



## OUR LADY'S SCHOOL NEWSLETTER

21 July 2023

[www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)

Parish Priest: Fr. Peter-Damien McKinley

Principal: Ms. Patrizia Bertani

Parish Mass Times:

English: Saturday 9.00am, 5.30pm, Sunday 9.00am, 10.30am & 5.30pm

Vietnamese: Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm

Chin Hakha/Burmese: 2.30pm

Tongan: Every 1st Sunday 3.00pm

School Phone: 9312 2230

School website: [www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)

*Our Lady's is a Child Safe School*

*'Ask and it will be given to you; search and you will find; knock and the door will be open for you.' Matthew 7:7*

### DATES FOR THE DIARY

**Fri 21 July** Wellbeing Casual Day with donation  
**Mon 24 July** Year 3 Excursion to Jawbone  
**Tues 25 July** 7.00pm PAB Meeting  
**Fri 28 July** Professional Learning for Staff (RE). No school for the children  
**Wed 2 Aug** 100 Days of Foundation  
**Fri 4 Aug** District Athletics (Newport Athletic Track)  
**Mon 7 Aug** Cyber Safety Project  
**Tues 8 Aug** Feast Day St Mary of the Cross. Mass at 9.00am  
**Wed 9 Aug** 7.00pm P&F  
**Mon 14 Aug** 7.00pm Confirmation Formation Meeting  
**Tues 15 Aug** Feast of the Assumption. Mass at 9.00am  
**Mon 21 Aug** Book Week Parade  
**Wed 30 Aug** 7.00pm Student Wellbeing Parent Session

### **SACRAMENTS**

**Thur 24 Aug: 7.00pm Confirmation for Year 6**

### **PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS**

**Fri 28 Jul:** RE with Maria Forde  
**Mon 6 Nov:** Report Writing

Dear Parents,

This second week of Term 2 has been a very busy one. We have had both excursions and incursions to enhance the rich learning that our classroom teachers provide for our children. Thank you to the parents and grandparents who volunteered to assist the teachers and came on the excursions to help with student supervision. We are very grateful for your support.

Kath Murdoch who is a renowned educational consultant in regards to inquiry learning visited our school this week to model inquiry learning strategies and to support teachers to build their capacity and understanding of inquiry learning. We are dedicated to continuously improving the delivery of our curriculum programs in order to improve student learning outcomes and student participation.

We have a very special whole school Mass on Tuesday the 8th of August celebrating the Feast of St. Mary MacKillop of the Cross, who is also Australia's first Saint. I invite all parents, grandparents and friends of Our Lady's School to join us at 9.00am in the Church.

I remind families that applications for Year 7 in 2025 for Catholic Secondary Schools must be in by Friday 18th August. Our Year 5 students must enrol by this date if they wish to attend a Catholic Secondary School in Year 7 2025. Your child will not be accepted if the enrolment form is not handed in to the secondary school of your choice on time. Your child will be put on a waiting list if you do not apply immediately.

**If you have not enrolled your child in Foundation for 2024 at Our Lady's, please do so immediately.**

Reminder there is no school for children next Friday the 28th July as all staff will be involved in Professional Learning in RE - Faith Development.

A big thank you to the Student Wellbeing committee for organising our Casual Dress Day today and raising a total of **\$1348.45!** This money will be put towards our new playground.

**Thank you to all our families who continually support us with all our fundraising events.**



### **Sower Prayer**

*We are to let the word of God take hold in our lives. We must live God's word.*

Father, Jesus told his followers a story about the sower.

Some of the grain fell on rocky soil and did not grow.

But some of the grain fell on rich soil.

Help us to be open to your word in our lives.

May we open our hearts to hear your word and live it. Amen

## Grade 4 Caring for our Environment

On Tuesday of last week, the Year 4s had an excursion to Kororoit Creek. With 44 students, Ms Karen and Ms Robles came down to the creek on a beautiful clear sunny morning.

On arrival, they were welcomed by the Friends of Kororoit Creek leader Jessica and her two volunteers, the Werribee River Keeper John and his colleague Tanika. After an initial welcome, introductions, acknowledgement of country and safety briefing we split the children into three groups.

Activities undertaken included tree planting along the banks of the creek-led by Jessica, a nature walk with John who shared stories about the flora and fauna in and around the creek, as well as introducing students to a gorgeous platypus called Perry. And the third group was led by Tanika who helped the children identify the creek's water creatures and performed water monitoring tests to look at the health of the creek.

