



## OUR LADY'S SCHOOL NEWSLETTER

8 June 2017

[www.olsunshine.catholic.edu.au](http://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](http://www.olsunshine.catholic.edu.au)  
*Our Lady's is a Child Safe School*

*"You believe because you can see me. Happy are those who have not seen and yet believe." John 20:19-31*

### DATES FOR THE DIARY

**Fri 9 June**

Parish Movie

**Mon 12 June**

Queen's Birthday Public Holiday  
**No school for the children**

**Tues 13 June**

Professional Learning for Staff  
(Victorian Curriculum and Reporting 2017) **No school for the children**

**Mon 19-Tues 20 June**

Author Visit - Dr Cameron Stelzer

**Wed 21 June**

PAB Meeting 7.00pm

**Fri 23 June**

Sacred Heart Mass,

**Reports go home,**

7.30pm P&F Trivia Night

**Tues 27 June**

Second Hand Uniform Sale  
3.00pm

**Wed 28 June**

P/T/S Learning Conversations  
3.30-5.55pm

**Thurs 29 June**

P/T/S Learning Conversations  
**All day, no school for the children**

**Fri 30 June**

End of Term 2 3.15pm

**Mon 17 July**

Start of Term 3 8.45am

**Thurs 21 Sept**

Susan McLean Cyber Safety  
Parent Workshop 7.00-8.30pm

### **SACRAMENTS 2017**

*Eucharist*

Sun 11 June 4G

Sun 18 June 4H

*Reconciliation (Year 3)*

Thursday 14 September

*Confirmation (Year 6)*

Friday 17 November

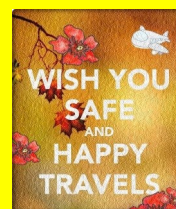


Dear Parents,

Last Sunday we celebrated Pentecost which occurred on the 50th day after Easter when the apostles prayed together and the Holy Spirit descended on them. They received the "gift of tongues" – the ability to speak in other languages – and immediately began to preach about Jesus Christ to Jewish people from all over the world who flocked to Jerusalem for the Feast of Shavout. The Holy Spirit was poured out upon his first followers, thus empowering them for their mission and gathering them together as a church.



As you know Carmel Menzies is the ICT/Performing Arts Leader for Our Lady's school. I am writing to inform you that Carmel will begin 3 weeks of Long Service Leave and this Friday will be her last day. She will not be at school for the rest of this term. Carmel will return back to school after a well-deserved rest on Monday the 17th of July. We wish Carmel all the very best and look forward to hearing about all the wonderful experiences she will have.



*Eucharist Candidates 2017 Please pray for us*



**SAVE THE DATE– Thursday 21st of September 7pm-8:30pm Susan McLean Cyber Safety – Parent Information Session In the Father John Maher Auditorium**

<http://www.cybersafetysolutions.com.au/>

### **PRAYER FOR TRINITY SUNDAY**



Dear God. We know that we cannot fully understand how great and wonderful you really are. But we thank you for revealing yourself to us as Father, Son and Holy Spirit (a Trinity of persons) even though you are still one. Help us to learn more about you and the great love you have for each one of us. We ask this in the name of the Father, the Son and the Holy Spirit, Amen

## CROSS COUNTRY - KEILOR DIVISION



On a cold and wet Tuesday the Our Lady's Cross Country Team ran in the Keilor Division Cross Country event at Brimbank Park.

Will D came first in his event so he will be moving onto The Western Metropolitan Regional Cross Country Events and Lucas A is an emergency as he finished 10th.

Congrats to all the athletes: Ella D, Josh D, Lucas A, Will D, Lucas H, Alex A and Andy N as they all ran really well in the cold and wet conditions  
Well done all!



Miss McManus  
Jo McManus, PE Teacher



## Important Information for Parents

Please remember that there will no school for the children on next Monday the 12th of June as it is the Queen's Birthday Public Holiday and on Tuesday the 13th of June as it is a Professional Learning Day for teachers. The focus will be on auditing and re-designing our Faith-Life-Inquiry through lines so that the content is inclusive of the content requirements as outlined in the new Victorian Curriculum.


