

'What Jesus did here in Cana of Galilee was the first of the signs through which he revealed his glory; and his disciples believed in him.' John 2:1-11

DATES FOR THE DIARY

Mon 14 Oct Yr 6 BluEarth Transition Activities St Theresa's Albion
Mon 14 Oct Years 1&2 Camp Activities 3.10-4.30pm
Wed 16 Oct Staff Time in Lieu Day - No School for the Children
Fri 18 Oct Yr 6 BluEarth Transition Activities St Theresa's Albion
Fri 18 Oct Yr 1 Mad About Science Incursion
Mon 21 Oct Yr 2 Mad About Science Incursion
Fri 25 Oct Day for Daniel - wear a splash of red
Mon 28 Oct Yr 4 Mad About Science Incursion
Wed 30 Oct Yr 3 Mad About Science Incursion
Wed 30 Oct Years 3&4 Camp Activities 3.10-7.00pm

PUPIL FREE DAYS

Wed 16 Oct Staff Time in Lieu Day - No School for the Children
Mon 4 Nov Professional Practice Time for Staff- No School for the Children
Tues 5 Nov Melbourne Cup Public Holiday

END OF YEAR 2024

Tues 17 Dec Students finish for 2024 at 1.00pm

START OF 2025

Tues 28 Jan Staff Return
Wed 29 Jan Getting To Know You & Your Child Day 1 Yrs 1-6, Foundation at school 8.35-1.00
Thurs 30 Jan Getting To Know You & Your Child Day 2 Yrs 1-6, Foundation at school 8.35-1.00
Fri 31 Jan Classes start for all (F-6)

Dear Parents and Carers,

Welcome back to Our Lady's School. I hope the children were able to enjoy the precious days of the school holidays and relax after a very busy Term 3. Hopefully, you were able to spend more time together as a family doing the things that you enjoy. It was wonderful for myself and staff to see the students walking through the school gates with happy smiles on Monday. All classroom programs have begun as well as all specialist classes: Art, Italian, the STARS program (mental health and well-being), Digital and Design Technology and PE.

HAPPY 105th BIRTHDAY TO OUR LADY'S SCHOOL!

On Saturday the 12th of October our school will celebrate 105 years of Catholic Education in Sunshine. We are very proud of our school and thank God for all the blessings that have been given to Our Lady's over the 105 years. With the completion of the new building due on the 24th of October we have much to celebrate and look forward to as a vibrant school community. Below you can see photos of the first principal Miss Mary Archer, the original school building and the first students who attended in 1919 when the school first opened.

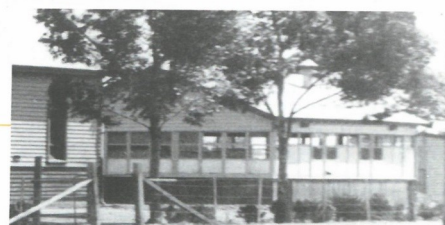


1919

The history of Our Lady's school in Sunshine dates back to 1919 when Father John Carney quickly realised the urgent need for a Catholic school. He lost no time in proceeding with the work and the school was built at a cost of just over 366 pounds. His Grace, Dr Daniel Mannix, the Archbishop of Melbourne opened the school on the 12th of October 1919.



Miss Mary Archer was the school's first official principal from 1919 to 1921. In 1919 the school had 48 students. Miss Archer worked tirelessly at the school for two years and was remembered as a tall, well-dressed woman who taught the students songs and plays that they would perform in the town hall. Miss Archer lived in the city and travelled to Our Lady's school by steam train.



The opening of the School Hall in 1926 by Archbishop Daniel Mannix was a grand event attended by many students and parishioners.

In 1921 Miss Archer married and the second principal Miss Catherine Mc Mahon was appointed. Miss McMahon remained at the school for seven years and is remembered as being a dedicated and effective teacher. Each day she would choose an article from The Age Newspaper for use as a dictation piece for Grades 6, 7 and 8. Miss McMahon was very respected by the community and worked hard to provide an excellent education for all students who attended Our Lady's School.

