



# OUR LADY'S SCHOOL NEWSLETTER

## 19 February 2021

[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 5.30pm, Sunday 9:00am, 10:45am & 5:30pm  
Vietnamese: Saturday 7.30pm, Sunday 12.30pm  
Chin: Sunday 2.30pm  
**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*

*Heal me, LORD, and I will be healed; save me and I will be saved, for you are the one I praise. Jeremiah 17:14*

### DATES FOR THE DIARY

Every Friday Assembly online at 2.30pm

#### **Mon 8 Mar**

Labour Day Public Holiday

#### **Mon 15 Mar**

School Photos

#### **Fri 19 Mar**

Yr 5 Eucharist

#### **Mon 22 Mar**

School Closure Day - Review. No school for the children

#### **Thurs 1 Apr**

End of Term 1 at 3.15pm

#### **Fri 2 Apr**

Good Friday

#### **Sun 4 Apr**

Easter Sunday

#### **Mon 19 Apr**

Start of Term 2 at 8.45am

#### **Wed 21-Fri 23 Apr**

Yr 6 Camp

#### **Sun 25 Apr**

ANZAC Day

#### **Wed 28 Apr**

Yr 3 Reconciliation

#### **Thurs 29 Apr**

Yr 4 Reconciliation

#### **Fri 14 May**

Yr 4 Eucharist

#### **Wed 23 June**

Three Way Learning Conversations 3.30-6.00pm

#### **Thurs 24 June**

Whole school closure - Three Way Learning Conversations

#### **Mon 26 & Tues 27 July**

Whole School Closure - Staff Conference RE

#### **Fri 12 Nov**

Yr 6 Confirmation

Dear Parents/Carers,

It is wonderful that we are now all back at school. Last Friday the 12th of February many Our Lady's families celebrated the Lunar New Year. This event is celebrated in countries throughout Asia and in Australia. Each new year is represented by an animal symbol and this new year is the Year of the Ox. Happy Lunar New Year to you all!

This week our traditional celebrations associated with Ash Wednesday were affected by the COVID-19 shut down. The school held an online whole school meditation focused on Ash Wednesday. As we now begin our Lenten journey let us take the time to reflect on how we live our own lives and ways in which we can improve ourselves and the lives of others. Lent is a time to REFLECT, RECONCILE and RENEW.

As you would have read in my previous newsletters, I have been advertising the Parents and Friends Annual General Meeting and the Parent Advisory Board Annual General Meeting. I have asked for interested parents to submit an expression of interest. Over the last weeks I have received only one response. I thank that parent but it is not possible to run either the Parents and Friends Committee or the Parent Advisory Board with that type of response. I know that we are living in very uncertain and difficult times and that many of our parents may not have the time at this point.

Unfortunately, I will have to cancel the following scheduled Annual General Meetings due to the lack of response at this stage:

- Parents and Friends at 7.00pm on Wednesday the 24th of February
- Parent Advisory Board at 7.00pm on Wednesday the 3rd of March

I will re-advertise these meetings in Term 2 with the hope that circumstances will have changed and we receive a better response.

**Please note that the changes made this week to the pick up times will still apply next week.**

Years 2, 3, 4, 5 and 6 students will be dismissed at normal times and parents of these students can not enter the school grounds, unless they have a child in either Year 1 or Foundation.

Students in Year 1 or Foundation classes will be dismissed at 3:05pm on Monday, Tuesday, Thursday and Friday and at 2:50pm on Wednesday. Parents of Year 1 and Foundation students may enter the school grounds to pick up their child at these times.

Please remember that you must wear a mask when on school grounds.



### **Ash Wednesday Prayer**

*Ash Wednesday is the first day of Lent. We should pray to start the season right.*

Jesus, Saviour and Redeemer, Wednesday was Ash Wednesday and the beginning of Lent. We pray that we may walk with you in faith, hope and love through the weeks of Lent. Help us to grow in faith during the holy season and to be people of prayer always. May we be aware of the needs of others so that we can reach out to them in your name. Turn our hearts and our footsteps toward your kingdom of peace and justice. We pray this through your Holy Spirit of love who shows us the way to the Father.

