



OUR LADY'S SCHOOL NEWSLETTER

11 March 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

'Come, follow me,' Jesus said, 'and I will send you to fish for people.' At once they left their nets and followed him. Matthew 4: 19-20

DATES FOR THE DIARY

Mon 14 Mar Labour Day Public Holiday

Tues 15 Mar 2023 Foundation Enrolments open

Mon 28 Mar Whole School Mass in the Church at 9.00am

Wed 30 Mar 5.30-7.00pm Foundation Blessing & Picnic

Wed 30 Mar - Fri 1 Apr Year 6 Camp

Wed 6 Apr Last day of term 1 for students

Wed 6 April 7.00pm P&F AGM

Thurs 7 April: First Aid Training for Staff (Level 2, Anaphylaxis, CPR, Asthma). **No school for the children**

Friday 8 April: RE Professional Development with Fr Richard Leonard. **No school for the children**

Tues 26 Apr First day of Term 2

Thur 28 Apr Open Day for Foundation 2023

Wed 2 May 7.00pm PAB AGM

PLEASE TAKE NOTE OF THE 2022 SCHOOL CLOSURE DAYS

(students do not attend school):

Thurs 7 April: First Aid Training for Staff (Level 2, Anaphylaxis, CPR, Asthma)

Friday 8 April: RE Professional Development with Fr Richard Leonard

Wednesday 1 June: Literacy Focus Professional Development with Deb Sukarna

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

Monday 31 October: Report Writing

SACRAMENT DATES

Thurs Mar 10 7.00pm Reconciliation (Year 3)

Sun 22 May 10.30am Eucharist 4G

Sun 29 May 10.30am Eucharist 4H

Fri 29 July 7.00pm Confirmation (Year 6)

Dear Parents,

Yesterday the children in Year 3 received the Sacrament of First Reconciliation. I would like to congratulate the students for their beautiful singing, the clear and confident way they read out the prayers and their reverent and respectful behaviour throughout the liturgy. It was a pleasure for myself and the staff to welcome parents back into the church and to be able to once again gather together as one community. I would like to thank our Parish Priest Father Peter, Father Zin and Father Wilford for administering the Sacrament of First Reconciliation.

Thank you also to Kriss Oliver our RE Leader and the Year 3 teachers Karen Everson (3E) and Josh Howarth (3F) for preparing the students so beautifully.

CONGRATULATIONS TO OUR YEAR 3 STUDENTS!



CHILDREN'S ABSENCES FROM SCHOOL

There are various ways that you can contact the school to advise that your child is absent from school.

1. Contact the office by calling 9312 2230 and then advise that your child is absent on this day. Please include your name, the child's name, the class, the date and the reason for the absence.
2. Via the SkoolBag App: Use the 'Absentee Form' in this app. This form can be found under the section 'eForms'.
3. Email: Send an email to your child's teacher or communicate via Seesaw.
4. Written Note: A written note may be sent in advance if you know your child will be absent.
5. If he/she is going on an extended holiday, you will need to come into the office and fill in an Notification of Absence form.

PRAYER FOR LENT

The holy season of Lent prepares us for Easter. Lent is the forty days before Easter. God, Father of us all, we thank you for sending Jesus to us. By his life, death and resurrection he redeemed the world. Help us to remember all that you have done for us out of your unending love. We pray today not only for our own needs but for the needs of other people in our world. During this holy season of Lent we ask your forgiveness for the wrong we have done to others and the good we have not done. May we make up for any harm that we have caused and may we live in your love and mercy. Help us to give praise to you by the way we live our lives now and always. Amen



A Special New Addition to our School

This week we received a very special addition to Our Lady's School which was initiated by Kriss Oliver (RE/Learning and Teaching Leader) to emphasise the Performing Arts. We have purchased the piano below which is now placed under cover in the area near the entrance to the Mary MacKillop Library. Since placing the piano there we have discovered that we have many talented piano players amongst our students. The piano will be available for students to play and this can be extended to playtimes.

Our piano was originally made in Germany and has been used in the Melbourne area since 1922 and now it is ours for us to use and enjoy. The piano has been named *Tessa Thurmer*, Thurmer being the manufacturer of the piano. We would be happy to know about any parents who can play the piano and would like to share their talent with our students. Please let me know or let your child's teacher know.

