



OUR LADY'S SCHOOL NEWSLETTER

8 August 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

'So let us pursue what makes for peace and mutual upbringing'
Romans 14: 19

DATES FOR THE DIARY

Mon 12 Aug

2N Learning Walk

Wed 14 Aug

2M Learning Walk

PAB Meeting 7.00pm

Thurs 15 Aug

Feast of the Assumption

9.00am Mass

Gr 5 Excursion Edendale Farm

Fri 16 Aug

P&F Meeting 8.45am

Mon 19 Aug

Book Week Parade 8.45am

Reading Is My Secret Power

Wed 28 Aug

Gr 3 and 4 Camp Night 3.00-

7.20pm

Wed 4 Sept

Professional Learning Day for

Staff Fr Richard Leonard - no

school for the children

Sun 1 Sept

Father's Day

Tues 10 Sept

Reconciliation Parent Evening

with Rev Dr Elio Capra

Fri 20 Sept

End of term 3 at 3.15pm

Mon 7 Oct

Term 4 begins

SACRAMENTS

Thurs 10 Oct

7.00pm Reconciliation

Fri 15 Nov

7.00pm Confirmation

Dear Parent,

Today Our Lady's School gathered together to celebrate the Feast of Saint Mary of the Cross MacKillop, Australia's first Saint. Thank you to all the parishioners, parents, and friends who joined us. A very special thankyou to Father Peter, Father Lucas and Mrs Cuni and the Our Lady's school choir.

Last Thursday we held our annual Our Lady's School Disco which was attended by students in all classes. It was wonderful to see the students having such fun and they really did dance the night away. The disco was made even better by the Parents and Friends who cooked hot dogs for the students to purchase prior to attending the disco. This new addition to our disco was received very positively from both the students and their parents. On behalf of us all we thank all those wonderful members of the Parents and Friends who gave their time to organise this very special treat.

I would like to thank Mr Tim Wickham who teaches Year 4H and is also the School's Child Safety and OHS Leader who organised a very informative parent presentation on Child Safety. Tim provided the background information which explained why the Child Safety standards have been legislated across all institutions which care for children. He talked about the policies, processes and strategies Our Lady's School has in place to ensure that we keep all children safe at all times. It was great to see so many parents attend. The close collaboration between staff and families of Our Lady's school is a key reason why we have ensured that we provide the best possible environment for our children to learn, grow and flourish.



A Very Special Visit



Our very special visitors

Today we had a very special visit from two teachers who left our school to have their babies this year. They are of course Mrs Michelle Drought and Mrs Tanya Majczak.

In the picture you can see their beautiful babies Henry who is Mrs Drought's son and Marley who is Mrs Majczak's daughter. Aren't they delightful! We thank them for bringing their beautiful babies to our school and introducing them to us all.

Prayer to St Mary of the Cross MacKillop

Ever generous God, You inspired Saint Mary MacKillop to live her life faithful to the Gospel of Jesus Christ and constant in bringing hope and encouragement to those who were disheartened, lonely or needy. With confidence in your generous providence and through the intercession of Saint Mary MacKillop we ask that you grant our request..... We ask that our faith and hope be fired afresh by the Holy Spirit so that we too, like Mary MacKillop, may live with courage, trust and openness. Ever generous God hear our prayer.

We ask this through Jesus Christ. Amen.





iTime in Grade 6



Research
Project
Showcase

Communicating

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au





21st Century Learning



Collaborating Inquiry Learning



iTime in Grade 6



EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Sustainability Word Finds	Sports and Group Games	Shopping Corner using recycled goods	Cooking Session	Enrichment program– Learn how to knit

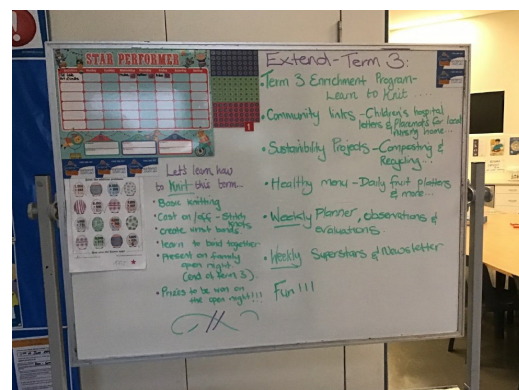
The Extend Superstar is...

