



*Arise, shine; for your light has come, and the glory of the Lord has risen on you.*  
*Isaiah 60:1*

**DATES FOR THE DIARY**

**Fri 14 Feb** Interschool Sport starts  
**Mon 17 Feb** School Photos  
**Wed 19 Feb** 7.00pm P&F AGM  
**Tues 25 Feb** 7.00pm PAB AGM  
**Wed 26 Feb** 7.00pm Foundation Parent Learning Session  
**Mon 3 Mar** Foundation start at school full time  
**Wed 5 Mar** Ash Wednesday  
**Mon 10 Mar** Labour Day Public Holiday  
**Tues 11 Mar** Professional Learning for Staff (RE)

**2025 Professional Development Days for staff - No school for the children**

**Term 1**  
Tues 11th March - Religious Education Focus

**Term 2**  
Mon 19th May - PD Review  
Tues 20th May - PD Review

**Term 3**  
Wed 13th August - Religious Education Focus

**Term 4**  
Mon 3rd of November

1:00pm finish days at the end of each term

Term 1 - Fri 4th April

Term 2 - Fri 4th July

Term 3 - Fri 19th September

Term 4 - Tues 16th December (last day of the 2025 school year for students).

Term 2 - Three Way Conversations (First Semester Reports)  
Thursday 3rd July 10:00am - 6:00pm  
Friday 4th July 8:00am - 12:40pm

**Sacraments**

**Wed 30 Apr** 6.00pm Reconciliation for Yr 3

**Sun 25 May** 10.30am Eucharist for Yr 4

**Fri 8 Aug** 7.00pm Confirmation for Yr 6

Dear Parents and Carers,

I hope that your week has been a good one. I would like to thank all those families and friends who attended the Opening of the New School Year Mass. It was a very beautiful mass especially when the children sang. A special thanks to all the children who read in the mass and a special thank you to our Foundation students for whom this was their first school mass. They sat quietly for most of the time and listened as Father Peter spoke and conducted the mass.

As you know one of the priorities at Our Lady's School is Student Wellbeing. It is important that if a significant event occurs in your family which could impact on your child socially and emotionally that you communicate with your child's teacher and let him/her know. You do not have to give any details if you do not wish to but just let the teacher know that your child may not be as ready to learn or as happy as they normally would be. This will help us to support your child through any challenges. We are a caring community and your communication will help us give your child the right support and understanding.



Our Student Wellbeing leader is Christine Carabott who oversees all the Student Wellbeing programs that we run in our school. She also organises parent information nights focussed on enhancing students' wellbeing. All staff at Our Lady's work hard to provide a safe, happy school environment so that all children can flourish and enjoy being at school.

**Junior Playground**

On Thursday you may have noticed that the canopy on the junior playground was removed. We were advised to remove it by the shade sail company who came out to give us a quote to put shade sails over the whole playground in order to provide maximum shade for the children.

Those of you who were here last year will remember that the Parents and Friends Committee raised money via the Colour Fun Run event that was held in 2024, in order for the school to be able to purchase a shade sail that will cover the playground. We are in the process of getting quotes and hope to finalise this over the next few weeks. Once again a big thank you to all the parents who contributed to the fund raising in 2024 and to the P&F for organising such a successful fund raising event.



*Valentine's Day Prayer for Our Friends*

Heavenly Father,

I pray for all my friends this day.

Help them find love in their lives. Grant them the strength that they need to go through life each day.

Give them good health. Give them the courage to overcome all their fears.

Let them love their neighbours as themselves. Bless them to live for you all the days of their lives.

Amen



# Vietnamese Tet Festival

We wish all our Vietnamese families a happy Lunar Year as they will be involved in many celebrations to commemorate this important event. Lunar New Year or Tết Nguyên Đán, is Vietnam's most significant celebration. Across Vietnam, during this time families reunite and honour their ancestors, while praying for luck, prosperity and health in the new year.



Here in Melbourne the Vietnamese community organise many exciting ways to celebrate Tet. On Saturday the 15th of February at Footscray Park (Eastern Lawn) from 11.00am to 10.00pm and also on the 16th from 11.00am to 9.00pm the Vietnamese community will be celebrating 50 years of Vietnamese refugee resettlement in Australia. This year's Tết festival at Footscray Park is more than just a celebration - it's a heartfelt tribute to resilience, survival, and the shared gratitude for the chance to rebuild lives in a new home. The event will include food stalls, performances, carnival rides, cultural displays and fireworks each evening.

