



# OUR LADY'S SCHOOL NEWSLETTER 2 December 2022 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  
Burmese: Every 2nd Sunday 2.30pm  
Chin: Every 1st, 3rd, 4th, 5th Sunday 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*

*But test everything; hold fast what is good. 1 Thessalonians 5:21*

## DATES FOR THE DIARY

### **Thurs 8 Dec**

**Feast of the Immaculate Conception of Mary**

2023 Foundation Transition 2.00 - 3.00pm

3.00pm Second Hand Uniform Sale

### **Fri 9 Dec**

Reports published on nForma Portal

### **Mon 12 Dec**

Years 1-6 2023 Orientation  
11.30am-1.00pm

### **Tues 13 Dec**

Government Secondary Orientation

Dinner in the Yard with DJ, Art Show 6.00 - 8.00pm. **Yr 5/6**

**Dance Performance 6.30-6.45pm**

Parent Teacher Interviews by request

### **Wed 14 Dec**

Year 6 Graduation: Mass  
6.00pm. Disco 7.15-8.15pm

### **Fri 16 Dec**

11.30am End of Year Mass  
2.30pm End of Year Assembly  
**3.15pm End of 2022 for students**

### **Mon 19-Tues 20 Dec**

Professional Learning Days -  
Handover Days for Staff.

## **2023**

**Mon 30 Jan** Getting to Know You and Your Family appointments for Years 1-6. Foundation Session 8.45am-1.00pm

**Tues 31 Jan** Getting to Know You and Your Family appointments for Years 1-6. Foundation Session 8.45am-1.00pm

**Wed 1 Feb** Classes start for Years 1-6 at 8.35am. School finishes at 3.10pm every day.  
*No school for Foundation 2023 Wednesdays during February.*

Dear Parents,

Last Sunday heralded the beginning of Advent. A time where we prepare for the birth of the Christ Child. Advent means coming or arrival. The Advent season culminates with Christ's arrival into our hearts and into the world on Christmas Day. All students at Our Lady's will be participating in Advent activities and experiences to prepare both spiritually and practically for Christ's birth on Christmas Day. Last Sunday we lit the first candle on the Advent wreath which signifies HOPE and is called the prophet's candle. It is the hope that Christ's light of love has shone into the world.

### **Foundation 2023 Transition Sessions**

Yesterday, we had our first Foundation 2023 Transition session. It was such a delight to see the smiles on the children and wonderful to spend some time getting to know the new parents and reconnecting with those that already have children at our school. The next Foundation Transition session will be next Thursday the 8th of December. We look forward to welcoming back our new Foundation 2023 students.

### **Changes to school start and finishing times**

You may be aware that there are changes to the award conditions for staff working in schools. In preparation to implement the new work conditions we have had to reorganize school times so that we reflect the new award in 2023.

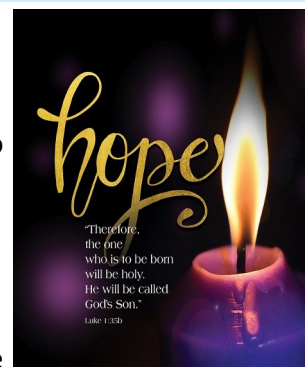
In the new school year 2023 the following times will be implemented:

**School gates will open at 8:20am. Students can enter the school and there will be a staff member supervising in the schoolyard.**

**Classrooms open at 8:25am and students can enter their classroom and prepare themselves for the day.**

**Classes start at 8:35am.**

**School will finish everyday at 3:10pm.**



### **Parish Feast Day Celebration - Saturday 10 December**

**\*6.00pm - Parish Mass** with participation from multicultural groups  
Followed by a shared **Dinner and BBQ** in school grounds.  
This will be an opportunity for fellowship with parishioners from the diverse cultural groups that make up Our Lady's parish.  
*\*This will replace the 5.30pm Vigil Mass and the 7.00pm Vietnamese Vigil Mass for this day only.*

## *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 then 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





Next time you are in the  
schoolyard please stop to see our  
students' creative artworks.

