



OUR LADY'S SCHOOL NEWSLETTER 19 November 2021 www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley
Principal: Ms. Patrizia Bertani
Parish Mass Times:
English: Saturday 5.30pm, Sunday 9:00am, 10:45am & 5:30pm
Vietnamese: Saturday 7.30pm, Sunday 12.30pm
Chin: Sunday 2.30pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au

Our Lady's is a Child Safe School

'And this will be a sign for you: you will find a baby wrapped in swaddling clothes and lying in a manger' Luke 2:12

DATES FOR THE DIARY

Every Friday Assembly is online

Friday 19 November

Yr 6A Confirmation 5.30pm

Monday 6 December

Dinner in the Yard 6.00-8.00pm
TBC

Wednesday 8 December

Feast of the Immaculate Conception of the Blessed Virgin Mary

Thursday 9 December

Grade 6 Graduation (Time TBC)

Friday 10 December

Whole School Excursion - Steam Rail Trip

Wednesday 15 December

Students finish for 2021 at 3.00pm

2022

Monday 31 January

Getting to Know You Years 1-6
Foundation 8.45am-1.00pm

Tuesday 1 February

Getting to Know You Years 1-6
Foundation 8.45am-1.00pm

Wednesday 2 February

Classes start for Years 1-6
No School for Foundation on Wednesdays in February

Dear Parents,

As per this year we will begin 2022 with individual students and their parents meeting with their new teacher. This is a great way for you and your child to get to know the teacher and ask any questions that you may have as well as share information about your child. You and your child will have an appointment to meet with the teacher on either Monday the 31st of January or Tuesday the 1st of February 2022 if your child is in Years 1 to 6. Normal school times will begin from Wednesday the 2nd of February for all students in Years 1 to 6. We will be sending a letter home for you to pick your appointment times.

The new Foundation students for 2022 will come to school on Monday the 31st of January and Tuesday the 1st of February from 8:45am to 1:00pm. The Foundation students do not come to school on Wednesday the 2nd of February. If you have a child starting Foundation next year you will receive a calendar detailing all the times for you to refer to.

We will be publishing Confirmation photos of the Year 6 students in next week's newsletter as the students in 6A are still to receive the Sacrament of Confirmation. The Year 6 students participated in a Confirmation Prayer and Reflection Day yesterday. They also had a very special lunch to enjoy which was provided by the school.



Confirmation Candidates 2021 Please pray for us



Confirmation Prayer

In Confirmation we receive the gifts of the Holy Spirit. We are strengthened for our faith journey.

Dear God, we come before you with our prayer. Soon we will be confirmed in our faith in you, Father, Son and Holy Spirit.

Through the gifts of the Holy Spirit, help us to walk your way of love and serve others in your name.

May we live always as people of prayer who make good choices in our lives.

As we prepare for the sacrament of confirmation, we ask your blessing on all of us.

Lord, we ask you to hear our prayers and petitions and those prayers we hold in our hearts. Amen



SCHOOL FEES

You will have all received your final statement for the year. Thank you to all those families who have paid their fees. A reminder that if you haven't as yet paid your school fees they are payable to the Office by EFT or by Direct Payment to the school bank account or cash in the correct amount. If you are leaving the school this year it is important that you settle all outstanding school fees now. Your cooperation will be greatly appreciated.

COVID SAFE UPDATE

I am awaiting the Schools Operations Guidelines update after the Victorian Premier's announcement. We will then review our current COVID safe plan and then inform you of any changes. Meanwhile we will continue with the staggered lunch and pick up times.

Term 4, WEEK 3 ⇨ Drop off and pick up gate arrangements

| A-F ☺ Morning Drop Off (Victoria Street) | |
|---|---|
| 8:20 → 8:45 | A→F Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen) |
| A-F ☺ Afternoon Pick Up (Victoria Street) | |
| 3:05 → 3:14 | Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen) |
| Wednesday only 2:50 → 2:59 | |

| G-L ☺ Morning Drop Off (Station Place) | |
|---|--|
| 8:20 → 8:45 | Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes) |
| G-L ☺ Afternoon Pick Up (Station Place) | |
| 3:05 → 3:14 | Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes) |
| Wednesday only 2:50 → 2:59 | |

| M-R ☺ Morning Drop Off (Victoria Street) | |
|---|---|
| 8:20 → 8:45 | Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen) |
| M-R ☺ Afternoon Pick Up (Victoria Street) | |
| 3:15 → 3:25 | Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen) |
| Wednesday only 3:00 → 3:10 | |

| S-Z ☺ Morning Drop Off (Station Place) | |
|---|--|
| 8:20 → 8:45 | Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes) |
| S-Z ☺ Afternoon Pick Up (Station Place) | |
| 3:15 → 3:25 | Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes) |
| Wednesday only 3:00 → 3:10 | |

