



OUR LADY'S SCHOOL NEWSLETTER

22 October 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

'And this will be a sign for you: you will find a baby wrapped in swaddling clothes and lying in a manger' Luke 2:12

DATES FOR THE DIARY

Every Friday Assembly is online

ONSITE TIMETABLE (GUIDELINE DEPENDENT)

Foundation:

Starting 18 October - Mondays,
Tuesdays Wednesdays

Year 1 & 2

Starting 21 October - Thursdays
and Fridays

Year 3 & 4:

Starting 26 October - Tuesdays
and Wednesdays

Year 5 & 6

Starting 22 October - Thursdays
and Fridays

ALL BACK ONSITE FROM FRIDAY 5 NOVEMBER (GUIDELINE DEPENDENT)

Thurs 28 October

Online Cyber Safety presentation
with Dr Kristy Goodwin 7.00pm

Mon 1 November

School Closure - Report Writing

Tues 2 November

Melbourne Cup Public Holiday

Friday 5 November

Every class back onsite! Casual
Clothes Day!

Fri 12 November

Yr 6 Confirmation (Time TBC)

PLEASE TAKE NOTE OF THE 2021 SCHOOL CLOSURE DAYS

Mon 1 Nov Report Writing Day

Dear Parents,

It was just wonderful to welcome the students back to school this week. Most of the students were confident and happy as they came through the school gates, some were a little hesitant initially but all had big smiles when they saw their teachers and their friends. In fact it was a joy to hear the sounds of children playing in the playground during the breaks. Finally, our school has come back to life.

The students seemed to quickly slip back into the school routine. Earlier on in the week we welcomed back the Foundation students, on Thursday it was the Years 1 and 2 students and today it is the Years 5 and 6 students.

In this edition of the newsletter we have included a table for your reference, clearly outlining when your child/children will be learning at school and when they will be learning at home. The staggered return back to school can be confusing but it is important to transition the students back in this way so that they can have some time to adapt. We look forward to Friday the 5th of November when we will have all students back at school.

We will maintain staggered school pick up times in order to minimise congestion at the gates. Please refer to the table in the following pages of this newsletter to see from which gate you will be picking up your child after school.



Teach Us Prayer

We pray to God to help us. We have much to learn.

We are called to serve others as Jesus was the servant of all. We ask Jesus to teach us how to love.

Help us to love others without counting the cost.

Help us to listen to other people instead of doing all the talking.

Help us to be people of hope and to share that hope with others.

Help us to care about others instead of just ourselves.

Help us to give to others the gifts we have been given to share.

We must open our hearts and our lives to the needs of other people in our world.

Amen





BACK ONSITE AT SCHOOL

MONDAY 25/10	TUESDAY 26/10	WEDNESDAY 27/10	THURSDAY 28/10	FRIDAY 29/10
Foundation	Foundation Year 3 & 4	Foundation Year 3 & 4	Years 1 & 2 Year 5 & 6	Years 1 & 2 Year 5 & 6
MONDAY	TUESDAY	WEDNESDAY 3/11	THURSDAY	FRIDAY
REPORT WRITING DAY	PUBLIC HOLIDAY: MELBOURNE CUP	Foundation Years 3 & 4	Years 1 & 2 Years 5 & 6	ALL STUDENTS AND STAFF ON- SITE!

Term 4, WEEK 3 ⇨ Drop off and pick up gate arrangements

A-F ☺ Morning Drop Off (Victoria Street)	
8:20 → 8:45	A→F Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
A-F ☺ Afternoon Pick Up (Victoria Street)	
3:05 → 3:14	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
Wednesday only 2:50 → 2:59	

G-L ☺ Morning Drop Off (Station Place)	
8:20 → 8:45	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
G-L ☺ Afternoon Pick Up (Station Place)	
3:05 → 3:14	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
Wednesday only 2:50 → 2:59	

M-R ☺ Morning Drop Off (Victoria Street)	
8:20 → 8:45	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
M-R ☺ Afternoon Pick Up (Victoria Street)	
3:15 → 3:25	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
Wednesday only 3:00 → 3:10	

S-Z ☺ Morning Drop Off (Station Place)	
8:20 → 8:45	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
S-Z ☺ Afternoon Pick Up (Station Place)	
3:15 → 3:25	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
Wednesday only 3:00 → 3:10	

To make pick ups easier, the eldest child must collect their brothers/sisters so they can leave together.

