



OUR LADY'S SCHOOL NEWSLETTER

14 February 2019

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

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another" John 13:34-35

DATES FOR THE DIARY

Thurs 14 Feb
9.00am Parent Helpers / Excursions Course
Mon 18 Feb
Professional Learning day for Staff (English as Additional Learning) - No school for children
Wed 20 Feb
7.00pm Foundation Parent Information Session
Wed 27 Feb-Fri 1 Mar
Grade 6 Camp
Tues 5 Mar
Shrove Tuesday
Wed 6 Mar
Ash Wednesday
Mon 11 Mar
Labour Day Public Holiday
Mon 18 Mar
School Photos
Sat 30 Mar
School Fete!
Fri 5 Apr
End of Term 1 3.15pm
Fri 19 Apr
Good Friday
Sun 21 Apr
Easter Sunday
Mon 22 Mar
Easter Monday Public Holiday
Tues 23 Apr
Start of Term 2 at 8.45am
Thurs 25 Apr
ANZAC Day Public Holiday
SACRAMENTS
Sun 26 May
10.30am 4G Eucharist
Sun 2 June
10.30am 4H Eucharist
Thurs 10 Oct
Reconciliation time TBC
Fri 15 Nov
7.00 Confirmation

Dear Parent,

Staff Leaders 2019

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.



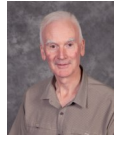
Mrs Christine Carabott
Ms Kriss Oliver
Mrs Geraldine Maguire
Mrs Anna Kalc Smyth
Mr John Buttigieg
Mr Tim Wickham



Deputy Principal / Wellbeing Leader
R.E./Learning and Teaching Leader
Literacy Leader
Numeracy Leader
Digital and Design Technology Leader 4H
Child Safety/OHS/Camp Leader 5D



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jbuttigieg@olsunshine.catholic.edu.au
twickham@olsunshine.catholic.edu.au



Ms Tosh Kaan 6A
Ms Anna Maria Murphy 3F
Ms Jennifer Howe 1L



Senior School Learning Leader
Middle School Learning Leader
Junior School learning Leader



tkaan@olsunshine.catholic.edu.au
amurphy@olsunshine.catholic.edu.au
jhowe@olsunshine.catholic.edu.au

More Wonderful Staff members



Mrs Nubia Barrera and Mrs Geraldine Williams are our wonderful Canteen Managers who make the lunches and provide treats at snack and lunch time.
Mr Steve Cozzi is our Maintenance Man who keeps Our Lady's looking clean and tidy as well as fixing anything broken and rescuing lost shoes and balls from the roof.



Valentine's day Prayer For All

I said a prayer for you and asked the Lord above to fill your heart and bless your soul with the precious gift of love.
I asked Him for sincere love The kind that's meant to stay. Just like the generous love You give to those you touch each day.
I prayed for love from family and from every cherished friend
Then I asked the Lord to give you His love that knows no end. Amen

Parents and Friends (P&F) and Parents Advisory Board (PAB) Meeting Dates for 2019

Parents and Friends meetings start at 8.45am and Parents Advisory Board meetings will start at 7.00pm. All meetings will be held in the Hall Kitchen.

| P&F Meetings | PAB Meetings |
|-------------------------|---------------------|
| 1 March | 13 March |
| 3 May | 15 May |
| 19 July | 14 August |
| 16 August | 30 October |
| 1 November | |



**We welcome all parents to come along to the
Parents Advisory Board Meeting on March 13 at
7.00pm in the Hall Kitchen.**

School photos and videos

School Volunteers and those undertaking 'Child Connected Works'

In accordance with the School's 'Child safety Code of Conduct' members of the school community undertaking 'Child Connected Works' are:

- Not permitted to photograph/video a student or young person under any circumstances. All photographs/videos will be taken by the supervising teacher.

Where a volunteer is suspected of breaching this obligation the school will take immediate action to address the concern. Where deemed appropriate, this may be referred to Victoria Police.

School Performances, Assemblies, Sporting and Other Sanctioned School Events

Our Lady's Primary School allows members of the school community to take photographs and videos of their children at school assemblies, class presentations, performances, sporting events etc.

In accordance with the Privacy & Data Act 2014 (Vic), Copyright Act 1968 (Cth) & Education Department guidelines, members of the school community are restricted to only photograph/video their children. These images must not be published on social media or in any other form without the prior consent of parents and guardians whose children may unintentionally appear in the images.

The school does not permit any member of the school community or invited guest to take photographs/videos of the any school production.