To make pick ups easier, the eldest child must collect their brothers/sisters so they can leave together.

ONLINE CYBER SAFETY PRESENTATION

Dear Our Lady's Families,

You are invited to watch the replay of "Raising Your Child in a Digital World" which was presented by Dr Kristy Goodwin to our school community on Thursday 28th October.

You can watch it by clicking on the link below. There are further resources that will complement the presentation on the same page.

The link is:

<https://programs.drkristygoodwin.com/raising-your-child-in-a-digital-world-our-lady-of-the-immaculate-conception-sunshine/>

Kind regards,

John Buttigieg

Design & Digital Technologies Leader



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani



FI

Samuel - For using great expression while reading. You are making a big effort to notice all the punctuation as you read. Well done! *From Ms. Cam Tu*

Vabiettha - For leading our class in prayer so beautifully. Thank you for your lovely prayer. *From Ms. Cam Tu*

FJ

Bawi - For being an amazing Thinker and sharing his ideas with the class. Thank you for helping us all to understand your thinking about underwater creatures. *From Miss Wendy*

Thelma - For making wonderful improvements with your reading. You are checking each word carefully and making sure you read them correctly. That's what good readers do! *From Miss Wendy*

1K

Brian L - For writing an excellent story and including an exclamation mark in your story too! Well done. *From Miss O'Connell*

Ella N - For always showing respect towards your peers and teachers. You always listen to others while they are speaking. Keep it up! *From Miss O'Connell*

1L

Garang M - For showing amazing addition skills when racing to one meter! Awesome job bridging the numbers to add from 0 to 100! *From Miss Steph*

Ava H - For showing your skills as a writer and writing a phenomenal story that kept your classmates on the edge of our seats. We want part 2!! *From Miss Steph*

2M

Grace R - For always displaying the Our Lady's Gospel Value of 'Respect' when speaking to peers and teachers in a kind manner. Well done! *From Ms Frost*

Matthew M - For always persisting through tricky tasks, and giving all tasks a go no matter the difficulty. Well done! *From Ms Frost*

2N

Mason M - For always trying your best with your learning and having a positive growth mindset. Keep it up Mason! *From Ms Howe*

Ngun P - For being a Collaborator when interacting with your peers. You are friendly and welcoming to everyone in our class. Well done Ngun! *From Ms Howe*

3E

James N - For writing an excellent information report and adding extra information. Well done! *From Miss Karen*

Kieren L - For writing a wonderful descriptive piece of writing about a character. Excellent thinking and great use of adjectives! *From Miss Karen*

3F

Abbey - For using the Learning Asset of Collaborator during group work. You always listen to and respect others opinions and ideas. Amazing work, Abbey! *From Mr Josh*

Leonardo - For writing an excellent information report about leopards and Remembrance Day. Your writing has improved so much this year and you should be very proud. Keep up the great work, Leo! *From Mr Josh*

4G

All students in 4G - for being so innovative and creative during our Shared Inquiry and STEAM projects this term. Eve-

ryone’s digital technology skills have been stretched, and all of you have been working tirelessly to create engaging and beautiful life cycle displays. I can’t wait to share these with other classes at the end of the term. WELL DONE! *From Ms Wood*

4H

Willow- For being an active member of our classroom community by taking initiative to share ideas during class discussions. *From Ms. Robles*

Sam- For making good choices that are beneficial to your learning. Keep it up! *From Ms. Robles*

5C

Max- for being such an excellent classmate to other students in 5C. You have such a great attitude towards your learning and you're always prepared to help someone in need. A great personal quality to have, Max *From Ms. Kaan*

Carry- for your amazing collaboration skills. Your ability to follow instructions, then explain them accurately and clearly to your peers when they were stuck in their learning blew me away. Well done! *From Ms. Kaan*

