



# OUR LADY'S SCHOOL NEWSLETTER

10 February 2023

[www.olsunshine.catholic.edu.au](http://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

Burmese: Every 2nd Sunday 2.30pm

Chin: Every 1st, 3rd, 4th, 5th Sunday 2.30pm

Tongan: Every 1st Sunday 3.00pm

School Phone: 9312 2230

School website: [www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)

*Our Lady's is a Child Safe School*

He began to teach them many things in parables, and in his teaching he said to them: "Listen! A sower went out to sow. And as he sowed, some seed fell on the path, and the birds came and ate it up. Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil. And when the sun rose, it was scorched; and since it had no root, it withered away. Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold." And he said, "Let anyone with ears to hear listen!" (Mark 4:2-9)

## DATES FOR THE DIARY

**Tues 21 Feb** 2.15pm Parent Helpers Session

**Wed 22 Feb** 7.00pm P&F AGM

**Wed 22 Feb** Ash Wednesday

**Fri 24 Feb** 9.00am Parent Helpers Session

**Tues 28 Feb** 7.00pm PAB AGM

**Wed 1- Fri 3 Mar** Yr 6 Camp

**Mon 6 Mar** School Photos

**Wed 8 Mar** 5.00-6.30pm Foundation Picnic

**Mon 13 Mar** Labour Day Public Holiday

**Thurs 16 Mar** 7.00pm Reconciliation Parent Night

**Mon 20 Mar** Open day for Foundation 2024

**Mon 27 Mar:** Staff Professional Learning Literacy with Deb Sukarna

**Thur 6 Apr** End of Term 1 at 1.00pm

**Wed 26 April** 7.00pm Yr 4 Eucharist Parent & Student Evening

## SACRAMENTS

**Thur 23 March:** 7.00pm Reconciliation for Year 3

**Sun 7 May:** 10.30am Eucharist for Year 4

**Sun 7 May:** 10.30am Eucharist for Year 4

**Thur 24 Aug:** 7.00pm Confirmation for Year 6

## PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

**Mon 27 March:** Literacy with Deb Sukarna

**Fri 5 May:** Personalised Learning with Kath Murdoch

**Thur 22 Jun:** Three Way Learning Conversations

**Fri 28 Jul:** RE with Maria Forde

**Mon 6 Nov:** Report Writing

Dear Parents,

It was wonderful to see parents and grandparents joining the Our Lady's School students and staff for the beginning of the school year mass. A big thank you to our Parish Priest Father Peter and Father Peter Zinh for leading the mass and blessing the plants that were given to a class representative from each classroom as a reminder to the children that they to are at school to grow and flourish. The school theme for this year is: *Let your light shine*.

This theme has been inspired by Jesus' words as recorded in the Gospel of Matthew chapter 5:16 where Jesus explained that **no one lights a lamp just to hide it under a basket**. A lamp is meant to be placed on a stand to give light to everything around it. So, we too are called to shine God's light of love and hope onto each other and into our world.

## CONGRATULATIONS OUR LADY'S SCHOOL COMMUNITY

A big thank you to our Year 6 students for organising the *Lend a Hand to Syria and Turkey Casual Dress Fundraiser*. You saw a need and wanted to do something about it, we are all so proud of you. Congratulations to you all because you have raised a total of:

**\$1806.85**

This money will be given to Caritas Australia who will directly send it to Caritas Syria who will provide much needed food, shelter and medications. I would like to thank our parent community for their generosity in supporting this important initiative by the Year 6 students. Our school community should be proud of this achievement and comforted to know that we have made a difference to the people of Turkey and Syria during this darkest of times.

## New Office Hours

We have adjusted the office hours in keeping with the new school beginning and finishing times. The office will now be open from 8:15am in the morning and close at 4.00pm

## Blessing Prayer for Us

*We must pray to be open to the needs of others. We pray to our God.*

Jesus, we ask your blessing on us that we may live in you.

Bless our eyes to see the needs of people around us.

Bless our ears to really listen to what people have to say.

Bless our mouths to proclaim your word to all people.

Bless our hands to do your work in the world.

Bless our hearts to live in love each day.

