



# OUR LADY'S SCHOOL NEWSLETTER

## 19 August 2022

[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

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

*Our Lady's is a Child Safe School*

*"Christ has no body now but yours. No hands, no feet on earth but yours."*  
*Attributed to St Teresa of Avila*

### DATES FOR THE DIARY

**Fri 19 Aug** Book Week Parade  
8.50am in the Hall. **NO AFTER-NOON ASSEMBLY TODAY**

**Fri 19 Aug** Year 7 2024 Catholic School Applications close

**Fri 19 Aug** Book Week Author Visit - Nicky Greenburg

**Mon 22 Aug** Book Week Author Visit - Adrian Beck

**Fri 26 Aug** casual Clothes and Crazy Mask Day

**Mon 29 Aug** Whole School Book Week Performance

**Tues 30 Aug** Father's Day Stall

**Wed 31 Aug - Fri 2 Sept** Year 5 Camp

**Wed 7 Sept** 7.00pm PAB

**Thurs 8 Sept** Years 1-2 Camp Activity Afternoon

**Fri 16 Sept Show Day!** End of Term 3 at 3.15pm

**Mon 3 Oct** Start of Term 4 at 8.45am

### PLEASE TAKE NOTE OF THE 2022 SCHOOL CLOSURE DAYS

(students do not attend school):

Monday 31 October: Report

Writing

Dear Parents,

This week we celebrated the Feast of the Assumption of Mary into heaven on Monday the 15th of August. Students in Years 4, 5 and 6 joined the parishioners in the church to celebrate Mass. We placed a bouquet of flowers in front of Our Lady's statue at the front entrance to our school and prayed that she would continue to bless our school community.

### Performing Arts

This term there has been a focus on drama, singing, music and dance across all year levels. I am very happy to announce that we have received a grant from the SongRoom which means that Our Lady's School will have a professional dancer for one day a week to teach dance to our students over 10 weeks.

We welcome Andy Howitt who is a highly experienced professional dancer. Andy (pictured on the right) has worked as an Artistic Director, Dancer, Dance teacher and Choreographer. He is originally from Scotland but has travelled the world throughout his career. Andy will work primarily with the Year 5 and 6 students on a hip hop dance routine that they will perform closer to the end of the year. He will also take students in F-4 for a dance lesson.

### **A BIG THANK YOU TO ALL THE STUDENTS, PARENTS AND STAFF FOR MAKING OUR BOOK WEEK PARADE SUCH A FUN AND JOYFUL EXPERIENCE!**

A very special thank you to our wonderful Literacy Leader Mrs Tania Cuni (the Fairy God-Mother below) for organising the Book Week Parade and all the author visits and performances that the students will enjoy today and next week. Thank you also to Mrs Toni Balbata our Library Technician pictured below with visiting author Nicky Greenberg for ordering the books for our raffle. We have pages of photos for you to enjoy in this newsletter.



## FRIENDS

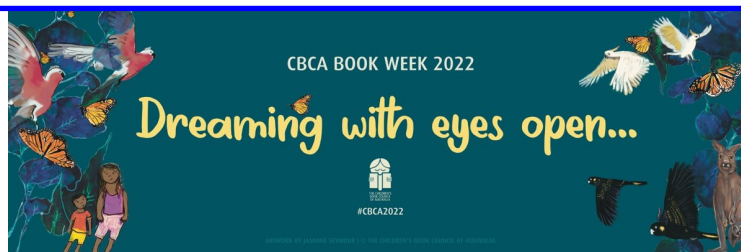
Jesus, when you were on earth you had many friends. You were kind to them, you loved them, and you forgave them when they let you down.

We are your friends, too, you are kind to us, you love us, and you forgive us when we let you down.

Thank you, Jesus, for our friends. Help us to be kind to them, to love them, and to forgive them when they let us down.

We pray that one day we may join all your friends, and all our friends, with you in heaven. Amen





## BOOK WEEK CLASSROOM RAFFLE WINNERS

FI	Jason	FJ	Tanishka	1K	Geronimo	1L	Yodi
2M	Laura	2N	Ava	3E	Natalie	3F	Jay
4G	David	4H	Henry A	5C	Van R	5D	Stephanie
6A	Michael G	6B	Lachlan				

## BOOK WEEK RAFFLE WINNERS

6B	Olivia	4H	Michelle	1K	Billy	3F	Grace R
2N	Ben	3E	Paul	4H	Leonardo	FI	Klara
4G	Adele	5C	Aquelly	FJ	Zephaniah	2M	Amelia
6A	Kayden	5D	Landen	6B	Jacqui		

## BOOK WEE KPARADE LINK

If you'd like to watch today's Book Week Parade, here's the link! Enjoy!!