"PREPS" Initiative

A Program for Recycled Educational Pianos in Schools



To: **OLC Sunshine PS**

Introducing Your School Playground Piano: **"Tessa" Thurmer**

This Thurmer piano with serial number 57863, was manufactured in Germany in 1922.



9 March 2022

PIANOS RECYCLED PTY LTD ACN 657 546 506
+61 0411 714 275 | Unit 95/38-40 Popes Rd Keysborough VIC AUSTRALIA 3173
pianosrecycled@gmail.com | www.pianosrecycled.com.au | www.facebook.com/pianosrecycled/ | www.instagram.com/pianosrecycled/

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

A REMINDER THAT MONDAY 14th MARCH IS A PUBLIC HOLIDAY SO THERE WILL BE NO SCHOOL ON MONDAY.

SCHOOL WILL RESUME ON TUESDAY 15th MARCH



FI

Angela - For consistent effort in writing and working through the writing process. You are a star Self-Manager! Keep it up! *From Ms. Cam Tu*

Mae - For being an outstanding Communicator and listing all the things you enjoy doing at the 'Getting to Know You meeting'. You spoke calmly and clearly. *From Ms. Cam Tu*

FJ

Penny: For great manners in class and always having a positive attitude to her learning. *From Ms Athena*

Ethan For your kind, respectful and positive manners in class. *From Ms Athena*

1K

Liam N - for always showing the Our Lady's Gospel Value of Peace by being a kind and caring member of our class. *From Miss Shai*

Van Sui P - for showing the Our Lady's Gospel Value of Service by consistently helping your teachers and peers without having to be asked. *From Miss Shai*

1L

Brian D - For using his initiative to help others with packing up at the end of the day. Well done for showing the Self-Manager learning asset! *From Miss Steph*

Yodi G - For using words around the room to help you write and spell. Well done for using lots of writing strategies! *From Miss Steph*

2M

Vincent A- For always showing the gospel value of 'Respect' when interacting with peers and teachers. Well done! *From Ms Frost*

Joanne H- For always trying her best in all tasks, and for showing kindness to all her peers and teachers. Well done! *From Ms Frost*

2N

Mika P - For displaying the Our Lady's Gospel Value of Service. You see a need and always do something about it whether that be collecting balls on the playground and returning them to the correct class, taking the lunch order tub to the canteen or reminding me of some job that needs to be done and volunteering to be the person to carry it out. *From Mrs Mitchell*

Damien C - For making an effort to follow directions as soon as they are given. Well done! *From Mrs Mitchell*

3E

Alexia V- For using the Our lady's School Value of Service by looking after one of your peers when they needed help. Thank you for doing this willingly! *From Miss Karen*

Oliver B- For using the Learning Asset Thinker in your learning. You really reflect on your experiences and learning with enthusiasm and honesty. *From Miss Karen*

3F

Mason M - For being an independent writer during Writer's Workshop. Your confidence has grown and you have been using the writing arrows to proofreading and edit your own work which is great to see. I really enjoyed reading your recount about your family trip down to Phillip Island. Well done, Mason! *From Mr Josh*

Skylar C - For showing the Our Lady's Gospel Value of Service by always putting your hand up to do classroom jobs and for helping out other students. You are always listening and contributing during class discussions. Keep up the great

work, Skylar! *From Mr Josh*

4G

Will P - For displaying Our Lady's Gospel Value of courage by striving to do your best, even when it is difficult. *From Ms Christine*

Delilah T - For displaying Our Lady's Gospel Value of compassion by generously donating to Project Compassion and praying for people in need. *From Ms Christine*

4H

James- For displaying the Our Lady's Gospel Value of Compassion by donating so much in our Project Compassion box and being so generous. *From Ms. Robles*

Sienna- For displaying the Our Lady's Gospel Value of Courage by starting to participate during class discussions. *From Ms. Robles*

5C

Dao- For always displaying the Our Lady's Gospel Value of Respect by listening attentively to everyone when they speak, and always concentrating on your learning. *From Mr Membrey*

Eva- For being a Self-Manager in all classes, especially Writing, where you have worked independently to produce fine work! Well done! *From Mr Membrey*

5D

Joy - For continuously demonstrating the Our Lady's Gospel Value of Respect by always attentively listening and focusing on his learning. *From Mrs Muscat*

