

'What Jesus did here in Cana of Galilee was the first of the signs through which he revealed his glory; and his disciples believed in him.' John 2:1-11

DATES FOR THE DIARY

Mon 18 - Fri 22 Nov Swimming
Mon 25 - Fri 29 Nov Swimming
Wed 27 Nov Parent Advisory Board at 7pm
Wed 4 Dec 6.00pm Yr 6 Graduation Mass & Disco
Fri 6 Dec Second Hand Uniform Sale
Sun 8 Dec Feast of the Immaculate Conception
Mon 9 Dec 9.00am Feast of the Immaculate Conception Mass
Mon 9 Dec 6.00-7.30pm Dinner in the Yard / Art Show / Carols

END OF YEAR 2024

Tues 17 Dec Students finish for 2024 at 1.00pm

START OF 2025

Tues 28 Jan Staff Return
Wed 29 Jan Getting To Know You & Your Child Day 1 Yrs 1-6, Foundation at school 8.35-1.00
Thurs 30 Jan Getting To Know You & Your Child Day 2 Yrs 1-6, Foundation at school 8.35-1.00
Fri 31 Jan Classes start for all (F-6)

Dear Parents and Carers,

Our 10 day swimming program has gotten off to a good start as we have been blessed with fine and warm weather throughout this week. If you have any concerns about any aspect of this program please let us know so that we can quickly follow it up.

Thank you to all the families who have settled their accounts for 2024. If you have not done so can you do this as soon as possible. Please see me if you have any concerns about settling your account.

On the 4th of December we will be having our Year 6 Graduation Mass and disco. This is a time to acknowledge all that our Year 6 students have achieved throughout their 7 years at Our Lady's and to celebrate their achievements. The mass will begin at 6.00pm and will then be followed by a disco. There will be refreshments and nibbles served for parents while the students are enjoying the disco. This will give you an opportunity to sit and relax and chat with other Year 6 parents.

A HUGE THANK YOU TO ALL FAMILIES WHO DONATED TO THE COLOUR FUN RUN!

A special thank you to the Parents and Friends committee members; Michelle, Christine and Elena who initiated this idea and who worked hard throughout this event.

It was a huge effort by our school community and you raised a total of \$24,649. The school will receive 60% of this total which is **\$14,789.40**. This money will go towards purchasing a much needed shade sail for our playground.

The other 40% of the money raised which is a total of \$9859.60 will be used by the company to purchase the gifts for the students who participated. It was a great effort and also bought much fun for the students last Friday as you can see by the photos in the following pages of this newsletter and on our school website. I think the staff had as much fun as the students as you can see below.



Psalm of Gladness

Through this psalm we praise our God. We give glory to God's name.



I will bless the Lord at all times; praise shall be always in my mouth.
My soul will glory in the Lord that the poor may hear and be glad.
Magnify the Lord with me; let us exalt his name together.

Psalm 34:2-4

BUILDING PROJECT UPDATES

As you know after completing a build there is time for reporting any defects or concerns so that they can be rectified. We are currently in communication with both the builders and the architects and informing them of any aspects of the building that need to be fixed. They have been very cooperative and responsive in this process. We have a whole year to do this.

2025 Organisation

Throughout this term much work has been done for the 2025 school year. We have completed the rigorous process of creating the class groups for 2025 and have made sure that each child has at least one friend that they recommended in their new class. We have also completely staffed our school for 2025 which is wonderful considering that there is a teacher shortage.

2025

The orientation day this year is on Monday the 9th of December from 12.00pm to 1.30pm. The students will get to meet their new teacher for 2025 and also the students in their class. It is important for your child to attend so that they are well prepared for next year.

On Tuesday the 3rd and 10th of December we will be holding our first two days for the Foundation students and parents of 2025. These will be held from 2.00pm to 3.00pm. We are looking forward to meeting all our 2025 Foundation students and welcoming them to Our Lady's.

LOST PROPERTY

This is our collection of lost property just this week from our swimming program.

Please check if you are missing any of the 11 pairs of goggles, 3 towels and various other items.

If you are missing something, please come to the Office and see if you can be reunited!



Warm regards,

Patrizia Bertani

Ms Patrizia Bertani
Principal

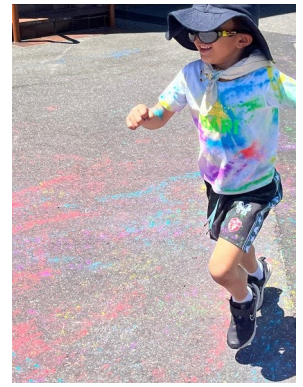
principal@olsunshine.catholic.edu.au

SCHOOL FEES

A final reminder that all 2024 school fees are to PAID IN FULL by today, Friday 22 November.

