



## OUR LADY'S SCHOOL NEWSLETTER

17 August 2017

[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*

*"Everything they owned was held in common." Acts 4:32*

### DATES FOR THE DIARY

**Fri 18 Aug**

9.00am General Learning Walk

Parish Movie

**Mon 21-Fri 25 Aug**

Book Week - Escape to Everywhere

**Mon 21 Aug**

Book Week Parade 9:00 am

**Tues 22 Aug**

District Athletics

**Wed 23 Aug**

Open Doors Grade 3-6 Parent and Student Evening Session

**Fri 25 Aug**

Catholic Secondary College Year 7 2019 Applications close

**Wed 30 Aug**

Reconciliation Parent Night

**Thurs 31 Aug**

Father's Day Stall

**Fri 1 Sept**

Father's Day Assembly 2.30pm

**Wed 6 Sept**

P&F Meeting

**Fri 8th Sept**

Professional Learning Day: Religious Education—NO school for students

**Wed 13 Sept**

PAB Meeting

**Thurs 21 Sept**

Susan McLean Cyber Safety Parent Workshop 7.00-8.30pm

**Fri 22 Sept**

Our Lady's Show Day  
AOM Assembly  
End of Term 3 at 3.15pm.

### **SACRAMENTS 2017**

Reconciliation (Year 3)

Thursday 14 September

Confirmation (Year 6)

Friday 17 November



Dear Parents,

On Tuesday the 15th of August Our Lady's School gathered at our Church to celebrate mass for the Feast Day of the Assumption by joining Father Peter Carrucan (our visiting priest) and many parishioners. The Assumption of Mary into heaven a woman who is 'filled with grace' brings hope into our own lives. Our school is named in honour of Our Lady and we pray that Our Lady blesses all the children and families who are part of Our Lady's Parish and school.



### **Insight SRC Surveys – One important way for YOU to have a voice in all facets of school life**

We have 100 Insight SRC surveys that we will hand out to parents to complete next week. It is **very** important that if you receive a survey you take the time to complete it. The survey gives parents an opportunity to provide the school with feedback about many aspects of school life. We also survey staff and students (Years 3-6 only). The aim of the Insight SRC surveys is to support ongoing School Improvement. The student, parent and staff data is collated and is used to identify areas of strength and areas for development at our school. Once the data is collated Principals will be sent their school's data and this will support the school in the development of School Improvement Plan and Annual Action Plan for the following year. We take the feedback seriously and use it to assist us in our school plans for 2018. We use the data from the surveys to inform how we use our resources more effectively to enhance student learning and engagement.



**SAVE THE DATE— Thursday 21st of September 7pm-8:30pm Susan McLean Cyber Safety – Parent Information Session In the Father John Maher Auditorium <http://www.cybersafetysolutions.com.au/>**



Dear God,

We know that you are with us when we are asleep and when we are awake. Help us to know you are our God and we are your children. May we see you in the world and the people around us.

Amen



A huge congratulations to Will D (5C) for competing in the Nationals Finals held in Tasmania on Monday. He came third in the relay race and sixteenth in the individual cross country. It is such an amazing result! Will we are so proud of you! Congratulations from us all at Our Lady's Will!



A very special THANK-YOU to Mr Paul Williams who has been filling in for Steve while he is on long service leave. Paul, we sincerely thank you for all the work you have done at Our Lady's. It has been a pleasure having you at Our Lady's. We welcome Steve back on Monday.



### Art Exhibition @ the Granary

On Monday, we had the Granary Art Exhibition which has been an annual event for the last five years. Many pieces of art work (generally two per class) are framed for the event. Thank-you to Sunshine Gallery Everywhere, Ms Pina and all the staff and family members who attended to celebrate the children and their art work. If you weren't able to come for the opening, please feel free to go to the Granary Café as all the student's art work will be on display until 2nd September (see the invitation below).

### Italian Week

Thank-you to Ms Federica for organising the amazing opportunities for the students throughout the week. From community classroom, pizza, custard donuts, to Italian workshop sessions.

Check out the photos of all our events this week in the following pages.



**Annual Book Week Parade**  
**Monday 21st August at 9:00am**  
**in the school hall**

Please join us *for* our annual book week parade to celebrate Book Week. It is always a fun-filled event where the students and staff dress up as a character.



