

The Kingdom of God is like a mustard seed, which is the smallest of all seeds on earth. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds can perch in its shade. Mark 4:31-32

DATES FOR THE DIARY

Fri 9 Aug Yr 5 CCCC Wizard of Oz performance
Thurs 15 Aug Feast of the Assumption. Mass at 9.00am. All welcome
Mon 19 and Tues 20 Aug
Our Lady's staff attending a 2 day conference. No school for students.
Fri 23 Aug Book Week Parade 8.45-9.45am
Tues 27 Aug Community Classrooms
Thurs 29 Aug P&F Father's Day Stall
Sun 1 Sept Father's Day
Thurs 5 Sept Yr 6 Leadership Day
Mon 9 Sept Italian Day
Fri 20 Sept End of Term 3 at 1.00pm
Mon 7 Oct Start of Term 4 at 8.35am
Thurs 10 Oct 9.00am Yr 6 Graduation Photo

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

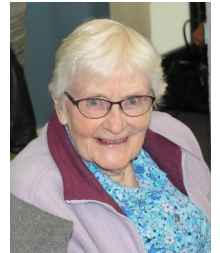
**Mon 19-Tues 20 August Staff
Conference: Our Lady's School
Curriculum Design & Renewal**

Dear Parents and Carers,

Thank you to all the parents and parishioners who joined us for the 9.00am Mass on Thursday to celebrate the Feast of St Mary of the Cross MacKillop. The Mass was organised by the Foundation teachers Ms Seona and Ms Wendy with the support of Mrs Tania Cuni the RE/Learning and Teaching Leader. Thank you to Father Peter our Parish Priest for his inspiring homily which highlighted St Mary MacKillop's life dedicated to making the world a more just place by serving those who were most vulnerable

The Foundation students led the Mass and read the prayers of the faithful so beautifully and so clearly. Thank you, all students of Our Lady's, for the enthusiastic way you joined in all the responses and the songs.

We dedicated this Mass to Sister Bernadine, a Sister of St Joseph the order founded by St Mary MacKillop, and served as Principal of Our Lady's School during the 1980s. Sr Bernadine inspired all who were lucky enough to know her by her deep love and commitment to the students and families of Our Lady's School. She greeted everyone with a smile and worked tirelessly for our school providing support for many vulnerable families. For many of us she embodied the spirit of St Mary MacKillop as she lived out St Mary MacKillop's well known quote: *'Never see a need without doing something about it'*.



Sr Bernadine passed away on Tuesday of this week. We pray for her with much gratitude and love. May she rest in God's eternal peace.

Congratulations to the Year 6 students who received the Sacrament of Confirmation

The Confirmation Mass was celebrated by Bishop Martin, Father Peter and Father Peter Zin. We were very fortunate to have the Tongan choir sing for us with their beautiful voices. We are very proud of the Year 6 students who displayed such reverence



Mary MacKillop Prayer



Loving and eternal Father, you are glorified in your saints. To you all praise, glory and honour! You inspired Mary of the Cross to live by faith in your Son, Jesus Christ, and to share in the saving power of his Cross. As we travel on our way to join Mary MacKillop in our true home with you, we are asking her to pray with us for this special favour (name something special that you wish to ask God for; health for the sick, comfort for the poor and lonely, peace for our world).

Lord, hear our prayer.

We beg of you also to send your Holy Spirit into our hearts to give us faith like her faith. Help us to bear the cross as she did and to follow the example of her kindness. We ask this through Christ, our Lord. Amen.

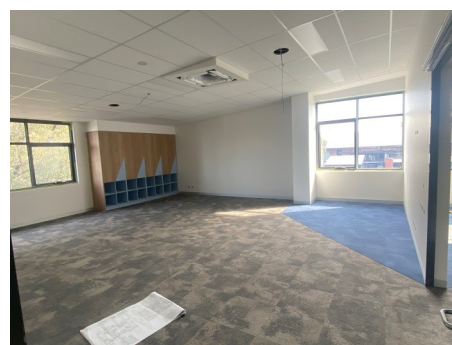
throughout the Mass and such joy. It was wonderful to see all the families of the students attend the Mass as well as the Our Lady's staff. It was a real coming together of our community in celebration of this spiritual milestone in the lives of our Year 6 students.

