



OUR LADY'S SCHOOL NEWSLETTER

13 September 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

And if he sins against you seven times a day, and returns to you seven times, saying, 'I repent,' forgive him. Luke 17:4

DATES FOR THE DIARY

Wed 12-Fri 14 Sept

Year 5 Camp

Fri 14 Sept

Parish Movie

Tues 18 Sept

Second Hand Uniform Sale
outside Canteen 3.15-3.45pm

Wed 19 Sept

Grade 3/4 Camp Night

Fri 21 Sept

*Our Lady's Show Day & Funds
For Farmers Fundraising Day*
End of term 3 at 3.15pm

Mon 8 Oct

Start of Term 4 8.45am

Fri 12 Oct

Parish Movie

Sun 14 Oct

Mission Sunday

Thurs 18 Oct

Confirmation Parent Night
with Dr Rev Elio Capra 7.00pm

Thurs 1 Nov

All Saints

Fri 2 Nov

All Souls

Mon 5 Nov

*Report Writing Day - No
School for the children*

Tues 6 Nov

*Melb Cup Public Holiday. No
School for the children*

Fri 9 Nov

Parish Movie

Mon 19 Nov-Fri 30 Nov

Swimming Program

Sat 24 Nov

Shopping Tour

SACRAMENTS

Confirmation (Year 6)

Fri 16 November 7.00pm



Dear Parent,

Now that Spring has arrived we ask all children to wear their school hats for snack, lunch and PE classes to make sure that they are protected from the harmful UV rays.



We have many children who attend After School Care each day. I have been working with CAMP Australia to make sure that the quality of the service delivered by the After School Care program is reflective of our high expectations. I appreciate parent feedback and communication at all times and thank those parents who take the time to let me know of any concerns they may have so that I can follow up and address these with the CAMP Australia staff.

A big hello from our Year Five Campers

They are having a wonderful time at Narmbool Environmental Camp. Yesterday the students had a tour of the Homestead that you can see in the picture, tested the dam's water quality, visited the shearing shed and climbed the escarpment.

Today the students will be involved in exploring sustainable practices as well as visiting an archaeological dig at Bowers and Aboriginal Silcrete Quarry site. Father Peter, Father Lucas, Mrs Carabott and myself will be visiting the campers today. We can't wait to see them!



Camp Prayer

Going on camp can be exciting. It can be scary too.

God our guiding light, you are protector of us all.

Help us to enjoy new places and new people and learn new things.

May we remember to treat one another with kindness and patience as we travel.
Bless us as we experience new things on camp. Bless us all as we enjoy our time together and keep us safe. We make this prayer through Jesus, our loving friend.

Amen





We need your help now to prepare for Our Lady's Parish School 100 Year Fete

As many of you know Our Lady's Parish School will be turning 100 years old next year. We are in the process of organising events to celebrate this important milestone in the life of our much beloved school. This week the Fete Committee met to continue planning and organising the Our Lady's Parish School 100 Year Fete.

You can help us in the following ways:

- Sponsorship
- Sharing your talents
- Donations
- Volunteering.

To make the School Fete a success we are looking for monetary sponsorship and donations of goods, vouchers, movie tickets etc that all can be used as prizes.

Do you or your family own a business who can sponsor us or donate a prize?

Do you work for a company that is willing to sponsor, or donate a prize to our event?

If you can support us in any of these ways please contact Michelle Hayes directly or via email parents@olsunshine.catholic.edu.au



OUR LADY'S 'FUNDS FOR FARMERS' CAMPAIGN

On Friday the 21st of September we will be having Our Lady's School Show Day. It will be a wonderful way to end the term with children enjoying an animal farm, entertainers in the playground, show bags and other exciting experiences.

I have had parents, staff and children raise their concerns about the severe drought that is causing so much distress and hardship for our farming families. We thought that it would be great to think of others less fortunate on our Show Day and take some action to make a positive difference.

Therefore we are reaching out to our community and asking for a monetary contribution on Our Lady's Show Day. Whatever you can will make a big difference to those farming families in desperate need.

The children will be allowed to come to the Show Day in casual dress or even better come dressed up as farmers to show their solidarity with the farming community for a money donation. Please donate as much as you can to help our Farmers.



The money we raise will go to the Buy a Bale charity. We thought donating money to buy urgently needed bales of hay to farmers so they can continue to feed their animals was a practical way to help. We spoke to the organisers and they explained a large bale would cost \$100 so we can easily let the children know exactly what their donations would be used for. The Buy a Bale volunteers explained that a farmer with 52-60 calving cows and 100 sheep would need two and a half bales every two days.

