



## OUR LADY'S SCHOOL NEWSLETTER

11 October 2018

[www.olsunshine.catholic.edu.au](http://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](http://www.olsunshine.catholic.edu.au)  
*Our Lady's is a Child Safe School*

*'I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible' The Nicene Creed*

### DATES FOR THE DIARY

#### **Fri 12 Oct**

Parish Movie

#### **Sun 14 Oct**

Mission Sunday

#### **Mon 15 Oct**

Gr 3 Incursion

#### **Wed 17 Oct**

6.30pm Fete Committee

Meeting Hall Kitchen

#### **Thurs 18 Oct**

Confirmation Parent Night  
with Dr Rev Elio Capra 7.00pm

#### **Fri 19 Oct**

Crazy Hair and Casual Day -  
gold coin donation for Mis-  
sions Fundraising  
Gr 6 Transition Blue Earth In-  
cursion

#### **Fri 26 Oct**

Day for Daniel promoting child  
safety. Children to wear some-  
thing red to school.

#### **Thurs 1 Nov**

All Saints

#### **Fri 2 Nov**

All Souls

2.30pm All Saints and Souls  
Assembly

#### **Mon 5 Nov**

Report Writing Day - No  
School for the children

#### **Tues 6 Nov**

Melb Cup Public Holiday. No  
School for the children

#### **Fri 9 Nov**

Parish Movie

Confirmation Reflection Day

#### **Mon 19 Nov-Fri 30 Nov**

Swimming Program

#### **Sat 24 Nov**

Shopping Tour

### SACRAMENTS

Confirmation (Year 6)

Fri 16 November  
7.00pm



Dear Parent,

I would like to warmly welcome all students, families and friends back to Our Lady's School. It was just so wonderful to see the children returning back to school with such happy smiles. I am very glad and grateful that everyone returned safely back to school after a well-earned rest.

As you would recall we asked you to support our *Funds for Farmers* campaign on the last day of Term 3. We were inspired by your generosity and together our community raised a whopping \$2111.60! We have forwarded all the funds raised to the 'Buy a Bale' organisation which will deliver the bales directly to the farmers. With the amount raised we purchased 21 of the large round bales of hay. Once again a big thank you to all the parents, students and staff who so generously donated and helped us to make a real difference to the farmers that are struggling because of the terrible drought.

October is Mission Month and the Catholic Missions are raising funds for the children of Myanmar (Burma) who do not have access to education. The theme for this year is *Healing a Nation through Education*. From Monday the 15th of October to Friday the 26th of October students in all classes will be organising stalls to raise money for the Missions. As well as this we will be having a Crazy Hair Day on the 19th of October. As a Catholic School community we are acting both locally and globally to address injustice and to help better the lives of those who are currently facing difficult times.

### ***Crazy Hair & Casual Day***

To raise money for Catholic Mis-  
sions, all students can wear casu-  
al clothes and CRAZY HAIR on  
Friday October 19 for a gold coin  
donation



### *A Prayer for a New Term*

Heavenly Father, We thank you for our holidays and for the good times that we had. We thank you for the break from school, for the sleep-ins and the fun. We ask your blessing on all that we do in this coming term. Help us to know that you are with us always, celebrating with us when things are great, and comforting us when things are not so great. With the guidance of your Holy Spirit, may we strive to do our best throughout this term, using the gifts that you have given us. Amen

Congratulations to  
Our Lady's School

community for raising  
**\$2,111.60!**



### Canteen Update

Last term I had written to you about the urgent need for more canteen volunteers. Unfortunately there has been no response from the parent community. Once again we are asking you to please consider giving up some time so that we can keep our not for profit canteen running. We would be very grateful to anyone who could spare even one day a month working for just one hour between 1.00pm and 2.00pm to help Nubia and Geraldine with the very busy lunchtime demands.



PLEASE HELP US TO  
KEEP OUR CANTEEN  
RUNNING

### An Important Reminder

The canteen exists to provide a service to parents and as I have said before it is not run for profit. When children come to school without lunch the canteen is notified and lunch is provided. The parent is then sent a slip indicating the amount of money owed. It has been raised to my attention that there are many outstanding monies owed (more than 20) to the canteen. If you have an outstanding amount to pay to the canteen I ask you to do this promptly. Good relationships require participation by all involved to do the right thing and I trust that you will attend to this matter ASAP. Please ring or email me if you wish to discuss this matter further.

### Classes for 2019

At this time of the year the school is making arrangements for staffing and classes for 2019. Next week we will begin the process of class compositions for 2019. This process usually takes about a month and a great deal of time and energy goes into the decision-making process. We give the children a voice by asking them to list 5 children they would like to be in their class and we guarantee that each child will have at least one friend that they have listed.

