



## OUR LADY'S SCHOOL NEWSLETTER

12 March 2020

[www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)

Parish Priest: Fr. Peter-Damien McKinley  
Principal: Ms. Patrizia Bertani  
Parish Mass Times: Saturday 6:00pm  
Sunday 9:00am, 10:30am & 5:30pm  
School Phone: 9312 2230  
School website: [www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)  
*Our Lady's is a Child Safe School*

*'So, whatever you eat or drink, or whatever you do, do everything for the Glory of God' Cor 10:31*

### DATES FOR THE DIARY

**Mon 16-Fri 20 Mar**  
Catholic Education Week  
**Mon 16 March**  
School Photos  
**Tues 17 March**  
St Patrick's Day Mass at Cathedral  
**Mon 23-Fri 27 Mar**  
Cultural Diversity Week  
**Thurs 26 March**  
Open Day. Tours at 9.30am,  
12.00pm and 2.30pm  
**Fri 27 March**  
2.40pm Assembly including Easter Raffle  
End of Term 1 at 3.15pm  
**Tues 14 April**  
Start of Term 2 at 8.45am  
**Wed 15—Wed 22**  
Dental Van at Our Lady's  
**Sat 25 April**  
ANZAC Day  
**Wed 29 April-Fri 1 May**  
Yr 6 Camp (Oasis Mt Evelyn)  
**Tues 5 May**  
7.00pm Eucharist Parent Meeting

### SACRAMENTS

**Eucharist**  
Sunday 17th May  
Sunday 24th May  
**Reconciliation**  
Wednesday 22nd July  
**Confirmation**  
Friday 20th November

Dear Parent,

I have previously written to you about the fact that Our Lady's school is in review this year. Schools are reviewed every four years and there are two dimensions to the review process:

1. **Improvement:** which supports self-reflection and assessment of performance and growth in school improvement and informs planning for the future growth
2. **Compliance:** an audit/verification process of the Minimum Standards for School Registration and other State and Commonwealth Requirements is conducted for all school who are engaging in the process of review.

The reviewers, Kerry Bratby and Gaynor Robson-Garth will meet with myself, Father Peter, staff, students and parents. They will also spend some time in classrooms speaking to students and their teachers. The reviewers will be in our school on the 15th, 22nd and 23rd of April. The review process is an exciting opportunity for the school to acknowledge the improvement and growth it has achieved over the last four years and to set future goals and directions.

### **Parent Advisory Board AGM**

Last night we held our Parent Advisory Board Annual General Meeting for 2020.

A new committee was elected and I am happy to congratulate the following parents :

*Chairperson:* Effie Stjepanovic

*Deputy Chair:* Paul van't Klooster

*Secretary:* Lieu Le

*Committee members:* Lauren Girardi, Paul Inglis, Adam Bright, Em Remedios, John Cuni and Darren Byrne.

I thank all parents who attended last night and I look forward to working in collaboration with you to improve our school. Your ideas and suggestions are valued and I thank you for bringing the parent voice and expertise into the life of the school.



### **Creation Prayer**

*God created our world. We should praise God for creation*

Praise the Lord from the heavens; give praise in the heights.

Praise him, all you angels; give praise all you hosts.

Praise him, sun and moon; give praise, all shining stars.

Praise him, highest heavens, you waters above the heavens.

Let them all praise the Lord's name;

for the Lord commanded and they were created. *Psalm 148:1-5*



## Child Safety

Dear Parents and Guardians,

Our first priority at Our Lady's is the health and safety of our school community.

I want to reassure you that the school is well-prepared for the impact of COVID-19 (coronavirus).

We are being provided the latest advice from the Australian and Victorian Chief Medical Officers by the Catholic Education Commission of Victoria Ltd to ensure that our school practices are helping to keep our school community safe from the outbreak.

Any incidents that arise will be addressed in accordance with our Critical Incident and Emergency Management Plan. We will also have access to resources and support from Catholic Education Melbourne and the Department of Health and Human Services.

As parents, you have a critical role in helping the school manage this situation:

- Exercise good judgment by keeping children home if they are feeling unwell for any reason
- Talk to children about the situation, as they may be feeling anxious or stressed. You have a key role in helping students feel prepared and safe
- Encourage children to be proactive and committed to their schoolwork, and to stay connected with the school and their teachers.

