



OUR LADY'S SCHOOL NEWSLETTER

3 March 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

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

Our Lady's is a Child Safe School

He began to teach them many things in parables, and in his teaching he said to them: "Listen! A sower went out to sow. And as he sowed, some seed fell on the path, and the birds came and ate it up. Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil. And when the sun rose, it was scorched; and since it had no root, it withered away. Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold." And he said, "Let anyone with ears to hear listen!" (Mark 4:2-9)

DATES FOR THE DIARY

Wed 1– Fri 3 Mar Yr 6 Camp

Mon 6 Mar School Photos

Wed 8 Mar 5.00-6.30pm

Foundation Picnic

Mon 13 Mar Labour Day

Public Holiday

Thurs 16 Mar 7.00pm Recon-

ciliation Parent Night

Mon 20 Mar Open day for

Foundation 2024

Mon 27 Mar: Staff Profes-

sional Learning Literacy with

Deb Sukarna

Fri 31 Mar 2.45pm Second

Hand Uniform Sale

Thur 6 Apr End of Term 1 at

1.00pm

Wed 26 April 7.00pm Yr 4

Eucharist Parent & Student

Evening

SACRAMENTS

Thur 23 March: 7.00pm Rec-

onciliation for Year 3

Sun 7 May: 10.30am Eucha-

rist for Year 4

Sun 721May: 10.30am Eu-

charist for Year 4

Thur 24 Aug: 7.00pm Confir-

mation for Year 6

PROFESSIONAL LEARNING

DAYS - PUPIL FREE DAYS

Mon 27 March: Literacy with

Deb Sukarna

Fri 5 May: Personalised

Learning with Kath Murdoch

Thur 22 Jun: Three Way

Learning Conversations

Fri 28 Jul: RE with Maria

Forde

Mon 6 Nov: Report Writing

Dear Parents,

This week Christine Carabott has been on well-deserved long service leave. I would like to sincerely thank Tania Cuni who has been in the role of Acting Deputy Principal while Christine has been away and has done a fantastic job.

Last Friday we farewelled our much loved EXTEND After School Care coordinator Fahima. I have been working very closely with EXTEND to ensure that we get the same excellent standard of care. We have Ewan who is studying to become a teacher as our current EXTEND after school care coordinator.

It was wonderful to see how much fun the Year 6 students were having at Camp Oasis. Tania Cuni and I visited the students on Wednesday afternoon while they involved in making candles, riding on the flying fox and engaged in the challenge of crate stacking. We were greeted by so many smiles and students encouraging each other to give some of the more challenging activities a go. Tim Wickham the camp coordinator rang me every day and was very happy with the positive behaviour and attitude demonstrated by our Year 6 students while on camp. We are very proud of all our Year 6 students for representing Our Lady's school so positively whole away on camp.

A big thank you to the following parents who attend the School Advisory Board Annual General Meeting.

Jenny Lay (Atticus 1K), Alanna Smith (Archie 4H & Violet FJ), Cinnamon Melling (Edward 1L), Hang Truong (Jacob 4G & Nathan 1K), Easha Aparici (Pharrell 5C & Aliya 1K)

The School Advisory Board has been formed to be a voice for all parents and to advise the principal in matters to do with Capital Improvements, Curriculum

and Finance. If you have an issue you would like raised please contact the Our Lady's School Advisory Board at this email address: pab23@olsunshine.catholic.edu.au



Congratulations to the parents who have been elected to the following roles:

Chairperson: Jenny Lay

Deputy Chairperson: Hang Truong

Secretary: Cinnamon Melling, Alanna Smith and Esha Aparici (to share the role)

Prayer for Lent

The holy season of Lent prepares us for Easter. Lent is the 40 days before Easter. God, Father of us all, we thank you for sending Jesus to us. By his life, death and resurrection he redeemed the world. Help us to remember all that you have done for us out of your unending love. We pray today not only for our own needs but for the needs of other people in our world. During this holy season of Lent we ask your forgiveness for the wrong we have done to others and the good we have not done. May we make up for any harm that we have caused and may we live in your love and mercy. Help us to give praise to you by the way we live our lives now and always. Amen



Update on our Playground

As you are all aware our Adventure Playground will be demolished sometime next week. The students have adjusted well to the playground space and we have not had an increase in playground incidences. We cannot replace the Adventure Playground but we have taken steps to introduce a variety of passive, physical and interactive games and equipment for the students to play and use.