Our beautiful garden has been made  
even more beautiful with the chil-  
dren's Artwork. This artwork has been  
created by students in different year  
levels who have worked on this joint  
project.

**A BIG thank you to our wonderful art  
teacher Ms Pina for inspiring the stu-  
dents to create these amazing art  
pieces.**

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani  
Principal**

[principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au)

FI: Catherine N  
2M: Joanne H, Simon L  
2N: Bonnie M  
5D: Mila K  
6A: Chan Chan C  
6B: Asha K





## YEAR 6 LEADERSHIP BADGES

Congratulations to the following Year 6 students who have displayed the qualities and attributes to earn a Year 6 Leadership Badge.



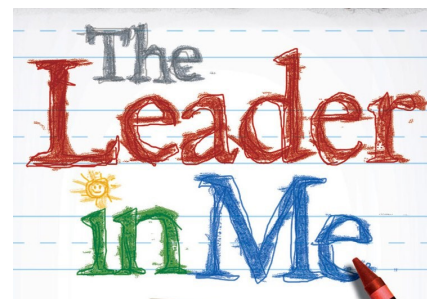
*Zoe A*



*Carry C*



*Julianna L*



*Harrison M*



*Richard N*

**Just a  
reminder...**

### Uniform reminder

A reminder that all students should be wearing their Summer uniform. Most importantly they need to remember to bring their school hat to school to protect themselves from the sun during each play break. Please ensure that your child/children wear their proper school shoes except for sports day when they wear their sports shoes. Our school uniform is a reflection of our school and we need to wear it with pride.

### SMART Watches

I have noticed many students wearing SMART watches. I understand that you may have purchased a SMART watch for your child to wear so that they can communicate with you if they are walking home after school as a safety measure. Unfortunately, they are proving to be a distraction to students who are receiving and answering text messages via their SMART watches during learning time.

SMART watches will be treated in the same way we treat mobile phones. The school policy is that they are to be left in the office in the morning and picked up after school.

Please let your child know that if they wear a SMART watch to school it must be left at the office first thing in the morning and picked up from the office after school. Thank you for your cooperation.



OLPS P&F

# CHRISTMAS RAFFLE

**One Prize Per Year Level!**

**\$1.00 per ticket on QKR**

**Tickets on sale 1st - 15th  
December**

PRIZES DRAWN AT  
ASSEMBLY LAST DAY OF  
SCHOOL  
FRIDAY DECEMBER 16  
2022





Many thanks to our Parents and Friends who had a fabulous time being transported back to the 80s on Friday night for their Disco.

Looks like a great night was had by all!





# Second Hand Uniform Donations & Sale

USED UNIFORM



The Parents and Friends are looking for any donations of second hand uniform for their upcoming Sale on 8 December.

You can bring any outgrown or unwanted uniform donations to the Office. Please make sure all the items are clean with no rips, faded logos or stains.

The Second Hand Uniform Sale will be held on Thursday 8 December from 3.00pm.

**OUR LADY'S PRIMARY SCHOOL**  
**CHRISTMAS**  
**TOY DRIVE**  
**NOV 21ST - DEC 9TH**  
**NEW TOYS ONLY!**

**ALL DONATIONS TO BE DROPPED OFF TO THE CLASSROOMS**

- FJ- BOARDGAMES / PUZZLES
- FI- BOOKS / BOOKSETS
- IL- TEXTA'S / CRAYONS / PENCILS
- IK- BARBIE / KEN DOLLS
- 2M- HOTWHEELS / MATCHBOX CARS
- 2N- SKIPPING ROPES / GRIP BALLS / VORTEX
- 3E- PLAYDOUGH
- 3F- DOLLS / TEDDY BEARS
- 4G- CRAFT KITS
- 4H- ACTION HEROES
- 5C- BALLS
- 5D- PURSE / WALLET / HATS
- 6B- TOILET BAG / TOILETRIES
- 6A- LUNCH BAG / DRINK BOTTLES

**ALL DONATIONS  
WILL BE DISTRIBUTED  
THROUGH  
JOSEPH'S CORNER  
&  
ST VINCENTS DE PAUL**



# BOOKINGS FOR 2023 ARE NOW OPEN!

We're delighted to have provided a year of excitement and joy!  
We look forward to welcoming your family back into a  
service of never ending fun!

