



OUR LADY'S SCHOOL NEWSLETTER

18 August 2023

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

Our Lady's is a Child Safe School

'Ask and it will be given to you; search and you will find; knock and the door will be open for you.' Matthew 7:7

DATES FOR THE DIARY

Fri 18 Aug Author visit for Yrs 4-6

Mon 21 Aug Book Week Parade, Author visit for Yrs F-3

Thurs 24 Aug Sacrament of Confirmation 7.00pm

Wed 30 Aug 7.00pm Student Wellbeing Parent Session

Thurs 31 Aug Father's Day Stall

Fri 1 Sept 8.30-9.00am Father's Day Breakfast

Sun 3 Sept Father's Day

Wed 6-Fri 8 Sept Year 5 Camp

Fri 8 Sept Aussie of the Month Assembly

Fri 15 Sept End of Term 3 at 1.00pm

Mon 2 Oct Start of Term 4 at 8.35am

Wed 4 Oct Yr 6 Graduation Photo

SACRAMENTS

Thur 24 Aug: 7.00pm Confirmation for Year 6

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Mon 6 Nov: Report Writing

Dear Parents,

It was wonderful to see the students, parents and parishioners, come together on Tuesday to celebrate the Feast of the Assumption in Our Lady's Church. On this feast day we remember God's faithfulness to Mary; and Mary's faithfulness to God as Catholics believe Mary was physically 'taken up' into heaven at the end of her life. It is believed that her soul and her body remained united. We pray to Mary, the Mother of Jesus, who has a special place in our lives. Mary's assumption into heaven is seen by many as a fulfilment of Jesus' promise to all faithful servants; that one day, we too will be received into the kingdom of God.



I remind families that applications for Year 7 in 2025 for Catholic Secondary Schools must be in by this afternoon Friday 18 August.

Please keep our Year 6 students in your prayers as they prepare to make the Sacrament of Confirmation next Thursday night.



Confirmation Candidates 2023 *Please pray for us*



Confirmation Prayer

In Confirmation we receive the gifts of the Holy Spirit. We are strengthened for our faith journey.



Dear God, we come before you with our prayer. Soon we will be confirmed in our faith in you, Father, Son and Holy Spirit. Through the gifts of the Holy Spirit, help us to walk your way of love and serve others in your name. may we live always as people of prayer who make good choices in our lives. As we prepare for the sacrament of Confirmation we ask your blessing on all of us.

Lord, we ask you to hear our prayers and petitions and those prayers we hold in our hearts. Amen

Book Week reminder

This year's theme is: *Read Grow Inspire*

A reminder that on Monday we are having our annual Book Week parade in the morning and parents are very welcome to join us. Thank you to our wonderful Literacy Leader Mrs Tania Cuni who has organised this fun event which celebrates the joy of reading and the wonderful Australian authors and illustrators which create these amazing books for us to enjoy. The students and staff are always very excited about getting dressed up in their favourite characters. This year we will once again be giving away books to a lucky child in each class. Please see the advertisement in this newsletter for further details.



Building Update

At the moment there is no further update other than the tender process has been closed. As I have explained in one of my previous emails there is a process that has to be followed in order to appoint the new builder and that has been worked on as fast as possible. This process involves a number of MACS departments, Capital Works and Finance and of course right through to Archbishop Peter Comensoli. Once this phase has been completed we hope that by the end of September the builder will be onsite and starting our build.

BUILDING PROJECT UPDATES

Our Lady's School Dance Extravaganza-Let Your Light Shine - Whole School Performance on 25th October

A further reminder to all parents that if you haven't already done so please spend some time with your child creating a costume for their dance. The items you choose need to be white. You do not need to go out and buy anything if you have white clothing already at home. **We would appreciate parents sending in your child's costume in the next couple of weeks.**

Here are some ideas and examples:

T-shirts, shorts, skirts, leggings, trousers, lab coats, white fabric to use as belts head bands etc- Place the items you and your child have chosen into a bag. Write your child's name on the bag and give it to your child's teacher.

Father's Day Breakfast - Friday the 1st of September 8:30-9:30 (in the staffroom)

The Year 6 Events committee have organised a special Father's Day breakfast. We encourage all fathers and grandfathers to come and get spoilt. The Events Committee have organised some very tasty treats for you to enjoy with a cup of tea or coffee, as well a special surprise. We will need you to fill in the form that was sent out so that we have accurate numbers for catering purposes. If your child misplaced the note and you would like to attend, please let the office know.



A reminder to please make sure your child/children are wearing the correct Winter school uniform.

