



OUR LADY'S SCHOOL NEWSLETTER

10 June 2022

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

Our Lady's is a Child Safe School

Then God said, "Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth."

Genesis 1:26

DATES FOR THE DIARY

Mon 13 June Queen's Birthday
Public Holiday - No School

Thurs 16 June Team Colours Day

Fri 17 June Reports published

Fri 17 June P&F Trivia Night

Wed 22 June Three Way Learning
Conversations 3.30-6.00pm

Thurs 23 June Three Way Learning
Conversations 8.00-3.30 **NO**

SCHOOL

Fri 24 June End of Term 2

Mon 11 July Start of Term 3

Fri 29 July Confirmation for Year
6 at 7.00pm

Tuesday 9 August Parent Online
Cybersaftey Information night at
7.30pm

Wednesday 17 August Parent
Information night focussed on
Writing with Deb Sukarna at 7pm
at Our Lady's school

PLEASE TAKE NOTE OF THE 2022 SCHOOL CLOSURE DAYS

(students do not attend school):

Thursday 23 June: Three Way
Learning Conversations (students
attend at their appointment
time)

Monday 31 October: Report
Writing

SACRAMENT DATES

**Fri 29 July 7.00pm Confirmation
(Year 6)**

Dear Parents,

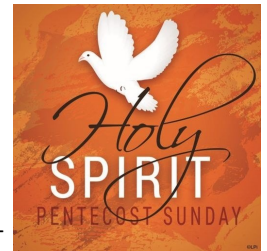
On Sunday the 5th of June we celebrated Pentecost Sunday which occurs every year 50 days after Easter. It is the day that the Church celebrates the blessing of the Holy Spirit upon the Apostles and other followers of Jesus Christ as mentioned in the Acts of the Apostles (Acts 2:1- 31). The day of Pentecost is known in the Christian Church as the day on which the Spirit descended upon the apostles, and under Peter's preaching, so many thousands were converted in Jerusalem. Jesus' followers were gathered together and the Holy Spirit "filled the whole house where they were sitting" (Acts 2:2). "All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them." (Acts 2:4)

Andrew Chin is a singer/song writer who has written many well known pastoral songs that the students at Our Lady's School and Catholic schools across Australia sing as part of their religious education. On Monday the 20th of June Andrew will be teaching students across the school to sing and perform his songs. He will take students in the Junior, Middle and Senior classes and then create a whole school performance. I would like to invite all families to come to the Our Lady's school performance on Monday the 20th of June beginning at 1:50pm and concluding at 2:50pm. It will be held in the School Hall and parents will be able to enter via the small side gate on the left hand side where you can enter into the hall. We hope we see many of you attend.

On Friday the 24th of June all students will be celebrating the Feast of the Sacred Heart in Our Lady's Church at 9.00am. The Feast of the Sacred Heart celebrates love and the heart represents human love. We hope that you can join the staff and students of Our Lady's School at the Mass on Friday the 24th of June, in the church.

Each year as an expression of our love and care for people in our community the Our Lady's School community supports those people in our community who are in need via the St Vincent De Paul Society or Vinnie's as they affectionately referred to. The Events committee rang the Sunshine Vinnie's outlet and asked what they could do to support the homeless in our community. The response was that in this cold winter there is a great need for toiletries, blankets, socks, jumpers, coats, jackets, beanies, scarves and singlets. The Events Committee have made a poster which is included in this newsletter for you to refer to. We ask you the families of Our Lady's to donate any clean or new items if you can, you will be making a difference to someone in need.

We will accept donations up to Wednesday the 22nd of June. You can drop off your donation/s at the school office. These items will then be picked up by St Vinnie's and then distributed to the needy in Sunshine, Braybrook and Footscray via the Soup Van.



Prayer of the Aboriginal People

Father of all, You gave us the Dreaming, You have spoken to us through our beliefs, You then made your love clear to us in the person of Jesus.