Aaliya S - For enacting the Our Lady's Gospel Value of Courage by always giving things a go, even if they take you out of your comfort zone. *From Ms Muscat*

6A

Zoe N For displaying the Our Lady's School Gospel Value of Respect through her polite and courteous manner. *From Mr Wickham*

Digby M For your active participation in class discussions and activities. Keep it up Digby! *From Mr Wickham*

6B

Carry C - For being a good self-manager when completing Maths activities during independent learning. Keep it up! *From Ms. Gurry*

Elizabeth N - For displaying initiative in the classroom and consistently asking questions to make sure that you have understood instructions. You are beginning to show many qualities of a leader. *From Ms. Gurry*



Charlie T FI
Natalie H 5D
Harper W 3F
Henry W 6A
Edward M Fi
Ngun P 3F



OUR LADY'S PARISH - SUNSHINE

NEW MASS & CONFESSION TIMES

effective from St Joseph's Feastday, 19 March 2022

<u>ENGLISH Language Mass</u>	Saturday: 9.00am	5.30pm
	Sunday: 9.00am 10.30am	5.30pm
WEEKDAYS:	Monday, Wednesday, Thursday, Saturday	9.00am
	Tuesday (<i>Mass & Novena to Our Lady</i>)	7.30pm
	Friday (<i>Mass & Adoration with the Rosary</i>)	11.00am
<u>Confession:</u>	Tuesday 7.00pm	Saturday 9.30am
<u>Stations of the Cross - Friday</u> (<i>during Lent</i>)		7.00pm

With the cultural communities in our parish:

BURMESE Language Mass - 2nd Sunday - 2.30pm

Confession – available before Mass (*Burmese, Chin, English*)

CHIN Language Mass – 1st, 3rd, 4th, 5th, Sunday - 2.30pm

Confession – available before Mass (*Burmese, Chin, English*)

Prayer Group (Stations of the Cross in Lent / Rosary outside Lent)

Friday - 6.30pm

Prayer & Praise & Teaching (*Chin Youth / Chin Mothers Group alternate leading*)

Saturday - 6.30pm

TONGAN Language Mass - 1st Sunday - 3.00pm

VIETNAMESE Language Mass Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm

Confession: Saturday 9.30am Friday 7.00pm (*if the priest available before Mass*)

Supporting our parish IS POSSIBLE ONLINE OR BY THE WEEKLY COLLECTIONS AT MASS.

Scan the QR below to give to Our Lady's - if you're in a position to give <https://bit.ly/CDFpaySunshine>



Thankyou. Your support is appreciated. It's been difficult two years for the parish but also for you, so your needs are important to meet, and after that, whatever you're able to give is gratefully received.

Parish Office hours - Tuesday & Wednesday & Friday mornings TELEPHONE: 9 4 0 1 6 3 4 4 Email: sunshine@cam.org.au

Web: <http://pol.org.au/sunshine/Home.aspx>

Upcoming Webinar for Parents

Dr Jodi Richardson presents: Building lasting happiness in children

Dr Jodi Richardson is a professional speaker, author and wellness educator who helps people work through the challenges and opportunities associated with mental health, wellbeing, happiness and purpose. Jodi combines nine years of university study with more than twenty years of professional work in clinical practice, education and elite sport. Through this, and her personal experience of a mental health diagnosis she has seen it all, heard it all, felt it all, and flourished through it all. Her sincere ambition is to assist others to flourish too.

We have a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in our community can attend this webinar at no cost.



Watch from any device, any location



See the expert as they speak



Catch up recording available

Valued at \$39 per person
No charge for you



Watch an overview from Dr Jodi Richardson

parentingideas.com.au

parenting*ideas

About the webinar



Building lasting happiness in children

When you ask parents what they want for their kids, by far the most common reply is "I just want them to be happy". And though this desire goes hand-in-hand with such things as good health, an education and a safe place to call home, happiness is a really difficult area for parents to navigate or seek assistance with. Nobody denies the importance of happiness, but how many parents have ever been shown how to model and implement it? In this webinar, Dr Jodi Richardson explains how lifelong happiness stems from how we think and what we do, rather than from what we have.

Key learning and discussion points include:

- a new definition of happiness
- what stands in the way of happiness
- why the science says "more stuff" doesn't make us happier, and what to do instead
- the skills of happiness – quantifiable, helpful areas of output for parents to nurture in their children
- evidence-based strategies to increase happiness

The webinar will be held on 23 March 2022 at 8–9 PM AEDT.

