



**Celebrating 100 Years of Catholic Education 1919-2019**

## OUR LADY'S SCHOOL NEWSLETTER

**15 August 2019**

[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*

*'So let us pursue what makes for peace and mutual upbringing'*  
*Romans 14: 19*

### DATES FOR THE DIARY

#### **Thurs 15 Aug**

Feast of the Assumption

9.00am Mass

Gr 5 Excursion Edendale Farm

#### **Fri 16 Aug**

P&F Meeting 8.45am

#### **Mon 19 Aug**

Book Week Parade 8.45am in the Hall - *Reading Is My Secret Power*

#### **Fri 23 Aug**

District Athletics at Newport Athletics Track

#### **Wed 28 Aug**

Gr 3 and 4 Camp Night 3.00-7.20pm

#### **Wed 4 Sept**

Professional Learning Day for Staff Fr Richard Leonard - **no school for the children**

#### **Sun 1 Sept**

Father's Day

#### **Tues 3 Sept**

FI Learning Walk

#### **Thurs 5 Sept**

FJ Learning Walk

#### **Tues 10 Sept**

Reconciliation Parent Evening with Rev Dr Elio Capra

#### **Fri 20 Sept**

End of term 3 at 3.15pm

#### **Mon 7 Oct**

Term 4 begins

#### **Tues 15 Oct**

Confirmation Parent Session with Rev Dr Elio Capra

### SACRAMENTS

#### **Thurs 10 Oct**

7.00pm Reconciliation

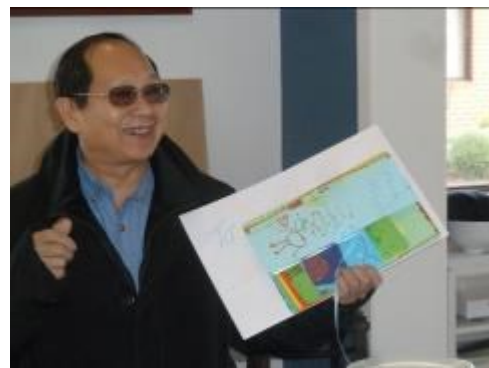
#### **Fri 15 Nov**

7.00pm Confirmation

Dear Parent,

Today we had a special morning tea at Our Lady's School to farewell Father Lucas who next week will move to a new parish. Father Lucas loved the cards made by the students of Our Lady's and will treasure these. We thank Father Lucas for his support of Our Lady's School, especially with the Sacraments and the school masses. We will miss his happy nature and his friendly smile. We wish him all the very best.

### FAREWELL TO FATHER LUCAS



### Logo Competition

As part of Our Lady's school's 100 Year celebrations we are putting together a musical which creatively explores the history of Our Lady's School as seen through the eyes of the students. Our whole school production this year is called *'Step Back in Time'* and will be performed on the 11th of December. This production has an original script which has been collaboratively written by the students, staff and our artist in residence -Alicia. In this newsletter I have included details about a competition open to all students to design a logo for our production. This logo will be used to advertise our production, on the program, in our newsletter and on our school website. Get those creative juices working and bring your design to the office. Entries close on September the 3rd.

*Thank you to all the member of the Parent Advisory Board who attended last night's meeting. I greatly appreciated hearing your opinions, ideas and suggestions.*



### CONGRATULATIONS TO.....

Our August Aussie of the Month winners:  
Grace C from 2N and Ethan M from 6B



### *Prayer for the Assumption of Mary*



Holy Mary, on this day, we honour your life as the chosen Mother of Jesus. We remember your dedication to God and the joy and heartache you had in your life as you followed God's plan for you.

We pray for the love you had for God, the hope you had in Jesus, and the joy you found in your heart. Pray for us as we grow in love, hope and joy.

Amen



# *Celebrating* 100 Years of Catholic Education 1919-2019

As part of their iTime passion projects Sienna (song) and Serenity (poem) created the poem and song below.

I hope you will enjoy reading them as much as we did.

They both have strong messages about wellbeing issues.

