



OUR LADY'S SCHOOL NEWSLETTER

4 May 2017

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

"You believe because you can see me. Happy are those who have not seen and yet believe." John 20:19-31

DATES FOR THE DIARY

Thurs 4-Fri 5 May

Grade 5 Camp

Tues 9th May

Community Classrooms from
3:00pm

Tues 9 - Thurs 11 May

NAPLAN for Years 3 & 5

Thurs 11 May

Mother's Day Stall

Fri 12 May

Parish Movie

Sun 14 May

Mother's Day

Mon 15 May

Athletics day at Aberfeldie

Athletics Track

Tues 16 May

Foundation 2018 enrolments
for new families start

Fri 19 May

Walk Safely to School Day

2.30pm St Eugene de Ma-
zenod Assembly

Wed 24 May

Eucharist Parent Night 7.00pm

Mon 12 June

Queen's Birthday Public Holi-
day **No school for the children**

Tues 13 June

Professional Learning for Staff
(Victorian Curriculum and
Reporting 2017) **No school for
the children**

Fri 23 June

Sacred Heart Mass
Reports go home

P&F Trivia Night

SACRAMENTS 2017

Eucharist

Sun 11 June 4G

Sun 18 June 4H

Reconciliation

Thursday 14 September

Confirmation

Friday 17 November

Dear Parents,

The weather is getting colder as we move further into Autumn. The children should all be wearing their school winter uniforms. If you are considering a new coat for your child this Winter, please remember that it is our preference to have either plain navy blue or black. Navy coats with warm polar fleece lining are available at the Uniform Shop or via the QKR App for \$25.00.

We do not allow the children to wear hoodies to school, nor do we allow logos that advertise brands. The children should be wearing black leather shoes as a part of their uniform and runners **only on the day that they have sport**. Unfortunately, I have seen some students wearing cargo pants, these are not part of our uniform. No jewellery other than small studs or sleepers or a simple necklace with a religious medallion or cross should be worn



No leggings should be worn, girls should be wearing navy tights only under their tunics. These are sold for your convenience in our uniform shop which is a not for profit service that the school provides to parents.

Parents please make sure that you purchase the correct Our Lady's school uniform as I have noticed that there are many variations being worn and our school is beginning to look untidy as a result. A uniform reflects the pride we have in our school and is an important part of our school identity. We want to project pride in our school by making sure that all children are wearing the correct school uniform. I ask all parents to support the school in this endeavour. Please feel free to come and discuss with me any issues you may have in regards to the school uniform. I am always happy to discuss these with you.

Mothers Day Stall-Thursday - 11th of May

The Parents and Friends will be running a Mother's Day Stall on Thursday May 11th. This service is provided to give the children an opportunity to choose an inexpensive present for someone special on Mothers Day. The Parents and Friends will be selling items ranging between \$1 and \$5. Please do not give your child an excessive amount of money. We find that if children are given too much money, then most of it goes towards the tuckshop rather than the present buying experience.

Our Environment



O God, you made this great world for us, and you ask us to take care of it, by keeping our environment clean, safe and healthy for all to live in happily. Help us to remember to do nothing that will harm our rivers, mountains, trees, flora and fauna, and the air we breathe.

Help us not to spoil our environment by littering it with rubbish, or letting chemicals pollute the air. Help us to keep our world, your world, beautiful.



Congratulations to Sally-Grace in Year 3F for a very well written piece of persuasive text.

We have included her piece of writing below for you to read and enjoy.

David Walliams is the best children's author by Sally-Grace

David Walliams is a well known children's author. His stories are spectacular for people who love humorous and adventurous books. David Walliams' books are incredible books. He's just like the new Roald Dahl. David Walliams' books are adventurous. They always have a big complication and small complications. In his books David Walliams makes his complications very unusual.

David Walliams is the best selling author. On his book it says "By the number one best selling author."