Bethany... for positively contributing to activities such as arts & crafts and group games Well done ☆

What's Been Happening?

Children are enjoying after school care and engaging in group games, arts and crafts, cooking activities such as hot chicken noodle soups, sports challenges and music and dance. We began working on our term 3 enrichment program and children are excited to learn how to create their own knitted wrist bands and poms poms. Our generous families have been donating extra yarn and wooden needles and we appreciate it so much. Thank you!!!

Families, just a reminder if your children have any preloved books and games you no longer need at home, please consider donating to us here at Extend After School Care



Enrol and book now: extend.com.au

Help get Josh to Darwin to run!



Josh D (6A) recently competed in the SSV School Sports Victoria state trials for track and field and was fortunate enough to win the 100 metres while representing Our Lady's.

Now Josh has the opportunity to represent Victoria and Our Lady's School in the National School Sport Australian Championships in September, which is being hosted in Darwin.

To help Josh with the expense of travelling to Darwin to compete, School Sport Victoria is having a raffle with tickets being \$2.00 each.

If you would like to support Josh and buy a \$2.00 Raffle Ticket, please come to the Office where they are available to buy.

Raffle in aid of SCHOOL SPORT VICTORIA (SSV) Team Vic State Teams

PRIZE	RSP
1st PRIZE: Kia Rio Sport (on road)	\$24,211.82
2nd PRIZE: Travel / Accommodation Voucher	\$10,000.00
3rd PRIZE: Apple MacBook Pro	\$2,699.00
4th PRIZE: Vintec Wine Bottle Cooler (40 bottle)	\$1,999.00
5th PRIZE: Vitamix Ascent A2300i	\$895.00
6th PRIZE: Apple Homepod	\$449.00

Permit number 10014/19 for sale of tickets in Victoria from 04/02/19 to 30/11/19.
To be drawn 06/12/19 at the office of School Sport Victoria, 189 Unquhart Street, Coburg at 12 noon.
Results to be published on School Sport Victoria website www.ssv.vic.edu.au on 06/12/19.
Price of tickets: \$2.00 (incl GST) - Limit 4/19,100 tickets.
WINNERS NOTIFIED Christine Nelson (nominee)



TeethOnWheels™
a positive dental experience

Exciting news! **Teeth on Wheels** will be returning to our school for the children's 6 monthly dental visit's. To make filling out the consent form easier you can now complete your Child's consent form online by following the link below.

It only takes 5 minutes to complete and by reducing the amount of paper being used, we will be helping the team out by being more environmentally friendly.

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

The date of the children's dental visit will be starting on **Tuesday the 3rd of September 2019**, so please ensure if you didn't complete a form at the start of the year to have this completed ASAP!

If you have any questions regarding the consent form or your child's dental appointment please don't hesitate to contact the **Teeth on Wheels** team on (03) 9338 1191.

Our school is lucky enough to have Australia's ONLY accredited mobile dentist attend every 6 months

Seeing the dentist every 6 months is so important for children. A recent Royal Children's Hospital study highlighted the following:

- **1 in 10 Children** have had at least one decayed tooth extracted before the age of 9 years
- **1 in 3 children** between the ages of 5 and 6 years have symptoms of decay in their baby teeth
- **4 in 10 children** aged 12 – 14 years have decay in their permanent teeth.

Studies have confirmed that poor dental health impacts on the growth & development of the child along with chewing, swallowing, speaking and can disrupt sleep and productivity. Over time, dental decay has been linked to heart and pulmonary disease, respiratory tract infections and chronic ongoing pain.

OUCH!



Great news – you maybe eligible for free dental

You may not be aware but the Government supports Oral Health via the Child Dental Benefits Schedule (CDBS) – providing 2 years of free dental up to the value of \$1,000 per child, aged between 2 and 17 years. To be eligible you must be receiving *Family Tax Benefit Part A*. Complete the Teeth on Wheels consent form and our team can advise of your eligibility or contact Medicare General Enquiries direct on 132 011.

