



## OUR LADY'S SCHOOL NEWSLETTER

15 March 2018

[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*

*For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Jeremiah 29: 11*

### DATES FOR THE DIARY

**Fri 16 March**

National Day of Action against Bullying and Violence

**Mon 19 March**

School Photos

**Thurs 29 March**

3.15pm End of Term 1

**Mon 16 April**

Start of Term 2

**Wed 18 April**

Sibling Foundation 2019 Interviews

**Fri 20 April**

Parish Movie

**Mon 23 April**

Sibling Foundation 2019 Interviews

**Tues 24 April**

Special ANZAC Assembly

**Wed 25 April**

ANZAC Day Public Holiday. No school for the children

**Fri 27 April**

AOM Assembly

**Tues 1 May**

Sibling Foundation 2019 Interviews

**Mon 7 May**

Professional Learning Day for Staff (Student Wellbeing Berry Street) - No school for the children

### SACRAMENTS

*Eucharist (Year 4)*

Sun 27 May 10.30am (4H)

Sun 3 June 10.30am (4G)

*Reconciliation (Year 3)*

Thur 6 Sept 7.00pm

Confirmation (Year 6)

Fri 16 November 7.00pm



Dear Parent,

Last night we held the Parent Advisory Board Annual General Meeting. It was wonderful to see some new parents attending the meeting and great to see others from previous years. We thank the 2017 board members for their service and contribution to the life of the school via their work on the Parent Advisory Board in 2017: Brendan Acreman (Chairperson), Jeremy McCartin (Deputy Chairperson) Anne Hubbard (Secretary )

The Parent Advisory board members elected a new board for 2018. I would like to congratulate the following people on their appointments:

*Chairperson - Brendan Acreman*

*Deputy Chairperson - Jeremy McCartin*

*Secretary - Effie Stjepanovic*

### **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 utilise ICT tools to gather a broader representation of parent voice
- To at all times maintain confidentiality



### *Prayer for St Patrick's Day*

*On March 17 we celebrate Saint Patrick.*

*This saint travelled all over Ireland teaching people.*

God of all people, today we celebrate St Patrick and all he means to us. St Patrick told the people of Ireland about the Trinity: Father, Son and Holy Spirit. St Patrick baptised people and built churches. St Patrick shared his faith with others so they would know you. St Patrick told the people of Ireland the good news of your love. Help us to be like St Patrick and share the good news of Jesus Christ with others in our world. Amen

**At Our Lady of the Immaculate Parish Primary School we promote the safety, well being and inclusion of all children.**

# MONEY AND FOOD AT SCHOOL

We ask you to speak to your child about not sharing either money or food at school. It is important that you support the school in this endeavour by speaking to your child and explaining that it is a school rule for the following reasons:



- The food we eat is organised by parents for their children and if you share your food it means that you are not eating the right amount of food that you are supposed to be eating during the day.
- If you eat other people's food you are eating more food than your parents have intended you to eat and you are eating food that your parents haven't given you permission to eat.
- Some parents give their children money to spend as a treat at snack and lunch time. They give this money to their children so it should not go to someone else.

## IMPORTANT REMINDERS

- No parent is to use or enter the children's toilets. There are signs that clearly state this.
- If your child is late they are to come to the Office where they will be marked late on the attendance roll by the Office Staff. Children will then go to their classrooms. Parents are not to accompany students to their classrooms.
- Early Dismissal – Parents are not permitted to go on the playground between 11-11:30 and 1:25 and 2:15pm. This is part of our Child safety Policy.
- Please check out our new website which we will continue to update. It is a great way to stay tuned to your child's learning by visiting the class sites and keeping up to date with school events.

## ATTENDANCE PROCEDURE

All attendance records are maintained and monitored at school. Parents have the responsibility to alert the school if their child is absent. This can easily be done by:

- Telephoning the office in the morning between 8:30am and 9.00am
- Submitting an absence form on the Skoolbag App
- Notifying the teacher in person.