LIST OF POLICIES ON SCHOOL WEBSITE - www.olsunshine.catholic.edu.au

Below we have listed some of the policies that are available for you to read on the school website. They can be found on the Home page under the heading Policies. We will be adding more policies to this site throughout the year.

It is important that you know where to look for information about the school . Please email or ring me if you would like anything to be clarified or discussed further.

I am always happy to have a conversation with you.

- Pastoral Care
- Behaviour Management
- Wellbeing
- Positive Behaviour
- Emergency Management Plan
- Grievance Policy
- Working With Children Check
- Code of Conduct
- Bullying and Harassment
- Privacy Policy
- Social Media
- Volunteer Procedure
- Occupational Health and Safety
- The Australian Democratic Values document
- ICT Policy
- Student ICT Acceptable Use Policy

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

NAPLAN TESTING BEGINS NEXT WEEK

Our Year 3 and Year 5 students will be participating in the NAPLAN testing on the following days:

- Tuesday 9th of May - Language Conventions and Writing
- Wednesday 10 of May – Reading
- Thursday 11th of May - Mathematics

These tests provide a snapshot of your child's progress in Literacy and Numeracy against the National average. You will receive your child's NAPLAN results later in the year.



Grade 5 at Sovereign Hill



Term Two: Week 4: 8 th May 2017		
DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Create Your Own Story Book Outside: Playground and Group Games	Seasonal Fruit & Veggies Cheese and Crackers
Tuesday Staff: Brad, Lucette, Michelle	Inside: Create Own Board Games Outside: Play-ground and Soccer	Seasonal Fruit & Veggies Sand-wiches
Wednesday Staff: Brad, Hang, Chelsea	Inside: Mother's Day Cards Outside: Playground and Down Ball	Seasonal Fruit & Veggies Baked Treat
Thursday Staff: Brad, Michelle	Inside: Mother's Day Bookmarks Outside: Play-ground and Markers Up Homework + Readers	Seasonal Fruit & Veggies Crackers, Dip and Celery
Friday Staff: Michelle, Marlene	Children's Choice: Games, Activities Inside & Out. Cooking Choc Chip Muffins with Marlene	Seasonal Fruit & Veggies Custard

A variety of seasonal fruit and vegetables are always offered to children for afternoon snack! A variety of arts, crafts, board games, construction, recreational activities, sensory and imaginary play opportunities are available every day for children to choose. **Homework & Home Readers Time** – Our YMCA staff are there to encourage home readers and homework and most days we set aside a time to encourage this!

If you or someone else is picking up your child (children) early from school and they are not attending the after school care, please let OSHC Team know. Please remember children need to bring their school hat (Broadbrim or Legionaries Hat) from 1st September to 1st May and sunscreen will need to be applied when playing outside.

Bookings and Cancellations: It is important to book your child's place so we can plan and expect their arrival at Before and After School Care. To ensure the safety of your child please notify us of any absences or additional days of care **via the My Family Lounge Portal** <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> As a reminder please note that the cancellation period of 7 days notice applies for all Before and After School Care bookings. For additional information on our program please visit <http://www.childrensservices.ymca.org.au/school-care/our-locations/our-ladys-ps.html>

There may be certain circumstances where children receive gifts or prizes throughout the year as part of our advertised programs. These occasions would be advertised on our program planners to provide parents/guardians with prior notification. Occasions where children may receive gifts/prizes as advertised are as follows: last day of school terms, end of year celebrations, designated holiday program days, cultural and festive celebration days and during organised program competitions. **Thank You, Brad and Our Lady's OSHC Team**

ENVIRONMENT GROUP NEWS

On Monday the Year 5/6 Environment Group went on a short trip to Bunnings in Sunshine to pick out some herbs, vegetables and fruits to grow in our school garden.

Bunnings generously donated the plants for our garden to help make our school more sustainable. The plants were

delivered on Wednesday and

now the Environment Group will need to weed the garden and plant the plants to get our school garden growing.



