



OUR LADY'S SCHOOL NEWSLETTER

6 June 2019

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

*"The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger's voice."
"I am the good shepherd; I know my sheep and my sheep know me." John 10: 2-5,14*

DATES FOR THE DIARY

Mon 10 June

Queens' B'day Public Holiday

Tues 11 June

Professional Learning Day for Staff (Berry St), No School for the children

Fri 21 June

Reports come home today
P&F Movie Night (Sun Theatre Yarraville)

Wed 26 June

Three Way Learning Conversations 3.30-5.55pm

Thurs 27 June

Three Way Learning Conversations 8.00am-3.30pm No School for the children

Fri 28 June

Feast of Sacred Heart - Mass at 9.00am

Term 2 finishes at 3.15pm

Mon 15 July

Term 3 starts at 8.45am

Fri 2 August

Professional Learning for Staff (Berry St) -No school for the children

Thurs 8 Aug

Feast of St Mary of the Cross MacKillop 9.00am Mass

Thurs 15 Aug

Feast of the Assumption 9.00am Mass

SACRAMENTS

Thurs 10 Oct

Reconciliation time TBC

Fri 15 Nov

7.00 Confirmation

Dear Parent,

As you can see in the picture below the students of Year 4H are beaming with pride and happiness after receiving the Sacrament of the Eucharist last Sunday. A special thank you to Father Peter for celebrating the Mass and for his very inspirational homily which spoke to the students about God's love for us all. Thank you to the teachers Mr Eamonn Murphy and Mr John Buttigieg for preparing the students. It truly was a beautiful gathering of family, staff and parishioners.



A big thank you to all the Parents and Friends who prepared a beautiful

lunch on Monday for the Year Four students, to celebrate the students receiving the Sacrament of the Eucharist. The cake was beautiful and the students loved the opportunity to celebrate together.

A special Tweet about Our Lady's from an internationally renowned Educationalist - Kath Murdoch

Yesterday the teachers of Years 3, 4, 5 and 6 as well as specialist staff and myself had the privilege to work with Kath Murdoch; who came in to observe staff teaching, give feedback and model best practice during iTime. It was a very affirming learning experience for us all and Kath was particularly impressed by the students who demonstrated creativity, deep thinking and engagement throughout their iTime investigations.

After visiting our school this is what Kath Murdoch posted on her twitter account about her experience at Our Lady's...

'Spent today conferring with learners re iTime projects at Our Lady's School, Sunshine, Melbourne. Had the BEST conversations with amazing learners about climate change, game design, hyper-flexibility, the international space station, portraiture, democracy to name a few....So good!'

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 the 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



CELEBRATING WORLD ENVIRONMENT DAY

Thank you to Our Lady's School Community for Making a Positive Difference

As part of our focus on sustainability Ms Jo McManus (Sustainability Leader) organised for an awareness raising whole school incursion on Wednesday. She invited Matt from the Marine Mammal Dolphin Foundation, who came to talk to the students about the impacts of plastics and littering on Port Phillip Bay. Matt talked about his work with our local dolphins and discussed the impacts of plastics on our local wildlife. We are hoping that our students become more aware of their actions and how these can impact the local marine environment.

The idea for the day was for the students to think about how their rubbish impacts on the environment. We are providing the students of Our Lady's School with opportunities to learn to think how they can help to cut down on the amount of food wrapped in plastic because these wrappers end up in landfills.

Thank you to all the parents who supported their children to bring 'nude food' and are helping the school to support the reduction of waste. Encourage your child to bring along 'nude food', that is, no food wrapped in plastic. Congratulations to all those who made a positive difference to the environment on Wednesday by bringing 'nude food' and also to the winners of the prizes.

Thank you to Miss Jo McManus our Sustainability Leader who organised the whole event and continues to lead our sustainability program with much passion and enthusiasm.



A CHILD SAFETY 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 continued collaboration on this important matter, especially since there are roadworks occurring in the vicinity of our school. And especially during the wet Winter months. Thank you to all parents who have been collaborating with the duty staff at the drop off zone in Victoria street, just beside the double gates. With your patience and collaboration we have made this area so much safer for our students.

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

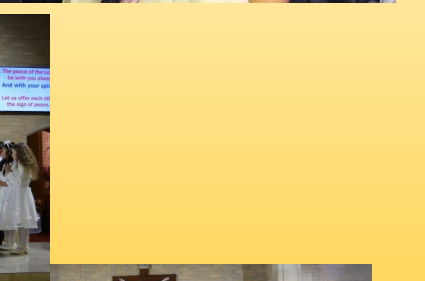
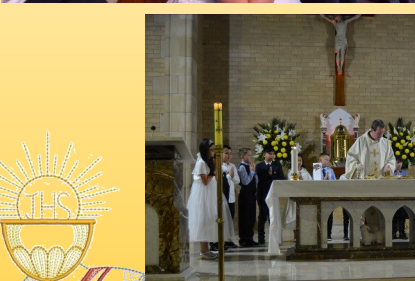
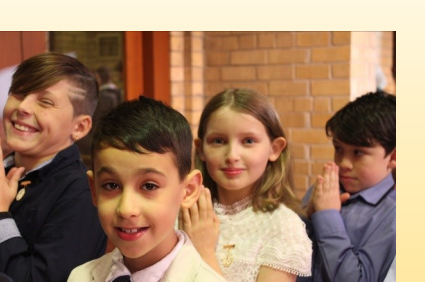
Ms Patrizia Bertani

