



# OUR LADY'S SCHOOL NEWSLETTER

1 November 2018

[www.olsunshine.catholic.edu.au](http://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](http://www.olsunshine.catholic.edu.au)  
*Our Lady's is a Child Safe School*

*'I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible' The Nicene Creed*

## DATES FOR THE DIARY

**Thurs 1 Nov**

*All Saints*

**Fri 2 Nov**

*All Souls*

2.30pm All Saints and Souls Assembly

**Mon 5 Nov**

**Report Writing Day - No School for the children**

**Tues 6 Nov**

**Melb Cup Public Holiday. No School for the children**

**Wed 7 Nov**

Graduation Photo for Grade 6s - Full summer uniform

**Fri 9 Nov**

Parish Movie

Confirmation Reflection Day  
Gr 2 Scienceworks

**Mon 12 Nov**

8.35-8.55am Parent Session  
The Music Bus

**Wed 14 Nov**

Gr 3 Werribee Zoo

**Fri 16 Nov**

7.00pm Confirmation

**Mon 19 Nov-Fri 30 Nov**

Swimming Program

**Fri 7 Dec**

Reports go home

**Sat 8 Dec**

Feast of Immaculate Conception

## SACRAMENTS

Confirmation (Year 6)

Fri 16 November 7.00pm

Dear Parent,

The students at Our Lady's school are passionate about so many things across all areas of the curriculum – Reading, Writing, Mathematics, Science, PE, The Arts, Digital and Design Technologies, History, Geography and so on. During Discovery Time (F-2 classes) and iTime (3-6 classes) the children get to pursue and research their passions. Today I have highlighted two students who have pursued their passions. Joshua in Year 5C who loves PE and in particular running and Anthony in 4H who loves cooking.

## **An AMAZING ACHIEVEMENT**

Congratulations to Joshua in 5C for competing in the Victorian Finals in the 100 metres event and coming third out of about 30 runners. These runners were representing zones right across Victoria. Joshua will now compete in the National Competition and will be representing Victoria in two events the 100 metres and the relay. Children from all states and territories will be competing later on this month. We are already so very proud of you Josh and wish you all the best.



## **Our AMAZING CHEF**

Here you can see Anthony (4H) with a variety of Greek biscuits that he baked. Anthony has also baked some very delicious cakes. The two that really stand out are his lemon and his orange cakes which everyone who tasted them agreed were absolutely delicious. Anthony's passion for cooking does not stop with cakes. He has planted cucumbers, carrots, tomatoes, basil and lettuce in our school garden and will be using these vegetables to create a salad from one of his very own recipes.



## **REMINDERS**

Monday 5 November no school for the children - Report Writing Day for Teachers

Tuesday 6 November no school for the children Melbourne Cup Day Public Holiday

## *All Saints and All Souls*

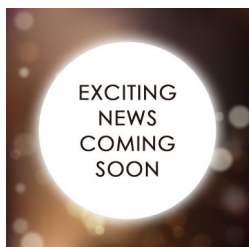
*On November 1 we honour all the saints. We are called to be holy.*

*On November 2 we remember those who have died. They have gone to be with God.*



Father in heaven, we pray today for all the people who have died. We are very sad when someone dies, but we know they are in heaven with you. Help us to remember that Jesus Christ brought new life to all of us through his life, death and resurrection. Be with the families and friends of those who have suffered the death of someone they hold dear. Help them to feel your presence and love in their time of sorrow and to know that we care. Amen.





***The Music Bus is coming to Our Lady's!***

On Monday 12th November the Music Bus will be at Our Lady's and all interested parents are invited to a Parent Session from 8.35am-8.55am.

During the day all classes will be visiting the bus and seeing a demonstration. Your child will bring home an Expression of Interest form.

Lessons will begin in Term 1 2019, ranging from \$16 per half hour lesson for guitar, keyboard, drums, ukulele and singing.



For more information visit [www.themusicbus.com.au](http://www.themusicbus.com.au)

# Missions Fundraising 2018

## \$2454.85!

Above we have the final amount raised by our community for the Catholic Missions. This money will go towards schools in Myanmar. It will be used to support the construction and renovation of schools even in the most remote areas. The funds will also be used for the training of men and women to educate children so that they can have a brighter future. Once again thank you to the students, parents and teachers of Our Lady's.

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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



### **NOVEMBER**

Mon 5th School Closure - Report Writing  
Tues 6th Melb Cup Public Holiday  
Fri 16th 7.00pm Confirmation  
Mon 19-Fri 30 10 day Swimming Program

### **DECEMBER**

Fri 7th Feast of Immaculate Conception Assembly, Reports come home  
Thurs 13th Grade 6 Graduation Mass  
Mon 17th Dinner in the Yard and Art Show  
Wed 19th 9.00am End of Year Mass. 3.00pm Students finish for 2018

## REMEMBRANCE DAY 2018

The Sunshine RSL has provided the school with the following items for Remembrance Day  
11 November 2018.

