



OUR LADY'S SCHOOL NEWSLETTER

23 August 2018

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

And if he sins against you seven times a day, and returns to you seven times, saying, 'I repent,' forgive him. Luke 17:4

DATES FOR THE DIARY

Fri 24 Aug

Book Week Parade
2.30pm AOM Assembly

Mon 27 Aug

Gr 3 CERES Excursion

Wed 29 Aug

Grade 6 Leadership Day
Gr 4 Marian Production

Thurs 30 Aug

Father's Day Stall

Fri 31 Aug

9.00 P&F Meeting
Gr 6 NGV Excursion
Gr 4 Incursion
2.30pm Father's Day Assembly

Sun 2 Sept

Father's Day

Mon 3 Sept

Kath Murdoch Parent Session
7.00pm

Tues 11 Sept

Fete Committee Meeting
6.30pm Hall Kitchen

Wed 12-Fri 14 Sept

Year 5 Camp

Fri 14 Sept

Parish Movie

Fri 21 Sept

Our Lady's Show Day
End of term 3 at 3.15pm

Mon 8 Oct

Start of Term 4 8.45am

Sat 24 Nov

Shopping Tour

SACRAMENTS

Reconciliation (Year 3)
Thurs 6 Sept 7.00pm
Confirmation (Year 6)
Fri 16 November 7.00pm



Dear Parent,

Thank you to all the parents, staff and students who attended the opening of Our Lady's School Art Exhibition at the Granary Café in Sunshine. It was wonderful to see so many families come and enjoy the beautiful artwork created by students from Our Lady's school. A special thank you to the Granary Café for hosting this very special event and to Mrs Christine Carabott (Deputy Principal) and Ms Pina McDonald (Art teacher) who organised the art exhibition. If you haven't already done so I recommend that you visit the Granary and have a look at all the beautiful pieces of art on display.

Next Thursday the 30th of August the Parents and Friends Committee will be holding their annual Father's Day Stall. Please check the advertisement in this newsletter seeking helpers to wrap the gifts and organise the stall and if you can spare a little time your help would be greatly appreciated.

Over the past couple of weeks we have been having children coming to school when they are sick. It is important that children are kept home if they are sick as this will ensure that all children remain well.

Thank you to all the parents who filled in the school improvement surveys. The information will be collated by Insight SRC and sent back to our school at the end of October. We will use the information to help inform our planning for 2019.

The Parent Advisory Board have raised the issue of providing families with the opportunity for their children to learn a musical instrument. We have been speaking to a company called The Music Bus and they will be coming out to give a demonstration to children in all classes on Monday the 12th of November. There will also be a parent session for parents to come and ask questions. We will be sending more information out to you closer to the date.

**Please join us next Friday the 31st of August at 2:30pm, in the Hall for our very special Father's Day Assembly.
We hope to see as many Fathers as possible on the day.**

OUR LEADERS



O God, your laws help us to lead good lives, to be safe and happy. We pray that our leaders will make laws to help all people to be safe and happy. Help them to lead us on a way that we can follow to bring peace to all the nations of the world. We ask you to help each of us to be leaders in the places where we live by our good lives and kindness to others.



Our Lady's Art Exhibition



CREATIVE INSPIRING

THOUGHT-PROVOKING INTERESTING

BEAUTIFUL





Our Lady's Art Exhibition



CREATIVE INSPIRING THOUGHT-PROVOKING INTERESTING BEAUTIFUL





Liam is researching the history and development of a liopleurodon.

iTime

Learning in Year 5

- Researching
- Collaborating
- Problem Solving
- Personalised
- Independent Learning skills, behaviours and attitude



Ryan is exploring video effects and techniques using Filmora.



Han is comparing different types of myths and exploring what they have in common and how they are different.



Jaylen is investigating what are different phobias and how we manage them.



Emily is researching about the origins and features of lyrical dancing.

Srishti is investigating facts about the box jelly fish.