**The children will be back at school on Wednesday the 14th of June.**



### PARENT STUDENT TEACHER LEARNING CONVERSATIONS

A reminder to all families to book their Parent Student Teacher Learning Conversations for either Wednesday 28 June (3.30-5.55pm) or Thursday 29 June (8.00am-3.30pm - No school for children on this day).

Use the user name and password given to you on the purple slip on Monday to login to the PTO website. You can also book an interpreter for your appointments.

- HOW TO:
1. Go to the school's home page [www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)
  2. Click the PTO icon as shown here ... 
  3. Enter your surname and PIN, provided on the purple slip



If you have any problems or need help booking, please come into the Office and the Office Staff will be happy to help you through the booking process.

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**  
**Principal**

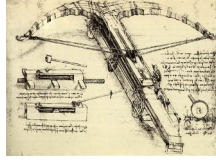
[principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au)

### SACRED HEART MASS

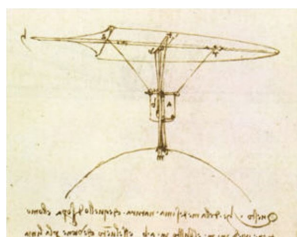
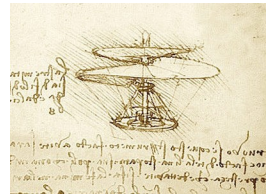
You are all invited to join us on Friday 23 June as we celebrate our Sacred Heart Mass. The Mass is being organised by 6A and 6B.







# Grade 3 da Vinci Inventions









# YMCA CHILDREN'S PROGRAMS OSHC



For all **Bookings and Cancellations** please call us directly on **0401 700 401**  
**Email us:** [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au)  
 For any **Account Information** please call our office on: **8371 0500**  
[www.childrensprogram.ymca.org.au](http://www.childrensprogram.ymca.org.au)

## PROGRAMS AT A GLANCE

Term Two:	Week 9:	12 June 2017
DAY	After School Care Activities	Afternoon Tea
Monday	<i>After School Care Closed due to Queen's Birthday Public Holiday</i>	
Tuesday	<i>After School Care Closed due to Professional Learning for School Staff</i>	
Wednesday Staff: Brad, Hang, Jennie	Inside: Swimming Jellyfish Outside: Playground & Paper Plane Race Homework + Readers	Seasonal Fruit & Veggies Rice Crackers
Thursday Staff: Brad, Michelle, Hang	<i>Lizzy Lizzard Incursion, Wildlife Animals incursion from 4.00pm</i>	Seasonal Fruit & Veggies Variety of Shapes
Friday Staff: Hang, Marlene	Children's Choice: Games, Activities Inside & Out. Cooking Honey Joys with Marlene	Seasonal Fruit & Veggies Crackers, Dip and Celery

A variety of seasonal fruit and vegetables are always offered to children for afternoon snack! A variety of arts, crafts, board games, construction, recreational activities, sensory and imaginary play opportunities are available every day for children to choose. Homework & Home Readers Time – Our YMCA staff are there to encourage home readers and homework and most days we set aside a time to encourage this!

If you or someone else is picking up your child (children) early from school and they are not attending the after school care, please let OSHC Team know. Please remember children need to bring their school hat (Broadbrim or Legionaries Hat) from 1<sup>st</sup> September to 1<sup>st</sup> May and sunscreen will need to be applied when playing outside.

