



# OUR LADY'S SCHOOL NEWSLETTER

20 October 2023

[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 9.00am, 5.30pm, Sunday 9.00am, 10.30am & 5.30pm

Vietnamese: Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm

Chin Hakha/Burmese: 2.30pm

Tongan: Every 1st Sunday 3.00pm

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*

*Gracious words are a honeycomb, sweet to the soul and healing to the bones.*  
*Proverbs 16: 24*

## DATES FOR THE DIARY

**Tues 24 Oct** Whole school dance rehearsals at Quin Auditorium

**Wed 25 Oct** Dance Performance 'Let Your Light Shine' 6.30pm at Quin Auditorium CCCC

**Fri 27 Oct** Day for Daniel Casual Day with splashes of **RED**

**Wed 1 Nov** All Saints Day Teeth on Wheels

**Thurs 2 Nov** All Souls Day

**Mon 6 Nov** Professional Learning Day (Report Writing). No school for the students

**Tues 7 Nov** Melbourne Cup Day Public Holiday

**Fri 10 Nov** Teeth on Wheels P&F Trivia Night in Mariana Hall

**Sat 11 Nov** Remembrance Day

**Mon 13-Fri 24 Nov** 10 Day Swimming Program

**Fri 8 Dec** Feast of the Immaculate Conception

## **PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS**

**Mon 6 Nov: Report Writing**

Dear Parents,

Hasn't it been lovely to have some lovely sunshine?

Thank-you to all the parents who supported our Community Classroom afternoon on Tuesday. We were so fortunate to have so many parents and family members come through our classroom doors and engage with the children's learning. Thank-you to our amazing classroom teachers and students for making the afternoon a success.

We have a very exciting week coming up. As you all know, our upcoming 'Let Your Light Shine' Dance extravaganza is fast approaching. In less than a week, our students will showcase their hard work and I am confident we will see all students shine on stage!

On Monday, we had a whole school rehearsal at school to allow Andy to make any final small adjustments next week. Thankfully, Andy was so pleased and feels all dances have come together very well.

This coming Monday, students will have their final class rehearsal at school followed by our whole school rehearsal at Quin Auditorium on Tuesday. If you haven't completed your child's permission note yet, please ensure you do so today or over the weekend.

Rehearsing at Quin Auditorium is a very important part of the process, so that all students, staff and of course Andy, are comfortable and aware of the space they will be performing in.

Please make sure you purchase the tickets you need. So far 528 tickets at Quin Auditorium have been sold.

Ticket sales are available via Trybooking <https://www.trybooking.com/CMFAX> where you are able to select your seating.

Please take note of the following reminders:

### **WHOLE SCHOOL DRESS REHEARSAL ON TUESDAY 24TH OCTOBER**

- Buses will be transporting all children and staff to Quin Auditorium at 9.00a.m. We will start leaving Caroline Chisholm at approximately 2.10p.m.
- All children need to bring their snack, drink and lunch from home as there will be NO TUCKSHOP OR LUNCH ORDERS on Tuesday, as per usual.
- All children should wear their sport uniform.



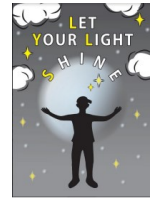
## *Dancers Prayer*

Lord God, With every movement I make I long to be close to you.  
May I leap with your joy, May I stretch with your passion, May I balance with your strength.

I give you my dance, as a prayer, As praise, And as a testimony.  
May my dancing tell of you love And always point the way to you.  
Amen.

### ARRIVAL FOR PERFORMANCE NIGHT ON WEDNESDAY 25TH OCTOBER

- All children need to be at the venue Quin Auditorium 204 Churchill Ave, Braybrook (Limited parking via Darnley Street) between **5.30-6.00p.m.** on Wednesday 25th October. There is limited parking next door to Paul Sadler Swim Centre for parents. Of course, the surrounding streets also have some parking options.
- *Let Your Light Shine* will run from 6.30-8.30pm.
- There will be a 15 minute intermission in the program.
- All students need to remain for the entire concert.



