



**OUR LADY'S SCHOOL  
NEWSLETTER**

**12 September 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*

*'So let us pursue what makes for peace and mutual upbringing'*  
**Romans 14: 19**

**DATES FOR THE DIARY**

**Thurs 12 Sept**

*Year 6 Leadership Day*

**Mon 16 Sept**

*Step Back In Time Day - remember to come to school dressed up like you are living in 1919!!*

**Fri 20 Sept**

**Our Lady's Show Day**

End of term 3 at 3.15pm

**Mon 7 Oct**

Term 4 begins

**Tues 15 Oct**

Confirmation Parent Session with Rev Dr Elio Capra

**Thurs 17 Oct**

**Our Lady's School 100th Birthday**

**Mass at 11.30am. Remember to RSVP to the Office if you would like to attend.**

**Wed 23- Fri 25 Oct**

Grade 5 Camp to Narmbool

**Fri 1 Nov**

8.45am P&F Meeting

**Mon 4 Nov**

**Report Writing Day - no school for the children**

**Tues 5 Nov**

**Melbourne Cup Public Holiday - no school for the children**

**Mon 16 Dec**

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**

**SACRAMENTS**

**Thurs 10 Oct**

7.00pm Reconciliation

**Fri 15 Nov**

7.00pm Confirmation

Dear Parent,

I am writing this Newsletter after just having been to the Year Six Leadership Conference. I just cannot relay strongly enough how PROUD I am of all our Year Six students today. They have effectively and efficiently planned, organised and are now independently running the whole conference. They are currently hosting 159 students and 12 visiting teachers from 10 Catholic schools. I have heard so many positive comments from both the visiting teachers and the students about the quality of the conference speakers but more importantly how welcoming, confident and how well organised the Our Lady's Year Six students have been.

Our Year Six school leaders have been working together organising this conference, so that Year Six leaders from ten other schools from the Western Region can have the opportunity to hear effective leaders share their life stories and talk about the personal qualities and skills which have helped them to achieve their goals. We hope that all students who attend the conference will feel a sense of empowerment and a heightened sense of confidence that they can use their own unique gifts to benefit their own lives. On the next page you can see the logo that was designed by Logan T and the motto created by Andy T.

I will have many photos of the conference in next week's newsletter so stay tuned!

*Congratulations to our Year Six students for hosting an outstanding  
Year Six Leadership Conference*



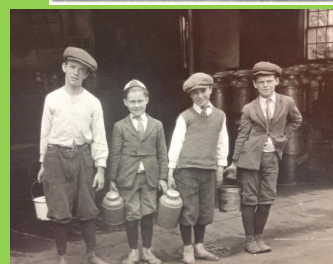
**REMINDER**

**On Monday the 16th of September the school will be having a 'Step Back in Time' day as part of its 100 year birthday celebrations.**

**We ask all the children to come to school dressed as children would've 100 years ago in 1919.**

The staff will also join in the fun. Students will be participating in activities and games of the past.

We are hoping that this will help to bring our wonderful history alive. Please remember to dress up Monday!



**Prayer for the World**

*God created all people. We are loved by God.*



Thank you, God, for the gift of all people, all cultures, all nations. Thank you for your love for each of us. Help us to remember that our differences enrich our world and our lives. Be with all of us so that we may work together for the good of all people. Amen



***Celebrating* 100 Years of Catholic Education 1919-2019**  
**YEAR SIX LEADERSHIP CONFERENCE LOGO DESIGN AND MOTTO**



Logan T designed the logo for this year's leadership conference. The message he wanted to get across via his design was: *'I want future leaders to take from my design that you have to 'take off' from your comfort zone. Without doing this you will never know how high you can fly.'*



Andy T was inspired after seeing Logan's design and this is how he came to create the motto. *'I consulted my brother for advice; we began brainstorming some words connected with flying and leadership. After we brainstormed key words we extended our thinking by finding powerful and catchy synonyms.'*

*Thus, the motto, 'Fly high, and let your leadership soar' was developed.'*



### **COMMUNITY RAFFLE**

**WE RAISED \$1393.00!**

**Second prize was sold by Karen H in 3F!**

**Thank you to everyone who participated in the raffle. The money raised will go towards creating a new mural on the brick wall of the 3E classroom which faces the blue/green grass area. Watch out for this new addition to school.**

### **A REMINDER TO FILL IN THE ONLINE CEMSIS SURVEY**

Our school is participating in the Catholic Education Melbourne School Improvement Survey (CEMSIS). CEMSIS is an annual process where schools listen to the thoughts and feelings that students, families and staff have about how their school can improve. These surveys help the ongoing improvement of schools across the Archdiocese of Melbourne.

