



OUR LADY'S SCHOOL NEWSLETTER

12 August 2022

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

"Christ has no body now but yours, No hands, no feet on earth but yours."
Attributed to St Teresa of Avila

DATES FOR THE DIARY

Mon 15 Aug Feast of the Assumption

Tues 16 Aug Parent Information night focussed on Writing with Deb Sukarna at 7.00pm at Our Lady's school

Fri 19 Aug Book Week Parade 8.50am in the Hall. **NO AFTER-NOON ASSEMBLY TODAY**

Fri 19 Aug Year 7 2024 Catholic School Applications close

Fri 19 Aug Book Week Author Visit - Nicky Greenburg

Mon 22 Aug Book Week Author Visit - Adrian Beck

Mon 29 Aug Whole School Book Week Performance

Wed 31 Aug - Fri 2 Sept Year 5 Camp

Wed 7 Sept 7.00pm PAB

Thurs 8 Sept Years 1-2 Camp Activity Afternoon

Fri 16 Sept End of Term 3

PLEASE TAKE NOTE OF THE 2022 SCHOOL CLOSURE DAYS

(students do not attend school):

Monday 31 October: Report Writing

Dear Parents,

We began this week with a whole school mass celebrating the Feast of St Mary of the Cross MacKillop. I would like to congratulate the students who participated in the Mass with great enthusiasm. Thank you to the Our Lady's Choir who sang so many beautiful songs which honoured St Mary of the Cross MacKillop. Thank you also to Father Peter and Father Peter Zin for celebrating the feast day Mass and to

Kriss Oliver (RE/Learning and Teaching Leader) for organising. The students all received a bag of popcorn and a tube on this special feast day.

Here you can see students who placed a bowl of flowers in front of the St Mary MacKillop statue in the Junior area.



CYBERSAFETY UPDATE

Thank you to all the parents who attended the Cybersafety Webinar. It is an important part of our aim to ensure that our students are safe online as well as in our community.

The Learn, Connect and Play Safely Online Webinar was streamed last Tuesday by the Cyber Safety Project.

If you missed the webinar, you can watch a recording by clicking on the following link: <https://bit.ly/09AUGCSP22>

It runs for an hour.

The link is only available for a short time and it will expire on Wednesday 17th August.



Assumption of the Blessed Virgin Mary - Monday 15 August
Father in heaven, all creation rightly gives you praise, for all life and all holiness come from you.

In the plan of your wisdom she who bore the Christ in her womb was raised body and soul in glory to be with him in heaven.

May we follow her example in reflecting your holiness and join in her hymn of endless love and praise.

We ask this through Christ our Lord. Amen





Book Week Parade

Friday 19 August

8.50am in the Hall

It's time to celebrate children's literature with the Children's Book Council of Australia (CBCA) Book Week. The theme for Book Week - 2022 is **"Dreaming with eyes open..."**. The CBCA Book Week is a fantastic event that promotes the joy reading can bring to young minds!

Next Friday there will be no assembly in the afternoon. This will be replaced with a Book Week Parade at 8.50am in the School Hall followed by the drawing of the Book Week Raffle where the short listed books will be won by some lucky students.

Tania Cuni our Literacy Leader has organised lots of very special Book Week incursions for the students including author visits and a Book Week performance for the whole school on Monday the 29th of August. A big thank you to Mrs Cuni for organising these very, very special experiences for our students.



All students are invited to come to school dressed up as their favourite character for the Parade next Friday 19 August!

An important reminder to all parents

If you would like to find out more about how your child is taught writing at school please make sure you come to the Deb Sukarna Writer's Workshop on Tuesday the 16th of August at 7.00pm. You can read more about it on page 6 of this newsletter.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani
Principal

principal@olsunshine.catholic.edu.au

2M: Vincent A
2N: Evie H
3F: Grace R
4H: Kieren L
5C: Evelyn L
Staff: Ms McManus,
Ms Athena





VICTORIA POLICE

BIKE/SCOOTER HELMETS

A MESSAGE FROM YOUR LOCAL POLICE

This is a reminder that all users of bikes and scooters (including the motorised versions) **MUST** wear helmets unless exempt. We have had concerns raised by members of our community, and it is quite apparent that residents have become complacent regarding these laws.

