



OUR LADY'S SCHOOL NEWSLETTER

26 June 2020

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

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,

As we draw this term to a close I would like to thank you all for your contribution to making Term 2 a successful one, in spite of all the challenges that we have all had to overcome. I am very proud of our vibrant school community and all that we have achieved together this term. I would particularly like to thank Father Peter for his ongoing leadership and support of all that we do at Our Lady's School. A big thank you to you our wonderful parents who have collaborated so consistently with the school throughout this term, we could not have done it without you.

I would like to thank my brilliant staff who kept the school alive in spite of it closing down and continued to work hard to deliver quality online learning opportunities for all our students. I am also very proud of the students of Our Lady's school who have consistently demonstrated their dedication to learning. They demonstrated this by consistently engaging with the online learning opportunities and sharing their learning on Seesaw. The Our Lady's students showed resilience and flexibility when they returned to school and quickly settled back into the school routine. I wish you all a very safe and relaxing holiday.

WOOHOOO WE DID IT
**THANK YOU
EVERYONE!**

The school drop off and pick up times will remain as they are for next term, unless the current COVID-19 situation changes. If there should be any changes I will notify the school community.

A-F ☀ Morning Drop Off (Victoria Street)	
8:20 → 8:30	A→F Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
A-F ☾ Afternoon Pick Up (Victoria Street)	
2:50 → 3:00	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)

G-L ☀ Morning Drop Off (Station Place)	
8:20 → 8:30	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
G-L ☾ Afternoon Pick Up (Station Place)	
2:50 → 3:00	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)

M-R ☀ Morning Drop Off (Victoria Street)	
8:30 → 8:40	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
M-R ☾ Afternoon Pick Up (Victoria Street)	
3:00 → 3:10	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)

S-Z ☀ Morning Drop Off (Station Place)	
8:30 → 8:40	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
S-Z ☾ Afternoon Pick Up (Station Place)	
3:00 → 3:10	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)

To make pick ups easier, the eldest child must collect their brothers/sisters so they can leave together.

End Of Term 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. Help us to be a practical Christian these holidays, 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



Stop the spread



يجب إجراء الفحص الطبي إذا كنت تعاني من:

• الحمى • قشعريرة أو تعرق • سعال • ألم في الحلق • سيلان الأنف • ضيق في التنفس أو فقدان الشم

<https://www.dhhs.vic.gov.au/coronavirus/arabic>

有以下症状者，須进行检测：

发烧、发冷或出汗、咳嗽、咽喉痛、流鼻涕、气促气短或失去嗅觉

<https://www.dhhs.vic.gov.au/coronavirus/chinese>

در صورتیکه یکی از علائم ذیل را دارید باید معاینه شوید:

• تب • لرزه یا عرق • سرفه • گلو دردی • تنگی نفس • آب بینی تان جاری باشد یا • از دست دادن حس شامع (بویایی)

<https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19>

ایزنی علائم اگہ ده جان شمو باشه، شمو باید تست شونین:

• تاو • لرزه یا عرق • سلفه • گلون دردی یا کتوک دردی • او بیتنگ • نفس تنگی یا نفس پس افتیدو یا • گم شدن احساس بوی

<https://www.dhhs.vic.gov.au/coronavirus/hazaraghi>

Anda perlu diuji jika anda mempunyai:

• Demam • Menggigil atau berpeluh • Batuk • Sakit tekak • Hidung berair • Sesak nafas atau • Kehilangan deria bau

<https://www.dhhs.vic.gov.au/coronavirus/malay>

Debe hacerse la prueba si tiene:

• Fiebre • Escalofríos o sudores • Tos • Dolor de garganta • Goteo nasal • Dificultad para respirar • Pérdida del sentido del olfato

<https://www.dhhs.vic.gov.au/coronavirus/spanish>

Quý vị cần phải thử nếu bị:

• Sốt • Ôn lạnh hay toát mồ hôi • Ho • Đau cổ họng • Sổ mũi • Hụt hơi khó thở hay • Mất khứu giác

