

# OUR LADY'S SCHOOL NEWSLETTER

#### 23 June 2023

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

## 'God saw everything he had made, and indeed it was good.' Genesis 1:31

#### **DATES FOR THE DIARY**

**Fri 23 June** End of Term 2. **Happy Holidays Mon 10 July** Start of Term 3 at 8.35am.

**Tues 11 July** Yr 4 Kororoit Creek excursion

Mon 17 July Year 4 Prayer Day at Heritage Centre Wed 19 July 7.00pm P&F

Meeting
Tues 25 July 7 00pm PAR

Tues 25 July 7.00pm PAB Meeting

**Fri 28 July** *Professional Learning for Staff (RE). No school for the children* **Wed 2 Aug** 100 Days of

Foundation **Tues 8 Aug** Feast Day St

Mary of the Cross

Mon 14 Aug 7.00pm Confirmation Formation Meeting

**Tues 15 Aug** Feast of the Assumption

Mon 21 Aug Book Week Parade

**Wed 30 Aug** 7.00pm Student Wellbeing Parent Session

#### **SACRAMENTS**

Thur 24 Aug: 7.00pm Confirmation for Year 6

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS

Fri 28 Jul: RE with Maria

Forde

**Mon 6 Nov: Report Writing** 

Dear Parents,

Our last day of Term 2 is upon us and we have a lot to be grateful for. We have had a wonderful term enriched with many engaging learning and teaching experiences and opportunities. Thank-you to the amazing staff at Our Lady's for all your dedication and all you do for our students and school community.

A huge thank-you to our parents and school community for your support in all we do. We work together for all our students, and you our parents, are a very important part of our community.



Last Friday, we raised \$949.35, as well as many donated goods, which we have provided to St Vincent de Paul. Thank-you for all your support with the many donations.

Thank-you also to our Year 4 students and teachers who prepared a lovely, reverent mass celebrating the Sacred Heart of Jesus.





### Psalm of Blessing

We bless the name of the Lord. We give honour to our God.

Bless the Lord, my soul; all my being, bless his holy name!

Bless the Lord, my soul; do not forget all the gifts of God.

The Lord's throne is established in heaven; God's royal power rules over all.

Bless the Lord, all you angels, mighty in strength and attentive, obedient to every command. Bless the Lord, all you hosts, ministers who do God's will.

Bless the Lord, all creatures, everywhere in God's domain. Bless the Lord, my soul!

Psalm 103:1-2, 19-22

We have good news with the current sewer work that is nearing completion. We had a building meeting on Monday, and are pleased to say that all the sewer works should be completed by the end of next week, or at the latest the first couple of days in the second week of the holidays.







Fortunately, that means as of the first day back in Term 3, we will return to our normal finishing time of 3:10pm.

Once again, thank-you to all families for all your ongoing support with the staggered pick-ups. Our intention was always based on child safety. Therefore staggering the pick up times when we were reduced to just Victoria Street was the safest option. THANK-YOU for your compliance with this safety measure.

See you all back on Monday 10th July at 8:35am. Please remember gates open from 8:20am when we have a teacher on yard duty.

Wishing all families a very happy and restful winter break. Stay safe and enjoy doing the things you love.

#### **OUR LADY'S WORLD CUP**

#### Congratulations to the 2023 Our Lady's World Cup winners!

This term the Years 3/4 and 5/6 have been participating in a soccer tournament that was organised by the Year 6 Sports Committee. The students were placed in a mixed team that played during their break times with the Year 5 and 6s helping to referee the games.

This week the finals were played on Tuesday and Wednesday and here are the winning teams. Congratulations.

Many thanks to Ms McManus for organising this hotly contested competition for our students in the past couple of weeks.



Yours sincerely,

Christine Carabott

Mrs Christine Carabott

Deputy Principal

ccarabott@olsunshine.catholic.edu.au

Happy Holidays!



#### FI

**Andy** - For being a Self-Manager and remaining seated on the floor to participate with the class. Keep it up! *From Ms Cam Tu & Mrs Granata* 

**Leigh** - For being a great friend to everyone in Foundation I. Good luck at your new school and we will miss you!! *From Foundation I* 

#### FJ

**Elena** - For making a huge effort to be a great Self-Manager. You have been listening carefully and contributing in whole class discussions. Well done! *From Miss Wendy* 

**Zeallian**- For being a great Collaborator when working with others to make a house in Discovery. Well done! *From Miss Wendy* 

#### **1K**

**Victoria** - For displaying the Our Lady's Gospel Value of Compassion by caring for your friends and ensuring you always keep your space clean and tidy in the classroom. *From Miss Shai* 

**Elias** - For sharing your learning success during our Three - Way Conversations so clearly. You are a confident Communicator! *From Miss Shai* 

#### **1L**

**Billie F** - For using descriptive words in your writing this week. Your adjectives made your sentences really POP! *From Miss Steph* 

**Hinnaya K** - For having a go at a new writing purpose! I loved reading your story and I can't wait to find out what happens next! *From Miss Steph* 

