

'What Jesus did here in Cana of Galilee was the first of the signs through which he revealed his glory; and his disciples believed in him.' John 2:1-11

DATES FOR THE DIARY

Fri 1 Nov Feast of All Saints
Mon 4 Nov Professional Practice
Time for Staff- No School for the Children
Tues 5 Nov Melbourne Cup
Public Holiday
Mon 11 Nov 10.15am Opening
of St Joseph of the Sacred Heart
Learning Centre
Fri 15 Nov Colour Fun Run at
2.10pm
Mon 18 - Fri 22 Nov Swimming
Mon 25 - Fri 29 Nov Swimming
Wed 4 Dec 6.00pm Yr 6 Gradua-
tion Mass & Disco
Fri 6 Dec Second Hand Uniform
Sale
Sun 8 Dec Feast of the Immacu-
late Conception
Mon 9 Dec 9.00am Feast of the
Immaculate Conception Mass
Mon 9 Dec 6.00-7.30pm Dinner
in the Yard / Art Show / Carols

PUPIL FREE DAYS

Mon 4 Nov Professional Practice
Time for Staff- No School for the Children
Tues 5 Nov Melbourne Cup
Public Holiday

END OF YEAR 2024

Tues 17 Dec Students finish for
2024 at 1.00pm

START OF 2025

Tues 28 Jan Staff Return
Wed 29 Jan Getting To Know
You & Your Child Day 1 Yrs 1-6,
Foundation at school 8.35-1.00
Thurs 30 Jan Getting To Know
You & Your Child Day 2 Yrs 1-6,
Foundation at school 8.35-1.00
Fri 31 Jan Classes start for all (F-
6)

Dear Parents and Carers,

I have reflected on this decision for a long time and am writing to inform you that as from the 4th of April 2025 I will be retiring from my role as Principal of Our Lady's School. By then I would've been Principal of Our Lady's for 12 years and 6 months and what an immense joy and privilege it has been, and still is to lead this wonderful school community. As you can appreciate the process involved to appoint a new principal requires time. This process will commence with Melbourne Archdiocese Catholic Schools (MACS) advertising the role in the near future. I wanted to inform you early so that it is not a surprise. Meanwhile, I am relishing each and every day that I am Principal of Our Lady's School. This is not farewell as I still have the rest of this year and Term 1 of 2025 to enjoy leading our beautiful school.

Let's take our hats off to Ms Steph who volunteered to get slimed when we reached a Col-our Fun Run milestone of \$5000 which as of this morning was well and truly surpassed to reach \$13,200 - a fantastic amount. Thank you to everyone who has donated. This money will go towards building a shade sail over our playground. Thank you Elena for being our MC as the students looked on and cheered for Ms Steph as she was getting slimed. See the pictures below.



BEFORE



DURING



AFTER



MONDAY 4 NOVEMBER

Professional Practice Time for Staff

TUESDAY 5 NOVEMBER

Melbourne Cup Public Holiday

All Saints Day Prayer

On November 1 we honour all the saints. We are called to be holy.

God, Father, Son and Holy Spirit, today we honour all the saints who have loved you and loved others. We honour Saint Mary, Saint Joseph, Saint Mary MacKillop of the Cross, Saint Vincent de Paul and all the saints. Help us to follow their example and to live as your people each day of our lives.

Saints are people who loved God in their life and followed Him closely, who have died and gone to Heaven. Many saints have done amazing things while they lived in this world. We can pray to the saints in our needs and ask them to talk to God for us.

We are called to be saints to love and to follow Jesus in our life.



We are now waiting for our Certificate of Occupancy which we should have by the 4th of November. We are hoping that next week we can take each class to visit the inside of the new building.

BUILDING PROJECT UPDATES



Warm regards,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

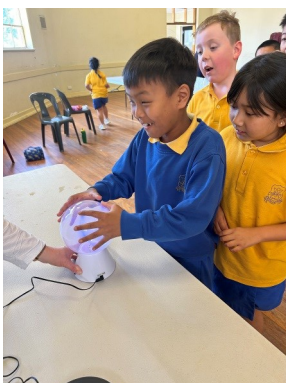
Wishing all families a great long weekend and good luck to those of you who are having a little flutter on the Melbourne Cup.



