



**Celebrating 100 Years of Catholic Education 1919-2019**

## OUR LADY'S SCHOOL NEWSLETTER

**7 March 2019**

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

*Our Lady's is a Child Safe School*

*"A new command I give you: Love one another. As I have loved you, so you must love one another.  
By this everyone will know that you are my disciples, if you love one another" John 13:34-35*

### DATES FOR THE DIARY

**Mon 11 Mar**  
Labour Day Public Holiday  
**Tues 12-Fri 15 Mar**  
Catholic Education Week  
'Growing Young in Christ'  
**Wed 13 Mar**  
Foundation BBQ 5.30-7.00pm  
7.00pm PAB  
**Mon 18 Mar**  
School Photos  
**Fri 22 Mar**  
8.45am P&F Meeting  
**Sat 30 Mar**  
**School Fete!**  
**Fri 5 Apr**  
End of Term 1 3.15pm  
**Fri 19 Apr**  
Good Friday  
**Sun 21 Apr**  
Easter Sunday  
**Mon 22 Mar**  
Easter Monday Public Holiday  
**Tues 23 Apr**  
Start of Term 2 at 8.45am  
**Thurs 25 Apr**  
ANZAC Day Public Holiday

### SACRAMENTS

**Sun 26 May**  
10.30am 4G Eucharist  
**Sun 2 June**  
10.30am 4H Eucharist  
**Thurs 10 Oct**  
Reconciliation time TBC  
**Fri 15 Nov**  
7.00 Confirmation

Dear Parent,

This week many of our students enjoyed making and tasting the traditional pancakes on Shrove Tuesday. The staff were also very fortunate to have our wonderful secretary Mrs Laura Pase (who you will usually find in the school office) generously offer to make her delicious pancakes for morning tea. Many thanks to you Laura, we all thoroughly enjoyed this special treat.

On Ash Wednesday many of you joined us for the Ash Wednesday Mass when the School and Parish came together to mark the beginning of the Lenten Season. Lent is a time for reflection and a time to focus on how we can better live out the Gospel values within our own lives.

### Cyber Safety Parent Information Evening

I would like to thank all the parents who attended the Cyber Safety Parent Information night facilitated by Susan McLean on Monday night. I was so pleased to see so many attend. Parents and school are most effective when they work closely together with a shared understanding and approach. Susan's message was that parents must be involved and must know what their child is doing online. She said that no child should have a device in their rooms at night or at any time and that no primary school child should be on any social media site. It is against the law.

### Mobile Phones

The school's policy is that no child should have access to a mobile phone at anytime while they are at school. All mobile phones are to be left at the front office first thing in the morning before your child goes into the playground or into their classrooms.



### *Ash Wednesday Prayer*



*Ash Wednesday is the first day of Lent. We should pray to start the season right. Jesus, Saviour and Redeemer, yesterday was Ash Wednesday and the beginning of Lent. We pray that we may walk with you in faith, hope and love through the weeks of Lent. Help us to grow in faith during this holy season and to be people of prayer always. May we be aware of the needs of others so that we can reach out to them in your name. turn our hearts and our footsteps toward your kingdom of peace and justice. We pray this through your Holy Spirit of love who shows us the way to the Father. Amen*



**At Our Lady of the Immaculate Conception Parish Primary School we promote the safety, well being and inclusion of all children.**

## **Parents & Friends Committee 2019**

President	Michelle Hayes (mother of Kobie & Bailey)
Vice President	Chrissie Davies (mother of Annabelle)
Secretary	Lyndal Acreman (mother of Teague and Cade)
Treasurer	Gemma Croft (mother of Isla and Max)



Thank you to the 2018 Committee for all their hard work and helping to make an amazing **\$5430.00** for Our Lady's School!

The next P&F Meeting is on Friday 22 March at 8.45am in the Hall Kitchen.

### **Healthy Eating at Our Lady's School**

The type of food your children eats has a great impact on their physical wellbeing which in turn impacts on their social/emotional wellbeing.

Please take the time to provide your child with fresh and healthy food for lunch and snack time.

