



OUR LADY'S SCHOOL NEWSLETTER

2 August 2018

www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley
Principal: Ms. Patrizia Bertani
Parish Mass Times: Saturday 6:00pm
Sunday 9:00am, 10:30am & 5:30pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au
Our Lady's is a Child Safe School

And if he sins against you seven times a day, and returns to you seven times, saying, 'I repent,' forgive him. Luke 17:4

DATES FOR THE DIARY

Thurs 2 Aug

7.00pm Reconciliation Parent Night

Wed 8 Aug

Feast of St Mary of the Cross MacKillop Mass at 9.00am

Thurs 9 Aug

Gr 5 CCCC Musical

Fri 10 Aug

Parish Movie

Mon 13 Aug

Our Lady's Book Fair

Wed 15 Aug

Feast of Assumption
6.30pm Fete Meeting

Thurs 16 Aug

Beyond 100 Days of Foundation 2.30pm Auditorium
Yr 2 Excursion Werribee Mansion

Fri 17 Aug

Book Week 2018 'Find Your Treasure'

Fri 24 Aug

Book Week Parade

Wed 29 Aug

Grade 6 Leadership Day

Thurs 30 Aug

Father's Day Stall

Fri 31 Aug

2.30pm Father's Day Assembly

Sun 2 Sept

Father's Day

Mon 3 Sept

Kath Murdoch Parent Session
7.00pm

Wed 12-Fri 15 Sept

Year 5 Camp

Sat 24 Nov

Shopping Tour

SACRAMENTS

Reconciliation (Year 3)

Thurs 6 Sept

7.00pm

Confirmation
(Year 6)



Dear Parent,

Last night myself, Mrs Michelle Drought and Miss Natalie Severino attended the installation Mass at St Patrick's Cathedral for the new Archbishop of Melbourne, Archbishop Peter Comensoli. The installation Mass was attended by thousands including the bishops and priests from all the zones of Melbourne. Our very own Father Peter McKinley was part of hundreds of priests who attended. Archbishop Comensoli is the ninth Archbishop of Melbourne and previously has served as the third Bishop of Broken Bay in New South Wales. Yesterday he received a huge welcome to his what will be his home for many years to come. He asks us all to pray for him as he assumes his new role.



We have some very exciting news! This year we would like to apply for Capital Grants funding from Catholic Education Melbourne to use to demolish and build a new contemporary learning space to house the Foundation to Year 4 students. In order to meet the Capital Grants criteria for approval the school needs to submit a detailed Masterplan. During Terms 1 and 2 Father Peter and myself interviewed a variety of architect firms. We have chosen the firm Clarke Hopkins Clarke who we believe are specialists in the field of designing and building contemporary educational spaces. They specialise in building schools and have demonstrated they have an excellent understanding of contemporary learning.

The architects will meet with the staff, parents and students to introduce themselves and to explain the process of creating a Masterplan and what a Masterplan for a school contains. We would like to invite interested parents to join us on Wednesday the 8th of August from 2.15pm to 3.00pm in the Fr John Maher Auditorium. The architects Simon Le Nepveu and Gareth Smith are looking forward to meeting with all members of our school community. A note will be sent out today which if you are intending to attend the meeting you will need to fill in and return to the office.

An Invitation to our Community

On Wednesday the 8th of August we celebrate the Feast Day of St Mary of the Cross MacKillop. We invite you to come to Our Lady's Church and join us for Mass at 9.00am. The Mass has been prepared by the teachers and students in Year 4G and 4H. We hope you can join us in celebrating the life and charism of St Mary of the Cross MacKillop.



Children of the World



Jesus, when you lived on earth, you showed special love for children. Please take care of all the children of the world. Give them safe places to live, and loving people to take care of them. Shield them from all harm to body and soul. Protect those who live in lands where there is war, not enough food and water, not enough doctors and nurses. Please put joy into the hearts of all children, and give them good reason to laugh. Jesus, let the children of the world come to you, to be safe and happy. Amen

Communication between School and Parents

As you know our school has a focus on the continual strengthening of links between the school and the parent community. We organise many events throughout the school year to engage parents in all aspects of school life and in particular with their children's learning. As part of improving parent, school community engagement we have been trying hard to communicate to you dates and times for school events as early as possible. We are sensitive to and understand that you need time to organise yourself to attend and especially so if you are a working parent.