Hear our prayer and bless our lives that we may be faithful to your will. Amen



## **A big THANK-YOU to all the parents who attended the Foundation Parent Curriculum Night**

The staff were delighted with the number of parents who attended, the level of interest that was shown and the great questions that parents asked. We hope that you now have a better insight into what we teach, and how we teach what we do and why. We also hope that as parents you left the meeting feeling more empowered to support your child's development in Literacy and Numeracy.

I would like to thank the staff who organised and facilitated this event: Cam Tu Nguyen (Foundation teacher), Wendy Veldman (Foundation teacher and Junior School Learning Leader), Kriss Oliver (Learning and Teaching/RE Leader), Tania Cuni (Literacy Leader) and Anna Kalc-Smyth (Numeracy Leader)

## **IMPORTANT WAYS YOU CAN BE INVOLVED WITH OUR SCHOOL**

### **Parents and Friends AGM**

We will be soon holding our Annual General Meeting to form the Parents and Friends Committee for 2023. The Parents and Friends Committee organises events throughout the year such as the Mothers' Day and Fathers' Day Stalls with the purpose of raising money for the school.

If you feel you would like to contribute please come to the meeting on [Wednesday the 22nd of February at 7.00pm](#). The meeting will be held in the school staffroom.



### **Parent Advisory Board AGM**

The Parent Advisory Board gives parents the opportunity to learn more about the school's priority areas for 2023, finance, capital works projects and curriculum. Not only learn about these but also bring the parent voice into the school to advise the principal and give suggestions to help shape these important areas of school life.

I know that many parents have a wealth of knowledge and expertise and it would be wonderful to be able to tap into these to improve our school for our children.

The Annual General Meeting will be on [Tuesday the 28th of February at 7.00pm](#). The meeting will be held in the staffroom.

**Further information and Nomination Forms are included in this Newsletter.**

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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





## FI

**Lachlan** - For being a great Self-Manager and working independently during writing. Well done and keep it up! From *Mrs Granata & Ms Cam Tu*

**Sarah** - For retelling the sequence of events well after listening to a short story. Keep up the great work! From *Mrs Granata & Ms Cam Tu*

## FJ

**Noso** - For showing the Gospel Value of Respect when talking with your friends and teachers. Keep up the great work! - From *Miss Wendy*

**Siam** - For being an engaged and curious learner. You are always thinking! Well done! From *Miss Wendy*

## 1K

**Tanishka M** - for showing the Our Lady's School Gospel Value of Courage when participating in the whole school Mass. From *Miss Shai*

**Harry R** - for doing an awesome writing piece by sounding out each letter you could hear in the words. Keep it up! From *Miss Shai*

## 1L

**Charlie T** - For showing the Our Lady's School Gospel Value of Peace. You were reverent and respectful during our whole school Mass. From *Miss Steph*

**Rose D** - For being a Self-Manager who sets goals and works towards them. I am looking forward to seeing you achieve your writing goal! From *Miss Steph*

## 2M

**Hamish M** - For consistently demonstrating the Our Lady's gospel value of respect. Thank you for always showing such kindness and respect in our classroom. Keep it up! From *Ms Rochelle*

**Lily P** - For participating in the whole school Mass with enthusiasm and pride. You also consistently display these assets in everything you do, well done! From *Ms Rochelle*

## 2N

**Zade S** - For displaying the Collaborator Asset during Discovery Learning and making sure you included all team members when it was time to take a photo. Well done! From *Mrs Mitchell*

**Chanel C** - For using your initiative when setting up for Discovery. This helped our grade to be organised and ready for learning. Well done! From *Mrs Mitchell*

## 3E

**Kiera L** - For writing a detailed persuasive text about why we should not litter and having a go adding in rhetorical questions. Fantastic work! From *Ms Howe & Mrs Mendoza*

**Samantha H** - For consistently displaying the Our Lady's Gospel Value of Service. You are always willing to help other students and help with classroom jobs. Keep it up! From *Ms Howe & Mrs Mendoza*

## 3F

**Ella N** - For participating in the whole school Mass reverently and respectfully. From *Mr Josh*

**Sophia V** - For showing the Our Lady's School Gospel Value of Service by completing jobs in the classroom. Thank you for your help. From *Mr Josh*

#### 4G

**Oliver B-** For demonstrating the Learning Asset of Communicator when you share your thinking with the class. Your ideas are well thought out. Well done!

