



Celebrating 100 Years of Catholic Education 1919-2019

OUR LADY'S SCHOOL NEWSLETTER

4 April 2019

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

*"A new command I give you: Love one another. As I have loved you, so you must love one another.
By this everyone will know that you are my disciples, if you love one another" John 13:34-35*

DATES FOR THE DIARY

Fri 5 Apr

Easter Raffle at Assembly
End of Term 1 3.15pm

Fri 19 Apr

Good Friday

Sun 21 Apr

Easter Sunday

Mon 22 Apr

Easter Monday Public Holiday

Tues 23 Apr

Start of Term 2 at 8.45am
3.00pm Second Hand Uniform
Sale near Canteen

Thurs 25 Apr

ANZAC Day Public Holiday

Wed 1 May

Eucharist Parent Evening

Fri 3 May

8.45am P&F Meeting

Wed 8 May

Gr 4 Eucharist Reflection Day

Thurs 16 May

**Open Day for 2020 Foundation
Tours at 9.30am, 12.00pm,
2.15pm**

Mon 10 June

Queens' B'day Public Holiday

Tues 11 June

Professional Learning Day for
Staff (Berry St), No School for
the children

Wed 26 June

Three Way Learning Conversa-
tions 3.30-5.55pm

Thurs 27 June

Three Way Learning Conversa-
tions 8.00am-3.30pm No School
for the children

SACRAMENTS

Sun 26 May

10.30am 4G Eucharist

Sun 2 June

10.30am 4H Eucharist

Thurs 10 Oct

Reconciliation time TBC

Fri 15 Nov

7.00 Confirmation

Dear Parent,

Congratulations to everyone who helped out and made the Our Lady's 100 Year Fete the out-standing success that it was. It was the combined effort of the Fete Committee who worked re-lentlessly for nearly a year, all the volunteers, the people who came early in the morning to set up and stayed to pack up at the end, the staff of Our Lady's who baked, cooked and served everyone with a smile and such warmth, all those people who are friends or relatives of our families who we don't know but still gave so generously to our school of their time, donations and their expertise. The ex-student sculptor who I have never met who created the beautiful and elegant 'Reader' sculpture and donated it to the fete, Gerard and Trish who no longer have children at our school but gave up their whole day to MC, the person who donated all the beautiful cakes, succulents and the list goes on and on; on behalf of the Our Lady's school community I sincerely thank you all. It was so very humbling and heart-warming to see so many people giving their all to make sure that no matter what the fete was going to be a great success.

There is so much affection and love for this school and it has never been expressed so beautifully and by so many people as it was on Saturday. By the end I was overwhelmed with the emotion and joy of seeing it all come together so brilliantly. The biggest testimony to this was the children who said they had the 'best time ever'. The past students who were so complimentary of the school saying how beautiful it looked and admiring all the positive changes that have happened since their time at Our Lady's. We were blessed that in spite of the weather it all went very smoothly. We should all feel extremely proud of ourselves. Well done one and all!

**Fete has so far raised
\$14,030.21!!**



Prayer for Holy Week

The week before Easter is known as Holy Week.

It is when we remember all that Jesus did for us.



God, our Father, as we enter this holiest of weeks, help us realise how vast is your love. You sent Jesus to be born, live, die and rise among us. As we journey with Jesus this week may we become one with him. We pray in the name of Jesus, our Lord and Redeemer, and through the Holy Spirit. Amen





We need more parents to fill in the Enhancing Catholic Identity Survey as tomorrow is the last day. We hope you can help us out.

This is an online survey which provides the school with important information about how you experience Catholic Identity at Our Lady's school. The information gathered from the survey will be used by the staff to set new directions and goals in Religious Education next year. We do not have enough parent responses at the moment and need another 43 parents to fill in the survey by **tomorrow**. Thank you to those parents who took the time to complete this important survey.

These are the instructions you will need to follow:

1. Access the surveys at **www.schoolidentity.net**
 2. Enter the case-sensitive password **Ghj654** and click login
 3. Click on the **TO THE SURVEYS** button
 4. If you're a new user: Click on the **NEW USER** button
- If you wish to continue a previous session: Enter your **personal login name** and **password**
5. Enter your school's **group entry code: CrepCT** – so that your input will be linked to your school.
 6. You are now logged in.

