



OUR LADY'S SCHOOL NEWSLETTER

13 June 2019

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

*"The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger's voice."
"I am the good shepherd; I know my sheep and my sheep know me." John 10: 2-5,14*

DATES FOR THE DIARY

Fri 21 June

Reports come home today
P&F Movie Night (Sun Theatre Yarraville)

Wed 26 June

Three Way Learning Conversations 3.30-5.55pm

Thurs 27 June

Three Way Learning Conversations 8.00am-3.30pm *No School for the children*

Fri 28 June

Feast of Sacred Heart - Mass at 9.00am

Term 2 finishes at 3.15pm

Mon 15 July

Term 3 starts at 8.45am

Fri 2 August

Professional Learning for Staff (Berry St) - No school for the children

Thurs 8 Aug

Feast of St Mary of the Cross MacKillop 9.00am Mass

Thurs 15 Aug

Feast of the Assumption 9.00am Mass

SACRAMENTS

Thurs 10 Oct

Reconciliation time TBC

Fri 15 Nov

7.00 Confirmation

Dear Parent,

Last Tuesday the school had a rigorous and inspiring Professional Learning Day for staff. This day was focused on the Berry Street Educational Model which has been designed to meet the differentiated Social/Emotional and Learning needs of all students. Powerful strategies and tools were presented throughout the day to enhance the positive learning culture that staff at Our Lady's work hard to nurture each and every day. The staff were very motivated to trial these in their classroom, as a means to strengthen student engagement and improve learning. I am hoping to organise a Parent Information Night later on in the year with our Berry Street facilitator Michele Sampson as I'm sure it will support you greatly in your role as parents.

The Berry Street Model has been designed with the following principles in mind:

- Strong relationships matter. Every student must feel they have an advocate in their school; and struggling students learn best from teachers they love and respect.
- Teachers can make a difference. Teachers must be supported to love what they do.
- Visible learning and stamina for academic growth. Both are paramount to students' understanding of their daily successes when developing a growth mindset.
- Safe and predictable structures. Schools must work toward shared and consistent expectations for students and teachers.

Movie Night at the Sun Theatre Screening Toy Story 4

On Friday the 21st of June the Parents and Friends have organised for a special showing of Toy Story 4 at the Sun Theatre in Yarraville for our school community. The movie will begin at 6:00 pm.



**There are still some tickets left. Please make sure you and your family do not miss out!
Buy NOW on our QKR App.**

PLEASE SUPPORT THIS PARENTS AND FRIENDS SCHOOL FUNDRAISER

Prayer to the Holy Trinity

We celebrate the Holy Trinity as the source of life.

Dear God, Father, Son and Holy Spirit, as we prepare to celebrate the feast of the Holy Trinity we give glory and praise to your name. we honor you as our Father and Creator of all life and everything that is good in our world. We ask you help to help us respect all people as your creation. We honor you as Jesus Christ, the Son, who taught us and redeemed us by your life, death and resurrection. We ask you to help us walk in your peace each day. We honor you as the Holy Spirit who guides our hearts and our lives. We ask you to help us live as people of justice. Holy Trinity of God, we ask you to be with us in all that we do. Fill our hearts with your love and our lives with your peace. Amen



***Celebrating* 100 Years of Catholic Education 1919-2019**
KEEPING OURSELVES WARM AND HEALTHY DURING WINTER

This week we have truly felt the cold of Winter upon us. Although the days began as very cold each day we have been able to enjoy the sunshine. There are many ways that we can work together to support our children to keep warm and to stay healthy.

Please make sure that the children are wearing their full winter uniform each day except for days when they have sport. With the cold it is important that they have a waterproof jacket to keep out the rain and the cold. The school uniform shop sells lovely dark blue jackets which compliment the winter uniform if your child doesn't already have a warm jacket to wear to school.

Please speak to your child about simple but important hygiene to keep germs away. Making sure they wash their hands after they go to the toilet. That they remember to raise their arm and sneeze in the inside of their elbow. It is important that they know to use a tissue or a handkerchief to wipe their nose.

Talking to children about their food choices and encouraging healthy food choices is also an important way to keep healthy.



CONGRATULATIONS TO MIRANDA!

Miranda N from 2N won 2nd place in the WCC Princess Cup 2019, on Monday 10 June. There were 20 participants. More than 50% were from a higher grade than Miranda (2 from grade 6, 3 from grade 5, 1 from grade 4 and 5 from grade 3) and several of them were also strong and experienced players.

A great effort Miranda!



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

PLEASE JOIN US FOR THE FEAST OF THE SACRED HEART MASS

**Friday 28th of June at 9 am in Our Lady's
Church**

**We are raising money for the St Vincent De Paul
Society. The money will be presented to Shaun
Crosbie who is joining us at the mass. The money
raised will support local families.**

**This is part of our ongoing commitment to the St
Mary MacKillop charism of:**

***'Never Seeing A Need Without Doing Something
About It'***

EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Music and Dance	Indoor Sport Group Games	Arts and Crafts Gift making using beads and decorative	Cooking chocolate crackles	Short Story Writing (Enrichment Program)

The Extend Superstar is...

Mikayla...for positively contributing to activities such as arts & crafts and assisting staff during set up or pack up times. Well done ☆

What's Been Happening?

Children are enjoying after school care and engaging in group games, arts and crafts, cooking activities, sports challenges, music and dance and cooking. On Tuesday the 11th of June the school had a pupil free day, children who attended on the day made chocolate crackles, fairy bread and participated in outdoor games. We also made our own bracelets using jewellery string and colourful beads. FUN!!!



Families, just a reminder if your children have any preloved books and games you no longer need at home, please consider donating to us here at Extend After School Care.

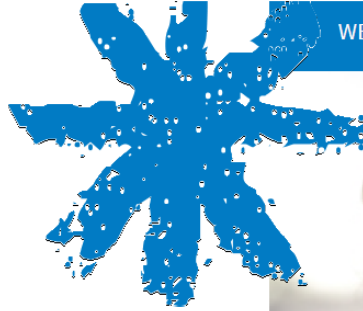
Enrol and book now: extend.com.au

parenting * ideas

insights

Bully-proofing kids

by Michael Grose



WELLBEING AND MENTAL HEALTH



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.



The Most Holy Trinity , Year C

Gospel

Jn 16:12-15

Jesus said to his disciples:

'I still have many things to say to you but they would be too much for you now. But when the Spirit of truth comes he will lead you to the complete truth, since he will not be speaking as from himself but will say only what he has learnt; and he will tell you of the things to come. He will glorify me, since all he tells you will be taken from what is mine. Everything the Father has is mine; that is why I said: All he tells you will be taken from what is mine.'

The Spirit shows what is true

Write down whether these statements are true or false

God created the world in eight days.

God the Father loves us so much that he gave us his only Son.

Jesus was baptised by John the Evangelist.

Jesus died so that we may have eternal life.

The disciples received the Holy Spirit on Easter Monday.

The Holy Spirit allowed the disciples to speak in many different languages.

God - The father

Creator of all things.
Loves each of us.
Sent his only beloved son
to save us.

God - The Son

What do you know about Jesus?



God - The Holy Spirit

Guided the prophets.
Strengthened the members of the early church.
Helps us all today.

Draw the Father

Draw the Holy Spirit