The Department of Health and Human Services has a number of resources on its website, which explain the virus, detail risk-reduction practices and behaviours, and answer frequently asked questions. These are available at [www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus).

You can also find information about Catholic education's response at <http://www.cecv.catholic.edu.au/Coronavirus-information-for-parents>.

This is an evolving situation, but we will keep you updated as things change.

If any families have returned from an overseas trip I ask you to contact me prior to your child coming back to school. Please call me on 93122230.

I ask that you continue to work closely with the school and to contact my office should you have any concerns.



Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**  
**Principal**

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

## REMINDER

The Dental Van will be visiting our school next term on the following days:

Monday the 14th to Friday the 17th of April and Wednesday the 22nd of April.  
Please take advantage of this service to ensure the dental health of your children.





# Foundation BBQ







# Foundation BBQ







# OUR LADY'S PRIMARY SCHOOL SUNSHINE

Please come into the School Office to obtain an information package

**OPEN DAY THURSDAY 26 MARCH**  
**TOURS AT 9.30AM, 12.00PM & 2.30PM**

**2021  
ENROLMENTS  
OPEN  
MARCH 10 2020**



**WE LOOK  
FORWARD  
TO  
SEEING YOU!**

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



## OUR VISION

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.

**32 Station Place Sunshine 3020 Phone 93122230**

**Principal Ms Patrizia Bertani email [principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au)**

Our Lady of The Immaculate Conception Parish Primary School

SchoolPix is coming to photograph on:

**Monday 16 March 2020**

**ORDER ONLINE AT [WWW.SCHOOLPIX.COM.AU](http://WWW.SCHOOLPIX.COM.AU)**

Misplaced your order form? Please visit [www.schoolpix.com.au](http://www.schoolpix.com.au) and use the student search to find your child's order number or contact our Customer Service team on 1300 766 055.



The Parents and Friend's

# EASTER RAFFLE

The P & F Committee are calling for donations for  
our Easter Raffle.

Donations can be left in the class room or taken to  
the front office.

Tickets will be sold through QKR for \$1 Each and the  
raffle will be drawn in the assembly on the last day  
of term.



PosterMyWall.com

**RAFFLE  
TICKETS ON  
SALE NOW**

**UNTIL  
WEDNESDAY  
25 MARCH**





School Crossings Victoria Inc.

## Is your Lollipop person the sweetest?

Nominate your Lollipop person for the 2019/2020 School Crossing Supervisor of the year award.

Jump online and complete a nomination at  
[www.schoolcrossingsvictoria.com.au](http://www.schoolcrossingsvictoria.com.au).

Your support of this program will help ensure your School Crossing Supervisor is shown the appreciation they deserve for their commitment to the ongoing safety of our children.

School Crossings Victoria INC PO BOX 3032 Mornington 3931, [info@schoolcrossings.com.au](mailto:info@schoolcrossings.com.au), [www.schoolcrossingsvictoria.com.au](http://www.schoolcrossingsvictoria.com.au)



## The Teeth On Wheels team are coming to our school

**Great News!** Our school is pleased to announce that the Teeth on Wheels team will be coming out to our School every 6 months to provide Oral Health Education and quality dental treatment to our students.

### Remember your forms!

Please keep your eye out for the consent form which can be filled out and handed back into the school reception for your child to be seen.

**TeethOnWheels™**  
a positive dental experience





Extend is the place for your children to thrive, learn and play, so what are you waiting for? Book and enrol at

[www.extend.com.au](http://www.extend.com.au)

Hours of Operation

After School Care: 3:00pm – 6:00pm

Contact Details

0499 849 940

[olic@extend.com.au](mailto:olic@extend.com.au)

Monday	Tuesday	Wednesday	Thursday	Friday
Group Games & Awesome Prizes	Making Placemats for our local Nursing Home	Sports challenges outdoors	Collecting Natural Materials	MasterChef Kitchen Time
Monday	Tuesday	Wednesday	Thursday	Friday
Crazy Science	Portrait Painting	Cross Country Qualification Test	Music & Dance	Farm to Plate

## DISCOVER

## LEARN

## PLAY



The children enjoyed building cities and towns using legos and our imagination.



We designed and decorated stencil cutouts which children proudly hang up on our walls.



