



Melbourne Archdiocese
Catholic Schools



OUR LADY'S SCHOOL
NEWSLETTER
23 August 2024
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

The Kingdom of God is like a mustard seed, which is the smallest of all seeds on earth. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds can perch in its shade. Mark 4:31-32

DATES FOR THE DIARY

Fri 23 Aug Book Week Parade
8.45-9.45am
Tues 27 Aug Community Class-
rooms 3.10-4.00pm
Thurs 29 Aug P&F Father's Day
Stall
Fri 30 Aug 8.25-9.00am Father's
Day Coffee in the Staffroom
Sun 1 Sept Father's Day
Mon 2 Sept Poetry in Motion
for Yrs 4-6
Thur 5 Sept Yr 6 Leadership Day
Mon 9 Sept Italian Day
Fri 13 Sept Second Hand Uni-
form Sale 3.00-3.45pm
Fri 20 Sept End of Term 3 at
1.00pm
Mon 7 Oct Start of Term 4 at
8.35am
Thurs 10 Oct 9.00am Yr 6 Grad-
uation Photo

Dear Parents and Carers,

Thank you for all the effort that you have put in to making our Book Week Parade such a resounding success. It was great to see so many parents come to join us this morning. The children and the staff looked fantastic and really got into the spirit of the day. Thank you to our Literacy Leader Mrs Lisa Piperno for organising the event and to the Events Committee members for assisting her so brilliantly. The theme for Book Week this year was **Reading Is Magic** and this morning the students in their amazing costumes sprinkled Our Lady's School with their own special magic.

Our Lady's School Staff 2 Day Conference-Curriculum Renewal and Design

Our aim over the 2 days was to design a new 2 year curriculum framework that incorporates the current guidelines from both the Victorian Curriculum Assessment Authority (the VCAA) and Melbourne Archdiocese Catholic Schools (MACS). Below you can see staff working through a 2 day process to examine the updated version of the Victorian Curriculum 2.0, the Religious Education Framework, the parent and student data that we collected to inform our decision making. This process involved much professional dialogue, reflection and collaboration between the staff as we began to design our new curriculum framework for 2025 and beyond.



Thank You For Fun!

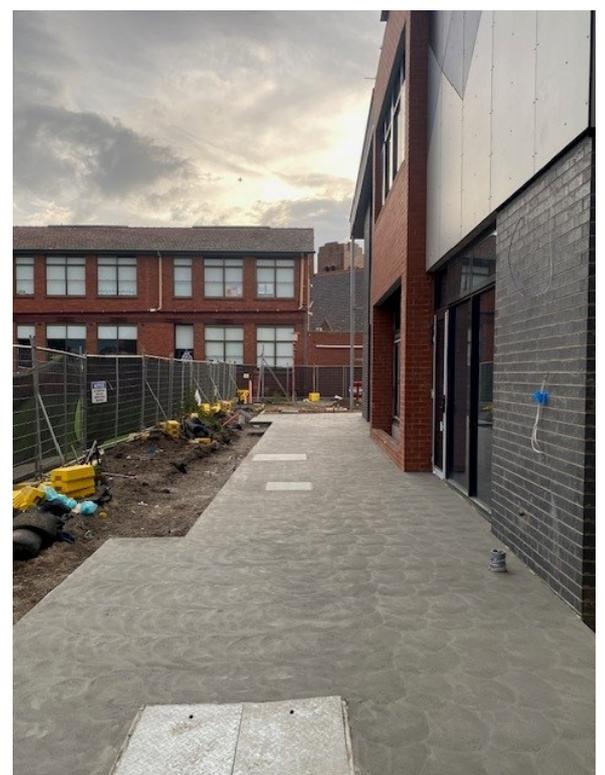
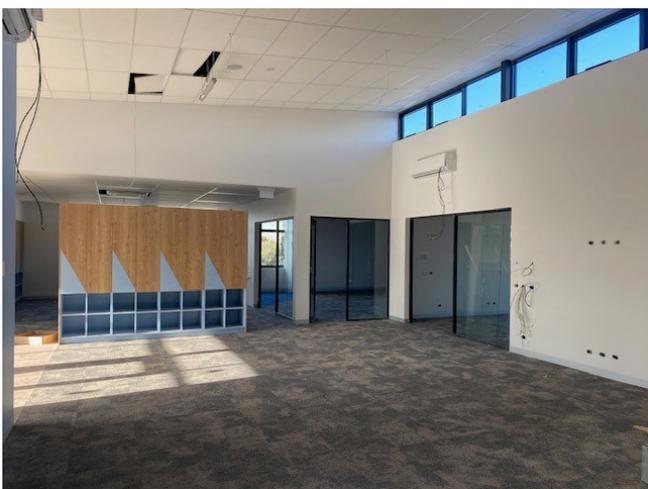


We love to play, we love to run, we love to dance, we just love fun.
Thank you, God, for the smiles and grins.
Thank you, God, for games and things.
Thank you, God, for making play,
Thank you, God, for fun today!

'Come to worship him with thankful hearts and songs of praise' Psalm 95:2

We are very quickly approaching the completion of our new building as you can see in the photos below. Next week the handrails, white boards and the pin boards will be put in place. We have already ordered the new furniture and it is scheduled to arrive on the 1st and 2nd of October. The concreting around the building is nearing completion and the building of the new playground will begin. As well as the landscaping, new flagpoles will also be installed.