Redeem your webinar – it's easy!

To redeem your webinar click or copy and paste this link:

<https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-building-lasting-happiness-in-children>

1. Click 'Add to cart'
2. Click 'View cart'
3. Enter the coupon code HAPPY and click 'Apply'
4. Enter our organisation's name to verify your eligibility. The \$39 discount will then be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account and access your webinar and resources.
7. Click 'Place Order'

This offer is valid until 23 June 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

OUR LADY'S SCHOOL SUNSHINE

2023
FOUNDATION
ENROLMENTS ARE
OPEN FROM
MARCH 15 2022.

Please come into
the School Office
to pick up an
Enrolment Pack.

OPEN DAY

THURSDAY 28 APRIL

Tours at 9.30am, 2.15pm & 4.00pm

**OUR
VISION**

**Our Lady's School is a Catholic
Primary School for boys and girls,
serving the Parish of Our Lady of the
Immaculate Conception Sunshine.**

Principal Ms Patrizia Bertani
principal@olsunshine.catholic.edu.au

In a spirit of unity and harmony,
we strive to develop the whole
person; providing an excellent
education for all and inspiring
our community members to
live a Christian way of life.

FOR MORE INFO:



9312 2230



32 Station Place Sunshine
3020



www.olsunshine.catholic.edu.au





DID YOU KNOW...

FAMILIES CAN ENROL FOR FREE AT EXTEND!

Enrolling couldn't be easier! Oh, and did we mention it's free?
We do not charge any enrolment fees.

And it only takes 10 minutes to enrol all your children!

Once enrolled, simply select your school and book sessions as required.

So what are you waiting for?

Enrol and book via the Enrolments and Bookings page at extend.com.au.



Enquiries 1300 366 437

Book online today!

extend.com.au

Parents & Friends Committee

At Our Lady's school we are committed to developing and sustaining reciprocal partnerships with our parent community in order to improve student engagement ,wellbeing, and learning. Joining the Parents and Friends Committee is a great way to contribute to strengthening your connection to this school. We are hoping that you will consider joining the Parents and Friends Committee. Over the years the Parents and Friends Committee and volunteers have raised money to purchase valuable resources for the school as well as providing additional rich experiences for the children of Our Lady's school to enjoy.

Our school values, encourages and appreciates parent involvement and children love to see their parents participating in the life of the school.

Parents and Friends Committee

Annual General Meeting 2022

**Wednesday 6 April (please note change of date) at
7.00pm in the Mary MacKillop Library**

It is a great way of connecting with other parents and you will be made to feel very welcome. We look forward to adding new members to our already great team.

Attached you will find the role descriptions and a nomination form. Joining the Parents and Friends Committee is a wonderful way to meet other parents, support the school via many exciting fund raising activities and to enrich the children's school experience by organising special treat days or the Sacramental parties for the children who received their Reconciliation, Eucharist or Confirmation.



ROLE DESCRIPTIONS OF THE PARENTS AND FRIENDS COMMITTEE

President

The President's position carries a task of trust and responsibility and requires skill and time. The President should exercise authority with tact, be impartial and open to other points of view.

The main role of the President is to:

- * Be the main representative/spokesperson for the P&F
- * Liaise with the Committee members and set the agenda for meetings
- * Be the main contact for agenda items
- * Open the meetings punctually and ensure the agenda is followed
- * Ensure those present at the meeting have the opportunity to discuss each item on the agenda prior to a decision being made
- * Make sure, particularly on contentious matters, as many points of view as possible are expressed
- * Make sure everyone is given an opportunity to speak and encourage members to speak by addressing questions to them
- * Work towards a collaborative approach with other members of school community
- * Be mindful of timelines, keep discussions on track and keep meetings moving
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Vice-President

The Vice President plays an important role by assisting the President with P&F responsibilities and replacing the President and chair meetings in the absence of the President.

