



OUR LADY'S SCHOOL NEWSLETTER

1 September 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

'Ask and it will be given to you; search and you will find; knock and the door will be open for you.' Matthew 7:7

DATES FOR THE DIARY

Fri 1 Sept 8.30-9.00am Father's Day Breakfast

Sun 3 Sept Father's Day

Wed 6-Fri 8 Sept Year 5 Camp

Fri 8 Sept Aussie of the Month Assembly

Fri 15 Sept Show Day at Our Lady's!

End of Term 3 at 1.00pm

Mon 2 Oct Start of Term 4 at 8.35am

Yr 6 Confirmation Reflection Day St Joseph's By The Sea

Wed 4 Oct Yr 6 Graduation Photo

Tues 17 Oct Community Classrooms 3.00-4.00pm

Wed 25 Oct Dance Performance 'Let Your Light Shine' 6.30pm at Quin Auditorium CCCC

Mon 6 Nov Professional Learning Day (Report Writing). No school for the students

Tues 7 Nov Melbourne Cup Day Public Holiday

Mon 13-Fri 24 Nov 10 Day Swimming Program

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Mon 6 Nov: Report Writing

Dear Parents,

I would like to inform you that I will be writing our school newsletter for the next few weeks as Ms Bertani is on leave. Wishing her all the best during this time. During this time I will be Acting Principal and Mrs Tania Cuni will be Acting Deputy Principal.

After a very busy Book Week last week and the Celebration of Confirmation, most of this week has been a little quieter, although in saying that a lot of wonderful events have happened. Our Year 4 students went to the National Gallery of Victoria on Monday and had a wonderful day. We also had a luncheon for all the Year 6 students to celebrate the students who received the Sacrament of Confirmation.

On Wednesday evening, Ms Wood and I facilitated our Student Wellbeing Parent Information Session. Thank-you to all the parents who came and spent their Wednesday evening with us. For us, it was wonderful to facilitate the information session and have many parents attend. We hope it was beneficial for you all. We have sent all parents who attended a quick feedback form. We ask if you could spend 5 minutes to complete it.

We thank our terrific P&F group for preparing, organising and running the Father's Day stall for our students. They were at the school on Wednesday to set up the stall. We also thanks the many volunteers who also came to support on Wednesday and on Thursday morning. As always, your support is very much appreciated. Lots of children enjoyed selecting their gifts for their special dads, uncles, grandfathers, brothers and special father figures. Check out our photos of many of students enjoying their shopping time!

Our Father's Day Breakfast created a busy, buzzing staff room and it was just wonderful to see so may 'dads/father figures' in attendance. Thank-you to the Events committee for helping us host the event. Mrs Cuni, Mrs Balbata, Mr Buttigieg and I enjoyed mingling with all the dads that joined us this morning. It really was wonderful having you here.



Father's Day Prayer



Heavenly Father, you entrusted your Son Jesus, the child of Mary, to the care of Joseph, an earthly father.

Bless all fathers as they care for their families.

Give them strength and wisdom, tenderness and patience; support them in the work they have to do, protecting those who look to them, as we look to you for love and salvation, through Jesus Christ our rock and defender.

Amen.

This week we celebrated Teacher Assistant/Learning Support Officer Week. On Wednesday the staff organised a morning tea for our unique Learning Support Officers. We thank them for all they do in their work to support the staff and our students and for being the wonderful people they are.



Classes 2024

As I mentioned last week, if you have any educational concerns about your child's placement for 2024 you will need to communicate these to the Principal in writing via email on principal@olsunshine.catholic.edu.au by Friday 15 September 2023. It is essential that all emails have been received by that date.

On Monday, we will be having a Building meeting with our Building team at MACS. Hopefully, I will have more news to give you next week. Stay tuned!

**BUILDING PROJECT
UPDATES**

We hope you all have a wonderful weekend and enjoy Father's Day together on Sunday.

As always, we hope to see you at our assembly at 2:40p.m.

Yours sincerely,

Christine Carabott

Mrs Christine Carabott

Acting Principal

ccarabott@olsunshine.catholic.edu.au



FI: James M
FJ: Josephine T
3E: Akoldh N
3F: Hannah L
4H: Jesse D
6A: Van Duh C
6B: Zac W
Staff: Mrs Hill, Ms Oliver

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

Show Day at Our Lady's! **Friday 15 September**

As part of our *Show Day* celebrations on Friday 15 September (last day of term 3) all children are able to purchase a bag of popcorn, fairy floss, a slice of pizza for lunch and a show bag to take home.

All orders must be placed via our QKR app.

Showbags are \$7.00 - \$8.00 each

Slices of pizza (Margherita or Hawaiian) are \$3.00 each.

Fairy Floss and Popcorn are \$1.50 each

**Orders open TODAY and close on
Wednesday 13 September.**

No late orders can be accepted. No cash orders can be accepted.

