



OUR LADY'S SCHOOL NEWSLETTER

5 September 2019

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

'So let us pursue what makes for peace and mutual upbringing'
Romans 14: 19

DATES FOR THE DIARY

Thurs 5 Sept

FJ Learning Walk 8.45am-10.30am

Tues 10 Sept

Reconciliation Parent Evening with Rev Dr Elio Capra

Thurs 12 Sept

Year 6 Leadership Day

Mon 16 Sept

Step Back In Time Day - remember to come to school dressed up like you are living in 1919!!

Fri 20 Sept

Our Lady's Show Day

End of term 3 at 3.15pm

Mon 7 Oct

Term 4 begins

Tues 15 Oct

Confirmation Parent Session with Rev Dr Elio Capra

Thurs 17 Oct

Our Lady's School 100th Birthday

Mass at 11.30am. Remember to RSVP to the Office if you would like to attend.

Wed 23- Fri 25 Oct

Grade 5 Camp to Narmbool

Fri 1 Nov

8.45am P&F Meeting

Mon 4 Nov

Report Writing Day - no school for the children

Tues 5 Nov

Melbourne Cup Public Holiday - no school for the children

SACRAMENTS

Thurs 10 Oct

7.00pm Reconciliation

Fri 15 Nov

7.00pm Confirmation



Dear Parent,

Thank you to the parents from Foundation I and J who attended this week's Learning Walks. Learning Walks are organised to provide parents with an opportunity to see the type of learning that their child experiences at school. It is an opportunity that the school provides for parents to more deeply engage with their child's learning. The parents are briefed before they go into the classroom to view the learning in action. Finally parents are given the opportunity to debrief with the teachers, to ask questions and clarify any aspect of the learning that they viewed. Thank you to Mrs Christine Carabott Deputy Principal/Student Wellbeing Leader, Miss Natalie Severino (FJ) and Mrs Cam Tu Nguyen (FI) for organising this week's Learning Walks. Our school is a learning community for all and at Our Lady's the staff value and promote parent input and engagement. The SeeSaw app is another example of ways we try to link you more closely with your children's learning.

Parents and teachers working together create the best type of learning environment for our children so that they can all fully flourish.



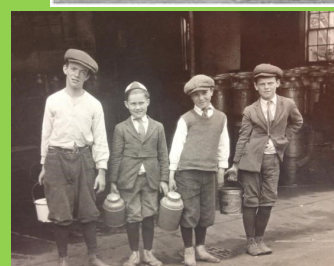
REMINDER

On Monday the 16th of September the school will be having a 'Step Back in Time' day as part of its 100 year birthday celebrations.

We ask all the children to come to school dressed as children would've 100 years ago in 1919. The staff will also join in the fun. Students will be participating in activities and games of the past.

We are hoping that this will help to bring our wonderful history alive.

Please make a note of this upcoming date.



Bless This Day Prayer

We ask God's blessing on our lives. Each day we must walk with Jesus,



God, Father and Creator, bless us this day in all we do and think and say.

Bless our hearts and our lives as we walk the way of Jesus. We ask your blessing on all your people. May we live in love each day. We ask this in the name of your Holy Spirit of love.

Amen

STAFF PROFESSIONAL LEARNING

Yesterday the staff attended a Professional Learning Day with a Religious Education focus. We were very fortunate to have Father Richard Leonard come to Our Lady's School and facilitate the day. Fr Richard is a Jesuit priest, an author, educator and critic of our modern culture.

Born in Warwick, Queensland, and growing up in Toowoomba, Fr Richard Leonard SJ directs the Australian Catholic Office for Film and Broadcasting for the Bishop's Conference. Richard has undergraduate degrees in arts, education and theology, as well as a master's degree in systematic theology.

After ordination to the priesthood at St Mary's Church, North Sydney, he was apprenticed to Albert Street Productions where he wrote, produced and directed documentary films for Australian television. In 1996 Richard undertook the graduate course in film production at the London Film School and in 2004 graduated with a PhD in cinema studies from Melbourne University.

Fr Richard is a member of the Australian Catholic Media Council and a film critic for all the major Australian Catholic newspapers. He is also the author of a number of books, including *Where The Hell Is God?* and lectures internationally on faith and culture.



I have included the focus topics that were addressed throughout the day below for you to read. The day was very engaging and successful.

A sane approach to catholic tradition and devotion with a focus on our namesake, Mother Mary.