We thank you for your care. You own us, you are our hope. Make us strong as we face the problems of change.

We ask you to help the people of Australia to listen to us and respect our culture.

Make the knowledge of you grow strong in all people, So that you can be at home in us and we can make a home for everyone in our land.

Amen



Year 6 Leaders

Congratulations to the following Year 6 students on achieving a Year 6 Leader badge.



Miller M



Bethany L



Cristian M



Amelia M



Karen H

Thank you for making a positive difference to Our Lady's School!

Important Reminders

Queen's Birthday Holiday - Monday the 13th of June (No school)

Team Colours Day - Thursday the 16th of June (Students come to school dressed in the colours of their favourite sports team)

Our Lady's School Trivia Night - Friday the 17th June, doors open at 6:30pm and the Trivia begins at 7.00pm.

Our Lady's Three Way Learning Conversations – Wednesday 22nd June 3:30pm-6:00pm and Thursday 23rd all day 8.00am-3:30 pm.

Road Safety

Thank you to all the parents who are keeping not only their own child/children safe but all children by following the road safety rules when dropping off or picking up their child/children. Do not be tempted to double park as it is against the law and puts your child and others in danger. You will need to allow more time to find a park as the continuing work on the Sunbury line is causing more traffic congestion around our school. I ask you all to make sure you do the right thing in regards to those residents who live in the houses around the school and NEVER park in their driveways. Allow yourself enough time in the mornings and afternoons to find a parking spot or park further away from the school to reduce traffic congestion.



We NEVER want to compromise children's safety so please keep our children safe by following the road rules.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani
Principal

princi-

pal@olsunshine.catholic.edu.a

*Wishing all the Our Lady's school families,
students and staff a very safe, restful and
happy long weekend.*

Our Lady's School community supports those people in our community who are in need via the St Vincent De Paul Society or Vinnie's as they affectionately referred to. The Events committee rang the Sunshine Vinnie's outlet and asked what the school community could do to support the homeless in our local area. The response was that in this cold winter there is a great need for toiletries, blankets, socks, jumpers, coats, jackets, beanies, scarves and singlets. The Events Committee designed the poster below to advertise the items requested.

Please bring your clean or new donations to the school office. Many thanks for your donations.





FI

Angela - You have shown significant improvement in your ability to communicate with others. You are open to feedback to improve and your effort is outstanding. *From Ms. Cam Tu*

Klara - For showing the Our Lady's Gospel Value of Service. You always help members in our class so willingly. You have a kind heart. Thank you Klara! *From Ms. Cam Tu*

FJ

Emily- For using the learning asset Communicator when investigating magnets in Discovery. You were able to clearly explain what you thought was going on. Well done! *From Miss Wendy*

Minh-Dzung- For making good progress with her reading. Keep up the good work! *From Miss Wendy*

1K

Scarlett - for displaying the Our Lady's Gospel Value of Courage when you confidently presented your data on the weather in front of the class. *From Miss Shai*

Jayden- for being a confident and flexible collaborator in all aspects of your learning. Thanks for being you! *From Miss Shai*

1L

Snowbery T - For being a confident communicator when presenting your weather chart! Fantastic reporting skills! *From Miss Steph*

Sadie K - For being a risk taker in your learning! You did an amazing job at trying out new purposes in your writing this week! *From Miss Steph*

2M

Amelia T - For demonstrating the Our Lady's Gospel Value of Service by being so helpful in the classroom without being asked. Well done! *From Mrs Granata & Mrs Mendoza*

Sylvee V - For using the Learning Asset of Communicator by sharing your thinking clearly during Discovery. Keep it up! *From Mrs Granata & Mrs Mendoza*

2N

Bonnie M For great improvement in mathematics. You are a star! *From Mrs Mitchell*

Evelyn L For demonstrating the Learning Asset of Collaborator during Discovery Learning. Well done! *From Mrs Mitchell*

