



OUR LADY'S SCHOOL NEWSLETTER

17 November 2023

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

Gracious words are a honeycomb, sweet to the soul and healing to the bones.

Proverbs 16: 24

DATES FOR THE DIARY

Mon 20-Fri 24 Nov 10 Day

Swimming Program

Sun 3 Dec 1st Sunday Advent

Wed 6 Dec 6.00pm Yr 6

Graduation Mass & Disco

Fri 8 Dec Feast of the Immaculate Conception. Mass at 11.00am

Mon 11 Dec Yrs 1-6 Orientation

Fri 15 Dec End of Year Mass 9.00am, Students finish 2023 at 1.00pm

Mon 18 Dec Professional Learning Day (Pupil Free Day) Hand over day for Staff

Tues 19 Dec Professional Learning Day (Pupil Free Day)

2024

Mon 29 Jan Staff return

Tues 30 Jan Getting to Know You Day 1 for Yrs 1-6 (appointment only) Foundation Session 8.45-1.00pm

Wed 31 Jan Getting to Know You Day 2 for Yrs 1-6 (appointment only) Foundation Session 8.45-1.00pm

Thur 1 Feb Classes start at 8.35am for all

Dear Parents,

I am very pleased to report that the swimming program is going very smoothly. Thank you very much to the many parent volunteers who are helping out each day, we could not have run the program without your support. We have chosen an intensive 10 day swimming program as research shows that it is the best way to build children's confidence and skills in the water and is the best way to help promote water safety amongst the children.



On the 6th of December we will be holding our Year 6 Graduation Mass (6.00pm-7.00pm) followed by a disco in the Mariana Hall. This is such an important time in the lives of our Year 6 students and is a time where we come together as a whole school community to celebrate this wonderful milestone in the lives of our Year 6 students.



We will also would be delighted if all Year 6 parents could stay after the Mass as we will be organising snacks for you to enjoy as well as tea and coffee in the School Hall. We hope that this will give the Year 6 parents a chance to relax, chat and mingle with other parents as they wait for the disco to finish at 8:30pm.



Upcoming Masses

We have important whole School Masses coming up and would love for you to join the children in the Church. The first is our Feast Day Mass where we celebrate the Feast of the Immaculate Conception after which our school is named. The Mass will be held at Our Lady's Church on Friday the 8th of December at 11.00am. As it is our School's Feast Day the students will all receive a bag of popcorn and a frozen tube.



The end of the year Christmas Mass will be celebrated at 9.00am on Friday the 15th of December and we are hoping that as many parents as possible will join us. Please put these in your calendar.



Litany Prayer for People in Need

We are called to pray for others. We must remember people in need.

Father of us all, we come before you today and ask you to hear our prayers for people in need in our world.

For people who are sick or in hospitals, For victims of injustice, For those who live in poverty, For victims of war and violence, For people who live with hunger each day, For those who are lonely, For people who are homeless, For victims of prejudice and discrimination, we pray to the Lord. *Lord, hear our prayer.*

Hear our prayers and help us reach out a helping hand to others. We ask this in the name of Jesus, Amen



Building Update

The building is progressing on schedule. At this week's site meeting we discussed the types of bricks to be used on the building and suggested that they should be a smoother brick than the ones used on the sample wall which had a rough surface which we feel students could scrape against. The architects are looking at smoother alternatives in the same price bracket.

Next week plumbers will be coming in to put in services for the toilet areas and the concreters will be doing formwork. We discussed and reviewed drainage for the building to make sure that we have completely covered this important aspect.

BUILDING PROJECT UPDATES

Uniform Reminder

Please remind your child to wear the correct summer school uniform. Students are coming to school wearing alternatives that are not part of the school uniform and which should not be worn at school. Our school uniform is something we should wear with pride so please make sure your child is wearing clothing which is part of the specified uniform. Please let teachers know if you have a special reason as to why your child is out of uniform. Also, please let me know if you are experiencing financial hardship and need to be supported in regards to the uniform for your child.



School Fees

Thank you to all the parents that have paid their school fees. If you have not done so I ask you to please settle your accounts as soon as possible. If you are currently experiencing financial hardship please make an appointment to see me by ringing me on 93122230.

DATES FOR THE DIARY

Mon 13-Fri 24 Nov	10 Day Swimming Program
Tues 14 Nov	7.00pm PAB Meeting
Sun 3 Dec	1st Sunday Advent
Wed 6 Dec	6.00pm Yr 6 Graduation Mass & Disco
Fri 8 Dec	Feast of the Immaculate Conception Mass at 11.00am
Mon 11 Dec	Yrs 1-6 Orientation
Fri 15 Dec	Mass at 9.00am. Students finish 2023 at 1.00pm
Mon 18 Dec	Professional Learning Day (Pupil Free Day) Hand over day for Staff
Tues 19 Dec	Professional Learning Day (Pupil Free Day)



2024

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Thur 1 Feb	Classes start at 8.35am for all

Yours sincerely,

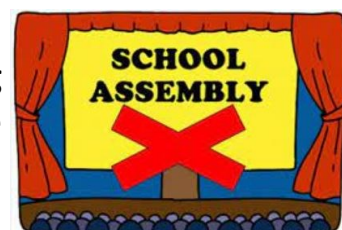
Patrizia Bertani

Ms Patrizia Bertani
Principal

principal@olsunshine.catholic.edu.au

NO ASSEMBLY TODAY

Due to our Swimming Program there will NOT be an Assembly this afternoon



PREPARATIONS FOR 2024

As we are beginning our preparations for 2024 we ask that parents let us know as soon as possible if their child/ren are not returning to Our Lady's next year. We have had many inquiries about places for 2024 and we need to let these parents know if there are places for their children.