#### **Simple Ideas for Brain Food**

A water bottle

Grapes, strawberries, celery sticks, cherry tomatoes or any delicious fruit or vegetables that can be had as a snack.



## **Catholic Identity Surveys**

This year we will be participating in the Enhancing Catholic Identity Project. All Catholic schools are required to participate in this project. It will mean that parents, students (Years 5 and 6) and staff will be required to complete online surveys. The data derived from the surveys will be used to plan the future direction for Education in Faith at Our Lady's School.

It will mean looking closely at our Catholic Values and Identity and how that is lived out and experienced at Our Lady's School. I will give you more information about this in the coming weeks and you will be invited to participate. All Catholic schools in Victoria are asked to participate as this survey provides valuable data for future planning and tracking where we are at as a school community.

Catholic Education Week begins next week and the theme for this year is:

*'Growing Young in Christ'*

Yours sincerely,

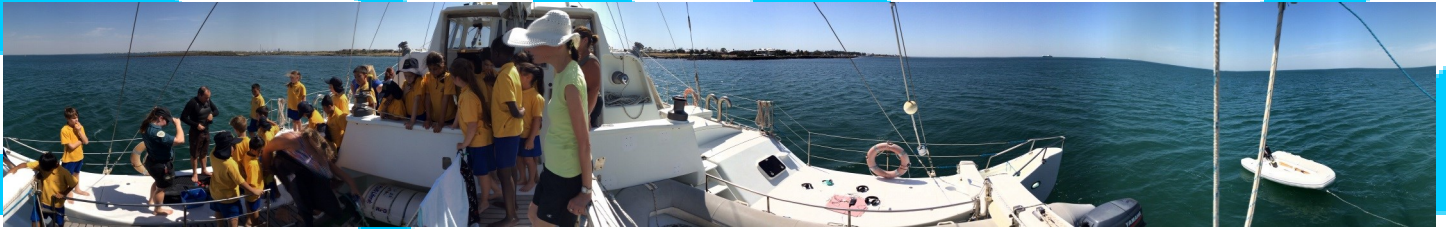
*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

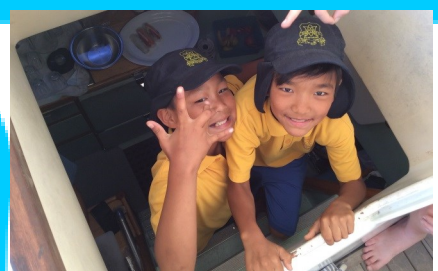
*principal@olsunshine.catholic.edu.au*

# 5D on the SV Pelican





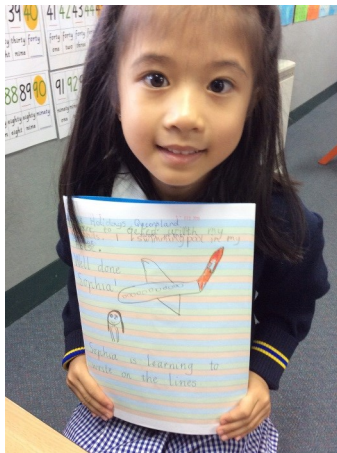
# Fun and Learning aboard the SV Pelican



