



OUR LADY'S SCHOOL NEWSLETTER

19 May 2023

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

Our Lady's is a Child Safe School

'God saw everything he had made, and indeed it was good.' Genesis 1: 31

DATES FOR THE DIARY

Fri 19 May Walk Safely to School Day
Mon 22 May Athletics Day at Keilor Athletics Track
Tues 23 May 7.00pm PAB Meeting
Sat 27 May P&F Bunnings BBQ
Mon 29 May 2.10pm Parent Dance Class with Andy
Wed 7-Thur 15 June Life Ed Van at school
Mon 12 June King's Birthday Public Holiday
Wed 21 June 3.30-6.00pm Three Way Learning Conversations
Thurs 22 June 8.00-3.30pm Three Way Learning Conversations
Fri 23 June End of Term 2 at 1.00pm
Mon 10 July Start of Term 3 at 8.35am.
Fri 28 July Professional Learning for Staff (RE). No school for the children
Tues 8 Aug Feast Day St Mary of the Cross
Mon 14 Aug 7.00pm Confirmation Formation Meeting
Tues 15 Aug Feast of the Assumption

SACRAMENTS

Sun 21 May: 10.30am Eucharist for Year 4
Thur 24 Aug: 7.00pm Confirmation for Year 6

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Thur 22 Jun: Three Way Learning Conversations
Fri 28 Jul: RE with Maria Forde
Mon 6 Nov: Report Writing

Dear Parents,

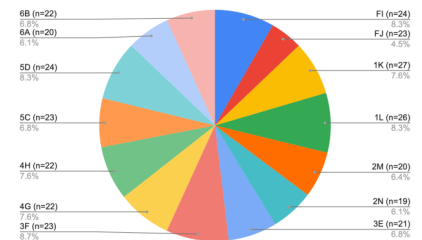
Ms Bertani has been away this week, therefore I am writing our newsletter today. On behalf of Our Lady's staff, I would like to thank all the mothers, grandmothers and important women who attended our first Mother's Day morning tea last Friday. It was wonderful to see so many women attend and connect with each other. Hoping you also had a lovely Mother's Day. This week has been a great week of learning. Our Year 5s were very fortunate with the weather for their excursion to Jawbone Sanctuary in Williamstown. We have included photos in our newsletter. Thank-you to Ms Gurry, Mr Membrey, Mr Woolford and Ms Bugeja who supported the students at Jawbone. Certainly was a rich learning experience for everyone.

Thank-you for everyone who participated in the National Walk to School Safely Day. It is a privilege to support such a beneficial national campaign. It is our ninth year participating and today was our best effort to date! 83.5% of our students walked to school today, which is superb. We had some fun with the numbers so check out the graphs with the breakdown of students per class.

number in class and number of walkers



We strongly advise to keep that effort going, especially with the sewer works and Station Place closure commencing on Monday. We have included lots of photos for you to enjoy.



On Monday we have our annual Athletics Day. Thank-you to Ms McManus for all the work into organising the events and the day for our students. We pray we will have good autumn weather. Thank-you also to Dean and John for all your help in setting up the equipment. Please ensure your child has their food and drink all packed for Athletics Day. Please see all the reminders on page 4.



Last year we received \$5000.00 from The Myer Foundation, which Nathan (1K) and Jacob's (4G) mum works for and recommended our school. With these funds, we purchased The Nudel Cart. This wonderful resource has many STEAM links, many links to learning and provides lots of fun for our students. Our year 4 students were immersed in an incursion so they can be our dedicated leaders to show other students how to use the cart to its full potential. The photos show all the learning fun!

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



IMPORTANT UPDATE

On Monday the 22nd of May extensive sewerage works will begin. We have been advised that this important next step to realizing our new building will take 5 to 6 weeks to complete.

As a result of this work it will be necessary to close Station Place to traffic other than the residents who live in the street. It will only be open to pedestrians.



As you know our children's safety is of the utmost importance so I have been in discussion with the Brimbank Council to ensure that proper safety measures are put into place.

