



OUR LADY'S SCHOOL NEWSLETTER

22 November 2018

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

'I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible' The Nicene Creed

DATES FOR THE DIARY

Mon 19 Nov-Fri 30 Nov

Swimming Program

Sun 2 Dec

First Sunday of Advent

Tues 4 Dec

2nd Foundation 2019 Transition Afternoon

Fri 7 Dec

2.30pm Feast of Immaculate Conception Assembly
Reports go home

Sat 8 Dec

Feast of Immaculate Conception

Tues 11 Dec

3rd Foundation 2019 Transition Afternoon

3.15-3.45 Second Hand Uniform Sale

Thurs 13 Dec

Graduation Mass & Disco

Fri 14 Dec

Parish Movie

Mon 17 Dec

12.00-1.00pm Years 1-6 Orientation

Dinner in the Yard & Art Show

Wed 19 Dec

9.00am End of School Mass
3.00pm Students finish for 2018

Dear Parent,

What an incredibly beautiful Confirmation we had for our Year Six students and their families last Friday night! It was a culmination of much preparation and organisation and what a success it was. The voices of the Tongan Choir filled our church with the message of God's love. The children were composed, prayerful and reverent. All of us who were present felt a deep sense of pride to be witnessing the children receive the sacrament of Confirmation last Friday night.

Many thanks to Bishop Mark Edwards who led us in this beautiful Sacrament, along with our own Father Peter our Parish Priest and Father Lucas. We are fortunate to have such supportive leaders leading our school and parish.

Thank you and a big well done must go to our Year Six teachers Mrs Pauline Zammit, Miss Jessica Steele and Mr Tim Wickham who although away sick had been preparing the children from the beginning of the year. The children demonstrated that they had a profound appreciation and understanding of the sacrament and its significance in their lives. I would like to thank Ms Kriss Oliver our Religious Education Leader who also did so much to make sure that everything was just right.

Assembly

A reminder that we will NOT be having an Assembly today or next Friday due to our Swimming Program. We look forward to seeing you at our next Assembly on Friday the 7th of December at 2.30pm. It will be a special assembly dedicated to celebrating our school's feast day – The Feast of the Immaculate Conception which is celebrated on the 8th of December.

School Fees

Families have been sent a final reminder for outstanding fees. Please ensure that all payments are made to the Office by 30 November. Please contact the Office to make an appointment to see me if you are experiencing any difficulties with payment.

GOING SWIMMING PRAYER

Going swimming can be exciting. It can be scary too.

Lord, all the school is going swimming.

Be with us as we go on the bus and into the pool.

Help us to enjoy these new experiences and learn new things whilst also having fun.

May we remember to treat one another, the swimming teachers and our parent helpers with kindness and patience for our two week swimming program.



School Improvement Surveys Update

The School Improvement Surveys are key tools that provide our school with data from staff, students and parents to assist in understanding how well the school is operating. This year out of the 100 surveys we sent out we had 52 parents take part in the School Improvement Surveys. The feedback has been very positive and is evidence of the positive relationship that exists between our staff and our parents and families. The survey data indicates improvement in the data showing that we are in the top 25% of schools for the parent, and student data overall. The parent data indicated that the children love to coming to school and that they find learning at Our Lady's School stimulating and enjoyable. The parent data indicated that parents believe that their child has a strong connectedness to the school and their peers, feels accepted and gets on well with other students at school. Parents have also indicated strongly that there is provision at the school for their child to develop a sense of social justice. The data shows that there is good two-way communication with the school and that the school takes parents' concerns seriously. I thank all those parents who took the time to participate in the survey and hope that next year more of you will take part. We are currently using this data to inform our planning for 2019.



Swimming Update

Thank you to the parents who have volunteered to support our Swimming Program. Please remember to wear your Working With Children lanyard so that it is visible to all.

