



OUR LADY'S SCHOOL NEWSLETTER

3 April 2023

www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley

Principal: Ms. Patrizia Bertani

Parish Mass Times:

English: Saturday 9.00am, 5.30pm, Sunday 9.00am, 10.30am & 5.30pm

Vietnamese: Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm

Burmese: Every 2nd Sunday 2.30pm

Chin: Every 1st, 3rd, 4th, 5th Sunday 2.30pm

Tongan: Every 1st Sunday 3.00pm

School Phone: 9312 2230

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

Our Lady's is a Child Safe School

He began to teach them many things in parables, and in his teaching he said to them: "Listen! A sower went out to sow. And as he sowed, some seed fell on the path, and the birds came and ate it up. Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil. And when the sun rose, it was scorched; and since it had no root, it withered away. Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold." And he said, "Let anyone with ears to hear listen!" (Mark 4:2-9)

DATES FOR THE DIARY

Tues 4 Apr 2.20pm Stations of the Cross in the Church

Wed 5 Apr 2.20pm Stations of the Cross in the Church, 2.45pm Easter Raffle drawn

Thur 6 Apr 12.00pm Stations of the Cross in the Church
End of Term 1 at 1.00pm

Fri 7 Apr Good Friday

Sun 9 Apr Easter Sunday

Mon 24 Apr Start of Term 2 at 8.35am

Tues 25 Apr ANZAC Day Public Holiday

Wed 26 Apr 7.00pm Yr 4 Eucharist Parent & Student Evening, P&F Meeting

Thur 11 May Mother's Day Stall

Mon 22 May Athletics Day at Keilor Athletics Track

Mon 12 June King's Birthday Public Holiday

SACRAMENTS

Sun 7 May: 10.30am Eucharist for Year 4

Sun 21 May: 10.30am Eucharist for Year 4

Thur 24 Aug: 7.00pm Confirmation for Year 6

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Fri 5 May: Personalised Learning with Kath Murdoch

Thur 22 Jun: Three Way Learning Conversations

Fri 28 Jul: RE with Maria Forde

Mon 6 Nov: Report Writing

Dear Parents,

We had a wonderful start to this last week of term with the re-enactment of Palm Sunday and the Last Supper.

It was wonderful to see so many parents come to join us in greeting Jesus on his donkey. The children looked fantastic as they waved their palms and sang 'Hosanna' as Jesus rode past on his donkey. This was a great way to start our Holy Week re-enactments which culminate with Jesus' resurrection on Easter Sunday. A big thank you to our RE/Learning and Teaching Leader Kriss Oliver who organised the Holy Week events.

We hope that parents can join us in the church on Tuesday and Wednesday at 2:20pm and Thursday at 12.00pm for the Stations of the Cross.

Thank you to all parents who sent in donations for the Easter Raffle and all those who bought tickets for the raffle. Thank you also to Christine and Easha from the Parents and Friends committee who organised the donations into 15 wonderful prizes. We will be drawing the Easter Raffle on Wednesday at 2:45pm. Here's the link to today's event if you missed it: <https://youtube.com/live/oZGzY-BcpY0?feature=share>

Building Update

Last Friday was a difficult day as many of you by now would know that our builders the Lloyd Group have gone into voluntary liquidation. I was called just before 3.00pm on Friday with this devastating news and my heart goes out to the many workers who have lost their job and of course to our school as we now have to face another hurdle. I received a call from MACS's Stephanie Wood who is in charge of all building projects and she reassured me that they have already started to try to work out how our project can continue and options for finding another builder.

This development has been completely unexpected but I know we will somehow find a way to move forward and we will finish this building. I really feel for all those home owners with Porter Davis Homes who have no idea if their homes will ever be completed or if they will recuperate their money. I will keep you informed about any new developments. Please pray that we can quickly find a solution in order to continue the building process and complete the building on schedule.



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



Let your Light Shine – An Our Lady's School Dance Extravaganza

This year Our Lady's school is working towards a whole school performance on October the 25th in the Quinn Auditorium at Caroline Chisholm Catholic College.

This term the Year 3, 4 and 6 students have been learning creative dance with our dance teacher Andy who is pictured below. Andy is Scottish born and has much experience as an Artistic Director, Producer, Curator, Dancer, Dance Teacher and Choreographer.



In Term 2 Andy will be focusing mainly with teaching dance to the Foundation, Year 1, Year 2, and Year 5 students as well as regularly touching base with the Years 3, 4 and 6. We will also give any interested parents an opportunity to participate in a dance class for parents on Monday the 29th of May from 2:10 to 3:10pm next term.