3E

Ben M- For showing the Our Lady's Gospel Value of Courage by being honest and speaking the truth. Well done Ben! Keep it up! *From Miss Karen*

Stephanie D- For having such a positive attitude in your learning. You always try your best and speak to others with care and respect. Well done Stephanie! *From Miss Karen*

3F

Ngun P - For being a Steward of Creation by helping to keep our school yard clean and taking care of the environment. Keep up the great work! *From Mr Josh*

Jake C - For showing the Our Lady's Gospel Value of Respect by interacting positively with others and helping out when you can. Well done Jake! *From Mr Josh*

4G

Lily - For demonstrating the Learning Asset of Self Manager by taking pride in her work and completing it to the best of her ability. *From Ms Athena*

Ruby - For demonstrating the Learning Asset of Self Manager by taking pride in her work and completing it to the best of her ability. *From Ms Athena*

4H

Kieren- For using an efficient written strategy when solving multiplication. Keep it up! *From Ms. Robles*

Abbey- For starting to share your ideas during class discussions. Keep it up! *From Ms. Robles*



5C

Bidao- For demonstrating the Our Lady's Gospel Value of Courage by trying hard with all your work. Well done Bidao! *From Mr Membrey*

Evelyn L- For showing the Learning Asset of Self-Manager by being independent with your work. Keep it up, Evelyn! *From Mr Membrey*

5D

Landen - For displaying Our Lady's Gospel Value of Courage by always doing your best work, even when it is challenging. Well Done! *From Mrs Muscat*

Aaliya - For demonstrating the learning asset of Self-Manager by working diligently towards your writing goals. Great effort working on your text structure! *From Mrs Muscat*

6A

Dakshaa V- For a detailed explanation for the Museum of Me task, showing effort and reflective thinking. *From Mr Wickham*

Summer F-For a detailed explanation for the Museum of Me task, showing effort and attention to detail. *From Mr Wickham*

6B

David A - For displaying improvements in the Learning Asset of self-manager! Keep it up!! *From Ms Gurry*

Harrison H - For consistently displaying the Learning Asset of Thinker and sharing your ideas within small group and whole class discussions! *From Ms. Gurry*



Jack T Fi
Savannah H 1K
Kiera L 2M
Eilish L 2N
Imogen T 3E
Mrs Sales



4H Eucharist





Team Colours Day



At Our Lady's school we love to celebrate the things we are passionate about. Sport is a very important part of our school curriculum and we have set aside a day where we can all come to school celebrating our favourite sporting teams by wearing their colours. This is a fun day for the children and the staff.

This year Team Colours Day will be held on **THURSDAY 16 JUNE**

The children of Our Lady's school will be able to come to school dressed in their favourite sporting team or House colours. It does not have to be a complete uniform; it might be a scarf, jumper or a beanie. *If your child is not wearing the colours from their favourite sporting team or House colours they will be required to wear their school sports uniform on the day.*

CHISHOLM
MacKILLOP
MAZENOD
WOODS

Ms Jo McManus our wonderful PE Leader has organised for the children to participate in an AFL Roadshow activity.

THREE WAY (PARENT STUDENT TEACHER) LEARNING CONVERSATIONS

Reminder to all parents that they can now book our June Three Way (Parent Student Teacher) Learning Conversations for either Wednesday 22 June (3.30-5.55pm) or Thursday 23 June (8.00am-3.30pm - No school for children on this day).

Use the user name and password that was sent home on Monday to login to the PTO website. You can also book an interpreter for your appointments.

HOW TO: 1.Go to the school's home page www.olsunshine.catholic.edu.au

2.Click *Read More* on the Three Way Conversation Article

3.Click the PTO icon as shown here ...

4.Enter your surname and PIN provided on the slip



If you have any problems or need help booking, please come into the Office with your Booking Slip and the Office Staff will be happy to help you through the booking process.

Regional Cross Country Team 2022

On Wednesday the 8th June, 23 students represented Our Lady's Primary School in the Maribyrnong Division Cross Country event held at Brimbank Park.