Show bag numbers are limited, so get in quick to get your favourite. If a show bag is not listed on QKR it has sold out.



Trolli

\$7.00



Zappo



Emoticon



Tricks and
Jokes



Unicorn

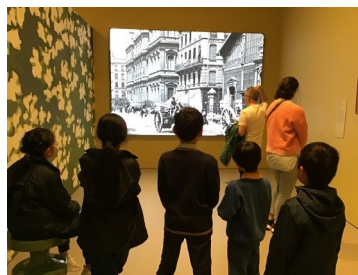
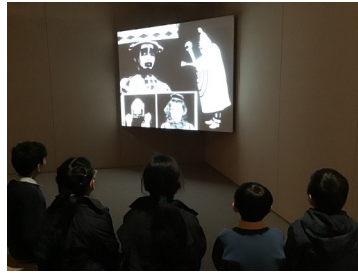
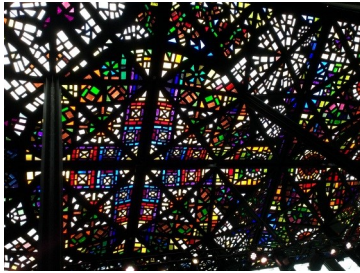
\$8.00

Show bag contents are also listed on QKR.

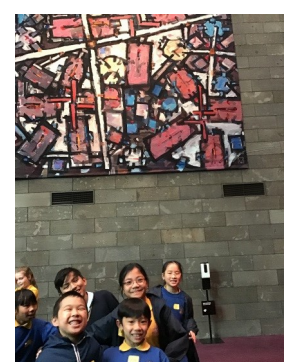


Father's Day Stall



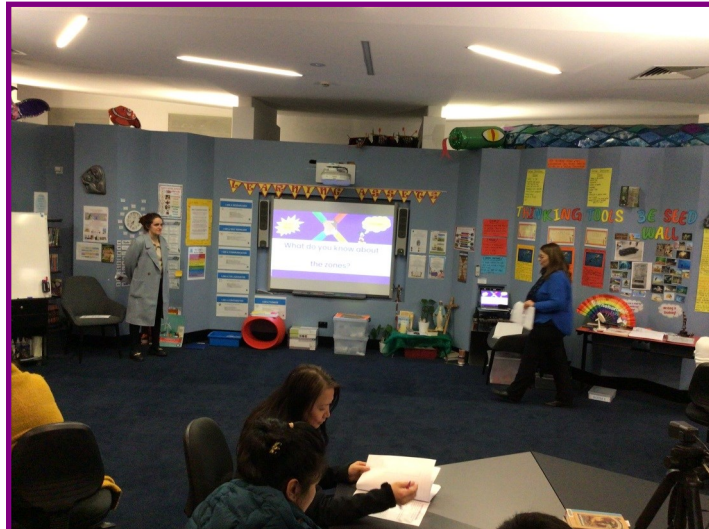
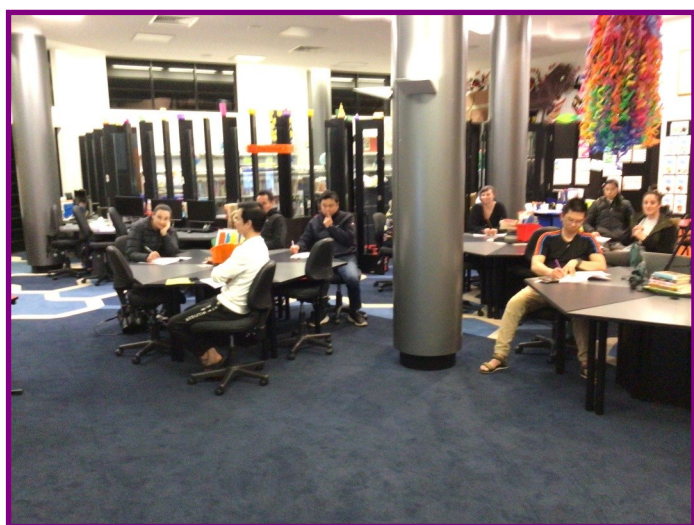
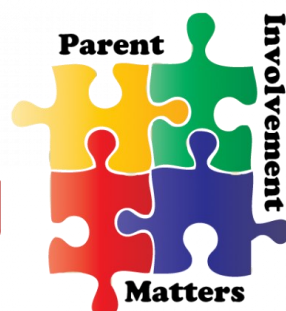


Year 4 at the National Gallery





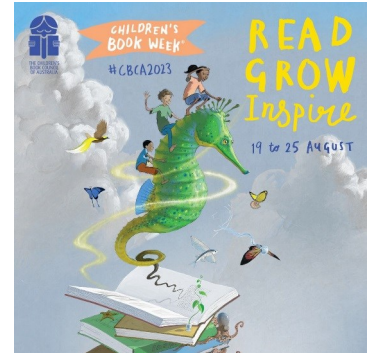
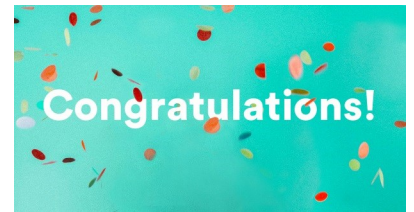
Student Wellbeing Parent Meeting



BOOK WEEK RAFFLE WINNERS

Congratulations to our 2023 Book Week Raffle winners - we hope you enjoy reading your new book!