During her time the school grew from the original 48 students to 112 students.

A Prayer for Peace



Jesus, you see all the fighting in our world, You see all our shouting and arguing.
Help us to learn how to love each other just like you love us.
Please will you help the people in the Middle East and the Ukraine to stop fighting and find a way to live together happily.
Please help, Jesus. You are the Prince of Peace.

'A child has been born for us. We have been given a son who will be our ruler. His names will be Wonderful Advisor and Mighty God, Eternal Father and Prince of Peace.' Isaiah 9:6

Preparation for 2025 Classes

At this time of the year the school is making arrangements for staffing and classes for 2025.

The process of creating the 2025 classes usually takes about a month and a great deal of time and energy goes into the decision-making process. We give the children a voice by asking them to list 6 children they would like to be in their class and we guarantee that each child will have one friend that they have listed.



Please take the time to talk to your child about who they will list as their friends and encourage them to think about listing children who will support them in their learning and help them to be a better learner in the classroom rather than someone they would like to play with. The staff work very hard to make sure that we provide a supportive and engaging learning environment for each child and this process plays a large part in this.

The class structure for 2025 will not change; we will still maintain two classes for each year level. None of the classes will be composite; they will all be straight classes from Foundation to Year 6.

As we are planning for 2025, we ask that parents let us know as soon as possible if their children are not returning to Our Lady's next year. We have had many inquiries about places for 2025 and we need to let these parents know if there are places for their children. **If your child is not returning in 2025 (apart from our current year 6 children) please let the Office know as soon as possible. Thank you for your cooperation.**

REMINDER - SCHOOL CLOSURE DAY NEXT WEDNESDAY

I am writing to remind you that next week on Wednesday the 16th of October there will be a School Closure Day which means that students will not be attending school on this day.



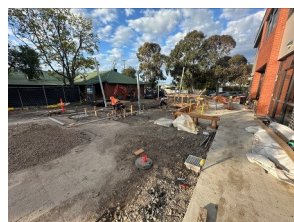
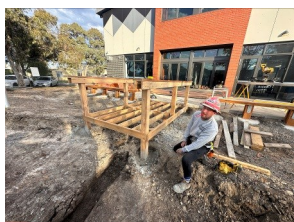
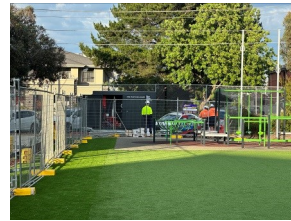
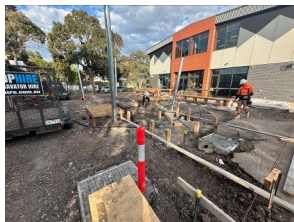
This Time In Lieu day has been approved by our governing body Melbourne Archdiocese Catholic Schools (MACS) so that the school can comply with the Catholic Education Multi-Enterprise Agreement 2022 which entitles teachers to receive time in lieu for attending after school events which are outside their normal 38 hour week and which are requested by the principal.

This includes school camps, attending the Sacraments (Reconciliation, First Eucharist and Confirmation), evening meetings held throughout the year and other events such as Dinner in the Yard.

We are almost finished!

There was much work completed over the school holidays. At the moment the focus is completing the new nature based playground which looks very exciting indeed.

The updated completion date is the 24th of October.



TRANSITION TO SUMMER UNIFORM

Just a reminder, that in the first 2 weeks of this term, students will be allowed to wear either the Winter or Summer uniform. This is because the weather can still be quite variable. We will then move into **Summer uniform only beginning in Week 3 on Monday the 21st of October.**

SCHOOL HATS IN TERM 4

During Term 4 all students will be required to wear a school hat and apply sunscreen when outdoors. This is an important way to ensure that our students are protected at all times from the harmful rays of the sun. The sunscreen we use at school is the *Hamilton Active Family SPF 50+*.

