



OUR LADY'S SCHOOL NEWSLETTER

2 February 2024

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

Chin Hakha/Burmese: 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

I give you a new commandment, love one another; just as I have loved you, you also must love one another. By this love you have for one another, everyone will know that you are my disciples. John 13:34-35

DATES FOR THE DIARY

Thur 1 Feb Classes start at 8.35am for all

Sun 10 Feb Lunar New Year

Mon 12 Feb 9.00am Welcome to Country and Smoking Ceremony

Tues 13 Feb Shrove Tuesday

Wed 14 Feb Ash Wednesday. 7.00pm PAB AGM

Mon 19 Feb School Photos

Tues 20 Feb 5.00-6.30pm Foundation Picnic

Tues 27 Feb 9.00am Parent Helper Training

Wed 28 Feb-Fri 1 Mar Year 6 Camp

Thur 29 Feb 2.15pm Parent Helper Training

Wed 6 Mar 7.00pm Foundation Parent Learning Info Session

Mon 11 Mar Labour Day Public Holiday

Tues 12 Mar Professional Learning Day for Staff (Literacy)

Wed 13 Mar-Fri 22 Mar NAPLAN

Wed 20 Mar 7.00pm Reconciliation Parent Evening

Thur 28 Mar End of Term 1 at 1.00pm

Mon 15 April Start of Term 2 at 8.35am.

SACRAMENTS

Thurs 6 May 6.30pm Reconciliation for Year 3

Sun 26 May 10.30am Eucharist for Year 4

Fri 2 Aug 7.00pm Confirmation for Year 6

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Tues 12 March Literacy with Deb Sukarna

Dear Parents,

Welcome to the 2024 school year. This first newsletter will be a short one. Please take note of the important dates along the left hand side and put them into your diaries or on your calendar.

A very special welcome to all our Foundation students, new students across other year levels and our new families. Our Lady's School has made an excellent start to the 2024 school year. The students are very settled and focussed on learning. As I visit the classrooms I have been delighted to see just how engaged the students are with their learning, the respectful way they communicate and the joy they show in learning together. I congratulate all our students for making such a positive start to the 2024 school year.

WELCOME BACK to all our students, families and staff!
May God bless us all as we begin this new journey at Our Lady's school. The staff and I are all so happy to have you all back.

We will begin our school Friday assemblies next week. I am hoping that we have good weather so that we can gather together on the blue/green grass area.

I invite all parents, grandparents and friends to join the staff and students.

If the weather is not suitable for an outdoor gathering we will have the assembly online. Please look out for the Google Meet invite from Mr Buttigieg for our online assemblies.

Time : 2:40-3:00pm

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



A prayer for the First Day of School

Dear Lord,

Open my eyes to see new friends. Open my ears to hear my teacher.

Open my mind to learn new things.

Open my hands to help others.

Open my mouth to speak kind words.

Open my heart to love like you. I know you are always with me when I am at school. Amen



Our Lady of The Immaculate Conception Parish Primary School

SchoolPix is coming to photograph on:

Monday, 19 February 2024

ORDER ONLINE AT WWW.SCHOOLPIX.COM.AU



Early Bird orders with free delivery to your school close five working days after your last photography session.

A postage fee will apply for orders placed after this date.

Sibling orders must be placed prior to 8am on Monday, 19 February 2024.



Misplaced your order flyer? Please visit www.schoolpix.com.au and use the student search to find your child's unique ID or contact our Customer Care team on 1300 766 055.

Please note: Cash orders will not be accepted

INTERSCHOOL SPORT DRAW

ROUND 1	FEBRUARY 9	Our Lady's vs Ardeer South
ROUND 2	FEBRUARY 16	Our Lady's vs St Theresa's
ROUND 3	FEBRUARY 23	Sunshine Harvester vs Our Lady's
ROUND 4	MARCH 1	No game due to Grade 6 Camp
ROUND 5	MARCH 8	Our Lady's vs Albion
ROUND 6	MARCH 15	Sunshine North vs Our Lady's
ROUND 7	MARCH 22	Sunshine Heights vs Our Lady's



A+ ABBEY SOLO FOUNDATION IN PARTNERSHIP WITH SUNSHINE HEIGHTS CC AND VICTORIA POLICE CC PRESENT

ABSTAR

T20 CRICKET MATCH

FEB 6 2024



RAISING FUNDS FOR KIDS WITH CANCER

HALAL BBQ, FACE PAINTING, ICE CREAM VAN
RAFFLE PRIZES, SPECIAL GUESTS AND MORE!

AINSWORTH RESERVE SUNSHINE WEST 5-9PM





OPEN NIGHTS 'NEW MEMBER OFFER'

MONDAY 05 FEB - SATURDAY 10 FEB

**WANT TO KNOW MORE
ABOUT TAEKWONDO?**

Introducing friends & family to Hall's Taekwondo.
Check us out at OPEN NIGHTS & SATURDAY.

If you 'Join the Club' take advantage of Hall's Taekwondo special
Open Nights Offer - this week only!

