



OUR LADY'S SCHOOL NEWSLETTER 21 October 2022 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
Burmese: Every 2nd Sunday 2.30pm
Chin: Every 1st, 3rd, 4th, 5th Sunday 2.30pm
Tongan: Every 1st Sunday 3.00pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au
Our Lady's is a Child Safe School

But test everything; hold fast what is good. 1 Thessalonians 5:21

DATES FOR THE DIARY

Fri 28 Oct

Day for Daniel - wear red!

Mon 31 Oct

School Closure Day - Report Writing (no school for the children)

Tues 1 Nov

Melbourne Cup Day Public Holiday (no school for the children)

Mon 14 - Fri 25 Nov

Swimming Program

Fri 25 Nov

P&F 80s Disco Night 7.30pm
Sunshine YCW Cricket Club

Thurs 1 Dec

2023 Foundation Transition 2.00 - 3.00pm

Thurs 8 Dec

Feast of the Immaculate Conception of Mary

2023 Foundation Transition 2.00 - 3.00pm

Fri 9 Dec

Reports published on nForma Portal

Tues 13 Dec

Dinner in the Yard with DJ, Art Show 6.00 - 8.00pm
Parent Teacher Interviews by request

Wed 14 Dec

Year 6 Graduation: Mass 6.00pm. Disco 7.15-8.15pm

Fri 16 Dec

11.30am End of Year Mass
2.30pm End of Year Assembly
3.15pm End of 2022 for students

Mon 19-Tues 20 Dec

Closure Days - Handover Days for Staff.

PLEASE TAKE NOTE OF THE 2022 SCHOOL CLOSURE DAYS

(students do not attend school):

Monday 31 October: Report Writing

Dear Parents,

Another week of learning has gone by, already we have completed three weeks of Term 4. Thankfully the weather is a bit better, with chilly mornings but beautiful days for all of us to enjoy. Although I hope you continue to keep all Victorians affected by the floods in your prayers as we are here at Our Lady's.

Just to let you know that next week I will be on Long Service Leave. Mrs Christine Carabott (Deputy Principal / Wellbeing Leader) will be Acting Principal next week in my absence.

I know the children are all excited about the Italian Pasta Making Workshops that Mr Matteo has planned for us all next Thursday. I hope you enjoy cooking and eating the pasta that your children will be making. A big *grazie* to Mr Matteo for immersing us in some Italian culture for the day.

Day for Daniel is Australia's largest child safety education and awareness day. This national day of action advocates for safer communities for children and empowering them to Recognise, React and Report when they feel unsafe.

Next Friday 28 October is Day for Daniel, a day wear all students can come to school wearing a touch of red. Why do we wear red? People are asked to wear red on Day for Daniel in remembrance of Daniel Morcombe. Daniel was wearing a red t-shirt on 7 December 2003 when he found himself in an unsafe situation. Wearing red links Daniel's very real story to the importance of safety education. It provides a message of strength and hope that together we can make the world safer for all children as a legacy to Daniel and his family.

A reminder that Monday 31 October and Tuesday 1 November are Closure Days for Report Writing and the Melbourne Cup Public holiday. I look forward to being back at school after my Long Service and the closure days.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



Prayer for Children

Children are in need in our world. We must reach out to them.

Jesus, teacher and redeemer, you told the apostles, 'Let the children come to me.' Today we pray for all the children of all nations and all races. We pray especially for children who are hungry, homeless, lonely, sad or afraid. Help them to know your love and care and your presence in their lives.

Teach us to share what we have and to reach out to children so they will have what they need to live and grow as God's children.

Each person can make a difference in our world if we follow in your way. Help us to care about all your children. Amen





FI

Nathan - For writing a detailed retell of The Three Billy Goats Gruff. Well done! *From Ms. Cam Tu*

Lanchi - For writing a detailed retell of The Three Billy Goats Gruff. Keep up the great work! *From Ms. Cam Tu*

FJ

Ethan - For collaborating with others to make a marble run. Well done, Ethan! *From Miss Wendy*

Kira - For making an amazing effort with her writing! Well done, Kira! *From Miss Wendy*

1K

Anabella L - for showing resilience towards your learning when you went back to edit and revise your writing about our experiment. *From Miss Shai*

Liam N - for consistently showing the Our Lady's Gospel Value of Peace in everything that you do. You are so patient and kind to all your friends. *From Miss Shai*

1L

Eddy F - For being a Communicator by writing an announcement to advertise the Year 1 Lemonade Stand. Awesome start getting your message across. *From Miss Steph*

Tom N - For using lots of creative describing words to talk about our bouncy eggs. You made some great observations! *From Miss Steph*

2M

Laura B - For always demonstrating the Gospel Value of Service by your genuine willingness to help the teacher, your peers or the classroom in general. Thankyou for being such a reliable member of our classroom! *From Mrs Granata & Mrs Mendoza*

Samantha H - For demonstrating the Gospel Value of Justice and Respect. This week I have witnessed you stick up for others when something said was not right. Continue to spread your kind-hearted nature. *From Mrs Granata & Mrs Mendoza*

