

The Kingdom of God is like a mustard seed, which is the smallest of all seeds on earth. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds can perch in its shade. Mark 4:31-32

DATES FOR THE DIARY

Mon 16 Sept Wellbeing Comfortable Casual Day
Fri 20 Sept End of Term 3 at 1.00pm. Casual Day
Mon 7 Oct Start of Term 4 at 8.35am
Thurs 10 Oct 9.00am Yr 6 Graduation Photo
Mon 14 Oct Yr 6 BluEarth Transition Activities St Theresa's Albion
Mon 14 Oct Years 1&2 Camp Activities 3.10-4.30pm
Wed 16 Oct Staff Time in Lieu Day - No School for the Children
Fri 18 Oct Yr 6 BluEarth Transition Activities St Theresa's Albion
Fri 18 Oct Yr 1 Mad About Science Incursion
Mon 21 Oct Yr 2 Mad About Science Incursion
Fri 25 Oct Day for Daniel
Mon 28 Oct Yr 4 Mad About Science Incursion
Wed 30 Oct Yr 3 Mad About Science Incursion
Wed 30 Oct Years 3&4 Camp Activities 3.10-7.00pm

PUPIL FREE DAYS

Wed 16 Oct Staff Time in Lieu Day - No School for the Children
Mon 4 Nov Professional Practice Time for Staff- No School for the Children
Tues 5 Nov Melbourne Cup Public Holiday

END OF YEAR 2024

Tues 17 Dec Students finish for 2024 at 1.00pm

START OF 2025

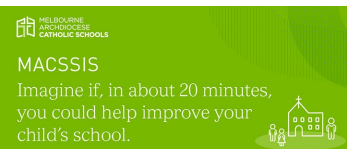
Tues 28 Jan Staff Return
Wed 29 Jan Getting To Know You & Your Child Day 1 Yrs 1-6, Foundation at school 8.35-1.00
Thurs 30 Jan Getting To Know You & Your Child Day 2 Yrs 1-6, Foundation at school 8.35-1.00
Fri 31 Jan Classes start for all (F-6)

Dear Parents and Carers,

This will be the last newsletter for Term 3 as next week I will be going on Long Service Leave for the whole week and Christine Carabott (Deputy Principal and Student Wellbeing Leader) will be taking a week of carer's leave. We are very fortunate to have a very experienced and capable leadership team to look after the running of the school. Tania Cuni (RE/Learning and Teaching Leader) and Anna Kalc-Smyth (Numeracy Leader), two senior leaders with vast experience will be sharing the role of Acting Principal. Both Tania and Anna have been in charge of the school on numerous occasions when both Christine and I have been away so they are very experienced in managing a school.

If you have any issues you need to raise with the school while Christine and I are away you can contact either Tania or Anna via the school telephone 93122230 or via their email address: tcuni@olsunshine.catholic.edu.au or akalcsmyth@olsunshine.catholic.edu.au

A reminder that if you have received a MACSSIS Survey it is open till Friday the 20th September. Thanks to those families who have completed the survey already but we need more families to complete the survey in order to gain a broader parent perspective and feedback about our school. The survey, which is completed by students in Years 4-6, staff and families, is a great opportunity for members of the school community to share their thoughts about our school and contribute to future planning so that we can continue to improve. We invite you to take 15-20 minutes to share your thoughts. John Buttigieg our Digital and Design Technology Leader has sent out a reminder note to those who have yet to fill in the survey.



In the newsletter I have included many photos of Monday's Tarantella Dance Workshops. As the photos show the children had a wonderful time learning this traditional Italian dance. They also enjoyed a small tub of vanilla ice-cream each to complete the Italian focused day. A big thank you to Matteo Maccio for organising this day.

This year our annual Show Day events will be celebrated over the last 2 days of Term 3.

On Thursday the 19th of September the Parents and Friends have organised for the children who have ordered pizza and popcorn on the QKR App to



A Prayer For Quiet Times

Sometimes I am quiet, sometimes I hide away
 But you are always there, God, You're with me everyday.

I like it when it's quiet, it makes me feel OK
 I know you understand me in my own special way.
 I know some people find it hard, to see the real me
 But you always can, all the time, right inside you see.

Thank you, God, for quiet, thank you for being still
 Thank you, God, for seeing me, I know you always will.

