



OUR LADY'S SCHOOL NEWSLETTER

30 November 2017

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

"I have come so that they may have life and have it to the full" John 10

DATES FOR THE DIARY

Mon 4 Dec

9.00am Gr 6 Graduation Photo
Production Full Dress Rehearsal at school today - wear your costume!

Wed 6 Dec

DALD rehearsal at CCCC today
Dream A Little Dream Whole School Performance 7.00pm
Quin Auditorium

CCCC Yr 7 2018 Orientation

Fri 8 Dec

Feast of the Immaculate Conception
Parish Movie
Reports sent home

Tues 12 Dec

Yr 7 2018 Government Secondary Orientation

Thurs 14 Dec

Grade 6 Graduation Mass and Disco

Mon 18 Dec

Yrs 1-6 Orientation session
12.00-1.00pm
Dinner in the Yard

Wed 20 Dec

End of term 4 for students at 3.00pm

Thurs 21 Dec

Professional Learning for Staff (Handover 2018) No school for the children

2018

Tues 30 Jan

School starts for students
8.45am

Dear Parent,

We have a number of staff that will be leaving Our Lady's school this year. I would like to sincerely thank them for their contribution over the years to Our Lady's School community and in particular to the many students and families whose lives they have touched. Teaching is a vocation and is nurtured by dedication, love, skill, passion and a deep commitment to believing that all children have a right to an excellent and nurturing learning environment where they can experience God's love, grow and flourish. We have been blessed to have you at our school. You are leaving an everlasting legacy that will never be forgotten, one that lives on in the hearts and minds of the children, staff and families of Our Lady's school. With much appreciation this year we farewell:



Ms Halina Lipski
Religious Education
Leader
41 years of service



Mrs Pauline Zammit
Classroom Teacher
14 years of service



Mrs Carmel Menzies
ICT/Performing Arts
Leader
7 years of service

**Wishing you all the very best. May your future be bright and may
God's blessings rain down on you all.**

Thanks!



Mrs Stephanie Di Sante
Classroom Teacher/
Aussie of the Month
award coordinator
5 years of service



Mrs Bronwyn Davies
Classroom Teacher
2 years of service



ASSEMBLY NEWS

During our two week Swimming Program we **WILL NOT** have an Assembly on Friday 1 December.

FOLLOW JESUS PRAYER

Jesus calls each of us to follow him. We must walk with Jesus.

Jesus, Lord and Redeemer, you called the apostles and you call us to follow you. We are to put you first in our lives and our hearts.

Send us your Spirit that we may walk in faith, live in hope and share your love with others. Amen



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

IMPORTANT DATES and TIMES

- ⇒ Whole school production-Dream a little Dream Wednesday 6th December at 7pm
- ⇒ Parish feast day - Feast of the Immaculate Conception School Mass on Friday 8th December at 11am and Mass at 7pm followed by refreshments outside the church.
- ⇒ Graduation Mass - Thursday 14th December 6.00pm-7.15pm followed by the disco to 8:30pm
- ⇒ Dinner in the Yard-Monday 18th December 6.00-8.00pm
- ⇒ End of Year Mass on Wednesday 20th December at 9.00am and final assembly for the 2017 school year at 2.30pm

THANK YOU TO EVERYONE WHO HAS MADE A DONATION!

The immense generosity of our school community was very evident this week with toys and toiletries being donated across the school.

It is not too late to donate if you haven't already done so.

Please donate new toys or any type of toiletries such as soap, body wash, toothpaste, hand cream and body lotions. As you know we are collecting these for Sister Jean who will distribute these items to needy families in the Western Region of Melbourne. We are keeping the spirit of Saint Mary MacKillop of the Cross alive by living out her words in our own lives.

Thank you to all the families who have already donated to this worthy cause, all donations must be at school by next Friday 8 December.

Never see a need without doing something about it

School Improvement Surveys Update

The School Improvement Surveys are key tools that provide our school with data from staff, students and parents to assist in understanding how well the school is operating. This year we had 66 parents take part in the School Improvement Surveys. The feedback has been very positive and is evidence of the positive relationship that exists between our staff and our parents and families. The survey data indicates improvement in the data showing that we are in the top 20% of schools for the parent, student and staff data overall. The parent data indicated that the children look forward to coming to school and that they enjoy learning at Our Lady's School. The parent data indicated that parents believe that their child has a strong connectedness to the school and their peers, feels accepted and gets on well with other students at school. Parents have also indicated strongly that there is provision at the school for their child to develop good social skills. The data

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

shows that there is good two-way communication with the school and that the school takes parents' concerns seriously. I thank all those parents who took the time to participate in the survey and hope that next year more of you will take part. We are currently using this data to inform our planning for 2018.

