



OUR LADY'S SCHOOL NEWSLETTER 28 May 2021 www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley
Principal: Ms. Patrizia Bertani
Parish Mass Times:
English: Saturday 5.30pm, Sunday 9:00am, 10:45am & 5:30pm
Vietnamese: Saturday 7.30pm, Sunday 12.30pm
Chin: Sunday 2.30pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au

Our Lady's is a Child Safe School

Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are many parts of one body, and we all belong to each other. Romans 12:4-5

DATES FOR THE DIARY

Every Friday Assembly is online at 2.30pm

Wed 2 June

Maribyrnong Division Cross Country

Mon 14 June

Queen's Birthday Public Holiday

Mon 21 June

Susan McLean Cyber Safety for Students, Parents and Staff

Wed 23 June

Three Way Learning Conversations 3.30-6.00pm

Thurs 24 June

Whole school closure - Three Way Learning Conversations

Fri 25 June

End of Term 2 at 3.15pm

Mon 12 July

Start of Term 3 at 8.45am

Wed 21 July

7.00pm PAB Meeting

Mon 26 & Tues 27 July

Whole School Closure - Staff Conference RE

Fri 12 Nov

Yr 6 Confirmation

PLEASE TAKE NOTE OF THE 2021 SCHOOL CLOSURE DAYS

(students do not attend school):

Thurs 24 June Three Way Learning Conversations (students and parents attend at their appointment time)

Mon & Tues 26-27 July RE Conference

Mon 1 Nov Report Writing

Dear Parents,

Last Sunday we celebrated our Year 4H students receiving their First Eucharist. It was wonderful to see parents, grandparents, aunts, uncles, brothers, sisters and the Our Lady's school staff join together with Father Peter and Father Peter Zingh to witness the children receive their First Eucharist. We have included photos of all the students in Year 4 who received their First Eucharist.



Last Sunday was Pentecost Sunday, 50 days after Easter when the Holy Spirit came to the apostles to remind them they were not alone and that God was present via the Holy Spirit. Pentecost is also known as the Church's birthday. It is a powerful reminder to allow the Holy Spirit to be active in our lives.

Today as I write to you we have begun a seven day lockdown. The staff are busy working preparing for next week's remote online learning. In this week's newsletter I have included important sections of our Remote Online Learning Policy. Please make sure you read it.

We have all been through this before and we know that together we can get through this COVID lockdown again. I pray that the Holy Spirit guides the hearts and minds of all Melbournians to do the right thing and to follow government directives so that we can eventually resume our normal lives.

A big thank you to the many parents who attended the Parents and Friends meeting on Wednesday. It was great to see so many new faces and enthusiasm.

The next P&F meeting will be on Wednesday the 9th of June at 7pm. Everyone is welcome to come.



Congratulations to our 2021 Parents and Friends Committee members:

Co-Presidents Kerri Harris (Marietta G) and Michelle Hayes (Kobie & Bailey H)

Vice President Matt McNerney (Vivienne & Isaiah M)

Secretary Sarah Watson (Henry & Oscar W)

Treasurer Gemma Croft (Max H)



Prayer to the Holy Trinity

We celebrate the Holy Trinity as the source of life. This feast is on the Sunday after Pentecost.



Dear God, Father, Son and Holy Spirit, as we prepare to celebrate the feast of the Holy Trinity we give glory and praise to your name. We honour you as the Father and Creator of all life and everything that is good in our world. We ask you to help us respect all people as your creation. We honour you as Jesus Christ, the Son who taught us and redeemed us by your life, death and resurrection. We ask that you help us to walk in your peace each day. We honour you as the Holy Spirit who guides our hearts and our lives. We ask you to help us as people of justice.

Holy Trinity of God, we ask you to be with us in all that we do. Fill our hearts with your love and our lives with your peace. Amen

Remote Online Learning

Parents and Carers:

It is important for Parents & Carers to ensure that members of their family adopt and maintain safe 'on-line' practices at all times.

