



OUR LADY'S SCHOOL NEWSLETTER

16 March 2017

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

Who do you say I am?'

Matthew 16:15

DATES FOR THE DIARY

Fri 17 March

National Day of Action Against
Bullying and Violence
Parish Movie

Wed 22 March

Foundation BBQ

Tues 28 March

Second Hand Uniform Sale
3.00pm outside Canteen

Fri 31 March

Holy Week Paraliturgy 2.30pm
End of Term 1 at 3.15pm

Tues 18 April

Professional Learning for Staff
(Reporting 2017) **No school
for the children**

Wednesday 19 April

Term 2 begins

Fri 21 April

Easter Resurrection Assembly
2.30pm

Mon 24 April

ANZAC Day Assembly 2.30pm

Tues 25 April

ANZAC Day Public Holiday

SACRAMENTS 2017

Eucharist

Sun 11 June 4G

Sun 18 June 4H

Reconciliation

Thursday 14 September

Confirmation

Friday 17 November

Dear Parents,

As you know Our Lady's school is committed to encouraging parent involvement as all research shows that children benefit from their parents' involvement with their school. Joining the Parents and Friends Committee is one of the many ways that you could become more involved.

Last Wednesday we held our Parents and Friends Annual General Meeting and a new committee was elected. Our new committee consists of:

President – Anne Hubbard *Vice-President* – Lyndal Acreman *Treasurer* – Leonie Kirk
Secretary - Sonya McCartin *Assistant Secretary* - Fiona Tarquinio

I would like to congratulate the new committee members for their generosity in committing to giving up their time to attend meetings, work to organise fund raising events throughout the year and provide fun and exciting experiences for the children of Our Lady's School.

It is important to acknowledge the work of our past President Sue Brown who has worked tirelessly over the years and has decided that this year she will continue her involvement, but not be officially on the committee. Sue has very generously offered to continue to run the Second Hand Uniform Stalls each term and to organise the Bunnings Barbeque fund raising event in 2017.

I would also like to thank all those parents who helped out with the many events that the Parents and Friends had organised last year. We know how difficult it is to find time in our busy lives and it was tremendous that you gave up your time to make these events as successful as they were. **Last year you helped to raise \$5685.55 for the school.** We urge you to continue to support the current committee this year. We advertise our Parents and Friends meetings and you are always welcome to come along.

Our Lady's School Is Committed to having a Zero Tolerance to Bullying of any form

At Our Lady's we promote a safe environment where individuals may grow and develop. The modelling of positive behaviour and anti-bullying strategies at Our Lady's has become an important aspect of student learning. We aim to:

- Assist in the prevention, reduction and response of bullying behaviour (including cyber bullying)
- Promote a proactive attitude to and clear understanding of procedures to be taken when addressing allegations of bullying
- Facilitate a consistent approach to the management of bullying and/or incidences
- Ensure the safety and well-being of all staff and students in an environment free from bullying, harassment, intimidation and victimization.



If your child talks to you about bullying:

1. Listen calmly and get the full story.
2. Reassure your child that they are not to blame.
3. Ask your child what they want to do about it and how you can help.
4. Visit www.bullyingnoway.gov.au to find some strategies.
5. Contact the school.
6. Check in regularly with your child.

BULLYING. NO WAY!
www.bullyingnoway.gov.au

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



Redesigning Our Lady's Curriculum using The Horizons of Hope Educational Framework (Catholic Education Melbourne) The Victorian Curriculum The New Religious Education Framework

Last Friday the staff of Our Lady's school were engaged in redesigning the Our Lady's school English, Mathematics and Religious Education curriculum so that it is aligned with the following new and contemporary core documents: Horizons of Hope, New Victorian Curriculum and the new Religious Education Framework.

The staff collaborated together and engaged in much professional dialogue in order to make sure that our curriculum will meet the diverse needs of our students, be rigorous, relevant and purposeful.

During the day we were also engaged in re-designing our current written reports so that they more accurately reflect the renewed curriculum and communicate students' achievements. We will continue this critical work on Tuesday the 18th of April which is our next school closure day.