Get to know our professional Educators  
in a wholesome environment where  
memories are made!



Prepare for a New Year of creative  
activities that'll spark wild imagination!

Create delicious meals that help you  
stay healthy and active!



Go to [extend.com.au](https://www.extend.com.au) and help us ring in the New Year with style!



## 2023 Languages Program Centre Classes

FOR STUDENTS IN FOUNDATION (PREP) -12 (VCE)

Learn **Albanian** | **Amharic** | **Arabic** | **Bengali** | **Bosnian** | **Bulgarian** | **Chin Falam** | **Chin Hakha**  
**Chinese (Cantonese)** | **Chinese (Mandarin)** | **Croatian** | **Dari** | **Dutch** | **Filipino (Tagalog)** | **French** | **German**  
**Greek** | **Gujarati** | **Hebrew** | **Hindi** | **Hungarian** | **Indonesian** | **Italian** | **Japanese** | **Kannada** | **Karen** | **Khmer** | **Korean**  
**Latin** | **Macedonian** | **Malay** | **Malayalam** | **Mizo** | **Pashto** | **Persian** | **Polish** | **Portuguese** | **Punjabi** | **Romanian** | **Russian**  
**Serbian** | **Sinhala** | **Spanish** | **Swahili** | **Tamil** | **Telugu** | **Thai** | **Turkish** | **Urdu** | **Vietnamese** | **Zomi**



- Delivering the Victorian Curriculum: Languages (F-10) and accredited VCE Languages
- Distance Education mode is also available for 13 languages - see our separate brochure
- Vocational Education for selected languages as an alternative to VCE

**Victorian School of Languages**  
315 Clarendon Street, Thornbury Victoria 3071  
PO Box 1172, Thornbury Victoria 3071  
Phone: 03 9474 0500 Fax: 03 9416 9899  
Email: [vs@vsl.vic.edu.au](mailto:vs@vsl.vic.edu.au) [www.vsl.vic.edu.au](http://www.vsl.vic.edu.au)