We are making the dentist even easier!

Follow the link below to complete your child's online consent form today. By filling out your consent form online you are saving yourself time and helping the Teeth on Wheels team become more environmentally friendly.

teethonwheels.com.au/consent-eform

Remember that consent forms only need to be filled out once per calendar year unless your details have changed.

TeethOnWheels™
a positive dental experience

  TeethOnWheelsAustralia  #teethonwheels

The Assumption week 5 Thursday 15 August

We celebrate the Feast of the Assumption of the Blessed Virgin Mary - the Assumption, for short - on August 15.

The Assumption is when we honour Mary's journey into heaven. Assumption means that God takes the individual body and soul into heaven without him or her suffering death.

The Feast of the Assumption is the main celebration of Mary's life and ministry. God assumed Mary into heaven, because of Mary's special relationship with God. All of Mary's roles - Mother of God, Queen of Heaven, Lady of Sorrows - are tied in with her position in heaven, guiding, watching, and caring for us, God's children.

We invite you to this parish mass next **Thursday at 9.00 am** with our school community.



Book Week Parade is coming!

Our annual Our Lady's Book Parade will be on **Monday 19 August from 9.00am in the Hall.**

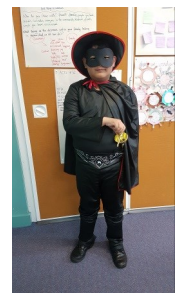
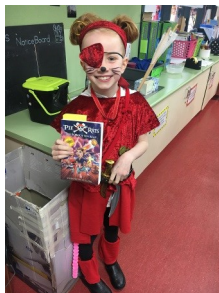
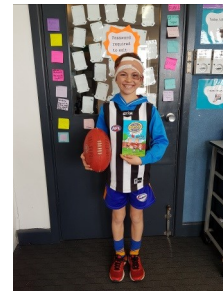
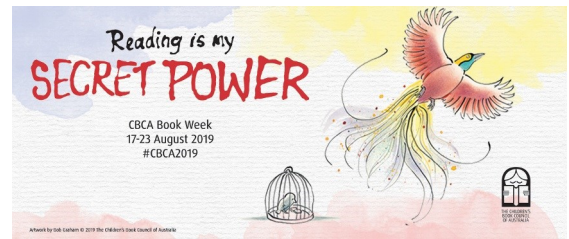
Come dressed as your favourite book character, showing us all why Reading is your Secret Power!

You can find some ideas for costumes here:

<http://www.scholastic.com.au/dressuptime>

<https://www.spotlightstores.com/book-week>

<https://www.costumebbox.com.au/book-week-costume-ideas.html>





ENROLMENTS FOR YEAR 7 2021 ONWARDS ARE NOW BEING ACCEPTED

*Enrolments for Year 7 2021 close
23 August 2019*

Next Open Morning Tour:
Tuesday 3 September at 9am

9363 1711
www.mariansw.catholic.edu.au



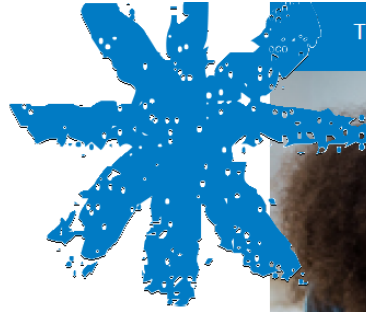
MARIAN COLLEGE SUNSHINE WEST

A Kildare Education Ministries Catholic school for girls in the Brigidine tradition

196 Glengala Road, West Sunshine 3020 T - 9363 1711 www.mariansw.catholic.edu.au

parenting * ideas

insights



TECHNOLOGY AND PARENTING



Video Games: the good, the bad and getting the balance right

by Martine Oglethorpe

Video games tend to get a bad rap from parents and the media. There's the fear of your child being locked away in their room for hours on end, inhabiting a virtual world that removes them from family, friends, school work and anything resembling reality. Then there is the fear of what someone might do following a session of first-person shooting, blowing up cars and taking out snipers with an AK47. Not to mention the seemingly wasted hours spent staring at a screen.

