



## OUR LADY'S SCHOOL NEWSLETTER

20 April 2017

[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)

*"You believe because you can see me. Happy are those who have not seen and yet believe." John 20:19-31*

### DATES FOR THE DIARY

#### **Fri 21 April**

Easter Resurrection Assembly  
2.30pm

#### **Mon 24 April**

ANZAC Day Assembly 2.30pm

#### **Tues 25 April**

ANZAC Day Public Holiday

#### **Wed 26 April**

P&F Meeting

#### **Fri 28 April**

AOM Assembly 2.30pm

#### **Mon 1 May**

Foundation 2018 Enrolments  
for Siblings start

#### **Thurs 4-Fri 5 May**

Grade 5 Camp

#### **Mon 12 June**

Queen's Birthday Public Holiday  
**No school for the children**

#### **Tues 13 June**

Professional Learning for Staff  
(Victorian Curriculum and  
Reporting 2017) **No school for  
the children**

### **SACRAMENTS 2017**

#### *Eucharist*

Sun 11 June 4G

Sun 18 June 4H

#### *Reconciliation*

Thursday 14 September

#### *Confirmation*

Friday 17 November

Dear Parents,

It is with great joy and excitement that we begin this new term. We warmly welcome you back to Our Lady's! We have made a very positive start to this new term. The children have quickly settled back into having a learning focused mind-set and the routine of school life. In this first week of Term 2 we have been blessed to have beautiful autumn weather which the children have been enjoying during their playtimes.

During the last week of Term 1, the students in 6A and 6B led the school community in an inspiring and thought provoking journey through the events which led us to Easter and the Resurrection. These events are recorded in the gospels and are called the Passion of Christ.

This week we invite you all to come to our Friday Assembly which will be led by the children in 5C and 5D. They will invite us to reflect and celebrate as a community on the Resurrection of Jesus. The Resurrection is the culmination of the events of Holy Week; the very reason why we are a church and people of new life and hope.

We are all called to be people of light and of hope and as we begin this new term, I invite all the students, staff and parents of Our Lady's school to be 'Resurrection People', people who carry the hope and love that Jesus brings into our own lives and the lives of all we meet.

**I would like to highlight these upcoming special assemblies.  
We would love to see you there!**

**Friday the 21st of April at 2:30pm-Easter Assembly - Hosted by the children in 5C and 5D**

**Monday the 24th of April at 2:30pm – Anzac Day Assembly - Hosted by the children in 3E and 3F.**

**Friday the 12th of May at 2:30pm-Mother's Day Assembly - Hosted by the children in 2M and 2N.**

*We warmly welcome you all to join us at these special events*



### **ANZAC Day**

Today we pray for all soldiers, sailors, air pilots, doctors, nurses and ambulance drivers who have died in wars.

In a special way, I pray for the souls of the brave men and women from Australia and New Zealand, who died at Gallipoli many years ago. I pray for all men and women who travelled far from their country, so that the world could be a more peaceful world. Please, God, give their souls rest. Reward them for their bravery. Give them peace.



## NAPLAN Dates for Year 3 and Year 5 students in 2017

The National Assessment Program-Literacy and Numeracy (NAPLAN) tests and assess student knowledge and skills in Writing, Reading, Language Conventions (spelling, grammar and punctuation) and Numeracy. The results of the tests, together with our own ongoing school based assessment and observations provide information for students, parents, teachers and principals which can be used to improve student achievement.

NAPLAN tests are administered nationally in Australia during May. This year the following tests will be administered to students in Year 3 and Year 5. Next week I will be sending more detailed information to the parents of students in Years 3 and 5 about NAPLAN 2017.

TUESDAY 9 MAY	Language Conventions	Writing
WEDNESDAY 10 MAY	Reading	
THURSDAY 11 MAY	Numeracy	

## Uniform Reminder

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 May 1st onwards. For the first couple of weeks of term 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 Mondays 8.30-9.30am and Fridays 2.30-4.00pm or anytime on our QKR App.