### General Learning Walk.

We have our General Learning Walk tomorrow at 9:00am The General Learning Walk will provide you with an opportunity to see several learning opportunities across the school. Invitations were sent out to all families. We would love to see you there!

Wishing everyone a wonderful week ahead.

Yours sincerely,

*Christine Carabott*

**Mrs Christine Carabott**

**Acting Principal**

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





# Year 3 CERES Excursion





# Year 3 CERES Excursion





# Yr 1 Assembly & Sr Jeanne's visit



Last week we had a casual day on St Mary MacKillip's Feast day. All money raised, as well as donations from our Parish Movie Days and a school donation, we were able to give Joseph's corner \$1500.00

Thank-you for all support and generosity.



# Granary Art Exhibition





# Italian Community Classrooms





# Italian Workshops



so much fun...





An important message organised by Mary & Alisha in 4G who is living out the Our Lady's School values of Compassion, Service and Justice through their iTime project.

Hi, Our names are Mary and Alisha, and we are from 4G. As part of our i-Time action project, we would like to help people in poverty this winter. We would like to collect some things to donate to the Salvation Army and St Vinnies.

We would like to ask for your **HELP** by donating things you may no longer use or you have extra at home, such as:

**Jumpers, blankets, gloves, beanies and scarves.**

*Donations  
Needed  
Can you help?*

All donations can be brought to our classroom, 4G. We would ask you to bring any donations by Monday 21st August so we can get these goods to people in need during this cold time of year.

We kindly thank you in advance for thinking of others and sharing these things that will be very important to people in poverty.

THANK YOU  
**Mary and Alisha**  
**4G**



## Hug tree project

My name is Eva and I am in 4G. I would love it if you could donate some knitted or crocheted strips to help create my "hug tree".

This is for my iTime project for term 3. I would love a hug tree so that we have more art around the school for inspiration. The purpose of the tree is for the students/teachers to have something to hug, when they need it!

This iTime has been going on for 4 weeks now and I have a few weeks left to collect my "skinny scarfs".

Please send your donations to the 4G classroom.

I have included a picture here to show you one of my crocheted strips - these will be wrapped around the tree in the Mary MacKillop eating garden. Thank you for your support.







For all **Bookings** and **Cancellations**  
please call us directly on **0401 700 401**  
Email us: [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au)

For any **Account Information** please call our office on: **8371 0500**  
[www.childrensprogramms.ymca.org.au](http://www.childrensprogramms.ymca.org.au)

## Term Three: Week 6: 21<sup>st</sup> August 2017

DAY	After School Care Activities	Afternoon Tea
<b>Monday</b> Staff: Brad, Hang	<b>Inside:</b> Design Your Own HandDesigning & Making Paper Planes <b>Outside:</b> Playground & Follow the LeaderPlayground and Group Games	Seasonal Fruit & Veggies Crackers, Dip and Celery
<b>Tuesday</b> Staff: Brad, Lucette, MichelleHang	<b>Inside:</b> Cooking Truffles with LucetteMaking 3D Vehicles <b>Outside:</b> Playground & Rats & RabbitsPlay-ground and Soccer	Seasonal Fruit & Veggies Sandwiches
<b>Wednesday</b> Staff: Brad, Hang, Chelsea	<b>Inside:</b> Sea Creature HatAutumn Activity Sheets <b>Outside:</b> Playground & Egg & Spoon RacePlayground and Group Games	Seasonal Fruit & Veggies Variety of Biscuits
<b>Thursday</b> Staff: Brad, MichelleHang, Chelsea	<b>Inside:</b> ShrinkiesMaking Pop Up Cards <b>Outside:</b> Playground & Tunnel BallPlayground and AFL Footy <b>Homework + Readers</b>	Seasonal Fruit & Veggies Rice Cakes
<b>Friday</b> Staff: Michelle, Marlene-Brad, Hang	<b>Children's Choice:</b> Games, Activities Inside & Out. <b>Cooking Honey Joys with Marlene</b>	Seasonal Fruit & Veggies Cheese and Crackers

## YMCA CHILDREN'S PROGRAMS OSHC

### PROGRAMS AT A GLANCE

A variety of seasonal fruit and vegetables are always offered to children for afternoon snack! A variety of arts, crafts, board games, construction, recreational activities, sensory and imaginary play opportunities are available every day for children to choose. **Homework & Home Readers Time** – Our YMCA staff are there to encourage home readers and homework and most days we set aside a time to encourage this!