Throughout the process we considered the following questions:

What is essential for our learners to know?

What will our renewed curriculum offer our learners?

How to ensure an effective learning progression in RE, English and Mathematics?

How will we clearly report/communicate the students' achievements to parents in 2017?



Catering for Diversity of Interests during Lunchtimes

At Our Lady's school we have organised a variety of lunchtime clubs and activities to cater to the diverse needs and interests of our students. During the week the students can choose to spend their lunchtimes participating in the following: The Our Lady's School Choir, The Glee Club, The Games Club, The Coding Club or the activity centre at MacKillop Village.

Below you see Ms Carmel working with the 'Expert Coding Group' with Hunter, Jake, Khaeden, Oskar and, Alannah and who are trialling our new Scratch Coding equipment so that they can share that with the students who attend the Coding Club.

What is Coding?

Coding is now a part of the new Victorian Curriculum. It is embedded in the learning areas of Mathematics and Digital Technologies. Computers are amazing but they can't think for themselves (yet!). They require people to give them instructions.

Coding is a list of step-by-step instructions that get computers to do what you want them to do. Coding makes it possible for us to create computer **software, games, apps and websites**.

Coders, or programmers, are people who write the programmes behind everything we see and do on a computer. When children learn to code, it helps them to develop essential skills such as problem solving, logic and critical thinking. Through coding, children can learn that there's often more than one way to solve a problem, and that simpler and more efficient solutions are often better. Learning to code encourages children to become creators, not just consumers, of the technology they use.

While learning to code at the primary school level, children are encouraged to think critically and strategically to solve problems—often simple puzzles like getting an onscreen character to move around a maze.



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

2019 YEAR 7 ENROLMENT TO CATHOLIC COLLEGES



In response to rising demand for secondary college places, please be reminded that the timing of the Year 7 enrolment process will change for the 2019 intake. The revised timing is designed to broaden the opportunity for all Catholic children and their families to enrol at their secondary school of choice or to be provided with suitable options if a first preference is not obtained. The change allows more time for those families seeking places in high-demand areas to obtain a place at a Catholic secondary college if application to a preferred college is unsuccessful.

2019 enrolments to Catholic Secondary Colleges Important Dates

March 2017 - Applications to colleges open for Year 5 students

25 August 2017 - **All applications to Catholic colleges close**

13 October 2017 - Offers of places to prospective Year 7 students are to be posted

27 October 2017 - The final date for families to accept offers made.

Curriculum Matters

Tomorrow, Friday 17th March is National Day against Bullying and Violence. Many schools around Australia are registered so we can have a united front together. Your child will be receiving a wristband to wear towards the end of the week at school. The wristbands are a terrific and colourful way to show our support. Your child will also receive a 'Take a Stand Together Student Pocket Card' which provides tips and strategies for students when dealing with a possible bullying issue.



On another Wellbeing matter, next week is our Annual Community Wellbeing Week. All students will have two sessions of learning with external facilitators and their classroom teacher.

At the start of the week, all children will be having a Resilience Building and Drama session. Towards the end of the week, all students will be participating in a Yoga session which will explore the importance increasing flexibility and strength as well as calming and controlling our minds and bodies. Both of these sessions are a great way to promote different aspects of wellbeing.

Last week, at our Professional Learning Day, I introduced 'Brainbreaks' to our staff. Brainbreaks are short lesson 'interruptions' to enable a renewed focus on learning. It is a way for all individuals to 'get their brain ready' for learning again. Classroom teachers will use several brainbreaks throughout the day to recharge students' so they are ready for the next learning session. There are two different forms of brainbreaks: Positive escalation: to increase student energy if they are looking tired or feeling 'flat' and Positive de-escalation: to calm/centre students if they are escalated. It would be great for you to ask your child about the brainbreaks they did in their classroom this week.



