



OUR LADY'S SCHOOL NEWSLETTER

22 May 2020

www.olsunshine.catholic.edu.au

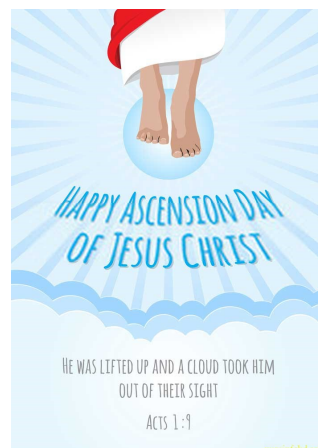
Parish Priest: Fr. Peter-Damien McKinley
Principal: Ms. Patrizia Bertani
Parish Mass Times: Saturday 6:00pm
Sunday 9:00am, 10:30am & 5:30pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au
Our Lady's is a Child Safe School

Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.' Matthew 19:13-15

Dear Parent,

Yesterday the Church celebrated the Ascension into Heaven of Jesus Christ. The Ascension is celebrated 40 days after Easter and refers to the day when Catholics celebrate Jesus' return to God after being with his disciples after the resurrection. Jesus is Lord and that Lordship goes beyond mere humanity. The Ascension signifies that Christ is no longer bound by the time and space that he was while he was in the fullness of his humanity. Most importantly, the day signifies that God can be experienced anywhere and not just in time and space.

In the information that I communicated to parents in on Thursday, there was much information. I am sorry but it is necessary to make sure that you are well informed about the changes that the school has had to make. I know that some of these changes will present some difficulty, but I hope you understand that they have been made in the interest of the health and safety of the Our Lady's School community. Thank you for your continued support and patience during this time, I cannot express how much I have appreciated it. The staff and I look forward to welcoming all students back to the classroom and to their school.



Important Information

- Students who are starting school on Tuesday May 26 (in Foundation, Years 1 and 2)are to wear their winter uniform.
- Year 3-6 students who will be attending school will not be required to wear their school uniform.
- School photos will be sent out on Tuesday 9th of June.
- There will be no large gatherings at school and therefore we have had to cancel Friday Assemblies.
- Minimise coming to the school office. Come only for essential things like picking up a uniform order. The 1.5 metre social distancing must be respected at all times. Use email or the telephone if you can.
- The canteen will be operating at a reduced service. They will be providing lunch only. There will be no canteen during the breaks. Please order via our QKR App.
- No parent helpers in the classrooms or canteen.
- After School Care will begin as normal on Tuesday the 26th of May, in the Hall with EXTEND.

If your child is ill or is feeling unwell, with even mild symptoms such as a runny nose they must not attend school. They must remain home and seek medical advice. You are required to inform me immediately if you or anyone in your family have contracted COVID-19 or have been in the company of someone who has been diagnosed with the virus.

Keeping the Faith During the Time of the Coronavirus
Discover a spirit of calm, hope, and faith

bh

Our Parks



Thank you God, for our parks, where we can enjoy nature and think of you, where we can run and play games, or swing and see-saw, or have picnics, or walk with our family and friends, or look at the plants, flowers, trees and birds.

Thank you God, for our special national parks, with native shrubs, trees, plants, flowers, animals, birds.

They are our flora and fauna, which means that they are special for Australia, and so they are protected.

We look at them and enjoy them, but we do not remove any of them, so that our national parks will always be able to live and to grow, just as you meant them to.

Thank you God, for these places of peace.

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

Important Information continued.....

There will be staggered start times at the beginning of each day and staggered pick up times at the end of each day. These will occur at 10minute intervals and are organised according to family surnames. I understand that this may mean some reorganisation but it is the only way to reduce congestion. Please refer to the tables below.

Start times-Beginning of the day

Ten minute intervals

Organised by surnames

A → F 8:20 → 8:30am

G → L 8:30 → 8:40am

M → R 8:40 → 8:50am

S → Z 8:50 → 9:00am

Pick up times- After school

Ten minute intervals

Organised by surnames

A → F 2:20 → 2:30pm

G → L 2:30 → 2:40pm

M → R 2:40 → 2:50pm

S → Z 2:50 → 3:00pm

To support the health and wellbeing of all students and staff, our school will continue an enhanced cleaning routine and will encourage frequent handwashing and sanitising. We will be providing hand sanitiser for the students and staff to use on a regular basis. If you do not wish your child to use the sanitiser, please email your child's teacher and let them know.

