



# OUR LADY'S SCHOOL NEWSLETTER

27 October 2023

[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*

*Gracious words are a honeycomb, sweet to the soul and healing to the bones.*

*Proverbs 16: 24*

## DATES FOR THE DIARY

**Fri 27 Oct** Day for Daniel  
Casual Day with splashes of  
**RED**

**Wed 1 Nov** All Saints Day  
Teeth on Wheels

**Thurs 2 Nov** All Souls Day

**Fri 3 Nov** Wellbeing Casual  
Day for a donation

**Mon 6 Nov** Professional  
Learning Day (Report  
Writing). No school for the  
students

**Tues 7 Nov** Melbourne Cup  
Day Public Holiday

**Fri 10 Nov** Teeth on Wheels  
P&F Trivia Night in Mariana  
Hall

**Sat 11 Nov** Remembrance  
Day

**Mon 13-Fri 24 Nov** 10 Day  
Swimming Program

**Fri 8 Dec** Feast of the Im-  
maculate Conception

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

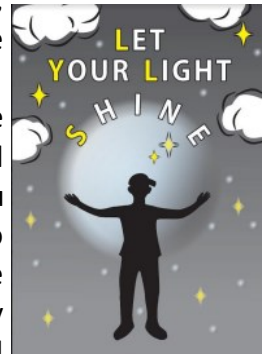
**Mon 6 Nov: Report Writing**

Dear Parents,

What an amazing, exciting week it has been at Our Lady's!

'Oh...what a night', Wednesday evening was! I am sure you would all agree that all our students who were on stage on Wednesday evening really did shine. Our "Let Your Light Shine" Dance Extravaganza was simply wonderful and all the dance moves were amazing. As I said on Wednesday evening, Ms Bertani was so disappointed not to be there in person as she was unwell, however she loved seeing it from home as well as some of the practices throughout the past few weeks.

Congratulations to all our fantastic students; your performance on Wednesday evening was a credit to all the hard work and practice you have been doing over the course of this year. You have made us all so proud. Thank you to all the parents who have collaborated so kindly with the school and put the white costumes together with their children. It's not always easy finding all white clothing but the result has been fabulous and we could not have put on this performance without your contribution, so again a huge thank-you for your support.



A special thank-you to our Year 6 Assistant Stage managers who really stepped up and assisted in co-ordinating this event with the logistics of supporting students on and off the stage. Thank-you to Sophie, Harrison, Natania and Natalie. Also a huge thank-you to our Year 6 supporting dancers Mila and Harry from 6A and Eva, Tessa, Grace and Aquelly from 6B.

Also, a huge thank-you to all the staff of Our Lady's School. Your support, dedication and hard work throughout the year throughout practice times, co-ordination of costumes and ensuring our rehearsal and concert ran so smoothly is a credit to each and every one of our wonderful staff. It is such a privilege to work with so many talented and dedicated staff who do the best for our students each and every day. An event such as a concert really does take a village!

We have been extremely fortunate to have Andy Howitt work with our staff and students for the past year. We have so much to be thankful for as Andy really



## *Caring Prayer*

*We pray that we may be people who care. We follow the example of Jesus. Jesus, may we see you in other people and care about others in your name. Help us learn to give without counting the cost and help people without looking for any reward. Guide us in walking your way of love. Amen*

poured his heart and soul into choreographing and designing the dance moves and sequences. Andy also took his inspiration from Australia's first saint, St Mary Mackillop of the Cross. We thank Andy for sharing his talent and all his work with the children all year. Andy not only focused on building each child's knowledge about dance and movement but equally important, he nurtured each and every child and built their confidence so that they felt they could perform in front of an audience. For this we say a huge thank-you.

As many of you would know, (pre-COVID) we tended to have a whole school dance show/concert every 2-3 years with the art show featuring in-between. This highlights The Visual Arts and The Performing Arts. Our past concerts have generally tended to have a drama focus, focusing on various different skills for our students. Our 'Let Your Light Shine' concert focused purely on dance highlighting a whole set of unique skills and dispositions. It really was wonderful that our students were able to experience such a unique extravaganza.