### AFTER THE CONCERT /DISMISSAL TIME

Our primary concern is child safety and that all children leave safely with their parents. In order to do this in an orderly way, we ask you for your patience and understanding. It is important that your child's class teacher marks/ticks off that your child has been collected.

The dismissal process can always be congested as everyone is wanting to leave at the same time. So we do ask for your cooperation and patience as this occurs at the end of the evening.

**Working  
Better  
Together**

We will remind you of the pick up points after the concert. Overall, the dismissal process will involve:

- ◆ Parents remain seated in the Quin Auditorium
- ◆ Students will return with their class teacher and then classes will go to an allocated dismissal point, which will be announced
- ◆ Older siblings will go to their younger siblings' class so they are together, allowing one parent to collect all their children from one class.
- ◆ One parent will be asked to come and collect their child/ren from the following areas:
  - ⇒ Foundation, Year 1 and Year 2 students will be collected from the stage (including older siblings)
  - ⇒ Year 3 and Year 4 students will be collected from the space in front of the seats in the Quin auditorium (including older siblings)
  - ⇒ Year 5 and Year 6 students will be collected from the foyer space, just outside the Quin auditorium.



However, if weather conditions are favourable, we may use the outdoor space just outside the foyer to ease congestion. We appreciate and thank-you for your co-operation in advance so that everyone's safety is at the forefront.

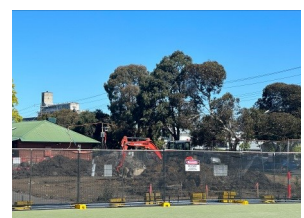
### **BUILDING UPDATE**

On Tuesday, Ms Bertani, Mrs Meilak and myself attended our fortnightly building meeting.



The next stage of the project is quite a long process which is all the pre-slab work.

All the groundwork is being completed, which also involves all the inground services. The concreters will be here for the next few weeks, as they focus on the excavation, reinforcement and eventually pouring of the pad footings. This will take quite a bit of time over the next few weeks, with the intention of the slab being poured before Christmas (hopefully). It really is so exciting to see the work that has been happening this week.



## DAY FOR DANIEL



Keeping kids safe!

As I mentioned last week, next Friday, October 27th, Our Lady's will be participating in the registered national event 'Day for Daniel' for the seventh time. It has been organised by the Daniel Morecombe Foundation to help promote and educate children about safety. On this day, students are encouraged to wear splashes of RED which could be a red tee-shirt, headband, ribbon or red socks. To prepare for this day, the students will be engaging in a number of 'Child Safety' lessons, which also support our Social and Emotional Learning Program. These lessons promote and teach students to **Recognise, React and Report** if they find themselves in situations that make them feel unsafe. We encourage you to continue to talk to your child about what they are learning in class.

**All children are invited to wear casual clothes with splashes of red.**

Next Friday is also World Teacher's Day. To celebrate the fantastic efforts of all our students efforts in the concert, we have decided to make part of Friday a fun time where the students will have a disco hour. At 11:30-12:30pm, the F-2 students will have their disco hour and at 12:30-1:30pm the 3-6 students will have their disco hour.



## P&F TRIVIA NIGHT

A huge thank-you to our P&F committee who are busily organising a special night for you. Please support the committee and our school by enjoying the Trivia Night in three weeks time. Have you purchased your tickets yet?



Please see the advertisement for the P&F Trivia Night on Friday 10th November. Thank-you to the couple of people that have donated some items to support the evening. Can you help??

*The Parents and Friends Committee do need help from all of us. To make the night a success, we are inviting members in our school community who can and are interested in donating any of the following items:*

- |                       |                        |                     |
|-----------------------|------------------------|---------------------|
| *Movie Tickets        | *Small home Appliances | *Signed Memorabilia |
| *Escape Room vouchers | *Restaurant Vouchers   | *Weekend Getaways   |
| *Spa Treatments       | *Gift Cards            |                     |



If you are able to donate any of the above listed items, please leave your donations at our school office. Any small donation contributes to making the night a success. We thank-you in advance.

