



Celebrating 100 Years of Catholic Education 1919-2019

OUR LADY'S SCHOOL NEWSLETTER

28 March 2019

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

*"A new command I give you: Love one another. As I have loved you, so you must love one another.
By this everyone will know that you are my disciples, if you love one another" John 13:34-35*

DATES FOR THE DIARY

Sat 30 Mar
School Fete!
Fri 5 Apr
Easter Raffle at Assembly
End of Term 1 3.15pm
Fri 19 Apr
Good Friday
Sun 21 Apr
Easter Sunday
Mon 22 Apr
Easter Monday Public Holiday
Tues 23 Apr
Start of Term 2 at 8.45am
Thurs 25 Apr
ANZAC Day Public Holiday
Wed 1 May
Eucharist Parent Evening
Fri 3 May
8.45am P&F Meeting
Wed 8 May
Gr 4 Eucharist Reflection Day
Thurs 16 May
Open Day for 2020 Foundation
Tours at 9.30am, 12.00pm,
2.15pm
Mon 10 June
Queens' B'day Public Holiday
Tues 11 June
Professional Learning Day for
Staff (Berry St), No School for
the children
Wed 26 June
Three Way Learning Conversa-
tions 3.30-5.55pm
Thurs 27 June
Three Way Learning Conversa-
tions 8.00am-3.30pm No School
for the children
SACRAMENTS
Sun 26 May
10.30am 4G Eucharist
Sun 2 June
10.30am 4H Eucharist
Thurs 10 Oct
Reconciliation time TBC
Fri 15 Nov
7.00 Confirmation



Dear Parent,

The countdown is on and there are only two days left to go before the Our Lady's 100 Year Fete is in full swing this Saturday. Please let all your family and friends know about this very special once in a hundred year event. This Fete is so much more than a fund raiser, it is also a community coming together to celebrate this wonderful school with lots of fun and exciting stalls, enjoying diverse performances by many local talents and sensational food to be tasted. No matter what the weather it will be a beautiful day filled with a great community spirit. We especially welcome parishioners and ex-students of Our Lady's School to come back and join in the fun. I'm sure that no matter what age you are there will be something for you to enjoy.

Parents can also volunteer to help out on the day of the Fete. Just go to the Marshal Tent and the Fete Committee member on duty will direct you to where the help is most needed. Any time you give will be very much appreciated.

Just a reminder that there will be no EFTPOS facilities at the Fete so please bring lots of change.



Annunciation Prayer

*We celebrate the Annunciation of the Lord on March 25.
Saint Mary was faithful to God's call.*



Faithful God, you gave us Mary as an example of faith and trust in you. Help us to be like her in all things and follow you with all our hearts. May we say yes to your call in our lives as Mary did in hers.

We join our prayers to her prayers that we may give glory to your name. Amen.



Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

See you there!

PROJECT COMPASSION

Fourth Sunday of Lent 31st March 2019



Michaela is a 21-year-old trainee at Purple House, a dialysis center in the Central Desert for people suffering from kidney disease. The Aboriginal-controlled service gives patients the opportunity to stay connected with their culture. They do this through traditional healing practices and income-generating activities, such as making bush balms and soaps. With the support of Caritas partners, Michaela is helping to build a social enterprise, a connection to culture and a new outlook for the chronically ill.



Please donate to Project Compassion 2019 and help provide essential health care, employment and training for First Australians like Michaela.

Lives change when we all give 100%. You can donate through Parish boxes and envelopes, and through your child's classroom.

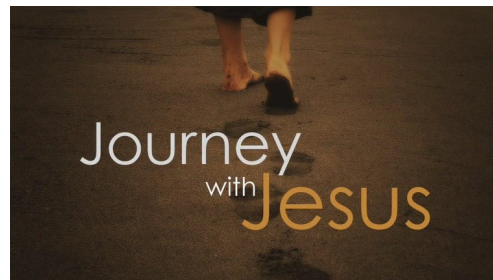
Stations of the Cross – Journey with Jesus

The most important season in the Catholic liturgical calendar, Easter, is central to our Christian faith. While we will soon recall the magnificence of Christ's resurrection in our lives, we cannot forget the Passion that preceded this glory.