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au

Our Lady's school can be part of the solution! Make a difference by supporting our :
FUNDS FOR FARMERS CAMPAIGN





During iTime this term, Myumi and Georgia in 3E raised \$23.90 and collected:

***91 towels and blankets
for the Lost Dog's Home.***



Thank you to the OLPS community for all your donations!



SECOND HAND UNIFORM STALL

WHEN

**Tuesday, 18
September
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**



SATURDAY 15TH SEPTEMBER 2018
10AM UNTIL 12PM

COME & TRY DAY

Do you have a child between 5 and 16 years old who is interested in Athletics? Athletes will be able to participate in most of the events we offer. Bring your athlete along and have some fun and meet some of our athletes and coaches. Our fees are only \$165 for the year, this covers the summer and winter season (this fee includes Brimbank Multi Championship and Brimbank Championship Day) If you have any questions, please email.

brimbank@lavic.com.au.



**FAMILY, FUN AND
FITNESS**

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OCTOBER TO MARCH**

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AVAILABLE**

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TO TRY ATHLETICS IN
A FUN AND ENGAGING
ENVIRONMENT**

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STRONG FUTURES.

GENTLE HEARTS.

**ENROLMENTS FOR YEAR 7 2020 ONWARDS
ARE NOW BEING ACCEPTED.**

Limited places available for Years 8 - 12 2019.

Book your Open Morning tour of the school today!
Call **9363 1711** or visit **www.mariansw.catholic.edu.au** for more information.

Bus services available to Melton, Rockbank, Bacchus Marsh, Derrimut & Taylors Hill

insights

Teach your kids to SHRUG!

by Michael Grose



The secret to having resilient, confident and optimistic children is to teach your kids to shrug!

It was so irritating, yet so effective.

I'm talking about my boyhood mate Terry's habit of shrugging his shoulders whenever anyone teased him or tried to persuade him to their way of thinking.

'Hey Terry, you're a **&&&E@!' Shrug.

'Hey Terry, everyone says your ..*&&TR!'

Shrug.

'Hey Terry, I'm going to tell on you!' Shrug.

His nonchalance used to drive everyone nuts! So much so that he was rarely targeted for teasing despite the fact that he wasn't sporty, he wasn't cool and he was late maturing – all of which back then, as now, would put a boy in the 'to be picked on' category.

I thought of Terry recently when I was coaching a young person about how to respond to some schoolyard taunts.

This young person wore his heart on his sleeve, taking taunts and even witticisms too seriously for his own good. Unfortunately, some of his so-called mates used to enjoy seeing him become angry.

The best way to break this toxic cycle of taunt-react-taunt was for him to change his reaction.



So we did some coaching in the art of shrugging and before long my young charge was shrugging his shoulders, as if to say 'Whatever', and walking away at the first sign of a taunt.

Eventually he was channelling Terry so well that his nonchalance even began to irritate me.

Some things can't be ignored

Don't get me wrong. Kids cannot and should not ignore all negative comments directed at them.

There are times when they need to stand up and be counted. They don't need to be aggressive about it, but they

do need to be assertive from time to time. Sticking up for a friend, rescuing someone who is being taunted or even looking out for a sibling's best interests at school are times when children need to assert themselves rather than shrugging off a problem.

Kids practise on their siblings

Socially savvy kids know that some of the negative peer comments directed at them need to be ignored. However, this is quite a skill.

Ignoring comments and choosing your arguments is something many kids learn in their battles with siblings.

Those noisy sibling skirmishes that annoy the hell out of parents actually toughen kids up for the less-than-pleasant social interactions that take place in the schoolyard.

Interestingly, my boyhood mate Terry was the youngest of four brothers. I guess he would have perfected the art of shrugging out of sheer necessity.

So, if you have a sensitive child who wears his or her heart on their sleeve, or a child who reacts impulsively to both taunts and witticisms alike, you may wish to introduce the art of shrugging into their repertoire of responses.

How to create a good shrug

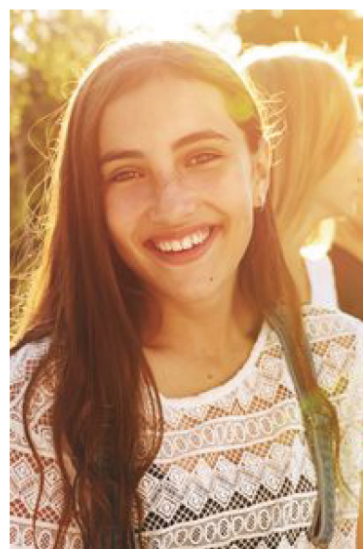
Kids can practise shrugging in front of the mirror so that they can see what a good shrug looks like. There are 4 ingredients:

1. A 'whatever' look.
2. A shrug of the shoulders.
3. A simple, non-combative, non-sarcastic line such as 'You may be right', 'Whatever' or 'I hadn't thought of that'.
4. A final breaking of eye contact that indicates that they are in control.