Our Lady's Primary presents

DREAM

a little



Dream

Wednesday 6 December
7.00pm

Quin Auditorium
Churchill Ave Braybrook

Tickets \$15.00 each

Ticket for a seat required for anyone aged over 4 years. Under 4 years old can sit on the lap of a ticket holder.

Tickets now on sale from the following link

<https://www.trybooking.com/SORV>

Please note that you do NOT need to purchase a ticket for your child performing in Dream A Little Dream

YMCA CHILDREN'S PROGRAMS OSHC PROGRAMS AT A GLANCE



For all **Bookings** and **Cancellations**
please call us directly on **0401 700 401**
Email us: ourladysoshc@ymca.org.au For any **Account Information**
please call our office on: **8371 0500**
www.childrensprogramms.ymca.org.au

Week 9 December 4		
DAY	After School Care Activities	Afternoon Tea
Monday Staff: Brad, Hang	Inside: Mandala Colouring Outside: Playground and AFL	Seasonal Fruit & Veggies Variety of Biscuits
Tuesday Staff: Brad, Lucette, Hang	Inside: Cooking Pancakes with Lucette Outside: Playground & Soccer	Seasonal Fruit & Veggies Rice Cakes
Wednesday Staff: Brad, Hang, Chelsea	Inside: Wooden Animals Outside: Playground and Cricket	Seasonal Fruit & Veggies Crackers, Dip & Celery
Thursday Staff: Brad, Hang, Jennie	Inside: Miscellaneous Art and Craft Outside: Playground & Tiggy Homework + Readers	Seasonal Fruit & Veggies Garlic Bread
Friday Staff: Brad, Jennie	Children's Choice: Games, Activities Inside & Out.	Seasonal Fruit & Veggies Cheese and Crackers

A variety of seasonal fruit and vegetables are always offered to children for afternoon snack! A variety of arts, crafts, board games, construction, recreational activities, sensory and imaginary play opportunities are available every day for children to choose. Homework & Home Readers Time – Our YMCA staff are there to encourage home readers and homework and most days we set aside a time to encourage this! If you or someone else is picking up your child (children) early from school and they are not attending the after school care, please let OSHC Team know. **Please remember children need to bring their school hat (Broadbrim Hat, Bucket Hat or Legionaries Hat) from 1st September to 1st May and sunscreen will need to be applied when playing outside.**

School Holiday Program

Families looking for a School Holiday Program for the Summer Holidays, YMCA offers School Holiday Programs in the greater Western and Northern regions, please visit our website www.childrensprogramms.ymca.org.au

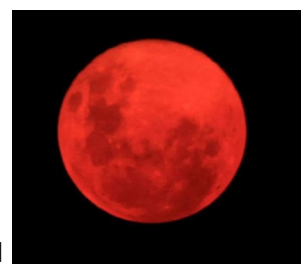
For School Holiday Programs closer to our Sunshine/Footscray area provided through alternative providers, please visit the Australian Government website Starting Blocks www.startingblocks.gov.au/find-child-care/

*There may be certain circumstances where children receive gifts or prizes throughout the year as part of our advertised programs. These occasions would be advertised on our program planners to provide parents/guardians with prior notification. Occasions where children may receive gifts/prizes as advertised are as follows: last day of school terms, end of year celebrations, designated holiday program days, cultural and festive celebration days and during organised program competitions. **Thank You, Brad and Our Lady's OSHC Team***

Red Moon - A Writing piece by Eugenna

Could it be or is it not? For the sun has risen without the flames of fire dangling from the edges, the river has cried without shedding any tears, it's as if the world was missing its people, the lion was missing its mane, the rhino was missing its horn. The entire earth seemed to be lacking existence itself, seemed to be suffering in the worst way possible. I felt small standing in a place bigger than a giant's hand. I had no sense of who or where I was. My heart began to sink, memories flooding my mind. There was no possible way I could know how to begin the final battle. The pain seemed unbearable to the earth, as it split open its ground and the diabolical demon rose from the abyss. It almost made me feel like surrendering right there and then. But the urge to avenge my family had a will stronger than fear. Its dark sunken eyes with great evil stared and dug deep within my soul.