Andy was born in Fife, and danced with Fife Youth Dance Company, with Royston Maldoom. He then trained at the Laban Centre for Movement and Dance in London. He then joined a number of dance companies including: Transitions Dance Company, National Dance Company of Wales, Scottish Opera and choreographing on Scottish Dance Theatre. He was then Dance Director with TAG Theatre Company, Glasgow. During his time with Tag he presented A Scots Quair and Lanark at the Edinburgh International Festival. He then became Artistic Director of Ydance, The national youth dance agency for children and young people and moved to City Moves Dance Agency, as Artistic Director. He worked on the Olympic torch relay and DanceLive festival. Andy then moved to Australia in 2013 to take on the role of Director and CEO of Ausdance Victoria, the state branch of Australia's peak national dance body. In 2014 and 2015 he curated I could Have Danced All Night for White Night. He left Ausdance in 2015 and set up Commercial St Dance Studio based in the West of Melbourne.

SCHOOL UNIFORM TERM 2

As the weather cools down in the beginning of Term 2 the children will begin to transition into Winter Uniform. I expect all children to be wearing their full winter uniform from Week 3 Monday May 8th onwards. For the first couple of weeks of Term 2 parents can use their judgement based on the weather. Melbourne may still have a few sunny, warm days in store for us.

A reminder that the Our Lady's Winter Uniform is available from the Uniform Shop next term on Monday and Tuesday or anytime on our QKR App.

*On behalf of myself and the Staff
of Our Lady's School I wish you
all a peaceful and Holy Easter
and safe and happy holidays.*

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



Fl: Ngan L
1K: Flynn L, Mia D
2M: Tia T
2N: Naing M
6A: Sophie D



Holy Week

EASTER TIMETABLE 2023

Holy Thursday 6 April

Mass of the Lord's Supper

6:00pm English & Chin

8.30pm Vietnamese

Good Friday 7 April

Stations of the Cross (outdoors)

10:00am English

11:00am Vietnamese

Liturgy of the Passion

12:00pm Chin

3:00pm English

6:00pm Vietnamese

Holy Saturday 8 April

9:30am Confessions

Easter Vigil Saturday 8 April

Mass Times:

6:00pm English & Chin

8:30pm Vietnamese

Easter Sunday 9 April

Mass Times:

9:00am & 10:30am English

12:30pm Vietnamese

2:00pm Chin

Please note: No evening Mass on Easter Sunday

Easter Raffle



EASTER RAFFLE TICKETS ON SALE

UNTIL TOMORROW 4 APRIL 10.00am.

DRAWN WEDNESDAY 5 APRIL

TICKETS \$2.00 each on QKR.





WINTER UNIFORM AT OUR LADY'S

All items (except shoes) now available on the QKR App.

School jumper



Shirt or Skivvy (NOT pale blue polo)

Long navy trousers (NOT yoga style or cargo) or



Tunic

Navy Tights (not black)



School socks

Black shoes/boots (NOT runners)



Navy spray jacket for OUTSIDE ONLY -

NOT TO BE WORN INSTEAD OF JUMPER



SPORT

School crested yellow polo

School crested windcheater



Trackpants



Sunshine Football Club



JUNIOR RECRUITMENT

The Sunshine Football Club is now recruiting Juniors to join them in the new 2023 Season. Training is on Wednesday and Friday evenings. All abilities welcome.

RECRUITING AGES:

Auskick

U/8's U/10's U/12's

U/14's U/16's U/18's



IF YOU HAVE ANY FURTHER ENQUIRIES OR WOULD LIKE
TO REGISTER PLEASE EMAIL:

JUNIORS@SUNSHINEKANGAROOS.COM.AU
or Contact Xavier on 0433404792



U12s & U13s WANTED

JOIN THE SWIFTS FOR SEASON 2023

We are looking for
4 players born in 2010
or 2011 to complete
our team.

Contact us at:
maribyrnongswiftsfc@gmail.com

#SWIFTSFLYHIGH



Come & Try Artistic Swimming

Golden Fish Synchronised Swimming is running Come
& Try Sessions in April!

Open to all genders aged 7+.
Come and have a go!

17th April (5:30-6:30pm)

18th April (5:00-6:00pm)

Victoria University Footscray Park Aquatic &
Sports Centre
Building L, Level 0, Ballarat Rd, Footscray

Sessions are free of charge.

Participants should be able to swim 25m unassisted in
deep water.