**Here are some quotes from many of our students based on our Let Your Light Shine Dance Extravaganza:**



Aquelly (6B): *The Let your Light Shine extravaganza was an AMAZING experience to be in. I really enjoyed doing the dance with Foundation J because it was fun doing the dance with them. The Let Your Light Shine is one unique dance we did. If I were here next year I would want to do this again!*



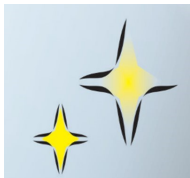
Samara 2N (straight after the concert with a huge smile on her face): *"I feel so proud of myself!"*

Harry (6A): *The Let Your Light Shine production was really enjoyable and extremely fun. I liked working with Andy, who helped choreograph our dances and experimenting with different things. I also enjoyed working with Foundation and helping start out the dance where we spelt out the word your. On the night it was quite stressful but I think I went quite well. The production was a very memorable experience and I think it was a great thing to do for my last year at this school.*



Zade (2N): *"I wanted to dance again. I felt so proud of myself."*

Ava (2N) : *Are we going to do more dance?* Mrs Mitchell: *No, no more lessons with Andy.* Samara: *Oh! What about next year!?*



Grace (6B): *'On Wednesday we had a school dance at the Caroline Chisholm Quin Auditorium. I was really nervous but then I remembered the quote 'Let your light shine'. Afterwards I danced my best and I loved everything about the two dances I did. My favourite dance was the 5D one because the movements were so good and the masks were cool, but I think everyone did a fantastic dance'.*

Ava (6A): *"On Wednesday the 25th of October, Our Lady's School performed the "Let Your Light Shine" production at the Qin Auditorium at Caroline Chisholm. The entire dance went smoothly and everyone put in the best effort to make sure that it was the best dance that had ever been performed by Our Lady's. Everyone had an important role to do, Dance! And it didn't matter if you were in Foundation or Year Six, Everyone made sure of two things... to put in their best effort and most importantly to have fun!"*



Samara (2N) : *I pray that we have dance next year.*

Zac (6B): *In our school we have artists and dancers, writers and learners. We all have something in common we are a community.*

Van Sui (2N) : *I thank God for giving us a beautiful day yesterday so we were brave enough to go on stage.*

Van Duh (6A): *We had a Production at Caroline Chisholm Auditorium. Our whole school was there and it was fun and exciting. It's sad for us Year 6s that we won't be doing this again with Our Lady's. We worked hard for that night and knowing we did it Successfully is really Amazing.*

Natalie (6A): *On Wednesday the 25th of October Our Lady's school hosted "Let Your Light Shine" dance production. All of the students of Our Lady's contributed to the event by doing a class dance in the Caroline Chisholm Quin Auditorium. The whole production and dance went smoothly and everyone did an amazing job. It was a great experience to take dance classes with our dance choreographer Andy Howitt and he did a brilliant job choreographing every dance. It was a day where everyone will remember especially the Year Sixes leaving Our Lady's.*



## BUILDING PROJECT UPDATES

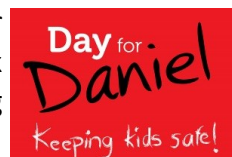
As I mentioned last week, the next stage of the project is quite a long process which is all the pre-slab work. You will be able to see that currently the builders are working on all the groundwork, which also involves all the inground services. The concreters will be here for the next few weeks, as they focus on the excavation, reinforcement and eventually pouring of the pad footings. This will take quite a bit of time over the next few weeks, with the intention of the slab being poured before Christmas (hopefully).

### School Fees

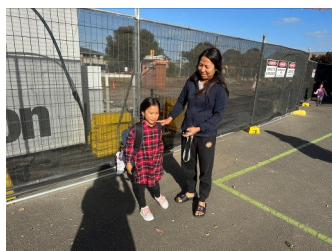
Thank-you to all parents who have paid your school fees. To any parents, who may have missed the date, they are now overdue. We would appreciate you making payments throughout the next few days.



Today we celebrated World Teacher's Day. We celebrated at school with a morning tea for all our staff who work so hard in their educational work. We also acknowledge and took part in Day for Daniel which is a day that focuses on child safety. Thank-you for supporting this event as so many students came to school in splashes of red.



Last week, I had mentioned we had organised DJ Con to provide our students with a disco hour to celebrate the exciting 'dance' week they have had. It was a great end to a successful week.