If you have an outstanding amount on your school fees please come to the Office to make a payment (cash, EFTPOS, Visa or Mastercard).



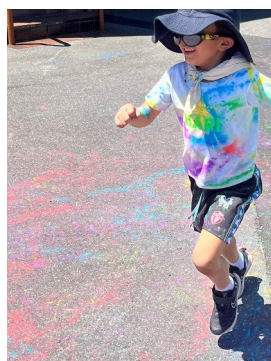




**SCHOOL
FUN RUN**



School Colour Run



PREPARATIONS FOR 2025

As we are beginning our preparations for 2025 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 2025 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and we have had several enrolment enquiries coming in for the other year levels.

If your child is not returning in 2025 (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 2025

Family Name: _____

Child/children's names

1. _____ 2024 Grade: _____

2. _____ 2024 Grade: _____

3. _____ 2024 Grade: _____

Name of our new school: _____

And / Or

Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible



Enough

Many of our children are drenched in the insecurity of feeling incomplete, inadequate, insufficient. And even our seemingly confident and competent kids are struggling. The ones who are “succeeding”, the ones who are ticking all of the right boxes, the ones who are “winning”, are often the WORST at feeling like they’re “enough”.

I wish it weren’t true, but it is our well-intentioned attempts to optimise our children’s success in the future that can leave them feeling like it’s all too much. After evaluating over 50 studies, one pair of researchers concluded that “increases in excessive parental expectations and harsh parental criticism offer perhaps the most plausible explanation for rising perfectionism to date.”

This is not to lay the blame solely at the feet of parents. Rising levels of societal individualism, focus on attainment, increasing economic inequality and rising competitiveness have created a societal background that easily leads to controlling parenting practices and excessive parental expectations. We have the best of intentions in wanting our children to succeed, but in trying to secure a good future for our kids, we expect too much, criticize too harshly, and minimise their autonomy. All of this leads to a tremendous number of kids feeling that they’re not ‘enough’.

Yet with so many of our children feeling that they are not enough, a helpful question to ask is:

What does ‘enough’ look like?

“If I could only... then I will be enough”, “If I can just... then I will be enough”, “When I achieve... then I will be enough.” A sense of “enough” will never come this way. It can’t. Because even when those things are achieved, there will always be someone more beautiful, smarter, or funnier. Valuing self based on extrinsic characteristics will always lead to feeling incomplete, inadequate, insufficient, imperfect.

Another form of success – what I call intrinsic success – is built on the development of character. It accumulates over time through steady, consistent effort and an emphasis on doing the inner work of becoming a better person.

Here are five things we can do to help our children overcome their anxieties and perfectionism and achieve intrinsic success:

1. Show them they matter

People who know they matter are more resilient and engaged in life than those without a sense of mattering. We show someone they matter by demonstrating that our love and care for them is not conditional upon performance.

2. Teach them who they are

Children who are told family stories believe they are responsible and that they are capable of controlling things rather than being at the mercy of external or environmental elements.

Children who know their family identity tend to feel better about themselves. They have “roots”.

3. Be a hope builder

If we are hope-ful we know where we're going (goals), can see a way to get there (pathways), and believe we can actually walk that path (agency). As parents, we must be hope builders in our children's lives. We do that by helping them identify things that are worth working towards by setting goals based on personal interests and passions. We help them break the goal down into smaller tasks and make sure they have the resources, tools, and information required to pursue their goal. And we celebrate their achievements, provide reassurance when they face difficulties, and remind them that setbacks are opportunities for growth and learning.

4. Encourage them to do hard things

Competence is a vital human need. Yet you don't become confident by shouting affirmations in the mirror or having your parents pump up your tyres with false praise. It comes from doing the hard thing again and again. And then it comes from celebrating achievement. When they do the hard thing, ask your child how it felt to progress. Boost them up with real compliments and genuine praise – praise that reflects their own positive self-evaluations and helps them feel good about their efforts.

5. Help them make a real difference

We all need to be a part of something larger than ourselves. Spencer W. Kimball, a former leader of the Church of Jesus Christ, said, "We become more substantive as we serve others—indeed, it is easier to "find" ourselves because there is so much more of us to find!" Perhaps we might help our children realise they are enough by encouraging them to step outside themselves and look outwards in service to others. In so doing, I believe they'll discover that, while no one may ever be quite "enough", they will be more than they ever could have been otherwise.

Ultimately, here's what I want our kids to know:

I am enough because of who I am right now in this moment.

Being enough isn't something that our kids need to achieve. It isn't something that is determined by what they have done. It is their ability to accept themselves completely in the present moment that gives them the ability to feel like they are enough.

They are enough. Right now. Just the way they are.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 7 books about families and parenting. For further details visit happyfamilies.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