



OUR LADY'S SCHOOL NEWSLETTER

20 November 2020

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
Our Lady's is a Child Safe School

'In the beginning God created the Heavens and the Earth' Genesis 1:1

Dear Parents,

Last Friday the Year 6 students participated in an onsite camp experience and on Monday of this week the Year 3 students participated in their own camp experience. The students experienced fun and collaborative activities, watched a movie and ate popcorn and enjoyed a shared lunch. Judging by the student responses a great day was had by both Year levels. Thank you to the Year 6 teachers Ms Tosh Kaan and Ms Michelle Gurry and the Year 3 teachers Ms Anna-Maria Murphy and Ms Lianne O'Connell for organising the school based camps.

This is the time of the year where schools are organising classes and teachers for 2021. Our aim when engaging in the process of organising classes for the next year is to create balanced classes with a mixture of personalities and learning needs, provide all students with at least one friend that they have indicated they would like and use all our knowledge to set each child up for success so that their learning can grow and develop to an optimal level. Thank you to all classroom teachers and specialist staff for their work in this space and thank you to Mrs Christine Carabott for leading this process.

I would like to update you further about our staff. Many of you know Mrs Claire Koeford who began at our school as a Reading Recovery teacher. Over the last few years Claire has worked as a Literacy Intervention Leader in the Junior school with the Foundation, Year 1 and 2 classes. We thank Claire for her dedication to improving students learning achievements in both Reading and Writing and for sharing her expertise in this area with the Junior classroom teachers. She will be greatly missed by both the students and the staff. We wish her all the very best as she and her family move to the Northern Territory where Claire will take up a new role as Education Officer Early Years Literacy in the Catholic Education Office NT, based in Darwin.



Leonardo Delayola or Leo as he is known to staff and students has been working as a Learning Support Officer with a focus on the Year 6 classes. Leo has worked hard to support individual students in both Year 6A and 6B to improve their learning achievements in Literacy. He has made a positive impact on the students he has worked with and was responsible for running PE sessions at school during Remote Online learning for the children of essential workers. We thank Leo for his positive contribution to Our Lady's school and wish him all the very best of luck for all his future endeavours.

You're
Leaving!
Goodbye and
good luck..
..we'll miss you!

Blessing Prayer For Us



*We must pray to be open to the needs of others. We pray to our God.
Jesus, Lord and Redeemer, we ask your blessing on us that we may live in you.*

Bless our eyes to see the needs of people around us.

Bless our ears to really listen to what people have to say.

Bless our mouths to proclaim your word to all people.

Bless our hands to do your work in the world.

Bless our hearts to live in love each day.

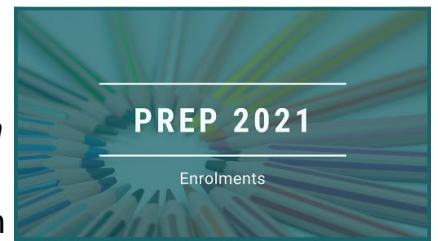
Hear our prayer and bless our lives that we may be faithful to your will. Amen

At Our Lady of the Immaculate Conception Parish Primary School we promote the safety, well being and inclusion of all children.

2021

Just a reminder to families that if they have picked up an enrolment form and NOT RETURNED IT, please return it to school with all the documentation as soon as possible.

Also any new families that have NOT picked up an enrolment form for Foundation 2021, please come into the Office to pick up a pack.



Also if any families (not grade 6 students) are NOT returning to Our Lady's in 2021, please return the pink form or let the Office know as soon as possible.



UPCOMING EVENTS

Monday 23 November	Year 3 Celebrating Our Forgiving Father Liturgy
Friday 4 December	Reports published today
Tuesday 8 December	Feast of the Immaculate Conception Liturgy at 11.30am
Thursday 10 December	Year 6 Graduation Celebration
Wednesday 16 December	Students finish for 2020 at 3.00pm



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. We are not accepting cash payments. 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.

CHICKEN POX ALERT

We have been advised of a case of chicken pox at our school. I thank the parents for alerting the school. Chicken pox is an infectious disease and I wish to remind you what to do if your child should contract this disease. The advice below is taken from the Vic Health website and is the latest information available.

'Exclude the child from attending school until all blisters have dried. This is usually at least 5 days after the rash appears in unimmunised children, but may be less in previously immunised children

Any child with an immune deficiency (for example, leukaemia) or receiving chemotherapy should be excluded for their own protection.'



