



OUR LADY'S SCHOOL NEWSLETTER

31 May 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

*The Lord God took the man and put him in the garden of Eden to till it and keep it.
Genesis 2:15*

DATES FOR THE DIARY

Mon 3 June Open Day Tours at 9.00am & 4.00pm

Thur 6 June Dress in your fave team colours or multicultural dress for a donation - fundraising for St Vincent de Paul

Fri 7 June 9.00am Sacred Heart Mass

Mon 10 June King's Birthday Public Holiday

Wed 12 June 7.00pm Parent Cyber Safety Session

Fri 21 June Second Hand Uniform Sale 3.00pm

Wed 26 June & Thurs 27 June - Three Way Learning Conversations

Fri 28 June 1.00pm End of Term 2

Mon 15 July Pupil Free Day - Staff First Aid Training

Tues 16 July Term 3 begins at 8.35am

SACRAMENTS

Fri 2 Aug 7.00pm Confirmation for Year 6

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Mon 15 July Staff First Aid Training

NO CLASSES

Wed 26 June & Thurs 27 June - Three Way Learning Conversations

Dear Parents and Carers,

We have had a vibrant week at Our Lady's commencing with our Annual Athletics Day. We had a perfect Autumn day at Keilor Park. Even though the morning was very cool, the autumn sun shone all day and we all had an amazing day. A huge THANK-YOU to Joanne McManus our Physical Education teacher who organised a brilliant event. A day such as Athletics Day cannot be so successful without the support and help of all staff and our parents. We heavily rely on parents to volunteer to support the staff in running particular events for our students, so we say a huge thank-you for your dedication and time. We could not run a day like this without you. Of course, a huge thank-you to EVERY member of staff for making the day a wonderful day. Our students had a great day; many were beaming with many ribbons! Congratulations to each and every student for your efforts on the day. Our final results are:

1st Chisholm/Red (772)

2nd Mazenod/Yellow (671)

3rd MacKillop/Green (618)

4th Woods/Blue (576).

| |
|-----------|
| CHISHOLM |
| MAZENOD |
| MacKILLOP |
| WOODS |

On Sunday, we celebrated some of our year 4 students who made their First Eucharist. This special Sacrament was celebrated at the 10:30am mass. It was such a reverent and peaceful mass. We were blessed to have the Tongan choir who always do such an amazing job with their amazing voices. A very special thank-you to our Year 4 teachers Ms Karen Everson, Mrs Angelica Mendoza and Mr Glenn Membrey for preparing the students so well. Thank-you also to our Religious Education/Learning and Teaching Leader, Mrs Tania Cuni for supporting the teachers and students extremely well at this time.



A Prayer for Creation



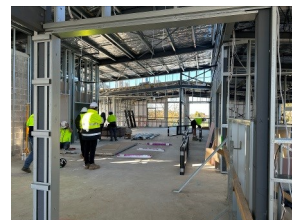
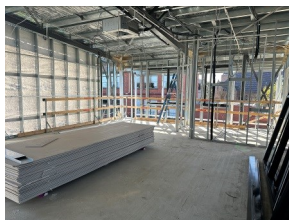
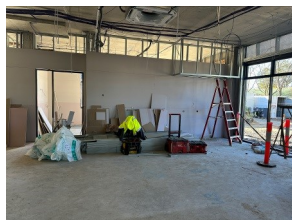
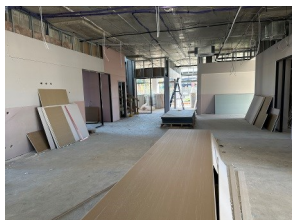
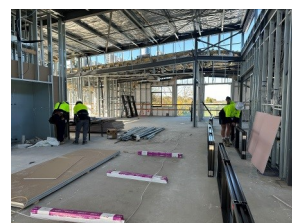
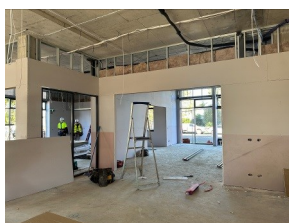
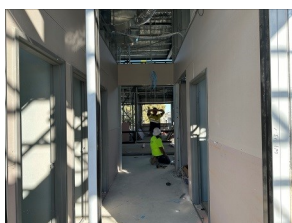
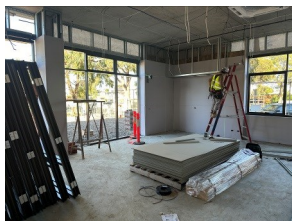
O Lord, we thank you for this beautiful planet Earth. Help us to take care of our world. We pray that all God's creatures are cared for and protected; that the waterways, our oceans, mountains, forests, plants and flowers are kept healthy and safe from harm.

