



OUR LADY'S SCHOOL NEWSLETTER

4 August 2023

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

Chin Hakha/Burmese: 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

'Ask and it will be given to you; search and you will find; knock and the door will be open for you.' Matthew 7:7

DATES FOR THE DIARY

Mon 7 Aug Cyber Safety Project

Tues 8 Aug Feast Day St Mary of the Cross. Mass at 9.00am

Wed 9 Aug 7.00pm P&F

Fri 11 Aug Aussie of the Month Assembly

Mon 14 Aug 7.00pm Confirmation Formation Meeting

Tues 15 Aug Feast of the Assumption. Mass at 9.00am

Thurs 17 Aug District Athletics

Mon 21 Aug Book Week Parade

Thurs 24 Aug Sacrament of Confirmation 7.00pm

Wed 30 Aug 7.00pm Student Wellbeing Parent Session

Thurs 31 Aug Father's Day Stall

Fri 1 Sept 8.30-9.00am Father's Day Breakfast

Sun 3 Sept Father's Day

Wed 6-Fri 8 Sept Year 5 Camp

Fri 8 Sept Aussie of the Month Assembly

Fri 15 Sept End of Term 3 at 1.00pm

SACRAMENTS

Thur 24 Aug: 7.00pm Confirmation for Year 6

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Mon 6 Nov: Report Writing

Dear Parents,

On Wednesday we celebrated the 100 Days of Foundation with our wonderful Foundation students and their parents. It was a wonderful day where we acknowledged the students' achievements over their first 100 days of schooling. The Foundation students shared their learning with their parents and all received a certificate of achievement. We have put some beautiful photos of this special day in this week's newsletter. Thank you to all the parents that attended and to Ms Cam Tu and Ms Wendy for organising the day.



Congratulations to all our fabulous Foundation students for completing 100 Days of Learning!

Building Update

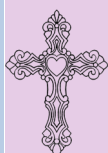
I am updating you about our building project. As you are aware all the sewerage works were completed during the last school holidays. This is an important piece of infrastructure we can tick off.

The architects, Capital Works team at Melbourne Archdiocese Catholic Schools (otherwise known as MACS) and myself have been busy organising for the tender process to get underway so that we can secure a new builder to continue the work. As you will appreciate this process takes time and has protocols which must be followed.

We were very fortunate to receive favourable tenders and MACS our governing body is now in the process of seeking to sign a contract with the builder. This part of the process will be complete in the next few weeks. I am very happy to inform you that the school has secured additional monetary support from Melbourne Archdiocese Catholic Schools (MACS) in order to complete the building project with all the variations included. This will ensure that our children will be able to learn in excellent learning spaces with the latest facilities. It also ensures that the school will be able to face the future with confidence knowing that we have created a modern, functional and excellent space for our students to learn and flourish, well into the future.

**BUILDING PROJECT
UPDATES**

OUR ENVIRONMENT



O God, you made this great world for us, and you ask us to take care of it, by keeping our environment clean, safe and healthy for all to live in happily. Help us to remember to do nothing that will harm our rivers, mountains, trees, flora and fauna, and the air we breathe.

Help us not to spoil our environment by littering it with rubbish, or letting chemicals pollute the air.

Help us to keep our world, your world, beautiful.

Although we have had many setbacks in the construction of our beautiful new building, I can now confidently say that we are back on track. This building is something we can all be proud of. I would like to thank all parents of Our Lady's school for your understanding, patience and your ongoing support of this project.

Our Lady's School Dance Extravaganza-Let Your Light Shine- whole school performance update

Andy the Dancer has informed me that all students in our 14 classes know their dances and are now in the process of polishing their performance in preparation for the whole school concert on Wednesday the 25th of October at the Quin Auditorium at Caroline Chisholm Catholic College. I have asked many students across all year levels about how they feel about learning dance and I have had an overwhelmingly positive response.

The students in all classes will need to be dressed in white and NO other colour for their dance performance. We would like parents to speak to their child about putting together their costume by looking at any white clothing they may already have at home; from which they can create their costume. We ask if parents can put the clothing items into a bag with their child's name clearly marked on the bag and then get your child to take the bag to school to their class teacher. If you need any support to create a costume please speak to your child's teacher.



