



OUR LADY'S SCHOOL NEWSLETTER

1 June 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 2 June

Pentecost Assembly 2.30pm

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,

On Wednesday we held the Our Lady's School Camp for our Year 3 and Year 4 students from 3.00pm to 7.00pm. The children had a wonderful time and loved participating in the fun filled activities that their teachers had organised. They also enjoyed the pizza and the movie. I would particularly like to thank Anna-Maria Murphy (3F), Pauline Zammit (3E), Michelle Drought (4H) and Stephanie Di Sante and Bronwyn Davies (4G) for organising this very special event.



News on Our Lady's School Written Reports

This year all Catholic schools in Victoria will be implementing the 2017 Revised Guidelines for Victorian Catholic Schools in regards to Reporting Student Achievement. This will allow schools to revise and renew their current format for their written reports to better suit their communities. This is an exciting opportunity and one which we have embraced at Our Lady's as we see it as an opportunity for improving our current written reports so that they more accurately convey to parents their child's learning progress across all curriculum areas.

At Our Lady's we endeavour to provide quality written reports which are personalised, accurately communicate a student's progress and achievements, celebrate students' learning, effort and behaviour. We believe that the new format of our written reports which is based on the recommendations from the *Reporting Student Progress and Achievement-2017, Revised Guidelines for Victorian Catholic Schools* achieves these aims. At Our Lady's we currently have a 3 way Reporting System which includes the Learning Journals (F-2) and Digital Portfolios (3-6), the Three way Student-Parent-Teacher Learning Conversations and the Written Report. This reporting system will remain the same and the only aspect that will change is the format of the written report.

We will be implementing this new Written Report format in Semester One and Semester Two of this year. In Term 1 2018 we will be seeking parent feedback in regards to the new Written Reports.

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/>

Pentecost Prayer



Fifty days after Easter we celebrate Pentecost. The Holy Spirit comes to us also. Father, we will soon celebrate the feast of Pentecost when the Holy Spirit came to the apostles. We thank you that we too share this gift of your Spirit of love in our lives and our church. As we celebrate the birthday of our Church may we learn to live as the people of God. Let us praise God's name and share the gifts we have been given with others. Open our hearts to the needs of other people. Help us learn to love without counting the cost. May we live the gospel of Jesus Christ in our lives each day through the power of the Holy Spirit. Amen.



Year 4G and 4H – Eucharist Retreat Day



Prayer

Reflection

Meditation

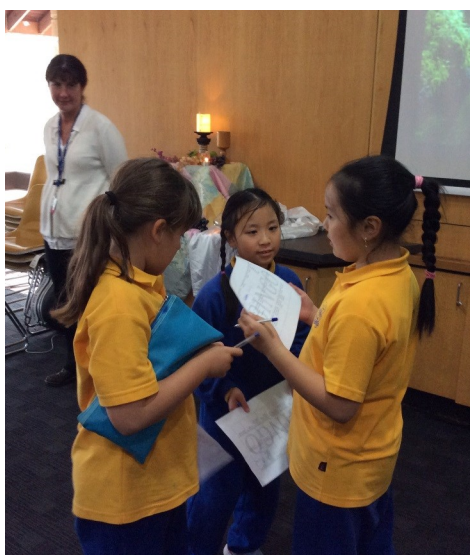


Scripture



Songs

Dialogue



WORLD ENVIRONMENT DAY

MONDAY 5TH JUNE



The theme for World Environment Day this year is Connecting People to Nature. Encouraging us to get outdoors and explore nature, appreciating its beauty and taking forward the message to protect the Earth that we all share. Breathe in the beauty and remember that by keeping our planet healthy, we keep ourselves healthy too. The idea for the day is for the children to think about how their rubbish impacts the environment. We want the children to think about what they are eating and cut down on the amount of food wrapped in plastic because these wrappers end up in landfills. Encourage your child to bring along 'nude food', that is, no food wrapped in plastic. There will be raffle tickets to give to those children who have nude food and they will go into a draw to win some prizes. The class with the most children bringing nude food will be presented with a certificate.