RSVP: goldenfishsynchro@gmail.com



Golden Fish Synchronised Swimming



@goldenfishsynchroclub



APRIL EVERY TUES & THURS

COME & TRY

RUGBY LEAGUE & TAG



MORE INFO

Sunshinecowboyssportsclub@gmail.com

. MALE & FEMALES WANTED

. JUNIORS ALL AGES @ 5:30

. U18, SENIOR WOMEN & MEN @ 6:30

FREE CLINICS

ARTHUR BEACHLEY RESERVE

ARDOYNE STREET

SUNSHINE

INSIGHTS

Conquering kids' techno-tantrums



Many of us have witnessed our kids or teens emotionally combust when asked to switch off their gaming console or put their phone away. I colloquially call these 'techno-tantrums'. Many of us fret that this signals that they're 'addicted' to technology and find ourselves worrying about why they behave in such intense ways.

So, what makes technology so psychologically appealing for kids and how can we help them to unplug so that screen-time doesn't end in scream time?

Technology is so appealing

Technology has been intentionally designed to cater for our kids' most basic psychological drivers. As humans, our three most basic psychological needs are the need for connection, competence and control.

Technology caters for these needs in very clever ways. For example, our need for relational connection explains why many of our boys are obsessed with multi-player video games and girls are infatuated with social media. These online tools have also been designed to help young people experience competency- gamers see tangible measures of their performance by their levels of attainment, or battles won. Scrolling through YouTube and 'selecting' which video they'll watch next also enables young people to experience a sense of control and agency over their lives – something they biologically crave.

Here's what technology does to their brains and bodies

Digital technology impacts on children and young people in the following ways:

'It feels good'

When our kids use a screen it's usually a pleasurable experience for them. Their brains secrete the neurotransmitter dopamine, which makes them feel good. This means, when you demand that they turn the device off, you're terminating their production of dopamine (pleasure response). It's better to provide a choice of more appealing transition activities when you want them to move away from a screen. For example, suggest that they ride their bike, or walk the dog after they've switched off the device.

'I want more'

parenting*ideas

The online world has no stopping cues, so our kids and teen never feel 'complete' or 'done'. They can always refresh social media; continue to play to attain another level in a game; or watch another YouTube clip. This is also referred to as the state of insufficiency.

One parenting tip that works is to give your children and teens hard end points. Rather than giving them a quantity of time (for example, you can watch an hour of TV today), give them the finish time (for example, I'd like you to switch off the TV at 4:30pm).

'It's so novel'

Our brains are wired to seek out new and interesting stimulus. The online world is always instantly gratifying, fast-paced and requires minimal cognitive effort. In comparison the offline, real world doesn't always offer novelty. The real world is a lot slower-paced, and it's not always instantly rewarding and interesting like our kids' digital world.

Ensure your kids and teens have ample time to experience boredom. Our brains were never designed to be switched on and processing information as they are in the digital world. Opportunities for boredom allow the brain time to reset and help our kids become accustomed to not always being 'switched on'.



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.



Hosanna!



Palm Sunday of the Passion of the Lord, Year A

PASSION SUNDAY

Write down what you know about the procession of palms.

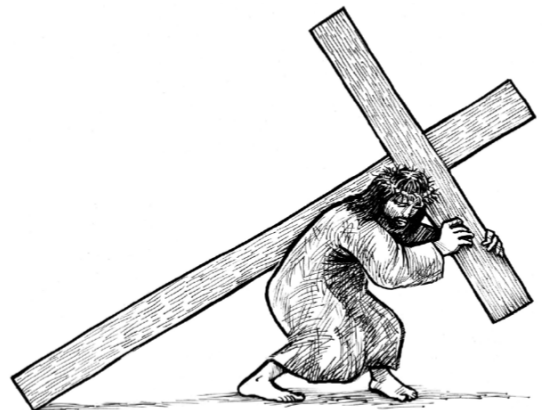


HOLY THURSDAY

Draw Jesus and his disciples at the last supper.

GOOD FRIDAY

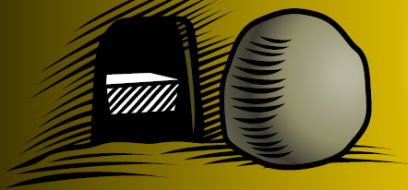
Draw the crowd watching Jesus.



Gospel Matthew 21:1-11

When they drew near to Jerusalem and came to Bethphage, to the Mount of Olives, Jesus sent two disciples, 2 saying to them, 'Go into the village opposite you, and immediately you will find an ass tied, and a colt with her; untie them and bring them to me. If anyone says anything to you, you shall say, "The Lord has need of them," and he will send them immediately'. This took place to fulfil what was spoken by the prophet, saying, 'Tell the daughter of Zion, Behold, your king is coming to you, humble and mounted on an ass, and on a colt, the foal of an ass'.