**Enrol Online**

### Languages and Centres

<b>Albanian*</b> Altona North, Shepparton	<b>Karen</b> Croydon (Melba), North Geelong, Werribee (Suzanne Cory)
<b>Amharic*</b> Caroline Springs, Footscray	<b>Khmer</b> Hampton Park, Westall
<b>Arabic</b> Altona North, Caroline Springs, Carwatha, Hampton Park, Keilor Downs, Lalor, Roxburgh, Shepparton, Distance Education	<b>Korean</b> Blackburn*, Caroline Springs, Doncaster (Thur), McKinnon (Thur), Point Cook
<b>Bengali</b> Truganina	<b>Latin</b> Distance Education
<b>Bosnian</b> Caroline Springs, Carwatha	<b>Macedonian</b> Altona North, Keilor Downs, North Geelong, Point Cook, Thomastown
<b>Bulgarian*</b> Glen Waverley, Taylors Lakes	<b>Malay*</b> Roxburgh, Werribee (Suzanne Cory)
<b>Chin Falam*</b> Croydon (Melba)	<b>Malayalam*</b> Bendigo, Berwick, Croydon, Epping, Hampton Park, North Geelong, Roxburgh, Shepparton, Taylors Lakes, Werribee (Suzanne Cory)
<b>Chin Hakha</b> Berwick, Croydon (Melba), Sunshine	<b>Mizo*</b> Croydon (Melba)
<b>Chinese (Cantonese)</b> Doncaster	<b>Pashto</b> Dandenong
<b>Chinese (Mandarin)</b> Ballarat (Thur), Berwick, Box Hill*, Brentwood, Croydon (Melba), Dandenong, Doncaster*, Epping*, Glen Waverley*, Hampton Park, Matthew Flinders, Mentone*, South Oakleigh*, Shepparton, Taylors Lakes*, Traralgon, University HS*, Point Cook, Wodonga (Tues), Distance Education*	<b>Persian</b> Box Hill, Dandenong, Epping, Shepparton
<b>Chinese (Traditional-Guoyu)</b> Doncaster	<b>Polish</b> Dandenong, University HS
<b>Chinese (Language, Culture &amp; Society)</b> Box Hill, Dandenong, Taylors Lakes	<b>Portuguese</b> Collingwood
<b>Croatian</b> Altona North, Keilor Downs, Mentone,	<b>Romanian</b> Dandenong
<b>Dari*</b> Dandenong, North Geelong	<b>Russian</b> McKinnon (Thur), North Geelong, Point Cook, South Oakleigh, University HS
<b>Dutch</b> Box Hill, Altona North	<b>Serbian</b> Dandenong
<b>Filipino (Tagalog)</b> Dandenong	<b>Sinhala</b> Bendigo, Berwick, Brentwood, Carwatha, Epping, Glen Waverley (Tues), Hampton Park, Roxburgh, Shepparton
<b>French</b> Bendigo, Carwatha, Glen Waverley, Hampton Park, Matthew Flinders, Melton, University HS, Distance Education	<b>Spanish</b> Berwick, Box Hill, Caroline Springs, Collingwood, Doncaster (Thur), Footscray, Mentone, Point Cook, Roxburgh, Distance Education
<b>German</b> Box Hill, Matthew Flinders, University HS, Westall, Distance Education	<b>Swahili*</b> Epping
<b>Greek</b> Carwatha, Doncaster (Thur), Glen Waverley (Tues/Sat), Keilor Downs, South Oakleigh, Traralgon, Distance Education	<b>Tamil</b> Craigieburn, Caroline Springs, Lalor, Melton, Point Cook, Truganina
<b>Gujarati*</b> Werribee (Suzanne Cory)	<b>Telugu*</b> Ballarat, Glen Waverley, Werribee (Suzanne Cory)
<b>Hebrew</b> McKinnon (Thur)	<b>Thai*</b> Altona North, Blackburn
<b>Hindi</b> Berwick, Blackburn, Craigieburn, Caroline Springs, Dandenong, Epping, Glen Waverley (Tues) Melton, Mildura, Sunshine, Shepparton, Werribee (Suzanne Cory), Wodonga (Tues), Distance Education (VCE only), Truganina	<b>Turkish</b> Broadmeadows (Hume Central), Brunswick, Craigieburn, Dandenong, Keilor Downs, Mildura, North Geelong, Shepparton, South Oakleigh, Thomastown
<b>Hungarian</b> Dandenong	<b>Urdu*</b> Dandenong, Matthew Flinders, Roxburgh, Shepparton, Taylors Lakes, Werribee (Suzanne Cory)
<b>Indonesian</b> Brunswick, Glen Waverley, Distance Education*	<b>Vietnamese</b> Altona North*, Blackburn*, Collingwood*, Footscray*, Keilor Downs*, Keysborough*, Lalor, Mildura, North Geelong*, Sunshine, Westall*, Distance Education (VCE only)
<b>Italian</b> Brunswick, Carwatha, Matthew Flinders, Mentone, Mildura, Distance Education	<b>Zomi*</b> Croydon
<b>Japanese</b> Altona North, Ballarat, Blackburn, Brentwood*, Doncaster (Thur), Glen Waverley (Tues), Hampton Park, Lalor, Matthew Flinders, University HS, Distance Education	
<b>Kannada*</b> Berwick, Dandenong, Glen Waverley, Point Cook	

**PLEASE NOTE THE FOLLOWING:** Languages are offered on Saturdays, unless otherwise stated.  
\*Centres marked with an asterisk have First and Second Language options for Chinese, Indonesian, Japanese, Korean or Vietnamese.  
Contact the relevant Centre for further details.  
\*These languages are not accredited at VCE level.

