



OUR LADY'S SCHOOL NEWSLETTER 25 February 2022 www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley
Principal: Ms. Patrizia Bertani
Parish Mass Times:
English: Saturday 5.30pm, Sunday 9:00am, 10:45am & 5:30pm
Vietnamese: Saturday 7.30pm, Sunday 12.30pm
Chin: Sunday 2.30pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au

Our Lady's is a Child Safe School

'Come, follow me,' Jesus said, 'and I will send you to fish for people.' At once they left their nets and followed him. Matthew 4: 19-20

DATES FOR THE DIARY

Mon 28 Feb Second Hand Uniform Sale in the Hall 3.00-3.30pm
Tues 1 Mar Second Hand Uniform Sale in the Hall 8.00-9.00am
Wed 2 Mar Ash Wednesday
Fri 4 Mar Casual Day for donation. Fundraising for Myanmar
Mon 7 Mar School Photos
Mon 14 Mar Labour Day Public Holiday
Wed 6 Apr Last day of term 1 for students
Thurs 7 April: First Aid Training for Staff (Level 2, Anaphylaxis, CPR, Asthma). **No school for the children**
Friday 8 April: RE Professional Development with Fr Richard Leonard. **No school for the children**

Tues 26 Apr First day of Term 2

PLEASE TAKE NOTE OF THE 2022 SCHOOL CLOSURE DAYS

(students do not attend school):

Thurs 7 April: First Aid Training for Staff (Level 2, Anaphylaxis, CPR, Asthma)

Friday 8 April: RE Professional Development with Fr Richard Leonard

Wednesday 1 June: Literacy Focus Professional Development with Deb Sukarna

Thursday 23 June: Three Way Learning Conversations (students attend at their appointment time)

Monday 31 October: Report Writing

SACRAMENT DATES

Thurs Mar 10 7.00pm Reconciliation (Year 3)

Sun 22 May 10.30am Eucharist 4G

Sun 29 May 10.30am Eucharist 4H

Fri 29 July 7.00pm Confirmation (Year 6)

Dear Parents,



TO ALL OUR PARENTS

The staff and I are very happy to announce that starting on Monday February 28 parents and carers will be allowed back into the schoolyard. There will be no more delegated gates for you to enter into the school. You will be able to enter from whichever gate suits you best. Please be mindful that this may cause an increase in traffic and therefore we need everyone to be extra careful to ensure that our children are safe at all times. The 'drop off' zone in Victoria Street needs to be just that and cars are not to be parked in that area. It stops the traffic from flowing and causes traffic congestion. If you use the 'drop off zone' you should not leave your car. It is there for you to drop off the children and then leave. Animals are not allowed into the schoolyard at any time.

I ask you to please consider coming earlier and parking a little further away from the school so as to ease the traffic congestion. It is important that we respect the rights of the people who live in the properties near the school. I ask you to please not park or obstruct their driveways. Do not attempt to double park or make a U-turn during drop off and pick up times as these are illegal and compromise the children's safety.

Please read the important information below so we can all make a smooth transition back to a normal school timetable.

School Times will change to:

Morning

The school gates will be opened at 8:20am for children to enter the school. The teachers will be in their classrooms at 8:30am when the students can enter their

Our Parks



Thank you, God, for our parks, where we can enjoy nature and think of you, where we can run and play games, or swing and see-saw, or have picnics, or walk with our family and friends, or look at the plants, flowers and birds. They are our flora and fauna which means that they are special to Australia, and so they are protected. We look at them and enjoy them, but we do not remove any of them, so that our national parks will always be able to live and to grow, just as you meant them to.

Thank you, God, for these places of peace.

classrooms, put their bags away and if they wish may choose to stay inside or go outside to play a quiet game.

Parents are welcome to come into the school and accompany their child to their classrooms. Parents are not to enter the classrooms at this stage. No one is to play on the adventure playground or the blue/green grass area before or after school as it is unsupervised. There are no ball games allowed such as soccer or basketball in the morning as it is a time for children to prepare for learning.

Afternoon

The whole school will finish at the same time. You will be able to enter from any gate. On Monday, Tuesday, Thursday and Friday school will finish at 3:15pm. On Wednesday school will finish at 3:00pm. The gates will be open for parents to come into the school to pick up their child at 3:10pm, 2:55pm on Wednesdays.

