



OUR LADY'S SCHOOL NEWSLETTER

9 November 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
Our Lady's is a Child Safe School

"I have come so that they may have life and have it to the full" John 10

DATES FOR THE DIARY

Fri 10 Nov

Parish Movie

Confirmation Prayer Day

Sat 11 Nov

Remembrance Day

Tues 14 Nov

2.15pm 2018 Foundation

Transition Session

Wed 15 Nov

7.00pm Dream A Little Dream

Tickets go on sale!

7.00pm Parent Advisory

Meeting

Mon 20 Nov-Fri 1 Dec

Swimming Program

Wed 6 Dec

Dream A Little Dream Whole

School Performance

Fri 8 Dec

Feast of the Immaculate Conception

Thurs 14 Dec

Grade 6 Graduation

Wed 20 Dec

End of term 4 for students at 3.00pm

Thurs 21 Dec

Professional Learning for Staff (Handover 2018) No school for the children

SACRAMENTS 2017

Confirmation (Year 6)

Friday 17 November

Dear Parents,

This year Remembrance Day will fall on Saturday and therefore not during a school day.

Please speak to your children about the significance of this day and perhaps you may like to

say a family prayer for peace in the world, for those who are currently fighting for peace and for those who gave up their lives so that we can live in a peaceful society. You may like to use the Prayer of Remembrance below as your prayer.

On Friday the Year Six students will be holding their Confirmation Prayer Day at St. Joseph's by the Sea Convent in Williamstown. The children will be involved in activities which will support them in their preparation for receiving the Sacrament of Confirmation next week on Friday 17 November at 7pm. Please pray for our Year Six students as they make their final preparations.



Congratulations to Our Lady's school students, parents and staff for supporting the work of the Catholic Missions.

What a wonderful result!

SO FAR
WE HAVE
RAISED

\$2246.40!!



A Prayer of Remembrance

Lord God, help us this day to remember the sacrifice of those caught up in war, and the generations of men, women and children who have died in the cause of liberty and peace. Help us to remember those who still bear the physical and mental scars and disabilities of their service. Help us to remember the widows, girlfriends, parents and orphans and all those who waited in vain for the return of a loved one. Help us to remember the mateship, agony, courage and compassion of war service, but save us from ever glorifying the horror and tragedy of war. Lord God, help us to remember. Amen



At Our Lady of the Immaculate Parish Primary School we promote the safety, well being and inclusion of all children.

Outstanding Achievements

Ryan (4H)

Our very own swimming sensation!



This week Ryan represented the Western Metro District in the 2017 Victorian Metro 7 to 10 year olds Competition. This was an inter-district competition between Metropolitan Districts. It was held at the Melbourne Sports and Aquatic Centre (MSAC) on Sunday 5 November.

Ryan swam individual 50 metre races as well as in the medley relay. He achieved a personal best when he swam the 50 metre butterfly in 38 seconds.

Ryan's team came second in the relay race. He said that he loves swimming because he enjoys the challenge of trying to improve on his previous times.

What an amazing achievement! Congratulations Ryan!



Alice (4H)

Our very own published writer!



Alice loves writing so she decided to enter a writing competition. She had recently written a poem that she had received much positive feedback about and so she decided that she might as well enter that into a writing competition.

A couple of months later (by this stage Alice had forgotten about the competition) she received a letter and a certificate in the mail saying, congratulations you had passed the first round of judging. The best part was that the judges also requested to have Alice's permission to publish her poem in their yearly book of poems and short stories called 'Write Here, Write Now'. She intends to continue to write as it is one of her passions.



An idea for spreading the true Spirit of Christmas in 2017



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

Last week we spoke to Sister Jean who is a Sister of St Joseph who works amongst the most vulnerable families in the west. She has done much work in the western suburbs to support families who are going through difficult times. Our Lady's school has supported Sister Jean in her work through Joseph's Corner. She has asked for our support during Christmas time and has said that the items that are most needed are toiletries and toys as often families cannot afford these items. I'm sure that if we all donate an item we can together bring some Christmas cheer to many families who would otherwise go without. Please help us to help Sister Jean so that we support these families in our local community to have a happy Christmas.



