



OUR LADY'S SCHOOL NEWSLETTER

8 February 2019

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

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another" John 13:34-35

DATES FOR THE DIARY

Fri 8 Feb
Interschool Sports Starts
Mon 11 Feb
2.15pm Parent Helpers / Excursions Course
Thurs 14 Feb
9.00am Parent Helpers / Excursions Course
Mon 18 Feb
Professional Learning day for Staff (English as Additional Learning) - No school for children
Wed 20 Feb
7.00pm Foundation Parent Information Session
Wed 27 Feb-Fri 1 Mar
Grade 6 Camp
Tues 5 Mar
Shrove Tuesday
Wed 6 Mar
Ash Wednesday
Mon 11 Mar
Labour Day Public Holiday
Mon 18 Mar
School Photos
Sat 30 Mar
School Fete!
Fri 5 Apr
End of Term 1 3.15pm
Fri 19 Apr
Good Friday
Sun 21 Apr
Easter Sunday
Mon 22 Mar
Easter Monday Public Holiday
Tues 23 Apr
Start of Term 2 at 8.45am
Thurs 25 Apr
ANZAC Day Public Holiday
SACRAMENTS
Sun 26 May
10.30am 4G Eucharist
Sun 2 June
10.30am 4H Eucharist
Thurs 10 Oct
Reconciliation time TBC
Fri 15 Nov
7.00 Confirmation



Dear Parent,

It is my pleasure to welcome you back to Our Lady's School. I hope that the holidays have been an opportunity for you to enjoy your families, relaxing and reconnecting with all the things you love to do. I have had a wonderful break where I had the pleasure of having some overseas visitors and playing tourist guide which was so much fun. I feel re-energised and am looking forward to living out this new and special 100th year of our wonderful school with you all. I pray that Mary Our Lady, will look over our students, families and staff as we begin to journey together into 2019.

Wishing you all a happy Lunar New Year and 'Chuc mung nam moi' for all those Vietnamese, members of our school community celebrating TET.

Professional Learning Days 2019

It is important that the staff of Our Lady's School have opportunities to build on their expertise as educators. We know that for some families school closure days present difficulties. Our new After School Care provider is EXTEND and they are very happy to provide whole day care at the school during pupil free days, if we have enough parents registering their child/children on the day. Please register your child on the EXTEND website: www.extend.com.au

Staff Professional Learning Days for 2019 are:

Monday 18th of February

The facilitator will be Rebecca Paic. Rebecca is from the Catholic Education Western Region. She is a Western Zone Learning Consultant with expertise in the area of Literacy and English as an Additional Language .

Tuesday the 11th of June

A Berry Street facilitator will run the day. Targeting Student Wellbeing with a focus on Social/Emotional Learning strategies.

Friday the 2nd of August

A Berry Street facilitator will run the day. Targeting Student Wellbeing with a focus on Social/Emotional Learning strategies.

Wednesday the 4th of September

The facilitator will be Father Richard Leonard. A Jesuit priest, author and renowned theologian. The focus will be on Faith development with a focus on Our Mother Mary.

Monday the 4th of November

Report Writing Day for staff.

Beginning of School Year Prayer

The beginning of the school year can be an exciting time. We pray that God will always be with us.



God, Father of us all, we are beginning a new year together in our classes. Help us to learn new things this year and to make new friends. May we open our minds to learn more about you. May we open our hearts to the needs of others. May we have a welcoming word for those who are new or need a friend. Help us to learn new ways to serve you in love. Amen



Ms Tosh Kaan

6A



Mr Matteo Maccio

LOTE - Italian



Mrs Pauline Zammit

5C



Ms Kim Dalmau

5C



Ms Olga Deltiglio

5D



Mr Eamonn Murphy

4H



Ms Lianne O'Connell

2N



Ms Caroline Wood

4G

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani
Principal

principal@olsunshine.catholic.edu.au



This is a picture of our Artist in Residence Kathryn Fouracre with the students of 6B who will be teaching *The Performing Arts Program* (drama, dance and singing) at Our Lady's school in 2019.

She will be working with the Year 4,5 and 6 students in Semester 1 and with the Year 1, 2 and 3 students in Semester 2.

