



OUR LADY'S SCHOOL NEWSLETTER 26 November 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

'And this will be a sign for you: you will find a baby wrapped in swaddling clothes and lying in a manger' Luke 2:12

DATES FOR THE DIARY

Every Friday Assembly is online

Wednesday 8 December

Feast of the Immaculate Conception of the Blessed Virgin Mary

Thursday 9 December

Grade 6 Graduation Mass 2.20pm (livestreamed)

Friday 10 December

Whole School Excursion - Steam Rail Trip

Wednesday 15 December

Students finish for 2021 at 3.00pm

2022

Monday 31 January

Getting to Know You Years 1-6 Foundation 8.45am-1.00pm

Tuesday 1 February

Getting to Know You Years 1-6 Foundation 8.45am-1.00pm

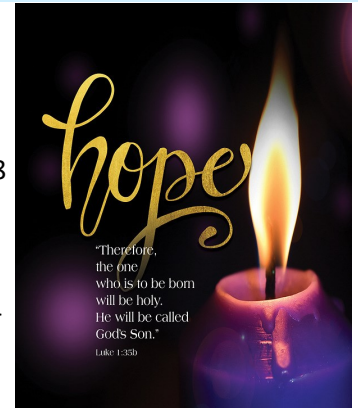
Wednesday 2 February

Classes start for Years 1-6
No School for Foundation on Wednesdays in February

Dear Parents,

This Sunday will herald the beginning of Advent. A time where we prepare for the birth of the Christ Child. Advent means coming or arrival and this year will begin on Sunday 28 November. The Advent season culminates with Christ's arrival into our hearts and into the world on Christmas Day. All students at Our Lady's will be participating in Advent activities and experiences to prepare both spiritually and practically for Christ's birth on Christmas Day. On Sunday we light the first candle on the Advent wreath which signifies HOPE and is called the prophet's candle. It is the hope that Christ's light of love has shone into the world.

Over the last two weeks the Year 6 students received the Sacrament of Confirmation. After all the challenges and uncertainties the staff and I were happy to welcome parents and sponsors to our school. In both ceremonies our Parish Priest Father Peter administered the Sacrament of Confirmation to the students who were reverent and prayerful throughout. It was a great privilege for the staff and families to share in this spiritual milestone in the students' lives. We were very proud of all the students and on behalf of the Our Lady's School community congratulate them for how prepared they were. Thank you to the Year 6 teachers Mr Tim Wickham and Ms Michelle Gurry as well as our RE/Learning and Teaching Leader Ms Kriss Oliver. I hope you enjoy the photos of our Year 6 students on their Confirmation Day in this week's newsletter.



School Fees

Thank you to all those families that have already settled their account. As you have been previously advised we require that all outstanding school fees are paid in full by the end of today, 26 November. If you need to discuss payment options please ring the office.



Advent

Dear God, during Advent, the four weeks before Christmas, we think about all the people in the Bible, who waited for hundreds of years for Jesus to come on earth.

We think about Mary and Joseph, going to Bethlehem, to register in their home town, and then waiting for Jesus to be born.

Help us, God, in this time of Advent, bless our eyes and ears, that we may see and hear Jesus. Amen



Important Reminders and Updates

Dinner in the Yard / Art Show

Unfortunately this year we have to once again cancel the Dinner in the Yard and the Art Show. This is not a decision that has been made lightly but after much consideration. The health and safety of our school community has to always be foremost in our decision making. The staff and myself hope that next year we will be able to hold this wonderful event as well as all the others where parents can once more fully participate in the life of the school.

Reminders & updates

School Uniform

There are many students not wearing the correct black leather shoes but rather wearing runners throughout the week. Runners should only be worn on Sport days. You will need to write a note to your child's teacher to let her/him know why your child is not wearing the correct school shoes. I understand that some children have outgrown their school shoes at this time of the year but ask you as a courtesy to inform your child's teacher.