Here are some ideas and examples of clothing to create a costume: T-shirts, shorts, skirts, leggings, trousers, lab coats, white fabric to use as belts, head bands etc.

Child Safety Always a Priority

I would like to thank all parents who are showing patience and following the road rules during pick up and drop off times.

There are still some parents who are double parking and making U-turns where they shouldn't, putting children's lives at risk.

The staff have zero tolerance for this sort of behaviour. Please organise yourself so that you have plenty of time during these peak times or park further away from the school and walk your child to school the rest of the way.

We need EVERYONE to cooperate and ensure that ALL our children are safe at all times.



Our Lady's Staff Spirituality Day - The Role of Educators in Catholic Schools

Last week the Our Lady's staff participated in an Our Lady's School Spirituality Day focusing on our Catholic Identity. Together we explored the important role the staff have in bringing the love, joy and hope of the Bible to our students and to our school community. This day was facilitated by Maria Forde who is an Irish Australian and a talented singer songwriter who uses her rich cultural heritage to create original songs. She has a broad range of experience as a Catholic Educator who has facilitated many sacramental evenings and staff retreat days. I have included many photos from the day in this week's newsletter for you to enjoy. The staff had a great day filled with prayer, group work, meditation and time to reflect on the expectations of Catholic Educators in these modern and challenging times.



Yours sincerely,

Patrizia Bertani

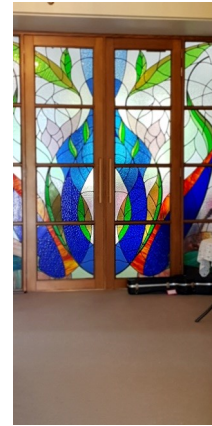
Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

Our Lady's Staff Spirituality Day

Last Friday all of the Staff gathered at St Joseph's By The Sea in Williamstown for Professional Development focussing on our Catholic Identity led by Maria Forde.





FI

Louis - For showing huge improvement as a Self-Manager. Well done on maintaining focus and trying hard to complete your work. *From Ms. Cam Tu & Mrs Granata*

Willow - For working hard in Mathematics and persisting with more challenging addition and subtraction equations. Well done! *From Ms. Cam Tu & Mrs Granata*

FJ

Josephine - For working hard to make good choices in class. Well done, Josephine! *From Miss Wendy*

Vincent - For trying to stay focused in dancing, even when it was hard. You are a superstar, Vincent! *From Miss Wendy*

1K

Emilia - for displaying the Our Lady's School Gospel Value of Courage by not only using a big voice during reading conferences but also sharing your work in front of the class during Writer's Workshop. I'm so proud of you! *From Miss Shai*

Sienna - for being a star during Maths this week! You were able to show your knowledge of division and sharing with minimal assistance. Well done! *From Miss Shai*

1L

Emily V - For showing improvement in your focus and self-management during writing time. Keep it up! *From Miss Steph*

Jason P - For showing focus and concentration when writing on the lines! Your handwriting is getting better everyday! *From Miss Steph*

2M

Snowbery T - For being a great example to others of how to show excellent Whole Body Listening. Keep it up! *From Ms Rochelle*

Hamish M - For always showing your enthusiasm to participate in our counting warm up and to push yourself to get better each time. Well done! *From Ms Rochelle*

2N

All the students in 2N For working so well this week and showing the school value of Respect. *From Mrs Carabott on behalf of Mrs Mitchell*

3E

Brian - For having a great attitude to his learning and working hard across all curriculum areas. Keep up the great work! *From Ms Howe & Ms Belinda*

Sylvee - For being an amazing self-manager and working hard to complete all of her fraction tasks on time and to a high standard. *From Ms Howe & Ms Belinda*

3F

Bei Ra Pa Tha - For showing the Gospel Value of Respect when talking with your friends and teachers. Keep up the great work! *From Mr Josh*

Makuei M - For being an engaged and curious learner. You are always thinking! Well done! *From Mr Josh*

4G

Hiyab A - For listening attentively and giving positive and constructive feedback to her peers during iTime sharing. *From Ms Karen*