One of the main goals of the family survey is to identify the strengths and areas for improvement in our school. Our school believes it is important to encourage families to have a voice and contribute to shaping the ongoing improvement of the school.

**This year we have sent the survey to 150 families. If you have received a survey please remember to complete it.**

Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

*principal@olsunshine.catholic.edu.au*



# EXTEND UPDATE.



Monday	Tuesday	Wednesday	Thursday	Friday
Collecting natural materials	Symmetrical bee drawing worksheets	Water pavement painting and yummy chicken noodles	Identifying different insects outdoors	Sports carnival challenges outdoors

## The Extend Superstar is...

Alex...for contributing to activities and positively interacting with staff and peers. Well done ☆

## What's Been Happening?

Children have been enjoying after school care and engaging in a variety of experiences. This week we made spring kites and engaged in group games, arts and crafts, cooking activities, sports challenges and music and dance. On pupil free day children enjoyed arts & crafts, board games, electronic games, sports challenges outdoors such as football, downball and basketball, we also made raspberry flavoured jelly and delicious chicken noodles for lunch.

Families, just a reminder if your children have any preloved books and games you no longer need at home, please consider donating to us here at Extend After School Care.

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



**FOOD FOR THE SOUL**

# ALIGHT

**FAMILY FIESTA**

**SATURDAY 21 SEPTEMBER**  
8.30AM-4.30PM  
ST BEDE'S COLLEGE, MENTONE

**INTERNATIONAL GUEST**  
**FR LEO PATALINGHUG**  
PRIEST, CHEF, BEST-SELLING  
AUTHOR, MARTIAL ARTS TEACHER,  
BREAKDANCING CHOREOGRAPHER,  
FOUNDER OF 'PLATING GRACE'

**REGISTER ONLINE NOW! WWW.CAM.ORG.AU/ALIGHT19**

**FOOD FOR THE SOUL**

# ALIGHT

**FAMILY FIESTA**

**'LET YOUR LIGHT SO SHINE BEFORE MEN'**  
(MATT 5:16)

**ABOUT**  
At a time when our faith is being tested from both inside and outside the Church, and trust in institutions—including the Church—are at an all-time low, where do people turn to see Christ's love in action? Our families! It is families rooted in Christ who can become the fertile ground in which the witness of the Gospel and our message of hope can sprout anew. *Alight Family Fiesta* aims to unite families and anyone interested in encouraging and strengthening Catholic family life. It's for Mum, Dad and the whole family. Grandparents, uncles, aunts—anyone who wants to support and learn more about how to develop a vibrant family culture in our faith community is welcome.

**OUR GUEST SPEAKER**  
Fr Leo Patalinghug is one of the most engaging and creative teachers ministering in the Catholic community today. A trained chef and two-time black belt martial arts instructor, he weaves his love of food and martial arts with his faith and Christ's message. Bringing families, food and faith together is at the heart of his *Plating Grace* ministry.

**TICKETS INCLUDE:**  
ENTRY TO THE CHILDREN'S, YOUTH AND ADULTS PROGRAMS, RIDES AND ENTERTAINMENT PLUS FR LEO'S COOKING DEMONSTRATION

**REGISTER BEFORE 31 AUGUST TO TAKE ADVANTAGE OF SPECIAL EARLY BIRD PRICES!**

**PROGRAM**  
At *Alight* there's something for everyone!

Registration	From 8.30 AM
Mass	9.30 AM
Concurrent Program	11.00 AM
Lunch and Fiesta	1.00 PM
Fr Leo: 'Spicing up Family Life'	3.00 PM
Finish	4.30 PM

- MASS** Archbishop Peter A. Comensoli will celebrate Mass at 9:30 AM to begin the day. After Mass, concurrent programs for parents, children and youth will run from late morning until lunch.
- RIDES! GAMES! MUSIC!** The middle of the day will be free time to enjoy the festivities—food, rides, games and live music and entertainment.
- FOOD FOR THE SOUL** We'll conclude with a session for the whole family where Fr Leo Patalinghug will serve up food for the soul with his cooking demonstration.
- PLAY SPACE** An optional play space for pre-school aged children will be set up adjacent to the main auditorium where parents can enjoy the presentations via video while supervising their young children.
- FOOD VANS** During the Fiesta (lunch) time, there will be food vans selling meals and snacks. Families who would like to are encouraged to bring their own blanket and picnic lunch.

**COST**

	Early Bird	After 31 Aug
Couple	\$90	\$120
School aged children (5-17 years)	\$10	\$10
Pre-school children (4 years and under)	FREE	FREE
Additional children*	FREE	FREE
Single adult	\$45	\$60
Student (18+) / Religious	\$25	\$35

\*Once three children aged between 5-17 are registered from one family, additional children attend for free.