Year 6 Graduation Update

This year the Year 6 Graduation is on Thursday the 9th of December. The students will attend a Graduation Mass in the Church from 2:20pm to 3:15pm. The Graduation Mass will be live streamed online for parents and other family members to view.

After the Graduation Mass the students will have a drink and some snacks in the Mary MacKillop Library. This will be followed by a disco from 3:30pm to 4:30pm.

A note will be sent out to all parents who have a child in Year 6 with detailed information about the Year 6 Graduation.



Term 4, WEEK 3 ⇨ Drop off and pick up gate arrangements

A-F ☺ Morning Drop Off (Victoria Street)	
8:20 → 8:45	A→F Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
A-F ☺ Afternoon Pick Up (Victoria Street)	
3:05 → 3:14	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
Wednesday only 2:50 → 2:59	

G-L ☺ Morning Drop Off (Station Place)	
8:20 → 8:45	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
G-L ☺ Afternoon Pick Up (Station Place)	
3:05 → 3:14	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
Wednesday only 2:50 → 2:59	

M-R ☺ Morning Drop Off (Victoria Street)	
8:20 → 8:45	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
M-R ☺ Afternoon Pick Up (Victoria Street)	
3:15 → 3:25	Back gate on Victoria Street (near Yr2 classes) & Church gate (near canteen)
Wednesday only 3:00 → 3:10	

S-Z ☺ Morning Drop Off (Station Place)	
8:20 → 8:45	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
S-Z ☺ Afternoon Pick Up (Station Place)	
3:15 → 3:25	Main entrance (near office) - Station place & Station Place gate (near Foundation and Yr 4 classes)
Wednesday only 3:00 → 3:10	

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

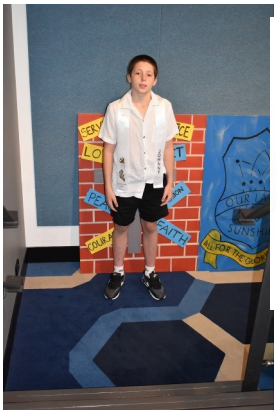
Yours sincerely,

Patrizia Bertani

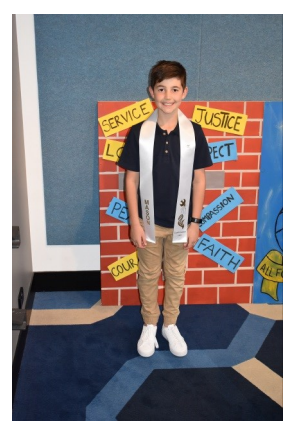
Ms Patrizia Bertani

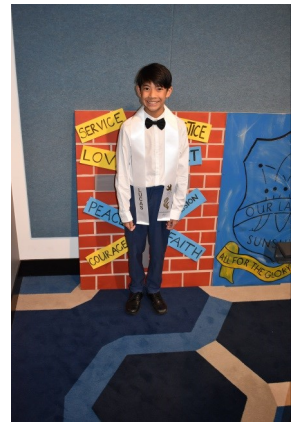
Principal

principal@olsunshine.catholic.edu.au



The Sacrament of Confirmation







FI

Mia - For asking some interesting questions which support you in finding out more information as a Researcher. Well done! *From Ms. Cam Tu*

Tony - For consistent effort in writing. Keep up the wonderful work! *From Ms. Cam Tu*

FJ

Liam - For always showing the Gospel Value Respect to his friends and classmates. Well done, Liam! *From Miss Wendy*

Alyssa - For demonstrating the Gospel Value Compassion through kind actions. Well done! *From Miss Wendy*

1K

Olive M - For always being a kind and caring friend and supporting and encouraging others. Well done! *From Miss O'Connell*

Justin C - For making a super effort in writing this week - you wrote some fantastic letters. Keep it up! *From Miss O'Connell*

