



OUR LADY'S SCHOOL NEWSLETTER

18 March 2022

www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley

Principal: Ms. Patrizia Bertani

Parish Mass Times:

English: Saturday 9.00am, 5.30pm, Sunday 9.00am, 10.30am & 5.30pm

Vietnamese: Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm

Burmese: Every 2nd Sunday 2.30pm

Chin: Every 1st, 3rd, 4th, 5th Sunday 2.30pm

Tongan: Every 1st Sunday 3.00pm

School Phone: 9312 2230

School website: www.olsunshine.catholic.edu.au

Our Lady's is a Child Safe School

'Come, follow me,' Jesus said, 'and I will send you to fish for people.' At once they left their nets and followed him. Matthew 4:19-20

DATES FOR THE DIARY

Mon 28 Mar Whole School Mass in the Church at 9.00am

Wed 30 Mar 5.30-7.00pm Foundation Blessing & Picnic

Wed 30 Mar - Fri 1 Apr Year 6 Camp

Wed 6 Apr Last day of term 1 for students

Wed 6 April 7.00pm P&F AGM

Thurs 7 April: First Aid Training for Staff (Level 2, Anaphylaxis, CPR, Asthma). **No school for the children**

Friday 8 April: RE Professional Development with Fr Richard Leonard. **No school for the children**

Tues 26 Apr First day of Term 2

Thur 28 Apr Open Day for Foundation 2023

Wed 4 May 7.00pm PAB AGM

PLEASE TAKE NOTE OF THE 2022 SCHOOL CLOSURE DAYS

(students do not attend school):

Thurs 7 April: First Aid Training for Staff (Level 2, Anaphylaxis, CPR, Asthma)

Friday 8 April: RE Professional Development with Fr Richard Leonard

Wednesday 1 June: Literacy Focus Professional Development with Deb Sukarna

Thursday 23 June: Three Way Learning Conversations (students attend at their appointment time)

Monday 31 October: Report Writing

SACRAMENT DATES

Sun 22 May 10.30am Eucharist 4G

Sun 29 May 10.30am Eucharist 4H

Fri 29 July 7.00pm Confirmation (Year 6)

Dear Parents,

Next week Christine Carabott (Deputy Principal and Student Wellbeing Leader) and I will be attending a Leadership Conference held by VACPSP (Victorian Association of Catholic School Principals). The theme of the conference is Hope - For Now and Whatever Lies Ahead. More than ever, leaders in our Catholic Primary Schools are charged with working together in humanity to develop hope in our students, optimism in our communities and the understanding that together we can create a solution driven future for all. Learning how to make a positive difference in the world is how children can develop confidence, optimism and hope. Christine and I will be sharing the learning and insights we derive from the conference with our staff and with you, our parent community. While we are at the conference Anna Kalc Smyth (Numeracy Leader) will be in charge with support from the rest of the Leadership team: Kriss Oliver (RE/Learning and Teaching Leader), Tania Cuni (Literacy Leader), John Buttigieg (Digital and Design Leader), Kirsty Ross (Learning Diversity Leader) and Tim Wickham (OHS/Child Safety Leader).

WE NEED YOUR HELP!

Today I was alerted by a concerned parent that the Department of Transport is planning to relocate the current bus interchange from outside the Sunshine Station to the station carparks closest to our school. If this proposal was to go ahead it would create a further increase in traffic around our already congested school with a huge increase in both buses as well as even more cars competing for even less carparks. The current carparks would no longer exist and they would be used to construct the new bus interchange next to our school.

From the school's point of view this plan would pose an unacceptable safety risk to our children and in fact our whole community. At the moment this is a draft plan and the Department of Transport are seeking community feedback.

I urge you all to take the time to respond by visiting the link below and alerting the planning authorities to the impact and unacceptable safety risks this proposal presents to our school community. There is a section on the web page below which asks community members to share their feedback. Please take the time to respond and let the planning authorities know about the serious implications this plan poses to the safety of our children as well as the negative impact on the school and rest of the neighbouring households due to the resulting huge increase in traffic in an already congested area.

Click [HERE to ACCESS LINK](https://engage.vic.gov.au/project/sunshine/page/bus-interchange) or go to this website if the link is not accessible:

<https://engage.vic.gov.au/project/sunshine/page/bus-interchange>

St. Patrick's Prayer

May the Strength of God pilot us. May the Power of God preserve us.

May the Wisdom of God instruct us. May the Hand of God protect us.

May the Way of God direct us. May the Shield of God defend us.

May the Host of God guard us Against the snares of the evil ones, Against temptations of the world.

May Christ be with us! May Christ be before us!

May Christ be in us, Christ be over all!