Over the last couple of weeks we have had to alter a few dates and I believe it is important that you understand why that has had to happen. A school works within systems such as Catholic Education Melbourne, the Education Department and is also impacted on by various government initiatives and requirements both state and federal. We do not always have the dates for these at the beginning of the year. We often are given these during the year when we have already established dates and times with our community.

I apologise if the recent changes to the *Book Week Parade* and the *Beyond 100 Days of Foundation* events inconvenienced you in any way but I hope this information has helped you to better understand the school's position. Be assured that we work hard everyday to create and maintain a well organised and professional school environment.

Beyond 100 Days of Foundation– Thursday the 16th of August at 2:30pm in the Auditorium
Book Week Parade– Friday 24th of August at 9.00am in the School Hall.

Planning has begun for the Our Lady's School and Parish Fete for 2019

Save the Date - Saturday the 30th of March 2019

Thank you to the many parents who came to the Fete 2019 meeting which was held on Tuesday. Your enthusiasm was contagious and there were so many ideas offered. I really appreciated so many parents being so willing to share their expertise with the group. The next meeting will be on Wednesday the 15th of August at 6:30pm in the Hall kitchen. You are welcome to come even if you weren't at the first meeting. We look forward to even more ideas and also the opportunity to getting to know others from our parent community better.



DROP OFF AT SCHOOL FROM 8:20am onwards ONLY

I am very concerned about the increasing number of students who are being dropped off at school before 8:20am. There have been instances where a child has been dropped off before 8 o'clock. The early morning is very cold in Winter and there is no shelter for the children and no supervision by teachers.

I understand that it can be difficult to juggle commitments in the morning but **at no time** can we ever compromise the safety of our children. There is a teacher on yard duty from 8:20 am. If you leave your child at the school gate prior to this time you are leaving them unsupervised and compromising their safety.



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

CANTEEN VOLUNTEERS URGENTLY NEEDED

We are in urgent need of canteen helpers. If you can spare just one hour and fifteen minutes fortnightly please contact either Geraldine or Nubia our Canteen Managers. They will be delighted to have your support.

Visit them at the canteen and let them know or ring the school on 9312 2230.





Book Week Parade

**Friday 24th August at 9.00am
in the Hall**

*Book Week is fast approaching. The theme
for 2018 is 'Find Your Treasure'*

***Ideas: pirates, treasure chest and coins, books as treasures, maps with
treasure marked, Treasure Island book, Pie Rat books, Gulliver`s Travels ...***

The following websites have great ideas:

Book Chook Book Week ideas

Teacher Starter Book Week

Mrs Macs Library

**All welcome to join us as each
class parades around the Hall all
dressed up as we celebrate Book
Week at Our Lady's on Friday 24
August at 9.00am.**



SAVE THE DATE FOR THE 2019 OUR LADY'S FETE!

