



## OUR LADY'S SCHOOL NEWSLETTER

28 August 2020

[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)  
*Our Lady's is a Child Safe School*

*'Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with wherever you go.' Josh 1:9*

Dear Parents,

About a month ago, I received an email from Hang (a parent of Our Lady's) whose child Jacob is in 1K. It was a wonderful surprise to read that Hang had nominated our school for a \$5000 grant. Hang works for the Sidney Myer Foundation as the Chief Financial Officer and Company Secretary. The Sidney Myer foundation is a philanthropic organisation focused on supporting charitable organisations.

I had a discussion with Hang about the possible use for the money, if we were successful. The school's iPads were getting older and it would be very useful to our students if we could purchase a much-needed set of 10 new iPads. These would be used by all classes across the school.

This Monday Hang gave me exciting news and confirmed the \$5000 grant for our school. All students will be able to use the iPads to support and enhance their learning, thus making a real difference. I would like to sincerely thank Hang for nominating our school and the Sidney Myer Foundation for their generous support of our school.

*Thank you!*

### 100 Days of Foundation

Today we celebrate 100 days of school for our Foundation students. Congratulations to Foundation I and Foundation J for completing this important milestone. You have achieved so much and have adapted so well to the demands of online learning. We are all so proud of you and look forward to seeing you grow and flourish as you journey through your primary school years. Below you can see a picture of the students celebrating this morning with their musical instruments and party hats. Each student has been sent a special surprise in the mail, so watch out for the post!



### *Thank You For Light Prayer*

*The gift of light is a great one. God gives us many sources of light.*

God, we thank you for the light in our world.

Thank you for making the sun to shine in the daytime. The sun warms us and helps our good grow.

The moon and the stars shine at night so that we know you are with us always.

The vastness of the night sky helps us to know your glory and power.

We praise you for the light you have given us. Amen



### Online Parent Meeting

On Monday we held an online parent meeting. It was an opportunity to receive some parent feedback in regards to online learning and any other matter to do with the school. We also were happy to hear suggestions on how we can continue to improve the online learning or any aspect of our school. I would like to thank all parents who gave up their precious time to join us as well as your willingness to share ideas and clarify any concerns. Parents were generally positive about the online learning delivered this term and expressed their appreciation of the hard work that the staff has put into it. Parents generally felt that the online learning was much smoother this time and that the children were more relaxed, involved and less anxious. A suggestion was made in regards to the 3 Way Learning Conversations and that was to offer parents the choice of having these meetings online or in person when the COVID restrictions end. We will look at the ideas put forward when planning for next term and 2021.

I also had the opportunity to provide further clarification around school fees. As I wrote in a previous email all money paid for camps and swimming will be reimbursed or if the parent chooses will be deducted from the 2021 school fees. The actual school fees for 2020 will not be reimbursed due to the fact that the school is still operating with staff running both the school based as well as the online programs. Please feel free to ring me or email me if you wish to discuss this matter further.

### A Special Message

Today I received a very special message from Ms Michelle Gurry, who teaches Year 6B. I would like to share it with you as it demonstrates the power of art and how it can touch people who we don't know personally but with whom we may share a belief, an idea or a hope. Ms Gurry wrote....

*I wanted to share something with you that the Year 6 students were involved with this week. As part of this week's activities, the students learnt about the story behind 'The Black Power Salute' at the 1968 Olympic Games. They also learnt about the 3 men who were part of this powerful image and moment, one of them being Victorian sprinter and silver medallist, Peter Norman. The students responded artistically to this story and the actions of the 3 men and their work was sent to Matt Norman, nephew of Peter Norman and the filmmaker behind the documentary 'Salute'.*



### Here is the email I received from Matt Norman this evening for the students:

*Dear Students,*

*I was absolutely thrilled to see so much hard work had been done on this project by all the students. The fact that they encapsulated Peter's stance for human rights so well brought a tear to my eye. I want to thank every single student who put so much work into this and let them know that Peter Norman would have been so proud to see their work on display in such a respectful manner.*