Ms McManus and the Environment Group



PARENTS & FRIENDS FUNDRAISER 2017

**Unlock your shopping trolley with the
infinite trolley key!**



ONLY \$3.00 EACH

1. Keep it on your key ring - no need to search for coins or tokens
2. Insert the key into your trolley to unlock the trolley
3. Remove your trolley key - your trolley is unlocked and ready to use to shop
4. Put your keys away and enjoy your shopping!
5. Works with any trolley type.



Order your trolley key using the school's Qkr! App on your phone. (Same app you use for lunch orders and uniform orders).

Orders close Wednesday 31 May.



***Trolley keys will be sent home
with your child.***



Dear Parents,

I am sure you would recall Our Lady's School participating in the national 'Walk Safely to School Day' for the past few years. We will again this year! The national day is coming up in a few weeks, **Friday 19th May**. It would be great if you could save the date and mark this date in your diaries so we can have extra families walking to school that day. More information will also follow in the coming weeks .



WE'RE TAKING IT IN OUR STRIDE ON FRIDAY 19 MAY 2017

Well it's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 19 May 2017!

For more information, visit www.walk.com.au

Should you have any questions or queries, please feel free to contact me at school or via email ccarabott@olsunshine.catholic.edu.au

Regards

Christine Carabott

Deputy Principal & Student Wellbeing Leader

Our Lady's School Parents & Friends Committee will be
holding their annual



On Thursday 11 May 2017

Children will be able to purchase special gifts for
their wonderful Mums, Grandmas and Carers

Prices range from \$1.00 to \$5.00

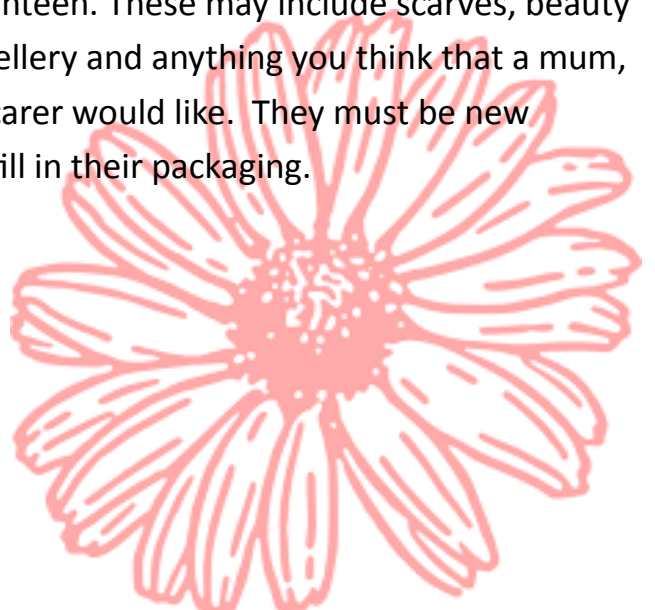
(Please send along money on the day— no more than \$10)

Helpers required!

- on the night before to set-up from 7pm
- on the day from 9am. *Must sign in at the Office wearing your Working With Children Check and having signed the School Code of Conduct and Volunteer Duty Statement*

ALL ARE WELCOME. THANKYOU!!

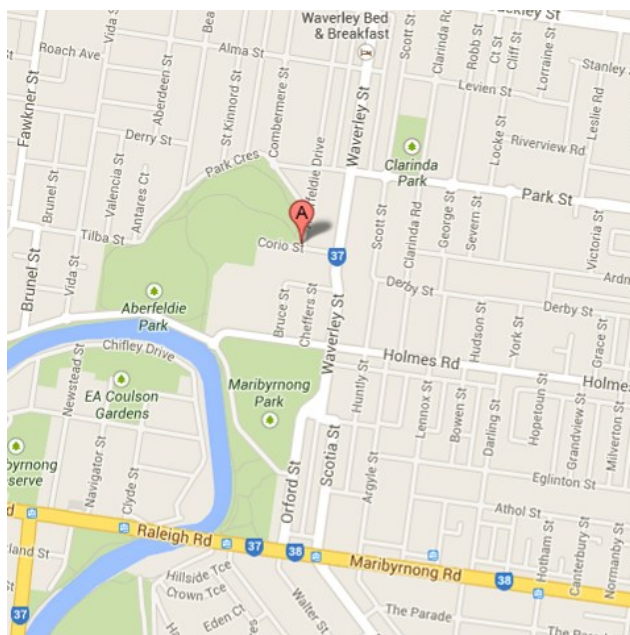
Donations needed! - if you have any new items that you can give, please drop them off at the school canteen. These may include scarves, beauty sets, jewellery and anything you think that a mum, nana or carer would like. They must be new and/or still in their packaging.