To tune into the Passion of Christ, a journey that he embarked on willingly and knowingly, our students are involved in some creative and critical thinking about designing a Station of the Cross Installation. Including the Resurrection, these will highlight both the traditional and re-contextualised version for the school community to encounter and make meaning from, on the grounds of Our Lady's School.

Our Lady's School invites you to come along on this **Journey with Jesus** from Monday 1st April. Fifteen installations will be displayed throughout the week to engage with – 8.30 – 9.00 and 2.30 – 3.00, excluding Wednesday afternoon. Alternatively, you may like to take **The Walk** with your child's class.

Please join us.



~ You Are Invited ~

What: Stations of the Cross Installations, traditional and re-conceptualised

Where: 15 locations around the school.

When: Week 10, last week of school

Time: Check your child's See Saw for more information.

EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Science & Space	Yoga	Cooking	Water painting	Sports carnival

The Extend Superstar is...

Filip... for engaging in daily experiences in a positive manner and always using his listening skills during group time Well Done! ☆

What's Been Happening?

Our family open night was a success, not one slice of cake left!

Families and children enjoyed our beautifully decorated cakes and some even stayed back for a game of table tennis. The children have had a great time decorating and creating cakes during our term one enrichment program.

We really appreciate families taking the time out to join us and see what we do here at extend after school care.

We look forward to another week of fun games, crafts, cooking, sports and new experiences.

Enrol and book now: extend.com.au

ANZAC DAY BADGES

The Sunshine RSL has the following items available for purchase from the Office for ANZAC Day, Thursday 25 April 2019.



FOUNDATION 2020 SIBLING ENROLMENTS



Reminder to all families to return their completed 2020 Foundation Enrolment Application Form and bring it back to the Office with the documentation required (copies can be made in the Office if needed) to make your appointment time for you and your child to meet Ms Bertani next term!

COOK BOOK LAUNCH!

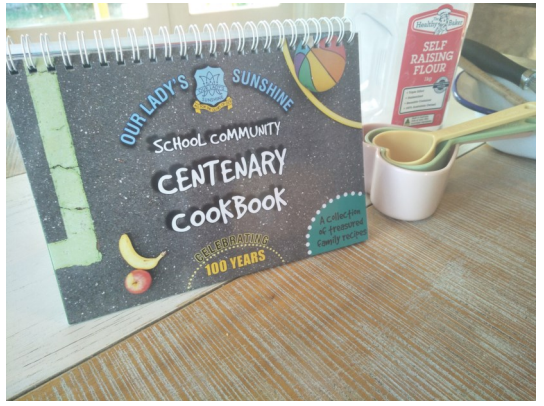
We are pleased to announce the Our Lady's Centenary Cookbook will be launched, hot-off-the-press this Saturday, at the School Fete!

The book is a collection of 30 treasured family recipes including quick and easy main meals, snacks, sides, sweets and lunch-box fillers. All the contributors are members of the school community, including teachers, staff and families - and there is a wonderful international flavour to many of the dishes.

Printed in full-colour with a protective cover and hard pages (like recipe cards), the spring-bound book also comes with a 'stand-up' back so you can prop it up while baking.

It features ten main meals - including a top curry recipe from Mr Buttigieg's chef days, ten sweets - including the Brown family's legendary 'white choc and raspberry cheesecake slice' and ten soups, sides and snacks - including healthy options such as a kid-friendly lentil soup by the McNaughton family.

Compiled in celebration of the Our Lady's Centenary we have also included fun historical facts about the School and Parish.



To secure your cookbook – please head down to our stall early as we have a limited amount of copies for sale at \$15 each (cash only).

Please note - if this allocation is exhausted or if you wish to purchase via QKR you will be able to do so after the Fete, when we will organise a second print run to order.



OUR VISION

In a spirit of unity and harmony, we strive to develop the whole person; providing an excellent education for all and inspiring our community members to live a Christian way of life.