*I want to say to each and every student that by standing up against Racism and standing up against those others that aren't kind to each other is the right thing to do. Your life will be enriched if you choose to support people who are in some way or another different than yourself. We are all human beings, so we deserve the same respect as each other. Your students have shown they care for the world we live in and are great examples of the right way to live their lives. I applaud each and every one of you for demonstrating you care about these issues.*

*Remember, if someone you know (or don't know) is being bullied, being teased or being treated differently, do what Peter Norman did in 1968 and say "I'll stand with you".*

*Again, thank you so much for honouring my uncle Peter Norman in such a beautiful way. I will pass these pictures onto the rest of the family and treasure them dearly forever.*

*Your new friend,  
Matt Norman*

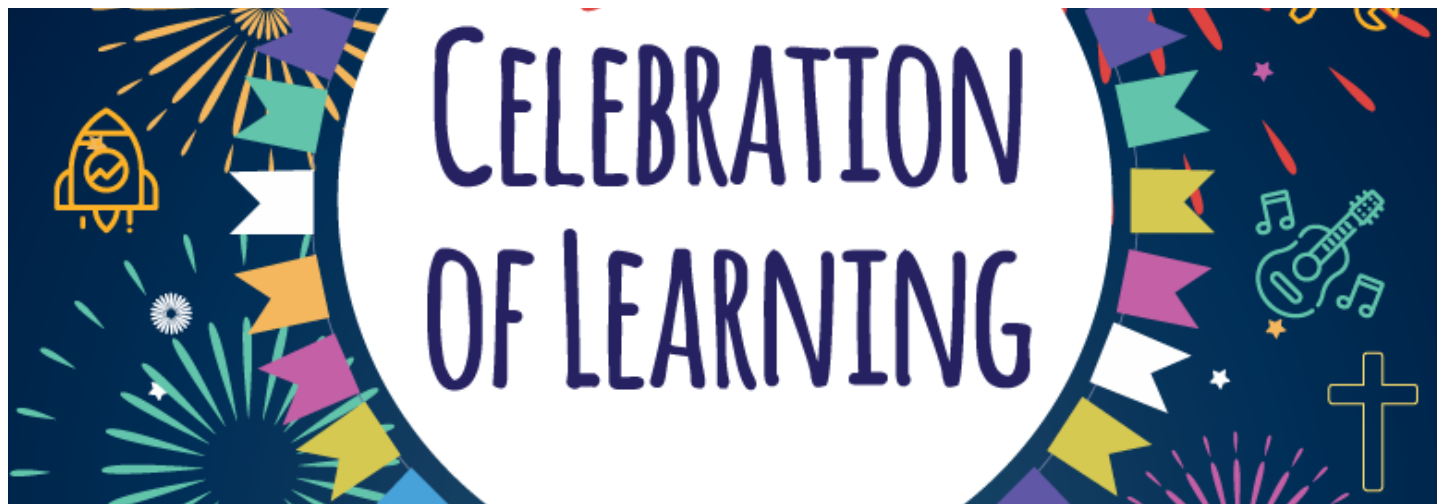
### GRATITUDE PRAYER SERVICE

Wednesday 9th September 12.00pm.

We invite you to bring a torch or candle and create a Google Slide describing something you are grateful for, if you'd like to. (details in Seesaw post)

We look forward to seeing you there, in the comfort of your loungeroom.