Parents who have children in Foundation and Year 1 will have to go to their child's classroom to pick up their child. The Foundation and Year 1 children will remain inside their rooms until either a parent, carer or an older brother or sister comes to pick them up. Because you have to pick up your child from the Foundation and Year 1 classrooms parents with children in these grades will not be able to use the drop off zone as they would block the traffic and cause traffic congestion. You will need to park further away from the school or if possible walk to the school to pick up your child.

Students in Years 3, 4, 5 and 6 will stand in the school yard with their teachers and wait to be picked up by their parents, carers or older siblings, unless they have permission to walk home by themselves.

If you are late to pick up your child they will be sent to the office where you can pick them up. We ask you to enrol your children with the EXTEND After School Care program if you have difficulty arriving on time.

Please remember to be courteous and patient and follow the road laws whenever you are driving and especially when you are in the vicinity of the school. We all need to work together to make sure that we keep ALL children safe and also respect the rights of the people who live near the school.

World Prayer Day March 4 2022 - With a Special Focus on Burma and Fundraiser



This year we will celebrate World Prayer Day and pray for all people, but with a specific focus on Burma. This is because many of our families have been personally impacted by the terrible situation occurring over there.

World Prayer Day is always celebrated on the first Friday of March each year. Its original purpose was to encourage Christian women to engage in personal prayer and lead communal prayer. To respect this we will invite a regular member (non-ordained) of our church to lead the community in prayer. Aiming to bring us closer together in fellowship, understanding and action we will pray for all people but particularly our Burmese community.



The reason we are praying for Burma is currently the military and political conflict in the country has seen many of our families directly affected as loved ones are caught up in these situations. To support this we will both pray for them and invite parents and families to donate on March 4th as a way we can support families directly in Burma. Donations will be sent directly to Burma to support families.



At assembly today we will have a short presentation about the country, talk about the situation.

Next week the students will be able to come to school in casual clothes on the 4th of March and make a donation for the people of Myanmar (Burma).

Next week's Assembly is on Friday the 4 of March which is also World Day of Prayer. This assembly will be held outside on the blue/green grass area. The students from all classes will assemble outside at 2:30 pm to pray together for peace in Myanmar. We will also be announcing our new Aussie of the Month awards for students who have consistently demonstrated the Our Lady's school Gospel Values.



We invite all parents who would like to join us to please come into the school and join us in praying for peace. All donations made will go directly to the people of Myanmar. We hope to have many parents join us.



CASUAL DAY

Next Friday March 4 we will be having a Casual Day at Our Lady's. All students can come to school dressed in casual clothes for a money donation. As a community we are raising money for the people in Myanmar (Burma) who are suffering at the moment.

Many of our students have family still living in Myanmar and we are living out the Our Lady's School Values of Service and Justice as we raise money by wearing casual clothes for these people.

SECOND HAND UNIFORM SALE

The Second Hand Uniform Sale for Term 1 is being held at the following times:

MONDAY FEBRUARY 28 between 3.00pm - 3.30pm.

TUESDAY 1 MARCH between 8.00am - 9.00am.

Please bring small change as the school does not have cash on hand.



CANTEEN NEWS

With our COVID guidelines hopefully changing soon, we are hopeful that we may soon be able to welcome Parent Helpers back into the school and especially in the Canteen.

If you are able to help Geraldine and Nubia in the Canteen with preparing lunches and counter sales they would love to see you.

If you have a current Working With Children Check and are double vaccinated and have some time to help out, please either see Geraldine or Nubia in the Canteen before school or email Geraldine on gwilliams@olsunshine.catholic.edu.au



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



FI

Billie - We have been learning about personal strengths and you have shown you are very helpful. Thank you for guiding others to get the office tub and the lunch order basket. *From Ms. Cam Tu*

Maria - For showing the Our Lady's School Gospel Value of Compassion. Thank you for offering to play with another student that was alone. Well done! *From Ms. Cam Tu*

FJ

Zephaniah - For showing the Gospel Value Respect when speaking to others. You are a great friend, Zephy! *From Miss Wendy*

Penny - For being a great Self-Manager. You always make wise decisions about your learning and your behaviour and show us all what a good learner does. *From Miss Wendy*

1K

Tony - for showing great listening skills in class this week. You have been a fantastic Self- Manager!! Keep it up! *From Miss Shai*

Casey - for your amazing improvement in reading this week. I love how you change your expression when there is an exclamation mark! . *From Miss Shai*