In order to prepare a program that is well resourced and safe, registration for the children's and youth programs must be completed by 31 August. Children must be registered with a parent or legal guardian. Children registered after 31 August are welcome to attend *Alight*, but will not be able to take part in the children's and youth programs and will be required to remain with their parents throughout the morning.

**REGISTER NOW**  
Registrations can be made at [www.cam.org.au/alight19](http://www.cam.org.au/alight19)  
For inquiries contact the Life, Marriage & Family Office on [lmf@cam.org.au](mailto:lmf@cam.org.au) or 9287 5587.

**REGISTER ONLINE NOW!**  
[WWW.CAM.ORG.AU/ALIGHT19](http://WWW.CAM.ORG.AU/ALIGHT19)

The Archdiocese is committed to the safety, wellbeing and dignity of all children and vulnerable adults.

LIFE, MARRIAGE + FAMILY OFFICE  
sustaining human ecology

CATHOLIC ARCHDIOCESE OF MELBOURNE



# SCHOOL HOLIDAY PROGRAM

**BOOK NOW**

## PROGRAM HIGHLIGHTS

INCURSION: CRAZY CHEMICALS

EXCURSION : MOVIES

AFL DRESS UP DAY

MUSIC

**WESTGATE INDOOR SPORTS**  
SOCCER FUTSAL NETBALL

	SEPTEMBER 23RD	SEPTEMBER 24TH	SEPTEMBER 25TH	SEPTEMBER 26TH	SEPTEMBER 27TH
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIAL EVENTS	HEALTHY LUNCH BOX	INCURSION: CRAZY CHEMICALS	EXCURSION: MOVIES	DRESS UP DAY AFL	CLOSED AFL GF
7.30 AM - 9.30 AM	SIGN IN AND FREE TIME				
9.30 AM - 9.45 AM	ROLL CALL				
SESSION ONE 9.45 AM - 10.45 AM	SPONGE PAINTING PARACHUTE DODGE BALL BASKETBALL	TISSUE PAPER ART SCARECROW TAG HOCKEY BLOCK SOCCER	BEADING OCTOPUS TAG DOWN BALL SKITTLES	AFL ROUND ROBIN MASCOT & JERSEY DESIGNS RELAY RACES MARKERS UP	
10.45 AM - 11 AM	TOILET BREAK AND HAND WASHING				
11 AM - 11.30 AM	MORNING TEA				
11.30 AM - 11.45 AM	ROLL CALL				
SESSION TWO 11.45 AM - 12.45 PM	POP STICK CREATIONS SHIP SHARK SHORE SKITTLES NETBALL	COOKING POISON BALL CRICKET SOCCER	KIDS CHOICE SESSION	AFL LOOM BANDS BEAN BAG SNATCH SOCCER T BALL	
12.45 PM - 1 PM	TOILET BREAK AND HAND WASHING				
1 PM - 2 PM	LUNCH				
2 PM - 2.15 PM	ROLL CALL				
SESSION THREE 2.15 PM - 3.15 PM	MUSIC COPS AND ROBBERS SOCCER SKIPPING AND HOOPS	STYROFOAM PRINTS FRUIT SALAD HANDBALL TAG RUGBY	DRAMA TUNNEL BALL NEWCOMBE SOCCER	PAINTING WHATS THE TIME MR WOLF BLOCK SOCCER A TAG	
3.15 PM - 3.30 PM	TOILET BREAK AND HAND WASHING				
3.30 PM - 4 PM	AFTERNOON TEA				
4 PM - 4.15 PM	ROLL CALL				
SESSION FOUR 4.15 PM - 6 PM	PLAY CENTRE MOVIE	PLAY CENTRE MOVIE	PLAY CENTRE MOVIE	PLAY CENTRE MOVIE	

Cnr Grieve Pde & Doherty's Rd, Altona North 3025 Ph: 9369 6888 [www.westgateindoorsports.com.au](http://www.westgateindoorsports.com.au) [westgate@bigblue.net.au](mailto:westgate@bigblue.net.au)

# SCHOOL HOLIDAY PROGRAM

**BOOK NOW**

## PROGRAM HIGHLIGHTS

INCURSION: BRICKWORKS

EXCURSION : MELBOURNE ZOO

BOOK CHARACTER DRESS UP

GARDENING

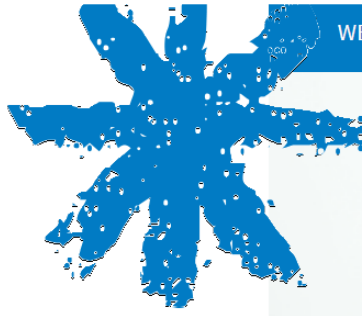
**WESTGATE INDOOR SPORTS**  
SOCCER FUTSAL NETBALL