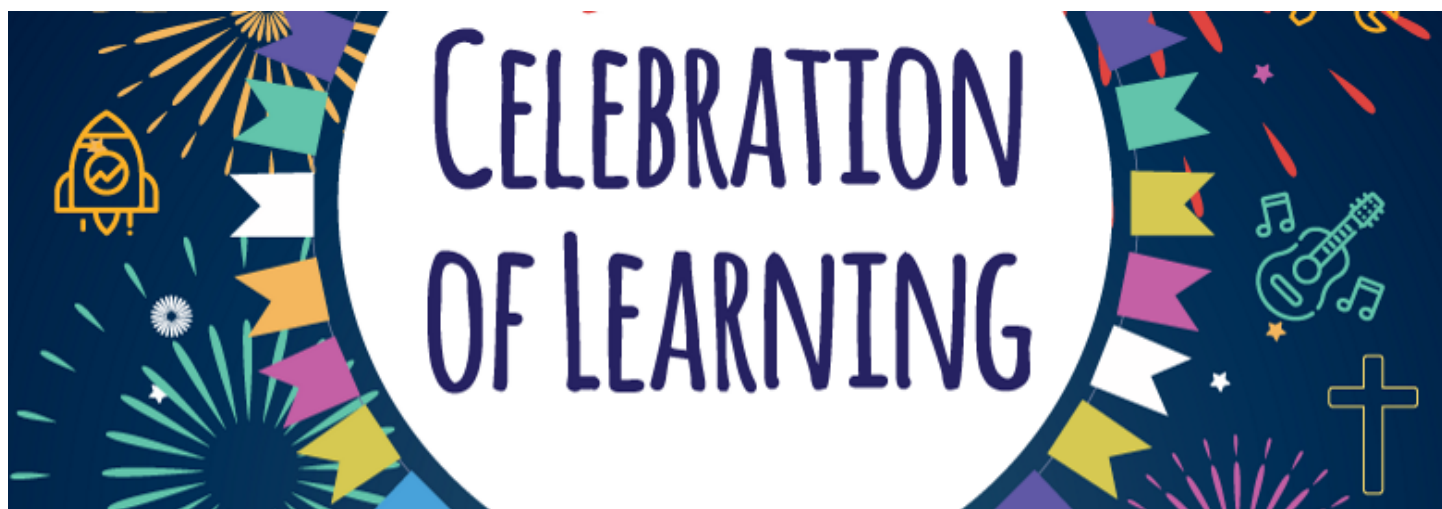
Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



FI

Van - For using a whole range of reading strategies. What a great self-manager! Keep it up! *From Ms. Cam Tu*

Louise - For your creative dance performance. Bravo!! *From Ms. Cam Tu*

FJ

Samantha -For identifying some properties of 2D shapes and 3D objects. *From Miss Severino*

Madelene - For showing bravery by contributing your thoughts during our SEL lesson, by identifying a problem in the story and posing a solution. *From Miss Severino*

1K

Charlotte M For writing an exciting story about a mean owl. It was well sequenced with lots of interesting ideas. *From Miss Karen*

Andi M For writing an exciting story about Kevin the Carrot. Great work with your ideas and punctuation Andi! *From Miss Karen*

1L

Ada T - For writing an entertaining story about Kevin the Carrot that made her teacher laugh out loud! Well done on being a creative Thinker, Ada! *From Miss Steph*

Xavier S - For a very detailed and creative story on Kevin the Carrot! Well done on being a Thinker who uses his imagination! *From Miss Steph*

2M

Gabby W- For demonstrating the learning asset of being a Self-Manager throughout your learning. Well done. *From Miss Scarpaci*

James N- For demonstrating the Our Lady's School Gospel Value of Respect when you use your manners towards teachers and students. *From Miss Scarpaci*

2N

Ava D - For being a fantastic support to your classmates and teachers. You always show the Our Lady's Gospel Values of Compassion and Service. You are always so humble Ava and I am so proud of you! *From Ms Howe*

Holly B - For being persistent with your writing and using peer feedback to improve your writing. This was shown when you used feedback to help you improve your procedural text this week. Well done Holly! *From Ms Howe*

3E

Ava H - For being a thinker while creating your 'Array City'. You worked hard to write the correct multiplication sums and challenged yourself with larger numbers. Well done! *From Miss O'Connell*

Harry M - For being a researcher and creating an excellent information text about a planet of your choice. Great work Harry, keep it up! *From Miss O'Connell*

