



OUR LADY'S SCHOOL NEWSLETTER

24 November 2023

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

Chin Hakha/Burmese: 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

Gracious words are a honeycomb, sweet to the soul and healing to the bones.

Proverbs 16: 24

DATES FOR THE DIARY

Sun 3 Dec 1st Sunday Advent

Wed 6 Dec 6.00pm Yr 6
Graduation Mass & Disco

Fri 8 Dec Feast of the Immaculate Conception. Mass at 11.00am

Mon 11 Dec Yrs 1-6 Orientation

Fri 15 Dec End of Year Mass 9.00am, Students finish 2023 at 1.00pm

Mon 18 Dec Professional Learning Day (Pupil Free Day)
Hand over day for Staff

Tues 19 Dec Professional Learning Day (Pupil Free Day)

2024

Mon 29 Jan Staff return

Tues 30 Jan Getting to Know You Day 1 for Yrs 1-6 (appointment only)
Foundation Session 8.45-1.00pm

Wed 31 Jan Getting to Know You Day 2 for Yrs 1-6 (appointment only)
Foundation Session 8.45-1.00pm

Thur 1 Feb Classes start at 8.35am for all

Dear Parents,

The F-6 swimming program has continued to run smoothly. I have asked many students as to whether they enjoyed the program and whether they feel more confident in the water and they have responded very positively. Today is the last day and I once again would like to especially thank our wonderful parent volunteers for contributing their time. It does take collaboration from staff, students and parents to make the swimming program as successful as it has been. A special thankyou to the Year 5 and 6 students who supported the Foundation and Year 1 students throughout the swimming program.

Student Wellbeing - A shared responsibility

Although the majority of the time students at Our Lady's School feel safe and respected, it is important to make sure that all students feel this way all the time.

At Our Lady's school we follow the Our Lady's Gospel values of: *Justice, Courage, Respect, Service, Peace and Compassion*. We are committed to ensuring that both the physical and online environments promote student safety and wellbeing and that the school's values are embedded in the school's curriculum and policies.



We have zero tolerance for bullying, disrespectful language, harassment, discrimination, violence and cyber-bullying. I ask all parents to support the school in our commitment to providing a safe, caring and supportive environment for all. It is only by doing this that our children will thrive both emotionally and academically.

Student wellbeing is a shared responsibility between staff, parents and students. I am asking parents to have a conversation with their child/children about the importance of caring for others by at all times demonstrating respectful behaviour and language. By collaborating together we can make a positive difference.



THANKS TO THE SUNSHINE LIONS CLUB

I would like to sincerely thank the Sunshine Lions Club for donating \$200 to Our Lady's School. Lions clubs all around the world are involved in supporting local humanitarian, health and community services.

Our Lady's School is very appreciative of the work that they do and would like to express our gratitude for their support of Our Lady's School over many years.

Prayer for the Feast of Christ the King

This is the last Sunday of Ordinary Time.

We celebrate that Christ is the king of all nations.



Jesus, as we prepare to celebrate the Feast of Christ the King we ask you to help us live as people of your kingdom.

May we work together for the good of people of all nations and all races and all faiths. May we follow your way always and give praise and honour to your holy name. Amen



BUILDING PROJECT UPDATES

Finally our new building is beginning to emerge from the ground! We have all waited so long and this is just the beginning of a very exciting stage of its development.

Above we can see the formwork pillars rising from out of the ground. These will be filled with concrete and will help to support the our new 2 storey building.

The two trees closest to the new building will need to be relocated together with the flagpole as major infrastructure will need to go in that position.

Last week we did have someone break into the building site in spite of all the security. The builders are now considering hiring security guards, especially when expensive pieces of materials arrive.

DATES FOR THE DIARY

Tues 14 Nov	7.00pm PAB Meeting
Sun 3 Dec	1st Sunday Advent
Wed 6 Dec	6.00pm Yr 6 Graduation Mass & Disco
Fri 8 Dec	Feast of the Immaculate Conception Mass at 11.00am
Mon 11 Dec	Yrs 1-6 Orientation
Fri 15 Dec	Mass at 9.00am. Students finish 2023 at 1.00pm
Mon 18 Dec	Professional Learning Day (Pupil Free Day) Hand over day for Staff
Tues 19 Dec	Professional Learning Day (Pupil Free Day)

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Thur 1 Feb	Classes start at 8.35am for all

Yours sincerely,

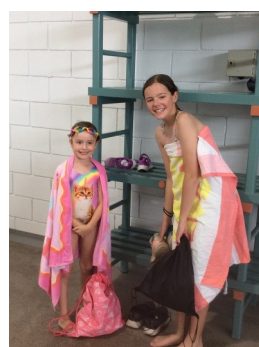
Patrizia Bertani

Ms Patrizia Bertani
Principal

principal@olsunshine.catholic.edu.au

Due to our Swimming Program there will NOT be an Assembly this afternoon





OLD MOBILE PHONES? PLEASE DONATE TO 2N!!



Grade 2N had a mobile phone drive earlier in the year. They hoped to collect any mobile phones or iPads that people are no longer using so they can be donated to the Melbourne Zoo. The phones are then sent to have parts recycled and money raised from this is donated to the Gorilla Doctors who look after displaced and injured gorillas.

The children in 2N are asking everyone in our community to please have one more look at home or in your workplace for phones that are no longer being used and can be added to our collection before we take them to the zoo.

