



OUR LADY'S SCHOOL NEWSLETTER

14 August 2020

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
Our Lady's is a Child Safe School

'Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with wherever you go.' Josh 1:9

Dear Parents,

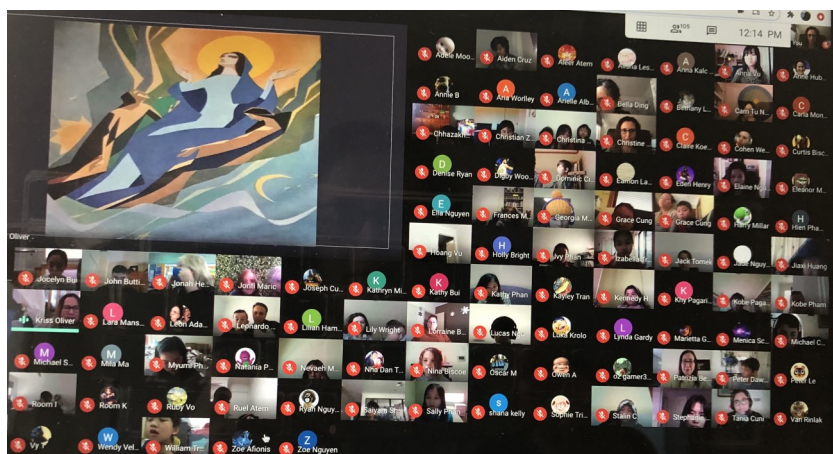
This week seems to have flown by. I hope that you have managed to have many opportunities to connect as a family. This time, although challenging has also presented us all with the opportunity to reconnect more deeply with those who we live with. Tomorrow Catholics around the world will celebrate the Feast of the Assumption. I remember being in Italy in 2017 and hearing church bells chiming and people celebrating Our Lady's Feast Day by getting together with family and friends after Mass. I pray that Our Lady will continue to bless our school community especially those parents in our community who are working as doctors, nurses, ambulance drivers, carers, with the aged and with people with disabilities and in any way contributing to the fight against COVID-19.

*Feast of the Assumption - 15th of August
From Mary we learn to surrender to God's will in all things.
From Mary we learn to trust even when all hope seems gone.
From Mary we learn to love Christ her Son and the Son of God.
(Pope St. John Paul the second)*



Our Lady's School had a special community prayer day on Wednesday where 115 teachers, students and parents gathered to celebrate Our Lady's Feast day. You can see a picture of us all here.

I would like to thank Ms Kriss Oliver (RE and Learning and Teaching Leader) for organising such a prayerful and beautiful celebration. Thank you to everyone who joined and to those who read.



On Tuesday, I received a very special package marked to the students of Our Lady's School from St Mary's Primary School in Swan Hill. As I opened it out came a colourful array of messages of thanks and encouragement from the students of St Mary's Primary School in Swan Hill who heard about the Stage 4 restrictions that Melbourne is under. This random act of kindness from those students really touched my heart. We have shared these across the school and I know that the students of Our Lady's have been inspired to write back to let them know just how much we appreciated their kindness. You can read some of the messages in the following pages of the newsletter.

Prayer for the Assumption of Mary



Almighty and everlasting God, You have taken up body and soul into the heavenly glory the Immaculate Virgin Mary, Mother of Your Son: Grant, we ask You, that, ever intent upon heavenly things, we may be worthy to be partakers of her glory.

Through Jesus Christ Your Son, our Lord, who lives and reigns with You and the Holy Spirit, One God, forever and ever. Amen

Our Lady's Artists at Work

We have seen some further examples of amazing artwork being created by our students and families this week. Below you can see an example of this. Oliver in 1L and his family created this beautiful piece of art.



Next Thursday the 20th of August will be a *Wellbeing Day* for our school community. This means that there will be no online learning or Google Meets occurring on that day. The day away from the computer screen will be an opportunity for everyone to engage in alternative activities that help to recharge both our hearts and minds. I hope you enjoy this stress free day where you can pursue the things that bring you peace and joy.



Today is our very own Father Peter's birthday. We thank Father Peter for his leadership of our school and for the daily Mass and prayers he says for us. Father Peter we hope you have enjoyed your special day. Thank you for all you for us. Best wishes from The Our Lady's school community.

