



OUR LADY'S SCHOOL NEWSLETTER

8 March 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

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Jeremiah 29: 11

DATES FOR THE DIARY

Fri 9 March

Parish Movie

Mon 12 March

Labour Day Public Holiday

Catholic Education Week:

Open New Horizons for

Spreading Joy

Tues 13 March

Foundation 2019 enrolments open

Fri 16 March

National Day of Action against Bullying and Violence

Mon 19 March

School Photos

Thurs 29 March

3.15pm End of Term 1

Mon 16 April

Start of Term 2

Fri 20 April

Parish Movie

Wed 25 April

ANZAC Day Public Holiday. No school for the children

Mon 7 May

Professional Learning Day for Staff (Student Wellbeing Berry Street) - No school for the children

SACRAMENTS

Eucharist (Year 4)

Sun 27 May 10.30am (4H)

Sun 3 June 10.30am (4G)

Reconciliation (Year 3)

Thur 6 Sept 7.00pm

Confirmation (Year 6)

Fri 16 November 7.00pm

Dear Parent,

Last week we had our very first Parents and Friends Committee meeting and it was wonderful to see so many parents attend. There were many fun and exciting ideas put forward to help raise money for the school. The Easter Raffle which you can read all about in the flyer which is included in this newsletter is just one example.

Next week on Wednesday the 14th of March at 7pm we will be holding our Annual General Meeting to elect our new Parent Advisory Board for 2018. Please consider getting involved and strengthening the parent voice in all matters related to the life of the school.

Digital Technologies Update

Making sure that we maintain an up to date ICT system so that our students and staff have access to reliable and diverse technology is a priority. Last year we updated all the Smart boards in the school and also one of our two servers. Later in 2017 we bought fourteen new charging cabinets, one for each classroom. The charging cabinets meet all OHS requirements and make recharging devices easy. They fit neatly into the classrooms.

This year we have purchased 140 new Chromebooks to be used in all classes. Mrs Justine Sales (Digital and Design Technologies Leader) and Tim Buhagiar (ICT Technician) have been very busy indeed setting these up for use in the classrooms.



PRAYER FOR THE CHURCH

The church is a community of God's people. We are the church.



Father, As a church may we live our faith in Jesus Christ each day.
Help us to be a sign and a witness of the good news to all people.
We ask this through Jesus Christ, our Lord, and through your Spirit of love.
Amen



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

Catholic Education Week

Next week we begin Catholic Education Week and we will be celebrating 151 years of service by Catholic schools to their communities. The theme for this year is:

‘Open New Horizons for Spreading Joy’

Mrs Justine Sales (Digital and Design Technologies Leader) and I will be taking the school captains, vice captains and house captains to the St Patrick’s Day Mass at St Patrick’s Cathedral on Friday the 16th of March. Schools from all around the Archdiocese of Melbourne will be there, both primary and secondary. Our school captains will join the procession of students proudly carrying their school banner as part of the entrance procession. This Mass will be attended by about 2000 students. It will be followed by a concert in the nearby gardens.

Catholic schools coming together celebrating and valuing the dignity, differences, and infinite possibilities in each student.

Uniform Update

Please remember to dress your child in their Summer uniform until the end of Term 1. In Term 2 children will have a two week period of transitioning into their full winter uniform. During this period (first two weeks of Term 2) the children can wear either winter or summer depending on the weather. They will be required to wear their winter uniform only beginning on Monday the 30th of April.

According to SunSmart best practice and our school SunSmart policy the children will be required to continue to wear their school hats until the end of April.

School photos will be taken on Monday the 19th of March this year. Children will need to be in their full summer school uniform. Please make sure that they wear their school jumper. And correct shoes and socks. The sports windcheater is only allowed to be worn on days where the children are having PE.

Foundation enrolments for 2019 will be open Tuesday March 13



If you have a child who will be starting at Our Lady’s in Foundation next year (2019), please come to the Office for an Enrolment folder.

When you have filled it out, please come back to the Office with the Enrolment Form and all documentation and an appointment time will be made for you.

Each year we have a waiting list and we do not want a sibling of an existing student to miss out.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

IMPORTANT REMINDER

There will be no school next Monday the 12th of March as the school will be closed due to the Labour Day Public Holiday.

OUR LADY'S SCHOOL PARENTS ADVISORY BOARD (PAB)

Membership

Open to all parents/carers – representing families

Principal (representing Parish Priest and School Community – children, families and staff)

School Leaders as required

Community members as invited e.g. Family-School Partnership convenor

Structure

Chairperson

Deputy Chairperson

Secretary

Currently the Parents and Friends Committee meets and reports regularly to the Principal who will pass on relevant information to the Parents Advisory Board

Vision for Parent Advisory Board

- To represent and to be representative of all parents and families, being inclusive and committed
- To share and live out the vision and the values of the school
- To be a rich source of wisdom and insight as well as working to strengthen community partnerships
- To consult and seek to achieve better outcomes for all members of the school community
- To be role models for others – maintaining a professional and confidential approach
- To make everyone feel included and welcome
- To be active listeners committed to working collaboratively
- To work proactively and positively for the school
- To represent the parent voice and the whole school community in a loyal and proper way
- To establish boundaries and protocols to operate by
- To at all times maintain confidentiality

Current protocols/agreements include:

Maintain a positive and proper tone for all our communication – in meetings and in representing the school. Speak for the needs of all children and not our personal concerns (individual matters are to be discussed with the school leaders and teachers).