Regards

Christine Carabott

Deputy Principal & Student Wellbeing Leader

PROGRAMS AT A GLANCE

Week 8: 20 th March 2017		
DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Flower Creation Outside: Lava and Cricket	Seasonal Fruit & Veggies Chocolate Balls
Tuesday Staff: Brad, Lucette, Michelle	Inside: Sports Bookmarks & Word Search Outside: Soccer Homework & Readers.	Seasonal Fruit & Veggies Noodles
Wednesday Staff: Brad, Hang, Chelsea	Inside: Friendship Band Outside: Group Games	Seasonal Fruit & Veggies Variety of biscuits
Thursday Staff: Hang, Chelsea, Jennie	Inside: Design Your Own Paper Face Outside: Free Play Homework + Readers	Seasonal Fruit & Veggies Ricecrackers
Friday Staff: Hang, Marlene, Chelsea	Children's Choice: Games, Activities Inside & Out Cooking Iced Biscuits with Marlene	Seasonal Fruit & Veggies Dip, carrots, celery

A variety of seasonal fruit and vegetables are always offered to children for afternoon snack! A variety of arts, crafts, board games, construction, recreational activities, sensory and imaginary play opportunities are available every day for children to choose. **Homework & Home Readers Time** – Our YMCA staff are there to encourage home readers and homework and most days we set aside a time to encourage this!

If you or someone else is picking up your child (children) early from school and they are not attending the after school care, please let OSHC Team know. Please remember children need to bring their school hat (Broadbrim or Legionaries Hat) from 1st September to 1st May and sunscreen will need to be applied when playing outside.

Bookings and Cancellations: It is important to book your child's place so we can plan and expect their arrival at Before and After School Care. To ensure the safety of your child please notify us of any absences or additional days of care **via the My Family Lounge Portal** <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> As a reminder please note that the cancellation period of 7 days notice applies for all Before and After School Care bookings. For additional information on our program please visit <http://www.childrensservices.ymca.org.au/school-care/our-locations/our-ladys-ps.html>

There may be certain circumstances where children receive gifts or prizes throughout the year as part of our advertised programs. These occasions would be advertised on our program planners to provide parents/guardians with prior notification. Occasions where children may receive gifts/prizes as advertised are as follows: last day of school terms, end of year celebrations, designated holiday program days, cultural and festive celebration days and during organised program competitions. **Thank You, Brad and Our Lady's OSHC Team**



Foundation enrolments for 2018 are now open!

If you have a child who will be starting at Our Lady's in Foundation next year (2018), 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.





Tuesday 18th April 2017

School Closure Day

Our Lady's Primary OSHC
32 Station Place, Sunshine VIC 3020
M: 0401 700 401
E: ourladysoshc@ymca.org.au
www.childrensprogramms.ymca.org.au

Outside School Hours Care – 8.30am to 6.00pm

Our Lady's OSHC would like to offer families the opportunity to enrol children into a full day of care on Tuesday 18th April 2017.

For existing families, if you would like your child to attend, please enrol your child by seeing our OSHC Team in the OSHC Room and complete your details on the sign-up sheet or go online by **Thursday 30th March 2017**.

For families who haven't enrolled their children into Our Lady's OSHC, please visit our online website <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> to complete the enrolment form, then email ourladysoshc@ymca.org.au to express your interest, by **Thursday 30th March 2017**.

The cost for the full day of care will be \$59.00 per child minus CCB/CCR benefits.

If we have 15 children booked in on the sign-up sheet, we will be able to go ahead with School Closure Day.

However, if there are not enough children booked in, all parents/guardians, who placed their details on the sign-up sheet, will be notified by email on **Friday 31st March, 2017 (last day of term 1)**.

There will be arrange of activities during the day including but not limited to:

Outside Play weather permitting	Free Play	Blocks, board and card games
Art and Craft	Sporting Games	

If you have any questions please contact me in person or ring 0401 700 401 or email ourladysoshc@ymca.org.au

Kind regards,

Brad Lenahan, OSHC Coordinator



School Holiday Program

AUTUMN 2017

YMCA



**RecWest
Footscray**

Open 7:00am – 6:00pm

Cnr Market & Essex Streets, West Footscray
 (03) 8371 0500 (bookings and accounts)
 0459 988 306 (during school holidays)
www.childrensprogramms.ymca.org.au
footscrayoshc@ymca.org.au

