



OUR LADY'S SCHOOL NEWSLETTER

21 February 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

*"A new command I give you: Love one another. As I have loved you, so you must love one another.
By this everyone will know that you are my disciples, if you love one another" John 13:34-35*

DATES FOR THE DIARY

Wed 27 Feb-Fri 1 Mar

Grade 6 Camp

Fri 1 Mar

8.45am P&F AGM

Mon 4 Mar

7.00pm Parent Cyber Safety
Session with Susan McLean

Tues 5 Mar

Shrove Tuesday

Wed 6 Mar

Ash Wednesday

Mon 11 Mar

Labour Day Public Holiday

Tues 12-Fri 15 Mar

Catholic Education Week
'Growing Young in Christ'

Wed 13 Mar

Foundation BBQ 5.30-7.00pm
7.00pm PAB

Mon 18 Mar

School Photos

Fri 22 Mar

8.45am P&F Meeting

Sat 30 Mar

School Fete!

Fri 5 Apr

End of Term 1 3.15pm

Fri 19 Apr

Good Friday

Sun 21 Apr

Easter Sunday

Mon 22 Mar

Easter Monday Public Holiday

Tues 23 Apr

Start of Term 2 at 8.45am

Thurs 25 Apr

ANZAC Day Public Holiday

SACRAMENTS

Sun 26 May

10.30am 4G Eucharist

Sun 2 June

10.30am 4H Eucharist

Thurs 10 Oct

Reconciliation time TBC

Fri 15 Nov

7.00 Confirmation



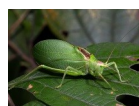
Dear Parent,

This week has been filled with amazing learning opportunities for staff, parents and students. On Monday staff participated in a whole day of Professional Learning focused on integrating into their Literacy Curriculum strategies that enhance learning for all students. The day was facilitated by Rebecca Paic who is the Western Region Learning Consultant and who specialises in Literacy.

Students in Year 5C had the opportunity to sail on a 65 foot catamaran learning about the creatures who live in Port Phillip Bay and how we can better care for them so that they will continue to thrive.

Students across the school participated in *Faith life Inquiry Learning*.

In this picture you see an example of Miss Howe and the students in Year 1L conducted a mini inquiry into an insect called the katydid.



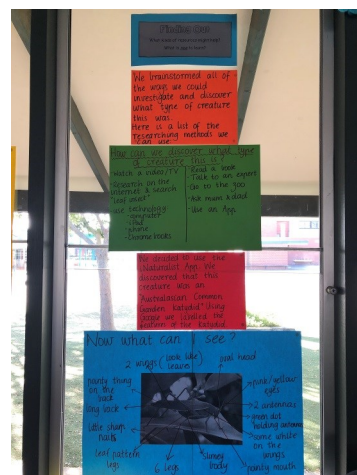
As they researched they mapped their learning journey and recorded how their thinking had changed. This engaging investigation I'm sure has made the students in 1L experts on the katydid.

This Wednesday the Foundation parents were invited to attend an information night outlining areas of the curriculum that are a focus in their child's first year of school. This also provided parents with an opportunity to ask questions and to meet with other Foundation parents. Thank you to all parents that attended.

Please watch this space as we will be advertising diverse opportunities for parents to attend information nights on a variety of curriculum areas.

Coming up 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 4th of March.

Please come as it will be very worthwhile in updating you with the latest information on how to keep your child safe online.



Praise Psalm

We should give praise to our God. We must tell others about God's love.
Give thanks to the Lord, invoke his name; make known among the peoples his deeds!

Sing praise, play music; proclaim all his wondrous deeds!
Glory in his holy name; rejoice, O hearts that seek the Lord!



Rely on the mighty Lord; constantly seek his face. Recall the wondrous deeds he has done.

Psalm 105:1-5

Parent Advisory Board

The evidence is consistent, positive and convincing: families have a major influence on their children's achievement. When schools, families, and community groups work together to support learning, children do better in school, stay in school longer, and like school more.

(Anne T. Henderson, Beyond the Bake Sale)

I encourage you to consider nominating for a position on the PAB if you are genuinely interested in using your skills to provide me with support and advice. I truly value the Parent Voice and am genuine in collaborating together to improve all aspects of the school. The PAB performs a critical role in the school community by bringing the parent voice to the meetings.

