



OUR LADY'S SCHOOL NEWSLETTER

24 August 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

"Everything they owned was held in common." Acts 4:32

DATES FOR THE DIARY

Fri 25 Aug

Catholic Secondary College
Year 7 2019 Applications close

Tues 29 & Wed 30 Aug

School Nurse here for Founda-
tion students

Wed 30 Aug

Reconciliation Parent Night
7.00pm for Grade 3

Thurs 31 Aug

Father's Day Stall

Fri 1 Sept

Father's Day Assembly
2.30pm

Wed 6 Sept

P&F Meeting

Fri 8th Sept

Professional Learning Day:
Religious Education—NO
school for students

Wed 13 Sept

PAB Meeting

Thurs 21 Sept

Susan McLean Cyber Safety
Parent Workshop 7.00-
8.30pm

Fri 22 Sept

Our Lady's Show Day
AOM Assembly
End of Term 3 at 3.15pm.

Mon 9 Oct

Start of Term 4 8.45am

Wed 11 Oct

P&F Meeting

Fri 13 Oct

Parish Movie

Tues 17 Oct

Parent Confirmation Night
with Fr Elio Capra

SACRAMENTS 2017

Reconciliation (Year 3)

Thursday 14 September

Confirmation (Year 6)

Friday 17 November



Dear Parents,

We had a very exciting start to our school week with our annual Book Week Parade. Thank-you to all the parents who went to so much effort to make and find costumes for their child/ren. The parade was simply amazing and seems to get better each year. It really was a wonderful way to start the day and the week; seeing all the students dressed up 'in character'. The hall was buzzing with so much joy! Thank-you to all the parents who were able to come to the parade, it was really great having you all there. Thank-you to Ms Geraldine Maguire for organising the special parade.

On Tuesday, Ms McManus accompanied the children who competed in the District Athletics. It was a great day and a great experience for all involved.



Congratulations to all children who competed in the District Athletics at Newport Athletics track. Thank you to Ms Jo McManus who accompanied the children. The teachers were very proud of all the children who competed with great sportsmanship and represented Our Lady's School so well.

Reconciliation Parent Night

A reminder again for parents of students making their first Reconciliation, the upcoming parent information evening with Maria Forde is next week. The evening is on Wednesday 30th August in the Fr John Maher Auditorium. Please see Ms Lipski's notice further in the Newsletter for more information.



SAVE THE DATE— Thursday 21st of September 7pm-8:30pm Susan McLean Cyber Safety – Parent Information Session In the Father John Maher Auditorium <http://www.cybersafetysolutions.com.au/>

TRUST PSALM

God is our refuge. We trust God always.

My soul, be at rest in God alone, from whom comes my hope. God alone is my rock and my salvation, my secure height; I shall not fall. My safety and glory are with God, my strong rock and refuge. Trust God at all times, my people! Pour out your hearts to God our refuge!

Psalms 62: 6-9



Insight SRC Surveys – One important way for YOU to have a voice in all facets of school life

Last week, I mentioned the Insight SRC surveys that we will hand out to parents to complete this week. If you receive a survey, I urge you to take the time to complete it. The survey is a very important component of school life as it represents the voice of staff, parents and students who complete it. Therefore, it gives parents an opportunity to provide the school with feedback about many aspects of school life. Over the next couple of weeks, the staff and the Year 3-6 students will also be completing the survey. Once the data is collated Principals will be sent their school's data and this will support the school in the development of School Improvement Plan and Annual Action Plan for the following year. We take the feedback seriously and use it to assist us in our school plans for 2018.



Learning Walk

Last week, we held a General Learning Walk. We had a substantial number of parents who responded indicating they would be attending. However, on the day, a small number of parents enjoyed the opportunity to be immersed in the learning across quite a few classrooms in the school. The parents provided some great feedback. Thank-you to the parents who attended—it was absolutely wonderful sharing the morning with you.