Teachers mark the roll first thing in the morning at 8:45am. If a child is marked absent and there has been no communication by the parent/caregiver to the school the office will send an SMS (text message) to the parent/caregiver asking them to contact the school immediately.

It is important that school policies and procedures are followed in order to ensure that all children are safe at all times.

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

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



## Foundation enrolments for 2019 are now open

**If you have a child who will be starting at Our Lady's in Foundation next year (2019), please come to the Office for an Enrolment folder.**

**When you have filled it out, please come back to the Office with the Enrolment Form and all documentation and an appointment time will be made for you. Each year we have a waiting list and we do not want a sibling of an existing student to miss out.**



This year the Parent's & Friend's Committee will be running a fundraising Easter Raffle.



Tickets will be \$1 each and will be available for sale via the Qkr! App between Friday 9 March – Tuesday 27 March.

The raffle will be drawn on the last day of Term 1 – Thursday 29 March.

To make our wonderful prizes we would really appreciate some donations to put in our Easter Hampers eg. Easter eggs, books, toys etc.

All donations can be left at the office.





Tomorrow, Friday 16 March 2018, Australian schools will stand united in their communities to celebrate the eighth National Day of Action against Bullying and Violence (NDA).

The National Day of Action is Australia's key anti-bullying event for schools and in 2018. Today or tomorrow your child will receive a pocket size card with tips that can be done if a bullying issue occurs. It is always important that all children have five trusted adults they can talk to about these issues, or other things upsetting them. Tomorrow morning, all children at our school will be given the 'national' wristbands to wear, so that we can stand united together.

The well-known definition of bullying is:

Bullying is an **ongoing** misuse of power in relationships through repeated verbal, physical and/or social behaviour. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert). (Reference: <https://bullyingnoway.gov.au/WhatIsBullying/DefinitionOfBullying>)

At Our Lady's we have a zero tolerance of bullying. Prevention and coping strategies are a part of our social and emotional learning curriculum.

There is an excellent website that you can access as parents to gain further information and resources. There are also some excellent videos on the website. <https://bullyingnoway.gov.au/YourRole/Pages/For-Parents-and-carers.aspx>



## HOW WAS SCHOOL TODAY?

For those of us who cannot get a decent word out of their child about school around the dinner table, here are some alternate ways to approach the question, 'How was school today?' You might be surprised at some of the answers!

- #1. What was the best thing that happened at school today?
- #2. Tell me something that made you laugh today.
- #3. If you could choose who would you like to sit by in class
- #4. Where is the coolest place at the school?
- #5. Tell me a weird word that you heard today. (Or something weird that someone said.)
- #6. If I called your teacher tonight what would she tell me about you?
- #7. How did you help somebody today?
- #8. How did somebody help you today?
- #9. Tell me one thing that you learned today during Discovery Time/iTime.
- #10. When were you the happiest today?

We'd love to hear some of the more interesting responses you get.

Perhaps we could share some through the newsletter. Please email me 'your child's response' if you'd like to share. [koliver@olsunshine.catholic.edu.au](mailto:koliver@olsunshine.catholic.edu.au)

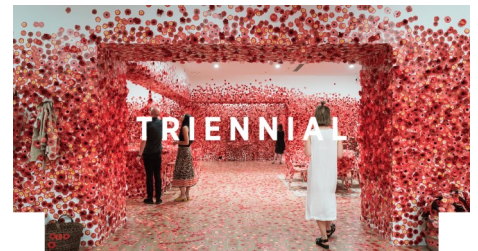
Happy chatting!



## RECOMMENDATION FROM MISS PINA.... A MUST SEE!

**Featuring the work of over 100 artists and designers from 32 countries, the NGV Triennial surveys the world of art and design, across cultures, scales, geographies and perspectives.**

A free exhibition, the NGV Triennial is a celebration of contemporary art and design practice that traverses all four levels of NGV International, as well as offering a rich array of programs.



