



OUR LADY'S SCHOOL NEWSLETTER

15 March 2024

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

Chin Hakha/Burmese: 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

I give you a new commandment, love one another; just as I have loved you, you also must love one another. By this love you have for one another, everyone will know that you are my disciples. John 13:34-35

DATES FOR THE DIARY

Wed 13 Mar-Fri 22 Mar

NAPLAN for Yrs 3 & 5

Fri 15 Mar Catholic Education

Mass at St Patrick's Cathedral

Mon 18 Mar Yr 4 CERES Excursion

Wed 20 Mar 1.30-2.30 Community Talk in the Library

7.00pm Reconciliation Parent Evening

Fri 22 Mar 3.00-3.30 Second Hand Uniform Sale outside the junior classrooms

Mon 25 Mar 11.30am-12.30pm Holy Week 'Praying With The Cross'

Tues 26 Mar 11.30am-12.30pm Holy Week 'Praying With The Cross'

Wed 27 Mar 7.00pm PAB Meeting

Thur 28 Mar End of Term 1 at 1.00pm

Mon 15 April Start of Term 2 at 8.35am.

Mon 22 Apr Maths Information Night for Parents (Michael Ymer) 7.00-8.00pm

Thur 25 April ANZAC Day Public Holiday. No school.

SACRAMENTS

Thurs 6 May 6.30pm Reconciliation for Year 3

Sun 26 May 10.30am Eucharist for Year 4

Fri 2 Aug 7.00pm Confirmation for Year 6

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Friday 26 April - School Closure (All MACS schools)

Wed 26 & Thurs June - Three Way Learning Conversations

Dear Parents and Carers,

I hope you had a wonderful long weekend, despite the very hot weather.

Today is a very sad time for the Caroline Chisholm community as the funeral of Robert Brennan was this morning. Please continue to keep Robert's family and the CCCC community in your prayers.

Even though it has been a short week for the students at Our Lady's, the school has really been buzzing.

On Tuesday, the staff were led by an evidence informed Professional Development (PD) day with Deb Sukarna focusing on Spelling. Throughout Wednesday and Thursday Deb followed up with professional development workshops with all levels, which included explicit teaching and modelling with some year levels, as well as teacher PD sessions afterwards. We have been very fortunate to have someone of Deb's calibre working with our staff in the area of Literacy. As Ms Bertani wrote last week, "as an education consultant, Deb works in schools with leadership teams and in classrooms, modelling practice in the areas of literacy and inquiry learning. In 2011 Deb was the recipient of the ACEL Hedley Beare Educator of the Year Award and received a Fellowship in Leadership from ACEL in 2014. Deb has been both a Primary Principal and Principal of a Balinese Community School. Deb was Head of Plenty Campus (Foundation to Year 12) and Deputy Principal of Ivanhoe Grammar School (2004-2016). Deb has worked in the United States and has co-authored several books on literacy education". It has been a very successful three days for our staff.



Prayer When Someone We Know Has Died

Lord, it's hard for us when those we know or love die. But there is a place for your friends in heaven and they will be much happier there than any place on earth, because you will be there.

Jesus, you cried when your friend Lazarus died, so you understand how everyone at Caroline Chisholm is feeling today. Comfort all as we are sad and lonely without the one we loved so much. Help us to be glad that our friend is happy with you and free for ever from sadness and pain.

Strengthen us with your love. Amen



Catholic Education Week

This week is Catholic Education Week. Today Mrs Cuni and Ms Belinda were able to take ten of our Year 6 leaders to St Patrick's Cathedral to celebrate mass with all other schools across Melbourne.



St Mary MacKillop Award

At last week's assembly, Ms Bertani spoke about the new 'St Mary MacKillop Award' which will be replacing the 'Aussie of the Month' Award. The staff feel that this award better reflects Our Lady's Primary School gospel values of Respect, Compassion, Peace, Service, Courage and Justice. St Mary MacKillop was the co-founder of the Sisters of St Joseph who worked at Our Lady's School for over 70 years. The new award will of course have a new certificate and a new badge. Today's assembly marks the first time that this award will be given to two very deserving students. Their names will be published in next week's newsletter.

Thank-you to Ms Gurry who is coordinating the St Mary MacKillop Award. A lot of work goes on behind the scenes to ensure the smooth running of this very important award every month.

