



OUR LADY'S SCHOOL NEWSLETTER

5 June 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

Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.' Matthew 19:13-15

Dear Parent,

Last Sunday we celebrated Pentecost, 50 days after Easter when the Holy Spirit came to the apostles to remind them they were not alone and that God was present via the Holy Spirit. Pentecost is also known as the Church's birthday. It is a powerful reminder to allow the Holy Spirit to be active in our lives.



I think about the huge interruption to our lives that COVID-19 has generated and pray that the Holy Spirit can help us to use this experience to grow and learn, to let go of what no longer seems as important and to capture the positive things that have come out of this experience. In light of this, we will be surveying staff, parents and students to capture your thoughts and ideas. We will use these to inform our discussions and decisions about how we deliver the curriculum to our students now and into the future.

Last week we welcomed the Foundation, Year 1 and 2 students. Their re-entry back into school has been a very smooth one. They have settled back into the school routine and come to school with big happy smiles, they have enjoyed being able to play with their friends and the teachers have been happy with the positive way they have engaged with learning in the classrooms.

We look forward to welcoming our Years 3, 4, 5 and 6 students next Tuesday. Please remember that there is no school on Monday as it is a public holiday for the Queen's Birthday. The arrangements for drop off and pick up will remain the same as this week till the end of this term. I have placed these onto page 2 of this newsletter as a reminder.

I would like to remind all families to please return any school devices that you may have borrowed. The Foundation, Years 1 and 2 students have returned their devices and the Years 3, 4, 5 and 6 students must return them to their classroom teacher on Tuesday the 9th of June when they resume school.

2021 FOUNDATION ENROLMENTS

Just a reminder to families that if they have picked up an enrolment form, 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.



NO SCHOOL MONDAY

Queen's Birthday Public Holiday



Prayer About Praying

We must pray always. We ask God's help in all things.



Dear God, we pray our prayers each day, but sometimes we don't know what to say, and the words will not come.

We want to tell you about our day and about our joys and sorrows, our hopes and dreams.

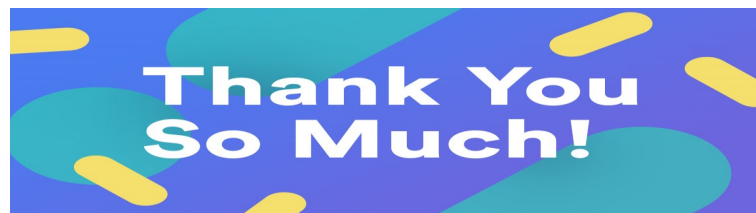
We ask you to hear the prayers that we don't say with words.

You created us and you know what is in our hearts. Amen

Reminder

Thank you to all parents for their collaboration in following the staggered timetable below. It has run very smoothly. Thanks to parents for working together with the school to implement the School Operations Guidelines in order to make sure we do all we can to keep our school a safe and healthy environment. Only essential staff are allowed onto the school premises and I thank the parents for their understanding that they need to remain outside the school gates. A suggestion is that when you are picking up your child you do not stand at the gate entrance but rather keeping the safe 1.5 metre distance from each other, line up along the fence line, so that students can walk out freely and can avoid coming into close contact with others.

The rigorous and regular cleaning routine is being maintained throughout our school. I would like to particularly thank our wonderful and committed cleaners Nubia and Salvador Barrera for working so hard to ensure that the cleaning guidelines are implemented and that our school is doing everything we can to minimise risks. You are the best Nubia and Salvador and our whole school community says.....



A-F ☀ Morning Drop Off (Victoria Street)	
8:20 → 8:30	A→F Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
A-F ☾ Afternoon Pick Up (Victoria Street)	
2:50 → 3:00	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)

G-L ☀ Morning Drop Off (Station Place)	
8:20 → 8:30	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
G-L ☾ Afternoon Pick Up (Station Place)	
2:50 → 3:00	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)

M-R ☀ Morning Drop Off (Victoria Street)	
8:30 → 8:40	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
M-R ☾ Afternoon Pick Up (Victoria Street)	
3:00 → 3:10	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)

S-Z ☀ Morning Drop Off (Station Place)	
8:30 → 8:40	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
S-Z ☾ Afternoon Pick Up (Station Place)	
3:00 → 3:10	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)

To make pick ups easier, the eldest child must collect their brothers/sisters so they can leave together.

A Suggestion...

Next Tuesday the whole school will be back and this week we have noticed that very few people use the Church gate or the Front Office gate. As there will be many more students and to ease congestion, we suggest you think about using these under utilised gates. If you do decide to change the gate you use please let your child know.