Whole School Athletics Day - Monday 15May

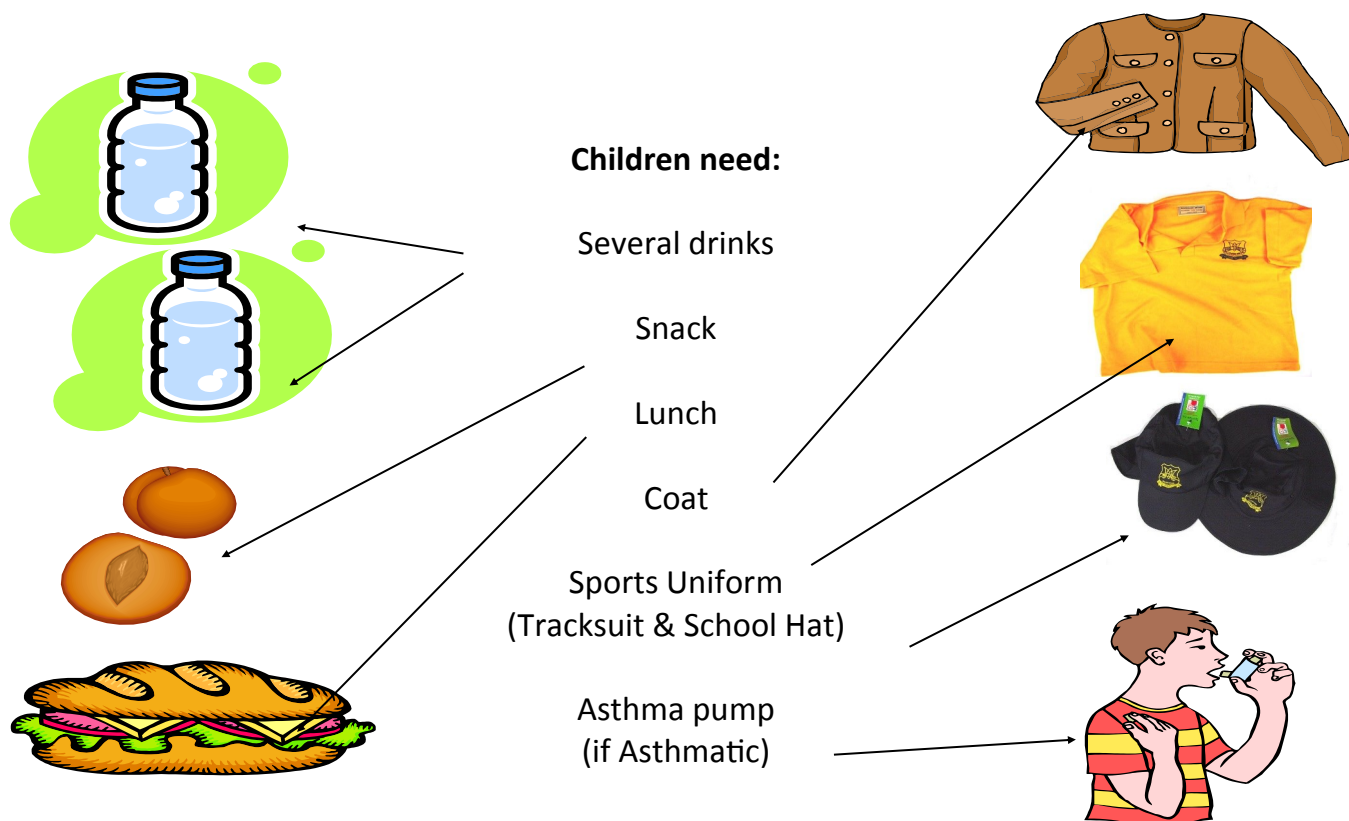
Aberfeldie Athletics Track (Melway Map 28 D8) 9.30am - 2.30pm