Overall, the children planted 220 trees and behaved brilliantly. Feedback from students, staff and several parents also indicated the excursion was very enjoyable as children told a number of parents about the day.

A huge thanks to our partner organisations Friends of Kororoit Creek and the Werribee River Keeper who helped us deliver the activities on the day.

And a special thanks to Landcare and Melbourne Water (for plants/ guards etc and the River Detectives resourcing). In total these partners funded the excursion to the value of about \$3600.

We look forward to doing more of these events in the future and always welcome parents to come along and join us.

*Greg Woolford*

Family School Partnerships



## 2023 NAPLAN Results

The NAPLAN results for Year 3 and 5 2023 students have been sent home today via an envelope addressed to the parents in the classroom tubs. Parents, please check your child's bag for this important correspondence. Please celebrate your child's successes and keep the NAPLAN results in a safe place as future Secondary Schools may wish to see them.



### Extra Reminder

No school for the children next Friday 28th July.

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

[principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au)

1K: Aman J  
3E: Ava H  
5C: Nevaeh M, Alexander S  
Staff: Mr Josh





# **Student Wellbeing Parent Information evening**

Focus: Zones of regulation;  
social and emotional learning;  
Wellbeing

**When: Wednesday 30th  
August at 7:00pm**







**Year 1**  
**at Scienceworks**



## INSIGHTS

### Modelling self-kindness



This has been a tough parenting year. On a personal level it's been challenging, but when you add the extra difficulty of helping children and young people navigate this year, you'd be forgiven for feeling like you've had enough.

It's timely to look at US-based academic Dr. Brene' Brown's research that informed her book *The Gift of Imperfect Parenting*. Brown's core finding was that the best parenting strategies rely on modelling for them to be adopted by children. That's a little scary as it means we need to be the adults that we want to our kids to become.

There is great power in kids watching us practise how we manage hardships, frustrations and difficulties. Whether we use self-kindness or self-put downs, either will leave an impression on our kids. Not only do they see how we react when we stumble or make mistakes, but we give them permission to act in the same ways.

#### It's hard to be self-kind

If you're a goal-oriented type of person, highly-judgemental or someone who likes to get things done, then self-kindness can be difficult to befriend. It goes against the grain to laugh at your mistakes or miss a deadline, even though it won't be the end of the world as you know it. If you recognise this type of rigid approach then it may be time let go of some old ways. Inflexibility is the enemy of healthy wellbeing, which thrives on adaptability and self-forgiveness.

#### Let them hear the process

Giving a child or young person insight into your thinking is a powerful parenting strategy. Sharing your struggles and mess ups with kids in age-appropriate ways takes vulnerability and promotes empathy. It takes courage to share a comment such as, "I keep putting myself down, which is not helpful. I've got to talk to myself as if I'm talking to someone I love." Disclosing this type of self-talk is only useful if it's done in a safe, matter of fact way and a child is comfortable with the message.

Self-kindness means acting compassionately toward yourself when you are struggling to meet your own expectations, meeting with unexpected difficulties and/or met with failure. It's time to drop the stiff upper lip, put aside the strict schedule and stop berating yourself. Instead say to yourself, "This is really tough right now. How can I take some comfort and look after myself?" This is a message worth modelling particularly, if you are living with a perfectionist or a child with tendencies toward anxiety.



#### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



# The farmer scattered good seed

16th Sunday in Ordinary Time, Year A

## Gospel

Matthew 13:24-30

Jesus put a parable before the crowds,

'The kingdom of heaven may be compared to a man who sowed good seed in his field.

While everybody was asleep his enemy came, sowed darnel all among the wheat, and made off. When the new wheat sprouted and ripened, the darnel appeared as well. The owner's servants went to him and said, "Sir, was it not good seed that you sowed in your field?

If so, where does the darnel come from?"

"Some enemy has done this" he answered.

And the servants said, "Do you want us to go and weed it out?" But he said, "No, because when you weed out the darnel you might pull up the wheat with it. Let them both grow till the harvest; and at harvest time I shall say to the reapers: First collect the darnel and tie it in bundles to be burnt, then gather the wheat into my barn."

Write down or draw some of the things we need to make ourselves grow.


Help the farmer scatter the seed and find the path to the wheat. Keep a look out for weeds!