*From Ms Karen*

**Lincoln B-** For showing the Our Lady's School Gospel Value of Peace. Your gentle and peaceful manner shines through in your interactions with your peers.

Thanks Lincoln! *From Ms Karen*



#### 4H

**Angelina-** For explaining to your new classmate the Writer's workshop routine. Well done! *From Ms. Robles*

**Nikunsh-** For starting at Our Lady's School in a positive way. You're starting to form positive relationships with your peers! *From Ms. Robles*

#### 5C

**Nina B-** for displaying the Learning Asset of Self Manager by being ready to learn and working independently. Well done! *From Mr Membrey*

**Alexander S-** for displaying the Learning Asset of Communicator in your contributions to the class. You are always challenging yourself. *From Mr Membrey*

#### 5D

**Henry A** - For displaying the Learning Asset of Thinker in FLI when unpacking the meaning of The Parable of the Sower. Well done! *From Ms Gurry*

**Peter D** - For displaying the Learning Asset of Communicator during class discussions. Thank you for your excellent contributions – keep it up! *From Ms. Gurry*

#### 6A

**Evelyn L.** For displaying a willingness to collaborate to improve learning tasks. *From Mr Wickham*

**Natania P** For displaying a wonderful work ethic in all learning areas. Keep up the great effort. *From Mr Wickham*

#### 6B

**Bidao** - For being a great Self-Manager. You listen carefully and follow directions. That's what good learners do! Well done! *From Mrs Muscat*

**Cade** For showing leadership through your patience, guidance and kindness when you work with and support your Foundation Buddy. *From Mrs Muscat*

2M: Eddy F  
4H: Jay T  
5D: Henry N  
Staff: Mr Matteo





# Parent Helpers



# You're Invited

Dear Parents,

Do you have a Working With Children Check and are interested in helping out in your child's classroom during learning time?

If so, please come along to one of our

**Parent Classroom Helpers Information Sessions**

**Tuesday 21st February at 2.15pm**

**Or**

**Friday 24th February at 9.00am**

**in our Auditorium.**

We look forward to seeing you there!





**OUR LADY'S PRIMARY SUNSHINE**

# Foundation 2024 Enrolments open 27 February 2023

**Please come into the School Office to pick up an enrolment pack**

**Our Lady's School is a Catholic Primary School for boys and girls serving the Parish of Our Lady of the Immaculate Conception Sunshine.**

**Principal Ms Patrizia Bertani**  
[principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au)

## **Our Vision**

**In a spirit of unity and harmony, we strive to develop the whole person; providing an excellent education for all and inspiring our community members to live a Christian way of life.**



## **OPEN DAY**

**Monday 20 March**

**Tours at 10.00am & 4.00pm**

**LOCATION**

**32 STATION PLACE SUNSHINE 3020 Ph 9312 2230**

[www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)



# Parents & Friends Committee

At Our Lady's school we are committed to developing and sustaining reciprocal partnerships with our parent community in order to improve student engagement ,wellbeing, and learning. Joining the Parents and Friends Committee is a great way to contribute to strengthening your connection to this school. We are hoping that you will consider joining the Parents and Friends Committee. Over the years the Parents and Friends Committee and volunteers have raised money to purchase valuable resources for the school as well as providing additional rich experiences for the children of Our Lady's school to enjoy.

Our school values, encourages and appreciates parent involvement and children love to see their parents participating in the life of the school.

## Parents and Friends Committee

### Annual General Meeting 2023

**Wednesday 22 February at**

**7.00pm in the Staffroom**

It is a great way of connecting with other parents and you will be made to feel very welcome. We look forward to adding new members to our already great team.

Attached you will find the role descriptions and a nomination form. Joining the Parents and Friends Committee is a wonderful way to meet other parents, support the school via many exciting fund raising activities and to enrich the children's school experience by organising special treat days or the Sacramental parties for the children who received their Reconciliation, Eucharist or Confirmation.



## **ROLE DESCRIPTIONS OF THE PARENTS AND FRIENDS COMMITTEE**

### **President**

The President's position carries a task of trust and responsibility and requires skill and time. The President should exercise authority with tact, be impartial and open to other points of view.

