



OUR LADY'S SCHOOL NEWSLETTER

2 March 2017

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

Who do you say I am?'

Matthew 16:15

DATES FOR THE DIARY

Wed 1-Fri 3 March

Gr 6 Camp

Wed 8 March

P&F Meeting (AGM)

Fri 10 March

Professional Learning for Staff
(Victorian Curriculum) **No
school for the children**

Mon 13 March

Labour Day Public Holiday

Wed 15 March

Parent Advisory Board
Meeting (AGM).
School Photos

Fri 17 March

National Day of Action Against
Bullying and Violence
Parish Movie

Wed 22 March

Foundation BBQ

Fri 31 March

End of Term 1 at 3.15pm

Tues 18 April

Professional Learning for Staff
(Reporting 2017) **No school
for the children**

Wednesday 19 April

Term 2 begins

Wednesday 25 April

ANZAC Day Public Holiday

SACRAMENTS 2017

Eucharist

Sun 11 June 4G

Sun 18 June 4H

Reconciliation

Thursday 14 September

Confirmation

Friday 17 November

Dear Parents,

On Wednesday we celebrated the beginning of the Lenten season with a beautiful Ash Wednesday Mass. It was wonderful to see Our Lady's parish and school coming together as one. I would like to thank Father Peter and Father Vinh for leading the Ash Wednesday Mass.

You might remember Lent being a time when you were encouraged to give something up as a way of fasting and seeking penance. I remember my friends giving up chocolate. They would spend Lent denying themselves of this joy and when Easter Sunday came they would celebrate and embrace that joy by breaking their chocolate fast. This can be a way to begin to understand what it is like to go without and transform, but it isn't really about challenging or changing the essence of who we are.

In 2017, we are encouraged and we encourage our community instead to give something of ourselves, to transform who we are and how we show our love for each other and for ourselves. It is a time to give to others, to pray for others and to focus on becoming a person of Easter. This is the message we will be passing soon to our students.



Healthy Eating at Our Lady's School - Ideas for Brain Food

A water bottle

Grapes, strawberries, celery sticks, cherry tomatoes or any delicious fruit or vegetables that can be had as a snack.

An example of a healthy lunch box



REMINDER

Parents and Friends AGM

Next Wednesday 8 March 7.00pm in the Hall Kitchen

Ash Wednesday Prayer

Ash Wednesday is the first day of Lent. We should pray to start the season right.



Jesus, Saviour and Redeemer, yesterday was Ash Wednesday and the beginning of Lent. We pray that we may walk with you in faith, hope and love through the weeks of Lent. Help us to grow in faith during this holy season and to be people of prayer always. May we be aware of the needs of others so that we can reach out to them in your name. Turn our hearts and our footsteps toward your kingdom of peace and justice. We pray this through your Holy Spirit of love who shows us the way to the Father. Amen



ARTIST/SCULPTOR VISITS OUR LADY'S



Geoffrey works in Sunshine and is currently working on a huge project. He has been commissioned by Hobson's Bay Council to beautify and attract more visitors to the Kororoit Creek Trail. His plan is to create massive symbolic sculptures that will cause wonder, awe, conversation and inspiration. He hopes they will help attract more people to use the trail to picnic, walk or ride around the Kororoit Creek area as it is a hidden beauty.

Geoffrey visited the Year 5 students during their art classes on Wednesday. This was a great opportunity for the children to find out more about Geoffrey and his life as an artist.

The Year 5 students will be visiting Geoffrey's studio on Monday March 6th. He has his studio in a warehouse in Sunshine. This is will be an exciting and unique experience for our students. They will actually see the sculptures Geoffrey is working on and touch the equipment he uses.

The students will be designing and creating their own mini symbolic sculptures, connecting them in some way to the natural environment of the Kororoit Creek.



Year
Five

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An unexpected event...

On Tuesday of this week we all came to school to find a stream of water flowing down Station Place. Unfortunately, this resulted in the school's water supply being severely compromised. And as a result the school had to close.

Thank you to all the parents for your understanding and collaboration. We are working with City West Water to minimise the chances of this re-occurring.



DISCOVERY TIME IN YEAR 1L



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani



Year 1K and 1L students were busy making healthy fruit cups on Monday.

They then wrote a procedure about *How to make fruit cups*.