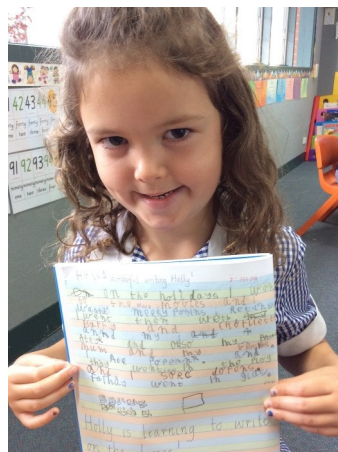
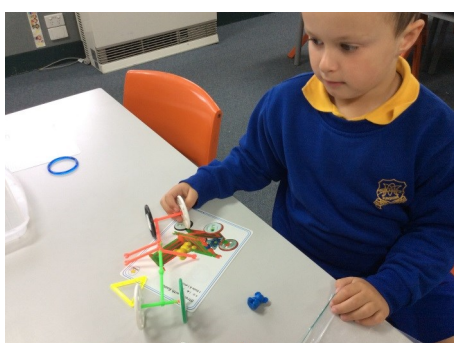
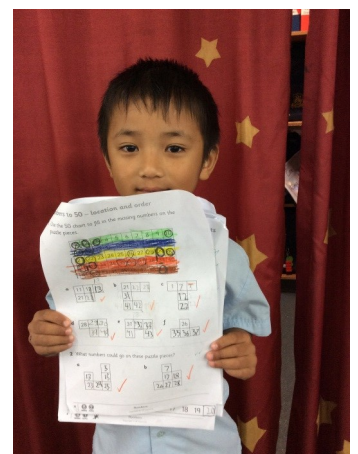
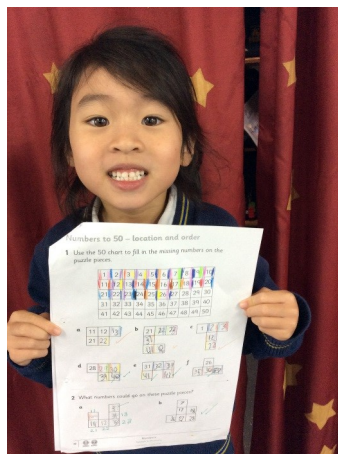


# Wildlife Xposure Incursion with Foundation





# Learning in Grade 1



**EARLY BIRD OFFER**  
**\$20 UNLIMITED RIDE**  
**WRISTBANDS**



**Mini golf**  
**Bungee Run**  
**Mini Obstacle Course**  
**Jumping castle**  
**Double slide castle**



**Also available on the day for \$25 each**  
**or single ride pass for \$6**

**AVAILABLE FOR PURCHASE FROM**  
**OUR QKR APP NOW**

## PROJECT COMPASSION

**First Sunday of Lent  
10<sup>th</sup> March 2019**



Thandolwayo, a 12-year-old girl in Zimbabwe, would walk seven kilometres each day to collect contaminated water for her family. She then went to school exhausted from hours fetching and carrying water. It looked like she would never realise her hope of finishing her education and becoming a nurse, until a Caritas Australia supported project created access to clean water, helping Thandolwayo to stay at school and achieve a future full of hope.

**Please donate to Project Compassion 2019 to provide clean water and a future full of hope for vulnerable communities in Zimbabwe.**

**Your child's class has a Project Compassion Box to which you can donate.  
Your generosity is greatly appreciated.**



## SCHOOL PHOTO DAY IS COMING

**SCHOOLPIX** will be here on **MONDAY 18 MARCH**

### PHOTO DAY TIPS:

- Dress:** Summer Uniform. No jumper needed for photos. Bring your best smile!
- Hair:** All shoulder length or longer hair **MUST** be up
- Online Orders:** To pre-order online, take your personal Order and ID Numbers found on your order form and go to [www.schoolpix.com.au](http://www.schoolpix.com.au). Orders can be placed online up to 2 working days after photography. *You do not need to return the order form if you order online.*
- Remember:** All orders placed online before midnight on photography day will receive a free 20cm x 25cm black and white portrait print.
- Manual Orders:** Complete your order form and return with payment to school on photography day.
- Sibling Orders:** For a special photo of your children together order online by **8.00am** on photography day. Alternatively collect a Sibling Order Form from the office or download it from the SchoolPix website and return it on photography day. Only siblings that place an order will be photographed.

If you have any questions call SchoolPix on 1300 766 055 or email [help@schoolpix.com.au](mailto:help@schoolpix.com.au)

## EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Autumn posters Arts & crafts	Bat tennis	Creating & decorating cakes	Let's explore science	Music & Dance

### The Extend Superstar is...

Aiden C for consistently engaging in experiences in a positive and confident manner. Well done ☆

### What's Been Happening?

Cakes, cakes and more cakes. Children are having a great time decorating various cakes each week and more importantly children are enjoying eating them. We look forward to families enjoying our creations on family open night coming up soon. Our natural materials basket is filling up and children have done a great job collecting each week. We have been using our left over water from our bottles each day to water our indoor garden. Looking forward to another week of group games, arts and crafts, cooking, sports and fun competitions.