Last year the members put forward the idea that there was a the need to strengthen the Performing Arts (Dance, Drama and Music) at Our Lady's. This was the impetus for us to explore options and as a result we now have an *Artist in Residence* who is teaching elements of dance and drama. We also introduced the *Music School Bus* which provides parents with an option of their child learning a musical instrument. As you can see when you are on the PAB you really can make a difference so please consider.

It is rewarding and gives you a greater insight into the school.

We are opening up the nominations for the Parent Advisory Board. If you are interested in representing the parent voice in matters of curriculum, school resources and infrastructure, please come and join us.

The Parent Advisory Board Vision

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



Celebrating 100 Years of Catholic Education 1919-2019

Here are just a few comments from students in Year 5C about their amazing excursion to Port Phillip Bay on the 65 foot catamaran pictured below called the SV Pelican.



'I learnt that star fish have 11 arms and their arms have suction pads on them' Alysia

'I had a fun experience, it was really enjoyable. I got to see a seal and starfish. I learnt that some starfish are poisonous and that sea urchins have little tentacles' Chloe

'It was the greatest experience of my life! Feeling a sea star was weird but fun!' Kelly

'On the Pelican excursion I got to drive the boat. If I let go of the steering wheel the boat would turn by itself'. Ben

Music Bus Update

Just an update for all parents who have students enrolled with the Music Bus. The school is working hard to iron out any clashes that occur. I ask you to please be patient as we are still in the process of redoing the timetable to ensure that no child attending the Music Bus misses out on any of the specialist classes such as Art, PE or Italian. Hopefully it will all be working smoothly soon.

SeeSaw Update

The SeeSaw app has proven to be a big success at Our Lady's school. It is an innovation on the Digital Portfolios and the Learning Journals and therefore its main purpose is to provide you with evidence of your child's learning as it happens and in an ongoing way. It helps to more deeply connect you to your child's classroom program so that you get a better insight into the type of learning your child experiences while at school. Parents are encouraged to respond to their child's work by either liking it or posting a comment. Parent affirmation is a very important part of the SeeSaw package and we thank parents for so enthusiastically responding. It is great to see!

I ask you however not to use the SeeSaw App as a means of raising concerns about your child with the teacher. If you have any concerns about your child you can communicate these to the teacher via email or face to face by making an appointment.

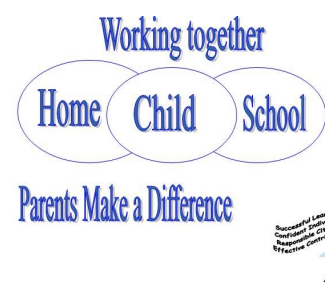
Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



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

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

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.



Parents Advisory Board

Expression of Interest Form

Expressions of Interest are invited for the Our Lady's School Parents Advisory Board 2019.

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 2019.

Signed: _____

Date: _____

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

EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Pupil Free Day Cooking, arts & crafts and outdoor games	Natural material posters	Creating and decorating	Continuous cricket	Music and dance

The Extend Superstar is...

Betty T... for assisting her younger peers during a slime experience.

What's Been Happening?

Welcome to another fabulous week at After School Care! We've had a busy week collecting natural materials, creating Valentine's Day cards for the special people in our lives

and enjoying the lovely weather outside by playing lots of different ball games such as soccer and cricket. The children and staff have planned ahead and are looking forward to commencing our enrichment program for the term.

The children will learn to bake and decorate a variety of cakes each Wednesday over the next few weeks. Families and friends will be later be invited to join us on our After School open night to enjoy our wonderful and delicious cakes.

Enrol and book now: extend.com.au



FETE NEWS



We are seeking the following class room donations to help make our school fete a success. The donations will be used in the canteen, as prizes and for the side show games.

Foundation: Fruit boxes of any flavour

Grade 1 Bags of lollies



Grade 2: Blocks of chocolate (any variety)

Grade 3: Funsized Chocolate packs (any variety)



Grade 4: Fun size share packs of Chips

Grade 5: Lolly Mix mini bag packs



Grade 6: Zooper Doopers



All donations can be left in your child's class room.