## ASSEMBLY

As always, we welcome you to join our school community for our weekly online assembly at 2:40 p.m.

Wishing everyone a wonderful weekend.

Yours sincerely,

*Christine Carabott*

**Mrs Christine Carabott**

**Acting Principal**

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

**LET YOUR LIGHT SHINE IS ON NEXT WEEK!**

**Have you  
bought your  
tickets yet?**



**Don't forget to buy your  
tickets over the weekend.**

**Tickets \$16.00 per person.**

**No ticket needed for performers -  
current students of Our Lady's**

<https://www.trybooking.com/CMFAX>





## **FI**

**Sarah Anne** - For her writing piece about the digestive system. Great work! *From Ms. Cam Tu & Mrs Granata*

**Harriet** - For writing an explanation about starfish. Great work! *From Ms. Cam Tu & Mrs Granata*

## **FJ**

**Nate** - For clearly explaining your ideas about why and how things happen. You are a great Thinker, Nate! *From Miss Wendy*

**Elena** - For showing the Gospel Value Service by helping others to learn how to do new things in Discovery. Well done! *From Miss Wendy*

## **1K**

**Thomas** - for showing great improvement in your reading and writing. You have been practicing and your hard work is paying off. Keep it up! *From Miss Shai*

**Mia** - for being a self-manager who waits patiently for her turn to speak and ask questions especially when you can see the teacher is busy. Well Done! *From Miss Shai*

## **1L**

**Joseph L and Willow T** - For being Collaborators who worked with each other when learning about the parts of the human body. The two of you used different sources to find out information about our organs and where they go! *From Miss Steph*

## **2M**

**Brian D:** For consistently living the Gospel Value of Peace in the way that you always maintain a positive attitude, even when faced with challenges. *From Ms Rochelle*

**William O:** For turning your 5 Finger Facts about the Emperor Scorpion into a very detailed factual description. Well done! *From Ms Rochelle*

## **2N**

**Van Sui P-** For showing the Gospel value of Compassion by donating to our shop to raise money to help others. *From Mrs Mitchell*

**Scarlett M** - For working collaboratively with your peers to create an informative slideshow about Italy with wonderful images to match the text. *From Mrs Mitchell*

## **3E**

**Evelyn L** - For using her knowledge of place value to partition numbers up to 1,000. Keep up the good work! *From Ms Howe & Ms Belinda*

**Simon** - For writing great arguments to convince your readers why girls should play soccer. Well done! *From Ms Howe & Ms Belinda*

## **3F**

**Makuei M** - For showing the Gospel value of Compassion by looking out for others treating everyone with respect. *From Mr Josh*

**Owen T** - For working independently in Writer's Workshop. Keep it up Owen. *From Mr Josh*

#### 4G

**Hanna**-For creating a clever and interesting advertising slogan to persuade the viewer to buy the advertised product. Well done! *From Ms Karen*

**Imogen** - For writing three well thought out reasons in your persuasive text. Well done! *From Ms Karen*



#### 4H

**An**- For using persuasive language to make your writing interesting. Keep it up! *From Ms. Robles*

**Maya**- For taking risks and challenging yourself during Maths. Well done! *From Ms. Robles*

#### 5C

**Filip**- for your outstanding editing work on your latest draft in Writer's Workshop. Well done Filip! *From Mr Membrey*

**Anna**- for stepping outside of your comfort zone and trying challenging things. Keep it up Anna! *From Mr Membrey*

#### 5D

**Saiyam** - For displaying the gospel values of Service and Respect by helping another student with their iTime Inquiry. *From Ms Gurry*

**Will** - For starting off Term 4 with a huge improvement in your contributions to whole class discussions. Keep it up! *From Ms. Gurry*

#### 6A

**Rati** - For being willing to share her opinions and thoughts in class discussions. *From Mr Wickham*

**Gabe** - For displaying the Learning Asset of Self Manager by remaining focussed when working on learning tasks. *From Mr Wickham*