## FINAL REMINDER TO ALL PARENTS AND FRIENDS OF OUR LADY'S SCHOOL

**PLEASE HAND IN YOUR APPLICATION TO ENROL YOUR CHILD  
FOR FOUNDATION CLASSES IN 2018 BY MONDAY 24 APRIL**

If you are a parent of a  
child in Years 3,4,5 or 6,  
Please read the following  
important information



Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**  
**Principal**

[principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au)

## *Wonder of Living Enrichment program*

First session to be held on Wednesday 3rd of May at 7:00pm in the Fr John Maher Auditorium. This is a 90 minute session.

This session is for parents of children in Years 3, 4, 5 and 6. It is a Parent Information Session with a focus on the following important health topics:

- Find out about the Parent/Child sessions that are planned for later in the year
- Ask questions, get tips, encouragement and find out about helpful resources
- View some of the DVD content
- Consider your child, sexuality and values
- Discussion and tips about teenage years.

Week One - Wednesday 19 April		
DAY	After School Care Activities	Afternoon Tea
Monday	Easter Monday Public Holiday	No School
Tuesday	Term Two starts Wednesday 19/4/17	No School
Wednesday Staff: Brad, Hang, Chelsea	Inside: Make Your Own Chatter Box Outside: Soccer and Playground	Seasonal Fruit & Veggies Rice Cakes
Thursday Staff: Brad, Michelle	Inside: Create Your Own Origami Box Outside: Group Games and Playground Homework + Readers	Seasonal Fruit & Veggies Fairy Bread
Friday Staff: Michelle, Marlene	Children's Choice: Games, Activities Inside & Out. Cooking ANZAC Biscuits with Marlene	Seasonal Fruit & Veggies Dip and Crackers

Week 2 April 24		
DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Making Anzac Poppies and Wreaths and Remembrance Word Searches Outside: Football and Playground	Seasonal Fruit & Veggies Baked Treat
Tuesday	ANZAC Day Public Holiday	No School
Wednesday Staff: Brad, Hang, Chelsea	Inside: Making Maracas and Mexico Theme Outside: Group Games and Playground	Seasonal Fruit & Veggies Sandwiches
Thursday Staff: Brad, Michelle	Inside: Making Pom-Poms & Finger Knitting Outside: Cricket and Playground Homework + Readers	Seasonal Fruit & Veggies Cheese and Crackers
Friday Staff: Michelle, Marlene	Children's Choice: Games, Activities Inside & Out. Cooking Nachos with Marlene	Seasonal Fruit & Veggies Variety of biscuits

A variety of seasonal fruit and vegetables are always offered to children for afternoon snack! A variety of arts, crafts, board games, construction, recreational activities, sensory and imaginary play opportunities are available every day for children to choose. Homework & Home Readers Time – Our YMCA staff are there to encourage home readers and homework and most days we set aside a time to encourage this!

If you or someone else is picking up your child (children) early from school and they are not attending the after school care, please let OSHC Team know. Please remember children need to bring their school hat (Broadbrim or Legionaries Hat) from 1<sup>st</sup> September to 1<sup>st</sup> May and sunscreen will need to be applied when playing outside.

**Bookings and Cancellations:** It is important to book your child's place so we can plan and expect their arrival at Before and After School Care. To ensure the safety of your child please notify us of any absences or additional days of care via the My Family Lounge Portal <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> As a reminder please note that the cancellation period of 7 days notice applies for all Before and After School Care bookings. For additional information on our program please visit <http://www.childrensservices.ymca.org.au/school-care/our-locations/our-ladys-ps.html>

There may be certain circumstances where children receive gifts or prizes throughout the year as part of our advertised programs. These occasions would be advertised on our program planners to provide parents/guardians with prior notification. Occasions where children may receive gifts/prizes as advertised are as follows: last day of school terms, end of year celebrations, designated holiday program days, cultural and festive celebration days and during organised program competitions. **Thank You, Brad and Our Lady's OSHC Team**

## PARENTS AND FRIENDS NEWS

### Trivia Night - Term 2

The P&F Committee is organising a social trivia night in Term 2. We are looking for donations of goods or vouchers that can be used as prizes on the night, and for volunteers to help with organising the event. If you have something you would like to donate, or if you would like to help out, please email [parents@olsunshine.catholic.edu.au](mailto:parents@olsunshine.catholic.edu.au) or speak to Lyndal Acreman.

