



OUR LADY'S SCHOOL NEWSLETTER

27 November 2020

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
Our Lady's is a Child Safe School

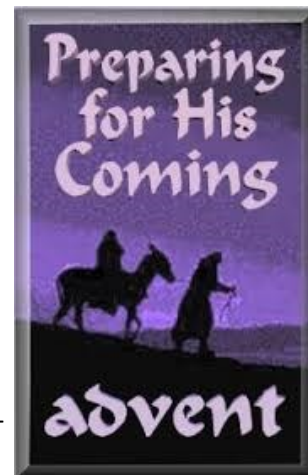
'In the beginning God created the Heavens and the Earth' Genesis 1:1

Dear Parents,

This Sunday will mark the first day of the season of Advent. A time to prepare ourselves for the birth of the Christ child on Christmas Day. This year we have all felt more deeply the importance of family and friends and these together with our faith have sustained us over the uncertainty and the ups and downs that this year has brought into our lives. Advent marks a turning point where we focus on the birth of Jesus Christ who is the hope and light of this world. As Melbournians who have lived through the COVID-19 restrictions and have now entered a time where we can look forward to celebrating Christmas with our families and friends we can embark on the joy that preparing for Christmas brings.

Updating you on the easing of some restrictions

We will no longer require a staggered start to the morning drop off time. We will return to our normal practice where the school gates open for all students at 8:20am. In order to maintain social distancing and reduce the chance of people congregating we ask you to continue to use the same gates as you have been using. There will be no change to the pick up times after school, they will remain as they are, using a staggered approach till the end of the year. This decision has been made with child safety in mind and to minimise congestion of traffic and maintain social distancing. I thank you for your cooperation throughout this time and look forward in 2021 to returning back to our normal starting and finishing times.



Confirmation Candidates 2020 Please pray for us



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 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.



Confirmation Update

As COVID restrictions have been amended again, I have some good news to add about our Confirmation celebration. As we are able to accommodate a larger number in our school auditorium in keeping with social distancing, we are able to offer the following:

Option 1 - only the child's sponsor may attend the celebration **or** if they are unable to attend:

Option 2 - only 1 parent may attend and be stand in proxy for the sponsor **or** if they are unable to attend:

Option 3 - the teacher will be the sponsor's proxy as was the original plan.

Although the timing of this new information has been out of our control we appreciate your understanding and are delighted to be able to offer this arrangement. We ask all parents of the Year 6 Confirmation Candidates to please return the slip at the bottom of the note we sent home yesterday which indicates which option you have taken. We look forward to welcoming the parents and sponsors to our Confirmation liturgy next Friday. All parents or sponsors will need to register their names, telephone numbers and time of entry and exit into the school.

Please pray for our Year 6 students as they prepare to receive the Sacrament of Confirmation.



In the Sacrament of Confirmation, the baptized person is "sealed with the gift of the Holy Spirit" and is strengthened for service to the Body of Christ.

2021

Just a reminder to families that if they have picked up an enrolment form and NOT RETURNED IT, please return it to school with all the documentation as soon as possible.

Also any new families that have NOT picked up an enrolment form for Foundation 2021, please come into the Office to pick up a pack.



Also if any families (not grade 6 students) are NOT returning to Our Lady's in 2021, please return the pink form or let the Office know as soon as possible.



UPCOMING EVENTS

Friday 4 December	Reports published today
Tuesday 8 December	Feast of the Immaculate Conception Liturgy at 11.30am
Thursday 10 December	Year 6 Graduation Celebration
Wednesday 16 December	Students finish for 2020 at 3.00pm



SCHOOL FEES

You will have all received your final statement for the year. Thank you to all those families who have paid their fees. A reminder that if you haven't as yet paid your school fees they are payable to the Office by EFT or by Direct Payment to the school bank account. We are not accepting cash payments. If you are leaving the school this year it is important that you settle all outstanding school fees now. Your cooperation will be greatly appreciated.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

Second Hand Uniform Update

As you know some of the COVID restrictions have eased and because of this we are now able to offer parents the opportunity to purchase Second Hand Uniform.

