



Celebrating 100 Years of Catholic Education 1919-2019

OUR LADY'S SCHOOL NEWSLETTER

24 October 2019

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 his hand is the life of every living thing and the breath of all mankind' Job 12:10

DATES FOR THE DIARY

Wed 23– Fri 25 Oct

Grade 5 Camp to Narmbool

Fri Oct 25

*Day for Daniel - wear something
RED to school today*

Fri 1 Nov

All Saints Day

8.45am P&F Meeting

Sat 2 Nov

All Souls Day

Mon 4 Nov

*Report Writing Day - no school
for the children*

Tues 5 Nov

*Melbourne Cup Public Holiday -
no school for the children*

Wed 6 Nov

Gr 2 Excursion Werribee Zoo

Thurs 7 Nov

2020 Foundation Transition
Session 2.00-2.45pm

Fri 8 Nov

Year 6 Confirmation Prayer Day

Mon 11 Nov

Remembrance Day

Tues 12 Nov

2020 Foundation Transition
Session 2.00-2.45pm

Mon 18-Fri 29 November

*Whole School 10 Day Intensive
Swimming program*

Tues 3 Dec

2020 Foundation Transition
Session 2.00-2.45pm

Wed 11 Dec

*Step Back in Time Performance
7.00pm Quin Auditorium*

Mon 16 Dec

Graduation Mass for Gr 6 at
5.45pm

Tues 17 Dec

Last Day of 2019

11.30am Final Mass

3.15pm School finishes for 2019

SACRAMENTS

Fri 15 Nov

7.00pm Confirma-
tion



Dear Parent,

Yesterday Mrs Carabott and myself went to visit the Year 5 students at the Narmbool Camp. When we arrived we were greeted by the students' happy smiles. Yesterday afternoon they were engaged in science based and cultural activities. This morning I spoke to staff and students just before they were to have their breakfast. They were eager to begin the day and told me that they had a very good night's sleep. They were serenaded by a choir of local frogs throughout the night and woke up to inquisitive sheep peering at them through the windows of their rooms. I can reassure you all that they are enjoying every minute of their camp experience.



Here are some photos for you to enjoy; taken yesterday at the Year 5 Narmbool Camp.

Day for Daniel - Friday 25 October

This Friday we celebrate 'Day for Daniel' which is a National Day of Action to raise awareness of child safety, protection and harm prevention. Children are encouraged to wear red. Thank you to Mrs Carabott for organising this special day. Child Safety always needs to be a priority, in our school and in our wider community.

Leaving Our Lady's

A reminder if you haven't already to please let the office know if your child/children will not be returning to Our Lady's school in 2020.

School Fees

This is a reminder to all parents to please make sure that all outstanding school fees are paid. If you are unable to make this payment please contact the school office and an appointment will be made for you to discuss alternative payment arrangements with myself.

Prayer About Praying

We must pray always. We ask God's help in all things.

Dear God, we pray our prayers each day, but sometimes we don't know what to say, and words will not come.

We want to tell you about our day and about our joys and sorrows, our hopes and dreams.

We ask you to hear the prayers that we don't say with words.
You created us and you know what is in our hearts. Amen



Just a reminder that tomorrow, 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. We are promoting splashes of red on Friday! All students are encouraged to wear something **RED tomorrow**, which could be a **red t-shirt, red hair ties/ribbons or red socks** with their school uniform. Students wear their uniform pants/shorts with a **red top**.

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 their personal safety network. This involves listing five trusted adults that a child can turn to when they need to discuss something or any issue arises. It is important that the five trusted people include people from both inside and outside their home. All children will be completed a safety network 'hand' this week at school. You may wish to discuss their learning with them to consolidate the importance of having five trusted people in their safety network.



Keeping kids safe!

Important Dates and INFORMATION

DATES FOR 2020

Tuesday 28 January Staff back at school

Wednesday 29 January *Getting To Know You Sessions Day 1*

Thursday 30 January *Getting To Know You Sessions Day 2*

Families will attend a time on one of these two days to meet their 2020 teacher.

