



OUR LADY'S SCHOOL NEWSLETTER

9 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

Fri 10 Aug

8.45am P&F Meeting in Hall
Kitchen

Parish Movie

Mon 13 Aug

Our Lady's Book Fair

Wed 15 Aug

Feast of Assumption 9.00am
Mass

6.30pm Fete Meeting

Thurs 16 Aug

Beyond 100 Days of Founda-
tion 2.30pm Auditorium
Yr 2 Excursion Werribee Man-
sion

Fri 17 Aug

Book Week 2018 'Find Your
Treasure'

District Athletics

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 Assem-
bly

Sun 2 Sept

Father's Day

Mon 3 Sept

Kath Murdoch Parent Session
7.00pm

Wed 12-Fri 14 Sept

Year 5 Camp

Fri 14 Sept

Parish Movie

Sat 24 Nov

Shopping Tour

SACRAMENTS

Reconciliation (Year 3)

Thurs 6 Sept 7.00pm

Confirmation (Year 6)

Fri 16 November 7.00pm

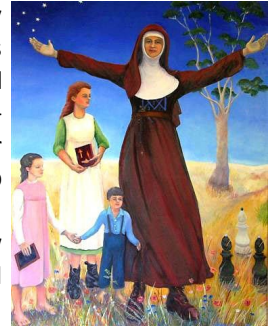


Dear Parent,

On Wednesday we celebrated St Mary of the Cross MacKillop's Feast Day with a whole School Mass which had been organised by the teachers Ms Kriss Oliver (RE Leader), Mrs Michelle Drought (4H) and Miss Caroline Wood (4G) and children of 4G and 4H. Both Father Peter and Father Lucas celebrated the Mass. Father Peter reminded us about Mary's life as a teacher and her devotion to the Cross. Thank you to the wonderful choir made up of Year 5C and 5D students. We loved your beautiful singing
St Mary of the Cross MacKillop was born in Fitzroy in Melbourne and grew up to become Australia's first Saint; spreading God's word across this land and beyond.

On her Feast Day we particularly remember the Sisters of St. Joseph who worked at Our Lady's school for so many years. The Sisters of St. Joseph's came to Our Lady's School in 1928. Initially there were only three sisters; Sister Mildred Duncan (Superior), Sister Leo Byrne and Sister Eustace who took up residence in the new convent which stood in the same place as our school Office does today.

We give thanks for the love and dedication they gave to Our Lady's Parish/School and remember that we could not have become the school we are today without their deep and lasting contribu-
tion. Today I ask you to pray for all the Sisters of St. Joseph who continue to live out St Mary MacKillop's legacy all around the world.



Here are some of St Mary of the Cross MacKillop's precious treasures

"We must teach more by example than by word." (1867)

"Do all you can with the means at your disposal and calmly leave the rest to God." (1891)

Canteen Update

Thank you to those new parents and a grandparent that responded to our urgent call for help at the canteen. Anytime time you give is very much appreciated. Our canteen is a great service to our community and at times lunches are forgotten and Nubia and Geraldine will happily make lunch for the child concerned. We then send the child home with a yellow slip with the amount owed written on it. I would like to remind all parents who have been sent home a yellow slip that they need to pay promptly as there are many outstanding payments due at the moment The canteen is a not for profit service so we need you to pay promptly.

PLEASE COME TO OUR BOOK FAIR NEXT WEEK

In preparation for 'Book Week' we are holding a Book Fair throughout next week in the Mary MacKillop library. The theme for 'Book Week' this year is *'Find Your Treasure'* and we all know that books can certainly open up new 'treasures' for us all to discover. Ten percent of all books sold will go to the school. We will use all funds raised to purchase new books for Our Lady's School.

ST MARY OF THE CROSS MACKILLOP

Dear Blessed Mary, you have a special place in Australian hearts. Thankyou for the Sisters of St Joseph, whom you gathered together, to teach in the schools that you opened in small country towns here in Australia, so that children could learn about their faith, as well as their other lessons.