Agenda is set by the Chairperson in consultation with the Principal. All parents attending are welcome to add items to the agenda. New agenda items are tabled and then placed on the agenda of the next meeting.

Meetings start at 7.00pm and end at 8.00pm.

The chairperson communicates matters to the school community via Parent Advisory Board Newsletter article. Please email to: jhill@olsunshine.catholic.edu.au

The principal follows up matters with the staff and the whole community.

The secretary records and distributes the notes of the meeting to all attendees and apologies.

Proposed agenda items must be emailed to the Chairperson / Deputy Chairperson / Secretary 1 week before the scheduled Board Meeting.



Parents Advisory Board

Expression of Interest Form

Expressions of Interest are invited for the Our Lady's School Parents Advisory Board 2018.

I, (your name) _____

Parent of (name and grade of your eldest child):

Contact number: _____

Contact email: _____

Am interested in becoming a member of the Our Lady's School
Parents Advisory Board in 2018

Signed: _____

Date: _____

***ALL EXPRESSIONS OF INTEREST FORMS ARE TO BE HANDED TO THE
PRINCIPAL***

Role Descriptions

Chairperson

The Chairperson's position carries a task of trust and responsibility and requires skill and time. The Chairperson should exercise authority with tact, be impartial and open to other points of view.

The main role of the Chairperson is to:

- Be the main representative/spokesperson for the Parents Advisory Board
- Liaise with the Principal to finalise agenda items for the next meeting and advise the Secretary to distribute the agenda and required pre-reading at least 3 business days before the next meeting
- Be the main contact for agenda items
- Open the meetings punctually and ensure the agenda is followed
- Ensure those present at the meeting have the opportunity to discuss each item on the agenda prior to a decision being made
- Work towards a collaborative approach with other members of school community
- Be mindful of timelines, keep discussions on track and keep meetings moving

Deputy Chairperson

The responsibilities of this role will be to:

- Support the Chairperson in the coordination of the meetings (i.e. pre-reading / pre-work, etc.).
- Support the Chairperson in the running of the meeting by ensuring timelines are adhered to, and discussions are on track.
- Assume the responsibilities of the Chairperson or the Secretary in the event either one is unable to attend the meeting.

Secretary

The Secretary is very important to the efficient operation of the Parents Advisory Board.

Duties and responsibilities include:

- Taking minutes at Parents Advisory Board meetings
- Photocopying and distributing minutes to Committee members along with agenda prior to the next meeting
- Dealing with any incoming/outgoing correspondence

Committee Members

Committee members have a responsibility to:

- Attend Parents Advisory Board meetings as regularly as possible and send apologies if unable to attend
- Help organise Parents Advisory Board activities and projects
- Work towards the best possible outcomes being achieved
- Be mindful that discussions should be on topics which are relevant to the whole school community
- Facilitate and nurture positive home/school relationships within the parent community

AGM for 2018 is to be held Wednesday 14 March at 7.00pm in the Hall Kitchen



This year the Parent's & Friend's Committee will be running a fundraising Easter Raffle.



Tickets will be \$1 each and will be available for sale via the Qkr! App between Friday 9 March – Tuesday 27 March.

The raffle will be drawn on the last day of Term 1 – Thursday 29 March.

To make our wonderful prizes we would really appreciate some donations to put in our Easter Hampers eg. Easter eggs, books, toys etc.

All donations can be left at the office.



Digital and Design Technologies News

There have been many positive updates in the area of Digital and Design Technologies so far at our school this year and as a new member of the staff, I have been made to feel very welcome by the students, staff and parents of Our Lady's.

In addition to the 70 iPads already in use, we have purchased 140 new Chromebooks for all classes from Foundation to Grade 6. These devices are fast, easy-to-use laptops that have Google Chrome browsers embedded and are designed to facilitate the use of the G Suite programs such as Google Drive, Google Slides and Google Sites.

Over the past several weeks, I have had facilitated sessions across all year levels with Craig Cummings, our eLearning Learning Consultant from Catholic Education Melbourne. These sessions included exploring circuit boards with Grade 3 and 4 by using Makey Makeys, investigating data encryption processes involving parity with Grade 5 and 6 and exploring the components of modern technology with Foundation, Grade 1 and Grade 2.

I am thrilled to be leading Our Lady's into the future of Digital and Design Technologies and I will be sure to communicate our exciting progress and updates in these curriculum areas.



On Friday 16 March 2018, Australian schools will stand united in their communities to celebrate the eighth National Day of Action against Bullying and Violence (NDA).

The National Day of Action is Australia's key anti-bullying event for schools and in 2018. We are a registered school and have ordered wristbands for all our students, which they will wear next Friday.

