



## OUR LADY'S SCHOOL NEWSLETTER

10 May 2024

[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

Chin Hakha/Burmese: 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*

*The Lord God took the man and put him in the garden of Eden to till it and keep it.  
Genesis 2:15*

### DATES FOR THE DIARY

**Fri 10 May** Walk Safely to School Day, Mother's Day Morning Tea

**Sun 12 May** Mother's Day

**Mon 13 May** Yr 3 You Yangs Excursion

**Wed 15 May** 7.00pm Eucharist Parent Evening

**Sun 26 May** 10.30am Eucharist for Year 4

**Mon 27 May** Athletics Day at Keilor Athletics Track

**Wed 29 May** .00pm PAB

**Thurs 30 May** 6A 'The Huddle' excursion

**Mon 3 June** Open Day Tours at 9.00am & 4.00pm

**Fri 7 June** 9.00am Sacred Heart Mass

**Mon 10 June** King's Birthday Public Holiday

**Wed 12 June** 7.00pm Parent Cyber Safety Session

**Fri 21 June** Second Hand Uniform Sale 3.00pm

**Fri 28 June** 1.00pm End of Term 2

**Mon 15 July** Student Free Day—Staff First Aid Training

**Tues 16 July** Term 3 begins at 8.35am

### **SACRAMENTS**

**Sun 26 May** 10.30am Eucharist for Year 4

**Fri 2 Aug** 7.00pm Confirmation for Year 6

### **PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS**

**Wed 26 & Thurs 27 June** - Three Way Learning Conversations

**Mon 15 July** Staff First Aid Training

Dear Parents and Carers,

On Thursday the Parents and Friends Committee ran a successful Mother's Day Stall. Thank you to all those parent volunteers who helped to run the stall and to everyone who contributed to making the gifts that the students purchased. Thank you to the group of dads who helped out at the stall it was great having extra help! Also a particularly BIG thank you to Cinnamon (Edward 2M) and Jerusha (Kitty 2N) who re-potted and donated 200 pot plants for the children to purchase at the Mother's Day stall.

Today the Year 6 Events Committee held a special morning tea for the mums and grandmothers of Our Lady's school. I would like to thank the Events Committee (David, Bailey, Holly, Scarlett, Giselle, Gabby and Ryan in Year 6) for organising a wonderfully successful morning tea for the mums of Our Lady's school. The students came up with the ideas and they worked hard to make sure that the mums felt special. They made the beautiful Mother's Day posters as a tribute to the love and care the mother's of Our Lady's school give to their children each and every day.

It was lovely to see so many happy faces and to see so many mums and grandmothers enjoying their coffee, tea and scones and having a chat with each other. It was our way of letting all mums and grand mothers know just how appreciated they are.

*We wish all those who provide love and care (mums, aunts and grand mothers) to the children of Our Lady's school a very Happy Mother's Day. May Our Lady bless you all on your special day and always.*



## **Pupil Free Day**

## **Monday 15 July (first day of Term 3)**

## **Staff First Aid Training**

### *Ascension Prayer*

*We celebrate the Ascension of the Lord forty days after Easter.*

*All of us will follow him into heaven.*

Father of us all,

Forty days after his resurrection Jesus ascended to your right hand. We know that Jesus sent the Holy Spirit to be with us and guide us.

Help us to have faith in the risen Christ and live in the Spirit always.

Amen







Look who popped in to say hello.

Mr Damian Casamento is the Principal of St. Paul's West Sunshine and he came to visit our school.

He was very lucky as we had the Mother's Day morning tea which he happily joined in.





From the staff and students of Our Lady's School

*May Mary Our Lady, who was a mother and a daughter bless all the mothers, grandmothers, step-mums and aunts of Our Lady's school.*

*Thank you to all of you who came to our Mother's Day Morning Tea.*



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



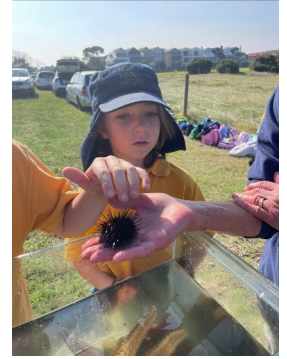


New  
playground!

hooray!  
IT'S  
HERE!



# Year 3 at Jawbone Sanctuary





# Mother's Day Stall















## Year 3 Reconciliation lunch



Congratulations and a huge thank-you to Harry, Ryan and Zephy in Year 2 for spending their break times today picking up rubbish to save the planet.