'Everyone, be silent! The Lord is present and moving about in his holy place.' Zechariah 2:13

receive their orders. We have also organised for a farm animal Petting Zoo to visit our school as well as 2 roving entertainers who are circus performers and magicians called Amazing Hazel and Mr Marvel. We hope this will give the students a fun and exciting end to the school term.

Casual Clothes Day

The last day of Term 3, Friday the 20th of September will be a **casual dress day (no donation needed)**. The Parents and Friends will distribute showbags to take home to those students who have ordered them.



The building is progressing to schedule. The builders will be continuing to put up the pinboards and whiteboards next week. Much work has been done to establish the garden beds, mulch areas and the work will continue on the playground. This will also include an irrigation system, a rain garden and a large shade sail over the whole area.

During the second week of the holidays the furniture will arrive and all the technology will be installed. It is so wonderful to see that the building is almost completed.



Term 4 Summer Uniform

As we start Term 4, we move across to our summer uniform. We allow a two week grace period as we know the weather in October can still be fresh. However, students are able to come to school in their summer uniform commencing the start of Term 4.



The last assembly for the term will be online at 12.30pm next Friday. As always we invite all parents to join us for our last Assembly for Term 3 next week.

Reminder that the students will finish school at 1.00pm next Friday 20 September. All children will still need lunch next Friday.

Wishing the Our Lady's school community a safe and happy school holiday break. Hopefully we get lots of lovely Spring weather and can enjoy being in the outdoors.

See you all on Monday 7th of October when Term 4 commences.

Warm regards,

Patrizia Bertani

Ms Patrizia Bertani

Principal

principal@olsunshine.catholic.edu.au





FI

Eve - For being a Self-Manager when writing and independently recording your message. Well done Eve, keep up the fantastic work!! *From Miss Seona*

Akain - For being persistent when practising your handwriting. You are taking teacher feedback and using it in your writing. Well done, Akain! *From Miss Seona*

FJ

Bianca - For displaying the Learning Asset Thinker in Discovery. You showed such creativity when you made cat paws out of paper. Well done, Bianca! *From Miss Wendy*

Grace - For being a wonderful Collaborator. You are great at listening to the ideas of others, and you showed this when you worked with another student to make a message in a bottle, and an ocean for it to go in. Fabulous work Grace! *From Miss Wendy*

1K

Ren - for working hard and staying focussed on your FLI project. I can't wait for you to share your masterpiece with everyone! *From Ms Shai*

Oliver - for being so motivated and continuing on with your writing piece over multiple days. You're a good Self-Manager! Keep it up! *From Ms Shai*

1L

Rex - For showing the Our Lady's Gospel Value of Compassion when noticing that another student didn't have someone to sit with during eating time and offering to sit with them. Well done! *From Miss Scarlett*

Eliseo - For settling back into Our Lady's so well! You are an amazing addition to our classroom. Welcome back! *From Miss Scarlett*

2M

Rose - For your big improvement in using different addition and subtraction strategies to help you solve maths problems. You should be extremely proud of yourself! *From Ms Rochelle*

Klara - For the constant kindness and support you show to the people around you. This is truly special to see. *From Ms Rochelle*

2N

Aman- For being a self manager during Writing, you were able to write simple sentences. Keep it up! *From Ms Robles*

Ethan- For challenging yourself when you wrote a simple description about the classroom. Keep it up! *From Ms Robles*

3E

Tia T - For your creative thinking when exploring ways to express the message of the Parable of the Net through puppetry! *From Ms Steph*

Hamish M - For writing a captivating book review that was descriptive and compelling! I loved the adjectives you used to make your writing pop! *From Ms Steph*

3F

Isaiah M- For displaying you are a Self-Manager by staying on task and writing an insightful Book Review. Great work! *From Ms Christine & Mrs Majczak*

Chanel C- For demonstrating the Our Lady's Gospel Value of Courage when you stood up to say thank you to the AFLW players on behalf of all the Year 3s. Thank you! *From Ms Christine & Mrs Majczak*

4G

Mila M - for the positive energy you bring to your learning everyday! Even when things are challenging, you persevere

and use a growth mindset! *From Ms Karen & Mrs Mendoza*

Akoldh N - for the active participation you have shown during our reading groups. Well done sharing your ideas and making connections with the text.