Unfortunately we have a very short window of opportunity for you to donate any uniform you have at home. It would be great if over the weekend you could sort out any uniform that you wish to donate, and bring it washed it to the Office on MONDAY morning.

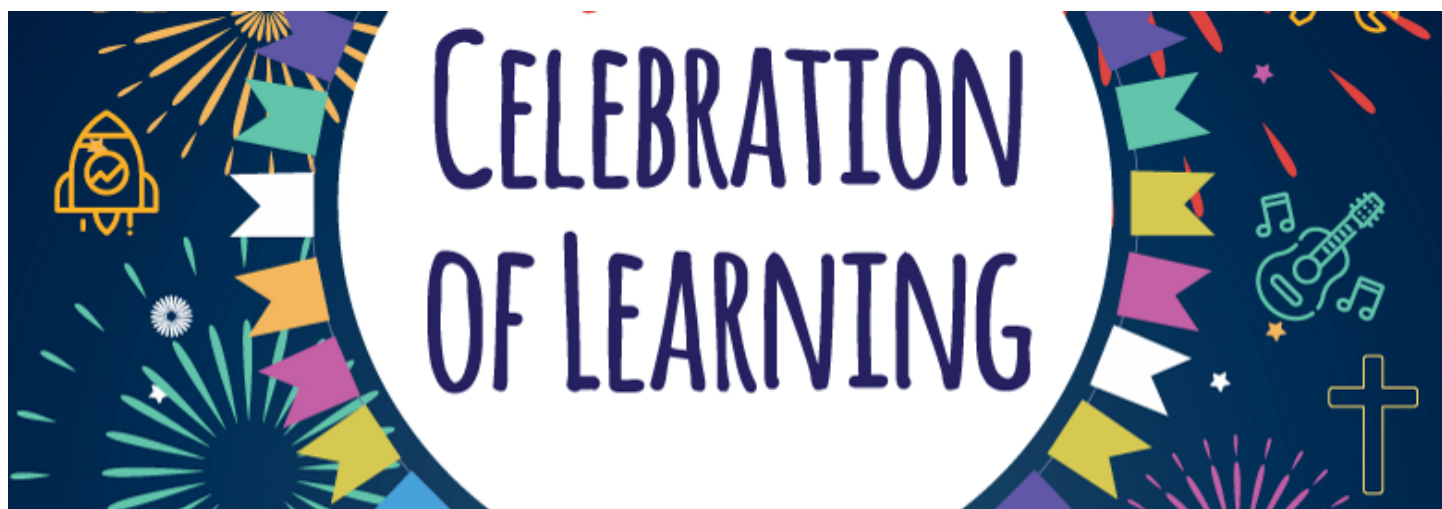
On TUESDAY 1 DECEMBER, you will have the opportunity to purchase Second Hand Uniform from 2.45-3.15pm.

The Stall will be in our Hall. You will need to enter the Hall via the side gate (where we used to enter for Assembly). Once you enter the Hall you will need to fill in our COVID Safety Form so we know who is onsite, before purchasing any items.

Thank you to Kerri from the Parents & Friends who has made herself available to provide this service for our parents.

Happy Shopping!





FI

Anthony - For showing improvement in writing. You finished your work independently and you were not afraid to make spelling errors. Well done. *From Ms. Cam Tu*

Evie - For a fantastic research question during writing. This allowed you to learn more about bees. Well done! *From Ms. Cam Tu*

FJ

Catherine - For achieving your writing goal of starting and finishing your writing. Keep going! You are doing a fantastic job! *From Miss Severino*

Simon - For demonstrating continued improvement to independently use the strategy Lips the Fish to help you spell words. *From Miss Severino*

1K

Hanna L - For learning about Advent traditions in the Catholic church and comparing them to Advent practises at school and home. Well done Hanna *From Miss Karen*

Vivienne For learning about Australian Christmas traditions and comparing them with other cultures around the world *From Miss Karen*

1L

Quentin S - For displaying kindness and our Gospel Value of Compassion towards his friends and praying for them! *From Miss Steph*

Ngun P - For her fantastic effort in comparing Australian Christmas traditions with other cultures around the world. *From Miss Steph*

2M

Sophia- For showing excellent thinking skills during Mathematics and great Collaboration skills in group learning. Well done *From Miss Scarpaci*