The main role of the President is to:

- \* Be the main representative/spokesperson for the P&F
- \* Liaise with the Committee members and set the agenda for meetings
- \* Be the main contact for agenda items
- \* Open the meetings punctually and ensure the agenda is followed
- \* Ensure those present at the meeting have the opportunity to discuss each item on the agenda prior to a decision being made
- \* Make sure, particularly on contentious matters, as many points of view as possible are expressed
- \* Make sure everyone is given an opportunity to speak and encourage members to speak by addressing questions to them
- \* Work towards a collaborative approach with other members of school community
- \* Be mindful of timelines, keep discussions on track and keep meetings moving
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### **Vice-President**

The Vice President plays an important role by assisting the President with P&F responsibilities and replacing the President and chair meetings in the absence of the President.

### **Secretary**

The Secretary is very important to the efficient operation of the P&F. Duties and responsibilities include:

- \* Taking minutes at P&F and Committee meetings
- \* Photocopying and distributing minutes to Committee members along with agenda prior to the next meeting
- \* In consultation with the Principal and President:
- \* Providing a summary of the matters discussed at the meeting for display on the parents' notice board
- \* Dealing with any incoming/outgoing correspondence

### **Treasurer**

The Treasurer carries a task of trust and responsibility. Duties and responsibilities include:

- \* Taking charge of monies of the P&F
- \* Keeping accurate financial records of all receipts and expenditure
- \* Banking all money regularly
- \* Reporting regularly on the P&F's financial position at meetings
- \* Preparing a financial report for the Annual General Meeting

### **Committee Members**

Committee members have a responsibility to:

- \* Attend PFA meetings as regularly as possible and send apologies if unable to attend
- \* Help organise P&F activities and projects
- \* Work towards the best possible outcomes being achieved
- \* Be mindful that discussions should be on topics which are relevant to the whole school community
- \* Facilitate and nurture positive home/school relationships within the parent community





## Election of the Our Lady's School Parents and Friends Committee 2023

### **Nomination Form**

**P & F Annual General Meeting – Wednesday 22 February at 7.00pm**

Nominations are invited for the Our Lady's School Parents & Friends Committee 2023.

### **Nomination**

I, (your name) \_\_\_\_\_

Parent of (name and grade of your child) \_\_\_\_\_

Nominate: (name of person) \_\_\_\_\_

For the Position of: (one form per nomination)

☐

President

☐

Vice President

☐

Secretary

☐

Treasurer

### **Signed**

Nominator: \_\_\_\_\_ Date: \_\_\_\_\_

### **Nomination Acceptance**

I, (nominee) \_\_\_\_\_

Parent of (name and grade of your child) \_\_\_\_\_

Accept the nomination as indicated above.

Nominee's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***ALL NOMINATION FORMS ARE TO BE HANDED INTO THE OFFICE***

## **OUR LADY'S SCHOOL PARENTS ADVISORY BOARD (PAB)**

### **Membership**

Open to all parents/carers – representing families

Principal (representing Parish Priest and School Community – children, families and staff)

School Leaders as required

Community members as invited e.g. Family-School Partnership convenor

### **Child Safety**

It is an expectation that all Members of the Parent's Advisory Board (PAB) adhere to the Our Lady's School Child Safety Policy and Standards and understand that Our Lady's is a Child Safe School that promotes the safety, wellbeing and inclusion of all children.

### **Structure**

Chairperson

Deputy Chairperson

Secretary

Currently the Parents and Friends Committee meets and reports regularly to the Principal who will pass on relevant information to the Parents Advisory Board

### **Vision for Parent Advisory Board**

- To represent and to be representative of all parents and families, being inclusive and committed
- To share and live out the vision and the values of the school
- To be a rich source of wisdom and insight as well as working to strengthen community partnerships
- To consult and seek to achieve better outcomes for all members of the school community
- To be role models for others – maintaining a professional and confidential approach
- To make everyone feel included and welcome
- To be active listeners committed to working collaboratively
- To work proactively and positively for the school
- To represent the parent voice and the whole school community in a loyal and proper way
- To establish boundaries and protocols to operate by
- To at all times maintain confidentiality

### **Current protocols/agreements include:**

Maintain a positive and proper tone for all our communication – in meetings and in representing the school. Speak for the needs of all children and not our personal concerns (individual matters are to be discussed with the school leaders and teachers).