Displayed on the screen is your unique **user code** and **password** (case-sensitive). **Save this information** (by writing, printing, saving, or emailing it) in order to access the website at a later time.

7. From this point forward, please follow the instructions on your screen to complete the surveys

Thank you to all the parents who have already taken the time to fill out the surveys.

Uniform News

All students will need to be in full winter uniform by Monday 6 May. All winter items are now available on the Qkr app. For the first two weeks of term, you can decide what uniform to wear depending on our unpredictable Melbourne weather, but by Week 3, Monday 6 May **ONLY** winter uniform is to be worn. A reminder that the jacket is not to be worn in the classroom or instead of the jumper. It is a rain jacket only.



As we draw this term to a close I would like to wish you all a safe and happy holiday. I hope that you have enjoyed viewing the beautiful and provocative Stations of the Cross placed around our school which have supported the students to reflect upon Jesus' journey to the Cross.

May you all have a blessed Easter together with your loved ones and may it be filled with Hope and Love.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



Celebrating 100 Years of Catholic Education 1919-2019



A FETE FILLED WITH FUN, JOY AND A WONDERFUL COMMUNITY SPIRIT



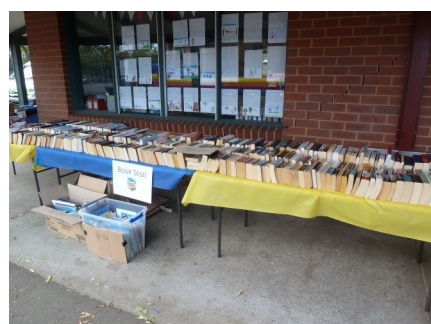
Fete Day
Saturday 30 March 2019



Celebrating 100 Years of Catholic Education 1919-2019



A BIG THANK YOU TO EVERYONE WHO CONTRIBUTED!!!



EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Gardening and the great outdoors	Science time and volcanos	Creative painting	Lego world building	Sports challenges

The Extend Superstar is...

Ethan... for engaging in daily experiences in a positive manner within his first week of attending and for playing an awesome game of table tennis. Well Done! ☆

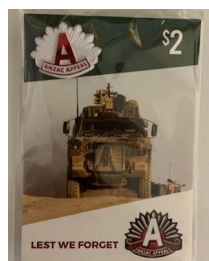
What's Been Happening?

Our last newsletter for Term 1. What a wonderful term it has been with exciting challenges, new experiences and lots of laughs. This week we had a maths challenge, children practiced their addition, subtraction and challenged one another while having fun. We look forward to the last week of term and the fun games, crafts, cooking, sports and new experiences.

Enrol and book now: extend.com.au

ANZAC DAY BADGES

The Sunshine RSL has the following items available for purchase from the Office for ANZAC Day, Thursday 25 April 2019.



OUR LADY'S PARISH EASTER LITURGIES 2019

Holy Thursday April 18

6.00pm Mass of the Lord's Supper 8.30pm Mass of the Lord's Supper (Vietnamese)

Good Friday April 19

10.30am Outdoor Stations of the Cross

3.00pm Liturgy of the Passion and Veneration of the Cross 6.00pm Liturgy in Vietnamese

Easter Saturday 20 April

6.00pm Blessing of the Fire and Easter Vigil Mass

8.30pm Vietnamese Vigil Mass (Church) 8.30pm Burmese Vigil Mass (Mariana Hall)

Easter Sunday April 21

9.00am & 10.30am Mass 12.30pm Vietnamese Mass

May you have a Blessed and Safe and Happy Easter

Second Hand Uniform Stall

WHEN

**Tuesday, 23 April
(First day of Term
2)**

3.00 – 3.30pm

WHERE

Near the canteen

(Operated by the Parents & Friends Association)

OUR LADY'S SCHOOL

\$5

**GIRLS WINTER
TUNICS**

KNITTED JUMPERS

SCHOOL BAGS

\$2

**All other uniform
items, including
girls summer dress-
es, sports uniforms,
boys shirts and
shorts**



We know you're eagerly awaiting the delivery of your school photos.

