



OUR LADY'S SCHOOL NEWSLETTER

22 October 2020

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
Our Lady's is a Child Safe School

'In the beginning God created the Heavens and the Earth' Genesis 1:1

Dear Parents,

It was wonderful to see the children coming to school with their favourite sports team colours on. We had a real mix of sports teams and Ms McManus added to the fun by playing each team's theme song in the school yard. I saw lots of smiles and when speaking to the students it seems like it was a fairly even split as to who they thought would win the grand final between Geelong and Richmond. As tomorrow is the Grand Final Public Holiday there will be no school. I hope that regardless of who you wish to win you enjoy this extra day of relaxation with your family.

A reminder that from Monday the children are expected to wear their full Summer uniform. Most importantly they are to wear a school hat each day to protect them from the harmful rays of the sun. We are a Sun Smart school and it is our policy that if children are not wearing a school hat they will not be able to play and will have to sit in the shade during the breaks. The school will also provide sunscreen for the students to apply before going outside to play. If you wish to supply your own sunscreen for your child please let your child's teacher know.

A further reminder that the canteen is only open for lunch orders ordered using our QKR App. There are no over the counter sales during the recess or lunch time breaks. Thank you to all of you who have paid your outstanding money to the canteen. If you are still to pay please do so as soon as possible. The canteen is a not for profit service that the school offers to support our families.

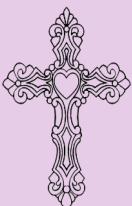
Sustainability is part of the Our Lady's school curriculum. Ms McManus (Sustainability Leader) alerted us to the plight of the endangered orangutans when she visited Borneo. Since 2018 our school has raised money each year to support this extremely important work. The school has been sponsoring two Orangutans from Malaysia who live in the North Borneo region and were rescued as orphans by the rangers from the Sepilok Rehabilitation Centre. The centre is on 43 square kilometres of land at the edge of the Kabili Sepilok Forest Reserve and has been built to rescue and rehabilitate orphaned orangutans. Our two orangutans are called Beryl and Archie. Beryl has been at the rehabilitation centre since 2012 and Archie since this year. We have received great news about Beryl, she has been released back into the wild. I have included pictures of her below. I have shared a report about Archie's progress in this newsletter. Ms McManus is in the process of organising this year's fund raising event for this very important project. We can all feel proud that we have made a positive difference to these beautiful endangered animals. We wish Beryl a safe journey.

GREAT NEWS ABOUT BERYL!



Our Lady's school sponsored orangutan Beryl has been released back into the wild after 8 years of rehabilitation!

OUR NATIVE PLANTS



Dear God, how great to see our Australian wattle trees with their yellow fluffy flowers in bloom, and the Australian waratahs with their big red flowers reaching up to the sun, native birds flying in and out of the bottlebrush, so many different native plants and flowers, with their soft colours covering the ground.

Thank you, God, for our native plants. Help us to keep them safe, so that they will always bloom here in our Australian land.

2021

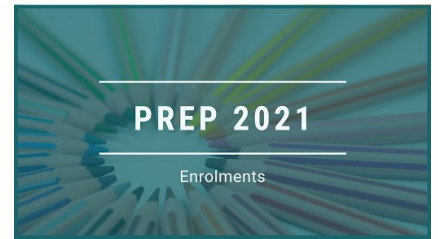
Just a reminder to families that if they have picked up an enrolment form and NOT RETURNED IT, please return it to school with all the documentation as soon as possible.

Also any new families that have NOT picked up an enrolment form for Foundation 2021, please come into the Office to pick up a pack.

Also if any families (not grade 6 students) are NOT returning to Our Lady's in 2021, please return the pink form or let the Office know as soon as possible.

UPCOMING EVENTS

Friday 23 October	School Closure	AFL Grand Final Public Holiday
Friday 30 October	Missions Day Casual Dress with Donation	
Monday 2 November	School Closure	Report Writing Day
Tuesday 3 November	School Closure	Melbourne Cup Day
Wednesday 16 December	Students finish for 2020 at 3.00pm	



MISSIONS DAY

October is World Mission month and is dedicated to the observation and celebration of mission.

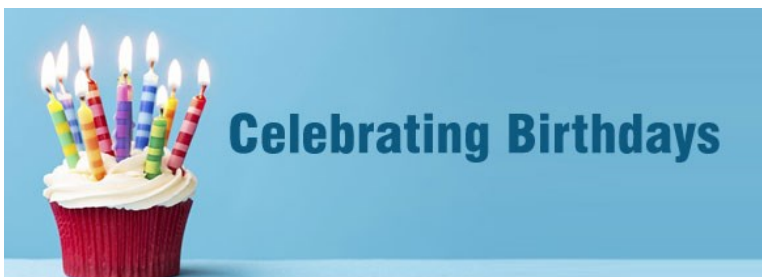
In his World Mission Day message, Pope Francis reminded us that the mission of Jesus '... sends us everywhere so that, through our witness of faith and the proclamation of the Gospel, God may continue to manifest his love and in this way touch and transform hearts, minds, bodies, societies, and cultures in every place and time'.

