



OUR LADY'S SCHOOL NEWSLETTER

20 July 2017

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

"Everything they owned was held in common." Acts 4:32

DATES FOR THE DIARY

Fri 21 July

Parish Movie

Mon 24 July

Team Colours Day

Wed 26 July

PAB Meeting

Mon 31 July-Tues 1 Aug

First Aid sessions for students

Wed 2 Aug

Grade 1/2 Camp Activities

P&F Meeting

Thurs 3 Aug

100 Days of Foundation

Tues 8 Aug

*Feast of St Mary of the Cross
MacKillop - Gold Coin Dona-
tion for Josephs Corner*

Wed 9 Aug

School Disco 6.00-7.00pm

Mon 14-Fri 18 Aug

Italian Week

Tues 15 Aug

Feast of the Assumption

Fri 18 Aug

Parish Movie

Mon 21-Fri 25 Aug

Book Week - Escape to Every-
where

Mon 21 Aug

Book Week Parade

Wed 23 Aug

Open Doors Grade 3-6 Parent
and Student Evening Session

Fri 25 Aug

Catholic Secondary College
Year 7 2019 Applications close

Wed 30 Aug

Reconciliation Parent Night

Thurs 21 Sept

Susan McLean Cyber Safety
Parent Workshop 7.00-
8.30pm

SACRAMENTS 2017

Reconciliation (Year 3)

Thursday 14 September

Confirmation (Year 6)

Friday 17 November



Dear Parents,

Welcome to Term Three. I hope the children were able to enjoy the precious days of the school holidays and unwind and relax after a very rewarding term. Hopefully, you were able to spend some time together as a family. As you know Ms Bertani, Mrs Zammit, Steve and Ms Pina are on long service leave and are having an extended much deserved break.

The students and staff have had a very peaceful and productive start to Term Three. It really is hard to believe that we are half way into the year. This term there will be many rich learning experiences for our students.



One of the first experiences will be Team Colours Day on Monday 24th July. Students are able to come to school in their favourite 'team' colours. Ms McManus has organised activities that all our students will participate in throughout the day. Thank-you to Ms McManus for organising these opportunities for our students. These

photos were from a couple of years ago!



Over the holidays, quite a lot of work has been done at our school. Many of you may have seen the new garden at the front and side of the office. The new garden in front of the art room includes our new buddy seat. Ms Bertani wrote about the plans for our new garden in a recent newsletter last term. I am very pleased to say the garden has been completed and looks amazing. As Ms Bertani mentioned, the buddy seat was an idea originally suggested by Abbey (5D) 2 years ago, who wanted to create an area in our school with a 'Buddy' seat so that children can go to the seat knowing that they will find a buddy to sit with them. Abbey was inspired by the life of her uncle's friend Cameron Stewart Baird VC who was awarded the Victoria Cross medal for bravery, and for sacrificing his own life for his mates, while serving in Afghanistan. He was the ultimate example of being a good 'Buddy'. The buddy seat and surrounding garden has been very popular with many of our students. I have included quite a few photos, I hope you are as happy with the new garden as we are!

SAVE THE DATE-- Thursday 21st of September 7pm-8:30pm Susan McLean Cyber Safety – Parent Information Session In the Father John Maher Auditorium <http://www.cybersafetysolutions.com.au/>

Thank You God Prayer

Thanking God is important. Everything we have comes from God.

Dear God, we give you thanks for all the blessings you give us each day. Thank you for the world and all creation. We know that everything you have made is good.

Thank you for our family and friends and all people who care about us. We especially give you thanks for your love for each of us. Amen.



Over the holidays, we also had the RED CAT sound systems installed in all classrooms, Art Room, Mary MacKillop Library, Fr John Maher Auditorium, School Hall and ICT studio. The RedCat sound systems are very effective for our students by improving the quality of audible clarity in the learning environment for all students. The wall heaters in Rooms A, B, C, D, G, H and the Staffroom were also replaced.