Yours sincerely,

Patrizia Bertani


Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

Messages from St Mary's Swan Hill





REMOTE LEARNING!
Because of the virus you have to stay home to learn,
But don't worry we hope this is just a short jurn!


And when you learn no matter where,
Your teacher will help you because they care!

You have done this before and were really great,
Just have fun and look forward to seeing your mates!

We are thinking of you from near and far,
You are an absolute shining star!

So just stay positive and do your best,
Be calm and don't worry about the rest!


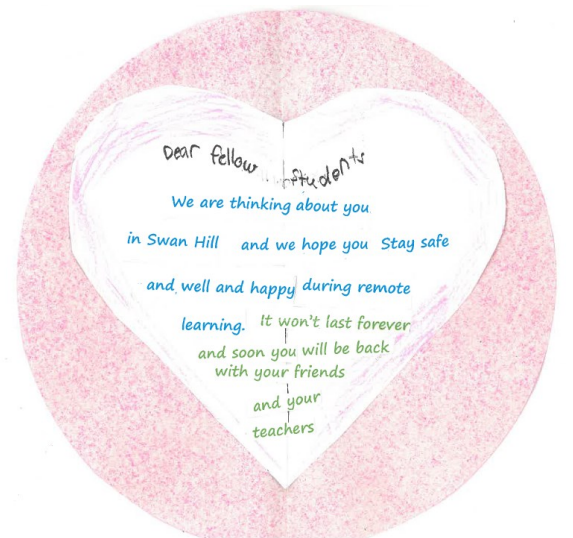
From:
Foundation Purple
St. Mary's Primary School Swan Hill



Thank you so much for all the bravery
and strength you have shown throughout
this challenging time.

STAY SAFE & STRONG!
We will get through this!

♡ St Mary's P.S Swan Hill vic





We are thinking about you in Swan Hill and we hope you
Stay safe and well and happy during remote learning.
It won't last forever and soon you will be back
with your friends and your teachers.



I was reminded that my
blood type is
Be Positive.

Love Pearl




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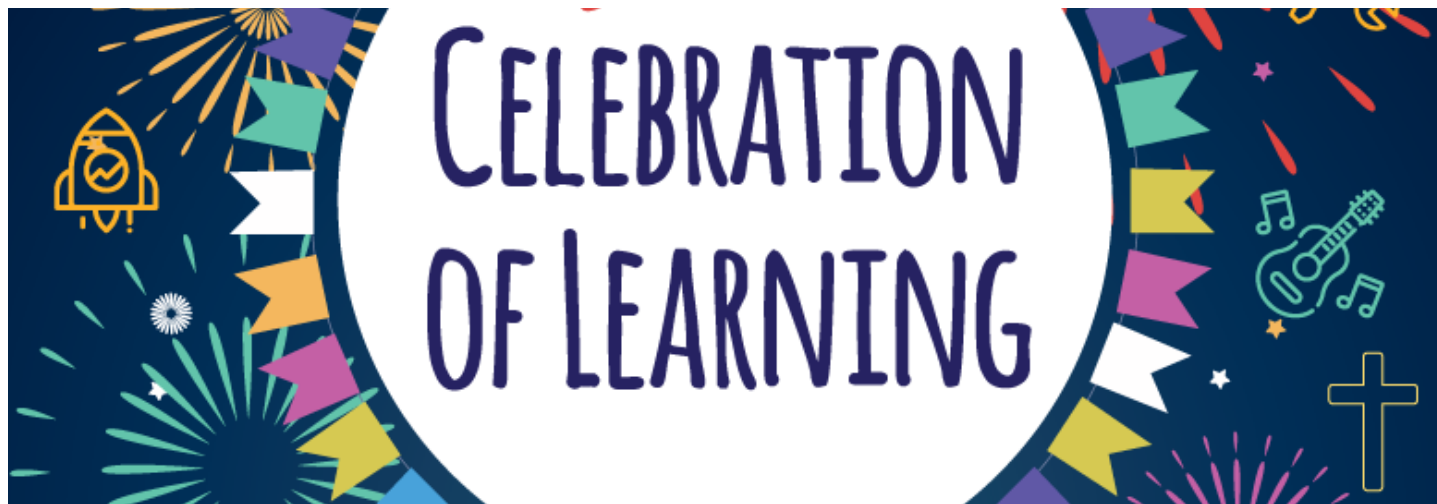
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FI