On Monday the Year 6 students enjoyed their Confirmation lunch in celebration of all they have achieved.

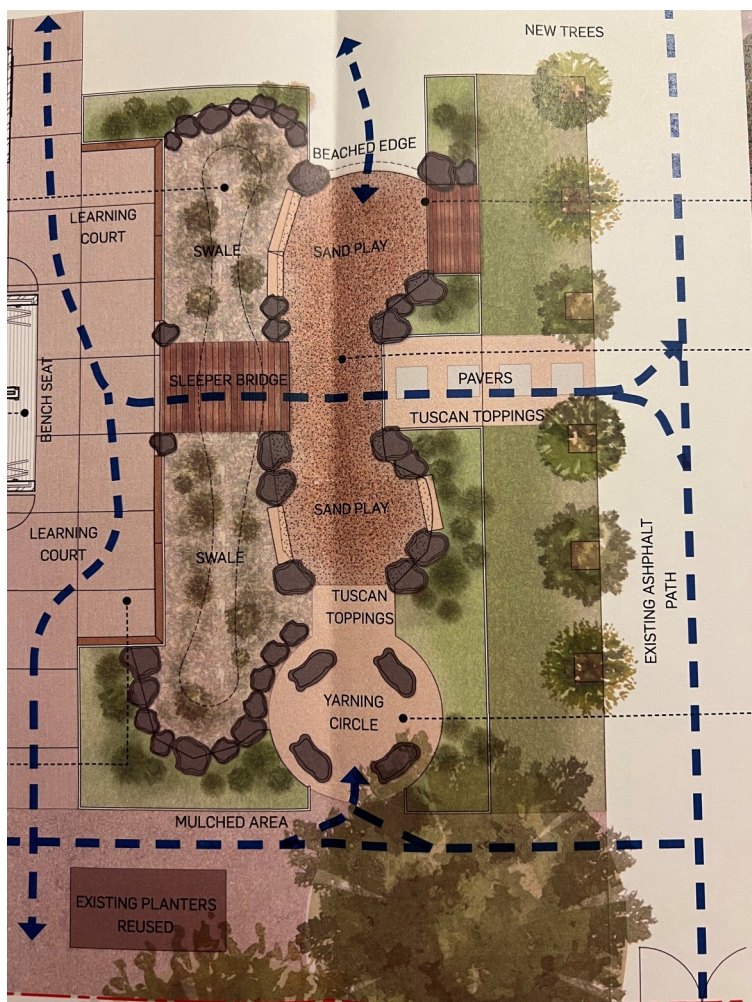


BUILDING PROJECT UPDATES

Our new building is continuing to progress. We now have carpet being laid throughout the building which is very exciting.



Take a look at the new playground which the landscapers have begun to construct.



Warm regards,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



FI

Jovie - For being an excellent reader at our Mary Mackillop Mass. Your clear and confident reading helped us all appreciate the special meaning of the day. I am so proud of how you honoured Mary Mackillop with your words. *From Miss Seona*

Hari - For bravely taking up the offertory at Mass, even when you felt nervous. Just like Mary MacKillop, you showed true courage and a generous heart. We're proud of you for helping make the Mass meaningful for everyone. *From Miss Seona*

FJ

Lanvy - For showing courage when reading at Mass. You persisted even when you felt unsure. That's what good learners do! Well done, Lanvy! *From Miss Wendy*

Leon - For demonstrating persistence when trying to copy a difficult drawing in Discovery Time. You kept on trying, that's a great way to improve Leon. Well done! *From Miss Wendy*

1K

Audrey - for working hard during your learning experiences, you are always focussed and on task during reading groups. *From Ms Shai*

