-16 August 2024



Bullying – important conversations to have with your child

Our Lady's School participated in the Bullying No Way: National week of action – 12 to 16 August 2024.

By working collaboratively within our community, we can collectively help reduce bullying.

Parents and carers play an important role in helping your child understand bullying, and know how to respond to it.

If your child tells you about things at school, or you observe something in public that involves conflict or bullying, take the opportunity to talk about what bullying is. You can learn more about what defines bullying at bullyingnoway.gov.au.

Questions you could ask:

- What do you think bullying is?
- Have you seen it? How did you feel?
- Have you ever felt scared at school because of bullying?
- As well as me, who are the other adults you would talk to when it comes to things like bullying?
- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

Remind your child that bullying is never okay and discuss how they can respond safely if they experience or witness it.

Encourage them to seek help from a trusted adult and keep seeking support if needed.

By promoting open communication, we empower children to stand up against bullying and create a safer environment where everyone can feel that they belong.

For more information, visit bullyingnoway.gov.au.

We hope you are able to engage in valuable conversations at home with your child as parents and carers play an important role in helping your child understand bullying, and know how to respond to it.

Regards

Mrs Carabott

Deputy Principal & Student Wellbeing Leader



Melbourne Archdiocese
Catholic Schools

2023 Annual Report is released

We're delighted to report on a year of indelible change, progress and material strides as we embarked on the first full year of our MACS2030 strategy.



Available via
our website
macs.vic.edu.au



Enrolments Now Open YEAR 7 2026

Enrolment applications for current Grade 5 students close on August 16, 2024.

*I want my child to attend the College.
What do I do?*

- 1. Complete an enrolment application form.**
Visit www.cccc.vic.edu.au to access and complete our online Application Form.
- 2. Submit your completed application form.**
Ensure you provide all required documents with the application. A non-refundable application fee is required at the time of submission. Applications close mid-August each year.
- 3. The College will conduct interviews of all applicants.**
Families will be invited to attend an enrolment interview with a senior staff member of the College.
- 4. Enrolment and waiting list offers will be sent to families.**
Families will be notified of any offer after the interview process.
- 5. Book a School Tour**
If you would like to visit our school, please book a school tour by visiting www.cccc.vic.edu.au or call 9296 5311

If you have any questions please contact the College on 03 9296 5311 or email registrar@cccc.vic.edu.au



GRADE 5 2024 - YEAR 7 2026

A friendly reminder for any Grade 5 families who might be considering CCCC for their child for Year 7 2026.

The applications close TODAY, Friday 16th August 2024.

To apply, you can submit an online application via this link –<https://www.cccc.vic.edu.au/enrolments/enrolment-application-form>

Families are also welcome to come into our office at 204 Churchill Ave, Braybrook to pick up a physical application form if an online application is not possible.

Father's Day Raffle

Tickets on sale on QKR NOW



Parents and Friends

FATHER'S

Day Raffle

\$1 PER TICKET ON QKR

1st

- Jumbuck Spit Pack
- Rolling Dough Voucher
- Deer Park Club Voucher
- Cygnett portable charger

2nd

- BCF Voucher
- Deer Park Club Voucher
- Footies Socks
- Cygnett Portable Charger

3rd

- Hop Nation Voucher
- Deer Park Club Voucher
- Footies Socks
- JBL headphones

4th

- Zona Pizza Voucher
- Deer Park Club Voucher
- Footies Socks
- JBL head phones

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BOOK WEEK



One week to go!

OUR LADY'S BOOK WEEK PARADE

Dress Up and Join the Fun!

WHEN: Friday 23rd August
8.45 - 9.45 am

WHERE: Grass area, near the
playground
(weather permitting)

The annual Book Week Raffle will
take place after the parade.



Student Wellbeing Parent Information evening

Focus: Social and emotional learning;
Zones of regulation; Wellbeing; ways
you can help at home.

