



OUR LADY'S SCHOOL NEWSLETTER

8 February 2018

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

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Jeremiah 29:11

DATES FOR THE DIARY

Mon 12 Feb

Parent Helper Session 2.15pm

Tues 13 Feb

Parent Teacher Chats after school

Wed 14 Feb

Ash Wednesday

P&F AGM 7.00 in Hall Kitchen

Fri 16 Feb

Parent Helper Session 9.00am

Tues 20 Feb

Parent Teacher Chats after school

Wed 21 Feb

Foundation BBQ

Mon 26 Feb

Professional Learning Day for Staff (Student Wellbeing Berry Street) - NO school for the children

Wed 28 Feb

Foundation Learning Information Night

Wed 28 Feb - Fri 2 Mar

Grade 6 Camp (Oasis Mt Evelyn)

Fri 9 March

Parish Movie

Mon 12 March

Labour Day Public Holiday

Mon 19 March

School Photos

Thurs 29 March

2.30pm Holy Week Paralyturgy

3.15pm End of Term 1

Mon 16 April

Start of Term 2

SACRAMENTS

Eucharist (Year 4)

Sun 27 May 10.30am (4H)

Sun 3 June 10.30am (4G)

Reconciliation (Year 3)

Thur 6 Sept 7.00pm

Confirmation (Year 6)

Fri 16 November 7.00pm



Dear Parent,

On Monday we celebrated our 'Opening of the School Year Mass' with Father Peter and Father Lucas. Thank you to Father Peter for reminding us in your homily to remember to strive to be good people not just in the future but right now and throughout 2018. We warmly welcome Fr Lucas to our school community and look forward to having him visit our school. It was really lovely to see so many parents join us. We hope you can join us at the Ash Wednesday Mass next week. Please don't forget to join us at the Parent Teacher Chats in the following weeks. You will receive your appointment time by the end of this week. The teachers are really looking forward to meeting you and learning more about your child. Next Wednesday is Ash Wednesday which signals the beginning of Lent. The Years 3-6 will be attending the Parish Mass next Wednesday at 9.00am to receive the Ashes. Children in Years 1 and 2 will be having a paraliturgy in their classrooms and will receive the Ashes there.

We congratulate the school leaders for 2018 who were inducted into their positions in front of the whole school community at the Opening of the School Year Mass.



School Captains

Matilda C



Khai H



Vice Captains

Esther C



Will D



Chisholm House

Teagan S



Moksha J



MacKillop House

Allira A



Justin P



Mazenod House

Eliza B



Noah A



Woods House

Mary T



David M



Blessing Prayer to the Holy Spirit

The Holy Spirit guides us. The spirit lives in our hearts.

Holy Spirit of love, we ask your blessing on us.

Be with us in all that we do.

Guide our hearts and our lives to walk always in your way of love. Amen

At Our Lady of the Immaculate Parish Primary School we promote the safety, well being and inclusion of all children.

Important Reminders

Thank you to all parents who are collaborating with the school and ensuring that their child/children are coming to school each day in the correct school uniform. Our school uniform is an important part of our school's identity. It helps to promote a sense of pride and it is a visual reminder to others that we belong to Our Lady's school. Our school uniform helps to forge that strong sense of community and reinforces our belief that we are all equal. We have inserted pictures of the correct school uniform in this newsletter.

Please ensure your child/children do not wear:

- Rings
- Earrings other than sleepers or studs
- Make-up
- Bandanas
- Bracelets or bangles
- Necklaces/bracelets other than a simple chain with a cross or item of religious significance
- Items of clothing that have not been purchased from the school's uniform shop
- Sports shoes on non-sport days
- Black runners instead of black leather shoes

Parent Involvement

At Our Lady's school we actively encourage parent and community involvement. We are committed to giving the parents a diverse range of opportunities to be involved with the school at many different levels.

We encourage you to participate in and contribute to the life of the school. Here are just some of the many ways you can do so:

- Community Classrooms
- Community Conversations
- Working in the Canteen
- As members of the School Advisory Board
- Parent Classroom Helpers Program:- Parents trained to support the Literacy and Numeracy programs by working with groups of children in the classroom
- Curriculum Information Nights
- Sacramental Parent Information Nights
- Learning Walks
- Friday Assemblies

SunSmart

We ask all parents to collaborate with the school in implementing the SunSmart Policy.

All students are required to wear school hats that protect their face, neck and ears (the school hats will do this if worn correctly) whenever they are outside. The school supplies sunscreen for children unless a child has an allergy and then the sunscreen is supplied by the parent.