Below are some examples of the changes we have made to promote a safe and healthy environment.

Students will be required to drink from their own drink bottle. They will be able to regularly refill these at school. This is in place as part of our increased health and safety measures that the school will put in place. There will be no drinking from the school taps.

- Soap and sanitizer to be used regularly.
- Wiping tables and door handles regularly throughout each day using wipes, by teachers and cleaners.
- Teachers will contact parents of any student who has a sore throat, cough, runny nose or is feeling unwell and ask the parent to take them home.
- We will allow as much fresh air to circulate in the classroom. Heaters will be put on in the morning upon arrival by the teacher to warm the classroom, then they will be switch off and open doors or windows, as much as possible, weather permitting.
- Students refill bottles from sink taps (as per Term 1). Outdoor fountain taps will not be in use.
- Shared equipment such as computers, class sets of teaching and learning materials, and musical instruments will be regularly wiped. **Hand hygiene including washing and sanitising prior to use and then wiping the equipment immediately before and after use, will be enforced.**
- Students will have individual equipment such as pencils, scissors which will not be shared with others.
- There will be no borrowing of Library books or take-home readers. .
- In the Library and ICT lab, time will be given for students to wash or sanitise their hands prior to using the equipment, for wiping down the mouse, keyboard, table once they have used it, using wipes and then sanitising their hands when leaving.

EXTEND AWARDS –AWARDED BY ALYSHA

Junior School Award

This award has been awarded to Lucrecia (Foundation J) for always being polite, showing the Our Lady's school value of Respect and using her manners.

Senior School Award

This award has been awarded to Lucas (5D) for being a responsible student who is a self-manager and shows that he can independently organise his own learning.

Great Job!





FI

Sophia - You have shown great enthusiasm in completing your work and it is such a pleasure to hear your responses. Well done on all your hard work! *From Ms. Cam Tu*

Lincoln - Your hard has not gone unnoticed! Well done on your consistent effort and your writing shows great improvement - keep it up! *From Ms Cam Tu*

FJ

Bawi Bawi for demonstrating awesome reading skills by pointing to each word as you read the sentences that you write. Keep up the great effort! *From Miss Severino*

Oliver S for demonstrating awesome comprehension skills by listening to the stories shared by your peers and answering questions about those stories. *From Miss Severino*

1K

Paul Z For completing online learning and sharing his enjoyment of using the school chrome Book to support his online learning. *From Miss Karen*

Ram Nawn - For showing the robot he made from natural materials at our Google Meet. Ram Nawn did an amazing job sharing how he made his robot during his home learning Discovery Time. *From Miss Karen*

1L

Kennedy H - For showing courage in our Google Meet and sharing even when it felt scary to do so! Thank you for being brave! *From Miss Steph*

Vaslem F - For trying his best and giving everything a go in his online-learning! Great effort, Vaslem! *From Miss Steph*

2M

Tracey L- for working to the best of your ability and showing persistence throughout your learning. *From Miss Scarpaci*

William T- for creating such an amazing powerpoint presentation about your family and culture. Really well done. *From Miss Scarpaci*

2N

Henry N- Great work on your motivation to keep learning during home learning! You have been a superstar! *From Ms Howe*

Kloe N- Amazing work on being able to take part in our daily Google Meetings by taking part in learning conversations during Guided Reading Groups *From Ms Howe*

3E

Harrison B - For being a positive and happy member of our Google Meet every morning and sharing his learning with his teachers every day! Well done Harrison *From Miss O'Connell*

Stephanie T - For being a self manager and getting herself organised each day for online learning. I also love that you always read and respond to teachers comments on your learning. Keep it up! *From Miss O'Connell*

3F

Sam A - For demonstrating the assets of a Self Manager. You have been working so hard and always taking on feedback to improve your work. Keep it up! *From Ms Murphy*

