



# OUR LADY'S SCHOOL NEWSLETTER

## 15 October 2021

[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 5.30pm, Sunday 9:00am, 10:45am & 5:30pm

Vietnamese: Saturday 7.30pm, Sunday 12.30pm

Chin: Sunday 2.30pm

**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*

*'And this will be a sign for you: you will find a baby wrapped in swaddling clothes and lying in a manger' Luke 2:12*

### **DATES FOR THE DIARY**

Every Friday Assembly is online

### **ONSITE TIMETABLE (GUIDELINE DEPENDENT)**

#### **Foundation:**

Starting 18 October - Mondays,  
Tuesdays Wednesdays

#### **Year 1 & 2**

Starting 21 October - Thursdays  
and Fridays

#### **Year 3 & 4:**

Starting 26 October - Tuesdays  
and Wednesdays

#### **Year 5 & 6**

Starting 28 October - Thursdays  
and Fridays

### **ALL BACK ONSITE FROM FRIDAY 5 NOVEMBER (GUIDELINE DEPENDENT)**

#### **Tues 19 October**

Online Wellbeing Presentation  
with Michael Grose 7.00pm

#### **Thurs 28 October**

Online Cyber Safety presentation  
with Dr Kristy Goodwin 7.00pm

#### **Mon 1 November**

**School Closure - Report Writing**

#### **Tues 2 November**

Melbourne Cup Public Holiday

#### **Fri 12 November**

Yr 6 Confirmation (TBC)

### **PLEASE TAKE NOTE OF THE 2021 SCHOOL CLOSURE DAYS**

**Mon 1 Nov** Report Writing

Dear Parents,

I hope that the news of the children coming back to school has uplifted you, it is the beginning of regaining some sense of 'normality' back into our lives. For those of you who have been affected by COVID-19 know that you are in our thoughts and prayers and that the school is here to support you in whatever way we can.

We are very excited to be able to begin to have students back at school. As you know it will be a staggered return back to school, meaning that students will not return all at once and that they will be learning both at school and online for part of the week.

Beginning next week the Foundation, Year 1 and Year 2 students will return to school for part of the week and continue with online learning for the days they are not at school. The Years 3, 4, 5 and 6 students will continue with online learning for the whole of next week and will begin to transition back to school from the week beginning the 25th of October. Please see the information below and on the left hand side of this page for clarification. The staggered return will end when all students return to full time learning at school on Friday the 5th of November.



## **WELCOME BACK TO SCHOOL**

**WE ARE ALL SO HAPPY TO HAVE OUR STUDENTS BACK AT  
OUR LADY'S SCHOOL!**

**Information outlining days when your child/children will return to  
learning at school or be learning online at home**

**Foundation students will be at school on Monday, Tuesday and Wednesday.**

**They will not be at school on Thursday and Friday as they will be learning online at home.**

**Years 1 and 2 students will continue to learn online at home on Monday, Tuesday and Wednesday. They will come to school on Thursday and Friday.**

**Years 3, 4, 5 and 6 will continue with online learning for the whole of next week, Monday to Friday. They will begin to transition back into school in the following week.**

### *Petition Psalm*

*We pray to the Lord. God hears our petitions.*



In you, Lord, I take refuge; let me never be put to shame. In your justice rescue and deliver me; listen to me and save me! Be my rock and refuge, my secure stronghold; for you are my rock and fortress. I will always hope in and add to all your praise. My mouth shall proclaim your just deeds, day after day your acts of deliverance, though I cannot number them all. I will speak of the mighty works of the Lord; O God, I will tell of your singular justice. *You are my hope, Lord*

*Psalm 71:1-3, 14-16*

## IMPORTANT INFORMATION

**Essential workers arrangements** - Children of essential workers may continue to attend school each day when their parents are required to work. The arrangements remain the same except if your child is scheduled to return to learning in the classroom. Parents will need to drop off their child at the main gate nearest the office at 8:30am and then pick their child up from the same gate at 3:00pm. Parents will still need to fill in a weekly COVID-19 declaration form.

**Help us to ensure a safe re-entry back to school by following the arrangements for drop off and pick up times and gates when your child comes back to school.**

The table below outlines the gate where you need to drop your child off when school resumes for their particular Year level. We have organised drop offs and pick ups by surnames so for example if you look at the table below students who have surnames starting from A-F need to be dropped off at the Victoria Street gate between 8:20-8:45am and picked up at the same gate between 3:00 – 3:14pm. We are using the same system that was in place last year. This will ensure that we do not have too many people at any one gate so that social distancing can be in place. It is important that you pick up your child and quickly move on so as to avoid having too many people in the one area.