Mandatory bicycle helmet laws were introduced in July 1990. This applies when riding:

- on roads and road-related areas
- on bike and shared paths
- in bike lanes
- in recreational parks
- in car parks
- on footpaths.

Police can stop bike and scooter riders and issue a fine or a warning for not wearing an approved bicycle helmet. **The current fine for this offence is \$231.**

Research indicates that bike helmets greatly reduce the risk of head injuries, which are the major cause of death and injury to bike riders.

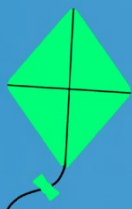
- Bicycle helmets reduce the chances of a serious head injury by almost 70 %
- Two years after introducing bicycle helmet laws in 1990 a 23% reduction in head injuries in Victoria.

This is a significant safety issue, and we encourage you all to look after yourselves, family, and friends.



AT EXTEND, CREATIVITY BLOOMS AS OUR CHILDREN
CREATE LITTLE GARDEN CREATURES,
YUMMY WATERMELON SLICES, AND GOOEY SLIME!

COME ALONG AND
JOIN IN ON THE FUN!



Go to [extend.com.au](https://www.extend.com.au) and let your creativity soar!



SAVE THE DATE



Tuesday, 16th August 2022

7pm

Our Lady's Primary School

A Writer's Workshop information evening for parents hosted by Deb Sukarna

Deb has been a leading educator for 37 years and has presented professional development programs for State, Catholic and Independent schools. She has worked in the United States and has co-authored a number of books on literacy education. In 2011, Deb was the recipient of the ACEL Hedley Beare Educator of the Year Award and received a Fellowship in Leadership from ACEL in 2014. Deb has been both a Primary Principal and Principal of a Balinese Community School. She has recently retired from Ivanhoe Grammar School as Head of Plenty Campus (Prep to Year 12) and Deputy Principal of Ivanhoe Grammar School (2004-2016). Deb has an expertise and passion for literacy and her workshops are based on her own classroom practice from ELC to Year 9.

How can I help my child with their writing?

What's a Writer's Notebook?



How do children learn to write?

Why do students use seeds for writing?

How is the Writer's Workshop organised?



Caroline Chisholm Catholic College presents
it's 25th anniversary production of

2 SHOWS ONLY!

LITTLE SHOP OF HORRORS THE MUSICAL

BOOK AND LYRICS BY

HOWARD ASHMAN

MUSIC BY

ALAN MENKEN

**SEPT 1 & 2
2022, 7PM**

Quin Auditorium
204 Churchill Avenue
Braybrook VIC 3019

For any enquiries please contact
Mr Bernado at the College on (03) 9296 5311



TICKETS

Scan to purchase



or visit
<https://bit.ly/3PiMXqW>

Adults	\$20
Students & Seniors	\$15
Children 7 & under	\$8

Based on the film by Roger Corman, Screenplay by Charles Griffith. Originally produced by the WPA Theatre (Kyle Renick, Producing Director). Originally Produced at the Orpheum Theatre, New York City by the WPA Theatre, David Geffen, Cameron Mackintosh and the Shubert Organisation.

Licensed exclusively by Music Theatre International (Australasia).
All performance materials supplied by Hal Leonard Australia.

GRAND UNITED CRICKET CLUB



**PLAY CRICKET
REGISTER TODAY**



BOYS AND GIRLS - JUNIOR TRAINING AND REGISTRATION NIGHTS

UNDER 11'S - UNDER 13'S - UNDER 15'S - UNDER 17'S

EVERY THURSDAY @ 4.30PM - STARTING 1st SEPTEMBER

JR PARSONS RESERVE, STANFORD ST, SUNSHINE

CRICKET BLAST (4-9 Y.O) - SATURDAY 15TH OCTOBER - 9:30AM

FOR MORE INFORMATION CALL JACK HALE 0421 526 500



SUNSHINE BASEBALL CLUB - Since 1938



**SUNSHINE
BASEBALL**

COME AND TRY DAYS

Aug 21st - 28th / Sept 4th

2.00PM TO 4.00PM ON EACH DAY

No prior experience necessary, just the desire to
learn a new sport, meet new friends and to have fun!