Father's Day Stall & P&F News

Next Thursday, the P&F will be running the annual Father's Day Stall. Please send along some money with your child so they are able to 'shop' for their Father's Day gift. The P&F committee have been working for quite a while to organize the Father's Day Stall. The Father's Day Raffle will be drawn at our school assembly on the 1st September.



The P&F committee are also organizing show bags in conjunction with the school's annual Show Day at the end of the term. Please see the P&F information contained in the newsletter. Thank-you to all the members of the P&F for your commitment and dedication in providing these opportunities for all our students.

Professional Learning Day

On Friday 8th September, the staff of Our Lady's will be engaged in professional learning focusing on Religious Education. The facilitator for the day will be Cath Boyle who is extremely experienced and will be enriching the staff with further learning regarding the Church traditions and history. As this day is a professional learning day for staff, the school will be closed. Please mark this date in your diaries. YMCA are providing the opportunity for parents to enrol your child/ren in a full day of care on this day. Please see further information in the newsletter.



Art Exhibition @ the Granary

The student's art week will be on display at The Granary for an extra week. All artwork will be on display until the 9th September.

Yours sincerely,

Christine Carabott

Mrs Christine Carabott
Acting Principal

ccarabott@olsunshine.catholic.edu.au





CBCA BOOK WEEK 2017





BookWeek Winners!!



Winners are:

FI: Zac W & Sam A
1K: Chloe N & Zoe A
2M: Chum C & Izabella T
3E: Betty T & Hugo N
4G: Alisha P & Thomas S
5C: Liam M & Hannah R
6A: Andy N & Alex A

FJ: Aria W & Stephanie T
1L: Chloe Dan N & Steven C
2N: Hunter W & Luka K
3F: Sally-Grace O & Vienna D
4H: Alice C & Lucija K
5D: Moksha J & Amy P
6B: Kap Cin C & Kate D

Happy Reading!!

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 7 Monday 28 August

DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Father's Day Cards Outside: Playground and AFL	Seasonal Fruit & Veggies Garlic Bread
Tuesday Staff: Brad, Lucette, Hang	Inside: Father's Day Bookmarks Outside: Playground and Octopus	Seasonal Fruit & Veggies Variety of Biscuits
Wednesday Staff: Brad, Hang, Chelsea	Inside: Father's Day Placemat Outside: Playground and Fruit Salad	Seasonal Fruit & Veggies Fairy Bread
Thursday Staff: Brad, Hang, Chelsea	Inside: Children's Choice Father's Day Gifts Outside: Playground and Soccer Homework + Readers	Seasonal Fruit & Veggies Crackers, Dip and Celery
Friday Staff: Brad, Hang	Children's Choice: Games, Activities Inside & Out. Cooking Ice Biscuits with Hang Please bring school hat from today 01/09/17	Seasonal Fruit & Veggies Noodles

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

Friday 8th September 2017

Our Lady's Primary School

School Closure Day

Outside School Hours Care – 8.30am to 6.00pm

Our Lady's OSHC would like to offer families the opportunity to enrol children into a full day of care on Friday 8th September 2017.

For existing families, if you would like your child to attend, please enrol your child by seeing our OSHC Team in the OSHC Room and complete your details on the sign-up sheet or go online by **Thursday 31st August 2017**.

For families who haven't enrolled their children into Our Lady's OSHC, please visit our online website <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> to complete the enrolment form, then email ourladysoshc@ymca.org.au to express your interest, by **Thursday 31st August 2017**.

The cost for the full day of care will be \$59.00 per child minus CCB/CCR benefits.

If we have 15 children booked in on the sign-up sheet, we will be able to go ahead with School Closure Day.

However, if there are not enough children booked in, all parents/guardians, who placed their details on the sign-up sheet, will be notified by email on **Friday 1st September 2017**.

