



OUR LADY'S SCHOOL NEWSLETTER

25 June 2021

www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley

Principal: Ms. Patrizia Bertani

Parish Mass Times:

English: Saturday 5.30pm, Sunday 9:00am, 10:45am & 5:30pm

Vietnamese: Saturday 7.30pm, Sunday 12.30pm

Chin: Sunday 2.30pm

School Phone: 9312 2230

School website: www.olsunshine.catholic.edu.au

Our Lady's is a Child Safe School

Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are many parts of one body, and we all belong to each other. Romans 12:4-5

DATES FOR THE DIARY

Every Friday Assembly is online at 2.30pm

Fri 25 June

End of Term 2 at 3.15pm

Mon 12 July

Start of Term 3 at 8.45am

Wed 21 July

7.00pm PAB Meeting

Sat 24 July

P&F BBQ at Sunshine Bunnings

Mon 26 & Tues 27 July

Whole School Closure - Staff Conference RE

Fri 12 Nov

Yr 6 Confirmation

PLEASE TAKE NOTE OF THE 2021 SCHOOL CLOSURE DAYS

Mon & Tues 26-27 July Staff RE Conference

Mon 1 Nov Report Writing

Dear Parents,

As we bring this term to a close I want to once again thank you for your collaboration throughout this Semester and particularly during the remote online learning time. It is a great privilege and joy to support your child/children to grow and flourish at Our Lady's School. We look forward to working together next term.

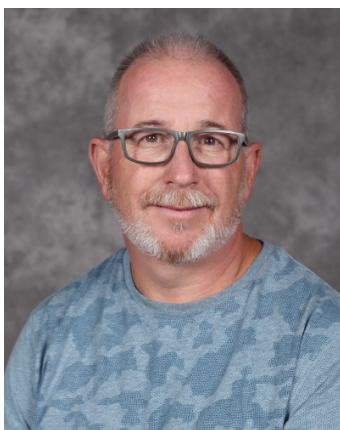
I will be away in the first week of Term 3 and Christine Carabott will be Acting Principal during that time with Anna Kalc Smyth in the role of Acting Deputy Principal. I wish all the students, staff and parents of Our Lady's school a happy and safe holiday.

This week I am sad to write is Steve's last week at Our Lady's School. Steve has worked at Our Lady's for 17 years and he will be greatly missed. We would like to thank you Steve for EVERYTHING you have contributed to Our Lady's over the years. You were so much more than our maintenance man, nothing was ever too much for you and you solved all our problems big and small and kept our school always looking beautiful with everything working. We will miss you immensely at camp, when we have our school production, the Art show, Athletics Day and in a million other ways you were always there supporting us all. Not to mention your gift as a talented artist where you helped Ms Pina (Art teacher) design and make all the props as well as setting up our biannual Art Show so that it always looked spectacular.

You poured all your love, heart and soul into our school and especially the students who I know will miss you immensely and who you were so dedicated to.

We have been so blessed to have had you for 17 years. I think Steve that you embodied Mary MacKillop's spirit and lived out each and everyday that you were at our school her most famous quote: *'Never see a need without doing something about it.'* **You, Steve, always did something about it.**

We know that you are leaving us to pursue the wonderful Gelati business that you and Tina have created in Rutherglen and also to begin a new life in the country. A piece of you will always remain here Steve in our hearts, amongst all of us here that know you and have experienced your generosity and kindness. We wish you all the very best and please remember to call in whenever you are in Sunshine.



Thank you
&
good luck



DEDICATED
CREATIVE
ARTISTIC
TALENTED
PROBLEM SOLVER
CARING
COMPASSIONATE
FOREVER IN OUR



Holidays

Hooray for holidays! Thank you, God, for holidays, and all the good things they bring. After you had created the world you rested, so you know how good holidays are.

The are such a fun time!

Help us to make them a happy time for our parents, too, and for all the people we share the holidays with.

Please keep us safe.

Thank you, God, for holidays!