Olivia T- For creating a wonderful iTime presentation on Sustainability and for the effort she put into creating posters and placing bins around the school to recycle plastic. *From Ms Karen*

4H

Vivienne- For giving constructive feedback to your peers during iTime. Well done! *From Ms. Robles*

Jay- For thinking creatively when solving mathematical problems. Keep it up! *From Ms. Robles*



5C

Annie Rose- for displaying the Learning Asset of Self Manager by identifying areas for improvement in Maths class. Well done Annie Rose! *From Mr Membrey*

Bailey- for persisting with learning challenges. Your progress this week has been remarkable! *From Mr Membrey*

5D

Giselle - For consistently displaying our Lady's Gospel values of peace and respect to those around you. Your gentle, kind nature is appreciated! *From Ms Gurry*

Tracey - For your enthusiasm and focus during dance sessions. You lead the class in the skill, effort and passion you display! *From Ms. Gurry*

6A

Harrison: For showing the school Gospel Value of peace through his quiet and polite manner. *From Mr Wickham*

Van Duh: For showing initiative, leadership and resilience. Values of a true leader. *From Mr Wickham*

6B

Jonti M- for demonstrating initiative with excellent organisational skills and always being prepared for learning. You are a role model for your peers. *From Ms Christine & Mrs Sales*

Grace C- for demonstrating leadership during dance sessions and helping her peers learn the steps. Well done Grace! *From Ms Christine & Mrs Sales*



WEEKS 3 & 4

FI: Sarah Anne C

FJ: Siam G

1L: Emily V

2M: Sadie K

3E: Samantha H

3F: Garang M

4H: Emily N

5C: Andrew T

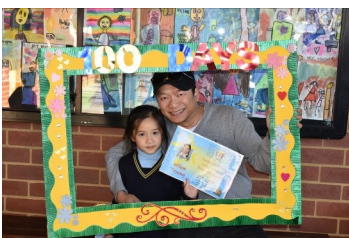
5D: Giselle T

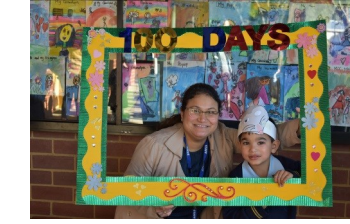
6B: Sebastian S

Staff: Ms Kathleen, Mrs Granata



happy 100 days of school



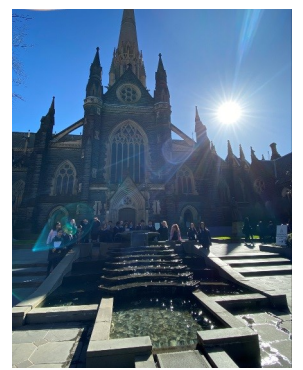


Happy
100
Days of
SCHOOL





Year 4 Mary MacKillop Heritage Centre





Year 3 Jawbone





Student Wellbeing Parent Information evening

Focus: Zones of regulation;
social and emotional learning;
Wellbeing

**When: Wednesday 30th
August at 7:00pm**



GET READY TO HAVE A BALL WITH EXTEND!



Extend is launching back into Term 3 with piles of fun activities and a wide variety of creative programs.

With Extend, you'll be able to experience a brand new term that offers pure comfort and joy!



Have a ball in Term 3 with Extend!
Make your bookings at extend.com.au today!



2023 Non-Government Schools Census collection notice

The Australian Government Department of Education (the department) would like to advise all staff, parents and guardians that it will collect certain information about your school, its staff and student body as part of the 2023 Non-Government School Census collection (the Census).

How and what information is collected for the Census?

Census information is provided to the department by your school legal entity (the approved authority) via the [SchoolsHUB website](#).

The Census provides information about your school and the number and characteristics of the school's staff and student body during a specific reference period. Characteristics collected through the Census include:

- teaching and non-teaching staff
- students' year level and workload
- students' gender and age (as on 1 July 2023)
- Aboriginal and Torres Strait Islander staff and students
- students with disability
- students receiving distance education
- boarding and overseas students.

The names of students and staff are not collected, apart from the name, position and contact details of the staff member nominated as the primary contact for the Census.