Friday 31 January Classes start for all grades today 8.45am-3.15pm

100 Years Celebration Photos

To see even more photos of our wonderful 100 Year celebration, visit our website

www.olsunshine.catholic.edu.au

and have a look under Recent News for the link!

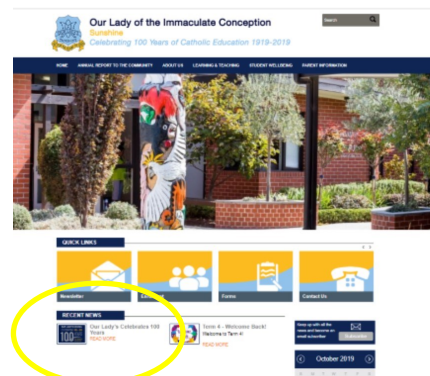
Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

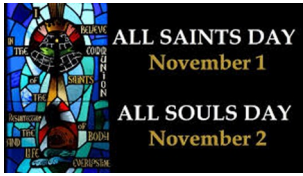
principal@olsunshine.catholic.edu.au





Year 5 at Narmbool Camp





ALL SAINTS AND ALL SOULS DAY

In the readings for All Saints Day we are reminded of the Beatitudes in the Gospel. Jesus gave us these beatitudes at the Sermon on the Mount. He didn't give us these beatitudes and then want us to fail. He wanted to give us something to aim for, to work on our whole life to try to achieve. They are a beautiful reminder of what we can become, if we trust and believe. Thousands of years later, the Beatitudes can be understood as a framework for Christian living. Because of this, it is natural that we proclaim this Gospel on the Feast of All Saints. Saints are people who lived the spirit of the beatitudes as Jesus lived. This is why our Year 6 children choose a saint's **name** in Confirmation, to symbolize who they strive to be. They **choose** a saint that they admire and who they would like to model their life after.

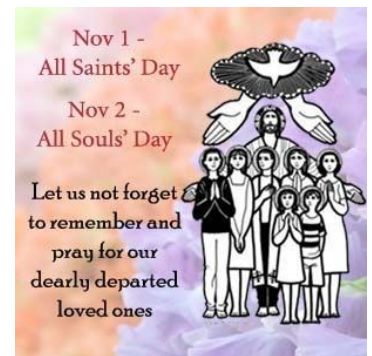
While the Feast of All Saints offers us an opportunity to be in communion with the Saints as we give thanks to them for their prayers, the Mass of All Souls turns our prayers to all the faithfully departed, especially those whom we have loved in this life.

MASSSES FRI 1ST NOVEMBER - ALL SAINTS DAY

11.00am English 7.30pm Vietnamese

MASSSES SAT 2ND NOVEMBER - ALL SOULS DAY

9.00am English 7.30pm Vietnamese



Children NOT returning to Our Lady's School in 2020

Family Name: _____

Child/children's names

1. _____	2019 Grade: _____
2. _____	2019 Grade: _____
3. _____	2019 Grade: _____
4. _____	2019 Grade: _____

Name of our new school: _____

And / Or

Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible

Dear Parents and Families,

4G are asking you to donate any of your old toys for our Year 4 Toy Drive . The toys will be donated to St Vincent De Paul.

These toys will be sure to find a lovely new home to children in need.

They **MUST**:

1. Be in good condition
2. No rips or stains
3. Be of good quality
4. Be second hand (we want to recycle old toys)

We have been learning about toys, so this will be great for our learning in FLI and Religion. It would be great if you could help us by donating your old toys for children that are less fortunate than us.

We have put a box in every classroom to collect old toys. It will be ending on Friday 8 November (at the end of week 5).

On behalf of 4G, we thank you!