PROGRAMS AT A GLANCE

Week 6: 6 th March 2017		
DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Chinese Lanterns Outside: Markers Up	Seasonal Fruit & Veggies Cheese and crackers
Tuesday Staff: Brad, Lucette, Michelle	Inside: Dot Painting Outside: Free Play Homework & Readers.	Seasonal Fruit & Veggies Honey Joys
Wednesday Staff: Brad, Hang, Chelsea	Inside: Hamma Beads Outside: Group Games	Seasonal Fruit & Veggies Cake
Thursday Staff: Brad, Michelle, Chelsea	Inside: Dinosaur/Animal Plates Outside: Cricket Homework + Readers	Seasonal Fruit & Veggies Fairy Bread
Friday Staff: TBC	School Closure Day being advertised, confirmation by 3/3/17	

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 1st September to 1st 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**

LITERACY NEWS

This year we are introducing a Phonics approach beginning at Foundation to supplement our reading program. Although we acknowledge that reading encompasses a wide range of skills, strategies and attitudes, we know that building sequential sound and letter pattern knowledge is essential for every child. We will be trialling and evaluating the Phonicshero website at Foundation and Year 1. Before the end of Term 1, students in Years Foundation and 1 will be given a login to access the program at home. This program teaches students:



- That spoken words are composed of sounds
- The 44 sounds of the English language
- To blend sounds in a word to read
- To listen for sounds in words to spell
- All the different ways each sound can be represented, e.g. the sound /a/ as in 'apron' can be spelled ('ay' like in 'pay', 'ai' like in 'paid', 'a' like in 'apron', 'eigh' like in 'eight' and so on...)
- Irregular, high frequency words (we call them camera or sight words), which are essential to help children progress the quality of their writing and move onto reading full sentences
- The sound first and then the letter name



SCHOOL PHOTO DAY IS COMING

SCHOOLPIX will be here on WEDNESDAY MARCH 15!

PHOTO DAY TIPS:

- Dress:** Full summer uniform to be worn by ALL children.
Grades 5 and 6 – as you have Sport on a Wednesday you will need to either bring your runners to put on for your Sport lesson OR bring your whole Sport Uniform to change into AFTER your photos.
- Hair:** Neat and swept off face. All hair shoulder length or longer **MUST** be tied up.
- Online Orders:** To pre-order online, take your personal Order and ID Numbers found on your order form and go to www.schoolpix.com.au. Orders can be placed online up to 2 working days after photography. *You do not need to return the order form if you order online.*
Remember: All orders placed online before midnight on photography day will receive a free 20cm x 25cm black and white portrait print.
- Manual Orders:** Complete your order form and return with payment to school by photography day. **Reminder that exact money must be included. The Office will not be able to provide change.**
- Sibling Orders:** For a special photo of you children together order online by **10am** on photography day. Alternatively collect a Sibling Order Form from the office or download it from the SchoolPix website and return it on photography day. Only siblings that place an order will be photographed.

PO Box 5222, Hallam VIC 3803

Ph: 1300 766 055

Email: enquiries@schoolpix.com.au



Life Education



parenting ideas insights

Help kids change their perspective when things go wrong

By Michael Grose

Parents can help catastrophisers learn to change their perspective when things go wrong.

It's natural when things go wrong to think that life will never be the same again. I recall as a teenager doing poorer than expected in my end of school exams, and missing the tertiary course I had set for myself. At the time it was such a catastrophe. I thought that there was no point taking another course – naturally, I would hate it. Of course, I undertook a teaching course, which I really enjoyed and I didn't look back.

Breaking up with a friend, losing close sports events and being on the receiving end of teasing can at the time seem like events from which we will never recover.

Catastrophising (jumping immediately to the worst possible scenario) only exaggerates kids' worries and makes them feel even more anxious. It always helps to keep your sense of proportion, but it's not easy when emotions run high. We all exaggerate our problems from time to time, particularly, when we are under stress. It takes a cool customer to moderate their thinking the whole time, but some kids are prone to jumping to the worst-case scenario, even when the events are quite minor.

If your child is a serial catastrophiser, always seeing the worst case in a

negative situation, try to change their thinking so they learn to keep things in perspective. Ask them the following questions to challenge your child's catastrophic thinking:

'What's the most likely scenario?'

Sometimes it's useful to introduce a dose of old-fashioned rational thinking for those kids who always assume the worst will happen to them. 'Yep, you could break your leg if you go skiing. But the odds are that you won't.'

'You may be right, but does it really matter?' One way to help hard-core catastrophisers is to admit that they could be right, but then ask them to imagine that the worst possible scenario actually happens. Then challenge them to understand that even the worst possible scenario is not so bad after all. This is the type of reality check many kids need.