There will be arrange of activities during the day including but not limited to:

- Outside Play weather permitting
- Free Play
- Art and Craft
- Blocks, Board and Card Games
- Sporting Games

If you have any questions please contact me in person or ring 0401 700 401 or email ourladysoshc@ymca.org.au

Kind regards,

Brad, OSHC Coordinator



Our Lady's Primary OSHC
32 Station Place, Sunshine VIC 3020
M: 0401 700 401
E: ourladysoshc@ymca.org.au
www.childrensprogramms.ymca.org.au

Whole School Care - Friday 8 September

Please register your interest on the sign up sheet in After School Care or online by Thursday 31 August

An important message organised by Mary & Alisha in 4G who are living out the Our Lady's School values of Compassion, Service and Justice through their iTime project.

Hi, Our names are Mary and Alisha, and we are from 4G. As part of our i-Time action project, we would like to help people in poverty this winter. We would like to collect some things to donate to the Salvation Army and St Vinnies.



We would like to ask for your **HELP** by donating things you may no longer use or you have extra at home, such as:

Jumpers, blankets, gloves, beanies and scarves.

All donations can be brought to our classroom, 4G. We would ask you to bring any donations by **Monday 28th August** so we can get these goods to people in need during this cold time of year.

We kindly thank you in advance for thinking of others and sharing these things that will be very important to people in poverty.

THANK YOU,

Mary and Alisha 4G



A Reminder! Family Night with Maria Forde for First Reconciliation

Dear Parents,

Maria Forde is an Irish–Australian singer, song-writer, educator and facilitator.

Drawing upon years of musical performance, teaching and a love of liturgy, she will be leading us in preparation for the Sacrament of Reconciliation. Details of the night are as follows:

7:00p.m. in the Fr. John Maher Auditorium on Wednesday 30th August

This meeting is for parents and children who are preparing for this Sacrament. **Your attendance at this meeting is required and expected, as it is an important part of our program.**

**Family Night for Reconciliation:
Sacrament of Reconciliation**

**30th August 7:00 p.m. in the Auditorium
14th September 7:00pm in the church**

To Everyone: You are most welcome to come along and learn /discover / experience more about this special Sacrament even if your child is not being prepared this year.

We look forward to seeing you all on 30th August,

Ms Halina Lipski Religious Education Leader



Shopping Tour - Our Lady's Annual Shopping Tour – Saturday 14 October 2017

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

For \$72 you will be provided with freshly baked morning and afternoon tea, a 2-course lunch, coach transfers and entry to all outlets.



Various Outlets will be visited with a mixture of fashion wear, bags & leather goods, manchester, home and kitchen wares, shoes and skincare, etc....–The tour will be individually tailored to our group.

Get a head start on your Christmas shopping or just enjoy a great day shopping with friends and help raise funds for the school at the same time with a percentage of sales paid back to school.

To secure your place, please email names of people wishing to attend to gina.bill@hotmail.com

A \$40 deposit per person is required by 31 August 2017 with balance of \$32 payable by 21 September 2017. Payments to be made via Qkr App or alternatively please call Gina on 0414 535 729 to make alternative payment arrangements or if further information is required. Please list all the shoppers names either on Qkr, or email Gina.

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.

Year 7 2019 Enrolments Now Open

Close Fri 25 August 2017

secure your place

cccc.vic.edu.au

 carolinechisholmcatholiccollege

 CCCC_Braybrook



CAROLINE
CHISHOLM
CATHOLIC COLLEGE



Our Lady's School Sunshine Show Day



22 September 2017

**ALL ORDERS NEED
TO BE MADE ON
OUR QKR APP**

BY TOMORROW

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

**FRIDAY AUGUST
25th!**

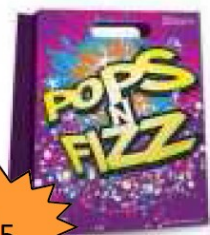
- All show bags are \$5 and the pizza is \$2.
- The pizza will be given out at lunch time.
- Show bags can be purchased for siblings not at school.
- All orders should be placed via QKR.



\$5



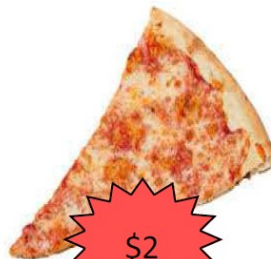
\$5



\$5



\$5



\$2



\$5

All orders to be completed and
paid for by **Friday 25 August.**

Qkr!