Week 1

MONDAY 3rd APRIL
Chicken Hatching Program – \$70

- Live chickens at the Y, watch them hatch & then hold them.
- Prepare honey joys & taste testing
- Design your own skinies to hang on your school bag
- Weed & water our herb planter boxes
- Game of basketball & down ball

TUESDAY 4th APRIL
Minute To Win It – \$70

- Minute to Win It, individual, team games & challenges, plus
- Please to Be Worn
- Painting, drawing, art & craft activities
- Then a chill out & watch movie, in the later afternoon

WEDNESDAY 5th APRIL
Roller Skating – \$80

- Head to Sunshine Skating
- Back at HQ: Game of block soccer & bat tennis.
- Create your own hamma bead magnet & jewellery bead necklace or bracelet
- For a quieter time, you can watch a DVD

THURSDAY 6th APRIL
Mexican Madness – \$70

- Mexican Day at the Y, Making maracas & Mexican yarns
- We will try the hat dance & Mexican traditional games
- Eat the photos & see what surprise falls out
- Prepare & taste test the nachos & cheese

FRIDAY 7th APRIL
Crafty Constructions – \$70

- Cooking rock cakes for afternoon snack
- Making box creations, origami & dream catches
- Game of oceanow lego, eviles, poison ball & around the world
- Outside play, chalk drawing & sand tub

Week 2

MONDAY 10th APRIL
Easter Eggcitement – \$70

- Cooking bunny cupcakes & taste testing them
- Making bunny ears, mask & baskets to collect our eggs we find in the Easter egg hunt
- Egg & spoon races, parachute & ball games

TUESDAY 11th APRIL
Build A Billy Cart – \$72

- Supreme Incursion Building Billycarts & then racing them with your friends
- Playing koozai, bat tennis & French cricket
- Design your own blot painting & paper weaving
- Outside play & group games

WEDNESDAY 12th APRIL
Wernbee Zoo – \$71

- Head to Wernbee Zoo for a safari bus ride
- Back at HQ: for movie & electronic games
- Children's choice of ball games, music & dress ups
- Animal art & crafts

THURSDAY 13th APRIL
Colour Party – \$70

- Colour Party, wear your brightest or favourite colours
- Playing party & musical games
- Music, dancing & prizes to be won between 1:30pm to 3pm

FRIDAY 14th APRIL
Public holiday

YOUR FEES COULD BE AS LITTLE AS \$12.45 PER DAY!

These figures are estimates, based on your enrolment to Child Care Benefit/Child Care Rebate, as assessed by Centrelink. Daily fees could be even lower if you have more than one child. If you know your COBICOR rate, feel free to contact us to discuss how your fees will be reduced. If you have not been assessed for COBICOR, please contact Centrelink on 13 61 60. Multi-lingual helpline 13 12 02. Prices for incursions/excursions may vary, please refer to the program for the set price.

	Full Fee	Fee with 100% COBICOR paid to service
Headquarters	\$70	\$12.45
Incursion	\$70.75	\$12.45
Excursion	\$71.00	\$12.45

GENERAL INFORMATION

WHAT TO BRING

- NutriFree NUT FREE lunch and snacks
- Water bottle
- SunSmart hat (compulsory from September until the end of April)
- Weather appropriate clothing and shoes

ADDITIONAL NEEDS

Children with additional needs are welcome and encouraged to attend our program. Families are required to contact the OSHD Coordinator at least four weeks prior to requiring care in the holiday program to discuss the individual needs of your child and complete any funding applications.

Headquarters
 Incursion
 Excursion

BOOKINGS AND FEES

Bookings can be made at any time throughout the year, as soon as you know the date that you would like your child to attend. All bookings are subject to availability.

A booking can only be made once you have submitted all enrolment details for your child. Bookings made via My Family Lounge are confirmed at the time of booking.

Bookings will not be accepted on the day unless places, adequate staffing and resources are available. Additional permissions are required if your child is attending an excursion.

Cancellations must be in writing and received seven (7) days before the last day of school term. Updates made to your online booking are considered to be 'in writing'.