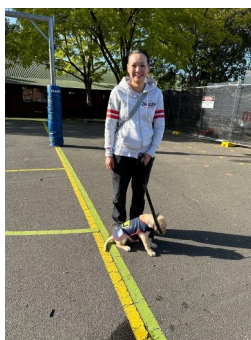


Wishing everyone a wonderful weekend.  
Yours sincerely,

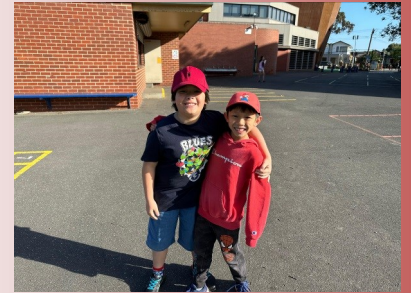
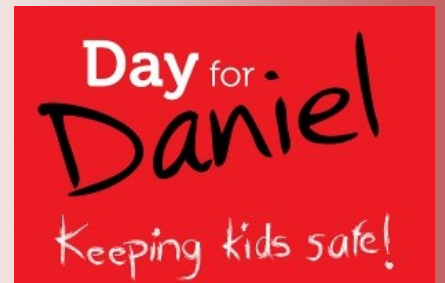
*Christine Carabott*

**Mrs Christine Carabott**  
**Acting Principal**

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











## **FI**

**Ava** - For your bounding energy during your dance performance. You inspired everyone. Well done! *From Ms. Cam Tu & Mrs Granata*

**Lucy** - For showing courage and performing even when you were extremely nervous. Bravo! *From Ms. Cam Tu & Mrs Granata*

## **FJ**

**Ryan** - For being a great listener and following all directions at the dance performance. You were fabulous, Ryan! *From Miss Wendy*

**Euro** - For sharing your ideas about how to make your brain stronger with the class. Thank you for telling us to keep trying and not give up, that is so important. *From Miss Wendy*

## **1K**

**Mae** - for accepting a challenge and persevering with your Math and Reading assessments this week. You have worked so hard! *From Miss Shai*

**Ryan** - for taking the lead and being a source of motivation for others while on stage for our performance this week. You are a real star! *From Miss Shai*

## **1L**

**Biak C** - For showing creative and logical thinking when building a ramp in Discovery. You are an incredible problem solver! *From Miss Steph*

**Lan P** - For showing skills of a Researcher in Discovery. You did a great job at making observations and using different sources to locate information about the human heart! *From Miss Steph*

## **2M**

**Sadie K** - For demonstrating a positive attitude throughout each dance rehearsal and learning the steps really well so you could lead others through example. *Ms Rochelle*

**Geronimo M** - For performing with such high energy and enthusiasm at the dance extravaganza. You really let your light shine! *Ms Rochelle*

## **2N**

**All the students in 2N** For the enthusiasm and focus shown during rehearsals and your wonderful performance at the Let Your Light Shine Dance Extravaganza! *From Mrs Mitchell*

## **3E**

**Anthony V** - For being a wonderful role model of exemplary behaviour during our school dance rehearsal and performance. *From Ms Howe & Ms Belinda*

**Sophia S** - For demonstrating the Our Lady's Gospel value of peace. Sophia is always kind and considerate of her peers. *From Ms Howe & Ms Belinda*

## **3F**

**Bei Ra Pa Tha** - For quietly and consistently being a self manager across all subjects. Keep up the great work Tha Tha! *From Mr Josh*

**Madelene R** - For being more active in class discussions and lessons. Keep up the great work Madelene. *From Mr Josh*



#### 4G

**Xavier-** For showing the Our Lady's Gospel value of Peace during our performance and in the classroom. Your gentle attitude is greatly appreciated.

*From Ms Karen*

**Hiyab-** For showing enthusiasm in your learning and during our performance.

Well done! *From Ms Karen*



#### 4H

**Jasmine-** For using persuasive language when convincing your peers about the importance of being Sun Smart. Well done! *From Ms. Robles*

**Lara-** For your enthusiastic attitude during dance. You always give it your all. Well done! *From Ms. Robles*

#### 5C

**Kobe-** for your excellent thinking in Writer's Workshop, using the seed of an excavator to draft an impressive factual description. *From Mr Membrey*

**Andrew-** for being a Self Manager by using your class time effectively. Well done Andrew! *From Mr Membrey*

#### 5D

**Abbey** - For your positive attitude during every dance session. You worked hard to remember the movements and perform with energy! Well done! *From Ms Gurry*

**Cohen** - For the enthusiastic way you approached every dance lesson, always trying your best and helping to contribute to the 5D dance. Well done! *From Ms. Gurry*

#### 6A

**Natania P** - For writing a wonderful persuasive text containing facts based on your thorough research. *From Mr Wickham*

