



# OUR LADY'S SCHOOL NEWSLETTER

30 July 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*

*"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." 1 Peter 4:10*

## DATES FOR THE DIARY

Every Friday Assembly is online at 2.30pm

### Sun 8 August

Feast of St Mary of the Cross

### Wed 11 August

School Disco:

5.30 Hot Dog Dinner

6.00-7.30 Disco

### Sun 15 Aug

Feast of the Assumption of Mary

### Mon 23-Fri 27 Aug

Book Week

### Wed 25-Fri 27 Aug

Grade 5 Camp (Narmbool)

### Sat 28 Aug

P&F Bunnings Sunshine BBQ

### Sun 5 Sept

Father's Day

### Fri 17 Sept

End of Term 3 at 3.15pm

### Mon 4 Oct

Start of Term 4 at 8.45am

### Mon 1 Nov

School Closure - Report Writing

### Tues 2 Nov

Melbourne Cup Public Holiday

### Fri 12 Nov

Yr 6 Confirmation

### Mon 15-Fri 26 Nov

10 Day Swimming Program

## PLEASE TAKE NOTE OF THE 2021 SCHOOL CLOSURE DAYS

**Mon 1 Nov** Report Writing

Dear Parents,

This week we were able to welcome all students back to learning at school. There was such happiness when students came through those gates. I have captured some of these happy faces in the photos you will see in the following pages of the newsletter. Another event that has given us all much joy are the Olympic Games. I'm sure that just like myself you have cheered our Aussie heroes who have given us all a much needed ray of sunshine.

I would like to thank the majority of parents for adhering to the new Schools COVID Guidelines. Unfortunately, we have also had parents enter the school grounds not wearing a mask, congregating and not maintaining the 1.5m social distancing while in the school grounds. This compromises not only their own safety but everyone else's and breaches the Schools COVID Guidelines. The only parents that should be in the schoolgrounds in the afternoon pick up time are parents of Foundation and Year 1 students. Please help us in our endeavour to keep our community safe by doing the right thing.

We all need to continue to remain vigilant and practice the following:

- wear a face mask both indoor and outdoors when on the school premises or in the community
- maintain social distance of 1.5 metres between all adults
- leave the school quickly and not congregate with others.

This will ensure that we are doing all we can to keep ourselves and our community safe. If you have been notified that you and your family are to quarantine at home please let the school know so that we can continue to support your child's learning at home while they are in quarantine.

## Parents and Friend News

Due to the last lockdown the Our Lady's Bunnings BBQ had to be postponed. The Parents and Friends have been able to get a new date for us to fundraise for our school.

So please put SATURDAY AUGUST 28 in your diary to come and support the Parents and Friends at Sunshine Bunnings and maybe purchase a sausage yourself.

Also a big thank you to the P&F for securing for our school a \$500 voucher from Bunnings which I'm sure we can put to great use. Thank you!



## Psalm of Thanksgiving

*We give thanks for all God has done. We praise God's faithfulness.*

It is good to give thanks to the Lord, to sing praise to your name, Most High, to proclaim your love in the morning, your faithfulness in the night.

For you make me jubilant, Lord, by your deeds; at the works of your hands I shout for joy.

How great are your works, Lord!

How profound your purpose!

Psalm 92:1-3, 5-6





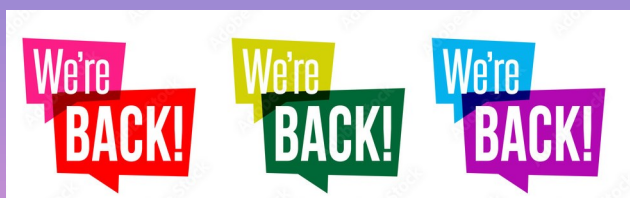
HEY, WE MISSED YOU!  
**WELCOME  
BACK!**



**WELCOME BACK!**  
We're glad you're here!











## *Thank you to Ruth Tial and welcome to Moe San Mei*

This week we say farewell to Ruth Tial (school parent) and acknowledge the wonderful contribution she has made to our school's Burmese community in her role as the contact and support person as well as interpreter.

Ruth has successfully found full time work elsewhere as she continues in her role in supporting Burmese families. Ruth's many hours contacting our Burmese families particularly through Covid and other challenges has helped keep people safe, students connected to learning and built connections to a part of our school community who face unique challenges.

I would like to thank Ruth for the wonderful support she has provided on behalf of the families and staff of Our Lady's school.

Ruth will be replaced by Moe San Mei who will continue supporting Burmese families.

Moe comes to us with a great range of experience and knows many of our Burmese families as the leader of our Burmese English Language Classes on Thursdays. Moe also has considerable experience running bi-cultural playgroups, English classes and parenting programs with VICSEG as well as bi-cultural story time for children with Brimbank Libraries. Moe speaks Matu Chin, English and understands Haka Chin.

### THANK YOU TO RUTH!



### WELCOME TO MOE!



Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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

Garang M 1L  
Ms Scarpaci  
Sebastian S 4H  
Maximus S 6B  
Eve I 5C  
Samantha H 1L



# insights

## The language of resilient families

by Michael Grose



*Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised 'feel-good' or 'get-on-with-it' platitudes.*

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences.

The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

### 1. Come on, laugh it off

STRATEGY: humour

GOOD FOR: kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

### 2. Don't let this spoil everything

STRATEGY: containing thinking

GOOD FOR: kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.



### 3. Let's take a break

STRATEGY: distraction

GOOD FOR: kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off

things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

#### 4. Who have you spoken to about this?

STRATEGY: seeking help

GOOD FOR: kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That's why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don't overtly talk about what's bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

#### 5. I know it looks bad now but you will get through this

STRATEGY: offering hope

GOOD FOR: kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children's chins up and encourage them when life doesn't go their way. Being the 'hope' person can be hard work, that's why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person's resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

#### 6. What can you learn from this so it doesn't happen next time?

STRATEGY: positive reframing

GOOD FOR: kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it's better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

#### Bring resilience into your every day language

Resilient parents focus on building children's and young people's strengths for the future, while helping them cope with the present difficulties and challenges they experience. The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family's proprietary language. You'll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to 'hang in there', 'this too will pass' and 'find the funny side'.



Granted they may be phrases you don't want to hear, but at least you know that you've drummed into your kids some important core messages that have stayed for life.



#### 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.*



# Work for food that gives eternal life

18th Sunday in Ordinary Time, Year B



God wants us to have faith in Jesus, the Son he sent to save us.

Write or draw answers to these questions. *When you have faith...*

...how do you treat others?

...what do you do at mass?

...what do you do at home?

## Gospel Jn 6:24-29

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert: as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread: for the bread of God is that which comes down from heaven and gives life to the world.'

'Sir,' they said 'give us that bread always.' Jesus answered:

'I am the bread of life. He who comes to me will never be hungry: he who believes in me will never thirst.'

START

G	O	C	A	X	B	O	S	E	W
T	D	U	T	S	R	E	B	L	P
V	W	A	N	Y	P	K	U	Y	E
S	I	E	C	O	Q	A	E	I	B
E	T	A	S	U	N	T	H	E	O
X	D	H	O	T		S	A	R	N
L	C	A	E	Y	H	O	E	H	E
R	E	V	A	I	T	B	S	E	N
D	T	E	F	C	A	E	D	U	T

FINISH

COMPLETE THE TEXT MAZE

"God wants you to have faith in the one he sent"