Our Lady's Parents & Friends Committee
will be holding their annual Father's Day stall on
Thursday 31 August

Children will be able to purchase special gifts ranging from
50c to \$6.00

for their wonderful Dads, Grandpas & Carers.

Please send along money on the day (not more than \$10).

For more information or for any questions, please email us at parents@olsunshine.catholic.edu.au

Helpers required to set up the night before (Wednesday 30 August) and on the day from 9am. Remember to wear your current Working With Children Check (WWC) and sign in at the office.

Donations needed - if you have any new items that you can give, please drop them off at the school canteen

Father's day raffle – tickets only \$1, available to purchase on QKR. Will be drawn at the Father's Day assembly.

1st prize - modern canvas backpack

2nd prize - wallet gift pack

3rd prize – travel mug gift pack

Yes! I would love to help at the Father's Day stall.



Name: _____

Phone no: _____

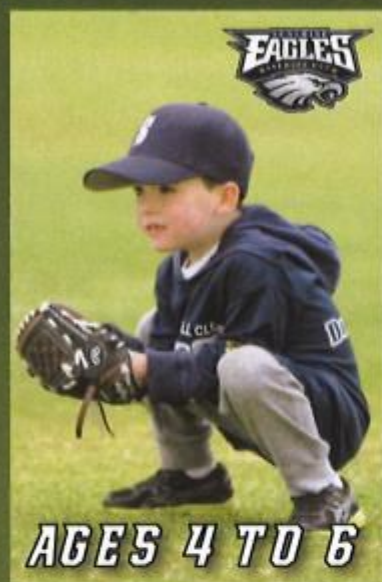
Email address: _____

Child's name: _____

Child's class: _____

COME AND TRY

TEE BALL ROOKIE BALL BASEBALL



FREE SUASAGE SIZZLE
AND SHOWBAGS

AUGUST 13TH / 19TH / 27TH - 2PM to 4PM

SUNSHINE BASEBALL CLUB

Sunshine Baseball Club delivers sporting opportunities to local youth and offers fine clubhouse facilities for all to enjoy. We have a great group of families and we welcome you to come and join us and to have some fun. Our fees are kept to a minimum to make it more accessible to participate.

PH: Glenn 0421 970 767
EM : glennjmg@hotmail.com
WEB: www.sunshinebaseball.com.au



Location:
Sunshine Baseball Club
5 Talmage Street Sunshine Vic 3020



Angela Beasley

M 0423 941 496

T (03) 9384 2204

E glengala@kellycluboshc.com.au

GLENGALA

Spring Holiday Program

From \$10 per day after
CCB & CCR applied.
See staff for details
0423 941 496



Week One

✓ TO BOOK	Monday 25 th Sep	TUESDAY 26 th Sep	WEDNESDAY 27 th Sep	THURSDAY 28 th Sep	✗ FRIDAY 29 th Sep
	FUN IN THE SUN Spend the day getting to know your fellow kelly clubbers	DANCE / YOGA Learn your flexibility and movement range while having fun with your friends learning some awesome new moves!	Excursion COLLINGWOOD CHILDREN'S FARM come play with the animals and experience the joys of life on a farm. Leaving at 8:50am (please be at the service by no later than 8:30am) Arriving back between 3:45- 4:30pm (this will be based on how much fun the kids are having)	GRAND FINAL FUN DAY GAMES CRAFT FOOD AND LOTS OF FUN COME DRESSED IN YOUR FAVORITE FOOTY GEAR (AFL, NRL, SOCCER)	AFL GRAND FINAL PUBLIC HOLIDAY NO KELLY CLUB VACATION CARE