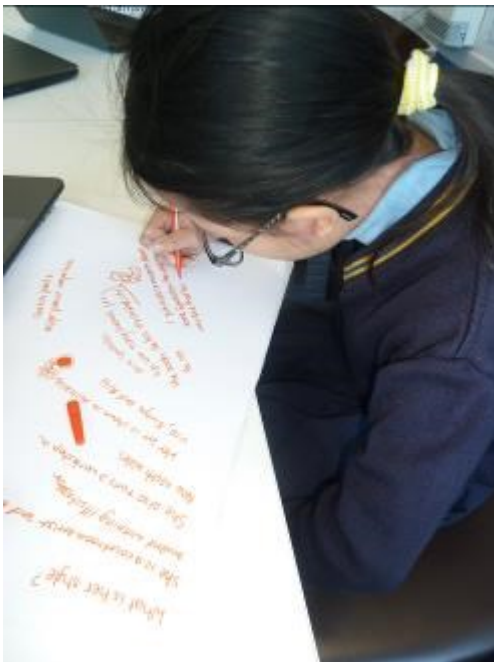
Ryan is investigating the importance of labelling pictures using Pokemon characters.

iTime Learning in Year 5

- Researching
- Collaborating
- Problem Solving
- Personalised
- Independent Learning skills, behaviours and attitude



Sienna is inquiring into why our school has so many rules.

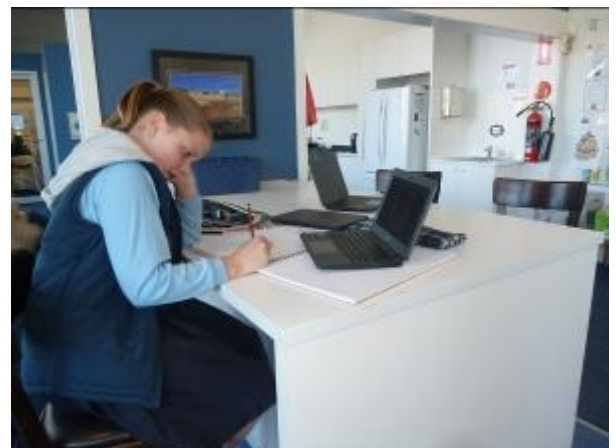


Lana is interested in the artist Anna Studvalis artists and is investigating the different art mediums she uses.



Josh is investigating how sharks have developed over time.

Lilee is researching the Indigenous language Wadawurrung



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

How to download QKR app for Canteen, Uniform and P&F Events!

Qkr! with MasterPass

For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by MasterCard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:

- Order and pay for your child's lunches, reducing the need to bring cash to school;
- Pay for school fees, uniforms, excursions and more;
- See your receipts on the app and get them sent by email, if required.

Getting started is easy - try it yourself today

Step 1 Download Qkr!
on your Android phone or iPhone. iPad users can download iPhone app.

Step 2 Register
Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school
Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

Step 4 Register your children
When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you have made a purchase you can select our school from 'Previous Locations'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

Search for our school name

Qkr! with MasterPass

Add your children's details in Student Profiles

Select 'Add student profile'

Add each child's details

Manage each child's details in Student Profiles

Order meals

Select a menu from our canteen

Tap the green tick to view your receipt or to cancel an order

Select a date for a child and order a meal

Tap 'Repeat order' to copy all paid orders from one week to the next

Tap to change the child you are ordering for

Tap to change the date you are ordering for

Tap 'Checkout' then confirm and pay

Making payments

Add up to 5 cards to your wallet

At checkout select which card to pay with.

Pay with any cards accepted by the school.

Once your payment is approved you can continue to the home page, or view your receipt.

Our Lady's School Sunshine Show Day 21 September 2018



As part of our **Show Day** celebrations, all children will be able to:
purchase a show bag and/or a slice of pizza.

- All show bags are \$5 and the pizza is \$2.
- The pizza will be given out at lunch time.
- Show bags can be purchased for siblings not at school.
- All orders should be placed via QKR.