**Please make sure that you familiarise yourself with the gate arrangements below in order to support the school to implement COVID safe practices at all times. Thanking you in advance.**

### Term 4, WEEK 3 ⇨ Drop off and pick up gate arrangements

A-F ☺ Morning Drop Off (Victoria Street)	
8:20 → 8:45	A→F Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
A-F ☺ Afternoon Pick Up (Victoria Street)	
3:05 → 3:14	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
Wednesday only 2:50 → 2:59	

G-L ☺ Morning Drop Off (Station Place)	
8:20 → 8:45	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
G-L ☺ Afternoon Pick Up (Station Place)	
3:05 → 3:14	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
Wednesday only 2:50 → 2:59	

M-R ☺ Morning Drop Off (Victoria Street)	
8:20 → 8:45	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
M-R ☺ Afternoon Pick Up (Victoria Street)	
3:15 → 3:25	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
Wednesday only 3:00 → 3:10	

S-Z ☺ Morning Drop Off (Station Place)	
8:20 → 8:45	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
S-Z ☺ Afternoon Pick Up (Station Place)	
3:15 → 3:25	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
Wednesday only 3:00 → 3:10	

**To make pick ups easier, the eldest child must collect their brothers/sisters so they can leave together.**

## IMPORTANT REMINDERS

### MASKS

We would like to encourage as many students as possible to wear a mask while they are at school. **Our current guidelines direct students in Year 3 to Year 6 to wear face masks when indoors on school premises, unless an exception applies.**

**Whilst students in Foundation, Grade 1 and Grade 2 are not directed to wear a mask we would encourage all students to wear one if they can.**



### DROP OFF AND PICK UP

Although the students will be able to come to school on their allocated days, parents will not be able to come into the school grounds. Please follow the drop off and pick up schedule for your child/ren.

### COVID SAFE PRACTICES

Ventilation strategies, wearing masks and continuing to follow health advice will help to maintain our school as a safe place. This health advice includes maintaining physical distancing as much as possible, having as many classes as possible outdoors, keeping windows and doors open to ventilate rooms, wearing a mask, regularly washing hands, tables and using sanitiser. We will be doing our very best to keep everyone safe but we cannot do it without your help.



Please remind your child/children about COVID safe practices that help them and their friends to remain safe and healthy.

### UNWELL CHILDREN

You need to keep your child/children home if they are showing any symptoms even if they are very mild of coronavirus. The most important action school communities can take to reduce the risk of transmission of COVID-19, is to ensure that any unwell staff or students remain at home and gets tested. I ask all parents of Our Lady's school to collaborate and ensure that your child/children are free from coronavirus symptoms before they come to school and have not had contact in the past 14 days with a person confirmed to have coronavirus or a person suspected to have coronavirus.

### EXPOSURE SITES

Ensure that if you have visited a Tier 1 location that you quarantine at home for 14 days and get tested before returning to school. If we all collaborate together and follow these health guidelines we can ensure that we are all doing our very best to keep our children safe and making sure that our school remains open for learning.



- Wash your hands before putting on your face mask
- Put it over your nose and mouth, and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

## Preparation for 2022 Classes

At this time of the year the school is making arrangements for staffing and classes for 2022. Next week we will begin the process of class compositions for 2022. This process usually takes about a month and a great deal of time and energy goes into the decision-making process. We give the children a voice by asking them to list children they would like to be in their class and we guarantee that each child will have one friend that they have listed.



Please take the time to talk to your child about who they will list as their friends and encourage them to think about listing children who will support them in their learning and help them to be a better learner in the classroom rather than someone they would like to play with. The staff work very hard to make sure that we provide a supportive and engaging learning environment for each child and this process plays a large part in this.

The class structure for 2022 will not change; we will still maintain two classes for each year level. None of the classes will be composite; they will all be straight classes from Foundation to Year 6.

**If you have any educational concerns about your child's placement for 2022 you will need to communicate these to Ms Bertani in writing via email on [principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au) by Friday 22 October 2021. It is essential that all letters have been received by next Friday.**

As we are planning for 2022, we ask that parents let us know as soon as possible if their children are not returning to Our Lady's next year. We have had many inquiries about places for 2022 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 2022 (apart from our current year 6 children) please let the Office know as soon as possible.**

## Canteen News

**The canteen will be open for lunch only as a service to our school community. Those students who return to school will be able to order their lunch. Please make sure you place your orders online via the QKR app.**