On the Saturday at around 4.20pm the RAAF will conduct a ceremonial fly over. We are all welcome to participate in this wonderful event and enjoy the happy, festival atmosphere.

## REMINDERS

**Don't forget that on Monday we will be having our school photos so please make sure you are wearing the correct school uniform and that you take some extra time to look the very best you can.**



**All children should be wearing the Our Lady's school hat during Term 1. Any students not wearing their school hat will be required to sit in the shade. No other hats are permitted to be worn.**



**Parents and Friends Meeting (AGM) on Wednesday the 19th of February at 7.00pm in the staffroom.**



**Parent Advisory Board Meeting (AGM) on Tuesday the 25th of February at 7.00pm in the staffroom.**



## A very special piece of construction

Harry and Elias from 3E have collaborated together to create this amazing cart from our Nudel cart construction kit. They have made room for a baby and an adult to fit comfortably in their well designed cart. They are both very proud of their creation and showed it to some of their friends.

We are looking forward to seeing what other creations children will design this year using the Nudel cart.



Warm regards,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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

# Parents & Friends Committee

At Our Lady's school we are committed to developing and sustaining reciprocal partnerships with our parent community in order to improve student engagement, wellbeing, and learning. Joining the Parents and Friends Committee is a great way to contribute to strengthening your connection to this school. We are hoping that you will consider joining the Parents and Friends Committee. Over the years the Parents and Friends Committee and volunteers have raised money to purchase valuable resources for the school as well as providing additional rich experiences for the children of Our Lady's school to enjoy.

Our school values, encourages and appreciates parent involvement and children love to see their parents participating in the life of the school.

## Parents and Friends Committee

### Annual General Meeting 2025

Wednesday 19 February at

7.00pm in the Staffroom

It is a great way of connecting with other parents and you will be made to feel very welcome. We look forward to adding new members to our already great team.

Attached you will find the role descriptions and a nomination form. Joining the Parents and Friends Committee is a wonderful way to meet other parents, support the school via many exciting fund raising activities and to enrich the children's school experience by organising special treat days or the Sacramental parties for the children who received their Reconciliation, Eucharist or Confirmation.



## ROLE DESCRIPTIONS OF THE PARENTS AND FRIENDS COMMITTEE

### President

The President's position carries a task of trust and responsibility and requires skill and time. The President should exercise authority with tact, be impartial and open to other points of view.

The main role of the President is to:

- \* Be the main representative/spokesperson for the P&F
- \* Liaise with the Committee members and set the agenda for meetings
- \* Be the main contact for agenda items
- \* Open the meetings punctually and ensure the agenda is followed
- \* Ensure those present at the meeting have the opportunity to discuss each item on the agenda prior to a decision being made
- \* Make sure, particularly on contentious matters, as many points of view as possible are expressed
- \* Make sure everyone is given an opportunity to speak and encourage members to speak by addressing questions to them
- \* Work towards a collaborative approach with other members of school community
- \* Be mindful of timelines, keep discussions on track and keep meetings moving
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### Vice-President

The Vice President plays an important role by assisting the President with P&F responsibilities and replacing the President and chair meetings in the absence of the President.

### Secretary

The Secretary is very important to the efficient operation of the P&F. Duties and responsibilities include:

- \* Taking minutes at P&F and Committee meetings
- \* Photocopying and distributing minutes to Committee members along with agenda prior to the next meeting
- \* In consultation with the Principal and President:
- \* Providing a summary of the matters discussed at the meeting for display on the parents' notice board
- \* Dealing with any incoming/outgoing correspondence

### Treasurer

The Treasurer carries a task of trust and responsibility. Duties and responsibilities include:

- \* Taking charge of monies of the P&F
- \* Keeping accurate financial records of all receipts and expenditure
- \* Banking all money regularly
- \* Reporting regularly on the P&F's financial position at meetings
- \* Preparing a financial report for the Annual General Meeting

### Committee Members

Committee members have a responsibility to:

- \* Attend PFA meetings as regularly as possible and send apologies if unable to attend
- \* Help organise P&F activities and projects
- \* Work towards the best possible outcomes being achieved
- \* Be mindful that discussions should be on topics which are relevant to the whole school community
- \* Facilitate and nurture positive home/school relationships within the parent community



## Election of the Our Lady's School Parents and Friends Committee 2025

### Nomination Form

#### **P & F Annual General Meeting – Wednesday 19 February at 7.00pm**

Nominations are invited for the Our Lady's School Parents & Friends Committee 2025.