All orders to be completed and
paid for by **Wednesday 5 September**



FATHERS DAY STALL

The P&F Committee need helpers for the upcoming Father's Day stall for the following days:



1. Gift wrapping - next Friday 24th August, wrapping after Book Week Parade for 1-2 hours
2. Stall set up - Wednesday 29th 7pm-8pm Mariana Hall
3. Father's Day Stall - Thursday August 30th (Mariana Hall 8:45am-11am)

Please let Vera Tomek know if you're able to help by dropping her an email on Tomek7@optusnet.com.au

Many thanks,

P&F Committee

Our Lady's Annual Shopping Tour – Saturday 24 November 2018



Come join us for a day of good food, great company and fantastic shopping!!!

For \$78 (price will drop if we get strong numbers), you will be provided with freshly baked morning and afternoon sweets together with tea and coffee, a 2-course lunch with a glass of wine, coach transfers and entry to all outlets.

Various Outlets will be visited. Great day out in preparation for Christmas shopping or just enjoy the time with friends whilst helping raise funds for the school as a percentage of sales will be paid to the school.

To secure your place, a \$40 deposit per person is required by 12 October 2018 with the balance of \$38 payable by 10 November 2018. Payments to be made at the Office with names and phone numbers listed on an envelope or alternatively please call Gina on 0414 535 729 to make alternative payment arrangements or if further information is required.

Actual times will be confirmed closer to the date, but we can expect to be picked up at the school around 7.30am and back at school again around 5:30pm. Family and friends are welcome, although unfortunately we are unable to take children under 12 on the bus.



Many thanks,

Gina

Student Wellbeing: Social and Emotional Learning

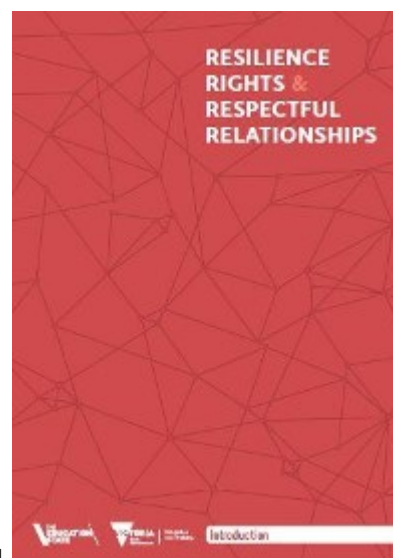


Wellbeing is fundamental to all our lives and is extremely important. At Our Lady's School, student wellbeing is foundational. All Catholic Schools are guided by the Catholic Education Melbourne policies and Horizons of Hope. The Horizons of Hope Wellbeing Foundation Statement states, "Wellbeing is integral to learning excellence. A positive sense of wellbeing supports a base for rich learning that enables young people to flourish" (Horizons of Hope, Catholic Education Melbourne, 2017). "As well as teaching academic skills, it is part of the core business of schools to promote student resilience, wellbeing and positive social attitudes. One way that schools can achieve this is through the teaching of evidence based programs that explicitly foster personal and social capabilities". (Reference: Resilience, Rights & Respectful Relationships. Department of Education and Training, 2016).

The Wellbeing Program encompasses several components and resources that are drawn on to implement a program and develop personal and social capabilities in all students. The Resilience, Rights and Respectful Relationship program is mandated across Victoria. It incorporates 8 topics.

At Our Lady's we are implementing 6 of the topics throughout 2018. These include:

- Topic 1: Emotional Literacy
- Topic 2: Personal Strengths
- Topic 3: Positive coping
- Topic 4: Problem Solving
- Topic 5: Stress Management
- Topic 6: Help Seeking



All of these topics connect strongly to both the CASEA and Bounce Back Program that is also implemented to support all students in developing the five core competencies of wellbeing, which include; Responsible decision-making, relationship skills, social awareness, self-management, and self-awareness.