1L

Thelma N - For writing a fantastic description of a person! Well done for re-reading your work and adding on extra information to make your writing POP! *From Miss Steph*

Francis T - For showing the Our Lady's Gospel Value of Courage when sharing your thinking with our classmates. *From Miss Steph*

2M

All of 2M- For working super well this week in writing, and for showing respect to all teachers. Well done! *From Ms Frost*

2N

Catherine N - For writing and making models of numbers in Maths. Keep up the great number work! *From Mrs Mitchell*

Anthony V - For listening to feedback then improving your writing by adding talking marks. You have made your message clear for the reader. Well done! *From Mrs Mitchell*

3E

Angelina P-For showing the Our Lady's Gospel Value of Compassion by showing care and concern for one of your classmates who had fallen over during sport. You were a great support Angelina! *From Miss Karen*

Vivienne M - For completing your written work with thought and care. The presentation of your work Vivien is of a high standard and is beautifully presented. *From Miss Karen*

3F

Archie S - For showing the Our Lady's School Gospel Value of Courage by attempting new learning and not giving up even when things are tricky. Your hard work is paying off, keep it up! *From Mr Josh*

Skylar C - For showing the Our Lady's School Gospel Value of Compassion by looking out for others. You are always ready and willing to help your teachers and peers. Well done! *From Mr Josh*

4G

David H - For putting a lot of effort in your work and never giving up! Keep up the great work! *From Ms Christine*

Holly B - For displaying the learning asset of communicator by always respectfully listening to the speaker and contrib-

LEARNING CELEBRATION

Alexander- For displaying the Learning Asset of a Communicator by confidently sharing your ideas to the class and always respecting the speaker. *From Ms. Robles*

Bidao K- For showing the Learning Asset of Self-Manager by displaying great use of the dictionary and thesaurus in Writing and SEL classes. *From Mr Membrey*

Jumon M - For having a seamless beginning to joining our learning community in 5D. A big welcome to you from all of the Our Lady's school community! *From Ms Muscat*

Simon T For a great effort in working out the main points of a factual text on migration. *From Mr Wickham*

Lachlan B - For being an excellent self-manager in all learning sessions. You always try your best and listen to the teacher's advice. Keep it up! *From Ms. Gurry*



Lachlan B 6B
Michelle L 4H
Chanel P 6A
Tessa M 5C
Geronimo M 1K
Oscar W 2N
Zoe N 6A

Our Lady of The Immaculate Conception Parish Primary School

SchoolPix is coming to photograph on:

Monday, 7 March 2022

ORDER ONLINE AT WWW.SCHOOLPIX.COM.AU

Early Bird orders with free delivery to your school close on
Wednesday, 9 March 2022.

A postage fee will apply for orders placed after this date.

Sibling orders must be placed prior to 8am on photo day.

Misplaced your order flyer? Please visit www.schoolpix.com.au and use the student search to find your child's order number or contact our Customer Service team on 1300 766 055.

Please note: Cash orders will not be accepted



YOU'VE MADE THE WISE CHOICE.

1300 766 055 • www.schoolpix.com.au • help@schoolpix.com.au



IMPORTANT REMINDER
Monday 7th of March
School Photo Day



Monday 7th March we ask you to make sure you wear the correct summer uniform as shown below. If your hair is shoulder length or longer it must be tied back. Make sure that if you put a ribbon in your hair it is either white, yellow or blue, the school colours.

Don't forget to also bring your best smile to school.

WHAT TO WEAR: ✓



WHAT NOT TO WEAR: ✗



No skivvies, runners, long pants, tunics or leggings under dresses

Snags and Snorkels

On Sunday last weekend families and children from Our Lady's joined families from St Therasas and Mother of God schools, for a fun day at the Jawbone Marine Sanctuary in Williamstown.

With over 100 people participating in the day and 45 children going snorkeling, many for the first time, it was a great success.

The weather and underwater visibility were perfect and for many of the children it was exciting to see under the bay and enter this new and mysterious underwater world. As a result the children saw stingrays, snapper, zebrafish and flathead often swimming around us as well as starfish, urchins and abalone. Some of the brave children even got to hold starfish, urchins and an abalone shell, and heard stories about the creatures they touched. Listening to children's and parent's stories through the day it was clearly a great day for all.

Special thanks must go to diving instructors AJ and Jacqui from Dive 2 U who very professionally led the diving. They were supported by members of the Jawbone Marine Sanctuary Care Group who helped instruct children on the day, run the day and provided funding for it to happen.