- No students should be wearing their puffer jackets or rain jackets in the classrooms. Please make sure your child is wearing their school jumper or windcheater on sport days. Jackets are for outside only.
- Runners can only be worn on sports day. School shoes must be worn with the school uniform.



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



FI

Lachlan- For your sleek dance moves. Keep grooving. *From Ms. Cam Tu & Mrs Granata*

Jacob- For your vibrant and infectious energy during dance! Keep it up. *From Ms. Cam Tu & Mrs Granata*

FJ

Ivy - For drawing her costume ideas in great detail. You are a great Communicator, Ivy. Well done! *From Miss Wendy*

Casper - For demonstrating the Learning Asset Thinker when creating an interesting robot in Discovery. Well done, Casper! *From Miss Wendy*

1K

Will - for using Garageband on the iPad to create a song and then sharing your knowledge and skills with others during Discovery Learning. You are a great Thinker! *From Miss Shai*

Rose - for displaying the Our Lady's School Gospel Value of Courage by using your big voice to share your thoughts and learning with the class. *From Miss Shai*

1L

Isabella W - For being a Communicator who shares their learning. You created a fantastic book to show what you learned about magnets! *From Miss Steph*

Zeb B - For being a Self-Manager who makes plans and shows focus when working towards his goals in Discovery Learning. Keep it up Zeb! *From Miss Steph*

2M

Sang Cung C - For demonstrating the Gospel value of Compassion when you invited someone to join your group after you saw they did not have a group. *From Ms Rochelle*

Emily K - For working hard on your maths assessment this week and keeping such a positive attitude. You are a superstar! *From Ms Rochelle*

2N

Naing M - For magnificent focus during Andy the dancer's lesson. You know all the moves to our dance and perform them beautifully. *From Mrs Mitchell*

Casey Z - For independently solving division as sharing and writing the number sentence to match. Well done! *From Mrs Mitchell*

3E

Vincent - For showing persistence with his itime inquiry. Vincent is challenging himself to ask questions and think deeper. Well done! *From Ms Howe & Ms Belinda*

Evie H - For being a great collaborator. Evie always confidently shares her ideas and listens to others. Well done! *From Ms Howe & Ms Belinda*

3F

Andreas A - For showing the Our Lady's Gospel Value of Compassion and Service by supporting others. *Keep it up!* *From Mr Josh*

Lincoln H - For contributing to class discussions with insightful thoughts and ideas. Keep up the great work! *From Mr Josh*

4G

Andi-For displaying the Our Lady's school Gospel value of Compassion when she learns and plays with her peers. Keep it up! *From Ms Karen*

Skylar-For using a narrative plan to structure her writing and for keeping each part of the plan in mind when she writes her narrative. Well done Skylar! *From Ms Karen*



- 4H**
Jesse- For using De Bono's thinking hat when unpacking your seed for writing. Well done! *From Ms. Robles*
Matthew- For using a narrative plan when working on your draft. Keep it up! *From Ms. Robles*

- 5C**
Kayla- for displaying the Gospel Value of Service by dedicating your break times to help with time-keeping at the soccer field. *From Mr Membrey*
Leonardo - for continuing to challenge yourself in developing your leadership skills. You are setting a fine example to your peers. *From Mr Membrey*

- 5D**
Matilda - For being an excellent Self-Manager during Writer's Workshop by strengthening your message when drafting using the skills we have learnt in focus group sessions. Well done! *From Ms Gurry*
Sophia - For showing the Learning Asset of Courage during Writer's Workshop by trying new purposes for writing. Keep it up! *From Ms.Gurry*

- 6A**
Harry- For displaying the Learning Asset of Self Manager by consistently remaining focussed on his learning tasks. *From Mr Wickham*
Ava- For creating an accurate and complete column graph showing results of a class survey. *From Mr Wickham*

- 6B**
Nathan - For being a helpful member of the class who is willing to take on tasks and responsibilities without being asked. *From Ms Christine & Mrs Sales*
Eva - For taking risks with her learning in mathematics, particularly when adding and subtracting decimals. *From Ms Christine & Mrs Sales*



4H: Helena L
6A: Harry M
Staff: Ms McManus, Mr Buttigieg, Fr Peter



Yesterday Ms Pina, Mr Membrey and Jess took 27 Our Lady's athletes to the District Athletics event at Newport Athletics Track.

We were super successful with a number of our students getting 1st, 2nd and 3rd places in their events!

So many students will be competing in the Regional Athletics!

Congratulations Our Lady's Athletes!





Book Week is coming!!!

Are you ready?



BOOK PARADE!!!