FR VINH NGUYEN

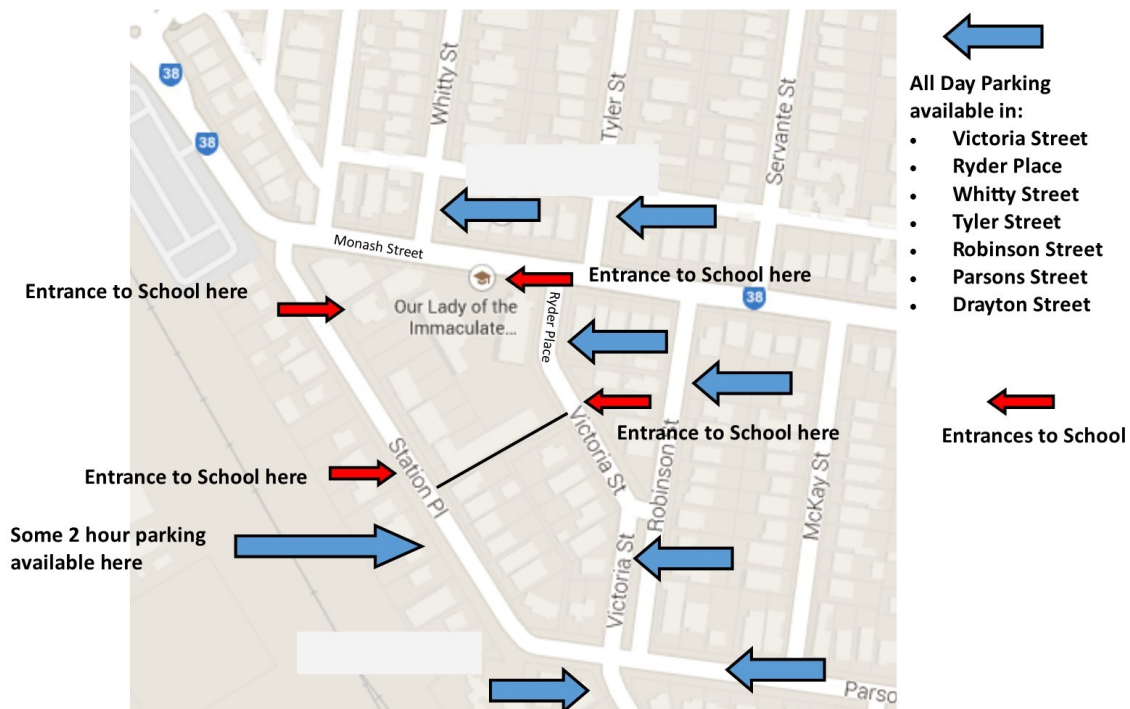
Fr Vinh, our assistant priest, was transferred to a new parish during the holidays. Fr Vinh was at Our Lady's Parish for 18 months and will be missed around the school. We wish him all the best at his new parish.



PARKING

It is timely at the start of the term, that I remind you about the parking around the school. As we know, there is limited parking, however the **safety** of all children is paramount. We ask that you all support us by adhering to the parking signs around the school, especially in **Ryder and Victoria Street**. The first few parks just near the black gate are **2 minute parking areas** designed for parents to park for 2 minutes to safely drop-off and pick up their children. It is also crucial that no double parking occurs and that children exit cars safely when a car is parked. Council inspectors regularly visit the surrounding streets and will be fining drivers who are not following the parking signs. We all need to work together on this matter to ensure all areas are safe for all students and families.

Parking at Our Lady's School



SCHOOL ASSEMBLY

This Friday 5C will be preparing our school assembly. As always, we invite you to come along to our weekly assembly. It is always wonderful to have our community coming together.