Please let your child's teacher know if your child cannot use this type of sunscreen and they will need to bring their own from home.



Warm regards,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



AWARDS FROM LAST WEEK OF TERM 3

FI

Mary: For taking on teacher feedback and using it when you are writing independently. Well done Mary, I can see how hard you're working! *From Miss Seona*

Fredrick: For displaying the Our Lady's School Gospel Value of Courage when presenting your work in front of others. Well done Freddie, you spoke clearly and shared your ideas with the class. Keep up the great work! *From Miss Seona*

FJ

Elliott - For demonstrating the Learning Asset Thinker when building a house with others. You have great reasoning and explanations, Elliott. Well done! *From Miss Wendy*

Ni Tha - For being a fabulous Collaborator. You work so well with others, and listen carefully to their ideas. Well done! *From Miss Wendy*

1K

Sarah Anne - for being a great Collaborator while working with others to create a book about ways we can spread kindness and love. Well done Sarah Anne! *From Ms Shai*

Jacob - for consistently looking for ways to help your classmates and teachers. We are so lucky to have you as part of our class Jacob! *From Ms Shai*

1L

Jayden - For showing the Learning Asset of a Self Manager. You have been an extremely helpful member of our classroom this week, taking initiative when cleaning up. Thank you and well done! *From Miss Scarlett*

Louis - For settling back into the classroom well after an extended holiday. Well done! It is good to have you back. *From Miss Scarlett*

2M

2M - For all the hard work and effort you put into creating, rehearsing and performing your Good Samaritan projects. You are all stars! *From Ms Rochelle*

2N

Max- For displaying an enthusiastic attitude when learning about fractions. You love to be challenged. Keep it up! *From Ms Robles*

Lan- For offering a helping hand when needed. You are a great helper, well done! *From Ms Robles*

3E

Yodahe G - For showing the gospel value of Courage by embracing challenges when undertaking new learning in Maths! *From Ms Steph*

Sophie N - For being a Communicator who is confident and clear when presenting in front of an audience. You did a great job when performing your play! *From Ms Steph*

3F

Alysha F- For demonstrating the Our Lady's Gospel Value of Courage for performing your dance in front of the year 3 and 4 students. Well done Alysha! *From Ms Christine & Mrs Majczak*

Billy H- For being a great Communicator by resolving issues using your words. Thank you Billy! *From Ms Christine & Mrs Majczak*

4G

Ethan N - For being a great thinker and collaborator in planning and creating your FlipAclip to communicate a message. You took the initiative to lead, share your ideas and listen to the ideas of your peers. Well done! *From Ms Karen*

& Mrs Mendoza

Isaac P - For the enthusiasm you have shown during our reading groups in sharing your prior knowledge about wolves and explaining your thoughts clearly. Keep it up! *From Ms Karen & Mrs Mendoza*



4H

Catherine M- For your confidence and enthusiasm in planning and performing your FLI project. Well done! *From Ms Rebecca*

Dylan - For his wonderful FLI performance showcasing a message from a Parable. Fantastic! *From Ms Rebecca*

5C

Harper-For being persistent and giving your best in all your learning. Great job! *From Ms Huyen*

Jesse- For displaying the Our Lady's School Gospel Value of Courage when you bravely and willingly accepted the role to play a character of the past for our assembly. You were WONDERFUL! *From Ms Huyen*

5D

Alicia- For working solidly giving your best on each task. Great work! *From Ms Mali*

Olivia- For doing a fantastic job on your storyboard on the Parable of the Lost Sheep. Keep it up! *From Ms Mali*

6A

James - For showing initiative and leadership by stepping up and taking responsibility for classroom tasks. *From Mr Wickham*

Annie Rose - For living out the School Gospel Values of Respect and Peace through her polite and well mannered nature. *From Mr Wickham*