## FI

**Oscar** - For sharing your 'thinking' about your writing seed and telling us about Minecraft using different thinking strategies. Well done!!! *From Ms. Cam Tu*

**Anthony** - For sharing your 'thinking' surrounding your writing seed after your trip to the Melbourne Show. Well done!! *From Ms. Cam Tu*

## FJ

**Owen** - 'I am a Thinker' Learning Asset: For sharing your thinking out loud about your writing seed after you lost your tooth. Good job! *From Miss Severino*

**Sophia** - Maths Award: for demonstrating your numbers skills by stating the number before and after a 1-digit and 2-digit number. Way to go Sophia! *From Miss Severino*

## 1K

**Andi M** For trying her best to improve her learning in Mathematics. Keep up the good work Andi! *From Miss Karen*

**Jacob T** For working hard in Mathematics throughout Term 3. Well done Jacob! *From Miss Karen*

## 1L

**Xavier S** - For using his brain to show his thinking and making lots of connections about his seed for writing! *From Miss Steph*

**Imogen T** - For showing Courage in our Google Meets by speaking up and giving things a go! *From Miss Steph*

## 2M

**Rhys N**- For writing such interesting stories and creating amazing things using recycled materials during Discovery Time. Well done *From Miss Scarpaci*

**Angeli C**- For showing persistence with technology and joining our google class meets and reading group. Well done *From Miss Scarpaci*

## 2N

**Ayce F**- For consistently putting in your best effort during Remote Learning through challenging yourself to improve your learning. Keep it up Ayce! *From Ms Howe*

**Cohen W**- For taking on feedback to improve your writing responses by showing your thinking and adding more detail! Well done Cohen and keep it up! *From Ms Howe*

## 3E

**Aria W** - For completing all her learning activities each day to a very high standard. I continue to be so impressed with your work every day and I know the other teachers are too. Well done, keep it up! *From Miss O'Connell*

**Stephanie T** - For always showing the Gospel Value of Respect. You ask questions respectfully and always show excellent manners when you are working online. Keep up the good work! *From Miss O'Connell*

## 3F

**Luca T** - For always putting in effort to complete your work to a high standard. Thank you for all your great learning, keep it up! *From Ms Murphy*

**Bidao K** - For being a great Self-Manager, ready for the Google Meet and learning every day. Thank you for all your hard work this term, keep it up! *From Ms Murphy*

#### 4G

**Max H-** For being an active, eager participant in small group sessions and for demonstrating a strong commitment to his learning. Keep it up champ! *From Mrs Sales*

**Dakshaa V-** For catching up and getting up to date on her learning, what an effort! Keep up the great work superstar! *From Mrs Sales*

#### 4H

**Gerard F** -For showing great determination and effort in developing his skills of Self Manager by completing task on time and posting them to Seesaw. *From Mr Wickham*

**Jasmine N** For having a positive work ethic and mindset in showing effort in all she does, for completing all tasks on time and asking for clarification when it is needed. *From Mr Wickham*



#### 5C

**Aiden C** for making a consistent effort with his learning. You were able to create a wonderful anthology of your poems because you have worked so hard all term. *From Miss Wendy*

**Kayley T** for making a huge effort to stay up to date with her learning. You are being a great Self-Manager, Kayley. Keep it up! *From Miss Wendy*

#### 5D

**Esthy K** - For being persistent in your learning, particularly in challenging tasks. Well done sharing your ideas during our teacher groups and using your growth mindset everyday! *From Mrs Mendoza*

**Kayden T** - For the commitment you have shown towards your learning. Well done being a great Self-Manager and acting on feedback to improve your work. Keep it up! *From Mrs Mendoza*

#### 6A

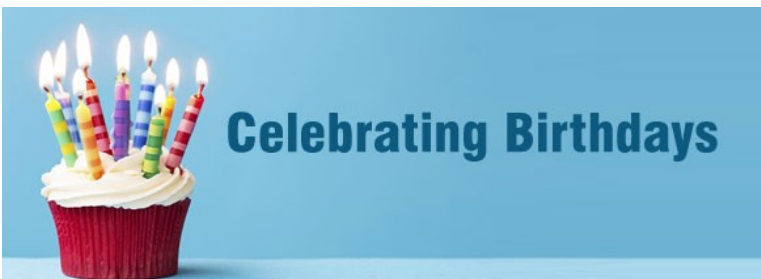
**Sage J** -For lifting up our spirits by leading and playing a game of hangman with 6A during our Thursday morning Google Meet! Thank you *From Ms Kaan*