ALL WELCOME!!!



REMINDERS

- * ALL children need to be wearing their sport uniform.
- * T-shirts or ribbons in their house colours are allowed (red, blue, green or yellow)
- * No child will be permitted to go home from the Athletics track
- * No lunch orders or canteen available. Children need to bring all food and drink in a bag. No glass or cans are permitted
- * Parents and Helpers need to make their own way to the Athletics Track. They will not be allowed on the bus.





Tuesday 13th June 2017
Our Lady's Primary School
School Closure Day

Our Lady's Primary OSHC
32 Station Place, Sunshine VIC 3020
M: 0401 700 401
E: ourladysoshc@ymca.org.au
www.childrensprogramms.ymca.org.au

Outside School Hours Care – 8.30am to 6.00pm

Our Lady's OSHC would like to offer families the opportunity to enrol children into a full day of care on Tuesday 13th June 2017.

For existing families, if you would like your child to attend, please enrol your child by seeing our OSHC Team in the OSHC Room and complete your details on the sign-up sheet or go online by **Monday 5th June 2017**.

For families who haven't enrolled their children into Our Lady's OSHC, please visit our online website <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> to complete the enrolment form, then email ourladysoshc@ymca.org.au to express your interest, by **Monday 5th June 2017**.

The cost for the full day of care will be \$59.00 per child minus CCB/CCR benefits.

If we have 15 children booked in on the sign-up sheet, we will be able to go ahead with School Closure Day.

However, if there are not enough children booked in, all parents/guardians, who placed their details on the sign-up sheet, will be notified by email on **Tuesday 6th June 2017**.

There will be arrange of activities during the day including but not limited to:

- Outside play (weather permitting)
- Free Play
- Art and craft
- Sporting games
- Blocks, board and card games

If you have any questions please contact me in person or ring 0401 700 401 or email ourladysoshc@ymca.org.au

Kind regards,

Brad, OSHC Coordinator



The language of Independence

By Michael Grose

Independence-building is vitally important for parents. It's the pathway to children's competency, confidence and creativity, and the short cut to resilience and real learning.

Families always develop shared language around the values that have strong meaning for them. If resilience is a shared value then there invariably will be a strong set of words and phrases about resilience factors such coping, flexibility and perseverance.

Similarly, the values of independence and self-sufficiency are reflected in a family's proprietary language. In fact, it's through shared language that culture exists. If you are looking to building a culture of independence in your family then creating your proprietary language around independence is a great way to start.

These following twelve examples of independence-building language, and the principles behind them, will help you create your own family's language.

1. **Never regularly do for a child the things a child can do for him or herself**

Goal: Independence

This is perhaps the original parenting-for-independence manifesto, and it's a philosophy that guides many teachers and parents today. In effect, this sentence means that wherever possible - we give children the skills and competencies to look after themselves physically and emotionally. It requires a great deal of patience, time and courage from parents and teachers as the sentence is easier to say than to put into practice. But it's a worthy guiding principle that leads to self-sufficiency in children, and ultimately redundancy as parents.

2. **"Is this something you can do?"**

Goal: Self-help

Independence takes many forms but perhaps the most common is the development of self-help skills. The confidence, pride and, for most, sheer pleasure that kids doing the simple things for themselves such a toddler tying his shoelaces or a child making her own lunch is immeasurable. Yet it is so easily denied by well-meaning parents and adults who see it as their job to do everything for children. Independence begins at home with the development of self-help skills.



parenting*ideas

The language of Independence-building

3. "Have you checked the help roster today?"