Please take the time to talk to your child about who they will list as their friends and encourage them to think about listing children who will help them to be a better learner in the classroom rather than someone they would like to play with.

The class structure for 2019 will not change, we will still maintain two classes for each year level. None of the classes will be composite they will all be straight classes from Foundation to Year 6.

If you have any educational concerns about your child's placement for 2019 you can communicate these to me via email on

pbertani@olsunshine.catholic.edu.au by

Friday 19 October.

This extensive process ends on Orientation Day when children are placed into their new grades and meet their new teacher. This year Orientation Day will be on the 17th of December between 12.00pm and 1.00pm. There will be no changes made after this time. The staff work very hard to make sure that we provide a supportive and engaging learning environment for each child and this process plays a large part in this.

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

principal@olsunshine.catholic.edu.au



#### **OCTOBER**

Mon 15-Fri 26th Missions Week Stalls  
Thurs 18th 7.00pm Confirmation Parents Night  
Fri 19th Crazy Hair Day (gold coin donation)  
Mon 22nd-Fri 26th Missions Week Stalls

#### **NOVEMBER**

Mon 5th School Closure - Report Writing  
Tues 6th Melb Cup Public Holiday  
Fri 16th 7.00pm Confirmation  
Mon 19-Fri 30 10 day Swimming Program

#### **DECEMBER**

Fri 7th Feast of Immaculate Conception Assembly, Reports come home  
Thurs 13th Grade 6 Graduation Mass  
Mon 17th Dinner in the Yard and Art Show  
Wed 19th 9.00am End of Year Mass. 3.00pm Students finish for 2018



## We need your help now to prepare for Our Lady's Parish School 100 Year Fete

As many of you know Our Lady's Parish School will be turning 100 years old next year. We are in the process of organising events to celebrate this important milestone in the life of our much beloved school.

You can help us in the following ways:

- Sponsorship
- Sharing your talents
- Donations
- Volunteering.

To make the School Fete a success we are looking for monetary sponsorship and donations of goods, vouchers, movie tickets etc that all can be used as prizes.

Do you or your family own a business who can sponsor us or donate a prize?

Do you work for a company that is willing to sponsor, or donate a prize to our event?

If you can support us in any of these ways please contact Michelle Hayes directly or via email [parents@olsunshine.catholic.edu.au](mailto:parents@olsunshine.catholic.edu.au)

**Next Fete Meeting: Wednesday 17 October**  
**6.30pm in the Hall Kitchen**



## Promoting Child Safety - A Day for Daniel

On Friday October 26th, Our Lady's will be participating in the registered event 'A Day for Daniel' for the second time. It has been organised by the Daniel Morecombe Foundation to help promote and educate children about safety.

On this day, students are encouraged to wear something RED which could be a red tee-shirt or red socks. To prepare for this day the students will have participated in a number of 'Child Safety' lessons, which also support our Social and Emotional Learning Program.

These lessons promote and teach students to **Recognise, React and Report** if they find themselves in situations that make them feel unsafe. We encourage you to continue to talk to your child about what they are learning in class.



Keeping kids safe!

## CANTEEN PRICE LIST

Unfortunately due to an increase in flour and food prices, the Canteen have had to raise the price of some items on our lunch menu. A new price list will be coming home today reflecting the new prices. All items have been updated on the QKR app.





### October is Mission Month

After six decades of internal conflict and political struggles, Myanmar is moving towards a new age of democracy. Led by Cardinal Charles Maung Bo S.D.B., the Catholic Church has prioritised education as the key stepping stone to peace. By supporting schools with teachers who are well-trained with child-centred education, as well as supporting the construction and renovation of schools, children in even the most remote parts of Myanmar will have better access to quality education.

Every year Our Lady's supports the Missions throughout October in ways the students devise with their teachers.

This year there will be a **Crazy Hair and Casual Day** on Friday 19th October and a **gold coin can be donated** towards our Missions goal.

Leading up to and on either side of this day, the students will be raising funds through manning various stalls during recess and lunch for the school community to buy from.

A Mission box has been placed at the office for you to drop donations into when you come to the front office window to collect children or pay school fees.

*In the message addressed to all Christians, but especially to young people, the Pope reminds all that "we are not in this world by our own choice," and hence there is "an initiative that precedes us and makes us exist." Each one of us, he says, is called to reflect on the fact that "I am a mission on this Earth," which is why we are here in this world.*

Together we can make a difference. ([catholicmission.org.au](http://catholicmission.org.au))

Working together in Christ's Light,

Kriss Oliver

Religious Education/Learning & Teaching Leader



### A Conversation about Confirmation in the World Today

We warmly invite all interested persons in our community to come and listen to guest speaker, Rev Dr Elio Capra lead a forum on Confirmation and its place in our lives today.

