



## OUR LADY'S SCHOOL NEWSLETTER

3 November 2023

[www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)

Parish Priest: Fr. Peter-Damien McKinley

Principal: Ms. Patrizia Bertani

Parish Mass Times:

English: Saturday 9.00am, 5.30pm, Sunday 9.00am, 10.30am & 5.30pm

Vietnamese: Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm

Chin Hakha/Burmese: 2.30pm

Tongan: Every 1st Sunday 3.00pm

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*

*Gracious words are a honeycomb, sweet to the soul and healing to the bones.*  
*Proverbs 16: 24*

### DATES FOR THE DIARY

**Fri 3 Nov** Wellbeing Casual Day for a donation

**Mon 6 Nov** Professional Learning Day (Report Writing). No school for the students

**Tues 7 Nov** Melbourne Cup Day Public Holiday

**Fri 10 Nov** Teeth on Wheels, Yr 6 Secondary School Transition Activities at St Theresa's P&F Trivia Night in Mariana Hall

**Sat 11 Nov** Remembrance Day

**Mon 13-Fri 24 Nov** 10 Day Swimming Program

**Tues 14 Nov** 7.00pm PAB Meeting

**Sun 3 Dec** 1st Sunday Advent

**Fri 8 Dec** Feast of the Immaculate Conception

### **PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS**

**Mon 6 Nov: Report Writing**

Dear Parents,

It has been great to be quieter than we were last week! Having any type of whole school production requires all hands on deck and we are so fortunate to have the dedicated staff we do. It has been wonderful to talk to different parents and hear such glowing feedback about our *Let your Light Shine* Dance Extravaganza.

On Tuesday, Ms Bertani and Mrs Meilak attended the building meeting. As I have said in the past few newsletters, the main focus is all the preparation work for the slab. So much is involved in this including the underground services and pad footings. The pad footings have commenced and concrete has been poured on different days during the week. This photo shows where the lift shaft will be. It is so exciting to see the location of different parts of the building. Watch this space!

### **BUILDING PROJECT UPDATES**



### *All Saints' and All Souls' Day Prayer*

On November 1 we honour all the saints. We are called to be holy. On November 2 we remember those who have died. They have gone to be with God.

God, father, Son and Holy Spirit, this week we honour all the saints who have loved you and loved others. Help us to follow their example and to live as your people each day of our lives.

We also pray for all the people who have died. We are very sad when someone dies, but we know they are in heaven with you. Be with the families and friends of those who have suffered the death of someone they hold dear. Help them to feel your presence and love in their time of sorrow and to know that we care. Amen







Just a friendly reminder that next week on Tuesday 7 November we have the Melbourne Cup Public Holiday. On Monday 6 November there is no school for the students as we have a Report Writing Day.



# Year 3 & 4 Camp Fun

On Wednesday evening, our Year 3/4 students had their extensive camp evening which included a snack at school, activities lead by Pro-activity, dinner and a movie. Thank you to our Year 3/4 teachers, Mr Josh, Mrs Whelan, Ms Howe, Ms Robles and Ms Everson for organising the evening for our children. We have included some photos for your viewing pleasure.



Thank-you for supporting our casual dress wellbeing day today. All donations will go towards our new playground.

Wishing you all a lovely weekend and we look forward to seeing you all back at school on Wednesday.

Wishing everyone a wonderful weekend.

Yours sincerely,

*Christine Carabott*

**Mrs Christine Carabott**

**Acting Principal**

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



FI Willow T, Harriet L

1K Harry R

1L Zephaniah T

2N Alyssa D

4G Melissa N

4H Alicia L

5C Pharrell A, Rhys N

5D Grace N, Sophia P

6B Don A



# Year 6 Blu Earth Excursion

On Friday 20th October the Year Six students took part in a range of sporting and team building activities and games at St. Theresa's Albion with students from St Theresa's and Mother of God.