Principal

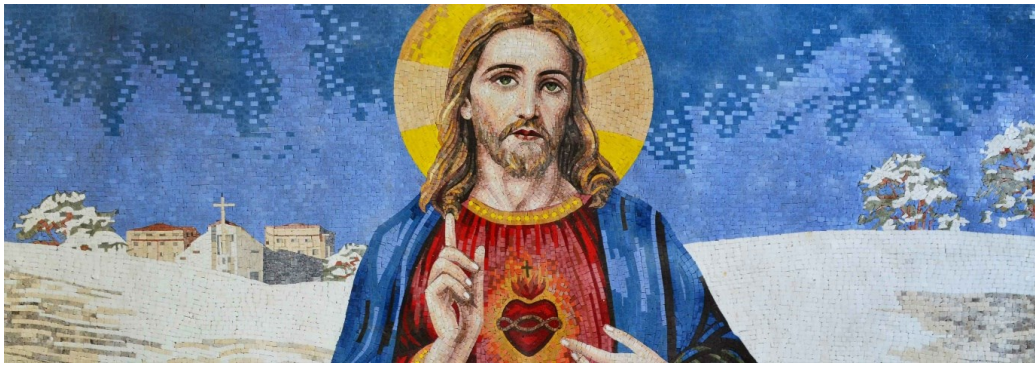
principal@olsunshine.catholic.edu.au



Celebrating 100 Years of Catholic Education 1919-2019



Feast of the Sacred Heart



In week 10, Friday 28th June, we celebrate the Feast of the Sacred Heart, taking Jesus' physical heart as the representation of his divine love for humanity. The devotion especially emphasizes the unmitigated love, compassion, and long-suffering of the heart of Christ towards humanity.

It is a day to reflect on the boundless love that God has for each person. In essence it speaks of the great tenderness of a God who stoops down and lifts us up when life is filled with challenges and suffering. God's love reaches out to us, invites us, and draws us into the very heart of God where our lives are transformed into being the hands and feet, the gentle voice and the listening ear of Christ in the world today.

For our school it is a chance to gather together and celebrate the positive and pastoral spirit, culture and climate of our school. As we gain spiritual nourishment from receiving the Eucharist at mass, we also seek to nourish those for whom the day to day struggle of putting food on the table is a reality.

We invite donations to this very worthy cause via your child's class or school office by way of gold coin donations. Each classroom has a 'lunchbox' that will store your donations and will be offered at the Sacred Heart Mass for the St Vincent de Paul society to distribute between those in need in the local community.

Please give generously.

Feast of the Sacred Heart
Week 10, Friday 28th June
9.00am mass All welcome.

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

CANTEEN NEWS

Just a reminder to any family that has received a yellow slip if your child had no lunch, PLEASE pay the Canteen as soon as possible. There are still a few families with outstanding amounts.

Also, if you have placed an lunch order online on QKR, then your child is away from school, **you have until 9.00am to CANCEL the order on QKR.**

Please remember to either cancel online or call the school so we can notify the Canteen. It's a waste of food (and your money) if the Canteen does not know that your child is absent!

CANTEEN	
Date:	_____
Child's name:	_____
Grade:	_____
Today at school your child was provided with the following for lunch from the Canteen:	

The amount owing for this is: \$ _____.	
Please send this amount (together with this note in an envelope) back to school with your child and ask them to either place it in the classroom order bag or hand it in at the Canteen.	
Many thanks, Nubio & Geraldine	

SPORT NEWS

On Wednesday the 5th June Ella, Jaylen, Emily, Lucas, Sally-Grace, Romeo and Heidi represented the Mari-byrnong Division in the Cross Country held at Brimbank Park. They all ran very well in the cold and supported each other. Heidi and Lucas made it through to the Regional Cross Country. Well done!



EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Maths challenges	Music and dance	Group games	Arts and crafts using recycled materials	Short Story writing (Enrichment program)

The Extend Superstar is...

Aiden...for positively contributing to activities such as indoor group games and always assisting staff with daily experiences. Well done ☆

What's Been Happening?

Children are enjoying after school care and engaging in group games, arts and crafts, cooking activities, sports challenges, music and dance and cooking. We have been cooking up yummy soups as the weather has been quite cold and staying indoors to stay warm. Children are excited that we have sent off our letter to the Royal children's hospital and we look forward to planning our next community involvement experience.

Families, just a reminder if your children have any preloved books and games you no longer need at home, please consider donating to us here at Extend After School Care.



