



OUR LADY'S SCHOOL NEWSLETTER

8 September 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
Chin Hakha/Burmese: 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

'Ask and it will be given to you; search and you will find; knock and the door will be open for you.' Matthew 7:7

DATES FOR THE DIARY

Wed 6-Fri 8 Sept Year 5 Camp
Fri 8 Sept Aussie of the Month Assembly
Thurs 14 Sept Show Day Performers and Petting Zoo
Fri 15 Sept Show Day at Our Lady's! Green & Gold Casual Day.
End of Term 3 at 1.00pm
Mon 2 Oct Start of Term 4 at 8.35am
Yr 6 Confirmation Reflection Day St Joseph's By The Sea
Wed 4 Oct Yr 6 Graduation Photo
Wed 11 Oct Years 1-2 Camp Activity 12.00-4.30pm
Thurs 12 Oct Year 6 Leadership Day
Tues 17 Oct Community Classrooms 3.00-4.00pm
Tues 24 Oct Whole school dance rehearsals at Quin Auditorium
Wed 25 Oct Dance Performance 'Let Your Light Shine' 6.30pm at Quin Auditorium CCCC
Fri 27 Oct Day for Daniel
Mon 6 Nov Professional Learning Day (Report Writing). No school for the students
Tues 7 Nov Melbourne Cup Day Public Holiday
Mon 13-Fri 24 Nov 10 Day Swimming Program

PROFESSIONAL LEARNING DAYS - PUPIL FREE DAYS
Mon 6 Nov: Report Writing

Dear Parents,

It is hard to believe we are at the end of week 9 and have one more week left of Term 3!

As we write our weekly newsletter, it is always exciting to share the wonderful learning experiences and opportunities that are provided at Our Lady's. For that we have much to be grateful for. On Tuesday, 17 of our students went on to compete in the District Athletics. Ms McManus has shared the results in this edition on page 4. Thank-you to all 17 students who represented our school so well.



We have also had our Year 5 students on a two night-3 day camp at Narmbool. A huge thank-you to Mr Membrey, Ms Gurry, Mr Wickham, Ms McManus, Ms Robles and Dean who ensured the camp experience was a successful time for all our Year 5 students. Our Year 5 campers had a great time away, however due to the very strong winds in Elaine, the decision was made for the students to leave the camp a little earlier than anticipated. Safety always comes first. We will have more photos in next week's newsletter.



I have some EXTREMELY exciting news to share with you all.

On Monday, Mary-Anne and I attended a building meeting onsite with a representative from our architects, our building leader from MACS and our newly appointed builders. **MELBCON** have been successful in their tender application and are well renowned builders. Throughout next week and the school holidays, we will see work officially commencing. When we return after the holidays, it will be so exciting to see things going ahead!

Melbcon will obviously be adhering to their protocols, the first being to use their own portables as work offices and a lunch room. Therefore, you will see the removal of the current work spaces and Melbcon's spaces being installed over the coming weeks. This is so exciting for our community given the major obstacles we have had to endure.



Teach Us Prayer

We pray to God to help us. We have so much to learn.

We are called to serve others as Jesus was the servant of all. We ask Jesus to teach us how to love.



Help us to love others without counting the cost. Help us to listen to other people instead of doing all the talking. Help us to be people of hope and to share that hope with others. Help us to care about others instead of just ourselves. Help us to give to others the gifts we have been given to share.

We must open our hearts and our lives to the needs of other people in our world.

Amen

2024 CLASSES

For the past couple of weeks, we have been writing to you regarding the staff commencing the organisation of our 2024 classes.

The class structure for 2024 will not change; we will still maintain two classes for each year level. None of the classes will be composite; they will all be straight classes from Foundation to Year 6.

If you have any educational concerns about your child's placement for 2024 you will need to communicate these to the Principal in writing via email on principal@olsunshine.catholic.edu.au by Friday 15 September 2023. It is essential that all emails have been received by that date, for any requests to be considered.

As we are planning for 2024, we ask that parents let us know as soon as possible if their children are not returning to Our Lady's next year. We have had many inquiries about places for 2024 and we need to let these parents know if there are places for their children.

If your child is not returning in 2024 (apart from our current year 6 children) please fill out the form that came home this week (on yellow paper) and return it to the Office. Thank you for your cooperation.