Some parents are choosing to pop into the pool and observe their child for a short time. If you choose to do this, it is very important that you introduce yourself to the teachers and let the teachers know that you are there to observe. This is particularly important if other teachers may not be familiar with you. We are working hard to keep our children safe at all times and teachers need to be confident about all those who are in contact with the children.

After School Care 2019

I am informing you that in 2019 we will be using a different provider for After School Care. CAMP Australia is the current provider and they will continue till the end of the year. In 2019 our provider will be **Extend**. It is important that the provider reflects the standards and values of Our Lady's School.

I know how important it is to have this service at our school for our many working families. I am hopeful that Extend will provide us with a consistently excellent service. I will be sending out further information later on in the year. Representatives of Extend will also be attending the Dinner In the Yard on Monday the 17th of December where they will be happy to enrol your child into the program for 2019 and speak to you personally about the type of program they provide.

A Special Thank you

Thank you to all the parents who helped to organise the Year Six Confirmation Party. The cake was beautifully decorated and the Year Six children loved the pizzas and drinks provided by the Parents and Friends.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



NOVEMBER

Mon 19-Fri 30 10 day Swimming Program

DECEMBER

Fri 7th Feast of Immaculate Conception Assembly, Reports come home

Thurs 13th Grade 6 Graduation Mass

Mon 17th Dinner in the Yard and Art Show

Wed 19th 9.00am End of Year Mass. 3.00pm Students finish for 2018



Sacrament of Confirmation





PREPARATIONS FOR 2019

As we are beginning our preparations for 2019, we ask that parents let us know as soon as possible if their children are not returning to Our Lady's next year. We have had many inquiries about places for 2019 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 2019 (apart from our current year 6 children) 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 2019

Family Name: _____

Child/children's names

- | | |
|----------|--------------|
| 1. _____ | Grade: _____ |
| 2. _____ | Grade: _____ |
| 3. _____ | Grade: _____ |
| 4. _____ | Grade: _____ |

Suburb we are moving to: _____

Name of our new school: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible

SECOND HAND UNIFORM STALL

WHEN

**Tuesday, 11
December
3.15 – 3.45pm**

WHERE

**Near the
canteen**

**OUR LADY'S SCHOOL
PARENTS & FRIENDS ASSOCIATION**

\$5

**GIRLS WINTER
TUNICS**

KNITTED JUMPERS

SCHOOL BAGS

**\$2 – all other uniform
items, including girls
summer dresses,
sports uniforms, boys
shirts and shorts**

*Donations
are Greatly
Appreciated!*

Have you had a clean out and wish to donate any out-grown uniforms for the Second Hand Sale?

Please make sure they are washed and clean and then bring them in a bag to the Office so they can be passed on to the P&F.

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.



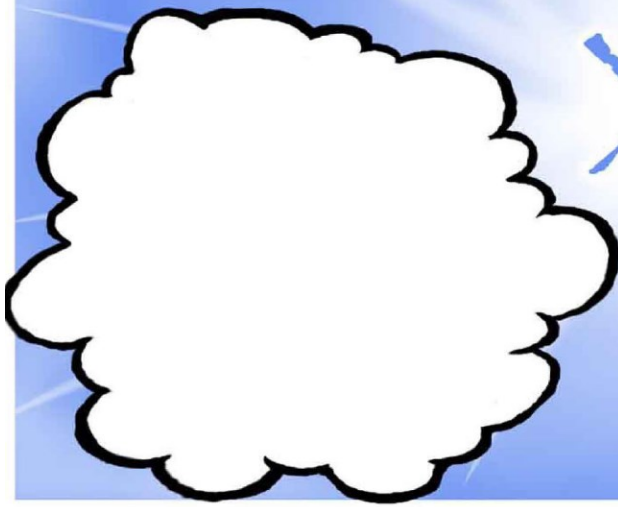
Jesus is our good king



My Name is _____

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.
A good king would be prepared to die for his people.
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 these questions are true?
Write down the correct answers



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 and jewels

Jesus loved everyone

Jesus was a Christian

Jesus died for our sins