Enrol and book now: extend.com.au

PARENTS AND FRIENDS NEWS

*Toy Story 4 Friday 21st June
6pm Sun Theatre Yarraville*

Tickets \$15 Per Person
Large Popcorn and Drink combo \$10
Small Popcorn and Drink combo \$5
Raffle tickets \$1 each

The raffle will be drawn prior to the movie screening.

Collect your Tickets and Combo vouchers at the Theatre on the night.

SALE TIME EXTENDED!!
Tickets, popcorn/drink combos
and raffle tickets available on our
QKR App until TUESDAY JUNE 11



Sun Theatre Movie Night

Friday June 21st @6pm

Tickets \$15- purchased on QKR

Small popcorn
& drink \$5

Large popcorn
& drink \$10

Raffle ticket prizes drawn before the movie

THREE WAY (PARENT STUDENT TEACHER) LEARNING CONVERSATIONS

Don't forget to book your June Three Way (Parent Student Teacher) Learning Conversations for either:

- Wednesday 26 June (3.30-5.55pm) or
- Thursday 27 June (8.00am-3.30pm - No school for children on this day).

Use the user name and password that was given to you on the slip to login to the PTO website.

You can also book an interpreter for your appointments if you would like one.

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



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.



★ AUSSIE HOOPS ★

BASKETBALL FOR KIDS 5-10

Westgate Basketball Association, your local association, is running the Aussie Hoops programme for boys and girls 5-10 years old. Sessions are run at the indoor stadium at either VU Community Sports Stadium, Whitten Oval, or RecWest Footscray (Cnr Essex and Market Streets), with skill sessions, fun drills and friendly games.

The sessions are run by our qualified youth basketball coaches and give kids a terrific grounding in the fundamental skills for the game.

Come along, make new friends and see your kids take their first steps in basketball. It's safe, inclusive, indoors and played all over the world.

Sessions are run on Wednesday or Thursday afternoons, Saturday or Sunday mornings, and they'll be smiling for days!

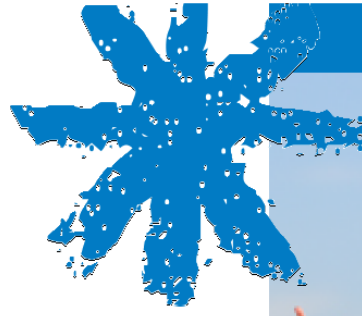


For further details on times and dates, prices and registration, please visit our website:

www.westgatebasketball.com.au



VJB SMALL ASSOCIATION
OF THE YEAR



8 healthy ways to manage emotions

by Michael Grose



What training did you get from your parents in managing emotions? If you are like me, you didn't get much really constructive help in recognising or regulating feelings. *"Don't worry! It will all turn out right!"* was about the extent of the emotional management in my house. I guess that's why many people automatically default to ineffective ways to manage difficult emotions as adults.

Ineffective ways such as:

1. Avoidance: *"I'm okay, really!"*
2. Denial: *"Nothing wrong with me!"*
3. Wishful thinking: *"She'll be right!"*
4. Worry: *"What if .."*
5. Self-denigration: *"What do you expect? I'm a loser!"*
6. Blaming others: *"She makes me feel so mad!"*
7. Acting out (also abusing alcohol and other drugs): *"Come here you! I'll show you .."*

And they pass those same ineffective methods on to their children. Anxiety (a legitimate feeling), anger (also legitimate) and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

Here are 8 healthy ways to manage your emotions that you can pass on to your children:

1. Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2. Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

3. Use a positive reappraisal

parenting*ideas

Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. Exercise

Exercise releases endorphins; nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising, when we really need it. Let's face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

5. Meditate to stop those thoughts

If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parentingideas recommends meditation as a life skill that will help you balance to your emotional state.

6. Find spirituality or something bigger than you

It's no coincidence that most sustainable cultures have an aspect of spirituality present- that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we've become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

7. Change your goal

Sometimes our emotional state is giving us a message- that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

8. Get support from others

Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you may be experiencing.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren't aware that they are emotional management techniques.



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.

We are filled with the Holy Spirit

Pentecost Sunday, Year A, B and C



Gospel

Jn 20:19-23

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me, so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.

For those whose sins you forgive, they are forgiven;

for those whose sins you retain, they are retained.'

Each person was able to hear the message of the Gospel in their own language. See if you can decipher the language below to read the special message.

∩ = A	± = H	* = R
⋈ = D	π = I	≡ = S
Δ = E	∪ = L	⊖ = T
∩ = F	∩ = N	> = U
∞ = G	∩ = O	⚡ = W

∞ ∩ ⋈ ± ∩ ≡ ⋈ ∩ ∩ Δ

⚡ ∩ ∩ ⋈ Δ * ∩ ∩ ∩ ⊖ ± π ∩ ∞ ≡ !



The Spirit Brings

LOVE

I can show love by _____

_____ because I am filled with the Holy Spirit.



The Spirit Brings

PEACE

I can be a peacemaker by _____

_____ because I am filled with the Holy Spirit.



The Spirit Brings

JOY

I can show joy by _____

_____ because I am filled with the Holy Spirit.