



# OUR LADY'S SCHOOL NEWSLETTER

11 November 2022

[www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)

**Parish Priest:** Fr. Peter-Damien McKinley  
**Principal:** Ms. Patrizia Bertani  
**Parish Mass Times:**  
English: Saturday 9.00am, 5.30pm, Sunday 9.00am, 10.30am & 5.30pm  
Vietnamese: Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm  
Burmese: Every 2nd Sunday 2.30pm  
Chin: Every 1st, 3rd, 4th, 5th Sunday 2.30pm  
Tongan: Every 1st Sunday 3.00pm  
**School Phone:** 9312 2230  
**School website:** [www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)

*Our Lady's is a Child Safe School*

*But test everything; hold fast what is good. 1 Thessalonians 5:21*

## DATES FOR THE DIARY

### **Fri 11 Nov**

Remembrance Day

### **Mon 14 - Fri 25 Nov**

Swimming Program

### **Fri 25 Nov**

P&F 80s Disco Night 7.30pm

Sunshine YCW Cricket Club

### **Tues 29 Nov**

Year 7 2023 CCCC Transition

9.00-1.00

### **Thurs 1 Dec**

2023 Foundation Transition 2.00

-3.00pm

### **Thurs 8 Dec**

**Feast of the Immaculate Conception of Mary**

2023 Foundation Transition 2.00

-3.00pm

### **Fri 9 Dec**

Reports published on nForma Portal

### **Tues 13 Dec**

Dinner in the Yard with DJ, Art Show 6.00 - 8.00pm

Parent Teacher Interviews by request

### **Wed 14 Dec**

Year 6 Graduation: Mass

6.00pm. Disco 7.15-8.15pm

### **Fri 16 Dec**

11.30am End of Year Mass

2.30pm End of Year Assembly

**3.15pm End of 2022 for students**

### **Mon 19-Tues 20 Dec**

Closure Days - Handover Days for Staff.

## NO ASSEMBLY

Friday 18 &

Friday 25 November  
due to Swimming

Dear Parents,

Today we commemorated Remembrance Day on the 11th day of the 11th month at 11.00am. Our Lady's school stopped at 11.00am, faced our flag and participated in the Remembrance Day commemoration. We prayed with gratitude for all those who gave their lives for us so that we can live in peace and we prayed that peace be restored to all those people in the world that are experiencing war.

### **Swimming Reminders**

As you know on Monday we will begin our 10 day swimming program. The children will attend swimming classes each day, they will be travelling by bus to the Sunshine Leisure Centre and back to school. Thank you to the parents who have volunteered to come each day on the buses.

### **Please remember to:**

- Make sure that your child/children has returned their signed swimming permission note as we cannot accept verbal permission.
- Make sure your child/children wears their bathers under their uniform each day.
- Make sure that your child/children bring a towel each day.

The Swimming Program is a compulsory part of the Our Lady's school curriculum. If however your child is unwell they should not attend while sick.

## **Parish Feast Day Celebration - Saturday 10 December**

**\*6.00pm - Parish Mass** with participation from multicultural groups

Followed by a shared **Dinner and BBQ** in school grounds.

This will be an opportunity for fellowship with parishioners from the diverse cultural groups that make up Our Lady's parish.

*\*This will replace the 5.30pm Vigil Mass and the 7.00pm Vietnamese Vigil Mass for this day only.*



**REMEMBER  
to remember**

11 November at 11am

## **Ode of Remembrance**

They shall grow not old,  
as we that are left grow old;  
Age shall not weary them,  
nor the years condemn.  
At the going down of the sun  
and in the morning  
We will remember them.  
Lest We Forget.



## **REMEMBRANCE DAY PRAYER**

Let us pray for all who suffer as a result of conflict, and ask that God may give us peace: for the service men and women who have died in the violence of war, each one remembered by and known to God; may God give peace.

For all members of the armed forces who are in danger this day, remembering family, friends and all who pray for their safe return; may God give peace. For peacemakers and peacekeepers, who seek to keep this world secure and free; may God give peace. Lord, many persons we know and love have served in our Armed Forces to help make the world a more peaceful place. We lift them up to you – those who have died and those still with us. May our prayer today help bring them and their loved ones comfort, peace and hope. We make this prayer to You in the name of Jesus, the Lord. Amen



Year 4G and 4H's exciting excursion exploring the life and times of Saint Mary MacKillop. They travelled to the Mary MacKillop Heritage Centre and also visited places of significance such as her birth place in Brunswick Street, Fitzroy.