**Ava H** -For making wonderful progress in Mathematics. *From Mr Wickham*

#### 6B

**Will F** - for demonstrating maturity and leadership when representing Our Lady's at St Theresa's for Blu Earth Day.

*From Ms Christine & Mrs Sales*

**Cade A** - for demonstrating maturity and leadership when representing Our Lady's at St Theresa's for Blu Earth Day.

*From Ms Christine & Mrs Sales*



1K Ethan A

1L Rose D

2M Lily P

2N Casey Z

3F Sophia V

4H Oliver I



# Let Your Light Shine Rehearsal Day





# Let Your Light Shine

## Rehearsal Day







# Let Your Light Shine Our Dance Extravaganza







# Let Your Light Shine

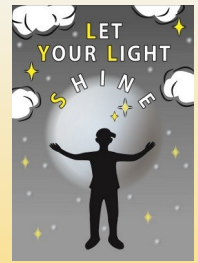
## Our Dance Extravaganza





# Let Your Light Shine

## Our Dance Extravaganza





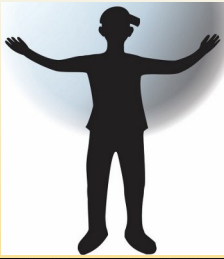


# Let Your Light Shine

## Our Dance Extravaganza







# Let Your Light Shine

## Our Dance Extravaganza





# CASUAL DAY FOR OUR WELLBEING!



PLEASE GIVE A  
DONATION FOR  
OUR SCHOOL  
PLAYGROUND!!



EXPRESS  
YOURSELF  
WITH  
CASUAL  
CLOTHES!



FRIDAY,  
3RD  
NOVEMBER!

DRESS UP  
FOR YOUR  
WELLBEING  
FUN AND  
HAPPINESS



COMFORT,  
STYLE AND CONFIDENCE





# OCT 31<sup>ST</sup> - ALL HALLOWS EVE

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

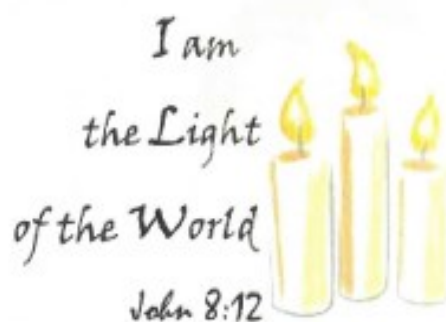
As Christians we have a choice, we can either celebrate this night as a night of darkness or stand with Jesus as the light of the world, and celebrate October 31<sup>st</sup> as All Hallows Eve, as a night of light.

## 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.

**OCTOBER 31<sup>st</sup>**

**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 31<sup>st</sup> All Hallows Eve**

**NOVEMBER 1<sup>st</sup> All Saints Day**

**NOVEMBER 2<sup>nd</sup> All Souls Day**

## Australian Girls Choir Open Day

Look no further than the Australian Girls Choir (AGC) because we encourage, challenge and inspire girls as they learn to sing, dance and perform. School aged girls are invited to come along to our Open Days on Saturday November 11 and Sunday November 19 to try our fun and inclusive classes and learn more about being part of the AGC! Please visit our website to register to attend our free Open Day: [ausgirlschoir.com.au/joinagc](https://ausgirlschoir.com.au/joinagc)



AUSTRALIAN GIRLS CHOIR



**An experience that goes far beyond the stage!**

Girls blossom as members of the AGC, both on and off the stage. Your daughter will develop confidence, public speaking and presentation skills, resilience and friendships that will last a lifetime.

Our senior performers have shared the stage with a long list of artists including Hugh Jackman, Amy Shark and Kylie Minogue. You may have seen our girls perform for the FIFA Women's World Cup or AFL Grand Final; or on television appearances on Sunrise, Today, Carols by Candlelight and Carols in the Domain.

Now accepting 2024 enrolments for our rehearsal venues in Berwick, Box Hill, Caulfield North, Cheltenham, Essendon, Glen Waverley, Greensborough, Heidelberg, Ivanhoe, Kew, Ringwood, Yarraville and NEW venue opening in Rowville!