May Thy Salvation, Lord, Always be ours,

This day, O Lord, and evermore. Amen.



Our Lady's Community Coming Together

Two weeks ago was World Prayer Day. Celebrated globally it is an initiative developed by Christian women to show that prayer and action are inseparable and encourages us to look at issues globally and respond to them.

This year Our Lady's children, staff and parents met in person and online to acknowledge the Burmese community who form part of our school community.

To prepare for this the children were shown a short presentation at assembly about the situation in Burma, then invited to pray for peace in Burma and in the world. The children in all classes were asked to bring a flower from their gardens to represent their **HOPE** for Peace. It was very moving to see so many flowers from our children's gardens placed at Our Lady's (Mary) feet. This proved to be hugely successful as many children across all grades laid several hundred flowers in support for Peace in our world. We prayed as a whole school community and listened to prayers in the Burmese language. Father Peter our Parish Priest, Father Peter Zin and Sister Aung Seng Ja from Burma spoke and we had a minutes silence to reflect and pray for all people that they may live in peace.

CONGRATULATIONS to everyone we had raised \$1925 in donations. A FANTASTIC effort!

This was an incredibly generous result from our school community and seeing the children's participation and the level of donations really brought home the generosity of our community and the fact that we CAN ALL make a positive difference in the world. We lived out our School Gospel Values of Justice, Peace, Service and Compassion.

The donations will be presented to a local Chin Burmese community group who support Chin refugees who have been directly impacted by the conflict and are living in Burma or India in refugee camps. For many of our Burmese families at school they have relatives or friends currently in these camps.

Below are some beautiful pictures of the children on the day, thanks again to everyone for coming together.



UPCOMING ANNUAL GENERAL MEETINGS

Just a reminder about the upcoming Annual General Meetings:

Parents and Friends: Wednesday 6 April 7.00pm

Parents Advisory Board: Wednesday 4 May 7.00pm

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



FI

Edward - For not only generating a research question to find out why sloths move so slowly, but having the initiative to record it. Super work! *From Ms. Cam Tu*

Dylan - For sharing your working theory with us about sloths. Your thinking revealed that you thought sloths move slowly because they have 'stiff bones.' Great explanation! *From Ms. Cam Tu*

FJ

Emilia - For showing the Gospel Values of Courage and Compassion by building friendships with others. Well done! *From Miss Wendy*

Aman - For managing her learning to find out and remember so many new things about the letter 's'. You are a great learner, Aman. *From Miss Wendy*

1K

Billy H - for always participating in class discussions and assisting others when they need help. *From Miss Shai*

Lily P - for showing the Our Lady's Gospel Value of Respect by consistently following classroom expectations and directions. *From Miss Shai*

1L

Will O - For showing the Communicator Learning Asset when sharing your thinking with our class. Well done for showing confidence and speaking clearly. *From Miss Steph*

Eddy F - For showing the Our Lady's Gospel Value of Service when identifying ways we can help others during Lent. You are so generous and kind! *From Miss Steph*

2M

Akoldh N- For displaying a real keenness to learn this week, and for showing the Gospel Value of 'Service' when completing jobs around the classroom. Well done! *From Ms Frost*

Ella N- For always trying her best in all tasks, and for displaying the Gospel Value of 'Peace' when interacting with peers in the classroom. Well done! *From Ms Frost*

2N

Lincoln H - For showing the Learning Asset of Communicator. You are always so willing to share your knowledge on various topics and valuable ideas during class discussions. Well done! *From Mrs Mitchell*

Sung Khun- For helping to make the start to our day a happy one, the way you enter the room with a big smile and a beautiful 'hello' in a different language each morning. *From Mrs Mitchell*

3E

Olivia T- For creating a very detailed report about Vietnam. You have shown the Learning Asset Thinker by initiating your own learning. Well done! *From Miss Karen*

Matthew M- For displaying the Our Lady's Gospel Value of 'Service' when you pack away the Chrome books each day. Thank you for doing this job so diligently. *From Miss Karen*

3F

Louisa Jane S - For showing the Our Lady's Gospel Value of Service by helping out in the classroom. Thank you for being organised and helpful. *From Mr Josh*

Simeli C - For being a Self Manager and organising your learning space each day. Your desk is always so neat and tidy. Keep up the great work. *From Mr Josh*

4G

Ayce F - For displaying Our Lady's Gospel Value of Service by being helpful around the classroom. *From Ms Christine*

Tracey L - For displaying Our Lady's Gospel Value of Courage by always doing your best work, even when it is challenging.