Secretary

The Secretary is very important to the efficient operation of the P&F. Duties and responsibilities include:

- * Taking minutes at P&F and Committee meetings
- * Photocopying and distributing minutes to Committee members along with agenda prior to the next meeting
- * In consultation with the Principal and President:
- * Providing a summary of the matters discussed at the meeting for display on the parents' notice board
- * Dealing with any incoming/outgoing correspondence

Treasurer

The Treasurer carries a task of trust and responsibility. Duties and responsibilities include:

- * Taking charge of monies of the P&F
- * Keeping accurate financial records of all receipts and expenditure
- * Banking all money regularly
- * Reporting regularly on the P&F's financial position at meetings
- * Preparing a financial report for the Annual General Meeting

Committee Members

Committee members have a responsibility to:

- * Attend PFA meetings as regularly as possible and send apologies if unable to attend
- * Help organise P&F activities and projects
- * Work towards the best possible outcomes being achieved
- * Be mindful that discussions should be on topics which are relevant to the whole school community
- * Facilitate and nurture positive home/school relationships within the parent community



Election of the Our Lady's School Parents and Friends Committee 2022

Nomination Form

P & F Annual General Meeting – Wednesday 6 April at 7.00pm

Nominations are invited for the Our Lady's School Parents & Friends Committee 2022.

Nomination

I, (your name) _____

Parent of (name and grade of your child) _____

Nominate: (name of person) _____

For the Position of: (one form per nomination)

☐

President

☐

Vice President

☐

Secretary

☐

Treasurer

Signed

Nominator: _____ Date: _____

Nomination Acceptance

I, (nominee) _____

Parent of (name and grade of your child) _____

Accept the nomination as indicated above.

Nominee's Signature: _____ Date: _____

ALL NOMINATION FORMS ARE TO BE HANDED INTO THE OFFICE

OUR LADY'S SCHOOL PARENTS ADVISORY BOARD (PAB)

Membership

Open to all parents/carers – representing families

Principal (representing Parish Priest and School Community – children, families and staff)

School Leaders as required

Community members as invited e.g. Family-School Partnership convenor

Child Safety

It is an expectation that all Members of the Parent's Advisory Board (PAB) adhere to the Our Lady's School Child Safety Policy and Standards and understand that Our Lady's is a Child Safe School that promotes the safety, wellbeing and inclusion of all children.

Structure

Chairperson

Deputy Chairperson

Secretary

Currently the Parents and Friends Committee meets and reports regularly to the Principal who will pass on relevant information to the Parents Advisory Board

Vision for Parent Advisory Board

- To represent and to be representative of all parents and families, being inclusive and committed
- To share and live out the vision and the values of the school
- To be a rich source of wisdom and insight as well as working to strengthen community partnerships
- To consult and seek to achieve better outcomes for all members of the school community
- To be role models for others – maintaining a professional and confidential approach
- To make everyone feel included and welcome
- To be active listeners committed to working collaboratively
- To work proactively and positively for the school
- To represent the parent voice and the whole school community in a loyal and proper way
- To establish boundaries and protocols to operate by
- To at all times maintain confidentiality

Current protocols/agreements include:

Maintain a positive and proper tone for all our communication – in meetings and in representing the school. Speak for the needs of all children and not our personal concerns (individual matters are to be discussed with the school leaders and teachers).

Agenda is set by the Chairperson in consultation with the Principal. All parents attending are welcome to add items to the agenda. New agenda items are tabled and then placed on the agenda of the next meeting. Meetings start at 7.00pm and end at 8.00pm.

The chairperson communicates matters to the school community via Parent Advisory Board Newsletter article. Please email to: jhill@olsunshine.catholic.edu.au

The principal follows up matters with the staff and the whole community.

The secretary records and distributes the notes of the meeting to all attendees and apologies.

Proposed agenda items must be emailed to the Chairperson / Deputy Chairperson / Secretary 1 week before the scheduled Board Meeting.

Role Descriptions

Chairperson

The Chairperson's position carries a task of trust and responsibility and requires skill and time. The Chairperson should exercise authority with tact, be impartial and open to other points of view.

The main role of the Chairperson is to:

- Be the main representative/spokesperson for the Parents Advisory Board
- Liaise with the Principal to finalise agenda items for the next meeting and advise the Secretary to distribute the agenda and required pre-reading at least 3 business days before the next meeting
- Be the main contact for agenda items
- Open the meetings punctually and ensure the agenda is followed
- Ensure those present at the meeting have the opportunity to discuss each item on the agenda prior to a decision being made
- Work towards a collaborative approach with other members of school community
- Be mindful of timelines, keep discussions on track and keep meetings moving

Deputy Chairperson

The responsibilities of this role will be to:

- Support the Chairperson in the coordination of the meetings (i.e. pre-reading / pre-work, etc.).
- Support the Chairperson in the running of the meeting by ensuring timelines are adhered to, and discussions are on track.
- Assume the responsibilities of the Chairperson or the Secretary in the event either one is unable to attend the meeting.

