



## OUR LADY'S SCHOOL NEWSLETTER

19 June 2020

[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*

*Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.' Matthew 19:13-15*

Dear Parent,

On Wednesday you would have received a letter inviting you to attend one of two Online Parent Meetings, to give you an opportunity to have a conversation and share your experiences and thoughts about the 8 weeks of Remote Online Learning with us and to also hear from other parents.

We will have guiding questions, which hopefully will help to promote some rich conversation. We will be capturing your thoughts and ideas over two Google Meets. They are on:

Today, Friday June 19th at 1:00pm OR Monday June 22nd at 7:00pm

We look forward to meeting with you, please consider joining if you haven't already.

The Parent Voice is very important to us.

I would like to thank all the parent community for keeping children who are showing any symptoms of a cold at home and also taking their child to be tested (for COVID-19) before returning them back to school. By taking such action you are not only looking after your own child but also the whole of our school community. We need to continue to remain vigilant and follow all the guidelines.

Our school community has adapted well to the staggered start and finish times. Many parents have commented on how much easier it is to get a parking spot and that there has been much less traffic congestion. The students have been very settled and the school has had a very peaceful atmosphere ever since we have re-opened.

This week I sent home a letter with updated information about your child's report. The letter outlined the changes we will make to the reports as a consequence of the eight weeks of Remote Online Learning. Our Reporting System includes your child's Written Report and the Three Way Learning Conversation which is led by your child and includes parents and classroom teacher. The child reports to the parents about their learning for the semester. Usually this is done face to face, however due to the COVID-19 restrictions and school operations guidelines we will be conducting the Three Way Learning Conversations via Google Meet. We will be inviting you to book a time for your Three Way Learning Conversation from Wednesday the 15<sup>th</sup> of July on the PTO or Parent Teacher Online website. The dates set aside for the Three Way Learning Conversations are Wednesday the 5<sup>th</sup> of August 3:30pm-6:00pm and Thursday the 6<sup>th</sup> of August 8:00am-3:30pm which will be a Closure Day. Extend will be offering all day care on this day if you need it. You will receive the Semester One Written Report for 2020 on Friday 31<sup>st</sup> of July, in an envelope which your child will bring home. Please make sure you have read over it prior to the Three Way Learning Conversation.

### FEAST OF THE SACRED HEART CASUAL DAY FUNDRAISING

Today is the Feast of the Sacred Heart. It was a casual dress day so students came to school dressed out of uniform for a donation which will go to the St. Vincent's De Paul Society who support the most vulnerable families in our local community. It will be a fun day for the students but at the same time they will be living out the Our Lady's Gospel value of Service and Australia's first saint-St Mary MacKillop's quote: *Never See a Need Without Doing Something About It*



What a fantastic effort! Our School community raised an amazing  
\$1005.45 for St Vincent de Paul on the Feast of the Sacred Heart.

We are all definitely living out our School Value of Service.

Thank you everyone!

**\$1005.45!**

### Feast of the Sacred Heart



Lord Jesus, we praise you and celebrate the love of your heart. We honour you, we glorify you. We are grateful for your help this day. We offer our thanks; we consecrate and give our hearts to you.

Take them, hold them fast and make them your own forever. Fill them with your life.

Jesus, may your love be known everywhere and may all people know the goodness of God and God's wonderful kindness towards them. Amen

# Congratulations

Congratulations to the following outstanding students who have achieved their Grade 6 Leadership Badge this term.

They all show the Our Lady's School Values of *Peace, Compassion, Service, Courage, Justice and Respect*



Khoen B



Callum D



Benjamin D



Heidi D



Amy F



Matilda F



Isla H



John H



Sage J



Jasper K



Elias L



Sally-Grace O



Luke Q



Martin R



Ayesha S



Matthew S



Vy T



Summer T



Phoebe W

WE ARE SO  
*Proud*  
OF YOU

*Thank you for being excellent role models for the Year F-6 students and for leading Our Lady's school with a positive mindset which empowers and inspires everyone you come in contact with.*