Agenda is set by the Chairperson in consultation with the Principal. All parents attending are welcome to add items to the agenda. New agenda items are tabled and then placed on the agenda of the next meeting.

Meetings start at 7.00pm and end at 8.00pm.

The chairperson communicates matters to the school community via Parent Advisory Board Newsletter article. Please email to: [jhill@olsunshine.catholic.edu.au](mailto:jhill@olsunshine.catholic.edu.au)

The principal follows up matters with the staff and the whole community.

The secretary records and distributes the notes of the meeting to all attendees and apologies.

Proposed agenda items must be emailed to the Chairperson / Deputy Chairperson / Secretary 1 week before the scheduled Board Meeting.

## Role Descriptions

### Chairperson

The Chairperson's position carries a task of trust and responsibility and requires skill and time. The Chairperson should exercise authority with tact, be impartial and open to other points of view.

The main role of the Chairperson is to:

- Be the main representative/spokesperson for the Parents Advisory Board
- Liaise with the Principal to finalise agenda items for the next meeting and advise the Secretary to distribute the agenda and required pre-reading at least 3 business days before the next meeting
- Be the main contact for agenda items
- Open the meetings punctually and ensure the agenda is followed
- Ensure those present at the meeting have the opportunity to discuss each item on the agenda prior to a decision being made
- Work towards a collaborative approach with other members of school community
- Be mindful of timelines, keep discussions on track and keep meetings moving

### Deputy Chairperson

The responsibilities of this role will be to:

- Support the Chairperson in the coordination of the meetings (i.e. pre-reading / pre-work, etc.).
- Support the Chairperson in the running of the meeting by ensuring timelines are adhered to, and discussions are on track.
- Assume the responsibilities of the Chairperson or the Secretary in the event either one is unable to attend the meeting.

### Secretary

The Secretary is very important to the efficient operation of the Parents Advisory Board.

Duties and responsibilities include:

- Taking minutes at Parents Advisory Board meetings
- Photocopying and distributing minutes to Committee members along with agenda prior to the next meeting
- Dealing with any incoming/outgoing correspondence

### Committee Members

Committee members have a responsibility to:

- Attend Parents Advisory Board meetings as regularly as possible and send apologies if unable to attend
- Help organise Parents Advisory Board activities and projects
- Work towards the best possible outcomes being achieved
- Be mindful that discussions should be on topics which are relevant to the whole school community
- Facilitate and nurture positive home/school relationships within the parent community





# *Parents Advisory Board*

## **Expression of Interest Form**

Expressions of Interest are invited for the Our Lady's School Parents Advisory Board 2023.

I, (your name) \_\_\_\_\_

Parent of (name and grade of your eldest child):

\_\_\_\_\_

Contact number: \_\_\_\_\_

Contact email: \_\_\_\_\_

Am interested in becoming a member of the Our Lady's School Parents Advisory Board in 2023.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

***ALL EXPRESSIONS OF INTEREST FORMS ARE TO BE HANDED TO THE PRINCIPAL***



# MARIAN COLLEGE

A Kildare Education Ministries Catholic School for Girls  
in the Brigidine Tradition

## APPLICATIONS FOR YEAR 7 2025 ONWARDS NOW OPEN

*Limited places available for 2024*

To submit an **Online Application Form**,  
please visit the College website [www.mariansw.catholic.edu.au](http://www.mariansw.catholic.edu.au)



## Marian College Tours

Join us for a College Tour with our Principal.

This is an excellent opportunity to view our facilities and get all the information you need to make a decision about your daughters' education.

To register for a tour, please visit the College website  
[www.mariansw.catholic.edu.au](http://www.mariansw.catholic.edu.au)



03 9363 1711



196 Glengala Road, Sunshine West VIC 3020



[mariansw.catholic.edu.au](http://mariansw.catholic.edu.au)



Kildare  
EDUCATION  
MINISTRIES  
*In the Brigidine Tradition*

*Strong Futures. Gentle Hearts.*





**WE GET THE  
BEST OUT OF  
OUR BOYS**

Simonds Catholic College is a small school with big opportunities in the heart of the city. Our teachers are **experts in teaching the way boys learn best**. We are committed to small class sizes to ensure your son will receive the attention he requires to achieve his personal best.