<https://youtu.be/bP3HeJgbatw>



A very big THANK YOU to all the parents who came along to the Auditorium on Wednesday evening to hear Deb Sukarna talk about Writers Workshop at Our Lady's. Deb was engaging and full of knowledge that she willingly passed on to very interested parents.



### About the Presenter Deb Sukarna

Deb has been a leading educator for 37 years and has presented professional development programs for State, Catholic and Independent schools. She has worked in the United States and has co-authored a number of books on literacy education. In 2011, Deb was the recipient of the ACEL Hedley Beare Educator of the Year Award and received a Fellowship in Leadership from ACEL in 2014. Deb has been both a Primary Principal and Principal of a Balinese Community School. She has recently retired from Ivanhoe Grammar School as Head of Plenty Campus (Prep to Year 12) and Deputy Principal of Ivanhoe Grammar School (2004-2016). Deb has an expertise and passion for literacy and her workshops are based on her own classroom practice from ELC to Year 9.



Another big THANK YOU to our Literacy Leader Mrs Tania Cuni for organising the session.

Mr Buttigieg  
Fr Peter  
Harry M 5D  
Helena L 3F  
Harrison H 6B

Yours sincerely,

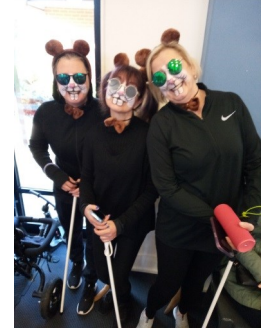
*Patrizia Bertani*

**Ms Patrizia Bertani**  
**Principal**

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



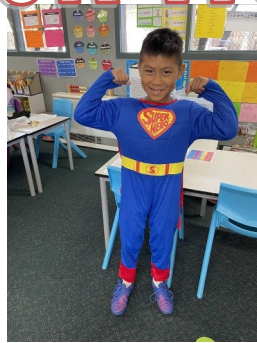








# Book Week Parade







# Book Week Parade





# Father's Day Stall



**Tuesday 30 August**

**Items for sale from  
\$2.00 to \$15.00 including**

*Keyrings*

*Mugs & Travel Mugs*

*BBQ Tools*

*Garden Tools*

*and lots more!*



**Don't forget to bring a  
bag so you can hide  
your gift from Dad!**



**The P&F are looking for any helpers between 8.45-11.00am on the day to help run the stall. If you have a Working With Children Check and some time, the P&F would love to see you on the day in the Hall!!**

The Wellbeing Committee has organised a special day for the school to design your own masks and wear casual clothes on the same day.

# Casual Clothes Day + Crazy Masks Day



Friday 26th August

It will be a day where you can wear casual clothes and have cool decorative masks on the same day!!!!!!



The face mask will be optional, but we encourage you to wear one because it will keep others safe and it will be beautiful at the same time.



# GRAND UNITED CRICKET CLUB



**PLAY CRICKET  
REGISTER TODAY**



**BOYS AND GIRLS - JUNIOR TRAINING AND REGISTRATION NIGHTS**

**UNDER 11'S - UNDER 13'S - UNDER 15'S - UNDER 17'S**

**EVERY THURSDAY @ 4.30PM - STARTING 1st SEPTEMBER**

**JR PARSONS RESERVE, STANFORD ST, SUNSHINE**

**CRICKET BLAST (4-9 Y.O) - SATURDAY 15TH OCTOBER - 9:30AM**

**FOR MORE INFORMATION CALL JACK HALE 0421 526 500**





SUNSHINE BASEBALL CLUB - Since 1938



**SUNSHINE  
BASEBALL**

# COME AND TRY DAYS

**Aug 21st - 28th / Sept 4th**

**2.00PM TO 4.00PM ON EACH DAY**

No prior experience necessary, just the desire to learn a new sport, meet new friends and to have fun!