### Nomination

I, (your name) \_\_\_\_\_

Parent of (name and grade of your child) \_\_\_\_\_

Nominate: (name of person) \_\_\_\_\_

For the Position of: (one form per nomination)

President

Vice President

Secretary

Treasurer

### Signed

Nominator: \_\_\_\_\_ Date: \_\_\_\_\_

### Nomination Acceptance

I, (nominee) \_\_\_\_\_

Parent of (name and grade of your child) \_\_\_\_\_

Accept the nomination as indicated above.

Nominee's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***ALL NOMINATION FORMS ARE TO BE HANDED INTO THE OFFICE***

## OUR LADY'S SCHOOL PARENTS ADVISORY BOARD (PAB)



### Membership

Open to all parents/carers – representing families  
Principal (representing Parish Priest and School Community – children, families and staff)  
School Leaders as required  
Community members as invited e.g. Family-School Partnership convenor

### Child Safety

It is an expectation that all Members of the Parent's Advisory Board (PAB) adhere to the Our Lady's School Child Safety Policy and Standards and understand that Our Lady's is a Child Safe School that promotes the safety, wellbeing and inclusion of all children.

### Structure

Chairperson  
Deputy Chairperson  
Secretary  
Currently the Parents and Friends Committee meets and reports regularly to the Principal who will pass on relevant information to the Parents Advisory Board

### Vision for Parent Advisory Board

- To represent and to be representative of all parents and families, being inclusive and committed
- To share and live out the vision and the values of the school
- To be a rich source of wisdom and insight as well as working to strengthen community partnerships
- To consult and seek to achieve better outcomes for all members of the school community
- To be role models for others – maintaining a professional and confidential approach
- To make everyone feel included and welcome
- To be active listeners committed to working collaboratively
- To work proactively and positively for the school
- To represent the parent voice and the whole school community in a loyal and proper way
- To establish boundaries and protocols to operate by
- To at all times maintain confidentiality

### Current protocols/agreements include:

Maintain a positive and proper tone for all our communication – in meetings and in representing the school. Speak for the needs of all children and not our personal concerns (individual matters are to be discussed with the school leaders and teachers).

Agenda is set by the Chairperson in consultation with the Principal. All parents attending are welcome to add items to the agenda. New agenda items are tabled and then placed on the agenda of the next meeting. Meetings start at 7.00pm and end at 8.00pm.

The chairperson communicates matters to the school community via Parent Advisory Board Newsletter article. Please email to: [jhill@olsunshine.catholic.edu.au](mailto:jhill@olsunshine.catholic.edu.au)

The principal follows up matters with the staff and the whole community.

The secretary records and distributes the notes of the meeting to all attendees and apologies.

Proposed agenda items must be emailed to the Chairperson / Deputy Chairperson / Secretary 1 week before the scheduled Board Meeting.

## Role Descriptions

### Chairperson

The Chairperson's position carries a task of trust and responsibility and requires skill and time. The Chairperson should exercise authority with tact, be impartial and open to other points of view.

The main role of the Chairperson is to:

- Be the main representative/spokesperson for the Parents Advisory Board
- Liaise with the Principal to finalise agenda items for the next meeting and advise the Secretary to distribute the agenda and required pre-reading at least 3 business days before the next meeting
- Be the main contact for agenda items
- Open the meetings punctually and ensure the agenda is followed
- Ensure those present at the meeting have the opportunity to discuss each item on the agenda prior to a decision being made
- Work towards a collaborative approach with other members of school community
- Be mindful of timelines, keep discussions on track and keep meetings moving

### Deputy Chairperson

The responsibilities of this role will be to:

- Support the Chairperson in the coordination of the meetings (i.e. pre-reading / pre-work, etc.).
- Support the Chairperson in the running of the meeting by ensuring timelines are adhered to, and discussions are on track.
- Assume the responsibilities of the Chairperson or the Secretary in the event either one is unable to attend the meeting.

### Secretary

The Secretary is very important to the efficient operation of the Parents Advisory Board.