One of the richest things Catholics bring to the world is our tradition. Some people think Catholic Tradition is a static block of doctrines that must be imparted to our young. By looking at Mary, the Mother of Jesus we will see how our tradition is rich and responsive to the needs of today.

From darkness into the light: Holding to faith through the tough times.

Our faith in God is easier when everything is going well. But what about the times in our lives when it is challenged, undermined and threatened by the things that happens to us, or those we love? This critical session will help find words around how we can hold on to a God who walks with us in the "valley of tears." (This is based on my book, "Where the hell is God?").

The world in our face: How do people of faith download the best and leave the rest?

Many people now spend more time looking at small screens than they spend looking at trees and books combined. Many of us have friends we have never even met; our big stories are often on discs. This workshop is a chance for us to show the plus and minus of the role the internet now plays in our lives.

A REMINDER TO FILL IN THE ONLINE CEMSIS SURVEY

Our school is participating in the Catholic Education Melbourne School Improvement Survey (CEMSIS). CEMSIS is an annual process where schools listen to the thoughts and feelings that students, families and staff have about how their school can improve. These surveys help the ongoing improvement of schools across the Archdiocese of Melbourne.

One of the main goals of the family survey is to identify the strengths and areas for improvement in our school. Our school believes it is important to encourage families to have a voice and contribute to shaping the ongoing improvement of the school.

This year we have sent the survey to 150 families. If you have received a survey please remember to complete it.

Yours sincerely,

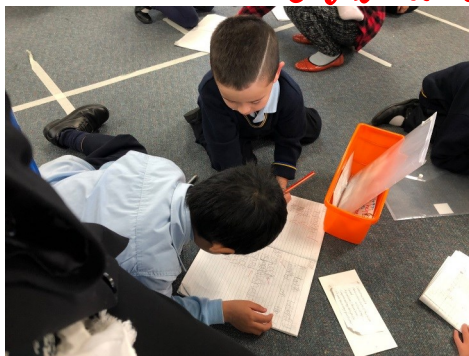
Patrizia Bertani

Ms Patrizia Bertani

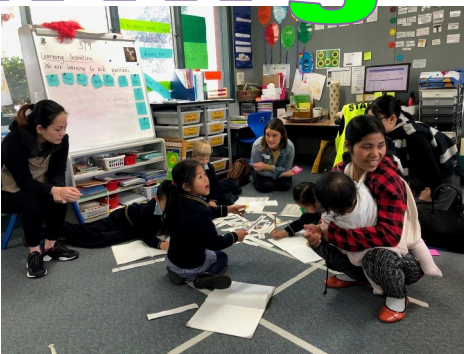
Principal

principal@olsunshine.catholic.edu.au





Foundation I Learning Walk



Celebrating 100 Years of Catholic Education 1919-2019



Foundation J Learning Walk



SPORT NEWS

On Tuesday the 3rd of September, 13 students represented the Sunshine District at Keilor Athletics Track. Unfortunately, Josh D could not compete as he is resting an injury so he is prepared for the Darwin trip where he represents Victoria.

It was a very successful day and 8 students (including Josh) will be representing the Maribyrnong Region in the Western Metropolitan Regional finals to be held on the 15th October at Keilor Athletics Track.

Well done to all the students who represented our school and congratulations to the following who will be moving on to the next round; Helen G, Ella D, Heidi D, Owen A, Chloe L, Yvonne H, Lucas A and Josh D. Congratulations and well done to the following students who represented Our Lady's and Sunshine District so well!

Lucas A: 800m, 1500m

Owen A: Triple Jump, High Jump

Josh D: 100m, 200m

Heidi D: Discus, Triple Jump Ella D: High Jump & Triple Jump

Helen G: Triple Jump, Long Jump

Yvonne H: Hurdles, 200m

Kim D: Hurdles

Chum C: 800m

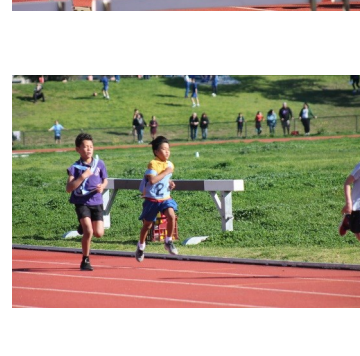
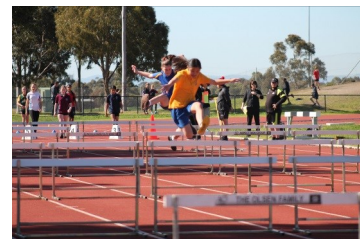
Jaylen B: Shot Put

Kyle F: Triple Jump

Julian D: Hurdles:

Chloe L: Long Jump

Lilee F: High Jump



EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Spring work-sheets and out-door games	Symmetrical butterfly paintings	Kite making and yummy tomato soup	Outdoor picnic with healthy watermelon sticks and icecream	Learn how to knit (enrichment program)

The Extend Superstar is...