#### 6B

**Jonti M** - For demonstrating maturity and conscientiousness during learning time and for being a wonderful role model for your peers. *From Ms Christine & Mrs Sales*

**Dao L** - For demonstrating the Our Lady's Gospel Value of Courage when taking risks in his learning and using division to compare two fractions. *From Ms Christine & Mrs Sales*



FI Jayden P  
1L Isabella W  
3E Evelyn L  
3F Ethan N  
4G Mina N  
6B Raphaella T

# **TICKETS**

**Let Your Light Shine**  
**Our Lady's Whole School Dance Extravaganza**  
**October 25th 2023 at 6.30pm**

**Quin Auditorium**  
**Caroline Chisholm Catholic College**  
**Entrance corner Churchill Ave and Darnley St,**  
**Braybrook**

**Tickets on sale from**  
**Wednesday 11th October 5.00pm until**  
**Wednesday 25th October 10.00am**

**Tickets \$16.00 per person.**  
**No ticket needed for performers -**  
**current students of Our Lady's**

<https://www.trybooking.com/CMFAX>



## Promoting Child Safety - A Day for Daniel

Next Friday, October 27th, Our Lady's will be participating in the registered event 'A Day for Daniel' for the seventh time. It has been organised by the Daniel Morecombe Foundation to help promote and educate children about safety. **On this day, students are encouraged to wear splashes of RED which could be a red T-shirt, headband, ribbon or red socks, with casual day.** To prepare for this day, the students will be engaging in a number of 'Child Safety' lessons, which also support our Social and Emotional Learning Program. These lessons promote and teach students to *Recognise, React and Report* if they find themselves in situations that make them feel unsafe. We encourage you to continue to talk to your child about what they are learning in class.



On Tuesday the 17th October, Van R, Aria W, Harrison B and Jesse D represented Our Lady's school in the Western Metropolitan Primary Regional Athletics at Keilor Athletics Track.

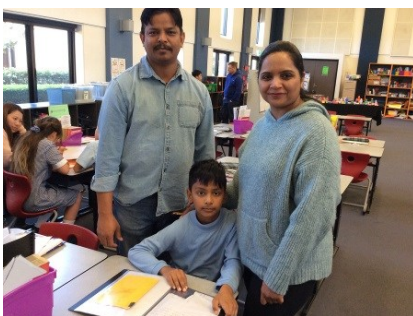
Van R competed in the 100m, 80m hurdles and long jump, Aria competed in the triple jump and long jump, Harrison competed in the 800m and Jess competed in the 200m.

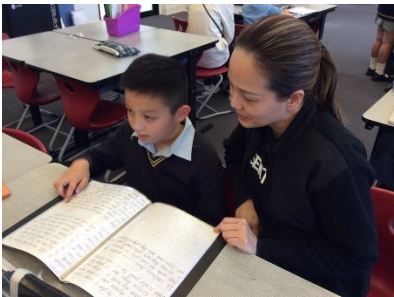
Congratulations on making it this far and representing Our Lady's.

*Ms McManus*



# Community classroom





# OCT 31<sup>ST</sup> - ALL HALLOWS EVE

Commonly celebrated as an evening of ghosts and ghouls, scary looking costumes and trick or treating but what are we celebrating? All things Dark?

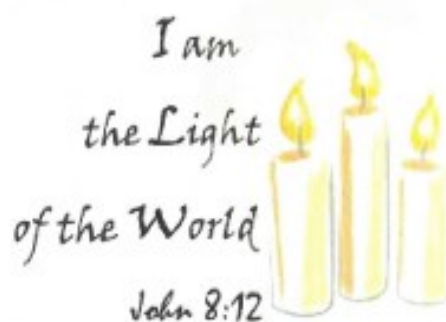
As Christians we have a choice, we can either celebrate this night as a night of darkness or stand with Jesus as the light of the world, and celebrate October 31<sup>st</sup> as All Hallows Eve, as a night of light.

