



## OUR LADY'S SCHOOL NEWSLETTER

**5 December 2019**

[www.olsunshine.catholic.edu.au](http://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](http://www.olsunshine.catholic.edu.au)  
*Our Lady's is a Child Safe School*

*'In his hand is the life of every living thing and the breath of all mankind' Job 12:10*

### DATES FOR THE DIARY

#### **Sun 8 Dec**

Feast of the Immaculate Conception

#### **Mon 9 Dec**

9.00am Feast of the Immaculate Conception Mass

#### **Wed 11 Dec**

**Whole school rehearsal at Quin Auditorium - NO CANTEEN OR LUNCH ORDERS AVAILABLE**

**Step Back in Time Performance 7.00pm Quin Auditorium**

#### **Mon 16 Dec**

2020 Years 1-6 Orientation 12.00-1.00pm

2.20pm Sports Assembly in the Hall

Graduation Mass for Gr 6 at 5.45pm

#### **Tues 17 Dec**

**Last Day of 2019**

**11.30am Final Mass**

**3.15pm School finishes for 2019**

#### **2020**

#### **Wed 29 Jan - Thurs 30 Jan**

*Getting To Know You Sessions Day 1 & 2. Families will attend a time on one of these two days to meet their 2020 teacher.*

#### **Fri 31 January**

Classes begin for all students  
Foundation to Grade 6 8.45am-3.15pm

#### **Mon 3 February**

*Professional Development Day for Staff (Literacy Focus) No school for the children*

#### **Tues 18 February**

*Professional Development Day for Staff (Review planning) No school for the children*

#### **Wednesday 19 February**

*Professional Development Day for Staff (Review planning) No school for the children*

Dear Parent,

The countdown is on for our whole school production, *Step Back In Time*. The school has been busily preparing with Alicia our Artist in Residence conducting whole school practice during the last two days. This original production co-written by the students and Alicia is based on the major events that have helped to shape Our Lady's school over the last 100 years. The students were also given the liberty to add their own interpretation of events and combined their creativity with the facts. This production is a tribute and celebration of our wonderful school during its 100th birthday. I hope to see you and your family and friends come to enjoy this one in 100 year event. The tickets are still available at [www.trybooking.com/BGTSA](http://www.trybooking.com/BGTSA) until Monday at 12.00pm so make sure you don't miss out.

### **IMPORTANT DATES FOR 2019**

#### **Mon 9 Dec**

9.00am Feast of the Immaculate Conception Mass

#### **Wed 11 Dec**

**Step Back in Time Performance 7.00pm Quin Auditorium**

#### **Mon 16 Dec**

2020 Years 1-6 Orientation 12.00-1.00pm

2.20pm Sports Assembly in the Hall

Graduation Mass for Gr 6 at 5.45pm

#### **Tues 17 Dec**

**Last Day of 2019 for students**

**11.30am Final Mass**

**2:30 pm Final Assembly (outside)**

**3.15pm School finishes for 2019**

## **Our Lady of the Immaculate Conception Feast Day Mass**

We invite you to join us on Monday the 9th of December at 9.00am in the Church to celebrate our Parish Feast Day. The feast honours Our Lady who our school is named after.

The actual Feast Day is on Sunday the 8th of December. I encourage you to go to the Parish Mass at 10:30 am this week to celebrate this important feast day.

As a special treat to celebrate Our Lady's Feast day the school will give the students of Our Lady's school a free tube each at lunchtime on Monday.

We ask Our Lady of the Immaculate Conception to pray for all who are part of our Parish and our School community.