*Never see a need without doing something about it. (Mary MacKillop)*

*Be calm and full of hope. (Mary MacKillop)*





# 5C's Sewing Group

## An amazing story of what is possible when you put your mind to it.

### ***Sewing Group Participants:***

Sophie, Kanieshka, Evie, Eva, Tessa, Aquelly, Ava, Mila, Mr Glenn Membrey and Natania

In 5C we have some dedicated people who have given up their time and worked extremely hard at snack and lunch as well as at home to create some amazing projects. We have made many exciting creations.

It all started when Mr Membrey wanted to add a little something to the classroom. The little something turned out to be some cushions for the red stools in the class. Some people wanted to learn how to sew by machine, others just wanted to join in to help make the cushions. Mr Membrey generously brought two sewing machines into the class for us to complete our projects. We had to learn to remember to put the foot down, to reverse at the start and at the end and many more things. But in the end, the product was actually worth it.

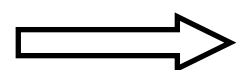
It was time to decide what to sell for the Ethiopia Mission Stall. So Mr Membrey had a brilliant idea to make and sell scrunchies. The process was long and a bit complicated but as a group, we got through. We ended up with a mini factory that had a group of people participating. We had people cutting fabric, sewing, turning the sewn piece of fabric inside out, feeding the elastic through and sewing the fabric ends together.

Our goal was set by none other than Aquelly. We had to make 100 scrunchies by Tuesday the 25th. There were many ups and downs in the process of making scrunchies and cushions, but overall, we all had an amazing time sewing. The word soon began to spread and some of the students in 5D began to come and share the joy of sewing with us. We even committed our own time at home to complete some of our projects with some of our own sewing machines.

Today we have inspired some other people to sew and share sewing moments with friends and families.



More  
photos  
on the  
next page







So much creativity and so much talent!

Thank you to Mr Membrey for bringing out  
these hidden talents!



Above you can see Evelyn resting on the comfy cushions the group have made.

On the right you can see the many colourful scrunchies that the group has made!

I can't wait to hear about their plans for next year.

Yours sincerely,

*Patrizia Bertani*

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

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







## **FI**

**Elias** - For working consistently in reading when working with the teacher. Well done. *From Ms Cam Tu and Mrs Granata*

**Kitty** - For staying focused and working consistently in writing. Keep it up! *From Ms Cam Tu and Mrs Granata*

## **FJ**

**Emily** - For being an amazing Thinker. You show great interest and care for animals of all kinds, and share your questions and wonderings! *From Miss Wendy*

**Thomas** - For staying focused and using your knowledge of sounds to spell words in phonics lessons. You are making great progress! *From Miss Wendy*

## **1K**

**Kei Le** - for being critical and resilient towards your learning this week when figuring out how to complete division sums. *From Miss Shai*

**Scarlett** - for displaying the Learning Asset of a Self-Manager by independently completing your writing about puppies. *From Miss Shai*

## **1L**

**William O** - For doing an amazing job explaining the way you used partitioning to calculate halves in Maths. Fantastic effort, keep it up! *From Miss Steph*

**Hamish M** - For being a Self-Manager who is persistent in testing and trying new things. You learned that even though things might not work out, it still adds to your learning. *From Miss Steph*

## **2M**

**Van C** - For the enthusiasm and creativity you have shown in Discovery and willingness to share these with the class. Fantastic work! *From Mrs Granata & Mrs Mendoza*

**Simon L** - For being a Researcher in Discovery and researching about the Blood Moon. Well done finding out some new facts and sharing it with the class! Keep it up! *From Mrs Granata & Mrs Mendoza*

## **2N**

**Andreas A** - For displaying the Thinker and Communicator Learning Assets when explaining strategies used to solve problems during Mathematics. Well done! *From Mrs Mitchell*

**Catherine M** - For finding clues in the text and explaining what you know about the clues to make an inference when reading. Well done! *From Mrs Mitchell*