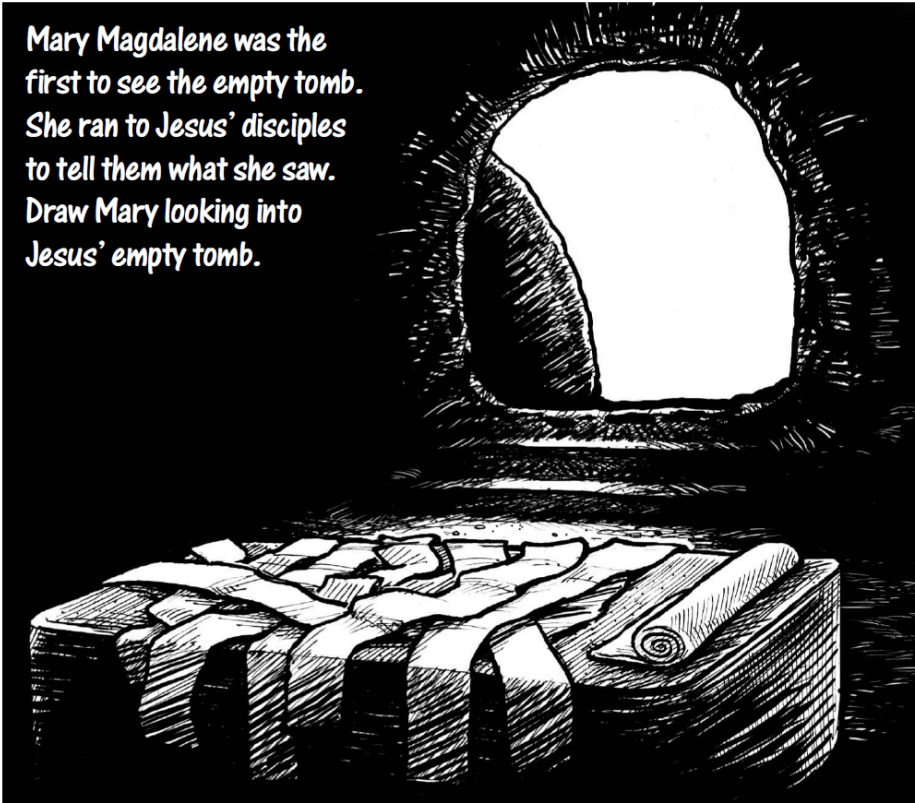
The disciples went and did as Jesus had directed them; they brought the ass and the colt, and put their garments on them, and he sat thereon. Most of the crowd spread their garments on the road, and others cut branches from the trees and spread them on the road. And the crowds that went before him and that followed him shouted, 'Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!' And when he entered Jerusalem all the city was stirred, saying, 'Who is this?' And the crowds said, "This is Jesus the prophet, from Nazareth in Galilee."



He is risen! Alleluia!

Easter Sunday of the Resurrection of the Lord

Mary Magdalene was the first to see the empty tomb. She ran to Jesus' disciples to tell them what she saw. Draw Mary looking into Jesus' empty tomb.



Gospel John 20:1-9

After the Sabbath, and towards dawn on the first day of the week, Mary of Magdala and the other Mary went to visit the sepulchre. And all at once there was a violent earthquake, for the angel of the Lord, descending from heaven, came and rolled away the stone and sat on it. His face was like lightning, his robe white as snow. The guards were so shaken, so frightened of him, that they were like dead men. But the angel spoke; and he said to the women, 'There is no need for you to be afraid. I know you are looking for Jesus, who was crucified. He is not here, for he has risen, as he said he would. Come and see the place where he lay, then go quickly and tell his disciples, "He has risen from the dead and now he is going before you to Galilee; it is there you will see him." Now I have told you.' Filled with awe and great joy the women came quickly away from the tomb and ran to tell the disciples.

And there, coming to meet them, was Jesus. 'Greetings,' he said. And the women came up to him and, falling down before him, clasped his feet. Then Jesus said to them, 'Do not be afraid; go and tell my brothers that they must leave for Galilee; they will see me there.'

This is the day the Lord has made. Let us rejoice!



What can you do to make people glad today?

Fill in the missing words below to find out what the letters in the boxes spell.

Mary M _____ went to the tomb.

"They have taken the _____ from the tomb", she said.

Peter was a d _____ _____ of Jesus.

The other disciple ran f _____ _____ than Peter.

He saw the strips of _____ cloth lying inside the tomb.

B _____ he did not go in.

When he saw _____ he believed.

The Scriptures s _____ Jesus would rise to life.