### **PRAYER FOR THE FEAST OF THE IMMACULATE CONCEPTION**

*On December 8 we celebrate the Feast of the Immaculate Conception. Mary was without sin from the very beginning of her life.*



Dear heavenly Father, we celebrate the holy day of the Immaculate Conception of Mary on Sunday. You created Mary without sin from the very first moment of her life. Help us to be thankful for our blessings in our lives. Mary was your holy servant in all that she did. Help us to follow your word and live your will for us. You chose Mary for a special role as the mother of Jesus. Help us to bring Christ to the world for those who do not know the good news. Lord, hear our prayer that we may follow the example of Mary in our lives each day. Amen



***Celebrating* 100 Years of Catholic Education 1919-2019**  
**REPORTS CELEBRATING OUR STUDENTS ACHIEVEMENTS AND LEARNING FOR 2019**

Reports are being sent out today. Please take the time to sit and read them with your child. Praise your child for all they have accomplished over this last Semester. Spend time discussing what have been the highlights and the challenges of this year. Most importantly celebrate their learning journey and their achievements.

This year you will see that we have included a section which highlights the importance of school attendance and the strong connection between school attendance and learning achievement. We hope that all parents will collaborate with the school by making sure that their child attends school regularly and gets to school on time. I am concerned about the number of students at our school who regularly come to school late. As parents it is your responsibility to make sure that you organise your morning so that your child arrives on time. Continually arriving late has an adverse effect on your child's learning and confidence.

**IMPORTANT INFORMATION FOR YOU TO KNOW TO ENSURE THINGS RUN SMOOTHLY FOR THE  
WHOLE SCHOOL PRODUCTION OF *STEP BACK IN TIME***



**Arrival for Performance Night**

All children need to be at the venue, Quin Auditorium 204 Churchill Ave, Braybrook (Limited parking via Darnley Street) between **6.00-6.30p.m.** on Wednesday 11th December.

You will drop off and pick up your child to their class teacher in the VCE Student Room, just behind the theatre. Our Lady's staff will be directing you to the room.

Once you have dropped off your child, you can make your way to the Auditorium if you have purchased your tickets.

**Don't forget to bring your tickets to show the Door people and Ushers who will show you to your seats.**

Step Back in Time will run from 7.00-9.00pm. There will be a 10 minute intermission in the program.

No photos or videos can be taken during the performance. Also remember to turn your mobile off.

No food or drink allowed in the Auditorium.

**After the Performance / Dismissal**

Our primary concern is child safety and that all children leave safely with their parents. In order to do this in an orderly way, we ask you for your patience and understanding. It is important that your child's class teacher marks/ticks off that your child has been collected. This may take a little more time but ensures that we know each child has gone home with the person assigned to pick them up. We ask for your cooperation and understanding.

The dismissal process will be as follows:

- Parents remain seated in the Quin Auditorium
- Students will return with their class teacher and take off their costumes in the VCE Study Room and then classes will go to their dismissal point, which will be announced

Parents will be asked to come and collect their child/ren from the following areas:

- Foundation, Year 1 and Year 2 students will be collected from the stage.
- Year 3 and Year 4 students will be collected from one side of the VCE Study room, just behind the Quin Auditorium.
- Year 5 and Year 6 students will be collected from the other side of the VCE Study room, just behind the Quin Auditorium.

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**  
**Principal**

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





We will be sending home permission notes and further information regarding the organisation and times for the whole school production today with your child. Please make sure you read these and **most importantly sign and return the permission note.**


*A big thank you to Catherine Francis who has adjusted all the costumes for the school. This amounted to over 100 costumes!*



*Also thank you to all parents who have helped to create costumes for the production.*