## **3E**

**Kennedy H** - For improving your reading skills and answering comprehension questions in full sentences. Fantastic work Kennedy! *From Miss Karen*

**Quentin S** - For being an enthusiastic class member in all of your learning and for being proactive in making your solar cooker in DDT. A wonderful effort Quentin! *From Miss Karen*

## **3F**

**Jake C** - For great listening and contributing to class discussions, sharing your thinking with the class. Well done Jake! *From Mr Josh*

**Skylar C** - For being such an enthusiastic student, your curiosity about your learning shows through in all you do. Congratulations Skylar! *From Mr Josh*

#### 4G

**Scarlett D-** For showing great focus and working hard in all subject areas- well done! *From Ms White*

**Cohen W-** For showing courage and pushing yourself to write an amazing narrative- well done! *From Ms White*

#### 4H

**Peter-** For sharing lots of your ideas during the Mary Mackillop excursion. *From Ms. Robles*

**Anna-** For listening to teacher feedback and thinking through a task before beginning it. *From Ms. Robles*



#### 5C

**Dean Z-** for showing the Gospel Value of Courage by persisting even when challenged. Keep it up, Dean! *From Mr Membrey*

**Dao-** for displaying the Gospel Value of Peace in all your interactions with your classmates. Well done, Dao! *From Mr Membrey*

#### 5D

**Jonti -** For using the Learning Asset Thinker to solve problems and find solutions when completing all learning tasks. *From Mrs Muscat*

**Zac -** For displaying the Learning Asset of Self Manager by making choices beneficial for your learning. Fabulous effort! *From Mrs Muscat*

#### 6A

**Sharon -** For always doing your best in all learning tasks. Well done Sharon. *From Mr Wickham*

**Digby -** For living out the school Gospel Values of Respect and Peace through your quiet and polite manner. *From Mr Wickham*

#### 6B

**David A -** For displaying the Learning Asset of Communicator by sharing your ideas with the class. Keep it up! *From Ms Gurry*

**Julianna L -** For contributing more in class and offering to take on more responsibilities in the classroom. You are developing as a leader! *From Ms Gurry*



FI: Mai P  
FJ: Lan P  
2N: Benjamin B  
4G: Ivan W  
5C: Lucas D  
6A: Digby M  
6B: Zoe A  
Staff: Mrs Carabott

**Tickets available on QKR now!**

OUR LADY'S PARENTS & FRIENDS FUNDRAISING EVENT



THE ADULTS ONLY

# 80's *Party*



FEATURING DJ CON

FRIDAY 25.11.22

7:30 TIL LATE

SUNSHINE YCW CRICKET CLUB

LILY ST BRAYBROOK

DRINKS AT BAR PRICES



BRING CASH TO PURCHASE A SONG, PLAY WINE  
PULL, JOIN IN THE COIN TOSS OR TO BUY A TICKET  
IN THE RAFFLE.

**\$10 ENTRY FEE**



### PREPARATIONS FOR 2023

As we are beginning our preparations for 2023 we ask that parents let us know as soon as possible if their child/ren are not returning to Our Lady's next year. We have had many inquiries about places for 2023 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and several of the other year levels are full, with enrolment enquiries coming in.

**If your child is not returning in 2023 (NOT OUR CURRENT YR 6 STUDENTS) please complete the form below and return it to the office. It is vital that you return this form as soon as possible. *Thank you.***

#### Children NOT returning to Our Lady's School in 2023

Family Name: \_\_\_\_\_

Child/children's names

1. \_\_\_\_\_ 2022 Grade: \_\_\_\_\_

2. \_\_\_\_\_ 2022 Grade: \_\_\_\_\_

3. \_\_\_\_\_ 2022 Grade: \_\_\_\_\_

Name of our new school: \_\_\_\_\_

And / Or

Our new address: \_\_\_\_\_

\_\_\_\_\_

**Signed:** \_\_\_\_\_ **(Parent)**

*Please return this form to the office as soon as possible*



## INSIGHTS

### How to manage stress caused by exams and upcoming events



If your child is a seasoned worrier, you will know how difficult living on high alert can be. Constantly irritated, often anxious and occasionally withdrawn, worriers are in a never-ending state of fight, flight or even freeze.