Contact Gavin Fischer. Ph. 0419 874 135 / Em: sbcjuniors@outlook.com  
or visit our website for more information [www.sunshinebaseball.com.au](http://www.sunshinebaseball.com.au)

## Junior Baseball Pathway

### TEE BALL / 4-5yo

Tuesday nights skills 5.30pm to 6.00pm  
2 x Gala Days, (one held in Nov and one in Feb)



### ROOKIE BALL / 6-7yo

Tuesday nights skills 5.30pm to 6.00pm  
4 x Friday Rookie games played throughout the season



### LITTLE LEAGUE MINOR / 8-12yo

Friday night games, 6.00pm to 7.30pm



### LITTLE LEAGUE MAJOR / 9-12yo

Sunday morning games, 9.00am to 11.00am



### INTERMEDIATE LEAGUE / 11-13yo

Sunday morning games, 9.00am to 11.00am



### JUNIOR LEAGUE MAJOR / 12-14yo

Sunday morning games, 9.00am to 11.00am



### SENIOR LEAGUE - U16s / 13-15yo

Sunday morning games, 9.00am to 11.00am



### BIG LEAGUE - U18s / 15-17yo

Sunday morning games, 9.00am to 11.00am



**There's a hero in every kid!**

Home Run Heroes is the greatest introduction for kids (aged 4-10) into the game of Softball.

Kids throw, catch, run, swing, laugh, and build the confidence to uncover the hero within.

[homerunheroes.com.au](http://homerunheroes.com.au)

## UPCOMING PROGRAMS IN THIS AREA

### SUNSHINE HOME RUN HEROES SIDEKICKS

Ages 4-7 6-Week Program

Cost: \$50 without pack, \$80 with  
T-Shirt, cap, grip pad/ball pack

### SUNSHINE HOME RUN HEROES SUPERHEROES

Ages 7-10 6-Week Program

Cost: \$50 without pack, \$80 with  
glove and ball pack

When: Fri Sep 2 - Fri 21 Oct

Time: 5.30pm - 6.30pm

Where: Sunshine Softball Assoc.

More Park, Ballarat Rd, Ardeer

Contact Jo Ingram 0407 230 360

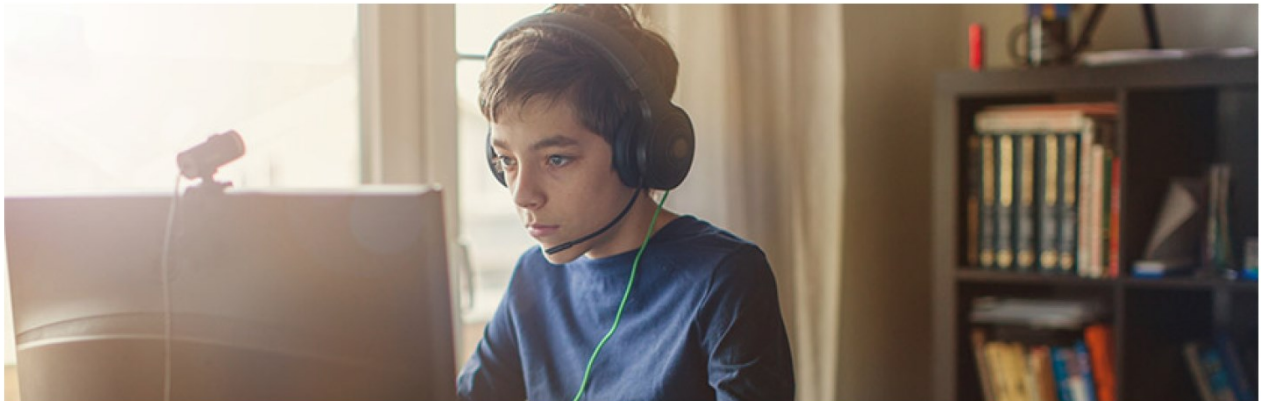
Email: [sunshine.softball2012](mailto:sunshine.softball2012@gmail.com)

@gmail.com



## INSIGHTS

### Screen time habits for good eye health



Children and teens are spending an increasing amount of time on digital devices for both learning and leisure. Lockdowns, remote learning, and online learning have resulted in a surge of young people complaining about sore eyes, blurred vision, headaches, red eyes or general eye fatigue.

Research suggests that there has been an increase in myopia (nearsightedness) rates for children and teenagers during the pandemic. Myopia is a vision condition in which someone can see objects near to them clearly, but objects farther away are blurry.

One [study](#) revealed an almost 400% increase in six-year-olds presenting with myopia symptoms during the 2020 lockdown. The phenomenon referred to as 'quarantine myopia'. Experts believe that screen time may be to blame. HCF Health Insurance data shows over 20% more school-aged children had claims entered for glasses or contact lenses in 2020, compared to five years ago.

While it may seem logical to blame these negative impacts solely on screens, there's emerging evidence to suggest that screens alone may not be triggering or causing eye strain or myopia. The pandemic has not only led to an increase in screen time but has also resulted in kids spending more time inside and less time outdoors in natural sunlight. Family history is also a known risk factor for children developing myopia.