Beginning on Monday we will be opening up the Mary MacKillop Village area for alternative activities such as drawing on whiteboards or on blackboards with chalk, large puzzle games as well as a large variety of large outdoor games including: Hop Scotch, Noughts and Crosses, Chess, Connect 4, Jenga, Draughts, Dominoes and Ten Pin Bowling.

In the following week we will also be introducing Perceptual Motor Activities via our PMP equipment which will involve the students in climbing through, over and under. Crawling through shapes, balancing on equipment and jumping in and out hoops. Our maintenance man will need to waterproof this equipment next week so that it can be used in the following week and left outside for the year.

Building Update

This week the builders transported some of their equipment onto the site and the children were fascinated to watch the big trucks and cranes used to transport and lift the builder's sheds onto the building site. Currently they are working on disconnecting all power to the buildings to be demolished and then redirecting both the power and internet connection so that the Junior classes are able to continue.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

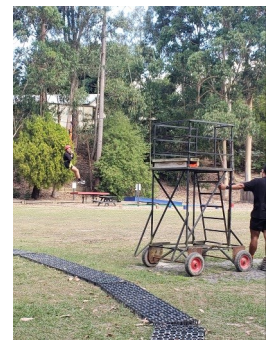
Principal

principal@olsunshine.catholic.edu.au

1L: Billie F
2M: Geronimo M
3E: Oscar W
4H: Archie S

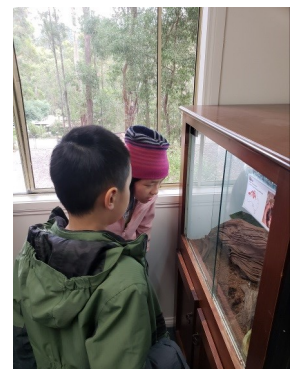


asis Camp





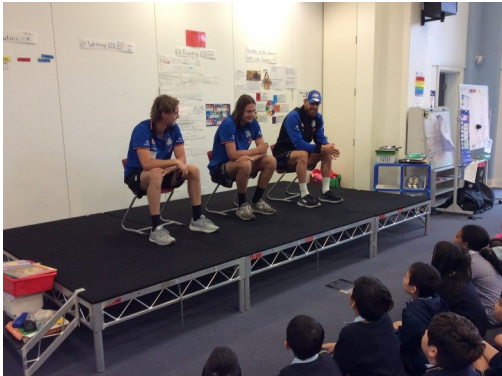
Year 6 Camp Fun





BULLDOGS VISIT YEAR 4

On Tuesday the Year 4s had 3 Western Bulldogs AFL Players come to visit and talk to them.



Liam Jones



Luke Cleary



Jedd Busslinger



Just a reminder that next **MONDAY 6 MARCH** is School Photo Day!



ALL students need to be wearing their summer uniform for the photo. No jumpers need to be worn. Year 3, 4 and 6 students need to come to school in their **SUMMER UNIFORM** and can bring their sport uniform to change into for dance **AFTER** their class, single and any sibling photos are taken.

NO SPORT UNIFORM TO BE WORN TO SCHOOL NEXT MONDAY!!

UNIFORM REMINDERS:

No long pants - shorts should be worn in Terms 1 & 4

No runners. Black school shoes only

No t-shirts/singlets/skivvies etc should be visible under shirts/dresses

No cardigans to be worn

Bring your smiles next Monday!!



