

The Kingdom of God is like a mustard seed, which is the smallest of all seeds on earth. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds can perch in its shade. Mark 4:31-32

DATES FOR THE DIARY

Mon 9 Sept Italian Day
Fri 13 Sept Second Hand Uniform Sale 3.00-3.45pm
Fri 20 Sept End of Term 3 at 1.00pm
Mon 7 Oct Start of Term 4 at 8.35am
Thurs 10 Oct 9.00am Yr 6 Graduation Photo

PUPIL FREE DAYS

Wed 16 Oct Staff Time in Lieu Day - No School for the Children
Mon 4 Nov Professional Practice Time for Staff- No School for the Children
Tues 5 Nov Melbourne Cup Public Holiday

END OF YEAR 2024

Tues 17 Dec Students finish for 2024 at 1.00pm

START OF 2025

Tues 28 Jan Staff Return
Wed 29 Jan Getting To Know You & Your Child Day 1 Yrs 1-6, Foundation at school 8.35-1.00
Thurs 30 Jan Getting To Know You & Your Child Day 2 Yrs 1-6, Foundation at school 8.35-1.00
Fri 31 Jan Classes start for all (F-6)

Dear Parents and Carers,

I hope that you have not been too badly affected by the ongoing windy weather. For your information all schools are sent alerts if there is severe weather in the local area so that we can act to keep the students safe and respond accordingly. Luckily, we have not had to close our school as some other schools in Melbourne have had to do.

Recently we have had such a rich array of events beginning with the very successful Year 5 Camp to Sovereign Hill. I would like to thank the Year 5 students for their cooperation with the teachers and the teachers themselves who made sure the students were safe and that they had a wonderful time. Thank you to: Ms Gurry, Mrs Huyen, Miss Shai, Miss Steph and Miss Robles.



A huge congratulations to our Year 6 leaders who successfully ran and organised the Year 6 Leadership Day and invited many local schools to participate and hear the inspirational leadership stories from the speakers who facilitated the event. We had some amazing speakers such as Moira Kelly and our very own Charlie Bezzina whose grandson Charlie is at our school. Thank you to the Year 6 teachers who supported the students: Mr Wickham, Mrs Belinda and Ms McManus.



Thank you to all the parents who came to the Wellbeing focused Parent Information evening on Wednesday evening. The evening was facilitated by Mrs Christine Carabott (Deputy Principal/ Student Wellbeing Leader and Mrs Cam Tu Nguyen (Mental Health Leader) and they were supported by Mr John Buttigieg (DDT Leader). They shared many practical strategies with parents that we use at school and that can be used at home to promote children's mental health and wellbeing. It is important for school and families to work together to promote our children's wellbeing.

In 2024, National Child Protection Week (NCPW) will be celebrated from September 1st – 7th. NCPW will continue to embrace the overarching message that 'Every child, in every community, needs a fair go' and will be complemented by the theme 'Every Conversation Matters'. Conversations are powerful tools to keep children and young people safe and well. Conversations can help us understand issues, craft solutions, value community knowledge, and build the brains and social connections of children and young people. I encourage you to have regular conversations with your children so that you continue to build a strong connection with your child.

Here at Our Lady's we are always focused on empowering our students by creating a curriculum program that gives them a voice and seeks their feedback and suggestions. Conversations between staff and students are an everyday part of school life at Our Lady's school and help to build positive relationships so that our students feel safe and cared for at all times.



A Prayer About Change

When things change it's sometimes hard to stop my worries winning.

What will happen, when and where?

My head seems to be spinning.

Other people struggle too if too many things are new.

Help us all to calmly trust that you are always there for us.

'Jesus Christ never changes! He is the same yesterday, today and forever.' Hebrews 13:8

CURRENT YEAR 4 PARENTS PLEASE NOTE

Key enrolment dates for Year 5 students in 2025 starting Year 7 in 2027



- The key enrolment dates for students in Year 5 in 2025 who will be starting Year 7 in 2027 were agreed after approval from the principals on the Archdiocesan Enrolment Committee.
- The timeline of events and dates is as follows: – *applications for students starting Year 7 in 2027 will open on Tuesday 28 January 2025 and close on Friday 15 August 2025*
- Offers will be posted to prospective Year 7 applicants on Friday 17 October 2025 – parents/carers will be required to accept an offer from a school by Friday 7 November 2025.

