



OUR LADY'S SCHOOL NEWSLETTER

25 May 2017

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

"You believe because you can see me. Happy are those who have not seen and yet believe." John 20:19-31

DATES FOR THE DIARY

Fri 26 May

Year 4 Eucharist Reflection Day

Wed 31 May

Year 3/4 Camp Night

Wed 7 June

P&F Meeting 7.00pm

Fri 9 June

Parish Movie

Mon 12 June

Queen's Birthday Public Holiday **No school for the children**

Tues 13 June

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

Wed 21 June

PAB Meeting 7.00pm

Fri 23 June

Sacred Heart Mass, **Reports go home, 7.30pm P&F Trivia Night**

Wed 28 June

P/T/S Learning Conversations 3.30-5.55pm

Thurs 29 June

P/T/S Learning Conversations **All day, no school for the children**

Fri 30 June

End of Term 2 3.15pm

Mon 17 July

Start of Term 3 8.45am

Thurs 21 Sept

Susan McLean Cyber Safety Parent Workshop 7.00-8.30pm

SACRAMENTS 2017

Eucharist

Sun 11 June 4G

Sun 18 June 4H

Reconciliation (Year 3)

Thursday 14 September

Confirmation (Year 6)

Friday 17 November



Dear Parents,

Today is the Feast of the Ascension of Jesus into heaven.

This event occurred 40 days after Easter and is traditionally celebrated on a Thursday. The Ascension of Jesus is believed to have taken place on Mount Olivett (Mount of Olives) in a town called Bethany. The disciples witnessed the event and it is mentioned in the Nicene or Disciples creed.

The Church is called to continue Christ's work. Christ, by his life's example has bridged the gap between heaven and earth and this feast day highlights the fact that we are now one in Christ.

The Feast of the Ascension is about a new way of being, living in Christ in the here and now. The Apostle Paul wrote to the early Christians in Galatia; "No longer do I live but Christ lives in me and the life I now live I live by faith in the Son of God." (Galatians 2:19,20) That is how we are invited to live now.

Eucharist Parent /Student evening

It was a delight to have the very talented Maria Forde facilitate an evening which focused on the Sacrament of the Eucharist which our Year 4 students will be celebrating at Our Lady's church on Sunday June 11 and June 18 at 10:30am. As a part of the preparation to receive the Sacrament of the Eucharist the students and their parents participated in an evening filled with song, prayer and reflection. It was wonderful to see so many parents attend this very special evening.

We thank Father Peter for joining us last night and thank you to Halina Lipski (RE Leader) for organising the evening. Maria was impressed by the deep understanding and reflections expressed by the students who attended. The students of Year 4 will be participating in a Eucharist retreat tomorrow which will also be facilitated by Maria Forde in collaboration with the teachers. The retreat is taking place in the beautiful Brimbank Park and will involve the children in deepening their understanding of the Sacrament of the Eucharist. Father Peter will also be joining the Year 4 students. Thank you to all the parents who attended last night. We appreciate your presence and support.



SAVE THE DATE– Thursday 21st of September 7pm-8:30pm Susan McLean Cyber Safety – Parent Information Session In the Father John Maher Auditorium

<http://www.cybersafetysolutions.com.au/>



Ascension Prayer

*We celebrate the Ascension of the Lord forty days after Easter.
All of us will follow him into heaven.*

Father of us all, forty days after his resurrection Jesus ascended to your right hand. We know that Jesus sent the Holy Spirit to be with us and guide us. Help us to have faith in the risen Christ and live in the Spirit always. Amen

Performing Arts News!

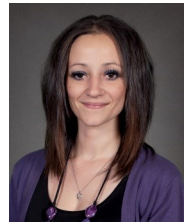
BIG NEWS

This year Our Lady's school will be presenting a whole school production, this means that all students will be participating from Foundation to Year 6. Ms Carmel Menzies is our very talented and creative Performing Arts teacher who has written an original production which is titled 'Dream A Little Dream'. The production involves much dancing, singing and drama. The production will be performed for our school community at the end of the year in December. We will send out more information about the date and time later in the term.

Over the last 2 weeks Miss Carmel and the also very talented Miss Scarpaci have been holding auditions. The auditions for "Dream A Little Dream" are now over. The teachers were amazed and excited by the wide variety of talent that was showcased during the auditions. Students at Our Lady's school certainly have loads of talents! Miss Carmel and Miss Scarpaci were so happy and are super excited about starting the rehearsal process. They would like to thank all those who came along at lunch times, to help out and support the students while they were auditioning.

Miss Pina our Art teacher is also contributing to the creation of this production. She will be supporting students F-6 who will be making many of the props that will be used in the production throughout Terms 2 and 3.