'Where does this fit on the disaster meter?'

Catastrophisers tie themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves when they give a talk at school may not be insignificant to kids, but there are plenty of worse things that could happen. Help them get some perspective by giving their worry a score out of ten on how important the issue really is.

'Is that helpful thinking?'

Sometimes kids' thinking is so out of whack with reality that they become anxious about minor things. Thinking things such as, 'Everyone must like me,' 'I must never make a mistake' and 'Bad things always happen to me' are extreme and need to be replaced by more moderate, realistic thoughts, such as, 'It would be nice if everyone liked me but not everyone will. It's important to have some good friends.'

When children experience hardships it is helpful if parents and teachers can assist them to process what happened to them. Children are faulty observers and often have difficulty seeing the full picture particularly when they are so close to the situation. Help your child see the full picture and in doing so they may realise that things may not be as bad as they seem.

Visit our website for more ideas and information to help you raise confident and resilient young people.

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Jesus is tempted in the desert

1st Sunday of Lent, Year A

Gospel Mt 4:1-11

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone
but on every word that comes from the mouth of God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says:

He will put you in his angels' charge,
and they will support you on their hands
in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:

You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

You must worship the Lord your God,
and serve him alone.'

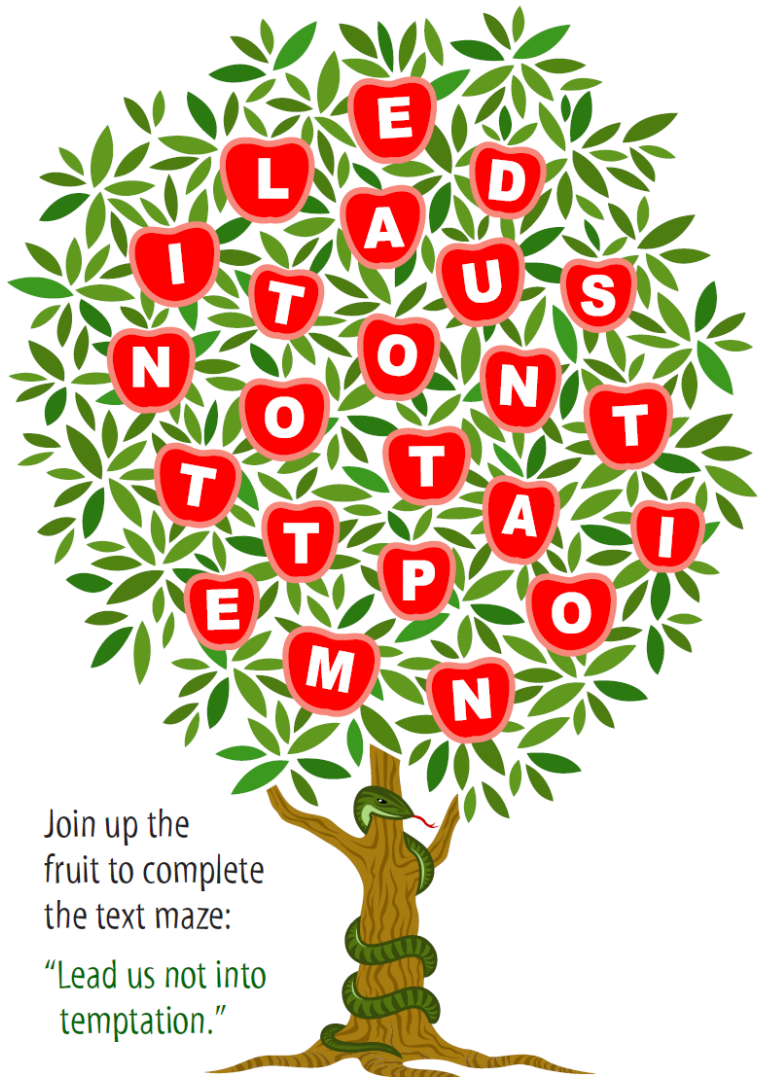
Then the devil left him, and angels appeared and looked after him.

How did Jesus respond to temptation?

Hey Jesus!
If you're so hungry,
why don't you turn
these stones
here into bread?

Hey Jesus!
I bet that if you jump
off the temple,
God will send
some angels to
catch you!

Hey Jesus!
See all those
kingdoms?
They're yours!
And all you have to
do is bow down
and worship ME!
Too easy!



Join up the
fruit to complete
the text maze:

"Lead us not into
temptation."