



OUR LADY'S SCHOOL NEWSLETTER

20 September 2018

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

And if he sins against you seven times a day, and returns to you seven times, saying, 'I repent,' forgive him. Luke 17:4

DATES FOR THE DIARY

Fri 21 Sept

*Our Lady's Show Day & Funds
For Farmers Fundraising Day*
End of term 3 at 3.15pm

Mon 8 Oct

Start of Term 4 8.45am

Fri 12 Oct

Parish Movie

Sun 14 Oct

Mission Sunday

Thurs 18 Oct

Confirmation Parent Night
with Dr Rev Elio Capra 7.00pm

Fri 19 Oct

Crazy Hair Day - gold coin do-
nation for Missions Fundrais-
ing

Thurs 1 Nov

All Saints

Fri 2 Nov

All Souls

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,

This week we bring Term 3 to a successful conclusion. I would like to thank Father Peter and Father Lucas for all that they have contributed to Our Lady's School over the term. We appreciate your support and the faith leadership that you give to the children, families and staff of Our Lady's school. I would like to thank all of the staff as they have worked very hard over this term to improve our school environment and also to provide excellent learning opportunities for the children. To you the parents and families I thank you for your ongoing support and contribution to our school community. I would particularly like to thank the Parents Advisory Board, the Parents and Friends and the Fete Committee.

Last, but certainly not least, our wonderful children. Throughout this term we have had many visitors to our school: the people who were a part of Grade 6 Leadership day, the Book Week cartoonist Matt Glover, staff from other schools and many others; every one of these visitors have commented on how well behaved and engaged the children of Our Lady's are. I am also very proud of the great social justice initiatives that have been organised by classes across the school and which we conclude with the 'Funds For Farmers' campaign tomorrow.

Learning Journals and Digital Portfolios

Today your child will be bringing home their Learning Journals (F-3) or have completed their Digital Portfolios (4-6). I ask you to make sure you take the time to look over it with your child. It represents some snapshots of your child's learning across curriculum areas. It is important that you praise your child for what they have accomplished with their learning in Term 3.



School Holiday Prayer

We thank you Lord, for this term. For the challenges, the successes, and the mistakes from which we have learnt. Be with us as we spend our time with family and friends. Give us strength and courage to do what is right: to be witnesses of our faith. Help us to appreciate what others do for us, to give time and effort to help others. To be peacemakers in our family. Keep us safe in our activities; give us good rest and good fun. Bring us back refreshed and ready for a new term.

We thank you for our classmates, teachers, parents and a community that cares for us.
May we always be conscious of you in our lives. Amen



Our Lady's Camp Programs: A Great Success

Last week the Year Five students attended the Narmbool Environmental Camp. This was the first time we have taken students to visit this camp and it was a huge success from the children's, the staff and camp facilitator's perspective. The quality of the hands on learning experiences provided by the camp facilitators was excellent and the children were highly engaged and actively learning throughout their three days at the camp. The children and staff loved the food provided and the very modern, clean and comfortable facilities.

The camp facilitators were very impressed by how knowledgeable our students were in relation to sustainability and how to care for the environment. Every child I spoke to was able to clearly articulate why they loved the camp and the new knowledge and understandings they developed while on the camp. We have decided to book the camp for 2019 around the same time as this year.

Last night we held the Year Three/Four Camp on the school premises. The camp was also thoroughly enjoyed by the children who participated in all the extra curricula activities with great enthusiasm. The children loved the opportunity to spend extended time at school. They enjoyed the pizzas, fruit and drinks as well as watching a movie in the Father John Maher Auditorium.



Our extra curricula camp experiences help to promote independence, wellbeing, social and emotional skills. Thank you to all the teachers who plan these exciting learning opportunities. Every time I ask the children they always say they LOVE Camp.

*Wishing everyone in our school community a safe and happy holiday.
God's blessings on you all.*



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



SEPTEMBER

Fri 21st Show Day and Funds for Farmers Day. End of Term 3

OCTOBER

Mon 8th Start of Term 4

Mon 15-Fri 19th 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

OUR LADY'S 'FUNDS FOR FARMERS' CAMPAIGN



Tomorrow Friday the 21st of September we will be having Our Lady's School Show Day. It will be a wonderful way to end the term with children enjoying an animal farm, entertainers in the playground, show bags and other exciting experiences.

I have had parents, staff and children raise their concerns about the severe drought that is causing so much distress and hardship for our farming families. We thought that it would be great to think of others less fortunate on our Show Day and take some action to make a positive difference.

Therefore we are reaching out to our community and asking for a monetary contribution on Our Lady's Show Day. Whatever you can will make a big difference to those farming families in desperate need.

