



OUR LADY'S SCHOOL NEWSLETTER

19 March 2021

www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley

Principal: Ms. Patrizia Bertani

Parish Mass Times:

English: Saturday 5.30pm, Sunday 9:00am, 10:45am & 5:30pm

Vietnamese: Saturday 7.30pm, Sunday 12.30pm

Chin: Sunday 2.30pm

School Phone: 9312 2230

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

Our Lady's is a Child Safe School

Heal me, LORD, and I will be healed; save me and I will be saved, for you are the one I praise. Jeremiah 17:14

DATES FOR THE DIARY

Every Friday Assembly online at 2.30pm

Fri 19 Mar

Yr 5 Eucharist

Mon 22 Mar

School Closure Day - Review. No school for the children

Thurs 1 Apr

End of Term 1 at 3.15pm

Fri 2 Apr

Good Friday

Sun 4 Apr

Easter Sunday

Mon 19 Apr

Start of Term 2 at 8.45am

Wed 21-Fri 23 Apr

Yr 6 Camp

Sun 25 Apr

ANZAC Day

Wed 28 Apr

Yr 3 Reconciliation

Thur 29 Apr

Yr 4 Reconciliation

Fri 14 May

Yr 4 Eucharist

Wed 23 June

Three Way Learning Conversations 3.30-6.00pm

Thurs 24 June

Whole school closure - Three Way Learning Conversations

Mon 26 & Tues 27 July

Whole School Closure - Staff Conference RE

Fri 12 Nov

Yr 6 Confirmation

PLEASE TAKE NOTE OF THE 2021 SCHOOL CLOSURE DAYS

(students do not attend school):

Mon 22 March Review

Thurs 24 June Three Way Learning

Conversations (students attend at their appointment time)

Mon & Tues 26-27 July RE Conference

Mon 1 Nov Report Writing

Dear Parents/Carers,

This week the Melbourne Archdiocese Catholic Schools (MACS) are celebrating 200 years of Catholic Education. Catholic Schools all around the Archdiocese of Melbourne are celebrating their Catholic Identity, acknowledging the many challenges faced over the years and the wonderful achievements. Here at Our Lady's School we have a proud 101 years of history with 73 years of the Sisters of St. Joseph leading our school and 20 years the Oblates of Mary Immaculate.

Today we are keeping alive our Catholic Identity in our school by living it out each and everyday. It is expressed in our programs, policies and approaches that we implement across our school in each interaction we have with each child, staff member and parent. When these interactions are expressed via our school Gospel values of *Justice, Service, Respect, Peace, Compassion and Courage* we are expressing our faith and living it out amongst our community. Below I have a quote from the Melbourne Archdiocese which captures our vision for all our students.

At the very heart of each Catholic school is a desire for the full flourishing of each student, across religious, physical, cognitive, emotional and social domains. Here we support students to grow in virtue and to embrace a view of themselves and the world that leads to peace, justice, and the prospering of the whole of creation. It is a journey that is enlightened by faith, animated by love and leading to hope. (Horizons of Hope-Vision statement 2021)

A HUGE thank you to everyone who has so generously donated Easter eggs and chocolate treats for the school's Easter Raffle. I would like to encourage you to buy the raffle tickets so that you have the opportunity to win some of the great prizes. Last year we sold over 600 raffle tickets and at the moment we have sold just a little over 300. It would be great if we could sell some more.



Prayer to Saint Joseph - Who is Known By Many Titles

Faithful Joseph: Teach us to listen and not be afraid to trust as you did in God's promise.

Loving Joseph: Teach us to love courageously with a heart that is free and just.

Protector Joseph: Teach us to protect one another and all that belongs to God.

Dreamer Joseph: Teach us to dream a world where all are neighbours; a vision illuminated by God's light.

Teacher Joseph: Teach us to keep the Word of God close to our hearts, and to proclaim it in word and action.

Gentle Joseph: Teach us to be gentle with our power and strong in our tenderness.