The production is a collaborative effort and some classes have already begun to learn their songs. Miss Carmel will be working across the school with all classes building skills in the areas of singing, dancing and drama. Students have also been invited to design a logo for the production 'Dream A Little Dream'. We are encouraging all students who are keen drawers or digital designers to join in and have a go. All entries must be handed in to Miss Carmel by Friday June 10 at 9am.



Celebrating Birthdays

We are happy to celebrate your child's birthday at school. It is important that special occasions in your child's life such as a birthday are able to be shared with the teacher and children in their classroom. I ask that when you bring food to school to be shared amongst the children that you consider some important points. Rather than bringing one whole cake it is much better if you bring either cup cakes or individual type cakes like lamingtons or doughnuts. You may decide to have individual lolly bags. This will make it much easier for the teacher to distribute to the children. Also it is important to remember that some children in your child's class may suffer from food allergies and therefore will not be able to eat particular food items. You must be able to identify all ingredients that have been used in the recipe. Please check with your child's teacher so that these children can be provided with an alternative treat so that too feel they are part of the celebration.



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani
Principal

principal@olsunshine.catholic.edu.au

A big thank you to all those who participated in our Walk Safely to School day last week! It was wonderful to see so many parents and children walking to school.

Thank you to Mrs Christine Carabott for organising this special event.



YMCA CHILDREN'S PROGRAMS OSHC



For all **Bookings** and **Cancellations** please call us directly on **0401 700 401**
Email us: ourladysoshc@ymca.org.au
 For any **Account Information** please call our office on: **8371 0500**
www.childrensprogramms.ymca.org.au

PROGRAMS AT A GLANCE

Term Two: Week 7: 29 May 2017		
DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Paper Plate Creations Outside: Playground and Tiggy Games	Seasonal Fruit & Veggies Crackers, Dip and Celery
Tuesday Staff: Brad, Lucette, Michelle	Inside: Necklaces and Bracelets Outside: Play-ground and Running Races	Seasonal Fruit & Veggies Baked Treat
Wednesday Staff: Brad, Hang, Chelsea	Inside: Dream Catchers Outside: Playground and Soccer	Seasonal Fruit & Veggies Garlic Bread
Thursday Staff: Brad, Michelle, Hang	Inside: Pipe Cleaner Construction Outside: Play-ground and Octopus Homework + Readers	Seasonal Fruit & Veggies Variety of Biscuits
Friday Staff: Michelle, Marlene	Children's Choice: Games, Activities Inside & Out. Cooking Pizza Bread with Marlene	Seasonal Fruit & Veggies Crackers and Cheese

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 1st September to 1st 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 where children may receive gifts/prizes as advertised are as follows: last day of school terms, end of year celebrations, designated holiday program days, cultural and festive celebration days and during organised program competitions. **Thank You, Brad and Our Lady's OSHC Team**

ART ROOM NEWS

The Art Room really needs clean ice cream containers and wool! If you have any spare at home please drop off all donations to the Art Room on Tuesdays to Fridays!