SATURDAY 30th MARCH

SAVE THE DATE

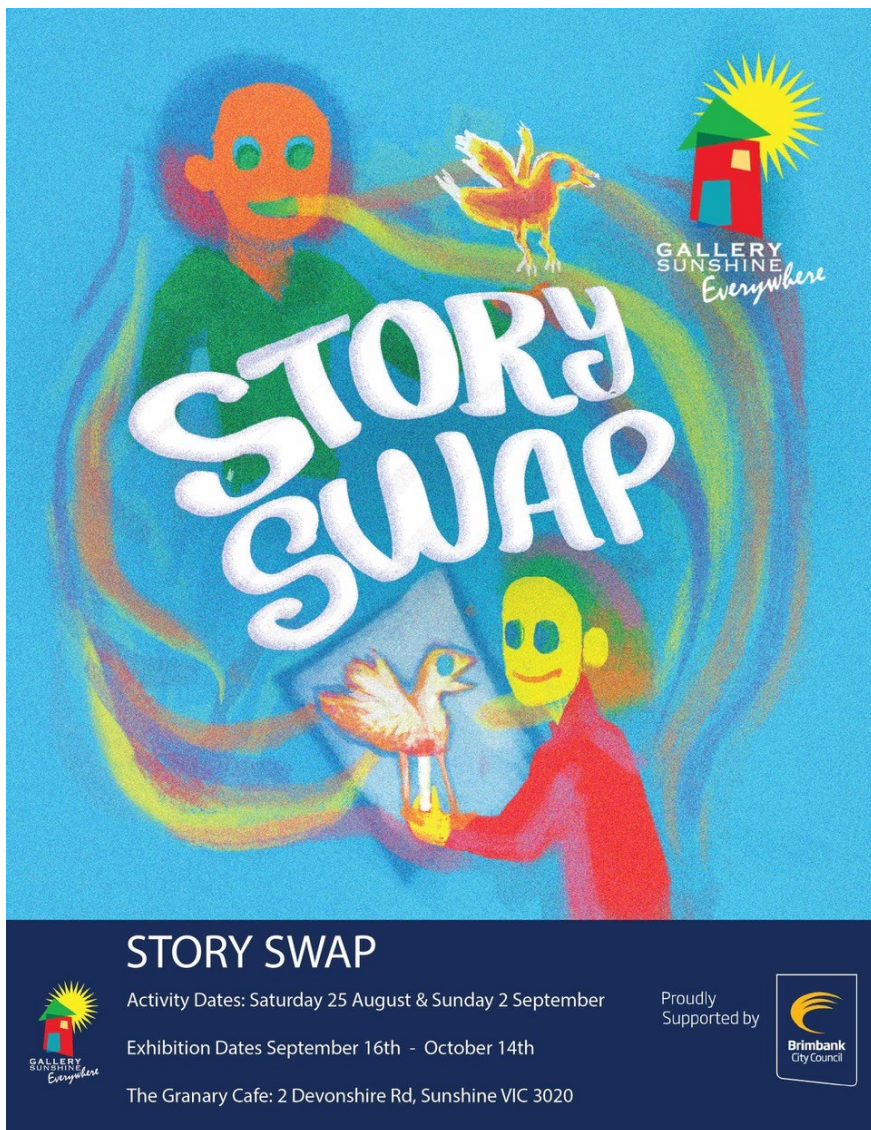
A huge thank you to all who attended Tuesday's Fete Committee meeting, Lissa, Tania, Jamie, Fiona, Stephen, Carmen Ebony and Lyndal.

The date has been set and a plan of action has begun.

Our Next Meeting we be held in the hall kitchen on the 15th August at 6.30pm.

For this event to be a huge success we still need more parent involvement, if you have any ideas for the fete or have any contacts you think would be useful please either come and see me or email me on michelle83davis@hotmail.com

Thanks Michelle Hayes

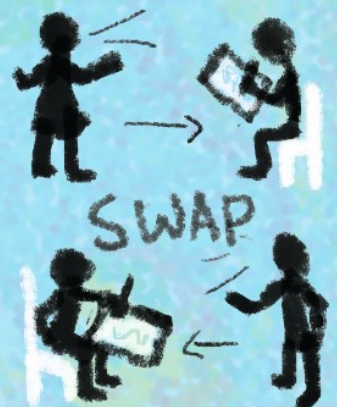


Participants wanted!

Story swap is an all ages community event where we draw and tell stories to each other.

Come along on Saturday 25th August or Sunday 2nd September. Share a story with a stranger or swap and draw somebody's story for them.

An exhibition of selected works will be held from the September 16th - October 14th



Activity Dates:
11am - 3pm Saturday 25 August & Sunday 2 September

Exhibition Dates:
September 16 - October 14

Venue:
The Granary Cafe: 2 Devonshire Rd, Sunshine VIC 3020



Discovery Time





More Discovery Learning



Collection of school information by the Australian Government under the *Australian Education Act 2013*

Dear Parent/Guardian

Collection of information about schools

The Australian Government provides funding to Australian schools under the *Australian Education Act 2013*. That Act and the associated *Australian Education Regulation 2013* require that your child's school provide the Australian Government with certain information about the school, its financial arrangements, and its student body, in order that the funding is properly calculated and accounted for.

What information is collected by the Australian Government?