Louise For a dedicated effort in making your seed for writing. Thank you for sharing your thinking around your creation. Well done!! *From Ms. Cam Tu*

Annabella For a thoughtful plan surrounding your writing seed. The connections you made were very meaningful and you were decisive in knowing how you will approach your writing. Amazing!! *From Ms. Cam Tu*

FJ

Justin C. Reading Award - For a great job using Lips the Fish when reading words. Well done! *From Miss Severino*

Brian L. Communicator Learning Asset Award - For answering questions during our Google Meets this week. *From Miss Severino*

1K

Ram Nawm For completing more activities each week on Seesaw and putting a great effort in Maths learning on Google Meets and on Mathletics. Wow! *From Miss Karen*

Emily N For participating so well in Maths Google Meets with her teachers. She is always ready and on time to commence her learning. Keep up the great work Emily! *From Miss Karen*

1L

Grace R - For being a great self-manager during Remote Online Learning, and taking on feedback from her teachers to improve her work! *From Miss Steph*

Ngun P - For displaying the Our Lady's Gospel Value of Courage, and sharing her thoughts and ideas with her classmates during our Google Meets. *From Miss Steph*

2M

James N- for writing excellent stories that have a beginning, middle and an end and creating very imaginative items during Discovery. *From Miss Scarpaci*

Jaagrah B- for using different reading strategies to improve on your reading and being engaged in remote learning completing your best work. *From Miss Scarpaci*

2N

Abbey N- For being an independent and motivated learner this week and putting in so much effort into all of your learning! Keep it up Abbey! *From Ms Howe*

Ruby L- For using all of your learning in maths this term to ace our Maths quiz! You were persistent and humble! Keep up the fantastic home learning Ruby! *From Ms Howe*

3E

Ava H - for putting extra effort in all her learning activities on Seesaw this week. I am so impressed with all your work, especially your script reading of Goldilocks. Keep it up! *From Miss O'Connell*

Tessa M - for creating a very entertaining silent movie this week, using actions, facial expressions and props (even your dog!) to entertain. Well done Tessa! *From Miss O'Connell*

3F

Lucas D - For taking on feedback to improve his work to a higher standard. Keep up the great work! *From Ms Murphy*

Sophie D - For consistently answering questions in complete and detailed sentences, and always completing your work to the highest standard! *From Ms Murphy*

4G

Summer F - For being a proactive learner who always seeks clarification when needed and takes responsibility for her own learning. You're a star! *From Mrs Sales*

Michael S - For being a persistent learner who always tries his best and takes responsibility for his own learning. You're amazing! *From Mrs Sales*

4H

Alex W. For being a persistent learner in dealing with the technical issues of the computer and internet during Remote Online Learning *From Mr Wickham*

Sidney F. For displaying the Learning Asset of Collaborator by seeking clarification and guidance in his learning tasks during Online Learning *From Mr Wickham*

5C

Paolo F. - For showing the Our Lady's Gospel Values of Compassion and Respect by writing a kind letter to other students, giving them great advice to keep them happy and healthy when learning from home. Well done! *From Miss Wendy.*

Kathy T. - For being a super-enthusiastic class member and a great learner. Well done, Kathy! *From Miss Wendy.*

5D

Izabella T - For doing her best to put more effort into her activities and taking on teacher feedback to improve her work. Keep it up! *From Mrs Mendoza*

Jiaxi H - For doing a fantastic job brainstorming and writing a poem about gaming using imagery, rhyme and onomatopoeia. Very impressive! *From Mrs Mendoza*

6A

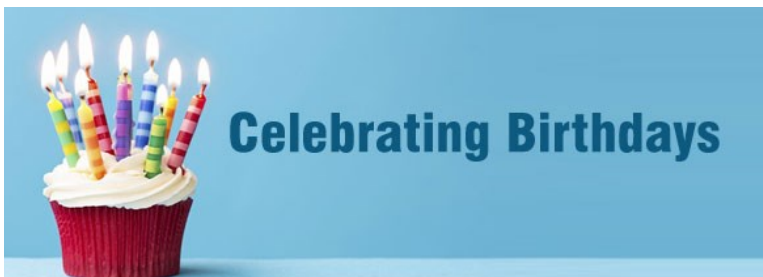
Steph P, For having high personal standards for her learning and using the learning asset of Self-Manager to problem solve and hand in all her learning in on time. Well done and keep it up! *From Ms Kaan*