The well-known definition of bullying is:

*Bullying is an **ongoing** misuse of power in relationships through repeated verbal, physical and/or social behaviour. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert). (Reference: <https://bullyingnoway.gov.au/WhatIsBullying/DefinitionOfBullying>)*

At Our Lady's we have a zero tolerance of bullying. Prevention and coping strategies are a part of our social and emotional learning curriculum.

There is an excellent website that you can access as parents to gain further information and resources. There are also some excellent videos on the website. <https://bullyingnoway.gov.au/YourRole/Pages/For-Parents-and-carers.aspx>





MICHAEL YMER PARENT SESSION REFLECTIONS

Below you can read parent reflections after attending the Michael Ymer Mathematics Parent Session on Monday night. Michael talked to the parents about their child's learning in Mathematics and offered many different strategies and ideas for everyone to do at home to consolidate the learning done here at school.

Michael Ymer was amazing! It was such an informative and fun session. I am going to try the things Michael showed us with my daughter and we are going to have fun doing it. I will definitely be there again next time Michael visits the school.

On Monday night I was able to participate in the Michael Ymer mathematics evening for parents. It was my third time attending and again I wasn't disappointed!

Michael was able to engage all the parents there with his unique teaching style and enlighten us on the way our children are learning mathematics and numeracy in the classroom. There were also many tips and techniques on how we can implement these at home in a fun and easy way be it through everyday tasks or simple games.

Having these parent information sessions definitely opens my eyes to the way our children are learning and how different it is to the way we learnt as students.... in a good way! I wish we had this when we were learning maths!

I would encourage all parents to come along next time and if you came for the first time on Monday, do come again as each session contains new information.

Thank you to the staff behind the scenes for allowing us to share this learning journey with our children.



The Michael Ymer maths session was a lot of fun. It was presented in a relaxed and non-confrontational manner. I enjoyed being able to participate in the games and have their connection between learning and real life explained. It was also useful to have some of the activities that I undertake at home validated. For the future I would love to attend a session on how to support older children e.g. early high school. Thanks again for hosting this valuable session.



I didn't know what to expect when I was given an invitation to attend a 'Parents Maths Refresher' night but I can honestly say that Michael Ymer was fabulous. He spoke in a way that was easily understood and he gave great everyday maths ideas that I can do with my kids in our day to day living. I would definitely attend another session facilitated by Michael Ymer and hopefully learn more.



5D Aboard the Pelican





5D Aboard the Pelican



insights



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

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

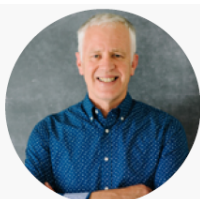
High emotions are very contagious. When a child is angry, fearful or upset we can easily feel the same way. It's vital that we manage the ways that we react to our child's emotions so that we can provide an effective, empathetic response. The best way to manage our own reactivity when kids are upset 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.

God gave his only Son to save us



4th Sunday of Lent, Year B

Gospel

Jn 2:13-22

Jesus said to Nicodemus:

'The Son of Man must be lifted up
as Moses lifted up the serpent in the desert,
so that everyone who believes may have eternal life in him.
Yes, God loved the world so much
that he gave his only Son,
so that everyone who believes in him may not be lost
but may have eternal life.
For God sent his Son into the world
not to condemn the world,
but so that through him the world might be saved.
No one who believes in him will be condemned;
but whoever refuses to believe is condemned already,
because he has refused to believe
in the name of God's only Son.
On these grounds is sentence pronounced:
that though the light has come into the world
men have shown they prefer
darkness to the light
because their deeds were evil.
And indeed, everybody who does wrong
hates the light and avoids it,
for fear his actions should be exposed;
but the man who lives by the truth
comes out into the light,
so that it may be plainly seen that what he does is done in God.'

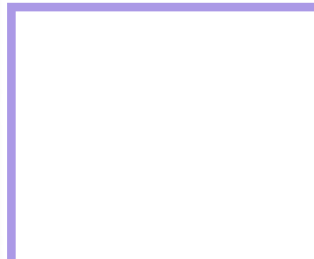
Draw or write some of the ways we can see
God's love in the world today.

Jesus Saves Us



Jesus was _____ in a stable

When he grew up he
proclaimed the Good News



Jesus performed miracles



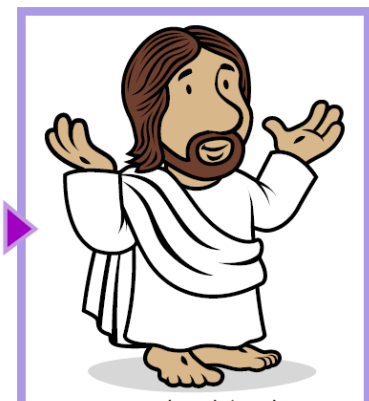
Jesus _____ the sick



Jesus' disciples joined him for the Last _____



Jesus was nailed to
a cross and died



_____ days later, Jesus
was raised to _____