



## OUR LADY'S SCHOOL NEWSLETTER

9 March 2017

[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)

*Who do you say I am?'*

*Matthew 16:15*

### DATES FOR THE DIARY

#### **Fri 10 March**

Professional Learning for Staff  
(Victorian Curriculum) **No  
school for the children**

#### **Mon 13 March**

Labour Day Public Holiday  
*Catholic Education Week be-  
gins*

#### **Wed 15 March**

School Photos  
Parent Advisory Board  
Meeting (AGM).

#### **Fri 17 March**

National Day of Action Against  
Bullying and Violence  
Parish Movie

#### **Wed 22 March**

Foundation BBQ

#### **Tues 28 March**

Second Hand Uniform Sale  
3.00pm outside Canteen

#### **Fri 31 March**

Holy Week Paraliturg 2.30pm  
*End of Term 1 at 3.15pm*

#### **Tues 18 April**

Professional Learning for Staff  
(Reporting 2017) **No school  
for the children**

#### **Wednesday 19 April**

*Term 2 begins*

#### **Fri 21 April**

Easter Resurrection Assembly  
2.30pm

#### **Mon 24 April**

ANZAC Day Assembly 2.30pm

#### **Tues 25 April**

ANZAC Day Public Holiday

### **SACRAMENTS 2017**

*Eucharist*

Sun 11 June 4G

Sun 18 June 4H

*Reconciliation*

Thursday 14 September

*Confirmation*

Friday 17 November



Dear Parents,

Last week the Grade Six students participated in another very successful three day camp at Camp Oasis in beautiful Mount Evelyn. Father Peter, Mrs Christine Carabott and myself visited the campers last Thursday and we were greeted by smiles from the children and lots of excitement about the great activities that they had participated in like the Flying Fox and rock wall climbing as well as candle making, just to name a few.

The manager of Camp Oasis who has been there for 10 years told us that each year he and his staff look forward to welcoming back Our Lady's school students to their camp as they are the best behaved students and love to participate. We all felt very proud of the positive way our Grade Six students are representing our school.

I sincerely thank the staff who worked so hard to make sure that every child on camp had a wonderful camp experience. Thank you to Mr Tim Wickham our Camp Leader, Mrs Anna Kalc Smyth, Ms Jessica Steele, Ms Anna-Maria Murphy, Mr Steve Cozzi and Mrs Michelle Drought.

A great time was had by one and all due to your hard work and the fact that you were prepared to give up valuable family time to ensure that the Year Six students were at all times safe and happy, creating memories about their new and exciting camp experiences which they will treasure forever.



### REMINDERS

**Tomorrow Friday 10 March is a Professional Learning Day for  
Staff (Victorian Curriculum)**

**There is no school for children**

**Monday 13 March is the Labour Day Public Holiday**

**There is no school for children**

**Wednesday 15 March 7.00-8.00pm**

**Parents Advisory Board AGM in the Hall Kitchen**

### **Lent**



Jesus, we read in the Bible, about the time you went alone into the desert, where you ate nothing for forty days. Help us, in the forty days of Lent, to remember what you suffered for us, because you wanted to save us. Help us, in the forty days of Lent, to go without some of the nice things we often have, to be kind and helpful to others, to make our home a happy place. Help us, in the forty days of Lent, to pray more, and to remember you, suffering and dying on the cross, because you wanted to save us.



## Spotlight on Learning

*"The heart of human excellence often begins to beat when you discover a pursuit that absorbs you, frees you, challenges you, or gives you a sense of meaning, joy, or passion."*

*Terry Orlick, 2007*

At Our Lady's, we have an ongoing commitment to the personalisation of learning using an inquiry approach.

### What is personalised inquiry?

When students are engaged in personal inquiry tasks - they are generally investigating something they have chosen to learn more about or learn to do. They are genuinely interested in or passionate about this thing.

### Why use personalised inquiry at Our Lady's?

Research has shown that when opportunities for personalised inquiry are provided, students:

- get to learn what they are **interested** in
- pursue their own individual **passions**
- have greater **flexibility and independence** in their learning
- are more likely to **stay on task** and remain **focused**
- share their skills and knowledge and build their **self-esteem**
- are less reliant on their teacher and peers, and develop important **self-management skills**.