## **CONFIDENCE** **Sienna W 6A**

Confidence it makes you strong  
It builds you up  
When you feel you're not enough

When the sun's behind a cloud  
Smile to bring it out  
Cause you'll always be enough

Confidence  
Stand up and Sing out  
Let the sun shine through  
And over you  
Give you the confidence to fly  
If you doubt you'll fall

Confidence it's all you need  
With it you're free  
You can do anything  
But only if you believe

Confidence  
Stand up and Sing out  
Let the sun shine through  
And over you  
Give you the confidence to fly  
If you doubt you'll fall



## **STAND AS 1** **Serenity T 6A**

Why, is always the question.  
Why do they do it? Is it fun? Does it feel good?  
Why do we stand there miserable.  
Because we will never be able to accept our-  
selves.

Loser, ugly, die, stupid or dumb. These are  
words that kill silently. We just don't pay  
much attention.

Attention? Is that what everyone wants?  
Do we claim our lives because no one is paying  
attention to all the little things in life that  
matter more than your phone.

Love that's what we crave.  
That's what we need to survive and thrive.  
We're alive today because we know we  
matter to someone.

Love someone.



Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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

## 2019 SCHOOL PRODUCTION LOGO

We are having a Whole School Production later in the year (Wednesday 11 December) to celebrate our School's 100th Birthday. A name has been chosen for our Production and it is:

### **Step Back In Time**

Our School Production is about a group of students from Our Lady's School who journey back in time and experience different parts of our School's history going right back when the School first started in 1919.

Now that we have a name we will need a logo for the Production that we will use for advertising, to put on the program, on our school website and in the newsletter.

We are inviting all students of Our Lady's to enter this exciting competition!



**Challenge:** To design a logo for our whole school production *Step Back In Time*

**Design Brief:** A design brief gives you the details about something you are going to create.

Please follow the guidelines below when you design your logo.

- Your work must be A4 size white drawing paper available in class. Do not use lined paper or printer paper
- It must be an original design - no copying or Googling
- Your design must take up the whole page and needs to be in colour
- A simple design is best, anything too busy is hard to reproduce
- Any fonts must be clear and easy to read
- You are allowed to work with a partner, but the work must reflect the input of both students. No more than three per group
- You can submit more than one entry
- Your name and grade MUST be on the back of your design.

**All entries must be handed in to the Office by Tuesday 3 September.**

**The winner will be announced on Friday 6 September 2019.**

## EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Cooking Asian style noodles	Complete our story book <i>Pyjama Foundation</i>	Shopping corner using recycled goods	Music and Dance	Enrichment Program—Learn to Knit

### The Extend Superstar is...

Lizzy and Lily...for positively contributing to activities such as arts & crafts, group games and consistently displaying positive behaviour. Well done ☆

### What's Been Happening?

Can you believe it?! We are almost half way through term 3...

Children are enjoying after school care and engaging in group games such as fruit salad and musical chairs, arts and crafts and creating storybooks for the Pyjama Foundation and children in foster care, cooking activities such as yummy chocolate crackles, sports challenges with prizes involved and lots of music and dance. Children have created wonderful dinner placemats once again, we will be laminating them and gifting the placements to our local nursing home. Families, just a reminder if your children have any preloved books and games you no longer need at home, please consider donating to us here at Extend After School Care



Enrol and book now: [extend.com.au](http://extend.com.au)

## Help get Josh to Darwin to run!



Josh D (6A) recently competed in the SSV School Sports Victoria state trials for track and field and was fortunate enough to win the 100 metres while representing Our Lady's.

Now Josh has the opportunity to represent Victoria and Our Lady's School in the National School Sport Australian Championships in September, which is being hosted in Darwin.

To help Josh with the expense of travelling to Darwin to compete, School Sport Victoria is having a raffle with tickets being \$2.00 each.

If you would like to support Josh and buy a \$2.00 Raffle Ticket, please come to the Office where they are available to buy.