OUR LADY'S PRIMARY SUNSHINE



Our Lady's School is a Catholic Primary School for boys and girls, serving the Parish of Our Lady of the Immaculate Conception, SunShine

Enrolment applications for Foundation 2020 are now available

Please come into the School Office to obtain an information package. We look forward to meeting you

CONTACT US

Our Lady of the Immaculate Conception Parish Primary School
32 Station Place Sunshine
Principal Ms Patrizia Bertani
enquiries@olsunshine.catholic.edu.au
www.olsunshine.catholic.edu.au
Phone 9312 2230





Being a Parent Course

A Peer - led parenting course for parents with children aged 2-12
for the Vietnamese community
Delivered in Vietnamese language



Bringing up happy, sociable and confident children in Australia
Free childcare

9 week course

Topics include:

- Understanding your child's behaviour
- Clear communication and learning through play
- Discipline strategies and more

Date: Fridays (during school term)

Starting: Friday 22nd March, 2019

(Introductory session/ coffee morning)

Time: 10.00 am-12.30pm

Address: Holy Eucharist Primary School,
1A Oleander Drive, St Albans

An opportunity to meet other parents and share your experience of parenting

To register contact: Hong 0422 712 476 or Diem 0411 176 096 (VICSEG)



This Communities for Children Project
is funded by the Australian Government
Department of Social Services



Khoá học dành cho phụ huynh

Trong việc dạy dỗ con cái hướng dẫn bằng tiếng việt



Để tạo sự tự tin cho trẻ mạnh dạn hơn trong việc giao tiếp

Giữ trẻ miễn phí

Dành cho phụ huynh có con từ 2-12 tuổi

Khoá học gồm có 9 tuần lễ

Đề tài bao gồm:

- Hiểu biết tâm lý của con quý vị
- Trẻ học hỏi qua việc hoạt động và vui chơi
- Kỷ luật đối với con

Bắt đầu: Thứ sáu

Ngày: 22/03/2019

Giờ: 10:00 sáng đến 12:30 trưa

Địa điểm: Holy Eucharist Primary
School, 1A Oleander Drive, St Albans

Cơ hội để quý phụ huynh gặp gỡ và trao đổi những kinh nghiệm trong việc dạy dỗ con cái.

Mọi thông tin liên lạc: Hong 0422 712 476 or Diem 0411 176 096 (VICSEG)



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parenting * ideas

insights

POSITIVE PARENTING



Peer time counts big time towards your child's success

by Michael Grose

"It takes a village to raise a child because in a village there are always enough kids to form a play group." Anon

Life for children and teenagers is generally very busy and adult-initiated. A quick glance at most kids' after school schedules will reveal at least two after school activities (involving sport/ physical activity or classes of some sort) each week that are organised and lead by an adult. Nothing wrong with that however the more time children spend in adult-initiated activities the less free time they have to spend among themselves, and the enormous benefits this brings.

Spending free time with peers benefits kids in these ways:

1. They learn to negotiate and communicate

Young children generally communicate with one another through play, and the communications have real meaning. They negotiate about what and how to play. Typically kids will make up the rules of any game, modifying them as they go along, and challenging other children's interpretations. *"You're not playing by the rules"* is a common childhood retort most of us are familiar with. Left to their own devices kids will generally resolve such conflict situations more creatively, and with more finality than when adults become involved.

Teenage peer-to-peer communications often focus on emotions and the struggles they experience. Adolescents learn they can be honest with their friends, as they are less likely to overreact and assume control, the way that their parents or other adults might.

2. They become independent quicker

When children spend more time among themselves they become less reliant on adults to solve problems for them. In fact, when kids play among themselves someone will take on the authority of an adult and ensure that problems are resolved, usually more quickly and more equitably than when an adults attempts to do so.

Typically when kids of any age get together they act in ways that can mock and challenge adulthood – young children will use 'naughty' words and teenagers push parent boundaries so they can gather together away from adults. This type of independence-seeking is the default mechanism of kids of all ages, but it can be stifled by well-meaning, over-involved or over-controlling adults.

3. They are less anxious

"I dare you" is a phrase that evokes strong memories for many adults. It's a throw-back to a time when as children or teenagers we challenged each other to climb that tree, to cross that road and to go speak to that girl/boy. Of course, the biggest challenge we faced was to confront our fears rather than avoid them. Children of any

parenting*ideas

generation tend to be more courageous, and better able to learn to manage difficult emotions such as fear, nervousness and anxiousness when they spend more time with each other, away from adults.

