



OUR LADY'S SCHOOL NEWSLETTER 18 November 2022 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
Burmese: Every 2nd Sunday 2.30pm
Chin: Every 1st, 3rd, 4th, 5th Sunday 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

But test everything; hold fast what is good. 1 Thessalonians 5:21

DATES FOR THE DIARY

Mon 14 - Fri 25 Nov

Swimming Program

Fri 25 Nov

P&F 80s Disco Night 7.30pm

Sunshine YCW Cricket Club

Tues 29 Nov

Year 7 2023 CCCC Transition

9.00-1.00

Thurs 1 Dec

2023 Foundation Transition 2.00

-3.00pm

Thurs 8 Dec

Feast of the Immaculate Conception of Mary

2023 Foundation Transition 2.00

-3.00pm

3.00pm Second Hand Uniform Sale

Fri 9 Dec

Reports published on nForma Portal

Tues 13 Dec

Dinner in the Yard with DJ, Art

Show 6.00 - 8.00pm

Parent Teacher Interviews by request

Wed 14 Dec

Year 6 Graduation: Mass

6.00pm. Disco 7.15-8.15pm

Fri 16 Dec

11.30am End of Year Mass

2.30pm End of Year Assembly

3.15pm End of 2022 for students

Mon 19-Tues 20 Dec

Closure Days - Handover Days for Staff.

NO ASSEMBLY

Friday 18 &

Friday 25 November
due to Swimming

Dear Parents,

The swimming program has gotten off to a great start. The students are enjoying the opportunity to practice and improve their swimming and water safety skills. A big thank you to all the parent volunteers who are helping, we could not run this important program without your support.

I would like to thank all those parents who have settled their accounts for 2022. If you have not done so, could you please ensure that all accounts are paid as soon as possible. Please see me if you have any concerns about settling your account.

Even though it is nearing the end of the school year it is important that students attend school on time each day unless there is a genuine reason such as sickness or bereavement. School attendance is directly related to school achievement, so I ask all parents to make sure that your child/children come to school each day. I have included a paragraph out of a research paper emphasising the importance of attending school everyday below.

"Every day counts and there is no 'safe' threshold for absences" – Hancock et al., 2013
"There are many factors that influence student achievement, including teacher quality and student engagement. Attendance is also an important contributor to a student's academic achievement – all school days matter. The correlation between absence and achievement is consistently negative and declines in achievement are evident with any level of absence. Although authorised absences and smaller amounts of absence were associated with only small declines in achievement, all absences count, and the impact of absence increases with the number of absences." (Hancock et al., 2013).

Parish Feast Day Celebration - Saturday 10 December

***6.00pm - Parish Mass** with participation from multicultural groups

Followed by a shared **Dinner and BBQ** in school grounds.

This will be an opportunity for fellowship with parishioners from the diverse cultural groups that make up Our Lady's parish.

**This will replace the 5.30pm Vigil Mass and the 7.00pm Vietnamese Vigil Mass for this day only.*

Attendance Matters



Every Day Counts....

Prayer for the Feast of Christ the King

This is the last Sunday of Ordinary Time.

We celebrate that Christ is the king of all nations.

Jesus, as we prepare to celebrate the feast of Christ the King we ask you to help us live as people of your kingdom.

May we work together for the good of people of all nations and all races and all faiths.

May we follow your way always and give praise and honor to your holy name.

Amen



LEARN TO SWIM



Hidden Benefits of Swimming

Swimming Improves Social Well Being

Swimming Teaches Goal Orientation

Kids Who Swim Become Active Adults

Swimming Improves Fitness

Swimming Teaches Team-Building Skills

Swimming Burns More Calories than Jogging

Swimming is Good for Asthma



FI: Joseph L
1L: Francis T
2M: Oliver S
2N: Lincoln H
3E: Hiyab A, Anthony B
3F: Thien N
4G: Will P
4H: Henry A, James N
5C: Natania P
Staff: Ms Gina

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani
Principal

principal@olsunshine.catholic.edu.au



Second Hand Uniform Donations & Sale

USED UNIFORM



The Parents and Friends are looking for any donations of second hand uniform for their upcoming Sale on 8 December.

You can bring any outgrown or unwanted uniform donations to the Office. Please make sure all the items are clean with no rips, faded logos or stains.

The Second Hand Uniform Sale will be held on Thursday 8 December from 3.00pm.

OUR LADY'S PRIMARY SCHOOL
CHRISTMAS
TOY DRIVE
NOV 21ST - DEC 9TH
NEW TOYS ONLY!