The council is looking into making Victoria Street a drop off and pick up zone between 8.00-9.00am in the mornings and 2.30-3.30pm in the afternoons so that no one can park along the side of the school during those times. This will free up Victoria Street so that our parents can remain in their cars and quickly drop off and pick up their child. It will help to keep the traffic flowing safely.

The leadership team have decided that in order to ensure all students' safety we will need to have a staggered release time at the end of the day. These will be organised alphabetically according to surnames and students will leave together with their siblings.

If you are picking your child up by car you will need to do so from the Victoria Street gate only and if you are walking to pick up your child you may do so from the main office gate or the church gate.

I have included a detailed safety plan which will be put into place throughout the sewer works. You will find it below.

In summary the drop off time in the morning will remain the same 8:20-8:35am. You can use the drop off point in Victoria Street or park in surrounding streets and walk your child through the gate near the church, Victoria Street gate or you can walk to the office gate.

OUR STAGGERED FINISH TIMES WILL BEGIN ON MONDAY 22 MAY UNTIL THE END OF TERM 2.

Please take the time to read our detailed safety plan below and follow all the instructions. It will be very important that you do so that we can ensure the safety of all students and reduce the traffic congestion as much as possible.



OLPS SITE SEWER WORKS SAFETY PLAN ⇒ Staggered finish times

Due to Station Place being closed due to sewer works, drop offs and pickups with your car will need to occur on Victoria Street only.

Please note that due to Station Place being closed, an increase in traffic will occur on Victoria Street. **We encourage you to park P in the surrounding streets and walk, accessing the gate near the Church or the office gate on Station Place, which are available to pedestrians.**



A-K ☀ Morning Drop Off 8:20-8:35 a.m. as normal		L-O ☀ Morning Drop Off 8:20-8:35 a.m. as normal	
A-K ☘ Afternoon Pick Up 2:50 → 3:00 p.m.		L-O ☘ Afternoon Pick Up 3:00 → 3:10 p.m.	
2:50 → 3:00	Cars : Back gate on Victoria Street (near Yr2 classes) Pedestrians : Church gate (near canteen) Pedestrians only Main office entrance - Station Place	3:00 → 3:10	Cars : Back gate on Victoria Street (near Yr2 classes) Pedestrians : Church gate (near canteen) Pedestrians only Main office entrance - Station Place

P-Z ☀ Morning Drop Off 8:20-8:35 a.m. as normal	
P-Z ☘ Afternoon Pick Up 3:10 → 3:20 p.m.	
3:10 → 3:20	Cars : Back gate on Victoria Street (near Yr2 classes) Pedestrians : Church gate (near canteen) Pedestrians only Main office entrance - Station Place

To make pick ups easier, the eldest child must collect their brothers/sisters so they can leave together.



We need your help for child safety.



- ⌚ It is important that parents come at their designed pick up time only.
- ⌚ Please do NOT park in the pick up zone on Victoria Street. Parked cars block other cars causing much congestion in our pick up zone.
- ⌚ To make it easier, please try and park at one of the side streets close by (Martin St, Whitty St, Tyler St, Servante St, Robinson St, McKay St, Donald St) and walk to pick up your child using any of the gate entrances.



We thank-you in advance for your cooperation in working with us to keep all members of our community safe.

On Sunday, at the 10:30am mass, some of the students in 4H will be receiving their First Eucharist for the first time.
We keep these students and their families in our prayers.

Wishing you all a wonderful weekend.