The authority that operates your child's school such as, a state or territory education department, a Catholic Education Office, or an independent school authority, will provide basic information about the school to the Australian Government, such as its name, address, contact details, years of schooling, and number and makeup of its staff.

The authority must provide the Australian Government with information about the school's finances, including annual audited financial statements and certification that Government funding has been used for proper purposes relating to education.

In addition, the authority will provide certain performance information at an aggregate level, including student attendance rates, student results in the National Assessment Program, and for secondary schools, post-school student destinations; such as going into the workforce, vocational education and training, or higher education.

The authority is required to publish much of this information, and it is also published by the Australian Curriculum Assessment and Reporting Authority (ACARA) on the myschool web site at www.myschool.edu.au.

The school authority must also provide information to the Australian Government about the makeup of the school's student body during an annual school census. This is because Australian Government funding varies according to whether students are primary, secondary, receiving distance education, or are overseas students; and is calculated to provide additional funding, called 'loadings', for students at educational disadvantage.

The authority must provide information about the number of students attending the school, including the number of:

- primary and secondary students
- full-time and part-time students
- Aboriginal and Torres Strait Islander students
- students with disability
- students with low English proficiency
- students receiving distance education

- boarding students
- overseas students

Who receives this information?

Most of the information is provided by school authorities to the Australian Government Department of Education. Some of it is provided directly to ACARA.

The Department of Education may in turn pass the information on to ACARA, state and territory education departments and authorities, the Australian Bureau of Statistics (ABS), and the Productivity Commission. The department will also provide the information to other organisations if required or authorised by law to do so.

Why is this information collected?

The Department of Education collects information about schools under the *Australian Education Act 2013* for the purposes of that Act, which include:

- calculation of Australian Government funding
- oversight of funding conditions and requirements
- monitoring of financial performance and educational outcomes of schools
- publishing and providing information about schools to the public.

The department also uses the information for research, statistical analysis, and policy development on school education for the Australian Government.

Information passed to ACARA, state and territory education authorities, the ABS, and the Productivity Commission is used by those organisations for their public purposes. For example, the information collected from school authorities under the *Australian Education Act 2013* forms part of the national statistical collection maintained by the ABS.

Is my child identified in the information collected by the Australian Government?

Where school authorities are required to provide the Australian Government with information about students, that information is aggregated statistical data that does not identify individual students. The information is not matched with any other information held by the Australian Government that can be used to identify individual students.

However, from time to time the Department of Education engages contractors to audit or verify school records, to ensure that the information that a school provides to the department is accurate. The information previously collected by the department may also be passed onto these contractors for this purpose.

When carrying out an audit, the contractors may need to access information about individual students from the school's records. This information may be 'personal information' within the meaning given in the Privacy Act 1988. The contractors may pass this information onto officers within the department if there is a discrepancy in the data provided by the school and the school's records and further investigation is required.

There may be other circumstances in which a school authority will voluntarily provide information about individual students to the department, when seeking additional funding for those students. Most commonly, these are where a student has not been in attendance at a school during the annual school census but the authority wishes to receive funding for him or her, and where the authority believes that the demographics of the students at the school are not representative of the households in the ABS statistical areas serviced by the school.

Other than in exceptional circumstances (for example, investigation of fraud relating to overseas students), the department does not disclose personal information to any overseas recipients.

Contacts for further information

If you have questions about the collection of information about schools by the Australian Government under the Australian Education Act 2013, please contact:
The Recurrent Assistance for Schools team at: GrantsandData.help@education.gov.au.

The Department of Education's privacy policy is available on the department's website at www.education.gov.au. The privacy policy contains information about:

- how individuals can access and seek correction of the personal information held by the department
- how complaints about breaches of the *Privacy Act 1988* can be made
- how the department will deal with these complaints.

If you wish to contact the department about privacy related matters, please e-mail the department at privacy@deewr.gov.au or write to:

Privacy Contact Officer

Legal and Compliance Group
Location C12MT1
Department of Education
GPO Box 9980
Canberra ACT 2601



Wellbeing tips for primary school kids

by Dr Jodi Richardson



It's time for parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Wellbeing – it's a word we hear a lot these days. We understand that it's important for our kids; but it's not always clear exactly what it is, how we know if they've got it, and how we can help them to get more!