**When: Wednesday 4th
September at 7:00pm**



GRAND UNITED CRICKET CLUB



**PLAY CRICKET
REGISTER TODAY**

**BOYS AND GIRLS - JUNIOR TRAINING AND REGISTRATION NIGHTS
UNDER 10'S - UNDER 11'S - UNDER 13'S - UNDER 15'S - UNDER 17'S**

EVERY THURSDAY @ 4.30PM - STARTING 5TH SEPTEMBER

JR PARSONS RESERVE, STANFORD ST, SUNSHINE

CRICKET BLAST (4-9 Y.O) - SATURDAY 19TH OCTOBER - 9:30AM

CONTACT: CAMERON HOWITT: 0412 642 526

OR JACK HALE: 0421 526 500

Calling all Cougars

Come and play cricket for Sunshine YCW

Have a hit, roll the arm over
and enjoy the summer with your
mates!

Woolworths Blast, u11s, u13s
& u15s available.

Register here



All welcome!



@sycwcc



Sunshine YCW CC



Kindersmith Reserve, Braybrook



junioradministrator@sunshineycwcc.com.au





SUNSHINE BASEBALL CLUB

Barclay Reserve, 5 Talmage Street, Sunshine.



COME AND TRY BASEBALL



No Experience Necessary!

Girls and boys ages from 5 to 17 years old

AUGUST 25TH / SEPT 1ST / SEPT 8TH

2.00pm to 4.00pm on all 3 days 😊

For more information email: sbcjuniors@outlook.com

Visit our website: www.sunshinebaseball.com.au

or phone Gavin: **0419 874 135**



Written by Rachel Samson

Are you a good listener?

The art of deep listening and why it matters to our kids.

"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they bloom like flowers." —Thich Nhat Hanh

Most of us have had the experience of talking to someone who is listening, but not *really* listening—listening, but not *deeply* listening.

Deep listening is a sense of presence, inner stillness, openness, and mindful attention to what the other communicates in their body, speech, and silence. In parenting, deep listening helps us identify and respond sensitively to children's needs.

Decades of evidence shows that attuned, sensitive, and emotionally available caregiving promotes children's healthy development, secure attachment, and mental health. The founders of the Circle of Security program convey the feeling of listening deeply to one's child in a simple phrase: **"I am here, and you are worth it."** This is a powerful reminder to us as parents that our presence and attention can be instrumental in cultivating our child's sense of self-worth and mental health. We have only to recall the last time that we felt truly listened to in order to conjure that same sense of worthiness. "Wow, my voice matters; I am someone worth listening to."

Unfortunately, deep listening doesn't come naturally to all of us. It may even seem counter-intuitive in our culture of quick fixes and endless scrolling for fast advice.

Learning to Listen Deeply

So how do we practice the art of deep listening? Just as weight training helps us build and strengthen the muscles of our body, practicing deep listening builds and strengthens our capacity to listen. Every day we are presented with opportunities to practice being truly present with our families and connecting to their experience in a more powerful way. Here are some tips for building your deep listening "muscle":

1. **Connect with yourself first.** One of the best ways to build our capacity to listen deeply to others is to practice slowing down, turning our attention inward, and being present with our own experience—with our own thoughts, emotions, and bodily sensations. In other words, by listening deeply to ourselves and connecting with our own experience, it becomes easier to do so for others.

2. **Make time.** Deep listening requires our time. It may be helpful to build regular, intentional time into your schedule to truly be present with your loved ones.

For couples, this could be a once-a-week check-in in which you give each other space to discuss what is on your mind and in your heart, with an emphasis on connection over criticism.

For parents, the walk or drive home from school and mealtimes may be good opportunities to check in with your child and simply be present for whatever comes up.

Build a routine that works for you and your loved ones, whatever that looks like. The important thing is that we make time.