Parents and Friends Annual General Meeting

Just to confirm that the Annual General Meeting for the Parents and Friends is on **WEDNESDAY FEBRUARY 14** from 7.00pm in the Hall Kitchen. All welcome to come along.



After School Care 2018—CAMP AUSTRALIA

As you know we have a new After School Care provider this year and many of you have already taken advantage of this service in 2018. CAMP Australia is a leading provider of Before and After school Care. We will be asking parents if they would like to have Before School Care for their child and if we have enough people we will set up that service at our school.

I would like to alert all parents to the fact that we have a new procedure for those children who have not been picked up after school on time. The children will be taken to After School Care with CAMP Australia in the School Hall Kitchen. The CAMP Australia program coordinators will contact the parents and the parents will be invited to enrol in the program. Parents will be charged \$24.50 for the service but they will get most of this back in the form of a government rebate.

If any parents are late in picking up their child they will need to now go to the Hall Kitchen in order to pick them up from the After School Care personnel. The children will be well supervised and cared for until their parents pick them up.

We are working with you to make sure that your children at all times receive the very best of care.

Staff Roles

This year we have made some changes to staff roles in response to the needs of our school and the latest developments in the current educational landscape. We hope that these changes will help us to more effectively realize the four year school improvement goals that were set last year for the period 2017-2020.

<i>Mrs Christine Carabott</i>	<i>Deputy Principal / Wellbeing Leader</i>	<i>ccarabott@olsunshine.catholic.edu.au</i>
<i>Ms Kriss Oliver</i>	<i>Religious Education/Learning and Teaching Leader</i>	<i>koliver@olsunshine.catholic.edu.au</i>
<i>Mrs Geraldine Maguire</i>	<i>Literacy Leader</i>	<i>gmauire@olsunshine.catholic.edu.au</i>
<i>Mrs Justine Sales</i>	<i>Digital and Design Technology Leader</i>	<i>jsales@olsunshine.catholic.edu.au</i>
<i>Mrs Anna Kalc Smyth</i>	<i>Numeracy Leader</i>	<i>akalcsmyth@olsunshine.catholic.edu.au</i>
<i>Mr Tim Wickham</i>	<i>Child Safety/OHS/Camp Leader 6A</i>	<i>twickham@olsunshine.catholic.edu.au</i>
<i>Ms Natalie Severino</i>	<i>Junior School Learning Leader FJ</i>	<i>nseverino@olsunshine.catholic.edu.au</i>
<i>Mrs Michelle Drought</i>	<i>Middle School Learning Leader 4H</i>	<i>mdrought@olsunshine.catholic.edu.au</i>
<i>Mrs Tanya Majczak</i>	<i>Senior School Learning Leader 5C</i>	<i>tmajczak@olsunshine.catholic.edu.au</i>

All our Staff Leaders are very happy for you to email them with any questions in regards to their curriculum area. They welcome correspondence from parents.



School Fees

Your 2018 School Fee account is coming home with your eldest child this week along with forms for payment by Direct Debit from your Bank Account or Credit Card. Term 1 payment is due by Friday 23 February. If you would like to discuss payment options, please come into the school office.



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

PREPARING FOR LENT

Next week we move into a significant liturgical season of our Church. A time of prayer, fasting and almsgiving, beginning on Ash Wednesday, Lent consists of 40 days of preparation for the great feast of Easter. It reminds us about the time when '*Jesus went into the desert to fast and pray*' before carrying out his public ministry. (Matt 4: 1-11)

For us, it is a time to grow closer to God in preparation for His suffering, death, and the celebration of His Resurrection, by soul searching and thinking beyond ourselves.

Traditions - especially those our children can see, hear, feel, smell and taste - provide vivid impressions upon which parents can build, year after year. Ask your children what their school focus of Lent is all about, and choose something to do together as family, that can become a part of your family's Easter heritage.

Whatever you decide to do, I invite you to recognize Lent as a time for you and your family to foster stronger connections with our God, not just during the build up to Easter, but always, in all ways.

Working together in light,

Ms Oliver

REL/Learning & Teaching Leader



COLES SPORTS FOR SCHOOLS 2018

For every \$10 spent at Coles, customers will receive one Sports for Schools voucher.

Please bring any vouchers to the Office.

Every voucher we receive will go towards our tally. We will then be able to order sports equipment for the school using the vouchers we've collected!

Keep collecting from today until May 11 2018.

Further information at coles.com.au/sfs

CANTEEN NEWS

Do you have some spare time and your Working With Children Check?

The Canteen needs volunteers on Mondays, Tuesdays or Wednesdays, especially between 12.50pm to 2.05pm to help prepare and distribute lunch orders and serve the children at lunch time.