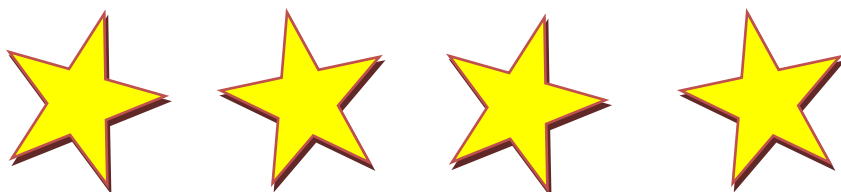
Learning & Teaching: Harmony Week

Next week, we will celebrate Harmony Day, which is officially on 21st March. All students have been learning about inclusivity, diversity, acceptance and respect which correlates so well to our school values. The theme for Harmony week is *everyone belongs*. All children in our school will be engaged in learning this week and next related to Harmony Day. You may notice your child's hand displayed on the classroom window which will be connected to the learning activity he/she completed in class.

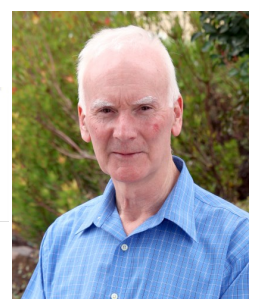


Staff News :

Today is Mrs Granata's last day as she will be commencing maternity leave. We wish Mrs Granata and her husband all the best as they await the arrival of their precious little baby. We cannot wait to meet Baby Granata. Mrs Angelica Mendoza will teach 4G on Fridays commencing in term 2.



Mr Wickham will be taking some long service leave. We wish Mr Wickham all the best on their adventures. Mr Kevin McGinley will be teaching 6A in Mr Wickham's absence.



Conference

Next week, Ms Bertani and I will be attending a leadership conference held by VACPSP (Victorian Association of Catholic School Principals). The theme of the conference is “Think. Engage. Lead with Strength”. Therefore Mrs Tania Cuni (RE/Learning and Teaching Leader) will be in charge of our school as well as Mrs Anna Kalc Smyth (Mathematics Leader) during that time. Both Tania and Anna have extensive leadership experience and will be supported by the rest of the Leadership team: Lisa Piperno (Literacy Leader), John Buttigieg (Digital and Design Leader), and Kirsty Ross (Learning Diversity Leader).

BUILDING PROJECT UPDATES

Building Update

The builders have continued working on the roof this week. It has been a short week for the builders, but they are right on track so far, which is great news.



An Important Reminder – Community Conversation on Wednesday the 20th of March 1:30-2:30pm



We invite all parents who would like to have a voice and put forward their ideas and suggestions in regards to how we can improve our school to come to this meeting and to engage in dialogue with Greg Woolford (Family/Schools

Partnership Convenor), Tania Cuni (RE/Learning and Teaching Leader), Lisa Piperno (Literacy Leader) and Kirsty Ross (Learning Diversity Leader). You can make a difference. We hope you can join us and help us to make our school even better.

Catholic schools honour the role of parents as the first and ongoing nurturers and educators of their child. In partnering with families, this life-giving relationship transforms the possibilities for each child and promotes optimal engagement, achievement and wellbeing

(Catholic Education Melbourne, 2017. Horizons of Hope Wellbeing Statement, p.8).



F-2 Social and Emotional Learning (SEL) Incursions

Commencing last week and this week, until the end of term, our Foundation, Year 1 and Year 2 students have been and will continue to be immersed in five incursions focusing of social and emotional learning.

The Years 3-6 students will have a series of SEL incursions in Term 2. We have been able to have these excellent learning opportunities due to the one off government boost funding we will receive, as well as the school's Wellbeing budget funds.

The five Foundation sessions focus on:

Lesson 1: First Day Jitters - Primary Focus: Social awareness and anxiety associated with starting school

Lesson 2: Building Bridges Between Friends - Primary Focus: Social decision-making, leadership and working as a team

Lesson 3: Overcoming Obstacles - Primary Focus: Self-awareness, mindfulness and recognition of emotions

Lesson 4: An Adventure Island Mystery - Primary Focus: Resilience and growth mindset

Lesson 5: Friends Are The Best Teachers - Primary Focus: Reflection and relationship skills

The five Year 1 and 2 sessions focus on:

Lesson 1: Just A Joke - Primary Focus: Considering the feelings of others.

Lesson 2: Into The Woods - Primary Focus: It's OK to be different.

Lesson 3: Changing Places - Primary Focus: Belonging and including others.

Lesson 4: Mouse Mischief - Primary Focus: Conflict resolution strategies.

Lesson 5: Facing Our Fears - Primary Focus: Self-awareness, Emotional reactions and management strategies including "Stop, Think and Breathe".



