

*'What Jesus did here in Cana of Galilee was the first of the signs through which he revealed his glory; and his disciples believed in him.' John 2:1-11*

### DATES FOR THE DIARY

**Fri 25 Oct** Day for Daniel - wear a splash of **red**  
**Mon 28 Oct** Yr 4 Mad About Science Incursion  
**Wed 30 Oct** Yr 3 Mad About Science Incursion  
**Wed 30 Oct** Years 3&4 Camp Activities 3.10-7.00pm  
**Fri 1 Nov** Feast of All Saints  
**Mon 4 Nov** Professional Practice Time for Staff- No School for the Children  
**Tues 5 Nov** Melbourne Cup Public Holiday  
**Mon 11 Nov 10.15am** Opening of St Joseph of the Sacred Heart Learning Centre  
**Fri 15 Nov** Colour Fun Run at 2.00pm  
**Mon 18 - Fri 22 Nov** Swimming  
**Mon 25 - Fri 29 Nov** Swimming  
**Wed 4 Dec** 6.00pm Yr 6 Graduation Mass & Disco  
**Fri 6 Dec** Second Hand Uniform Sale  
**Sun 8 Dec** Feast of the Immaculate Conception  
**Mon 9 Dec** 9.00am Feast of the Immaculate Conception Mass  
**Mon 9 Dec** 6.00-7.30pm Dinner in the Yard / Art Show / Carols

### PUPIL FREE DAYS

**Mon 4 Nov** Professional Practice Time for Staff- No School for the Children  
**Tues 5 Nov** Melbourne Cup Public Holiday

### END OF YEAR 2024

**Tues 17 Dec** Students finish for 2024 at 1.00pm

### START OF 2025

**Tues 28 Jan** Staff Return  
**Wed 29 Jan** Getting To Know You & Your Child Day 1 Yrs 1-6, Foundation at school 8.35-1.00  
**Thurs 30 Jan** Getting To Know You & Your Child Day 2 Yrs 1-6, Foundation at school 8.35-1.00  
**Fri 31 Jan** Classes start for all (F-6)

Dear Parents and Carers,

Today we celebrate 'Day For Daniel' which is a National Day of Action to raise awareness of child safety, protection and harm prevention. At Our Lady's we have many programs that aim to provide students with the knowledge and skills to keep themselves safe at all times. I would like to thank Mrs Christine Carabott our Deputy Principal/Student Wellbeing Leader for organising this day and for leading Student Wellbeing at Our Lady's.

Thank you to all the students who wore red to help raise awareness that safety is everyone's concern. I would like to thank our parent community for collaborating with the staff to ensure we keep our children safe at all times, including online.

At Our Lady's we focus on cybersafety regularly across all classes. We provide the students with the knowledge and skills they need to be safe online. I know all parents want to make sure their children are safe. The best way to do this is to make sure that as a parent you supervise your child's time online. No child should ever have a device in their bedroom when they go to sleep. Devices should be put away in a safe place that is not accessible to children. School and parents need to work together and each do their part to ensure that all children are safe and empowered to make positive choices in regards to their safety both online and offline.

Today is World Teachers Day. Let's celebrate the teachers at Our Lady's school for their skilled work in educating, inspiring and supporting our students and families. Below are some of our staff celebrating their special day.



Keeping kids safe!



### *Prayer for Teachers*



Giver of all wisdom and greatest of all teachers, Look upon our teachers with love. Grant them the resolve to nurture our eager minds and to never give up on us who fall behind. Bless their hearts for they rejoice when we succeed and encourage us when we fail. Bless them with gentle patience for the path of learning is never easy. Kindle a spirit and passion in them, it is the flame that ignites the love of learning in us. Help them see the potential in each student, their belief in us means much more than the grade we make. Instill in them a commitment to keep on learning, it shows us to not fear new knowledge and experiences. Inspire them to touch the future, they influence how big a dream we dream for ourselves. Bless our teachers who have come before, for their work endures to this day. Let the light of your example shine upon all teachers to build up with their words, to love with their mind, to share with their heart. Amen



Our nature based playground is well underway and will be completed by the end of next week. They have been installing the irrigation system to water the plants and will soon begin to plant the many plants that will be scattered throughout the playground.