Van R - For being dedicated to your school work especially in Reading. You have been working hard on reading blends and breaking up words. Keep it up! *From Ms Murphy and Mrs Mitchell*

4G

Zoe N for being such a hard working, conscientious student who always strives to achieve her best. *From Mrs Sales*

Lewis C for being very attentive to the activities set for the class and being the first to complete tasks and to let me know if something isn't working. *From Mrs Sales*

4H

Michael G For displaying the Learning Asset of by making wise decisions about his learning tasks and challenging himself to go further *From Mr Wickham*

Mikayla C For displaying the Learning Asset of Self Manager by being responsible and thorough in the completion of her learning tasks. *From Mr Wickham*



5C

Ivy P For showing great commitment to your learning. You find ways to explain your thinking, as well as your answers, and you take on challenges. This is what great learners do! *From Miss Wendy*

Martin N For demonstrating the learning asset of Thinker. You noticed a relationship between the perimeter and area of rectangles and you were able to explain your thinking. This is what great learners do! *From Miss Wendy*

5D

Samuel A - For working extra hard on your learning. You have put lots of thought and effort into each activity that you complete. Keep it up! *From Mrs Mendoza*

Georgia M - For your enthusiasm each day! You share your thoughts and ideas during our google meets and try your best each week. Well done! *From Mrs Mendoza*

6A

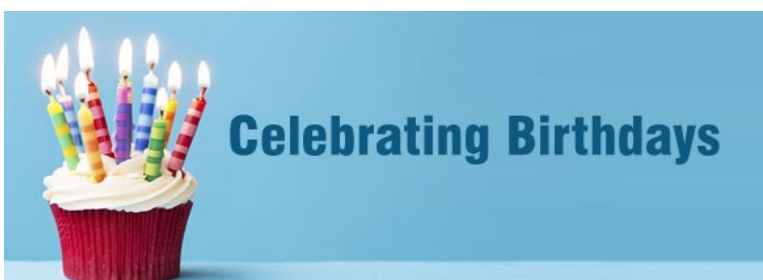
Matthew D For using the Learning Asset of Collaborator and Researcher, to organise and work with his peers in order to design an alien planet that was scientifically sound, showing that it was well researched. *From Ms Kaan*

Betty T For being an accountable learning and displaying the school Gospel Value of Respect during our class Google meets *From Ms Kaan*

6B

Scout C: For creating an entertaining, detailed and well-written letter for your buddy. Well done! *From Ms.Gurry*

Sally-Grace O: For consistently completing work that reflects a high level of effort during online learning this week. *From Ms.Gurry*



Damien C PREP J

Kobe P 2 M

Nathan L 3 E

Aaliya S 3 F

Aquelly L 3 F

Chloe K 6 A

Sally-Grace O 6 B

Mrs Cuni

Yours sincerely,

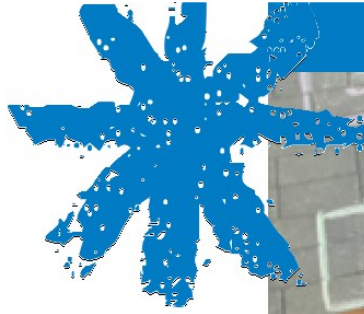
Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

insights



Teach your kids to SHRUG!

by Michael Grose

The secret to having resilient, confident and optimistic children is to teach your kids to shrug!

It was so irritating, yet so effective.

I'm talking about my boyhood mate Terry's habit of shrugging his shoulders whenever anyone teased him or tried to persuade him to their way of thinking.

'Hey Terry, you're a **&&&E@!' Shrug.

'Hey Terry, everyone says your ..*&&TR!'

Shrug.

'Hey Terry, I'm going to tell on you!' Shrug.

His nonchalance used to drive everyone nuts! So much so that he was rarely targeted for teasing despite the fact that he wasn't sporty, he wasn't cool and he was late maturing – all of which back then, as now, would put a boy in the 'to be picked on' category.

I thought of Terry recently when I was coaching a young person about how to respond to some schoolyard taunts.