A late fee of \$2 per minute applies when a child is picked up after 6:00pm.

Second-Hand Uniform Sale – Tuesday 28 March



The Parents and Friends Committee is looking for donations of clean uniforms in good condition for the Term 1 second-hand uniform sale. If you have anything to donate, please speak to Sue Brown, or email

parents@olsunshine.catholic.edu.au to arrange drop off.

The sale will be held straight after school on Tuesday 28 March (last week of term). If you can help at the stall please join us in front of the canteen at 3.00pm.

Thanks, Our Lady's P&F Committee



What rules should you have around digital devices?



By Michael Grose

Children's digital technology needs to be managed and monitored by parents. That means we need to have some rules and guidelines in place.

I'm often asked about rules and guidelines for children in the early and primary school years about digital devices such as tablets and mobile phones. This is new ground for most people whose own parents didn't have to worry about digital technology. How to persuade kids to leave the television and play outside was the extent of the screen worries of the previous generations of parents.

One thing is certain, technology is an issue you'll struggle with for the rest of your parenting life. We've created the technology and unleashed

it on our kids and now we seem to be scrambling like mad to keep up. Adding to this complexity is the fact that technology keeps changing rapidly. We just come to grips one device when a new one comes along that we have to learn about.

Digital technology, with all its advantages is here to stay. It connects us to each other in ways we couldn't imagine even a decade ago. It enables us to communicate to our kids when we don't know where they are. It creates new interests and cultivates creativity.

You'd have to be living under a rock to not realise that digital technology also presents new challenges such as cyber-bullying, worries about social

media and children's exposure to inappropriate images. Digital devices give kids access to a virtual world that is totally seductive particularly for those with poor impulse control. Also the nature of technology means that children can spend a lot of their time heads bent and staring into a screen, which is not healthy in the long-term.

Children's digital technology needs to be managed and monitored by parents. That means we need to have some rules and guidelines in place. Each family makes up their own rules to suit their circumstances but the following suggestions will help you put some order into the digital devices that come into your home.

1. Hold off as long as you can

The age when a child first gets a mobile phone is getting younger. Now most young people seem to have a mobile phone when they start secondary school. I'm currently working with parents who are struggling to hold off on their child's mobile phone until secondary school but it's a continuous battle as cries of 'everyone else has a phone' is ringing in their ears. If you took all these message from kids seriously you'd think that they were all born holding a mobile device and they've had an Instagram account since they were two.



parenting * ideas

What rules should you have around digital devices?

Kids pester power works in a way that you tend to feel guilty that you are somehow denying your child a basic right or access to something vital to survival such as fresh air. Best to develop an easily repeatable mantra such as "That's great. But every family is different and we do things our way." They may whine when you say it but stick to your own way of parenting, which is not always easy. Alternatively, take the compromise route of allowing a child to borrow your phone, or having a family phone that all kids can use.

2. Be prepared to learn

Giving a digital device to a child has more parent strings attached to it than say, giving a box of Lego or most other items of play. With most toys you can leave them to their own devices to play by themselves, which is the basic point really. It's not so simple with a digital device. Be prepared to learn some new games and stay up-to-date with social media trends. Snapchat anyone?

3. Put rules in place first

This is an interesting one. If you give your child a device, then later place restrictions on when it's overused or used poorly then there's every chance that you'll be seen as the bad guy/gal. Better to put restrictions on in the first place and loosen them later, or better still reward their responsible use with greater freedom. Timing is everything.

4. Change rules if need be

Most families seem to have a child who thinks that rules are made to be broken so they always push boundaries, limits and parent patience. Parents, on the other hand, should work from the notion that rules are made to be changed. Be prepared to change your rules based on your child's behaviour, maturity, sleep patterns, incompletion of homework, bullying or other issues that will invariably crop up and cause you to realise that the rules you set just aren't working.

5. Keep digital technology out of bedrooms

If there was one rule that you should stay firm on, then this is the one. Many of our children are in sleep deficit as it is, without bringing digital devices into the frame. They may say they want to charge it in their room. If so, keep the charger in a public place. They may even want to use their mobile or tablet to wake up in the morning. I applaud them for taking on this task but insist they use an alarm clock instead.