FI

Liam - For using the Learning Asset of being a Thinker by comparing two prayer spaces and noting what they have in common and a difference between them. *From Ms. Cam Tu*

Mila - For using Lips the Fish and Stretchy Snake to attempt unknown words. Well done! *From Ms. Cam Tu*

FJ

Ava - For your amazing writing skills! You independently use the strategies Lips the Fish and Stretchy Snake to spell words. You are so clever! Well done! *From Miss Severino*

Samantha - Bravery Award - For performing Baby Shark in front of the class with the creative microphone you designed. Chicken Divas, Whitney and Britney, would be so impressed! *From Miss Severino*

1K

Maya L For improving her writing by using Stretchy Snake to attempt to spell unknown words. An excellent effort Maya! *From Miss Karen*

Ben M For improving his writing by trying to write the sounds he hears in words . A good try Ben! *From Miss Karen*

1L

Thien N - For writing a fantastic and informative piece about how to play Pokemon Go! *From Miss Steph*

Archie S - For working super hard on your handwriting goal of writing on your dotted thirds with the right letter formation! Your persistence is paying off! *From Miss Steph*

2M

Khy P- for always trying your best throughout all areas of your learning. *From Miss Scarpaci*

Angeli C- for demonstrating the Our Lady's School Gospel Value of Courage when you try your best in your learning. *From Miss Scarpaci*

2N

Delilah T- For reading with more confidence and trying to read unknown words. *From Ms Howe*

Leonardo S- For being an AMAZING Self-Manager! You have become such an independent learner! *From Ms Howe*

3E

Don A - for being a positive and happy member of our Google Meet every morning and regularly taking part in online reading groups with Ms Mitchell. Well done Don! *From Miss O'Connell*

Charlize D - for being a self manager and completing your learning activities to a very high standard on Seesaw. You have been consistent with this each day. Keep it up! *From Miss O'Connell*

3F

Christina K -for working on your Reading strategies every day, and completing SeeSaw activities independently! *From Ms Murphy*

Van Duh C for becoming a Self-Manager and completing SeeSaw activities daily! Well done! *From Ms Murphy*

4G

Sharon W for demonstrating persistence and dedication towards her learning, particularly in the past week. Keep up the wonderful work! *From Mrs Sales*

Chloe Dan N for excelling when converting improper fractions to mixed numbers and persisting in all areas of her learning. Well done! *From Mrs Sales*

4H

Lachlan B For being an enthusiastic member of class and displaying a love of learning. *From Mr Wickham*

Jasmine N For trying her best at all times in her learning during Home Learning. Her tasks show effort, care and a desire to go further. *From Mr Wickham*

5C

Kathy P For creating some fabulous reading responses this week. You are a great Thinker! *From Miss Wendy.*

Paolo For making a huge effort to complete his online learning tasks. Well done! *From Miss Wendy.*

5D

Jai J - For a fantastic term in remote online learning! You have shown a lot of initiative, growth and independence in your learning, always striving to improve your learning! Amazing work for always doing your best! *From Mrs Mendoza*

Myumi P - For your commitment and persistence in your learning each day this term! You always give 110% in all areas of your learning! Thank you for always sharing your thoughts and making insightful contributions to the google meets. You have done an amazing job this term! *From Mrs Mendoza*

6A

Sage J For being a proactive and persistence learner during the time of online learning. You have been able to ask great questions, seek assistance and tackle any challenge that has come your way. Well done Sage! *From Ms Kaan*

Luke Q For being a highly self-motivated learner while learning from home, completing all tasks daily thus displaying the Learning Assets of, Thinker and Self Manager. I have really enjoyed seeing all of your wonderful work. *From Ms Kaan*

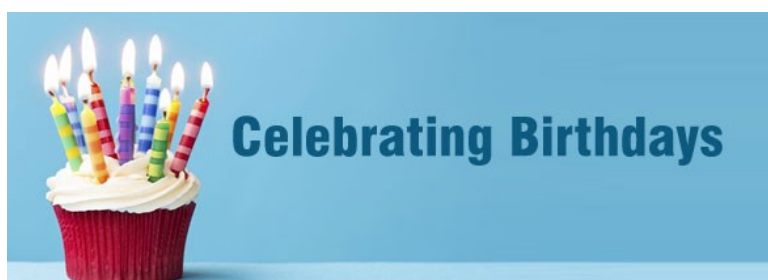
6B

Vy T - For being an excellent self-manager during online learning throughout the term. You consistently shared your tasks and used feedback to improve your work. Well done! *From Ms. Gurry*

Ayesha S - For being a great self-manager during online learning this term and for using technology in different ways to present your learning. Well done! *From Ms. Gurry*

ONSITE AWARDS

Ryan L (3F) and Gerard Flowers (4H). You have been amazing this week, in terms of your listening skills, getting your work done and doing well in our sport sessions. Well done boys! *From Leo*



Danny B 1 L

Imogen T 1 L

David H 2 M

Betty T 6 A

Jasper K 6 B

Mrs Sales

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

ART NEWS

Just a reminder to all the Year 3-6s to please bring all their art-work back to school on Tuesday.