Note: The school does not own or control any photographs or video taken by members of the school community or invited guests.



Week 3 Learning at Our Lady's



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

FETE NEWS



We are seeking the following class room donations to help make our school fete a success.

Foundation: Fruit boxes of any flavour



Grade 1

Bags of lollies



Grade 2: Blocks of chocolate (any variety)



Grade 3: Funsized Chocolate packs (any variety)



Grade 4: Fun size share packs of Chips



Grade 5: Lolly Mix mini bag packs



Grade 6: Zooper Doopers



The donations will be used in the canteen, as prizes and for the side show games.

All donations can be left in your child's class room.

Thanks in advance,
Fete Committee

CANTEEN NEWS

Any parents who can help in the Canteen, especially on Thursdays or Fridays, please see Geraldine or Nubia in the Canteen.

We would LOVE to see you!



EXTEND UPDATE.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|-----------------|-----------|------------|----------|
| Slime Time | Glitters Globes | Yoga | Basketball | Cupcakes |

The Extend Superstar is...

Sebastian S for watering our indoor plants at the end of the day with our left over bottle water.

What's Been Happening?

Children have made their own gooey slime which they all enjoyed and got to take a small piece home. The pool table has been popular with the children, taking turns and positively interacting with one another at all times. Our indoor garden is beginning to look great and we are collecting rain water as well as any left over water from our drink bottles to water our beautiful plants. We have also been making lots of ice cream flavour and cones with our brand new play-dough and ice cream machine, children love to use their imagination and this has been evident through the amazing Colours and shapes created throughout the week. We look forward to another week of fun games, crafts, cooking, sports and new experiences.

Enrol and book now: www.extend.com.au



FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

HOW TO APPLY

- Fill in the attached 2019 CSEF Application Form and sign it
- Provide a copy of your current, signed Health Care / Centrelink Pension Card (we can copy in the Office if that's easier)



MORE INFORMATION

For more information about the CSEF visit www.education.vic.gov.au/csef

Please come into the
Office with your
Health Care Card to
fill out a 2019 CSEF
Application Form.



OUR LADY'S 100TH YEAR FETE

SATURDAY 30TH MARCH

9AM UNTIL 3PM

FOOD, STALLS, INFLATABLES & AMUSEMENTS

32 Station Place, Sunshine

All Welcome

**ST. PETER'S CATHOLIC PRIMARY SCHOOL
SOUTH WEST SUNSHINE**

40TH ANNIVERSARY

24TH MARCH 2019



**Calling on all past staff, students and families to come
and celebrate this occasion.**

Where: St. Peter's Gym, 2A Killeen St West Sunshine

When: Sunday March 24th 2019

**Time: 11.00am (Mass – officiated by Bishop Mark Edwards OMI DD)
12.00pm (Lunch and Entertainment)**

Entertainment will include ELS School of Dance, West End Performing Arts,
K & K Calisthenics, St. Peter's School Choir, Extreme Party, Animals on the Move
and Soccer Clinics.

Memorabilia across the last four decades will also be on display.

TO REGISTER INTEREST

Please contact Administration Office
office@spsunshinesw.catholic.edu.au
03 9312 3147

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.



Happy are the poor.... god's kingdom belongs to you!

6th Sunday in Ordinary Time, Year C

my name is _____

Gospel

Lk 6:17. 20-23

Jesus came down with the Twelve and stopped at a piece of level ground where there was a large gathering of his disciples with a great crowd of people from all parts of Judaea and from Jerusalem and from the coastal region of Tyre and Sidon who had come to hear him and to be cured of their diseases.

Then fixing his eyes on his disciples he said:

'How happy are you who are poor: yours is the kingdom of God.

Happy you who are hungry now: you shall be satisfied.

Happy you who weep now: you shall laugh.

'Happy are you when people hate you, drive you out, abuse you, denounce your name as criminal, on account of the Son of Man. Rejoice when that day comes and dance for joy, for then your reward will be great in heaven. This was the way their ancestors treated the prophets.

Find the opposites of the following words, then use the circled letters to make a word we use that describes heaven.

___ O ___ HAPPY

WEAK > ___ O ___

O ___ < FULL

ASLEEP > ___ O ___

HEAVY > ___ O ___

LITTLE > ___ O ___

___ O ___ < OPEN

Heaven is God's _____.

Fill in the missing words for each of Jesus' teachings using the pictures as clues. Draw Jesus preaching.

God will bless you people who are _____.

His _____ will belong to you.



God will bless you _____ people.

You will have _____ to eat.

God will bless you people who are _____.

_____. You will _____!