Since the Slip! Slop! Slap! campaign of the early 80s, the media has helped to spread messages about the importance of protecting our skin from the sun, regular exercise and a diet rich in nourishing wholefoods to promote and protect our own health and that of our families.

Now it's time for us as parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Put simply, our kids' wellbeing is a combination of their physical, mental, emotional and social health. And because a range of different elements contribute to their wellbeing, there are a bunch of activities we can do with them, role model for them and teach them, to improve it.



Developing wellbeing is more than ensuring the absence of ill-health, it's about taking action to adopt thinking and behaviour patterns that researchers have shown to foster flourishing physical and mental health.

It's evident from the *Australian Child and Adolescent Survey of Mental Health and Wellbeing* that it's never been more important for us as parents to do so. Among 4- to 11-year-olds, 1 in 100 are depressed, 7 in 100 suffer with anxiety and 8 in 100 struggle with ADHD. Add to those worrying statistics the knowledge that 1 in 4 Australian children are overweight or obese, and it's easy to see why working on wellbeing matters.

Here are 5 practices that you can put into action to enhance your kids' wellbeing:

1. Get them outside and moving

Australian kids are some of the least active in the world, with as few as 1 in 5 meeting the recommended 60 minutes of daily exercise. There's so much we can do! Park further from school at drop off and pick up – ease the traffic congestion (cos' we all know what school parking is like!) and increase their daily exercise at the same time; stay a while after school to let the kids play; stop at the park on the way home or head outside after bags are

unpacked and have a bounce on the trampoline. Yes, I know, it's going to take some effort, but this is what really matters – and it's good for you too!

2. Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!

Positive social relationships not only enhance kids' wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

3. Keep screen time to a minimum

I know, easier said than done! Kids love screens, but we're the parents and we can work with our kids to create clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12-year-olds. Assuming kids are watching appropriate material and lying on their tummies to use tablets (helps reduce neck strain), the risks of screen time largely relate to what kids are NOT doing while using them such as being active, chatting, reading, playing creatively and sleeping. Kids also need to get bored!

4. Help your kids develop mindfulness skills

Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. That's it. Sounds easy, but like any skill it takes time and practice. It gives kids' overstimulated minds a rest! A regular mindfulness practice will also help them to regulate their attention and their emotions; and teaches them to create a lifelong practice of taking time out to become calm, content, relaxed and in the moment. I highly recommend the Smiling Mind app for age appropriate mindfulness meditations; also, a lovely mindfulness practice is to lay down with the kids, eyes closed, and take time out to breathe naturally while everyone tunes in their 'Spidey senses' to all of the sounds around them.

5. Last but not least – ensure your kids get ample sleep

Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a 'wind-down' routine which may include a bath/shower, being read a book and then quiet reading before lights out. Taking time to chat with your kids before bed or encouraging them to reflect on what they're grateful for is also a great way to help them decompress and get a restful night's sleep.



Dr Jodi Richardson

*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson)
Enquiries to jodi@drjodirichardson.com.au*

Work for food that gives eternal life

18th Sunday in Ordinary Time, Year B



God wants us to have faith in Jesus, the Son he sent to save us.

Write or draw answers to these questions. *When you have faith...*

...how do you treat others?

...what do you do at mass?

...what do you do at home?

Gospel Jn 6:24-29

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert: as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread: for the bread of God is that which comes down from heaven and gives life to the world.'

'Sir,' they said 'give us that bread always.' Jesus answered:

'I am the bread of life. He who comes to me will never be hungry: he who believes in me will never thirst.'

START

G	O	C	A	X	B	O	S	E	W
T	D	U	T	S	R	E	B	L	P
V	W	A	N	Y	P	K	U	Y	E
S	I	E	C	O	Q	A	E	I	B
E	T	A	S	U	N	T	H	E	O
X	D	H	O	T		S	A	R	N
L	C	A	E	Y	H	O	E	H	E
R	E	V	A	I	T	B	S	E	N
D	T	E	F	C	A	E	D	U	T

FINISH

COMPLETE THE TEXT MAZE

"God wants you to have faith in the one he sent"