Many thanks,

Miss Pina

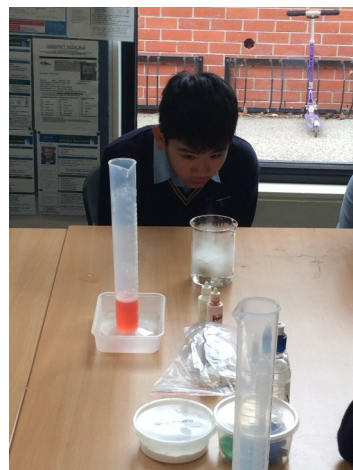
Pina McDonald, Art Teacher





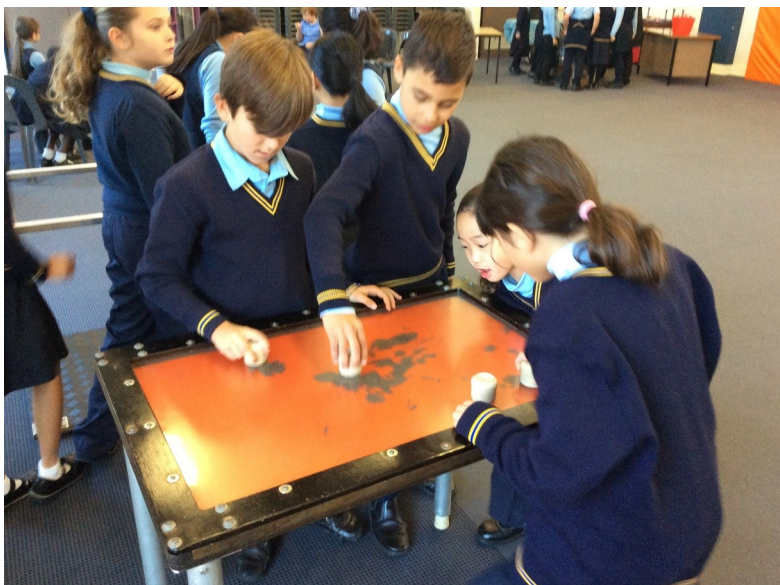
Year 6

Science Incursion





Year 4 Forces and Movement Incursion



PARENTS & FRIENDS FUNDRAISER 2017



**Unlock your shopping trolley
with the infinite trolley key!**

ONLY \$3.00 EACH



Order your trolley key using the school's Qkr! App on your phone. (Same app you use for lunch orders and uniform orders).

Orders close Wednesday 31 May.

Trolley keys will be sent home with your child.



**SUNSHINE SUB-BRANCH & CLUB OF THE
RETURNED & SERVICES LEAGUE OF AUSTRALIA
(Victorian Branch) Inc.**

99 DICKSON STREET, SUNSHINE, VICTORIA
TELEPHONE: (03) 9311 6372

PO BOX 40, SUNSHINE, 3020
FACSIMILE: (03) 9311 6361

e-mail: sunshinerl@primus.com.au

PRESIDENT: G.Collins

SECRETARY: L. Twidle

TREASURER: K.Hewson

Our Lady's Primary School,
92 Monash Street,
Sunshine, 3021

Dear Everyone,

Thank you to everyone for the money raised by selling badges for the Sunshine RSL.
We appreciate your ongoing support.
You raised \$168.05.

Lesley Twidle
Secretary
Sunshine RSL

"The Price of Liberty is Eternal Vigilance"
LEST WE FORGET

***Lovely Thank You
Letter from the
Sunshine RSL to all the families and
students that purchased badges for
ANZAC Day this year.***

You raised \$168.05!



HOW TO SAY MIDDAY, MIDNIGHT AND NOON CORRECTLY

The thing people debate about is there 12:00am and 12:00pm. Well first let's get this clear am stands for ante meridiem and pm stands for post meridiem. Which means before Midday/Noon and after Midday/Noon. But we looked at some websites and found some answers.



According to one website 12:00 pm is the same thing as Midnight and 12:00 am is the same thing as Midday and Noon. But others say there is no such thing as 12:00 am or 12:00 pm because 12 o'clock is Noon and Midday.



There is no am or pm for noon or 12:00 because am and pm are use before and after noon but 12:00 is Noon and so there is no proper 12:00 am or 12:00 pm. After viewing our fourth website we have come across again that 12 am and 12 pm is incorrect. Except this time we found out that 12 o'clock is meant to be called Midday, Midnight and Noon.

By Abbey and Teagan 5D

Walk Safely to School Day



Last week's Walk Safely to School Day was a great success. A total of 233 students walked to school on that day. That is 65% of our school population. **Thank-you** to all the families and students who participated and walked to school or parked the car further away from the school.

It is a great way to promote health and wellbeing for our children.



Congratulations to our prize winners from each class!

Grace C FI Jonti FJ

Sharon W 1K Kayden N 1L

Marietta G 2M Luka K 2N

Heidi 3E Eliza 3F

Eva 4G Ryan A 4H

Mai N 5C Justin P 5D

Ruby P 6A Marc B in 6B

Data from our day last Friday!



Regards

Mrs Carabott

Deputy Principal and Student Wellbeing Leader



Walk Safely to School Day



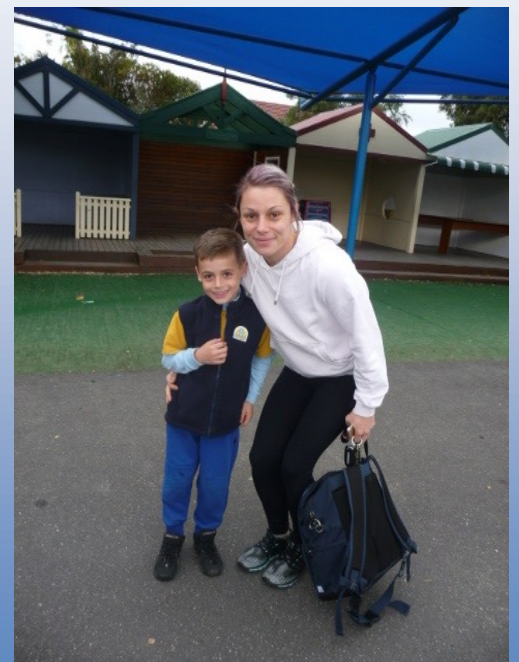


Walk Safely to School Day





Walk Safely to School Day





RESIDENT NOTICE - ROADWORKS

On behalf of Brimbank City Council, Construct Traffic are advising that Alex Fraser Asphalt will be completing asphalt resurfacing at the location & times detailed below.