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani  
Principal**

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



Zaya F 5C	Ram Nawm T 2M
Chloe F 5D	Lucrecia C 1K
Abbey N 3F	
Maya Le 2M	
Ella N 1K	
Johnny S 6A	
Madeline F 3E	
Geraldine	
Kayden N 5D	
Ethan N 1K	

## SUMMER UNIFORM AT OUR LADY'S

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

Shirt (NOT pale blue polo)



Navy shorts (NOT cargo)



School jumper



School socks



Black shoes/boots (NOT runners)

School hat/cap



Summer dress



White socks

Black school shoes (NOT runners)

School hat/cap



### SPORT

School crested yellow polo

School crested windcheater

Trackpants



**PREPARATIONS FOR 2022**

As we are beginning our preparations for 2022 we ask that parents let us know as soon as possible if their children are not returning to Our Lady's next year. We have had many inquiries about places for 2022 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 2022 (apart from our current year 6 children) 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 2022**

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

Child/children's names

1. \_\_\_\_\_ **2021 Grade:** \_\_\_\_\_

2. \_\_\_\_\_ **2021 Grade:** \_\_\_\_\_

3. \_\_\_\_\_ **2021Grade:** \_\_\_\_\_

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

And / Or

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

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

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

# SAVE THE DATE:



**Raising Children Online Webinar presented by Dr Kristy Goodwin**  
**Thursday 28th October, 2021      Time: 7pm**

Please register by clicking on this [link](#).

*Help your child to thrive online. Put an end to the guilt, grief and guesswork often associated with screen time.*



## Raising Your Child Online

*Help your child to thrive online. Put an end to the guilt, grief and guesswork often associated with screen-time.*

This seminar, delivered online, will help parents of primary school aged children to navigate the digital world with their children, without suggesting that they ban the gaming console, or iPad, or unplug the TV.

Dr Kristy will arm parents with research-based yet realistic advice to help them feel confident about how they can best support their child's physical health, mental wellbeing and learning online.

### Session Overview:

Through this presentation Dr Kristy will explore:

- Why children find the online world captivating and how to manage their screen time so it doesn't end in 'scream time' (there's science to explain their techno-tantrums);
- A simple (& realistic) formula to determine healthy **SCREEN TIME** limits for children based on their **BASIC NEEDS**;
- Why parents need to be the **PILOT** of the **DIGITAL PLANE** and the 3Bs that will allow them to be the pilot;
- Why focusing on **HOW MUCH** time they spend online is **NOT** the most important question and the 5 essential **BOUNDARIES** they must establish to ensure their child's time online supports their **PHYSICAL HEALTH** and **MENTAL WELLBEING**;
- How to determine when their child is ready for a phone, social media account or gaming console (and how to deal with their **CONSTANT DIGITAL REQUESTS**);
- Why **DIGITAL DISCONNECTION** is critical for your child.



# save the date

We have organised for Michael Grose to facilitate an online information session for parents/ guardians that plans to provide many useful tips and information, especially during the difficulties the pandemic brings. See below for all the details.

## Parenting/Guardian digital presentation

**Topic:** Anxiety to resilience -How kids can turn their anxiety into resilience

**Speaker:** Michael Grose

**Date:** Tuesday 19th October 2021

**Time:** 7.00pm -8.30pm (AEDT)

**Venue:** A Zoom meeting link (to be shared closer to the date).

The pandemic continues to bring worry and anxiety to children and young people. Fortunately, there are many things parents can do to assist. While children are the special focus of this presentation, the messages of hope and resilience are just as pertinent for parents and teachers. In this presentation Michael cover:

- The origins of anxiety and why it's so prevalent today
- Essential tools to help kids self-regulate their anxiety and stress
- Ways that adults can effectively respond rather than react emotionally to kids' anxious moments
- The parenting style kids need when they're anxious

# Michael Grose

## Parenting expert, author, speaker

Michael Grose, founder and Managing Director of Parenting Ideas, is one of Australia's leading parenting educators and an award-winning speaker who has been informing and inspiring audiences in Australia, Asia, in the US and UK for more than 20 years. He was also the first person to conduct a parenting seminar to Federal politicians in Parliament House Canberra.

A recognised media figure Michael has had parenting segments on The Project, The Today Show, Weekend Sunrise, 3AW, ABC radio and more. He has contributed to Huff Post, Kidspot and Mamma Mia, and is a former columnist with News Ltd and Fairfax newspapers.

Michael is a former primary school teacher with 15 years' experience. He holds a Master of Educational Studies from Monash University specialising in parenting education and a Bachelor of Education and a Diploma of Primary Teaching from SCV Toorak University (now Deakin University).