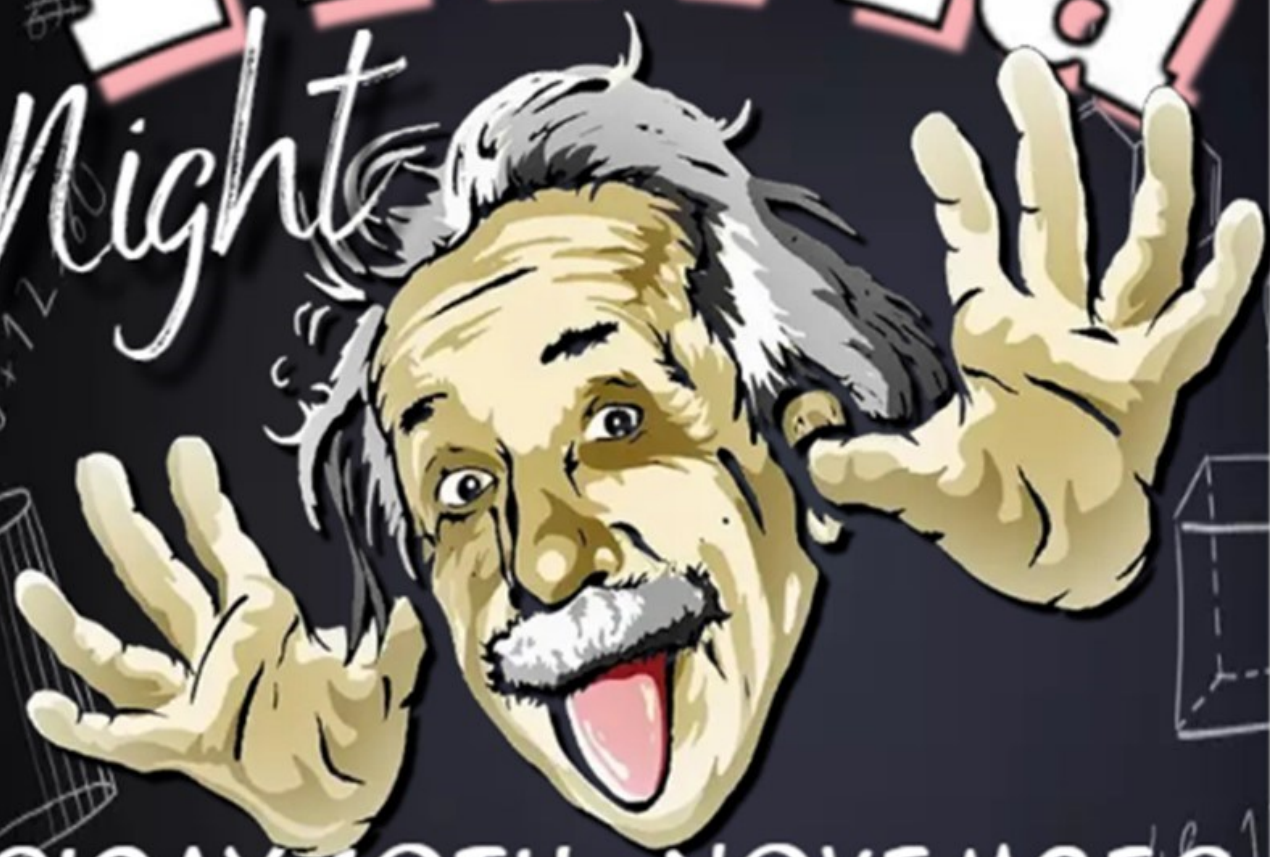
The purpose of the day was to provide an opportunity for the students to get to know each other, participate in challenges and to facilitate a smooth transition to secondary school by allowing them to mix socially with students who will be attending the same secondary schools they will be attending in Year Seven next year.

The day was run by a group called Blu Earth and our own Family School Partnership Leader Greg Woolford. The facilitators were assisted by a group of students from Caroline Chisholm Catholic College who acted as mentors, including two of our past students, Max and Elizabeth, who are now in Year 7. The day was a wonderful networking opportunity and our students thoroughly enjoyed themselves.



**Our Lady's Parents and Friends**

# Trivia *Night*



**FRIDAY 10TH NOVEMBER**

**Mariana Hall**

**Doors Open @6.30 Trivia starts @7pm**

**\$20 Per person/ tables of 10 Tickets available on QKR**

**Prizes for Winning Table & Silent Auction**

**BYO Drinks and Snacks**



## PREPARATIONS FOR 2024

As we are beginning our preparations for 2024 we ask that parents let us know as soon as possible if their child/ren are not returning to Our Lady's next year. We have had many inquiries about places for 2024 and we need to let these parents know if there are places for their children.

**If your child is not returning in 2024 (NOT OUR CURRENT YR 6 STUDENTS) please complete the form below and return it to the office. It is vital that you return this form as soon as possible.**

### Children NOT returning to Our Lady's School in 2024

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

Child/children's names:

1. \_\_\_\_\_ 2023 Grade: \_\_\_\_\_

2. \_\_\_\_\_ 2023 Grade: \_\_\_\_\_

3. \_\_\_\_\_ 2023 Grade: \_\_\_\_\_

Name of our new school: \_\_\_\_\_

And if moving addresses:

Our new address: \_\_\_\_\_

\_\_\_\_\_

**Signed:** \_\_\_\_\_ **(Parent)**

*Please return this form to the office as soon as possible*



# REGISTRATIONS NOW OPEN

**SUNDAY 3 DECEMBER 2023**

A FAMILY FUN DAY FULL OF T-BALL & SOFTBALL AT FAWKNER PARK, SOUTH YARRA



**FOR KIDS AGED 5-12**

ENTER YOUR  
SCHOOL TEAM OR AS AN INDIVIDUAL PLAYER  
(& BE PLACED IN A TEAM)

COACHES & SUPPORT PROVIDED FOR SCHOOL TEAMS



## REMEMBRANCE DAY BADGES

The Sunshine RSL has the following items available for purchase from the Office for Remembrance Day, Saturday 11 November 2023.





## INSIGHTS

### Wellbeing strategies for parents



The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

#### Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

#### Resilience bank account

During my conversations one person described living in this era as “always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass.”

Our mental reserves are constantly been called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.



#### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



# Be humble and you will be honoured



31st Sunday in Ordinary Time, Year A

## Gospel

Mt 23:1-12

Addressing the people and his disciples Jesus said, 'The scribes and the Pharisees occupy the chair of Moses. You must therefore do what they tell you and listen to what they say; but do not be guided by what they do: since they do not practise what they preach. They tie up heavy burdens and lay them on men's shoulders, but will they lift a finger to move them? Not they! Everything they do is done to attract attention, like wearing broader phylacteries and longer tassels, like wanting to take the place of honour at banquets and the front seats in the

synagogues, being greeted obsequiously in the market squares and having people call them Rabbi.

'You, however, must not allow yourselves to be called Rabbi, since you have only one Master, and you are all brothers. You must call no one on earth your father, since you have only one Father, and he is in heaven. Nor must you allow yourselves to be called teachers, for you have only one Teacher, the Christ. The greatest among you must be your servant. Anyone who exalts himself will be humbled, and anyone who humbles himself will be exalted.'

Complete the maze by making the right choices