**JOIN US AT OUR NOVEMBER OPEN DAY**

Register now at [ausgirlschoir.com.au/joinagc](https://ausgirlschoir.com.au/joinagc) or phone 03 9859 6499



AUSTRALIAN SCHOOL OF PERFORMING ARTS





## TEETH ON WHEELS COMING BACK TO OUR LADY'S



**TeethOnWheels™**  
a positive dental experience

Dear Families,

We have Teeth On Wheels visiting our school for dental check-ups and oral health education starting the 01/11/2023.

**Click the link below to sign your child up - IT MIGHT BE FREE!**

<https://teethonwheels.com.au/consent-forms/consent-eform/>

Please note: if you have already completed a form for 2023 this does not need to be done again, unless your contact information or child's medical history has changed.

Please complete your form today and the Teeth On Wheels team will be in contact to schedule your child's appointment and notify you if your child's eligible for FREE dental care through the Child Dental Benefit Schedule.

**CUT OFF DATE FOR COMPLETING YOUR CHILDS FORM IS ON THE 31/10/2023.**

Teeth on Wheels are focused on providing *a positive dental experience* and specialise in working with children. They can provide check-up and clean appointments, as well as treatment onsite and will be able to advise you if your child is eligible to receive dental care for **FREE** under the Child Dental Benefit Schedule.

## EXCITING NEWS

### Teeth on Wheels will be visiting our School!



At Teeth On Wheels, we provide the highest quality dental treatment while making it fun, positive and memorable for children.

With the help of the government your child might be eligible for **FREE** dental care.

#### Our dental services include:

- ✓ Check-ups
- ✓ Oral Health Education
- ✓ Scale, Clean & Fluoride Treatments
- ✓ Fissure Sealants
- ✓ X-rays
- ✓ Fillings
- ✓ Extractions



**CLICK OR SCAN THE QR CODE TO COMPLETE YOUR FORM**



TeethOnWheelsAustralia



#teethonwheels

Phone: (03) 9338 1191

Email: [info@teethonwheels.com.au](mailto:info@teethonwheels.com.au)