Any time you can give will be greatly appreciated.

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



Thank you to all parents who came to the Kath Murdoch Parent Information Evening

We hope that you had many of your questions answered around the type of learning your child is experiencing at Our Lady's school. We also hope that Kath was able to provide you with explicit information about what Inquiry Learning is all about.

Kath will be facilitating another Parent Information Evening in Term 3 on Wednesday the 22nd of August at 7pm.



Please put this date in your diary. We hope to see many more parents take advantage of this wonderful opportunity.



PARENT HELPER SESSIONS

Next week we will be running Parent Helper sessions for Maths and Literacy. It is necessary that you attend these sessions if you would like to work in the classrooms with a teacher and students. We will be presenting ideas regarding how we teach Maths and Literacy. It will also give you the opportunity to apply for a Working With Children Check registration which is necessary to work in our school and for excursions.

Dates and Time:

Monday 12th 2:15-3pm in the Mary MacKillop Library

Friday 16th 9-945 a.m. Check venue at office

Ms Maguire & Mr Anna Kalc Smyth



Minimum Period of Exclusion from Primary Schools and Children's Services Centres for Infectious Diseases Cases and Contacts

A person in charge of a primary school or children's services centre must not allow a child to attend the primary school or children's services centre for the period or in the circumstances:

(a) specified in column 2 of the Table in Schedule 7 if the person in charge has been informed that the child is infected with an infectious disease listed in column 1 of the Table in Schedule 7; or

(b) specified in column 3 of the Table in Schedule 7 if the person in charge has been informed that the child has been in contact with a person who is infected with an infectious disease listed in column 1 of the Table in Schedule 7.

The person in charge of a primary school or children's services centre, when directed to do so by the Secretary, must ensure that a child enrolled at the primary school or children's services centre who is not immunised against a vaccine preventable disease (VPD) specified by the Secretary in that direction, does not attend the school or centre until the Secretary directs that such attendance can be resumed. (Note—VPDs are marked in the table with an asterisk (*). Contact the Department on 1300 651 160 for further advice about exclusion and these diseases.)

Schedule 7 — Minimum Period of Exclusion from Primary Schools and Children's Services Centres for Infectious Diseases Cases and Contacts (Public Health and Wellbeing Regulations 2009)

In this Schedule, medical certificate means a certificate of a registered medical practitioner.

[1] Conditions	[2] Exclusion of cases	[3] Exclusion of Contacts
Amoebiasis (<i>Entamoeba histolytica</i>)	Exclude until there has not been a loose bowel motion for 24 hours	Not excluded
Campylobacter	Exclude until there has not been a loose bowel motion for 24 hours	Not excluded
Chickenpox	Exclude until all blisters have dried. This is usually at least 5 days after the rash appears in unimmunised children, but may be less in previously immunised children	Any child with an immune deficiency (for example, leukaemia) or receiving chemotherapy should be excluded for their own protection. Otherwise not excluded
Conjunctivitis	Exclude until discharge from eyes has ceased	Not excluded
Diarrhoea	Exclude until there has not been a loose bowel motion for 24 hours	Not excluded
Diphtheria	Exclude until medical certificate of recovery is received following at least two negative throat swabs, the first not less than 24 hours after finishing a course of antibiotics and the other 48 hours later	Exclude family/household contacts until cleared to return by the Secretary
Hand, Foot and Mouth disease	Exclude until all blisters have dried	Not excluded
Haemophilus influenzae type b (Hib)	Exclude until at least 4 days of appropriate antibiotic treatment has been completed	Not excluded
Hepatitis A	Exclude until a medical certificate of recovery is received, but not before 7 days after the onset of jaundice or illness	Not excluded
Hepatitis B	Exclusion is not necessary	Not excluded
Hepatitis C	Exclusion is not necessary	Not excluded
Herpes (cold sores)	Young children unable to comply with good hygiene practices should be excluded while the lesion is weeping. Lesions to be covered by dressing, where possible	Not excluded
Human immuno-deficiency virus infection (HIV/AIDS virus)	Exclusion is not necessary	Not excluded
Impetigo	Exclude until appropriate treatment has commenced. Sores on exposed surfaces must be covered with a water-tight dressing	Not excluded
Influenza and influenza like illnesses	Exclude until well	Not excluded unless considered necessary by the Secretary
Leprosy	Exclude until approval to return has been given by the Secretary	Not excluded

Head Lice

Pediculosis is not a notifiable condition and head lice do not transmit any infectious diseases. Head lice are transmitted by having head to head contact with someone who has head lice and this happens frequently in families, schools and childcare centres.