Enrol and book now: [extend.com.au](http://extend.com.au)

**Pre-Season Training:  
Mondays @ 5:30pm**

**Back to Wednesdays &  
Fridays from 20<sup>th</sup> of March**

**SUNSHINE  
FOOTBALL  
CLUB**

**CREATE**  
real estate

**Sunshine Football Club  
is now recruiting. Join them in the  
new season!**

Under 8's      Under 14's  
Under 10's    Under 16's  
Under 12's    Under 18's

Enquire today: [juniors@sunshinekangaroos.com.au](mailto:juniors@sunshinekangaroos.com.au)

## Key enrolment dates for Year 5 students in 2019 starting Year 7 at a Catholic College in 2021



**Term 1 – 29 January 2019:** Applications open for Yr 5 students commencing Yr 7 in 2021

**Term 3 – 23 August 2019:** Applications close.

*Please make sure that ALL applications for Year 7 2021 at Catholic College are placed before the closing date of 23 August 2019.*



# SIMONDS

## CATHOLIC COLLEGE

Phone: 03 9321 9200 Web: [www.sccmelb.catholic.edu.au](http://www.sccmelb.catholic.edu.au)

Simonds Catholic College is an inner city, secondary Catholic boys' school of about 460 students, operating across two campuses. The Open Afternoon and School Tours provide an excellent opportunity for parents and students currently in the process of selecting a secondary school to view our College.



### SCHOOL TOURS

Tours commence at 9:15am and are a great opportunity to see the school in operation and speak with our Principal directly regarding any questions you may have about Simonds Catholic College.

#### 2019 Tour Dates

##### February

Friday 8th, Wednesday 13th, Tuesday 19th

##### March

Monday 4th

##### April

Tuesday 23rd

##### May

Wednesday 1st

##### June

Monday 3rd & Tuesday 18th

##### July

Friday 19th & Wednesday 31st

##### August

Monday 5th

##### October

Friday 11th & Tuesday 22nd

##### November

Wednesday 6th & Tuesday 12th

For further information please contact School Registrar: Katie Hadjab  
[enquires@sccmelb.catholic.edu.au](mailto:enquires@sccmelb.catholic.edu.au) or Ph: (03)9321 9207 or visit our website

BOOKINGS ESSENTIAL: <https://bit.ly/2SdcGYi>

**Year 7 2020 - Enrolment Applications close 26 April 2019, late applications will be considered if there are places available.**

St Mary's 7-9 Campus  
273 Victoria St  
WEST MELBOURNE VIC 3003

St Brigid's 10 - 12 Campus  
Cnr Alexandra Pde & Nicholson St  
FITZROY NORTH VIC 3068



# OUR LADY'S 100TH YEAR FETE

**SATURDAY 30TH MARCH**

**9AM UNTIL 3PM**

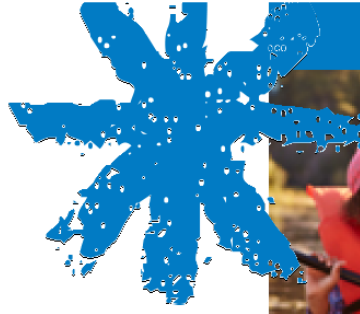
**FOOD, STALLS, INFLATABLES & AMUSEMENTS**

**32 Station Place, Sunshine**

**All Welcome**

parenting \* ideas

# insights



RESILIENCE



## Exposing kids to challenges helps prevent anxiety in later life

by Michael Grose

*Two important Australian studies released recently support what teachers and mental health experts have been saying for some time: that exposing kids to safe challenges in childhood promotes resilience and better mental health in later life.*

The results of a study into children's wellbeing by mental health organisation beyondblue found young people who were able to talk about their emotions and who were exposed to failure and loss at a young age are better equipped to deal with a variety of challenges as they grow.