Amen



## Our Lady's Counselling Service

Our Lady's School has counselling service that are available 2 days a week. This is a confidential and free service that the school offers to all students, parents and carers of Our Lady's School. Our School Counsellor is Mr Tom Watson who works in close collaboration with Mrs Christine Carabott our Deputy Principal/ Student Wellbeing Leader and Ms Denise Ryan our Learning Diversity Leader. He is an experienced counsellor who has worked across many schools.



The School Counsellor is available to discuss school related issues such as:

- Behavioural concerns both at school and/or home
- Emotional problems such as anxiety, grief, depression, low self esteem
- Family issue such as separation, divorce, parenting difficulties, child/sibling relationships
- Peer and social issues such as bullying, peer relationships and social skills

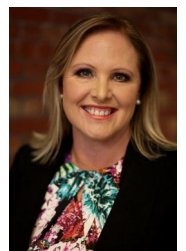
Counselling may involve a number of therapeutic methods, including Art Therapy, individual/small group programs, skills training as well as consultation with parents and teaching staff.

**Written Parental Consent is required from both parents for all students prior to commencing counselling.**

**Please raise any concerns you may have with your child's classroom teacher either in person or via email first.**

## SUSAN McLEAN CYBERSAFETY SESSIONS

On Monday June 21 we have an outstanding speaker in Susan McLean who will be bringing us the latest news in regards to a very important issue that we all have to learn to deal with and that is Cyber Safety. This is always a focus for our school as the safety of our students online is paramount. Susan will speak to the students of Years 3, 4, 5 and 6. She will facilitate a staff meeting and also a Parent Information Meeting on Monday the 21st of June at 7.00pm in the Fr John Maher Auditorium.



**Please save the date as this event will be very worthwhile in updating you with the latest information on how to keep your child safe online.**

## COME AND JOIN US EACH FRIDAY AFTERNOON FOR OUR FRIDAY ASSEMBLY

Every Friday from 2:30pm to 3:00pm we have our online Friday Assembly via Google Meet. It is a time for the whole school to come together to hear the Gospel, pray together, celebrate children's achievements and birthdays. We reflect on the week with our PowerPoint presentations which capture the main events of our week. We hope that you will join us as it is a great way to keep in touch with what is happening in the school. We all hope that one day soon we will be able to return to our assembly being held in the school hall, meanwhile we use the technology at our disposal to come together in prayer, as a whole school each week to celebrate the week that was.

Yours sincerely,

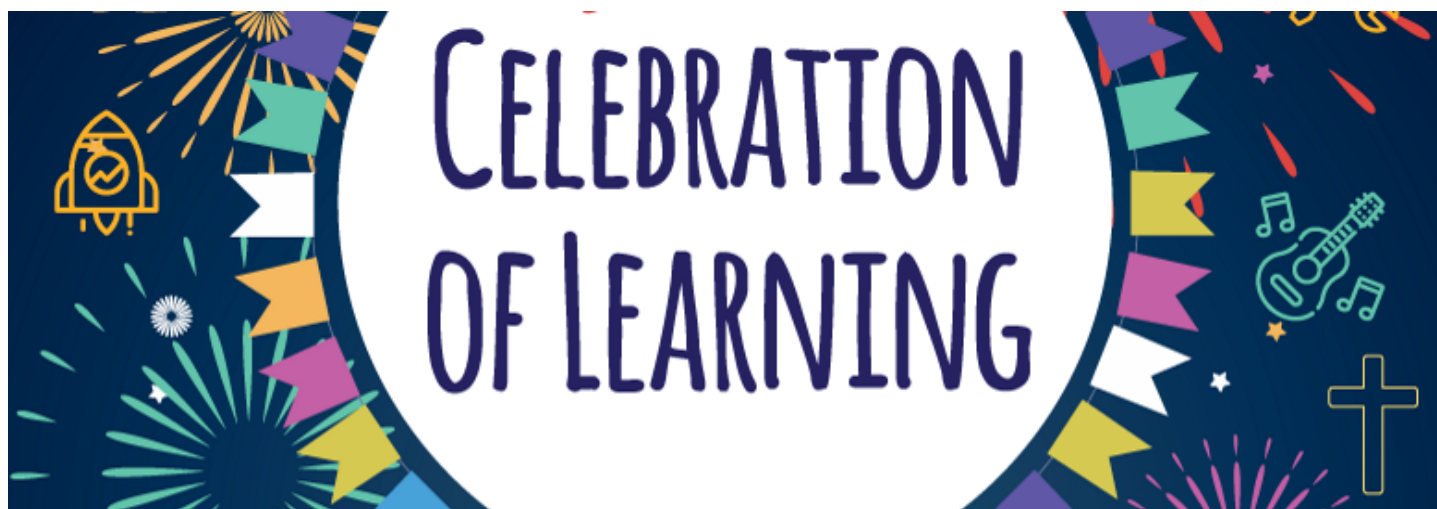
*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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