Children created beautiful artwork when they picked their favourite animal to design and decorate.

### STAR OF THE WEEK!

# Stephanie

For being a great listener and always using her manners. Keep up the great work!

Thank you to all the wonderful children who came to the service with big smiles and full of energy. Join us at the service for some fun filled afternoons which include, community links, cooking, painting, sports, science, group games and lots more...

Mehi  
Service Coordinator

[extend.com.au](http://extend.com.au)





# cultural diversity week

**Saturday 21 - Sunday 29 March 2020**

*Curiosity.  
Conversation.  
Community.*

Celebrate Cultural Diversity Week in Brimbank with a week-long program of events that recognise the unique cultural, racial and ethnic groups in our community.

We're coming together to celebrate our diversity and the many cultural backgrounds that make up our city.

Join us as we lead a conversation about multiculturalism, what it means in 2020 and showcase how it strengthens our community.

Don't miss the amazing **We are Brimbank** event on Saturday 21 March at Westvale Community Centre, and enjoy live cultural performances, cooking demonstrations, BBQ and much more.

Check out all the event listings and details in this flyer.

More information: [brimbank.vic.gov.au/events](http://brimbank.vic.gov.au/events)

## The Politics of My Body (Exhibition)

**13 March - 10 May 2020**

Presented by artist Amrita Sur, she explores ways to question acquiescence and conformity, and to provoke the dire need for a shift in thinking, in order to transcend a woman's worth beyond her body.

🕒 9am-5pm  
📍 St Albans Community Centre Gallery, 33 Princess Street, St Albans

Exhibition opening  
13 March 6-7.30pm  
9249 4600

## Celebrating Together Harmony Day

**Saturday 21 March 2020**

Enjoy cultural performances from the Vietnamese, Burmese, Indian, Chinese, African and Sri Lankan communities, open-mic for our aspiring young people!

Enjoy a free sausage sizzle and plenty of activities for the whole family. Or join us at our "Pop-up: coffee-chat-connect hub".

Proudly supported by Brimbank City Council.

🕒 11am  
📍 74 Sydney Street, Albion

0419 174 329

## Celebrating Diverse Voices

**Thursday 19 March 2020**

Join us for a panel discussion, facilitated by Santilla Chingappa, on the diversity of cultures through the work of three Melbourne writers who will share their unique stories, and their journeys documenting cultural identity.

🕒 6.15-7.30pm  
📍 Sunshine Library Level 1, 301 Hampshire Road Sunshine

9249 4296

## We are Brimbank

**Saturday 21 March 2020**

Enjoy demonstrations and performances including:

- Welcome to Country and Smoking Ceremony - Live cultural performances including the Haka, drumming, cultural songs and dances
- Cooking demonstrations
- Coffee ceremony
- Cultural stalls and food tasting
- Children's activities
- Community barbeque.

🕒 11am-2pm  
📍 Westvale Community Centre 45 Kings Road, St Albans

No charge RSVP essential for catering purposes:  
9249 4665

## One Love Dance Vision

**Saturday 21 & 28 March 2020**

Start your Saturdays with fresh dance workshops for fitness, fun and happiness with Omari Oppong!

Join these dance workshops to explore hip-hop, freestyle, Afro and Soukous (from the Kongo region) dance styles.

🕒 11am-1pm  
📍 St Albans Community Centre, 33 Princess Street, St Albans

onelovedancevision@gmail.com

## Koorie Homework Club

**Monday 23 March 2020**

This weekly program offers a safe space for Aboriginal & Torres Strait Islander children to catch up on their homework and take part in cultural activities.

🕒 3-5.15pm  
📍 St Albans Community Centre, 33 Princess Street, St Albans

9249 4600

## Brimbank Multicultural Community Choir

**Monday 23 March 2020**

Bringing diverse cultures together in harmony, singing across languages with the Brimbank Multicultural Community Choir. Join our strong and beautiful voices and meet people from your own community.

All voices welcome.

🕒 7-9pm  
📍 St Albans Community Centre, 33 Princess Street, St Albans

9249 4600

## Toddler Tuesdays

**Tuesday 24 March 2020**

Every Tuesday our atrium is transformed into an arty wonderland for kids. Housed in a special cubby by artist Dan Goronszy, kids can explore a world of crafty fun times! Suitable for children ages 2-5 and their grown-ups. Crafty tools supplied.