If you or someone else is picking up your child (children) early from school and they are not attending the after school care, please let OSHC Team know. Please remember children need to bring their school hat (Broadbrim or Legionaries Hat) from 1<sup>st</sup> September to 1<sup>st</sup> May and sunscreen will need to be applied when playing outside.

**Bookings and Cancellations:** It is important to book your child's place so we can plan and expect their arrival at Before and After School Care. To ensure the safety of your child please notify us of any absences or additional days of care **via the My Family Lounge Portal** <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> As a reminder please note that the cancellation period of 7 days notice applies for all Before and After School Care bookings. For additional information on our program please visit <http://www.childrensservices.ymca.org.au/school-care/our-locations/our-ladys-ps.html>

There may be certain circumstances where children receive gifts or prizes throughout the year as part of our advertised programs. These occasions would be advertised on our program planners to provide parents/guardians with prior notification. Occasions where children may receive gifts/prizes as advertised are as follows: last day of school terms, end of year celebrations, designated holiday program days, cultural and festive celebration days and during organised program competitions. **Thank You, Brad and Our Lady's OSHC Team**



**Friday 8<sup>th</sup> September 2017**

**Our Lady's Primary School**

**School Closure Day**

**Outside School Hours Care – 8.30am to 6.00pm**

Our Lady's OSHC would like to offer families the opportunity to enrol children into a full day of care on Friday 8<sup>th</sup> September 2017.

For existing families, if you would like your child to attend, please enrol your child by seeing our OSHC Team in the OSHC Room and complete your details on the sign-up sheet or go online by **Thursday 31<sup>st</sup> August 2017**.

For families who haven't enrolled their children into Our Lady's OSHC, please visit our online website <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> to complete the enrolment form, then email [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au) to express your interest, by **Thursday 31<sup>st</sup> August 2017**.

The cost for the full day of care will be \$59.00 per child minus CCB/CCR benefits.

**If we have 15 children booked in on the sign-up sheet, we will be able to go ahead with School Closure Day.**

However, if there are not enough children booked in, all parents/guardians, who placed their details on the sign-up sheet, will be notified by email on **Friday 1<sup>st</sup> September 2017**.

There will be arrange of activities during the day including but not limited to:

- Outside Play  
weather permitting
- Art and Craft
- Sporting Games
- Free Play
- Blocks, Board and Card Games

If you have any questions please contact me in person or ring 0401 700 401 or email [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au)

Kind regards,

Brad, OSHC Coordinator



**Our Lady's Primary OSHC**

32 Station Place, Sunshine VIC 3020

M: 0401 700 401

E: [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au)

[www.childrensprogramms.ymca.org.au](http://www.childrensprogramms.ymca.org.au)



## Shopping Tour - Our Lady's Annual Shopping Tour – Saturday 14 October 2017



Come join us for a day of good food, great company and fantastic shopping!!!

For \$72 you will be provided with freshly baked morning and afternoon tea, a 2-course lunch, coach transfers and entry to all outlets.

Various Outlets will be visited with a mixture of fashion wear, bags & leather goods, manchester, home and kitchen wares, shoes and skincare, etc....–The tour will be individually tailored to our group.

Get a head start on your Christmas shopping or just enjoy a great day shopping with friends and help raise funds for the school at the same time with a percentage of sales paid back to school.

To secure your place, please email names of people wishing to attend to [gina.bill@hotmail.com](mailto:gina.bill@hotmail.com)

A \$40 deposit per person is required by 31 August 2017 with balance of \$32 payable by 21 September 2017. Payments to be made via Qkr App or alternatively please call Gina on 0414 535 729 to make alternative payment arrangements or if further information is required. Please list all the shoppers names either on Qkr, or email Gina.

Actual times will be confirmed closer to the date, but we can expect to be picked up at the school around 7.30am and back at school again around 5:30pm. Family and friends are welcome, although unfortunately we are unable to take children under 12 on the bus.