## FI

**Brian** - For using the Learning Asset of being a Thinker. You clearly demonstrated problem solving skills when you came across some difficulty in building your reading fort during remote learning. Well done! *From Ms. Cam Tu*

**Pearlyn** - For being a Communicator and enthusiastically explaining your learning when you built the reading fort at home. Keep it up! *From Ms. Cam Tu*

## FJ

**Billy** - For showing the Learning Asset 'Thinker', by explaining that practising a skill helps us to learn. Great work, Billy! *From Miss Wendy*

**Brian** - For showing persistence when trying to build a house in Discovery. You tried lots of different ways to make it stand up. That's what good learner's do! *From Miss Wendy*

## 1K

**Owen T**- For demonstrating the Learning Asset of being a Self Manager throughout your learning and within the classroom. *From Miss Scarpaci*

**Sophia. V**- For demonstrating the Our Lady's School Gospel value of Respect when you use your manners and follow the school rules. *From Miss Scarpaci*

## 1L

**Dylan T** - For a fantastic and detailed retelling of Arnie the Doughnut! I loved the expression you used, keep it up! *From Miss Steph*

**Catherine M** - For having a positive attitude when approaching Remote Online Learning. Well done on being adaptable and flexible in your learning! *From Miss Steph*

## 2M

**Thien N**- For always having a positive attitude towards his work, and for always using his best handwriting. Well done! *From Ms Frost*

**Elke K**- For having a positive attitude toward her home learning, and for completing all tasks. Well done! *From Ms Frost*

## 2N

**Olivia T**- For being a wonderful Self-Manager and such a motivated learner during Remote Online Learning! You always tried your best and should be very proud of yourself! Amazing Olivia! *From Ms Howe*

**Vaslem F**- For showing the Our Lady's Gospel Value of Respect. Vaslem, you are always so kind and peaceful in the way you speak to your friends and teachers. You make our classroom such a welcoming place. Keep it up! *From Ms Howe*

## 3E

**Jaagrah**- For using the Learning Asset Self- Manager in class and during Remote Online Learning. Thank you for being organised and focused! *From Miss Karen*

**Kieren** - For showing a very positive growth mindset during Remote Online Learning. Well done Kieren for showing such interest and care in your learning! *From Miss Karen*

### 3F

**Scarlett** - for using the Learning Asset "Self Manager" by being organised and focussed during all class activities. Well done during home learning! Keep up the great work Scarlett! *From Mr Howarth*

**Jonah** - for using the Learning Asset "Communicator" by working well with others during reading and maths groups. Well done during home learning Jonah! *From Mr Howarth*