ALL DONATIONS TO BE DROPPED OFF TO THE CLASSROOMS

- FJ- BOARDGAMES / PUZZLES
- FI- BOOKS / BOOKSETS
- IL- TEXTA'S / CRAYONS / PENCILS
- IK- BARBIE / KEN DOLLS
- 2M- HOTWHEELS / MATCHBOX CARS
- 2N- SKIPPING ROPES / GRIP BALLS / VORTEX
- 3E- PLAYDOUGH
- 3F- DOLLS / TEDDY BEARS
- 4G- CRAFT KITS
- 4H- ACTION HEROES
- 5C- BALLS
- 5D- PURSE / WALLETS / HATS
- 6B- TOILET BAG / TOILETRIES
- 6A- LUNCH BAG / DRINK BOTTLES

**ALL DONATIONS
WILL BE DISTRIBUTED
THROUGH
JOSEPH'S CORNER
&
ST VINCENTS DE PAUL**

Tickets available on QKR now!

OUR LADY'S PARENTS & FRIENDS FUNDRAISING EVENT



THE ADULTS ONLY

80's *Party*



FEATURING DJ CON

FRIDAY 25.11.22

7:30 TIL LATE

SUNSHINE YCW CRICKET CLUB

LILY ST BRAYBROOK

DRINKS AT BAR PRICES



BRING CASH TO PURCHASE A SONG, PLAY WINE
PULL, JOIN IN THE COIN TOSS OR TO BUY A TICKET
IN THE RAFFLE.

\$10 ENTRY FEE



PREPARATIONS FOR 2023

As we are beginning our preparations for 2023 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 2023 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and several of the other year levels are full, with enrolment enquiries coming in.

If your child is not returning in 2023 (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. *Thank you.*

Children NOT returning to Our Lady's School in 2023

Family Name: _____

Child/children's names

1. _____ 2022 Grade: _____

2. _____ 2022 Grade: _____

3. _____ 2022 Grade: _____

Name of our new school: _____

And / Or

Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible

INSIGHTS

Helping kids tolerate discomfort



Few right-minded people want children or young people to experience hardships or difficulty. However growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.

Exercising their discomfort muscles

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team; getting lower than expected marks for an assignment; or going into new, unfamiliar situation such as school camp. These are the sorts of every day situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

Opportunities to practise tolerating discomfort

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

It's not toughing it out

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.



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.



Our Lord Jesus Christ, King of the Universe – Year C

Throughout our history there have been kings who were selfish, arrogant and cruel towards their people, while other kings have been kind and wise leaders who have protected their people. What kind of a king is Jesus Christ and how does he treat his people?



Place a cross **+** next to the words that best describe Christ the King

POWERFUL

UNJUST

SELFISH

COMPASSIONATE

MERCIFUL

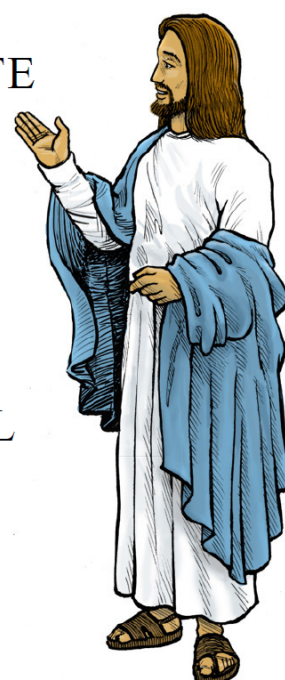
GREEDY

LOVING

DISRESPECTFUL

PROTECTING

FORGIVING



Gospel

Luke 23:35-43

The people stayed there before the cross watching Jesus. As for the leaders, they jeered at him. 'He saved others,' they said, 'let him save himself if he is the Christ of God, the Chosen One.' The soldiers mocked him too, and when they approached to offer him vinegar they said, 'If you are the king of the Jews, save yourself.' Above him there was an inscription: 'This is the King of the Jews.'

One of the criminals hanging there abused him. 'Are you not the Christ?' he said. 'Save yourself and us as well.' But the other spoke up and rebuked him. 'Have you no fear of God at all?' he said. 'You got the same sentence as he did, but in our case we deserved it: we are paying for what we did. But this man has done nothing wrong. Jesus,' he said, 'remember me when you come into your kingdom.' 'Indeed, I promise you,' he replied, 'today you will be with me in paradise.'