Eugenna S 4H



HELP COVERING BOOKS

An urgent call out to any parents who could help cover library books over the holidays. It can be a time consuming task and we would like to get all books on the shelves for the beginning of 2018. If you can help, please see Mrs Toni Balbata in the library. Thank you Ms Maguire



An Advent Prayer of *HOPE*
in communion with
The Suffering People of Egypt



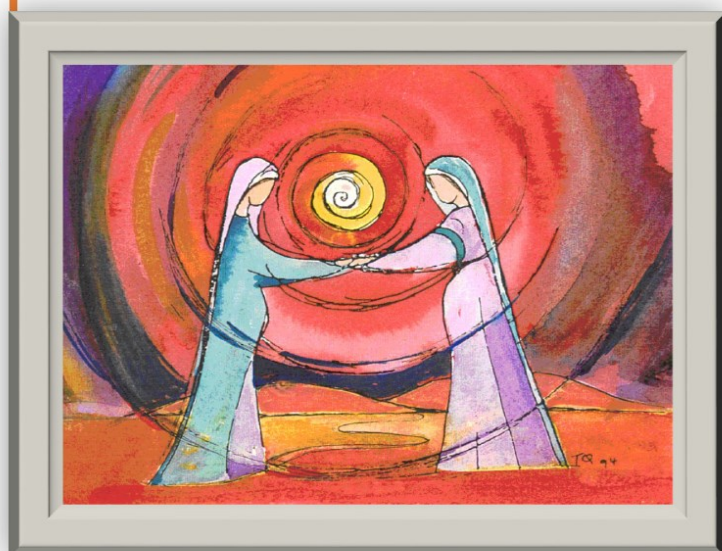
Wednesday 6th December 2017
7.30pm

St Joseph's By The Sea
Williamstown

We will pray Mary's
Magnificat,
(Luke 1: 46–55)
the "most revolutionary
Advent hymn ever written"
Bonhoeffer.

We will pray and write
our own Song.

Bring pen & paper



RSVP 2 days prior would be appreciated



Anxiety in Primary School Kids

By Dr Jodi Richardson

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

The idea that one of our kids might be experiencing anxiety sets off all sorts of alarm bells in us as parents. It's fair to say it makes us anxious ourselves, and has us asking all sorts of questions like "What does it mean?", "What's 'normal'?" and "What can I do to help?"

Like anything else in life, the more informed we are about anxiety, the calmer and more empowered we'll feel, enabling us to support and advise our precious kids through their challenges and seeking help when needed.

That's what this article is about. Giving you the facts and helping to settle your mind so that you can begin to help them settle theirs.

Before reading on, I want you to close your eyes and take three long, slow breaths in and out... Depending on what you're up to right now, you may indeed be experiencing a level of anxiety at the moment, and this breathing exercise will help.

Okay, let's get you some answers to those questions.

Anxiety, what is it anyway?

Anxiety is a feeling. We've all experienced it. It's a completely normal reaction under dangerous or stressful circumstances. Perhaps you've narrowly avoided a car accident. Your heart pounds, your breathing becomes shallow and fast, your body floods with adrenaline to put you on red alert, your blood pressure goes up, you might perspire, and glucose dumps from your muscles into your bloodstream. All of this is preparing you to face up to the 'threat' or run like heck in the other direction. This is 'fight or flight' in action.

This reaction is a survival instinct dating back to early times when life-threatening situations were ever present. These days we can experience anxiety when we're under pressure to meet a deadline, preparing to talk in front of our colleagues or for a job interview, or simply noticing how many emails are awaiting our reply. Our lives are not in danger but our bodies react as if this were the case. The same can be true for our kids.

Anxiety is a normal response to a threatening situation. All of these physical changes happen instinctively as a tiny part of our brain called the amygdala tells the sympathetic nervous system to take over and fire

us up so we can do what we have to in order to survive.

Do you know the feeling? Perhaps it happens to you now and then. But maybe, if you're one of the two million-plus Australians (including me) who experience an anxiety disorder, your body and brain respond like that more often, more quickly and more intensely than others.

Trust me, it feels awful. I've experienced anxiety since I was a child, still do and always will. My parents didn't even know anxiety existed when I was a kid and it took me until my early twenties to be diagnosed. Now that I know, I can, and do, take action to manage it. I have my ups and downs like everyone else but on the whole I live a rich, full and meaningful life. Your kids can too. Anxiety is common, it's treatable and there's so much we can do to help as parents.