*More photos from our
SEL Incursions*



More photos from our
Social and Emotional
Learning (SEL) Incursions



*More photos from our
SEL Incursions*



YOU ARE *Invited*

All **Year 3 Families** are strongly encouraged to attend our
Reconciliation Parent Evening this coming

Wednesday 20th March at 7:00pm.

We look forward to seeing you then.

Mrs Tania Cuni, Ms Stephanie Huynh and
Ms Christine Chu



Wishing you all a wonderful weekend.

Yours sincerely,

Christine Carabott

Mrs Christine Carabott

Acting Principal

ccarabott@olsunshine.catholic.edu.au



1K: Ren T
2M: Edward M
5C: Ngun P

SAVE THE DATE!



Parent Information Night Maths for Parents!

Presented by Michael Ymer

Monday 22nd April 2024

7.00pm to 8.30pm

Our Lady's School



Michael Ymer is a specialist mathematics consultant from Melbourne, Australia. He is involved in many Professional Development programs in schools across Australia and Asia.

Michael is an enthusiastic and entertaining presenter who has a clear and practical approach to the challenges that confront schools and parents in mathematics. On this evening, Michael will address the following areas:



- What is my child learning in mathematics?
- How can I help my child become an efficient problem solver?
- How do children best learn mathematics?
- How can parents promote quality thinking and learning?
- How can I help my child in mathematics?

We commend this evening to all parents as a very worthwhile session that will help you understand the focus of Mathematics in schools today and offer strategies and ideas to help you support your young mathematicians.

We look forward to sharing this evening with you.

Mrs Anna Kalc Smyth

Mathematics Leader



SECOND HAND UNIFORM SALE

The Parents and Friends are looking for any donations of second hand uniform for their upcoming Sale on 22 March.
You can bring any outgrown or unwanted school uniform donations to the Office.

Please make sure all the items are our school uniform brought from the Uniform Shop, clean with no rips, faded logos or stains.

The Second Hand Uniform Sale will be held on Friday 22 March from 3.00pm near the Year 1 classrooms.

\$10.00

\$5.00



Jumpers

Tunics

Trousers

Track Pants

Bags

Sport Polos

Windcheaters

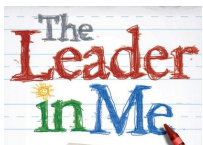
Shirts

Skivvies

Sport Shorts

Shorts

Dresses



YEAR SIX LEADERSHIP BADGES

LEADERS

"The greatest among you will be your servant." Matthew 23: 11
"For even the Son of Man came not to be served, but to serve others"
 Matthew 20:28

The Year Six Student Leadership Badge is awarded to students who show leadership based on the Servant Leadership Model as lived by Jesus, serving others before self. This model has been lived out by the saints, including Mary MacKillop who said, "Never see a need without doing something about it."

The Leadership Badge is awarded for consistent, sustained and purposeful leadership within the classroom, on the playground and in all school activities such as interschool sport.

Congratulations to:



Henry A



Kayla M



Ethan N



Kloe N



Grace N



Ayce F



Leo S



Sally P

Easter Triduum 2024 – Our Lady's Sunshine

HOLY THURSDAY - 28 MARCH 2024

Mass of the Lord's Supper

6.00pm English & Chin 8.30pm Vietnamese

GOOD FRIDAY - 29 MARCH 2024

Stations of the Cross

10.00am English - (*outdoors*) 11.00am Vietnamese

Liturgy of the Passion & Veneration of the Cross

12.00pm Chin 3.00pm English 6.00pm Vietnamese

HOLY SATURDAY - 30 MARCH 2024

10.00am Confessions

Easter Vigil Mass

6.00pm English & Chin 8.30pm Vietnamese

EASTER SUNDAY - 31 MARCH 2024

Mass of the Resurrection

9.00am English

12.30pm Vietnamese

10.30am English

1.00pm Chin (*SH St Albans*)



Qkr! UPDATE

Quick message for all our Android users...



The new version of the Android app is now available in the Google Play store.

Please download, register and you can begin to order from the Canteen and Uni-form Shop!

Google Play Games Apps Movies & TV Books Children

Qkr!™ with Masterpass

MasterCard

3.4 ★
1.36K reviews

500K+
Downloads

Everyone

Share

Add to wishlist

You don't have any devices



App support



OUR LADY'S

Easter Raffle

RAFFLE DRAWN
AT ASSEMBLY

THURSDAY
28 MARCH

DONATIONS OF EASTER EGGS
+ THEMED ITEMS CAN BE
DROPPED OFF AT THE OFFICE
BY TUESDAY 26 MARCH

TICKETS \$1 EACH VIA QKR



ARE YOU READY FOR TERM 2?