Our Lady's Primary presents

DREAM

a little



Dream

Wednesday 6 December
7.00pm

Quin Auditorium
Churchill Ave Braybrook

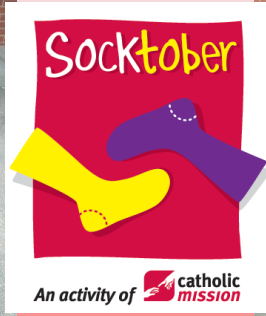
Tickets \$15.00 each

Tickets go on sale 15 November at
7.00pm from the following link

<https://www.trybooking.com/SORV>

Please note that you do NOT need to purchase a ticket for your child performing in
Dream A Little Dream





YMCA CHILDREN'S PROGRAMS OSHC PROGRAMS AT A GLANCE



For all **Bookings and Cancellations** please call us directly on **0401 700 401**
Email us: ourladysoshc@ymca.org.au For any **Account Information** please call our office on: **8371 0500**
www.childrensprogramms.ymca.org.au

Week 6 November 13

DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Clay Creations Outside: Playground & Obstacle Course	Seasonal Fruit & Veggies Crackers, Dip & Celery
Tuesday Staff: Brad, Lucette, Hang	Inside: Wooden Boxes Outside: Playground & AFL	Seasonal Fruit & Veggies Sandwiches
Wednesday Staff: Brad, Hang, Chelsea	Inside: Aluminum Embossed Foil Outside: Playground and Soccer	Seasonal Fruit & Veggies Variety of Biscuits
Thursday Staff: Brad, Hang, Jennie	Inside: Colour Paper Creations Outside: Playground & Cricket Homework + Readers	Seasonal Fruit & Veggies Rice Cakes
Friday Staff: Brad, Jennie	Children's Choice: Games, Activities Inside & Out. Cooking Iced Biscuits with Jennie	Seasonal Fruit & Veggies Cheese and Crackers

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 Hat, Bucket Hat 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 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 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**

NEWS FROM THE LIBRARY

Dear Parents,

The students have had another great year of borrowing from the Mary MacKillop Library. As we approach the end of the year it is necessary to call in all the books that have been borrowed throughout the year to:

- do some running repairs
- create lists of books that need replacing because they have been borrowed many times and are worn out
- or sadly just not been looked after by those who have borrowed them
- to restock the shelves
- to prepare for next year's classroom and student requirements.

In order to do this the library will stop allowing books to be borrowed from the end of week 8.

This will allow all books to be returned in a timely fashion to prepare for next year and also allow a little bit of extra time to chase up late returns. This is particularly important for students in year 6 and those families who will be leaving the school at the end of the year.

Could you have an extra careful look around your home for anything with an Our Lady's barcode on the front cover or just inside the cover of the book. Late or overdue books, however overdue they are, are warmly welcomed back into the library and their presence celebrated with VERY LOUD cheers!!!!

Once again thank you for your co-operation in supporting your children's responsible use of the library facilities.

Regards, *Toni Balbata* Library Technician



SCT YOUTH THEATRE 2017



Breakfast *With the* **BEARS**

By Stephen Andrews

7 Original Short Plays

For kids, by kids!

ADULTS AT CHILDREN'S PRICES

Dempster Park Hall
82 Phoenix St
North Sunshine

\$11

All tickets!

Book now! ☎

www.facebook.com/sunshinecommunitytheatre www.trybooking.com

Saturday Nov 18th 3pm

Sunday Nov 19th 3pm

Saturday Nov 25th 3pm

Sunday Nov 26th 3pm

2017 Youth Production; Breakfast With The Bears

Standing around on a film set waiting to film the kids movie, Breakfast With Bears, Rabbit, Fox, Sheep, Parrot and Cow recount the children's stories that made them famous. But will they ever finish the movie with the bears?