🕒 10am - 12pm  
📍 St Albans Community Centre, 33 Princess Street, St Albans

9249 4600

## L.A.B

**Tuesday 24 March 2020**

Drop-in sessions, no charge. Part takeover, part incubator, for creatives aged 25 and under to do their thing - make stuff and hangout. L.A.B (Living and Breathing) is a chance to collaborate and learn from a team of emerging artists working in: music recording, singing, song writing, poetry, spoken word, music production, dance and visual art.

🕒 4-6pm  
📍 St Albans Community Centre, 33 Princess Street, St Albans

9249 4600

## Drop the Mic with Colour Between The Lines

**Thursday 26 March 2020**

Explore and learn how to transition from being an emerging to an established musician, poet or writer.

African Collective, Colour Between The Lines, in partnership with Brimbank City Council, presents Drop The Mic, a master class series of poetry, music and podcasting.

For 12-25 year olds.

🕒 6-8.30pm  
📍 Sydenham Neighbourhood House: Station Street Taylors Lakes

9249 4296

## Kinder Dreaming - Art in storytelling with Leonie Harris

**Friday 27 March 2020**

Learn to draw traditional symbols found in Aboriginal artworks from different cultures around the country. Noongar Elder Leonie Harris teaches the symbols for man, woman and child, as well as animals and features of the land, the paths and footsteps connecting them.

🕒 11-11.40am  
📍 Deer Park Library: 4 Neile Road Deer Park

9249 4296

## Flavours of St Albans: Twilight Market

**Friday 27 March 2020**

Melbourne's most ethnically diverse array of flavours are found on the streets of St Albans, from Europe to Asia and everywhere in between. Whether it's sizzling, steamed or slow-roasted, taste sensations abound at this evening event as you take a cultural journey with our local food experts.

Live entertainment, face painting, balloon twisting and pony rides will keep the whole family happy.

Pre-registration for your ticket is required.

🕒 6-10pm  
📍 St Albans Market 3 St Albans Road, St Albans

0417 139 121

## Story walk along Koroit Creek with Wurundjeri Council

**Saturday 28 March 2020**

Koroit Creek is the traditional land of the Wurundjeri people and has significant animal, land and cultural value.

It is home to sacred kingfishers, long-necked turtles, and a variety of reptiles and echidnas, with at least eight archaeological sites, including stone circles and tool scatters.

Take a walk along Koroit Creek and listen to stories about the lives and history of the Wurundjeri people from an indigenous elder.

🕒 12-1pm  
📍 Meet outside Koroit Neighbourhood House: 61A Selwyn Street Albion

9249 4296

## Brimbank Multicultural Festival 2020

**Saturday 28 March 2020**

Tamangs are one of the richest cultural heritages in Nepal.

The Tamang community will showcase traditional colourful dress and jewellery, cultural musical instruments, dance performances and traditional foods like Khapse, Sellroti, Momo (Dumpling).

There will also be exhibitions of arts and crafts, language and more.

Proudly supported by Brimbank City Council.

🕒 6pm  
📍 STACC, 33 Princess Street, St Albans

0422 443 268

## Multicultural Day of Unity

**Sunday 29 March 2020**

Multicultural Day of Unity (Aurudu Udanaya) will include a multicultural show, dance, music and traditional Sri Lankan food and games. The event will celebrate the Sinhalese and Tamil New Year.

Proudly supported by Brimbank City Council.

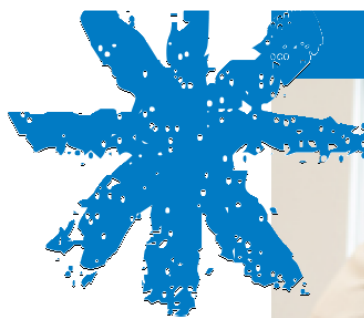
🕒 9am  
📍 Sasella Park, 121 Station Road, Deer Park

0402 310 091

**Brimbank City Council**  
Telephone 9249 4000  
Email [info@brimbank.vic.gov.au](mailto:info@brimbank.vic.gov.au)  
Post PO Box 70 Sunshine VIC 3020

**131 450**  
Local call costs apply

[www.brimbank.vic.gov.au](http://www.brimbank.vic.gov.au)



## Don't threaten, bribe or deal – breathe and act instead

by Michael Grose

*Five great discipline habits to add to your parenting repertoire.*

Getting kids to cooperate is tricky. One method doesn't necessarily fit all kids so as a parent or teacher it helps to have a broad repertoire of responses to draw on when kids are less than perfect or you want more cooperative behaviour.