If your child is not returning in 2024 (NOT OUR CURRENT YR 6 STUDENTS) please complete the form below and return it to the office. It is vital that you return this form as soon as possible.

Children NOT returning to Our Lady's School in 2024

Family Name: _____

Child/children's names:

- | | |
|----------|-------------------|
| 1. _____ | 2023 Grade: _____ |
| 2. _____ | 2023 Grade: _____ |
| 3. _____ | 2023 Grade: _____ |

Name of our new school: _____

And if moving addresses:

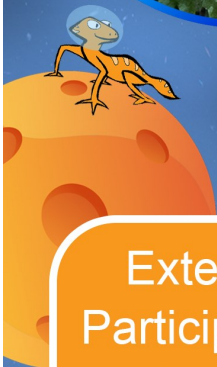
Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible



JOIN US FOR THE REST OF TERM 4 FOR OUT OF THIS WORLD FUN



Extend is offering a galaxy-load of fun for the rest of Term 4! Participate in sustainability, outdoor activities, group games, arts and crafts, and countless other opportunities to create, play and bond! All housed in a warm and vibrant atmosphere.

Finish off your school term with Extend today!

Go to [extend.com.au](https://www.extend.com.au) and join our super service!

INSIGHTS

Managing the mother load



“The mental load means always having to remember.”

Emma, a French cartoonist summed up the mental load that most mothers carry in her 2017 viral comic, ‘You should’ve asked’. In the opening scene a very hassled mother was preparing for a dinner party, while feeding her two young children, dealing with a noisy dog and answering the phone, all while she was hosting a colleague for dinner. As the dinner boils over the stove and onto the floor she looked at her partner imploringly. He unwittingly answered, *“But you should’ve asked! I would have helped.”*

This scene artfully exemplifies the many invisible layers of responsibility that mothers carry including arranging most household tasks, managing the family home and being on top of the fine detail in every family member’s life.

This is not the case in all families, but current research reveals that the great majority of women bear the load when it comes to housework (mums do twice as much as dads), caring for children (again, mums doing twice as much as dads) and carrying the mental load for their family.

There’s only so much we can manage. For those of us who are anxious, there will be times our plates will fill, and overflow. While there’s no single way to ease the mental load that mothers carry the following ideas will help to make life more manageable:

Stop making life easy for others

Anecdotal evidence suggests that many mums will overdo preparation rather than expect others to step up and help. I have been known in the past to cook and freeze up to a week’s worth of meals prior to travelling for work. Not any more though. Magically, my husband and two school-aged children have become very capable in the kitchen as I’ve stepped back.

Delegate and let go

Delegate some household jobs to your children. Leah Ruppanner, professor of sociology at Melbourne University says, “Unless death is impending from poor domestic decisions, step back, support and allow others to learn from their mistakes.” Letting go of jobs and allowing kids to do things in their own way is hard for perfectionist personality types, but it’s essential if you are going to last the parenting journey. Surprisingly, both guilt and perfectionism ensure that many mums keep their children dependent upon them.

Diarise and check

One way to ease the mental load is to lessen the number of mental notes and details that you carry around. Set up recurring electronic calendar entries for routine tasks and check regularly. This way you have less to remember and a place to find what you need, which is more efficient and mum-friendly way of being organised.

Lower the bar

Many mothers confess that they constantly feel guilt. if they don't put their children first. That's a heavy burden to carry. If anxiety is a constant companion, it's essential to lower the bar on your self-expectations. Unfulfilled expectations are proven stressors for mothers so take away tasks, rather than add to your mother load.

In closing

There's little doubt that many mothers carry an overwhelming mental load that adds to their anxiety and stress. I'm not suggesting that you abandon your job entirely but rather to look for ways to make the mental load you carry a little lighter. In doing so, life will become easier to manage. As with all behavioural change its easiest to start small. But whatever you do, if you're straining under the mother load make a start at releasing and sharing the load.

Parents can learn more about minimising anxiety as a mum in Dr. Jodi Richardson's book *Anxious Mums: How mums can turn their anxiety into strength* published by Penguin Random House.



Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit www.drjodirichardson.com.au



Come and share in my happiness

33rd Sunday in Ordinary Time, Year A



Jesus tells us that God rewards those who use their gifts wisely. Inside each bag write down a gift God has given you.



COMPLETE THE TEXT MAZE

"Come and share in my happiness!"

START

C	O	M	N	R	Y	I	L	E	J
N	M	S	D	S	H	N	D	O	M
L	E	A	N	L	A	K	X	T	I
V	X	R	I	E	R	S	I	N	E
T	I	D	N	J	A	P	P	L	S
M	E	O	M	Y	H	R	E	K	S

FINISH

Gospel

Mt 25:14-15, 19-21

Jesus spoke this parable to his disciples: 'The kingdom of heaven is like a man on his way abroad who summoned his servants and entrusted his property to them. To one he gave five talents, to another two, to a third one; each in proportion to his ability. Then he set out. Now a long time after, the master of those servants came back and went through his accounts with them. The man who had received the five talents came forward bringing five more. "Sir", he said "you entrusted me with five talents; here are five more that I have made." His master said to him, "Well done, good and faithful servant; you have shown you can be faithful in small things, I will trust you with greater; come and join in your master's happiness."