Finally a big thankyou to all those families who came. I know AJ, Jacqui and the other organizers loved the day and if we can get funding again next year we will hopefully be able to run it again.



Greg Woolford

OUR LADY'S SCHOOL PARENTS ADVISORY BOARD (PAB)

Membership

Open to all parents/carers – representing families

Principal (representing Parish Priest and School Community – children, families and staff)

School Leaders as required

Community members as invited e.g. Family-School Partnership convenor

Child Safety

It is an expectation that all Members of the Parent's Advisory Board (PAB) adhere to the Our Lady's School Child Safety Policy and Standards and understand that Our Lady's is a Child Safe School that promotes the safety, wellbeing and inclusion of all children.

Structure

Chairperson

Deputy Chairperson

Secretary

Currently the Parents and Friends Committee meets and reports regularly to the Principal who will pass on relevant information to the Parents Advisory Board

Vision for Parent Advisory Board

- To represent and to be representative of all parents and families, being inclusive and committed
- To share and live out the vision and the values of the school
- To be a rich source of wisdom and insight as well as working to strengthen community partnerships
- To consult and seek to achieve better outcomes for all members of the school community
- To be role models for others – maintaining a professional and confidential approach
- To make everyone feel included and welcome
- To be active listeners committed to working collaboratively
- To work proactively and positively for the school
- To represent the parent voice and the whole school community in a loyal and proper way
- To establish boundaries and protocols to operate by
- To at all times maintain confidentiality

Current protocols/agreements include:

Maintain a positive and proper tone for all our communication – in meetings and in representing the school. Speak for the needs of all children and not our personal concerns (individual matters are to be discussed with the school leaders and teachers).

Agenda is set by the Chairperson in consultation with the Principal. All parents attending are welcome to add items to the agenda. New agenda items are tabled and then placed on the agenda of the next meeting. Meetings start at 7.00pm and end at 8.00pm.

The chairperson communicates matters to the school community via Parent Advisory Board Newsletter article. Please email to: jhill@olsunshine.catholic.edu.au

The principal follows up matters with the staff and the whole community.

The secretary records and distributes the notes of the meeting to all attendees and apologies.

Proposed agenda items must be emailed to the Chairperson / Deputy Chairperson / Secretary 1 week before the scheduled Board Meeting.

Role Descriptions

Chairperson

The Chairperson's position carries a task of trust and responsibility and requires skill and time. The Chairperson should exercise authority with tact, be impartial and open to other points of view.

The main role of the Chairperson is to:

- Be the main representative/spokesperson for the Parents Advisory Board
- Liaise with the Principal to finalise agenda items for the next meeting and advise the Secretary to distribute the agenda and required pre-reading at least 3 business days before the next meeting
- Be the main contact for agenda items
- Open the meetings punctually and ensure the agenda is followed
- Ensure those present at the meeting have the opportunity to discuss each item on the agenda prior to a decision being made
- Work towards a collaborative approach with other members of school community
- Be mindful of timelines, keep discussions on track and keep meetings moving

Deputy Chairperson

The responsibilities of this role will be to:

- Support the Chairperson in the coordination of the meetings (i.e. pre-reading / pre-work, etc.).
- Support the Chairperson in the running of the meeting by ensuring timelines are adhered to, and discussions are on track.
- Assume the responsibilities of the Chairperson or the Secretary in the event either one is unable to attend the meeting.

Secretary

The Secretary is very important to the efficient operation of the Parents Advisory Board.

Duties and responsibilities include:

- Taking minutes at Parents Advisory Board meetings
- Photocopying and distributing minutes to Committee members along with agenda prior to the next meeting
- Dealing with any incoming/outgoing correspondence

Committee Members

Committee members have a responsibility to:

- Attend Parents Advisory Board meetings as regularly as possible and send apologies if unable to attend
- Help organise Parents Advisory Board activities and projects
- Work towards the best possible outcomes being achieved
- Be mindful that discussions should be on topics which are relevant to the whole school community
- Facilitate and nurture positive home/school relationships within the parent community



Parents Advisory Board

Expression of Interest Form

Expressions of Interest are invited for the Our Lady's School Parents Advisory Board 2022.

I, (your name) _____

Parent of (name and grade of your eldest child):

Contact number: _____

Contact email: _____

Am interested in becoming a member of the Our Lady's School Parents Advisory Board in 2022.