**Your school photos
will be delivered
early Term 2!**



YOU'VE MADE THE WISE CHOICE.

1300 766 055 • www.schoolpix.com.au • help@schoolpix.com.au



★ AUSSIE HOOPS ★

BASKETBALL FOR KIDS 5-10

Westgate Basketball Association is running the Basketball Australia Aussie Hoops programme for boys and girls 5-10 years old. Choose a session at either VU Community Sports Stadium, Whitten Oval, VU Footscray Park Campus, or RecWest Footscray (Cnr Essex and Market Streets), with skill sessions, fun drills and friendly games.

The sessions are run by our qualified youth coaches and give kids a terrific grounding in the fundamental skills for the game.

Come along, make new friends and see your kids take their first steps in basketball. It's safe, inclusive, indoors and played all over the world.

Sessions are run on Wednesday or Thursday afternoons, Saturday or Sunday mornings, and they'll be smiling for days!



For further details on times and dates, prices and registration, please visit our website:

www.westgatebasketball.com.au



WESTGATE BASKETBALL ASSOCIATION
OF THE YEAR

WESTERN ARTS
THEATRE INC.'S
Production of

Disney HIGH SCHOOL MUSICAL JR

April 11th - 14th

**St Bernard's College Auditorium
41 Rosehill Rd, Essendon**

tickets at westernartstheatre.org

Book by
David Simpatico

Based on a Disney Channel Original Movie Written by
Peter Barsocchini

Original Songs by
Matthew Gerrard & Robbie Nevil; Ray Cham,
Greg Cham & Andrew Seeley;
Randy Petersen & Kevin Quinn; Andy Dodd & Adam Watts;
Bryan Louiselle;
David N. Lawrence & Faye Greenberg; Jamie Houston

Music Adapted, Arranged and Produced by
Bryan Louiselle

Licensed exclusively by Music Theatre International (Australasia).
All performance materials supplied by Hal Leonard Australia

Performances

Thursday, 11th April 7.30pm, Friday, 12th April 3.30pm & 7.30pm,
Saturday, 13th April 3.30pm & 7.30pm, Sunday, 14th April
3.30pm

Tickets

Adult: \$30 Concession: \$25 Student: \$25

Child: \$20 Family of 4: \$80

The show is running for a limited season in the first week of the April school holidays so don't miss out! Book your tickets from Western Arts Theatre's webpage <https://westernartstheatre.org>.



OUR VISION

In a spirit of unity and harmony, we strive to develop the whole person; providing an excellent education for all and inspiring our community members to live a Christian way of life.

OUR LADY'S PRIMARY SUNSHINE



Our Lady's School is a Catholic Primary School for boys and girls, serving the Parish of Our Lady of the Immaculate Conception, SunShine

Enrolment applications for Foundation 2020 are now available

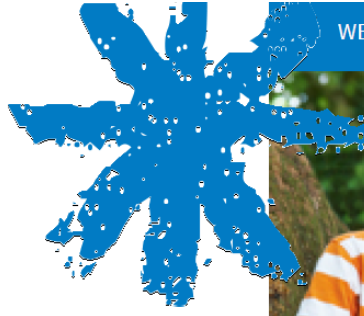
Please come into the School Office to obtain an information package. We look forward to meeting you

CONTACT US

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Principal Ms Patrizia Bertani
enquiries@olsunshine.catholic.edu.au
www.olsunshine.catholic.edu.au
Phone 9312 2230



insights



Using screen time to foster kids' wellbeing and family fun

by Dr Jodi Richardson

Children of my generation (born in the 1980s) used to spend a great deal of time outside. Childhood is different now. Technology has changed everything. Our 'digitally native' children don't know of a life when watches were used to tell the time and if you wanted to make a phone call anywhere other than at home you needed 30 cents and a phone booth. As kids we built forts, practiced goal shooting in our backyard ring, rode our bikes all around and spent hours outside. We loved it.