<https://www.dhhs.vic.gov.au/coronavirus/vietnamese>

<https://www.dhhs.vic.gov.au/coronavirus>

Trebate se testirati ako imate:

• Temperaturu • Groznicu i znojenje • Kašalj • Bol u grlu • Curenje iz nosa • Kratak dah ili • Slabije čulo mirisa

<https://covid19inlanguage.homeaffairs.gov.au/bs/zdravlje>

Quý vị cần phải thử nếu bị:

• Sốt • Ôn lạnh hay toát mồ hôi • Ho • Đau cổ họng • Sổ mũi • Hụt hơi khó thở hay • Mất khứu giác

<https://www.dhhs.vic.gov.au/coronavirus/dari>

Πρέπει να εξεταστείτε εάν έχετε:

• Πυρετό • Κρυάδες ή επιδρωση • Βήχα • Πονόλαιμο • Καταρροή μύτης • Δύσπνοια ή • Απώλεια όσφρησης

<https://www.dhhs.vic.gov.au/coronavirus/greek>

អ្នកត្រូវការចាំបាច់ធ្វើតេស្តប្រសិនបើអ្នកមាន៖

• ក្អកក្អាយ • ក្អកក្អាយឬប្រក្រតី • ក្អកក្អាយ • ក្អកក្អាយ • ក្អកក្អាយ

• ក្អកក្អាយ • ក្អកក្អាយឬប្រក្រតី

<https://www.dhhs.vic.gov.au/coronavirus/khmer>

Tuáñrtu tes góra foribou zedice tuáñrtu iin oilé:

• Zór • Cít ya gamilé • Hac • Góula thořtana • Niyac bařtha ór • Nak óttu fani zorer ya • Kiccu fúñi nafaror

<https://soundcloud.com/betterhealthcast/about-testing-rohingya>

பின்வருபவை உங்களிடம் காணப்பட்டால், நீங்கள் சோதனைக்கு உள்ளாக வேண்டும்:

• காய்ச்சல் • குளிர் அல்லது வியர்வை • இருமல் • தொண்டைப் புண் • மூக்கு ஒழுக்குதல் • மூச்சுத் திணறல்; அல்லது • வாசனைத் திறன் இழப்பு

<https://www.dhhs.vic.gov.au/coronavirus/tamil>



An important message from the Victorian Government

IF YOU THINK YOU HAVE CORONAVIRUS, GET TESTED TODAY.

If you have any of these symptoms, get tested today and save lives.



Mild flu-like
symptoms.



Sore throat or
runny nose.



Cough or
cold.

More information on testing at coronavirus.vic.gov.au



Managing this *together*



Reduce your risk of Coronavirus (COVID-19)

Translated COVID-19 information is available in community languages at
dhhs.vic.gov.au/coronavirus

How to scan a QR code

1. Open the Camera app on your phone
 2. Hold your device so that the QR code appears on the screen
 3. If your device recognises the QR code, tap the notification to open the link.
- QR codes will work for most modern smartphones.

Coronavirus (COVID-19)
homepage



English



Burmese
ဗမာစာ



Chin
Hakha Chin



Vietnamese
tiếng Việt



Chinese
Simplified / Traditional
简体中文 / 繁體中文



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.

PREP 2021

Enrolments



FI

Hannah - For trying your best at reading. Keep up all the practise you are doing. SUPERSTAR!!! *From Ms. Cam Tu*

Bilaitu - For trying so hard to read well this week, I loved how you used Lips the Fish to attempt reading words. *From Ms. Cam Tu*

FJ

Lucrecia C - For demonstrating ongoing improvement to independently use the strategies Eagle Eye, Lips the Fish and Stretchy Snake to decode words when reading. Keep up the great effort! *From Miss Severino & Mrs Majczak*

Simon L - For demonstrating great skills when solving subtraction problems. Well done Simon! *From Miss Severino & Mrs Majczak*

1K

Emily N For working hard to improve reading. Well done Emily! *From Miss Karen*

Mason M For trying hard to improve his writing by being careful when writing. *From Miss Karen*

1L

Simeli C - For working hard to improve her handwriting, focusing on when to use capital and lowercase letters! *From Miss Steph*