Given that kids will need to continue to rely on digital technologies for their learning and leisure, parents, carers and educators need to equip them with the strategies that will support their eye health and reduce the impacts of screen-related eye conditions such as eye strain and myopia. Following are some simple strategies to help keep screenagers' sight healthy and in optimum condition.

#### Keep an eye on their eyes

Be on the lookout for symptoms such as headaches, blurry vision, squinting, or rubbing eyes, as they may indicate potential eye issues. Take your child to an optometrist if symptoms persist.

#### Teach them the 20/20/20/20 rule

Every 20 minutes, they should take at least a 20 second break, look into the distance for 20 metres to develop depth of vision, and blink 20 times – because when they stare at a screen their blink rate declines by 66%.

#### Remind them to close their eyes

Learning through screens is mentally taxing, depleting the two regions of the brain which process what they see and hear online. Encouraging kids to close their eyes, even if just for 10 seconds, gives these regions of their brain a much-needed break. It increases alpha waves in their brains, leaving them feeling focused and alert after a short break.



## Remember the arm's length rule of thumb

Remind your kids to keep all their digital devices and reading materials at least an arm's length away from their eyes.

## Brighten up

Make sure kids read with appropriate lighting, as poor surrounding light increases eye strain. You may need to adjust the brightness on the screen they are using, or the lighting in the room.

## Encourage them to head outdoors

Research shows that young children who spend more time outdoors are less likely to be short-sighted as teenagers, so ensure your children get at least two hours of 'green time' time a day. Evidence also reveals that just 40 seconds in nature will reduce stress levels.

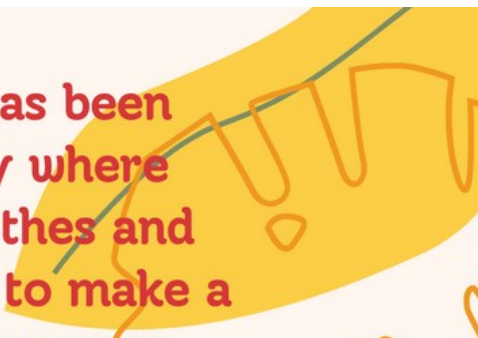

Given that technology plays a pivotal role in kids' lives, it's essential that parents, carers and educators equip kids with the skills and strategies that will protect their eye health. This requires strategies to deploy when kids are using devices and ensuring that their tech time doesn't displace vital offline experiences, such as time in nature. Yet another reason why we need to balance their 'screen time' with their 'green time'.



### Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit [www.drkristygoodwin.com](http://www.drkristygoodwin.com).






The Wellbeing Committee has been working on organising a day where students can wear casual clothes and have fun. We also had an idea to make a crazy face mask day, to encourage people to wear masks.

# Wellbeing Day

## CASUAL CLOTHES + CRAZY MASK



Wear your Casual clothes  
and make a unique face  
mask

NOTE: The face mask is  
optional, but we encourage  
you to make a face mask

Friday, 26th August







*Those who are least will  
be the most important*



**21st Sunday in Ordinary Time, Year C**

## **Gospel** Luke 13:22-30

Through towns and villages Jesus went teaching, making his way to Jerusalem. Someone said to him, 'Sir, will there be only a few saved?' He said to them, 'Try your best to enter by the narrow door, because, I tell you, many will try to enter and will not succeed.

'Once the master of the house has got up and locked the door, you may find yourself knocking on the door, saying, "Lord, open to us" but he will answer, "I do not know where you come from."

Then you will find yourself saying, "We once ate and drank in your company; you taught in our streets" but he will reply, "I do not know where you come from. Away from me, all you wicked men!"

'Then there will be weeping and grinding of teeth, when you see Abraham and Isaac and Jacob and all the prophets in the kingdom of God, and yourselves turned outside. And men from east and west, from north and south, will come to take their places at the feast in the kingdom of God.

'Yes, there are those now last who will be first, and those now first who will be last.'

**Write or draw someone who is not considered an important person. Then fill in the missing letters.**

The o\_es wh\_ are \_ow  
le\_t im\_rt\_nt wi\_  
be th\_ mo\_t i\_po\_tan\_.

**Write or draw someone who considers themselves more important than others. Then fill in the missing letters.**

Th\_se w\_o a\_\_ now  
m\_st i\_po\_\_nt \_ill b\_  
the \_e\_st \_m\_rt\_nt.