Similarly, findings of a Macquarie University long-term study into children's mental health found that children who were exposed to safe risks were happier, less anxious and more able to handle every day problems such as rejection, teasing and failure.

Both studies point to the need for children to experience failure, to be involved in play with peers and to be encouraged to face their fears rather than avoid them. With one in six Australian children and teenagers experiencing anxiety on a regular basis it's essential that kids of all ages are provided with the skills and experiences they need to develop mental resilience. Let's kick off this process with the following five strategies:

### 1. Encourage kids to spend more time with other children

When children spend more time among themselves they rely less on adults to solve problems for them. In fact, when kids play among themselves they take on the authority of adults in their absence. They negotiate about what and how to play. They will often make up the rules of their games, modifying them as they go along and challenging other children's interpretations. "You're not playing by the rules" is a common childhood retort, but the important thing to remember is that, left to their own devices, kids will generally resolve such conflict situations more creatively and with more finality than if adults become involved.

### 2. Help children be good losers and gracious winners

In recent years there's been an aversion to exposing kids to losing, particularly when it comes to the sporting field. Some codes, in an effort to improve the participatory experience for kids, don't keep scores and give prizes for participation rather than achievement. However, these practices prevent kids from experiencing both the resilience-building disappointment that comes with a loss and the confidence-building satisfaction that comes from winning. More significantly, they prevent kids from refining the art of being good losers and gracious

## parenting\*ideas

winners, both important skills to learn for future development.

### 3. Encourage kids to talk about emotions and feelings

It's important that children become comfortable with unpleasant feelings such as disappointment, fear and nervousness rather than be debilitated by them. We need to allow children to experience events that lead to unpleasant emotions. We also need to feel comfortable ourselves with our children's unpleasant feelings. Enabling children to verbalise their unpleasant feelings helps them process and make sense of their emotions. Healthy families and safe classrooms work on the principal that there's nothing so bad that we can't talk about it in the right way, but that there are behaviours we won't tolerate.



### 4. Model calm and rational thinking

High emotions are very contagious. When a child is angry, fearful or upset we can easily feel the same way. It's vital that we manage the ways that we react to our child's emotions so that we can provide an effective, empathetic response. The best way to manage our own reactivity when kids are upset is through breathing. Taking a breath gives us a moment to regain control and remain calm. We can then ask questions and logically think our way through the situation rather than catastrophising and letting our thoughts run amok. Adults who model calm, thoughtful behaviours in the face of stress show children and teenagers how to respond in safe, effective ways to stressful situations rather than reacting at an emotional level.

### 5. Encourage children to become independent problem solvers

When adults solve problems for children and young people, we not only increase their dependency on us but we teach them to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness. When your child brings a routine problem to you and expects you to solve it (such as leaving lunch at home or sorting out a friendship dispute), step back and invite them to resolve the problem for themselves instead. We don't want to deter kids from coming to us for advice when they have a difficulty, but we do want to encourage them and teach them to work through their concerns themselves.

Stepping back and allowing children and teenagers to experience many of life's challenges, whether social, academic or physical, can be a difficult thing to do for well-meaning adults. However, part of growing up means that children and young people need to develop the skills and aptitude they will need to manage a range of challenging situations well after they have left the safe confines of school and family.

As the research is telling us, the best way for them to do this is to allow our kids to navigate their challenges by themselves, surrounded by supportive, rather than over-protective, adults.



#### 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.*



# The Holy Spirit led Jesus into the desert

1st Sunday of Lent, Year C

## Gospel

Lk 4:1-13

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be

yours.' But Jesus answered him, 'Scripture says:

You must worship the Lord your God,  
and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says:

He will put his angels in charge of you  
to guard you,

and again:

They will hold you up on their hands  
in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said:

You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

During the season of Lent, we prepare for Holy week and Easter by focusing on our faith and love for God. Write down some ways you can do this.

Read a passage from Luke's Gospel every night before I go to bed.

When Jesus went into the desert, he chose the ordinary path of human life and resisted the temptation to use his miraculous powers to make life easier for himself. Draw a picture of yourself performing a selfless act that would make life easier for someone else.