From Ms Karen & Mrs Mendoza

4H

Lucrecia- For having a wonderful transition back at Our Lady's. You are a focussed, hard working, kind student and it's great to have you back! *From Ms Rebecca*

Ijay- For displaying a positive mindset and showing a growth mindset with your learning. Your Maths and Writing have definitely improved. Keep it up! *From Ms Rebecca*

5C

Louisa Jane-For displaying the Learning Asset of Self-Manager, by effectively organising yourself for learning and giving your best in all you do. Great job! *From Ms Huyen*

Oliver- For taking on feedback and showing great improvement in your handwriting. Keep it up Ollie! *From Ms Huyen*

Helena-For displaying a growth mindset and positive attitude towards your learning. Well done! *From Ms Huyen*

Archie-For demonstrating what a great Thinker you are when you give reasons for your answers in Maths. Super effort Archie! *From Ms Huyen*

5D

An - For working hard in Maths to improve your skills and rise to the challenge when given more difficult questions. Well done! *From Ms.Gurry*

Jacob - For consistently communicating with the teacher by asking questions or clarifying instructions. Keep it up! *From Ms Gurry*

Hanna - For displaying Our Lady's Gospel Values of Compassion by showing kindness to others and making sure they are looked after when they need it. *From Ms Gurry*

Emily - For consistently being a focussed, kind and hard-working collaborator! Keep it up! *From Ms. Gurry*

6A

Henry- For living out the School Gospel Value of Respect through his polite and well mannered nature. *From Mr Wickham*

Will- For showing initiative and leadership by stepping up and taking responsibility for the setting up of the Lego equipment. *From Mr Wickham*

6B

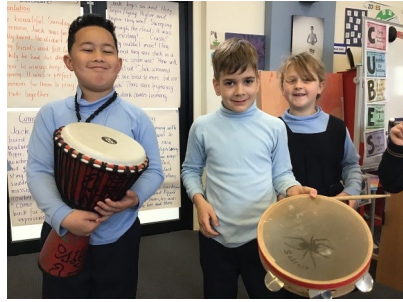
Bailey - For demonstrating the Our Lady's gospel value of courage on Leadership Day by listening attentively to our speakers and asking meaningful and well-thought-out questions. *From Mrs Belinda & Ms McManus*

Lily - For writing and delivering a wonderful thank you speech on Leadership Day, effectively summarising and highlighting the key advice and learnings from the session. *From Mrs Belinda & Ms McManus*



1K: Henry W
2M: Sienna D
2N: Angela A
3E: Emily K
3F: Ethan H
6A: Peter D
6B: Kloe N







PJ casual day



On Monday 16th September, we will be having a fun dress up day, where you can come to school in you PJ's, jeans, or comfortable clothes.



No donation is needed

After Break 2, all the students and teachers will be doing a relaxing mandala colouring sheet, while calming music will be played. We look forward to seeing you dressed up on Monday!



Organized by the Wellbeing Committee

Matilda, Adele, Lily, Kayla,
Anna & Mrs Carabott



ST MARY MacKILLOP AWARD

Congratulations to the recipients of our St Mary MacKillop Award for September 2024.



Congratulations to:



Kathy B FJ



Holly B 6B

Congratulations!

SPORT NEWS

On Tuesday the 10th of September, 21 students (listed below) represented the Sunshine District at the Division Athletics held at Keilor Athletics track.

The students did so well representing Our Lady's with a special mention going to Neveah M, Dylan T and Louise N for coming third in their events.

A special congratulations to Ethan N who came first in the discus and Helena L for coming second in the 100m sprint. Both Ethan and Helena will move onto the Regional finals to be held in October.

Well done to all athletes!

Dylan T (4H)	Louise N (4H)	Ben B (4H)	Joanne H (4H)
Akoldh N (4G)	Garang M (4H)	Ethan N (4G)	Oliver S (4G)
Thien N (5D)	Emily N (5D)	Jesse D (5C)	Helena L (5C)
Andi M (5C)	Henry A (6B)	Delilah T (6A)	Ayce F (6A)
Holly B (6B)	James N (6A)	Nevaeh M (6A)	Peter D (6A)
Angeli C (6A)			



Show Day at Our Lady's 2024

As part of our *Show Day* celebrations on Thursday 19 & Friday 20 September (last days of term 3) all children are able to purchase a bag of popcorn, a slice of pizza for lunch and a show bag to take home.

Pizza and Popcorn will be served on Thursday 19 September.