Mad About Science

Incursion



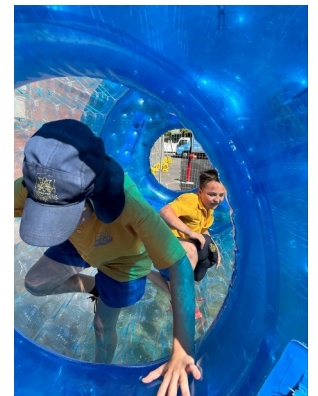


Year 3
Mad about Science



Years 3&4 Camp





Years 3&4 Camp



FI

Van - For continuously showing what a wonderful self-manager you are in all parts of the school day. You try your best in everything you are asked to do, you take feedback to improve your work and you listen respectfully to your teachers and your peers. Thank you, Van! *From Miss Seona*

Carter - for trying your best in all independent tasks, you should be so proud of your work and the effort you put in. Well done Carter! *From Miss Seona*

FJ

Louis - For being a Communicator when making up and sharing interesting stories in Discovery time. *From Miss Wendy*

Grace Da - For being a great Self-Manager in Discovery. You are able to follow your own ideas and interests. Well done! *From Miss Wendy*

1K

Elena - for experimenting with chemical science by mixing water, glitter and other substances to create a 'potion' during Discovery Learning. You're a great Thinker! *From Ms Shai*

Lachlan - for showing the Our Lady's School Gospel Value of Service when you planned and ran your own stall for mission month to raise money for those who need it. Well done Lachlan! *From Ms Shai*

1L

1L - Thank you for your amazing effort in making and selling popcorn for Socktober! Our stall was incredibly successful and ran smoothly all thanks to you. Well done! *From Miss Scarlett*

2M

Lucas - For your help with selling, setting up and packing up for 2M's Mission Week stall. Well done! *From Ms Rochelle*

Hinnaya - For your persistence to achieve your goal for neater handwriting. You have made such a big improvement, keep it up! *From Ms Rochelle*

2N

Kira - For taking initiative to share your ideas and wonderings during class discussions. You share wonderful ideas with everyone. *From Ms Robles*

Charlie - For writing a simple explanation text about a Life Cycle of a Butterfly. Well done! *From Ms Robles*

3E

Francis T - For thinking of amazing WOW words to describe what is happening! You are an author in the making. *From Ms Steph*

Sadie K - For being a Researcher by asking curious questions during our Incursion. You showed that you were switched on and thinking! *From Ms Steph*

3F

Scarlett M - For being a great Collaborator while writing a prayer to Saint Paul Miki. Well done Scarlett! *From Ms Christine & Mrs Majczak*

Geronimo M - For being an excellent Thinker by sharing knowledge during our Mad About Science Incursion. Thank you Geronimo! *From Ms Christine & Mrs Majczak*

4G

Jeronimo - For working hard in Mathematics. Keep up the great learning! *From Ms Karen & Mrs Mendoza*

Ethan - For your wonderful thinking and contribution to class discussion during our Mad Science Incursion. *From Ms Karen & Mrs Mendoza*

4H

Makuei- For consistently showing the Learning Asset of Thinker when you communicate your thoughts and wonderings in class discussions and group work. Keep it up! *From Ms Rebecca*

Owen- For beginning to show confidence when speaking in reading groups. Awesome job! Keep it up! *From Ms Rebecca*



5C

Grace-For demonstrating the Learning Asset of a Thinker when you gave reasons and evidence to justify your thinking during Socratic Circles. Very impressive! *From Ms Huyen*

Xavier-For being very considerate during our Socratic Circles lesson when you invited others to participate in the discussions. Well done Xavier! *From Ms Huyen*

5D

Skylar - For consistently being a great communicator by sharing your thoughts and ideas with the class! Keep it up! *From Ms Gurry*

Mason - For improving as a Self-Manager by being more organised and using your time more productively. Well done! *From Ms. Gurry*

6A

William -For living out the School Gospel Value of Respect through his polite and well mannered nature. *From Mr Wickham*

Ayce - For living out the School Gospel Value of Respect through his polite and well mannered nature. *From Mr Wickham*

6B

Kayla - For being a wonderful contributor during classroom discussions. Kayla is willing to take risks and share her ideas. Keep up the awesome work! *From Mrs Belinda & Ms McManus*

Alexander - For winning our classroom maths challenge by fitting the most cube nets on a 10 by 10 grid. Amazing effort! *From Mrs Belinda & Ms McManus*



1K: Willow T

2M: Rose D, Harry R

3E: Danny M

3F: Casey Z, Alyssa D

6A: Grace N

6B: Pharrell A, Rhys N

OCT 31ST - ALL HALLOWS EVE

Commonly celebrated as an evening of ghosts and ghouls, with images of the dead scary looking costumes and trick or treating but what are we celebrating? All things Dark?