Raffle in aid of SCHOOL SPORT VICTORIA (SSV) Team Vic State Teams		
1st PRIZE: \$50,000 Speed Race Motor	2nd PRIZE: \$10,000.00	
3rd PRIZE: Apple Macbook Pro	4th PRIZE: \$1,000.00	
5th PRIZE: \$500.00	6th PRIZE: \$250.00	
7th PRIZE: \$100.00	8th PRIZE: \$50.00	
9th PRIZE: \$25.00	10th PRIZE: \$10.00	
Price of tickets: \$2.00		



Exciting news! **Teeth on Wheels** will be returning to our school for the children's 6 monthly dental visit's. To make filling out the consent form easier you can now complete your Child's consent form online by following the link below.

It only takes 5 minutes to complete and by reducing the amount of paper being used, we will be helping the team out by being more environmentally friendly.

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

The date of the children's dental visit will be starting on **Tuesday the 3<sup>rd</sup> of September 2019**, so please ensure if you didn't complete a form at the start of the year to have this completed ASAP!

If you have any questions regarding the consent form or your child's dental appointment please don't hesitate to contact the **Teeth on Wheels** team on (03) 9338 1191.

**Our school is lucky enough to have Australia's ONLY accredited mobile dentist attend every 6 months**

**Seeing the dentist every 6 months is so important for children.** A recent Royal Children's Hospital study highlighted the following:

- **1 in 10 Children** have had at least one decayed tooth extracted before the age of 9 years
- **1 in 3 children** between the ages of 5 and 6 years have symptoms of decay in their baby teeth
- **4 in 10 children** aged 12 – 14 years have decay in their permanent teeth.

Studies have confirmed that poor dental health impacts on the growth & development of the child along with chewing, swallowing, speaking and can disrupt sleep and productivity. Over time, dental decay has been linked to heart and pulmonary disease, respiratory tract infections and chronic ongoing pain.

**OUCH!**

**Great news – you maybe eligible for free dental**

You may not be aware but the Government supports Oral Health via the Child Dental Benefits Schedule (CDBS) – providing 2 years of free dental up to the value of \$1,000 per child, aged between 2 and 17 years. To be eligible you must be receiving *Family Tax Benefit Part A*. Complete the Teeth on Wheels consent form and our team can advise of your eligibility or contact Medicare General Enquiries direct on 132 011.

**We are making the dentist even easier!**

Follow the link below to complete your child's online consent form today. By filling out your consent form online you are saving yourself time and helping the Teeth on Wheels team become more environmentally friendly.

**[teethonwheels.com.au/consent-eform](https://teethonwheels.com.au/consent-eform)**

**Remember** that consent forms only need to be filled out once per calendar year unless your details have changed.

**TeethOnWheels™**  
a positive dental experience

TeethOnWheelsAustralia #teethonwheels



# 2M Learning Walk



# *Celebrating* 100 Years of Catholic Education 1919-2019



## PARENTS ENGAGING WITH THEIR CHILDREN'S LEARNING



# 2N Learning Walk



## CELEBRATING OUR STUDENTS' LEARNING



# *Celebrating* 100 Years of Catholic Education 1919-2019



# 100 DAYS OF SCHOOL!



## CELEBRATING OUR STUDENTS' LEARNING





## BURMESE FAMILIES CONNECTING TO OUR SCHOOL



# Burmese Forum



# Book Week Parade is coming!

Our annual Our Lady's Book Parade will be on **Monday 19 August from 9.00am in the Hall.**

Come dressed as your favourite book character, showing us all why Reading is your Secret Power!

You can find some ideas for costumes here:

<http://www.scholastic.com.au/dressuptime>

<https://www.spotlightstores.com/book-week>

<https://www.costumebbox.com.au/book-week-costume-ideas.html>



**Making Brimbank Better-500 Plants Later**

Last week the Grade 5 children helped make Brimbank a better place to live. This was achieved by participating in 3 activities in and around Kororoit Creek in Sunshine.

This was all part of our constant endeavor to make school interesting for our students whilst keeping learning connected to the curriculum. Largely thanks to our Sustainability leader Ms Jo McManus and partnership leader Greg Woolford we gained two grants to fund water testing and tree planting.