IMPORTANT REMINDERS

Please remember to wear masks when you are outside the school picking up your child or when you enter the office. Masks must be worn in the office. If there are already two adults in the office, please wait outside until someone leaves. This way we will be able to maintain appropriate social distancing.

Please remember that masks are mandatory for children in Years 3-6 and highly recommended for children in Foundation and 1 and 2. Make sure that you provide your child with a mask each day.

A reminder that any child who shows any symptoms of COVID-19 must not be sent to school and should be taken to have a COVID-19 test to ensure they are negative. I cannot stress how important this is to keep ALL in our school community safe.

MACSIS SURVEY

A reminder to all parents who received a link to fill in the survey to please do so. We will use the information to inform our planning for the new school year, 2022. It is important that we have the parent voice in all our decision making as we value your ideas and opinions. Your responses help to determine the future direction of the school. The survey is open until Thursday the 28th of October. Thank you for taking the time to fill it in and helping us to improve our school.

FOUNDATION (PREP) ENROLMENTS

If your child is due to start school in 2022 and you have not enrolled your child in Foundation for next please do so immediately. You can come to the school office and pick up an enrolment form and return it back as soon as possible.

CLASSES 2022

A reminder to email myself at pbertani@olsunshine.catholic.edu.au by next Monday if you have any important information about your child that you would like to share, which you feel would help with and inform our process for the formation of classes for next year.

UPLIFTING NEWS OF GENEROSITY and KINDNESS

I would like to thank the Sidney Myer Foundation for generously donating to Our Lady's School \$5000. This money will be spent to purchase much needed laptops for our 5 Learning Support Officers. Thank you to Hang who has a child at our school who nominated Our Lady's for this generous donation.

During the lockdown I also received a call from a parent who kindly donated vouchers which the school could give to support any family who was in need. They wish to remain anonymous. Their kind gesture towards others really warmed our hearts.

Father Peter passed on a donation of \$270, another very moving gesture from a parishioner who wishes to remain anonymous. They have never had a connection with the school but would like this money to be used for something fun for the children, in the light of all they have been through.

I thought it would be great to use the money to hire a DJ on Friday the 5th of November when all students will return back together for the first time. During the lunch break we will have an outdoor disco with COVID-safe protocols in place, which means the students will be dancing with their own year levels only.

On this day the students will be allowed to come to school in casual clothes in celebration. This special event would inject a great deal of FUN into the children's day which is exactly what our kind hearted, anonymous donor intended.



I wanted to highlight just how much goodness and kindness there is in our community.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

The spirit of St Mary MacKillop of the Cross is truly alive and inspires us to navigate through the challenges of our times. On behalf of the staff I send our heartfelt thanks to our donors and to you all for your ongoing support of our children and our school.



WELCOME BACK TO SCHOOL!





WELCOME BACK!







FI

Samuel - For an exceptional piece of writing. Your retell of what happened at the beginning of the creation story about Tiddalick was accurate and detailed. *From Ms. Cam Tu*

Van Sui - For an interesting and detailed retell of a Dreamtime story about Tiddalick. Keep up the great work! *From Ms. Cam Tu*

FJ

Sang Cung - For making a fantastic effort with your writing this week. Keep up the great work! *From Miss Wendy*

Billy - For showing the Gospel Values Respect and Compassion when playing with your friends. Well done! *From Miss Wendy*

1K

Catherine N- for working to the best of your ability throughout online learning. Keep up the amazing work. *From Miss Scarpaci*

Oscar W- showing persistence and working hard during remote learning whether you are at home or at school. *From Miss Scarpaci*

