



OUR LADY'S SCHOOL NEWSLETTER

6 December 2018

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

'I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible' The Nicene Creed

DATES FOR THE DIARY

Fri 7 Dec

2.30pm Feast of Immaculate Conception Assembly
Reports go home

Sat 8 Dec

Feast of Immaculate Conception

Mon 10 Dec

2.15pm Sports Assembly

Tues 11 Dec

3rd Foundation 2019 Transition Afternoon

3.15-3.45 Second Hand Uniform Sale

Thurs 13 Dec

Graduation Mass & Disco

Fri 14 Dec

Parish Movie

Mon 17 Dec

12.00-1.00pm Years 1-6 Orientation

Dinner in the Yard & Art Show

Wed 19 Dec

9.00am End of School Mass
3.00pm Students finish for 2018

2019

Wed 30 Jan

Getting To Know You and Your Child Day 1

Thurs 31 Jan

Getting To Know You and Your Child Day 2

Fri 1 Feb

Classes start for all at 8.45am

Dear Parent,

Tomorrow is the 8th of December and it is Our Lady's Parish and School Feast Day. The Feast honours Our Lady of the Immaculate Conception who our Parish and School is named after. We invite all parents and friends to join us for the special Our Lady's Feast Day Assembly at 2:30pm today in the school hall.

The Our Lady of the Immaculate Conception Parish Feast Day celebrations will be held tomorrow on the 8th of December at 9.00am. There will be a Mass at that time in honour of Our Lady. The Tongan Choir will be singing and Father Peter and Father Lucas welcome you all to join them.



THANK YOU FOR HELPING US TO SPREAD SOME SUNSHINE IN THE WEST THIS CHRISTMAS

Today we delivered all your donations to Sister Jeanne and she was absolutely delighted with the generosity of Our Lady's school community. She has asked me to pass on her heartfelt thanks to all those who contributed. She and her team will make hampers to take to each family. She said to let you know that your donations will bring much needed joy to those in our community who are most vulnerable.

After School Care 2019

We have a new After School Care provider for 2019 and the company name is EXTEND. You can check out their website on extend.com.au or ring them on 1300 366 437. I would encourage you to register your child so that if for any unforeseen reason you are delayed you can rest assured that they are well taken care of. Extend staff will be at our Dinner in the Yard/Art Show to speak to parents and answer any questions that you may have.

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



45 years service



35 years service



This year we farewell two of our longest serving staff members Mrs Jill Rochetich, 45 years of service and Ms Glenda Wellington, 35 years. of service. Both Mrs Jill Rochetich and Ms Glenda Wellington will be retiring and I'm sure you would join me in giving them our very best wishes for a brilliant retirement filled with many new and exciting opportunities. I would like to sincerely thank them both for their immense contribution over the years to Our Lady's School community and to Catholic education. Teaching is a vocation and is nurtured by dedication, love, skill, passion and a deep commitment to believing that all children have a right to an excellent and nurturing learning environment where they can experience God's love, grow and flourish.

Both Jill and Glenda have never lost any of their passion for teaching, they are innovative and creative in their teaching. Their love and enthusiasm for their students and the Our Lady's School community has never diminished. Over the years I have seen this dedication alive in our school, they made sure that the students in their care developed a love of learning, believed in themselves and felt welcomed, safe, happy and loved. We have been blessed to have you at our school. You are leaving an everlasting legacy that will never be forgotten, one that lives on in the hearts and minds of the children, staff and families of Our Lady's school. We will miss you and we thank you from the bottom of our hearts for all that you have done for our school community over the many years. of dedication and service to all who walked through our school gates.

Wishing you all the very best. May your future be bright and may God's blessings always rain down on you both.



Ms Lidiana D'Amico will be leaving Our Lady's School at the end of this year. She has been the Italian Languages teacher for a great part of this year.

We thank Ms Lidiana D'Amico for all that she has done to develop Italian language skills in all students F-6 at our Lady's. We wish you all the very best in all your future endeavours.

A Change of Roles



Both Mrs Tanya Majczak and Mrs Michelle Drought are expecting their first child. On behalf of our school community we congratulate them for this wonderful news!

They will both be back next year for a short time but will no longer be having a class. They will be working in support roles in 2019.

We look forward to 2019 and to the birth of their new babies.

ADVENT

Last Sunday marked the first week of the season of Advent. Each week we light a candle on our Advent wreath and pray. Advent is a time when we prepare ourselves for the birth of our Saviour Jesus Christ. This Sunday we will light the second candle on our Advent wreath. Here is a prayer you might like to say with your family during Advent.

Heavenly Father, as we begin this Advent

Give LIGHT to our Eyes and PEACE to our Hearts

Help us make room for Jesus

Amen



OUR LADY'S SCHOOL ART SHOW and DINNER IN THE YARD

Monday 17th December - 6pm-8pm

Let's Make it a Safe & Memorable Event!

Parents, as we prepare to celebrate the end of the year with our Annual Dinner in the Yard on Monday 17th December, I would like to take this opportunity to remind everyone of the importance of celebrating this event in a respectful and safe manner.