The Youth Production is a fun filled adventure crossing seven short plays and maybe eventually, they'll have Breakfast With The Bears. Tickets on sale now via the link.

Nov Sat & Sun 18th 19th, 25th 26th, 3pm

<https://www.trybooking.com/book/event?eid=324794>





The language of Independence-building

by Michael Grose

▀ *Independence-building is vitally important for parents. It's the pathway to children's competency, confidence and creativity, and the short cut to resilience and real learning.*

Families always develop shared language around the values that have strong meaning for them. If resilience is a shared value then there invariably will be a strong set of words and phrases about resilience factors such as coping, flexibility and perseverance.

Similarly, the values of independence and self-sufficiency are reflected in a family's proprietary language. In fact, it's through shared language that culture exists. If you are looking to building a culture of independence in your family then creating your proprietary language around independence is a great way to start.

These following twelve examples of independence-building language, and the principles behind them, will help you create your own family's language.

1. *"Never regularly do for a child the things a child can do for him or herself"* – **Goal:** Independence

This is perhaps the original parenting-for-independence manifesto, and it's a philosophy that guides many teachers and parents today. In effect, this sentence means that wherever possible – we give children the skills and competencies to look after themselves physically and emotionally. It requires a great deal of patience, time and courage from parents and teachers as the sentence is easier to say than to put into practice. But it's a worthy guiding principle that leads to self-sufficiency in children, and ultimately redundancy as parents.

2. *"Is this something you can do?"* – **Goal:** Self-help

Independence takes many forms but perhaps the most common is the development of self-help skills. The confidence, pride and, for most, sheer pleasure that kids doing the simple things for themselves such as a toddler tying his shoelaces or a child making her own lunch is immeasurable. Yet it is so easily denied by well-meaning parents and adults who see it as their job to do everything for children. Independence begins at home with the development of self-help skills.

3. *"Have you checked the help roster today?"* – **Goal:** Contribution

A great way to develop a sense of independence is to give kids opportunities to help out at home. There is no need to overburden children with jobs, but a sensible allocation of chores according to their age and study requirements is not only a great help to you, but fantastic training for them. It also builds accountability and a work ethic, both highly valued characteristics for continuing success at school and later in life.

4. *"Which of these two would you prefer?"* – **Goal:** Decision-making



Parents as wise leaders need to call the shots on how the family life is conducted, including health and welfare issues such as appropriate bed and bath times. Some things are not up for negotiation. But there are areas where parents can rightfully hand autonomy to children and say, 'It's your call!' Choice of clothes, how they keep their bedroom, what they eat and who they play with are the types of decisions they can make. Naturally, this is age-related and you do need to have some influence on their choices.

5. *"How can you make this happen?"* – **Goal:** Problem-solving

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: *'Can you handle this on your own?'* Next should be, *'What do you want me to do to help you solve the problem?'* These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

6. *"We rely on you to do this."* – **Goal:** Reliability

Reliability is closely connected to responsibility and other aspects of independence. Every child over the age of five, at the eldest, should do something that someone else relies on whether it's looking after a pet, clearing the meal table or emptying the garbage on a regular basis. Having others rely on you has its challenges and can be a learning curve. They'll inevitably forget to put the rubbish bins out on garbage night, meaning your bin will be overflowing for the next week. They'll need to be reminded about feeding the pet or clearing the table. Kids inevitably won't get things right, but that doesn't mean we should stop giving them responsibilities.

7. *"What can you learn for next time?"* – **Goal:** Self-sufficiency

Learning from mistakes is part of the independence-building process for children. Often adult impatience or unwillingness to put up with errors prevents us from giving kids the chance to do things for themselves or take real responsibilities. If independence is to be a major part of your family's culture then it's imperative that we help kids learn from their mistakes whether social, behavioural or just messing up while helping out at home.