Secretary

The Secretary is very important to the efficient operation of the Parents Advisory Board.

Duties and responsibilities include:

- Taking minutes at Parents Advisory Board meetings
- Photocopying and distributing minutes to Committee members along with agenda prior to the next meeting
- Dealing with any incoming/outgoing correspondence

Committee Members

Committee members have a responsibility to:

- Attend Parents Advisory Board meetings as regularly as possible and send apologies if unable to attend
- Help organise Parents Advisory Board activities and projects
- Work towards the best possible outcomes being achieved
- Be mindful that discussions should be on topics which are relevant to the whole school community
- Facilitate and nurture positive home/school relationships within the parent community



Parents Advisory Board

Expression of Interest Form

Expressions of Interest are invited for the Our Lady's School Parents Advisory Board 2022.

I, (your name) _____

Parent of (name and grade of your eldest child):

Contact number: _____

Contact email: _____

Am interested in becoming a member of the Our Lady's School Parents Advisory Board in 2022.

Signed: _____

Date: _____

ALL EXPRESSIONS OF INTEREST FORMS ARE TO BE HANDED TO THE PRINCIPAL

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

HOW TO APPLY

Applicants should fill in the attached CSEF application form or download from the website below.

Please bring completed form and Health Care Card to the Office so we can make a copy.



CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

Our Lady's Primary School Sunshine

School Name

21101

School REF ID

Parent/carer details

Surname _____

First name _____

Address _____

Town/suburb _____ State _____ Postcode _____

Contact number _____

Centrelink pensioner concession **OR** Health care card number (CRN)

- - - **OR**

☐ Foster parent under a temporary care order* **OR** ☐ Veterans affairs pensioner (Gold Card)**

*Foster Parents must provide a copy of the temporary care order letter from the Department of Families, Fairness and Housing (DFFH).

**Applicants must provide a copy of the Veteran Affairs Gold card

Is this an application for special consideration (no CRN needed)? Yes ☐ No ☐

Student details

Student's surname	Student's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level

I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Families, Fairness and Housing (DFFH) to provide the results of that enquiry to DET.

I understand that:

- DFFH will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
- this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DFFH and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- if I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
- Information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the DFFH and /or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant _____ Date ____/____/____

CSEF ELIGIBILITY

Below are the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

Criteria 1 – General eligibility

To be eligible for the fund, a parent or carer of a student attending a registered Government or non-government Victorian primary or secondary school must:

- on the first day of Term one
 - on the first day of Term two
- a) be a holder of one or more of the eligible financially-means tested cards **OR** be a temporary foster parent, and;
- b) submit an application to the school by the due date.

For the list of eligible financially-means tested cards refer to the CSEF Policy:

<https://www2.education.vic.gov.au/pal/camps-sports-and-excursions-fund/policy>

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with the above.

Criteria 2 - Be of school age and attend school in Victoria

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. CSEF is not payable to students attending pre-school, kindergarten, home schooled, or TAFE.

Special Consideration

A special consideration category exists for

- Families on a bridging visa, temporary protection visa, in community detention or are asylum seeker families
- Students in temporary out of home care arrangements, including statutory kinship care

For more information, see <https://www2.education.vic.gov.au/pal/camps-sports-and-excursions-fund/guidance/eligibility>

Eligibility Date

For concession card holders CSEF eligibility will be subject to the parent/carer concession card being validated successfully with Centrelink on the first day of either term one (31 January 2022) or term two (26 April 2022).

PAYMENT AMOUNTS

CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- Primary school student rate: \$125 per year.
- Secondary school student rate: \$225 per year.

The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

For ungraded students, the rate payable is determined by the student's date of birth. For more information, see:

www.education.vic.gov.au/about/programs/Pages/csef.aspx

Year 7 government school students who are CSEF recipients are also eligible for a uniform voucher. Secondary schools are required to make applications on behalf of parents/carers so please register your interest at the school.

HOW TO COMPLETE THE APPLICATION FORM

NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN

1. Complete the PARENT/CARER DETAILS section.

Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.

