



## OUR LADY'S SCHOOL NEWSLETTER

15 February 2018

[www.olsunshine.catholic.edu.au](http://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](http://www.olsunshine.catholic.edu.au)  
*Our Lady's is a Child Safe School*

*For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Jeremiah 29:11*

### DATES FOR THE DIARY

#### **Fri 16 Feb**

Parent Helper Session 9.00am

#### **Sat 17 Feb**

Sunshine Bunnings Fundraiser  
BBQ 8.30am-4.30pm

#### **Tues 20 Feb**

Parent Teacher Chats after  
school

#### **Wed 21 Feb**

Foundation BBQ

#### **Mon 26 Feb**

Professional Learning Day for  
Staff (Student Wellbeing Berry  
Street) - NO school for the  
children

#### **Wed 28 Feb**

Foundation Learning Infor-  
mation Night

#### **Wed 28 Feb - Fri 2 Mar**

Grade 6 Camp (Oasis Mt Eve-  
lyn)

#### **Mon 5 mar**

Maths Parent Session with  
Michael Ymer

#### **Fri 9 March**

Parish Movie

#### **Mon 12 March**

Labour Day Public Holiday

#### **Mon 19 March**

School Photos

#### **Thurs 29 March**

2.30pm Holy Week Paraliturgy  
3.15pm End of Term 1

#### **Mon 16 April**

Start of Term 2

### SACRAMENTS

Eucharist (Year 4)

Sun 27 May 10.30am (4H)

Sun 3 June 10.30am (4G)

Reconciliation (Year 3)

Thur 6 Sept 7.00pm

Confirmation (Year 6)

Fri 16 November 7.00pm



Dear Parent,

On Tuesday the staff of Our Lady's school had a special morning tea to welcome Father Lucas who the Archbishop has appointed to work in our parish as Assistant Priest. Father Lucas is also the Chaplain for the Myanmar community in the Archdiocese of Melbourne. Father Lucas is a man of many talents and he shared with us his love of cooking, sewing, dancing, painting and martial arts. He said he will enjoy coming to visit classes across the school.

#### **Parent/Teacher Chats**

It was great for the teachers to have the opportunity to have a conversation with parents this week during our Parent/Teacher Chats. We will continue the Parent/Teacher Chats next Tuesday the 20th of February. Communication between parents and teachers is an important factor which helps to support your child's learning and connectedness to school. By attending the Parent/Teacher Chats you are demonstrating your commitment to working in partnership with the Our Lady's staff to ensure the best possible education for your child/children.

#### **Parents and Friends Annual General Meeting**

Last night we held our Parents and Friends Annual General Meeting. I would like to thank all those parents who made the effort to attend. We have elected new members to the official positions but before I announce the new committee members I would like to acknowledge the work of the outgoing committee: Anne Hubbard (President), Sue Brown (Vice President), Sonya McCartin (Secretary) and Leonie Kirk (Treasurer). You have been an outstanding group of dedicated parents who have channelled all your combined expertise and energy to planning and coordinating many wonderful events for the children of Our Lady's school. We thank you for the many years of service to the Our Lady's school community and thank you together with all the other parent volunteers for all the money raised over the years.

#### **Introducing you to the newly elected 2018 Parents and Friends Committee.**

**Congratulations to all the new members. The staff and I are looking forward to working together with you in 2018.**

*President - Michelle Hayes*

*Assistant President - James Moore*

*Secretary - Lyndal Acreman*

*Treasurer - Gemma Croft*



#### *Ash Wednesday Prayer*



*Ash Wednesday is the first day of Lent. We should pray to start the season right. Jesus, Saviour and Redeemer, yesterday was Ash Wednesday and the beginning of Lent. We pray that we may walk with you in faith, hope and love throughout the weeks of Lent. Help us to grow in faith during this holy season and to be people of prayer always. May we be aware of the needs of others so that we can reach out to them in your name. turn our hearts and our footsteps toward your kingdom of peace and justice. We pray this through your Holy Spirit of love who shows us the way to the Father. Amen*

**At Our Lady of the Immaculate Parish Primary School we promote the safety, well being and inclusion of all children.**

## Important Events and Information

### Friday Assemblies

Every Friday from 2.30pm we have our Assembly in the School Hall. It is a time for the whole school to come together to hear the Gospel, pray together, celebrate children's achievements and birthdays. We reflect on the week's events and children from across year levels share their PowerPoint presentations which capture the main events of our week.