8. *"How do you feel about this?"* – **Goal:** Emotional intelligence

An often over-looked aspect of independence is the ability to self-manage your emotional state. Emotional self-management starts with the recognition of how you feel about a particular event or action and then labelling that feeling. If possible prompt to identify their emotions before they act on them. You can also revisit events and ask children about the feelings that may have led to a certain behaviour such as hurting or yelling at a sibling.

parenting*ideas

9. "When you muck up, you make up." – **Goal:** Accountability

Kids of all ages will make mistakes. In fact, mucking up is part of the learning process. But kids will just repeat their mistakes unless they experience the consequences of their decisions. The use of behavioural consequences is a way of teaching children to take greater responsibility for their lives and to learn to make smarter choices.

10. "How will you fix this?" – **Goal:** Restoring relationships

Independent kids are usually socially-smart kids who don't operate in a bubble. They know that their behaviour impacts on others they are mindful of the thoughts, feelings and behaviours of others. They also make amends or restore relationships when their behaviour impacts negatively on others. Relationship restoration is a lifelong skill and involves the following: swallowing your pride, making up, giving something back, not holding a grudge and moving on.

11. "You need to do what's right, not what's easy." – **Goal:** Integrity

A sense of integrity is important for a child's independence because it's the basis of reasoned and socially focused self-control and self-management. The job of parents is to move their children from 'Me' to 'We'. Integrity is the great socialising agent for a child. They may get by without courage, endurance and grit but they won't get far socially without integrity.

12. "Let's find a way to make this happen." – **Goal:** Positive risk-taking

One of the ways to develop independence is to work with them to build their skills and abilities to safely navigate an ever-broadening environment outside of the relative safe confines of their home. Ideas include adults and kids doing things together such as catching public transport until they are ready to go it alone or with friends; and giving kids smaller freedoms that lead to bigger liberties such as allowing a young child to walk part of the way to school on their own and then extending the distance as they get more experience and feel more confident.

Independence-building is vitally important for parents. It's the pathway to children's competency, confidence and creativity, and the short cut to resilience and real learning. We've gradually retreated from this approach over recent generations much to our children's detriment. It's time to help kids reclaim their independence. Getting our language right is a good place to start as family change always begins with shared language.



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. Michael regularly appears in the media throughout Australia in programs including The Project, The Today Show and ABC radio.



32nd Sunday in Ordinary Time, Year A



Help Jesus tell the story of the girls with oil lamps. Add words and pictures to the story.

Ten girls went to a _____ and waited for the groom.

Five were foolish. They took their lamps but no extra ____.

Five were _____. They took extra oil for their lamps.

The _____ was late. The foolish girls asked for some oil, but the wise girls did not have enough to share.

While the _____ girls were buying more oil, the groom arrived. Everyone went inside and closed the doors.

The foolish girls returned. They shouted, "Open the _____!", but they were not allowed inside.

Gospel Mt 25:1-13

Jesus told this parable to his disciples: 'The kingdom of heaven will be like this: Ten bridesmaids took their lamps and went to meet the bridegroom. Five of them were foolish and five of them were sensible: the foolish ones did take their lamps, but they brought no oil, whereas the sensible ones took flasks of oil as well as their lamps. The bridegroom was late, and they all grew drowsy and fell asleep. But at midnight there was a cry, "The bridegroom is here! Go out and meet him." At this, all those bridesmaids woke up and trimmed their lamps, and the foolish ones said

to the sensible ones, "Give us some of your oil: our lamps are going out." But they replied, "There may not be enough for us and for you; you had better go to those who sell it and buy some for yourselves." They had gone off to buy it when the bridegroom arrived. Those who were ready went in with him to the wedding hall and the door was closed. The other bridesmaids arrived later. "Lord, Lord," they said, "open the door for us." But he replied, "I tell you solemnly, I do not know you." So stay awake, because you do not know either the day or the hour.'