Alexia V - For showing leadership and being a role in the classroom for all her peers! Well done. *From Miss Steph*

2M

Ryan V - for being at school everyday and showing the Our Lady's School value of Compassion by including everyone. *From Miss Scarpaci*

Kieren L - for using excellent reading strategies to improve on your reading skills. *From Miss Scarpaci*

2N

Henry A- For presenting an interesting class presentation using your cultural seed. You used expression and body language to make it interesting for your audience. Amazing! *From Ms Howe*

Holly B- For sharing your research on Rochester during your class presentation. You spoke with confidence and used your knowledge to engage the audience. Well Done! *From Ms Howe*

3E

Willow F - for always showing the Gospel Values of Service and Peace when you are at school. Keep it up! *From Miss O'Connell*

Joy K - for being kind and patient with others during group learning activities. Well done Joy! *From Miss O'Connell*

3F

Kanieshka V - For taking on feedback to improve your persuasive ad about Australian beaches. *From Ms Murphy*

Luca Torsi - for all the effort you put into your persuasive ad about Queensland. Great slogan! *From Ms Murphy*

4G

David A for displaying persistence and dedication towards his learning since returning to school. Keep up the amazing effort! *From Mrs Sales*

Kayden N for demonstrating his excellent recall of multiplication facts and consistently contributing to mathematical discussions in 4G. Amazing work! *From Mrs Sales*

4H

Julianna L for consistently taking pride when completing her work. It has been impressive to see such care and focus when approaching all tasks this week. Keep it up! *From Miss Wood & Mr Wickham*

Tom D - for thinking so creatively about his 'Mr Stink' presentation. What a clever use of costume design! It is the small details that really elevate a presentation. Great thinking! *From Miss Wood & Mr Wickham*

5C

Dimitri Z for being a great self manager. You are making some really great decisions about your learning. Well done! *From Miss Wendy*

Levi J You are using strategies to manage your own learning and to keep yourself in the Green Zone. Keep up the good work, Levi! *From Miss Wendy*

5D

Avy K - For displaying leadership qualities when collaborating in a group, always speaking respectfully to your team members. Well done! *From Mrs Mendoza*

Chum C - For being a great communicator, confidently sharing your thoughts and ideas with the class. Keep it up! *From Mrs Mendoza*

6A

John H for taking on extra responsibility while still managing his learning, great leadership! *From Ms Kaan*

Matilda F for her great organisational skills which has enabled her to work independently and problem solve. Fantastic self-managing and enthusiasm! *From Ms Kaan*

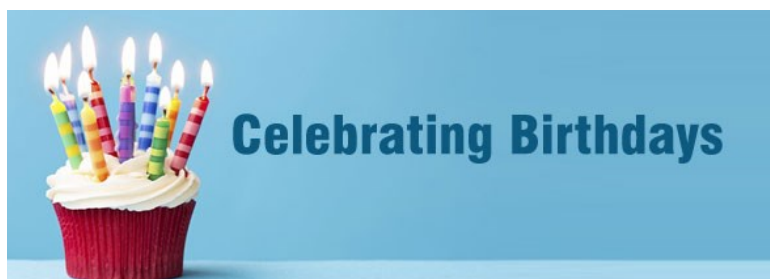
6B

Benjamin D - For consistently displaying the gospel value of respect towards others. You make our classroom a kinder, better place! *From Ms. Gurry*

Sally-Grace O - For creating a well-structured and interesting biography. You included all the required elements in your text and further improved your work during revising and editing. Well done! *From Ms. Gurry*



Happy Holidays!



Laura B F I
Lucas G F I
Philemon C 1 L
Bidao K 3 F
Eva T 3 F
Joy Khen 3 E
Miranda N 3 F
Nicholas A 6 A

UPCOMING DATES...

Mon 13 July
Fri 31 July
Wed 5 Aug

Thur 6 Aug

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

Our Lady's Parish News and some Updates on Mass Times

One of the beautiful moments in our faith is the personal encounter with Jesus in the Eucharist. Updates on times of Mass and an opening date will be on the parish webpage. www.cam.org.au/sunshine OR <http://pol.org.au/sunshine/Home.aspx>



Some parishes have opened for daily Mass and each has their own booking systems in place. We have not begun yet.