If you are claiming as a temporary Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner Gold card to the school.

If you are seeking special consideration, mark this in the form and provide a copy of the relevant documentation.

2. Complete the STUDENT/S DETAILS section for students at this school.
3. Sign and date the form and return it to the school office as soon as possible. The CSEF program for 2022 closes on the 24 June 2022.

insights

Wellbeing tips for primary school kids

by Dr Jodi Richardson



It's time for parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Wellbeing – it's a word we hear a lot these days. We understand that it's important for our kids; but it's not always clear exactly what it is, how we know if they've got it, and how we can help them to get more!

Since the Slip! Slop! Slap! campaign of the early 80s, the media has helped to spread messages about the importance of protecting our skin from the sun, regular exercise and a diet rich in nourishing wholefoods to promote and protect our own health and that of our families.

Now it's time for us as parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Put simply, our kids' wellbeing is a combination of their physical, mental, emotional and social health. And because a range of different elements contribute to their wellbeing, there are a bunch of activities we can do with them, role model for them and teach them, to improve it.



Developing wellbeing is more than ensuring the absence of ill-health, it's about taking action to adopt thinking and behaviour patterns that researchers have shown to foster flourishing physical and mental health.

It's evident from the *Australian Child and Adolescent Survey of Mental Health and Wellbeing* that it's never been more important for us as parents to do so. Among 4- to 11-year-olds, 1 in 100 are depressed, 7 in 100 suffer with anxiety and 8 in 100 struggle with ADHD. Add to those worrying statistics the knowledge that 1 in 4 Australian children are overweight or obese, and it's easy to see why working on wellbeing matters.

Here are 5 practices that you can put into action to enhance your kids' wellbeing:

1. Get them outside and moving

Australian kids are some of the least active in the world, with as few as 1 in 5 meeting the recommended 60 minutes of daily exercise. There's so much we can do! Park further from school at drop off and pick up – ease the traffic congestion (cos' we all know what school parking is like!) and increase their daily exercise at the same time; stay a while after school to let the kids play; stop at the park on the way home or head outside after bags are

unpacked and have a bounce on the trampoline. Yes, I know, it's going to take some effort, but this is what really matters – and it's good for you too!

2. Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!

Positive social relationships not only enhance kids' wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

3. Keep screen time to a minimum

I know, easier said than done! Kids love screens, but we're the parents and we can work with our kids to create clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12-year-olds. Assuming kids are watching appropriate material and lying on their tummies to use tablets (helps reduce neck strain), the risks of screen time largely relate to what kids are NOT doing while using them such as being active, chatting, reading, playing creatively and sleeping. Kids also need to get bored!

4. Help your kids develop mindfulness skills

Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. That's it. Sounds easy, but like any skill it takes time and practice. It gives kids' overstimulated minds a rest! A regular mindfulness practice will also help them to regulate their attention and their emotions; and teaches them to create a lifelong practice of taking time out to become calm, content, relaxed and in the moment. I highly recommend the Smiling Mind app for age appropriate mindfulness meditations; also, a lovely mindfulness practice is to lay down with the kids, eyes closed, and take time out to breathe naturally while everyone tunes in their 'Spidey senses' to all of the sounds around them.

5. Last but not least – ensure your kids get ample sleep

Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a 'wind-down' routine which may include a bath/shower, being read a book and then quiet reading before lights out. Taking time to chat with your kids before bed or encouraging them to reflect on what they're grateful for is also a great way to help them decompress and get a restful night's sleep.