Disciplining a child can also make many parents feel decidedly uncomfortable, as it doesn't generally fit an idealised picture of parenting that many of us may have. Discipline is about helping kids stay safe, become social and also be savvy and astute when they interact with others, which makes discipline a positive and very necessary part of the parenting process.

### **Bad discipline habits**

Unfortunately, it's easy as a parent to develop bad habits to get cooperation from kids. For instance, it can be easier to offer a simple bribe such as *"I let you use my iPad for 10 minutes if you can be quiet in the back seat of the car"*, rather than battle with kids for their cooperation. This type of bribe can work wonders to get some peace and quiet and is infinitely better than engaging in a slanging match while you're driving. Well, it may seem that way!

However, it's easy for both parents and kids to become hooked on bribes. As a parent you can easily fall for the trap of offering a bribe to induce good behaviour because it often works. A child learns to cooperate on his terms and soon learns to think, *"What's in this for me?"* Soon kids learn to wheel and deal to get better terms so today's 'quick 10 minutes on an iPad' becomes tomorrow's shiny new piece of technology bought in return for cooperation. Bribery and dealing almost always escalates in scale. The stakes rarely get smaller.

Similarly, idle threats of withdrawing co-operation if a child won't behave well soon falls on deaf ears as kids have a built-in radar for knowing if a threat is real or not. *"If you continue to argue with your sister I'll cancel your birthday"* is the sort of threat that many of us have made in desperation just to get some peace and harmony at home. Again, threatening all types of dastardly consequences can become a habit, particularly when we don't have many other options at our disposal to get better cooperation.

Most of us will default to our lowest level of skill when we are tired, stressed or under pressure. When a child yells, *"I hate you! You never listen to a thing I say"* just when you're trying to get her to bed you're likely to return fire in spades. *"What do you mean I never listen to you! I always listen to you. You never "* and away you go chastising a



child in a way that only exacerbates her lack of cooperation.

## **Good discipline habits**

So it helps to develop some good discipline habits instead so that when we do become stressed or tired they are so ingrained in us that they become second nature.

### **Here are five good discipline habits to develop:**

#### **1. Avoid the first impulse so you don't overreact**

A good rule of thumb is to stop yourself from reacting when children misbehave. As much of children's poor behaviour is purposeful, in that it keeps parents busy with them or is designed to let parents know that in fact you can make a child do anything they want to do, your impulsive reactions reinforce the behaviour. At times stopping and doing nothing is better than saying something you regret later on or can't follow through with.

#### **2. Step away and take a breath to gain control**

When you feel annoyed, angry or hurt by a child's misbehaviour temporarily step away from the situation and take a few deep breaths before you speak or act. This meta-moment will not only buy you time but will quickly calm you down and change your thinking, putting you back in control. Better self-management helps you respond more effectively when kids misbehave.

#### **3. Lower your voice to be heard**

Do you typically repeat yourself or raise your voice when your children ignore your request for better behaviour or even cooperation. If so you are training your kids to ignore you. Try lowering your voice rather than raising to be heard. This has the double effect of being easier to hear as well as carrying a greater sense of authority.

#### **4. Move toward them to be noticed**

Moving into children's space to deliver a message is usually more effective than issuing an order across a lounge room when you are competing with a screen for attention. It does require effort but the results in terms of getting cooperation is generally worth it.

#### **5. Use a consequence to teach**

Not all children respond positively to consequences. Very sensitive children can take consequences personally so use them sparingly with more sensitive. Sometimes a change in the tone of your voice is enough for these children. But generally reasonable consequences that have a relationship to children's misdemeanours and that are respectfully delivered are effective in teaching children to behave responsively. The trick is to deliver them like a neutral cop – cool, calm and with not too many words.

Good habits are best developed in low or no stress situations so if you'd like to add any of these ideas to your parenting repertoire start putting them into practice in every day interactions with your children, so that they become second nature when you really need some cooperation from your kids.