An upcoming exam or a nerve-racking event can trigger a flight-or-flight response, flooding the body with cortisol and adrenaline. This response, designed to power up the body to face real threats, helped keep our hunter-gatherer ancestors safe. Unfortunately, the part of the brain responsible for keeping us alert can't tell the difference between a woolly mammoth and an upcoming exam. Both are seen as threats, so the body responds the same. Fortunately, we have an inbuilt relaxation response that can help counteract this stress. Here are some ways your child can regulate stress and anxiety rather than live in a constant state of high alert.

#### Practise belly breathing

Taking several deep belly breaths is probably the quickest way to engage the body's relaxation response. Teach your child or young person to breathe in through the nose to the count of five and out through the mouth to the count of seven. Encourage them to repeat this simple exercise a number of times to switch on the relaxation response. Anchoring belly breathing to regular events such as the start of breakfast or family mealtimes can embed deep breathing into daily life. Make this a part of your child's regular routine to develop a wonderful stress beating habit.

#### Lift their gaze to the horizon

Next time your child is stressed out suggest that they go out the front of where you live and look down the end of the street. Long distance viewing sends a message to the nervous system that they are safe, signalling to the relaxation response to take over. If a child or young person is stuck at a desk, they can lift their gaze to the horizontal and move their head from side to side to achieve a similar effect. It's worth remembering that many positive wellbeing habits are physical in nature, a throw back to the times when people spent most of their time in natural environments.

#### Splash in some cold water

Hardy types who've added ocean swimming to their daily routines know just how invigorating cold water can be. Your child doesn't have to become an iceberg to experience the stress beating benefits that cold water can bring. Plunging their face in cold water for 10 seconds, turning on the cold water at the end of the shower or holding an icepack to the right side of the neck can achieve the same effect. Their body will be flooded with feel-good endorphins taking their worries away. Cold water use has the advantage of stimulating the vagus nerve, making it easier and simpler for kids to move to relaxation mode in the long term.

# parenting\*ideas

## Contact family or a friend

A warm chat with a friend, a fun family board game or karaoke dance party will move your child into relaxation mode, away from high alert. While extroverts will naturally connect with others, introverts and shyer types may need some parental encouragement to engage with others.

## Do something they love

Ensure your child or young person does something fun and enjoyable every day. Play, hobbies, games – anything that's not screen-based that your child or young person enjoys brings down cortisol levels.

## In closing

Regulating stress and anxiety in the body gets stronger and more responsive with practice. Knowing how to support the parasympathetic nervous system is a wonderful strategy to place in a child's or young person's wellbeing toolkit.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



You will be saved  
by being faithful

33rd Sunday in Ordinary Time, Year C

## Gospel Luke 21:5-19

When some were talking about the Temple, remarking how it was adorned with fine stonework and votive offerings, Jesus said, 'All these things you are staring at now – the time will come when not a single stone will be left on another: everything will be destroyed.' And they put to him this question: 'Master,' they said, 'when will this happen, then, and what sign will there be that this is about to take place?'

'Take care not to be deceived,' he said, 'because many will come using my name and saying, "I am he" and, "The time is near at hand." Refuse to join them. And when you hear of wars and revolutions, do not be frightened, for this is something that must happen but the end is not soon.' Then he said to them, 'Nation will fight against nation, and kingdom against kingdom.

There will be great earthquakes and plagues and famines here and there; there will be fearful sights and great signs from heaven.

'But before all this happens, men will seize you and persecute you; they will hand you over to the synagogues and to imprisonment, and bring you before kings and governors because of my name – and that will be your opportunity to bear witness. Keep this carefully in mind: you are not to prepare your defence, because I myself shall give you an eloquence and a wisdom that none of your opponents will be able to resist or contradict. You will be betrayed even by parents and brothers, relations and friends; and some of you will be put to death. You will be hated by all men on account of my name, but not a hair of your head will be lost. Your endurance will win you your lives.'

Jesus tells us that even though bad things might happen around us, we should not be afraid. In the stones below, write down some things that might make us afraid?

Cross out all letters that appear more than once. Unscramble the remaining letters to reveal what Jesus gives to us so that we know what to say when we defend ourselves.

S	A	R	T
	U	C	P
M	T	I	A
	L	K	U
E	G	N	R
	N	A	D
R	P	T	G
	K	O	P
C	W	L	E