We are providing our students with a greater voice in all matters to do with school and learning and that is why you will see our students running the Friday Assembly. We hope that you will join us as it is a great way to keep in touch with what is happening in the school and to catch up on students' learning achievements.

### PLEASE HELP US TO KEEP OUR CANTEEN RUNNING

We are desperately seeking volunteers for the school canteen. Even just an hour a week will make a difference and be of help.

If we do not have enough parent helpers for the canteen we will be forced to reduce the service which is currently provided to the school community.

Please pop into the canteen and speak to the Canteen managers Geraldine or Nubia

**Please come and show your support for the Our Lady's**

***Sausage Sizzle Fundraiser***

**this Saturday 17 February from 8.30am - 4.30pm**

**Bunnings Warehouse – Ballarat Rd Sunshine**



**We hope to see lots of people coming to say hello, buy a sausage and help raise money for the school!**

*– Parents & Friends Committee*

## Important Events and Information

### School Attendance

We would like to bring to your attention the importance of regular school attendance and ask you for your collaboration so as to maximize your child's learning opportunities, to build your child's confidence and connection to school. Please ensure that your child is at school on time each and every day. Parents have a responsibility to ensure that their child attend school regularly and are only absent if ill or if absolutely necessary.

### Student Absences

All attendance records are maintained and monitored at school. Parents have the responsibility to alert the school if their child is absent. This can easily be done by:

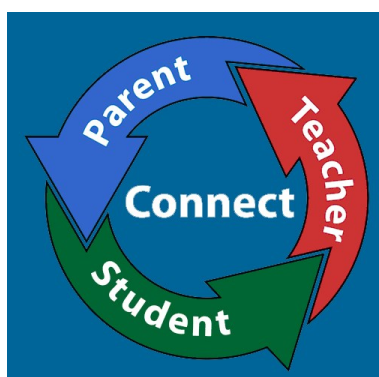
- Telephoning the office in the morning between 8:30am and 9.00am
- Submitting an absence form on the Skoolbag App
- Notifying the teacher in person

Teachers mark the roll first thing in the morning at 8:45am. If a child is marked absent and there has been no communication by the parent/caregiver to the school the office will send an SMS (text message) to the parent/caregiver asking them to contact the school immediately.

It is important that school policies and procedures are followed in order to ensure that all children are safe at all times.

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

You may have noticed a change to the look of our school website. We have changed service providers and Sponsor-ed are our new website providers. I ask for your patience as we are still working on building our new website. We hope that it will be easier for you to navigate and find information. Please make sure you visit your child's class site.



### PLEASE REMEMBER TO VISIT YOUR CHILD'S

#### CLASS SITE

The class sites can be found on our website.

It is important that parents visit their child's class site in order to find out about what they are learning about during each week. We need your ongoing involvement in your child's learning to achieve the very best outcomes for your child.

Here's the link to the Class Site on our School Website:

<http://olsunshine.catholic.edu.au/page/2>

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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



# Pancake making in Grade 2 for Shrove Tuesday



## COLES SPORTS FOR SCHOOLS 2018

For every \$10 spent at Coles, customers will receive one Sports for Schools voucher.

Please bring any vouchers to the Office.

Every voucher we receive will go towards our tally. We will then be able to order sports equipment for the school using the vouchers we've collected!

Keep collecting from today until May 11 2018.

Further information at [coles.com.au/sfs](http://coles.com.au/sfs)





Don't forget to download our school's SkoolBag app to ensure that you are kept in the loop on:

- \* School newsletters
- \* Notices
- \* Events
- \* Cancellations
- \* Reminders
- \* ...and more!

**INSTALLATION  
INSTRUCTIONS**

Just download the "SkoolBag" app on your phone, open the app and add our school!

## Save the date: 5th March 2018



**Maths For Parents**

**Presenter: Michael Ymer**

Michael is a specialist mathematics consultant who is involved in many Professional Development programs in schools across Australia and Asia. He has a clear and practical approach to the challenges that confront schools and parents in mathematics. On this evening Michael will address the following issues:

- What is my child learning in mathematics?
- How can I help my child become an efficient problem solver?
- How do children best learn mathematics?
- How can parents promote quality thinking and learning?
- How can I help my child in mathematics?