#### **2M**

**Anabella L** - For always being so enthusiastic to lend a helping hand! Keep it up! *Ms Rochelle* **Geronimo M** - For sharing your faith in God with others and taking your own time to pray and connect with our creator. This is inspiring to see. *Ms Rochelle* 

#### **2N**

**Tom N** - For being a wonderful, friendly and happy member of 2N who brings joy to our class. Thank you Tom! *From Mrs Mitchell* 

**Billy H** - For being a wonderful communicator who explains clearly to our class the way to solve problems in maths. Well done! *From Mrs Mitchell* 

#### **3E**

**Lucrecia C** - For displaying Our Lady's Gospel Values of Service and Compassion by welcoming and supporting our newest class member. Amazing job! We will miss you! *From Mrs Belinda & Ms Howe.* 

**Jeronimo C** - For an amazing start at Our Lady's school. You have adjusted well to our classroom routines and your warm and positive nature is building friendships. It is wonderful to welcome you to our school. *From Mrs Belinda & Ms Howe.* 

#### 3F

**Catherine N** - For listening to feedback during our Writing conference and adding detail to improve your information text. Well done! *From Mr Josh* 

**Madelene R** - For displaying courage when raising your hand and sharing your 'wondering' during our discussion about how we can care for the ocean. Well done! *From Mr Josh* 

#### 4G

**Oliver B-** For being a wonderful contributor to class discussions and for showing empathy and understanding of others thinking and feelings. Well done! *From Ms Karen* 



**Jacob T** - For completing extra homework to improve your learning. Congratulations on being such a proactive student. Well done! *From Ms Karen* 

#### **4H**

**All of 4H**- For being enthusiastic learners and collaborators, you all made Term 2 a fun and memorable one. Also, for all the efforts you have put in for the Sacred Heart Mass. *From Ms. Robles* 

#### **5C**

**All of 5C**- For the mature and thoughtful way that you reflected on your learning, and presented this to your families. I'm very proud of every one of you! *From Mr Membrey* 

#### **5D**

**Kloe** - For showing being an excellent self-manager when completing FLI and English tasks this week. You have followed all the instructions given, worked productively and even helped others! Well done! *From Ms Gurry* **Henry N** - For improving as a communicator by asking questions to check your understanding of tasks and when you need help. Keep it up! *From Ms. Gurry* 

#### **6A**

**Sophie D**- For displaying the Our Lady's School Gospel Value of Service through your selfless displays of leadership. *From Mr Wickham* 

**Dean Z-** For writing a wonderful book report on the novel Fake. Keep up the great work Dean! From Mr Wickham

#### **6B**

**Sebastian** - For his enthusiastic attitude towards learning and demonstrating the Servant Leader Attribute of Stewardship in the way he authentically assists others. *From Mrs Muscat* 

**Tessa** - For living out the Gospel Value of Respect through your peaceful interactions with classmates and teachers. Keep it up! *From Mrs Muscat* 



3E: Sophia S 6A: Miranda N 6B: Landen T, Eva T

# We're calling on YOU!

We would love to collect mobile phones to be recycled to help the gorillas.

Please send along any mobile phones you no longer have any use for. They can be cracked, broken or in any condition. Money raised from the donation of phones will support the Gorilla Doctors who care for wild populations of gorillas whose lives are affected by the destruction of their habitat.

PLEASE HELP US TO HELP THEM!

Thank you, The children in 2N



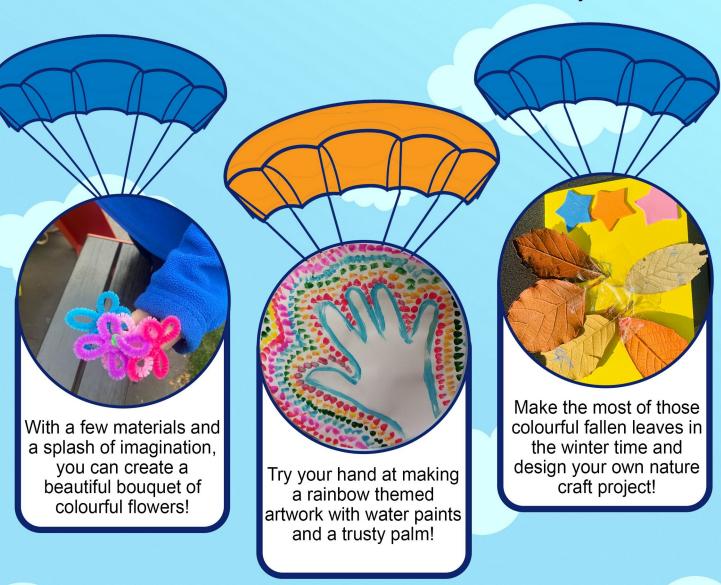


# EXTEND IS LANDING INTO TERM 3 WITH EXTRAORDINARY FUN!



Term 2 has been a wild ride! Now it's time to strap in and continue the extraordinary journey with Term 3!