Census special circumstances applications

Census special circumstances applications may also be made by schools to include a student/s who did not attend during the Census reference period but otherwise meets Census eligibility requirements. Schools will provide the department with information and documents about the student demonstrating their eligibility. The department does not require personal information about a student and asks schools to de-identify any documents before providing them.

Purpose of the Census collection

The information provided during the Census is collected by the department in accordance with the *Australian Education Act 2013* (the Act) and the *Australian Education Regulation 2013* (the Regulation). The Act and the Regulation require the legal entity responsible for the administration of the school (the approved authority) to provide this information to the department to:

- Ensure the provision of Australian Government funding to schools is properly calculated and appropriately managed.
- Conduct research, statistical analysis and develop school education policy for the Australian Government.
- Meet national and international reporting obligations on school students in Australia.
- Publish and provide information about schools to the public.

Use and disclosure of personal information

Your personal information is protected by law under the *Privacy Act 1988* (Cth) (Privacy Act). Personal information is information or an opinion about an identified individual or an individual who is reasonably identifiable.

Any use or disclosure of your personal information must occur in accordance with the Privacy Act, the Act and Regulation and any other applicable laws.

Your personal information provided to the department through the Census may be:

- Used or disclosed by the department for the purposes outlined above under the heading Purposes of the Census collection.
- Disclosed to the Australian Curriculum Assessment and Reporting Authority (ACARA) to publish on the [My School](#) website and include as high-level data for ACARA's National Report on Schooling in Australia.
- Disclosed to state and territory government departments and authorities in accordance with the Act and Regulation.
- Disclosed to Australian Government departments and authorities in accordance with the Act and Regulation.
- Disclosed to non-government school representative bodies in accordance with the Act and Regulation.
- Disclosed to a contracted auditor where the department decides to audit or verify the information provided by an approved authority about a school. The contracted auditor may use previously collected information or request access to individual student records for comparison purposes. The contractors may pass this information onto officers within the department, if there is a discrepancy in the data provided by the school and the school's records and further investigation is required. The contracted auditor must handle personal information in accordance with the Privacy Act.
- Disclosed to its service providers for the purposes of the provision of information and communications technology support services to the department.
- Used to validate data from other collections undertaken by the department.
- Used or disclosed where it is otherwise required or authorised by law including under the Act or Regulation, or otherwise permitted under the Privacy Act.



Other than in exceptional circumstances (for example, investigation of fraud relating to overseas students), the department does not disclose any of the personal information collected to overseas recipients.

You can find the department's privacy policy on the [Department of Education](#) website or request a copy from the department at privacy@education.gov.au. The privacy policy includes information about how to access or correct personal information held about you or your child, how to make a complaint about a breach of the Australian Privacy Principles and how the department will deal with such a complaint.

What do you need to do?

You are not required to do anything. The approved authority of the school is responsible for providing the information to the department.

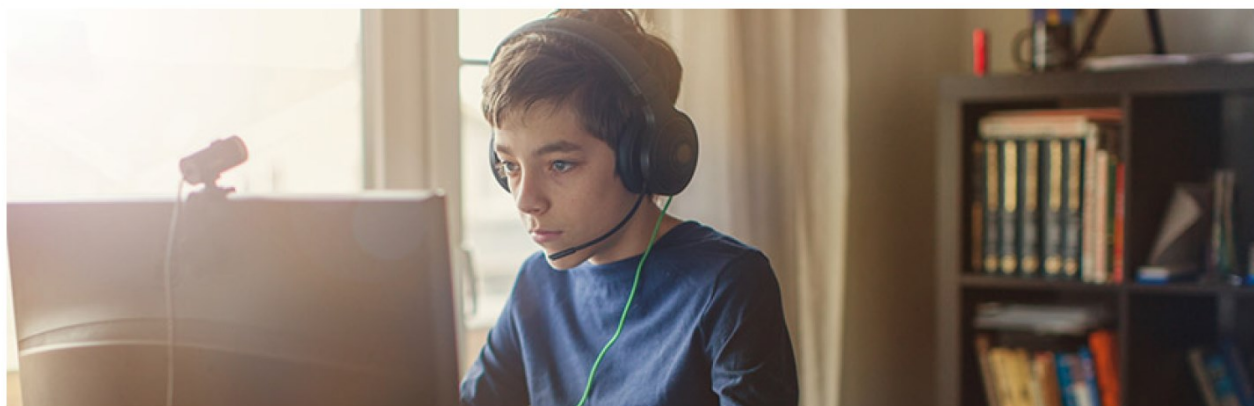
Contacts for further information

Your school can provide information about data provided for you or your child for the purposes of the Census. To find out more about the Census collection and reporting, visit [SchoolsHUB](#).