The following Year 6 students received a Year 6 leadership badge last week :

Marietta G
Matthew S
Ivy P
Joseph C
Eleanor M
Kyle F



Congratulations on your amazing achievement!

A BIG THANK YOU TO EVERYONE WHO SUPPORTED OUR RAFFLE!

We sold 727 tickets! An AMAZING EFFORT!



A special thank you to the Events Committee members- Georgia, Myumi and Lily who worked every lunchtime to organise the raffle, the tubes and the bookmarks.

Great job team!

Canteen News

MONDAYS ONLY	
Pizza: Margherita or Ham & Pineapple	3.50
Soup & buttered roll: Pumpkin or tomato	3.00



TUESDAYS ONLY	
Noodles: Beef or Chicken or Chicken & Corn	2.00
Sushi: Avocado or Tuna & cucumber NEW DAY	3.00

WEDNESDAYS ONLY	
Pasta: Twista Bolognese or Macaroni & Cheese	3.50



THURSDAYS ONLY	
Lasagne: Beef or Vegetable	3.50



OUR LADY'S PRIMARY SCHOOL CANTEEN PRICE LIST UPDATED TERM 3 2021



INSTRUCTIONS FOR ORDERING LUNCH

LUNCH ORDERS ARE TO BE PLACED THROUGH THE QKR APP
Sandwiches and rolls are available in either white or wholemeal.
Forks are included in the price of all pies, noodles, pasta and lasagne.



SANDWICHES, ROLLS & PITAS		
		ROLL
Salad - cheese, tomato, carrot, lettuce	3.50	4.00
Ham & salad (tomato, carrot, lettuce)	3.60	4.10
Tuna & salad (tomato, carrot, lettuce)	3.60	4.10
Egg	3.00	3.50
Cheese	3.00	3.50
Tomato	3.00	3.50
Ham	3.00	3.50
Tuna	3.00	3.50
Vegemite	1.50	2.00
Cheese & vegemite	3.20	3.70
Peanut butter	1.50	2.00
Honey	1.50	2.00
Honey & peanut butter	2.00	2.50
Jam	1.50	2.00
Butter	1.00	1.50
Hard boiled egg		0.60
Salad tub - lettuce, tomato, cucumber, capsicum, beetroot, carrot		5.00

Add 0.20c for extra: Mayonnaise
Add 0.50c for extra: Cheese, Egg, Beetroot, Cucumber, Tomato, Carrot, Tuna, Ham

HOT FOOD	
Hot Cheese Roll	3.50
Add ham, tomato or tuna	0.50
Add vegemite	0.20
Large Pie	4.00
Vegie Pastie	4.00
Shepherds pies	4.00
Hot dog	3.50
Light Party Pies	1.00
Party Pasties	1.00
Aussie sausage rolls (Light)	1.00
Corn on the cob	1.00
Steamed dim sim	1.00

Lunch Orders



OURLADYSCPS



MONDAYS ONLY	
Pizza: Margherita or Ham & Pineapple	3.50
Soup & buttered roll: Pumpkin or tomato	3.00

TUESDAYS ONLY	
Noodles: Beef or Chicken or Chicken & Corn	2.00
Sushi: Avocado or Tuna & cucumber	3.00

WEDNESDAYS ONLY	
Pasta: Twista Bolognese or Macaroni & Cheese	3.50

THURSDAYS ONLY	
Lasagne: Beef or Vegetable	3.50

SNACKS	
Cheese Dippits	0.60
Muesli bars	0.60
Cheesesticks	0.60
Sultanas	0.60
Delites: Green, Red	0.60
Mamee Noodles: Chicken, BBQ	1.00
Cheese & rice crackers	0.60
Popcorn	0.50
Apple	0.60

DRINKS	
Flavoured Milk: Chocolate, Strawberry	2.00
Fruit Juice: Apple, Paradise Punch, Orange	1.50
Chill J Drinks: Raspberry, Grape, Apple Coola (Cola), Watermelon, Lemonade	2.00
Plain water	1.50