Help us to love the Earth like you do and show respect and care for our environment and all your creatures.

We thank you for our awesome world.

Amen

On Tuesday, all the Year 4 students enjoyed a small party provided by the school to celebrate the students who received their First Communion on Sunday. Of course the party, is for all of our year 4 community and we thank all the students who so gracefully supported the students making this very special Sacrament.



On Tuesday, Mrs Meilak and I attended our regular fortnightly building meeting. As you can see the builders are making great strides with the project and all works are on schedule. In the next fortnight, we can expect to see the brickwork being finished, bulkheads and ceiling works commencing and we should also expect more of the window frames and glass to arrive. I am sure you would agree that it is so exciting to see the building really starting to take shape now as you can see from some of the pictures above.

Next week you should be receiving information to make your appointment for your child/ren's Three Way Learning Conversation. Appointments will be held over two days with your child's classroom teachers, being Wednesday 26th June and Thursday 27th June. These appointment times are a crucial component of our reporting process.

Next Friday 7th June, we will be celebrating the feast of the Sacred Heart. Please join us at Our Lady's Church at 9:00am. During the week, particularly on Tuesday, Wednesday and Thursday, the Year 6 Justice committee have been working with Mrs Cuni to organise some fundraising events to raise money for St. Vincent De Paul. We support St Vincent de Paul community each year with our fundraising efforts. This year they are asking for monetary donations to support those in our community that are in need. Thank-you to the Justice community for all your efforts in organise a couple of fundraising activities for our students to enjoy and raise money for such a worthwhile cause.

Please see the advertisements in our newsletter for further information.



Wishing you all a wonderful weekend.

Yours sincerely,

Christine Carabott

Mrs Christine Carabott

Deputy Principal

ccarabott@olsunshine.catholic.edu.au

Please join us at
our Sacred Heart
Mass on Friday
7th June at
9:00am

Feast of the Sacred Heart of Jesus



Whole School Mass
Friday 7th June 2024
9.00am

Dear Families and Friends,

The Feast of the Sacred Heart reminds us of Jesus' warm, compassionate and tender love. Jesus was full of compassion for those who most needed his love - the poor, the heavy-hearted, the lost, the lonely, the weak and needy. We are called to be like Jesus and help those in need.

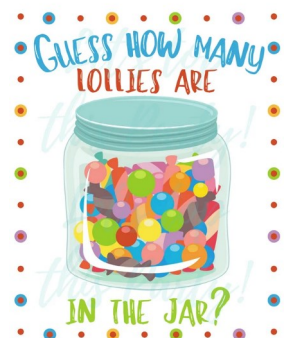
The Year 6 Social Justice Committee contacted St. Vincent De Paul and asked what types of donations were needed to help our community. This year they have asked for a monetary donation so that they can distribute vouchers to those in need.

The Social Justice Committee has organized two ways you can help.

- 1. Thursday, 6th June- Students can dress up in their favourite team colours or multicultural dress for a small donation.**
- 2. Tuesday, 4th June, Wednesday, 5th June and Thursday 6th June during First Break students can Guess the Lollies in the jar: 50c for 1 guess or \$1 for 3 guesses. Outside the Planning Room.**

We will present the donations to the representative from St. Vincent de Paul at the Mass to which you are warmly welcome. Thank you for your generosity.

Tania Cuni and the Year 6 Social Justice Committee





FI

Van - For showing the Learning Asset Self-Manager. You make good choices in your learning and see all tasks through to completion. Well done! *From Miss Seona*

Carter - For demonstrating the Gospel Value Courage when facing challenges. You are a superstar, Carter! *From Miss Seona*

FJ

Ni Tha - For showing courage and persistence when performing in our class assembly. Well done, Ni Tha! *From Miss Wendy*

Dion - For helping to get our assembly ready by controlling the music for the song. We couldn't have done it without you, Dion. Thank you! *From Miss Wendy*

1K

Katarina - for consistently displaying the Our Lady's School Gospel Value of Respect towards all your teachers and peers. *From Miss Shai*