6B

Kenneth - For writing a wonderfully engaging narrative. Your story ideas were well-developed and skillfully structured. Amazing effort! *From Mrs Belinda & Ms McManus*

Matilda - For writing an excellent narrative. You captivated your reader by skillfully crafting a descriptive, engaging, and well-structured story. Great job! *From Mrs Belinda & Ms McManus*



Wk 10 of Term 3, Holidays and Week 1

FI: George M

FJ: Vincent B, Isaac M, Kayden D

1K: Akar M, Lachlan M

1L: Celine L, Lincoln N, Rex O

2M: Mae F, Nathan T, Chloe M, Klara M, Biak C

2N: Aliyah A

3E: Liam N, Indiana L

4G: Justin C

4H: Brian L, Ella N

5C: Charlotte M, Maya L

5D: Olivia T

6A: Sally P, Leonardo S

6B: Anna V, Sienna C, Abbey N

STAFF: Ms Cam Tu, Ms Wendy, Ms Bertani

Our Student Wellbeing PJ/Casual Clothes day

Last term, on Monday 16th September, we had our first PJ/Comfortable Clothing Day with a relaxation addition of colouring a mandala as relaxing music played in the background. The day was organised by this year's Year 6 Wellbeing Committee. Every 1-2 weeks, the girls meet with me and we discuss different ideas that can be proposed as a school event. With a few nurturing questions, Matilda, Adele, Lily, Kayla and Anna have built on each other's ideas throughout the year.

The idea of our September day was to solely be a pyjama day, however, with a suggestion from one of the girls it became PJ/comfortable clothing day to cater for all students considering some people may not be comfortable coming to school in their PJs.

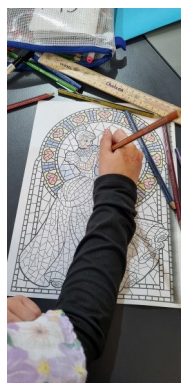
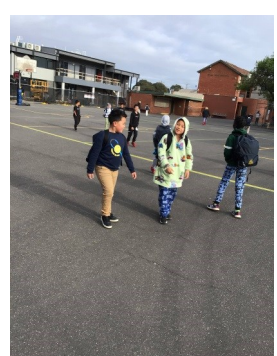
I was on carers leave at the time, but ensured everything was set up and ready to go. Thank-you to Ms Kalc Smyth for stepping in on my behalf at the times needed.

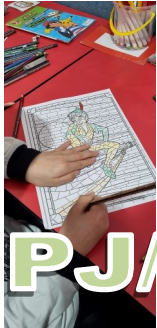
It was simply wonderful seeing the photos throughout the day, including some of the students having some downtime in the afternoon.

It would be great to have some mandala colouring downtime at home, if you can!

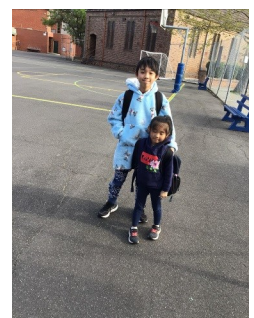
Regards,

Mrs Carabott





PJ/Comfortable Clothes Wellbeing Day



YEAR SIX LEADERSHIP BADGES

"The greatest among you will be your servant." Matthew 23: 11
"For even the Son of Man came not to be served, but to serve others" Matthew 20:28



The Year Six Student Leadership Badge is awarded to students who show leadership based on the Servant Leadership Model as lived by Jesus, serving others before self. This model has been lived out by the saints, including Mary MacKillop who said, "Never see a need without doing something about it."

The Leadership Badge is awarded for consistent, sustained and purposeful leadership within the classroom, on the playground and in all school activities such as interschool sport.

Congratulations to:



Andrew T



Lilian H



Scarlett D



William T



James N

Promoting Child Safety - A Day for Daniel

On Friday, October 25th, Our Lady's will be participating in the registered event 'A Day for Daniel' for the seventh time.