## FI

**Van** - For showing improvement and remaining more focused in your learning. *From Ms. Cam Tu*

**Sung Khun** - For sharing the joy of dancing with Foundation students. We loved it! Well done! *From Ms. Cam Tu*

## FJ

**Makuei M** For demonstrating improvement with doing subtraction sums. *From Miss Severino*

**Amelia T** For awesome subtraction skills. You are a super maths star! *From Miss Severino*

## 1K

**Natalie N** For becoming a more focussed learner during Term 2. *From Miss Karen*

**Angelina P** For working hard on her handwriting. Wow it is beautiful! *From Miss Karen*

## 1L

**Philemon C** - For using his stretchy snake to both read and write new words! Well done! *From Miss Steph*

**Matthew M** - For being focussed and determined learner who sets goals for what he wants to achieve. That's what good self-managers do! *From Miss Steph*

## 2M

**Rhys N**- For showing respect by always using your manners and showing excellent researching skills. Well done. *From Miss Scarpaci*

**Sienna C**- For demonstrating excellent reading strategies such as stretchy snake to improve on your reading skills. Well done. *From Miss Scarpaci*

## 2N

**Pharrell A**- For being persistent as a Researcher and investigating your cultural seed wondering! You were flexible throughout your research! *From Ms Howe*

**Filip S**- For using the Researcher Learning Asset to investigate your cultural seed! Amazing! *From Ms Howe*

## 3E

**Ava H** - For being a collaborator during group activities in the classroom and making sure everyone has a turn. Well done! *From Miss O'Connell*

**Harry M** - For being a hard worker and for trying his best to create and design a really persuasive poster. Great job Harry! *From Miss O'Connell*

## 3F

**Sam A** - For being a Researcher in Faith Life Inquiry about Australia. Thank you for sharing your knowledge about Australia. *From Ms Murphy*

**Mila Krolo** - For demonstrating your leadership skills when leading your group in the Baker St Game. *From Ms Murphy*

## 4G

**Carry C** for displaying persistence when tackling challenging tasks and improving his writing stamina. You're a star! *From Mrs Sales*

**Dakshaa V** for demonstrating courage when presenting her wonderful iTime project. Keep up the great work Dakshaa! *From Mrs Sales*



#### 4H

**Henry W** For displaying the Learning Asset of Self Manager by showing initiative and making wise decisions about his learning tasks. *From Mr Wickham*

**Elizabeth N** For displaying a positive approach to her learning tasks and producing a wonderful response to Remote Online Learning. *From Mr Wickham*

#### 5C

**Kayley T** - For using the Learning Asset of Thinker when thinking about our class novel. Well done, Kayley! *From Miss Wendy.*

**Kyle F** - For using the Learning Asset of Self Manager. You are making great decisions to help your learning, Kyle. Well done! *From Miss Wendy.*

#### 5D

**Joseph C** - For always trying your best in all areas of your learning! Well done especially persisting in your writing and solving long multiplication problems! *From Mrs Mendoza*

**Matthew S** - For being persistent in maths when doing long multiplication. You used your growth mindset when the problems got more challenging. Keep it up! *From Mrs Mendoza*

#### 6A

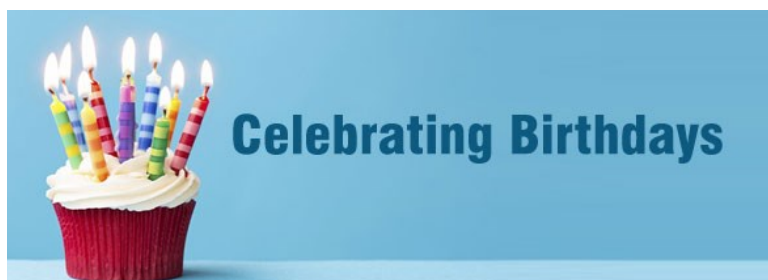
**Elias L** for showing the Gospel Value of Justice when passionately sharing ways to uphold human dignity and act justly. *From Ms Kaan*

**Rachel N** for showing the Gospel Value of Service when helping the Justice Committee to create posters for Wednesdays Liturgy. As well as using Courage to go from class to class, to spread the message about our service mission for St Vincent de Paul (Friday's out of school uniform day). *From Ms Kaan*

#### 6B

**Phoebe W** - For consistently displaying the learning asset of thinker during class discussions and activities. Well done! *From Ms. Gurry*

**Lucas A** - For making significant improvements in his classroom focus and behaviour since returning to school this term. *From Ms. Gurry*



Si Ngo Khe K 1 L

Landen T 3 F

Dimitri Z 5 C

Katelyn N 5 D

Hugo N 6 B

#### UPCOMING DATES...

Fri 26 June  
Mon 13 July  
Fri 31 July  
Wed 5 Aug  
Thur 6 Aug

Last Day of Term 2  
First Day of Term 3  
Written Reports come home  
3.30-6.00pm Three Way Learning Conversations  
Closure Day - Three Way Learning Conversations.  
No school for the students. Extend All day Care is available if you need.