The children will be allowed to come to the Show Day in casual dress or even better come dressed up as farmers to show their solidarity with the farming community for a money donation.

Please donate as much as you can to help our Farmers.



The money we raise will go to the Buy a Bale charity. We thought donating money to buy urgently needed bales of hay to farmers so they can continue to feed their animals was a practical way to help. We spoke to the organisers and they explained a large bale would cost \$100 so we can easily let the children know exactly what their donations would be used for. The Buy a Bale volunteers explained that a farmer with 52-60 calving cows and 100 sheep would need two and a half bales every two days.



A Spring Prayer

Dear God,

Spring is a symbol for change. Some changes we eagerly await, and some we just can't stand. Some changes we plan and others arrive uninvited to surprise and unsettle.

To all these changes we ask the gift of Your wisdom summoning us to expectation, hope, and rejuvenation.

May the sunlight and the rain be reminders that You are at work renewing the earth. As the God of renewal, You are ever at work in our lives, too.

Open our eyes and lives to the needed changes in our lives this spring.

Awaken us to new life and perspective.

Amen.

Stay tuned for more information in next term's newsletters.





Year 4 excursion to Polly Woodside 'Ship Shape and Ready to Sail'





Grade 5 Camp to Narmbool



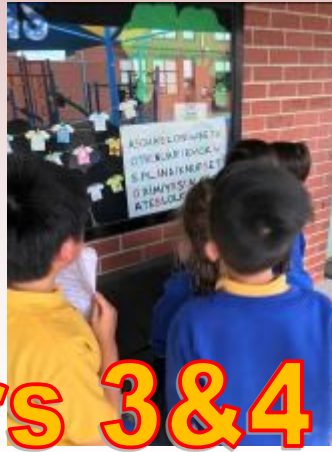




Years 3&4

Camp Afternoon





Years 3&4

Camp Afternoon



Are you looking for something to do with your kids this upcoming September school holidays?

Footscray United Rangers Football Club will host its inaugural *free* Community Soccer Fest day on Saturday 22 September, at Hansen Reserve in West Footscray from 12pm-3.30pm. We invite children of all skill levels and ages from between 4-12 years old to attend this fantastic school holiday event.

This is a great opportunity to introduce your primary school aged children to an active team sport in Soccer in a family-friendly club community: your children will join in on our Soccer Skills clinic, enjoy a sausage sizzle and drinks, & meet former Australian Women's Goalkeeper & TV Commentator Melissa Barbieri.

Footscray United Rangers Community Soccer Fest

Date: Saturday 22nd September 2018

Time: Arrive 11.45am for a 12pm start until 3.30pm

Location: Hansen Reserve, West Footscray, Enter via Roberts Road, West Footscray.

Map: <https://goo.gl/32Bbnk>

How to Register: Send an email to admin@rangersfootball.com.au with your child's first name, and their date of birth. We will then return your email with further information on the day.

Cost: Absolutely free!

Note that our coaches are currently accredited Soccer coaches and are holders of Working With Children's Checks employee and volunteer checks. If you have any questions about the event we would welcome you to email us at admin@rangersfootball.com.au, or alternatively call our event organizer Ben White on 0411 348 689 to discuss further.

We would love to see you at the event!

Best wishes, Footscray United Rangers Football Club

FREE!!!



COMMUNITY SOCCER FEST

SATURDAY SEPTEMBER 22 2018

12pm - 3.30pm

Hansen Reserve, West Footscray

**Email admin@rangersfootball.com.au to register or
Call 0415 461 845 for more information**

FEATURING...



**Former Australian Goalkeeper
Melissa Barbieri**



Soccer Skills Clinic



Sausage Sizzle and Drinks



JOIN THE FUN

WOOLWORTHS CRICKET BLAST IS A FUN AND FAST PROGRAM FOR KIDS OF ALL ABILITIES TO LEARN NEW SKILLS AND PLAY AUSTRALIA'S FAVOURITE SPORT.

Sunshine YCW Cricket Club

8th November 5:00 PM - 6:00 PM (10 week course)

Mark Schwartz - 0438 180 282

junioradministrator@sunshineycwcc.com.au

Program will break 13th December and resume 7th February

<https://playcricket.com.au/club-finder> - select Sunshine YCW



Can you believe it's the end of the term already? We've had lots of fun throughout the term and we'll continue to have more in the school holidays with Camp Australia's **Inside Out Holiday Club**.