# Celebrating 100 Years of Catholic Education 1919-2019

<b>Paper Bags</b> <b>Why should we reduce this waste?</b> Because people put the bags in our bins, they are ending up in landfill even though it can be recycled.		<b>Plastic Bottles</b> <b>Why should we reduce this waste?</b> Plastic bottles are some of the most single use plastic found in landfill and in the environment. We reduce plastic bottles because they take about 450 years to decompose. Plastic bottles don't disappear they only break up into micro plastic which is small pieces of plastic that end up in the environment. It then is easier for animals to eat this waste. In Australia our tap water is fantastic, most bottled water is simply tap water and you are paying for the cost of making the plastic bottle.	
<b>How can reduce this waste?</b> Buy your own reusable container it cost less than a paper bag it also costs less to the environment. Also if you have a lunch order, once you have finished you can place it in the yellow bin next to Grade 3 so it is recycled.		<b>How can reduce this waste?</b> You can buy 1 reusable bottle and fill it up every day. Instead of buying 1 plastic bottle a day. If you buy 1 reusable water bottle it cost less than buying a plastic bottle every day. You can rescue some plastic bottles to stop it being single use plastic.	
<b>Benefits in cost?</b> A reusable container costs \$4-\$20 dollars. However, you can reuse it as many times as you like and you will know you are helping the environment.		<b>Benefits in cost</b> If you buy a plastic bottle everyday for a year you will end up using \$985.55 on plastic only in a year. If you go to coles and buy a reusable water bottle it will only be \$7.00 and you can use it for a long time.	
			
<b>Plastic Straws</b> <b>Why should we reduce this waste?</b> Straws are single use plastic - which makes up lots of waste in landfill. This is plastic we use one and throw away. It's important to reduce this type of waste because it ends up on beaches and in the ocean. It doesn't break down. Every straw we have used is still on earth.		<b>Chip packets</b> <b>Why should we reduce this waste?</b> Chip packets are single use plastic. We can't reuse them so they go straight to landfill. Some end up in the ocean, because they are brightly packaged sea animals eat them. In landfill it take approximately 450 years to breakdown into micro plastic and never disappears.	
<b>How can reduce this waste?</b> If you go anywhere and order a drink, ask for no plastic straw. Buy a few metal straws and reuse them. You can just get some plastic straws and when you use them you can wash them when you finish and it is better for the environment to reuse them. Also if you don't need a straw, don't use one. If you are having a party or picnic you can now buy paper straws.		<b>How can reduce this waste?</b> Instead of buying lots of little chip packets you can buy 1 large chip packet and put some in a reusable container lunchbox. This way you have 1 large piece of soft plastic instead of 7 small chip packets in a week going to landfill. Also you can collect the large chip packet and take to Woolworths to recycle.	
<b>Benefits.</b> If you use a straw every day you will contribute 365 straws to landfill every year.		<b>Statistics.</b> If you buy one big packet of chips to use over a week that will be 52 plastic packets a year. If you buy 7 little packets a week, you will create 356 pieces of plastic waste.	
			




## What can we do about waste?





### Introducing Waste Free Wednesdays at Our Lady's School in 2020

After finding out about the amount of waste heading to landfill during Faith Life Inquiry this term, the Year 3s would like to set the challenge for all families to bring nude food every Wednesday of 2020.

We have included some tips on how you can reduce the waste we as a community create and send to landfill.

As stewards of creation, we know how important it is to look after our world!



<b>Icy pole Wrappers</b> <b>Why should we reduce this waste?</b> Because it will go to landfill and because it so light the wind can blow it away and can go into the sea when the fish see it they can eat it but we also eat fish so we might be eating plastic because there eating the waste and plastic and lots of the icy pole is right now in the fish body but they won't just hurt the fish it will hurt other types of animal like panda and turtles and lots of types of animal.		<b>Glad Wrap</b> <b>Why should we reduce this waste?</b> This is single use plastic, it is used once and thrown away. It can blow away easily and ends up in our oceans. If thrown in the bin it just sits in landfill. It takes a 1000 years to break down. Animals can die from it because they mistake it for food. This happens to turtles and fish that mistake it for jelly fish or small fish and then they starve to death because they don't get hungry again.	
<b>How can reduce this waste?</b> You can make your own icypoles by using juice and yogurt or cardel then you have to put it in the freezer for about 3 hours and making your own icy pole will be much better than buying a real icy pole and you don't need to spend money! If you buy the icypoles from the canteen, you can keep the wrappers and recycle them at Woolworths (The soft plastic recycling bins).		<b>How can reduce this waste?</b> By buying sandwich containers and baking paper. You buy the beeswax wraps once and you keep reusing it over again. You put your sandwich in the container and once you finish you wash it. You can wrap a sandwich in baking paper and you can recycle it instead of throwing it in the rubbish bin.	
<b>Benefits in cost?</b> If you buy a box of icy pole everyday it will cost 2,920 dollar in a year but a making a icy pole yourself will cost \$5.50 and you can reuse the container.		<b>Benefits in cost?</b> If you wrap a sandwich a day and 5 days a week for 52 weeks in gladwrap, that is 260 pieces of plastic going to landfill a year.	
			
