



OUR LADY'S SCHOOL NEWSLETTER 4 November 2022 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
Burmese: Every 2nd Sunday 2.30pm
Chin: Every 1st, 3rd, 4th, 5th Sunday 2.30pm
Tongan: Every 1st Sunday 3.00pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au
Our Lady's is a Child Safe School

But test everything; hold fast what is good. 1 Thessalonians 5:21

DATES FOR THE DIARY

Wed 9 Nov
Yr 4 Mary MacKillop Heritage Centre

Fri 11 Nov
Remembrance Day

Mon 14 - Fri 25 Nov
Swimming Program

Fri 25 Nov
P&F 80s Disco Night 7.30pm
Sunshine YCW Cricket Club

Tues 29 Nov
Year 7 2023 CCCC Transition 9.00-1.00

Thurs 1 Dec
2023 Foundation Transition 2.00-3.00pm

Thurs 8 Dec
Feast of the Immaculate Conception of Mary
2023 Foundation Transition 2.00-3.00pm

Fri 9 Dec
Reports published on nForma Portal

Tues 13 Dec
Dinner in the Yard with DJ, Art Show 6.00 - 8.00pm
Parent Teacher Interviews by request

Wed 14 Dec
Year 6 Graduation: Mass 6.00pm. Disco 7.15-8.15pm

Fri 16 Dec
11.30am End of Year Mass
2.30pm End of Year Assembly
3.15pm End of 2022 for students

Mon 19-Tues 20 Dec
Closure Days - Handover Days for Staff.

Dear Parents,

Congratulations to Our Lady's School community for raising **\$1422.15** for the Catholic Missions who work in the most disadvantaged countries around the world to provide vital resources. October is traditionally Missions' Month in Catholic schools. It is a time when we think of others who are do not have the means to provide for their basic needs such as food and water.

This year the money raised by our school and all Catholic schools will go to support the people of central Ethiopia. Catholic Missions is working towards a solution to bring hope to families and children suffering from malnutrition. The money we raised will build on a farm project which will not just provide crops of vegetables but also introduce goats to provide milk and food for the villagers.

I would particularly like to thank all the students across our school who came up with creative and fun ideas to raise these much needed funds. We are truly living out the Our Lady's Gospel values of Service, Justice and Compassion.

Parents and Friends Update

The function of the Parents and Friends Committee is to raise money for the school to purchase resources that support or enhance children's learning at Our Lady's School. Over the years we have purchased new readers for the classrooms, new iPads, a kiln for our Art program and resources for our Mathematics Program, to name just a few.

On Friday the 25th of November the Parents and Friends have organised a Disco as their latest school fundraising event. The details are on the flyer in this newsletter. The Parents and Friends have asked if there are any parents who can donate vouchers such as Movie vouchers, Coles Myer, Kmart, Bunnings or Target vouchers to be used as prizes at the disco. If you can contribute please leave the vouchers at the front office. Any support would be greatly appreciated.

Safety and Emergency Management Drill/Practice

As part of our emergency management requirements, yesterday we had a planned whole school evacuation. It is a compliance requirement that all schools have two drills per year. We invited an emergency management expert from Dynamiq which provides our staff with training each year. The feedback we received was very good and she admired the calm and orderly manner in which the students conducted the drill and the way the staff were proactive in making sure that all emergency management protocols were put into place. Well done everyone who participated!



All Saints and All Souls 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, 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 pray for all the people who have died. We are very sad when someone dies, but we know they are in heaven with you. Help us to remember that Jesus brought new life to all of us through his life, death and resurrection. Be with the family 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



A HUGE Congratulations to Leon A (6A) who competed in the Victorian State Finals for High Jump

Leon is very humble about his outstanding achievement. He is the only student from Our Lady's School to participate in high jump at a state level.

There were 14 competitors and out of the 14 Leon came 8th.

This means that out of Victorian students of his age group Leon is 8th best in the State of Victoria. Leon told me that he practises everyday in order to improve his high jumping skills.