This includes, but is not limited to:

- Ensuring all family members are aware of the school expectations when working online and the school's Technologies Policy/User Agreement, in accordance with eSafety Commission 'Are They Old Enough' guidelines.
- Develop family expectations for screen time, sharing working spaces, using security controls and boundaries for social media use.
- Refer to the Top 5 Online Safety Tips for Kids and consider developing a personal safety plan. Discuss this plan and share this with your family.
- Use only credible sources for content searches online.

Students:

Staying safe online:

- Always remain SMART, SAFE and RESPECTFUL online.

If you experience anything, that makes you feel uncomfortable or upset, you can:

- Take screenshots for evidence
- Do not respond to anything unkind or disrespectful - Leave the program immediately
- Tell the adult in charge
- Report the incident to your teacher.

Before the Google Meet starts:

- Set-up a device in a safe and quiet space using an internet enabled device, which supports your child's learning.
- Make sure your child has everything they need for the lesson.
- Make sure others in your house know your child will be in a Google Meet so they are not interrupted.
- Your child should be dressed ready for learning (e.g. not in pyjamas).
- Remind your child that the rules used at school also apply in an online meeting classroom.

During the Google Meet:

- Make sure that your child remains on task and is using their device correctly. They should not be playing 'on-line' games or be watching videos unless this is an instruction for their teacher.
- Your child should be engaged in the lesson by:
 - actively listening,
 - asking questions,
 - completing online exercises.

After the Google Meet:

Parents and Carers please make sure that:

- Your child completes tasks as best they can.
- Your child contacts their classroom teacher if they are having difficulty in completing any activity.

During this lockdown period we will endeavour to maintain as much of our normal programs as possible.

As in past lockdowns we will be collaborating with our parent community to continue to deliver continuous learning to our students.

In my role as principal I need to communicate clear expectations around the teacher's role. Teachers need time after school to prepare for the next day. They also need to have a cut off point in regards to answering emails. I have outlined some guidelines that will ensure that while providing the best education we can for our students teachers' wellbeing is also considered.

- Google Meets will be up to 20 minutes in duration.
- Teachers will check and approve student's work up to 4.00pm each day, if the work is submitted later the teacher will approve it the next day.
- Teachers will respond to parent emails within 48 hours.
- Teachers will provide parents with MUST DO activities and CAN DO activities (are not an expectation) to ensure that all students are catered for.
- Teachers will set up a question Google doc for parents to access and ask questions about any aspect of the online learning or an activity they need to clarify, which the teacher will respond to as well as other parents who may know the answer.

Google Meet Student Responsibilities:

- Read all information/emails/instructions from your teacher.
- Complete set learning activities.
- Upload your work as requested by your teacher for feedback.
- Participate in Google Meets.
- Contact your classroom teacher if you are having difficulty in completing any activity or require classification or additional assistance.
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Before the Google Meet starts:

- Make sure your devices are charged and connected to power and your home internet.
- Find a quiet place in your house.
- Place your device on a flat surface.
- Use headphones (if you have them).
- Bring a pencil and paper and any work you need for the lesson, as well as questions about your work.
- Go to the toilet before the meeting.

Please eat before or after the meeting, not when the meeting is taking place.

Be on time for your video conference. Turn your video on at the start of the meeting so that everyone can see you.

Logging in:

Foundation -Year 1

- Make sure you are logged into your Seesaw account and your class google account.

Year 2-6

- Make sure you are logged into your Seesaw account and your Google account.

During remote online learning (Google Meet, Google Drive and Seesaw)

- At all times show respect to others by showing your face on the screen. It is not acceptable to replace your face with a symbol during a google meet.
- Do not use any other device during google meetings. There should be no texting to each other as this is disrespectful to others.
- Put your hand up and ask to leave the google meeting. It is not polite to just leave without asking your teacher first.
- Keep your microphone on mute unless the teacher asks you to turn it on.
- Follow the school rules when learning online.
- Use polite and respectful language when communicating (speaking/writing messages) online with your teachers and your classmates.
- Use technology responsibly and follow the Student Technologies Policy/ Agreement
- Raise your hand to speak. Do not use the "Chat" feature unless instructed to by the person running the meeting.
- Stay calm if your technology does not work. Try re-joining the Google Meet.
- When the meeting finishes all students should leave the meeting before the teacher does.
- Stay comfortable and remember to stand and stretch regularly during your online learning.