3F

Sam A - For working on the reading strategy of looking for evidence in the text to answer comprehension questions. Keep up the great work! *From Ms Murphy*

Ryan L - For demonstrating you are a Researcher, publishing a booklet on Saturn and adding informative diagrams and

images with captions. *From Ms Murphy*

4G

Rose - For demonstrating great leadership skills while collaboratively working on your Advent's Prayer Service. Well done! *From Ms Wood*

Dominic - For persisting during math this week, resulting in you becoming the class expert on expanded notation. Well done! *From Ms Wood*

4H

Mikayla C-For making outstanding progress in understanding the concept of Multiplication. Keep up the good work! *From Mr Wickham*

Peter L For showing the Our Lady's School Gospel Value of Respect by using his manners and showing courtesy at all times. *From Mr Wickham*

5C

Luka K. - For being an outstanding Self-Manager. You make excellent choices and really think about how to improve in your learning. Well done! *From Miss Wendy*

Eamon L. - For not giving up when learning is hard. You were in the Learning Pit for a while during maths, but you worked out how to get out! Fabulous learning! *From Miss Wendy*

5D

Lucas N - For the hard work and effort you have put into writing your information report about the brain, carefully re-reading and editing your writing. Superstar! *From Mrs Mendoza*

Elaine N - For always being a great role model to others. You effortlessly display the Gospel Values of Peace, Service and Respect. Amazing! *From Mrs Mendoza*

6A

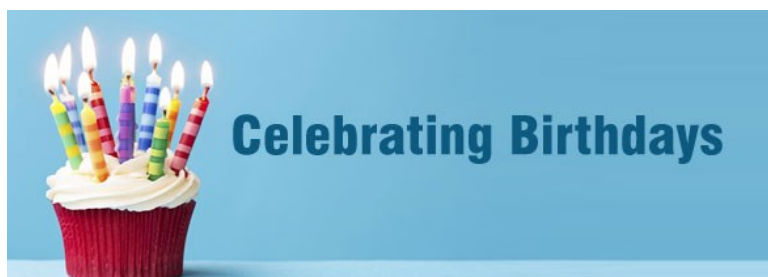
Kon D For always sharing your wealth of knowledge with 6A to stretch our thinking and developing a Growth Mindset towards learning and school *From Ms Kaan*

Alysia I For showing the Gospel value of Service by offering to support your teachers and peers at every opportunity. *From Ms Kaan*

6B

Isla H - For consistently being a focussed and attentive member of 6B. You show respect to teachers and students by always listening to their instructions and ideas. Well done! *From Ms. Gurry*

Lucas A - For being an active participant in classroom discussions and learning experiences. You always make the effort to contribute and our class is all the better for it! *From Ms. Gurry*



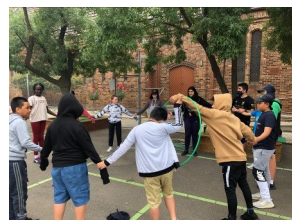
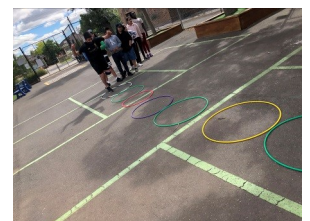
Henry A 2N
Thien N 1L
Ms Gina
Natania P 3F
James N 2M
Anthony B 1K
Lincoln FI
Stephanie D 1K
Bailey H 2N



Grade 6 Camp Fun



Grade 6 Camp





Grade 3 Camp Fun!



Grade 3 Camp



Extend is the place for your children to thrive, learn and play, so what are you waiting for? Book and enrol at

www.extend.com.au

Hours of Operation

After School Care: 3:00pm – 6:00pm

Contact Details

0499 849 940

olic@extend.com.au

Monday	Tuesday	Wednesday	Thursday	Friday
Warp and weft creations	8-bit art	Scavenging the treasure hunt	Stained glass windows	Clouds in a jar

DISCOVER



Beautiful brightly coloured pots and creations challenged our dexterity and imaginations

LEARN



We were living like it was post-1066...which it is. We had castles and crowns everywhere!

PLAY



Does it eat me, or do I eat it? Figuring out the predators from the prey!

STAR OF THE WEEK!

Kayla

For always setting a good example with her kind words and helpfulness. She is always cheerful and considerate and loves to share the beautiful things she makes and draws with us!