All are available at the Office



\$1.00 poppy pin



\$2.00 poppy



\$3.00 bracelet



\$4.00 bag tag

## PREPARATIONS FOR 2019

As we are beginning our preparations for 2019, we ask that parents let us know as soon as possible if their children are not returning to Our Lady's next year. We have had many inquiries about places for 2019 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and several of the other year levels are full, with enrolment enquiries coming in. **If your child is not returning in 2019 (apart from our current year 6 children) 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 2019

Family Name: \_\_\_\_\_

Child/children's names

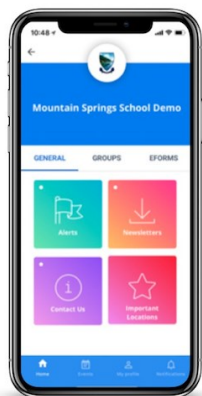
1. _____	Grade: _____
2. _____	Grade: _____
3. _____	Grade: _____
4. _____	Grade: _____

Suburb we are moving to: \_\_\_\_\_

Name of our new school: \_\_\_\_\_

**Signed:** \_\_\_\_\_ **(Parent)**

*Please return this form to the office as soon as possible*



## SKOOLBAG APP HAS HAD AN UPGRADE!

If you've been missing notifications or unable to view the newsletter—it may be that your version of SkoolBag needs this update!

All users who are using the SkoolBag single app (Android and iOS) will receive the automatic upgrade.

After upgrading you will need to log in again using your free SkoolBag account.

### How to Install The Skoolbag App

Instructions for parents installing Skoolbag.



#### For Apple Users

1. From your iPhone/iPad, click on the "Download on the App Store" button above or open the Apple App Store and search for "SkoolBag"
2. Download the free SkoolBag app
3. Opening the app, and add your school(s) and you're ready to go!

#### For Google Android Users

1. From your Android device, ensure you have an account in the Google Play Store
2. Click on the "Get it on Google play" button above or go to the Google Play Store and search for "SkoolBag"
3. Download the free SkoolBag app
4. Open the app, add your school(s) and you're ready to go!

For more info visit [skoolbag.com.au](http://skoolbag.com.au)



### Notifications

Once you login, you will be able to personalise your group and notification preferences. All Notifications can be found by clicking the Notification tab at the bottom of the app. The number of New Notifications will also be displayed right above the Notifications tab at the bottom.

### Groups

Notices sent to the whole school will still appear in the 'Home' Screen under 'My Feed' section. However, information published to Content Groups will appear in the Groups Tab. You can modify your Group Subscriptions at any time.

## SHOPPING TOUR NEWS

Due to low expression of interest shown in this year's Fundraising Shopping Tour, the event will unfortunately need to be cancelled.

*Many thanks to Gina for trying to organise this event.*



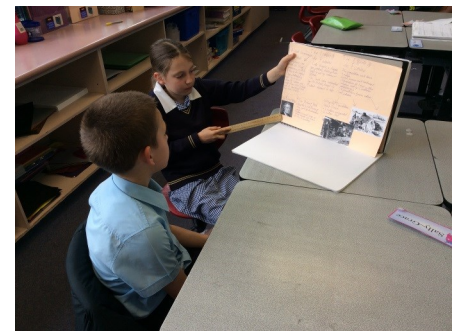
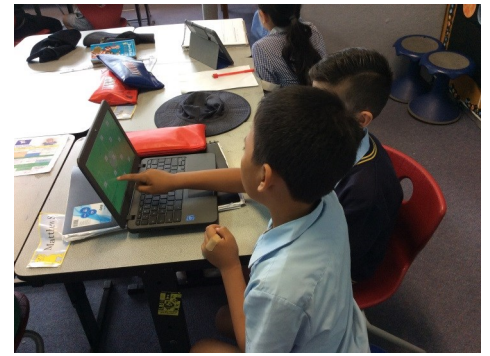
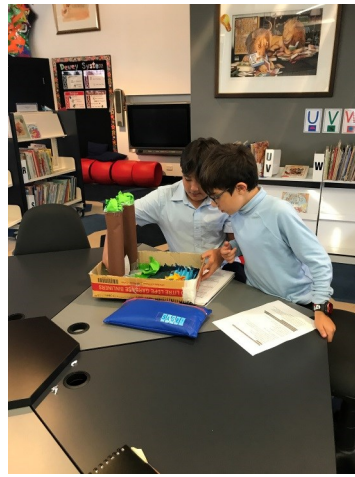
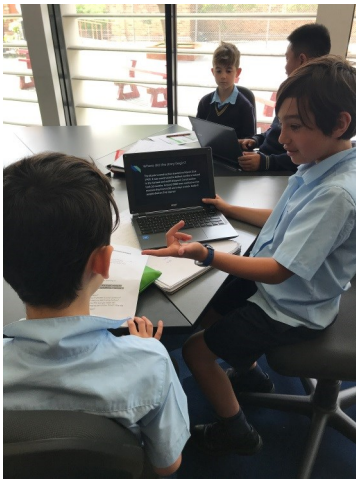