P&F Committee



## ***High Tea with Joseph's Corner***

*Come and join us for a great afternoon!*



*All funds raised will go to Joseph's Corner.*

**Where:** Mount St. Joseph's Girls College  
129-133 Maidstone St, Altona

**When:** Sunday 7<sup>th</sup> May 2017

**Time:** 2pm – 5pm

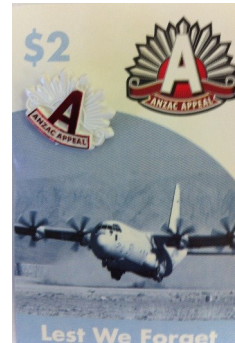
**Cost:** \$30.00 per person

There will be music, raffles, door prizes, guest speakers, party planners, great food and lots more.

For bookings please call Joseph's Corner on 9315-2680 or Tania on 0439 165 660.

## ANZAC DAY BADGES

The Sunshine RSL has the following items available for purchase from the Office for ANZAC Day, Tuesday 25 April 2017.







**Tuesday 13<sup>th</sup> June 2017**

**Our Lady's Primary School**

**School Closure Day**

**Outside School Hours Care – 8.30am to 6.00pm**

**Our Lady's Primary OSHC**  
32 Station Place, Sunshine VIC 3020  
M: 0401 700 401  
E: [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au)  
[www.childrensprogramms.ymca.org.au](http://www.childrensprogramms.ymca.org.au)

Our Lady's OSHC would like to offer families the opportunity to enrol children into a full day of care on Tuesday 13<sup>th</sup> June 2017.

For existing families, if you would like your child to attend, please enrol your child by seeing our OSHC Team in the OSHC Room and complete your details on the sign-up sheet or go online by **Monday 5<sup>th</sup> June 2017**.

For families who haven't enrolled their children into Our Lady's OSHC, please visit our online website <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> to complete the enrolment form, then email [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au) to express your interest, by **Monday 5<sup>th</sup> June 2017**.

The cost for the full day of care will be \$59.00 per child minus CCB/CCR benefits.

**If we have 15 children booked in on the sign-up sheet, we will be able to go ahead with School Closure Day.**

However, if there are not enough children booked in, all parents/guardians, who placed their details on the sign-up sheet, will be notified by email on **Tuesday 6<sup>th</sup> June 2017**.

There will be arrange of activities during the day including but not limited to:

Outside Play weather permitting	Art and Craft	Sporting Games
Free Play	Blocks, Board and Card Games	

If you have any questions please contact me in person or ring 0401 700 401 or email [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au)

Kind regards,

Brad, OSHC Coordinator



## Sunshine Auskick

Registrations are now open for Boys and Girls

Starting Friday 21/4/2017 at 5pm

Kindersmith Reserve (Lily St Braybrook)

Coordinator: Adrian Djatschenko 0422 706 348

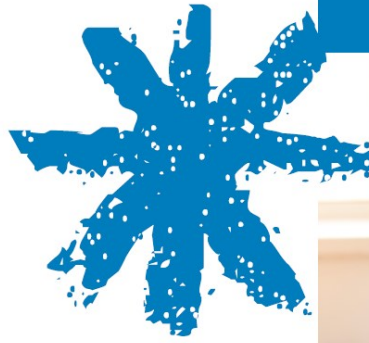
Coach: Brendan Acreman 0404 848 197

**AFLAUSKICK.COM.AU**





# parenting ideas insights



## Wellbeing tips for primary school kids

By Dr Jodi Richardson

*It's time for parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.*

Wellbeing – it's a word we hear a lot these days. We understand that it's important for our kids; but it's not always clear exactly what it is, how we know if they've got it, and how we can help them to get more!

Since the Slip! Slop! Slap! campaign of the early 80s, the media has helped to spread messages about the importance of protecting our skin from the sun, regular exercise and a diet rich in nourishing wholefoods to promote and protect our own health and that of our families.

Now it's time for us as parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Put simply, our kids' wellbeing is a combination of their physical, mental, emotional and social health. And because a range of different elements contribute to their wellbeing, there are a bunch of activities we can do with them, role model for them and teach them, to improve it.

Developing wellbeing is more than ensuring the absence of ill-health, it's about taking action to adopt thinking and behaviour patterns that researchers have shown to foster flourishing physical and mental health.