	SEPTEMBER 30TH	OCTOBER 1ST	OCTOBER 2ND	OCTOBER 3RD	OCTOBER 4TH
TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIAL EVENTS	HEALTHY LUNCH BOX	INCURSION: BRICKWORKS	DRESS UP BOOK CHARACTER	ENVIRONMENTAL THURSDAY	EXCURSION: MELBOURNE ZOO
7.30 AM - 9.30 AM	SIGN IN AND FREE TIME				
9.30 AM - 9.45 AM	ROLL CALL				
SESSION ONE 9.45 AM - 10.45 AM	GALAXY PUTTY FREEZE TAG SOCCER HANDBALL	CANDY MAKING LIFE SAVERS SKITTLES FOOTY	ELEPHANT TOOTH PASTE PARACHUTE BLOCK SOCCER TAG RUGBY	SALT PAINTING HUMAN BOWLS BEACH VOLLEYBALL BRITISH BULLDOGS	KIDS CHOICE SESSION
10.45 AM - 11 AM	TOILET BREAK AND HAND WASHING				
11 AM - 11.30 AM	MORNING TEA				
11.30 AM - 11.45 AM	ROLL CALL				
SESSION TWO 11.45 AM - 12.45 PM	MUSIC OCTOPUS TAG BLOCK SOCCER NEWCOMBE	COOKING GARGAR BALL OBSTACLE COURSE T BALL	DRAMA BALL TAG SOCCER HOCKEY	MASK MAKING CAPTURE THE FLAG SKITTLES DODGE BALL	SCIENCE FRUIT SALAD SOCCER CRICKET
12.45 PM - 1 PM	TOILET BREAK AND HAND WASHING				
1 PM - 2 PM	LUNCH				
2 PM - 2.15 PM	ROLL CALL				
SESSION THREE 2.15 PM - 3.15 PM	FREE CRAFT SILENT BALL KICKBALL SKITTLES	PAINTING LINE TAG SOCCER ATAG	STORY BOOKS POISON BALL SKIPPING AND HOOPS SKITTLES	GARDENING LINE TAG SOCCER BASKETBALL	PASTA JEWELLERY DEATH VALLEY SKITTLES NETBALL
3.15 PM - 3.30 PM	TOILET BREAK AND HAND WASHING				
3.30 PM - 4 PM	AFTERNOON TEA				
4 PM - 4.15 PM	ROLL CALL				
SESSION FOUR 4.15 PM - 6 PM	PLAY CENTRE MOVIE	PLAY CENTRE MOVIE	PLAY CENTRE MOVIE	PLAY CENTRE MOVIE	PLAY CENTRE MOVIE

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parenting \* ideas

# insights



WELLBEING AND MENTAL HEALTH



## 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

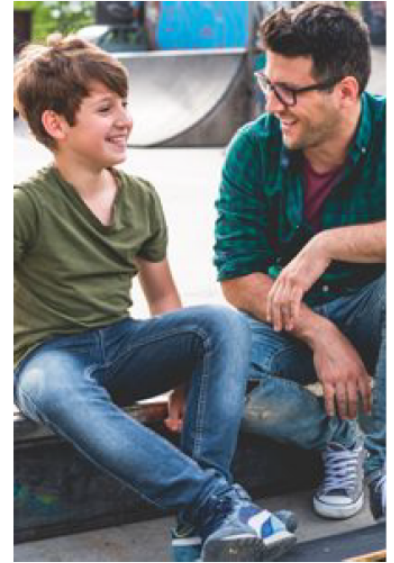
### Making a plan

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.*



# I was lost but now I am found



24th Sunday of Ordinary Time, Year C

## Gospel

Lk 15:11-32

Jesus said, '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 was only right we should celebrate and rejoice, because your brother here was dead and has come to life; he was lost and is found."

God wants us to know that he will always forgive us.

Draw yourself saying this prayer to God.

Dear God,  
help me when I turn  
away from you.  
You always call me back,  
help me listen to your  
voice. Give me the  
strength to  
forgive as you forgive.  
Amen.



## Complete the Text maze:

START

H	O	A	F	Y	U	H	K	T
E	W	H	T	A	N	O	W	H
J	A	P	R	N	D	R	S	A
R	S	S	T	A	E	E	B	T
G	L	O	F	S	N	F	S	U
O	A	C	D	P	T	O	U	R
D	P	Y	L	A	S	G	N	D

FINISH



"He was lost and now  
has been found."