Without doubt there is some substance to some of the fears around gaming obsessions and violent behaviours. However, like many elements of the modern world, the negative impacts are often affecting only a very small minority and often these are in the extreme.

It is safe to say that many, many young people can play video games in a way that benefits their physical, social and emotional wellbeing. Like most things, when game playing is done with balance and perspective, it can actually be a most productive way for a young person to spend their time.

The benefits of video games

Cognitive and physical benefits. There are lots of great skills developed when playing video games. Analysing, thinking, problem solving, creating, team work and collaboration form the backbone of many games. Spatial awareness and hand-eye coordination skills, many of which can be transferred to the real world, are an added benefit. Many workplaces and training institutes use games to simulate real-world situations and the medical field is increasingly using forms of gaming to help with physical and neurological disorders.



Social and emotional benefits. Many kids who struggle to fit in at school, or don't make the sports teams, often feel a real sense of belonging, connection and achievement when playing video games. For those who find it difficult to shine in mainstream environments, gaming can be a great way for them to boost their self-esteem and sense of identity in a space that offers comfort, connection and control.

Thinking outside the box. Many games encourage players to think outside the box, take risks and critically analyse a situation. There is a lot of trial-and-error required in many games and this helps to develop players'

parenting*ideas

persistence in problem solving tasks as they strive to get to the next level, the next world or create the next big city.

Stress release. There is certainly an element of stress release that many games provide for young people. After a long day at school it can be a welcome relief to immerse yourself in a game that allows you to switch off a little.

Keeping it under control

Of course these benefits won't eliminate the concerns many parents have about game playing, especially of online games. So what are some things we can do as parents to help keep it under control?

Look at your individual child. Are they coming to the dinner table without a fight? Are they coming to the table without bringing their device? If they are struggling too much in any of these areas over a long period of time, it might be time to make some changes.

Come up with time limits together. Discuss together what you think is fair based on the need to ensure they are striking the right balance and have enough energy for their other pursuits. While your child is young, give them a warning ahead of when you want them stop so they have time to finish whatever they are creating or whatever level they are at in their game. This helps them to get better at regulating their time.

Play a game with your child. It is much easier to make rules and boundaries around something that you understand and that they know you understand. Play a game with your child to get a feel for what they enjoy about it, be witness to some of the skills they may be developing and enjoy some important bonding time with your child.

Remove headphones, particularly when younger children are playing online games with friends or where others are involved. That way you can have your ears pricked to any bullying, aggressive play or unwanted language.

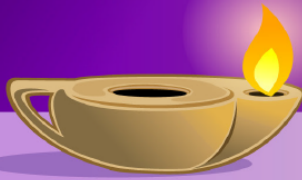


So next time you are lamenting the time your child spends playing video games, remember that as long as you are able to come up with some rules and boundaries together, you will have a much better chance of keeping game playing healthy and beneficial. With the gaming industry growing rapidly and continually creating and providing for so many other industries, your child may well be working on the skills they'll need in their future career.



Martine Oglethorpe

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website themodernparent.net. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent



Always be ready and keep
your lamps burning



19th Sunday in Ordinary Time, Year C

Gospel Lk 12:35-40

Jesus said to his disciples: 'See that you are dressed for action and have your lamps lit. Be like men waiting for their master to return from the wedding feast, ready to open the door as soon as he comes and knocks. Happy those servants whom the master finds awake when he comes. I tell you solemnly, he will put on an apron, sit them down at table and wait on them. It may be in the second

watch he comes, or in the third, but happy those servants if he finds them ready. You may be quite sure of this, that if the householder had known at what hour the burglar would come, he would not have let anyone break through the wall of his house. You too must stand ready, because the Son of Man is coming at an hour you do not expect.'

Below are some things we can do that will help us to always be ready for Jesus.

PRAY What are some things we can pray for?



Write a prayer about
one of them.

Dear God,

. Amen.

CARE FOR OTHERS

Draw a picture of yourself caring for
someone you know