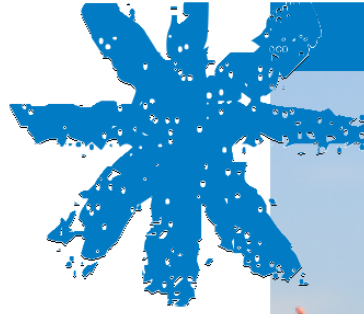
This past week we have been making our own Clovis pots of many colours, plus some awesome animal/figurine friends. We had kinetic sand, Lego, Duplo, wooden block and play dough sandcastles. We tried a few paper castles and of course we needed crowns! We could tell by the eyes and the teeth which animals were predators and which were prey. (Shhh! We're predators). The rest of the week we're being super and cooking up some gingerbread treats to take home.

Next week we will be exploring how we can make things by weaving, even a little house! We will be going back in time to do a little 8-bit art, trying out our map reading and problem-solving skills as we combine a treasure and scavenger hunt. We will then round off our week with making something to catch the sun, and then on Friday washing the sun away with rain clouds in a jar.

Leonie
Service Coordinator

extend.com.au

insights



8 healthy ways to manage emotions

by Michael Grose

What training did you get from your parents in managing emotions? If you are like me, you didn't get much really constructive help in recognising or regulating feelings. *"Don't worry! It will all turn out right!"* was about the extent of the emotional management in my house. I guess that's why many people automatically default to ineffective ways to manage difficult emotions as adults.

Ineffective ways such as:

1. Avoidance: *"I'm okay, really!"*
2. Denial: *"Nothing wrong with me!"*
3. Wishful thinking: *"She'll be right!"*
4. Worry: *"What if ..."*
5. Self-denigration: *"What do you expect? I'm a loser!"*
6. Blaming others: *"She makes me feel so mad!"*
7. Acting out (also abusing alcohol and other drugs): *"Come here you! I'll show you ..."*

And they pass those same ineffective methods on to their children. Anxiety (a legitimate feeling), anger (also legitimate) and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

Here are 8 healthy ways to manage your emotions that you can pass on to your children:

1. Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2. Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

3. Use a positive reappraisal

Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. Exercise

Exercise releases endorphins; nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising, when we really need it. Let's face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

5. Meditate to stop those thoughts

If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parentingideas recommends meditation as a life skill that will help you balance to your emotional state.

6. Find spirituality or something bigger than you

It's no coincidence that most sustainable cultures have an aspect of spirituality present- that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we've become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

7. Change your goal

Sometimes our emotional state is giving us a message- that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

8. Get support from others

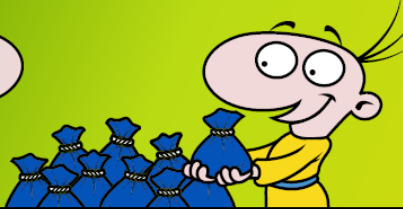
Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you may be experiencing.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren't aware that they are emotional management techniques.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.

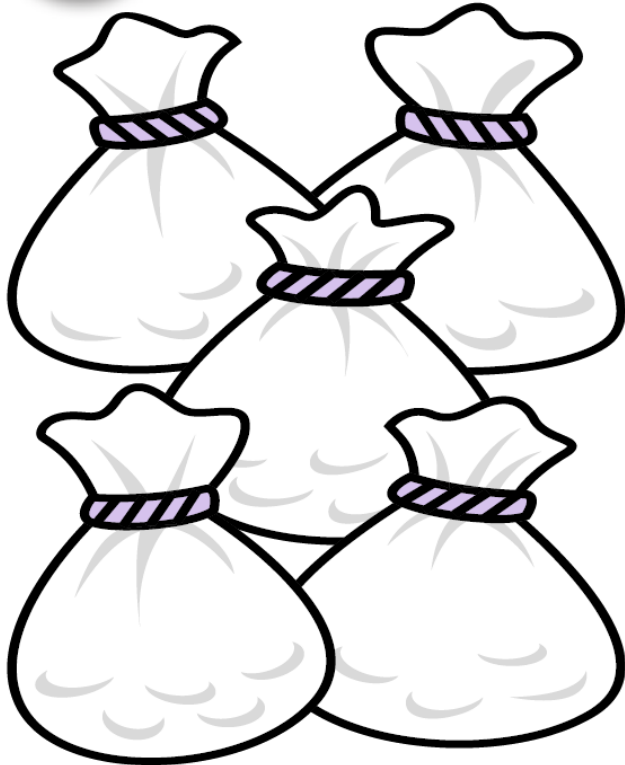


Come and share in my happiness

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."