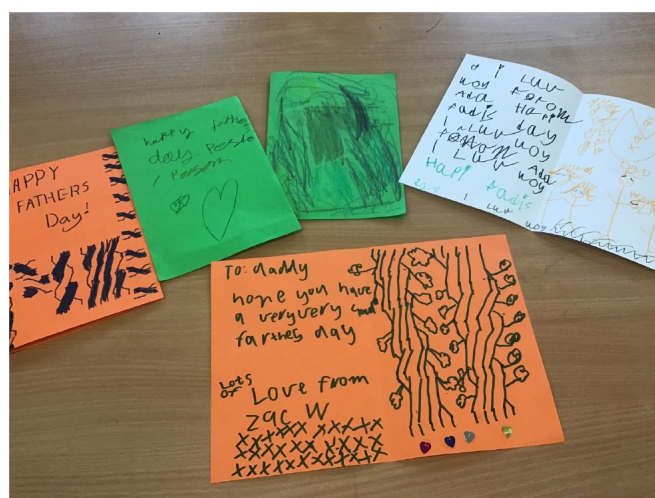
Oliver I ...for contributing to activities and positively interacting with staff and peers. Well done ☆

What's Been Happening?

Spring has arrived and we can't wait to begin our new and exciting spring experiences here at Extend...Meanwhile, children have been enjoying after school care and engaging in a variety of experiences. This week we made special person day cards and engaged in group games, arts and crafts, cooking activities, sports challenges and music and dance. Our term 3 enrichment program continues and we are adding to our Pom Pom collection. Our family open night will be on the 6th of September and we look forward to seeing you all.

Families, just a reminder if your children have any pre-loved books and games you no longer need at home, please consider donating to us here at Extend After School Care

Enrol and book now: extend.com.au



WESTGATE BASKETBALL ASSOCIATION

is an official deliverer of Basketball Australia's introductory basketball program for girls and boys aged between 5 to 10 year olds.

The sessions are run during each school term, instructed by our qualified youth basketball coaches & give kids a terrific grounding in the fundamental skills of basketball.

Visit our website and choose the venue, day and time to suit you.



Westgate Aussie Hoops venues:

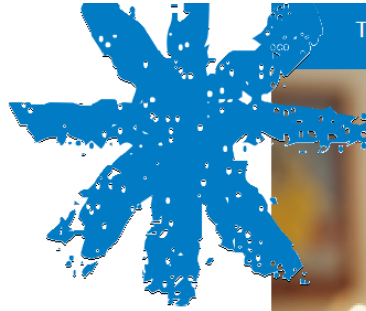
Victoria University Community Stadium Whitten Oval
RecWest Footscray
Victoria University Footscray Park Campus

www.westgatebasketball.com.au

Westgate Basketball Association Inc. A0057216R

parenting * ideas

insights



TECHNOLOGY AND PARENTING



Parenting in the digital age

by Michael Grose

Recently I spoke at Trinity Grammar in Melbourne about the challenges of parenting in the digital age. It was a great night with a very enthusiastic crowd. I thought I'd share some key messages with the Parentingideas community.

If every generation of parents had it's own new or unique challenges then it's safe to say that the overriding challenge shared by the current generation of parents centres around technology – their children's use and their own use.

The communication technology now available to all of us is constantly being updated. Every innovation in technology presents a new set of challenges for parents. Yesterday's schoolyard bullying is today's cyber-bullying!

Frequently I hear parents talk about children's use of technology as if the technology is a problem. However technology is the context or background in which we must raise our kids to be safe, social and savvy. The bigger question we need to ask is: "What is good parenting in the digital age?"

Our job is to educate kids about technology – helping them be safe, smart and balanced users – so we need some guidelines to follow. Every parent needs to set their own guidelines suitable to their own situation. Here are some ideas to help:

1. Be a good role model

It's well established now that children will copy many of their parents' behaviours. Our behaviours and habits now extend to our use of communication technology, which is a good thing as we've got the chance to model smart, balanced technology habits. This means we need to be mindful of how often we have a mobile device in our hands when we are around kids. It means we need to take care that we don't use technology as an emotional pacifier when we feel stressed or under pressure. Model face-to-face communication and healthy ways to manage your stress levels so kids can learn these techniques too.