Respectful Online Participation for Learning and Wellbeing:

To ensure the safety and wellbeing of all students participating in on-line learning & Google Meets (video conferencing) the following provisions must be considered:

- All Video Conferences, chat and direct messages will be monitored. Please remember to act within school expectations and school values.
- No Video Conference will take place with a student on their own and an adult must be present in the room at all times.
- Whatever goes online, stays online. Take pride in yourself as a member of the school community.

A message from the Year 6 Safety Committee

Hi everyone,

Here are some important safety tips for you to remember during Online Learning!



From Kayden, Kyle, Marietta, Jai and Dimitri

The Year Six Safety Committee

- Remember to stay safe: sanitize your hands, follow all the instructions about staying at home and if you feel sick make sure you tell your parents.
- Make good choices when you are working on the computer; stay away from inappropriate sites.
- If you see something that upsets you, take a screenshot and tell a parent or an adult you trust.
- Take regular breaks from the computer; do some exercise, go outside, go for a walk.
- Be patient if you experience computer issues.
- Attend your class Google meets so that you stay in touch and talk to your friend and teachers.
- If you need help with your learning activities, ask your teacher or a friend for help.
- Make sure you do something you like: cooking, enjoying your hobby or reading a good book.
- Interact with your family while you are at home.



Tony N FI
Luca T 4G
Amelia T 1K
Summer F 5D
Ryan L 4G
Kingsley N 4G

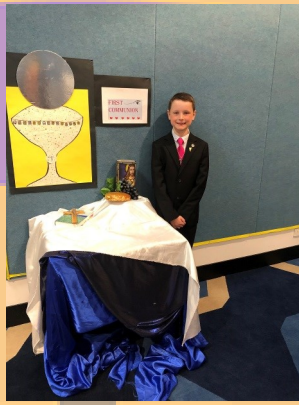
Yours sincerely,

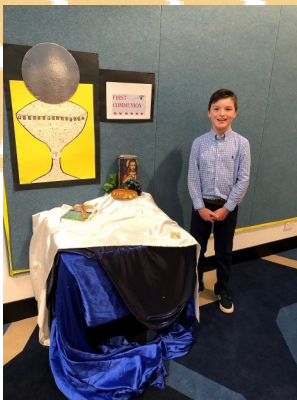
Patrizia Bertani

Ms Patrizia Bertani
Principal

principal@olsunshine.catholic.edu.au







Feast of the Sacred Heart - Fundraiser for Joseph's Corner



Joseph's Corner is a not for profit support service to families in times of stress and crisis. They provide support to enable families to cope with and manage difficult situations.

Sr Jeanne Dwyer oversees the daily running of all operations and services of the organisation, including the volunteers, counsellors and administration staff.

To operate successfully Joseph's Corner relies on volunteers to assist with administrative duties and the general running of the three counselling sites in Yarraville, Hoppers Crossing and Laverton.

Since COVID raised its ugly head, it has been very difficult to provide the same level of service; the Opportunity Shop has had to shut down and funds are extremely low, although the need for help has risen due to the difficult times faced by many families as a result of COVID and beyond.

Can you help?

Our Lady's is raising funds for Joseph's Corner and is linking this action to the Feast of the Sacred Heart which falls on Friday June 11 this year.

In the 2 weeks leading up to this day, we are inviting you to donate financially whatever you can afford. Each family will receive an envelope with a 'heart' on the front.

Please return it to your child's teacher with your donation by **Wednesday 9 June**.

When you return it, your child will receive a heart to decorate with your family name on it and this will be displayed in the front office.

The display of hearts will remind us of the sacrificial love of Christ and will be a welcoming sight every time you enter the front office of Our Lady's.