DANCE COSTUMES

Thank-you to all the parents that have been sending in the white clothes your child will be wearing for our dance concert. Just a reminder that all students will need to be dressed in white and NO other colour for their dance performance. We ask if parents can put the clothing items into a bag with their child's name clearly marked on the bag and then get your child to take the bag to school to their class teacher. If you need any support to create a costume please speak to your child's teacher.



Here are some ideas and examples of clothing to create a costume: T-shirts, shorts, skirts, leggings, trousers, lab coats, white fabric to use as belts, head bands etc.

Regarding the shoes the students need to wear, Andy does prefer the **runners/sneakers to be light coloured or a plain solid colour**, rather than bright patterned runners that will stand out on stage.



SHOW DAY

For many years it has been tradition for the school and the P&F committee to provide a fun Show Day experience for the students at the end of Term 3. We will be doing something similar this year. On Thursday,

SHOW
TIME!

the school have organised a petting farm to be at school so that all students will spend some time with the animals. All students come to school in normal uniform. Throughout break 2, we have organised some enjoyable children's entertainers to be around the yard.

On Friday the P&F committee will be busy fulfilling all the food and showbag orders. A huge thank-you to all the members of the P&F Committee for providing these opportunities for families to order so the children can have a bit of extra fun.

A huge thank-you to all the families who have supported all the show day orders. A terrific team effort all around!

On Friday, the children will be invited to wear casual clothes with a green and gold theme — more information on the next page!

THANK YOU
SO MUCH
YOU ARE VERY MUCH APPRECIATED!

Friday 15th September—GREEN & GOLD CASUAL DAY

I would like to take this opportunity to thank one of our students who put his thoughts in writing, shared his email with the school leadership team and met with me during the week to discuss his proposal. As we know, for many weeks, so many Australians and others around the world were following the Matildas. Xavier in 4G wanted to take his thoughts further to acknowledge the team and all they have accomplished. Congratulations to Xavier for thinking of an idea and following the process through.



Words from Xavier:

I strongly believe in having a green and gold day for the Australian Matildas because it is important to show support to them. They are our best soccer team and it would be great to acknowledge how far they have come. They haven't made the semi finals in history!

To start off, the Matildas are our best Aussie soccer International team and in my opinion they are our golden girls.

Secondly, I think it'll be sad if Our Lady's School didn't celebrate the Matildas because they have come back from injury and have come back better than ever before.

Last but not least, I want Australia to recognise and acknowledge that the Matildas have worked hard and trained for the FIFA Women's World Cup and have sadly lost to England but they have had many great moments during this tournament. In conclusion, I think the idea of having a green and gold day for the Australian Matildas will be fun and a thoughtful way to support the Matildas and their FIFA achievements.



On Friday, being Show Day and the last day of term, all students are invited to wear casual clothing. **We are calling it our Green and Gold Casual Day, combining Show Day and acknowledging the Matildas.** Of course, if your child does not have green or yellow/gold clothing or accessories, they are able to come in comfortable casual clothes.



Also a reminder that we will finish at 1:00pm next Friday 15 September for our last day of Term.

Our online assembly will be at 12:30pm next week and we hope many of you will join us, as you do every week!

Wishing you all a lovely weekend and we look forward to seeing you in Week 10!

Yours sincerely,

Christine Carabott

Mrs Christine Carabott

Acting Principal

ccarabott@olsunshine.catholic.edu.au



Fl: Elena B, Henry W
2N: Jayden L
4G: Lincoln B, Mason M
4H: Angelina P
5D: Ethan N, Kloe N
Staff: Connie

DIVISION ATHLETICS NEWS

On Tuesday 5th September, 17 students competed in the Division Athletics at Keilor Athletics Track. The students represented the Maribyrnong Division in a number of different events.



The following students have now made it through to the regional athletics to be held on Tuesday 17 October at Keilor Athletics Track: *Van R, Aria W, Harrison B and Jesse D.*

Congratulations to all the students who competed and represented Our Lady's.