Duties and responsibilities include:

- Taking minutes at Parents Advisory Board meetings
- Photocopying and distributing minutes to Committee members along with agenda prior to the next meeting
- Dealing with any incoming/outgoing correspondence

### Committee Members

Committee members have a responsibility to:

- Attend Parents Advisory Board meetings as regularly as possible and send apologies if unable to attend
- Help organise Parents Advisory Board activities and projects
- Work towards the best possible outcomes being achieved
- Be mindful that discussions should be on topics which are relevant to the whole school community
- Facilitate and nurture positive home/school relationships within the parent community



# *Parents Advisory Board*

## **Expression of Interest Form**

Expressions of Interest are invited for the Our Lady's School Parents  
Advisory Board 2025.

**PAB Annual General Meeting – Tuesday 25 February at 7.00pm**

I, (your name) \_\_\_\_\_

Parent of (name and grade of your eldest child):

\_\_\_\_\_

Contact number: \_\_\_\_\_

Contact email: \_\_\_\_\_

Am interested in becoming a member of the Our Lady's School  
Parents Advisory Board in 2025.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

***ALL EXPRESSIONS OF INTEREST FORMS ARE TO BE HANDED TO THE  
OFFICE***



Our Lady of The Immaculate Conception Parish PS

SchoolPix is coming to photograph on:

**Monday**  
**17th February**

Early Bird orders with **FREE DELIVERY**  
to your school **CLOSE 5 WORKING DAYS** after  
your last photography session.

A postage fee will apply for orders placed after this date.



**SIBLING ORDERS**

must be placed prior to

**8am on 17th February**



Order at [order.schoolpix.com.au](https://order.schoolpix.com.au)

**Misplaced your order flyer?**

Please visit [www.schoolpix.com.au](https://www.schoolpix.com.au) and use the student search to find your child's unique ID or contact our **Customer Care team** on **1300 766 055** or [help@schoolpix.com.au](mailto:help@schoolpix.com.au).

Join us  
for our 2025

# Open Day

Sunday, 23 March 2025  
11.00am - 2.00pm  
204 Churchill Avenue,  
Braybrook 3019



[cccc.vic.edu.au/open-day-2025](http://cccc.vic.edu.au/open-day-2025)



## TERM 1 INTERSCHOOL SPORT

This year, the Year 5 and 6 children have the opportunity to compete against schools in an Inter-School Sports competition in the Sunshine District. Our Lady's School is part of the Sunshine District Primary School Sporting Association and will compete against seven other schools in a weekly league which commences Friday the 14th of February.



Game times 9.30-10.30am

### TERM 1 INTERSCHOOL SPORT DRAW

Friday 14 February Home Game OLPS v St Paul's  
Friday 21 February Away Game Sunshine Heights v OLPS  
Friday 28 February Away Game Harvester v OLPS  
Friday 7 March Away Game Sunshine North v OLPS  
Friday 14 March Home Game OLPS v Albion  
Friday 21 March BYE (Yr 6 Camp)  
Friday 28 March Away Game St Theresa's v OLPS

During Home matches the children participating in basketball, tennis, netball and newcomb play on school grounds while those playing soccer, cricket, football and t-ball catch a bus to play at Parsons Reserve.

# FLY INTO THE NEW SCHOOL YEAR WITH EXTEND!



## BOOK FOR TERM 1 TODAY!



extend

BEFORE & AFTER  
SCHOOL CARE

Extend is back for an exciting new year!

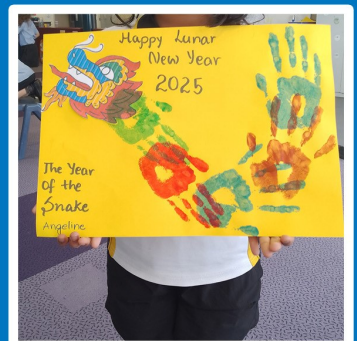
We hope you enjoyed your summer holidays, now it's time to fly into Term 1!

**Join us as we open our doors for:**

- Fun educational activities and games
- Fresh and healthy snacks provided every day!
- A supportive space for relaxing, homework and group play!

Soar into the school year hassle-free with Extend's quality service!

For more information on how to enrol and book, visit [extend.com.au](https://www.extend.com.au) today!