Be prepared for the extraordinary with an Outside School Hours Care service that's ready to launch into a fresh new school term!

We're looking forward to providing all children with a safe and welcoming environment, countless opportunities for creativity and supportive care from our professional team!

Visit extend.com.au today and create your bookings for the new term and achieve the best rate!

**ENJOY A NEW
TERM WITH US BY
BOOKING AT**
extend.com.au

Dear Families,

Your child's dental health is important to us, that's why Teeth on Wheels will be visiting our school starting on the **02/05/2024**.



TeethOnWheels™
a positive dental experience

Click the link below to sign your child up - IT MIGHT BE FREE!

<https://teethonwheels.com.au/consent-forms/consent-eform/>

Teeth on Wheels are focused on providing **a positive dental experience** and specialise with working with children. They can provide check-up and clean appointments, as well as treatment onsite and will be able to advise you if your child is eligible to receive dental care for **FREE** under the Child Dental Benefit Schedule.

Please complete your form today and the Teeth on Wheels team will be in contact to confirm and schedule your child's appointment.

Forms must be completed by 27/03/2024 for your child to participate.

EXCITING NEWS

Teeth on Wheels will be visiting our School for Dental Check-ups and Oral Health Education!!



SCAN THE QR CODE TO COMPLETE YOUR FORM

IT MIGHT BE FREE




TeethOnWheels™
a positive dental experience



OUR LADY'S SCHOOL SUNSHINE 2024 WINTER UNIFORM PRICE LIST

All available on QKR now!

<u>JUMPERS</u> 6 - \$53.00 7 - \$55.00 8 - \$57.00 9 - \$59.00 10 - \$61.00 12 - \$63.00 14 - \$65.00 16 - \$67.00 18 - \$69.00		<u>TROUSERS -</u> <u>Double knee</u> 4 6 8 10 12 14 16 18 <div style="text-align: right;">\$40.00</div>	
<u>SHIRT</u> <u>Short Sleeve Open Neck</u> 4 6 8 10 12 14 16 18 <div style="text-align: right;">\$25.00</div>		<u>SOCKS</u> <u>(Cotton/Nylon Anklet –</u> <u>School Colours)</u> 9 – 12 13 – 3 2 – 8 <div style="text-align: right;">\$10.00</div>	
<u>NAVY</u> <u>WINTER TUNIC</u> 4 6 8 10 12 14 16 <div style="text-align: right;">\$54.00</div>		<u>SLACKS</u> 4 6 8 10 12 14 16 <div style="text-align: right;">\$40.00</div>	
<u>SKIVVIES</u> 6 8 10 12 14 16 <div style="text-align: right;">\$17.50</div>		<u>TIGHTS</u> 3-5 6-9 10-12 SMALL LADIES <div style="text-align: right;">\$6.00</div>	
<u>WINDCHEATER WITH</u> <u>SCHOOL LOGO</u> 4 6 8 10 12 14 16 <div style="text-align: right;">\$28.00</div>		<u>TRACKSUIT PANT – RIBBED</u> <u>CUFF, DOUBLE KNEE</u> 4 6 8 10 12 14 16 <div style="text-align: right;">\$28.00</div>	
<u>SPORT POLO T-SHIRT</u> <u>WITH SCHOOL LOGO</u> 4 6 8 10 12 14 16 <div style="text-align: right;">\$24.00</div>		<u>RUGBY SPORT SHORTS</u> <u>(Draw cord) & SKORTS</u> 4 6 8 10 12 14 16 <div style="text-align: right;">\$22.00</div>	
<u>BEANIE</u> One size <div style="text-align: right;">\$12.00</div>		<u>WET WEATHER JACKET</u> 6 8 10 12 14 <div style="text-align: right;">\$42.00</div>	



**Our Lady's
Primary
School
Sunshine**

ENROLMENTS

FOR FOUNDATION 2025

OPEN

MARCH 4 2024

**Our Lady's School is
a Catholic Primary
School serving the
Parish of Our Lady's
Sunshine.**

**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.**



OPEN DAYS

**Wednesday 1 May &
Monday 3 June**
**Tours at 9.00am &
4.00pm**



9312 2230

FOR MORE INFO VISIT NOW

www.olsunshine.catholic.edu.au

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

**Our Lady's
School**
**32 Station
Place Sunshine
3020**

INSIGHTS

Parenting introverts and quiet kids



Many parents worry when their child is shy, quieter than others or not the outgoing type. The thought that their child may be a loner turns parents into social organisers who arrange playdates and parties or friendship coaches. They may upskill their kids to start conversations, manage conflict and play with others. This flurry of activity can be exhausting, and they cause a great deal of angst for kids. However, it may be that their child is introverted by nature, and they are trying to make them fit the extrovert mould.