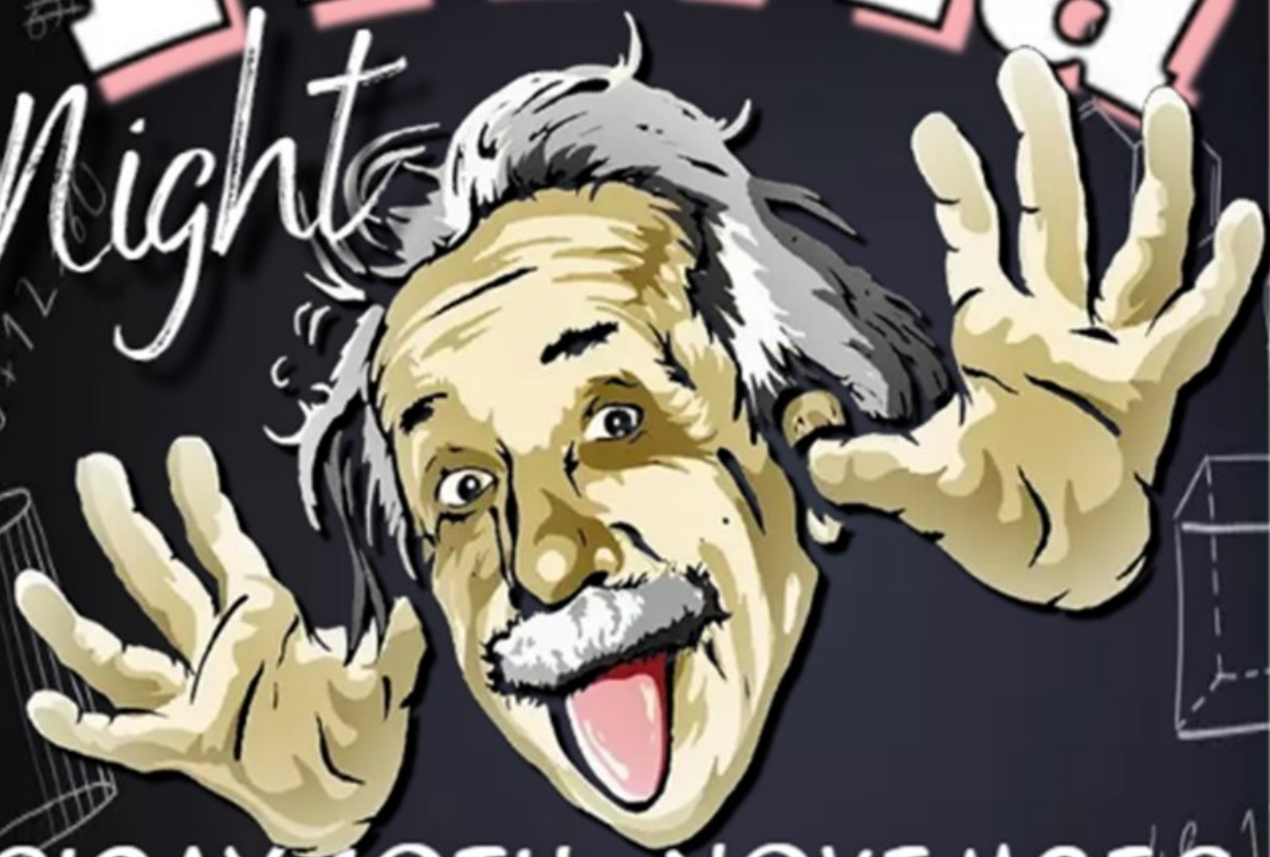


**TeethOnWheels™**  
a positive dental experience



**Our Lady's Parents and Friends**

# Trivia *Night*



**FRIDAY 10TH NOVEMBER**

**Mariana Hall**

**Doors Open @6.30 Trivia starts @7pm**

**\$20 Per person/ tables of 10 Tickets available on QKR**

**Prizes for Winning Table & Silent Auction**

**BYO Drinks and Snacks**



## PREPARATIONS FOR 2024

As we are beginning our preparations for 2024 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 2024 and we need to let these parents know if there are places for their children.

**If your child is not returning in 2024 (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.**

### Children NOT returning to Our Lady's School in 2024

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

Child/children's names:

1. \_\_\_\_\_ 2023 Grade: \_\_\_\_\_

2. \_\_\_\_\_ 2023 Grade: \_\_\_\_\_

3. \_\_\_\_\_ 2023 Grade: \_\_\_\_\_

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

And if moving addresses:

Our new address: \_\_\_\_\_

\_\_\_\_\_

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

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



## INSIGHTS

### Building deep emotional connections with kids



Imagine your child comes to you upset that a sibling or friend has cheated in a game. There are a number of ways to respond, including telling them not to worry (“Let it go!”), advising them how to handle it (“Next time you keep the score.”) or empathising emotionally (“You must feel disappointed.”)

Each is a legitimate response for a parent and teacher to make, but only the latter builds a deep emotional connection. Importantly, the empathetic response builds a child’s or young person’s emotional intelligence as it taps into their ability to recognise current feelings.

#### How emotional connection works

Kids crave to be understood by others, especially by the people they love or respect. When you accurately feed back how a child or young person is feeling you demonstrate that you really care. Strong relationships are formed on the bedrock of care, kindness and compassion.

#### How to give emotional feedback that connects

Giving accurate emotional feedback to an upset child or teenager takes practice. It requires that you pay attention, move into the present moment, listen to a child and identify the feeling behind their words. High or loud emotions such as anger, annoyance and panic are often easier to identify than low or muted emotions such as worry, discouragement or loneliness.

An effective way to connect on emotional level is to listen to what a child has to say, and then think back to a time you were in a similar situation. Imagine if a child says they feel horrible because their friends laughed at them when they made a mistake in class. Rather than respond immediately, think back to a time when you made a mistake in front of others and identify how you felt. Embarrassed, ashamed, or annoyed? “I bet that you felt embarrassed and annoyed when your friends laughed at you.” Your child may tell you that you’re off the mark, but they’ll more than likely appreciate the empathy you show.

#### Feed back the positive emotions too

You don’t have to wait until something challenging happens to connect with a child on an emotional level. Accurately mirror positive feelings such as relief (after a stressful situation has passed), enthusiasm (as they begin something they love doing) and chilled (as they put their feet up at the end of the day). We all experience many emotions throughout the day. The ability to accurately recognise and feed back the emotions of children and young people is a wonderful way to build connections of quality and depth.



#### 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.

## Gospel

Mt 22:34-40

When the Pharisees heard that Jesus had silenced the Sadducees they got together and, to disconcert him, one of them put a question, 'Master, which is the greatest commandment of the law?' Jesus said, 'You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: you must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.'



## Show your 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  
test  
commandment

An expert in the Jewish law tried to \_\_\_\_ Jesus. He asked, "\_\_\_\_\_, 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 \_\_\_\_\_".