PHOTO DAY IS MONDAY

Don't forget to ensure your child is in the correct uniform and remind them to check that they have neat hair and their face is clean before presenting for photos.



Neat and tidy hair



Dressed in correct uniform



Neat and tidy uniform

We are working within our Safe Smiles Policy to ensure everyone's safety.

F O U N D A T I O N

**PICNIC WITH
ENTERTAINMENT FOR THE
CHILDREN**



Our Lady's School invites all the families of our 2023 Foundation students to a Picnic.

A chance for all to meet other Foundation families and Staff.

Wednesday 8 March 2023

5.00pm-6.30pm

Picnic outside the Foundation classrooms including entertainment for the children (facepainters and games with visiting Superheroes)

Bring Your Own Dinner & Picnic Rug

Parking available in the Yard.

Enter via double gates on Victoria Street



OUR LADY'S PRIMARY SUNSHINE

Foundation 2024 Enrolments open 27 February 2023

Please come into the School Office to pick up an enrolment pack

Our Lady's School is a Catholic Primary School for boys and girls serving the Parish of Our Lady of the Immaculate Conception Sunshine.

Principal Ms Patrizia Bertani
principal@olsunshine.catholic.edu.au

Our Vision

In a spirit of unity and harmony, we strive to develop the whole person; providing an excellent education for all and inspiring our community members to live a Christian way of life.



OPEN DAY

Monday 20 March

Tours at 10.00am & 4.00pm

LOCATION

32 STATION PLACE SUNSHINE 3020 Ph 9312 2230

www.olsunshine.catholic.edu.au



Enrolments Now Open YEAR 7 2025

Enrolment applications for current Grade 5 students close on August 18, 2023.

*I want my child to attend the College.
What do I do?*

1. Complete an enrolment application form.

Visit www.cccc.vic.edu.au to access and complete our online Application Form.

2. Submit your completed application form.

Ensure you provide all required documents with the application. A non-refundable application fee is required at the time of submission. Applications close mid-August each year.

3. The College will conduct interviews of all applicants.

Families will be invited to attend an enrolment interview with a senior staff member of the College.

4. Enrolment and waiting list offers will be sent to families.

Families will be notified of any offer after the interview process.

If you have any questions please contact the College on 03 9296 5311 or email registrar@cccc.vic.edu.au





**PACK YOUR BAGS, THE AUTUMN
HOLIDAYS ARE TAKING OFF SOON!**

YOUR AUTUMN HOLIDAYS INCLUDE:

- First class excursions and incursions
- Amazing indoor and outdoor activities
- Smiles and fun with all your friends

**GRAB YOUR TRAVEL BUDDIES AND
BOOK YOUR TICKETS AT [EXTEND.COM.AU](https://www.extend.com.au)!**

Book 14 days in advance to receive the early bird rate.

For FANTABULOUS FUN book your School Holidays at [extend.com.au](https://www.extend.com.au)

THE SUNSHINE HEIGHTS CRICKET CLUB INVITES YOU TO OUR GALA DAY

FEMALE CRICKET SESSION

delivered by International Cricket Stars



Ainsworth Reserve, Sunshine West
Glengala Road

Thursday March 9 | 7:00 - 8:00PM

- 100% FREE
- BBQ & bar open
- No gear required
- All-abilities
- No need to register prior, just turn up on the day.

For more information call Maryam on
0410 170 557



Maryam Omar
Former Captain of Kuwait's
National Cricket Team



Peter Hatzoglou
Two time BBL Winner
Int. Franchise Cricketer



INSIGHTS

What content are children watching?



There's a rising trend of children watching adult content. Sex scenes, violence and inappropriate language, once shown on television during an adults-only time, are becoming staple viewing for many of today's children.

In a recent poll of 1,800 US parents, 40% admitted allowing their children to watch movies that are unsuitable for their age group. A recent discussion by this writer with parents suggests that the trends are similar in Australia. Very few of the parents I spoke with referred to the classification guidelines when choosing content for their children.