Nic A, For bouncing back! You have used the learning Asset of Self-manager to not only improve your attendance for our Google Meets this week but for improving how you manage your workload as well! *From Ms Kaan*

6B

Owen A - For working hard to create some interesting and appropriate metaphors that you used to write an effective emotion poem. Well done! *From Ms. Gurry*

Van C - For working hard and persisting to create some appropriate metaphors that you used to write an effective emotion poem. Well done! *From Ms. Gurry*



Vincent A FI
Evie H FI
Vaslem F 1L
Kieren L 2M
Evelyn L 3F
Ivy P 5C
Van C 6B
Oscar M 6B
Bawi T 6B
Ms McManus
Mr Buttigieg
Fr Peter

Help kids to beat COVID induced anxiety



Since COVID has entered our lives I've had countless conversations with parents and enquiries from schools seeking presentations on how to support kids who with COVID induced anxiety.

It's wonderful to see how kids' mental health and wellbeing is being prioritised, and importantly, resourced. However these conversations show we still have some way to go as a community to fully grasp the nature of anxiety.

While the current situation we are all living through is extremely difficult, it does present an opportunity to develop sustained growth and vitality in anxious children and young people.

In [Anxious Kids](#), the book I co-authored with Dr. Jodi Richardson we wrote, "Anxiety doesn't have to be the shadow that clouds the days of children and young people. Understanding that anxiety is a well understood and manageable condition brings anxious kids such relief."

We wrote this pre-COVID and nothing since has caused me to change my mind. In fact, experiences of this COVID era have reinforced that the more we know about anxiety the less fearful we are and better equipped to move kids from anxiety to real resilience.

There is no cure for anxiety

Just as there's no cure for the common cold, and it would appear the coronavirus, there is also no cure for anxiety. We know that anxiety runs in families. Children are born with a predisposition for anxiety. There is every likelihood that an anxious child will have at least one parent who experiences anxiety, maybe not clinically, but one who is familiar with a churn in their stomach, the constant overthinking and the desire to over prepare when they face new or unfamiliar situations.

The impact of anxiety can be minimised

Anxiety may be a constant companion for many children but it's certainly not their best friend. Often, it's a demon with which they are locked in a long-running, laborious battle where simple activities such as attending school camp or doing at home learning become something they dread. Alternatively, they can avoid events or situations that make them anxious or bring them discomfort.

It's better to give an anxious child or young person tools such as mindfulness, checking in and deep breathing with which they can manage their anxiety, rather than allow them to miss out and be miserable, or tackle discomfort full on and be stressed out.

You can build anxiety resistance

While we can't necessarily tackle anxiety at its source and make the situations that overwhelm a child disappear, we can help them to develop a lifestyle that builds their resistance against the very worst of anxiety. Plenty of sleep, adequate diet, regular exercise and sufficient time in nature are some of the lifestyle factors that builds strength against the psychological ravages of anxiety.

You can help kids reduce their ongoing anxiety

While the world waits and prays that we'll come up with a coronavirus vaccine, we don't have to wait to help a child or young person with anxiety. A combination of being nurturing and firm (features of the authoritative parenting style) offers the best protection against ongoing anxiety. A child is best prepared to face difficulties when they have a confident, calm adult in their life who says, "I think you can do this," encouraging them to face their fears. This approach needs to be supported by an empathetic adult who understands the impact of anxiety and makes sure that kids feel safe and secure.

While parenting an anxious child or young person can feel overwhelming and difficult, I encourage you to think about it differently. We can't change what is happening right now, and we can't undo it. Help your anxious child to flourish in this COVID era by building their understanding of anxiety. Give them the tools to help them push anxiety into the background. Promote a lifestyle that will protect them from its affects by ensuring they experience nurturing, firm, brave and hopeful parenting. We hope coronavirus will one day disappear, but your child's ability to be impacted by difficult events will still be an issue unless you take some preventative action now. The good news is that there is so much you can do to help.

Online Mental Health Resources

- [Kids Helpline](#)
- [Parenting Anxious Kids online course](#)
- [Smiling Mind app](#)
- [eheadspace](#)



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 *Spooned 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 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

We can have faith that Jesus will always be there to help us in difficult times. Write a prayer asking God to help you when things get tough.

Dear Lord,

Amen.

Help Jesus find his way across the water and onto the boat.
Be sure to pick up St Peter along the way!