This Salesian Priest has been described as a "*modern, straight talking theologian*". He is a lecturer at the Catholic Theological College Melbourne and works closely with Catholic Education around the country. All welcome.

**Where:** Fr John Maher School Auditorium

**When:** Thursday 18<sup>th</sup> October

**Time:** 7.00- 8.30pm





# PINK BALL

## SHOOT FOR THE STARS

**NEW SKILLS, NEW FRIENDS, LOTS OF FUN**

**INDOOR STADIUM  
AT VU COMMUNITY  
SPORTS STADIUM,  
WHITTEN OVAL.**

For session times and  
expressions of interest visit  
[westgatebasketball.com.au](http://westgatebasketball.com.au)

### WESTGATE PINK BALL PROGRAM FOR GIRLS

**Team sports foster friendship and camaraderie, teamwork, respect, a sense of belonging, persistence, patience, resilience and self esteem.**

Tailored specifically for girls aged 5–10 years old, Pink Ball offers a place to learn new skills, meet new friends and engage in a way that is non-competitive and fun.

Sessions are run by representative level youth basketball players (females) which provides a positive role model for your daughter to engage with.

Pink shoelaces, pink basketballs and awesome pink singlets – we're making this extra special for our female only participants.

**Register now and shoot for the stars!**



SHOOT FOR THE STARS



**Visit [www.westgatebasketball.com.au](http://www.westgatebasketball.com.au) for more information**



# RecWest

## Braybrook



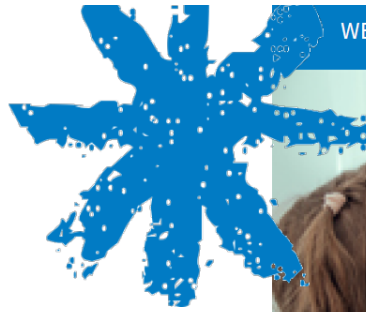
Join our  
**Junior Gymnastics**  
**Mondays 9:30 & 10:30**  
or 4pm & 5pm  
**Thursdays 9:30 & 10:30**  
or 4pm & 5pm

**AUSSIE  
HOOPS**  
**Mondays 4pm**  
**Thursdays 4pm**



**NET SET GO**  
**Mondays 4pm**

**CALL TODAY TO FIND OUT MORE!**  
**39 Lily St Braybrook 9311 3400**



## The power of gratitude for a happier life

by Dr Jodi Richardson

*More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.*

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

### **Benefits of a grateful mindset**

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.





## Where do I start?

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

## Supporting your child to become more grateful begins with teaching three fundamental ideas:

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

## There are loads of fun ways to practice gratitude. Here are a few to get you started:

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Ask each family member what they're thankful for each evening at dinner.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Relive happy moments together.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.



It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."



Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.



### 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](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)*



# Follow the Lord



28th Sunday in Ordinary Time, Year B

A man met Jesus on the road and asked him how we can have eternal life. Some of the things Jesus says we can do are written on the sign posts below. Fill in the missing words and pictures.



## Gospel Mk 10:17-27

Jesus was setting out on a journey when a man ran up, knelt before him and put this question to him, 'Good master, what must I do to inherit eternal life?' Jesus said to him, 'Why do you call me good? No one is good but God alone. You know the commandments: You must not kill; You must not commit adultery; You must not steal; You must not bring false witness; You must not defraud; Honour your father and mother.' And he said to him, 'Master, I have kept all these from my earliest days.' Jesus looked steadily at him and loved him, and he said, 'There is one thing you lack. Go and sell everything you own and give the money to the poor, and you will have treasure in heaven; then come, follow me.' But his face fell at these words and he went away sad, for he was a man of great wealth.

Jesus looked round and said to his disciples, 'How hard it is for those who have riches to enter the kingdom of God!' The disciples were astounded by these words, but Jesus insisted, 'My children,' he said to them, 'how hard

it is to enter the kingdom of God! It is easier for a camel to pass through the eye of a needle than for a rich man to enter the kingdom of God.' They were more astonished than ever. 'In that case' they said to one another, 'who can be saved?' Jesus gazed at them. 'For men' he said, 'it is impossible, but not for God: because everything is possible for God.'

God tells us there are more important things in life than being rich or owning lots of possessions. Write or draw some things that are important in your life.