Thank you to Miss Jo McManus our Sustainability Leader who has organised the following informative learning sessions for all classes on World Environment Day. The juniors (Foundation-Year 3) will be having a session with Captain Trash in the hall. The seniors (Year 4-6) will be watching the Baykeeper Film, followed by a discussion and reflection in the Father John Maher Auditorium.



These sessions will help the children to understand more about the importance of sustainable practices and especially how rubbish impacts the environment and how there is a need to cut down on our waste.

AN IMPORTANT MESSAGE TO PARENTS

I am reminding all parents to please support us in making sure that the children are safe during drop off and pick up times, before and after school. As you are well aware it is during these times that there is much traffic around the school. We **MUST ALL** work to ensure that our children are safe. I ask for your collaboration on this important matter. **Please do not park in the designated drop off zone in Victoria street, just beside the double gates.**

Ensure that at all times you follow the law. Never stop in the middle of the road and tell your child to get in and do not double park or park in front of anyone's driveway. These actions completely compromise your child's safety and are against the law. Show patience towards other drivers. We need to be respectful and mindful of our neighbours and the residents that live close to our school. I thank all parents who collaborate and make sure that at all times they are supporting Our Lady's school by following the road rules and making sure that not only their child but that all children are safe at all times.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani
Principal

principal@olsunshine.catholic.edu.au



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.childrensprogram.ymca.org.au

PROGRAMS AT A GLANCE

Term Two:	Week 8:	12 June 2017
DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Star and Heart Decoration Outside: Play-ground and Soccer	Seasonal Fruit & Veggies Crackers, Dip and Celery
Tuesday Staff: Brad, Lucette, Hang	Inside: Paddle Pop Puppets Outside: Playground and Group Games	Seasonal Fruit & Veggies Baked Treat
Wednesday Staff: Brad, Hang	Inside: Straw Construction Outside: Playground and Relay Races	Seasonal Fruit & Veggies Variety of Biscuits
Thursday Staff: Brad, Michelle, Hang	Inside: Colourful Fish Outside: Playground and Tiggy Homework + Readers	Seasonal Fruit & Veggies Fairy Bread
Friday Staff: Brad, Marlene	Children's Choice: Games, Activities Inside & Out. Cooking Playdough with Marlene	Seasonal Fruit & Veggies Popcorn

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**

AUTHOR VISIT TO OUR LADY'S - CAMERON STELZER!!

On Monday 19 and Tuesday 20 June, we have a special visit from Author and Illustrator Dr Cameron Stelzer. Cameron is visiting Our Lady's School to run workshops with our students. Foundation – Year 1 students will enjoy an interactive Big Screen Book Reading and follow-along drawing activity with Cameron. Cameron will be engaging Year 2 students in a writing workshop focusing on idea formation and inspirations for narratives. Year 3-4 students will participate in a writing workshop exploring exciting and descriptive language. Cameron will be engaging Year 5-6 students in a workshop exploring both writing and illustration skills to create sensational stories. The whole school will assemble on Tuesday afternoon, 2:30pm, for the "Whole school celebration of writing" giving students an opportunity to share what they have learnt. Parents are invited to attend. Students and teachers are looking forward to two fantastic days!



*In conjunction with the Author Visit, Our Lady's families have a special opportunity to purchase signed and personalised copies of Cameron's books at special prices. Individual items are \$15 each and there are also exclusive book sets available. Students will receive an order form on the day of the workshops. Forms and payment can be returned the following day, to the **Office**. Cameron will personally sign all books (including the child's name), and students will receive their books in time for the school holidays.*

HAVE YOU BOOKED YOUR TABLE?

Book now on our Qkr! App

TRIVIA NIGHT

**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



Grade 3&4 Camp Night





Having fun at Camp Night!