5D

Dom - for your ability to participate effectively during class and helping others with their understanding of a particular topic. You have shown great leadership qualities. Well done! *From Ms Shai*

Chanel - for being a great self-manager and a helpful member of our classroom who is always looking for ways to assist others. Thank you! *From Ms Shai*

6A

Elaine N: For your consistent displays of respect shown to your fellow students and teachers. Your courteous manner is a wonderful example to all. *From Mr Wickham*

Dimitri Z For your wonderful display of thinking in Mathematics linking the distance of the diameter to the circumference of a circle . *From Mr Wickham*

6B

Ryan N - For making a positive return to face-to-face learning. You are being an excellent self-manager and listening to advice to improve your learning! Well done! *From Ms. Gurry*

Nha Dan T - For consistently displaying the learning assets of self-manager and collaborator! You try your best at all times and always work well with your peers! Well done! *From Ms. Gurry*



| | |
|-------------|--------------|
| Luka K 6B | Natania P 4G |
| Will P 3F | James N 3E |
| Oliver S 1K | Anthony B 2N |
| Henry A 3F | Lincoln H 1L |
| Thien N 2M | |
| Miss Gina | |
| Hiyab A 2M | |



ON SITE COLLEGE TOURS ARE BACK

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or phone the school office on 9363 1711

**LIMITED PLACES
AVAILABLE FOR
YEAR 7 2023**

EXTEND OUTSIDE SCHOOL HOURS CARE.



BOOK 14 DAYS IN ADVANCE TO SAVE MONEY!

Did you know that if you book 14 days or more in advance, you can save money? With plenty of time still left this term, now is a great time for families to book early and secure the early bird rate.

ENROLMENT IS EASY AND FREE

We understand plans can change right at the last minute and that's okay. Whether you book in advance or at the last minute, Extend is here to help! We recommend that all families enrol. Enrolling is free, easy and ensures we have the right information to safely care for your child and... did we mention it's free?

For more information about Extend's programs visit our Before & After School Care page at extend.com.au.



Enquiries 1300 366 437

Book online today

extend.com.au



The graphic features a central yellow circle with the text "BIG Summer Read" in bold red letters. Radiating from this circle are eight colorful lines, each ending in a different summer-themed illustration: a child in a red hat swimming, a pink beach umbrella, a purple tote bag, a smartphone with a book cover, a red book, a blue book, a beach ball, and a pink beach umbrella. The background is a light blue sky with white clouds.

THE BIG SUMMER READ LAUNCH PARTY

WEDNESDAY 1 DECEMBER, 4-5PM @ SUNSHINE LIBRARY

Celebrate the launch of this fun program to keep you reading over the holidays, with roving entertainment, badge making and craft, and plenty of opportunities to sign up for the BIG Summer Read.

Libraries
Change Lives

Public Libraries
Victoria

Borrow Box
Your library in one app

beanstack

| Library | Address | Phone |
|-----------|---------------------------------|-------------|
| Deer Park | 4 Neale Road, Deer Park | T 9249 4660 |
| Keilor | 704B Old Calder Highway, Keilor | T 9249 4670 |
| St Albans | 71A Alfrieda Street, St Albans | T 9249 4650 |
| Sunshine | 301 Hampshire Road, Sunshine | T 9249 4640 |
| Sydenham | 1 Station Street, Taylors Lakes | T 9249 4680 |

#BrimbankLibraries

Libraries
Change Lives



Brimbank Libraries are launching our BIG Summer Read program on the 1st December! This program is aimed at keeping kids reading all summer long! Kids can register at their nearest Brimbank Library, or online to participate. Kids earn little prizes along the way, and we have 2 grand prizes of a **Samsung tablets** up for grabs, as well as some book vouchers!

We are having 2 launch events at Sunshine Library, and at St. Albans Community Centre, times and dates as follows:

Sunshine Library: Wednesday 1st December: 4-5pm

St. Albans Community Centre: Wednesday 1st December: 4-5pm

There will be fun entertainment, craft and live performances, and kids can sign up for the BIG Summer read at both events. These are drop in events and no bookings required!