He is a bestselling author of 12 books for parents including *Spoonfed Generation*, *Thriving!*, *Anxious Kids* and his latest re-release *Why First Borns Rule the World and Later Borns Want to Change It*.

Michael is the parent of three children who have all successfully flown the parenting nest.



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**Monday 25 October - Sunday 21 November 2021**

Visit our website for more information: **[brimbanklibraries.vic.gov.au](http://brimbanklibraries.vic.gov.au)**

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<b>St Albans</b>	71A Alfrieda Street, St Albans	T 9249 4650
<b>Sunshine</b>	301 Hampshire Road, Sunshine	T 9249 4640
<b>Sydenham</b>	1 Station Street, Taylors Lakes	T 9249 4680



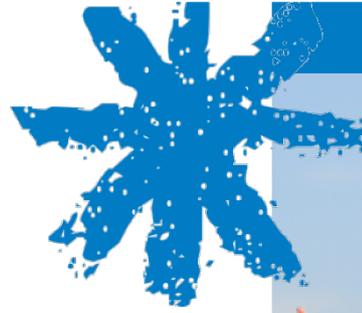
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# insights



## 8 healthy ways to manage emotions

by Michael Grose

What training did you get from your parents in managing emotions? If you are like me, you didn't get much really constructive help in recognising or regulating feelings. *"Don't worry! It will all turn out right!"* was about the extent of the emotional management in my house. I guess that's why many people automatically default to ineffective ways to manage difficult emotions as adults.

### Ineffective ways such as:

1. Avoidance: *"I'm okay, really!"*
2. Denial: *"Nothing wrong with me!"*
3. Wishful thinking: *"She'll be right!"*
4. Worry: *"What if .."*
5. Self-denigration: *"What do you expect? I'm a loser!"*
6. Blaming others: *"She makes me feel so mad!"*
7. Acting out (also abusing alcohol and other drugs): *"Come here you! I'll show you .."*

And they pass those same ineffective methods on to their children. Anxiety (a legitimate feeling), anger (also legitimate) and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

### Here are 8 healthy ways to manage your emotions that you can pass on to your children:

#### 1. Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

## **2. Find a favourite relaxation exercise**

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

## **3. Use a positive reappraisal**

Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

## **4. Exercise**

Exercise releases endorphins; nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising, when we really need it. Let's face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing agame outside with the kids is the very thing you need to feel better.

## **5. Meditate to stop those thoughts**

If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parentingideas recommends meditation as a life skill that will help you balance to your emotional state.

## **6. Find spirituality or something bigger than you**

It's no coincidence that most sustainable cultures have an aspect of spirituality present- that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we've become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

## **7. Change your goal**

Sometimes our emotional state is giving us a message- that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

## 8. Get support from others

Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you may be experiencing.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren't aware that they are emotional management techniques.



### 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.*

# To be good people we must serve others



29th Sunday in Ordinary Time, Year B

## Gospel

Mk 10:35-45

James and John, the sons of Zebedee, approached Jesus. 'Master,' they said to him, 'we want you to do us a favour.' He said to them, 'What is it you want me to do for you?' They said to him, 'Allow us to sit one at your right hand and the other at your left in your glory.' 'You do not know what you are asking' Jesus said to them. 'Can you drink the cup that I must drink, or be baptised with the baptism with which I must be baptised?' They replied, 'We can.' Jesus said to them, 'The cup that I must drink you shall drink, and with the baptism with which I must be baptised you shall be baptised, but as for seats at my right hand or my left, these are not mine to grant; they belong to those to whom they have been allotted.'

When the other ten heard this they began to feel indignant with James and John, so Jesus called them to him and said to them: 'You know that among the pagans their so-called rulers lord it over them, and their great men make their authority felt. This is not to happen among you. No; anyone who wants to become great among you must be your servant, and anyone who wants to be first among you must be slave to all. For the Son of Man himself did not come to be served but to serve, and to give his life as a ransom for many.'



## Serving Others

Jesus tells us that we need to serve others in order to be good people. What are some ways you can be of service to others?

I can serve my family by ...

I can serve my school by ...

I can serve my community by ...



## Ruler or Servant ?

Which of the following things best describe a ruler or a servant?  
Draw a line from each description to what you think is the correct side.



**RULER**

**SERVANT**

**ORDERS OTHERS TO DO THEIR WORK**

**WORKS FOR OTHERS**

**WANTS TO BE GREAT**

**SHOWS HUMILITY**

**HAS POWER OVER OTHERS**

**MAKES SACRIFICES**

**TREATS THEIR LEADERS WITH RESPECT**

Draw a picture of a king or queen

Draw a picture of a servant