World Mission month encourages us to move our convictions beyond the confines of church walls and be missionary in our outlook by focusing on what it means to witness. While our movements may be restricted at the moment, we can still spread the message of the gospel and support those doing important missionary work across the world.

Our Lady's School will be collecting donations of money for this cause on Friday 30th October when children can come to school in casual wear and give their donation to their teacher. Thank you in advance for your generosity.



Kriss Oliver -REL



Jocelyn B 5C
Matthew D 6A
Sophia V FI

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

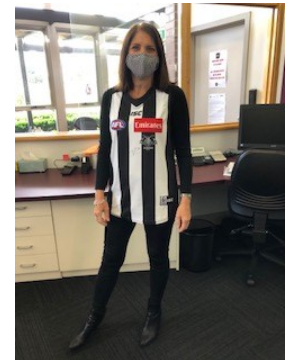
Principal

principal@olsunshine.catholic.edu.au

Sports Colours Day



SHOW YOUR TRUE COLOURS!



DAY FOR DANIEL

Dear Parent,

Just a reminder that next Friday 30th October, Our Lady's will be participating in the registered event 'A Day for Daniel' for the third 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 something **RED**, which could be a red tee-shirt or red socks.

Wellbeing: Child Safety

As a whole school approach, and as part of the wellbeing and child safety curriculum, the students will be immersed in exploring different emotions. This also involves consolidating the concept of respecting each other's personal space and emotions. Students in Years F-3 will be viewing a video exploring a student's reaction to a homework situation at home with a sibling. Follow-up from the video will involve students exploring other ways that the situation can be dealt with in relation to taking one's emotions and feelings into account. The Years 4-6 will be watching a video involving students playing football with a focus on emotions and behaviour and how one person's behaviour can affect themselves and those around them. Both year levels will also be viewing a video about body clues when they may feel uncomfortable.

The resources we are using are provided for all students nationally and can be found on the following website: <https://danielmorecombe.com.au/keeping-kids-safe-resources/>



Keeping kids safe!

ARCHIE'S UPDATE

Date arrived at Sepilok Rehab Centre
Age on arrival
Sex

August 2015
1 year old
Male

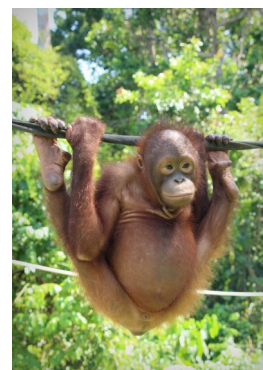
Archie continues to win the hearts of all of the orangutans and staff alike with his endearing personality and gentle nature. He has developed a new friendship with fellow playmate, four year old female, Canyon. Despite being younger than him, she seems to have recognised his vulnerable side and has taken on a big sister role and keeps a close eye on him. This friendship will be beneficial for both of them as they will learn new skills from each other.

As Archie needs a little more special care than the other babies at Indoor Nursery due to his poor immune system and lactose intolerance, he is still given goats' milk. In the wild, orangutans nurse their youngsters longer than any other mammal. Milk provides vital nutrients and can be a young orangutan's most important food source. The orangutans at Sepilok are given milk by their human carers and are eventually weaned off it when they are older.

The range of foods that Archie is foraging for in the forest is increasing but he doesn't always get it right. He was observed carefully selecting a new type of leaf he hadn't come across before, which he then cautiously put in his mouth and slowly chewed. A few seconds later he screwed his face up and spat the leaf out. Obviously it didn't taste as delicious as he expected it to. He was still pulling a face to show his disgust several hours later. He won't be going near that tree again anytime soon but it was an important lesson for him in forest survival.

Now that Archie's climbing ability has improved enormously, he is enjoying spending additional time in the forest following some of the more experienced orangutans high up in the tree tops. Orangutans are the largest tree dwelling mammals, spending 90% of their time in the canopy, so they need to know how to move securely and smoothly. Archie's nest building skills still need more work though. Once he has mastered this task it won't be too long before he will be able to make a strong and comfortable nest of his own to enjoy an afternoon nap or a bed for the night nestled high up in the safety and shade of the trees.

Photos: 'Big Feet' and 'Strike a Pose'





Extend is the place for your children to thrive, learn and play, so what are you waiting for? Book and enrol at www.extend.com.au

Hours of Operation

After School Care: 3:00pm – 6:00pm

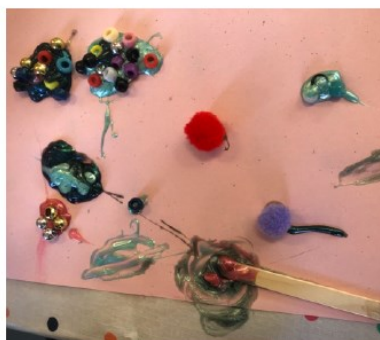
Contact Details

0499 849 940

olic@extend.com.au

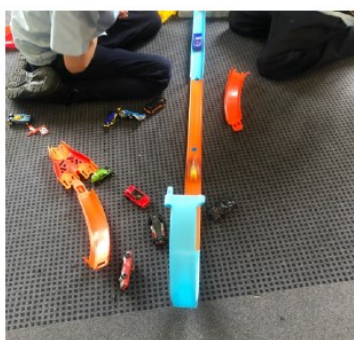
Monday	Tuesday	Wednesday	Thursday	Friday
Comparative ooblek studies	The fort of many blankies	Melt and mix cooking	Making kinetic sand	Electronics night

DISCOVER



We have had such a great time with our new craft trolley. So much stuff just waiting for us to explore!

