



# OUR LADY'S SCHOOL NEWSLETTER

14 October 2022

[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

Burmese: Every 2nd Sunday 2.30pm

Chin: Every 1st, 3rd, 4th, 5th Sunday 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*

*But test everything; hold fast what is good. 1 Thessalonians 5:21*

## DATES FOR THE DIARY

### Mon 31 Oct

School Closure Day - Report Writing (no school for the children)

### Tues 1 Nov

Melbourne Cup Day Public Holiday (no school for the children)

### Mon 14 - Fri 25 Nov

Swimming Program

### Thurs 1 Dec

2023 Foundation Transition 2.00 - 3.00pm

### Thurs 8 Dec

*Feast of the Immaculate Conception of Mary*

2023 Foundation Transition 2.00 - 3.00pm

### Fri 9 Dec

Reports published on nForma Portal

### Tues 13 Dec

Dinner in the Yard with DJ, Art Show 6.00 - 8.00pm  
Parent Teacher Interviews by request

### Wed 14 Dec

Year 6 Graduation: Mass 6.00pm. Disco 7.15-8.15pm

### Fri 16 Dec

11.30am End of Year Mass  
2.30pm End of Year Assembly  
**3.15pm End of 2022 for students**

### Mon 19-Tues 20 Dec

Closure Days - Handover Days for Staff.

## PLEASE TAKE NOTE OF THE 2022 SCHOOL CLOSURE DAYS

(students do not attend school):

Monday 31 October: Report Writing

Dear Parents,

I hope that you have not been affected by the recent weather events. I am grateful that the anticipated heavy rain did not occur in Sunshine last night. As many of you are aware we have 2 classrooms that are prone to flooding (2M and 2N). Luckily, this did not occur. The flooding was prevented due to the commendable work of our maintenance man Dean who had been very busy clearing gutters and drains as well as making enough sandbags to keep the water out. Much of the water that we received yesterday has dispersed and the students will be able to enjoy some outdoor play today. I ask you to keep in your prayers all those communities who are dealing with floods throughout Victoria and in particular parts of Maribyrnong which are currently being inundated by flood waters.

## Congratulations to our Year Six students for organising and hosting a very successful Leadership Conference

I would like to congratulate our Year Six students who yesterday successfully hosted our annual Year Six Leadership Conference. The Year Six students organised the conference and have spent many months putting it all together. The conference is designed to inspire and empower students to use and develop leadership skills. The speakers were very inspiring and spoke about their life journey and how they overcame immense obstacles and achieved their hopes and dreams. One of the inspiring speakers Mr Charlie Bezzina is a grandfather to Charlie, one of our Foundation students. We thank Charlie for his immense contribution to our Year Six conference over many years. You can read about Charlie and all the other speakers on the next page of this newsletter.

Thank you also to the Year Six teachers Mr Tim Wickham and Ms Michelle Gurry and also to the wonderful Mrs Jayne Hill and Mrs Mary-Anne Meilak who supported the students and helped to make the Year Six Conference the great success that it was.



## PRAYER FOR ALL AFFECTED BY FLOOD

In Psalm 46, we read these words of encouragement and comfort: *God is our refuge and strength, a very present help in trouble.*

Almighty God, Creator and preserver of our world. We ask you to hear our humble prayers for all those affected by the devastating floodwaters throughout Victoria.

We pray for all threatened by floodwaters in city, coastal and rural areas. Grant safety to the thousands of residents under evacuation orders. In your mercy, bring relief to affected areas and protect both life and property. Give courage and hope in the midst of despair. And by your gracious hand, rebuild communities where men, women and children are nurtured with care and love. In His name we pray. **AMEN.**



# Leadership Day 2022

## LOGO DESIGN AND MOTTO BY SUMMER F

**DESIGN:** I got my inspiration for the logo from an alarm clock at my Grandma's house. Whilst I was thinking of a design to draw for our 10th Annual Leadership Day, my Grandma's alarm clock went off, and this is what sparked the inspiration for my design. I drew a clock to represent the clock at my Grandma's house and I made the background colours all different, like how people are different. I did this because no matter what colour or race we/you are we can all show leadership.

**MOTTO:** The motto I have paired with my design is "Time 4 Leadership." On the clock on my design I have made it 4 o'clock because I have made the motto with a 4 instead of four to link to the clock.

Time 4 Leadership is like an alarm clock going off reminding you to always show the leadership you have inside of you and never stop.

## THE INSPIRATIONAL SPEAKERS

### Sarah Connolly MP

Sarah Connolly is an Australian politician. She has been a member of the Labour Party since 2018 and is a Member of the Victorian Legislative Assembly. Sarah started her career in the legal system as a judge associate. She believes that where you live should not stop you from having opportunities in life. She currently represents the Victorian Electoral District of Tarneit in Melbourne's outer western suburbs, which when the new electoral boundaries come into place will become the Seat of Laverton.



### Charlie Bezzina

Charlie Bezzina, a local resident, was born in Victoria. He was Victoria's most successful and longest serving Homicide Squad Detective. Charlie has solved some of Victoria's most important cases and brought justice to many. After 38 years of service he retired in November 2009. He spent a long period of his job on the highest profile murder cases. He was also a former Altona North Sergeant and he worked in the drug task force at Footscray and has worked on undercover cases. He was also a specialist investigator into police corruption for one year, drugs investigator for three years and a homicide investigator for seventeen years.



### Kath Koschel

Kath Kochel was a former cricketer who played for New South Wales. After breaking her back in four places and becoming paralysed she was able to teach herself to walk again. Kath showed resilience to overcome these painful and life changing injuries. Now, she is the CEO of the Kindness Factory, founded in November 2015, which has inspired many acts of kindness. Kath has raised almost half a million dollars for many charities and organisations. In January 2017, she was awarded the Young Australian Medal.