With Melbourne Water and Friends of Kororoit Creek we planted 500 trees adjoining the site where we planted a similar number last year. This activity is both increasing our schools connection to the site as well as building habitat for local flora and fauna.

We also undertook water testing using the River Detectives kit from Melbourne Water. Our own Ms McManus, a former science teacher, led this with the children, and the data will be uploaded to a statewide database that monitors the health of local waterways.

At the same time Greg Woolford thanks to support from the Werribee River Keeper for training/ resources, undertook a macroinvertebrates study with the children to look at the health of visible creatures in the waterway. This data will also be uploaded to a statewide database.

By all accounts we had a great morning and thanks to all the teachers and Ms Bertani for enabling our school to provide these experiences. We look forward to having more enjoyable hands on learning in the future.

Greg Woolford  
Family School Partnerships





# ENROLMENTS FOR YEAR 7 2021 ONWARDS ARE NOW BEING ACCEPTED

*Enrolments for Year 7 2021 close  
23 August 2019*

Next Open Morning Tour:  
Tuesday 3 September at 9am

**9363 1711**  
**[www.mariansw.catholic.edu.au](http://www.mariansw.catholic.edu.au)**



**MARIAN COLLEGE SUNSHINE WEST**

*A Kildare Education Ministries Catholic school for girls in the Brigidine tradition*

196 Glengala Road, West Sunshine 3020 T - 9363 1711 [www.mariansw.catholic.edu.au](http://www.mariansw.catholic.edu.au)



**Get on & Rock!**



## **The Music Bus brings music to your school**

The Music Bus is the teacher, instruments, curriculum and classroom (the bus!), all in one complete package; and it's now rocking at your school.

**Tuition in Keyboard, Ukulele, Singing, Drums, Guitar and Rock Band.**



**Guitar**

**Keyboard**

**Drums**

**Ukulele**

**Singing**

**Rockband**

**only \$18 per week (\$20 for Drums)**

The Music Bus offers modern and rock-style courses, using well-known songs backing tracks, games, awards and much more to truly engage with students.

*"It's so great being at school. They're learning something new each week and the rapport the teacher has with the kids is wonderful."*

Sarah, Parent, NSW

**BOOK  
NOW!**

**Phone 1300 168 742 or  
visit [www.themusicbus.com.au](http://www.themusicbus.com.au)**

**Limited space available so be sure not to miss out.**



## The language of resilient families

by Michael Grose

*Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised 'feel-good' or 'get-on-with-it' platitudes.*

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences.

The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

### 1. Come on, laugh it off

STRATEGY: humour

GOOD FOR: kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

### 2. Don't let this spoil everything

STRATEGY: containing thinking

GOOD FOR: kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.



### 3. Let's take a break

STRATEGY: distraction

GOOD FOR: kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off

## parenting\*ideas

things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

### **4. Who have you spoken to about this?**

STRATEGY: seeking help

GOOD FOR: kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That's why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don't overtly talk about what's bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

### **5. I know it looks bad now but you will get through this**

STRATEGY: offering hope

GOOD FOR: kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children's chins up and encourage them when life doesn't go their way. Being the 'hope' person can be hard work, that's why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person's resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

### **6. What can you learn from this so it doesn't happen next time?**

STRATEGY: positive reframing

GOOD FOR: kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it's better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

### **Bring resilience into your every day language**

Resilient parents focus on building children's and young people's strengths for the future, while helping them cope with the present difficulties and challenges they experience. The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family's proprietary language. You'll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to 'hang in there', 'this too will pass' and 'find the funny side'.



Granted they may be phrases you don't want to hear, but at least you know that you've drummed into your kids some important core messages that have stayed for life.



#### **Michael Grose**

*Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.*



# Commitment and Conflict



20th Sunday in Ordinary Time, Year C

## Gospel

Lk 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.'



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**

**Blame**

**Shout**

**Listen**

**Ignore**

**Courage**

**Argue**

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 26:57-68**