2N

All the students in 2N - For your commitment , creativity and the amazing effort you put into raising money for the people of Ethiopia. You collaborated beautifully and displayed wonderful team work. I am very proud of all of you. *From Mrs Mitchell*

3E

Melissa N - For making a wonderful start at Our Lady's and for trying her best with her learning. *From Miss Karen*

Mina N- For showing the Our Lady's Value of Service by supporting others and for looking after our new student. *From Miss Karen*

3F

Jacob T For showing the Our Lady's Gospel Value of Respect by listening to others and contributing relevant ideas to class discussions. Keep up the great work! *From Mr Josh*

Elke K For showing the Our Lady's Gospel Value of Courage by giving things a go and never giving up. Your dedication and persistence to your learning will help you achieve great things. Well Done! *From Mr Josh*

4G

Madeline F- for creativity, leadership and collaboration shown in creating beautifully packaged home-made soap to raise money for the Socktober stall. *From Ms White*

SPORTS NEWS

On Tuesday the 18th of October 11 students represented the Maribyrnong Division at the Regional Athletics day held at Keilor Athletics Track.

This involved primary schools from all over the Western Metropolitan Region competing in track and field events.

All of our athletes did Our Lady's proud and Leon A has made it through to the State Finals competing in the high jump as he came first in the event.

Well done to all our competitors:

Leon A
Chloe F
Van R

Aquelly L
Max H
Henry W

Holly B
Jacqui M
Aria W.

Tom D
Grace N



REMEMBRANCE DAY BADGES

The Sunshine RSL has the following items available for purchase from the Office for Remembrance Day, Friday 11 November 2022.



CANTEEN NEWS

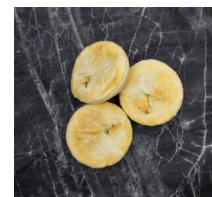
Due to supply issues of party pies, today we were trialling party pies that we were able to purchase from Routleys Bakery. So if you ordered party pies today for your children they have come from Routleys and not our 'normal' supplier.

If we go ahead and order from Routleys in the future, the price will need to increase slightly, but we are almost guaranteed delivery each week.

Please ask your child what they thought of their party pies today and let us know.

We would love your feedback!

Please email us your child's thoughts on enquiries@olsunshine.catholic.edu.au



Keep an eye out on the NEW ITEMS tab on QKR starting Monday - we're trialling some new products and we only have VERY limited numbers of each product!

SOCIAL JUSTICE TEAM NEWS



Dear Families,

We, the Year 6 Social Justice Team, have taken it upon ourselves to plan a variety of events for the school community to engage with to raise money for ETHIOPIA in 2022. It is an initiative that many Catholic Schools take up during OCTOBER each year through MISSION AUSTRALIA.

In week 4 the Year 5s and 6s will participate in a game of DODGEBALL.

The winners will be given a prize at an assembly at the end of the month when we will also announce how much money has been raised.

In addition, each classroom is invited to create a stall during a break time during the day so that more money can be raised. Your child's teacher will keep you informed of what that stall might be.

Throughout Socktober in 2022, students will learn about Ethiopia and support children and their families in need. Although it is a beautiful and deeply historic place, Ethiopia's challenges, including conflict, poverty and famine, have troubled its people for centuries. The growing influence of climate change will only serve to exacerbate these issues, and we are called to act now to work with local communities to support children and families in need, to preserve their dignity and to safeguard their future.



Thank you for your support during SOCKTOBER.

Jasmine, Sharon, Mikayla & Zoe

Day For Daniel



When? Friday 28th October

**What? Australia's national day of action
for child safety.**

**Why? Day For Daniel is a special day that
honours Daniel Morcombe.**

**Please wear casual clothes, either all red or with
splashes of red (E.g. a red t-shirt, shirt, shorts, socks etc)**



Tickets available on QKR now!

OUR LADY'S PARENTS & FRIENDS FUNDRAISING EVENT



THE ADULTS ONLY

80's *Party*



FEATURING DJ CON

FRIDAY 25.11.22

7:30 TIL LATE

SUNSHINE YCW CRICKET CLUB

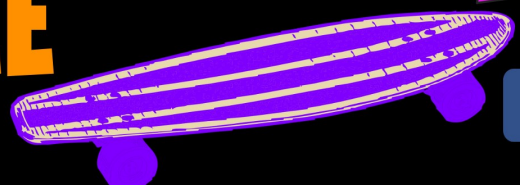
LILY ST BRAYBROOK

DRINKS AT BAR PRICES



BRING CASH TO PURCHASE A SONG , PLAY WINE
PULL, JOIN IN THE COIN TOSS OR TO BUY A TICKET
IN THE RAFFLE,

\$10 ENTRY FEE





WELCOME BACK TO TERM 4! JUST IN TIME FOR EXTEND-A-HAND!

Get excited for this week! As part of our yearly initiative, we're dedicating time to a fun and worthy cause.

This year's initiative is National Bird Week!
From **October 17-21** have an awesome time dedicated to our flying friends!
Get involved with us and enjoy the bird related fun!



Go to [extend.com.au](https://www.extend.com.au) and join our flock for National Bird Week!