1L

Mika P - For showing the Self-Manager learning asset during online learning. I love how you show independence as well as listen and respond to feedback to improve your work! *From Miss Steph*

Sylvee V - For showing positivity and making a smooth transition to learning onsite again! Well done for making a great start to Term 4! *From Miss Steph*

2M

Danny B- For always submitting work on SeeSaw every day, and for always trying his best in all tasks. Well done! *From Ms Frost*

Hiyab A- For displaying the Our Lady's School Gospel Value of 'Respect' when interacting with peers and teachers whilst online. Well done! *From Ms Frost*

2N

All of 2N - For all of your effort, enthusiasm and dedication to your learning while we have been learning online and for returning to school and being such wonderful Self-Managers! You are all always so encouraging of each other, it is so beautiful to see! *From Ms Howe*

3E

Madeline F For creating a wonderful iTime presentation, an iMovie about How to make Bath Bombs. Madeline you put a lot of effort into your project and have shown a consistent effort in all of your online learning. Congratulations! *From Miss Karen*

Bailey H For creating a fantastic Google slide for your iTime presentation about boxing. Each slide was well written in your own words. I love the illustrations as well as listening to you share what you learnt. Congratulations! *From Miss Karen*

3F

Leonardo S For always participating enthusiastically in Google Meets. You have done so much amazing work during remote learning! *From Mr Josh*

Kobe P For always putting in your best effort and contributing to class discussions in Google Meets. Well done! *From Mr Josh*

4G

Gabe M - For being so consistent during remote learning. You have attended all of your meets and persisted through all tasks while we've been learning online. I have been so impressed with your work ethic. Keep it up! *From Ms Wood*

Cade A - For sharing some wonderful thinking during writing this week! It was fantastic to hear how your 'seed' grew into so many brilliant and wacky ideas! I cannot wait to see how you will transform some of them into interesting writing pieces. Well done! *From Ms Wood*

4H

Evelyn - For being an active member of our classroom by sharing ideas during learning groups and seeking support when needed. *From Ms. Robles*

Ari - For completing learning opportunities on SeeSaw to the best of your ability. *From Ms. Robles*



5C

David A- For bouncing back! You have used the learning Asset of Self-manager to not only improve your attendance for our Google Meets this week but for improving how you manage your workload as well. Keep it up!! *From Ms. Kaan*

Sharon W- For demonstrating the Our Lady's School Gospel value of Courage when you try your best throughout all areas of your learning. *From Ms. Kaan*

5D

Cristian M—For always putting in your best effort and consistently completing your work. Well done! *From Ms Marina*

Chanel P For working so hard to improve your self-management skills and for all your thoughtful contributions during our group work. Thank you! *From Ms Marina*

6A

Izabella T For displaying a positive and collaborative attitude through her approach to online learning and for stepping up and showing leadership and initiative. Well done Izabella, you are a great role model for others. *From Mr Wickham*

Kayden T For displaying both effort and care in setting up a science experiment, following all the required steps and showing a real interest in the scientific process. *From Mr Wickham*

6B

Eamon L - For drafting an excellent fictional recount. Your writing showed attention to detail and was interesting and imaginative! Well done! *From Ms. Gurry*

Maximus S - For producing excellent research about your confirmation saint. Your work was detailed and showed that you had reflected on your choice and feel a strong connection to him. *From Ms. Gurry*



Jocelyn B 6A
Lily P FJ

PREPARATIONS FOR 2022

As we are beginning our preparations for 2022 we ask that parents let us know as soon as possible if their children are not returning to Our Lady's next year. We have had many inquiries about places for 2022 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 2022 (apart from our current year 6 children) 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 2022