From Ms Christine

4H

Grace N- For displaying the Gospel Value of Courage by volunteering to participate in the Bibliodrama. Well done! *From*

Ms. Robles

Ethan N- For always living out the classroom expectations and completing your task to a high standard. Well done!

From Ms. Robles



5C

Chelsi L - For displaying the Gospel Value of Peace in all your interactions in the classroom and schoolyard. Well done Chelsi! *From Mr Membrey*

Ari I- For displaying the Learning Asset of Thinker in your response to the text in Reading Class. Keep up the great work

Ari! *From Mr Membrey*

5D

Miranda N- For using the Learning Asset Thinker to solve problems and find solutions when completing all learning tasks. *From Mrs Muscat*

Harrison B - For continuously making valuable contributions to class discussions and enthusiastically sharing your ideas. Well done! *From Mrs Muscat*

6A

Chan Chan C For your quiet and respectful manner which shows the Our Lady's School Gospel Value of Respect. Well Done. *From Mr Wickham*

Dominic C For taking on the responsibility for tasks which shows you are prepared to show leadership. Keep up the great work! *From Mr Wickham*

6B

Eve I - For being an excellent self-manager by using your time effectively when working independently, and asking questions when you need to clarify expectations. Well done! *From Ms. Gurry*

Asha K - For making thoughtful and intelligent contributions to class discussions. You are displaying the Learning Asset of 'Thinker'. Keep it up! *From Ms. Gurry*



Dominic C 6A
Chhazakhai C 4H
Tom D 6B
Ken T 4G

OUR LADY'S PARISH - SUNSHINE

NEW MASS & CONFESSION TIMES

effective from St Joseph's Feastday, 19 March 2022

| | | |
|---|---|------------------------|
| <u>ENGLISH Language Mass</u> | Saturday: 9.00am | 5.30pm |
| | Sunday: 9.00am 10.30am | 5.30pm |
| WEEKDAYS: | Monday, Wednesday, Thursday, Saturday | 9.00am |
| | Tuesday (<i>Mass & Novena to Our Lady</i>) | 7.30pm |
| | Friday (<i>Mass & Adoration with the Rosary</i>) | 11.00am |
| <u>Confession:</u> | Tuesday 7.00pm | Saturday 9.30am |
| <u>Stations of the Cross - Friday</u> (<i>during Lent</i>) | | 7.00pm |

With the cultural communities in our parish:

BURMESE Language Mass - 2nd Sunday - 2.30pm

Confession – available before Mass (*Burmese, Chin, English*)

CHIN Language Mass – 1st, 3rd, 4th, 5th, Sunday - 2.30pm

Confession – available before Mass (*Burmese, Chin, English*)

Prayer Group (Stations of the Cross in Lent / Rosary outside Lent)

Friday - 6.30pm

Prayer & Praise & Teaching (*Chin Youth / Chin Mothers Group alternate leading*)

Saturday - 6.30pm

TONGAN Language Mass - 1st Sunday - 3.00pm

VIETNAMESE Language Mass Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm

Confession: Saturday 9.30am Friday 7.00pm (*if the priest available before Mass*)

Supporting our parish IS POSSIBLE ONLINE OR BY THE WEEKLY COLLECTIONS AT MASS.

Scan the QR below to give to Our Lady's - if you're in a position to give <https://bit.ly/CDFpaySunshine>



Thankyou. Your support is appreciated. It's been difficult two years for the parish but also for you, so your needs are important to meet, and after that, whatever you're able to give is gratefully received.

Parish Office hours - Tuesday & Wednesday & Friday mornings TELEPHONE: 9 4 0 1 6 3 4 4 Email: sunshine@cam.org.au

Web: <http://pol.org.au/sunshine/Home.aspx>

Upcoming Webinar for Parents

Dr Jodi Richardson presents: Building lasting happiness in children

Dr Jodi Richardson is a professional speaker, author and wellness educator who helps people work through the challenges and opportunities associated with mental health, wellbeing, happiness and purpose. Jodi combines nine years of university study with more than twenty years of professional work in clinical practice, education and elite sport. Through this, and her personal experience of a mental health diagnosis she has seen it all, heard it all, felt it all, and flourished through it all. Her sincere ambition is to assist others to flourish too.

We have a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in our community can attend this webinar at no cost.



Watch from any device, any location



See the expert as they speak



Catch up recording available

Valued at \$39 per person

No charge for you



Watch an overview from Dr Jodi Richardson

parentingideas.com.au

parenting*ideas

About the webinar



Building lasting happiness in children

When you ask parents what they want for their kids, by far the most common reply is "I just want them to be happy". And though this desire goes hand-in-hand with such things as good health, an education and a safe place to call home, happiness is a really difficult area for parents to navigate or seek assistance with. Nobody denies the importance of happiness, but how many parents have ever been shown how to model and implement it? In this webinar, Dr Jodi Richardson explains how lifelong happiness stems from how we think and what we do, rather than from what we have.

