



OUR LADY'S SCHOOL NEWSLETTER

7 May 2021

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

Our Lady's is a Child Safe School

Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are many parts of one body, and we all belong to each other. Romans 12:4-5

DATES FOR THE DIARY

Every Friday Assembly is online at 2.30pm

Sun 9 May

Mother's Day

Mon 10 May

Open Day for Foundation 2022

Tues 11-Thurs 13 May

NAPLAN for Years 3 & 5

Sun 16 May

Yr 4G Eucharist 5.30pm

Tues 18 May

Whole School Athletics Day

Sun 23 May

Yr 4H Eucharist 5.30pm

Mon 14 June

Queen's Birthday Public Holiday

Mon 21 June

Susan McLean Cyber Safety for Students, Parents and Staff

Wed 23 June

Three Way Learning Conversations 3.30-6.00pm

Thurs 24 June

Whole school closure - Three Way Learning Conversations

Fri 25 June

End of Term 2 at 3.15pm

Mon 12 July

Start of Term 3 at 8.45am

Mon 26 & Tues 27 July

Whole School Closure - Staff Conference RE

Fri 12 Nov

Yr 6 Confirmation

PLEASE TAKE NOTE OF THE 2021 SCHOOL CLOSURE DAYS

(students do not attend school):

Thurs 24 June Three Way Learning Conversations (students and parents attend at their appointment time)

Mon & Tues 26-27 July RE Conference

Mon 1 Nov Report Writing

Dear Parents,

This Sunday we celebrate Mother's Day. A special day to highlight the central roles our Mothers play in our lives. We also celebrate all the other women in our lives such as grandmothers, step-mothers, aunts, cousins, teachers and special friends who have helped to shape and form us into the person we are today.

I would like to especially thank the Parents and Friends for organising the gifts for the Mother's Day Stall which was held on Thursday. Thank you to all the volunteers who helped out on the day. The students loved shopping and choosing a special gift.

We pray to our Mother Mary to bless all the mothers of Our Lady's School community. May Mother Mary bless you all, inspiring and energising you by her gentle example of love and perseverance. May she guide you each day as you care and guide your child/ren to grow and flourish. Below is a prayer you may like to pray together with your family on Mother's Day.

Dear Lord,

We pray for young mothers, who give life and count toes and tend to our every need; may they be blessed with patience and tenderness to care for their families and themselves with great joy.

We pray for our own mothers who have nurtured and cared for us; may they continue to guide us in strong and gentle ways.

We remember mothers who are separated from their children because of war, poverty or conflict; may they feel the loving embrace of our God who wipes away every tear.

We pray for women who are not mothers but still love and shape us with motherly care and compassion.

We remember mothers, grandmothers, and great grandmothers who are no longer with us but who live forever etched in our memory, with love. Amen.

Mother's Day Prayer

Lord, thank you for all mothers. For the new ones, who endure sleepless nights with infants in arms. For the busy ones, who juggle the pressures of home and family life. For the steadfast ones, who nurture and care for our special vulnerable children. For the patient ones, who always seek to forgive and engage with their pre-teens. For the persistent ones, who cleverly find new ways to connect with their mini-adults. For the aunts, who step in to cradle and care for nieces and nephews. For all grandmas, who love and support their precious grandchildren. For the foster mums that are called to gather and cover the fragile ones. Thank you Lord for all our beautiful mothers. Help us to support them and keep them in our prayers. May you bless them now on this their special day. Amen.



Important Information for all Parents

I have met with the Leadership team to review our current practice in relation to parents coming onsite in the school grounds before and after school. The decisions we have made are based on the latest Schools Operations Guidelines (29 April 2021) and in particular the following 2 criteria:



1. The school is required to maintain the density limit of 1 person per 2 square metres which is applied in relation to classrooms.
2. The next criteria is that schools must keep a record of anyone who is on site for 15 minutes or more.

Beginning on Monday parents will be able to come onsite before and after school, **in the schoolyard only**. You will still be expected to maintain social distancing and all other COVID safe practices.

We ask that you leave promptly as we are required to keep a record of anyone who remains 15 minutes or longer. Also as you know we close the school gates at 8:45am sharp and therefore we ask all parents to make sure they exit the school by then. Staff on gate duty have classes and meetings to attend to and need to leave their gate duty on time.