Regards

Mrs Carabott

Deputy Principal & Student Wellbeing Leader



Our Lady's Athletes at District Athletics



Congratulations to all the Our Lady's Athletes who competed last Friday at Newport.

Well done to all and extra congrats to the **15** students who are now moving through to the next level!





Grade 5 at the NGV





Year 2 at Werribee Mansion



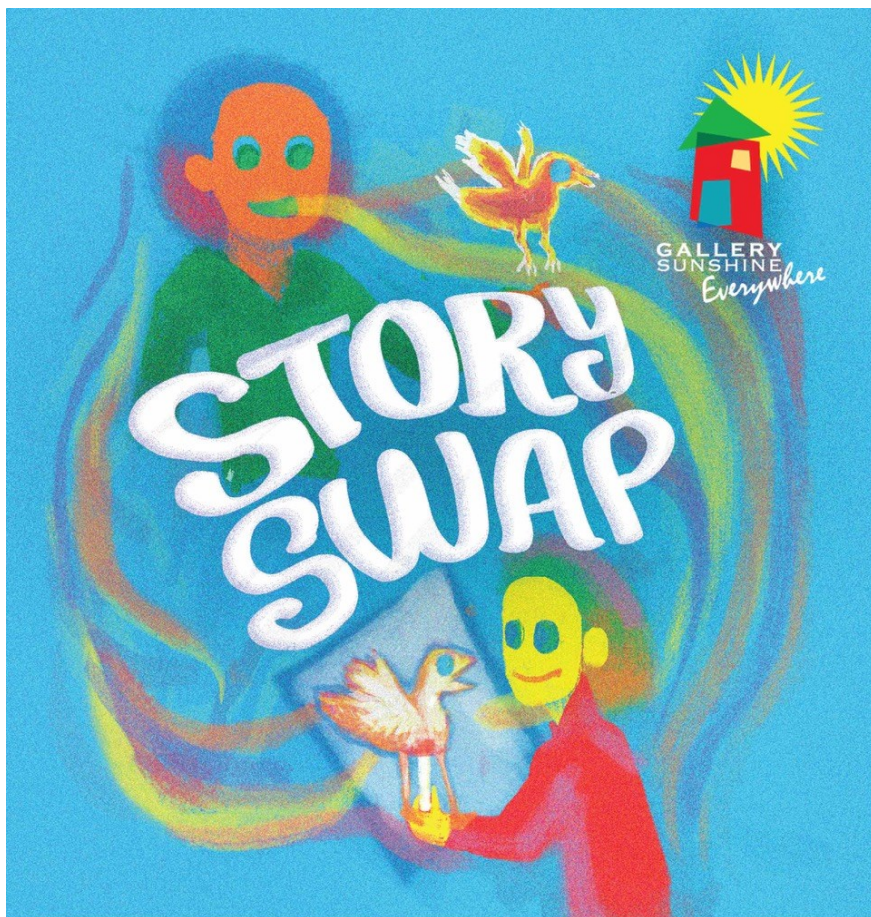


Grade 2



Werribee Mansion






STORY SWAP

Activity Dates: Saturday 25 August & Sunday 2 September

Exhibition Dates September 16th - October 14th

The Granary Cafe: 2 Devonshire Rd, Sunshine VIC 3020

Proudly Supported by



Participants wanted!

Story swap is an all ages community event where we draw and tell stories to each other.

Come along on Saturday
25th August or Sunday
2nd September.
Share a story with a
stranger or swap and draw
somebody's story for
them.

An exhibition of selected
works will be held from the
September 16th - October
14th



Activity Dates:
11am - 3pm Saturday 25 August & Sunday 2 September

Exhibition Dates:
September 16 - October 14

Venue:
The Granary Cafe: 2 Devonshire Rd, Sunshine VIC 3020

insights

Raising Mighty Boys

by Michael Grose



Understanding what makes boys tick is the key to teaching and raising them. Here are twelve essentials in order to connect with our sons and help raise well-adjusted boys.