First Eucharist

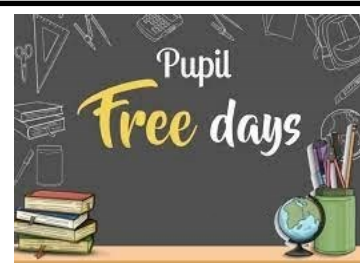


UPCOMING TERM 2 PROFESSIONAL LEARNING DAYS FOR STAFF - PUPIL FREE DAYS

Thur 22 Jun: Three Way Learning Conversations (only need to come for your appointment time)

PUBLIC HOLIDAYS:

Mon 12 June - King's Birthday



Yours sincerely,

Christine Carabott

Mrs Christine Carabott

Deputy Principal

ccarabott@olsunshine.catholic.edu.au

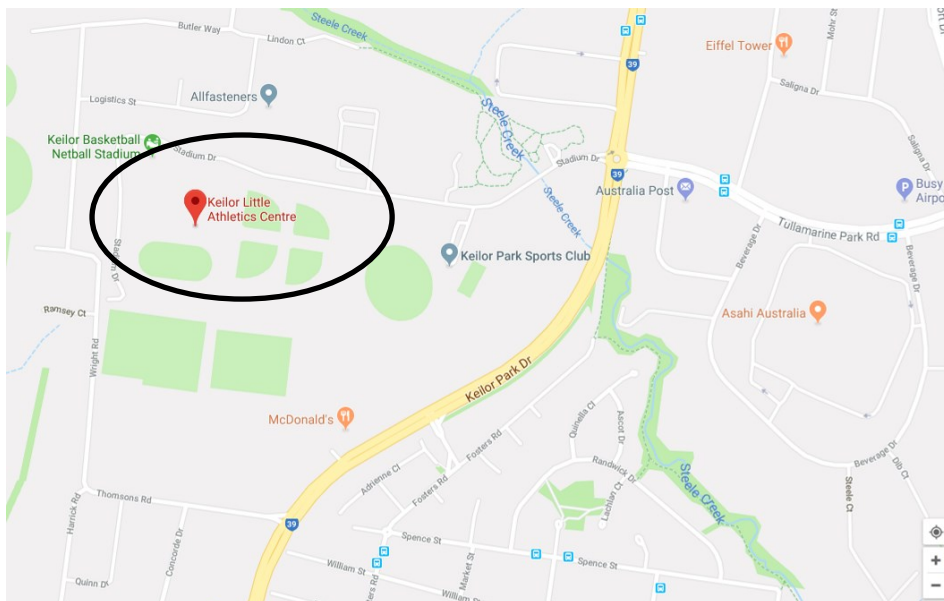
1K: Atticus L
2M: Brian D
3E: Sylvee V
5C: Kobe P
5D: William T
6B: Jumon M, Aaliya S, Nathan L



Whole School Athletics Day - Monday 22 2023

Keilor Athletics Track, Stadium Drive Keilor 9.15am - 2.00pm

ALL WELCOME!!!



REMINDERS

- * ALL children need to be wearing their sport uniform.
- * T-shirts or ribbons in their house colours are allowed (red, blue, green or yellow)
- * No child will be permitted to go home from the Athletics track
- * No lunch orders or canteen available. Children need to bring all food and drink in a bag. No glass or cans are permitted
- * Parents and Helpers need to make their own way to the Athletics Track. There will not be any room on the bus.



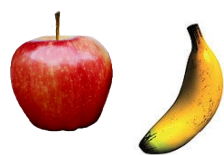
Children need:

Several drinks

Snack

Lunch

Coat



Learning by the Seaside

On Monday this week, children from Grade 5, school staff (Ms Gurry, Mr Membrey, Ms Lorraine and Greg), and parent volunteers (Jesse, Michelle and Laura) visited the Jawbone Marine Sanctuary in Williamstown.

The purpose of the day was to extend the children's classroom experiences to the outdoors and learn about animal and plant adaptations under the guidance of scientists and Parks Victoria Rangers.

After an acknowledgement of country, safety briefing, and the always popular demonstration of the self-composting camping toilet we got underway.

Children were invited into a talking circle to share a question or an insight they had about the ocean. Their questions were answered by the scientists and three Parks Victoria Rangers, often giving an interesting additional dimension and insight to the children.