For more information, and to pre-register for the BIG Summer Read please visit the website:

<https://www.brimbanklibraries.vic.gov.au/index.php/what-s-on/latest-news/606-the-big-summer-read>

Brimbank Libraries

Imagine, Explore, Discover, Connect



Brimbank Libraries CHRISTMAS FUN

13 - 17 DECEMBER

Join us for festive stories, songs, craft fun and an
online talk with beloved Australian author
Jackie French.

Places are limited so scan the QR code to visit our
website and book today.



Deer Park
Keilor
St Albans
Sunshine
Sydenham

4 Neale Road, Deer Park
704B Old Calder Highway, Keilor
71A Alfrieda Street, St Albans
301 Hampshire Road, Sunshine
1 Station Street, Taylors Lakes

T 9249 4660
T 9249 4670
T 9249 4650
T 9249 4640
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#BrimbankLibraries

Libraries
Change Lives





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Join us at our
NOVEMBER OPEN DAY!



AUSTRALIAN SCHOOL OF PERFORMING ARTS

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An experience that goes far beyond the stage!

We believe in growing girls through the hidden elements of our curriculum; your daughter will develop confidence, public speaking and presentation skills, resilience and friendships that will last a lifetime.

Our senior performers have entertained everyone from Queen Elizabeth II to Oprah, and have shared the stage with a long list of artists including Hugh Jackman and Pharrell Williams. This summer, you can watch our girls sing throughout the Ashes Series for Qantas.

Now accepting 2022 enrolments for our rehearsal venues in Adelaide, Brisbane, Canberra, Melbourne, Perth and Sydney.



Join us at our free OPEN DAY in November
Register now at ausgirlschoir.com.au/joinagc or phone 1800 338 142



AUSTRALIAN SCHOOL OF PERFORMING ARTS



insights



Understanding your child's anxious behaviour using the ABC method

by Dr Jodi Richardson

When our children are suffering they turn to us for help. Never is this more true than when they're experiencing anxiety. The experience of it is awful and they want it stopped. Now. That's all we want too: to put an end to their fear, dread and worry. To help them feel calm, happy and playful again. But the contagious nature of anxiety means that while, as parents, we're helping our children in the midst of their turmoil, we can also struggle with anxiety of our own. All those stories begin to swirl around in our minds leaving us worrying about what it all means for our child's future happiness.

The more you understand about the events that trigger anxiety in your child and the way he or she behaves when feeling anxious, the better equipped you'll be to respond in a truly helpful way.

The fight, flight, freeze or freak out response

It's important to remember that all of our kids will experience anxiety at some time or another. It's a natural and protective reaction to the anticipation of danger or discomfort, a deeply ingrained instinctive response that gears people up, big and small, to **fight** for their life, or run for it (**flight**). As well as the 'fight or flight' response, it's also been called the 'fight, flight, freeze or freak out' response. No argument there!

In the majority of cases where kids experience anxiety (which may even be trepidation or nervousness) – such as when faced with a maths test or a presentation in front of the class – when the 'danger' passes the anxiety passes too.

However there are kids who experience debilitating anxiety on a more regular basis: anxiety that interferes with their ability to function, participate in life and enjoy being a kid. In these cases it's important to develop a deeper understanding of the events that happen before and after the anxiety is displayed. The ABC anxiety technique is an invaluable tool used by psychologists when looking at behaviour patterns.

You can use it too.

The ABC technique

Anxiety can be thought of as a sequence of events, beginning with a triggering event that is called the **Activator**. The Activator is present before your child becomes anxious and fearful. It isn't always one thing but can be a set of circumstances or factors like tiredness and hunger. Children won't always be aware of what's triggered their anxiety but as you begin to note down the ABC's, you'll establish some patterns that will help you both.

The activator triggers your child's anxious Behaviour. Now's about the time you might form a picture in your mind of what you witness when your little one is anxious. You'll see a whole bunch of behaviours including avoidance, anger, fear and distress, but what you won't necessarily see are the 'private' behaviours of your child such as their thoughts and feelings. Understanding these is really insightful.

Lastly, your little one's anxiety will naturally bring about a reaction from others. This can be from you, other family members, your child's friends and/or their teacher, depending on where they are. These reactions are the last part of your new tool, termed Consequences. Understanding what happens in response to your child's anxiety is important, again, for understanding patterns that have built up over time.