### Frequently Asked Questions

#### WHY LEARN A LANGUAGE?

Learning a language has been shown to have many benefits, including enhancing creativity, problem solving skills, literacy skills and the maintenance of cultural identity. In recognition of the importance of languages, Victorian students receive a bonus towards their Australian Territory Admission Rank (ATAR) score for successful completion of a VCE accredited language. Languages provide advantages for employment, with increasing numbers of companies seeking bilingual linguists to remain competitive in an interconnected global world. Languages add to Australia's economic wealth and security, and increase the capacity to communicate in a range of forums and situations. Students who complete a Unit 3&4 sequence in VCE Language's may be eligible for the award of the Victorian VCE (Baccalaureate) - check eligibility requirements.

As part of the Department of Education & Training (DET), the VSL is a government funded school. The VSL offers quality courses aligned with government curriculum standards and makes language education both accessible and affordable for all Victorian students. To assist with the cost of notes, class sets, photocopying, curriculum materials and other administrative expenses, a small annual contribution is requested.

#### For 2023 it is:

Students in Years F-10, \$80  
Students in Years 11-12, \$95  
Adult and Tution Students (VCE), \$220

Payment may be made at Australia Post, via the internet, telephone or BPay. Details are provided on the enrolment notice.

#### WHO WILL BE MY TEACHER?

The VSL is the largest single provider of languages in Victoria. The VSL seeks to employ quality staff, with qualifications, experience, professional registration and the capacity to make learning a language an engaging and meaningful pursuit. A range of teaching and delivery methods are employed to cater for our diverse student learning styles and needs. Teachers regularly undertake professional training and development as part of their employment with the VSL. The curriculum is aligned with government educational frameworks including the Victorian Curriculum Framework and VCE study designs. Student reports are issued twice per year. Excellent achievements by VSL students are demonstrated annually by the large numbers who gain perfect VCE scores, top scores in the upper percentile range and students who receive Premier's Awards.

#### HOW DO I ENROL?

All students who are Australian citizens or who have residency status must complete an online VSL *Enrolment* on the VSL website.

**VCE students:** Years 11 and 12: Full time students at home school should apply for VCE entry first through the VSL (an *Assessing School Notification* Form will be provided for the home school). Non-school based students wishing to present for VCE assessment must make the application through the VSL. It is the responsibility of all VCE students to ensure their enrolment is confirmed through their home school.

**International students** may enrol in VSL courses through their home school. The International Education Division will inform students of the enrolment process and identity documents needed to accompany the enrolment. International students enrolled in TAFE colleges or non-government English language centres are regarded as students of non-government schools and must pay the full fee prior to enrolment.

Classes are established subject to sufficient enrolments, availability of staff and other DET requirements. If a class is cancelled by the VSL, and students cannot be allocated to other classes, a **refund** will be made in full. In other cases, **refund applications need to be made within the first three weeks of commencement** of classes and a service fee will be deducted.

Further details are available on our website [www.vsl.vic.edu.au](http://www.vsl.vic.edu.au)

Other languages or locations may be offered, depending on available resources and demand. Some levels may not be offered if there are insufficient students.

#### HOW MANY LANGUAGES CAN I CHOOSE FROM?

Currently, more than 50 languages are available at the VSL. For a full list refer to the opposite page.

