

The Kingdom of God is like a mustard seed, which is the smallest of all seeds on earth. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds can perch in its shade. Mark 4:31-32

DATES FOR THE DIARY

Fri 26 July Yr 6 Reflection Day (St Joseph's By The Sea)
Tues 30 July 100 Days of Foundation
Wed 31 July Years 3-4 NGV/ACMI Excursion
Fri 2 Aug Years 1-2 NGV / ACMI Excursion
Fri 2 Aug 7.00pm Confirmation for Year 6
Mon 5 Aug Confirmation lunch party
Thurs 8 Aug Feast of St Mary of the Cross MacKillop. Mass at 9.00am. All welcome.
Yr 5 Tree planting Kororoit Creek
Fri 9 Aug Yr 5 CCCC Wizard of Oz performance
Thurs 15 Aug Feast of the Assumption. Mass at 9.00am. All welcome
Fri 23 Aug Book Week Parade
Thurs29-Fri 30 Aug Year 5 Camp
Thurs 29 Aug P&F Father's Day Stall
Sun 1 Sept Father's Day
Fri 20 Sept End of Term 3 at 1.00pm

SACRAMENTS

Fri 2 Aug 7.00pm Confirmation for Year 6

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Mon 19-Tues 20 August Staff Conference: *Our Lady's School Curriculum Design & Renewal*

Dear Parents and Carers,

On Monday we began with the NAIDOC Immersion Day where students of Our Lady's School were placed into multi-age groups and participated in games, music and song, story telling and Art learning activities which were focused on developing their awareness and understanding of the First Nations People. The students learnt a song and we had the great pleasure of having Auntie Mon gather with us in the hall in the afternoon. Auntie Mon shared her stories and her music and songs with the students to conclude our day. It was a day filled with fun and great learning. I would like to especially thank the NAIDOC committee members and in particular Ms Pina who used her great creativity to organise a wonderful day.

OUR LADY'S SCHOOL CELEBRATING THE OPENING OF THE PARIS OLYMPIC GAMES

Today we celebrated the opening of the Olympic Games by beginning with a prayer for the athletes read out by the Year 6 Events Committee. The torch was kindly loaned to us by Moira Kelly who was a torch bearer for the 2012 London Olympics. This torch will remain at Our Lady's for a week and all classes will be able to have the torch in their rooms for half a day.

Students of all classes made flags and torches to wave as the Olympic torch passed by. We look forward to cheering for and supporting all the athletes who are representing Australia.



Prayer for the Olympic Games



Strong and faithful God, as the world comes together for the Olympics, we ask you to bless all the athletes, officials, volunteers and spectators. Keep them safe from injury and harm, instill in them respect for each other, and reward them for their perseverance. Lead us all to the rewards of your kingdom where you live and reign for ever and ever, Amen.



These photos show some of the joinery that has been put into the building. The predominant colours are soft tones of blue and brown. The plaster walls have been painted a white tone. The external glazing has been 100% completed as well as the installation of the ceiling tiles. The external cladding is almost complete and you can see a pattern which goes right around the top section of the building which is a tribute to the Sisters of St Joseph who worked in our school community for 73 years and who have left an unforgettable legacy and a great gift of embedding the spirit of St Mary MacKillop of the Cross in our school.

The pattern is in the shape of the emblem the Sisters of St. Joseph wear and as you can see below it is the same pattern as the one that goes around our new building. I hope you like it as much as the staff do.

We would not be the school that we are without the immense contribution of the Sisters of St. Joseph and so we wanted to make sure we recognised them by incorporating their emblem in our new building.



Sisters of Saint Joseph
of the Sacred Heart



Warm regards,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



FI

Hemansh - For trying your best and completing your work independently this week. You should be very proud of yourself, Hemansh! Well done! *From Miss Seona*

Marry - For having such a successful start at our school. FI are so lucky to have you in our class Marry! Well done and congratulations. You have worked so well this week! *From Miss Seona*

FJ

Lucy - For trying your best and having a go, even when things are a bit tricky. Well done, Lucy! *From Miss Wendy*

Tyson - For being able to explain how to take turns and share, and then demonstrating this in your actions. Well done, Tyson! *From Miss Wendy*

1K

Khoi - for showing the Our Lady's Gospel Value of Courage. Well done on giving everything a go and sharing your knowledge with others. *From Ms Shai*

Lucy - for stepping up and volunteering to be my assistant. I know I can count on you whenever I need a helping hand in the classroom. *From Ms Shai*

1L

Esha - For showing the Our Lady's Gospel Value of Courage when sharing your show and tell with the class. Well done! *From Miss Scarlett*

Noso - For being an excellent Self Manager when packing up reading groups. Thank you for taking the initiative to help other groups. Well done! *From Miss Scarlett*