It's evident from the *Australian Child and Adolescent Survey of Mental Health and Wellbeing* that it's never been more important for us as parents to do so. Among 4 to 11-year-olds, 1 in 100 are depressed, 7 in 100 suffer with anxiety and 8 in 100 struggle with ADHD. Add to those worrying statistics the knowledge that 1 in 4 Australian children are overweight or obese, and it's easy to see why working on wellbeing matters.

**Here are 5 practices that you can put into action to enhance your kids' wellbeing:**

### 1. Get them outside and moving

Australian kids are some of the least active in the world, with as few as 1 in 5 meeting the recommended 60 minutes of daily exercise. There's so much we can do! Park further from school at drop off and pick up – ease the traffic congestion (cos' we all know what school parking is like!) and increase their daily exercise at the same time; stay a while after school to let the kids play; stop at the park on the way home or head outside after bags are unpacked and have a bounce on the trampoline. Yes, I know, it's going to take some effort, but this is what really matters – and it's good for you too!





## Wellbeing tips for primary school kids

**2. Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!**

Positive social relationships not only enhance kids' wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

**3. Keep screen time to a minimum**

I know, easier said than done! Kids love screens, but we're the parents and we can work with our kids to create clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12-year-olds. Assuming kids are watching appropriate material and lying on their tummies to use tablets (helps reduce neck strain), the risks of screen time largely relate to what kids are NOT doing while using them such as being active, chatting, reading, playing creatively and sleeping. Kids also need to get bored!

**4. Help your kids develop mindfulness skills**

Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. That's it. Sounds easy, but like any skill it takes time and practice. It gives kids' overstimulated minds a rest! A regular mindfulness practice will also help them to regulate their attention and their emotions; and teaches them to create a lifelong practice of taking time out to become calm, content, relaxed and in the moment. I highly recommend the *Smiling Mind* app for age appropriate mindfulness meditations; also, a lovely mindfulness practice is to lay down with the kids, eyes closed, and take time out to breathe naturally while everyone tunes in their 'Spidey senses' to all of the sounds around them.

**5. Last but not least – ensure your kids get ample sleep**

Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a 'wind-down' routine which may include a bath/shower, being read a book and then quiet reading before lights out. Taking time to chat with your kids before bed or encouraging them to reflect on what they're grateful for is also a great way to help them decompress and get a restful night's sleep.



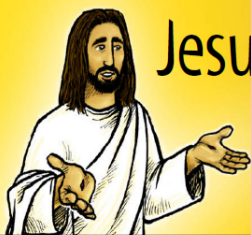
**Dr Jodi Richardson:** Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson) Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)

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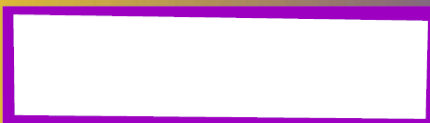


**Visit our website for more ideas and information to help you raise confident and resilient young people.**





# Jesus calls us to have faith



2nd Sunday of Easter, Year A

## Gospel Jn 20:19-29

In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me,  
so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.  
For those whose sins you forgive,  
they are forgiven;  
for those whose sins you retain,  
they are retained.'

Thomas, called the Twin, who was one of the Twelve, was not with them when Jesus came. When the disciples said, 'We have seen the Lord', he answered, 'Unless I see the holes that the nails made in his hands and can put my finger into the holes they made, and unless I can put my hand into his side, I refuse to believe.' Eight days later the disciples were in the house again and Thomas was with them. The doors were closed, but Jesus came in and stood among them.

'Peace be with you' he said. Then he spoke to Thomas, 'Put your finger here; look, here are my hands. Give me your hand; put it into my side. Doubt no longer but believe.' Thomas replied, 'My Lord and my God!' Jesus said to him:

'You believe because you can see me.  
Happy are those who have not seen and yet believe.'

There are many things present in our lives that we don't see with our eyes. Circle the words which represent things we do not see.

BIBLE  
LOVE  
JOY  
ALTAR  
BREATH  
CHALICE  
CRUCIFIX  
FORGIVENESS  
PEACE  
FLOWERS  
CANDLE  
HOPE

## Complete the Text maze:

"You are my Lord and my God!"

START  
E D R C A S F O Y  
S A O L F W A U A  
D N S Y M E R E R  
M A O L  
Y G D O  
K O H T  
C D F P  
FINISH

