



OUR LADY'S SCHOOL NEWSLETTER

19 October 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

"I have come so that they may have life and have it to the full" John 10

DATES FOR THE DIARY

Mon 23-Fri 27 Oct

Missions Week

Wed 25 Oct

Open Doors Years 5-6 Parent
and Student Night 7.00-
8.15pm

Fri 27 Oct

Missions Assembly 2.30pm
Day for Daniel

Wed 1 Nov

All Saints Day

Thurs 2 Nov

All Souls Day

Fri 3 Nov

All Saints and Souls Assembly

Mon 6 Nov

Professional Learning Day for
Staff (Report Writing) - No
School for Students

Tues 7 Nov

Melbourne Cup Day Public
Holiday

Wed 8 Nov

P&F Meeting 7.00pm

Fri 10 Nov

Parish Movie
Confirmation Prayer Day

Wed 15 Nov

7.00pm Parent Advisory
Meeting

Mon 20 Nov-Fri 1 Dec

Swimming Program

Wed 6 Dec

Dream A Little Dream Whole
School Performance

Thurs 14 Dec

Grade 6 Graduation

Wed 20 Dec

End of term 4 for students at
3.00pm

Thurs 21 Dec

Professional Learning for Staff
(Handover 2018) No school
for the children

SACRAMENTS 2017

Confirmation (Year 6)
Friday 17 November



Dear Parents,

The Year Six Confirmation Candidates will be receiving the Sacrament of Confirmation on Friday November 17 at 7pm. In preparation for this Bishop Mark Edwards who is the Auxiliary Bishop for the Western Region, came to spend some time with the Year Six Confirmation Candidates to support them in their preparation to receive the Sacrament of Confirmation.

The children demonstrated that they had a deep knowledge of Confirmation and enjoyed the opportunity to get to know the Bishop. We thank Bishop Mark Edwards for taking the time to visit our school.



Parent Confirmation Evening

Thank you to all the parents who attended and helped to make the night such a great success. Rev. Dr Elio Capra SDB facilitated the evening in his own unique and joyous style. He took everyone present on a journey which involved delving deeply into the Christian tradition and rituals associated with Baptism and Confirmation. Throughout the night the parents reflected on how they can continue to support their children to tap into the Gifts of the Spirit in order to live their life to the full as Christians have endeavoured to do over the ages.

Staff News

Miss Katarina Barisic has been working as part of our Student Services team as an Intervention Teacher. This week was Miss Barisic's last week at Our Lady's as she is leaving to pursue a new career in the Police Force. I thank Miss Barisic for her dedication and care of the children in the intervention program and wish her all the very best of luck in her new career.



farewell and
THANKS!

Prayer for Peace Prayer

We pray to be people of peace as Jesus taught us. We are to live in peace with others.



Jesus, you said to your followers, "My peace I leave you, my peace I give you." help us to live always in peace in our hearts and our lives. Help us to bring peace to others and stand up for the rights of all people. Help us to work for peace in our families, our neighbourhoods, and our world. All things are possible through you, our Lord and Savior. Amen

Raising awareness of the importance of developing Character Strengths

Character Strengths	
Curiosity	Being interested in and curious about the
Persistence	Working towards goals despite challenges.
Love of Learning	Being passionate about new ideas, learning
Social Intelligence	Having insight into the motives and feelings of
Self-Regulation	Having discipline and regulating your feelings
Enthusiasm	Having a passionate and energetic approach

This week myself and Mrs Carabott attended professional learning with a focus on improving Student Wellbeing. I would like to share with you some of the character strengths that were identified as being essential for success and applied to people of all ages, cultures and countries.

It is useful to be aware of these and I'm sure you can see these character traits in your own child, family and friends. It is important to nurture these in our children if we are to support them in reaching their full potential.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au





Our Lady's Shopping Tour

Our Annual Shopping Tour held last Saturday 14th October 2017 was a huge success and all who attended had a great day out.

We raised **\$493.10** for the school.



Many thanks to Mrs Gina Ristevski for organising the Shopping Tour on behalf of the Parents and Friends.

We hope all the shoppers had a great day and were able to pick up a bargain or two.



PREPARATIONS FOR 2018

As we are beginning our preparations for 2018, 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 2018 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and several of the other year levels are full, with enrolment enquiries coming in.

If your child is not returning in 2018 (apart from our current year 6 children) 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 2018

Family Name: _____

Child/children's names

1. _____ Grade: _____
2. _____ Grade: _____
3. _____ Grade: _____

Suburb we are moving to: _____

Name of our new school: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible

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 3 October 23

DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Paper Plate Creations Outside: Playground and Lava	Seasonal Fruit & Veggies Garlic Bread
Tuesday Staff: Brad, Lucette, Hang	Inside: Cooking Chocolate Crackles with Lucette Outside: Playground & Ship, Shark, Shore	Seasonal Fruit & Veggies Variety of Biscuits
Wednesday Staff: Hang, Jennie, Chelsea	Inside: Finger Knitting Outside: Playground and AFL	Seasonal Fruit & Veggies Fairy Bread
Thursday Staff: Hang, Jennie, Chelsea	Inside: Aluminum Embossed Foil Outside: Playground & Soccer Homework + Readers	Seasonal Fruit & Veggies Crackers, Dip & Celery
Friday Staff: Brad, Jennie	Children's Choice: Games, Activities Inside & Out.	Seasonal Fruit & Veggies Noodles

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 Hat, Bucket Hat 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 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 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**



CANTEEN NEWS

Do you have a Working With Children Check and some time spare during the day?