It has been organised by the Daniel Morecombe Foundation to help promote and educate children about safety. Our Lady's supports this initiative as it strongly connects to what we already do in our Student Wellbeing/Social Emotional learning Program across the school.

On this day, students are encouraged to wear splashes of RED which could be a red tee-shirt, headband, ribbon or red socks.

To prepare for this day, the students will be engaging in a number of 'Child Safety' lessons, which also support our Social and Emotional Learning Program.

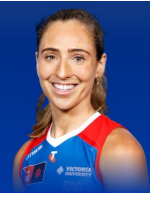
These lessons promote and teach students to **Recognise, React and Report** if they find themselves in situations that make them feel unsafe. We encourage you to continue to talk to your child about what they are learning in class.



Keeping kids safe!

AFLW VISITS YEAR 6

On Monday the 7th of October, the Year 6 students had a Q & A session with 3 players from the AFLW Western Bulldogs team. Brooke Barwick (12), Dominique Carruthers (8) and Ellie Gavalas (25) spoke about playing in an AFL team and answered questions from the students. At the end of the session they complimented the students and said that it was one of the best Q & A sessions they have had at a school because of the in depth questions asked. Well done Year 6!



SPORT NEWS

This morning the boys basketball team played Albion North to decide who will move on to play at the Division Finals. They tried their best and played hard but unfortunately they lost 39-10. They have made Our Lady's proud and finished as The Sunshine District Champions. Well done boys on making it this far.

Miss Pina and Miss McManus



TEETH ON WHEELS

Just a reminder that we have Teeth on Wheels visiting our school for 6 monthly reviews and oral health education starting on the November 6th 2024. Please use the link to complete your child's consent form: <https://teethonwheels.com.au/consent-forms/consent-eform/>

Please note: if you have already completed a form for 2024 this does not need to be done again, unless your contact information or child's medical history has changed.

Complete your form today and the Teeth On Wheels team will be in contact to schedule your child's appointment and notify you on your eligibility. If you are not eligible, Teeth On Wheels will offer you a special deal of \$99 for the full check-up, oral cancer screening, clean, fluoride treatment and any x-rays if required (this can be claimed back through your private health insurance).

For any further questions, please contact the Teeth On Wheels team on (03) 9338 1191.

PLEASE NOTE, THE CUT OFF DATE FOR COMPLETING YOUR CHILD'S FORM IS October 30th 2024.

DONT MISS OUT

Complete your Teeth on Wheels E-form

Great News! Our school is pleased to announce that the Teeth On Wheels team will be coming back out to our school. If you haven't already completed your form for 2024, please do this now!

Our dental services include:

- ✓ Check-ups
- ✓ Scale, Clean and Fluoride Treatments
- ✓ Fissure Sealants
- ✓ X-rays
- ✓ Fillings
- ✓ Extractions





CLICK OR SCAN THE QR CODE TO COMPLETE YOUR FORM

It might be FREE!

 TeethOnWheelsAustralia

 #teethonwheels

Phone: (03) 9338 1191

Email: info@teethonwheels.com.au


TeethOnWheels
so positive dental experience



IMAGINE

ART, DESIGN AND TECHNOLOGY EXHIBITION

Opening Night

Monday 14 October
6.00pm – 8.00pm
Entry via reception,
204 Churchill Avenue, Braybrook



CAROLINE
CHISHOLM
CATHOLIC COLLEGE

WARNING

PREPARATIONS FOR 2025

As we are beginning our preparations for 2025 we ask that parents let us know as soon as possible if their child/ren are not returning to Our Lady's next year. We have had many inquiries about places for 2025 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and we have had several enrolment enquiries coming in for the other year levels.