We then divided into four groups. Clare the Ranger and scientist Jan, led one group on a rock pool ramble. Together, they discovered crabs, sea-anemone's, jellyfish and learnt about many fascinating things in the intertidal zone. For many touching, the seaweed and jellyfish was fascinating, and for some a first time.



Meanwhile, another group were with scientist Sandy, and touched a wonderful selection of marine curiosities. This included both dry specimens (like shark eggs) and a touch tank full of sea water, where living creatures and plants moved around. Touching a range of seaweeds and starfish, shrimps, sea urchins and a range of other creature's, the children were intrigued.

The third group joined scientist David on the boardwalk. Here, they learned about the area's geological history, plant and animal adaptations to survive in this rugged environment as well as the importance of marine parks.

A real surprise for many of the children was the inclusion of a reflective meditation at the end of the boardwalk. For this, children were asked to walk quietly to the end of the boardwalk, separate out from each other, and just look at the surrounding environment. They tuned into their senses for 5 to 6 minutes, quietly looking, listening and feeling their surroundings. For many it was a rare occasion to actually stop and be present in the natural environment.

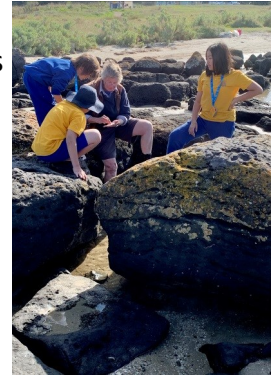
To finish the day, the children came back together to form another talking circle. Here they were invited to share an appreciation or an insight from the day.

A huge thanks to the three Rangers who joined us, the three parents and the scientists from the Jawbone Marine Sanctuary Committee who came along on the day and spent time with our children.

It was a wonderful day by all counts and we look forward to doing similar in the future.

Greg Woolford

Family School Partnerships Leader



Year 5C & 5D's excursion to Jawbone Sanctuary





Walk Safely to School Day



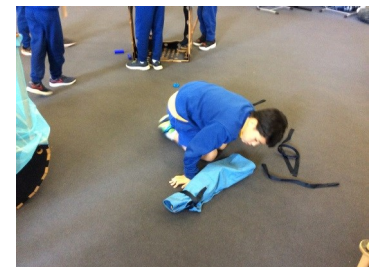






Year 4

Learning about the Nudel Kart



INSIGHTS

Parent self-care matters



Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.

parenting*ideas

Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

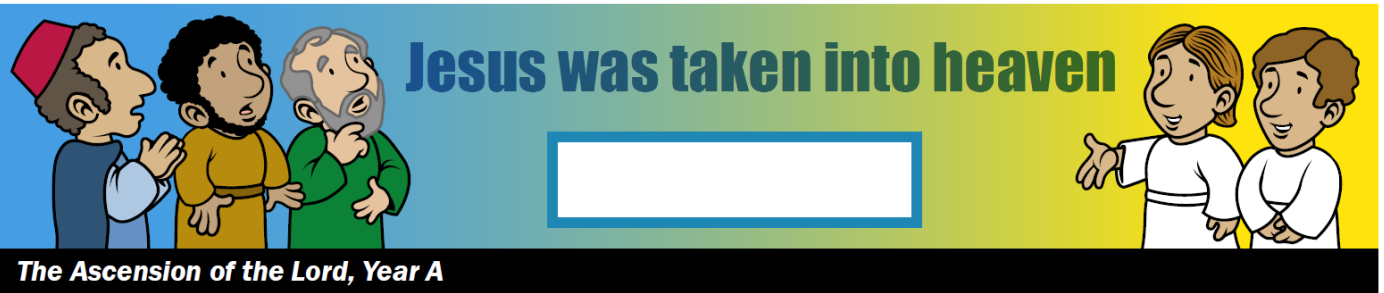
In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



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.



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



Gospel

Mt 28:16-20

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commandments I gave to you. And know that I am with you always; yes, to the end of time.'



ASCENSION

How many words can you make from the letters in the word ASCENSION?

_____	_____
_____	_____
_____	_____
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