Josephine - for consistently displaying all of the Our Lady's School Gospel Values. You are always a source of peace and kindness to everyone around you. *From Ms Shai*

1L

Gabriel - For seamlessly transitioning back into the classroom after an extended holiday. Well done! *From Miss Scarlett*

Lincoln - For showing the Our Lady's Gospel Value of Courage when volunteering to read for assembly. You have practised the tricky words extremely well. Well done! *From Miss Scarlett*

2M

Sienna - For your positive and confident attitude in our reading groups. I love to see you having a go! *From Ms Rochelle*

Harry - For having a go at brainstorming your creative ideas for a narrative in Writing. Well done! *From Ms Rochelle*

2N

Kitty - For volunteering to show how to use an array when solving multiplication. Keep it up! *From Ms Robles*

Will - For sharing your knowledge with your peers, you are a confident learner. *From Ms Robles*

3E

Sang Cung C - For participating so beautifully and enthusiastically at Mass! The way you joined in encouraged others around you to do the same. *From Ms Steph*

Sadie K - For being a Self-Manager who was determined and persevered in Maths when solving multiplication and division problems. *From Ms Steph*

3F

Casey Z - For showing respect and reverence during the Mary MacKillop Mass. You are a role model for others to follow! Thank you Casey! *From Ms Christine & Mrs Majczak*

Serah G - For being an excellent communicator and sharing your ideas with the class! Well done Serah! *From Ms Christine & Mrs Majczak*

4G

Damon J - For making a seamless transition in Year 4 at Our Lady's school. You have settled into your new class beautifully! Well done! *From Ms Karen & Mrs Mendoza*

Evie H - For using a range of strategies to solve word problems and algorithms. Well done Evie! You have certainly

shown great thinking! *From Ms Karen & Mrs Mendoza*

4H

Catherine N- For showing the Our Lady's Gospel Value of Courage when volunteering to read our prayers this week. You are also an amazing reader and gaining more confidence when speaking in a group. Keep it up! *From Ms Rebecca*

Van C- For your excellence and confidence in reading. For consistently showing a good understanding of the texts and having an inquisitive mind. Keep it up.

From Ms Rebecca



5C & 5D

Year 5 are on an excursion and won't be here for Assembly, so their Awards will be read out at our next Awards Assembly.

6A

James- For living out the School Gospel Value of Respect through his polite and well mannered nature. *From Mr Wickham*

Chan Chan -For showing great courage when presenting at last week's assembly. Great job Chan Chan. *From Mr Wickham*

6B

Andrew - For writing 2 wonderfully descriptive free verse poems, incorporating alliteration, rhyme, repetition and figurative language. Amazing! *From Mrs Belinda & Ms McManus*

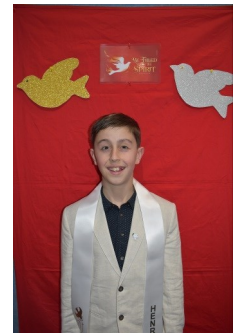
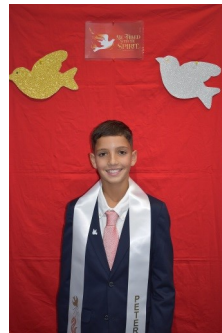
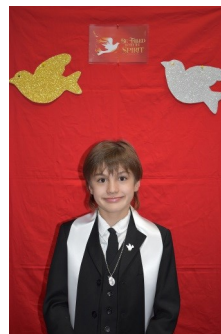
Abbey - For making an amazing start to Semester 2, Abbey has displayed a positive attitude towards her learning and willingly shares her ideas, especially during focus groups. Keep up the great work! *From Mrs Belinda & Ms McManus*