## **Michael Grose**

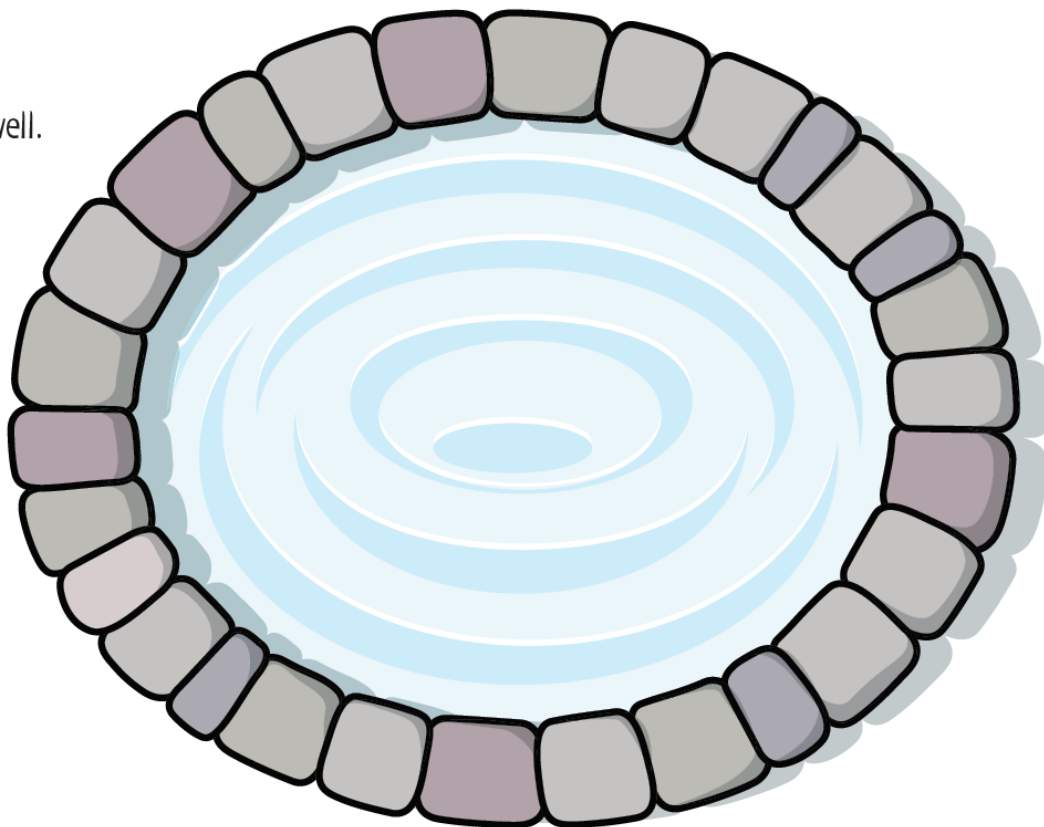
*Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.*



# I offer you life-giving water

3rd Sunday of Lent, Year A

Imagine that you have just met Jesus at the well. Write down what you think Jesus will ask of you, or perhaps share with him something that you are really in need of in your life right now.



## Gospel Jn 4:5-15, 19-26, 39-42

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied:

'If you only knew what God is offering  
and who it is that is saying to you:  
Give me a drink,  
you would have been the one to ask,  
and he would have given you living water.'

'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied:

'Whoever drinks this water  
will get thirsty again:  
but anyone who drinks the water that I shall give  
will never be thirsty again:  
the water that I shall give  
will turn into a spring inside him, welling up to eternal life.'

'Sir,' said the woman, 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water. I see you are a prophet, sir. Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.' Jesus said:

'Believe me, woman, the hour is coming  
when you will worship the Father  
neither on this mountain nor in Jerusalem.  
You worship what you do not know;  
we worship what we do know;  
for salvation comes from the Jews.  
But the hour will come – in fact it is here already –  
when true worshippers will worship the Father in spirit and truth:  
that is the kind of worshipper  
the Father wants.  
God is spirit,  
and those who worship  
must worship in spirit and truth.'

The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.' Many Samaritans of that town had believed in him on the strength of the woman's testimony, so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'