### What does personalised inquiry look like at Our Lady's?

The two approaches to personalised inquiry that are being implemented at Our Lady's are: Discovery Time in F-2 and iTime in 3-6:

Discovery Time in F-2 involves:	iTime in 3-6 involves:
Open-ended, play based experiences	Identifying individual passions/interests
Short or long term investigations	Authentic questions/problems/purposes
Problem solving	Analysis and evaluation of information
Explicit focus on developing skills and dispositions to enhance learning	Emphasis on the process of learning rather than the end product

This is an exciting time of innovation for our school curriculum. As the Learning Leaders, we look forward to sharing this journey with you.

**Natalie Severino**

Junior Learning Leader F-2

**Michelle Drought**

Middle Learning Leader 3-4

**Tanya Majczak**

Senior Learning Leader 5-6

## AN IMPORTANT REMINDER

All parents and visitors to Our Lady's school are expected to actively contribute to a school culture that respects the dignity of its members and affirms the Gospel values of love, care for others, compassion and justice. They are required to observe child safe principles and expectations for appropriate behaviour towards and in the company of children.

The Our Lady's School Community Code of Conduct is one very important component of the Child Safe Practices we have implemented at our school. As you have been made aware the Our Lady's School Community Code of Conduct has a specific focus on safe-guarding the students and young people at Our Lady's Primary School against sexual, physical, psychological and emotional abuse or neglect. It has been developed in accordance with the Victorian Ministerial Order No 870 to support the school's Professional Child Safety Code of Conduct (which all staff have filled in) and defines expectations of parents and those members of the school community, who may, at times, act as volunteers.

I would like to thank the families who have returned the Our Lady's Community Code of Conduct. We still have families who have not returned this important document, we ask that if you have not returned it to do so as soon as possible.



### *Our Budding Poet-Alice C*

The poem below has been written by Alice C in 4H. Her teacher Mrs Michelle Drought said that Alice loves to write and she was so impressed with Alice's poem that she shared it with me. I thought it was so good it should be featured in this week's newsletter so that you can all enjoy reading it.

#### ***Alone*** *by Alice C (4H)*

Winter's chill runs down my back,  
I sit and whimper, all alone, no place to call home.  
I walk to a payphone,  
ring, ring, ring.  
No one answers.

A tear rolls down my cheek,  
echoing screams run through my mind.  
I start to cry.  
I feel a warm hand on my shoulder.  
I turn around to see my father,  
home again.

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**  
**Principal**

[principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au)



# Foundation enrolments for 2018 will be open from Tuesday 14 March 2017!

If you have a child who will be starting at Our Lady's in Foundation next year (2018), please come to the Office for an Enrolment folder from next Tuesday.

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.



## 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](mailto: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.

## **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 2016 is to be held Wednesday 15 March at 7.00pm in the Hall Kitchen***





# *Parents Advisory Board*

## **Expression of Interest Form**

Expressions of Interest are invited for the Our Lady's School Parents Advisory Board 2017.

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 2017

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

***ALL EXPRESSIONS OF INTEREST FORMS ARE TO BE HANDED TO THE  
PRINCIPAL  
BY 9:00AM TUESDAY 14 MARCH 2017***



# Oasis Camp









<b>Term One:</b>	<b>Week 7:</b>	<b>13<sup>th</sup> March 2017</b>	
<b>DAY</b>	<b>After School Care Activities</b>	<b>Afternoon Tea</b>	
<b>Monday</b>	<b>No ASC: School Closed Labour Day Public Holiday</b>		
<b>Tuesday</b> <b>Staff: Brad, Lucette, Michelle</b>	<b>Inside:</b> Indian Rangoli Designs <b>Outside:</b> Free Play Homework & Readers.	Seasonal Fruit & Veggies Rice Cakes	
<b>Wednesday</b> <b>Staff: Brad, Hang, Chelsea</b>	<b>Inside:</b> Sand Art <b>Outside:</b> Cricket	Seasonal Fruit & Veggies Chocolate chips biscuits	
<b>Thursday</b> <b>Staff: Brad, Michelle, Chelsea</b>	<b>Inside:</b> Animal Finger Puppets <b>Outside:</b> Group Games Homework + Readers	Seasonal Fruit & Veggies Fairy Bread	
<b>Friday</b> <b>Staff: Brad, Marlene, Michelle</b>	<b>Children's Choice:</b> Games, Activities Inside & Out. Cooking M&M Cookies with Marlene	Seasonal Fruit & Veggies Cheese and water crackers	

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 or Legionaries Hat) from 1<sup>st</sup> September to 1<sup>st</sup> 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 Before and 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 Before and 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*

### Second-hand uniform sale – Tuesday 28 March

The Parents and Friends Committee is looking for donations of clean uniforms in good condition for the Term 1 second-hand uniform sale. If you have anything to donate, please speak to Sue Brown, or email [parents@olsunshine.catholic.edu.au](mailto:parents@olsunshine.catholic.edu.au) to arrange drop off.