On behalf of the Our Lady's school community we want you to know just how proud we are of you Leon! **CONGRATULATIONS LEON!!!**



YEAR 6 LEADERSHIP BADGES

Congratulations to the following Year 6 students who have displayed the qualities and attributes to earn a Year 6 Leadership Badge.



Ruth Z



Sharon W



Digby M



Zoe N



Leon A



Christian Z



Mikayla C



Asha K



Chloe F

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani
Principal

principal@olsunshine.catholic.edu.au

FI: Harry R, Zephaniah T
1L: Alyssa D
4G: Pharrell A, Rhys N, Sophia P
4H: Grace N
5D: Don A
6A: Alisha L



SPORT NEWS



So proud of our girls and boys basketball teams for making it to the Divisional finals.

They played 3 tough games in a Round Robin competition held at Altona Basketball Stadium.

Unfortunately, they did not make it through but they reached further than any other team in Interschool Sport over the last 12 years that I have been here, so well done.

The girls team did extremely well. They almost made it through and only lost 1 game.

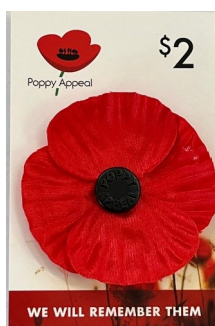
Congratulations to both teams for representing Our Lady's so well.

Ms McManus



REMEMBRANCE DAY BADGES

The Sunshine RSL has the following items available for purchase from the Office for Remembrance Day, Friday 11 November 2022.



Tickets available on QKR now!

OUR LADY'S PARENTS & FRIENDS FUNDRAISING EVENT



THE ADULTS ONLY

80's *Party*



FEATURING DJ CON

FRIDAY 25.11.22

7:30 TIL LATE

SUNSHINE YCW CRICKET CLUB

LILY ST BRAYBROOK

DRINKS AT BAR PRICES



BRING CASH TO PURCHASE A SONG, PLAY WINE
PULL, JOIN IN THE COIN TOSS OR TO BUY A TICKET
IN THE RAFFLE.

\$10 ENTRY FEE





LET'S START THE SHOW

THE SUMMER HOLIDAY PROGRAM IS HERE!

Get ready for a summer of delights with your friends!

STEP RIGHT UP FOR THESE WONDEROUS ACTIVITIES

Fantastic range of carnival games
Amazing incursions and excursions
Have a blast with your friends

**ENROL AND BOOK INTO A
LAND OF EXCITEMENT AT EXTEND.COM.AU!**

Book 14 days in advance to receive the early bird rate.

PREPARATIONS FOR 2023

As we are beginning our preparations for 2023 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 2023 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and several of the other year levels are full, with enrolment enquiries coming in.

If your child is not returning in 2023 (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. *Thank you.*

Children NOT returning to Our Lady's School in 2023

Family Name: _____

Child/children's names

1. _____ 2022 Grade: _____

2. _____ 2022 Grade: _____

3. _____ 2022 Grade: _____

Name of our new school: _____

And / Or

Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible

INSIGHTS

Parent self-care matters



Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.

parenting*ideas

Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



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.



During our life we prepare for a time when God will be with us forever in heaven. Write down things you can do that prepare you for eternal life with God?



Gospel

Luke 20:27-38

Some Sadducees – those who say that there is no resurrection – approached Jesus and they put this question to him, 'Master, we have it from Moses in writing, that if a man's married brother dies childless, the man must marry the widow to raise up children for his brother. Well, then, there were seven brothers. The first, having married a wife, died childless. The second and then the third married the widow. And the same with all seven, they died leaving no children. Finally the woman herself died. Now, at the resurrection, to which of them will she be wife since she had been married to all seven?'

Jesus replied, 'The children of this world take wives and husbands, but those who are judged worthy of a place in the other world and in the resurrection from the dead do not marry because they can no longer die, for they are the same as the angels, and being children of the resurrection they are sons of God. And Moses himself implies that the dead rise again, in the passage about the bush where he calls the Lord the God of Abraham, the God of Isaac and the God of Jacob. Now he is God, not of the dead, but of the living; for to him all men are in fact alive.'

Spot the difference

Can you find the seven differences between these two pictures of seven brothers?