Signed: _____

Date: _____

ALL EXPRESSIONS OF INTEREST FORMS ARE TO BE HANDED TO THE PRINCIPAL

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

HOW TO APPLY

Applicants should fill in the attached CSEF application form or download from the website below.

Please bring completed form and Health Care Card to the Office so we can make a copy.



CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

Our Lady's Primary School Sunshine

School Name

21101

School REF ID

Parent/carer details

Surname _____

First name _____

Address _____

Town/suburb _____ State _____ Postcode _____

Contact number _____

Centrelink pensioner concession **OR** Health care card number (CRN)

- - - **OR**

☐ Foster parent under a temporary care order* **OR** ☐ Veterans affairs pensioner (Gold Card)**

*Foster Parents must provide a copy of the temporary care order letter from the Department of Families, Fairness and Housing (DFFH).

**Applicants must provide a copy of the Veteran Affairs Gold card

Is this an application for special consideration (no CRN needed)? Yes ☐ No ☐

Student details

Student's surname	Student's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level

I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Families, Fairness and Housing (DFFH) to provide the results of that enquiry to DET.

I understand that:

- DFFH will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
- this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DFFH and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- if I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
- Information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the DFFH and /or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant _____ Date ____/____/____

CSEF ELIGIBILITY

Below are the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

Criteria 1 – General eligibility

To be eligible for the fund, a parent or carer of a student attending a registered Government or non-government Victorian primary or secondary school must:

- on the first day of Term one
 - on the first day of Term two
- a) be a holder of one or more of the eligible financially-means tested cards **OR** be a temporary foster parent, and;
- b) submit an application to the school by the due date.

For the list of eligible financially-means tested cards refer to the CSEF Policy:

<https://www2.education.vic.gov.au/pal/camps-sports-and-excursions-fund/policy>

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with the above.

Criteria 2 - Be of school age and attend school in Victoria

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. CSEF is not payable to students attending pre-school, kindergarten, home schooled, or TAFE.

Special Consideration

A special consideration category exists for

- Families on a bridging visa, temporary protection visa, in community detention or are asylum seeker families
- Students in temporary out of home care arrangements, including statutory kinship care

For more information, see <https://www2.education.vic.gov.au/pal/camps-sports-and-excursions-fund/guidance/eligibility>

Eligibility Date

For concession card holders CSEF eligibility will be subject to the parent/carers concession card being validated successfully with Centrelink on the first day of either term one (31 January 2022) or term two (26 April 2022).

PAYMENT AMOUNTS

CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- Primary school student rate: \$125 per year.
- Secondary school student rate: \$225 per year.

The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

For ungraded students, the rate payable is determined by the student's date of birth. For more information, see:

www.education.vic.gov.au/about/programs/Pages/csef.aspx

Year 7 government school students who are CSEF recipients are also eligible for a uniform voucher. Secondary schools are required to make applications on behalf of parents/carers so please register your interest at the school.

HOW TO COMPLETE THE APPLICATION FORM

NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN

1. Complete the PARENT/CARER DETAILS section.

Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.

If you are claiming as a temporary Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner Gold card to the school.

If you are seeking special consideration, mark this in the form and provide a copy of the relevant documentation.

2. Complete the STUDENT/S DETAILS section for students at this school.
3. Sign and date the form and return it to the school office as soon as possible. The CSEF program for 2022 closes on the 24 June 2022.

insights



How to get kids off to school on time without yelling, whining or constantly reminding!

by Michael Grose

Getting kids to school on time can be infuriating and anxiety-inducing for parents, especially if you work! The clock just keeps ticking and doesn't make allowances for morning meanderers. It's easy if your child is the bright-eyed, bushy-tailed type who wakes up ready and focused for school. But what if you have a child who needs time to wake up, and is easily distracted by the television, a pesky sibling or even the family pooch that wants to be patted? What if you have a child who drags the chain and wouldn't get to school without at least five parental reminders to hurry up? In these cases mornings can be chaotic and very stressful.

If you struggle with peace, harmony and getting kids focused on school these suggestions will help you make mornings run a littler smoother.

1. Prepare as much as you can the night before

It may be stating the obvious but the less that children have to do in the morning the better. So putting clothes out, preparing lunches and snacks and having school bags packed and ready the night before will mean there is less decision-making and less for everyone to worry about in the morning.