As Christians we have a choice, we can either celebrate this night as a night of darkness or stand with Jesus as the light of the world, and celebrate October 31st as All Hallows Eve, as a night of light.

We know the prayer and **Our Father who art in Heaven, Hallowed be your name, / Holy is your name / Blessed is your name.** The word **hallow** is actually linked to light and eternal life, means holy or saint. On the evening before the All Saints Feastday – we celebrate all the great saints, our friends in Heaven.

VERSES TO CONTEMPLATE

John 1: 1-9, 3:19-21 John 12: 27-36, 12: 44-46

1 John 1:5-7 Matthew 5: 14-16 1 Peter 2: 9-10

1 Thessalonians 5: 3 -5 2 Corinthians 4: 3-6, 6:14-18



WEBSITES FOR FURTHER IDEAS AND RESEARCH

<http://www.nightoflight.org/>

<https://www.effortlessfoodie.com/easy-soul-cakes/>

<https://www.littlewaychapel.com/blog/tag/all+hallows%27+eve>

<https://www.catholicicing.com/how-to-celebrate-all-saints-day-at-home/>

Fun Idea 1 # Carve the shape of a cross in a pumpkin instead !

Fun Idea 2 # Bake some all soul cakes, you can find the recipe online.

Each year on OCTOBER 31st

PLACE A LAMP OR LIGHT IN YOUR WINDOW

**IF YOU STAND FOR CHRIST AND HE IS
THE LIGHT OF YOUR WORLD.**

All hallows eve can be part of a special three-day holy celebration in which we can contemplate, pray, attend Mass and create new and meaningful catholic traditions in our parishes and families. We can honour God by Worshipping Jesus as the light of the World, by recognising his light in the lives of the Saints who reflected him to all of those around them, and by acknowledging and praying for all souls who have died in the faith, that they may receive his mercy, be reunited into his loving arms and live eternally in his light. There are some great resources online with lots of ideas for families and kids, as well as further information about these days.

OCTOBER 31st All Hallows Eve / Evening of All the Saints Feast Day

NOVEMBER 1st All Saints Feast Day **NOVEMBER 2nd** All Souls Feast Day



MISSION MONTH 2024

October is Mission Month all around Australia. As an active social justice community, we support the Catholic Mission by raising money for those in need around the world. This year the Catholic Mission is raising money for the Don Bosco centre in Mongolia. The students and teachers of each year level have planned and organised how they would like to raise money for the children in Mongolia. Please take note of the following fundraising activities that are taking place. Items will range from 50c to \$2.



When?	Who is organising?	What?	Where?
Everyday until the 8th Nov	Year 5 and Year 6	Year 5/6 are designing, creating and testing Sock (soccer) Balls . <i>Donations of any amount are welcome.</i>	Kicking goals on the green grass area
NEW DATE TO BE CONFIRMED	Year 3	Selling sherbet during Break 2 50c per patty pan <i>Sherbet ingredients: icing sugar, jelly crystals, citric acid & baking soda</i>	Outside the Art Room
Thursday, 24th Oct	Year 4	Selling Honey Jumbles (50c) and soap during Break 2 <i>Honey Jumbles ingredients: butter, honey, sugar, flour, bi-carb soda, ginger, cinnamon, nutmeg, cloves, milk, egg white & food colouring</i>	Outside the Planning Room
Thursday, 31st Oct	Year 1	Selling popcorn (50c-\$1) and jelly (\$1) during Break 1 and Break 2 until sold out ***Special offer- Selling paper planes (20c-50c) <i>Popcorn ingredients: popcorn kernels, butter & salt</i>	Outside the Year 1 classrooms
Thursday, 31st Oct and Friday, 1st Nov	Year 2	Selling playdough (50c-\$1) and honey joys during Break 2 (50c) <i>Honey joy ingredients: corn flakes, butter, sugar & honey</i>	Outside the Year 2 classrooms
Friday, 1st Nov	Foundation	Whole-school Crazy Socks Day <i>Donations of any amount are welcome.</i>	Come to school wearing crazy socks!