FI:	Harriet L	Audrey C
FJ	Katarina B	Vincent B
1K	Sienna D	Rose F
1L	Zephaniah T	Chloe R
2M	Yodi G	Tia T
2N	Brian N	Samara S
3E	Brian L	Hniang Ku C
3F	Owen T	Ella N
4G	Lincoln B	Andi M
4H	Jasmine D	Harper W
5C	Lily H	Sienna C
5D	Michelle L	Abbey N
6A	Rati V	Zac T
6B	Aaliya S	Kanieshka V





Community classroom

When: Tuesday 17th October

Time: 3.00pm-4.00pm

Where: In every classroom!



INSIGHTS

Helping kids tolerate discomfort



Few right-minded people want children or young people to experience hardships or difficulty. However growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.

Exercising their discomfort muscles

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team; getting lower than expected marks for an assignment; or going into new, unfamiliar situation such as school camp. These are the sorts of every day situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

Opportunities to practise tolerating discomfort

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

It's not toughing it out

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



Take up your cross and follow me

22nd Sunday in Ordinary Time, Year A

Gospel

Matthew 16:21-25

Jesus began to make it clear to his disciples that he was destined to go to Jerusalem and suffer grievously at the hands of the elders and chief priests and scribes, to be put to death and to be raised up on the third day. Then, taking him aside, Peter started to remonstrate with him. 'Heaven preserve you, Lord,' he said. 'This must not happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are an obstacle in my path, because the way you think is not God's way but man's.'

Then Jesus said to his disciples, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake will find it. What, then, will a man gain if he wins the whole world and ruins his life? Or what has a man to offer in exchange for his life?'

COMPLETE THE TEXT MAZE

"If you want to be my followers you must take up your cross and follow me."

START **I** F Y O E

Y D W U T

Z N A L W

V T U E R

D F Y M I T X P I A B O K

G O H E B O Y S R U S T U

J L R C A T A O U M H T J

F L O W E R S Y E T Q A W

S D L K O P F G P U E K B

E W S O Y

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N G L L O

D F O F W

R I E P M

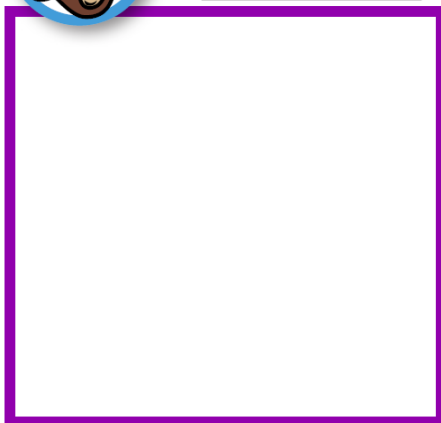
E U W T **E** FINISH

Help Jesus tell his disciples about the coming events in Jerusalem.

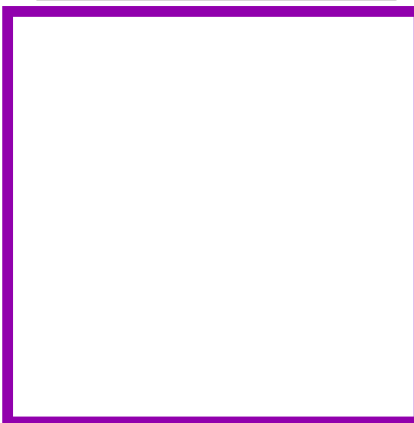


I must go to the city of Jerusalem...

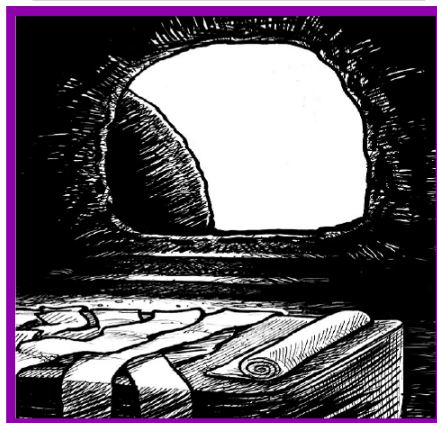
...where people will make me suffer and I will be killed.



Draw Jesus entering the city on the donkey



Draw Jesus suffering on the cross



Write what Jesus tells the disciples next