Thank-you so much!





## FI

**Hari:** For demonstrating the Our Lady's Gospel value of Respect by being polite and kind to your peers and teachers. You are such a friendly class member and we are lucky to have you! *From Miss Seona*

**George:** For using the Learning Asset Communicator in Discovery. You communicated to others what you knew about clouds. Fantastic work, George! *From Miss Seona*

## FJ

**Grace Di** For using the Learning Asset Researcher in Discovery. You used the blocks to show what you know about clouds. Well done! *From Miss Wendy*

**Henley** For explaining how focus helps us learn. You are a fabulous learner, Henley! *From Miss Wendy*

## 1K

**Zeallian** - for showing the Our Lady's School Gospel Value of Service by always helping to tidy up even when you didn't create the mess. *From Miss Shai*

**Glory** - for writing beautiful prayers about what you're thankful to God for and your wishes of hope for the future. *From Miss Shai*

## 1L

**Celine** - For being so persistent in your reading I love how you have been stretching out your words! Well done! *From Miss Scarlett*

**Gabriel**- For being a kind and considerate member of our classroom. Thank you and well done! *From Miss Scarlett*

## 2M

**Edward** - For showing the Gospel Value of service and compassion when your friend needed help. You stayed by their side until you were sure they would be OK and helped them feel better. This was very admirable and sets a great example for others. *From Ms Rochelle*

**Mia** - For consistently showing the Gospel Value of Service. You are so quick to offer a helping hand and do so with a positive attitude. Keep it up! *From Ms Rochelle*

## 2N

**Tanishka**- For displaying a respectful and vibrant attitude in the classroom. Keep it up! *From Ms Robles*

**Joseph**- For sharing how a number can be partitioned in different ways. Well done! *From Ms Robles*

## 3E

**Yodahe G** - For showing initiative and the Our Lady's School Gospel Value of Service by helping out your teachers on our excursion! Many hands made light work! *From Ms Steph*

**William O** - For your determination and effort in Maths when learning different strategies to add and subtract 3-digit numbers! Keep it up! *From Ms Steph*

## 3F

**Kei Le**- For demonstrating curiosity and asking great questions during the Year 3 excursion to Jawbone Sanctuary. Keep it up! *From Ms Christine & Mrs Majczak*

**Savannah H**- For demonstrating the Our Lady's Gospel value of Respect by listening carefully to all guest speakers at the Year 3 excursion to Jawbone Sanctuary. Well done! *From Ms Christine & Mrs Majczak*

## 4G

**Ethan** -For demonstrating the Our Lady's Gospel value of Service by actively contributing to classroom duties. You have shown how responsible you are Ethan! *From Ms Karen & Mrs Mendoza*

**Mila M**- For writing a detailed recount about our You Yangs Excursion. Great work and keep it up! *From Ms Karen &*



#### 4H

**Andreas**- for your maturity and thoughtfulness during the excursion to the You Yangs. *From Mr Membrey*

**Catherine M**- for being a self-manager by using your class time effectively, and your contributions in learning groups. *From Mr Membrey*



#### 5C

**Oliver**- For bringing joy and fun into our classroom with your good sense of humour. *From Ms Huyen*

**Natalie**-For displaying the Learning Asset of Self-Manager, by effectively organising yourself for learning to complete tasks efficiently. Well done! *From Ms Huyen*

#### 5D

**Jasmine** - For displaying the Learning Asset of Communicator by sharing your thoughts and ideas during whole class and small group discussions. Keep it up! *From Ms Gurry*

**Olivia** - For consistently demonstrating Our Lady's Gospel Values of Peace and Respect to staff and students. *From Ms Gurry*

#### 6A

**Ryan** - For his consistent work in class and his hard work with his committees. *From Mr Kevin*

**James** - For his consistent work in class, following his leadership plan and the great effort he has put into his diagram this week in class. *From Mr Kevin*

#### 6B

**Tracey** - For crafting and delivering a fantastic speech for our class debates in such a short time, you spoke with confidence, clarity, and maintained excellent eye contact. Amazing work! *From Mrs Belinda & Ms McManus*

**Alexander** - For delivering a wonderfully entertaining speech during our class debates. You confidently engaged the audience and your rebuttal was superb. Keep up the great work! *From Mrs Belinda & Ms McManus*



1K: Lucy V  
1L: Casper C  
2M: Sylvia T  
2N: Emilia T, Will B  
3F: Chanel C  
4G: Anthony V



## INSIGHTS

### Helping kids build lasting happiness



When asked “what do you want most for your kids in life?” most parents answer “to be happy”. While much of what has influenced kids’ mental health and happiness in recent years is outside the realm of influence, their long-term happiness is something you can cultivate by implementing and teaching happiness habits and practices. Following is an important selection of these represented them by the acronym FLOURISH.