Jaagrah- For demonstrating the Learning Asset of being a Self Manager throughout your learning and showing excellent listening skills. Well done *From Miss Scarpaci*

2N

Filip S- Writing an enjoyable and funny procedural text on how to make 100% sure you are on Santa's nice list. It was so funny and well written! *From Ms Howe*

Grace N- Writing a funny procedural text on how to make 100% sure you are on Santa's nice list. It was funny and the steps were clearly written! *From Ms Howe*

3E

Harrison B - For writing an excellent comic book style story and sharing your writing with others. Keep up the great work! *From Miss O'Connell*

Jasper O - For sharing your ideas during reading groups and answering questions with full sentences. Well done! *From Miss O'Connell*

3F

Bidao K - For working hard on answering comprehension questions, scanning the text for the answer! I am so proud of how hard you have been working! *From Ms Murphy*
Eva T - For always demonstrating persistence in your learning, you always take on learning challenges and try your best in every area. Keep up the amazing work! *From Ms Murphy*



4G

Carry - For demonstrating great focus and enthusiasm while designing your diorama in STEM. Well done! *From Ms Wood*
Miller - For demonstrating leadership skills when you sought clarity during maths this week, to ensure you and your whole group were able to approach the task with confidence. Keep it up! *From Ms Wood*

4H

Elizabeth N - For presenting a wonderful lesson in drawing to the class. You presented with confidence and displayed real leadership in what you did. Well done! *From Mr Wickham*
Nhien N - For displaying the Our Lady's School Gospel Value of Respect through your polite and courteous manner. You are an excellent role model for others to follow. *From Mr Wickham*

5C

Nam N. - For challenging himself in his work. You are a great Self-Manager, Nam. *From Miss Wendy*
Ryan N. - For showing persistence to finish tasks successfully. Well done, Ryan! *From Miss Wendy*

5D

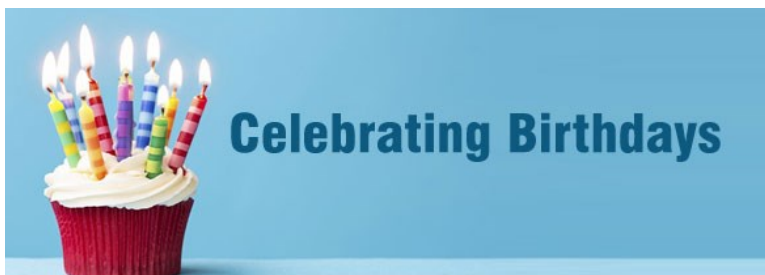
Jai J - For carrying out the Gospel Values of Service, Peace and Respect each day. You are always polite, focused on your learning and help out without being asked. You are a gem to have in the classroom! *From Mrs Mendoza*
Marietta G - For always seeking opportunities to make suggestions on ways to improve things, make things fair and more efficient in the classroom and around the school. You are a great example of leadership and a great role-model to others. Superstar! *From Mrs Mendoza*

6A

Chantelle H - For sharing your exceptional Mathematical thinking with the class during whole class learning as well as always pushing yourself to attempt all the extension tasks. Well done! *From Ms Kaan*
Jason P - For using your Mathematical knowledge to push yourself in attempting more challenging tasks! Well done! *From Ms Kaan*

6B

Benjamin D - For demonstrating the Learning Asset of Collaborator while working on your Inquiry task. You worked effectively and harmoniously with your peers to create your innovation. Excellent work! *From Ms. Gurry*
Vy T - For demonstrating the Learning Asset of Collaborator while working on your Inquiry task. You worked effectively and harmoniously with your peers to create your innovation. Excellent work! *From Ms. Gurry*
Hugo N - For demonstrating the Learning Asset of Collaborator while working on your Inquiry task. You worked effectively and harmoniously with your peers to create your innovation. Excellent work! *From Ms. Gurry*



Tracey L 2M
Jonti M 3E
Holly B 2N
Mika P FI
Chelsi L 3F

Archie and Beryl Key Rings!