In accordance with the School's Child Safety Code of Conduct the consumption of alcohol at school sanctioned events is discouraged. Although we are not banning alcohol from this event, we do remind you that if you choose to consume alcohol you should limit your consumption and do so responsibly.

Parents are also advised that they are responsible for the supervision of their children at all times throughout the event. This includes when sharing a meal, playing on equipment and attending the toilets.

We trust that you will accept this communication in the right spirit by appreciating that the School is committed to ensuring your safety and the well-being of all attendees. None of the above should prevent us from having a great celebration and we look forward to everyone having a fantastic time!

REPORTS 2018

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.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au



DECEMBER

Fri 7th Feast of Immaculate Conception Assembly, Reports come home

Thurs 13th Grade 6 Graduation Mass

Mon 17th Dinner in the Yard and Art Show

Wed 19th 9.00am End of Year Mass. 3.00pm Students finish for 2018



Swimming at OLPS





Swimming at OLPS



SECOND HAND UNIFORM STALL

WHEN

**Tuesday, 11
December
3.15 – 3.45pm**

WHERE

**Near the
canteen**

**OUR LADY'S SCHOOL
PARENTS & FRIENDS ASSOCIATION**

\$5

**GIRLS WINTER
TUNICS**

KNITTED JUMPERS

SCHOOL BAGS

**\$2 – all other uniform
items, including girls
summer dresses,
sports uniforms, boys
shirts and shorts**

*Donations
are Greatly
Appreciated!*

Have you had a clean out and wish to donate any out-grown uniforms for the Second Hand Sale?

Please make sure they are washed and clean and then bring them in a bag to the Office so they can be passed on to the P&F.



★ AUSSIE HOOPS ★

BASKETBALL FOR KIDS 5-10

Westgate Basketball Association, your local association, is running the Aussie Hoops programme for boys and girls 5-10 years old. Sessions are run at the indoor stadium at either VU Community Sports Stadium, Whitten Oval, or RecWest Footscray (Cnr Essex and Market Streets), with skill sessions, fun drills and friendly games.

The sessions are run by our qualified youth basketball coaches and give kids a terrific grounding in the fundamental skills for the game.

Come along, make new friends and see your kids take their first steps in basketball. It's safe, inclusive, indoors and played all over the world.

Sessions are run on Wednesday or Thursday afternoons, Saturday or Sunday mornings, and they'll be smiling for days!



Register Now!
and see you on court

For further details on times and dates, prices and registration, please visit our website:

www.westgatebasketball.com.au



VJBLS SMALL ASSOCIATION
OF THE YEAR



PINK BALL

SHOOT FOR THE STARS

NEW SKILLS, NEW FRIENDS, LOTS OF FUN




**INDOOR STADIUM
AT VU COMMUNITY
SPORTS STADIUM,
WHITTEN OVAL.**

For session times and
expressions of interest visit
westgatebasketball.com.au


WESTGATE PINK BALL PROGRAM FOR GIRLS

Team sports foster friendship and camaraderie, teamwork, respect, a sense of belonging, persistence, patience, resilience and self esteem. Tailored specifically for girls aged 5-10 years old, Pink Ball offers a place to learn new skills, meet new friends and engage in a way that is non-competitive and fun.

Sessions are run by representative level youth basketball players (females) which provides a positive role model for your daughter to engage with. Pink shoelaces, pink basketballs and awesome pink singlets - we're making this extra special for our female only participants. **Register now and shoot for the stars!**



PINK BALL
SHOOT FOR THE STARS



Visit www.westgatebasketball.com.au for more information

insights



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.

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

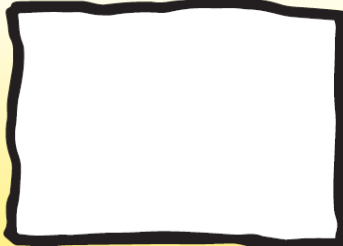
Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent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

There have been many people who came before Jesus to prepare the way for his arrival.



ABRAHAM was called by God from his home in the east to a new land called Canaan. God promised that this land would belong to the family of Abraham forever. Abraham is often represented with a symbol of a tent. Draw a picture of Abraham's tent.



DAVID was a young shepherd who was chosen by God to be the new King of Israel. The prophet Jeremiah told how one day a great ruler from the family of David would come into the world. As we know, that great ruler is Jesus. Draw a picture of King David's Crown.



MARY: Write down the things you know about the mother of Jesus



JOHN THE BAPTIST: Write down the things you know about John the Baptist

Gospel

Lk 3:1a, 2-6

In the fifteenth year of Tiberius Caesar's reign, during the pontificate of Annas and Caiaphas, the word of God came to John son of Zechariah, in the wilderness. He went through the whole Jordan district proclaiming a baptism of repentance for the forgiveness of sins, as it is written in the book of the sayings of the prophet Isaiah:

A voice cries in the wilderness:
Prepare a way for the Lord,
make his paths straight.
Every valley will be filled in,
every mountain and hill be laid low,
winding ways will be straightened
and rough roads made smooth.
And all mankind shall see the salvation of God.

There are special people in your life who are helping you prepare the way for Jesus. Draw a picture of 2 of these people helping you. Write their names and how they are helping.

_____ is helping me _____

_____ is helping me _____