Parent Joseph: Teach us to be for all persons a living lesson of goodness and truth - a blessing for all generations to come. Amen.



At Our Lady of the Immaculate Conception Parish Primary School we promote the safety, well being and inclusion of all children.

STUDENT WELLBEING and the ZONES OF REGULATION

Student Wellbeing is a priority at Our Lady's school. This year we have introduced the Zones of Regulation to enhance social and emotional learning across the school. These zones (red, blue, yellow, red and green) are taught across the school so that students can identify their feelings and then learn to apply strategies to support them to remain in the green zone which is the optimal zone for learning.

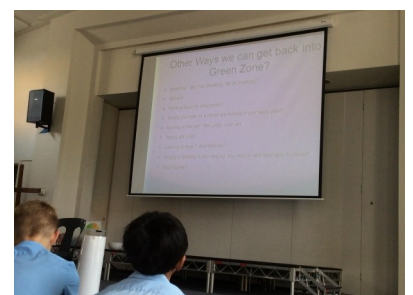
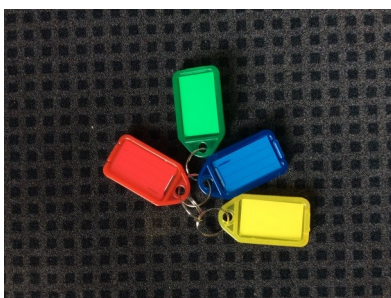


To further enhance our school based program Christine Carabott (DP and Student Wellbeing Leader) organised this week's incursion. The presenter Christine Sully is very experienced in the area of wellbeing.

All students at Our Lady's school participated in an engaging and fun workshop that teach students to identify their emotions and encourages them to explore methods and ways they can individually self regulate. They were shown various methods to teach identifying emotions including through music, dance, movement, therapy toys, colour keys for each student, props, meditation, puppets, posters and for the senior school anatomy of the brain. Outcomes you will notice is an understanding of emotions and desire from students to discover how they can self regulate to their 'thinking zone' and work on their own emotional intelligence to be the best they can be when learning, performing or managing stress.

Before leaving Christine Sully (the presenter of this program) wanted to give me some feedback about the Our Lady's students. She thought they were the best that she has ever had, not only in their engagement and behaviour but also in their responses which demonstrated a great deal of knowledge and understanding. In fact she said they demonstrated a great awareness of emotional intelligence. Well done to all students of Our Lady's school.

Below we can see some photos of Year 5 students participating in the incursion.





OUR LADY'S PRIMARY SCHOOL SUNSHINE

Please come into the School Office to obtain an information package

2022 ENROLMENTS ARE NOW OPEN

OPEN DAY MONDAY 10 MAY
(SUBJECT TO
COVID REGULATIONS)
TOURS AT 9.00AM,
12.00PM & 2.30PM



WE LOOK
FORWARD
TO
SEEING YOU!

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



OUR VISION

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.