Thank you

PREPARATIONS FOR 2024

As we are beginning our preparations for 2024 we ask that parents let us know as soon as possible if their child/ren are not returning to Our Lady's next year. We have had many inquiries about places for 2024 and we need to let these parents know if there are places for their children.

If your child is not returning in 2024 (NOT OUR CURRENT YR 6 STUDENTS) please complete the form below and return it to the office. It is vital that you return this form as soon as possible.

Children NOT returning to Our Lady's School in 2024

Family Name: _____

Child/children's names:

1. _____ 2023 Grade: _____

2. _____ 2023 Grade: _____

3. _____ 2023 Grade: _____

Name of our new school: _____

And if moving addresses:

Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible

INSIGHTS

Supporting boys in upper primary school



The upper primary school years are the start of big physical changes and boys can struggle more than girls. Even though some of our boys are growing physically, this time can be challenging, unpredictable and full of big emotions and awkwardness.

Some anxiety can also occur as the end of primary school approaches and some boys can fight with their physiology. Parents need to be mindful to recognise that for many pubescent boys, every day at school feels like going into a war zone because it is so unpredictable.

The following ideas will help to guide you through this time.

Have realistic expectations

Create a calm, predictable environment to counteract the stress many boys may experience. Parents can do this by avoiding asking too many questions and placing too much pressure especially around homework. Especially avoid criticism, nagging and lecturing — they won't improve anything.

Keep things light

Boys appreciate lightness and humour, especially when they may be struggling with anxiety or worry. Maybe you could find some funny, goofy cat or dog videos to show them or share some funny experiences that might trigger the beautiful happy neurochemicals in their brain. Be a bit ridiculous – intentionally.

Share developmental changes

Have brief conversations with your son about the coming brain changes, especially pruning, which is a 'trimming down' process in the teenage brain where irrelevant/unused mental connections from childhood are lost. These conversations can help him understand why he may be struggling with organisation and be forgetting things that he used to remember. Once he knows there is a reason, he'll tend to manage it better — indeed many boys are relieved! Help your son to work out ways to remember important stuff.

Make home a welcome base for his friends

Ensure that you make your home a welcome base for his friends, regardless of gender. The hunger to 'hang out together' is still strong even for our digital natives, and they will always turn up to a place where they are welcome and where there is a familiar space to gather. It's really good to give your son's mates the message that 'our door is always open for you'. We never know when a family conflict becomes too painful for a boy or that just having some calm down time is what the whole family may need.

parenting * ideas

Stoke his spark

Help your son identify his passion whether sport, games or music that will keep him engaged in the years ahead. Disengagement is very common among boys in early to middle secondary school and those who have an interest they love and are capable at, tend to struggle less. In primary school boys should sample many activities so that they can discover their real interests.

Help manage anxiety

Many boys experience anxiety as they move toward adolescence and the end of the primary school years. Some boys display anxiety through silliness, inappropriate behaviour, an increase in aggression (often toward siblings), disrespectful language towards parents, changes in eating patterns and struggles with sleep. If you have ongoing concerns check in with your son's teacher and seek help.

Practise kindness

Even though this sounds counterintuitive if you are experiencing some hot moments with your pre pubescent or pubescent son, kindness especially in small unexpected ways has enormous power. Many boys struggle with low self-worth and when they muck up they struggle even more with feeling acceptable and loved.

Above all, reassure your son often that you love him fiercely and unconditionally, no matter what.



Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). She is the mother of four sons and a very grateful grandmother. For further details visit maggiedent.com



Jesus says when we do something good for others we also do it for him. Draw a picture of yourself performing an act of kindness.

Fill in the spaces using the words below

When I was hungry, you gave me something to _ _ _.

When I was thirsty, you gave me something to _ _ _ _ _.

When I was a stranger, you _ _ _ _ _ me.

When I was naked, you gave me _ _ _ _ _ to wear.

When I was sick, you took _ _ _ _ of me.

When I was in gaol, you _ _ _ _ _ me.

welcomed drink care
eat clothes visited

Gospel Matthew 25:31-46

Jesus said to his disciples: 'When the Son of Man comes in his glory, escorted by all the angels, then he will take his seat on his throne of glory. All the nations will be assembled before him and he will separate men one from another as the shepherd separates sheep from goats. He will place the sheep on his right hand and the goats on his left. Then the King will say to those on his right hand, "Come, you whom my Father has blessed, take for your heritage the kingdom prepared for you since the foundation of the world. For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me, in prison and you came to see me." Then the virtuous will say to him in reply, "Lord, when did we see you hungry and feed

you; or thirsty and give you drink? When did we see you a stranger and make you welcome; naked and clothe you; sick or in prison and go to see you?" And the King will answer, "I tell you solemnly, in so far as you did this to one of the least of these brothers of mine, you did it to me." Next he will say to those on his left hand, "Go away from me, with your curse upon you, to the eternal fire prepared for the devil and his angels. For I was hungry and you never gave me food; I was thirsty and you never gave me anything to drink; I was a stranger and you never made me welcome, naked and you never clothed me, sick and in prison and you never visited me." Then it will be their turn to ask, "Lord, when did we see you hungry or thirsty, a stranger or naked, sick or in prison, and did not come to your help?" Then he will answer, "I tell you solemnly, in so far as you neglected to do this to one of the least of these, you neglected to do it to me." And they will go away to eternal punishment, and the virtuous to eternal life.'