Yours sincerely,

Christine Carabott

Mrs Christine Carabott

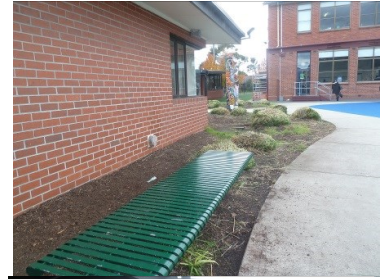
Acting Principal

ccarabott@olsunshine.catholic.edu.au

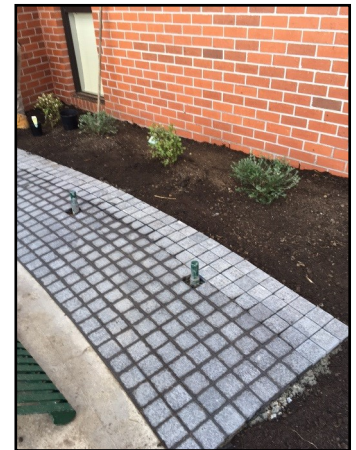
**Come along to Our Lady's
School assembly starting at
2:30 p.m. EVERY FRIDAY**



Our garden before!



Garden during works...



Garden during & after!

Thank-you to Mary-Anne Meilak and Paul Williams who were at our school for much of the school holidays to oversee the works being completed. Such a terrific job! Once spring comes along, hopefully we will see many of our new plants start to grow and bloom.



transformation!



ART NEWS

Just a reminder to all (if you haven't already), please return your child's washed Art Smock back to School ready for Art this term!

Many thanks,

Miss Pina

Art Teacher



SCHOOL PRODUCTION (DREAM A LITTLE DREAM) NEWS



Looking for donations of shoeboxes or any large cardboard boxes (from appliances etc) to be made into props for *Dream a Little Dream* Production.

If you have any at home, please drop them off to the Art Room Tuesday to Friday.

Many thanks!

Miss Carmel

Performing Arts Leader



Team Colours Day



At Our Lady's school we love to celebrate the things we are passionate about. Sport is a very important part of our school curriculum and we have set aside a day where we can all come to school celebrating our favourite sporting teams by wearing their colours. This is a fun day for the children and the staff.

This year Team Colours Day will be held on **MONDAY 24 JULY**

The children of Our Lady's school will be able to come to school dressed in their favourite sporting team or House colours. It does not have to be a complete uniform; it might be a scarf, jumper or a beanie. *If your child is not wearing the colours from their favourite sporting team or House colours they will be required to wear their school sports uniform on the day.*

Ms Jo McManus our wonderful PE Leader has organised for the children to participate in an AFL Roadshow activity.



Woolworths Earn & Learn 2017

Dear Parents,

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school – and all we need you to do is shop for your groceries at Woolworths.

From Wednesday 26th July to Tuesday 19th September or while stock lasts, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it's complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at your local Woolworths.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit woolworths.com.au/earnandlearn

Many thanks!



JOSEPH'S CORNER TRIVIA NIGHT

WHEN: Saturday 16th September, 2017

TIME: Doors open 7.00pm, with a 7.30pm start. 11:00pm finish.

WHERE: St Augustine's Hall, 61 Somerville Road, Yarraville.

COST: \$15 per person



**Bookings on 9315 2680 or
contact@josephscorner.org.au**



**Bring your own drinks and nibbles.
Door Prize, Major Auction and Silent Auction.**

All money raised goes to Joseph's Corner, a non-profit organisation providing free counselling and support services for families and friends of those living with alcohol or drug addiction.

Looking forward to seeing you there!

YMCA CHILDREN'S PROGRAMS OSHC



PROGRAMS AT A GLANCE

For all **Bookings** and **Cancellations** please call us directly on **0401 700 401**