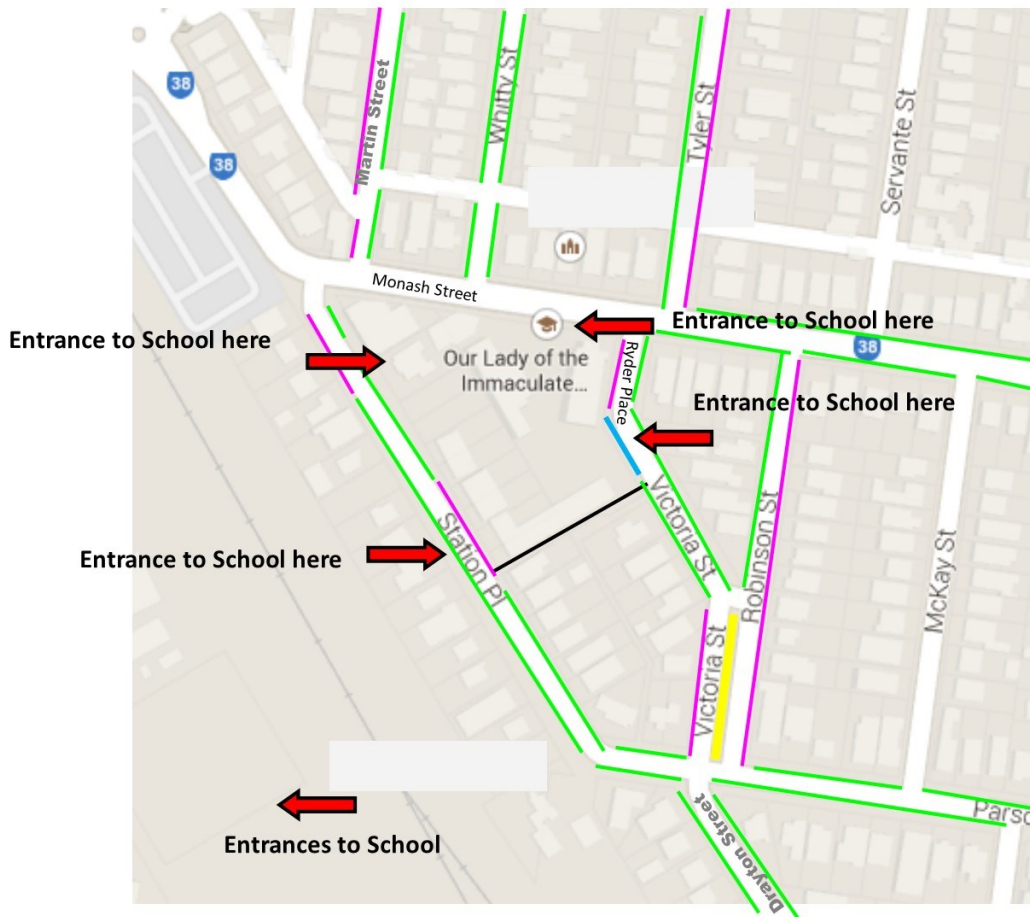


Help us to remember what we learn about God, Mary, the saints and the angels, and all the other things about our faith.

Help us to be true to our faith all our lives. Please pray for all the people in Australia.

Thank you, Blessed Mary.

Parking at Our Lady's School



2 Hour Parking

- Station side Martin Street
- Near Station on Station Place
- Near Classrooms Station Place
- Near Church Ryder Place
- Station side Victoria Street
- Far side Tyler Street

All Day Parking

- School side Martin Street
- Whitty Street
- School side Tyler Street
- Monash Street past Ryder Place
- Monash Street past Tyler Street
- Victoria Street
- School side Robinson Street
- Parsons Street
- Drayton Street

2 minute Drop Off Zone

- Outside double gates Ryder Place

No Standing

- On/near reserve Victoria Street

Congratulations! Together we are making school drop-off and pick up times SAFER

At the beginning of this year we increased the number of staff on duty during after school pick up time. The staff were there to ensure that the traffic flowed smoothly during our very busy pick up time after school. I would like to thank all the many parents who have collaborated with the Our Lady's school staff to make sure that we create a safer environment for our children. We would like to thank you for your patience and cooperation. We understand that it can be a very busy time for parents, particularly if you are picking children up from more than one school however we can NEVER compromise children's safety under any circumstance.