Acquabubblers have been installed throughout the area so children can drink and also refill their water bottles.

## BUILDING PROJECT UPDATES



Warm regards,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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





#### FI

**George:** For showing remarkable improvement in writing and participation and consistently demonstrating strong gospel values. *From Miss Rani*

**Riley:** For showing impressive progress in her writing skills, showcasing dedication and growth. *From Miss Rani*

#### FJ

**Leon** - For working really hard to focus on his learning. You are a great thinker, Leon! *From Miss Wendy*

**Lanvy** - For sharing your knowledge with the class. You are a great Communicator, Lanvy! *From Miss Wendy*

#### 1K

**Stuti** - for being a great Self-Manager in the way you ensure that you get your work done and make good decisions about how to stay focused. *From Ms Shai*

**Glory** - for volunteering to help our classroom stay organised by looking after and putting away our devices in a neat and orderly manner. Thanks Glory! *From Ms Shai*

#### 1L

**Mia** - For showing the Our Lady's Gospel Value of Compassion and ensuring that everyone is included during break. Well done! *From Miss Scarlett*

**Andy** - For completing an amazing piece of writing about the life cycle of a butterfly. Well done! *From Miss Scarlett*

#### 2M

**Edward** - For the wonderful effort you have put into writing and publishing your iceberg description. Keep it up! *From Ms Rochelle*

**Sylvia** - For the way you are organised and focused on your learning to make sure you are completing what needs to be done. This is excellent self-managing! *From Ms Rochelle*

#### 2N

**Isabella**- For doing an amazing job in your Maths assessment! Keep it up! *From Ms Robles*

**Emilia**- For going out of your comfort zone and taking initiative to share during class discussions. Keep it up! *From Ms Robles*

#### 3E

**Sophie N** - For being a creative thinker when solving open-ended fraction problems in Maths. *From Miss Steph*

**William O** - For being a Researcher and a Communicator by presenting your findings about All Saint's Day in an interesting way! *From Miss Steph*

#### 3F

**Mia N**- For being a great Self-Manager by getting organised and remaining focused during learning time. Well done Mia! *From Ms Christine & Mrs Majczak*

**Chelsea V**- For demonstrating the Our Lady's Gospel value of Courage by modelling to others how to read with expression in a guided reading session. Keep it up! *From Ms Christine & Mrs Majczak*

#### 4G

**Mila**- For being a great self by being focused and organised in your learning. Well done Mila. *From Ms Karen & Mrs Mendoza*

**Sylvee** For demonstrating the Our Lady's School Gospel Value of Peace when you learn in a peaceful way and show care for others. Well done! *From Ms Karen & Mrs Mendoza*

#### 4H

**Vincent A-** For being a great communicator and researcher in reading groups. Keep it up! *From Ms Rebecca*

**Brian L-** For showing a tremendous improvement in your work and your persistence. Great effort! *From Ms Rebecca*



## 5C

**Tling Za-**For demonstrating Our Lady's School Gospel Value of Courage when you shared your thoughts and ideas during Circle Time. Great effort! *From Ms Huyen*

**Charlotte-**For displaying Our Lady's School Gospel Value of Service when you willingly offered your help with jobs in the classroom. *From Ms Huyen*

## 5D

**Jay** - For being an excellent Collaborator when working in pairs or small groups by sharing your ideas and encouraging others. *From Ms Gurry*

**Alicia** - For consistently being a great communicator by sharing your thoughts and ideas with the class. Keep it up! *From Ms. Gurry*