Key learning and discussion points include:

- a new definition of happiness
- what stands in the way of happiness
- why the science says "more stuff" doesn't make us happier, and what to do instead
- the skills of happiness – quantifiable, helpful areas of output for parents to nurture in their children
- evidence-based strategies to increase happiness

The webinar will be held on 23 March 2022 at 8–9 PM AEDT.

Redeem your webinar – it's easy!

To redeem your webinar click or copy and paste this link:

<https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-building-lasting-happiness-in-children>

1. Click 'Add to cart'
2. Click 'View cart'
3. Enter the coupon code HAPPY and click 'Apply'
4. Enter our organisation's name to verify your eligibility. The \$39 discount will then be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account and access your webinar and resources.
7. Click 'Place Order'

This offer is valid until 23 June 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

OUR LADY'S SCHOOL SUNSHINE

2023
FOUNDATION
ENROLMENTS ARE
OPEN FROM
MARCH 15 2022.

Please come into
the School Office
to pick up an
Enrolment Pack.

OPEN DAY

THURSDAY 28 APRIL

Tours at 9.30am, 2.15pm & 4.00pm

**OUR
VISION**

**Our Lady's School is a Catholic
Primary School for boys and girls,
serving the Parish of Our Lady of the
Immaculate Conception Sunshine.**

Principal Ms Patrizia Bertani
principal@olsunshine.catholic.edu.au

In a spirit of unity and harmony,
we strive to develop the whole
person; providing an excellent
education for all and inspiring
our community members to
live a Christian way of life.

FOR MORE INFO:



9312 2230

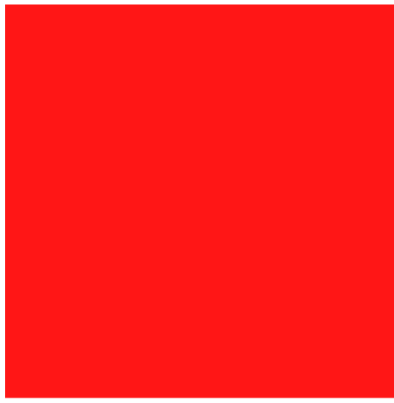


32 Station Place Sunshine
3020



www.olsunshine.catholic.edu.au





JUNIOR WATER POLO COME & TRY

Calling all kids aged 8 - 16 years

Come along and give it a go - learn the basics, then put your skills into action in a game!

THE DETAILS:

Where: Sunshine Leisure Centre
5 Kennedy Street, Sunshine

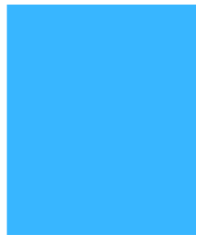
When: Monday 21/3, 28/3 & 4/4

Time: 6:00 - 7:00pm (arrive 5:45)

Cost: FREE



More info: info@footscraywaterpolo.com



insights

The power of gratitude for a happier life

by Dr Jodi Richardson



More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

Benefits of a grateful mindset

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.



Where do I start?

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

Supporting your child to become more grateful begins with teaching three fundamental ideas:

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

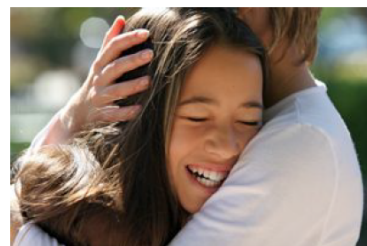
There are loads of fun ways to practice gratitude. Here are a few to get you started:

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Ask each family member what they're thankful for each evening at dinner.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Relive happy moments together.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.



It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."



Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au



God will help us bear fruit



3rd Sunday of Lent, Year C

Jesus told his followers the story of a fig tree that would not bear fruit. The gardener said he would try hard for one more year to help it grow. God wants us to try hard so that we too can grow, and 'bear fruit'. What are four things you can do during Lent that help you be a better Christian and bring you closer to Jesus?



Gospel

Luke 13:1-9

He told the people this parable:

'A man had a fig tree planted in his vineyard, and he came looking for fruit on it but found none. He said to the man who looked after the vineyard, "Look here, for three years now I have been coming to look for fruit on this fig tree and finding none. Cut it down: why should it be taking up the ground?" "Sir," the man replied "leave it one more year and give me time to dig round it and manure it: it may bear fruit next year; if not, then you can cut it down."'



Jesus told parables to help his followers understand his teachings more clearly. Can you draw pictures from three different parables?