<b>Plastic Bags</b> <b>We should reduce and reuse this waste because</b> They can open up and choke animals in the sea, They can stay in the ground for thousands of years. They take 10-years 1,000 years to breakdown. Plastic never disappears it turns into microplastic.		<b>Muesli bar wrappers</b> <b>Why should we reduce this waste?</b> This is single use plastic so we should stop using it because all of the animals in the ocean are dying from eating microplastics and then we might fish it out and eat it. We should reduce this waste because it is going into landfill and we are doing nothing to help. It is also polluting our environment.	
<b>How can we reduce this type of waste?</b> Reuse bags and refuse them if shops try and give them to you. Use a reusable bag at the shops. Say no to plastic bags. Buy reusable bags + keep them in the car. Keep a backpack on excursions so you don't create more waste.		<b>How can reduce this waste?</b> A company called redcycle will come and pick up your plastic if you bring it to a drop off bin at participating Coles and Woolworths supermarkets. Start collecting your soft plastic to take when you go to the shops.	
<b>Statistics</b> The average Australian household uses 3-4 plastic bags in one supermarket shop per week. That is more than 200 single use plastic bags going to landfill.		<b>Benefits in cost?</b> If you have three of the muesli bars each day that would mean we would be chucking out 1095 pieces of plastic every year.	
			





TICKETS  
ON SALE NOW

**Step Back In Time - Whole School Production**  
**December 11 2019 at 7.00pm**  
**Quin Auditorium (CCCC)**

**Tickets \$15.00 per person.**

**No ticket needed for performers (current students of Our Lady's)**

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

**ADVENT**

Some families enjoy saying prayers and blessings as they light a candle on the wreath each Sunday. This is an example of interactive family prayer:

Parent: Lord, you are the light of the world.

Child: O Come, O Come, Emmanuel.

Parent: Heavenly Father, we long for your plan of rescue and redemption to be realized. Give us hearts that see Your beauty and wait in hope for You to make all things good and new again.

Child: O Come, O Come, Emmanuel.

Parent: May Your light and love shine brightly in our hearts, spreading hope and peace to those around us.

Child: Amen.

This link will take you to a song the children are singing on a weekly basis during Advent.

<https://crossroadskidsclub.net/music-video-savior-comin/>



# EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Arts and Crafts Christmas decorations using coloured paper and glitter	Science time board games and volcano explosion experiments outdoors	Sports carnival - outdoor sports obstacle course and down ball competitions	Creative cooking— Christmas gingerbread men	Music and dancing competitions

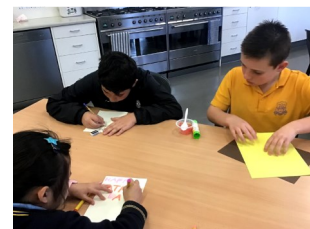
## The Extend Superstar is...

Evie... for using positive language, being respectful, an excellent listener and assisting staff and others in need of support at all times. Well done ☆

## What's Been Happening?

Children have had a great week from playing indoor group games such as musical chairs, hangman and fruit salad. Some children have been contributing to creating colourful and informative art and craft posters in our room. Christmas is also just a few weeks away and beautifully decorated our tree and room using the creative art decorations we have been working on lately. If you have any queries please do not hesitate to come see us. Have a lovely week and we look forward to your input in planning more fun and rich experiences throughout the term.