Nowadays, left to their own devices, literally and figuratively, our kids are relying on technology for their entertainment. Some young Australians are now spending a third of their waking hours glued to screens, and this is affecting their physical, psychological and behavioural health.

For optimal health and wellbeing, our young people need more quality family time, movement, green time (over screen time) and a chance to put a stop to the perpetually rewarding dopamine drip from constant tapping, scrolling, searching, swiping and Angry Bird launching.

Well, what if I was to tell you that you can combine the wonders of technology with an endless number of outdoor adventures that are infinitely more fun than selfies, snapchat and episodes of *Little Lunch*? Would you want to give it a go?

All you need to do is to download a free app called 'Geocaching'. It's a high-tech GPS-based treasure hunting app and it's one of the best-kept family fun secrets.

Hailed as the world's biggest treasure hunt, the premise of geocaching is to get us all playing outside. And that it does. Here's how it works:

You start by downloading the app and creating an account, giving you the perfect opportunity to chat to your kids about remaining anonymous online. Once you're all signed up, you can load up a map of your current location (or anywhere in the world) and watch for all of the hidden 'geocaches' – otherwise known as 'caches' – to appear showing their precise coordinates. Each cache is a hidden, small waterproof container containing a logbook and, if large enough, a pen and a whole range of trinkets or swaps from previous finders.

When you find a cache, being careful not to be seen by outsiders affectionately known as 'muggles', you can sign and date the log, swap your trinket or toy with something inside the container, close it all up and return to exactly where you found it.

parenting*ideas

There are millions of these geocaches hidden all over the world. There's probably one near you right now!

The app provides information about the difficulty of finding the cache, the local terrain, the size of the cache, a description of what you're looking for and even hints if you're having a bit of trouble. We always like to check the 'activity' of a cache too, to make sure it's been found recently so that we can be confident it's where it's meant to be.

It's so exciting when you all find one! Some are really quick finds while others can take quite a bit of hunting. We practice perseverance each time and agree not to give up until we achieve success.

My family have had the most amazing fun on our geocache adventures. Some days we plan an afternoon of treasure hunting, other times we set off after school to hunt for one closer to home. Some families even plan holidays around their geocaching adventures!

Aside from the obvious advantages of getting outside into the fresh air, moving and having fun, geocaching ticks all the boxes for the elements that contribute to happiness and flourishing.



The PERMA model of flourishing tells us there are five key contributors:

Positive emotions. These are aplenty when geocaching, starting with a sense of adventure and excitement, followed closely by wonder, curiosity, joy and elation.

E is for **E**ngagement, which is all about devoting time to those things that capture your attention and enable you to dive in head first to an activity, experiencing a feeling of flow by being fully immersed in what you're doing. A big tick for geocaching on this one!

R is for **R**elationships which are essential for our kids' mental, social and emotional health. Geocaching will bring you together as a family as you work towards a unified outcome, take turns to locate the cache, chat, problem solve, search, laugh and encourage each other along the way.

M represents **M**eaning, something we experience when we feel a part of something bigger than ourselves. Being a valued part of their family fosters meaning for our young people, and so does being a part of the geocache community as a whole.

A is for **A**chievement, which is absolutely essential for our kids to flourish, not to mention us as parents too. The sense of achievement experienced by 'geokids' is evident by the smiles on their faces with every successful treasure hunt. It never gets old.

Wishing you and your families hours of good old-fashioned (if high-tech) outdoor fun.

Learn more about geocaching at geocaching.com. And connect with me on Facebook/[drjodirichardson](https://www.facebook.com/drjodirichardson) to let me know how you go!!