Start by creating a table (anyway you like) similar to the one below but include more rows in yours.

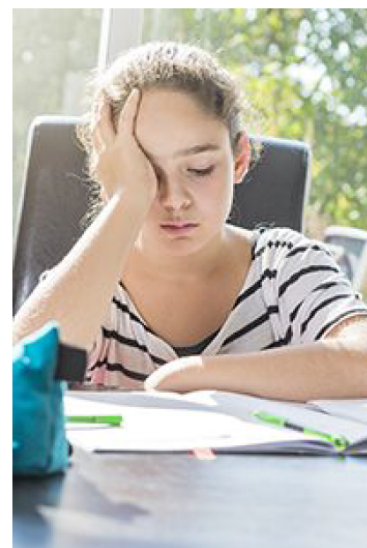
Find a quiet few minutes and begin by thinking about what happens when your child becomes anxious. Describe anxious behaviours in detail in the middle column. These could be the things you witness such as crying, pacing, avoidance, clinging, etc. plus any thoughts or feelings your child has shared with you.

Let's say for example that thunderstorms trigger anxiety in your child. Their behaviour might include fear, crying, an upset tummy and hiding away from the noise. Find a quiet few minutes and begin by thinking about what happens when your child becomes anxious. Describe anxious behaviours in detail in the middle column. These could be the things you witness such as crying, pacing, avoidance, clinging, etc. plus any thoughts or feelings your child has shared with you.

At first glance the activator might seem obvious: thunder and lightning in this example. But perhaps the anxiety is triggered earlier than that. Could it begin with overhearing the storm forecast on the news or the heavy rain preceding the storm? Finally, the Consequences column is to note what happens immediately after the anxious behaviour. What happens, and how everyone feels.

Go through this same process with the other anxious behaviours you listed. There are some examples on the following page.

The ABC exercise enables you to contemplate your child's anxious behaviours and the circumstances around them including, importantly, when you're not actually in the thick of it. My guess is that you're already pretty clear about the behaviours, but after doing this exercise you'll be armed with details of the triggers (Activators) and outcomes (Consequences) as well. Combined, this understanding will give you insights into how anxiety unfolds for your child, an opportunity to reflect on your own responses to anxious behaviour, and where there might be opportunities for helpful change.



If at any time you're at all concerned about your little one, please consult with your GP to seek advice and reassurance.

Example ABC table and anxious behaviours

| Activators | Behaviours | Consequences |
|---------------------------------|---|---|
| Thunderstorm forecast | Upset tummy, cries and hides in bedroom, won't get ready for school | Repeated reassurance, gently encouraging to get uniform on and have breakfast. Only makes things worse. Late for school, again. Feeling frustrated. |
| Teacher announces upcoming test | Irritable, keeps repeating "I'm going to fail", headache | Suggested making a plan to prepare for test, rejected. Consoling with arm around her telling her it's going to be okay. Both feeling really upset. |



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au

Jesus is our good king



Our Lord Jesus Christ, King of the Universe, Year B

A good king is a strong leader, who is wise.
A good king feeds his people and cares for them.
A good king leads his people and protects them.
Draw in the clouds examples of things Jesus did that showed he was a good king.



Gospel

Jn 18:33b-37

'Are you the king of the Jews?' Pilate asked. Jesus replied, 'Do you ask this of your own accord, or have others spoken to you about me?' Pilate answered, 'Am I a Jew? It is your own people and the chief priests who have handed you over to me: what have you done?' Jesus replied, 'Mine is not a kingdom of this world; if my kingdom were of this world, my men would have fought to prevent my being surrendered to the Jews. But my kingdom is not of this kind.' 'So you are a king then?' said Pilate. 'It is you who say it' answered Jesus. 'Yes, I am a king. I was born for this, I came into the world for this: to bear witness to the truth; and all who are on the side of truth listen to my voice.'

TRUE OR FALSE

Which of the following questions are true?
Place a tick for true or a cross for false



- ☐ Jesus wore a crown of gold
- ☐ Jesus' kingdom is forever
- ☐ Jesus cured the sick
- ☐ Jesus was mean to his enemies
- ☐ Jesus had a fortune in gold
- ☐ Jesus loved everyone
- ☐ Jesus died for our sins