SECOND HAND UNIFORM SALE

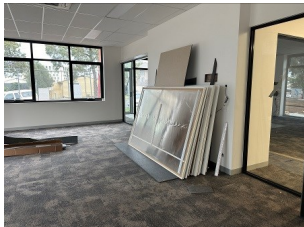
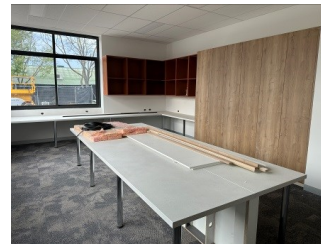
The Second Hand Uniform Stall will be held next Friday the 13th of September from 3.00-3:45pm outside the junior classrooms. Thank you to the Parents and Friends volunteers for organising this valuable service for our families.



As you can see by the building works, it is coming very close to completion.

The pinboards have been delivered and installation will occur over the next week or so.

The garden works and concrete on the outside is a main focus, so we will soon see the nature playground commence.



Warm regards,

Patrizia Bertani

Ms Patrizia Bertani
Principal

principal@olsunshine.catholic.edu.au



FI: Thomas O

1K: Elena B

1L: James M

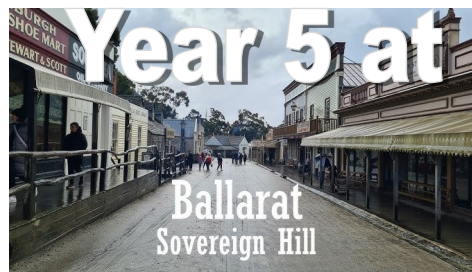
3F: Jayden L

5C: Angelina P

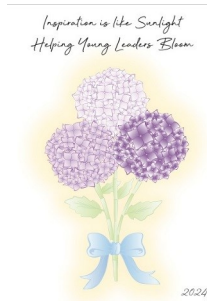
5D: Lincoln B, Mason M

6B: Ethan N

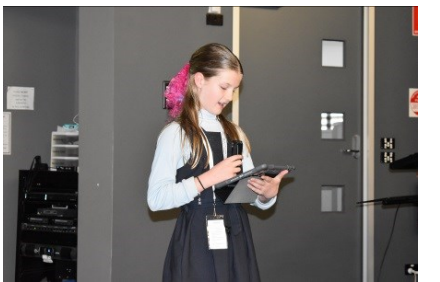
STAFF: Connie





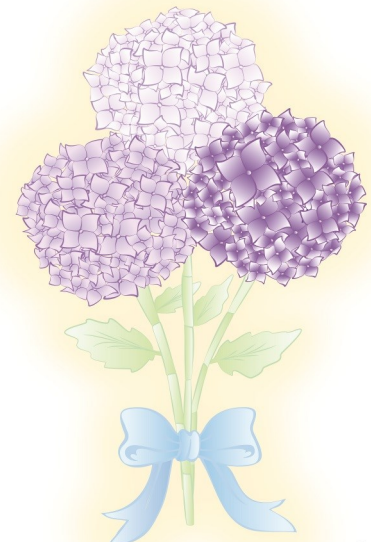


Year 6 Leadership Day





*Inspiration is like Sunlight
Helping Young Leaders Bloom*



2024

Student Wellbeing Parent Evening

On Wednesday evening, Ms Cam Tu Nguyen and I facilitated a Student Wellbeing night for parents. A huge thank-you to the parents who attended our information session.

It was wonderful having the opportunity to share important information about student wellbeing based on our school's learning and teaching. Wellbeing is such a pivotal area and it is important that as partners, we are giving the students similar content.

At the meeting we discussed:

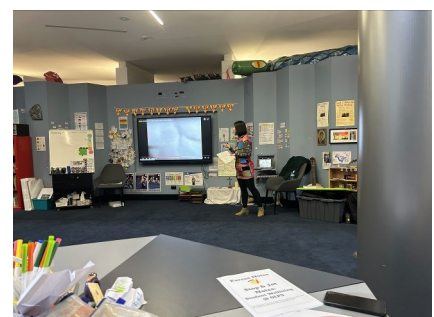
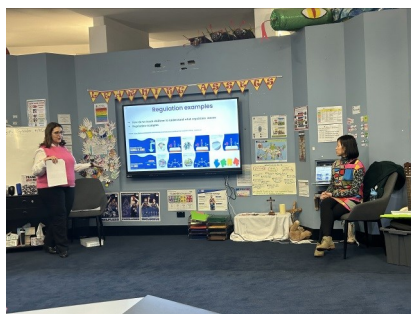
- Social Emotional learning at OLPS
- The Zones of Regulation
- Examples of a Year 1/2 and Year 5/6 session of STARS
- Exploring co-regulation and Self-regulation
- Exploring the importance of the 10 executive functioning skills
- Ways parents can help at home.