1L

Simon L - For being a self-manager who sets goals for himself in Reading! Awesome job finding lots of digraphs this week! *From Miss Steph*

Sophia V, Hannah L and Sung Khun T - For being junior eco-warriors who helped keep our school clean. Thank you for taking care of our school and our environment! *From Miss Steph*

2M

All of 2M: For always showing the Gospel Value of 'Respect' to peers and teachers. Also for being great self-managers when completing work! Well done! *From Ms Frost*

2N

Natalie N - For being a positive member of our classroom community and always trying your best with your learning! Keep it up! *From Ms Howe*

Quentin S - For being a wonderful Self-Manager and using your common sense to solve learning problems independently! Amazing Quentin! *From Ms Howe*

3E

Delilah T - For being a critical thinker and showing a deep understanding of your learning. Well done Delilah! *From Miss Karen*

Cohen W - For focusing on your writing with renewed energy. Cohen it is great to see you re-reading, editing and adding more ideas to your writing. *From Miss Karen*

3F

Pharrell A - For showing the Our Lady's Gospel value of Courage by giving things a go. Your writing has improved so much this year and I enjoyed reading your information report about dogs and your procedural texts about "How to make hotdogs" and "How to make a milkshake". Keep up the great work! *From Mr Josh*

Michelle L - For your hard work and dedication to Maths at school and during remote online learning. You have completed all Year 3 Mathletics and scored 100% on every activity. Well done Michelle, this is a huge achievement! *From Mr Josh*

4G

Dean Z - For being a fantastic Collaborator during Maths this week. You spoke clearly and kindly to your group, and made sure you had everyone engaged while you shared a possible strategy. Well done! *From Ms Wood*

Ava H - for demonstrating the Gospel Values of Peace and Respect during a group activity this week. You calmly asked your group to take a fair vote, to ensure all members of your team had a role and that there would be no need for disagreements. Well done! *From Ms Wood*

4H

Van Duh- For being a creative thinker especially when making a diorama for your snake life cycle. Well done! *From Ms. Robles*

Tessa- For always giving everything a go and using your learning wisely and effectively especially in Writing. Keep it up! *From Ms. Robles*

5C

Jacqui M- For pushing and stretching your learning in maths, for example when we were playing a chance game you took it upon yourself to graph the results in a column graph! Well done mathematician -*From Ms. Kaan*

Sharon W- for working collaboratively to find similes and metaphors from two poems. Great work!-*From Ms. Kaan*

5D

Christian Z - for returning to school with such resilience and just getting on with whatever task needed to be done. *From Miss Shai*

Zoe N - for showing the Our Lady's Gospel values of Peace and Compassion by consistently being a positive and enthusiastic member of our classroom. *From Miss Shai*

6A

Ivy P: For a wonderful response to a factual scientific text that required the use of written skills, mathematics skills and reading skills. *From Mr Wickham*

Marietta G: For a well written informative text describing the characteristics of an imaginary microorganism. *From Mr Wickham*

6B

Alan D - For being an excellent manager across all subject areas. You consistently work hard to produce your best effort and are always keen to share your learning with others! Well done! *From Ms. Gurry*

Eleanor M - For consistently displaying Our Lady's Gospel values of respect and compassion! Thank you for making our classroom a better place. *From Ms. Gurry*



Stephanie D 2M

Bailey H 3E

Tracey L 3F

Jonti M 4G

Holly B 3F

Mika P 1L

Chelsi L 4H

Sophie N FJ

insights

The role of parents and screen time

by Martine Oglethorpe



These little devices that connect us, entertain us, provide us with information, show us where to go, keep us organised and allow us to indulge in retail therapy from almost anywhere, have become an integral part of our daily lives. Most of us won't leave home for long periods of time without being tethered to a digital device.

But when it comes to our children and their screen-time habits, we are often lamenting the role the devices play. These little screens that offer so much and answer so many of our needs also leave us wondering how much is too much for our kids, and how do we keep it under control?