INSIGHTS

Screen time habits for good eye health



Children and teens are spending an increasing amount of time on digital devices for both learning and leisure. Lockdowns, remote learning, and online learning have resulted in a surge of young people complaining about sore eyes, blurred vision, headaches, red eyes or general eye fatigue.

Research suggests that there has been an increase in myopia (nearsightedness) rates for children and teenagers during the pandemic. Myopia is a vision condition in which someone can see objects near to them clearly, but objects farther away are blurry.

One [study](#) revealed an almost 400% increase in six-year-olds presenting with myopia symptoms during the 2020 lockdown. The phenomenon referred to as 'quarantine myopia'. Experts believe that screen time may be to blame. HCF Health Insurance data shows over 20% more school-aged children had claims entered for glasses or contact lenses in 2020, compared to five years ago.

While it may seem logical to blame these negative impacts solely on screens, there's emerging evidence to suggest that screens alone may not be triggering or causing eye strain or myopia. The pandemic has not only led to an increase in screen time but has also resulted in kids spending more time inside and less time outdoors in natural sunlight. Family history is also a known risk factor for children developing myopia.

Given that kids will need to continue to rely on digital technologies for their learning and leisure, parents, carers and educators need to equip them with the strategies that will support their eye health and reduce the impacts of screen-related eye conditions such as eye strain and myopia. Following are some simple strategies to help keep screenagers' sight healthy and in optimum condition.

Keep an eye on their eyes

Be on the lookout for symptoms such as headaches, blurry vision, squinting, or rubbing eyes, as they may indicate potential eye issues. Take your child to an optometrist if symptoms persist.

Teach them the 20/20/20/20 rule

Every 20 minutes, they should take at least a 20 second break, look into the distance for 20 metres to develop depth of vision, and blink 20 times – because when they stare at a screen their blink rate declines by 66%.

Remind them to close their eyes

Learning through screens is mentally taxing, depleting the two regions of the brain which process what they see and hear online. Encouraging kids to close their eyes, even if just for 10 seconds, gives these regions of their brain a much-needed break. It increases alpha waves in their brains, leaving them feeling focused and alert after a short break.

Remember the arm's length rule of thumb

Remind your kids to keep all their digital devices and reading materials at least an arm's length away from their eyes.

Brighten up

Make sure kids read with appropriate lighting, as poor surrounding light increases eye strain. You may need to adjust the brightness on the screen they are using, or the lighting in the room.

Encourage them to head outdoors

Research shows that young children who spend more time outdoors are less likely to be short-sighted as teenagers, so ensure your children get at least two hours of 'green time' time a day. Evidence also reveals that just 40 seconds in nature will reduce stress levels.

Given that technology plays a pivotal role in kids' lives, it's essential that parents, carers and educators equip kids with the skills and strategies that will protect their eye health. This requires strategies to deploy when kids are using devices and ensuring that their tech time doesn't displace vital offline experiences, such as time in nature. Yet another reason why we need to balance their 'screen time' with their 'green time'.



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.



*This is my own dear Son
Listen to what he says!*



Transfiguration of the Lord, Year A

Peter, James
and John saw
Moses and
Elijah talking
with Jesus.
The true nature
of Jesus and
his work was
revealed to
them as they
witnessed the
Transfiguration.
Draw Jesus,
Moses and
Elijah on top of
the mountain
as the
apostles
look on.



Gospel Matthew 17:1-9

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

By using the words below, can you work out what the voice from the cloud said to the apostles?

**SON AM LISTEN TO SAYS
BELOVED HIM IS PLEASED**