## Kids Fun Day

Sassella Park, 119 Station Road, Deer Park

**Saturday 26 August, 12 noon – 3pm**

Come along for an afternoon of fun activities for children up to 12 and their families.

Attractions will include:

- sports clinics, (cricket, tennis, athletics and soccer)
- animal farm
- jumping castle
- orienteering activity– children use a map to navigate and find different points around Sassella Park
- fairy floss
- face painting
- Scout activities, (including rockets and a teddy catapult)
- Deer Park Scouts sausage sizzle (small charge applies).

To join in sports clinics, you will need to arrive and register before 12 noon.

**Children under 16 must be accompanied by an adult.**

**Please wear comfortable clothes for the sports clinics and runners.**

This event is subject to suitable weather conditions. Any changes will be advertised online at [brimbank.vic.gov.au/events](http://brimbank.vic.gov.au/events)

---

Our Lady's School Sunshine

# Show Day

22 September 2017

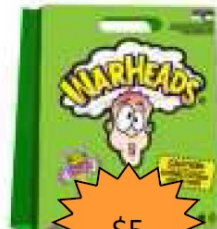


As part of our **Show Day** celebrations, all children will be able to:  
purchase a show bag and/or a slice of pizza.

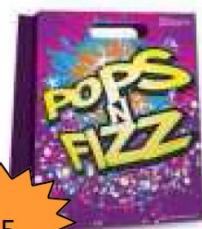
- All show bags are \$5 and the pizza is \$2.
- The pizza will be given out at lunch time.
- Show bags can be purchased for siblings not at school.
- All orders should be placed via QKR.



\$5



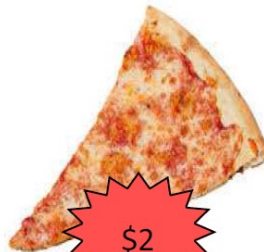
\$5



\$5



\$5



\$2



\$5

All orders to be completed and  
paid for by **Friday 25 August.**

Qkr!







Our Lady's Parents & Friends Committee  
will be holding their annual Father's Day stall on  
**Thursday 31 August**

Children will be able to purchase special gifts ranging from  
50c to \$6.00

for their wonderful Dads, Grandpas & Carers.

Please send along money on the day (not more than \$10).

For more information or for any questions, please email us at [parents@olsunshine.catholic.edu.au](mailto:parents@olsunshine.catholic.edu.au)

Helpers required to set up the night before (Wednesday 30 August) and on the day from 9am. Remember to wear your current Working With Children Check (WWC) and sign in at the office.

**Donations needed** - if you have any new items that you can give, please drop them off at the school canteen

**Father's day raffle** – tickets only \$1, available to purchase on QKR. Will be drawn at the Father's Day assembly.

1st prize - modern canvas backpack

2nd prize - wallet gift pack

3rd prize – travel mug gift pack

Yes! I would love to help at the Father's Day stall.



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

Phone no: \_\_\_\_\_

Email address: \_\_\_\_\_

Child's name: \_\_\_\_\_

Child's class: \_\_\_\_\_

# Children's Book Week

## Escape to Everywhere - 18-25 August

### Storytime with Jeannette Rowe

Celebrate 1000 Books Before School, with a special storytime with children's author Jeannette Rowe. After storytime Jeanette will also draw and give away some of her original artwork. For children aged up to five years old.  
Keilor: Tuesday 22 August, 11am



### Snow Wombat Storytimes

A special reading of the Snow Wombat followed by a wombat trail craft activity.  
For children aged three to five years.  
All sessions start at 10.30am.  
Deer Park: Wednesday 23 and Friday 25 August  
Keilor: Wednesday 23 August  
St Albans: Monday 21 August  
Sunshine: Wednesday 23 August  
Sydenham: Friday 25 August



### Count The Wombat Competition

Count the hidden wombats in any of our Libraries, for your chance to win a prize!  
For children aged up to 13-years-old.  
Entries close: Friday 25 August, 8pm.