32 Station Place Sunshine 3020 Phone 93122230

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

Yours sincerely,

Patrizia Bertani

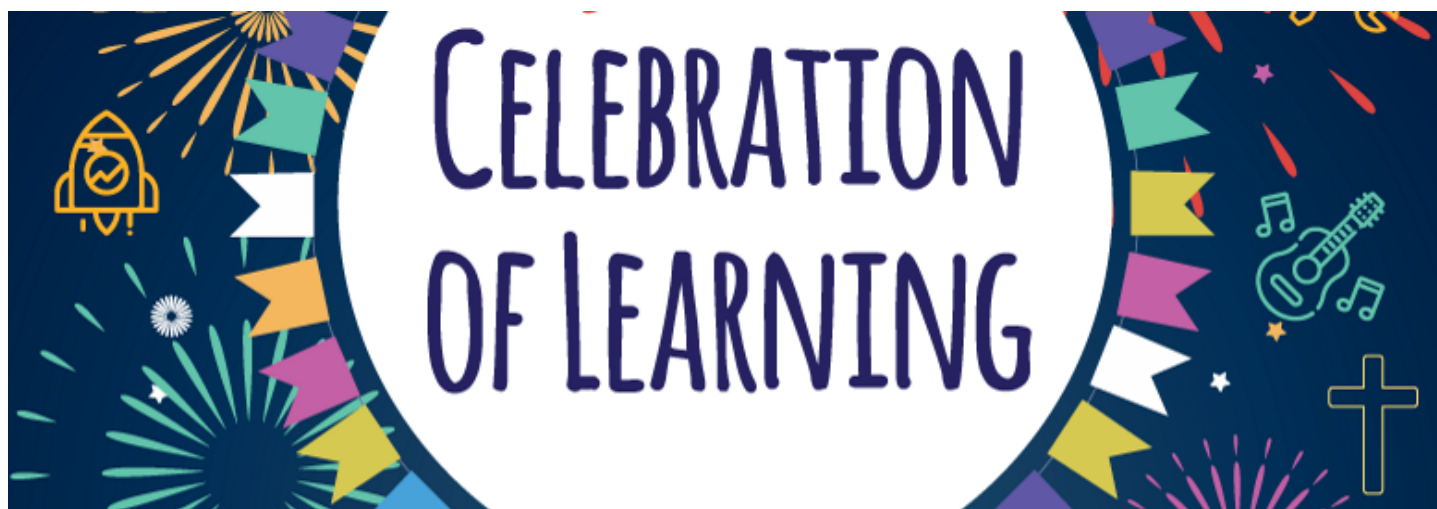
Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



*Wishing everyone
a very Happy St
Joseph's Feast
Day!*



FI from Ms Cam Tu

Indiana - For consistent effort especially during writing. We love hearing about your stories! Awesome work!

Savannah - For consistent effort in your work. You always try your best. Keep it up!

FJ from Ms Wendy

Kei - For collaborating with others to make a book about birds in Discovery. You shared your ideas and listened to your friends. That's what good learners do!

Liam - For using words and letters to record his ideas in Writing time. It's great to see you having a go, even when you're not sure. That's what good learners do!

1K from Miss Scarpaci

Makuie- For demonstrating the Our Lady's School Gospel value of Courage when you have-a-go and work hard to achieve your goals. Well done

Joanne- For showing great thinking when you wrote about your grandma during writer's workshop. Well done

1L from Ms Steph

Samantha H - For being an inclusive and loving member of our classroom. Well done for always being a great friend who includes others.

Sung Khun T - For working hard on her handwriting goal! Well done for your persistence , your letters are really starting to take shape!

2M from Ms Frost

Maya L- For doing great Maths work this week, and for always trying her best in class. Well done!

Archie S- For showing the Learning Asset of 'Communicator' when demonstrating his Maths skills to the class, and for always trying his best. Well done!

2N from Ms Howe

Simeli C- For being persistent with your learning in maths this week while we have been learning to partition numbers to build to the nearest ten. I am very proud of you Simeli!

Jesse D- For being a reflective thinker this week when considering what your Lenten promise might be. I liked that you chose to help your family with the cleaning as your almsgiving goal and to be a positive communicator with others. Well done Jesse!

3E from Ms Karen

Bailey H For writing many reasons in your persuasive text. Your thinking was evident and you showed how determined you were to complete your draft. Keep up the great work Bailey! From Miss Karen

Anna V For using factual information in her writing to support her opinion. Well done Anna!

3F from Mr Howarth

Filip - Showing an excellent attitude to all learning tasks. Filip contributes great ideas and is a kind friend to others. Well done!

4G from Ms Wood

Dao - for demonstrating fantastic work ethic during Writer's Workshop this week and producing a very persuasive writing piece about swimming. Well done!

Evie - for exhibiting a fantastic growth mindset this week in writing. You took on constructive feedback and ran with it! This is a hard thing for many to do, so congratulations and well done on your improved writing piece!

