

Celebrating 100 Years of Catholic Education 1919-2019 Parish Priest: **OUR LADY'S SCHOOL** Principal:

NEWSLETTER

21 November 2019

www.olsunshine.catholic.edu.au

Fr. Peter-Damien McKinley 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 his hand is the life of every living thing and the breath of all mankind' Job 12:10

DATES FOR THE DIARY Mon 18-Fri 29 November

Whole School 10 Day Intensive

Swimming program

Dear Parent,

Congratulations to our Year Six students who last Friday received the Sacrament of Confirmation. May you use the gifts of the Holy Spirit to better your own lives and the lives of others.

Thank you to the parents who helped to organise the Confirmation party on Monday. It was a great way to celebrate this special milestone in the children's lives.



Many thanks to Bishop Mark Edwards, Father Peter and Father Linh who concelebrated the mass. Thank you to the Year 6 teachers Miss Jessica Steele and Miss Tosh Kaan who prepared the students so incredibly well. The children demonstrated they had a profound understanding of the Sacrament of Confirmation and its significance in their lives. I would also like to thank Ms Kriss Oliver our Religious Education/Learning and Teaching Leader who organised the mass and supported the teachers in preparing the children.

Dinner in the Yard

This year we are not holding Dinner in the Yard due to the 100 year celebration events that we have had throughout the year and because we will be having the 'Step back in Time ' whole school production as an exciting way to finish 2019. There will be opportunities for you to gather at our End of Year School Mass and Assembly. I hope that you understand and I assure you that next year we will have dinner in the yard combined with our art show.

BLESSING OF FRIENDS PRAYER

We should give thanks to God. The people in our lives are a blessing.

Thank you, God, for the blessing of friends who care about us and listen to us and have fun with us.

Help us to show our appreciation for all they are to us.

May we reach out a hand in friendship to someone else in your name so they will know what it means to have a friend. Amen

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

NO ASSEMBLY DURING SWIM-MING (Fri 22 & 29 Nov) Tues 3 Dec 2020 Foundation Transition Session 2.00-3.00pm Sun 8 Dec Feast of the Immaculate Conception Mon 9 Dec 9.00am Feast of the Immaculate **Conception Mass** Wed 11 Dec Step Back in Time Performance 7.00pm Quin Auditorium Mon 16 Dec 2020 Years 1-6 Orientation 12.00-1.00pm Graduation Mass for Gr 6 at 5.45pm Tues 17 Dec Last Day of 2019 11.30am Final Mass 3.15pm School finishes for 2019

2020

Wed 29 Jan - Thurs 30 Jan

Getting To Know You Sessions Day 1 & 2. Families will attend a time on one of these two days to meet their 2020 teacher.

Fri 31 January

Classes begin for all students Foundation to Grade 6 8.45am-3.15pm

Mon 3 February

Professional Development Day for Staff (Literacy Focus) No school for the children

Tues 18 February

Professional Development Day for Staff (Review planning) No school for the children

Wednesday 19 February

Professional Development Day for Staff (Review planning) No school for the children









Nicholas A (5D) & Alisha L (3F)

Step back in Time

Congratulations to Nicholas (5D) and Alisha (3F)

Last term we asked students from all classes to create a logo for our end of year production, 'Step Back in Time'. A big thank you to all students who participated and submitted an entry. It was a very difficult decision but we all agreed that wo entries which were almost identical captured the concept best. The two entries belonged to Nicholas (5D) and Alisha (3F). I spoke to the students and we talked about how we could put together the best ideas from both entries since they were so similar. Via this process Nicholas and Alisha came up with the final logo design that you see on the top of this page. I think we may have two budding graphic designers and I commend both Nicholas and Alisha for the positive way in which they collaborated in order to create the final design.

We will be using this logo to promote our end of year production and in the program itself. Please book a seat online for you and your family. This production is based on Our Lady's school 100 year history as interpreted by the students. It is filled with songs and dancing. It is not to be missed!

As you know our "Step Back in Time" whole School production is approaching (December 11th at 7.00pm) with many excited students practicing their part. As part of every production, character roles and costumes are allocated. Every student has a role to play in our production. Considering our production is indeed about stepping back in time, many of the costumes are depicting the era and involve many students coming dressed up in old fashioned clothing, exactly as they were for our dress-up day last term.

This letter is to ask for any parents who have some spare time and know how to use a sewing machine to bring their sewing machine to school and help out with adjusting costumes that we already have to fit the current students. We will be working in the Hall kitchen on the following days and times:

Tuesday 26 November Thursday 28 November 9.00am-11.00am 9.00am-11.00am 1.00pm-3.00pm 1.00pm-3.00pm



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani Principal principal@olsunshine.catholic.edu.au

School Fees Final Reminder

Families this is a reminder for outstanding fees. Please ensure that all payments are made to the Office by 29 November. Please contact the Office to see me if you are experiencing any difficulties with payment. Many thanks.

Celebrating 100 Years of Catholic Education 1919-2019 EXTEND UPDATE.