## 6A

**Angeli** - For completing a well written self profile detailing her life . *From Mr Wickham*

**Sally** -For always giving her best in learning tasks and following instructions. *From Mr Wickham*

## 6B

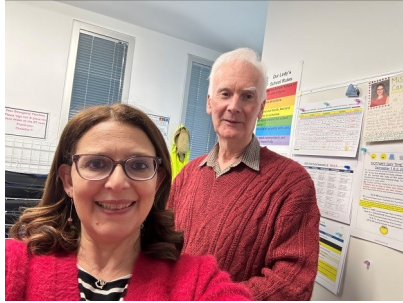
**Henry A** - For being an amazing collaborator in mathematics, working with your peers to solve complex, multi-step problems. Great work! *From Mrs Belinda & Ms McManus*

**Giselle T** - For writing a beautiful and heartfelt prayer for the teachers of Our Lady's on World Teachers' Day. Thank you! *From Mrs Belinda & Ms McManus*



1L: Jayden P  
2N: Ethan A  
3F: Lily P  
4G: Sophia V  
5C: Oliver I









Day for  
Daniel

Keeping kids safe!



# MISSION MONTH 2024

October is Mission Month all around Australia. As an active social justice community, we support the Catholic Mission by raising money for those in need around the world. This year the Catholic Mission is raising money for the Don Bosco centre in Mongolia. The students and teachers of each year level have planned and organised how they would like to raise money for the children in Mongolia. Please take note of the following fundraising activities that are taking place. Items will range from 50c to \$2.



When?	Who is organising?	What?	Where?
Everyday until the 8th Nov	Year 5 and Year 6	Year 5/6 are designing, creating and testing Sock (soccer) Balls. <i>Donations of any amount are welcome.</i>	Kicking goals on the green grass area
Wednesday, 23rd Oct	Year 3	Selling sherbet during Break 2 50c per patty pan  <i>Sherbet ingredients: icing sugar, jelly crystals, citric acid &amp; baking soda</i>	Outside the Art Room
Thursday, 24th Oct	Year 4	Selling Honey Jumbles (50c) and soap during Break 2  <i>Honey Jumbles ingredients: butter, honey, sugar, flour, bi-carb soda, ginger, cinnamon, nutmeg, cloves, milk, egg white &amp; food colouring</i>	Outside the Planning Room
Thursday , 31st Oct	Year 1	Selling popcorn and jelly during Break 1 and Break 2 until sold out  <i>Popcorn ingredients: popcorn kernels, butter &amp; salt</i>	Outside the Year 1 classrooms
Thursday, 31st Oct and Friday, 1st Nov	Year 2	Selling playdough and honey joys during Break 2  <i>Honey joy ingredients: corn flakes, butter, sugar &amp; honey</i>	Outside the Year 2 classrooms
Friday, 1st Nov	Foundation	Whole-school Crazy Socks Day <i>Donations of any amount are welcome.</i>	Come to school wearing crazy socks!



HEAD



HEART



HANDS

# LAST CHANCE

## To complete your form



Complete your E-form today and a Teeth on Wheels team member will contact you if your child is eligible for **FREE DENTAL CARE!**

FORMS ONLY NEED TO BE COMPLETED ONCE FOR THIS CALENDAR YEAR

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)



Dear Families,

### Final Reminder

We have Teeth On Wheels coming back to our school for dental check-ups and oral health education starting the November 6th 2024. Click the link below to sign your child up - IT MIGHT BE FREE!

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

**CUT OFF DATE FOR COMPLETING YOUR CHILDS FORM IS ON THE October 30th 2024.**

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.

Any further questions, please contact the Teeth On Wheels team on (03) 9338 1191.

### REMEMBRANCE DAY BADGES

The Sunshine RSL has the following items available for purchase from the Office for Remembrance Day, Monday 11 November 2024.