Week Two

✓ TO BOOK	Monday 2 nd Oct	TUESDAY 3 rd Oct	WEDNESDAY 4 th Oct	THURSDAY 5 th Oct	FRIDAY 6 th Oct
	SPORTS DAY come have fun in our very own mini sporting spectacular with coaches Jordan and Anthony Tug - o - War Giant Jenga Nurf Zone Ropes Challenges	MASTER CHEF COOKING CHALLENGE Use your imagination and creativity to make something using raw ingredients that does not require cooking, what can you create?	Excursion MOVIE DAY Come watch a movie at the local cinema followed by a 2 hour fun zone time (\$10 to be provided on the day for Fun Zone)	KELLY CLUBBERS GOT TALENT come show your kelly clubbers spirit with a talent or join our trivia contest for prizes and fun. 	Excursion WERRIBEE ZOO Animals, Fun, Sun leave at 8:45am (please be at the service by no later than 8:15am) Arriving back between 4:45pm -5:30pm this will be based on how much fun the kids are having!

Parenting*ideas*

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

10 research-backed tips for raising happy kids



I have just returned from a research trip to the Yale Center for Emotional Intelligence near New York. The Yale Center is home of the **RULER Program**, the world's best emotional intelligence program for children and families. I visited the Center in preparation for the introduction of the **RULER Program** tools to all Parentingideas Club members. We'll be doing that soon – and I can't wait!

The thing that I love about the **RULER Program** is that it's totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that's all I can tell you about the program now – you'll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1 Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2 Positive peers matter

Your child's friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3 Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4 Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds

empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

5 Developmental matching matters

A number of studies have shown that much of what is considered 'poor parenting' has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6 Good parenting matters

Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point.

more on page 2



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.





Parentingideas INSIGHTS

2

Building parent-school partnerships

... The right time to start a relationship ...

If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children's happiness and wellbeing are well drawn.

7 Family dinners matter

Yes, you've got to eat. But you need to eat together. Significant research links family strength and children's wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8 Fun matters

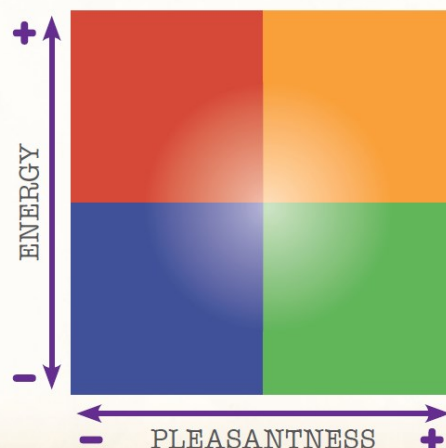
Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids' cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9 Helping others matters

The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual's wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don't let their grumpiness put you off when you expect them to help.

10 Emotional intelligence matters

Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn't set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.



So let's recap - to raise happy, successful kids:

- 1 Birth order matters
- 2 Positive peers matter
- 3 Parent mental health matters
- 4 Sibling relationships matter
- 5 Developmental matching matters
- 6 Good parenting matters
- 7 Family dinners matter
- 8 Fun matters
- 9 Helping others matters
- 10 Emotional intelligence matters



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parentingideas.com.au



Who do you say I am?



21st Sunday in Ordinary Time, Year A

Gospel

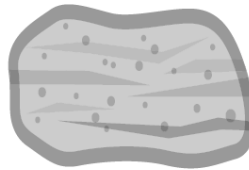
Mt 16:13-20

When Jesus came to the region of Caesarea Philippi he put this question to his disciples. 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said, 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.' Then he gave the disciples strict orders not to tell anyone that he was the Christ.

Who do you say Jesus is?

Write some words which describe Jesus.

Match up each of these symbols of St Peter with its correct story



Jesus asked his disciples, "Who do you say I am?" Peter replied, "You are the Messiah, the Son of the living God." Jesus told Peter that he would be the foundation upon which the church would be built.

When Jesus first met Peter and his brother Andrew he said to them, "Follow me!" Immediately they stopped what they were doing and followed Jesus.

Jesus told his disciples that they would desert him. Peter told Jesus he would never desert him, but Jesus predicted that Peter would deny him three times.

Jesus said to Peter, "You are Peter; to you I will give the keys to the kingdom of heaven."