Sunshine Rail Overpass (Hampshire Rd Bridge) Sunshine

WORKS ARE SCHEDULED

Saturday 27th May to Sunday 28th May

Proposed Times:

4am to 5pm

**All works are subject to weather conditions;
unfavourable conditions may delay or extend the duration of works.**

In order to carry out the works safely, road closures with appropriate detours will be put in place, however access to residents will be maintained where possible.

To minimise disruptions and allow for the successful and timely completion of the works, please ensure that the street and work area are free from all **Parked Vehicles**, during working hours.

Please follow the instructions given by our Traffic Controllers on site, as they will be onsite to assist with access for local residents. Access may be delayed during the day as vehicles will not be permitted to drive on sprayed roadway or fresh asphalt.

Construct Traffic, Alex Fraser Asphalt & Brimbank City Council apologise for any inconvenience and appreciate your co-operation and understanding throughout this period.

If you have any concerns regarding the above please contact:

- Nathan Delaney (Alex Fraser Asphalt) on 0408 446 434
- Frank Bartolo (Alex Fraser Asphalt) on 0418 459 871

TRIVIA NIGHT

Book now
on our Qkr! App

FRIDAY 23RD JUNE
7.30PM

MARIANA HALL
CNR STATION PLACE &
MONASH STREET,
SUNSHINE

TABLES OF 8-10

or send an email to
parents@olsunshine.catholic.edu.au
to be placed on a table

RSVP BY FRIDAY 16TH JUNE

\$15 A HEAD

TICKETS WILL BE AVAILABLE
VIA THE SCHOOL QKR! APP
BYO FOOD AND DRINKS





Tuesday 13th June 2017
Our Lady's Primary School
School Closure Day

Our Lady's Primary OSHC
32 Station Place, Sunshine VIC 3020
M: 0401 700 401
E: ourladysoshc@ymca.org.au
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 13th June 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 **Monday 5th June 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 to express your interest, by **Monday 5th June 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 **Tuesday 6th June 2017**.

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

- Outside play (weather permitting)
- Free Play
- Art and craft
- Sporting games
- 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

Kind regards,

Brad, OSHC Coordinator



THURSDAY 29 JUNE Learning Conversations

Our Lady's Primary School

School Closure Day

Outside School Hours Care – 8.30am to 6.00pm

Our Lady's Primary OSHC
32 Station Place, Sunshine VIC 3020
M: 0401 700 401
E: ourladysoshc@ymca.org.au
www.childrensprogramms.ymca.org.au

Our Lady's OSHC would like to offer families the opportunity to enrol children into a full day of care on Thursday 29 June 2017, day of Learning Conversations.

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 **Wednesday 21st June 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 to express your interest, by **Wednesday 21st June 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 **Thursday 22 June 2017**.

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

- Outside play (weather permitting)
- Free Play
- Art and craft
- Sporting games
- 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

Kind regards,

Brad, OSHC Coordinator

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids' emotions.

It's official!

Emotions are now part of the parenting and educational mainstream!

For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It's a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all."

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

This is not to say that we ignore children's poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure out just what they are doing.

It's a wonder parents haven't smartened up to emotions earlier because 'good parenting' is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you're doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out "I hate you!" because you've denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That's one of the reasons it's so draining.

Accepting kids' emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We've built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial 'To smack or not to smack' question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

more on page 2 >>



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. You'll be so glad you did.



parentingideas.com.au

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... Exploring the New Frontier in Parenting ...

The limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, "Who taught you how to recognise, manage and regulate your emotions?" If you answered your parents then lucky you. They've given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn't identify anyone, so your emotional intelligence (if you've read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:

1 Listen first

When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen.

2 Contain rather than manage (let your kids do the managing)

Children's behaviour can become tangled up in upsets and disappointments. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don't have to do that for them.

3 Know that emotions can be pleasant and unpleasant

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4 Build a vocabulary around emotions

Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5 Help your kids recognise, then regulate emotions

Ever told a child to calm down only to

see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's DNA then emotional intelligence will be passed down from generation to generation. You'll know it's had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

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. You'll be so glad you did! When you subscribe you'll also get my fantastic Kid's Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.

Michael Grose



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. You'll be so glad you did.





Draw Jesus saying goodbye to his friends and promising to be with them always.



Gospel

Mt 28:16-20

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commandments I gave to you. And know that I am with you always; yes, to the end of time.'



How many words can you make from the letters in the word ASCENSION?