Yours sincerely,

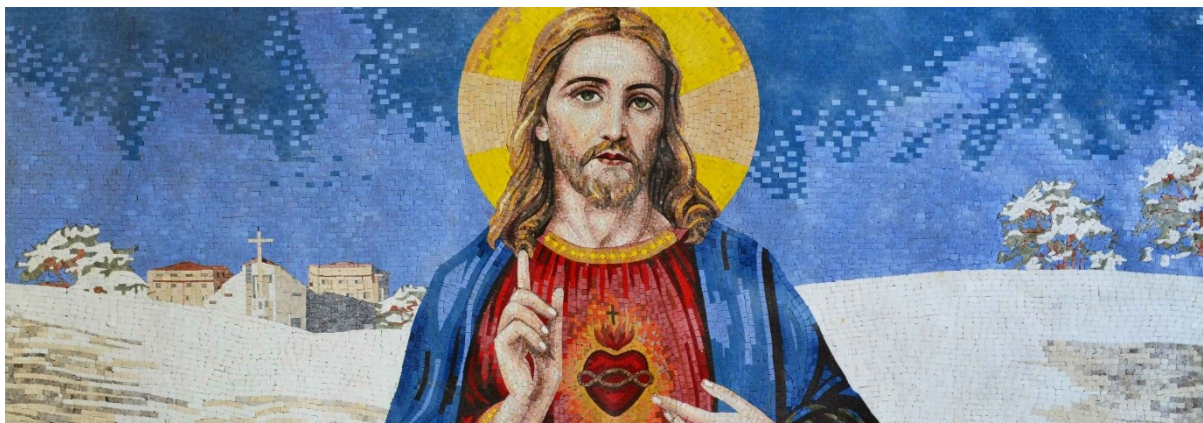
*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

*principal@olsunshine.catholic.edu.au*

## Feast of the Sacred Heart



Today, Friday 19th June, we celebrate the Feast of the Sacred Heart, taking Jesus' physical heart as the representation of his divine love for humanity.

It is a day to reflect on the boundless love that God has for each person. In essence it speaks of the great tenderness of a God who stoops down and lifts us up when life is filled with challenges and suffering. God's love reaches out to us, invites us, and draws us into the very heart of God where our lives are transformed into being the hands and feet, the gentle voice and the listening ear of Christ in the world today.

As we gain spiritual nourishment from receiving the Eucharist, we also seek to nourish those for whom the day to day struggle of putting food on the table is a reality.

*We invite donations to this very worthy cause via your child's class or school office by way of monetary donation which will be given to St Vincent de Paul Society to distribute between those in need in the local community.*

Please give generously.

Working together in Christ's light,

Kriss Oliver – Religious Education Leader

### 2021 FOUNDATION ENROLMENTS

***Just a reminder to families that if they have picked up an enrolment form, please return it to school with all the documentation as soon as possible.*** Also any new families that have NOT picked up an enrolment form for Foundation 2021, please come into the Office to pick up a pack.





## INSIGHTS

### Successful close quarter living



The current physical distancing measures due to the COVID-19 pandemic will be with us for some time. This cocooned existence is a test of parental patience, children's willingness to cooperate and a family's ability to pull together.

So, if you're about to enter the family cocoon, or even if you've been living in close family quarters for some time, the following tips will help ensure your children not only survive each other, but emerge from the cocoon with a strong sense of camaraderie, a greater appreciation for their siblings and knowledge that they belong to a rock solid family who can pull together in a crisis.

#### Get kids on board

Start your period inside the family cocoon by getting everyone on board. Give kids a voice in how they'd like their social isolation time to flow. Listen to their fears and worries. Empathise with any concerns about missing regular activities and contact with friends but point to the positives of having more free time than normal. Consider providing kids with family organisation roles – the music girl, games guy, food planner and so on – and swapping these regularly to maintain interest. At Parenting Ideas, we believe that it's reasonable to expect kids to help at home and there are many resources at our website that help with this.