#### Flow

Flow is the experience where kids lose all sense of time. When in flow they’re beautifully engaged in their activity, an experience often described as being ‘in the zone’. If flow is to be experienced, children and young people need to have an appropriate level of skill to rise to the challenge at hand. When the balance is just right flow feels wonderfully satisfying and produces happiness.

#### Laughter and play

Laughter makes kids happier while at the same time helps them breathe more deeply, calming their nervous system and reducing stress. Research shows that the number of times kids laugh each day reduces as they get older. The same applies to play. You can change that by creating ample opportunities for both. Games like Pictionary and Pie Face tick both boxes!

#### Optimism

Optimistic thinking can be taught and has been shown to reduce the likelihood of depression. A great strategy to teach kids relates to 3 Ps- personal, pervasiveness and permanence. When things go wrong help your kids to understand that what happened is not personal, pervasive (a tendency to spread) or permanent.

#### Unite for family meals

This is a game changer! More family meals together equate to better grades, fewer depressive symptoms, less adolescent smoking and less drinking of alcohol among kids. Family meals also bring families closer, strengthening relationships which are at the heart of lifelong happiness.

#### Relationships

Having more friends and good relationships is a strong predictor of happiness in childhood and beyond. You can help boost your kids’ social networks by opening your home to their friends and encouraging your kids to spend time with friends from a variety of social circles. Connecting in-person and online helps bolster kids’ friendships.



# parenting\*ideas

## Intensive exercise

Kids need at least an hour a day of exercise, preferably outside and including high intensity fun. Exercise promotes the production of 'feel-good' chemicals which boost happiness and helps reduce the stress response. Help your kids make connections between the activity they do and how good they feel during and afterwards to encourage exercise for life.

## Self-regulation

Kids' ability to self-regulate is an important piece of the happiness puzzle. Their ability to delay gratification predicts their ability to cope better with frustration and stress. Help your kids build self-regulation skills in a variety of life domains including eating and drinking, sleep, play, screen-time, homework and catching up with friends.

## Helping others

Being kind makes kids happy and you can nurture kindness in your kids through what you do. Genuine compliments, handwritten notes of thanks, saying good morning to a stranger or even picking up litter are all acts of kindness you can role model. Kids are said to close their ears to advice but open their eyes to example.

It's comforting to know that there is a lot you can do to promote a sense of happiness in children and young people. The FLOURISH acronym is a reminder of a powerful framework you can use to boost your kids' wellbeing and content over the long-term.

## Dr Jodi Richardson presents: Building lasting happiness in children

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Building lasting happiness in children' at no cost.

**About:** In this webinar, Dr Jodi Richardson explains how lifelong happiness stems from how we think and what we do, rather than from what we have.

**When:** Wednesday 23 March 2022 8:00pm AEDT

**To redeem** 1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-building-lasting-happiness-in-children>

2. Click 'Add to cart'

3. Click 'View cart'

4. Enter the coupon code HAPPY and click 'Apply Coupon' Your discount of \$39 will be applied.

5. Click 'Proceed to checkout'

6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources

7. Click 'Place Order'

This offer is valid until 23 June 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



### Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit [www.drjodirichardson.com.au](http://www.drjodirichardson.com.au)





# Jesus was taken into heaven



**The Ascension of the Lord, Year B**

Draw Jesus saying goodbye to his friends and promising to be with them always.



## Gospel

Mark 16:15-20

Jesus showed himself to the Eleven and said to them, 'Go out to the whole world; proclaim the Good News to all creation. He who believes and is baptised is saved; he who does not believe will be condemned. These are the signs that will be associated with believers: in my name they will cast out devils; they will have the gift of tongues; they will pick up snakes in their hands, and be unharmed should they drink deadly poison; they will lay their hands on the sick, who will recover.'

And so the Lord Jesus, after he had spoken to them, was taken up into heaven: there at the right hand of God he took his place, while they, going out, preached everywhere, the Lord working with them and confirming the word by the signs that accompanied it.



What are some special things we can do for others because of our belief in Jesus?