## VERSES TO CONTEMPLATE

John 1: 1-9, 3:19-21     John 12: 27-36, 12: 44-46

1 John 1:5-7     Matthew 5: 14-16     1 Peter 2: 9-10

1 Thessalonians 5: 3 -5     2 Corinthians 4: 3-6, 6:14-18



## WEBSITES FOR FURTHER IDEAS AND RESEARCH

<http://www.nightoflight.org/>

<https://www.effortlessfoodie.com/easy-soul-cakes/>

<https://www.littlewaychapel.com/blog/tag/all+hallows%27+eve>

<https://www.catholicicing.com/how-to-celebrate-all-saints-day-at-home/>

Fun Idea 1 # Carve the shape of a cross in a pumpkin instead !

Fun Idea 2 # Bake some all soul cakes, you can find the recipe online.

**OCTOBER 31<sup>st</sup>**

**PLACE A LAMP OR LIGHT IN YOUR WINDOW**

**IF YOU STAND FOR CHRIST AND HE IS  
THE LIGHT OF YOUR WORLD.**

All hallows eve can be part of a special three-day holy celebration in which we can contemplate, pray, attend Mass and create new and meaningful catholic traditions in our parishes and families. We can honour God by Worshipping Jesus as the light of the World, by recognising his light in the lives of the Saints who reflected him to all of those around them, and by acknowledging and praying for all souls who have died in the faith, that they may receive his mercy, be reunited into his loving arms and live eternally in his light. There are some great resources online with lots of ideas for families and kids, as well as further information about these days.

**OCTOBER 31<sup>st</sup> All Hallows Eve**

**NOVEMBER 1<sup>st</sup> All Saints Day**

**NOVEMBER 2<sup>nd</sup> All Souls Day**

## TEETH ON WHEELS COMING BACK TO OUR LADY'S

Dear Families,

We have Teeth On Wheels visiting our school for dental check-ups and oral health education starting the 01/11/2023.



**TeethOnWheels™**  
a positive dental experience

**Click the link below to sign your child up - IT MIGHT BE FREE!**

<https://teethonwheels.com.au/consent-forms/consent-eform/>

Please note: if you have already completed a form for 2023 this does not need to be done again, unless your contact information or child's medical history has changed.

Please complete your form today and the Teeth On Wheels team will be in contact to schedule your child's appointment and notify you if your child's eligible for FREE dental care through the Child Dental Benefit Schedule.

**CUT OFF DATE FOR COMPLETING YOUR CHILDS FORM IS ON THE 31/10/2023.**

Teeth on Wheels are focused on providing *a positive dental experience* and specialise in working with children. They can provide check-up and clean appointments, as well as treatment onsite and will be able to advise you if your child is eligible to receive dental care for **FREE** under the Child Dental Benefit Schedule.

## EXCITING NEWS

### Teeth on Wheels will be visiting our School!



At Teeth On Wheels, we provide the highest quality dental treatment while making it fun, positive and memorable for children.

With the help of the government your child might be eligible for **FREE** dental care.

#### Our dental services include:

- ✓ Check-ups
- ✓ Oral Health Education
- ✓ Scale, Clean & Fluoride Treatments
- ✓ Fissure Sealants
- ✓ X-rays
- ✓ Fillings
- ✓ Extractions



**CLICK OR SCAN THE QR CODE TO COMPLETE YOUR FORM**



TeethOnWheelsAustralia



#teethonwheels

**Phone:** (03) 9338 1191

**Email:** [info@teethonwheels.com.au](mailto:info@teethonwheels.com.au)



**TeethOnWheels™**  
a positive dental experience



# EXTEND WELCOMES YOU BACK TO TERM 4!



Extend is delighted to welcome you back into the new term with tremendous plans filled with fun, creativity and educational value!