We are in regular contact with the leaders of our cultural communities and offering whatever support possible. We have been live-streaming our Burmese parishioners (in their own language), because they have very limited options for Masses online compared to other parishioners.

For the moment, there is a limited number able to attend (initially the State Law permitted 10 and now 20 people each Mass), and until 2020 our weekend average was about 1400 attending each weekend over 6 Mass times. As we prepare to begin soon we need to ensure we abide by the law and important health guidelines to keep everyone safe. We have not commenced Masses in English, but hope to soon. This week we have set up and been testing a booking system that will assist all of us once we begin including our cultural groups and parishioners not familiar with the internet. When we set up dates we will advise the method and link to that through our webpage.

For some of our senior parishioners there is no familiarity with the internet and they will depend on us (those who know how to find information on line). It's sure they will be missing the church and look forward to the opportunity to return, and have contact here with their friends again, when the risks of the health pandemic are less.

Many with whom we have had phone contact and are in a vulnerable category (age wise or health or both) and are missing receiving Holy Communion at Mass and the sense of belonging to their community all being together at Mass.

However, most of the seniors we have spoken to prefer to remain prudent for the moment watching Mass on TV or watching Mass online (those who have access), as well as their other usual daily prayers, the Angelus, the Rosary, and Bible reading. For those of us younger, maybe share a prayer time with grandparents who may appreciate a visit *and if safe to do so*, and if you have a chance for some quiet time to follow a Mass on LiveStream on your laptop with them. (You may be surprised how open they are to even just saying an Our Father and Hail Mary or the Rosary, using *facetime* or over the phone if you can't visit).

Some resources are on the www.cam.org.au webpage and their YouTube link. Also great for young people is to follow FRG Ministry - Fr Rob Galea - on Facebook or YouTube and www.wordonfire.org/daily-mass. For Italian speaking parents and grandparents there are many options including *Trinta dei Monti* in Rome or the Vatican Masses with the Pope. There are some of our Vietnamese parishioners enjoying translations or subtitles of Pope Francis' Masses.

Finally, I repeat please keep an eye on updates on our webpage. All the best for the holidays and may God's peace and blessings be with us all. **THANKYOU** for all the kindness and understanding with the adjustments we have all had to make for our Parish School to be able to assist your children grow in learning and faith and with as much calm as we could achieve.

THANKYOU too to all our Students, and to all the Staff and Leadership Team and our amazing School Principal leading us through this time, and to all who have helped in any way this term, your efforts have not been unnoticed. Together we try our best *All For The Glory of God*.

We unite in prayer for all our community,

Fr Peter sunshine@cam.org.au

CATHOLIC SECONDARY SCHOOLS YEAR 7 2022 - CURRENT YEAR 5

Due to the COVID-19 pandemic, Catholic Education Melbourne has received a number of queries from secondary school principals seeking an extension to the enrolment application deadlines for Year 5 students in 2020 enrolling in Year 7 in 2022.

The request to push the enrolment dates back has been approved by the Executive Director and the Principals Association of Victorian Catholic Secondary Schools (PAVCSS).

Due to the extended deadline, the timeline of events has been updated to the following:

- 9 October 2020 – applications close for Catholic Secondary Schools for Year 7 2022 applications

Please make sure you have lodged any applications for Catholic Secondary Schools for Year 7 2022 by the 9 October.

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 meeting 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 consistence 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.

parenting * ideas

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 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.



Don't be afraid!

12th Sunday in Ordinary Time, Year A



God watches over us and protects us because we are precious to him. Draw a picture of something that is precious to you.

A large, empty rectangular box with a blue border, intended for drawing something precious to the user.

What are some things that people are afraid of?

A vertical list of four empty rectangular boxes with blue borders, for writing down things people are afraid of.

How does God help us to overcome our fears?

A vertical list of four empty rectangular boxes with blue borders, for writing down how God helps overcome fears.

Gospel

Mt 10:26-31

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the house-tops.

'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.