INTERSCHOOL SPORT SUMMER FIXTURE



Round 1	Fri Feb 8	Away	Sunshine Harvester & Cricket at Braybrook College
Round 2	Fri Feb 15	Away	Sunshine Heights
Round 3	Fri Feb 22	Home	St Paul's Our Lady's & Parson's Reserve
Round 4	Fri Mar 8	Away	Ardeer South
Round 5	Fri Mar 15	No Game (Albion North forfeit)	
Round 6	Fri Mar 22	Home	Christ the King Our Lady's & Parson's Reserve
Round 7	Fri Mar 29	Away	Sunshine North

All games are due to begin at 9.30am. All games are due to begin at 9.30am

RE NEWS



Dear Families,

Welcome to 2019 as a member of the Our Lady's school community. I hope that you feel welcomed and a sense of belonging as we begin another year at our wonderful school. I know the year will bring lots of opportunities for us to gather together for prayer, to learn, to share and to grow.

Below is a prayer you may like to recite with your child as part of his/her nightly prayers. And I encourage you to teach your children how to pray in their mother tongue; God hears all languages!

Together, working in Christ's light.

Kriss Oliver

Religious Education & Learning & Teaching Leader

[A Student's Prayer for a New School Year](#)

Lord Jesus, I ask for your help as I begin this new school year.

Allow me to experience your presence in the many blessings you put before me.

Open my eyes to the new challenges and exciting opportunities that this new school year brings.

Open my heart and mind to new friends and new teachers.

Give me a generous spirit to be enthusiastic in my learning and courage to accept new opportunities.

Help me to be attentive to my teachers and let me experience your presence in my new friends. Jesus, inspire me to do my best this year! Amen.

PARENT HELPERS COURSES

Parent Helper courses will be held next Monday 11th February at 2:15pm and Thursday 14th February at 9.00am in the Fr John Maher Auditorium.



In order to help in the classrooms and on excursions, you need to attend this course.

This is a wonderful opportunity to learn about how to help students both in the classroom and at home. We rely on parent helpers when we work with small groups in our Literacy and Maths sessions to improve each student's learning.

Please come to the School Office and you will be escorted to the Auditorium by some of our Grade 6 students. We look forward to seeing you.

Our Lady's Staff

If you managed to fill a jar over the school holiday's for our 'Jars of fun table' at the school fete can you please return them to school. If not there is still plenty of time to grab a jar and fill it with bits and bobs and get them in.

JARS OF FUN!

**OUR SCHOOL FETE
NEEDS YOUR
DONATIONS**



**If you're looking for
something to do over
the summer holidays,
we need your help!
Grab an empty jar
and fill it with
something fun.
Completed Jars can
be returned to the
school office next
year!**

IDEAS FOR JARS

- Cars**
- Marbles**
- Dominoes**
- Stickers**
- Rubbers**
- Puzzles**
- Nuts & Bolts**
- Stationery**



OUR LADY'S 100TH YEAR FETE

SATURDAY 30TH MARCH

9AM UNTIL 3PM

FOOD, STALLS, INFLATABLES & AMUSEMENTS

**32 Station Place, Sunshine
All Welcome**

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

HOW TO APPLY

- Fill in the attached 2019 CSEF Application Form and sign it
- Provide a copy of your current, signed Health Care / Centrelink Pension Card (we can copy in the Office if that's easier)



MORE INFORMATION

For more information about the CSEF visit www.education.vic.gov.au/csef

Great News! Teeth On Wheels are coming to your School

Phone: VIC (03) 9338 1191 NSW (02) 7804 2822
Email: info@teethonwheels.com.au



TeethOnWheels™
a positive dental experience

Teeth On Wheels Mobile Dental Clinics are specifically designed to provide a fun and positive dental experience for all children.

Why Teeth On Wheels?

- ✓ Cost saving (up to 30% saving on Private Dental Practices)
- ✓ CDBS for Eligible Families- **\$1000** of free dental across 2 years
- ✓ Convenience of onsite dental
- ✓ Private Health Insurance- Ability to claim
- ✓ An Accredited Dental Provider and members of the ADA (Australian Dental Association)

If your child's not eligible for Free dental, Teeth On Wheels can provide you with the below special.