#### WHERE AND WHEN CAN I LEARN A LANGUAGE?

The VSL offers **face-to-face** classes at over 40 Centres in Melbourne, Geelong and regional areas. Most classes operate on a Saturday, from 9am to 12.20pm. Some weekend classes operate after school hours. Classes are not usually held during school vacations, on public holidays, or on a long weekend.

At the time of publication, the **teaching sessions** for the Saturday classes of the VSL for 2023 are:

<b>TERM 1</b>	<b>February</b> 4, 11, 18, 25	<b>March</b> 4, 18, 25
	<b>April</b> 1	
<b>TERM 2</b>	<b>April</b> 29	<b>May</b> 6, 13, 20, 27
	<b>June</b> 3, 17, 24 (VCE only)	
<b>TERM 3</b>	<b>July</b> 15, 22, 29	<b>August</b> 12, 19, 26
	<b>September</b> 2, 9, 16 (VCE only)	
<b>TERM 4</b>	<b>October</b> 7, 14 (Final day VCE COAFL), 21, 28	<b>November</b> 4 (Final day VCE), 11, 18 (Final day Years F-10)

**Distance Education** mode is available in 13 languages - Arabic, Chinese, French, German, Greek, Hindi, Indonesian, Italian, Japanese, Latin, Punjabi, Spanish and Vietnamese (VCE only). Please refer to our separate brochure to find out more about Distance mode or check the website: [www.vsl.vic.edu.au](http://www.vsl.vic.edu.au)

#### AM I ELIGIBLE TO ENROL?

The VSL enrolls students from Years F to 12 (VCE) who are unable to study their language of choice at their home school. Students from all educational sectors (Government, Independent and Catholic) are eligible to enrol. Currently more than 16,000 students learn a language with VSL.

Adults may enrol to study the language at VCE level only, if there are vacancies. Adult students must obtain a satisfactory police record check. Where available at Centres and via Distance mode, secondary students and adults may enrol in a 'Certificate of Language' course as an alternative pathway to VCE. This is a nationally accredited qualification provided under the VSL's auspice as a Registered Training Organisation.