2. Think about expectations and rules for your kids in the digital world

You wouldn't drop your kids off for the day in the middle of the city and say, "Have fun. Stay safe!" Yet we often do the equivalent to our kids with technology. Most digital devices are set up for adults so when you introduce a piece of technology think carefully about it's use and expectations before handing it over to your kids. Where possible and practical use restrictions under settings when you give a device to a child. And place your own restrictions around use and timing when kids use devices, rewarding responsible use with greater freedom.

parenting*ideas

3. Differentiate between uses

One use doesn't fit all. Digital technology has three purposes – communication, education and entertainment. Gender plays a part here with girls using digital technology more for communication and boys using digital devices more for entertainment. As a parent we need to be aware how our kids are using technology, which will influence how we respond to them. For instance, you should take a different approach to a child who spends all his time after school playing Minecraft to one who spends significant time online for educational purposes. Nuance your approach according to the children's technology use.

4. Create social media mantras and scripts to keep kids safe

Parents have always found ways to frame messages for children so that they rattle around inside their heads when parents aren't around. "Don't speak to strangers" still reverberates with me decades after my mother first drilled it in to me. She also gave me the scripts to use with strangers if ever I got lost, or found myself in trouble. So what scripting are you introducing to your child to keep them safe and also make them think about smart use while online?

These include such mantras as "Is it worth posting?", "Take a deep breath before hitting the send or post button." "Do you want the principal to see this post?"

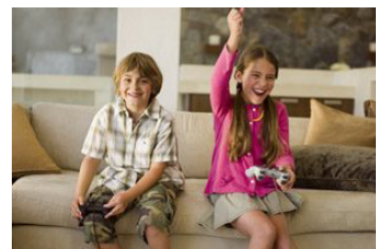
5. Create tech-free zones and times

Knowing when to cut off or leave technology is just as important as knowing when to use it appropriately. One way to teach appropriateness of technology use is to introduce tech-free zones and tech-free times into your family. For instance, dinner tables and mealtimes should be kept technology free to encourage in the moment face-to-face conversations. Bedrooms should be tech free particularly at night to encourage children to get a good night's sleep.

6. The family that plays together learns together

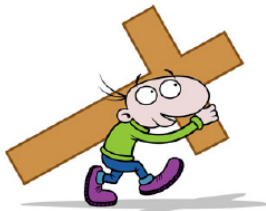
Technology can bring us together or keep us apart. I recently saw a mother and her early teen son walking down a busy street both with their faces in mobile devices, only glancing up occasionally from their screens to make sure they didn't bump into others. Although physically close, mentally they were worlds apart. On the other hand, a well-chosen game can easily connect parents with their kids. Choose games and activities that bring you together and provide opportunities to teach kids about sportsmanship and etiquette.

Media and digital devices are an integral part of our world today, presenting opportunities and challenges for parents and children. It's part of the parenting job to help kids access digital media safely and sensibly, which involves setting limits and boundaries; knowing how kids are using technology and encouraging them to consciously engage with technology while at the same time ensuring kids connect with others, learn and keep themselves entertained away from technology as well.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.



Jesus tells us that choosing his way is not always easy.
When might it be hard to do what Jesus asks us?

Gospel

Lk 14:25-27

Great crowds accompanied Jesus on his way and he turned and spoke to them. 'If any man comes to me without hating his father, mother, wife, children, brothers, sisters, yes and his own life too, he cannot be my disciple. Anyone who does not carry his cross and come after me cannot be my disciple.'



What are some good choices you can make this week? Tick the good choices and cross the bad ones.

HELP AROUND THE HOUSE WITHOUT BEING ASKED TO

☐

DON'T WORRY ABOUT SAYING MY EVENING PRAYERS

☐

CONTRIBUTE TO THE OFFERTORY PLATE

☐

MAKE FRIENDS WITH SOMEONE NEW

☐

MAKE FUN OF THE TEACHERS

☐

OWN UP TO MAKING A BAD DECISION

☐

TURN OFF THE T.V. AND READ A BOOK

☐

STOP DOING YOUR HOMEWORK AND GO OUTSIDE TO PLAY

☐

DO SOMETHING NICE FOR YOUR PARENTS

☐