HEAD



HEART



HANDS

WRAPPER FREE TUESDAYS

Congratulations to our first time winners!

Last week 5D were the winners, 14 out of 22 students went plastic-free, fantastic start! Amazing work on reducing your amounts of plastic wrappers, we have seen a great improvement from you guys.

Just a friendly reminder the amount of students bringing in plastic wrappers has been increasing since starting our initiative so it would be great if we could reduce our plastic wrapper waste.

Tips: Here is some advice, bring in reusable plastics like beeswax wraps, hard plastic lunch boxes or even metal containers and try your best to avoid cling wrap, foil and plastic bags. Try your best to be organised the night before, even make your own snacks and buy in bulk as this can reduce the amount of packaging included.

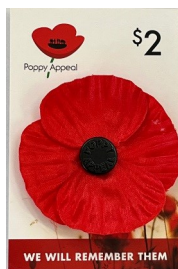
Every wrapper counts, let's keep up the great work for our planet!

By Abbey N 6B on behalf of the green team



REMEMBRANCE DAY BADGES

The Sunshine RSL has the following items available for purchase from the Office for Remembrance Day, Monday 11 November 2024.



PREPARATIONS FOR 2025

As we are beginning our preparations for 2025 we ask that parents let us know as soon as possible if their child/ren are not returning to Our Lady's next year. We have had many inquiries about places for 2025 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and we have had several enrolment enquiries coming in for the other year levels.

If your child is not returning in 2025 (NOT OUR CURRENT YR 6 STUDENTS) please complete the form below and return it to the office. It is vital that you return this form as soon as possible. *Thank you.*

Children NOT returning to Our Lady's School in 2025

Family Name: _____

Child/children's names

1. _____ 2024 Grade: _____

2. _____ 2024 Grade: _____

3. _____ 2024 Grade: _____

Name of our new school: _____

And / Or

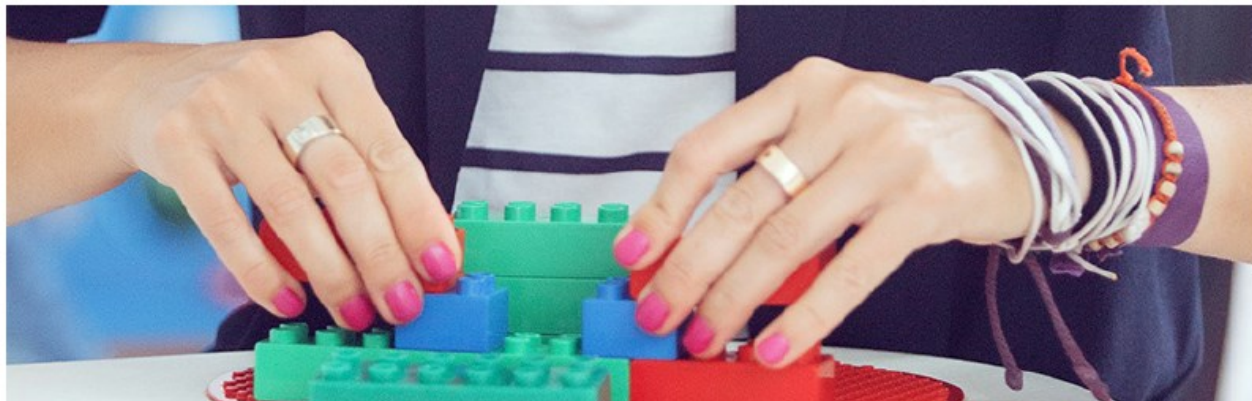
Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible

INSIGHTS

What to do when life feels overwhelming



A friendly reminder: it's perfectly OK if you're finding things tough right now.

Being a parent is awesome. It's also exhilarating, frustrating, hilarious, exhausting, sun-drenched, rain-soaked, love-soaked, and overwhelming.

All the emotions. The full spectrum of them!

If you're having a hard time at the moment, I'm sending you a very large coffee and an uninterrupted night of sleep (preferably not at the same time).

I also have some tips for getting through a tough time in general.

I hope they help!