2. Identify and overcome distractions

As mentioned above, children can easily be distracted before school. If possible remove distractors such as televisions and digital devices. Allow them when everyone is ready for school. Minimise the impact of other distractions such as managing argumentative siblings. Stay out of these arguments as your attention usually just inflames sibling disputes. Be liberal with encouragement, affection and once-only reminders in the morning and minimise conflict resolution, arguments and angry words.

3. Make your morning routine visual

If, for whatever reason, your child randomly and dreamily wanders from one activity to another then consider placing a sequenced photo chart of 4 or 5 main activities (e.g. wake up, breakfast, get dressed, chores, pack bags) in a prominent place that he or she can refer to each morning. This visual prompt will help put some routine into your child's morning, as well as reduce their dependence on you.

4. Delegate some responsibility

Consider delegating the job of keeping a wayward child on track to a capable, bright-eyed, bushy-tailed sibling.

Let me explain. If you come from a family of four or more children then there is a reasonable chance that either you or a sibling took charge of many aspects of the family routine, including getting kids up each morning and off to school. This is not so much a case of parents neglecting their responsibilities but rather letting go of the minutiae of management. When this happens a capable and caring child will generally fill the parental void. Alternatively, a parent may purposefully give that job to a child. Either way, delegation is a great way of instilling parenting skills into the next generation as well as keeping children from being dependent on their parents.

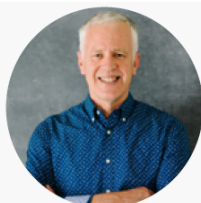
5. Make yourself scarce

If you find it impossible to ignore your child's morning meanderings or misbehaviours, or if you think that there is no way your child would get to school without your timely reminders then try keeping yourself busy. Get yourself ready for the day and give your children the space to work things out themselves. You may be surprised how capable your child is, when no one reminds him or her of their responsibilities. **A word of warning:** Your child may test out your resolve by doing very little to get him or herself ready. If so, be prepared to give the next idea a go.

6. Be willing to take your child to school even if they aren't fully ready

If keeping up appearances is important then you will struggle with this idea, but bear with me. Your job as a parent is to shift the responsibility of getting to school to the person who should bear it – that is, your child. When you worry more about something than a child then that task becomes your responsibility. Mornings will always be stressful if you take responsibility for kids being at school on time. One way around this is to be willing to take your child to school even if they are not fully ready. It may mean your child has to hurriedly put his or her shoes and socks on in the car, or perhaps finish that piece of toast on the way to school. Doing this may make you feel like a mean parent but if you do it in a reasonable, matter-of-fact way then you are guilty of nothing more than putting a little responsibility the way of your child. Children will usually learn more from your actions than your words.

It's times such as bedtime, mealtime and mornings when children transition from one activity to another that brings so much stress for parents. Often children just want to keep doing an activity they enjoy rather than go to bed, join you at the meal table or go to school as required. It's easy to be drawn into arguments and disputes with children who don't want to play the cooperation game. It helps at these times to stick to a known routine (that may be individual for each child); to talk a little less (cue them once but no more); and be willing to put a reasonable action or consequence in place so that children take some responsibility themselves.



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. A trailblazer in the parenting and educational scenes Michael regularly appears in the media throughout Australia in programs including The Project, The Today Show and ABC radio.

Each tree is known by its own fruit

8th Sunday in Ordinary Time, Year C



Gospel

Lk 6:39-45

Jesus told a parable to his disciples. 'Can one blind man guide another? Surely both will fall into a pit? The disciple is not superior to his teacher; the fully trained disciple will always be like his teacher. Why do you observe the splinter in your brother's eye and never notice the plank in your own? How can you say to your brother, "Brother, let me take out the splinter that is in your eye," when you cannot see the plank in your own? Hypocrite! Take the plank out of your own eye first, and then you will see clearly enough to take out the splinter that is in your brother's eye.'

'There is no sound tree that produces rotten fruit, nor again a rotten tree that produces sound fruit. For every tree can be told by its own fruit: people do not pick figs from thorns, nor gather grapes from brambles. A good man draws what is good from the store of goodness in his heart; a bad man draws what is bad from the store of badness. For a man's words flow out of what fills his heart.'



HYPOCRITE

How many words can you make from the letters in the word HYPOCRITE?

Jesus told his disciples that each tree is known by the fruit it bears. Fill the fruit with examples of some good things we can do that show to others that we are good people.