**Bookings and Cancellations:** It is important to book your child's place so we can plan and expect their arrival at Before and After School Care. To ensure the safety of your child please notify us of any absences or additional days of care **via the My Family Lounge Portal** <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> As a reminder please note that the cancellation period of 7 days notice applies for all Before and After School Care bookings. For additional information on our program please visit <http://www.childrensservices.ymca.org.au/school-care/our-locations/our-ladys-ps.html>

There may be certain circumstances where children receive gifts or prizes throughout the year as part of our advertised programs. These occasions would be advertised on our program planners to provide parents/guardians with prior notification. Occasions where children may receive gifts/prizes as advertised are as follows: last day of school terms, end of year celebrations, designated holiday program days, cultural and festive celebration days and during organised program competitions. **Thank You, Brad and Our Lady's OSHC Team**

## AUTHOR VISIT TO OUR LADY'S - CAMERON STELZER!!

On Monday 19 and Tuesday 20 June, we have a special visit from Author and Illustrator Dr Cameron Stelzer. Cameron is visiting Our Lady's School to run workshops with our students. Foundation – Year 1 students will enjoy an interactive Big Screen Book Reading and follow-along drawing activity with Cameron. Cameron will be engaging Year 2 students in a writing workshop focusing on idea formation and inspirations for narratives. Year 3-4 students will participate in a writing workshop exploring exciting and descriptive language. Cameron will be engaging Year 5-6 students in a workshop exploring both writing and illustration skills to create sensational stories. The whole school will assemble on Tuesday afternoon, 2:30pm, for the "Whole school celebration of writing" giving students an opportunity to share what they have learnt. Parents are invited to attend. Students and teachers are looking forward to two fantastic days!



*In conjunction with the Author Visit, Our Lady's families have a special opportunity to purchase signed and personalised copies of Cameron's books at special prices. Individual items are \$15 each and there are also exclusive book sets available. Students will receive an order form on the day of the workshops. Forms and payment can be returned the following day, to the **Office**. Cameron will personally sign all books (including the child's name), and students will receive their books in time for the school holidays.*



**HAVE YOU BOOKED YOUR TABLE?**

**Book now on our Qkr! App**

**Bookings close next Friday!**

# TRIVIA NIGHT

**FRIDAY 23RD JUNE  
7.30PM**

**MARIANA HALL**

**CNR STATION PLACE &  
MONASH STREET,  
SUNSHINE**

**TABLES OF 8-10**

or send an email to  
[parents@olsunshine.catholic.edu.au](mailto:parents@olsunshine.catholic.edu.au)  
to be placed on a table

**RSVP BY FRIDAY 16TH JUNE**

**\$15 A HEAD**

TICKETS WILL BE AVAILABLE  
VIA THE SCHOOL QKR! APP

**BYO FOOD AND DRINKS**







Vrchnas and Co Lawyers

## IMMIGRATION LAW FREE ADVICE SESSION

Obtaining temporary/ permanent residency

Visa Extension

Bringing Family to Australia

Sponsorship

Application Appeals



**If you are interested in finding out about  
any of these issues please join us at:**

**Mother of God Primary School**

**67 Blanche St**

**Ardeer**

**Wednesday 14th June**

**6-7.30pm**

**Interpreter Available on Request**

**Contact Greg Woolford-0409 823 186 or email [gwoolford@mogardeer.catholic.edu.au](mailto:gwoolford@mogardeer.catholic.edu.au)**

### **P&F NEWS - SECOND HAND UNIFORM SALE**



The Parents and Friends are planning a Second Hand Uniform Sale for  
Tuesday 27 June (last week of term) from 3.00pm in front of the Canteen.

#### **DONATIONS**

If you have any clean, washed and in great condition uniform that you longer  
need, the P&F would love donations for their Sale. Please bring any no longer  
needed uniform to the Office.

Many thanks, *P&F Committee*





## **THURSDAY 29 JUNE Learning Conversations**

### **Our Lady's Primary School**

### **School Closure Day**

### **Outside School Hours Care – 8.30am to 6.00pm**

**Our Lady's Primary OSHC**  
32 Station Place, Sunshine VIC 3020  
M: 0401 700 401  
E: [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au)  
[www.childrensprogramms.ymca.org.au](http://www.childrensprogramms.ymca.org.au)

Our Lady's OSHC would like to offer families the opportunity to enrol children into a full day of care on Thursday 29 June 2017, day of Learning Conversations.