**Matthew S** - for your powerful poetry performance! You worked so hard to memorise your poem and add 'flava' and creativity through the use of your costume and hand gestures *From Ms Kaan*

#### 6B

**Ayesha S** - For creating an extraordinary response to the story of 'The Black Power Salute'. Your work showed thought, care and creativity! Well done! *From Ms. Gurry*

**Eliza B** - For creating a beautiful response to the story of 'The Black Power Salute'. Your work showed thought, effort and attention to detail. Well done! *From Ms. Gurry*



Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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

Filip S 2N  
Jake C 1L  
Nam Hy N 5C  
Elaine N 5D  
Mrs Hill  
Paolo F 5C  
Jesse D 1K  
Ms Oliver  
Michael S 4G  
Hannah L FI



***Dear Parents and Students of Our Lady's,***



On Wednesday, the OUR LADY'S WELLBEING HUB was released via a link that was posted on Seesaw and the Skoolbag app.



Just in case you haven't seen the news, it is a Google Site that has many fantastic resources for you to use, if you wish!

At the moment, it contains:

- a Student Hub
- a Parents Hub,
- a Teachers Hub and
- a Virtual Library with many wonderful picture story books.



I was inspired by two wellbeing leaders in the Western Zone who created different tools for their community! So creating something for our community became a project for me to work on using some of the links and resources they shared. The Hub will be something I plan to add resources to every few weeks.

***The link you need to access our HUB is:***

**<https://sites.google.com/olsunshine.catholic.edu.au/our-ladys-wellbeing-hub>**

**OLPS  
WELLBEING HUB**



I hope you will find it useful in many ways.

Regards,

*Mrs. Carabott*

## BURMESE COMMUNITY PLAYGROUP

Last week on Our Lady's hosted our first Burmese playgroup session.

The group was made up of families from our school and Sunshine Special School and was a great opportunity to bring our local Burmese community together.

This would not have been achieved without support from VICSEG who provided bi-lingual facilitators and IT support.

Using the Zoom platform parents joined us via phones, computers and laptops to see and interact with each other thereby enabling the parents and children to feel less isolated. With 10 families attending and about 15 children joining in, it was great fun.

The session comprised of initial welcomes and introductions in Burmese and Haka Chin. We then sang songs with one of the parents on guitar and myself on drums, followed by story time and then a discussion about how people are travelling during this second time of school closure.

As a result we saw many smiling faces and were able to respond to challenges families are having either immediately or promising to get back to them.

As a school we encourage all families to contact their children's teacher who can support your children's learning and direct you to additional supports if needed.