## A FUNDRAISING INITIATIVE FROM THE PARENTS AND FRIENDS

We are holding a School Fun Run's Crazy Colour Day this year. We will be raising much needed funds in the lead up to our event for a Shade Sail over our new playground with a target of \$15,000, so we're asking all families to pitch in!

We are super excited to announce that we will be holding our event on **FRIDAY 15th NOVEMBER 2024 at 2.10pm here at School!**

### What is the School Fun Run?

It is an online fundraising program, where all families go home and create their own online profile. You then choose your target prizes and work towards hitting your target! In your profile you will have a unique cyber safe link to share with your family and friends to donate to get you close to your target.

### What do we need you to do?

All we need you to do this week is create an online profile at [funrun.com.au](https://funrun.com.au)

Students will wear casual dress and we suggest a white (or light coloured) t-shirt, shorts and runners – that you don't mind getting the colour powder sprinkled on (the colour powder is easily removed in the wash!)

This is an inclusive fundraiser we would love you to be a part of it.



## PREPARATIONS FOR 2025

As we are beginning our preparations for 2025 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 2025 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and we have had several enrolment enquiries coming in for the other year levels.

**If your child is not returning in 2025 (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 2025

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

Child/children's names

1. \_\_\_\_\_ 2024 Grade: \_\_\_\_\_

2. \_\_\_\_\_ 2024 Grade: \_\_\_\_\_

3. \_\_\_\_\_ 2024 Grade: \_\_\_\_\_

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

And / Or

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

\_\_\_\_\_

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

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





# Apply before Scrolling

## *The 3M's of Digital Nutrition*

We have a love/hate relationship with our devices and online activities which are complex and multifaceted. 'Screen time' isn't just one thing. It's a gazillion different things depending on the device you're using and the content you're consuming on various the platforms you log into (and freely hand out our data and feed our keystrokes to!).

While time spent online is an important measure – time is a non-renewable resource and you can only spend it once – there are other factors that you can consider. They will help shift your screen-based media use more into a positive and purposeful gear.

Here are my 3Ms of Digital Nutrition – apply them before you or your children choose to engage in online spaces.

### Mindful

Being mindful in relation to your digital habits means directing your attention so that you are present to your actions, that you have moment-to-moment awareness of, and responsibility over your activities online.

Mindfulness keeps you away from time-wasting 'digital rabbit-holes'. It helps you to avoid going online to numb out or ignore your feelings, or to cope with the discomfort of some parts of everyday life. Developing healthier coping skills than scrolling and streaming is important for you and your child.

Being mindful means pausing, and thinking more broadly about how what you do, say, click on and scroll through impacts your overall health and wellbeing (one swipe at a time). When you zoom out and think about how your use (and your kids' use) of devices snowballs over weeks, months, and years, it can help you be more attentive and present.

#### Questions to ask yourself:

- ▶ How do I feel in my mind and body before I go online?
- ▶ What am I truly seeking when I go online and will I find it there?
- ▶ How does being online change my feelings or physical sensations?
- ▶ How can I get better at 'reading' and 'listening' to these cues?
- ▶ How can I remain focused and present while online?
- ▶ How can I notice when I am risk of overloading my senses and need to step back from the screen?+

### Meaningful

As humans we often search for meaning and enjoy having things in our life of significance and interest to us. When there is so much content available online, from video games to conquer and TV series to stream across multiples

services, to influencers and personalities to follow on social media, its valuable to check in with how these activities align to the things you care about.

Algorithms are designed to work hard to capture your attention. It's easy (especially when you are not mindful) to slip into being distracted by digital fairy floss that doesn't help advance you towards what you value.

Recently I stepped back and re-evaluated who deserves my attention. This included removing two(!) accounts of guys mowing lawns that I had become fascinated by. Given I don't plan on a career in grass maintenance, it was time to unfollow them!

When you have clarity with your values (and live aligned to them) you have a greater sense of purpose. This contributes to you being the person you want to be (both online and IRL, in real life).