LEARN



Testing gravity with the Hot Wheels cars. So far it seems to be legit.

PLAY



This was as close as we got to a Rube Goldberg Machine. Can you see those drops though? That took some time lining up!

STAR OF THE WEEK!

Michael G

He put in so much effort to set up the original obstacle course and worked hard with the others to make it better. He then also worked hard to get it all cleaned up and put away. Such great participation!

Another great week has gone by already! The best news for us this week is the return of fresh produce and cooking! Yay! This week we have started to settle into our thing. We had super fun making the obstacle course. Great negotiations between all to make the ultimate obstacle course! Our Rube Goldberg machine didn't quite go as planned, and nor did our spontaneous Ooblek attempt. Next week we are giving a far more serious try. We will make awesome Ooblek... Our new craft trolley has been a hit. It's so good to be able to make, create and artistically express ourselves whenever we want.

Leonie
Service Coordinator

extend.com.au

SUNSHINE BASEBALL CLUB

BARCLAY RESERVE - TALMAGE ST - SUNSHINE



Join in on the fun of playing baseball

No experience necessary, just the desire to learn a new sport in
the open air and to have FUN !!

[SBC JUNIOR PROGRAM - YouTube](#)

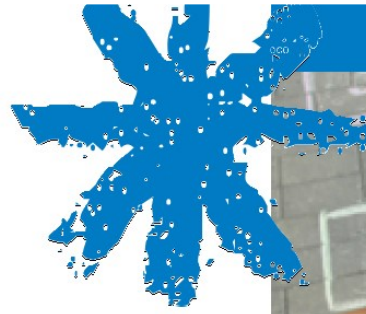
TEE BALL	~ AGES 4 - 6
ROOKIE BALL	~ AGES 6 - 8
JUNIOR BASEBALL	~ AGES 8 - 17

PHONE GAVIN: 0419 874 135

EMAIL: sbcjuniors@outlook.com

[Sunshine Baseball Club website](#)

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

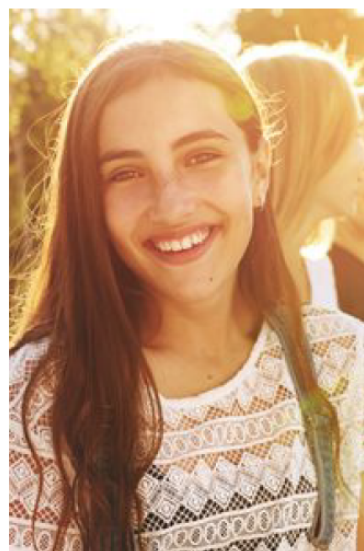
Kids can practise shrugging in front of the mirror so that they can see what a good shrug looks like. There are 4 ingredients:

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.



Give to God what belongs to God

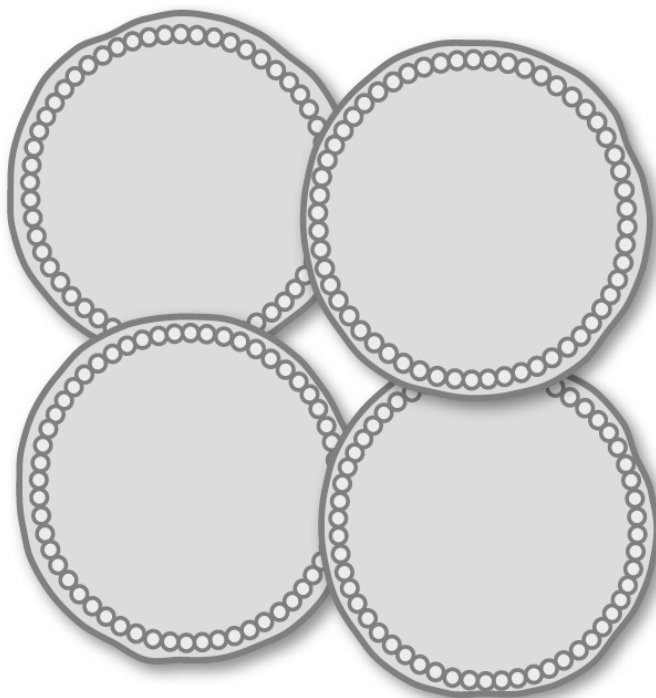


29th Sunday in Ordinary Time, Year A



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?



Gospel

Mt 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.'

Colour in the shapes that contain dots to reveal something that Jesus wants us to show others.