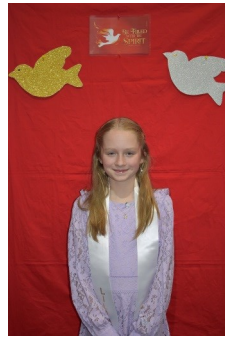


FI: Jovie K
4G: Evelyn H
4H: Vincent A
5C: Grace R
5D: Emily N



Confirmation Candidates 2024







Year 4 at ACMI / NGV



Father's Day Raffle

Tickets on sale on QKR

from Monday 12 August



Parents and Friends

FATHER'S

Day Raffle

\$1 PER TICKET ON QKR

1st

- Jumbuck Spit Pack
- Rolling Dough Voucher
- Deer Park Club Voucher
- Cygnett portable charger

2nd

- BCF Voucher
- Deer Park Club Voucher
- Footies Socks
- Cygnett Portable Charger

3rd

- Hop Nation Voucher
- Deer Park Club Voucher
- Footies Socks
- JBL headphones

4th

- Zona Pizza Voucher
- Deer Park Club Voucher
- Footies Socks
- JBL head phones

Made with PosterMyWall.com

BOOK WEEK



Get Ready for Book Week! Dress Up and Join the Fun!

It's that exciting time of year again - Book Week is just around the corner!

This is a special opportunity for all of us to celebrate our love for reading and the amazing adventures that books can take us on.

Book Week Parade

Friday August 23rd from 8:45 to 9:45am.

You can come dressed as your favourite character from any book. Whether it's a hero, a villain, a wizard, or an explorer, we want to see your creativity shine!

Book Week authors and performances

Zohab Zee Khan - spoken word poet (1st August, Years 3-6)

Perform Ed (12th August, F-3)

Gus Gordon - author (21st August, F-3)

Poetry In Action (2nd September Years 4-6)





Student Wellbeing Parent Information evening

Focus: Social and emotional learning;
Zones of regulation; Wellbeing; ways
you can help at home.

**When: Wednesday 4th
September at 7:00pm**





MARIAN COLLEGE SUNSHINE WEST

Leaders in girls education

Applications For
Year 7 2026 Close
August 16

*Limited places
for Years 7 – 12 2025*

*Book a Tour or
Enrol Now!*



*Strong futures
gentle hearts*

*Caroline Chisholm Catholic College
and Marian College present:*

UNDERSTANDING RESILIENCE

A Parent Workshop

Tuesday, August 13

7.00pm - 9.00pm

***Quin Auditorium, Caroline Chisholm Catholic College
Corner Darnley Street and Churchill Ave., Braybrook***

Families are invited to attend an informative Parent Workshop conducted by experienced Psychologist Maria Ruberto.

Throughout the session Maria will:

- explore the principles of resilience
- provide practical advice on how we can help our children develop this vital skill
- discuss dysregulation, the RESET button, and anxiety
- consider how our experiences shape our brains

REGISTER HERE

<https://events.humanitix.com/parent-workshop-understanding-resilience>



Building and maintaining school belonging



Though there have been a few positive effects of the COVID-19 pandemic, the loss of traditional school routines has not been one of them. Lockdowns and remote learning over the past couple of years contributed heavily to a decline in physical school connection, but the continued experience of often unpredictable isolation periods continues to challenge a sense of belonging for many students.

Studies have shown a *positive sense of school belonging* among adolescents can increase life satisfaction, self-confidence, well-being, and other positive emotions. The lack of a sense of belonging can contribute to higher levels of anxiety, depression, stress, and overall negative feelings. Critically, a strong sense of belonging at school can be a protective factor for mental health, reducing the likelihood of mental illness well into adulthood.

Among the many variables found to help build a student's sense of belonging, there are three key relationships: teachers, parents, and peers; and parents can have a role in safe-guarding all three.

Student-teacher relationship

It is well-known that a positive student-teacher relationship is essential for fostering a sense of belonging at school. When teachers provide academic and personal support to students and show they care for them, they can promote a sense of belonging in their students. It may be no surprise that teachers who are approachable, likeable, and have a sense of belonging to the school themselves are teachers who are more likely to grow or maintain a sense of belonging for students as well.