This young person wore his heart on his sleeve, taking taunts and even witticisms too seriously for his own good. Unfortunately, some of his so-called mates used to enjoy seeing him become angry.

The best way to break this toxic cycle of taunt-react-taunt was for him to change his reaction.



So we did some coaching in the art of shrugging and before long my young charge was shrugging his shoulders, as if to say 'Whatever', and walking away at the first sign of a taunt.

Eventually he was channelling Terry so well that his nonchalance even began to irritate me.

Some things can't be ignored

Don't get me wrong. Kids cannot and should not ignore all negative comments directed at them.

There are times when they need to stand up and be counted. They don't need to be aggressive about it, but they

do need to be assertive from time to time. Sticking up for a friend, rescuing someone who is being taunted or even looking out for a sibling's best interests at school are times when children need to assert themselves rather than shrugging off a problem.

Kids practise on their siblings

Socially savvy kids know that some of the negative peer comments directed at them need to be ignored. However, this is quite a skill.

Ignoring comments and choosing your arguments is something many kids learn in their battles with siblings.

Those noisy sibling skirmishes that annoy the hell out of parents actually toughen kids up for the less-than-pleasant social interactions that take place in the schoolyard.

Interestingly, my boyhood mate Terry was the youngest of four brothers. I guess he would have perfected the art of shrugging out of sheer necessity.

So, if you have a sensitive child who wears his or her heart on their sleeve, or a child who reacts impulsively to both taunts and witticisms alike, you may wish to introduce the art of shrugging into their repertoire of responses.

How to create a good shrug

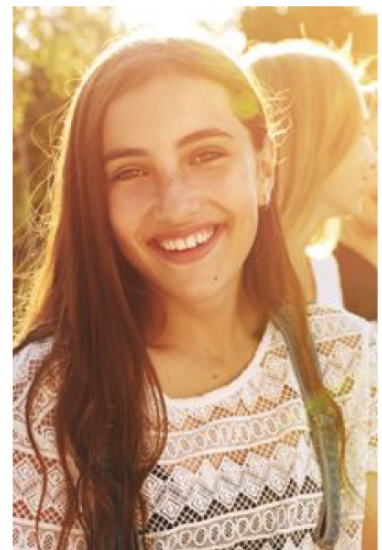
Kids can practise shrugging in front of the mirror so that they can see what a good shrug looks like. There are 4 ingredients:

1. A 'whatever' look.
2. A shrug of the shoulders.
3. A simple, non-combative, non-sarcastic line such as 'You may be right', 'Whatever' or 'I hadn't thought of that'.
4. A final breaking of eye contact that indicates that they are in control.

A word of warning

If you teach your kids to shrug, you need to be prepared for them to use this shrugging technique against you when you direct some criticism or constructive feedback their way. If they do, you'll find out how damn infuriating nonchalance (even when it's fake) can be.

Oh, and you'll be seeing a child or young person who is exercising a degree of personal power that, when used smartly, will increase their overall social effectiveness.



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 will help you and always be with you

6th Sunday of Easter, Year A

Jesus loves us and asks us to keep his commandments. Name some of the commandments.



Gospel

Jn 14:15-21

Jesus said to his disciples:

'If you love me you will keep my commandments.

I shall ask the Father,

and he will give you another Advocate

to be with you for ever,

that Spirit of truth

whom the world can never receive

since it neither sees nor knows him;

but you know him,

because he is with you, he is in you.

I will not leave you orphans;

I will come back to you.

In a short time the world will no longer see me;

but you will see me,

because I live and you will live.

On that day

you will understand that I am in my Father

and you in me and I in you.

Anybody who receives my commandments and keeps them

will be one who loves me;

and anybody who loves me will be loved by my Father,

and I shall love him and show myself to him.'



The Spirit will show you what is true

Answer the following questions True or False

Jesus only loves those who do good deeds. _____

The Holy Spirit is always with us. _____

God sent the Holy Spirit to help the disciples. _____

Jesus said "You should not love your enemies". _____

The disciples received the Holy Spirit at Pentecost. _____