Raising and educating boys is a hot topic in Australia and other parts of the world. From my experience those adults who do best teaching and raising boys have a significant understanding of what makes boys tick.

Here are twelve key understandings that will help you regardless of your gender or family situation raise well-adjusted boys:

1. You must like them

Approval is at the heart of raising boys. Most will walk over hot coals for you if they know you like them. In a sense, this need for approval holds many boys back in school, as they can shut for a teacher who doesn't like them. If you can feel comfortable with their boisterousness, live with their lack of organisational skills, and not be confronted by their in-your-face ways then the chances are that they'll respond to you.

2. Boys like to blend in

Boys are group-oriented by nature. They want to fit in. They tend to play group games and form themselves into structured groups. Boys don't want to stand out from the crowd. Don't put them down in front of their friends and understand that they make poor friendship choices rather than be in a group of one. They'll generally prefer the wrong friends rather than no friends at all.



3. They are hierarchical by nature

Boys need limits and boundaries as they make them feel safe and secure. They like to know someone is going to enforce those rules, so don't be afraid to take the lead with them.

4. Many boys hide behind a mask

Some boys wear a mask to protect them from being hurt. The mask can take many guises including; 'tough nut', 'cool dude' and 'class clown.' Refuse to communicate with the mask. Make them feel comfortable, joke with them, even tickle them. Do whatever you can to get behind the mask.

5. Boys are just as sensitive as girls

Despite the fact that research shows that boys are more easily stressed and more fragile than girls parents will ask daughters how they feel more often than they ask sons. Also when daughters get hurt, parents tend to comfort

them more than they comfort sons. Boys are sensitive you just need to use different language to get them to open up than you do with girls. For instance, a boy will more than likely tell you how he feels if you ask him how he thinks about something. Also, he generally needs more time to process his feelings so bedrooms can become their caves that they'll retreat to when they need the space to work out what's going in their hearts.

6. Boys are tactile by nature

Ever noticed how little boys are more likely than little girls to pop new objects in their mouths. That's because taste and touch are two important ways that they take in the world. That tactile nature of boys needs to be nurtured, not ignored. One way is to hug them –lots! Boys need to be touched two to three times as much as girls to release the same amount of oxytocin (a feel-good chemical in the brain) that is released during a hug.

7. Boys learn from experience

Many parents know the extreme frustration that comes from imparting their wisdom on to their sons, only to see it completely ignored. If you have boys in your life then you need to get used to the fact that boys like to learn many of their life lessons for themselves. Experience, for better or worse, is a teacher than many boys can relate to.

8. Loyalty is a high-driver

Understand that a boy's loyalty to his friends and family is a key driver and you'll unlock the key to the male psyche. They are incredibly influenced by their peers, which can hold them back, stopping many from getting too far ahead of the pack. Loyalty also gets many boys into strife with authority. Call a boy's sister or friend an insulting name and you're asking for trouble!

There's no doubt that raising boys tends to be more of a challenge for parents than raising girls. Understanding and appreciating the differences is a great start. However I think parents who really connect well with boys somehow develop the wisdom to step as well as speak up at the right time, and the smarts to know when to stand back and allow their sons to work things out for themselves.



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.

Lord, your words give everlasting life

21st Sunday in Ordinary Time, Year B



By listening to Jesus, we too can have everlasting life. What are some things Jesus is telling us? Draw the missing pictures, then circle the correct answers.



Love one another

Do anything you want



Always be the winner

Help others



Be stronger than others

Pray to God

Gospel

Jn 6:60-69

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?'

'It is the spirit that gives life,
the flesh has nothing to offer.
The words I have spoken to you are spirit
and they are life.'

'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'

Jesus spoke to his disciples about the bread of life. It was hard to understand, but those who had faith continued to follow him. Crack the code to find out what Simon Peter said to Jesus.