### Centre Locations and Contact Details

<b>Altona North</b> (Bayside P-12 Secondary College) 118 Arthur Road, Altona North	9689 1166	<b>Lalor Secondary College</b> 118 David Street, Lalor	9464 0848
<b>Ballarat High School</b> Sturt Street West, Ballarat	9689 1186	<b>McKinnon Secondary College</b> 291a McKinnon Road, McKinnon	9547 3780
<b>Bendigo South East College</b> Corner of Curtin & Ellis Street, Bendigo	9474 0562	<b>Melton (Staughton College)</b> 24-46 Wilson Road, Melton	9474 0575
<b>Berwick Secondary College</b> Manuka Road, Berwick	9791 9289	<b>Mentone Girls Secondary College</b> 175 Balcombe Road, Mentone	9558 5566
<b>Blackburn High School</b> 60 Springfield Road, Blackburn	9840 0082	<b>Mildura Senior College</b> 261-280a Deakin Avenue, Mildura	5021 2911
<b>Box Hill High School</b> 1180 Whitehorse Road, Box Hill	9840 0082	<b>Noble Park North (Carwatha College P-12)</b> 43-81 Browns Road, Noble Park North	9802 4326
<b>Broadmeadows (Hume Central Secondary College)</b> 62-70 Blair Street, Broadmeadows	9364 3201	<b>North Geelong Secondary College*</b> 86-132 Separation Street, North Geelong	5277 9833
<b>Brunswick Secondary College</b> 47 Dawson Street, Brunswick	9348 1720	<b>Parkville (University High School)*</b> 77 Story Street, Parkville	9348 1720
<b>Caroline Springs (Creekside College)</b> The Crossing, Caroline Springs	9474 0575	<b>Point Cook Senior Secondary College</b> Corner Boardwalk Blvd & Bergamot Drive, Point Cook	5277 9833
<b>Clayton South (Westall Secondary College)</b> 86 Rosebank Avenue, Clayton South	9547 3780	<b>Roxburgh College</b> 80-70 Donald Cameron Drive, Roxburgh Park	9464 0848
<b>Collingwood College</b> Corner Cromwell & McCutcheon Way, Collingwood	9348 1720	<b>Shepparton (Greater Shepparton S.C.)</b> Hawdon Road, Shepparton	9474 0562
<b>Craigieburn (Mount Ridley College)</b> 2-30 Hampton Street, Craigieburn	9364 3201	<b>South Oakleigh College</b> Bakers Road, Oakleigh South	9547 3780
<b>Croydon (Melba College)</b> 20 Brentnall Road, Croydon	9474 0562	<b>Sunshine College North</b> Northumberland Road, Sunshine North	9689 1166
<b>Dandenong High School*</b> 92-106 Princess Highway, Dandenong	9791 9289	<b>Taylors Lakes Secondary College</b> 1-39 Parmelia Drive, Taylors Lakes	9364 3201
<b>Doncaster Secondary College*</b> 123 Church Road, Doncaster	9840 0082	<b>Thomastown Secondary College*</b> 80-96 Main Street, Thomastown	9464 0848
<b>Epping Secondary College</b> McDonalds Road, Epping	9464 0848	<b>Traralgon (Grey Street Primary School)</b> 30-44 Grey Street, Traralgon	9558 5566
<b>Footscray High School (Barkly Campus)*</b> 298 Barkly Street, Footscray	9689 1166	<b>Truganina College</b> 55 Clearwood Drive, Truganina	9474 0575
<b>Geelong (Matthew Flinders Girls' Secondary College)</b> Cnr Farwick & Myers Street, Geelong	5277 9833	<b>Werribee (Suzanne Cory High School)</b> 225 Hoppers Lane, Werribee	5277 9833
<b>Glen Waverley (Brentwood Secondary College)</b> 65-71 Heath Street, Glen Waverley	9558 5566	<b>Wodonga Middle Years College (Huan Campus)</b> 22-24 Mitchell Street, Wodonga	9474 0562
<b>Glen Waverley Secondary College</b> 21 O'Sullivan Road, Glen Waverley	9802 4326	<b>VSL Distance Education Section (DES)</b> 315 Clarendon Street, Thornbury	9474 0500
<b>Hampton Park Secondary College</b> 58-96 Fondholm Road, Hampton Park	9791 9289		
<b>Keilor Downs College*</b> 100-110 Odessa Avenue, Keilor Downs	9364 3201		
<b>Keysborough Secondary College (Bankasia)</b> 8-20 Janine Road, Springvale South	9558 5566		

\*Area offices are marked with an asterisk

The telephone numbers listed are those of the Area Managers administering the Centres.



## INSIGHTS

# Helping your child avoid being cyberbullied



Cyberbullying of children and teenagers is one of the greatest fears facing parents today. The thought of their child being subjected to heinous words, threats to their physical safety, as well as their social and emotional wellbeing, is something no parent wants their child to experience.

Most of the bullying behaviours we now see are happening from behind a keyboard, playing out in social media feeds and gaming chat rooms. It is little wonder parents feel overwhelmed and out of their depth, especially when for most, online is an environment that is relatively unfamiliar.

So what can we do to help our kids avoid these types of behaviours, as well as give them the skills to deal with cyberbullying behaviours should they be exposed?

### Remind them of all of the things they have control over

While it may not feel like it, we have a lot of control over what happens online. We can determine who we talk to, what we ignore, what we share, how we comment, who we follow, who we block or hide from our feeds. All of that, helps us determine who is allowed to play a role in our online experiences and ultimately what behaviours we accept on our feeds

### Give your child time away from the screens

Everyone needs a break from screens. We want to encourage regular times when a child doesn't need to be tethered to their device. Building a wider community away from the screens helps a child or teen build their sense of self worth. Keeping devices away from the dinner table also gives them a break from being socially switched on and allows the to connect with family without a device. Removing devices at night helps their active brains to switch off, and prepare for sleep.