The staff have noticed a marked improvement and greater cooperation amongst parents, staff and the children themselves. I ask you to keep doing the right thing so that together we can ensure the safety of all our children.

I have included a map of streets around the school where you can park. This problem will not go away but I believe that by following the road laws and working patiently together we have minimised the risk of an accident happening. [Keep up the great work!](#)

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

<p>THE FEAST OF THE ASSUMPTION <i>A holy day Obligation</i> 14th August: 7.00pm Vigil Mass & Novena 15th August: 9.00am Mass – with the Parish School 7:30pm Mass in Vietnamese</p>
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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.



St Vincent de Paul Society
good works

The Blue Clothing Charity Box - St Vincent de Paul.

Just a friendly reminder that the blue metal box charity is for **CLOTHING ONLY** (in reasonable condition and not damaged)

Items need to be placed inside the bin using the front lift up entry.

If the bin is full, bring your items back another time. Do not leave them on the ground because of the damage by weather or soiling from animals (who also visit that area for different reasons - let your imagination fill in the blanks!)

The bin is independent of the Parish Church and School and is cleared each week. For any non-clothing items, including toys etc, please contact the St Vincent de Paul Shop directly, (near the train station bus stops)

The bin is located near the gate from the West side of the church to the school playground gate. Over the last few weeks we have noticed an increase in items left on the ground outside bin. This friendly reminder is being published in both the Church newsletter and School newsletter.

Thanks for your co-operation and generosity donating clothing.



Summer Fete

FETE COMMITTEE NEWS

Our Next Meeting we be held in the Hall Kitchen on Wednesday 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*



OUR LADY'S BOOK FAIR 2018

Books are on display in the Library on the following days and times:

TUESDAY 14 AUGUST	8.20AM-8.45AM
WEDNESDAY 15 AUGUST	8.20AM-8.45AM & 3.00PM-4.30PM
THURSDAY 16 AUGUST	8.20AM-8.45AM

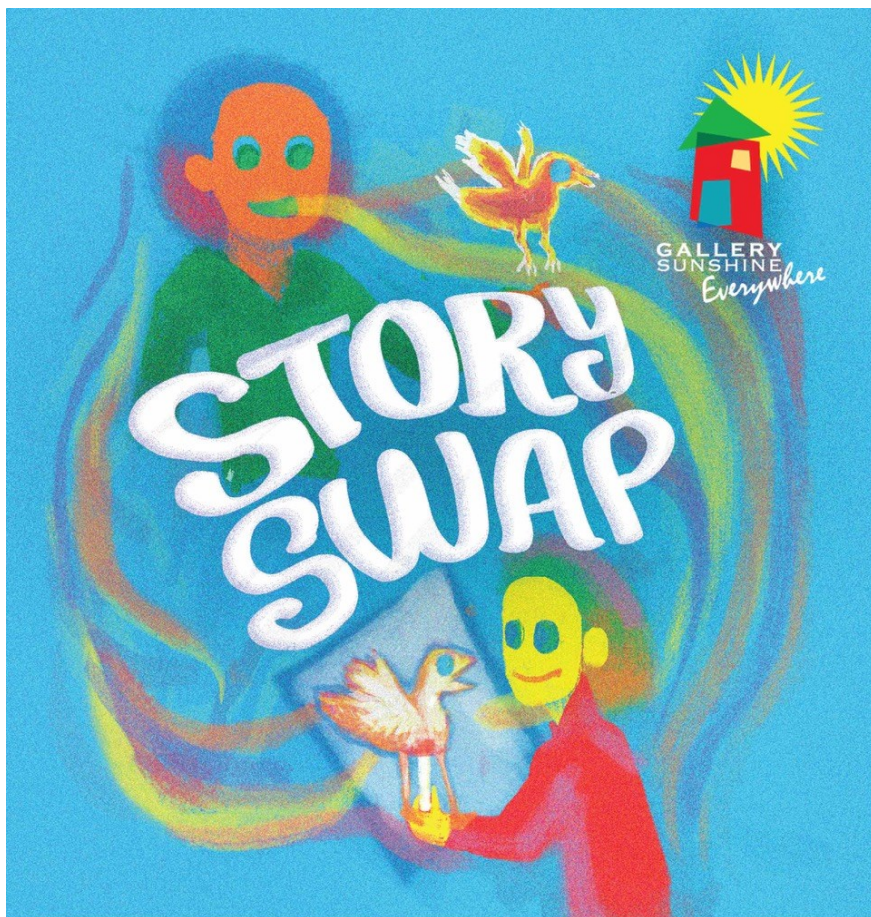
HOW TO ORDER

**All books are available for sale via our QKR App until
THURSDAY 16 AUGUST 3.00pm**

Simply choose the books you'd like to buy from the catalogue your child brings home, or you have looked at in the Library.

Visit our QKR app and open the BOOK FAIR option.

All books are listed by their number with their name and price.




STORY SWAP

Activity Dates: Saturday 25 August & Sunday 2 September

Exhibition Dates September 16th - October 14th

The Granary Cafe: 2 Devonshire Rd, Sunshine VIC 3020

Proudly Supported by



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



SATURDAY 1ST SEPTEMBER 2018
SATURDAY 15TH SEPTEMBER 2018
10AM UNTIL 12PM

COME & TRY DAY

Do you have a child between 5 and 16 years old who is interested in Athletics? Athletes will be able to participate in most of the events we offer. Bring your athlete along and have some fun and meet some of our athletes and coaches. Our fees are only \$165 for the year, this covers the summer and winter season (this fee includes Brimbank Multi Championship and Brimbank Championship Day) If you have any questions, please email. brimbank@lavic.com.au.



**FAMILY, FUN AND
FITNESS**

**SEASON RUNS FROM
OCTOBER TO MARCH**

**QUALITY TRAINING
AVAILABLE**

**GREAT OPPORTUNITY
TO TRY ATHLETICS IN
A FUN AND ENGAGING
ENVIRONMENT**

**BRIMBANK LITTLE
ATHLETICS CATERS
FOR ATHLETES OF ALL
ABILITIES**

**Sassella Park
119 Station Rd,
Deer Park**

Web:
www.facebook.com/brimbanklac
Email:
brimbank@lavic.com.au

insights



8 confidence-building strategies every parent and teacher should know

by Michael Grose

Instilling confidence takes more than heaping praise on kids. Here are 8 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. It's more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are eight practical strategies that you can use to build real self-confidence in kids of all ages:

1. Model confident thinking

Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up."

2. Focus on effort & improvement

Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3. Praise strategy

While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as “That was a smart idea to tackle the hardest task while you were fresh!” (strategy) and “You recognised the first few steps were the most important but then after that you were right” are descriptive statements that have significant instructional value for kids.



4. Develop self-help skills from an early age

A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. Give them real responsibility

From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6. Practise unconditional acceptance

Your ability to accept children and young people's best efforts in any area of endeavour, irrespective of the results, will go a long way toward to determining their self-esteem and confidence. If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7. Expand their horizons

Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today, have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children's horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends' places unattended when capable.

8. Recognise improvement

Focus your comments on children's effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that his school may require.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.



I am the bread of life



19th Sunday in Ordinary Time, Year B

Gospel Jn 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?