This year you can buy some Beryl and Archie Key rings to raise money to adopt a new baby Orangutan and re-adopt Archie. Each grade will be given both Archie and Beryl key rings to sell. From Our Lady's donation last year Beryl has now been released back into the wild. Please help to save these wonderful animals.

They are \$2 each. Bring \$4 if you want both.



Extend is the place for your children to thrive, learn and play, so what are you waiting for? Book and enrol at www.extend.com.au

Hours of Operation

After School Care: 3:00pm – 6:00pm

Contact Details

0499 849 940

olic@extend.com.au

Monday	Tuesday	Wednesday	Thursday	Friday
Sew bear-able	Marble painting	Bread baking	Aeronautics	Sculpture a robot

DISCOVER



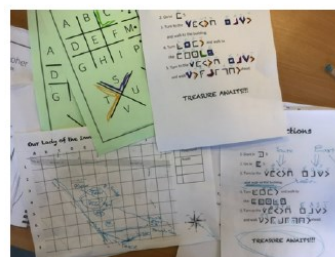
We explored ways to make things by weaving.

LEARN



We ♥ 8-bit art! We prefer calling it pixel art... turns out 8-bits is so 80s.

PLAY



We solved the code, read the map, and found the treasure!

STAR OF THE WEEK!

Zac

For always doing more than his fair share to make the service a safe and fun place to be!

This week we have been changing around some of our regular activities, bringing in new toys and activities plus doing our feature activities. It was so good to see the big kids buddy up with the little kids to make sure we all could find the treasure! So far with our new toys we love our pretend kitchen and like to dress to impress... usually as a shark or unicorn, but sometimes a superhero or butterfly.

Next week we will be sewing our own friend; teddy or another stuffed toy. We will use the marbles for some creative adventures outside of the marble run, bake a little bread, try our hand at making things fly/fall (with style), and finally see if we can use the recycling to make a convincing robot.

Leonie
Service Coordinator

extend.com.au

EXTEND OSHC A PLACE FOR CURIOSITY, IMAGINATION AND LAUGHTER.

You can be confident that **extend** is the place for your children to thrive, learn, laugh and play.



BOOK AT EXTEND FOR 2021!

Come along to Extend and enjoy an engaging program of activities with your Extend team!

Enjoy an indoor and outdoor program of high and low energy activities, plus healthy food to fuel healthy bodies.

At all times our COVIDsafe practices are in place. If you see us cleaning our surfaces, or the children and Educators washing their hands regularly, don't be surprised!

We look forward to welcoming your children to our program and encouraging them to embrace existing friendships and make new ones.

To enrol and book, head to <https://www.extend.com.au/families/enrolments-and-bookings/>
For more information on your school's program, visit <https://www.extend.com.au/families/find-my-school/>

For further assistance contact us at support@extend.com.au



Enquiries 1300 366 437 Book online today **extend**.com.au

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids' emotions.

It's official!

Emotions are now part of the parenting and educational mainstream!

For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It's a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all."

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

This is not to say that we ignore children's poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure out just what they are doing.

It's a wonder parents haven't smartened up to emotions earlier because 'good parenting' is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you're doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out "I hate you!" because you've denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That's one of the reasons it's so draining.

Accepting kids' emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We've built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial 'To smack or not to smack' question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

more on page 2 >>



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. You'll be so glad you did.



parentingideas.com.au

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... Exploring the New Frontier in Parenting ...

The limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, "Who taught you how to recognise, manage and regulate your emotions?" If you answered your parents then lucky you. They've given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn't identify anyone, so your emotional intelligence (if you've read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:

1 Listen first

When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen.

Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

2 Contain rather than manage (let your kids do the managing)

Children's behaviour can become tangled up in upsets and disappointments. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don't have to do that for them.

3 Know that emotions can be pleasant and unpleasant

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4 Build a vocabulary around emotions

Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5 Help your kids recognise, then regulate emotions

Ever told a child to calm down only to

see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's DNA then emotional intelligence will be passed down from generation to generation. You'll know it's had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

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. You'll be so glad you did! When you subscribe you'll also get my fantastic Kid's Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.

Michael Grose



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Come and receive the kingdom that is prepared for you

Our Lord Jesus Christ, King of the Universe – Year A



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 Mt 25:14-15, 19-21

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 and sisters 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.'