4. They become more innovative

Adults of every generation bemoan the fact that children and teens don't play in the same way as they did when they were young. We forget that children are naturally drawn to the newest innovations in the larger culture around them. Where adults are naturally suspicious of change, children will invariably embrace it. This is shown by children's eagerness to embrace digital technology, which is often far ahead of their parents and teachers. Children's culture focuses, quite naturally and adaptively, on the skills important to the world they are growing into, not the world as it was, when their parents and teachers were growing up.

5. They get along better with others

The biggest requirement for kids mixing with siblings and peers is that they must get along with each other. They need to accept each other's differences; learn how to assert themselves while accommodating the needs of others and respect other kids' opinions, not just their own. This type of socialisation is central to being a member of civil society. The skills of "getting along" are best practised among equals and for kids that means practising on their peers and siblings. These "getting along" skills may well be the most important skills for kids to develop if they are to lead a successful adult life –including maintaining long-term partnerships, making friends and enjoying cooperative relationships in the workplace.

Encourage a culture of childhood

As a parent or teacher it helps to see the time kids spend among friends and siblings as valuable rather than wasted time. Encourage kids to spend time with each other and resist the urge to rush in fix things up between peers and siblings when relationships sour or they have problems to resolve. And resist the natural urge of most parents who lead small families to know everything that's happening in a child's life -kids need some time and space to work things out themselves.



Kids need to belong to two cultures

Encouraging a culture of childhood doesn't mean that we devalue what we offer as adults to children and young people. Kids also need to be able to fit into the adult culture that we are preparing them for. However it's important to recognise the value of sibling and peer relationships in the development of the skills and attitudes needed for a successful adult life.



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**.*



Gospel Lk 15:1-3, 11-32

The tax collectors and the sinners were all seeking the company of Jesus to hear what he had to say, and the Pharisees and the scribes complained. 'This man' they said 'welcomes sinners and eats with them.' So he spoke this parable to them:

'A man had two sons. The younger said to his father, "Father, let me have the share of the estate that would come to me." So the father divided the property between them. A few days later, the younger son got together everything he had and left for a distant country where he squandered his money on a life of debauchery.

'When he had spent it all, that country experienced a severe famine, and now he began to feel the pinch, so he hired himself out to one of the local inhabitants who put him on his farm to feed the pigs. And he would willingly have filled his belly with the husks the pigs were eating but no one offered him anything. Then he came to his senses and said, "How many of my father's paid servants have more food than they want, and here am I dying of hunger! I will leave this place and go to my father and say: Father, I have sinned against heaven and against you; I no longer deserve to be called your son; treat me as one of your paid servants." So he left the place and went back to his father.

'While he was still a long way off, his father saw him and was moved with pity. He ran to the boy, clasped him in his arms and kissed him tenderly. Then his son said, "Father, I have sinned against heaven and against you. I no longer deserve to be called your son." But the father said to his servants, "Quick! Bring out the best robe and put it on him; put a ring on his finger and sandals on his feet. Bring the calf we have been fattening, and kill it; we are going to have a feast, a celebration, because this son of mine was dead and has come back to life; he was lost and is found." And they began to celebrate.

'Now the elder son was out in the fields, and on his way back, as he drew near the house, he could hear music and dancing. Calling one of the servants he asked what it was all about. "Your brother has come" replied the servant "and your father has killed the calf we had fattened because he has got him back safe and sound." He was angry then and refused to go in, and his father came out to plead with him; but he answered his father, "Look, all these years I have slaved for you and never once disobeyed your orders, yet you never offered me so much as a kid for me to celebrate with my friends. But for this son of yours, when he comes back after swallowing up your property – he and his women – you kill the calf we had been fattening."

'The father said, "My son, you are with me always and all I have is yours. But it is only right we should celebrate and rejoice, because your brother here was dead and has come to life; he was lost and is found."

Lent is a time to focus on the act of forgiveness.

We ask God to forgive us for the wrong things that we do. In the story of the prodigal son....

What wrong things did the younger son do? _____

What did he do to show he was sorry? _____

When I do things against my friends, I can show them that I am sorry by...

When I do things against my family, I can show them that I am sorry by...

When I do things against God, I can show him that I am sorry by...