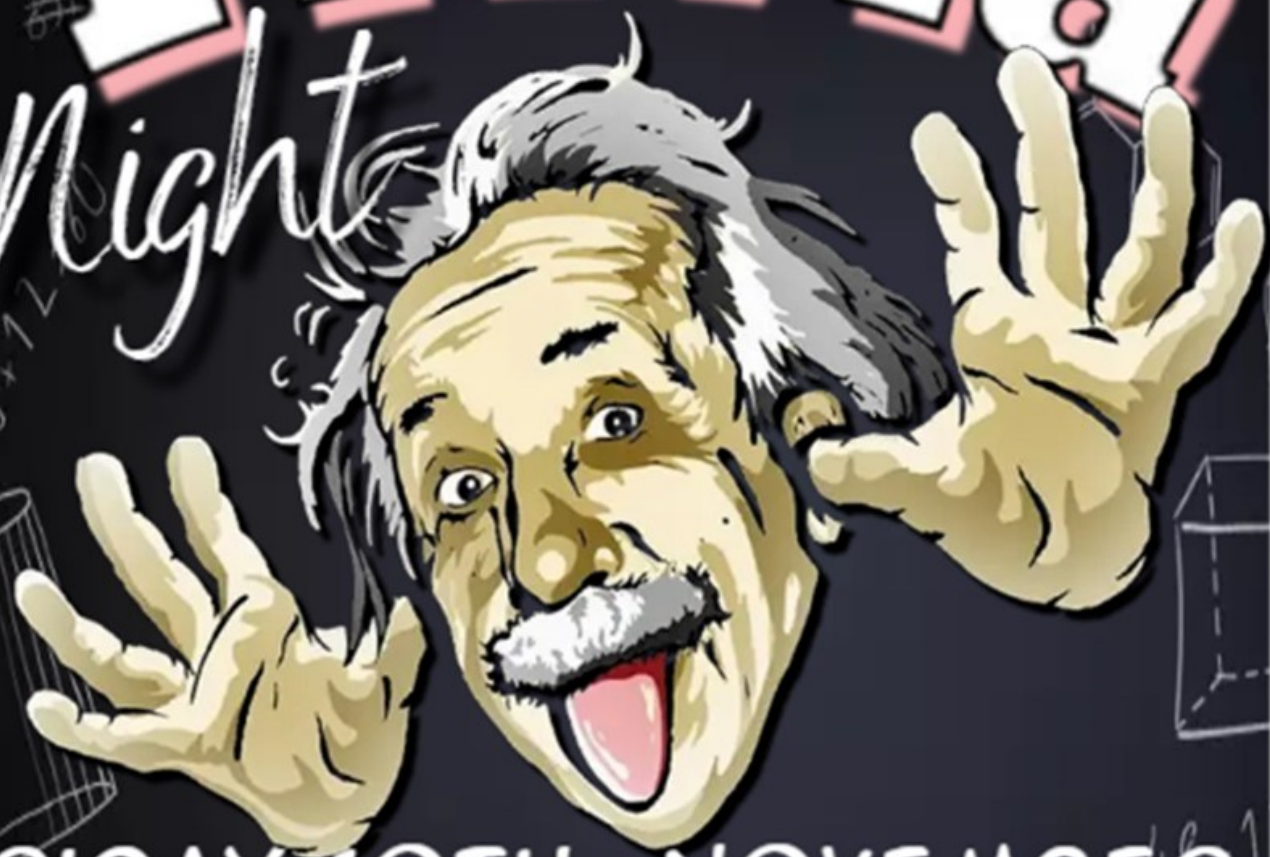
Join us at our service for fascinating messy experiments, sporting games, and building activities, all packed in a space designed with respect and safe fun!



GET THE MOST OUT OF THE NEW TERM BY  
BOOKING AT [EXTEND.COM.AU](https://www.extend.com.au) TODAY!

**Our Lady's Parents and Friends**

# Trivia *Night*



**FRIDAY 10TH NOVEMBER**

**Mariana Hall**

**Doors Open @6.30 Trivia starts @7pm**

**\$20 Per person/ tables of 10 Tickets available on QKR**

**Prizes for Winning Table & Silent Auction**

**BYO Drinks and Snacks**

## PREPARATIONS FOR 2024

As we are beginning our preparations for 2024 we ask that parents let us know as soon as possible if their child/ren are not returning to Our Lady's next year. We have had many inquiries about places for 2024 and we need to let these parents know if there are places for their children.