Family Name: _____

Child/children's names

1. _____ 2021 Grade: _____

2. _____ 2021 Grade: _____

3. _____ 2021 Grade: _____

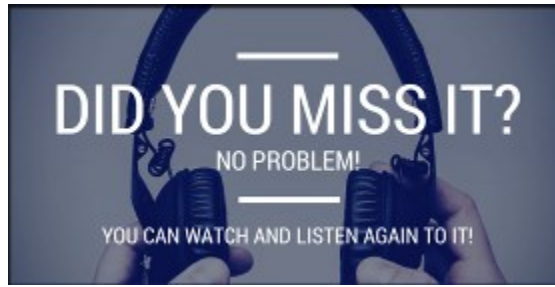
Name of our new school: _____

And / Or

Our new address: _____

Signed: _____ ***(Parent)***

Please return this form to the office as soon as possible



Michael Grose information session - video link

Dear Parents,

Thank-you to all those who attend our wellbeing parent session during the week facilitated by Michael Grose. It was a fantastic session and I am sure all those who attended were able to take away a lot of useful information.

The session was recorded and is available to us for one month.

If you were unable to make it and want to watch it, please take the opportunity during 21/10/21 - 21/11/21.



The link you need is: <https://vimeo.com/636782329/55aea0e73a>

Parenting/Guardian digital presentation Information

Topic: Anxiety to resilience -How kids can turn their anxiety into resilience

Speaker: Michael Grose

Focus: The pandemic continues to bring worry and anxiety to children and young people. Fortunately, there are many things parents can do to assist. While children are the special focus of this presentation, the messages of hope and resilience are just as pertinent for parents and teachers. In this presentation Michael cover:

- The origins of anxiety and why it's so prevalent today
- Essential tools to help kids self-regulate their anxiety and stress
- Ways that adults can effectively respond rather than react emotionally to kids' anxious moments
- The parenting style kids need when they're anxious

Michael Grose, founder and Managing Director of Parenting Ideas, is one of Australia's leading parenting educators and an award-winning speaker who has been informing and inspiring audiences in Australia, Asia, in the US and UK for more than 20 years. He was also the first person to conduct a parenting seminar to Federal politicians in Parliament House Canberra.



Raising Your Child in a Digital World

DR KRISTY
GOODWIN

Help your child to thrive online. Put an end to the guilt, grief and guesswork often associated with screentime.



Our Lady of the Immaculate Conception
Sunshine

Our Lady of the Immaculate Conception Sunshine is delighted to offer a presentation with Dr Kristy Goodwin. It will help parents of primary school aged children to navigate the digital world with their children, *without* suggesting that they ban the gaming console, or iPad, or unplug the TV. Dr Kristy will arm parents with research-based yet realistic advice to help them feel confident about how they can best support their child's physical health, mental wellbeing and learning online.

Kristy will explore:

- // Why children find the online world captivating and how to manage their screen time so it doesn't end in 'scream time' (there's science to explain their techno-tantrums);
- // A simple (& realistic) formula to determine healthy SCREEN TIME limits for children;
- // The 3Bs that allow parents to be the PILOT of the DIGITAL PLANE;
- // the 5 essential BOUNDARIES they must establish to ensure their child's time online supports their PHYSICAL HEALTH and MENTAL WELLBEING;
- // Why DIGITAL DISCONNECTION is critical for your child.

https://professionalspeakersaustralia.zoom.us/webinar/register/WN_YMgCAEt5R7uEshTTMTg_Tw

DATE - 28th October 2021

TIME - 7:00pm

About Kristy

Dr Kristy Goodwin is one of Australia's leading digital wellbeing researchers, speakers, authors & media commentators (and mum who endures her kids' techno-tantrums). She provides brain-based solutions to help children, teens and adults thrive in a digital age. Kristy arms parents with science-backed, yet simple solutions to help their 'screenagers' develop healthy and sustainable digital behaviours. Kristy's former clients include the NSW Department of Education, the Reserve Bank of Australia, Westpac, Optus, Apple, Macquarie Bank, Randstad, DLA Piper and public and private schools across Australia.

 **WEBSITE**

 **FACEBOOK**

 **LINKED IN**

 **INSTAGRAM**





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AGES 5-7 | 60 MINS | 6+ WEEKS

- Learn ball skills, including catching, throwing and teamwork, through fun game-based activities.
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- Everyone gets a chance to bat, bowl and field in short, modified games of cricket.
- For kids with basic cricket skills.
- Sign up now for your Master Blasters Kit featuring a drink bottle and cap!