Elena - for being a superstar at Athletics Day, we loved watching you show off your impressive skills while still being humble and cheering on your friends! *From Miss Shai*

1L

Jayden - For showing the Learning Asset of Respect this week when showing whole body listening. Well done! *From Miss Scarlett*

Euro - For showing the Our Lady's Gospel Value of Courage when writing an persuasive text for the first time! Well Done! *From Miss Scarlett*

2M

Klara - For challenging your learning during Discovery by being a Researcher. It is awesome to see you using many different ways to collect information. Keep it up! *From Ms Rochelle*

Jeremiah - For positively taking on feedback about stretching your learning, which you showed by changing your Discovery investigation into something you could share with others. Well done! *From Ms Rochelle*

2N

Isabella- For using a nonfiction text to get new information. Well done, you are a great self manager! *From Ms Robles*

Alex- For making choices beneficial to your learning such as moving away from any distractions. Keep it up! *From Ms Robles*

3E

Louis D - For being inclusive of your team members by finding ways to ensure everyone has a turn and the game is played fairly. *From Ms Steph*

Indiana L - For your amazing effort at cross-country this week! Way to get out of your comfort zone being the only Year 3 to make it and representing us! *From Ms Steph*

3F

Alyssa D- For being an excellent self-manager when completing the maths post-assessment on time by remaining focused the entire time to complete the assessment. Keep it up! *From Ms Christine & Mrs Majczak*

Scarlett M- For demonstrating the Learning Asset Thinker when making inferences about an image during reading time. Well done! *From Ms Christine & Mrs Majczak*

4G

Oliver S- For collaborating well with your peers on learning in the classroom and for showing wonderful sportsmanship

at Athletics day. *From Ms Karen & Mrs Mendoza*

Sylvee V- For using the Learning Asset Communicator by sharing your thinking with the class. Well done! *From Ms Karen & Mrs Mendoza*



4H

Simon L - for being more focused and writing a great piece on how to come first place on Athletics day. Well done Simon *From Mr Membrey*

Catherine N- For displaying Our Lady's Gospel Values of peace. Your gentle and peaceful nature shines through and helps others around you focus on their learning. *From Mr Membrey*

5C

Helena- For working well with others to complete group tasks, displaying the Learning Asset of Collaborator. *From Ms Huyen*

Charlotte- For displaying a growth mindset and positive attitude towards your learning. Well done! *From Ms Huyen*

5D

Hanna - For displaying Our Lady's Gospel Values of peace and respect. Your calming presence in 5D is greatly appreciated. *From Ms Gurry*

Jake - For consistently being a great communicator by sharing your thoughts and ideas with the class! Keep it up! *From Ms. Gurry*

6A

Annie Rose- For showing determination and courage in completing the 800 metres race on Athletics Day. *From Mr Wickham*

Sally -For living out the School Gospel Value of Respect through her polite and well mannered nature. *From Mr Wickham*

6B

Pharrell A- For demonstrating good sportsmanship, fantastic athletic skills and a great attitude on Athletics Day. Amazing effort Pharrell! *From Mrs Belinda & Ms McManus*

Sienna C - For delivering an excellent speech on how we can care for our planet with confidence, a clear voice, and amazing eye contact. Well done, Sienna! *From Mrs Belinda & Ms McManus*



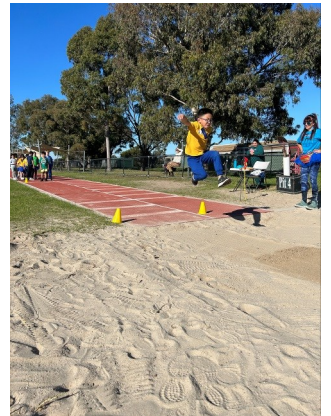
2M: Jason P

2N: Ava N

4G: David S

STAFF: Ms Lorraine







  
RUN Throw JUMP

CROSS COUNTRY NEWS



On Wednesday, 29 May, 20, students from Our Lady's represented the Sunshine district in the Maribyrnong division cross country event at Brimbank Park. Congratulations to Ben B for making it to the next level.



INSIGHTS

Teaching kids to be kind



Judgement and criticism are the stock in trade for many people in today's fast-paced world. In our playgrounds and parks, children often act cruelly – or are simply uninterested in how other people feel. Little kids, big kids, and even adults can respond reactively and unthinkingly, or sometimes intentionally, with unkindness.