Email us: ourladysoshc@ymca.org.au

For any **Account Information** please call our office on: **8371 0500**

www.childrensprogramms.ymca.org.au

Week 1 Monday July 17

DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: My School Holiday Story Outside: Play-ground and Group Games	Seasonal Fruit & Veggies Cheese and Crackers
Tuesday Staff: Brad, Lucette, Hang	Inside: Snow Theme Creations Outside: Play-ground and AFL	Seasonal Fruit & Veggies Variety of Biscuits
Wednesday Staff: Brad, Hang, Chelsea	Inside: All About Me Outside: Playground and Tiggy	Seasonal Fruit & Veggies Noodles
Thursday Staff: Brad, Hang	Inside: Design Your Own Placemat Outside: Playground and Soccer Homework + Readers	Seasonal Fruit & Veggies Crackers, Dip and Celery
Friday Staff: Brad, Jennie	Children's Choice: Games, Activities Inside & Out. Cooking Cupcakes with Jennie	Seasonal Fruit & Veggies Rice Cakes

Week 2 Monday July 24

DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Jewelry Beads Outside: Playground and Relays	Seasonal Fruit & Veggies Rice Cakes
Tuesday Staff: Brad, Lucette, Hang	Inside: Cooking Honey Joys with Lucette Outside: Playground and Soccer	Seasonal Fruit & Veggies Cheese and Crackers
Wednesday Staff: Brad, Hang, Chelsea	Inside: Finger Knitting Outside: Playground and Downball	Seasonal Fruit & Veggies Jaffles
Thursday Staff: Brad, Hang	Inside: Masks Outside: Playground and Group Games Homework + Readers	Seasonal Fruit & Veggies Variety of Biscuits
Friday Staff: Brad, Jennie	Children's Choice: Games, Activities Inside & Out.	Seasonal Fruit & Veggies Crackers, Dip and Celery

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 1st September to 1st 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**



Parenting kids through the challenges of change

By Michael Grose

Parenting is always challenging, but perhaps never more so when you are undergoing change yourself.

Recently I spoke to staff at the General Motors Holden in South Australia about how they could help their families navigate the imminent plant closure, and subsequent loss of jobs. Change of this magnitude generally impacts on everyone in a family, bringing an added layer to parenting. Essentially the job of these parents was to help their children successfully navigate changes rather than isolate or protect them from the changes that will occur.

From a child's perspective, it's not the change itself but how parents react to adjustments that is most significant. Change tests individual and family resilience, but managing it well builds resilience. While most people yearn for certainty and consistency there will always be times when circumstances change – people shift jobs, families relocate and parents split up. These situations are difficult to manage at the time but inevitably people adjust and more often than not, end up with a better situation – a job that they enjoy; a better lifestyle or finding family peace.

While change is not easy to endure, there are some things we can do as parents to help our children cope and hopefully grow from those changes.

The following five ideas will help:

1. Acknowledge feelings

Every difficulty or challenge we face is accompanied by uncomfortable feelings such as sadness, anger and disappointment. When feelings aren't acknowledged, children will either act out or act in. That is, they will either become aggressive, agitated and hurtful or become moody, anxious and depressed. Give kids permission to talk about emotions by talking about your own feelings and your emotional reactions to events. Help children of all ages verbalise their feelings by asking children how they feel in response to different events. "How do you feel about this?" is a great way to initiate conversations on an emotional level.

2. Look after yourself (and your partner)

Change is usually stressful for adults. Feelings of anxiety are common in times of uncertainty. "Will life ever return to normal?" is a common question. Self-care is essential in times of change. It's hard to parent well when you are stressed, anxious or depressed so do all you can to stick to the building blocks of well-being.



parenting*ideas

Parenting kids through the challenges of change

That is, sleep well (life's always better after a good night's sleep); get some exercise (to release the feel-good endorphins); actively maintain your support networks (talking about difficulties is therapeutic); get some relaxation (it's important to take your mind of your worries for a time) and pursue at least one interest that you enjoy (fun and play is an antidote to depression).

3. Stay optimistic

Optimism is characteristic of resilient people. I'm not suggesting that you take a Pollyanna-ish attitude that 'everything will be all right'. Instead project the attitude that the current situation may be difficult or that life at the moment may be difficult but you will get through this. "This too shall pass" is a powerful resilience concept for kids to experience and learn.