Join Extend and land into the new term with style!



Drop into a new fun-filled term with Extend!

Make your bookings today at extend.com.au

get help with managing your child's asthma

Families who live in the north or western regions of Melbourne can access free education and support for their children aged 1-17yrs with the cohealth Community Asthma Program.

Support can be provided as a home visit, at one of our local clinics, or by telehealth.

We will work with you to understand your family's individual goals and provide support to:

- · identify triggers
- · manage medication
- · learn how to use asthma devices
- understand and follow your child's asthma action plan and when to go to a GP, hospital or call 000
- talk to your child's school, childcare or GP

For more information go to www.cohealth.org.au/cap or email CAP@cohealth.org.au.







## parenting \*ideas

INSIGHTS

## 6 tips for parenting anxious kids



If you're the parent of an anxious child you're most certainly not alone. The number of children experiencing an anxiety disorder is currently estimated at 117 million worldwide. Here in Australia, there's an average of 2 anxious kids in every classroom; and they're the ones with a diagnosis. Many more anxious kids are yet to have their anxiety identified and understood.

As much as we'd like to, we can't rid our kids of their anxiety, but we can help them to manage it in ways that enable them move it from centre stage and get on with living a vibrant, rich and meaningful life.

Here are 6 tips to support you to parent your anxious child:

#### 1. Explain anxiety

Anxious kids can struggle to explain how they feel and can worry that no-one will understand what they're going through. That's why explaining anxiety is an important step in supporting an anxious child. The knowledge that anxiety is well understood, that other kids experience it and that it's manageable brings them immediate relief.

Teach your anxious child that the part of their brain that protects them from danger is always on high alert. Called the amygdala, it's meant to protect them from genuine danger but for anxious kids, it can be almost constantly activated.

Explain that when they feel anxious, their amygdala sends signals to their body to fight or flee from the threat, whether it's real or imagined.

Next, talk about the body changes such as increased heart rate, rapid breathing and an upset stomach that power them up to fight or flee. They might even feel dizzy, hot, sweaty and panicked. Anxiety effects thinking and behaviour too.

#### 2. Respond with empathy

In the midst of an anxious moment it's natural to want to reassure anxious kids they've got nothing to worry about.

Reassurance works in the short term but it soon wears off and they come back for more, which becomes an unhelpful pattern.

Instead, respond with empathy and validation. Use ahhh statements such as:

- "Ahhh, I see you're feeling really anxious right now, I know how hard this is for you"
- "Ahhh, I know you're feeling really worried right now, it's not much fun feeling like that is it?"

Anxious kids need to know you understand what they're going through.

#### 3. Show the amygdala they're safe

## parenting \*ideas

Once the amygdala senses danger, the cascade of events that follow can't be stopped. The body and brain will respond as if the danger is immediate. The best way to help an anxious child calm their anxious brain is to teach them to *show* their amygdala they're safe. Deep and intentional breathing helps an anxious child to calm their amygdala and will begin to reduce their anxious symptoms. Practise intentional breathing regularly between anxious times before applying this technique in the midst of an anxious moment.

#### 4. Practise mindfulness -the antidote to worrying

Anxiety is distress now about a possible future event, which is why worrying is common for anxious kids. When an anxious child's mind fast-forwards to an upcoming event or expectation, their amygdala can respond as if the 'threat' to their safety is immediate. The antidote to worrying is mindfulness. Put simply, mindfulness is paying attention to what's happening in the present moment. It may take time to learn, but is a powerful anxiety management strategy once it's mastered.

#### 5. Practice defusing sticky thoughts

Anxious thoughts can get stuck, refusing to budge no matter how much attention is payed to them. Defusion is a strategy that helps anxious kids look *at* their thoughts rather than *from* them.

Imagine your anxious child is worried about an upcoming test. They're thinking "I'm going to fail the test". The thought makes them feel awful. Defusion helps kids (all of us) to look at their thoughts by reminding them that the words in their heads are indeed just words, not reality.

Your anxious child can defuse his unhelpful thoughts by putting a statement in front of the thought such as: "I notice I'm having the thought that I'm going to fail the test." Alternatively, he can say the thought in a character voice like Darth Vader or Peppa Pig, or sing it to the tune of happy birthday or a nursery rhyme. Defusion puts distance between anxious kids and their thoughts and is a wonderful skill to learn.

#### 6. Get the fundamentals right

Ample sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally around the time of their alarm, reduce their sugar intake to support their gut health and to exercise regularly for optimal mental health.

These are some of the many strategies that you can share with your child to support them to recognise and manage their anxiety so they can live life in full colour.



#### Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit <a href="https://www.drjodirichardson.com.au">www.drjodirichardson.com.au</a>



# Don't be afraid!

#### 12th Sunday in Ordinary Time, Year A



God watches over us and protects us because we are precious to him.

Draw a picture of something that is precious to you.



What are some things that people are afraid of?



How does God help us to overcome our fears?

# **GOSPE**Mt 10:26-31

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the house-tops.

'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.