3. **Minimize distractions** (and put down your phone!). Many of us have become master multi-taskers, splitting our attention between multiple tasks and flicking between tabs on our screens. Deep listening can't be just another tab open; it requires our full mind and heart to show up. Even young children can tell when adults in their lives are distracted, and research shows that parents' increased distraction can take a toll on children's development. Therefore, it is important to minimize distractions during the time we devote to deep listening. This may mean putting down our phones, turning off the TV, and shutting down the computer; it may mean going someplace away from the hustle and bustle of the office or home. We don't have to sit in perfect stillness to listen deeply but limiting distractions can help create the conditions for our minds to settle and be fully present.
4. **Notice the urge to move away** (interrupt, fix, distract, move on) and choose to come back. Mindful listening is all about paying attention and noticing, and this includes noticing when tension, anxiety, or distraction arise. Often, these signal a desire to move away from being with the person and towards doing—for example, interrupting, changing the topic, or trying to “fix” the problem. When this tendency arises, simply notice it. Name it silently, “Ah! There's me trying to fix this,” and gently return to listening.

Be gentle with yourself. Many people didn't experience deep listening in their childhood and enter adulthood with a limited capacity for listening to and being with others' emotions. We tend to fall back on the communication styles and habits that we experienced in our family of origin, even if these are unhelpful in our adult relationships. Notice when these old tendencies are present and appreciate that it takes time to learn to communicate differently. Thankfully, deep listening does not require perfection; it requires awareness—and a willingness to practice coming back to those we love again and again.



AUTHOR

Rachel Samson

Rachel Samson is an Australian-based Clinical Psychologist and Family Consultant with a passion for supporting parents to develop healthy parent-child relationships that promote optimal child development. For further details visit [Instagram @australianpsychologist](#) and [Facebook @sensitivityprojectau](#).

I am the bread of life



19th Sunday in Ordinary Time, Year B

Gospel John 6:48-51

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day.

It is written in the prophets:

They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me.

Not that anybody has seen the Father, except the one who comes from God: he has seen the Father.

I tell you most solemnly, everybody who believes has eternal life. I am the bread of life.

Your fathers ate the manna in the desert and they are dead;

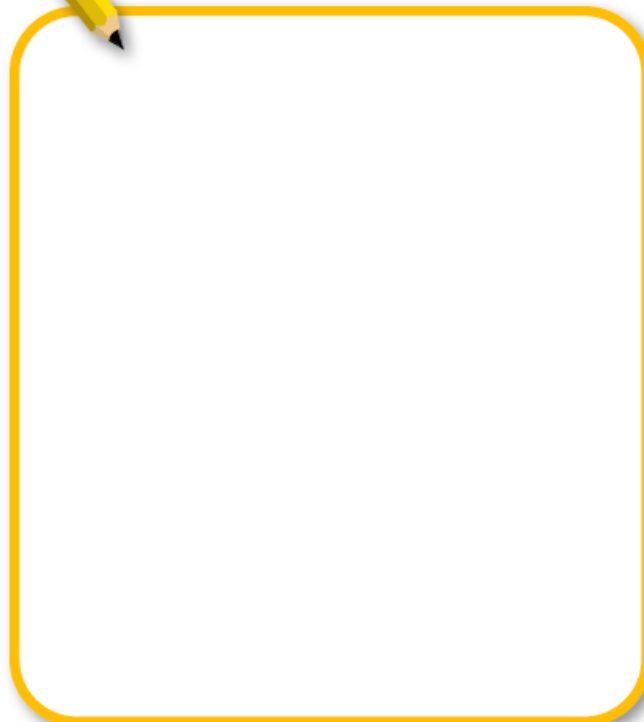
but this is the bread that comes down from heaven, so that a man may eat it and not die.

I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever;

and the bread that I shall give is my flesh, for the life of the world.'

Jesus had faith and trust in God, and he asks us to have faith and trust in him. Draw a picture of someone you love, who you have faith in and trust.



Can you make your way through the BREAD OF LIFE maze?