**If your child is not returning in 2024 (NOT OUR CURRENT YR 6 STUDENTS) please complete the form below and return it to the office. It is vital that you return this form as soon as possible.**

### Children NOT returning to Our Lady's School in 2024

Family Name: \_\_\_\_\_

Child/children's names:

1. \_\_\_\_\_ 2023 Grade: \_\_\_\_\_

2. \_\_\_\_\_ 2023 Grade: \_\_\_\_\_

3. \_\_\_\_\_ 2023 Grade: \_\_\_\_\_

Name of our new school: \_\_\_\_\_

And if moving addresses:

Our new address: \_\_\_\_\_

\_\_\_\_\_

**Signed:** \_\_\_\_\_ **(Parent)**

*Please return this form to the office as soon as possible*

## INSIGHTS

### How to manage stress caused by exams and upcoming events



If your child is a seasoned worrier, you will know how difficult living on high alert can be. Constantly irritated, often anxious and occasionally withdrawn, worriers are in a never-ending state of fight, flight or even freeze.

An upcoming exam or a nerve-wracking event can trigger a flight-or-fight response, flooding the body with cortisol and adrenaline. This response, designed to power up the body to face real threats, helped keep our hunter-gatherer ancestors safe. Unfortunately, the part of the brain responsible for keeping us alert can't tell the difference between a woolly mammoth and an upcoming exam. Both are seen as threats, so the body responds the same. Fortunately, we have an inbuilt relaxation response that can help counteract this stress. Here are some ways your child can regulate stress and anxiety rather than live in a constant state of high alert.

#### Practise belly breathing

Taking several deep belly breaths is probably the quickest way to engage the body's relaxation response. Teach your child or young person to breathe in through the nose to the count of five and out through the mouth to the count of seven. Encourage them to repeat this simple exercise a number of times to switch on the relaxation response. Anchoring belly breathing to regular events such as the start of breakfast or family mealtimes can embed deep breathing into daily life. Make this a part of your child's regular routine to develop a wonderful stress beating habit.

#### Lift their gaze to the horizon

Next time your child is stressed out suggest that they go out the front of where you live and look down the end of the street. Long distance viewing sends a message to the nervous system that they are safe, signalling to the relaxation response to take over. If a child or young person is stuck at a desk, they can lift their gaze to the horizontal and move their head from side to side to achieve a similar effect. It's worth remembering that many positive wellbeing habits are physical in nature, a throw back to the times when people spent most of their time in natural environments.

#### Splash in some cold water

Hardy types who've added ocean swimming to their daily routines know just how invigorating cold water can be. Your child doesn't have to become an iceberg to experience the stress beating benefits that cold water can bring. Plunging their face in cold water for 10 seconds, turning on the cold water at the end of the shower or holding an icepack to the right side of the neck can achieve the same effect. Their body will be flooded with feel-good endorphins taking their worries away. Cold water use has the advantage of stimulating the vagus nerve, making it easier and simpler for kids to move to relaxation mode in the long term.

# parenting \* ideas

## Contact family or a friend

A warm chat with a friend, a fun family board game or karaoke dance party will move your child into relaxation mode, away from high alert. While extroverts will naturally connect with others, introverts and shyer types may need some parental encouragement to engage with others.

## Do something they love

Ensure your child or young person does something fun and enjoyable every day. Play, hobbies, games – anything that's not screen-based that your child or young person enjoys brings down cortisol levels.