Thank-you to the parents who have also taken a few minutes to complete our feedback form.

Regards

Christine Carabott

Deputy Principal & Student wellbeing Leader



AFLW visits Year 3!



On Wednesday two players (Zimmorlei Farquharson & Dominique Carruthers) from the Western Bulldogs AFLW came to talk to the Year 3s about their football journey.

FATHER'S DAY RAFFLE

Congratulations to our P&F Father's Day Raffle winners - we hope your Dads loved their prizes!

1st Prize	Nevaeh M 6A
2nd Prize	Max T 2N
3rd Prize	Kei L 3F
4th Prize	Liam N 3E



Thank you to all the families that purchased tickets.

PREPARATIONS FOR 2025

As we are beginning our preparations for 2025 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 2025 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and we have had several enrolment enquiries coming in for the other year levels.

If your child is not returning in 2025 (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. *Thank you.*

Children NOT returning to Our Lady's School in 2025

Family Name: _____

Child/children's names

1. _____ 2024 Grade: _____

2. _____ 2024 Grade: _____

3. _____ 2024 Grade: _____

Name of our new school: _____

And / Or

Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible

Show Day at Our Lady's 2024

As part of our *Show Day* celebrations on Thursday 19 & Friday 20 September (last days of term 3) all children are able to purchase a bag of popcorn, a slice of pizza for lunch and a show bag to take home.

Pizza and Popcorn will be served on Thursday 19 September.

**Showbags will be given out to take home
on Friday 20 September.**

All orders must be placed via our QKR app.

Showbags are \$6.00 - \$7.00 each

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

Popcorn is \$1.50 each

Orders close on Tuesday 17 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

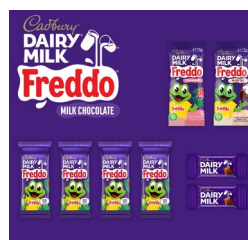


Mega Fizz

\$7.00



Dairy Milk



Freddo

\$6.00

SECOND HAND UNIFORM SALE

The Parents and Friends are looking for any donations of second hand uniform for their upcoming Sale on 13 September. You can bring any outgrown or unwanted school uniform donations to the Office.

Please make sure all the items are our school uniform brought from the Uniform Shop, clean with no rips, faded logos or stains.

The Second Hand Uniform Sale will be held on Friday 13 September from 3.00pm near the junior classrooms.



\$10.00

Jumpers

Track Pants

Bags

\$5.00

Sport Polos

Windcheaters

Shirts

Sport Shorts

Shorts

Dresses



SCAN TO
ENROL

WESTGATE VACATION CARE SCHOOL HOLIDAY PROGRAM 23rd SEPTEMBER - 4th OCTOBER



WEEK 1

23RD COOKING



24TH AIR WORLD

**25TH ROYAL BOTANICAL
GARDEN NATURE
EXCURSION**

26TH AFL DRESS UP DAY

**27TH GRAND FINAL DAY
EVE- CLOSED**

WEEK 2

30TH COOKING



1ST AIR WORLD

2ND HALLOWEEN DRESS UP DAY



**3RD SCIENCE
WORKS
EXCURSION**



**4TH SUN THEATRE
MOVIES
EXCURSION**



KEY:

COOKING AT WESTGATE VACATION CARE

INCURSIONS AT WESTGATE VACATION CARE

EXCURSIONS OFF SITE



Pricing
\$50*

\$60 from Sep 20

SCHOOL HOLIDAY PROGRAMS

Come and join us for an action packed school holidays with a range of games and activities on offer. Our programs offer fun and casual based sport games, aswell as specialised sport clinics for those participants wanting a unique edge.

Programs

- ✓ Soccer
- ✓ Basketball
- ✓ Badminton
- ✓ Multi-Sport
- ✓ Gymnastics



Sep 23 - Oct 3
10:00 AM - 3:00 PM



RecWest Braybrook,
39 Lily Street, Braybrook

TERM 4 IS AROUND THE CORNER!

BOOK NOW WITH EXTEND!

The new school term is approaching, and Extend is ready to help you prepare with premium Outside School Hours Care!

We're starting Term 4 with tons of amazing activities and games for all ages, a delicious selection of health-based snacks, and an environment designed for learning, fun and safety!

Plan ahead and save with our Early Bird Rate!
Book 14 days in advance on all sessions to receive the best price!

Whatever's around the corner for you, you can rely on Extend to provide you with a quality service in the new Term 4!