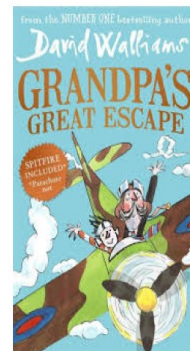
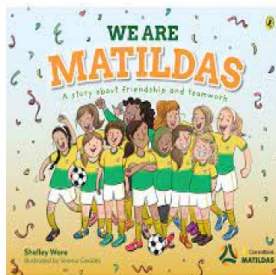
Monday, 21st August at 9am

Where: On the Blue/Green Grass (weather dependant)

Are you ready to dress up as your favourite book character? If you could choose to be anybody from a book, who would it be? You could be a superhero, a princess or a cat. Who would you choose? Will a mask, a wig or a hat do for you? Crazy socks can always be fun! It's your choice.

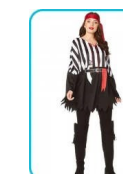
What will you wear?

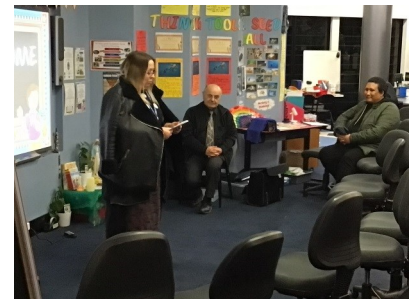
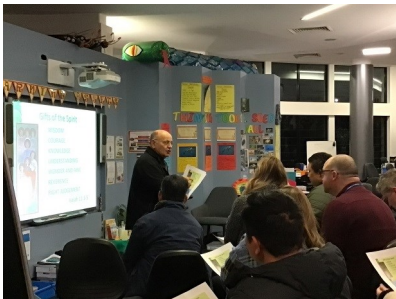
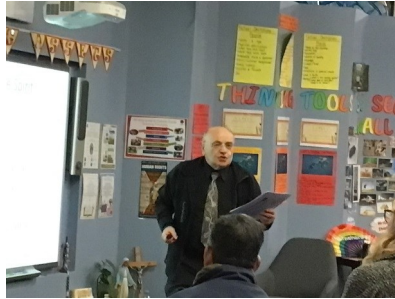
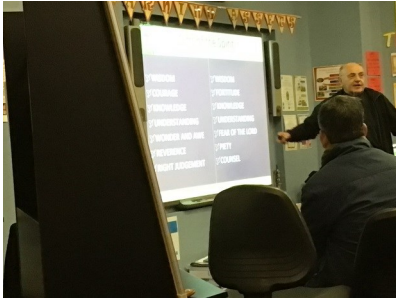
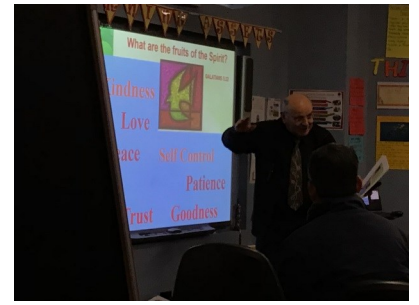
Who will you be?



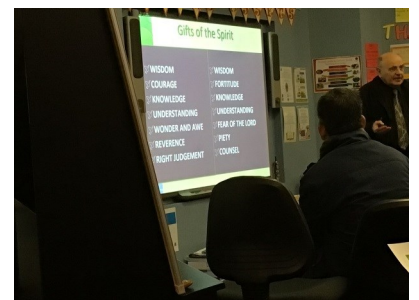
Introducing our Book Week authors for 2023

Oliver Phommavanh (Years 4-6 on 18th August) and Richard Galbraith (Years F-3 on 21st August)





Confirmation Faith Formation Evening





PARENT INFORMATION SESSION



We will be facilitating a Parent Information session focusing on Student Wellbeing and Social and Emotional learning (SEL) at Our Lady's. The session will be facilitated by OLPS staff, Christine Carabott and Caroline Wood.

The one hour parent information session will focus on:

- ★ Social and Emotional Learning (SEL) @ OLPS
- ★ Exploring self regulation and co-regulation
- ★ Exploring what the Zones of Regulation are
- ★ How can you help your child with the ZONES at home?

DETAILS:

When: Wednesday 30th August 2023

Time: 7:00 - 8:00pm

Where: OLPS Auditorium

Please complete the RSVP slip below to indicate your attendance. RSVP to be returned by Friday 25th August please. Please note that this event is for parents/ carers only.