Parents may make an appointment if they wish to speak to a classroom teacher. Before school appointments must be made early, no appointments to be made after 8:20am. You may also make appointments straight after school.

We thank all parents for their understanding in this sensitive matter, and I would like to highlight the positive aspects that the quick 'drop off' in the morning has produced. We have seen that our students have developed greater independence and there has been an increase in learning time, as teachers have been able to begin their classes right on time, thus preserving very precious learning time. As parents of our school community we always want you to feel welcomed and valued. It has been a difficult balancing act and we have appreciated your support throughout.

Free COVID vaccinations for over 50s at Sunshine Hospital-Western Health

More Victorians are eligible for COVID-19 vaccinations from last Monday 3 May 2021

The list of Victorians eligible to receive the AstraZeneca vaccine at our Sunshine Hospital Vaccination Hub will expand to include all people aged 50 years and over.

The staff at our Sunshine Hospital Hub are ready to welcome you to the efficient and well set up site.

It is quite a rapid process and there is free parking on levels 5 and 6 of the Multi Deck Carpark (enter off Majorca Street for access instead of via the main entrance on Furlong Road) for anyone who needs to drive to the site.

Otherwise you can take the train to Ginifer Station and there is just a short walk to the hospital.

The hub is open from 8:15am to 4:15pm Monday-Wednesday, Saturday and Sunday, and 8:15am to 7:15pm Thursday and Friday.

They welcome walk-ins but bookings can be made by calling 1800 675 398 (Select Option 3 + Option 2 + Option 2) or by booking directly via this online link:

https://www.timify.com/en-au/profile/wh_covid_vaccination_hub/?v=4&fbclid=IwAR3WsYEPyH3J1WW6_BpgaCv8DxLXGQ6NjYVv_8QAJGpWI-0_135Xn4dX_w

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



Stephanie T 4G
Harrison M 5C
Chanel C FI

AUSSIE OF THE MONTH



Congratulations to Nhien N 5C and Vivienne M 2N on being awarded the Our Lady's Aussie of the Month award for May 2021!



Mother's Day Stall



Many thanks to the following parents who helped set up and sell the wonderful gifts the students bought for all the Mums and special people from the Mother's Day Stall yesterday.

Thanks to:

Em Remedios
Sonya Wiltshire
Kesia Alberto
Giordana Sacco

Anne Hubbard
Kelly Hawkrigde
Amanda Angelevski
Michelle Hayes

Kerri Harris
Nola Hamilton





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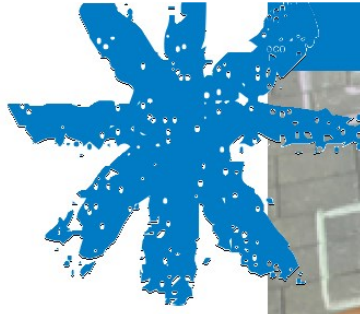


Book online today **extend**.com.au
Enquiries 1300 366 437 support@extend.com.au

We're excited to advise that the **Extend Squad Winter Holiday Program** launches today!

Extend Squad Holiday Program offers awesome excursions, cool incursions and chill activities at schools across Australia. If we don't run a holiday program for your family at your school, there's one close by! If you're wondering what's on offer, Extend Squad Holiday Program timetables can be accessed on our website [here](#).

insights



Teach your kids to SHRUG!

by Michael Grose

The secret to having resilient, confident and optimistic children is to teach your kids to shrug!

It was so irritating, yet so effective.

I'm talking about my boyhood mate Terry's habit of shrugging his shoulders whenever anyone teased him or tried to persuade him to their way of thinking.

'Hey Terry, you're a **&&&E@!' Shrug.

'Hey Terry, everyone says your ..*&&TR!'

Shrug.

'Hey Terry, I'm going to tell on you!' Shrug.

His nonchalance used to drive everyone nuts! So much so that he was rarely targeted for teasing despite the fact that he wasn't sporty, he wasn't cool and he was late maturing – all of which back then, as now, would put a boy in the 'to be picked on' category.

I thought of Terry recently when I was coaching a young person about how to respond to some schoolyard taunts.

This young person wore his heart on his sleeve, taking taunts and even witticisms too seriously for his own good. Unfortunately, some of his so-called mates used to enjoy seeing him become angry.