**Don't miss this very informative night**

# HV McKay Memorial Gardens FESTIVAL

120 Anderson Rd, Sunshine  
**SUNDAY 4TH MARCH**

**FREE**



**12noon - 5pm**  
**MUSIC GAMES**  
**MARKET FOOD**

follow us on



The Friends of the H. V. McKay Memorial Gardens

cordially invite you to our annual

## Heritage Garden Festival

Sunday, 4th March, 2018  
12pm to 5pm  
120 Anderson Road Sunshine 3020

(access over rail footbridge from Sunshine CBD)

Bring a picnic blanket and have Sunday lunch amongst the beautiful grounds of the Gardens

History talks and self-guided walks will tell the history of these heritage listed Gardens with food, multicultural entertainment, sports and children's activities to enjoy.

We look forward to seeing you there!

Enquiries to:

Speroulla Christodoulou (President)  
Mobile: 0419 628 613

## HERITAGE GARDEN FESTIVAL "EVENTS PROGRAM" 4<sup>th</sup> March ☺



ENTERTAINMENT Tent		KIDS Corner		FITNESS Corner		HERITAGE Tree	
Time	Activity	Time	Activity	Time	Activity	Time	Activity
12:30-1	Macedonian Dance <b>Veseli-Makedonki</b>	12-4	Colouring in competition	12.30-2:30	Junior Soccer <b>Innovation Hub</b>	12:00	Welcome Open Picnic
1-1:30	Spanish Vocals & Guitarist <b>Duo Arrayanes</b>	12-4	Guess jellybeans in jar competition	2:30-4:30	Lawn Bowls <b>Sunshine RSL</b>	12-5	Self-guided Oak Walk
1:30-2	Music & Dance <b>UpBeat</b>	12-5	Bunnings Popcorn and Crafts	3:30-4	Yoga Class <b>Whispa Wellness</b>	12-5	Historical photo display
2-2:30	Multicultural Choir <b>Harmony for Humanity</b>	1-3:30	Face painting & Magical stories	1-3	Lacrosse <b>Footscray Lacrosse Club</b>		
2:30-3:30	Bush Music & Dancing <b>Folkus</b>	1:30-3:30	Roving Wizard	1-3	Brimbank Little Athletics (TBA)		
3:30-4	Australian Traditional Fiddle & Banjo <b>Corey Snoek &amp; Jim Power</b>			2-4	Brimbank Leisure Centre (TBA)		
4-4:30	Sudanese Music and Dance <b>Nuba Mountains Dancing Group</b>						
4:30-5	Samoan Music and Dance <b>Samoan Independent Leadership Network</b>	5:00	Competition Winners announced!			5:00	Close Picnic

<b>Stall 1.</b>	Sunshine Scouts handicrafts	<b>Stall 4.</b>	Sunshine RSL
<b>Stall 2.</b>	The Oils Man	<b>Stall 5.</b>	Handmade by Rebecca
<b>Stall 3.</b>	Whispa Wellness	<b>Stall 6.</b>	UpBeat
		<b>Stall 7.</b>	Friends of McKay Gardens



# 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.*

# Forty days in the desert



1st Sunday of Lent, Year B



The season of Lent is a special time when we prepare for the events of Holy Week and Easter. What things can you do to try and be more like Jesus during the forty days of Lent?

## Gospel

Mk 1:12-15

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

## Resist the Temptation

Place ticks ✓ next to what you think are the right things to do.  
Place crosses ✗ next to the things you would be tempted to do.

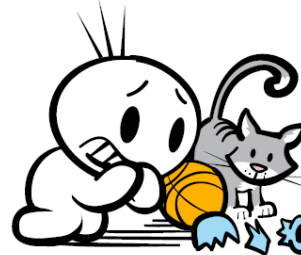
You see money lying on the ground at school



You forget to do your homework



You break your mum's favourite vase when playing basketball in the hallway



### What do you do?

- ☐ You pick it up and take it to a teacher.
- ☐ You use it to buy icecreams and chocolate for all your friends.
- ☐ You leave it where it is.

### What do you do?

- ☐ You tell the teacher that you left it on the bus.
- ☐ You pretend to feel sick so that you can get out of class.
- ☐ You tell the teacher that you forgot to do your homework.

### What do you do?

- ☐ You tell your mum that the cat knocked it over.
- ☐ You tell her that you knocked it over with your basketball.
- ☐ You glue it back together and hope that no-one notices.