#### Establish structure

Many kids struggle with anxiety when routines break down, so ensure that you have a regular structure that brings predictability to each day. Parents and kids need their own routines starting with get up times, work times and in the event of at home learning, times for schoolwork. Break the day into different time zones that mirror their school days. A regular structure will make the days more workable, feel shorter and be more manageable. It's important to keep daily foundation behaviours in place such as waking up at the same time, dressing for school and preparing for class as they trigger your child's readiness for learning. Similarly, relaxing your routine on the weekend gives everyone a break from the structure of the school and working week. A regular family meeting provides an ideal way to give kids some input into their own routines and also a say in how family-life looks in the cocoon. If formal meetings are not for you, then ask for opinions and gain feedback in more conversational ways.

#### Set up activity zones

The Nordic countries with their long, dark winters lead the way in successful close quarter living. One of their major strategies for success is the establishment of living zones within homes and apartments. These zones differ from the usual sleeping, cooking and communal living areas that you may be used to. They incorporate areas for individual activities including learning, playing, chilling out and exercise. With consistency use children soon associate a specific activity with a particular zone making concentration and focus a great deal easier. Avoid having multiple activities in one space as this may lead to conflict, while diluting the impact of this whole zoning strategy.

## Get moving, grooving and having fun

Maintaining children's healthy exercise levels when organised sports and informal group play are prohibited is a major challenge for parents. Some organisation and creativity will help. Establish mini movement breaks during each day involving dancing, shooting hoops and exercise to movement. Remember that any activity that gets kids arms and legs moving is beneficial to their physical and mental health. Amp up the fun factor by incorporating music, dancing to online videos and playing simple indoor games.

## Instil good mental health habits

As the old saying goes 'prevention is better than a cure', which is pertinent if your child is prone to anxiety and depression. With routine preventative measures such as playing and talking face to face with friends on hold, consider introducing regular mindfulness and breathing into your daily routine. At Parenting Ideas we recommend the resources at [smilingminds.com.au](https://smilingminds.com.au) as they cater for mindfulness for all groups and at any level. Schedule times for kids to digitally connect with friends so that they don't experience the effects of isolation.

## Know when to steer clear

It's hard for family members who are used to doing things on their own to suddenly be thrust together in each other's company for extended periods of time. Many family holidays end in sibling squabbles because family members aren't used to spending so much time together in the same space. Encourage kids to spend some time alone each day so they can relax, reflect and draw on their own emotional resources. Time alone is an under-rated contributor to a child's resilience and mental health.

## And know when to come together

While time alone is important it's also essential for your family to come together to connect, to have fun and to enjoy each other's company. Work out your regular family rituals and make these non-negotiable. Evening meals, family discussions and at least one weekly movie or entertainment activity give children and parents the opportunity to come together on a regular basis.

This time spent with your family inside the cocoon at first may be difficult, as it requires changes of habit and behaviour from everyone. There are many positives to close quarter living brought about by COVID-19. Families now get a chance to connect with each in real time and bond with each other in deep, meaningful ways.

Parents also get the chance to establish the positive behavioural and mental health habits in their children that has so often been made difficult by the insanely busy lifestyle that we've all been living for some time now.

The roller coaster has stopped. It's now time adjust to a slower pace and have the types of conversations and pleasurable times with kids that have meaning, have impact and leave lasting memories.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



# Whoever eats this bread will live forever



**The Most Holy Body and Blood of Christ, Year A**

## Gospel Jn 6:51-58

Jesus said to the Jews:

'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.'

Then the Jews started arguing with one another:

'How can this man give us his flesh to eat?' they said  
Jesus replied:

'I tell you most solemnly,  
if you do not eat the flesh of the Son of Man and drink his blood,  
you will not have life in you.'

Anyone who does eat my flesh and drink my blood has eternal life,

and I shall raise him up on the last day.

For my flesh is real food

and my blood is real drink.

He who eats my flesh and drinks my blood lives in me

and I live in him.

As I, who am sent by the living Father,

myself draw life from the Father,

so whoever eats me will draw life from me.

This is the bread come down from heaven;  
not like the bread our ancestors ate:

they are dead,

but anyone who eats this bread will live for ever.'

Can you work out which two of these pictures are the same?



*Dear Lord,*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ *Amen.*

Write a prayer of thanksgiving to God that you can say before every meal.