JOIN YOUR NEAREST CLUB

Sunshine YCW Cricket Club

18/11/2021 -24/04/2022 (5:00 - 6:00 PM)

Brendan Lawson

0468 926 588

juniors@sunshineycwcc.com.au

Program breaks over Xmas 16/12/ - 03/02



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**OFFICIAL KIDS
PROGRAM**



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BOYS AND GIRLS - JUNIOR TRAINING AND REGISTRATION NIGHTS

UNDER 11'S - UNDER 13'S - UNDER 15'S - UNDER 17'S

EVERY THURSDAY @ 4.30PM - STARTING 28TH OCTOBER*

JR PARSONS RESERVE, STANFORD ST, SUNSHINE

CRICKET BLAST (4-9 Y.O) - SATURDAY 13TH NOVEMBER 9:30AM

FOR MORE INFORMATION CALL JACK HALE 0421 526 500

insights

Peer time counts big time towards your child's success

by Michael Grose



"It takes a village to raise a child because in a village there are always enough kids to form a play group." Anon

Life for children and teenagers is generally very busy and adult-initiated. A quick glance at most kids' after school schedules will reveal at least two after school activities (involving sport/ physical activity or classes of some sort) each week that are organised and lead by an adult. Nothing wrong with that however the more time children spend in adult-initiated activities the less free time they have to spend among themselves, and the enormous benefits this brings.

Spending free time with peers benefits kids in these ways:

1. They learn to negotiate and communicate

Young children generally communicate with one another through play, and the communications have real meaning. They negotiate about what and how to play. Typically kids will make up the rules of any game, modifying them as they go along, and challenging other children's interpretations. *"You're not playing by the rules"* is a common childhood retort most of us are familiar with. Left to their own devices kids will generally resolve such conflict situations more creatively, and with more finality than when adults become involved.

Teenage peer-to-peer communications often focus on emotions and the struggles they experience. Adolescents learn they can be honest with their friends, as they are less likely to overreact and assume control, the way that their parents or other adults might.

2. They become independent quicker

When children spend more time among themselves they become less reliant on adults to solve problems for them. In fact, when kids play among themselves someone will take on the authority of an adult and ensure that problems are resolved, usually more quickly and more equitably than when an adults attempts to do so.

Typically when kids of any age get together they act in ways that can mock and challenge adulthood – young children will use 'naughty' words and teenagers push parent boundaries so they can gather together away from adults. This type of independence-seeking is the default mechanism of kids of all ages, but it can be stifled by well-meaning, over-involved or over-controlling adults.

3. They are less anxious

"I dare you" is a phrase that evokes strong memories for many adults. It's a throw-back to a time when as children or teenagers we challenged each other to climb that tree, to cross that road and to go speak to that girl/boy. Of course, the biggest challenge we faced was to confront our fears rather than avoid them. Children of any

generation tend to be more courageous, and better able to learn to manage difficult emotions such as fear, nervousness and anxiousness when they spend more time with each other, away from adults.

4. They become more innovative

Adults of every generation bemoan the fact that children and teens don't play in the same way as they did when they were young. We forget that children are naturally drawn to the newest innovations in the larger culture around them. Where adults are naturally suspicious of change, children will invariably embrace it. This is shown by children's eagerness to embrace digital technology, which is often far ahead of their parents and teachers. Children's culture focuses, quite naturally and adaptively, on the skills important to the world they are growing into, not the world as it was, when their parents and teachers were growing up.

5. They get along better with others

The biggest requirement for kids mixing with siblings and peers is that they must get along with each other. They need to accept each other's differences; learn how to assert themselves while accommodating the needs of others and respect other kids' opinions, not just their own. This type of socialisation is central to being a member of civil society. The skills of "getting along" are best practised among equals and for kids that means practising on their peers and siblings. These "getting along" skills may well be the most important skills for kids to develop if they are to lead a successful adult life –including maintaining long-term partnerships, making friends and enjoying cooperative relationships in the workplace.