For existing families, if you would like your child to attend, please enrol your child by seeing our OSHC Team in the OSHC Room and complete your details on the sign-up sheet or go online by **Wednesday 21st June 2017**.

For families who haven't enrolled their children into Our Lady's OSHC, please visit our online website <http://www.childrensservices.ymca.org.au/enrol/my-family-lounge-sign-in.html> to complete the enrolment form, then email [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au) to express your interest, by **Wednesday 21st June 2017**.

The cost for the full day of care will be \$59.00 per child minus CCB/CCR benefits.

**If we have 15 children booked in on the sign-up sheet, we will be able to go ahead with School Closure Day.**

However, if there are not enough children booked in, all parents/guardians, who placed their details on the sign-up sheet, will be notified by email on **Thursday 22 June 2017**.

There will be arrange of activities during the day including but not limited to:

- Outside play (weather permitting)
- Free Play
- Art and craft
- Sporting games
- Blocks, board and card games

If you have any questions please contact me in person or ring 0401 700 401 or email [ourladysoshc@ymca.org.au](mailto:ourladysoshc@ymca.org.au)

Kind regards,

Brad, OSHC Coordinator





## *Building parent-school partnerships*

WORDS Michael Grose

# Easing children's anxiety

**Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.**

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

### **Staying calm**

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**CALM** is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**ACCEPT** your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**CHALLENGE** the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

### **Making a plan**

**ENCOURAGE** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended

parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal** and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.



[parentingideas.com.au](http://parentingideas.com.au)

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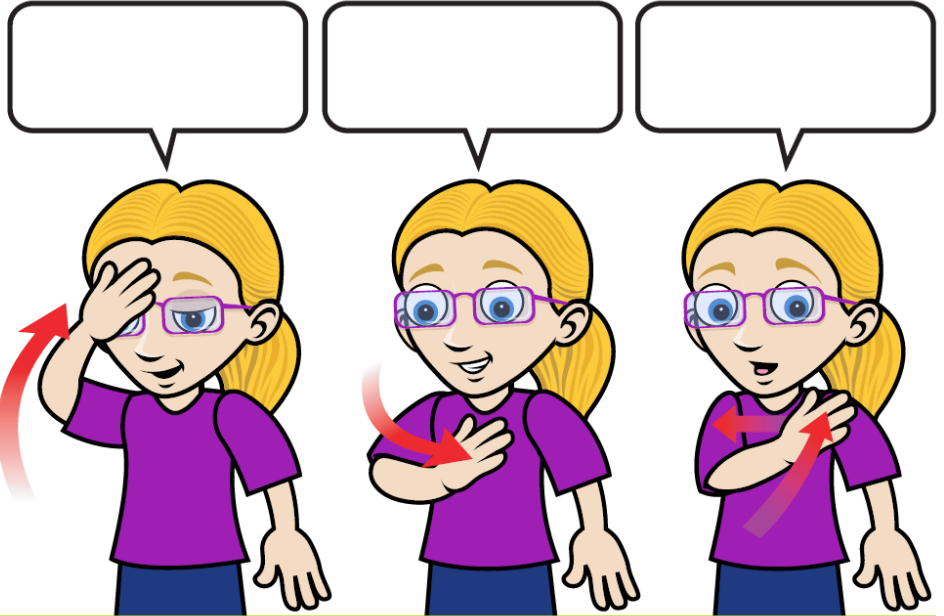
# God so loved the world that he gave his only Son

## The Most Holy Trinity Sunday, Year A

There is a simple prayer that we say almost every day, which reminds us of the Trinity. That prayer is the Sign of the Cross.

### How do I make the Sign of the Cross?

1. Using your right hand, touch your forehead and say....  
(fill in the 1st speech balloon)
2. Touch your chest near your heart and say....  
(fill in the 2nd speech balloon)
3. Touch your left shoulder, then your right shoulder and say....  
(fill in the 3rd speech balloon)



When and where do we use the Sign of the Cross?

Find your way to the Father, the Son and the Holy Spirit

## Gospel

Jn 3:16-17

Jesus said to Nicodemus,  
'God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.'