Firstly, try to accept it

Your experience in life right now might be better than someone else's ... or it might be worse. But, however you want to spin it, a tough time is a tough time. Accept it.

There's no need to temper it with an "at least"

Say to yourself "Yep, this sucks".

It's amazing what happens when we drop the facade that "Everything's OK".

Secondly, try to practice some mindfulness

About a year ago, Hakavai was gifted a secondhand box of Lego from a friend of a friend. And, he frothed on it. Every morning, for like a solid month (a decade in toddler time), he was playing with his Lego. Initially, I found it annoying.

Have you ever stepped, barefoot, on tiny little Lego pieces at 6 am, before coffee? Have you ever tried to vacuum around little Lego pieces?

(Don't kid me, you minx. You sucked 'em straight up into the vacuum, just like I did, didn't you?!).

But the Lego fascination seemed to be a lasting one, so one morning I sat down with him and tried to build something. But I couldn't, cos none of the sets were complete. And also, he didn't really want me to play with "his" Lego pieces either.

Which suited me fine, cos the next day I drove down to the shops and purchased a shiny new box of Lego. The police station set, not anything cool like the Star Wars ones (that stuff is expensive!!).

parenting*ideas

And that night, the very minute Hakavai fell asleep, I busted out my new Lego. A glass of wine at the ready, I relaxed into a world of tiny, intricate construction.

There was something soothing about following someone else's instructions and building the pieces block by block. I got to zone out, unwind, and temporarily forget my responsibilities.

That night, I slept not like a baby (they wake up a lot), but like a tiny, plastic policeman – flat on my back, in the same position I dropped down in.

Being mindful doesn't have to involve crystals and chanting and yoga pants. It's really about relaxing into the present moment. And when life is feeling all a bit too much, a little present moment time can feel really good.

Thirdly, ask yourself “What would make today feel just a little bit better?”

And whatever the answer is: making apple crumble, talking to a friend, putting on a comforting TV show, reading your favourite book, playing Monopoly with the kids ... go and do it. Make it happen.

Note: you're not asking “What do I have to get done today?”. You're asking yourself “What would make my day feel just a little bit brighter?” (You'll be surprised how doing something hard makes you happy... like you've achieved something.)

This is something I started doing in my first year of being a Mum.

Those first few months were a blur and, with this tiny baby in my arms, my capacity for “doing things” was reduced. I had to drop my expectations for what I could realistically achieve in one day, especially in the first few months.

But on the days I prioritised doing something that made me feel good – even if it was just for 5 minutes – I felt clearer. More like myself again. Life felt like less of a blur.

So, this is your permission to drop the laundry, eat toast for dinner, and go and take a few minutes for yourself.

Heck, maybe you'll spend that time playing Lego!

I'll be with you, in spirit. At my own kitchen table, building a police station extension.

In closing

Lastly, my friend, please know that being human means experiencing a full spectrum of emotion.

It's OK if you feel tired, overwhelmed, sad or angry.

Be kind to yourself and take a moment to appreciate all that you are and all that you do.

With love,

Turia x



Turia Pitt

Turia Pitt is living proof that anything is possible. One of Australia's most admired and recognised people, Turia is a four-time bestselling author, two-time Ironman and a Mum of two boys. She spends her days teaching Mums to make time for themselves and learn how to run in her program [Run with Turia](#), exploring what we learn from hard times in her podcast Turia Pitt is Hard Work, and running around after her two boys.

Which are the most important commandments?



Love GOD
& love your
neighbour

31st Sunday in Ordinary Time, Year B

Gospel

Mk 12:28-31

One of the scribes came up to Jesus and put a question to him, 'Which is the first of all the commandments?' Jesus replied, 'This is the first: Listen, Israel, the Lord our God is the one Lord, and you must love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: You must love your neighbour as yourself. There is no commandment greater than these.'



Jesus said that the most important commandments were to love God and to love others as we love ourselves. What are some ways we can show our love?

I show love for God when I

I show love for others when I

Fill in the missing words to complete the story.

love
second
God
answered
yourself
teacher
heart
first
asked
commandment

An expert in the Jewish law _____ Jesus, "_____, what is the most important _____?"



Jesus _____: "Love the Lord your _____ with all your _____, soul and mind." This is the _____ and most important commandment. The _____ is like it: "_____ your neighbour as much as you love _____".