2M

Rose - For being brave to speak up when you don't understand something, while keeping a positive attitude. This is awesome to see! *From Ms Rochelle*

Lanchi - For being a confident independent learner that is able to set goals for yourself to work towards. Keep it up! *From Ms Rochelle*

2N

Joseph - For displaying the Gospel Value of Courage during multiplication. Keep it up! *From Ms Robles*

Tanishka - For being a Communicator by speaking to others in a way that helps them understand. Keep it up! *From Ms Robles*

3E

Snowbery T - For being a Thinker who uses logical reasoning when estimating the mass of objects. Well done! *From Ms Steph*

Emily K - For showing critical thinking when identifying the issues for your Core Thinking in Writing. You did an excellent job! *From Ms Steph*

3F

Alysha F - Welcome to Our Lady's School! Alysha, you have settled into your new school and class so beautifully, we love having you as part of our learning community! *From Ms Christine & Mrs Majczak*

Lily P - For welcoming our new student into our school community with such kindness and care, making sure that she is looked after at break times. Thank you Lily. *From Ms Christine & Mrs Majczak*

4G

Monique C For showing good focus during Mathematics. Keep it up! *From Ms Karen & Mrs Mendoza*

Hniang Ku For being proactive in learning by asking questions to find out information. *From Ms Karen & Mrs Mendoza*

4H

Ella-For always contributing to class discussions and for having an Inquiring mind. Thank you Ella!! *From Ms Rebecca*

Andreas- For being so passionate about learning and always thinking deeply. Great to see. Keep it up! *From Ms Rebecca*



5C

Grace-For settling back into our class routine amazingly well, after being away on a long holiday. Great job! *From Ms Huyen*

Ben-For showing great improvement in learning your times tables. Well done! *From Ms Huyen*

5D

Melissa - For working hard in maths sessions to try to master the short division strategy! Well done! *From Ms Gurry*

Quentin - For showing courage and persistence in Maths sessions when practising the short division strategy. Keep it up! *From Ms. Gurry*

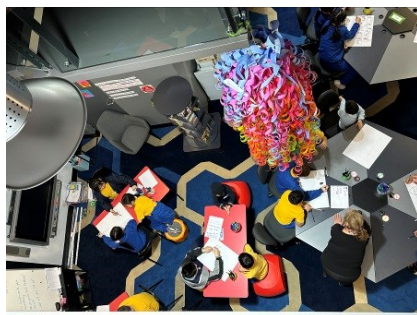
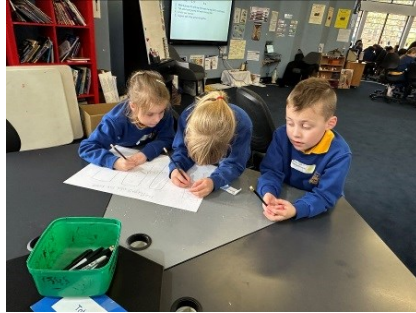
6A & 6B

Year 6 are at their Confirmation Retreat Day, so today's certificates will read out at next week's Assembly



FJ: Lanvy T, Jayden H
4G: Ava H
4H: Garang M
6A: Nevaeh M
6B: Alexander S
STAFF: Ms Kathleen







SPORT NEWS

On Wednesday 17 July the boys soccer team represented Sunshine in the Maribyrnong District finals at Keilor Park.

They played three games in a round Robin competition against Glengala Primary School, Footscray North Primary School and Wembley Primary School. They played two games to penalties.



They played so well finishing higher than any other soccer team for Our Lady's.

Congratulations on your efforts!



ST MARY MacKILLOP AWARD

Congratulations to the recipients of our St Mary MacKillop Award for July 2024.

Congratulations to:



Kim B 5C



Ava N 2N



Congratulations!



RACE INTO TERM 3 WITH PREMIUM OUTSIDE SCHOOL HOURS CARE

Extend is racing back into Term 3 with extraordinary care for children!

**Welcome in the new spring with Extend as we get outdoors
and enjoy sports, active play, and nature-themed activities and experiments!**

Every day we offer a series of creative activities and energising games for all age groups!
Join us as we lead the way to learning new skills and creating new friendships!

Enrol and book online for Term 3 at extend.com.au today!



Enrol and book your sessions for Term 3 at extend.com.au



OPEN NIGHTS 'NEW MEMBER OFFER'

MONDAY 22 JULY - SATURDAY 27 JULY

**WANT TO KNOW MORE
ABOUT TAEKWONDO?**

Introducing friends & family to Hall's Taekwondo.
Check us out at OPEN NIGHTS & SATURDAY.