The best way to break this toxic cycle of taunt-react-taunt was for him to change his reaction.



So we did some coaching in the art of shrugging and before long my young charge was shrugging his shoulders, as if to say 'Whatever', and walking away at the first sign of a taunt.

Eventually he was channelling Terry so well that his nonchalance even began to irritate me.

Some things can't be ignored

Don't get me wrong. Kids cannot and should not ignore all negative comments directed at them.

There are times when they need to stand up and be counted. They don't need to be aggressive about it, but they

do need to be assertive from time to time. Sticking up for a friend, rescuing someone who is being taunted or even looking out for a sibling's best interests at school are times when children need to assert themselves rather than shrugging off a problem.

Kids practise on their siblings

Socially savvy kids know that some of the negative peer comments directed at them need to be ignored. However, this is quite a skill.

Ignoring comments and choosing your arguments is something many kids learn in their battles with siblings.

Those noisy sibling skirmishes that annoy the hell out of parents actually toughen kids up for the less-than-pleasant social interactions that take place in the schoolyard.

Interestingly, my boyhood mate Terry was the youngest of four brothers. I guess he would have perfected the art of shrugging out of sheer necessity.

So, if you have a sensitive child who wears his or her heart on their sleeve, or a child who reacts impulsively to both taunts and witticisms alike, you may wish to introduce the art of shrugging into their repertoire of responses.

How to create a good shrug

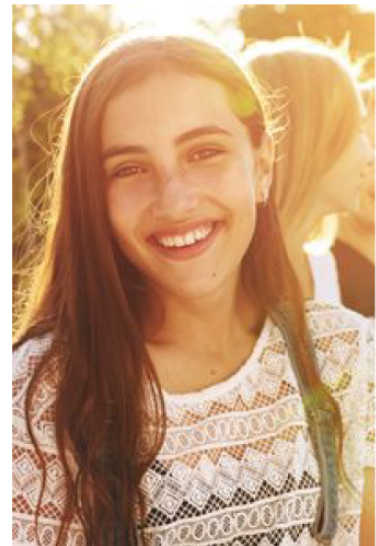
Kids can practise shrugging in front of the mirror so that they can see what a good shrug looks like. There are 4 ingredients:

1. A 'whatever' look.
2. A shrug of the shoulders.
3. A simple, non-combative, non-sarcastic line such as 'You may be right', 'Whatever' or 'I hadn't thought of that'.
4. A final breaking of eye contact that indicates that they are in control.

A word of warning

If you teach your kids to shrug, you need to be prepared for them to use this shrugging technique against you when you direct some criticism or constructive feedback their way. If they do, you'll find out how damn infuriating nonchalance (even when it's fake) can be.

Oh, and you'll be seeing a child or young person who is exercising a degree of personal power that, when used smartly, will increase their overall social effectiveness.

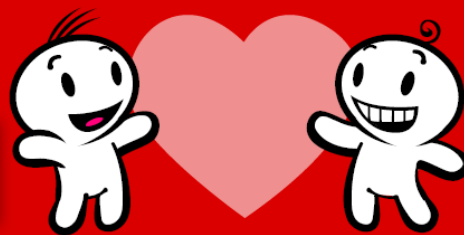


Michael Grose

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.

Love one another as I have loved you

6th Sunday of Easter, Year B



Gospel Jn 15:9-17

Jesus said to his disciples:

'As the Father has loved me,
so I have loved you.
Remain in my love.
If you keep my commandments
you will remain in my love,
just as I have kept my Father's commandments
and remain in his love.
I have told you this
so that my own joy may be in you
and your joy be complete.
This is my commandment:
love one another,
as I have loved you.
A man can have no greater love
than to lay down his life for his friends.
You are my friends,
if you do what I command you,
I shall not call you servants any more,
because a servant does not know
his master's business;
I call you friends,
because I have made known to you
everything I have learnt from my Father.
You did not choose me,
no, I chose you;
and I commissioned you
to go out and to bear fruit,
fruit that will last;
and then the Father will give you
anything you ask him in my name.
What I command you
is to love one another.'

Jesus is our friend. He loves us so much that
he was prepared to give up his life for us.
What are some things you can do to show
Jesus that you are his friend?



The people I love are...

Draw some pictures of the people you love
and write a little bit about each of them.



Jesus is my friend...