If your child is not returning in 2025 (NOT OUR CURRENT YR 6 STUDENTS) please complete the form below and return it to the office. It is vital that you return this form as soon as possible. *Thank you.*

Children NOT returning to Our Lady's School in 2025

Family Name: _____

Child/children's names

1. _____ 2024 Grade: _____

2. _____ 2024 Grade: _____

3. _____ 2024 Grade: _____

Name of our new school: _____

And / Or

Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible



Join Sunshine Magic Basketball Club

Free Club Registration for ALL NEW Players!

Perfect for young basketball enthusiasts looking to join a team. Experience the thrill of competitive play and team camaraderie

Why Join Sunshine Magic?

- Community-focused club with a passion for developing young talent
- Opportunities for players of all skill levels to grow and excel
- Supportive and friendly environment

Register on our Waitlist:

Visit sunshinemagic.com.au to sign up and secure your spot!

For More Information:

Contact: Alphan, Club President

☎ 0423 731 186

✉ president@williamstownmagic.asn.au



**Join us at
Sunshine Magic Junior Basketball Club
and be part of the excitement!**



Australian Air League

Niddrie Squadron

Operating since May 1964



**FUN, FRIENDSHIP
& FLYING
SINCE 1934**

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Thursday Nights 7pm - 9pm
Neil Heinze Pavillion, 56 Lake Street,
Avondale Heights 3034

**JOIN
TODAY!**



ABOUT US

The Australian Air league is a youth organisation for girls & boys aged 8 - 18 yrs which encourages interest in aviation as a career or as a hobby. Cadets learn practical and theory aviation, life skills, team building, personal development, leadership skills, as well as take part in outdoor activities such as Flying & Gliding.

PARTICIPATE IN LESSONS & ACTIVITIES SUCH AS:

- Theory of Flight
- Aircraft Recognition
- Gliding and Soaring
- Building Model Aircraft
- Flight Simulators
- Drill
- Engineering
- Ranks & Badge Achievements

COMMUNITY ACTIVITIES:

ANZAC Day March
Remembrance Day
Australian International Airshow
Community Service

**FOR FURTHER
INFORMATION,
PLEASE CONTACT US
USING THE DETAILS
PROVIDED BELOW**

www.airleague.com.au

Phone:
1 800 502 175

E-mail:
info@airleague.com.au

Helping your young perfectionist



There's a perception in our society that perfectionism is a good thing, akin to 'being perfect.' That it's something we should strive for or drop into conversation in job interviews... Yet the reality is quite different.

Perfectionism leads us to place unreasonably and often unrealistically high expectations on ourselves. Essentially, it causes us to raise the bar so high, that we frequently wind up feeling like failures, consumed by frustration and self-blame.

Of course, this can be very unsettling to witness in our kids and it can be hard for us to know how best to help. It can start when our children are very young and grow with them in intensity and impact. Perhaps you have a young child who refuses to draw because her drawings don't look exactly like those of an adult artist. Or maybe your little guy becomes so distressed by a small mistake in his homework, that he insists on starting all over again in his unhealthy quest for perfection.

If you have older kids, perhaps they refuse to submit an assignment because it's not perfect, or they won't run the cross country because they know they won't win.

While it's great for our kids to hold high expectations of themselves, aiming for perfection actually sets them up to fail. Their habitual 'all or nothing' thinking leads to the unhelpful belief that if they don't achieve 100%, they've as good as flunked. Their focus on their mistakes rather than on their successes often affects their self esteem, fuelling a vicious cycle that can lead to stress, depression and anxiety if left unchecked.

The sooner we help our kids break this unhealthy habit, the better. So let's look at a few tips for doing just that.

Reduce your praise

There are two ways in which we tend to praise children. '**Content praise**' often draws attention to the end product, for example, "What a fantastic drawing!", or to a fixed quality in a child, such as "You're so clever". In contrast, '**process praise**' focuses on how your child got there. When we use process praise, we draw attention to their good ideas, problem solving approaches, effort, persistence, concentration and enthusiasm.