Whether in-person or online, school staff can positively impact students' sense of belonging and connection. In fact, students emphasise that the same strategies that help their belonging face-to-face are also helpful online. Each interaction is a chance to build relationships with students, reach out, and identify potential vulnerabilities in belonging and school connection. Young people want to be noticed and known by their teachers.

Parents can help the student-teacher relationship by keeping communication channels open, attending school events that might allow opportunities to meet teachers, and encouraging their children to ask their teachers for help when needed. Parents could reflect on their own school experiences, share information about their favourite teachers when at school, and help their children identify a teacher's positive aspects, especially for those teachers their child is struggling to build rapport with.

Student-parent relationship

We know from research that different parenting styles significantly impact how a young person copes with stress and perhaps even grows from the experience. During the COVID-19 pandemic, many parents reported spending more time with their kids but we also saw increased mental health problems and experiences of stress among many adolescents.

Parents who can easily recognise and work with children's inherent strengths and abilities are more likely to have children who are better equipped to manage their emotions and cope with challenges.

parenting*ideas

Parents can use a strength-based approach to build school belonging in their children by:

1. Identifying their children's strengths
2. Teaching their children to be able to harness their strengths within their learning contexts, particularly when challenges and stress arise
3. Showing an interest and support for their child's learning
4. Having expectations and trust that your child can meet their goals at school
5. Strength-based parenting is one of the most recommended and effective ways to maintain or rebuild child-parent relationships by supporting and nurturing children's character strengths.

Peer relationships

Many large-group and extracurricular activities were eliminated due to COVID-19 restrictions, thus preventing students from forming positive relationships with their classmates. And remote learning and online groups, despite some benefits, did not have the same scope of effectiveness as face-to-face interactions for many students. This may have impact student's social identity, but also important connections for social support.

Many young people, following COVID-19, have identified that they want help making connections with peers and friends.

Parents can organise "play" dates (outdoor or virtual) and facilitate interactions through helping their children find opportunities to mix with others and build friendships. Parents might have a role in helping to break the ice with other kids or helping their kids to initiate the first steps to reconnecting.

Other strategies that build belonging

Recognise that some children may have a slower pace in reconnecting.

This past year, some children and young people experienced a wide range of experiences. Reconnecting can take time.

Be a role model

Endeavour to maintain your own social needs and connections. Was there a hobby or group you dropped during lockdown? What can you do to make sure you are feeling a sense of belonging as well?

In closing

Taken together, the most important messages to remember are that belonging is important, it can take time to grow, and the relationships your child builds through school are key to them building a sense of belonging.



[Click here to view a quick tip video by Dr Justin Coulson related to this Insights article](#)



Dr Kelly-Ann Allen

Dr Kelly-Ann Allen, PhD FAPS, is an Educational and Developmental Psychologist, a Senior Lecturer in the Faculty of Education, Monash University, and an Honorary Senior Fellow at the Centre for Wellbeing Science, University of Melbourne. Her research underscores the importance of a sense of belonging as a universal human need and she has built an international reputation for her work in the area of school belonging.

Work for food that gives eternal life



18th Sunday in Ordinary Time, Year B

God wants us to have faith in Jesus, the Son he sent to save us.

Write or draw answers to these questions.

When you have faith...

...how do you treat others?

...what do you do at mass?

...what do you do at home?

Gospel

John 6:24-29

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat.

Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.'

START

G	O	C	A	X	B	O	S	E	W
T	D	U	T	S	R	E	B	L	P
V	W	A	N	Y	P	K	U	Y	E
S	I	E	C	O	Q	A	E	I	B
E	T	A	S	U	N	T	H	E	O
X	D	H	O	T	I	S	A	R	N
L	C	A	E	Y	H	O	E	H	E
R	E	V	A	I	T	B	S	E	N
D	T	E	F	C	A	E	D	U	T

FINISH

COMPLETE THE TEXT MAZE

"God wants you to have faith in the one he sent"