A word of warning

If you teach your kids to shrug, you need to be prepared for them to use this shrugging technique against you when you direct some criticism or constructive feedback their way. If they do, you'll find out how damn infuriating nonchalance (even when it's fake) can be.

Oh, and you'll be seeing a child or young person who is exercising a degree of personal power that, when used smartly, will increase their overall social effectiveness.



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.

Take up your cross and follow me



24th Sunday in Ordinary Time, Year B

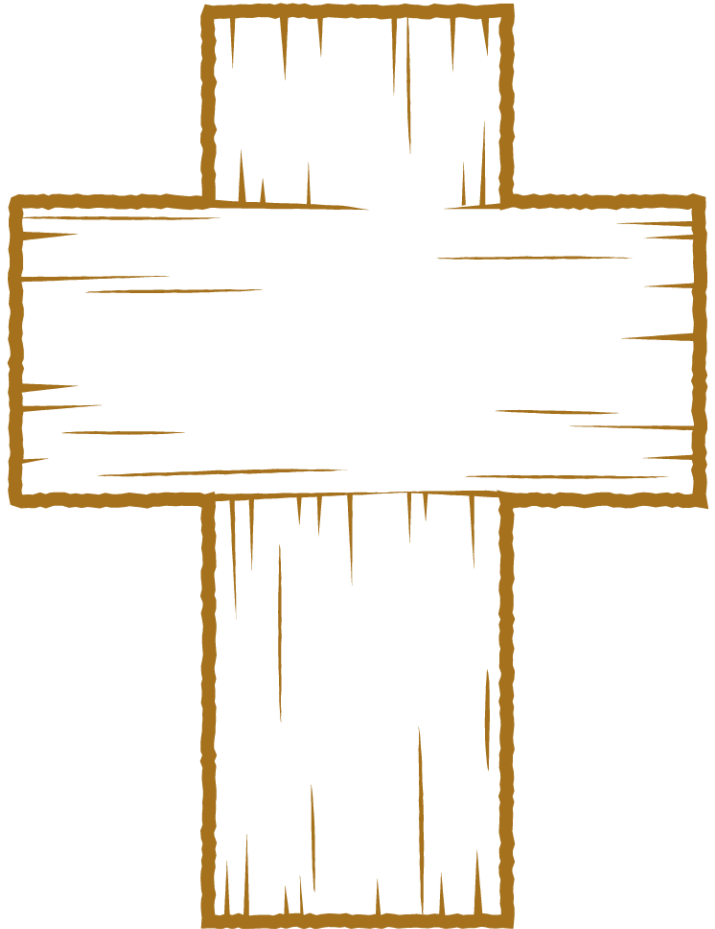
Gospel

Mk 8:31-35

Jesus began to teach the disciples that the Son of Man was destined to suffer grievously, to be rejected by the elders and the chief priests and the scribes, and to be put to death, and after three days to rise again; and he said all this quite openly. Then, taking him aside, Peter started to remonstrate with him. But, turning and seeing his disciples, he rebuked Peter and said to him, 'Get behind me, Satan! Because the way you think is not God's way but man's.'

He called the people and his disciples to him and said, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake, and for the sake of the gospel, will save it.'

Write on the cross some of the hard things you need to do if you want to follow Jesus.



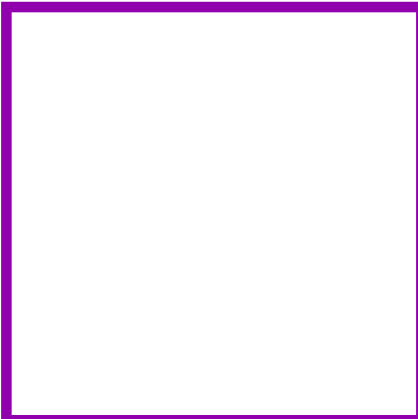
Help Jesus tell his disciples about what would soon be happening.

I must go to the city of Jerusalem...

...where people will make me suffer and I will be killed.



Draw Jesus entering the city on the donkey



Draw Jesus suffering on the cross



Write what Jesus tells the disciples next