**Enrol and book now: [extend.com.au](http://extend.com.au)**



# Little Roo's Soccer School




Developing children in balance, coordination, confidence and everything they need to know about soccer.





Free soccer uniform included:  
Soccer top  
Shorts  
Socks

ONLY **\$185** per child 10 week program

All Classes run during school terms. Monday, Wednesday & Saturdays. for boys & girls aged 3 - 10 years.

**Westgate Indoor Sports**  
Cm Grieve Pde & Doherty's Rd, Altona North 3025  
9369 6888 or visit [www.westgateindoorsports.com.au](http://www.westgateindoorsports.com.au)

**Hurry! LIMITED SPACE AVAILABLE FOR THIS SEASON**

# Westgate School Holiday Program

Many Activities Includes:  
Soccer . Basketball . Netball . Drama . Arts & Craft . Footy . Plus much more





FROM **\$8\*** Child Care Subsidy Available

Monday - Friday from 7:30am - 6pm for Boys & Girls aged 5 - 12 years.

Monday - Friday during all school holidays

VISIT OUR WEBSITE TO GET MORE DETAILS:  
[www.westgateindoorsports.com.au](http://www.westgateindoorsports.com.au)  
For Information on Registration CALL: 9369 6888

**Hurry! LIMITED SPACE AVAILABLE FOR THIS PROGRAM**





**P&F CHRISTMAS RAFFLE**



*Tickets \$1.00 each*

*Available via QKR App*

*Drawn at Assembly Friday 13 December*

*Tickets for sale until Thursday 12 December 12.00pm*

# Treating and controlling headlice

## health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

### Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

### Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

### Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

## Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (maldison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

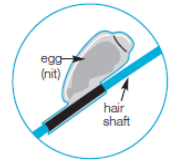
Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

## Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

## Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

## Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

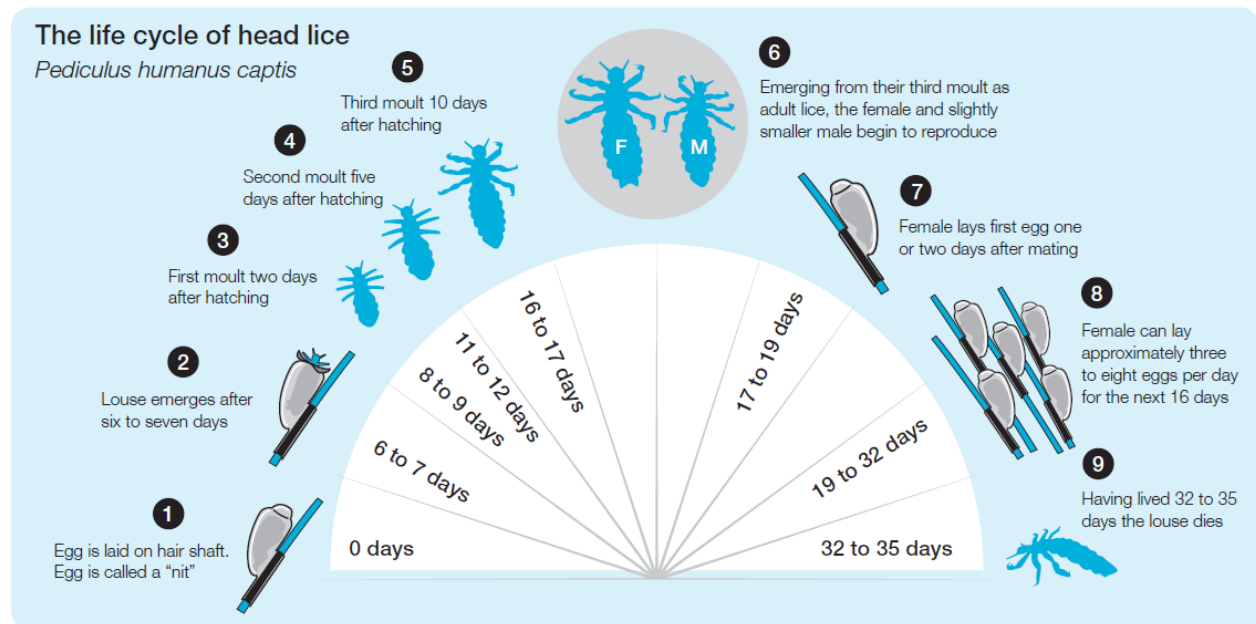
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

## Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

## Further information

The following website offers further information:  
[www.health.vic.gov.au/headlice](http://www.health.vic.gov.au/headlice)

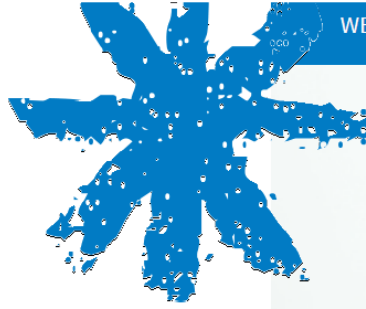


The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.

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## Easing children's anxiety

by Michael Grose

*Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.*

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

### Staying calm

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

## parenting\*ideas

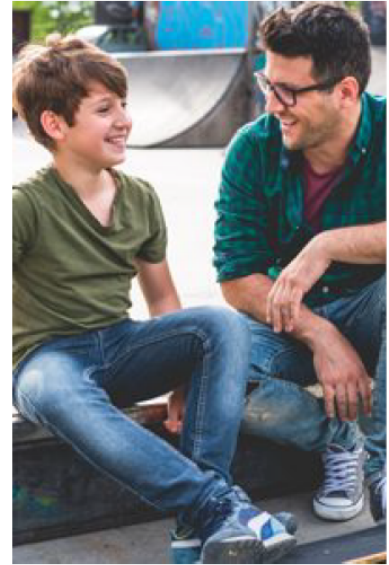
### Making a plan

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.



### 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. A trailblazer in the parenting and educational scenes Michael regularly appears in the media throughout Australia in programs including The Project, The Today Show and ABC radio.*

# 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

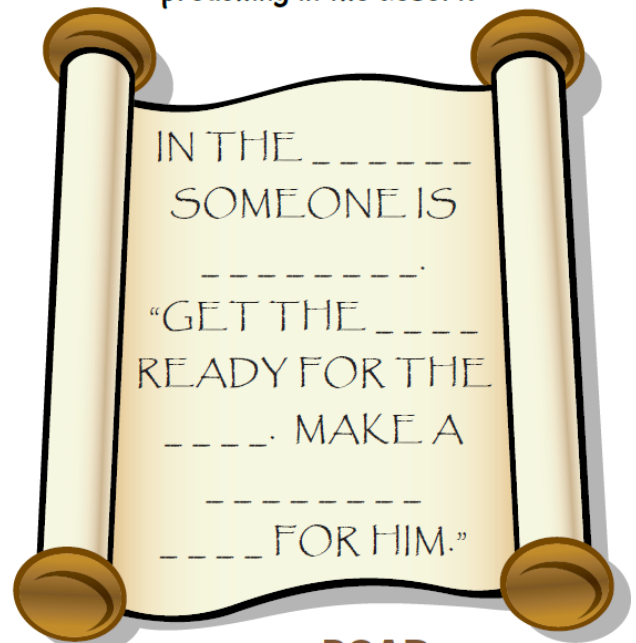
Mt 3:1-12

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. Even now the axe is laid to the roots of the trees, so that any tree which fails to produce good fruit will be cut down and thrown on the fire. 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. His winnowing-fan is in his hand; he will clear his threshing-floor and gather his wheat into the barn; but the chaff he will burn in a fire that will never go out.'

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



STRAIGHT      ROAD  
                    LORD      PATH  
SHOUTING      DESERT