### Mechanica Creature Collage

Make your own robotic insect or mechanical animal during our regular After School Activity Zones. There will also be a prize awarded to one creator from each session! For five to 13-year-olds. All sessions start at 4pm.  
Deer Park: Monday 21 August  
Keilor: Thursday 24 August  
St Albans: Wednesday 23 August  
Sunshine: Thursday 24 August  
Sydenham: Thursday 24 August



**Deer Park Library**  
**Keilor Library**  
**St Albans Library**  
**Sunshine Library**  
**Sydenham Library**

4 Neale Road, Deer Park  
704B Old Calder Highway, Keilor  
71A Alfrieda Street, St Albans  
301 Hampshire Road, Sunshine  
1 Station Street, Taylors Lakes

T 9249 4660  
T 9249 4670  
T 9249 4650  
T 9249 4640  
T 9249 4680



## Sunshine YCW



### Cricket Club Inc

Established 1956

ABN 51 879 502 580 / INC NO A6047

The Sunshine YCW Cricket Club is a club with a long and proud history, in fact, last season we celebrated 60 years of providing our local community with an avenue to play the game we love.

The Sunshine YCW Cricket Club has 4 senior teams registered with the Victorian Turf Cricket Association and the Williamstown and District Cricket Association. We also field Junior Teams with the Western Region Junior Cricket Association and participate in the Milo in2 Cricket program.

Our club resides at Kindersmith Reserve in Lily Street Braybrook, which is also the site of Rec West, a sports facility managed by the YMCA on behalf of the Maribyrnong City Council. The Cricket Club is an affiliated body to the Sunshine YCW Sports Club, with other tenants of the Sports Club including the Sunshine Football Club and the Sunshine YCW Golf Club.

Last season was a successful one for our club; our Senior XI won the North A1 premiership earning promotion into North West B1 and both of our junior teams (U11 and U13) just missed out on playing in finals which was an improvement on last season.

We are looking for players of all ages, it doesn't matter how old you are, what your background is, we cater for all. Throughout our junior & senior teams we have players from diverse backgrounds such as New Zealand, Sri Lanka, India, Pakistan and England. We also have a few girls involved in our junior program already and if we can generate enough interest we will look towards fielding an all girl team with our club's long term goal being able to field a women's team once again. Back in season 1987-88 our women's team won a premiership, but sadly over time the numbers fell away and the women's team was disbanded.

With a Milo Program and two junior teams in place last season, we are looking to expand this further.

As well as providing an avenue for kids to play sport, we know to ensure our club's long term future we need to have a viable junior program that will provide us home grown players. Therefore we will do all we can to ensure this program continues to grow and that kids of all ages have a chance to play cricket. As of last season Cricket Australia introduced modified rules for underage cricket starting with the U11 and U13 age groups which the association we are affiliated with have taken on board. These include, but not limited to a set number of balls each batter faces, reduced size of grounds to enable more boundaries to be hit, and reduced pitches to assist young players learning the art of bowling. So there are exciting times ahead for junior cricket and we would love the opportunity to help you to be a part of this.

For further information please contact:

President:	Shaun Janetzki	Email: <a href="mailto:president@sunshineycwcc.com.au">president@sunshineycwcc.com.au</a> Mobile: 0438 088 280
Administrator:	Brendan Hockey	Email: <a href="mailto:administrator@sunshineycwcc.com.au">administrator@sunshineycwcc.com.au</a> Mobile: 0432 509 287
Jnr Administrator:	Nicholas Triplett	Email: <a href="mailto:junioradministrator@sunshineycwcc.com.au">junioradministrator@sunshineycwcc.com.au</a> Mobile: 0409 300 705

**Cougar Courage**

Kindersmith Reserve, Lily Street, Braybrook, Telephone: 9310 2094

# SUNSHINE YCW CRICKET CLUB

## Junior Registration Day

**Saturday 26<sup>th</sup> August**

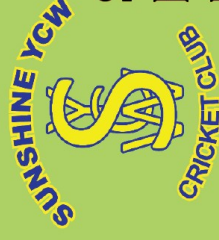
**10am – 12pm**

**Free Sausage Sizzle**



**Looking for players for the 2017/18 season**

**Junior Cricketers of all ages!**



Sunshine YCW Cricket Club  
Kindersmith Reserve  
Lily Street, Braybrook  
Shaun Janetzki – 0438 088 280  
Daniel Carter – 0405 106 975  
Nicholas Triplett – 0409 300 705  
[junioradministrator@sunshineycwcc.com.au](mailto:junioradministrator@sunshineycwcc.com.au)



# Parenting *ideas* INSIGHTS

## Building parent-school partnerships

WORDS Michael Grose

## 15 healthy ways to manage emotions



Here are 15 healthy ways to manage your emotions that you can pass on to your children.