**Showbags will be given out to take home
on Friday 20 September.**

All orders must be placed via our QKR app.

Showbags are \$6.00 - \$7.00 each

Slices of pizza Margherita or Hawaiian (GF available) are \$3.00 each.

Popcorn is \$1.50 each

Orders close on MONDAY.

No late orders can be accepted. No cash orders can be accepted.

Show bag numbers are limited, so get in quick to get your favourite.

If a show bag is not listed on QKR it has sold out.



Trolli

\$7.00



Zappo

\$7.00



Mega Fizz

\$7.00



Dairy Milk

\$6.00



Freddo

\$6.00

PREPARATIONS FOR 2025

As we are beginning our preparations for 2025 we ask that parents let us know as soon as possible if their child/ren are not returning to Our Lady's next year. We have had many inquiries about places for 2025 and we need to let these parents know if there are places for their children. We currently have a waiting list for Prep and we have had several enrolment enquiries coming in for the other year levels.

If your child is not returning in 2025 (NOT OUR CURRENT YR 6 STUDENTS) please complete the form below and return it to the office. It is vital that you return this form as soon as possible. *Thank you.*

Children NOT returning to Our Lady's School in 2025

Family Name: _____

Child/children's names

1. _____ 2024 Grade: _____

2. _____ 2024 Grade: _____

3. _____ 2024 Grade: _____

Name of our new school: _____

And / Or

Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible



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Sunshine North Primary School





Low Effort, High Pay-off Parenting

Parents of today parent more intensively than any other generation of parents. Here's what I mean by that:

A thousand years ago, the question parents were asking wasn't "Will my kids enjoy these homemade protein balls?" Instead, it was, "How do I find food to feed my family?" (Although with the current cost of living crisis, maybe we're asking that a little more again today).

A couple of hundred years ago, the question wasn't "Will my 9-year-old like their book week costume?" It was, "Should I send my 9-year-old to work in the local coal mine?" Now today's parents ask, more than ever before, "How can I be a 'good' parent?"

Parenting entered the dictionary as a word in 1918. It's only been a touch over 100 years. But even then, the idea of parenting being something that we "do" only began to be emphasised from around the late 1970s. Before that, you were a parent (*noun*), but you weren't particularly focused on how you parented (*verb*).

Now, there are literally hundreds of parenting books on the shelves. Parenting is intense. Fetishised. Even competitive.

Research is telling us that many parents feel overwhelmed or even burnt out.

The good news is that we can scale back our efforts without it being detrimental to our kids. We can also make tiny adjustments that can have a big impact.

The Pareto Principle (better known as the 80/20 rule) is how this works... although I think after this we should start calling it the Parento Principle! This principle, first observed by the economist Vilfredo Pareto, states that 80% of the outcomes stem from only 20% of the effort. In other words, by focusing on a handful of low effort, high pay-off factors, we can prioritise our efforts and focus on what matters most.

Here are a few simple swaps you can make

These require little to no extra time or planning, and that can maximise the impact we have as parents.

1. Swap out the vague and uninspiring question “How was your day?”

- You know that they only ever grunt back “fine” anyway. Instead, swap in questions that invite them to really talk about their day. You can ask them to tell you two good things and one bad thing that happened that day. Or play a guessing game where you try to guess what each other’s favourite moment of the day was.

2. Swap out the guilt you have for not spending time with your kids

- Swap out the guilt you have for not spending time with your kids while you are at work or attending to other responsibilities. Guilt without action doesn’t help anyone. Instead, swap in 10 minutes of being completely present each day. Turn off your phone, put down the to-do list, and spend just 10 minutes completely engaged with your child.

3. Swap out trying to enforce dozens of rules

- No one enjoys being micromanaged. Instead, swap in having a family meeting to determine a handful of general rules that address safety, respect, and other important values. Simple rules such as, “we don’t hurt people or property” and “we choose to spend time together” can capture most situations, and determining how the rules apply supports your child’s developing autonomy and competence.

4. Swap out pressuring your child to do homework or study for a test

- They’ll do much better educationally if their motivation for completing these tasks comes from within. Instead, swap in reading together in the evenings. Being exposed to lots of books is one of the most impactful things we can do as parents to support our children’s learning.

5. Swap out listening to music or sitting together in silence on your drives

- While singing along to Taylor Swift together can be bonding, there’s something even better you can do on occasion. Instead, swap in having discussions about crucial topics. The car can often feel like a non-confrontational place to have discussions about what it means to be kind, how to approach bullying, and what consent means.