Our Lady's Division Athletes:

Jesse D (4H) Emily N (4H) Helena L (4H) Ngun P (4H)

Henry A (5D) Delilah T (5D) Andrew T (5C) Ayce F (5C)

Sam A (6A) Aquelly L (6B) Will F (6B) Aria W (6B)

Van R (6B) Natalie H (6A) Cade A (6B) Gabe M (6A) Harrison B (6A)



YEAR SIX LEADERSHIP BADGES

"The greatest among you will be your servant." Matthew 23: 11

"For even the Son of Man came not to be served, but to serve others" Matthew 20:28

The Year Six Student Leadership Badge is awarded to students who show leadership based on the Servant Leadership Model as lived by Jesus, serving others before self. This model has been lived out by the saints, including Mary MacKillop who said, "Never see a need without doing something about it."

The Leadership Badge is awarded for consistent, sustained and purposeful leadership within the classroom, on the playground and in all school activities such as interschool sport.

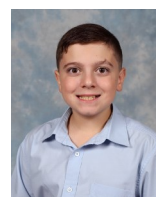
Congratulations to:



Sam A



Ryan L



Dean Z



NEW MENU COMING SOON

TERM 4 NEW MENU ITEMS

Nubia and Connie have been busy researching, making and getting taste testing done for some new items for the Canteen for Term 4.

Keep an eye out after the holidays for:

WEDNESDAYS

Fish Fillet Wrap with mayo & lettuce	\$4.00
Fish Finger Sub with mayo & lettuce	\$4.00
Fish Fillet No Wrap	\$3.00
Fish Fillet No Wrap + Summer Salad	\$6.00



THURSDAYS

Roast Chicken Roll with mayo, lettuce and carrot	\$4.50
Chicken Tenders (classic crumb or sweet chilli)	\$3.00
Chicken Tenders (classic crumb or sweet chilli) + Summer Salad	\$6.00
Chicken Burger with mayo and lettuce	\$4.00



WEDNESDAYS, THURSDAYS AND FRIDAYS

Summer Salad (cucumber, beetroot, tomato, lettuce & carrot)	\$4.00
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Let Your Light Shine: An Our Lady's school Dance Extravaganza

Dance concert: Wednesday 25th October 2023

***Our dance concert that you have been preparing for is coming up!
We are in the process of preparing a Concert booklet and need your
help to design the front cover.***

***So, we are running a competition. The winner will have their
artwork as the front cover for our school dance booklet.***



You will need to meet the following criteria to be able to enter:

- The title 'Let your light shine' needs to be a feature***
- Hand drawn original artwork (no internet images allowed)***
- Artwork to symbolise the title***
- Your work needs to be on an A4 portrait page***
- Please write your full name and grade at the back of your drawing***
- Hand your entry into the office by Wednesday 4th October***

Staff will decide the winner ready for printing.

PREPARATIONS FOR 2024

As we are beginning our preparations for 2024 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 2024 and we need to let these parents know if there are places for their children.

If your child is not returning in 2024 (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.

Children NOT returning to Our Lady's School in 2024

Family Name: _____

Child/children's names:

1. _____ 2023 Grade: _____

2. _____ 2023 Grade: _____

3. _____ 2023 Grade: _____

Name of our new school: _____

And if moving addresses:

Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible

Show Day at Our Lady's! **Friday 15 September**

As part of our *Show Day* celebrations on Friday 15 September (last day of term 3) all children are able to purchase a bag of popcorn, fairy floss, a slice of pizza for lunch and a show bag to take home.

All orders must be placed via our QKR app.

Showbags are \$7.00 - \$8.00 each

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

Fairy Floss and Popcorn are \$1.50 each

**Orders open now and close on
Wednesday 13 September.**

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



Emoticon



Tricks and
Jokes



Unicorn

\$8.00

Show bag contents are also listed on QKR.



Community classroom

When: Tuesday 17th October

Time: 3.00pm-4.00pm

Where: In every classroom!





★ TERM 4 IS COMING ★ ★ LET'S GET EXCITED! ★

We're preparing our Outside School Hours Care service for a sparkling new term that'll have you jumping for joy! When you walk into our service on site at school, you'll be greeted with a team who excel in making children feel safe, comfortable and happy!

LOOK FORWARD TO THE NEW TERM WITH...