#### Questions to reflect on:

- ▶ How is what I am viewing/reading/playing relevant to or aligned to my goals?
- ▶ How does this action/activity contribute in a positive way to my life and overall sense of wellbeing and satisfaction?
- ▶ Have I made time to clarify my values and think about what I care about and what gives me purpose?
- ▶ Am I following people, celebrities and influencers that contribute meaningfully to my life?
- ▶ How might I curate the accounts I follow so they align more to the stuff I care about?
- ▶ What deserves my attention?

## Moderate

We all only have 24 hours in a day, so how you choose to spend our time is something that you can control and develop discipline around (especially when you have switched on your mindful awareness and are clear on what is meaningful to you!).

Moderating yourself online doesn't just meaning keeping an eye on the clock and being able to regulate your usage. It's your ability to show restraint when engaging with other people (often from behind a screen or keyboard) in digital spaces. Being able to moderate what you (or your children) say and how you react in situations matters.

#### Questions to reflect on:

- ▶ How can I tell if I am over-reacting to a situation online?
- ▶ What would happen if I did not respond to that tweet/comment/post/message or 'slept on it' before replying?
- ▶ What strategies or digital hacks can I use to moderate my time online and ensure I don't overdo it?
- ▶ How can I notice and listen to body and mind signals about when it's time to logoff/take a break?

You might notice that these three principles all connect and inter-relate. Teach your kids to switch onto these ways of being online – and try it yourself. I predict the quality of your use of technology and online habits will improve!



#### AUTHOR

#### Jocelyn Brewer

Jocelyn Brewer is a Sydney-based registered psychologist who has been helping humans manage their relationship with technology for over a decade. She is the founder of Digital Nutrition – a positive, proactive technology-use philosophy that helps empower people to use the technology in their skulls to manage the devices in their homes and pockets! Instagram is the social media app she would take to a desert island if she could only have one.

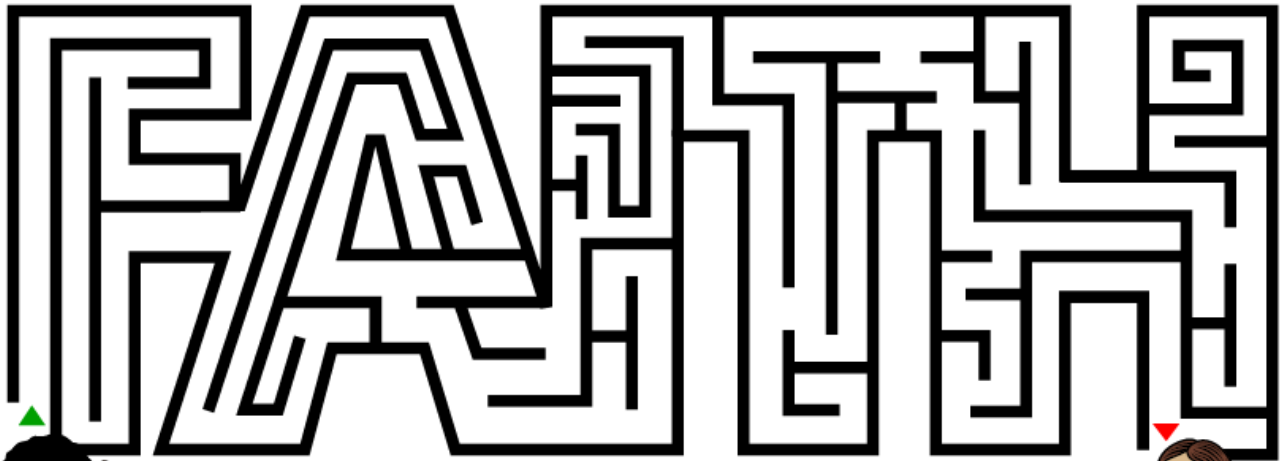





# The Lord helps those who have faith

Mk 10:46-52

My name is



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.



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.