## SCAN HERE TO ENROL & BOOK FOR TERM 1!

# Compassion

## *The Parenting Superpower Most Mums and Dads Aren't Using*

Every interaction with your child is either building connection or creating distance. Most parents are unknowingly choosing distance without realising the long-term emotional consequences.

In the daily grind of managing the household, getting children to and from school (and other commitments), regulating their emotions and our emotions, and navigating the everyday realities of life: it wears us out. We're flustered. Exhausted. And... let's be honest; sometimes we are impatient.

We *want* to be great parents. We know that connection is key. But now it's 5pm, and our children are done for the day. The energy is shifting. Tempers are fraying. They're bickering. You've asked and asked, but their school bag is still in the doorway.

When our willpower is at its lowest, our children are likely to be most challenging. At this point, us trying to get things right is like trying to start a campfire with wet matches—frustrating, energy-draining, and seemingly impossible. It's easy to fall into a cycle of correction and direction that misses the most important aspect of raising children: connection.

Compassion is the answer. I know... It feels like a sharp command, a clear consequence, and a stern face will get you where you want to go faster: maybe it will. But you're playing a longer game.

## What is Compassion?

Let's get clear on definitions. *Compassion* comes from two Latin words. In our English translation we'll say that:

*Com* means together, with others. (Think community, communicate, combat, common.)

*Passion* doesn't mean what you think. It's Tony Robbins saying, "*Believe in yourself! You can do it!*" The word literally means *to suffer*.

So *compassion*, at its core, means *to suffer together*.

## In Real Life

Consider a typical scenario: Your child is upset because a friend has moved away over the Christmas break. The natural response might be to minimise their feelings by saying things like, "You'll make new friends" or "Stop moping around." There's the classic Aussie response: "You'll be right." But these responses tell children that their emotions are inconvenient or invalid. It feels dismissive.

Instead, true compassion means sitting with their pain. It means saying things like:

- "It must be really hard to miss your friend."
- "Being apart from someone you care about is tough."
- "I can see how much this is affecting you."

## The Power of Validation

Validation doesn't mean agreeing with everything or solving every problem. It means acknowledging the emotional experience. When children feel heard, they feel safe. When they feel safe, they're more likely to communicate openly and work collaboratively with parents.

This approach transforms discipline from a power struggle into a collaborative process. Instead of creating resistance, compassion builds connection.

## 5 Practical Ways to Practice Compassionate Parenting

- 1. Listen Without Judgement:** Create a safe space for your children to express their feelings. Put away distractions, make eye contact, and hear what they're saying. Avoid immediate advice or correction. Sometimes, feeling heard is the most powerful intervention.
- 2. Name the Emotion:** Help children develop emotional intelligence by naming their feelings. "It seems like you're feeling frustrated" or "I can see you're feeling disappointed" gives children language for their internal experiences. This helps them understand and manage their emotions more effectively.
- 3. Set Boundaries with Empathy:** Compassionate parenting isn't about eliminating boundaries. It's about setting those boundaries with understanding and respect. Instead of "Because I said so," try "I understand you want to do this, and right now, we need to do something different. Here's why..."
- 4. Model Emotional Regulation:** Children learn emotional management by watching their parents. When you handle your own stress, disappointment, or anger with calm and reflection, you're teaching them a powerful life skill. Show them how to process emotions constructively.
- 5. Repair and Reconnect:** No parent is perfect. When you make mistakes—and you will—take responsibility. Apologise sincerely. Show your children that it's okay to be imperfect and that relationships can be healed through honest communication and genuine care.

## The Long-Term Impact

Compassionate parenting isn't a quick fix. It's a long-term investment in your child's emotional development. Children raised with this approach are more likely to:

- Develop strong emotional intelligence
- Build healthier relationships
- Communicate more openly
- Handle stress more effectively
- Show empathy to others

Discipline will always be part of parenting. But when discipline is rooted in compassion, it becomes a tool for teaching and connection rather than a weapon of control.

Remember, you're not just raising children. You're nurturing future adults who will carry the emotional skills you've taught them into every relationship and challenge they'll face.



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](http://happyfamilies.com.au).



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

6th Sunday in Ordinary Time, Year C

## 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.'



Jesus told his disciples that even though people may be mean to you, as a follower of Christ you will have a great reward in heaven. What do you think your rewards in heaven will be?

Four large empty rectangular boxes for writing answers.

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 \_\_\_\_\_!