What training did you get from your parents in managing emotions?

If you are like me, you didn't get much really constructive help in recognising or regulating feelings.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house.

I guess that's why many people automatically default to ineffective ways to manage difficult emotions as adults.

### Ineffective ways such as:

- 1 **Avoidance** "I'm okay, really!"
- 2 **Denial** "Nothing wrong with me!"
- 3 **Wishful thinking** "She'll be right!"
- 4 **Worry** "What if...."
- 5 **Self-denigration**  
"What do you expect? I'm a loser!"
- 6 **Blaming others**  
"She makes me feel so mad!"
- 7 **Acting out (also abusing alcohol and other drugs)** "Come here you! I'll show you!"

And they pass those same ineffective methods on to their children. Anxiety (a legitimate feeling), anger (also legitimate) and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

### Here are 15 healthy ways to manage your emotions that you can pass on to your children:

#### 1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

#### 2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

#### 3 Use a positive reappraisal

Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance

to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

#### 4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that." "This will stress me out big time." "I'm no good at...." "I know I have. I talk myself into feeling stressed out."

Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again."

Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That's what emotional management is about.

more on page 2 >>



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW ParentingIdeas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.







### 5 Exercise

Exercise releases endorphins; nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising, when we really need it. Let's face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

### 6 Distract yourself

A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after a short break.

### Longer term strategies

#### 7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

#### 8 Make physical activity a habit

How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to getting anywhere near to close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

#### 9 Meditate to stop those thoughts

If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of

huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parentingideas recommends meditation as a life skill that will help you balance to your emotional state.

#### 10 Let me entertain you!

Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It's unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

#### 11 Find spirituality or something bigger than you

It's no coincidence that most sustainable cultures have an aspect of spirituality present – that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we've become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

#### 12 Modify the situation

Ever lay in bed stewing over a problem or situation and worked your self into a real knot. Suddenly you feel overwhelmed. I've done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

#### 13 Change your goal

Sometimes our emotional state is giving us a message – that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts

is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

#### 14 Get support from others

Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you maybe experiencing.

#### 15 Seek professional counselling

We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become 'unstuck'. A well-known song by US singer Kenny Rogers went, "You've got to know when to hold 'em, know when to fold 'em and know when to walk away." I'd like to add another line – "You've got to know when to get some help." Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren't aware that they are emotional management techniques.

#### What would you like your kids to say?

There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your children in thirty years time to articulate the lessons they learned from you, hopefully they'll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's NEW Parentingideas Club today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.





# The woman who had faith in Jesus

20th Sunday in Ordinary Time, Year A

## Gospel

Mt 15:21-28

Jesus left Gennesaret and withdrew to the region of Tyre and Sidon. Then out came a Canaanite woman from that district and started shouting, 'Sir, Son of David, take pity on me. My daughter is tormented by a devil.' But he answered her not a word. And his disciples went and pleaded with him. 'Give her what she wants,' they said 'because she is shouting after us.' He said in reply, 'I was sent only to the lost sheep of the House of Israel.' But the woman

had come up and was kneeling at his feet. 'Lord,' she said 'help me.' He replied, 'It is not fair to take the children's food and throw it to the house-dogs.' She retorted, 'Ah yes, sir; but even house-dogs can eat the scraps that fall from their master's table.' Then Jesus answered her, 'Woman, you have great faith. Let your wish be granted.' And from that moment her daughter was well again.

Who are the outcasts in our community?  
Write them in the footprints.



The Canaanite woman persisted because of her strong belief that Jesus would cure her daughter. Use the words below to find out what Jesus said.



\_\_\_\_\_, you have  
\_\_\_\_\_  
\_\_\_\_ your \_\_\_\_  
be \_\_\_\_\_.

granted wish  
faith Woman  
Let great