\$99 Special

- ✓ Examination
- ✓ Clean/Polish
- ✓ Flouride Treatment
- ✓ X-rays (if required)

Speak to our team to find out how to claim your private health insurance.

teethonwheels.com.au/consent-forms/consent-eform/

Complete the online consent form for your child to be seen.

ALBION FOOTBALL CLUB

EST. 1961



JUNIOR PLAYERS NEEDED FOR SEASON 2019

Albion Football Club is currently seeking players for the following age groups:

- Under 9's** (Boys and Girls)
- Under 10's** (Boys and Girls)
- Under 12's** (Boys and Girls)
- Under 14's** (Boys and Girls)
- Under 16's** (Boys only)
- Under 15's** (Girls only)
- Under 18's** (Girls only)

Training Wednesdays & Friday Nights From 5pm

Keep Up To Date On Social Media:

Albion Football Club

Albion Football Club Junior Page.

Enquires, please call Chantelle Ph:0402 674 929

SUN 24th FEB 2019



Join the action

WESTGATE

GIRLS
BASKETBALL

RECWEST BRAYBROOK


with Champion
BELINDA SNELL



\$10 Registration Fee

- Girls Only (Ages 10-17)
- Join the Action, Be part of the Fun
- Beginner through to Advanced (Rep level) Sessions
- Clinic aimed at developing skills in a fun and supportive environment
- Q&A with Champion former WNBL and Opals Player, Belinda Snell
- Discover pathways to playing basketball
- Focus on opportunities for Girls in the West

Register now

 westgatebasketball

The Westgate Girls Basketball |
Join the Action Event is supported by
Change Our Game, an initiative of the
Victorian Government.

**CHANGE
OUR
GAME**





PINK BALL

SHOOT FOR THE STARS

NEW SKILLS, NEW FRIENDS, LOTS OF FUN

INDOOR STADIUM
AT VU COMMUNITY
SPORTS STADIUM,
WHITTEN OVAL.

For session times and
expressions of interest visit
westgatebasketball.com.au

WESTGATE PINK BALL PROGRAM FOR GIRLS

Team sports foster friendship and camaraderie, teamwork, respect, a sense of belonging, persistence, patience, resilience and self esteem.

Tailored specifically for girls aged 5–10 years old, Pink Ball offers a place to learn new skills, meet new friends and engage in a way that is non-competitive and fun.

Sessions are run by representative level youth basketball players (females) which provides a positive role model for your daughter to engage with.

Pink shoelaces, pink basketballs and awesome pink singlets – we're making this extra special for our female only participants.

Register now and shoot for the stars!



Visit www.westgatebasketball.com.au for more information

**ST. PETER'S CATHOLIC PRIMARY SCHOOL
SOUTH WEST SUNSHINE**

40TH ANNIVERSARY

24TH MARCH 2019



**Calling on all past staff, students and families to come
and celebrate this occasion.**

Where: St. Peter's Gym, 2A Killeen St West Sunshine

When: Sunday March 24th 2019

**Time: 11.00am (Mass – officiated by Bishop Mark Edwards OMI DD)
12.00pm (Lunch and Entertainment)**

Entertainment will include ELS School of Dance, West End Performing Arts,
K & K Calisthenics, St. Peter's School Choir, Extreme Party, Animals on the Move
and Soccer Clinics.

Memorabilia across the last four decades will also be on display.

TO REGISTER INTEREST

Please contact Administration Office
office@spsunshinesw.catholic.edu.au
03 9312 3147

parenting * ideas

insights



EDUCATION/LEARNING

Helping children make a bright start to school

by Michael Grose



Starting school is a major step in a child's educational journey. It is made easier when children are prepared for the transition.

Children's milestone events such as starting school always bring a mix of emotions for both children and parents, with excitement, anticipation and nervousness being the most common. If either you or your child is feeling anxious about the big event then the following tips will help ease the tension and ensure your child makes the best possible start to their school life:

1. Be positive about the year ahead

School starters generally take their cues from their parents so your attitude to school, your child's teacher and learning can set the scene for a positive year ahead. Be positive and confident that your child will fit in and succeed and you increase the likelihood that they will do so.

2. Tell them what to expect

One of the best ways to ease a child's anxiety is to provide information about what they can expect at school. Over the school holidays, reinforce what they have already learned about lining up, play areas, routines and other aspects of school they may have experienced during the transition program. In this way your child will be better prepared for what happens when real school starts.