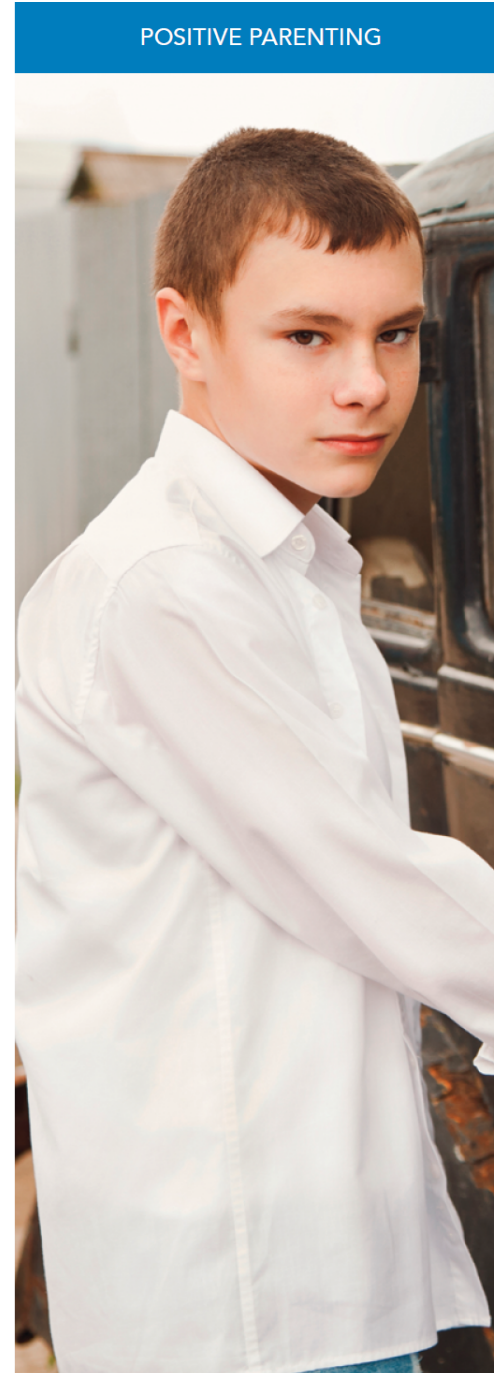
4. Maintain consistency and routine

When disruption appears in your life try to keep things as normal as possible for children. In particular, stick to regular mealtimes; keep bedtimes regular and keep the traditions that kids enjoy and bring your family together. This type of familiarity is comforting for kids, helping them maintain feelings of control, which is something they crave in times of change.

5. Maintain consistency and routine

Resilience is best practiced as a family or community, rather than as an individual so look for ways to bring your family together. Family mealtimes; shared enjoyable experiences and simply hanging out together are the types of activities that build strong families. In times of change and upheaval what we need most is each other.

Life is full of changes. Some are welcome and some aren't. It's human nature to resist change, particularly when it's unwelcome. But change also presents opportunities for growth and development. Helping kids cope with change, even when it happens to you, is a chance to build their resilience, which will be tested many times throughout their adult lives.



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



Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

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The farmer scattered good seed

16th Sunday in Ordinary Time, Year A

Gospel

Mt 13:24-30

Jesus put a parable before the crowds, 'The kingdom of heaven may be compared to a man who sowed good seed in his field. While everybody was asleep his enemy came, sowed darnel all among the wheat, and made off. When the new wheat sprouted and ripened, the darnel appeared as well. The owner's servants went to him and said, "Sir, was it not good seed that you sowed in your field? If so, where does the darnel come from?" "Some enemy has done this" he answered. And the servants said, "Do you want us to go and weed it out?" But he said, "No, because when you weed out the darnel you might pull up the wheat with it. Let them both grow till the harvest; and at harvest time I shall say to the reapers: First collect the darnel and tie it in bundles to be burnt, then gather the wheat into my barn."

Write down or draw some of the things we need to make ourselves grow.



Help the farmer scatter the seed and find the path to the wheat. Keep a look out for weeds!