## YEAR 7 2024 & 2025 APPLICATIONS OPEN

9321 9200

273 Victoria St, West Melbourne  
[2 blocks from Queen Vic Market]  
[www.sccmelb.catholic.edu.au](http://www.sccmelb.catholic.edu.au)  
[info@sccmelb.catholic.edu.au](mailto:info@sccmelb.catholic.edu.au)

Following our acquisition of a multi storey building on Chetwynd St and the completion of refurbishment of existing areas, we are thrilled to announce that **SIMONDS CATHOLIC COLLEGE** is now **ONE SCHOOL ON ONE CAMPUS**. From 2023 all students across Year 7-12 are based at our West Melbourne site **in the heart of the city**.



FOLLOW US ON  
INSTAGRAM



SIMONDS\_CATHOLIC\_COLLEGE

## BOOK A TOUR TO SEE OUR PROGRAMS FOR BOYS IN ACTION

9321 9200

[www.sccmelb.catholic.edu.au](http://www.sccmelb.catholic.edu.au)  
[info@sccmelb.catholic.edu.au](mailto:info@sccmelb.catholic.edu.au)  
273 Victoria St, West Melbourne

ENROLMENTS ARE NOW OPEN FOR  
YEAR 7 IN 2024 AND 2025.  
LIMITED PLACES FOR ENTRY IN 2023  
ARE AVAILABLE AT OTHER LEVELS



BOOK A TOUR TO SEE OUR  
PROGRAMS FOR BOYS IN ACTION



# TALK AND TOUR

*Be a Simonds Boy*

## 2023 TOUR DATES

You and your son are invited to attend a Talk and Tour with the Principal, Peter Riordan. **Tours commence at 9.15am.** **Bookings are essential.** Contact the Registrar on 9321 9200 or book online.

Tours provide prospective families with a great opportunity to view the school in operation. You will have the chance to discover all that Simonds Catholic College has to offer and ask any questions you may have.

**FEBRUARY 3, 7, 9, 15 & 21**  
**MARCH 2, 7, 10, 23 & 29**  
**APRIL 3 & 27 MAY 3, 16 & 29**  
**JUNE 6, 13, & 21 JULY 13 & 26**  
**AUGUST 4 & 21 SEPTEMBER 15**  
**OCTOBER 11 & 19 NOVEMBER 8**

additional tours may be added as required



# JOIN US FOR TERM 1 AND MAKE EXCELLENT MEMORIES WITH EXTEND!

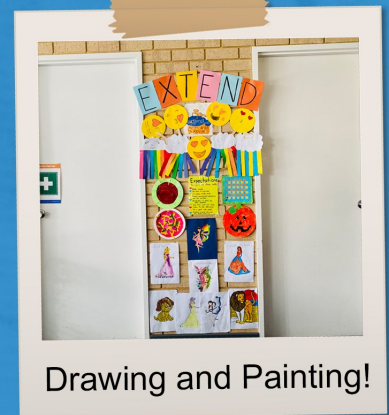


Extend is the home of unforgettable fun and fantastic adventures!

Join Extend for a group game of Bingo; where friendships are easily formed and smiles are guaranteed.

Have a spoonful of creative excitement by making your very own crafted spoon characters!

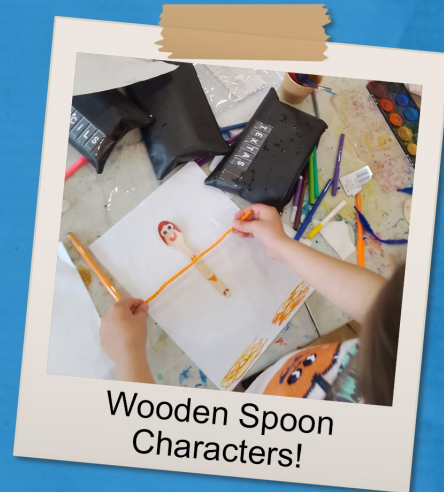
The fun you'll experience at Extend will be one for the scrapbooks, so come join us today!



Drawing and Painting!



Group Bingo!



Wooden Spoon Characters!