# Foundation Excursion to CERES







**Year 4 Sharing iTime  
to Year 3:  
Communicating,  
Collaborating,  
Listening,  
Questioning,  
Giving feedback**



# insights



## Video Games: the good, the bad and getting the balance right

by Martine Oglethorpe

*Video games tend to get a bad rap from parents and the media. There's the fear of your child being locked away in their room for hours on end, inhabiting a virtual world that removes them from family, friends, school work and anything resembling reality. Then there is the fear of what someone might do following a session of first-person shooting, blowing up cars and taking out snipers with an AK47. Not to mention the seemingly wasted hours spent staring at a screen.*

Without doubt there is some substance to some of the fears around gaming obsessions and violent behaviours. However, like many elements of the modern world, the negative impacts are often affecting only a very small minority and often these are in the extreme.

It is safe to say that many, many young people can play video games in a way that benefits their physical, social and emotional wellbeing. Like most things, when game playing is done with balance and perspective, it can actually be a most productive way for a young person to spend their time.

### The benefits of video games

**Cognitive and physical benefits.** There are lots of great skills developed when playing video games. Analysing, thinking, problem solving, creating, team work and collaboration form the backbone of many games. Spatial awareness and hand-eye coordination skills, many of which can be transferred to the real world, are an added benefit. Many workplaces and training institutes use games to simulate real-world situations and the medical field is increasingly using forms of gaming to help with physical and neurological disorders.



**Social and emotional benefits.** Many kids who struggle to fit in at school, or don't make the sports teams, often feel a real sense of belonging, connection and achievement when playing video games. For those who find it difficult to shine in mainstream environments, gaming can be a great way for them to boost their self-esteem and sense of identity in a space that offers comfort, connection and control.

**Thinking outside the box.** Many games encourage players to think outside the box, take risks and critically analyse a situation. There is a lot of trial-and-error required in many games and this helps to develop players'

persistence in problem solving tasks as they strive to get to the next level, the next world or create the next big city.

**Stress release.** There is certainly an element of stress release that many games provide for young people. After a long day at school it can be a welcome relief to immerse yourself in a game that allows you to switch off a little.

## Keeping it under control

Of course these benefits won't eliminate the concerns many parents have about game playing, especially of online games. So what are some things we can do as parents to help keep it under control?

**Look at your individual child.** Are they coming to the dinner table without a fight? Are they coming to the table without bringing their device? If they are struggling too much in any of these areas over a long period of time, it might be time to make some changes.

**Come up with time limits together.** Discuss together what you think is fair based on the need to ensure they are striking the right balance and have enough energy for their other pursuits. While your child is young, give them a warning ahead of when you want them stop so they have time to finish whatever they are creating or whatever level they are at in their game. This helps them to get better at regulating their time.

**Play a game with your child.** It is much easier to make rules and boundaries around something that you understand and that they know you understand. Play a game with your child to get a feel for what they enjoy about it, be witness to some of the skills they may be developing and enjoy some important bonding time with your child.



**Remove headphones,** particularly when younger children are playing online games with friends or where others are involved. That way you can have your ears pricked to any bullying, aggressive play or unwanted language.

So next time you are lamenting the time your child spends playing video games, remember that as long as you are able to come up with some rules and boundaries together, you will have a much better chance of keeping game playing healthy and beneficial. With the gaming industry growing rapidly and continually creating and providing for so many other industries, your child may well be working on the skills they'll need in their future career.

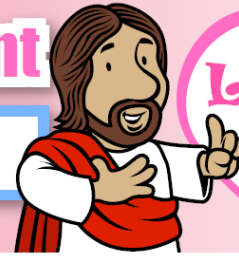


### Martine Oglethorpe

*Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website [themodernparent.net](http://themodernparent.net). Contact details: [info@martineoglethorpe.com.au](mailto:info@martineoglethorpe.com.au), [themodernparent.net](http://themodernparent.net), [facebook.com/themodernparent](https://facebook.com/themodernparent)*



# 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 \_\_\_\_\_".