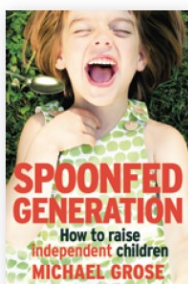
6. Have a digital detox one day a week

The only way that this idea will work is if you join them in making one day a week a digital technology free day. They will probably not like it, and neither will you, but the point of having one day off is to prove that they can live without their digital device and to engage them in different forms of communication and entertainment.



Digital technology is now an integral part of our lives, but it's not the only option we have to be entertained, informed and to communicate with others. Before we help our children, it's best to look at our own digital habits to make sure we are providing them with what they need – that is, the provision of balanced role models who know when to use and when not to use technology. They are more likely to walk our walk than follow our talk. I hope for you that's not a scary proposition.

Visit our website for more ideas and information to help you raise confident and resilient young people.



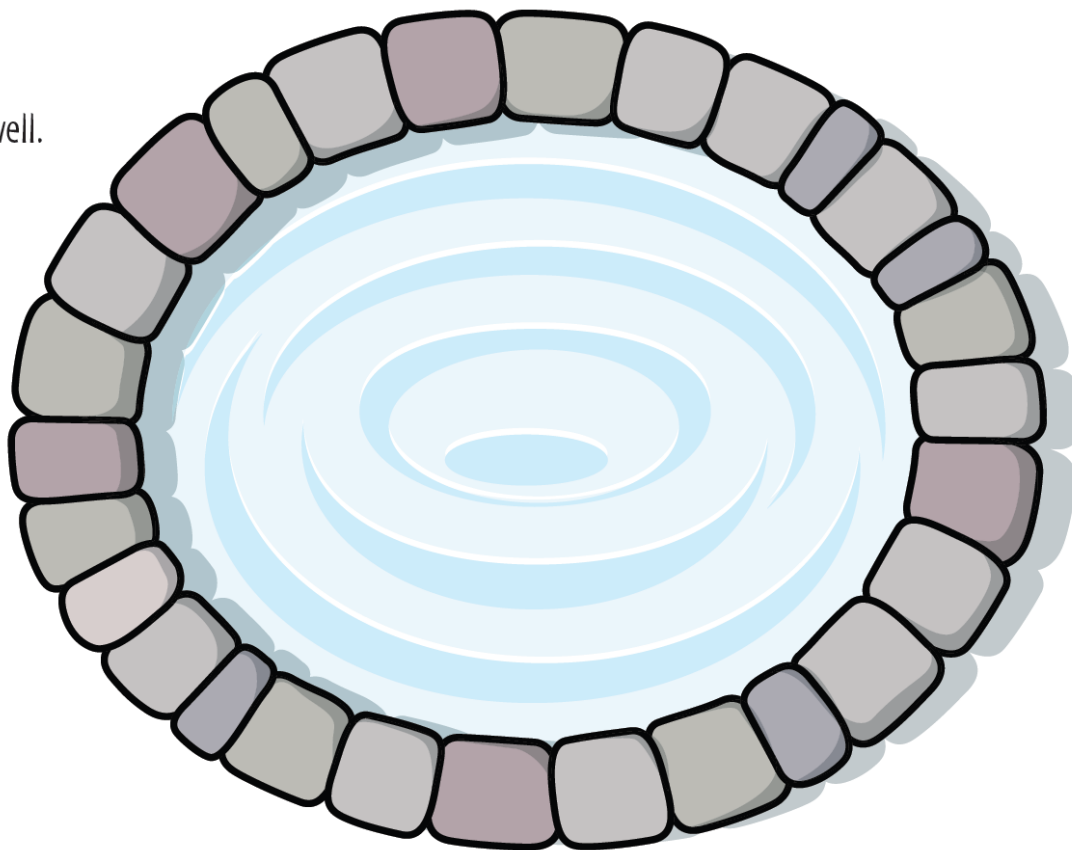
Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au



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.'