### 4G

**Dean** - For demonstrating the School Gospel Value of Compassion with your very persuasive speech as to why we should all contribute to our Project Compassion boxes. May your passion and drive to help others never leave you. Well done! *From Ms Wood*

**Luca** - For taking on Home Learning with such gusto! Well done completing all tasks, and for going above and beyond by filming your script in such a creative way. You are a director in the making! *From Ms Wood*

### 4H

**Natalie**- For being open to feedback given by Miss Robles and applying them throughout your learning. I admire how you always stay positive, how you always persist and give everything a go especially during remote learning. *From Ms. Robles*

**Nathan**- For always demonstrating the Our Lady's School Value of Respect to your peers and teacher. For persisting throughout remote learning and doing your best all the time. *From Ms. Robles*

### 5C

**Julianna L**- For being an accountable learner who always shows/uses the Learning Assets of Self-Manager and Thinker to share high quality pieces of learning *From Ms. Kaan*

**Miller M**- For showing persistence and positivity throughout your learning. Your Growth Mindset and Courage is admirable Miller! *From Ms. Kaan*

### 5D

**Alisha L** - For the hard work and dedication you demonstrated during remote learning! You were a fantastic self-manager, asking for & acting on feedback and putting 110% effort into all of your learning! *From Mrs Mendoza*

**Dominic C** - For the patience, generosity and sportsmanship you demonstrated towards your opponent during inter-school sports! Your kind heart makes a difference to others! *From Mrs Mendoza*

### 6A

**Johnny S** - For your willingness to share ideas and opinions on a variety of different topics. The quality of speaking out is a leadership quality. Keep up the great work Johnny *From Mr Wickham*

**Elaine N** - For a well written book report on Harry Potter and the Prisoner of Azkaban. Your opinions were clearly expressed and the piece well constructed. Well done *From Mr Wickham*

### 6B

**Kyle F**- For being an excellent self-manager during remote learning this week. You completed all of your work to a high standard. Well done! *From Ms. Gurry*

**Eleanor M** - For being an excellent self-manager during remote learning this week. You demonstrated that you are thinking deeply about your learning. Keep it up! *From Ms. Gurry*



Mr Matteo  
Michael G 5C  
Gerard F 5D  
Eddy F FI  
Carry C 5C  
Lachlan B 5C

## UNIFORM NEWS

We have just a delivery of Art Smocks and unfortunately the suppliers price has risen.

Due to this we have had to put up the price of Art Smocks to \$17.50 each.

QKr is displaying the correct price.

Thank you for your understanding.





## INSIGHTS

# Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

### Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

### Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

### Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

# parenting\*ideas

## Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

## Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

## Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

## Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

# Forty days in the desert



1st Sunday of Lent, Year B



The season of Lent is a special time when we prepare for the events of Holy Week and Easter. What things can you do to try and be more like Jesus during the forty days of Lent?

## Gospel

Mk 1:12-15

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

## Resist the Temptation

Place ticks ✓ next to what you think are the right things to do.  
Place crosses ✗ next to the things you would be tempted to do.

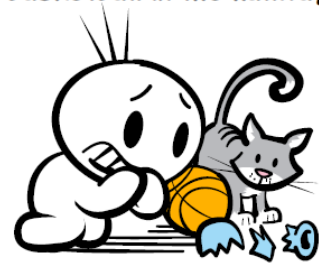
You see money lying on the ground at school



You forget to do your homework



You break your mum's favourite vase when playing basketball in the hallway



### What do you do?

- ☐ You pick it up and take it to a teacher.
- ☐ You use it to buy icecreams and chocolate for all your friends.
- ☐ You leave it where it is.

### What do you do?

- ☐ You tell the teacher that you left it on the bus.
- ☐ You pretend to feel sick so that you can get out of class.
- ☐ You tell the teacher that you forgot to do your homework.

### What do you do?

- ☐ You tell your mum that the cat knocked it over.
- ☐ You tell her that you knocked it over with your basketball.
- ☐ You glue it back together and hope that no-one notices.