Thanks in advance,
Fete Committee



Cyber Safety Information evening with Susan McLean

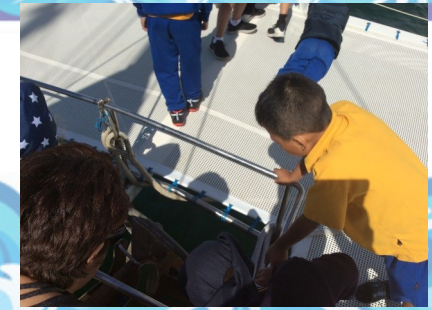
Time: 7pm

Venue: Auditorium

cybersafetysolutions



Celebrating 100 Years of Catholic Education 1919-2019



5C aboard the SV Pelican





Sailing on Port Phillip Bay on the Pelican





OUR LADY'S 100TH YEAR FETE

SATURDAY 30TH MARCH

9AM UNTIL 3PM

FOOD, STALLS, INFLATABLES & AMUSEMENTS

32 Station Place, Sunshine

All Welcome

**ST. PETER'S CATHOLIC PRIMARY SCHOOL
SOUTH WEST SUNSHINE
40TH ANNIVERSARY
24TH MARCH 2019**



**Calling on all past staff, students and families to come
and celebrate this occasion.**

Where: St. Peter's Gym, 2A Killeen St West Sunshine

When: Sunday March 24th 2019

**Time: 11.00am (Mass – officiated by Bishop Mark Edwards OMI DD)
12.00pm (Lunch and Entertainment)**

Entertainment will include ELS School of Dance, West End Performing Arts,
K & K Calisthenics, St. Peter's School Choir, Extreme Party, Animals on the Move
and Soccer Clinics.

Memorabilia across the last four decades will also be on display.

TO REGISTER INTEREST

Please contact Administration Office
office@spsunshinesw.catholic.edu.au
03 9312 3147

parenting * ideas

insights



WELLBEING AND MENTAL HEALTH



The power of gratitude for a happier life

by Dr Jodi Richardson

More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

Benefits of a grateful mindset

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.



Where do I start?

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

Supporting your child to become more grateful begins with teaching three fundamental ideas:

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

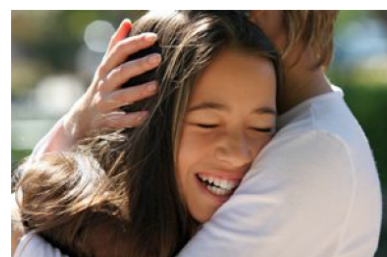
There are loads of fun ways to practice gratitude. Here are a few to get you started:

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Ask each family member what they're thankful for each evening at dinner.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Relive happy moments together.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.



It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."



Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.



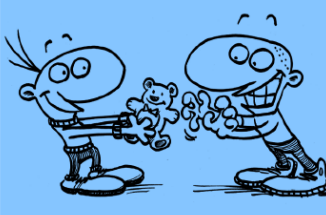



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au



How can we love our enemies? Tick the best answers in the boxes below.

 <p>If someone slaps you on the cheek, do you...</p> <p><input type="checkbox"/> A: Slap them back</p> <p><input type="checkbox"/> B: Forgive them, or...</p> <p><input type="checkbox"/> C: Call the police</p>	 <p>If someone teases you and calls you names, do you...</p> <p><input type="checkbox"/> A: Throw a tantrum</p> <p><input type="checkbox"/> B: Find nice things to say about them, or...</p> <p><input type="checkbox"/> C: Ask God to punish them</p>	 <p>If someone wants to share your favourite toy, do you...</p> <p><input type="checkbox"/> A: Tell them to go away</p> <p><input type="checkbox"/> B: Let them play with it, but only for five minutes, or...</p> <p><input type="checkbox"/> C: Let them have it for as long as they like</p>	 <p>If someone is cruel and mistreats you, do you...</p> <p><input type="checkbox"/> A: Ask God to bless them</p> <p><input type="checkbox"/> B: Tell everyone how bad that person is, or...</p> <p><input type="checkbox"/> C: Get even with them</p>
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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.

Gospel Lk 6:27-37

Jesus said to his disciples: 'I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked.'

'Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned.'