Contact Gavin Fischer. Ph. 0419 874 135 / Em: sbcjuniors@outlook.com
or visit our website for more information www.sunshinebaseball.com.au

Junior Baseball Pathway

TEE BALL / 4-5yo

Tuesday nights skills 5.pm to 6.pm
2 x Gala Days, (one held in Nov and one in Feb)



ROOKIE BALL / 6-7yo

Tuesday nights skills 5.pm to 6.pm
4 x Friday Rookie games played throughout the season



LITTLE LEAGUE MINOR / 8-12yo

Friday night games, 6.pm to 7.30pm



LITTLE LEAGUE MAJOR / 9-12yo

Sunday morning games, 9.am to 11.am



INTERMEDIATE LEAGUE / 11-13yo

Sunday morning games, 9.am to 11.am



JUNIOR LEAGUE MAJOR / 12-14yo

Sunday morning games, 9.am to 11.am



SENIOR LEAGUE - U16s / 13-15yo

Sunday morning games, 9.am to 11.am



BIG LEAGUE - U18s / 15-17yo

Sunday morning games, 9.am to 11.am



INSIGHTS

Managing separation anxiety at school drop-offs



Going to school for most children is a positive experience however some children can struggle making the transition from their home environment to school. It's naturally distressing to see your child upset at school drop-off but there is a great deal you can do to make school drop-offs easier for you and your child.

Breaking the cycle of separation anxiety at school

A child's clinginess, crying or tantrums at school drop-off can be disturbing for you as a parent. Despite putting on a brave face, you can feel guilty that somehow you're the cause of this behaviour. Unless something traumatic has occurred then leaving your child at school is a normal part of life, something your child will get used to. The following strategies may help eradicate your child's tears and fears when you take them to school:

Tell the story

Prepare your child thoroughly each morning for what will happen when you leave your child at school. Repeat the story each morning before school so they can fully prepare for drop-off.

It takes two

Involve your child's teacher in the drop-off process as they will be the person who must deal with an upset child. In extreme examples, at the start of term or after a long absence, a later starting time may give your child a chance to say goodbye in more relaxed circumstances.

Give me five

Rituals are both personal and reassuring so develop a special goodbye ritual that you consistently use when you leave your child each morning. Your special ritual may be simple such as a special wave or kiss, or fun such as a high five, low five, fist pump bursting into a hand explosion. Then leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

Reduce the rush

Is your child a morning star or night owl? Many children are slow starters in the morning, which can mean that they're frequently rushed and arrive at school in highly anxious states. Do all you can to reduce morning stress, which may include earlier bed and waking times; laying out school clothes the previous evening and making minimal demands on their time.

This is the place

parenting*ideas

Location carries memory so choose carefully the place you say goodbye to your child. If a kiss or hug at the school-gate means a happy child, then you've probably found your goodbye place. Experiment with your goodbye location until you find one that works.

It's your job

If goodbyes continue to cause tears, tantrums or clinginess consider, if possible, saying goodbye to your child at home and allowing another adult – your partner or another parent – to take your child to school.

If separation anxiety continues

If your child's separation anxiety interferes with their concentration and learning, prevents them from making friends, is excessive and goes longer than a month, consider getting professional support. Separation anxiety left unchecked can lead to school refusal and other anxiety disorders later on.

For professional support consult with welfare teacher at your child's school, your local general practitioner or local council for suitable health care professionals in the area.



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.



Commitment and Conflict



20th Sunday in Ordinary Time, Year C



Jesus made it clear to his disciples that believing in him would lead to division. Circle the words below that can help us to deal with conflict in a positive way

Respect
Forgive
Blame
Shout
Listen
Ignore
Courage
Argue

Gospel

Luke 12:49-53

Jesus said to his disciples: 'I have come to bring fire to the earth, and how I wish it were blazing already! There is a baptism I must still receive, and how great is my distress till it is over!

'Do you suppose that I am here to bring peace on earth? No, I tell you, but rather division. For from now on a household of five will be divided: three against two and two against three; the father divided against the son, son against father, mother against daughter, daughter against mother, mother-in-law against daughter-in-law, daughter-in-law against mother-in-law.'

Draw a picture of Jesus from one of the following bible stories where he was in conflict with others...

Jesus Cleanses the Temple
Jesus drives out all who were selling and buying in the temple
Matthew 21:12-17

Jesus is rejected in his home town of Nazareth
Luke 4:16-4:30

Jesus Before the High Priest
Jesus is arrested and questioned by the High Priest, Caiaphas
Matthew 26:57-26:68