The NGV Triennial explores cutting edge technologies, architecture, animation, performance, film, painting, drawing, fashion design, tapestry and sculpture.

Visitors have an opportunity to look at the world and its past, present and future through the eyes of some of the most creative minds working today.

<https://www.ngv.vic.gov.au/exhibition/ngv-triennial/>

## Another Michael Ymer Parent Session Reflection....

*Thank you OLS for organising this parent session with Michael Ymer. As parents, we are pleased to know that OLS has taken this type of approach on Mathematics and Numeracy. Michael gave us valuable tips on how best to continue educating our child at home in a fun, relaxed and in a no-pressure manner. We strongly encourage other parents to attend a session with Michael.*







## SCHOOL PHOTO DAY IS COMING

**SCHOOLPIX** will be here on MONDAY 19 March

### PHOTO DAY TIPS:

- Dress:** Clean and tidy in your full summer uniform. NO CARGO SHORTS to be worn.  
Only jewellery is plain stud or hoop earrings. No large earrings are to be worn.
- Hair:** All long hair **MUST** be tied back/up
- Online Orders:** To pre-order online, take your personal Order and ID Numbers found on your order form and go to [www.schoolpix.com.au](http://www.schoolpix.com.au). Orders can be placed online up to 2 working days after photography. *You do not need to return the order form if you order online.*  
**Remember:** All orders placed online before midnight on photography day will receive a free 20cm x 25cm black and white portrait print.
- Paper Orders:** Complete your order form and return with payment to school before photography day. **Please note that correct money MUST be included. The Office CANNOT GIVE CHANGE either IN THE ENVELOPE or on the day.**
- Sibling Orders:** For a special photo of you children together order online by **8am** on photography day. Alternatively collect a Sibling Order Form from the office or download it from the SchoolPix website and return it on photography day. Only siblings that place an order will be photographed.

PO Box 5222, Hallam VIC 3803 Ph: 1300 766 055

Email: [help@schoolpix.com.au](mailto:help@schoolpix.com.au)

## Pelican 1 Marine Adventures 2018

Over two warm summer days in February and March the children from Grades 5C and 5D participated in the Marine Education experience of a lifetime.

For the 3<sup>rd</sup> year in a row, the Grade 5 children went out on a 65ft catamaran on Port Philip Bay. The catamaran included a classroom for learning, outside learning spaces and on board marine scientists and other educators. The educators shared stories and samples of the marine environment that were brought up from divers who swam beneath and around the boat.



Combining learning about water ways, humans impact on the environment and themes of sustainability both excursions were strongly linked to the curriculum combining fun and learning.

The students are currently creating further learning in a range of mediums. This includes short films, re-searching and writing stories, creating newsletters as well as displaying images and projects about the sea around the school.

And a special thanks the children, teachers and Pelican boat crew who made the day such a success.



Perhaps the best way to describe the day is through the students:

*I haven't ever been on a boat before and by being on the boat I felt special.*

*The boat had a great atmosphere and views, and by having scientists on board you could ask questions and they would give you a lot of useful detail. Learning from a scientific perspective is really cool as some of us might like to be marine scientists when we grow up.*

*With the touch tanks we got to view and feel things from under the boat like the sponge, starfish and abalone. With the abalone I had never seen it before and didn't know it existed, and liked it best when it did the abalone twist.*

*I liked touching the starfishes legs and feelings the roughness as well as the smoothness and slimyness of the abalone.*

*I was inspired to want to learn more about what happens under the bay.  
Chloe, Ella, Eva.*