BUILDING PROJECT UPDATES



Warm regards,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

Children's Book week®
Reading
is
Magic





ST MARY MacKILLOP AWARD

Congratulations to the recipients of our St Mary MacKillop Award for August 2024.

Congratulations to:



Ivy R 1K



Leonardo S 6A

CELEBRATING FATHER'S DAY AT OUR LADY'S SCHOOL

The Father's Day stall organised by the Parents and Friends committee is coming up on Thursday the 29th of August. This is an opportunity for your child to purchase a gift/gifts for their Dads.



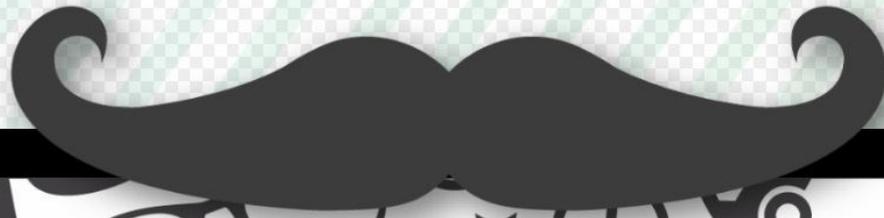
A very special Father's Day invitation has been sent out by the Year 6 Events Committee who have planned to really spoil the Dads of Our Lady's School with a special gathering on Friday the 30th of August at 8.25am in the staffroom.

As an extra special treat there will be a coffee van in the school on Friday the 30th of August from 8.15am and they will be giving out free coffees to all Dads.

This will ensure that those Dads who can't attend the event in the Staff Room will still be able to have a special treat.

Please send back your RSVP on Monday if you haven't already!

Father's Day Stall



Thursday 29th August
(Year 5 shopping on Wed 28 August due to Camp!)

**Items for sale from
\$2.00 to \$10.00 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 8.35am-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 Mariana Hall!!**

Father's Day Raffle

Tickets on sale on QKR NOW

Parents and Friends

FATHER'S

Day Raffle

\$1 PER TICKET ON QKR

1st Jumbuck Spit Pack
Rolling Dough Voucher
Deer Park Club Voucher
Cygnett portable charger

2nd BCF Voucher
Deer Park Club Voucher
Footies Socks
Cygnett Portable Charger

3rd Hop Nation Voucher
Deer Park Club Voucher
Footies Socks
JBL headphones

4th Zona Pizza Voucher
Deer Park Club Voucher
Footies Socks
JBL head phones

Made with PosterMyWall.com



The Best Way to Say ‘No!’ to Your Kids

One of the most difficult parts of parenting is saying no.

Unfortunately, sometimes we have to. Sometimes plans change, or something might not be safe. At times, someone else’s needs may matter more, or our child wants what they can’t have.

And while they might not thank you for it, setting limits is one of the best things you can do for your child. Saying ‘no’ teaches our kids important lessons about life, independence, empathy, and getting along. Research shows that the best parenting style is one that combines setting limits with warmth. These parents are nurturing and responsive, but they set firm limits for their children. They listen to their child’s point of view, but they don’t always accept it. And it works! Their children tend to be friendly, self-reliant, cooperative, curious, and goal-oriented.

So how can we say no while still letting our kids know that we empathise with them? How can we be firm *and* warm?

Give them their wish in fantasy.

It’s important to remember that our kids have big feelings, and that’s ok! We might need to limit behaviour, but big feelings are allowed. And while our kids don’t always need us to say yes, they do need to feel heard. All humans are more willing to cooperate once their feelings have been acknowledged. Our kids are no different.

So when your child wants something that you can’t (or won’t) say yes to, you can still show him that you empathise. Give him his wish in fantasy.

Here is an example. Imagine you’re in the supermarket with your child. You’re at the checkout, and it’s been a long, tiring day. You just want to get out of there and get home. Suddenly your child pipes up, ‘I want a lolly!’ You inwardly groan. It’s just before dinner, and you need to say no! You can feel a tantrum brewing. The last thing you need is a public meltdown!

But it doesn't have to end in a meltdown. Here's what you do:

First, connect with your child. Touch him on the arm, get down to his level, and make eye contact. 90% of good parenting is connection.

Then, give him what he wants in fantasy. Say, 'I wish you could have a lolly! What kind would you get?' Hopefully, your child will start to calm down right away and think about the answer. 'Freddo Frog', he might say. 'Oh, that's a great choice. I would pick lolly, or maybe freckles.'

Depending on how big your child's feelings are, you might need to extend the fantasy. You might say, 'What if our car was made of lollies? We'd never have to go to the supermarket again!' Your child might say, 'The wheels could be cookies!' When you give your child what he wants in fantasy, it shows him that you understand his feelings and that you care. Once he hears this, it is much easier for him to transition from being overwhelmed by his big feelings to dealing with a situation that, from his perspective, is less than ideal.

When you engage your child in fantasy, you are speaking to him in his favourite language: play. This reinforces your connection. It also shows your child that even if the world sometimes feels unfair, it is basically safe. This is because he has felt heard and understood.

We might not always get a round of applause, but putting this principle into practice will help us through the tough "no" moments with our children. They may still want what they can't have, but we'll be able to playfully get them through it. And in the process, teach them.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.



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

John 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.