Encourage a culture of childhood

As a parent or teacher it helps to see the time kids spend among friends and siblings as valuable rather than wasted time. Encourage kids to spend time with each other and resist the urge to rush in fix things up between peers and siblings when relationships sour or they have problems to resolve. And resist the natural urge of most parents who lead small families to know everything that's happening in a child's life -kids need some time and space to work things out themselves.



Kids need to belong to two cultures

Encouraging a culture of childhood doesn't mean that we devalue what we offer as adults to children and young people. Kids also need to be able to fit into the adult culture that we are preparing them for. However it's important to recognise the value of sibling and peer relationships in the development of the skills and attitudes needed for a successful adult life.



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.

The Lord helps those who have faith

30th Sunday in Ordinary Time, Year B



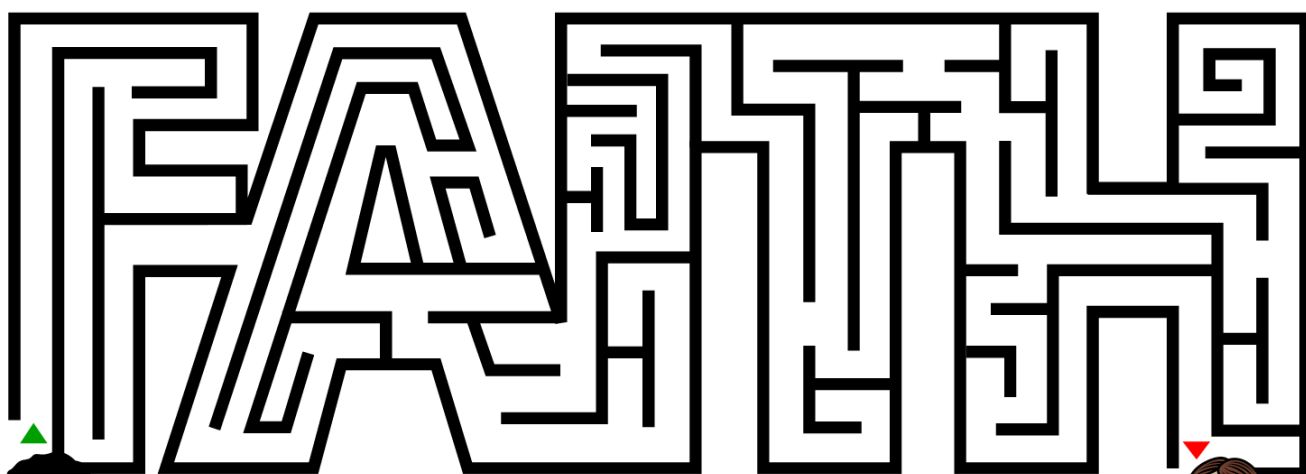
Gospel

Mk 10:46-52

As Jesus left Jericho with his disciples and a large crowd, Bartimaeus (that is, the son of Timaeus), a blind beggar, was sitting at the side of the road. When he heard that it was Jesus of Nazareth, he began to shout and to say, 'Son of David, Jesus, have pity on me.' And many of them scolded him and told him to keep quiet, but he only shouted all the louder, 'Son of David, have pity on me.' Jesus stopped and said, 'Call him here.' So they called the blind man. 'Courage,' they said 'get up; he is calling you.' So throwing off his cloak, he jumped up and went to Jesus. Then Jesus spoke, 'What do you want me to do for you?' 'Rabbuni,' the blind man said to him 'Master, let me see again.' Jesus said to him, 'Go; your faith has saved you.' And immediately his sight returned and he followed him along the road.



The Lord helps those who are less fortunate - the poor, the sick and people who are sad. Write or draw about something nice you could do for someone who is poor, sick or sad.



Bartimaeus was a blind man who begged Jesus to help him. He had faith that Jesus could make him see. Help Bartimaeus find his way to Jesus so that he can be healed.