We'll be springing into the holidays with all kinds of exciting activities, with something for every child. Some of these activities include:

Jamie Oliver's Learn Your Fruit And Veg

Jamie Oliver's Learn Your Fruit and Veg Program aims to inspire and teach children what seasonal food is, how to prepare it, and importantly, what it can do for their bodies.

Kite-Tastic

Catch the breeze when you build, decorate, and fly your very own working kite.

Build-A-Farm

Build your very own LEGO-compatible farms from your choice of two special kits.

Zen Kids

Take relaxation to a whole new level when we design our very own yoga mats and make calming wind chimes.

My Green Garden

Grow your very own vegetable garden with a greenhouse that you have built yourself.

At The Movies: Smallfoot

We're off to the movies to see the cool new flick Smallfoot.

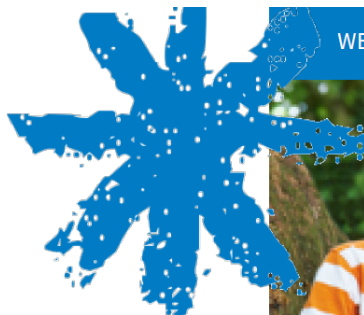


Inside Out starts next week, so make sure you don't miss out on all the exciting activities.

To view the full program at nearby Holiday Club service and to make a booking, visit: www.campastralia.com.au/holidayfun. Or you can call our friendly Customer Care Team on **1300 105 343** - 24 hours a day, 7 days a week.

We look forward to seeing you and your family in the school holidays!

The Camp Australia Team



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.

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

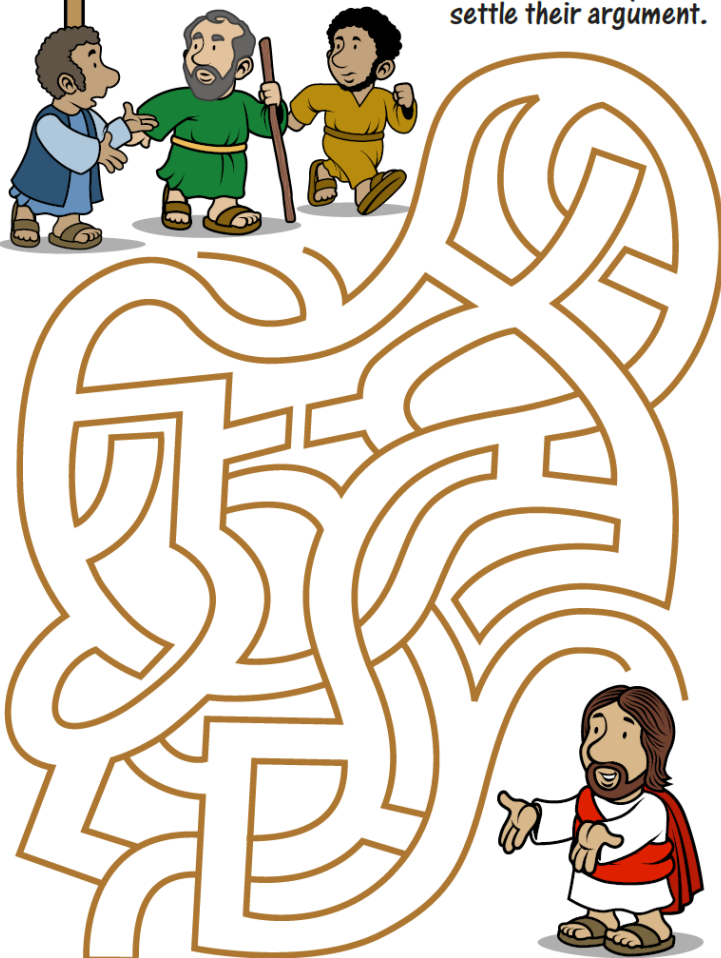
Those who serve others are greatest

25th Sunday in Ordinary Time, Year B



CAPERNUM

The disciples travelled to Jesus' home and they argued along the way. Help them get to Jesus so that he can help them settle their argument.



Gospel

Mk 9:33-37

Jesus and his disciples came to Capernaum, and when he was in the house he asked them, 'What were you arguing about on the road?' They said nothing because they had been arguing which of them was the greatest. So he sat down, called the Twelve to him and said, 'If anyone wants to be first, he must make himself last of all and servant of all.' He then took a little child, set him in front of them, put his arms round him, and said to them, 'Anyone who welcomes one of these little children in my name, welcomes me; and anyone who welcomes me welcomes not me but the one who sent me.'

How can you be of service to others? Complete the following statements with words or pictures.

I can serve members
of my family by...

I can serve my
friends by...

I can serve people in
my community by...