Make your bookings online at extend.com.au
and plan ahead for Term 4 today!





Defusing Explosive Children

In 1998, Dr. Ross Greene wrote a bestselling book titled *The Explosive Child*. I interviewed him on The Happy Families podcast, and our discussions became some of our most listened-to conversations.

His philosophy: “Kids do well if they can.”

In my words: Competence. A challenging situation presents itself. Capable kids navigate it, often with confidence. If they’re not quite there but believe they can do it, they’ll go for it. But if they’re incompetent, they pull back. Feeling incompetent can lead to withdrawal or explosions. And they don’t do well... *because they can’t!*

Greene describes incompetence in a gentler way: *lagging skills*.

Lagging skills are the missing pieces in a child’s skill set, hindering their ability to meet the demands of the moment. These lagging skills are flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.

Let’s break them down:

Flexibility and Adaptability

A disrupted routine or inadequate time to prepare for a transition to a new activity (leaving the park, taking a bath, or switching off a screen) requires this skill. So does a change in plans. But it’s a skill that takes time, practice, and support to develop. Its opposite: rigidity and tunnel vision.

Frustration Tolerance

When the bottom drops out, expectations are unmet, or delayed gratification is required, frustration tolerance is what stops an emotional outburst. It’s recognising things didn’t work out according to my agenda, and then managing the frustration, expressing it appropriately, and thinking clearly.

High emotions = low intelligence. Frustration tolerance keeps emotions level and stable, and allows us (or our child) to sit in that emotion without acting rashly.

Problem Solving

Unpredictability, randomness, and volatility are inescapable realities of most of our lives. Being flexible and adaptable and having frustration tolerance keep emotions stable and facilitate

creative, broad thinking so we (and our kids) can solve problems effectively.

A parent's fundamental job, besides keeping their child safe, is to help them learn to solve problems. How do they resolve a problem with a sibling? How do they navigate a friendship challenge at school? What is the best way forward with an academic question?

Emotion Regulation

Frustration tolerance is a crucial component of a much larger challenge: emotion regulation, which means expressing and suppressing emotions appropriately.

Our words matter. They shape our perceptions and build the world we live in.

Remember:

Your child isn't 'naughty.' They have some lagging skills that we can develop.

Your child isn't trying to ruin your life. Kids do well if they can.

Your child isn't an idiot or a pain. Your child doesn't have the competence to get it right... yet.

Even if they've done it right before. Even if they're laughing about it and you sense they're being malicious. Even if they're being disrespectful. Even if they're insisting that they 'can't'.

When they're stuck:

1. Soften your eyes. Look upon them with compassion and kindness. Remember that kids do well if they can, so if they can't right now, there's something going on. Hungry? Angry? Lonely/Disconnected? Tired? Stressed? Sick? Overstimulated?
2. Say what you see. If you can name it, you can tame it.
3. Ask if they want you with them or if they want space.
4. As emotions subside, explore their world and their challenges. Explain what you are looking for. And empower them through problem-solving. Support those skills of flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.
5. Make a plan so they can try to do better next time.

Dr. Greene's 'Collaborative and Proactive Solutions' framework teaches parents to help children develop these skills (which often lag) in order to solve problems.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.

Jesus cures a man who cannot hear or speak



23rd Sunday in Ordinary Time, Year B

Finish the story of Jesus healing the deaf man by adding the missing words and pictures.

Jesus travelled to the land of Decapolis.

A crowd of people _____ Jesus to heal a man who was _____ and could not speak properly.



Draw Jesus walking along the road

Draw the deaf man

Jesus touched the man's _____ and tongue and said, 'Effatha!', meaning '_____ up'.

The man was very happy because now he could hear and talk! The people praised Jesus.



Draw the people celebrating and praising Jesus

Gospel

Mk 7:31-37

Returning from the district of Tyre, Jesus went by way of Sidon towards the sea of Galilee, right through the Decapolis region. And they brought him a deaf man who had an impediment in his speech; and they asked him to lay his hand on him. He took him aside in private, away from the crowd, put his fingers into the man's ears and touched his tongue with spittle. Then looking up to heaven he sighed; and he said to him, 'Ephphatha,' that is, 'Be opened.' And his ears were opened, and the ligament of his tongue was loosened and he spoke clearly. And Jesus ordered them to tell no one about it, but the more he insisted, the more widely they published it. Their admiration was unbounded. 'He has done all things well,' they said 'he makes the deaf hear and the dumb speak.'



Jesus did many good things, such as healing people and helping those in need. What are some good things you can do for others?