**Greg Woolford**  
**Family School Partnerships**



**FORMS AVAILABLE AT THE OFFICE or via**

<https://www.registernow.com.au/secure/Register.aspx?E=29395>

# SCHOOL HOLIDAY CLINICS

**Tuesday 3 April** - Futsal/ Indoor Soccer

**Wednesday 4 April** - AFL

**Thursday 5 April** - Basketball

**Friday 6 April** - Multi Sport

**Price: \$25 per day**

**Ages: 5-12**

**Time: 10am - 4pm**

**Lunch bundles  
available,  
see reception to  
order**

**Don't miss out,  
Register today!**



**RecWest**  
Braybrook

 39 Lily Street, Braybrook VIC 3019  
 (03) 9311 3400  
 [recwestbraybrook.ymca.org.au](http://recwestbraybrook.ymca.org.au)

  
**Maribyrnong**  
CITY COUNCIL

  
**YMCA**



Discover Simonds Catholic College  
2018 Open Afternoon & Term 2 Tours



# OPEN AFTERNOON

Thursday 22 March 2018  
3.30pm to 6.00pm



*Where the individual matters*

**SIMONDS CATHOLIC COLLEGE**

St Mary's Campus: 273 Victoria St, West Melbourne 3003  
St Brigid's Campus: Cnr Alexandra Pde & Nicholson St, Fitzroy  
T: 9321 9200 E: [enquiries@sccmelb.catholic.edu.au](mailto:enquiries@sccmelb.catholic.edu.au)  
W: [www.sccmelb.catholic.edu.au](http://www.sccmelb.catholic.edu.au)



# SIMONDS CATHOLIC COLLEGE

Phone: 03 9321 9200 Web: [www.sccmelb.catholic.edu.au](http://www.sccmelb.catholic.edu.au)

Simonds Catholic College is an inner city, secondary Catholic boys' school of about 460 students, operating across two campuses. The Open Afternoon and School Tours provide an excellent opportunity for parents and students currently in the process of selecting a secondary school to view our College.



## OPEN AFTERNOON

Meet the Principal, teachers, other staff and current students to learn how we implement our vision to develop confident, well-rounded young men who have hope for their future.

- Guided tours by current students
- Faculty displays
- Demonstrations by staff and students
- Principal Information Session with Q&A
- Discussion panel with current students

**Thursday 22 March 2018  
3.30pm to 6.00pm  
St Mary's Campus,  
273 Victoria Street West Melbourne**

## Further information

School Registrar: Katie Hadjab  
[khadjab@sccmelb.catholic.edu.au](mailto:khadjab@sccmelb.catholic.edu.au)  
Ph: (03) : 9321 9207

## SCHOOL TOURS

School tours commence at 9.15am and are a great opportunity to see the school in operation and speak with our Principal directly regarding any questions you may have about Simonds Catholic College.

### SCHOOL TOUR DATES Term 2 2018

- Friday 20 April
- Monday 30 April
- Tuesday 8 May
- Friday 18 May
- Wednesday 30 May
- Monday 4 June
- Tuesday 12 June
- Friday 22 June

BOOKINGS ESSENTIAL: [www.trybooking.com/TFFJ](http://www.trybooking.com/TFFJ)

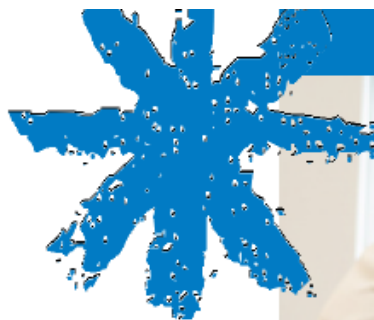
See our website for Tours in Terms 3 & 4  
[www.sccmelb.catholic.edu.au](http://www.sccmelb.catholic.edu.au)

**Year 7 2020  
Enrolment Applications Close 3 August 2018**

St Mary's 7-10 Campus  
273 Victoria St  
WEST MELBOURNE VIC 3003

St Brigid's VCE / VCAL Campus  
Cnr Alexandra Pde & Nicholson St  
FITZROY NORTH VIC 3068

# insights



## 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.



# The grain that dies gives much wheat

5th Sunday of Lent, Year B

## Gospel

Jn 12:23-26

Jesus said to his disciples:

'Now the hour has come  
for the Son of Man to be glorified.

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.