Kind regards,

Ms Wood and 4G



PLANT STALL

Please help to sponsor our adopted orangutan Beryl from Borneo by purchasing some plants both natives and exotics at our plant stall after school on ***Tuesday the 29th of October from 3:15-3:30pm.***

Plants will cost between \$2.00-\$4.00.

The stall will be set up outside the canteen and the money raised will go towards the re-adoption of Beryl the Orangutan whose habitat has been destroyed through the palm oil industry. Please support this cause.

Thank you!

The Sustainability Committee



REMEMBRANCE DAY 2018

The Sunshine RSL has provided the school with the following items for Remembrance Day 11 November 2019. All are available at the Office



\$2.00 poppy



\$3.00 bracelet



\$4.00 bag tag



Wellbeing tips for primary school kids

by Dr Jodi Richardson



It's time for parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Wellbeing – it's a word we hear a lot these days. We understand that it's important for our kids; but it's not always clear exactly what it is, how we know if they've got it, and how we can help them to get more!

Since the Slip! Slop! Slap! campaign of the early 80s, the media has helped to spread messages about the importance of protecting our skin from the sun, regular exercise and a diet rich in nourishing wholefoods to promote and protect our own health and that of our families.

Now it's time for us as parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Put simply, our kids' wellbeing is a combination of their physical, mental, emotional and social health. And because a range of different elements contribute to their wellbeing, there are a bunch of activities we can do with them, role model for them and teach them, to improve it.



Developing wellbeing is more than ensuring the absence of ill-health, it's about taking action to adopt thinking and behaviour patterns that researchers have shown to foster flourishing physical and mental health.

It's evident from the *Australian Child and Adolescent Survey of Mental Health and Wellbeing* that it's never been more important for us as parents to do so. Among 4- to 11-year-olds, 1 in 100 are depressed, 7 in 100 suffer with anxiety and 8 in 100 struggle with ADHD. Add to those worrying statistics the knowledge that 1 in 4 Australian children are overweight or obese, and it's easy to see why working on wellbeing matters.

Here are 5 practices that you can put into action to enhance your kids' wellbeing:

1. Get them outside and moving

Australian kids are some of the least active in the world, with as few as 1 in 5 meeting the recommended 60 minutes of daily exercise. There's so much we can do! Park further from school at drop off and pick up – ease the traffic congestion (cos' we all know what school parking is like!) and increase their daily exercise at the same time; stay a while after school to let the kids play; stop at the park on the way home or head outside after bags are

parenting*ideas

unpacked and have a bounce on the trampoline. Yes, I know, it's going to take some effort, but this is what really matters – and it's good for you too!

2. Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!

Positive social relationships not only enhance kids' wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

3. Keep screen time to a minimum

I know, easier said than done! Kids love screens, but we're the parents and we can work with our kids to create clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12-year-olds. Assuming kids are watching appropriate material and lying on their tummies to use tablets (helps reduce neck strain), the risks of screen time largely relate to what kids are NOT doing while using them such as being active, chatting, reading, playing creatively and sleeping. Kids also need to get bored!

4. Help your kids develop mindfulness skills

Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. That's it. Sounds easy, but like any skill it takes time and practice. It gives kids' overstimulated minds a rest! A regular mindfulness practice will also help them to regulate their attention and their emotions; and teaches them to create a lifelong practice of taking time out to become calm, content, relaxed and in the moment. I highly recommend the Smiling Mind app for age appropriate mindfulness meditations; also, a lovely mindfulness practice is to lay down with the kids, eyes closed, and take time out to breathe naturally while everyone tunes in their 'Spidey senses' to all of the sounds around them.

5. Last but not least – ensure your kids get ample sleep

Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a 'wind-down' routine which may include a bath/shower, being read a book and then quiet reading before lights out. Taking time to chat with your kids before bed or encouraging them to reflect on what they're grateful for is also a great way to help them decompress and get a restful night's sleep.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to jodi@drjodirichardson.com.au

Humble yourself and you
will be honoured



30th Sunday in Ordinary Time, Year C

Gospel

Lk 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."