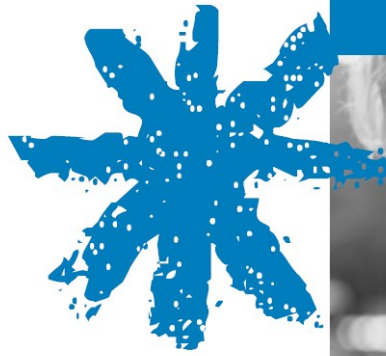


Camp Activities

Fun!



parenting*ideas insights



Parenting kids through the challenges of change

By Michael Grose

Parenting is always challenging, but perhaps never more so when you are undergoing change yourself.

Recently I spoke to staff at the General Motors Holden in South Australia about how they could help their families navigate the imminent plant closure, and subsequent loss of jobs. Change of this magnitude generally impacts on everyone in a family, bringing an added layer to parenting. Essentially the job of these parents was to help their children successfully navigate changes rather than isolate or protect them from the changes that will occur.

From a child's perspective, it's not the change itself but how parents react to adjustments that is most significant. Change tests individual and family resilience, but managing it well builds resilience. While most people yearn for certainty and consistency there will always be times when circumstances change – people shift jobs, families relocate and parents split up. These situations are difficult to manage at the time but inevitably people adjust and more often than not, end up with a better situation – a job that they enjoy; a better lifestyle or finding family peace.

While change is not easy to endure, there are some things we can do as parents to help our children cope and hopefully grow from those changes.

The following five ideas will help:

1. Acknowledge feelings

Every difficulty or challenge we face is accompanied by uncomfortable feelings such as sadness, anger and disappointment. When feelings aren't acknowledged, children will either act out or act in. That is, they will either become aggressive, agitated and hurtful or become moody, anxious and depressed. Give kids permission to talk about emotions by talking about your own feelings and your emotional reactions to events. Help children of all ages verbalise their feelings by asking children how they feel in response to different events. "How do you feel about this?" is a great way to initiate conversations on an emotional level.

2. Look after yourself (and your partner)

Change is usually stressful for adults. Feelings of anxiety are common in times of uncertainty. "Will life ever return to normal?" is a common question. Self-care is essential in times of change. It's hard to parent well when you are stressed, anxious or depressed so do all you can to stick to the building blocks of well-being.



parenting*ideas

Parenting kids through the challenges of change

That is, sleep well (life's always better after a good night's sleep); get some exercise (to release the feel-good endorphins); actively maintain your support networks (talking about difficulties is therapeutic); get some relaxation (it's important to take your mind of your worries for a time) and pursue at least one interest that you enjoy (fun and play is an antidote to depression).

3. Stay optimistic

Optimism is characteristic of resilient people. I'm not suggesting that you take a Pollyanna-ish attitude that 'everything will be all right'. Instead project the attitude that the current situation may be difficult or that life at the moment may be difficult but you will get through this. "This too shall pass" is a powerful resilience concept for kids to experience and learn.

4. Maintain consistency and routine

When disruption appears in your life try to keep things as normal as possible for children. In particular, stick to regular mealtimes; keep bedtimes regular and keep the traditions that kids enjoy and bring your family together. This type of familiarity is comforting for kids, helping them maintain feelings of control, which is something they crave in times of change.

5. Maintain consistency and routine

Resilience is best practiced as a family or community, rather than as an individual so look for ways to bring your family together. Family mealtimes; shared enjoyable experiences and simply hanging out together are the types of activities that build strong families. In times of change and upheaval what we need most is each other.

Life is full of changes. Some are welcome and some aren't. It's human nature to resist change, particularly when it's unwelcome. But change also presents opportunities for growth and development. Helping kids cope with change, even when it happens to you, is a chance to build their resilience, which will be tested many times throughout their adult lives.



Visit our website for more ideas and information to help you raise confident and resilient young people.



Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

**Pentecost Sunday, Year A**

The Spirit Brings

I can show love by _____



The Spirit Brings

I can be a peacemaker by



The Spirit Brings

I can show joy by

Gospel