Dramatic Play

Creative Learning

Arts & Crafts

Sports & Active Games

Reading & Relaxation

★ **And so much more!** ★



Make your bookings 14 days in advance and receive the Early Bird Rate for Term 4 at extend.com.au

INSIGHTS

Parenting for emotionally healthy kids



Most people steer clear from using destructive, toxic parenting strategies for fear of raising dysfunctional, emotionally unhealthy adults. Living vicariously through your kids or using fear to gain obedience are the types of strategies most parents avoid. So, what behaviours can parents practise that will help their kids function well, relate well to others and reach emotional maturity in adulthood? These behaviours will help you lay the foundation for your child to become an emotionally healthy adult.

Helping kids tolerate discomfort

While you don't need to expose kids to pain just for the purpose of toughening them up, you don't need to shield them from discomfort. Missing being picked for a team, a friend moving away and sitting a test that makes them nervous are the types of situations that reflect real adult-life. Providing children and young people with exposure to such experiences and giving them coping strategies such as positive distraction builds their resilience, which is essential for success and good mental acuity.

Validating their feelings

Telling kids to stop worrying or stop crying sends a message that emotions are bad. It teaches them to hide their emotions or fight their feelings. Similarly applying the terms 'good' or 'bad' to emotions sends a message that some emotions are not acceptable. The use of terms 'pleasant' and 'unpleasant' when discussing emotions is non-judgemental and shows your acceptance of all feelings. Let kids know through your language and behaviour that all emotions are a natural part of life, and that they provide important information to help them navigate their world. "Ahh! I see you feel upset about this" is the type of statement kids want to hear particularly when feelings are negative.

Letting kids live their own life

Parents have unrealised dreams as well as unhealed emotional scars. It can be tempting to put your own emotions onto your child or steer them away from areas of life that caused you pain. This practice places enormous pressure on children and restricts them from developing their own sense of self that comes from making your own life choices and living with the consequences. Kids require a certain amount of emotional space to develop their own interests and strengths that may be at odds with your expectations, which can be challenging when parenting small families.

Being emotionally available

One of the most difficult and time-consuming aspects of parenting is sharing a child or young person's emotional burdens. Supporting a child who is sad, or helping a young person manage disappointment is draining emotional labour, requiring your full attention. Supporting, coaching and coaxing kids when they are down is when parents do some of their most important work.

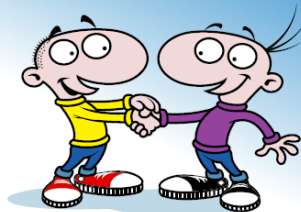
In closing

Raising children and young people to reach emotional maturity is an often (unintentionally) neglected part of parenting. By paying attention to their emotions and responding positively rather than shutting them down when their emotions get the better of them you will help lay the foundation to live healthy, balanced lives.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World* and *Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



Talk to those who do wrong by you

23rd Sunday in Ordinary Time, Year A

Gospel

Matthew 18:15-20

Jesus said to his disciples: 'If your brother does something wrong, go and have it out with him alone, between your two selves. If he listens to you, you have won back your brother. If he does not listen, take one or two others with you: the evidence of two or three witnesses is required to sustain any charge. But if he refuses to listen to these, report it to the community; and if he refuses to listen to the community, treat him like a pagan or a tax collector.

'I tell you solemnly, whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.

'I tell you solemnly once again, if two of you on earth agree to ask anything at all, it will be granted to you by my Father in heaven. For where two or three meet in my name, I shall be there with them.'



How did Jesus treat sinners?

Matthew was a tax collector and was disliked by many people. Jesus shared a meal with him and other sinners.

Matthew became a disciple of Jesus. *Mt 9:9-13*

Draw Jesus sharing a meal with Matthew and his friends

A woman who had sinned was brought before Jesus.

The pharisees wanted Jesus to condemn her, but instead Jesus forgave her sins. *Jn 8:2-11*

Write a short prayer asking God to forgive our sins

Dear Lord, _____

_____ Amen.

Jesus wants us to be peacemakers

When someone does wrong things against me,
I can be a peacemaker by....

When I do wrong things against someone,
I can be a peacemaker by....

A rich man named Zaccheus climbed a tree to get a better view of Jesus. People became upset when Jesus decided to be a guest at Zaccheus' house, but Zaccheus was so happy he gave half his possessions to the poor.

Lk 19:1-10

Draw Zaccheus in the sycamore tree