Monday	Tuesday	Wednesday	Thursday	Friday
	Science time puz- zles and volcano	Sports carnival Outdoor sports,	Creative cooking— let's make fruit	Music and dance fun and AUSLAN
•	explosion experi- ments	obstacle course and down ball competitions	kebabs	(Enrichment pro- ject)

The Extend Superstar is...

Heidi...for using positive language, being respectful, an excellent listener and assisting staff and others in need of support at all times. Well done \swarrow

What's Been Happening?

Children have had a great week from playing indoor group games such as musical chairs, hangman and fruit salad. Some children have been contributing to creating colourful and informative art and craft posters in our room. Christmas is also just a few weeks away and we have began creating and decorating wonderful Xmas decorations to place on our new white tree and to hang up on our walls. If you have any further queries, please do not hesitate to come see us. Have a lovely week and we look forward to your input in planning more fun and rich experiences throughout the term.

Enrol and book now: extend.com.au



Step back in Time



Step Back In Time - Whole School Production December 11 2019 at 7.00pm **Quin Auditorium (CCCC)**

Tickets \$15.00 per person. On sale from 5.00pm today!

No ticket needed for performers (current students of Our Lady's)

https://www.trybooking.com/BGTSA













Confirmation







































































WE NEED YOUR DONATIONS FOR OUR CHRISTMAS GOODS SUCH AS: WRAPPING PAPER, BON BONS, CANDY CANES, SOFT DRINK, CHIPS, PRETZLES, NEW TOYS, **GROCERIES, ECT.** ALL DONATIONS ARE GRATEFULLY ACCEPTED 8 CAN BE LEFT AT THE SCHOOL OFFICE

osterMyWall.com

parenting *****ideas

insights

Bully-proofing kids

by Michael Grose



Despite the fact schools are very pro-active when it comes to making them safe places for kids, bullying unfortunately, is something that's still with us. According to the 2009 Australian Covert Bullying Prevalence Study one in four kids from Years 4 to 9 experiences some type of bullying at school.

Frequent bullying is highest in Year 5 (32 per cent experiencing some bullying) and Year 8 (29 per cent) so it is something that parents and teachers need to understand. Bullying is an insidious behaviour that transgresses a child's right to feel safe and secure. It can adversely affect children's learning, further peer relations and their emotional well-being.

Often children will tease, argue and sometimes fight, which shouldn't be confused with bullying.

Bullying is selective and intentional. It's also repetitious rather than a one-off or occasional event. It can be physical, verbal or social exclusion. It also now happens online, which means some kids no longer feel safe at home. Kids generally feel powerless when they experience bullying.

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to know when they feel unsafe and what to do if they experience or witness bullying.

Knowing when kids are being bullied?

Some research suggests that around 20 per cent of bullying goes unreported so it can be difficult spotting children who experience bullying. However, kids will usually show signs in three ways:

Acting out: outward signs such as displays of unusual aggression at home, talking about hating school and getting into trouble more often.

Acting in: subtle behaviour changes such as sullenness, withdrawing from usual activities, being uncommunicative, feigned illness, bed-wetting and altered sleep patterns.

Telltale signs: more obvious physical signs such as torn clothes, items missing, altered school routes and physical injuries.

parenting *****ideas



Children who are bullied usually display a combination of signs. Children often find it hard to communicate that they are being bullied. Some don't have the language required. Many kids feel ashamed, or even believe what bullies tell them. Sometimes kids are also reluctant to tell adults about bullying, as they fear that they will take the matter out of their hands, so your approach needs to be gentle and non-judgmental.

Here are six things to do if you suspect your child is being bullied:

1. Listen to their story

It really is important to stay calm and get the real story. Kids need to be believed when they are bullied, so make sure they get the chance to talk.

2. Get the facts

Bullying behaviour usually follows patterns. An accurate picture will help you determine your next course of action, for example, whether you need to give your child some avoidance or coping strategies or gain assistance from your

child's school.

3. Recognise & validate their feelings (anger, fear & sadness are common)

Bullying always elicits strong feelings so make sure kids can share their thoughts and feelings with you.

4. Give them some common coping skills & defense mechanisms

Look for some simple ways to help them handle the bullying such as making sure they stay in pairs, practising a comeback line or even walking and talking confidently.

5. Get the school involved

If your child continues to struggle with bullying contact your child's school. Resist the temptation to confront suspected bullies, or their families. Teachers generally have very practical, tried and true ways to tackle bullying.

6. Help build your child's support networks & their self-confidence

Positive peer groups are great protective factors for kids when they are bullied so do all you can to encourage and build their friendship groups inside and outside school.





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. A trailblazer in the parenting and educational scenes Michael regularly appears in the media throughout Australia in programs including The Project, The Today Show and ABC radio.



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?





Gospel Lk 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.'

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

POWERFUL

UNJUST

SELFISH

COMPASSIONATE

MERCIFUL

GREEDY

LOVING

DISRESPECTFUL

PROTECTING

FORGIVING



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