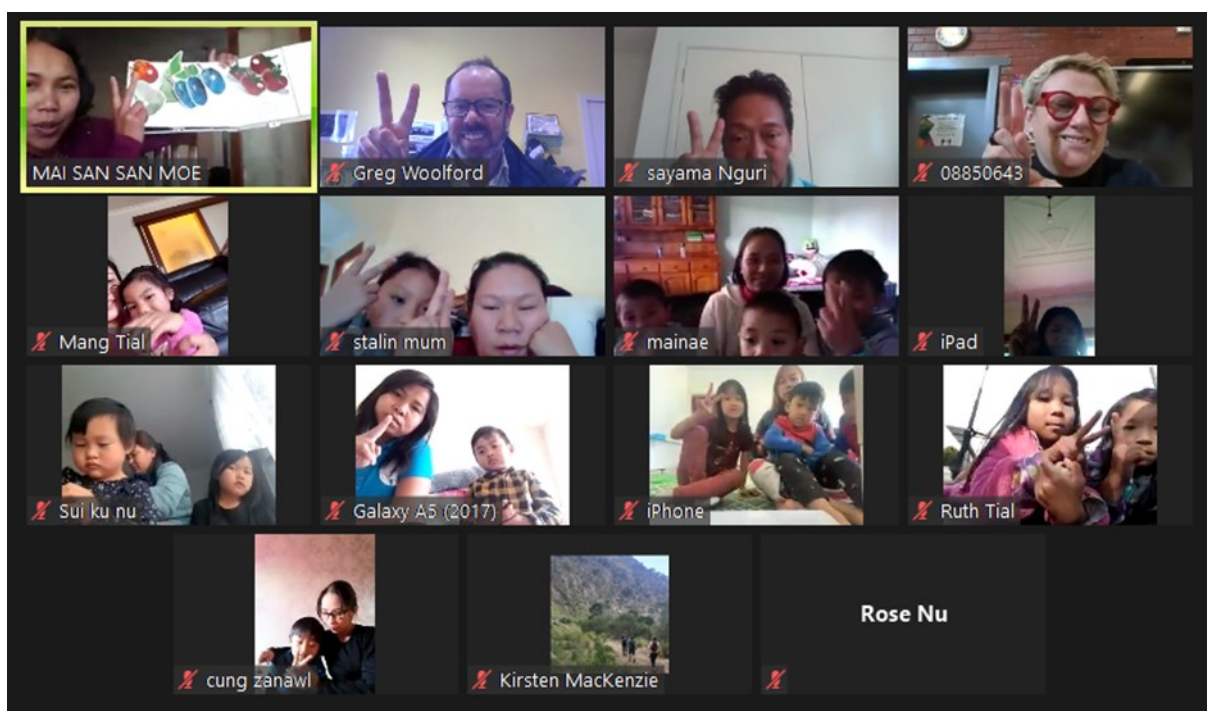
We look forward to continuing this group over the coming weeks and feel it really captures the spirit of Our Lady's about caring for all of our rich and culturally diverse community.

If you are interested in joining a playgroup-let me know and we will see what we can do.

Greg Woolford

Family School Partnerships

[gwoolford@mogardeer.catholic.edu.au](mailto:gwoolford@mogardeer.catholic.edu.au)







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# insights



## The power of gratitude for a happier life

by Dr Jodi Richardson

*More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.*

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

### Benefits of a grateful mindset

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.





## Where do I start?

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

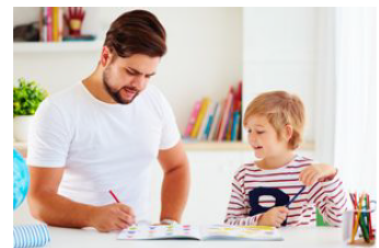
Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

## Supporting your child to become more grateful begins with teaching three fundamental ideas:

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

## There are loads of fun ways to practice gratitude. Here are a few to get you started:

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Ask each family member what they're thankful for each evening at dinner.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Relive happy moments together.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.



It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."



Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.



## **Dr Jodi Richardson**

*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](mailto:drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)*



# Who do you say I am?



21st Sunday in Ordinary Time, Year A

## Gospel

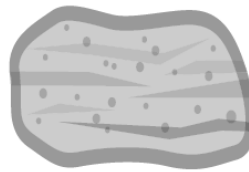
Mt 16:13-20

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said, 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.' Then he gave the disciples strict orders not to tell anyone that he was the Christ.

## Who do you say Jesus is?

Write some words which describe Jesus.

Match up each of these symbols of St Peter with its correct story



Jesus asked his disciples, "Who do you say I am?" Peter replied, "You are the Messiah, the Son of the living God." Jesus told Peter that he would be the foundation upon which the church would be built.

When Jesus first met Peter and his brother Andrew he said to them, "Follow me!" Immediately they stopped what they were doing and followed Jesus.

Jesus told his disciples that they would desert him. Peter told Jesus he would never desert him, but Jesus predicted that Peter would deny him three times.

Jesus said to Peter, "You are Peter; to you I will give the keys to the kingdom of heaven."