Goal: Contribution

A great way to develop a sense of independence is to give kids opportunities to help out at home. There is no need to overburden children with jobs, but a sensible allocation of chores according to their age and study requirements is not only a great help to you, but fantastic training for them. It also builds accountability and a work ethic, both highly valued characteristics for continuing success at school and later in life.

4. "Which of these two would you prefer?"

Goal: Decision-making

Parents as wise leaders need to call the shots on how the family life is conducted, including health and welfare issues such as appropriate bed and bath times. Some things are not up for negotiation. But there are areas where parents can rightfully hand autonomy to children and say, 'It's your call!' Choice of clothes, how they keep their bedroom, what they eat and who they play with are the types of decisions they can make. Naturally, this is age-related and you do need to have some influence on their choices.

5. "How can you make this happen?"

Goal: Problem-solving

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you

want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

6. "We rely on you to do this."

Goal: Reliability

Reliability is closely connected to responsibility and other aspects of independence. Every child over the age of five, at the eldest, should do something that someone else relies on whether it's looking after a pet, clearing the meal table or emptying the garbage on a regular basis. Having others rely on you has its challenges and can be a learning curve. They'll inevitably forget to put the rubbish bins out on garbage night, meaning your bin will be overflowing for the next week. They'll need to be reminded about feeding the pet or clearing the table. Kids inevitably won't get things right, but that doesn't mean we should stop giving them responsibilities.

7. "What can you learn for next time?"

Goal: Self-sufficiency

Learning from mistakes is part of the independence-building process for children. Often adult impatience or unwillingness to put up with errors prevents us from giving kids the chance to do things for themselves or take real responsibilities. If independence is to be a major part of your family's culture then it's imperative that we help kids learn from their mistakes whether social, behavioural or just messing up while helping out at home.



The language of Independence-building

8. "How do you feel about this?"

Goal: Emotional intelligence

An often over-looked aspect of independence is the ability to self-manage your emotional state. Emotional self-management starts with the recognition of how you feel about a particular event or action and then labelling that feeling. If possible prompt to identify their emotions before they act on them. You can also revisit events and ask children about the feelings that may have led to a certain behaviour such as hurting or yelling at a sibling.

9. "When you muck up, you make up."

Goal: Accountability

Kids of all ages will make mistakes. In fact, mucking up is part of the learning process. But kids will just repeat their mistakes unless they experience the consequences of their decisions. The use of behavioural consequences is a way of teaching children to take greater responsibility for their lives and to learn to make smarter choices.

10. "How will you fix this?"

Goal: Restoring relationships

Independent kids are usually socially-smart kids who don't operate in a bubble. They know that their behaviour impacts on others they are mindful of the thoughts, feelings and behaviours of others. They also make amends or restore relationships when their behaviour impacts negatively on others.



© Parenting Ideas 2017

Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

Relationship restoration is a lifelong skill and involves the following: swallowing your pride, making up, giving something back, not holding a grudge and moving on.

11. "You need to do what's right, not what's easy."

Goal: Integrity

A sense of integrity is important for a child's independence because it's the basis of reasoned and socially focused self-control and self-management. The job of parents is to move their children from 'Me' to 'We'. Integrity is the great socialising agent for a child. They may get by without courage, endurance and grit but they won't get far socially without integrity.

12. "Let's find a way to make this happen."