When parents ask me this I urge them to dig a little deeper and look at what else they could really be asking. We need to look at how each individual child is coping with their screen time. Are they still doing the things they always enjoyed before they had access to a screen? Are they able to put the screen away without a fight? What sorts of things are they doing on the screen? Is it a positive experience? Are they learning something? Are they interacting with it or merely consuming media? These are questions we need to be constantly revisiting throughout their adolescent years.

At the same time, we need to make sure they are learning good habits from the beginning and gaining the skills and behaviours they need to stay in control of their screen time. To help form these habits, here are a few things you can do to keep screen time under control – without your kids resorting to techno-tantrums.

Look at how you are role modelling screen-time behaviours

We know our kids learn much more from watching what we do, as opposed to listening to what we say. So how is your technology use affecting you? Are you ignoring others because you are scrolling? Are you falling asleep with a phone or tablet landing on your forehead? Are you able to give yourself over to certain tasks and focus without being distracted by beeps and notifications? Are you giving yourself some time without a device to enjoy family, friends and activities that keep you healthy and balanced?



Have rules that are 'no brainers' for your family

When it comes to technology, the rules often change as our children develop and mature. But we can also make some universal rules for the whole family based on our individual family values and what is important to us. It may be that there are no phones in the bedroom at night. It may be that there is no technology after a certain time of the day. It should certainly be that devices never ever come to the table at dinner time. Aiming for at least a few

meals where the family is eating together is crucial. Your kids need this time to talk, connect with family and have a break from being 'switched on' to a device. They need to get into the habit of not eating and scrolling. So make your rules early and stick to them.

Build a culture of balanced play in your home

There is no doubt that we as parents need to work harder today to nurture all the many elements of a child's development. When a small device appears to provide them with so much it is little wonder our kids have trouble putting them down and going outside to play. Unlike a book or a game there is often no end to what happens with a device. There is always something more to see or do, another level to reach, another city to build or another army to destroy. So we need to get better at providing lots of other ways for our kids to be entertained, informed and connected to others. This may mean we have to physically go outside and play with them rather than simply tell them to go out. It may mean we have to insist on visits to places where devices don't come out. Kids still want to run and jump and play – they just need to be reminded and encouraged to do so even more today. By building other ways to learn, play and interact into our kids' lives from an early age, we are helping these things become part of their daily lives – habits that in turn become behaviours.

So while we often feel like the devices are taking over, all of these strategies rely on us – the parents. We need to be the ones to get in early and help show them the way. We need to take a look at what we are modelling to them in terms of our own device use and our own lifestyle. We need to be helping them form the right behaviours. There are many wonderful benefits that come with these devices, so ensuring we are using them in positive ways, and are in control, will go a long way to ensuring we are all reaping those benefits.



Martine Oglethorpe

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website themodernparent.net. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent

We are preparing for Jesus

1st Sunday of Advent, Year C



During Advent we can prepare for the arrival of Jesus by helping others. Write down some of the ways you can help family, friends and people in need during Advent.

Gospel

Lk 21, 25-28, 34-36

Jesus said to his disciples: 'There will be signs in the sun and moon and stars; on earth nations in agony, bewildered by the clamour of the ocean and its waves; men dying of fear as they await what menaces the world, for the powers of heaven will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand.

'Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly, like a trap. For it will come down on every living man on the face of the earth. Stay awake, praying at all times for the strength to survive all that is going to happen, and to stand with confidence before the Son of Man.'

I can help my family by

I can help my friends by

I can help those in need by

Find the opposite of each word, then rearrange the circled letters to complete the sentence below.



MAN	()	—	—	—	—	—
UNDER	—	—	—	()	—	—
OPEN	—	—	()	—	—	—
SAD	—	—	—	()	—	—
ALWAYS	—	()	—	—	—	—

“the Son of Man will be seen, coming in a cloud with great _____ and glory.”