Please make sure you write your name and grade on the back of each piece before you hand it in!

Many thanks,
Miss Pina

INSIGHTS

Successfully transitioning students back to school



The recent home-schooling experience of Australian students is about to end with most states and territories transitioning kids back to school. For parents, many of whom have discovered just how complex teaching can be, the return to school will be a welcome relief. For children, going back to school may bring a mixed bag of feelings. Eager anticipation about reconnecting with friends and teachers will probably be accompanied by a level of anxiety about what school may be like upon return.

School undoubtedly will be a different experience for students post COVID-19. For a start they've just experienced a prolonged period of remote learning and an absence from their friends, which will take time to process when they return to school.

With organised extra-curricular activities put on hold most children have had a great deal of free time, which has placed the locus of control firmly in their hands. I suspect many kids will grieve their lack of freedom, as they've had a glorious glimpse of what an unstructured life is like. It may take some time for them to get back into the swing of school life.

With the return to school imminent here are some sensible strategies to make adjustment easier for students.

Get ready for a return

Worriers and anxious types in particular like to know what's ahead so your approach will make a difference. Prepare your child for a return by discussing the safety procedures the school will be implementing. Let young children know that an adult won't be accompanying them past the school gate. Ask your child what they are looking forward to and check in with how they are feeling about a return. Validate any fears and apprehensions and correct any misconceptions.

Go slowly

This period will mirror the start of the school year when your child had to adjust to new teachers, different classmates and a new year level. Adjusting to change takes a great deal of personal energy, so your child or young person may become tired, grumpy, even moody at home. Make allowances for these personal changes and make sure they have plenty of free time to unwind after school.

Focus on reconnection

Make reconnection the theme for your child's return to school. He or she will have to reconnect with friends, teachers and learning, which takes time. In all likelihood, your child's teachers will use many strategies to help your child connect with their friends, reflect on their time at home and move them back into full-time learning mode. Support these activities and keep your learning expectations for your child in check.

It may take the rest of the term for some children to adjust to their life back at school.

parenting*ideas

Stay calm

Anxiety is very contagious, so it's easy for us as parents to take on our children's worries and fears. The reverse is true, and kids can pick up our worries, taking them on as their own. As a buffer against anxiety ensure you do something each day that brings you some joy, whether it's listening to music, going for a walk or having a coffee with a friend.

Look after yourself

In recent months parents and teachers have been doing significant emotional labour. The learning and adjustment curves have been massive, with little time to relax and take a break. Consider your own emotional resources and make your wellbeing a priority, which will make it easier for you to stay calm if your child experiences difficulties.

Communicate confidence

It's a fine line that many parents walk between being flippant ('you'll be right') and showing confidence ('you'll do okay') when kids struggle to adjust to change. My research into childhood anxiety reveals that children and young people want parents and teachers to understand their fears and anxieties, and to coach them to negotiate difficulties including adjusting to change. You can support your child through sharing stories of resilience, focusing on the positives and letting them know that will eventually adjust.

The COVID-19 pandemic has thrown up many difficulties requiring us all to quickly adapt to new situations. Flexibility is a prime characteristic of resilient people, so if nothing else, getting through these challenging times will make us all more resilient.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



We are filled with the Holy Spirit

Pentecost Sunday, Year A



The Spirit Brings

LOVE

I can show love by _____

_____ because I am filled with the Holy Spirit.



The Spirit Brings

PEACE

I can be a peacemaker by _____

_____ because I am filled with the Holy Spirit.



The Spirit Brings

JOY

I can show joy by _____

_____ because I am filled with the Holy Spirit.

Gospel

Jn 20:19-23

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me, so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.
For those whose sins you forgive,
they are forgiven:
for those whose sins you retain,
they are retained.'

Each person was able to hear the message of the Gospel in their own language. See if you can decipher the language below to read the special message.

⌵ = A	± = H	* = R
⚡ = D	π = I	≡ = S
▷ = E	∪ = L	⊖ = T
∪ = F	∩ = N	> = U
∞ = G	∅ = O	⚡ = W

⊖ ⊖ ⊖ ± ∪ ≡ ⊖ ⊖ ∩ ∩

⚡ ⊖ ∩ ⊖ ∩ * ∪ ∪ ∪ ⊖ ± π ∩ ∞ ≡ !