## In closing

Regulating stress and anxiety in the body gets stronger and more responsive with practice. Knowing how to support the parasympathetic nervous system is a wonderful strategy to place in a child's or young person's wellbeing toolkit.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



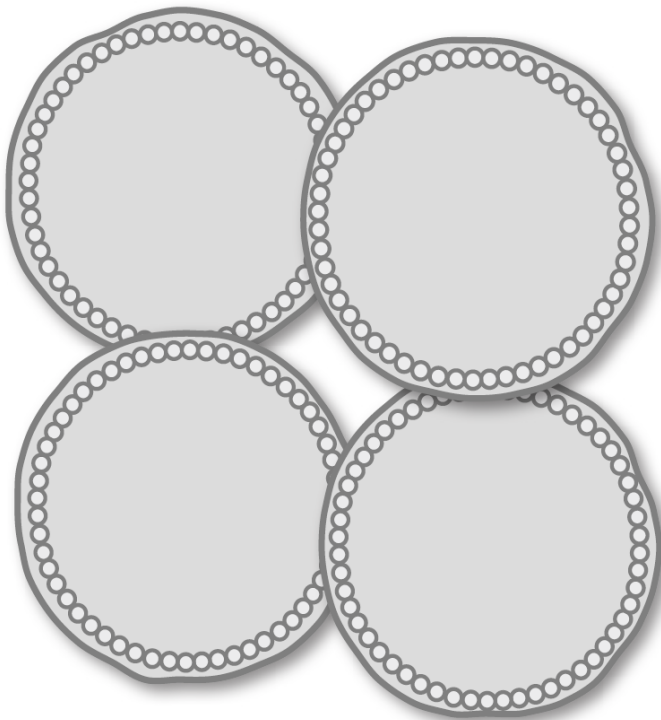
# Give to God what belongs to God

29th Sunday in Ordinary Time, Year A



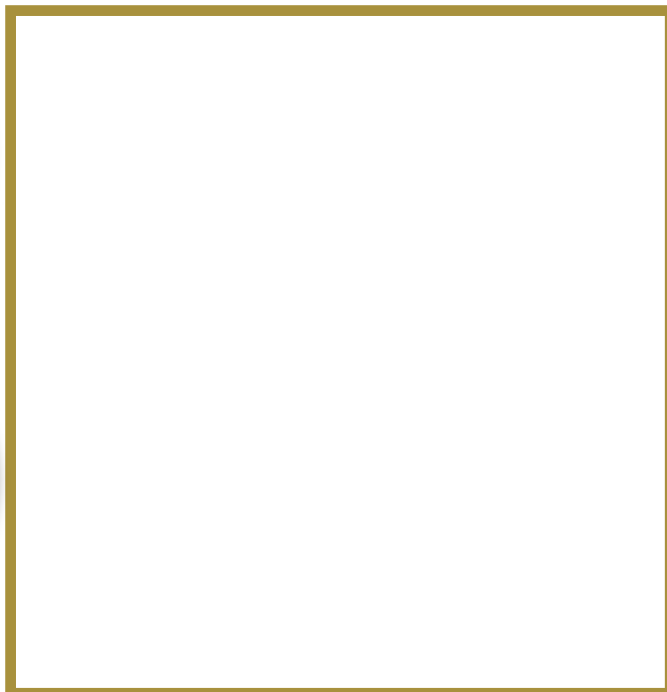
**Give to Caesar what belongs to Caesar...**

Jesus believed that people should obey the law and pay their taxes to the Romans. What are some laws or rules that we must obey?



**Give to God what belongs to God.**

Jesus tells us that we belong to God. We can give ourselves to God by following Jesus' teachings and loving others as he did. Draw a picture of yourself doing something as Jesus would have done.



## Gospel Matthew 22:15-21

The Pharisees went away to work out between them how to trap Jesus in what he said. And they sent their disciples to him, together with the Herodians, to say, 'Master, we know that you are an honest man and teach the way of God in an honest way, and that you are not afraid of anyone, because a man's rank means nothing to you. Tell us your opinion, then. Is it permissible to pay taxes to Caesar or not?' But

Jesus was aware of their malice and replied, 'You hypocrites! Why do you set this trap for me? Let me see the money you pay the tax with.' They handed him a denarius, and he said, 'Whose head is this? Whose name?' 'Caesar's' they replied. He then said to them, 'Very well, give back to Caesar what belongs to Caesar – and to God what belongs to God.'