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



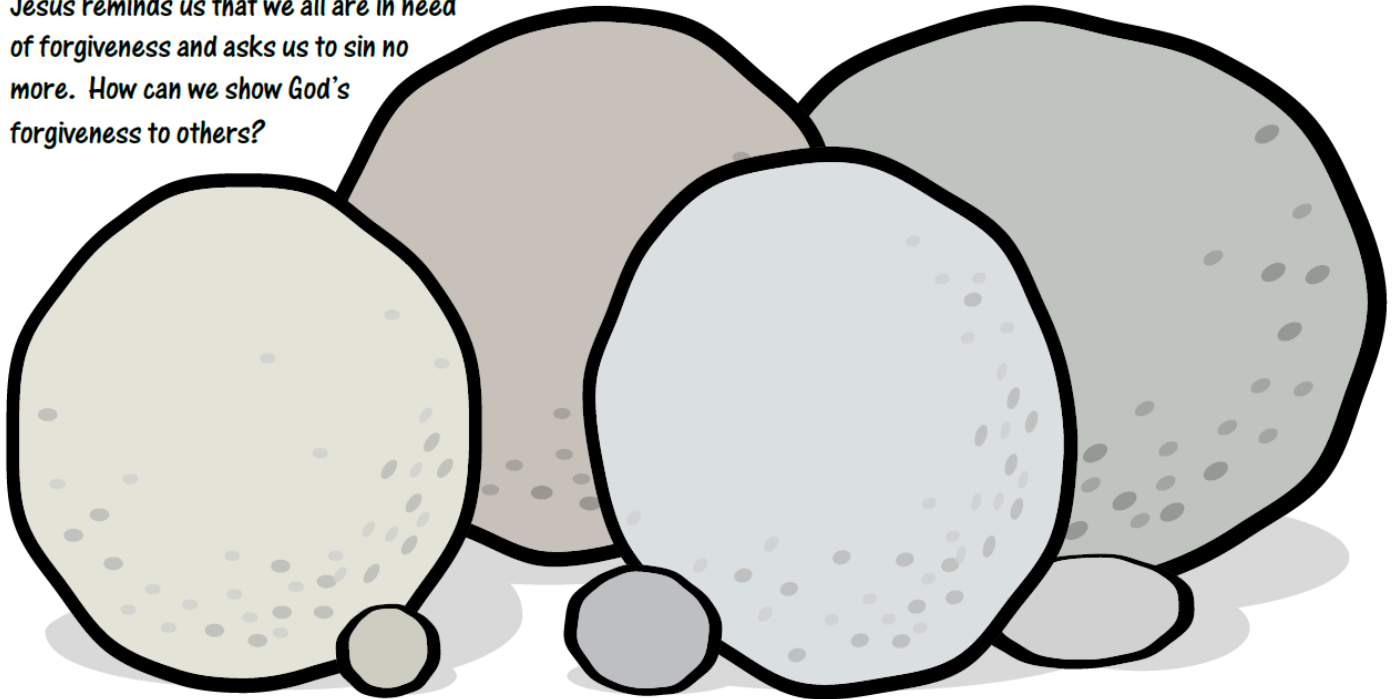
**if any of you have never
sinned then go ahead and
throw the first stone**

my name is



5th Sunday of Lent, Year C

Jesus reminds us that we all are in need of forgiveness and asks us to sin no more. How can we show God's forgiveness to others?



Gospel

Jn 8:1-11

Jesus went to the Mount of Olives. At daybreak he appeared in the Temple again; and as all the people came to him, he sat down and began to teach them.

The scribes and Pharisees brought a woman along who had been caught committing adultery; and making her stand there in full view of everybody, they said to Jesus, 'Master, this woman was caught in the very act of committing adultery, and Moses has ordered us in the Law to condemn women like this to death by stoning. What have you to say?' They asked him this as a test, looking for something to use against him. But Jesus bent down and started writing on the ground with his finger. As they persisted with their question, he looked up and said, 'If there is one of you who has not sinned, let him be the first to throw a stone at her.' Then he bent down and wrote on the ground again. When they heard this they went away one by one, beginning with the eldest, until Jesus was left alone with the woman, who remained standing there. He looked up and said, 'Woman, where are they? Has no one condemned you?' 'No one, sir,' she replied. 'Neither do I condemn you,' said Jesus 'go away, and don't sin any more.'

During this final week of Lent we can all work really hard at being the best Christians we can be, in preparation for Holy Week.

At the start of Lent, what was one of the things about your life that you wanted to improve?

How well do you think you have done so far?
Give yourself a score between 5 (Great!!) and 1 (hmmm..not so great).

What are some ways you can do even better during this final week of Lent and Holy Week?