It's genetic

Introverts are wired differently to extroverts. Introverts have closer links to the para-sympathetic nervous system, which is responsible for calm and relaxation, so they feel more at home in quieter, less stimulating environments. Extroverts, on the other hand, are more closely aligned with the sympathetic nervous system, which is responsible for high arousal levels, so they seek stimulating environments to keep their energy levels high.

Extroverts work hard to get their dopamine hits, those little shots of happiness the brain releases to reward behaviour and keep them coming back for more. Introverts, on the other hand, who only have to read a book to get a dopamine hit, feel more comfortable in low stimulus environments.

Birth order plays a role

While nature plays a huge part in temperament development, genetics can't claim all the credit for creating introverts and extroverts. In birth order studies, eldest borns repeatedly score higher on introversion than children in other birth order positions, while later-borns consistently lean towards extroversion. Being born last in a family usually means time alone is a rarity, while eldest children usually spend a great deal of time in their own company in the early formative years when personality is being shaped.

The world is skewed toward extroverts, so knowing how to raise introverts means that you may need to discard many parenting rules of thumb you've taken for granted. Here are some parenting ideas to get you started.

Welcome introspection

Introverts like to go within to process daily events and find solutions to their problems. In an era when we encourage kids to discuss rather than bottle problems up, introspection can be disconcerting for parents. But giving introverts space to think through adverse events before they seek help, enables them to get their thoughts in order and feel more in control of their lives. Welcome quiet times and remember that introverts need time to refresh and replenish away from the hustle and bustle of school and family life.

Provide silence and solitude

Extroverts like to keep company of others, while introverts like to keep their own company, or keep friendship circles small. Introverted kids appreciate quiet time and spaces away from others to recharge, reconnect and relax. This may seem strange to extroverted parents, or siblings who want to hang out or play with their siblings. Giving kids permission to seek solitude, balanced with activity to prevent brooding, is an introvert-friendly family habit.

Use stepladders not escalators

Extroverts tend to jump boots and all into new social situations. School camp coming up. *"Great. It'll be fun."* Family holiday approaching. *"Terrific! I hope we go where there's heaps of other kids."* Joining a new sports team. *"I can't wait. I bet I'll know heaps of kids already."*

Introverts, on the other hand, are more tentative entering new social situations. School camp. *"I hope some of my friends are going."* Family holiday. *"Who else will be there?"* Joining a new sports team. *"Will I know anyone?"*

Give introverts plenty of information about new situations and don't expect them to immediately embrace the whole scenario. Give them time to make new friends and become comfortable in social situations.

Quietly celebrate quiet achievers

Introverts can easily feel that something is wrong with them. Mainstream entertainment and social media celebrates extroverts in all walks of life. Brain surgeons don't receive standing ovations, yet they do their best work on their own. When introverts do well in any field shout it out (but quietly!) as they need someone to aspire to as much as extroverts.

Chess anyone?

Help your introverted child discover their strengths and interests and resist pushing them down common leisure paths such as sport or drama that may not hold strong appeal. When they join clubs and groups they may be really interested in, such as chess, crafts or reading, they will more than likely form friendships with like-minded souls... as birds of a feather really do flock together.

It's a balancing act

Too much solitude can lead to depression so introverted children and teenagers need to be challenged at times to leave the comfort of their own company and spend time with friends, or even the rest of the family. Firm but gentle persuasion and nudging works better with introverts than heavy-handedness so work on your persuasion skills to ensure your introvert lives a socially balanced life.

In closing

Parenting introverts can be a challenge particularly if you are an extrovert yourself. Adopt the mindset that introversion is normal, indeed a strength, and put steps in place to help an introverted child feel both comfortable in their own skin and confident navigating the world at large.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

The grain that dies gives much wheat

5th Sunday of Lent, Year B

Gospel

John 12:24-26

Jesus said to his disciples:

'I tell you, most solemnly,
unless a wheat grain falls on the ground
and dies,

it remains only a single grain;

but if it dies,

it yields a rich harvest.

Anyone who loves his life loses it;

anyone who hates his life in this world
will keep it for the eternal life.

If a man serves me, he must follow me,

wherever I am my servant will be there too.

If anyone serves me, my Father will
honour him.'

*Draw or write about a person that you
know who serves and follows Jesus.*



*In the grains of wheat,
draw or write some
of the ways that you
can serve Jesus.*