Yours sincerely,

C. Carabott

Deputy Principal/Student Wellbeing Leader

C. Wood

Mental Health Leader



Student Wellbeing Information Session RSVP Form

Child name/s: _____ Class: _____

Student Wellbeing Parent Session - Wednesday 30th August at 7.00 p.m.

* Yes, we will be attending the **Student Wellbeing** Information Session

Number of adults attending:

Parent name/s:

SUNSHINE BASEBALL CLUB

BARCLAY RESERVE - TALMAGE ST - SUNSHINE



BOYS & GIRLS AGED 5-17

Join in on the fun of playing baseball, no experience necessary,
just the desire to learn a new sport and to have FUN !!

AUGUST 20TH/27TH & SEPTEMBER 3RD
2.PM TO 4.PM ON EACH DAY

COME TO EITHER 1, OR ALL 3 OPEN DAYS FREE SAUSAGE SIZZLE AND HANDOUTS

PHONE GAVIN: 0419 874 135

EMAIL: sbcjuniors@gmail.com.au

Web: sunshinebaseball.com.au

INSIGHTS

Spending time with kids: How much is enough?



The need to spend time with their parents differs for different kids. For some, there's no end to the time they'd spend with you. However, other kids feel differently. There's no right answer.

I'm fortunate to have the flexibility that allows me to spend a great deal of time with my children. However, my nine year old daughter wants to spend more time with me. My eleven year old son, on the other hand, is content either way.

Australia ranks first

According to a recent study Australian parents rank number one among OECD countries (including most of Europe, North America, the UK and Finland) when it comes to spending time with their kids. The lion's share of this time is still invested by mums, but Australian dads are ahead of those from many other countries, averaging around 70 minutes a day with their children.

The source of misplaced parental guilt

According to research published in the Journal of Marriage and Family, not spending enough time with children is the biggest source of parental guilt in Australia.

The researchers also found that it's quality, not quantity of time children spend with parents that's important for their emotional wellbeing, achievement and behaviour for kids aged 3-11 years. The researchers concluded that volume of time doesn't matter. It's much more important how time is spent with your children when you are together. This in no way advocates for absentee parenting. It's about making the most of the family time you have and reducing feelings of stress for you if you can't be around as much as you'd like to be.

Here are some ideas to help make sure you optimise the time you spend with your kids:

- Create a tradition of one-on-one time with each of your kids around an activity that you both enjoy, such as a cafe catch up over a milkshake, shooting hoops or playing a favourite board game
- Read regularly to each other, as these are special times of connection, especially in bed at night
- Eat meals together as a family so you can all catch up and connect – this is worth its weight in gold when it comes to quality time
- Pay attention to your children, watching for cues that they're in need of extra time with you
- Adolescents benefit from spending extra time with their parents. Through interactions with their parents teenagers can learn to make better decisions about their health, improve their academic achievement and experience better wellbeing
- Take an interest in their interests. Connect with your children through the activities that they value such as music, sport or games, even if they aren't hobbies you don't normally enjoy. Your kids will appreciate you making the effort and will respond accordingly

parenting*ideas

- Be present when you're with your kids. Research shows our minds can wander up to 47% of the time when we are with our loved ones. If you're present with our kids, you won't miss out on nearly half of that precious time.

Be mindful of the importance of unstructured time for kids. That is, time they spend playing alone or with siblings and friends. Play is essential for our kids' wellbeing and development. Play changes as our kids grow up but as long as whatever they're doing is child-led, it's play. This is the time to leave them to it.



Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit www.drjodirichardson.com.au



The woman who had faith in Jesus

20th Sunday in Ordinary Time, Year A

Gospel

Matthew 15:21-28

Jesus left Gennesaret and withdrew to the region of Tyre and Sidon. Then out came a Canaanite woman from that district and started shouting, 'Sir, Son of David, take pity on me. My daughter is tormented by a devil.' But he answered her not a word. And his disciples went and pleaded with him. 'Give her what she wants,' they said 'because she is shouting after us.' He said in reply, 'I was sent only to the lost sheep of the House of Israel.' But the woman had come up and

was kneeling at his feet. 'Lord,' she said 'help me.' He replied, 'It is not fair to take the children's food and throw it to the house-dogs.' She retorted, 'Ah yes, sir; but even house-dogs can eat the scraps that fall from their master's table.' Then Jesus answered her, 'Woman, you have great faith. Let your wish be granted.' And from that moment her daughter was well again.

Who are the outcasts in our community?
Write them in the footprints.



The Canaanite woman persisted because of her strong belief that Jesus would cure her daughter. Use the words below to find out what Jesus said.



_____, you have

____ your ____
be _____.

granted wish
faith Woman
Let great