Keep an eye out for your family envelope.

Working together in Christ's light,
Kriss Oliver - Religious Education Leader

PRAYER CIRCLE FOR MYANMAR

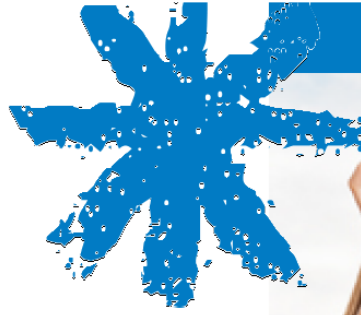


The school will be forming prayer circle in the yard on **Thursday 10 June at 3.05pm**.

All the children will be involved in these circles and parents are invited to join in as they arrive at school to pick their children up.

The intention is to pray for peace and unity during the conflict and to offer healing.

insights



8 confidence-building strategies every parent and teacher should know

by Michael Grose

Instilling confidence takes more than heaping praise on kids. Here are 8 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. It's more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are eight practical strategies that you can use to build real self-confidence in kids of all ages:

1. Model confident thinking

Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up."

2. Focus on effort & improvement

Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3. Praise strategy

While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as “That was a smart idea to tackle the hardest task while you were fresh!” (strategy) and “You recognised the first few steps were the most important but then after that you were right” are descriptive statements that have significant instructional value for kids.



4. Develop self-help skills from an early age

A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. Give them real responsibility

From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6. Practise unconditional acceptance

Your ability to accept children and young people's best efforts in any area of endeavour, irrespective of the results, will go a long way toward determining their self-esteem and confidence. If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7. Expand their horizons

Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today, have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children's horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends' places unattended when capable.

8. Recognise improvement

Focus your comments on children's effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that his school may require.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.



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.



Gospel

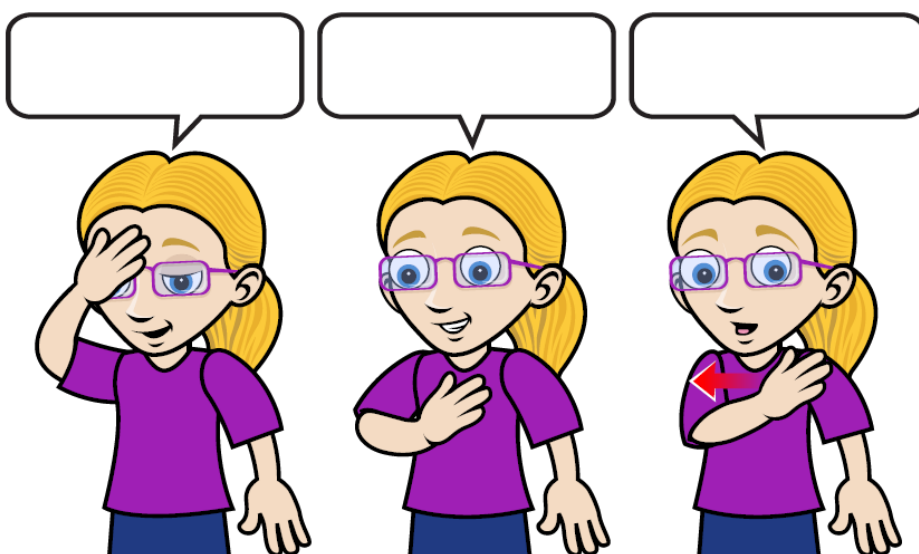
Mt 28:16-20

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 to 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 commands I gave you. And know that I am with you always; yes, to the end of time.'

There is a simple prayer that we say almost every day, which reminds us of the Trinity. That prayer is the Sign of the Cross.

How do I make the Sign of the Cross?

1. Using your right hand, touch your forehead and say... (fill in the 1st speech balloon)
2. Touch your chest near your heart and say... (fill in the 2nd speech balloon)
3. Touch your left shoulder, then your right shoulder and say... (fill in the 3rd speech balloon)



Colour in the Trinity stained glass windows.