While it's helpful for all children to experience more process praise than content praise, this is particularly true for children with perfectionistic traits. This allows us to draw the focus away from how impressive the end result might (or should) be and instead highlight the importance of having a go, trying their best and learning along the way.

For example, rather than saying, 'What a fantastic drawing! You're an amazing artist – what were you worried about?', it's more helpful to say something like, 'It's great to see you having a go at drawing. I love watching you try new things'; or, 'I love seeing the ideas you come up with when you draw'.

Of course, most of the time we needn't praise children at all. Saying simply, 'Drawing is fun isn't it?', is often enough to provide children with that all important sense of connection.

parenting*ideas

Model making mistakes

At my children's school, they're taught to embrace 'flearning' – learning through failure. Admittedly, my children witness me 'flearning' all the time at home, but in the eyes of your child, you might seem perfect. It's helpful for your kids to see that you make mistakes too, and importantly to learn through your modelling how mistakes can be managed.

Look for (or create!) opportunities to do this. When you're planning on bringing some spoons to the dining table, you could bring knives over instead and say, 'Oops, my mistake. Not to worry. I'll just go back and swap these over.' Or, perhaps you could draw alongside your toddler and deliberately keep from drawing inside the lines, commenting to your little one as you go, 'I love drawing with you'. By doing so, you model for your child that mistakes are okay, that they needn't hamper their enjoyment of a task and importantly, that the end result isn't all that matters.

Teach your child to speak to themselves as a friend

How does your child talk to themselves?

Would they speak to a friend in the same way?

No? Then what might they say instead?

We all know how much our inner voice can affect how we feel. Teach your child to be kind to themselves. To be supportive, forgiving and encouraging, even when they make mistakes.

Consider how you react when your child behaves in an 'imperfect' way

Do you respond calmly when your child accidentally spills cereal all over the kitchen bench or do you tend to overreact? It's important when we're teaching our children that they needn't be perfect, that our responses back this up.

By accepting our children as they are – wonderful, 'good enough' young learners – we teach them to do the same. And that's so much better than perfect.



Dr Kaylene Henderson

Dr Kaylene Henderson is a trusted Child & Adolescent Psychiatrist and one of Australia's leading parenting experts. She's also a grateful mother of three. Find her online 'advice packs', free website resources, social media channels and popular seminars at www.drkaylenehenderson.com. You can also watch Dr Kaylene Henderson's free video tip for tackling perfectionism here: <https://adoseofawesomeness.com/free-video-tip-series/>

Follow the Lord



28th Sunday in Ordinary Time, Year B

A man met Jesus on the road and asked him how we can have eternal life. Some of the things Jesus says we can do are written on the sign posts below. Fill in the missing words and pictures.



Gospel Mk 10:17-27

Jesus was setting out on a journey when a man ran up, knelt before him and put this question to him, 'Good master, what must I do to inherit eternal life?' Jesus said to him, 'Why do you call me good? No one is good but God alone. You know the commandments: You must not kill; You must not commit adultery; You must not steal; You must not bring false witness; You must not defraud; Honour your father and mother.' And he said to him, 'Master, I have kept all these from my earliest days.' Jesus looked steadily at him and loved him, and he said, 'There is one thing you lack. Go and sell everything you own and give the money to the poor, and you will have treasure in heaven; then come, follow me.' But his face fell at

these words and he went away sad, for he was a man of great wealth.

Jesus looked round and said to his disciples, 'How hard it is for those who have riches to enter the kingdom of God! The disciples were astounded by these words, but Jesus insisted, 'My children,' he said to them, 'how hard it is to enter the kingdom of God! It is easier for a camel to pass through the eye of a needle than for a rich man to enter the kingdom of God.' They were more astonished than ever. 'In that case' they said to one another, 'who can be saved?' Jesus gazed at them. 'For men' he said, 'it is impossible, but not for God: because everything is possible for God.'

God tells us there are more important things in life than being rich or owning lots of possessions. Write or draw some things that are important in your life.