The Canteen would LOVE extra helpers, even just for an hour at lunchtime to help with serving our children.

Please see Geraldine or Nubia in the Canteen if you can help out!!

Wellbeing: Child Safety

In last week's newsletter, Ms Bertani discussed Daniel Morcombe Day and its importance.

As a whole school approach, and as part of the wellbeing and child safety curriculum, the students will be immersed in exploring different emotions throughout the week. This also involves consolidating the concept of respecting each other's personal space and emotions. Students in Years F-3 will be viewing a video exploring a student's reaction to a homework situation at home with a sibling. Follow-up from the video will involve students exploring other ways that the situation can be dealt with in relation to taking one's emotions and feelings into account.

Students in Years 4-6 will be viewing a short video called, 'Footy Fight' which explores a situation on a school yard. Students will be involved in discussing what else could be done to solve the situation.

Next Friday 27th October is Day for Daniel. As a whole school, we will be wearing an element of RED. This could be a red T-shirt, jumper, socks — whatever you may have at home that is red. We look forward to participating in the day for the first time. It is another way we can focus on the message of child safety.





Grade 2 at CERES





Grade 2 at CERES





Foundation at Bundoora Farm





Foundation at Bundoora Farm





Grade 6 Blue Earth Transition





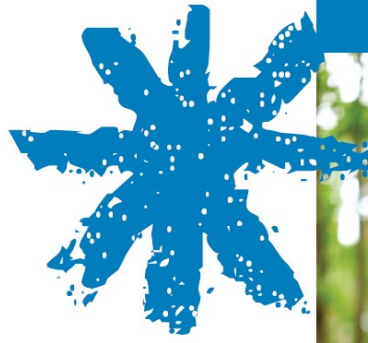
Grade 6



Blue Earth Transition



parenting*ideas insights



10 ways to promote good mental health & wellbeing in kids

By Michael Grose

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life's curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn't seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn't mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it's useful to reflect on the mental health habits that you promote in your kids.

Here are ten ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits

If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep

Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!

Children need between 10 and 12 hours' sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise

When my mum would tell me all those years ago to turn the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets

Kids should practise creativity if for no other reason than it helps them experience the state of 'flow'. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It's energizing and helps take stressed and worried kids out of themselves. rock star of character traits.

5. Provide a space of their own

Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads.



10 ways to promote good mental health & wellbeing in kids

It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles

A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse.

If your child has a problem let him know that his concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax

Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend

Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we're busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It's important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness

Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives

Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don't have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.



These ideas are basic common sense. However, as kids' lives get busier these essentials get squeezed out. Here's my recommendation to ensure that mental health habits aren't overlooked or neglected.

First, see these habits as the building blocks of mental health. Don't ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child's mental health.

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



Give to God what belongs to God

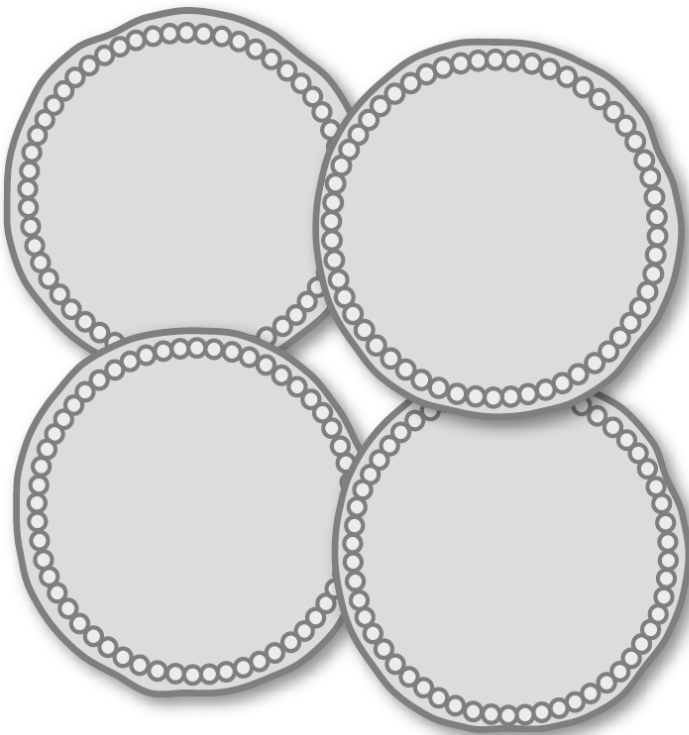


29th Sunday in Ordinary Time, Year A



Give to Caesar what belongs to Caesar...

Jesus believed that people should obey the law and pay their taxes to the Romans. What are some laws or rules that we must obey?



Gospel

Mt 22:15-21

The Pharisees went away to work out between them how to trap Jesus in what he said. And they sent their disciples to him, together with the Herodians, to say, 'Master, we know that you are an honest man and teach the way of God in an honest way, and that you are not afraid of anyone, because a man's rank means nothing to you. Tell us your opinion, then. Is it permissible to pay taxes to Caesar or not?' But Jesus was aware of their malice and replied, 'You hypocrites! Why do you set this trap for me? Let me see the money you pay the tax with.' They handed him a denarius, and he said, 'Whose head is this? Whose name?' 'Caesar's' they replied. He then said to them, 'Very well, give back to Caesar what belongs to Caesar – and to God what belongs to God.'

Colour in the shapes that contain dots to reveal something that Jesus wants us to show others.