We don’t need to parent harder. We need to parent smarter. By balancing efficiency and effectiveness, we can be the best parents we can be, without burning ourselves out in the process.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine’s Parental Guidance, and he and his wife host Australia’s #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.



Take up your cross and follow me

24th Sunday in Ordinary Time, Year B



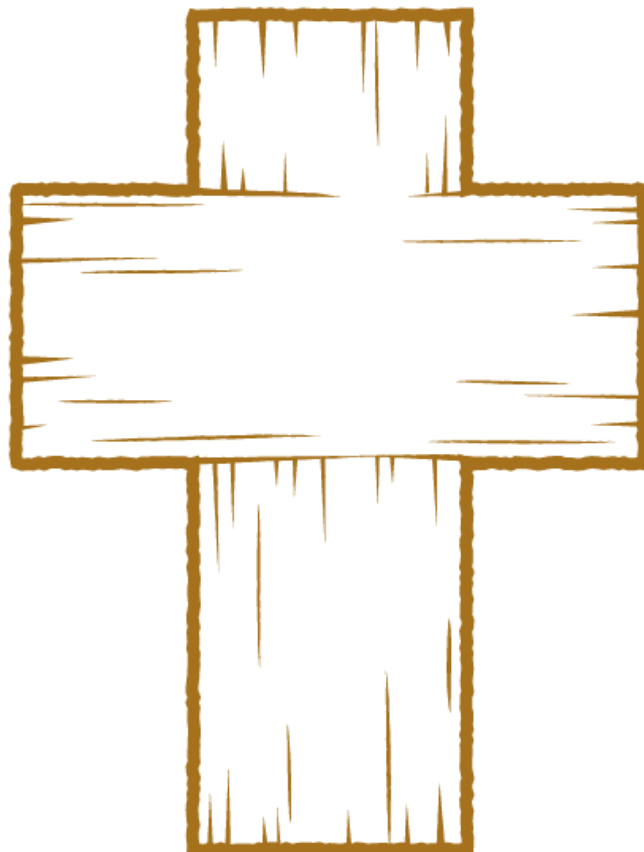
Gospel

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.'

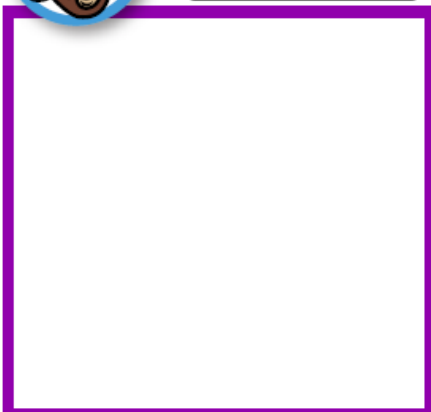
Write on the cross some of the hard things you need to do if you want to follow Jesus.



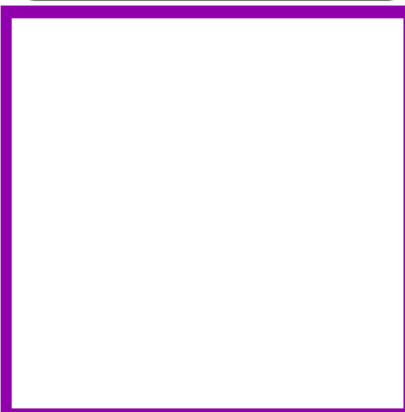
Help Jesus tell his disciples about what would soon be happening.

I must go to the city of Jerusalem...

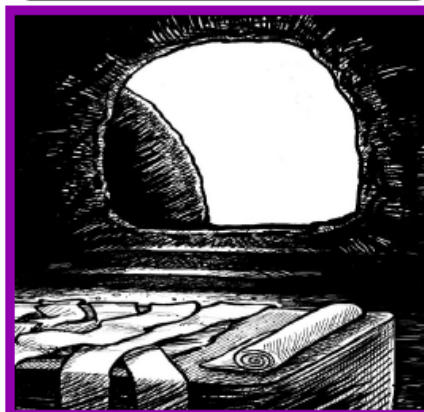
...where people will make me suffer and I will be killed.



Draw Jesus entering the city on the donkey



Draw Jesus suffering on the cross



Write what Jesus tells the disciples next