They ran 2-3 km and had to finish in the top 12 to go through to the Western Metropolitan Regional Cross Country Event to be held next Thursday the 16th June at Brimbank Park.

Out of our 23 students, 7 made it through to the next event. The students underlined made it through to the next event.

Well done and we are all so proud of your achievements.

<u>Sam A</u>	Ruby L	<u>Cade A</u>	Angeli C	Andrew T
Ava H	<u>Henry A</u>	Holly B	Peter D	Leonardo S
<u>Henry W</u>	Eva T	Will F	Karen H	Gabe M
<u>Aquelly L</u>	Max H	Amelia M	LiLi F	Leon A
<u>Jacqueline M</u>	<u>Eve I</u>	Summer F		





Marian College

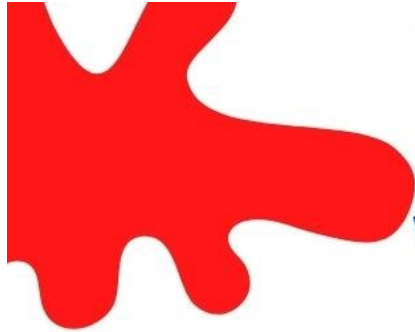
Year 7 2024 Information Evening

All prospective parents and students are invited to come along to our Year 7 2024 Information Evening at 7pm Tuesday 14 June, 2022.

The evening covers details around our range of extra-curricular and student leadership programs, along with opportunities to ask general questions about your daughter's transition into secondary school.

To register your attendance, please visit the College website
www.mariansw.catholic.edu.au
or phone our office on 9363 1711

Strong Futures. Gentle Hearts.



FOOTSCRAY WATER POLO

Junior Program

TERM 2 Training:

- Mon 6th and 20th June
- 6–7pm
- Sunshine Leisure Centre, 5 Kennedy St, Sunshine
- PARTICIPATION is FREE



TERM 3 Training:

- Stay tuned for dates and venue!

COMING UP – Ballarat Junior Water Polo Tournament:

- Sat 1st and Sun 2nd October
- U12 mixed and U14 boys and girls aged groups
- 5–6 games for each team, Saturday night function, Sunday breakfast, prizes and activities in between games
- Stay tuned for more details!