### Moira Kelly AOM

Australian Humanitarian Moira Kelly helps children from other countries with medical needs and the expenses this involves. She has worked overseas, in countries like South Africa, USA, Romania and Bosnia.

Moira Kelly has also set up refugee camps, soup kitchens, medical clinics and dental clinics as a way to help people in need. She was awarded an Order of Australia medal in 1989, at the age of 25 being recognised for her humanitarian work to both Australia and to international communities.



Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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

FI: Biak C, Bella W

2M: Ella N

2N: Ethan N

3F: Maya L

4G: Madeline F

4H: Abbey N

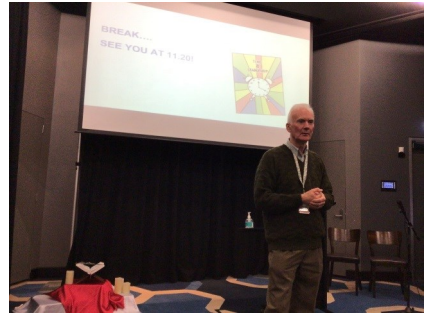
6A: Kayden N

6B: Chloe F

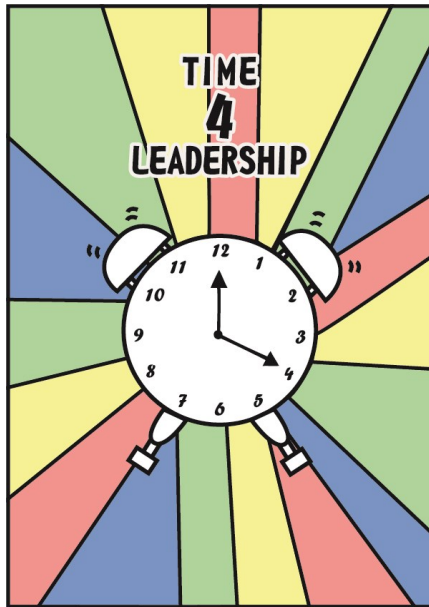
Staff: Mr Membrey, Geraldine







Leadership



Day



## SOCIAL JUSTICE TEAM NEWS



Dear Families,

We, the Year 6 Social Justice Team, have taken it upon ourselves to plan a variety of events for the school community to engage with to raise money for ETHIOPIA in 2022. It is an initiative that many Catholic Schools take up during OCTOBER each year through MISSION AUSTRALIA.

In week 3 Foundation to Year 2 students will be invited to participate in a HULA HOOP competition.

In week 4 the Year 5s and 6s will participate in a game of DODGEBALL.

The winners will be given a prize at an assembly at the end of the month when we will also announce how much money has been raised.

In addition, each classroom is invited to create a stall during a break time during the day so that more money can be raised. Your child's teacher will keep you informed of what that stall might be.

*Throughout Socktober in 2022, students will learn about Ethiopia and support children and their families in need. Although it is a beautiful and deeply historic place, Ethiopia's challenges, including conflict, poverty and famine, have troubled its people for centuries. The growing influence of climate change will only serve to exacerbate these issues, and we are called to act now to work with local communities to support children and families in need, to preserve their dignity and to safeguard their future.*



Thank you for your support during SOCKTOBER.

*Jasmine, Sharon, Mikayla & Zoe*

### PREPARATIONS FOR 2023

As we are beginning our preparations for 2023 we ask that parents let us know as soon as possible if their child/ren are not returning to Our Lady's next year. We have had many inquiries about places for 2023 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 2023 (NOT OUR CURRENT YR 6 STUDENTS) 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 2023

Family Name: \_\_\_\_\_

Child/children's names

1. \_\_\_\_\_ 2022 Grade: \_\_\_\_\_

2. \_\_\_\_\_ 2022 Grade: \_\_\_\_\_

3. \_\_\_\_\_ 2022 Grade: \_\_\_\_\_

Name of our new school: \_\_\_\_\_

And / Or

Our new address: \_\_\_\_\_

\_\_\_\_\_

**Signed:** \_\_\_\_\_ **(Parent)**

*Please return this form to the office as soon as possible*



## 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.



Keep praying and God will help you

29th Sunday in Ordinary Time, Year C

## Gospel Luke 18:1-8

Jesus told his disciples a parable about the need to pray continually and never lose heart. 'There was a judge in a certain town' he said 'who had neither fear of God nor respect for man. In the same town there was a widow who kept on coming to him and saying, "I want justice from you against my enemy!" For a long time he refused, but at last he said to himself, "Maybe I have neither fear of God nor respect for man, but since she keeps pestering me I must give this widow her just rights, or she will persist in coming and worry me to death."'

And the Lord said, 'You notice what the unjust judge has to say? Now will not God see justice done to his chosen who cry to him day and night even when he delays to help them? I promise you, he will see justice done to them, and done speedily. But when the Son of Man comes, will he find any faith on earth?'



Who are some of the people we need to pray for?


Write a prayer asking God to help you to never give up when things get tough.

Cross out all letters that appear three times or more. Then unscramble the remaining letters to complete the name of the popular prayer below.

H	T	G	O	C	E	J	W
S	A	P	Q	G	K	I	T
F	O	E	A	S	B	Q	O
K	L	T	J	T	E	U	B
E	B	C	F	U	J	C	E
Q	G	M	E	Y	B	W	U
U	F	S	O	C	P	Q	S
O	R	P	K	W	E	J	T

The \_ \_ \_ \_ \_