Although being unkind is nothing new (it's happened from the beginning of humanity), technology is enabling cruelty in faster, easier, anonymous ways. Technology is also making it hard for our kids to develop skills to delay gratification. Exercising impulse control – self regulation – is trickier because waiting isn't needed. These things combine to make it increasingly hard to be a compassionate and kind person, someone who considers the needs of others rather than acting out of self-interest. It demands intention and commitment.

The helper's high

Our brains release “feelgood” chemicals (like oxytocin, serotonin, and endorphins) which fight stress and make us feel happy when we engage in, or even witness, acts of kindness. It's called the “helper's high” and it's our brains' way of rewarding us for doing good, making us want to repeat the behaviour to get the same good feeling again. Not only does being kind feel good, but it generally keeps us safe because it makes us more likely to be accepted by social groups. It builds social capital when we are considerate of the needs of others.

Create opportunities for kindness

Even though they are hardwired for kindness we still need to create opportunities for our kids to engage in acts of kindness. We also need them to know what it feels like to have someone treat them kindly (so they know what behaviours to copy, and why kindness is important). So how can you help them?

Model kindness

Show your children how you treat others kindly. Hold open doors for people, put trolleys back that are in the middle of the car park, drop a meal to a sick family member, donate old towels to an animal shelter, let someone in when traffic is heavy.

They don't have to be grand gestures, just small and gentle ways of considering the needs of others.

Use kind language

Consider how you speak to your child and what you say when you speak. Ask how you speak about others (and yourself). Our kids use our behaviour as templates for how they should act. So let them see your compassion shine through for those around you. Be kind as you listen. Be kind as you talk. Say kind things.

parenting*ideas

Encourage helping

Is one child great at maths and their younger sibling isn't? Invite them to teach them or guide them through their homework. Ask them to show you how to play their favourite video game. If they are great at cooking, ask them to help you prepare dinner. Having them involved in prosocial ways gives them a helper's high.

Build their emotional intelligence

Kids who struggle to regulate and manage their emotions will find it harder to treat others with compassion. An essential part of teaching kids to be kind centres on teaching them to manage challenging emotions, and giving them coping strategies to navigate their way through.

- Teach them the words for feelings. Without the right words to share how they feel it can leave kids confused, fearful and frustrated...which only serves to make their big feelings more intense. When you see them experiencing a feeling, name it for them: "I can see that made you so mad", "I wonder if you felt sad when your friend left you out".
- Help them identify when they are escalating, but don't try and reason with them when they are in the "red zone" – we cannot reason with them at this stage as they are in the emotional part of the brain (mid brain) not the part that lets them be logical (pre-frontal cortex). Discuss strategies and practice when they feel calm. Get them doing things like squeezing play dough, talking about how they feel, going for a run, switching on music that makes them feel good, drawing or writing stuff down.

When you do this, you're being kind, teaching kindness, and helping them be kind to themselves.

In closing

Encouraging kids to be kind is essential in helping them avoid seeking instant gratification, ego-centric solutions, or being cruel. When people are empathic and kind they are more likely to experience better overall wellbeing, this is in part due to the helper's high, but also because they feel fulfilled and tend to have better quality relationships. Kindness is cool!



Rachel Tomlinson

Rachel Tomlinson is a registered psychologist and the author of *Teaching Kids to be Kind* and *A Blue Kind of Day*. Rachel has presented at national conferences on mental health topics as well as guest lectured about relationships at colleges and universities. She also serves as a subject matter expert for journalists on topics such as parenting, child development, and relationships. For further details visit www.towardwellbeing.com

This is my body

This is my blood



The Most Holy Body and Blood of Christ, Year B

During Mass we share in a sacred meal called the Eucharist, which means 'to give thanks'. In the chalice, write down some things which we can be thankful for. In the bread, draw a picture of your family sharing a special meal.



Gospel Mark 14:12-16, 22-26

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, 'Where do you want us to go and make the preparations for you to eat the passover?' So he sent two of his disciples, saying to them, 'Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, "The Master says: Where is my dining room in which I can eat the passover with my disciples?" He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there.' The disciples set out and went to the city and found everything as he had told them, and prepared the Passover.

And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them. 'Take it,' he said 'this is my body.' Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God.'

After psalms had been sung they left for the Mount of Olives.

Dear Lord,

Amen.

Write a prayer of thanksgiving to God that you can say before every meal.