The increase in 'adult-only' animation is one factor that blurs the line of suitability for children. Adult-only genres such as Marvel movies and X Men franchise and television programs such as Game of Thrones and The Walking Dead thanks to streaming now count children among their devotees. Computer games, so popular with many children and young people, also cross the line of acceptability in terms of behaviour and attitudes on display.

Can we become desensitised over time?

Viewing standards, like standards of acceptable behaviour, have subtly shifted over time. Sex scenes, physical violence or violent language is now a common part of adult content, which has a desensitising effect on parents. Desensitisation leads to acceptance and a higher level of exposure to children.

Does fitting in play a part?

Advertisers know that children's pester power can play a significant role in the type of foods that go into the shopping trolley, which influences how food is packaged and promoted. Pester power plays a similar role in the choice of movies and television programs that we allow children to watch. "All the other kids have seen this movie?" is the type of comment from a child that hits a nerve for many parents, who rightfully want their child to fit in with their peers.

What are the risks?

There are many concerns about children being exposed to adult content in movies, television programs and the computer games. Here's a summary:

Developmental risks

Exposure to content that requires complex adult interpretation can be deeply confusing and disturbing to children. They often have difficulty discerning reality from what they are viewing on television so that they can develop a warped world view. The impact may not be immediate, but will show itself increasingly over time when children's attitudes towards sex, their peers or authority reflect the on-screen content they've been viewing.

parenting * ideas

Impact on attitudes and behaviour

Children are like sponges soaking up what they see and hear. Viewing parent-sanctioned programs that display disrespectful behaviour toward women, abuse of alcohol and drugs, and shows violence as normal have a powerful impact on the attitudes and behaviour of children. Viewed often enough, young minds can interpret these types of inappropriate behaviours as normal.

Impact on wellbeing

According to the Australian Council on Children and Media (ACCM) there is significant evidence that exposure by children to adult movies and programs leads to the development of exaggerated fears; causes loss of sleep and increases childhood anxiety. ACCM claims that “these fears are not insignificant and can be long lasting.”

What can you do?

There are a number of actions you can take to ensure the content that children consume is appropriate for their age level, including:

Follow classification guidelines

Become familiar with the [Government classification guidelines](#) for movies, television programs and games. Understand what they mean and develop the habit of checking the classification rating of each new piece of content that children will be watching or interacting with.

Find out

It's easier than ever to find out for yourself the suitability of content for a child or young person. Research methods include vetting a television program yourself for suitability; searching online for views and opinions before allowing your child to watch a movie; reading reviews of online games to ascertain suitability.

Talk with other parents

It's easy to feel isolated as a parent, which makes you more susceptible to children's pester power. Just as children have a propensity to gang up on parents (“Everyone in my class is watching that movie”), parents can gain the strength that comes with numbers when they talk with each other (“I've just checked with some mums and no one is allowing their child to watch that movie”).

Many current community concerns about children such as the increase in anxiety levels, disrespectful relationships and a propensity towards aggression is mirrored in the content many children consume in movies, television and games. It would be folly to suggest that inappropriate content consumption is the root cause of these maladies, however winding back the viewing habits of children to reflect more closely their developmental levels would have a surprisingly positive impact.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



*This is my own dear Son
Listen to what he says!*

2nd Sunday of Lent, Year A

Peter, James
and John saw
Moses and
Elijah talking
with Jesus.

The true nature
of Jesus and
his work was
revealed to
them as they
witnessed the
Transfiguration.

Draw Jesus,
Moses and
Elijah on top of
the mountain
as the
apostles
look on.



Gospel Matthew 17:1-9

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

By using the words below, can you work out what the voice from the cloud said to the apostles?

**SON AM LISTEN TO SAYS
BELOVED HIM IS PLEASED**

THIS _ _ MY

_ _ _ _ _ ,

AND I _ _ _ _ _

WITH _ _ _ . _ _ _ _ _

_ _ WHAT HE _ _ _ _ _ .