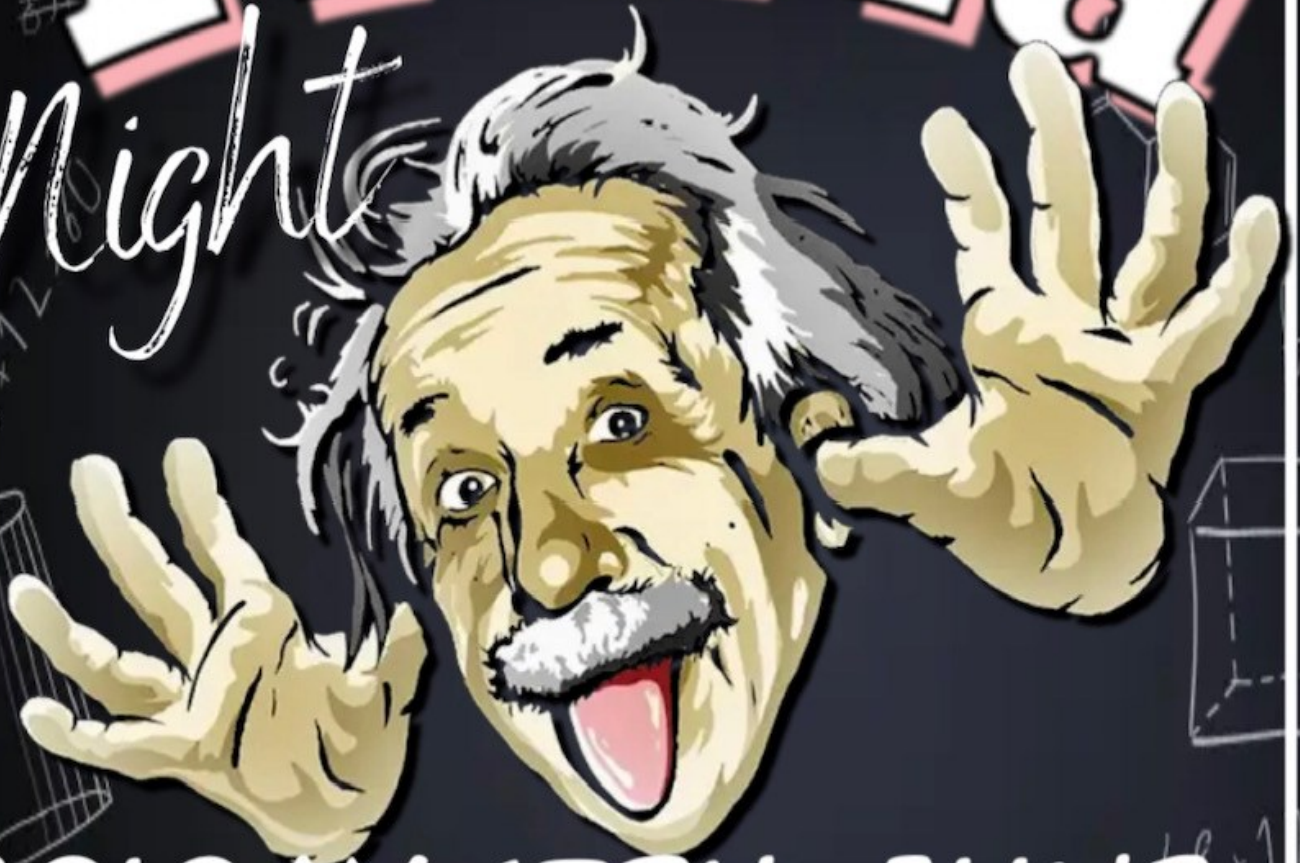
Contact: info@footscraywaterpolo.com
and follow us on Socials!



Our Lady's Parents and Friends

Trivia

Night



FRIDAY 17TH JUNE

Our Lady's School Hall

Doors Open @6.30 Trivia starts @7pm

**\$15 Per person/ tables of 10 Tickets available on QKR
or at the office.**

Prizes for Winning Table & Silent Auction

BYO Drinks and Snacks

INSIGHTS

Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

parenting*ideas

Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night ([Source: https://aifs.gov.au/sites/default/files/publication-documents/lac-asr-2018-chap4-sleep.pdf](https://aifs.gov.au/sites/default/files/publication-documents/lac-asr-2018-chap4-sleep.pdf))



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.



The Spirit brings
glory to Christ
and the Father

The Most Holy Trinity, Year C

Gospel

Jn 16:12-15

Jesus said to his disciples:

'I still have many things to say to you
but they would be too much for you now.
But when the Spirit of truth comes
he will lead you to the complete truth,
since he will not be speaking as from himself
but will say only what he has learnt;
and he will tell you of the things to come.
He will glorify me,
since all he tells you
will be taken from what is mine.
Everything the Father has is mine;
that is why I said:
All he tells you
will be taken from what is mine.'

The Spirit shows what is true

Write down whether these statements are true or false

God created the world in eight days.

God the Father loves us so much that he
gave us his only Son.

Jesus was baptised by John the Evangelist.

Jesus died so that we may have eternal life.

The disciples received the Holy Spirit
on Easter Monday.

The Holy Spirit allowed the disciples to speak
in many different languages.

God - The father

Creator of all things.
Loves each of us.
Sent his only beloved son
to save us.

God - The Son

What do you know about Jesus?



Draw the Father

Draw the Holy Spirit

God - The Holy Spirit

Guided the prophets.
Strengthened the members of the early church.
Helps us all today.