Our kids are lucky. They have great parents (that's you) who know to look out for their mental health, and who have access to lots of great resources.

Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

parenting * ideas

Anxiety in Primary School Kids

How do I know what's 'normal'?

All kids experience fear and worry about things. It's understandable given that so much is new for them; new experiences, new places, new people, new teachers, new skills, new challenges to name just a few. What we need to look out for is when their amygdala (remember that tiny part of the brain?) is causing them to react anxiously to situations where there is no danger. Signs of this include:

- Their worries and fears begin to outweigh the situations and challenges that they are facing.
- Their anxiety starts to interfere with their participation at school and the activities, sports, parties, playdates and events than other kids their age are enjoying.
- They're more anxious, and anxious more often, when compared to other kids their age.
- They're obsessed with symmetry or cleanliness and they repeat behaviours like hand washing.

What does anxiety feel like for them?

Our minds and bodies are interconnected and are now considered as one, not separate. How we think and what we think affects us physically, regardless of age. Anxious kids can complain of tummy pains, diarrhoea, headaches and difficulty getting to sleep. They are easily upset and often like to stay close to you.

Some anxious kids will worry a lot, mulling over and over their thoughts which only serves to fuel their anxiety.

They can also look to us as parents to help them cope by seeking our reassurance that the scary thing won't happen or avoiding a confronting and anxiety-provoking situation.

Okay, so how can I help?

1. Spend regular quiet time with your primary schooler to foster a loving and open relationship while giving them time to share with you their thoughts, fears and worries. You can also help immensely by remaining calm under stressful situations (I know – easier said than done sometimes!)
2. If you think your primary schooler is experiencing anxiety, talk about it and go together to see your GP and have a conversation about what's been happening.
3. Teach your child about anxiety so he/she knows what underlies the thoughts and feelings. I highly (highly) recommend *Hey Warrior!* A book for kids about anxiety, by Karen Young. Anxiety is not nearly as frightening when you understand why.
4. Because breathing becomes shallow and fast with anxiety, a simple yet incredibly effective way to show the amygdala that everything is okay is to take deliberate, slower breaths (in for 3, hold for 1, out for 3). After all, no-one can do this when their life really is in danger!
5. Mindfulness is a superpower for the anxious brain (any brain in fact!) and there are lots of great ways to help kids practice mindfulness. One fun game is lying on the floor, eyes closed and asking them to tune into their 'Spidey Senses', listening carefully

for any sounds near or far, feeling any sensations under their hands and body and smelling for any scents in the air. Mindfulness reduces the size of the amygdala among other incredible changes in the brain.

6. If they are worrying about things over and over in their minds – let's say it's about presenting to their class – instead of saying, "You'll be fine, I've heard your presentation, it's wonderful," or, "Don't worry, all the other kids will be nervous too," or similar, try this instead: "I understand how you're feeling, that's so normal. I'd feel the same way; is it helpful to keep thinking about it?" No! "Okay, then let's focus our attention on something we can do to help, like practicing more, making cue cards or going outside to bounce on the trampoline." They need to know that you understand, that you 'get' it, and that they're not alone.

"Is it helpful?" is a great question (when asked compassionately), followed up with asking your child what they can do that will help the situation, or engaging him/her in something meaningful and enjoyable, making a positive step forward.

Visit our website for more ideas and information to help you raise confident and resilient young people.



Dr Jodi Richardson Jodi is a happiness and wellbeing speaker and writer, retreat facilitator and mum to two primary school aged kids. 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](https://www.facebook.com/DrJodiRichardson). Enquiries to jodi@drjodirichardson.com.au

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Watch out and be ready!

1st Sunday of Advent, Year B



During Advent one way we can prepare for the arrival of Jesus is by helping others. Draw yourself helping another person.

Gospel

Mk 13:33-37

Jesus said to his disciples: 'Be on your guard, stay awake, because you never know when the time will come. It is like a man travelling abroad: he has gone from home, and left his servants in charge, each with his own task; and he has told the doorkeeper to stay awake. So stay awake, because you do not know when the master of the house is coming, evening, midnight, cockcrow, dawn; if he comes unexpectedly, he must not find you asleep. And what I say to you I say to all: Stay awake!'

Let's Get Ready

Complete these sentences

I get ready for church by

I get ready for school by

I get ready for bed by

I get ready for Christmas during Advent by