4H from Ms Robles

Zac - For always sharing ideas during class discussion and supporting your peers when they need help.

Tessa - For taking on board constructive feedback during the Writer's Workshop.



5C from Ms Kaan

Li Li F - for using the Gospel Value of Courage to take risks and share special intentions during prayer and pay compliments to her peers during class meetings.

Lachlan B - for using your curious and inquisitive mind to make rich connections to make connections with your learning to real world experiences.

5D from Mrs Mendoza & Ms Marina

Asha K For working very hard to write a persuasive piece on 'Why people should stop killing animals' and showing that your writing stamina is starting to build. Well done!

Zoe A For being very reflective of your personal strengths and sharing some thoughtful examples of these strengths. Well done!

6A from Mr Wickham and Miss O'Connell

Kayla T - For displaying the Our Lady's School Gospel Value of Respect through your quiet and polite manner. Keep up the wonderful example of leadership.

Nam N - For having a positive approach towards your learning this week and showing persistence during maths lessons. Keep it up!

6B from Ms Gurry

Sumer S - For showing courage in Writer's Workshop by accepting the teacher's advice to change your purpose for writing. The maturity you showed when your plan was changed is to be commended!

Aiden C - For consistently showing initiative throughout Term 1 by offering to help in the classroom and completing jobs without being asked. This is an important leadership quality!



Dominic C 5D
Chhazakhai C 3F
Tom D 5D
Moses T 6B

CANTEEN NEWS



With our Covid guidelines relaxing, we are happy to say we can now allow Parent Helpers in the Canteen between 1.00-2.00pm each day starting from next Tuesday 23 March!

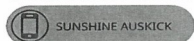
If you have a current Working With Children Check and have some time available, please see Geraldine or Nubia in the Canteen or email Geraldine on gwilliams@olsunshine.catholic.edu.au





IGNITE A PASSION FOR THE GAME!

SUNSHINE AUSKICK



Kinder Smith Reserve, Braybrook
Friday Evenings 5:00pm-6:00pm
First Session: Friday 23rd of April
 AFL footy fun for kids aged 5-12
 Have fun make friends and learn AFL
 Contact: sarahfrost99@gmail.com / 0402 315 419



Scan the QR Code for registration details
 or
 Visit link below

play.afl/auskick

Recyclable paper.

nab AFL Auskick

NAB AFL Auskick is one of the best, first experiences kids aged 5-12 will have learning Australian Football.

In weekly sessions, Auskickers and their families will run, jump, kick, laugh and create their own special moments playing footy.

No matter their skill level, ability or knowledge of the game, Auskick is for everyone!

Registration is this simple!

- 1** **WWW.**
Visit play.afl
- 2**
Select "Where to play"
- 3**
Enter your suburb
- 4** **REGISTER**
Find your local club and register!

play.afl/auskick

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.

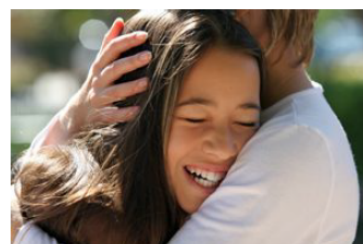
There are loads of fun ways to practice gratitude. Here are a few to get you started:

- 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

The grain that dies gives much wheat

5th Sunday of Lent, Year B

Gospel

Jn 12:23-26

Jesus said to his disciples:

'Now the hour has come
for the Son of Man to be glorified.

I tell you, most solemnly,
unless a wheat grain falls on the ground and
dies,

it remains only a single grain;

but if it dies,

it yields a rich harvest.

Anyone who loves his life loses it;

anyone who hates his life in this world
will keep it for the eternal life.

If a man serves me, he must follow me,

wherever I am my servant will be there too.

If anyone serves me, my Father will honour him.'

**Draw or write about a person that you
know who serves and follows Jesus.**



**In the grains of wheat,
draw or write some
of the ways that you
can serve Jesus.**