Dr Jodi Richardson

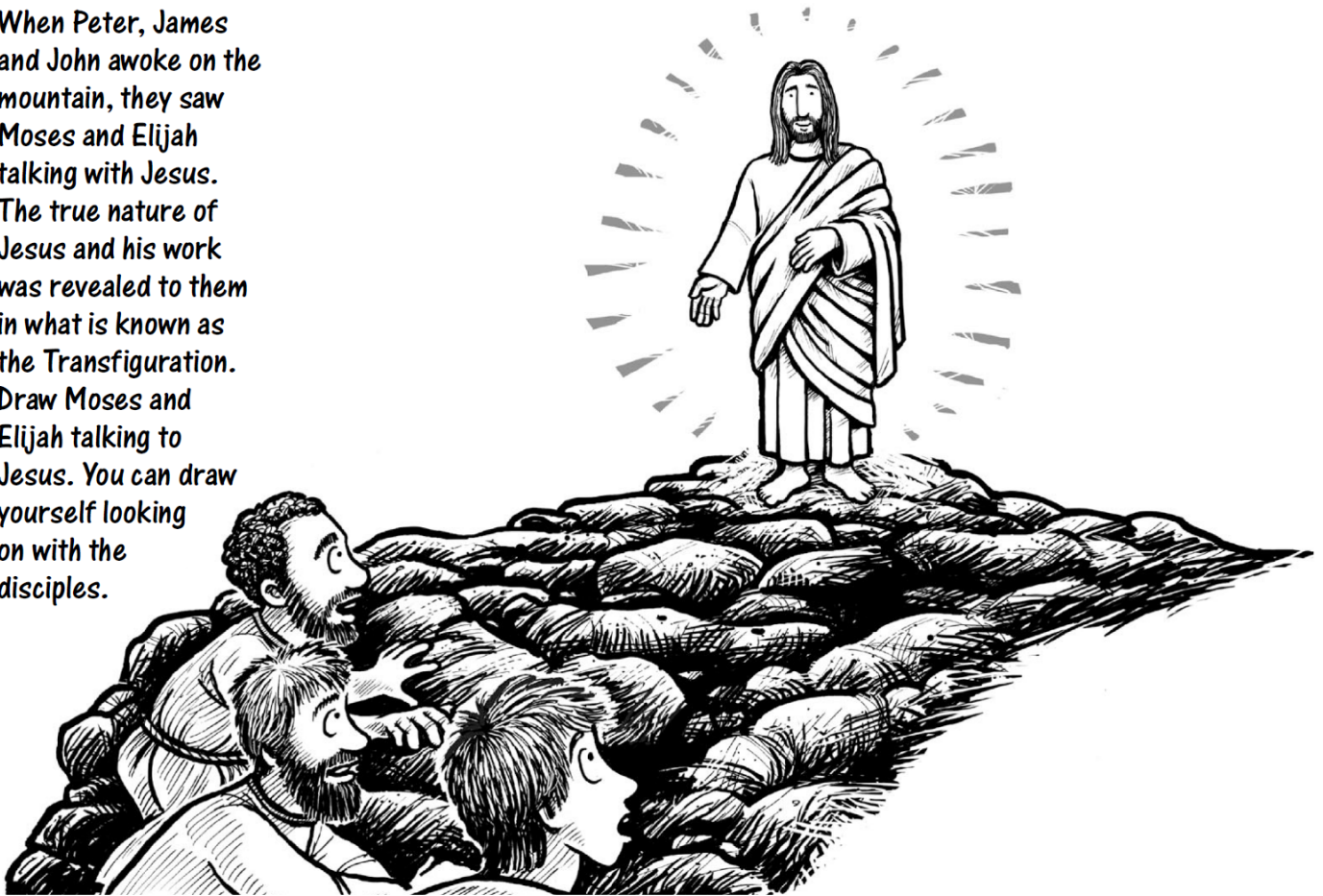
Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson).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



*This is my chosen Son
Listen to what he says!*

2nd Sunday of Lent, Year C

When Peter, James and John awoke on the mountain, they saw Moses and Elijah talking with Jesus. The true nature of Jesus and his work was revealed to them in what is known as the Transfiguration. Draw Moses and Elijah talking to Jesus. You can draw yourself looking on with the disciples.



Gospel Lk 9:28-36

Jesus took with him Peter and James and John and led them up a high mountain where they could be alone by themselves. There in their presence he was transfigured: his clothes became dazzlingly white, whiter than any earthly bleacher could make them. Elijah appeared to them with Moses; and they were talking with Jesus. Then Peter spoke to Jesus. 'Rabbi,' he said 'it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' He did not know what to say; they were so frightened. And a cloud came, covering them in shadow; and there came a voice from the cloud, 'This is my Son, the Beloved. Listen to him.' Then suddenly, when they looked round, they saw no one with them any more but only Jesus.

As they came down from the mountain he warned them to tell no one what they had seen, until after the Son of Man had risen from the dead. They observed the warning faithfully, though among themselves they discussed what 'rising from the dead' could mean.

God spoke to the disciples and told them to listen to Jesus. Write down two ways we can listen to Jesus. What are two things Jesus is telling you?