**NEW MEMBER OFFER:
ONE FREE UNIFORM
MORE THAN \$90 VALUE- ALL WELCOME!**

VISITING TIMES:

**MONDAY 05 FEB - THURSDAY 08 FEB: 4pm - 7pm
and SATURDAY 10 FEB: 9am - Noon**

PROGRAMS TO SUIT EVERYONE

- Benefit from more than 40 years of consistent HALL'S TAEKWONDO success.
- Student performance is based on a strong link between physical, intellectual, emotional and social skills. The synergy of the four skill areas is reflected in our age specific Taekwondo programs developing students to reach their full potential.
- Highly qualified Instructors work together as a strong team to ensure students are taught the best practical aspects of traditional and competition Taekwondo in sparring, patterns and self defence. But more than that, at Hall's Taekwondo you're not just doing Taekwondo. Class content includes a range of separate martial arts applications including boxing, wrestling and ground self-defence.

CLASS HIGHLIGHTS:

- » See Taekwondo students in action
- » Check out timetables www.hallstaekwondo.com.au
- » Participation optional
- » Instructor & Facility Q & A's

CONTACT US »

www.hallstaekwondo.com.au



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INSIGHTS

Helping kids settle back into school



The start of the new school year brings a variety of challenges – from teacher and class changes, through to the transition from holiday mode back into the routine of school. This can make settling back into school difficult for some children and young people, especially after the extended summer break.

Naturally, as a parent you want to help your child settle back into school as seamlessly as possible, but it can often be hard to know where to start. So, we've asked the experts- primary and secondary school teachers – for their top tips.

Get kids involved in the organisation process

Being organised for school isn't a parent-only activity. Involve your kids as fully as practical in the process. By doing this, you will be encouraging them to take responsibility for and ownership of their schooling, not to mention reducing your workload.

Specific tasks include:

- preparing their uniform for each day
- packing their school bag
- helping organise their lunch
- ensuring they have the correct school resources for each day

Use positive language

It's critical to use positive language when discussing school because children who hear their parents discuss education in a negative way typically model that behaviour. This is especially important in the first few weeks back. Sharing your own positive school memories is an authentic and relatable way to do this.

Add a personal touch

If your child is struggling being away from you, consider giving them a bit of you to take with them can help the transition. Whether it's a personal item of yours that they carry with them, or even a positive note that you leave in their lunchbox, a personal touch is a helpful way for your child to stay connected with you throughout the school day. It's a great reminder that it will be okay.

Trust and communicate with your child's teacher

Trust your child's teachers as they have their best interest at heart and know children well! Couple this trust with regular communication, which is particularly helpful at the start of the year when back to school worries are identified and addressed. Continue this communication throughout the years, especially if any issues or concerns arise.

parenting*ideas

It may be beneficial to arrange a meeting between you, the previous teacher and the current teacher to enable a smooth transition, particularly if problems emerge. It's a team effort, so working together is key.

Talk about how they are feeling

It is important to discuss with your child how they are feeling about being back at school. So be prepared to listen and be guided by your child's responses.

Avoid shutting them down if they are feeling unsettled, nervous or scared and validate their emotions and work through them. This is especially important with the added complexity of the pandemic. Ensure you offer problem solving advice about what they can control, such as washing their hands regularly, or wearing a mask if this is a school requirement. Provide some time after school for your kids to talk with you about their day. This also provides an opportunity for them to decompress.

Maintain a consistent routine at home

Moving from holiday mode into a more structured school mode is one of the biggest struggles for many kids. One way to reduce the impact of this transition is the maintenance of consistent routines at home over the weekends, especially in the first term.

Some specific ways include:

- Regular reading
- Limiting screen time
- Keeping mealtimes and bedtimes consistent

Using a visual 'back to school' schedule board or weekly planner can also assist in reminding kids what is coming up each week.

Limit after school activities in Term 1

As kids readjust to being back at school, they will probably be tired. So, limiting after school activities such as sport and music, at least in the first term, helps them maintain a sense of balance.

Avoid overloading the weekends with activities so they can really use that time to relax and prepare for the week ahead.

In closing

It is normal for every child to settle back into school differently. Some kids will be excited, and some may feel unmotivated or even anxious.

As parents, there is a variety of ways you can support your child as they transition back into the school routine. A critical first step is to work with your child and their teachers as a team and to keep those lines of communication open. This will also be beneficial throughout the school year as well, especially if any issues arise.



Shona Hendley

Shona Hendley is a freelance writer and a former secondary school teacher. Her work appears in Kidspot, ABC Everyday, The Guardian, Body + Soul, and News.com.au amongst others. Shona currently lives in regional Victoria with her family, including husband, two daughters, two cats, and three super cheeky goats. You can follow her on [Instagram](#).



Jesus is the Good News

5th Sunday in Ordinary Time, Year B



Gospel Mark 1:29-39

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.



Jesus went away to be alone and pray.
Where are some places that you pray?

Colour in all the shapes that contain dots to reveal what Jesus wants everyone to know.