The sale will be held straight after school on Tuesday 28 March (last week of term). If you can help at the stall please join us in front of the canteen at 3.00pm.

Thanks, *Our Lady's P&F Committee*



## SCHOOL PHOTO DAY IS COMING

**SCHOOLPIX** will be here on WEDNESDAY MARCH 15!

### PHOTO DAY TIPS:

- Dress:** Full summer uniform to be worn by ALL children.  
**Grades 5 and 6 – as you have Sport on a Wednesday you will need to either bring your runners to put on for your Sport lesson OR bring your whole Sport Uniform to change into AFTER your photos.**
- Hair:** Neat and swept off face. All hair shoulder length or longer **MUST** be tied 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 by photography day. **Reminder that exact money must be included. The Office will not be able to provide change.**
- Sibling Orders:** For a special photo of you children together order online by **10am** on photography day. Alternatively collect a Sibling Order Form from the office or download it from the SchoolPix website and return it by photography day. Only siblings that place an order will be photographed.

PO Box 5222, Hallam VIC 3803

Ph: 1300 766 055

Email: [enquiries@schoolpix.com.au](mailto:enquiries@schoolpix.com.au)



**Tuesday 18<sup>th</sup> April 2017**

**School Closure Day**

**Our Lady's Primary OSHC**  
32 Station Place, Sunshine VIC 3020  
M: 0401 700 401  
E: [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au)  
[www.childrensprogramms.ymca.org.au](http://www.childrensprogramms.ymca.org.au)

**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 Tuesday 18<sup>th</sup> April 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 30<sup>th</sup> March 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](mailto:ourladysoshc@ymca.org.au) to express your interest, by **Thursday 30<sup>th</sup> March 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 31<sup>st</sup> March, 2017 (last day of term 1)**.

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

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

If you have any questions please contact me in person or ring 0401 700 401 or email [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au)

Kind regards,

Brad Lenahan, OSHC Coordinator



# Treating and controlling headlice

health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

## Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

## Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

## Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.



## Building parent-school partnerships

WORDS Sarah Wayland

# Helping kids focus in the age of distraction

Finding ways to turn your kids from flitters to focusers – how teaching your children to 'stick with it' can have lifelong benefits.



As a society we often debate about the 'right' amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child's still-developing brains. Impacting the capacity to focus, to concentrate and to give attention to tasks.

Distraction is often managed through the delicate art of re-direction or encouragement to combat the 'but I just can't do it!' However, has this brave new world of binge watching TV, entertainment on demand and socialisation via hand held devices created kids that always have options for those tasks that require some stubborn determination? If so how might this new way of living and relaxing challenge our kid's capacity to stick with a difficult task when they have a world of entertainment at their disposal?

Dr Daniel Goleman, an award-winning psychologist and TED speaker, emphasises the need for people to engage in skills that foster emotional intelligence. Goleman's belief is that 'Kids learn best when they can maintain sustained attention, whether to what a teacher is saying, their textbook, or their homework. The root of learning is keen focus; distractions kill comprehension.

But the new normal for young people continually interrupts their focus with distractions.'

Neuroscientists tell us that the more a young person can practice keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca, a NSW schoolteacher who is passionate about the topic, finds that the evidence is clear in our own homes and in classrooms 'we now have young people who are experts at 'flitting' from one device to another' and she refuses to take a defeatist approach because without refocusing those 'flitters' to 'focusers' who risk the next generations creative or scientific masterminds we risk losing children who are able to 'sit still and agonise over a task long enough to see it through to its marvellous end'.

### Tips for helping kids maintain focus and attention

#### 1 Build your child's focus

As with all tasks the aim is to start small and build your child's capacity to master the concept of 'sticking with it'. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: 'it's all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.'

#### 2 Remember it's all about the journey

Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your 'flittering' child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

#### 3 Keep calm and focus

Use calm methods to engage children who become distracted: breathe, relax and high five each other when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children's world by identifying exciting technologies but they also provide avenues to 'opt out' of the hard yards.

Reaching what you thought was unattainable by engaging in a single focus and 'sticking with it', can provide lifelong lessons.

*Sarah Wayland*



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.







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 Mt 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