Goal: Positive risk-taking

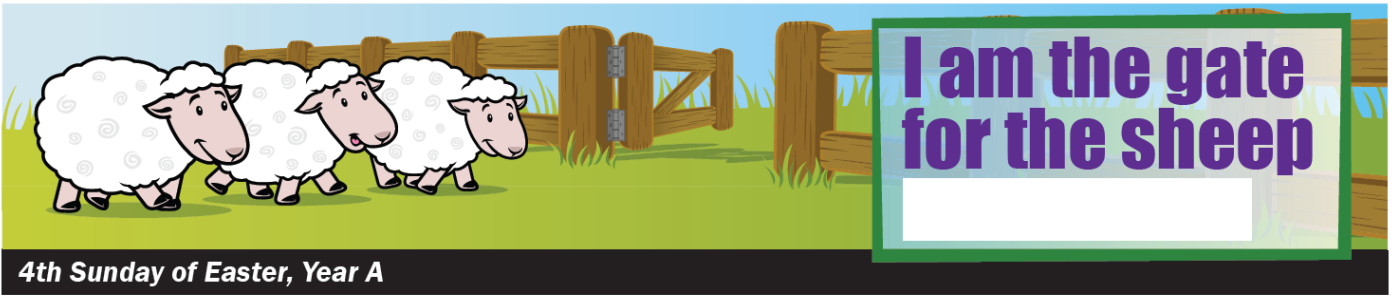
One of the ways to develop independence is to work with them to build their skills and abilities to safely navigate an ever-broadening environment outside of the relative safe confines of their home. Ideas include adults and kids doing things together such as catching public transport until they are ready to go it alone or with friends; and giving kids smaller freedoms that lead to bigger liberties such as allowing a young child to walk part of the way to school on their own and then extending the distance as they get more experience and feel more confident.

Independence-building is vitally important for parents. It's the pathway to children's competency, confidence and creativity, and the short cut to resilience and real learning. We've gradually retreated from this approach over recent generations much to our children's detriment. It's time to help kids reclaim their independence. Getting our language right is a good place to start as family change always begins with shared language.



Visit our website for more ideas and information to help you raise confident and resilient young people.





4th Sunday of Easter, Year A

Gospel

Jn 10:1-10

Jesus said: 'I tell you most solemnly, anyone who does not enter the sheepfold through the gate, but gets in some other way is a thief and a brigand. The one who enters through the gate is the shepherd of the flock; the gatekeeper lets him in, the sheep hear his voice, one by one he calls his own sheep and leads them out. When he has brought out his flock, he goes ahead of them, and the sheep follow because they know his voice.

They never follow a stranger but run away from him: they do not recognise the voice of strangers.'

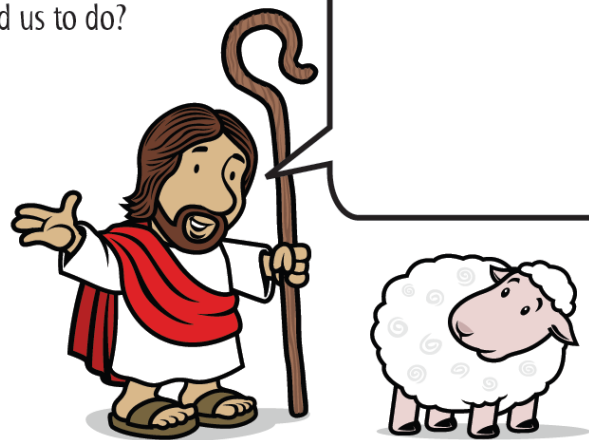
Jesus told them this parable but they failed to understand what he meant by telling it to them.

So Jesus spoke to them again:

'I tell you most solemnly, I am the gate of the sheepfold. All others who have come are thieves and brigands; but the sheep took no notice of them.

I am the gate. Anyone who enters through me will be safe: he will go freely in and out and be sure of finding pasture. The thief comes only to steal and kill and destroy. I have come so that they may have life and have it to the full.'

Jesus is our good shepherd and we know that we must follow him. What are some of the things our shepherd has told us to do?



A thief has stolen some letters from the passage of text below. Use these letters to discover something that Jesus said to his disciples.



"I _ _ T _ _ GAT _

FOR T _ _ _ _ _ P.

_LL W_O CO _ _ IN T_ROUG _ _

WILL B _ _ _V_D."