MARIBYRNONG SWIFTS FOOTBALL CLUB

THE ONLY ALL-FEMALE SOCCER CLUB IN THE WEST

Come down and join the Swifts for Tryout Tuesdays



**6-7pm Tuesdays throughout
October and November**



**Johnson Reserve
West Footscray**



**New and existing
player's welcome**



**2023 JUNIOR
TEAM
EXPRESSIONS OF
INTEREST NOW
OPEN
(U8 TO U16)**

Register your interest via
the QR code



maribyrnongswiftsfc.com
maribyrnongswiftsfc@gmail.com





AUSTRALIAN GIRLS CHOIR



Is this your daughter?

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

Join us at our NOVEMBER OPEN DAY!



AUSTRALIAN SCHOOL OF PERFORMING ARTS



PREPARATIONS FOR 2023

As we are beginning our preparations for 2023 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 2023 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and several of the other year levels are full, with enrolment enquiries coming in.

If your child is not returning in 2023 (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. *Thank you.*

Children NOT returning to Our Lady's School in 2023

Family Name: _____

Child/children's names

1. _____ 2022 Grade: _____

2. _____ 2022 Grade: _____

3. _____ 2022 Grade: _____

Name of our new school: _____

And / Or

Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible

INSIGHTS

Helping your family manage uncertainty



Uncertainty is part of life and yet our brain, which creates our thoughts and feelings, loves certainty and predictability.

The pandemic has created more uncertainty in families, schools and communities than most people can recall in their lifetimes. With no clear end point, more stress and anxiety may well be triggered. In small doses anxiety heightens your sense of focus, giving you an increased level of energy, and increases your chances of managing a potential challenge that has appeared. In large doses, this anxiety is problematic, as it can cause feelings of being overwhelmed and even panicked.

The lesson of being real

Many fears and unexpressed emotions lie beneath the stress of navigating uncertainty. Be prepared to share your emotions with your children, especially feelings of sadness. They experience grief every time they lose the opportunity to spend time with loved ones, go on holiday or return to school to see friends.

Grief is not a sign of weakness. It shows you are human. Let your children see you cry and give them the agency to know what to do. They can grab a tissue, they can give you a hug and, if they're old enough, they can make you a cuppa.

Your children need to see that when bad things happen to adults, they can feel upset for a time. There are many ways you can help children cope with uncertainty.

Normalise uncertainty

Teach your children that nothing is permanent. Good things come and go. So will tough times. Change is a part of life and can be positive or challenging. Share stories about how your family recovered from hard times. Adaptability and flexibility are key components of resilience, which can be nurtured in childhood.

Make choices that ease fear and anxiety

Remind your children and young people that they are not powerless. Resting, reading and relaxing are great tools to ease fear and anxiety. This might include taking deep breaths, listening to music, or making others laugh. Getting outside to play or walk the dog is another simple way to ease the nervous system.

Focus on the things you can control

Simple habits and routines really make a difference. When everything is changing routines and rituals such as regular family mealtimes, bedtimes and wake up times help maintain a sense of normality. These rituals provide an important anchor helping them feel in control.

parenting*ideas

Encourage your kids to have a 'gratitude attitude'

Though times are no doubt really tough for many, you can choose to feel grateful for the things you have, and the people love, and you can model this mindset with your children.

Maintain hope

Hope is an important antidote to feeling stuck in fear. Encourage feelings of hope by sharing wonderful memories via photos or videos which can lift everyone's spirit. Plan a new experience to happen when that becomes a possibility.

Children and young people need to understand that life can be an unpredictable ride and together you can adapt and find a way through to each new day.

The greatest tool you have as a parent in these times is to remember that you are the 'safe base' for your children and young people. If you can embody that, and help them feel that no matter what, your love and support is a certainty, then the uncertainty around us all becomes a lot more manageable.



Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). She is the mother of four sons and a very grateful grandmother. For further details visit maggiedent.com

*Humble yourself and you
will be honoured*



30th Sunday in Ordinary Time, Year C

Gospel

Luke 18:9-14

Jesus spoke the following parable to some people who prided themselves on being virtuous and despised everyone else, 'Two men went up to the Temple to pray, one a Pharisee, the other a tax collector. The Pharisee stood there and said this prayer to himself, "I thank you, God, that I am not grasping, unjust, adulterous like the rest of mankind, and particularly that I am not like this tax collector here. I fast twice a week; I pay tithes on all I get." The tax collector stood some distance away, not daring even to raise his eyes to heaven; but he beat his breast and said, "God, be merciful to me, a sinner." This man, I tell you, went home again at rights with God; the other did not. For everyone who exalts himself will be humbled, but the man who humbles himself will be exalted.'

How can we be humble like the tax collector?

Match up the correct endings

Draw a line from the first half of each sentence to its correct ending.



The Pharisee and the Tax Collector went

you will be honoured.

The Pharisee prayed

"God, have pity on me! I am a sinner."

The Tax Collector prayed

you will be put down.

If you put yourself above others

to the temple to pray.

If you humble yourself

"God, I thank you that I am not greedy or dishonest."