If you 'Join the Club' take advantage of Hall's Taekwondo special
Open Nights Offer - this week only!

**NEW MEMBER OFFER:
ONE FREE UNIFORM**
MORE THAN \$90 VALUE- ALL WELCOME!

VISITING TIMES:

MONDAY 22 JULY - THURSDAY 25 JULY: 4pm - 7pm
and SATURDAY 27 JULY: 9am- Noon

CLASS HIGHLIGHTS:

- » See Taekwondo students in action
- » Instructor & Facility Q & A's
- » Participation optional
- » Check out timetables
- » Meet our team

BENEFITS FOR ALL AGES:

- Build confidence & self-esteem
- Resilience & courage to try new things
- Smart ways to deal with all types of bullying
- Build self-respect & respect for others
- Create & stick with good habits
- Cultivate the desire to learn
- Develop a positive attitude
- Empower your mind & body
- Enhance your flexibility
- Improve your fitness & energy
- Improve your performance in other sports
- Improve your study habits
- Learn & embody self-discipline
- Learn the importance of good character
- Sharpen your concentration & reflexes
- Always stimulated, learning in each belt level a variety of disciplines & martial arts including boxing, ground fighting, take-downs and stand-up wrestling.

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Teaching Children That Mistakes Are Okay

You won't find a child more chuffed with themselves than a preschooler who is learning to write their own name. In the beginning, they courageously create a jumble of mixed-up letters and back-to-front S's to piece together the first iteration of what will become their signature. Very quickly, those mistakes lead to mastery, and they're equipped with a skill they'll use hundreds of thousands of times throughout their lives.

As our children grow, their fearlessness in the face of mistakes often gives way to a paralysing fear of failure. They become less willing to take risks, try new things, and broaden their experience because of the risk of not getting it "right" straight away.

How do we help our kids overcome perfectionism and make friends with mistakes again?

Here are my top tips for parents and educators:

#1: Talk it through.

Whether it's learning to ride a bike or writing a story, when a child shows reluctance to try before they start, ask them what they're worried about. Give them the chance to share their fears and talk it through. Ask them, 'What's the worst thing that can happen?' Putting words around their fear can help contextualise and minimise it, making 'the scary thing' seem smaller and easier to handle.

#2: Share your story.

Younger children love to hear stories from their parents and trusted adults. Share a story with them of when you were scared, then tried, failed, and learned something from making a mistake. You can make it funny to lighten the load and help diffuse their worry.

#3: Resilience.

Making mistakes and learning from mistakes helps children build resilience, which will stand them in good stead later in life. If they have tried, failed, and then tried again, it helps them build confidence to tackle bigger, more daunting tasks down the track. Failure is not the enemy; failure to try is! Failure, ironically, can build success. As the saying goes, 'If at first you don't succeed, then try and try again.'

#4: Reward the effort.

If you have coached and coaxed your child or student into trying something new for the first time, or if they have worked hard to conquer their fear, then regardless of the outcome, let them know they are champs for trying. This way, the reward is linked, not to whether they failed or succeeded, but to the effort they made in the first place. Being a 'doer' with a positive 'at least I tried' attitude will help children build a positive approach to tackling new activities and tasks later in life.

#5: Practice makes perfect.

Perfect is of course not needed but practice is important. Give children plenty of opportunity to keep trying their chosen activity, whether they've taken up a new sport, musical instrument, or hobby, or whether they're plucking up courage to make new friends at school. Help them stay positive and celebrate their achievements and learnings with them along the way. Whether they tell you this or keep it to themselves, kids love it when their parents, carers and teachers are their support team (and they'll remember it later too!).



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.

Jesus fed the hungry crowd

17th Sunday in Ordinary Time, Year B



What do you think these people would have said when they saw Jesus feed the large crowd with just five loaves and two fish?



Jesus asked his disciples to help feed the hungry people. Likewise, Jesus wants us to share what we have with people in need. Draw a picture of yourself sharing with others.

Gospel John 6:1-15

Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside, and sat down there with his disciples. It was shortly before the Jewish feast of Passover.

Looking up, Jesus saw the crowds approaching and said to Philip, 'Where can we buy some bread for these people to eat?' He only said this to test Philip; he himself knew exactly what he was going to do. Philip answered, 'Two hundred denarii would only buy enough to give them a small piece each.' One of his disciples, Andrew, Simon Peter's brother, said, 'There is a small boy here with five barley loaves and two fish; but what is that between so many?' Jesus said to them, 'Make the people sit down.'

There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks and gave them out to all who were sitting ready; he then did the same with the fish, giving out as much as was wanted. When they had eaten enough he said to the disciples, 'Pick up the pieces left over, so that nothing gets wasted.' So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, 'This really is the prophet who is to come into the world.' Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.