### Role play possible responses

Discuss with your child whether they should respond to bullying or nasty online comments, If they do, then consider how they could respond. Consider the statements or types of people they ignore, block or report.

### Regularly check the privacy settings

Every app, game and social network has a settings button that enables you to determine how positive an experience your child can have on that platform and how much control they have. Visit these settings regularly to look at the options available

While nothing is guaranteed particularly when it comes to the online world, we can certainly be taking steps to help our kids. We can give them skills, encourage positive behaviours and thinking that allow them to minimise their exposure to the bullying behaviours of others.

*If your child is being cyberbullied you can also access the reporting tool at [esafety.gov.au](https://esafety.gov.au)*



#### Martine Oglethorpe

Martine is a parent educator and a youth and family counsellor who speaks, writes and consults on the challenges faced by families in the modern world. Martine has a Masters in Counselling and a background in secondary education. Through her personal and professional work with families raising children, she recognises the important role technology plays in the social and emotional wellbeing of young people. Martine is an accredited speaker with the Office of the eSafety Commissioner.

# Make a straight path for the Lord



2nd Sunday of Advent, Year A

At each bend in the road  
write down something that  
you are sorry for doing.

## Gospel

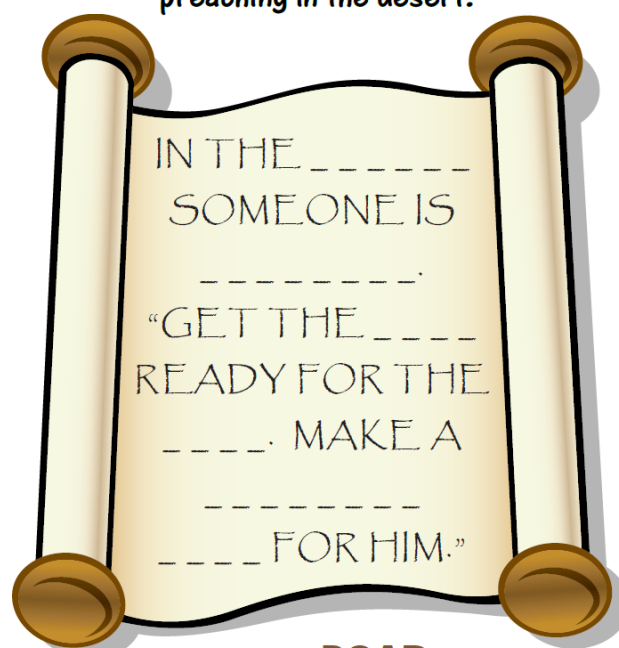
Mt 3:1-9, 11

In due course John the Baptist appeared; he preached in the wilderness of Judaea and this was his message: 'Repent, for the kingdom of heaven is close at hand.' This was the man the prophet Isaiah spoke of when he said:

A voice cries in the wilderness:  
Prepare a way for the Lord,  
make his paths straight.

This man John wore a garment made of camel-hair with a leather belt round his waist, and his food was locusts and wild honey. Then Jerusalem and all Judaea and the whole Jordan district made their way to him, and as they were baptised by him in the river Jordan they confessed their sins. But when he saw a number of Pharisees and Sadducees coming for baptism he said to them, 'Brood of vipers, who warned you to fly from the retribution that is coming? But if you are repentant, produce the appropriate fruit, and do not presume to tell yourselves, "We have Abraham for our father," because, I tell you, God can raise children for Abraham from these stones. I baptise you in water for repentance, but the one who follows me is more powerful than I am, and I am not fit to carry his sandals; he will baptise you with the Holy Spirit and fire.

Use the words below to complete Isaiah's prophecy which tells of John the Baptist preaching in the desert.



ROAD  
STRAIGHT LORD PATH  
SHOUTING DESERT