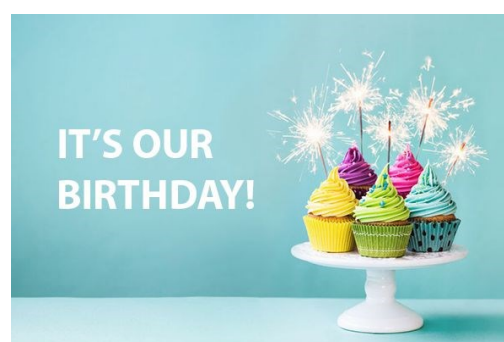
Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



Eva T 4G
Miranda N 4G
Joy Khen 4H
Samantha N 1L
Lucas G 1K
Samuel P FI
Laura B 1L
Billy H FJ

insights

10 ways to promote good mental health & wellbeing in kids

by Michael Grose

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life's curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn't seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn't mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it's useful to reflect on the mental health habits that you promote in your kids.

Here are ten ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits

If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep

Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!



Children need between 10 and 12 hours' sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise

When my mum would tell me all those years ago to turn the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets

Kids should practise creativity if for no other reason than it helps them experience the state of 'flow'. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It's energizing and helps take stressed and worried kids out of themselves. rock star of character traits.

5. Provide a space of their own

Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles

A problem shared is a problem halved. Talking about what's worrying you is a great way to remove

the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse.

If your child has a problem let him know that his concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax



Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally.

(I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend

Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we're busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It's important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness

Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives



Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don't have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids' lives get busier these essentials get squeezed out. Here's my recommendation to ensure that mental health habits aren't overlooked or neglected.

First, see these habits as the building blocks of mental health. Don't ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child's mental health.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children. A trailblazer in the parenting and educational scenes Michael regularly appears in the media throughout Australia in programs including The Project, The Today Show and ABC radio.

Don't worry. Just have faith!



13th Sunday in Ordinary Time, Year B

Gospel Mk 5:21-24. 35-43

When Jesus had crossed in the boat to the other side, a large crowd gathered round him and he stayed by the lakeside. Then one of the synagogue officials came up, Jairus by name, and seeing him, fell at his feet and pleaded with him earnestly, saying, 'My little daughter is desperately sick. Do come and lay your hands on her to make her better and save her life.' Jesus went with him and a large crowd followed him; they were pressing all round him.

Some people arrived from the house

of the synagogue official to say, 'Your daughter is dead: why put the Master to any further trouble?' But Jesus had overheard this remark of theirs and he said to the official, 'Do not be afraid; only have faith.' And he allowed no one to go with him except Peter and James and John the brother of James. So they came to the official's house and Jesus noticed all the commotion, with people weeping and wailing unrestrainedly. He went in and said to them, 'Why all this commotion and crying? The child is not dead, but asleep.' But

they laughed at him. So he turned them all out and, taking with him the child's father and mother and his own companions, he went into the place where the child lay. And taking the child by the hand he said to her, 'Talitha, kum!' which means, 'little girl, I tell you to get up.' The little girl got up at once and began to walk about, for she was twelve years old. At this they were overcome with astonishment, and he ordered them strictly not to let anyone know about it, and told them to give her something to eat.

Finish the story of Jesus and the little girl by adding the missing words and pictures

A crowd of people came to see Jesus as he stood on the shore of Lake Galilee.



Draw Jesus standing on the shore

A man named Jairus knelt at Jesus' feet and said, "My

_____ is about to die! Please come and _____ her and she will be well again."



Fill in the missing words

_____ went with Jairus, but along the way some men came and said, "Jairus, your daughter has _____."



Fill in the missing words

Jesus said to Jairus, "Don't worry. Just have faith!"

When they got to the _____ they saw people crying. Jesus said, "Why are you _____? She is not dead, she is only _____."

Jesus took the girl by the hand and said, "Little girl, get up!". Then she got up and started to walk around.

Draw Jesus talking to Jairus

Fill in the missing words

Draw Jesus and the little girl