The School Exclusion Table regulated by the Public Health and Wellbeing Regulations 2009, was developed to protect the public health by preventing, or containing, outbreaks of infectious conditions common in schools/children's service centres.

Exclusion criteria for various diseases have differing importance based on the public health risk – this risk is determined by the consequences of contracting a particular condition or disease and the way it is transmitted or passed from person to person. As an example, the risk from measles differs significantly to the risk from head lice.

While head lice are not considered an agent for infectious disease they are included on the school exclusion table. The exclusion criteria for head lice should be interpreted as:

At the conclusion of the school day, provide the child with a note to take home to inform their parents that they have head lice. Children may return to school after treatment has commenced.

There is no requirement in the Regulations for a clearance certificate to be issued either by a general practitioner or a municipal council.

SUMMER UNIFORM AT OUR LADY'S

All items (except shoes) available at the Uniform Shop or on the QKR App

BOYS

Shirt



Navy shorts (NOT cargo)



School jumper



School socks



Black shoes/boots (NOT runners)

GIRLS

Blue/white checked dress



School jumper



White socks)

Black school shoes (NOT runners)

SPORT

School crested yellow polo



School crested windcheater



Shorts or skort



Trackpants



insights



How independence-building is the pathway to your child's resilience

by Michael Grose



Parents and teachers often ask me how to build resilience in kids.

My response is always the same: “Start by building independence and resilience will follow.”

Here's how.

Children are hardwired for independence

Some time around the age of fifteen months, give or take three months, most children will make a strong case for self-sufficiency. They demand to do things their own way. This demand is soon backed by a strong voice – “NOOOO!” – and then more articulate cries of “I can do it!” as their third birthday approaches.



This is the time to harness your child's push for independence and self-sufficiency. Their desire for independence and mastery over their immediate environment will see most children take incredible physical risks in the form of play and exploration of that environment. Concerned parents will naturally minimise risks by moving furniture around, keeping doors closed and hiding sharp implements, to name a few protective measures.

But parents can't eradicate all risks. Kids will fall and hurt themselves – but they'll also get up and go again. In time they'll learn to assess situations, stare down their fears and test themselves out in new situations. Falling down, brushing yourself off and trying again is part of the natural learning experience for most young children. Parents don't have to do much more than assess a situation for real dangers, then stand back and allow their kids to explore their environments, pulling them up only when their play and explorations transgress the rights and peace of others.



So what's this got to do with resilience?

Well, everything really. Independence is the pursuit of mastery over one's self and one's environment and rarely happens without mishaps and mistakes. It nearly always involves hurt, hardship, frustration and fear. That's where resilience comes in. Resilience is the art of bouncing forward after experiencing these hurts, hardships, frustrations and fears. Resilience is what comes from seeking out self-sufficiency and independence.

The language of independence

The fact that there's a whole genre of language devoted to resilience (mostly cloaked in cliché) is no accident. Terms such as "Get back on the bike/horse when you fall off", "Come on, brush yourself off and get on with it" or "What doesn't kill you makes you strong" are built into the psyche of past generations. Many parents today will cringe at these terms as they appear a little callous and out of touch. Conversely most current parents' relationship with risk and adventure – both required for independence-building – is very tenuous at best, non-existent at worst.

Therein lies the challenge. I haven't met a parent, carer or teacher who doesn't want the children in their care to develop resilience that will last a lifetime. Yet many of those same adults will block the pathway to children's resilience by over-indulging them, solving their problems and not giving them real responsibility. In doing so they deny kids the sense of mastery that comes from sorting out their own problems, getting themselves out of jams and getting up after a fall.

You can never love your children too much, but you can love them helplessly. That's what happens when we deny kids the opportunity to become truly independent and self-sufficient. Deny self-sufficiency and you block a child's resilience. Develop real independence and you open a pathway to resilience that will last a lifetime.

Find out how to develop real independence and resilience in your child in my latest book [Spoonfed Generation: How to raise independent kids](#).



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*.*

Jesus has the power to heal

6th Sunday in Ordinary Time, Year B



Gospel

MK 1:40-45

A leper came to Jesus and pleaded on his knees: 'If you want to' he said 'you can cure me.' Feeling sorry for him, Jesus stretched out his hand and touched him. 'Of course I want to!' he said. 'Be cured!' And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, 'Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.' The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.

What did Jesus say to the man after he cured him of leprosy? Use the words below to find out!

Say _____ of this to anyone;
but go and _____ yourself to the
_____, then make an offering
at the _____ as Moses
_____, then all will know
you are _____.



temple show
commanded
nothing
healed priest

How were people with leprosy
treated in Jesus' time?

What are some things we can do for
sick people today?