## UNLOCK YOUR CHILD'S FULL READING POTENTIAL WITH THE READING SWITCH!

Find out more about this exciting new opportunity for your family with The Reading Switch at [extend.com.au/the-reading-switch](https://extend.com.au/the-reading-switch)

**CYBER  
SAFETY  
PROJECT**

**LIVE ONLINE VIA ZOOM**

On-demand rewatch  
available

**LIVE  
WEBINARS  
AT 7:30PM**

(AEDT/AEST)

# PARENT & GUARDIAN WEBINAR SERIES 2023



## **Plan, Prevent, Protect**

**THURSDAY 16TH FEBRUARY**

Learning, connecting and playing online can be positive and safe. Learn how to create a safe online environment at home with practical advice for raising young people in a technology-rich world.



## **Safety on the Socials**

**TUESDAY 9TH MAY**

Uncover the world of social networking through the lens of a child and teenager. Understand the risks and discover techniques to prepare kids to be safe and responsible on the socials.



## **Gaming and Your Family**

**WEDNESDAY 26TH JULY**

You can learn a lot through gameplay. Help the young people in your home get the most out of gaming experiences and learn strategies to build healthy gaming habits.



## **Digital Balance and Wellbeing**

**TUESDAY 17TH OCTOBER**

Technology plays a vital role in our world but it's easy to lose control. Finding a balance is a crucial 21st century skill. Discover simple tools and settings to manage screen time and thrive in a digital world.

**FREE REGISTRATION**  
[cybersafetyproject.com.au/webinars](https://cybersafetyproject.com.au/webinars)





## INSIGHTS

### Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study\*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

#### Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

##### Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

##### Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

##### Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.



# parenting\*ideas

## Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

## Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

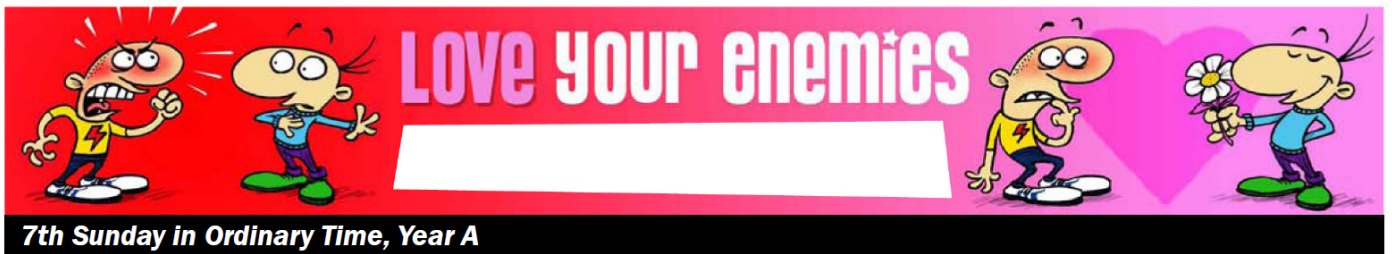
It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

\*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night ([Source: https://aifs.gov.au/sites/default/files/publication-documents/lac-asr-2018-chap4-sleep.pdf](https://aifs.gov.au/sites/default/files/publication-documents/lac-asr-2018-chap4-sleep.pdf))



### 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](http://www.drkristygoodwin.com).



## Gospel Mt 5:38-48

Jesus said to his disciples: 'You have learnt how it was said: Eye for eye and tooth for tooth. But I say this to you: offer the wicked man no resistance. On the contrary, if anyone hits you on the right cheek, offer him the other as well; if a man takes you to law and would have your tunic, let him have your cloak as well. And if anyone orders you to go one mile, go two miles with him. Give to anyone who asks, and if anyone wants to borrow, do not turn away.

'You have learnt how it was said: You must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you;

in this way you will be sons of your Father in heaven, for he causes his sun to rise on bad men as well as good, and his rain to fall on honest and dishonest men alike. For if you love those who love you, what right have you to claim any credit?

Even the tax collectors do as much, do they not? And if you save your greetings for your brothers, are you doing anything exceptional? Even the pagans do as much, do they not?

You must therefore be perfect just as your heavenly Father is perfect.'



Jesus taught us to forgive others. He even asked God to forgive those who crucified and taunted him. Write down three other occasions when Jesus showed love for those who were against him.

### Complete the Text Maze:

"Forgive others and God will forgive you."

START

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

\*CAN YOU FIND THE SIX HIDDEN WORDS FROM THIS WEEKS GOSPEL READING?

FINISH