3. Develop your child's independence skills

Children with age-appropriate self-sufficiency skills generally find starting school much easier than children who have always had everything done for them. In the months leading up to the start of school make sure your child knows: how to open and close their lunchbox; how to pack their bag or backpack; how to use the toilet independently; and how to pack away their belongings. Practise eating play lunch and school lunch with your child. Also help them develop the habit of packing up their toys, their dinner plates and their clothes. These simple habits soon become ingrained patterns that will help maximise your child's long-term success at school.



4. Explain what school expects from them

Let your child know that being at school requires some behaviours that may be very different from those required

parenting*ideas

at home. For instance, there will most likely be different rules and routines. They will probably have to work with many more children, they may have to put up their hand to get a teacher's attention and they may have to wait their turn to be heard. Help them understand that in a classroom they may not be able to do things when they want to – which can come as a shock to some children. These lessons about fitting in will help your child adapt quickly to their new surroundings.

5. Teach social etiquette

School requires children to make friends with other children and also to work and play alongside others. Take the time to explain and role-play the social etiquette that will help your child succeed socially. *“Jeremy, when you want to play with others you need to say, ‘Excuse me! Can I join in your game?’”* Another way for children to learn social etiquette is through play dates, family gatherings and family mealtimes. Also insist that your child shows good manners including using ‘please’ and ‘thank you’, which will aid their continued social development.



6. Familiarise them with the school environment

The scale of the physical environment of a school can be daunting for young children so consider spending some time at school during the holidays so they become familiar with the playground and the buildings. Also make the journey to and from school a number of times prior to the start of school so that they are comfortable when they go on the first day.

7. Develop a goodbye routine

Despite the best start to the school year there will always be those days when a child just doesn't want to go to school. Tears and tantrums are common for many school starters. It helps in these less-than-pleasant situations if you have a goodbye routine that includes a smile, a kiss and/or hug and leaving without looking back. If saying goodbye in the morning continues to be a struggle, seek the advice and help of your child's teacher.



8. Don't forget to develop a hello routine too!

Once school has finished some children just want to relax without talking about school, while others may unload about the events of the day. Follow their lead but regardless of whether your child opens up or closes down make sure they have some downtime so they can relax and unwind. If your child always presents a tale of woe about school (*“I hate school. I'm not going back”*), be patient and remember that children can be faulty observers and don't always see things as they really are. Help them look for the positive or good parts of their day by asking questions such as *“What did you enjoy about today?”*

At times of transition it's worth remembering that some children adapt to change far quicker than others. Some children adapt easily to new routines and new surroundings, while others may take many weeks to feel comfortable with going to school. If the latter is the case for your child, then patience, consistency and exposure to affirming parent networks may be the best allies that you and your child can have.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.

Follow Jesus and be not afraid

5th Sunday in Ordinary Time, Year C

Peter, James and John left everything so that they could become disciples of Jesus. What are some of the things you would "leave behind" to follow Jesus?

Gospel Lk 5:1-11

Jesus was standing one day by the lake of Genesaret, with the crowd pressing round him listening to the word of God, when he caught sight of two boats close to the bank.

The fishermen had gone out of them and were washing their nets. He got into one of the boats – it was Simon's – and asked him to put out a little from the shore. Then he sat down and taught the crowds from the boat.

When he had finished speaking he said to Simon, 'Put out into deep water and pay out your nets for a catch.' 'Master,' Simon replied 'we worked hard all night long and caught nothing, but if you say so, I will pay out the nets.' And when they had done this they netted such a huge number of fish that their nets began to tear, so they signalled to their companions in the other boat to come and help them; when these came, they filled the two boats to sinking point.

When Simon Peter saw this he fell at the knees of Jesus saying, 'Leave me Lord; I am a sinful man.' For he and all his companions were completely overcome by the catch they had made; so also were James and John, sons of Zebedee, who were Simon's partners. But Jesus said to Simon, 'Do not be afraid; from now on it is men you will catch.' Then, bringing their boats back to land, they left everything and followed him.

Write down the names of four people you know who belong Jesus. For each person give a reason why they belong.

