



You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself. Luke 10:27

DATES FOR THE DIARY

Fri 10 Oct Yr 6 Road to Zero
Melb Museum Excursion
Mon 13 Oct Yr 6 BluEarth Excursion
St Theresa's Albion, F-2
RACV Incursion
Tues 14 Oct Yr 3 Werribee Zoo
Excursion, Yrs 1/2 Camp 2.30-4.30pm
Wed 15 Oct Yrs 3/4 Camp 3.10-7.00pm
Fri 17 Oct Yr 5 Werribee Zoo
Excursion, Yr 6 BluEarth Excursion
St Theresa's Albion
Tues 28 Oct Yr 3 Traffic School
Excursion
Mon 3 Nov Professional Practice
Time for Staff- No School for the Children
Tues 4 Nov Melbourne Cup
Public Holiday
Wed 5 Nov Yrs 1/2 Botanical
Gardens Excursion
Wed 12 Nov Yrs 1/2 Melbourne
Zoo Excursion
Mon 17-Fri 21 Nov 10 Day
Swimming Program
Mon 24-Fri 28 Nov 10 Day
Swimming Program

PAB Meetings

Wed 19 Nov 7.00pm

P&F Meetings

Wed 5 Nov 7.00pm

2025 Professional Development
Days for staff - No school for the children

Term 4

Mon 3rd of November Professional Practice Time for Staff-
No School for the Children

1:00pm finish days at the end of
each term

**Term 4 - Tues 16th December (last
day of the 2025 school year for
students).**



Term 4 – Welcome Back!

Dear Parents and Carers,

Welcome back to Term 4! It's been wonderful to see the smiling faces of our students as they returned to school, refreshed and full of stories from their holiday adventures. I've heard some fantastic tales from students about their time off from learning how to cook something new, to exciting camping trips, and fun-filled visits to the Royal Melbourne Show! It's clear many of our children had a great balance of fun and relaxation during the break, and it's lovely to see them re-energised and ready to learn.

Staffing Update

We're very pleased to welcome a new member to our school community, Miss Thuy Vu. She will be joining us as she prepares to step into Ms Monique Bensemann's role in 1L when she begins her maternity leave next week. We welcome Miss Thuy with open arms and hope she enjoys her time here at Our Lady's. We're excited for the fresh energy and ideas she will bring to our team and school community.

Uniform Reminder

With the warmer weather upon us, a reminder that **summer** school uniform is required for Term 4. This includes the school hat, which is essential for outdoor play – no other hat variations will be accepted as part of our uniform policy. We've also noticed a number of students wearing wet weather jackets in place of the school jumper. Please note that these jackets are not part of the everyday school uniform and are intended only for rainy days. They should not be worn as a substitute for the school jumper during class time. We ask for your support in ensuring your child is in the correct school attire each day.



A Creation Prayer

The sun is yellow in the sky
 It shines each day before my eyes
 It keeps me warm, it makes things grow
 It helps me see which way to go
 Thank you, God, for sunny days
 Thank you, God, for making ways
 For me to see the lovely sun -
 Enjoying it is so much fun!

'in the beginning God created the heavens and the earth' Genesis 1:1

A Busy Term Ahead!

Term 4 promises to be full of excitement, learning, and new experiences. We have a range of excursions and fun activities planned across all year levels.

It's shaping up to be a wonderful final term, and I look forward to seeing all the amazing learning and being part of the fun along the way.

Thank you once again for your ongoing support and interest in your child's learning journey. Here's to a fantastic Term 4!

Warm regards,

Caroline Madigan

Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au



ST MARY MacKILLOP AWARD

Congratulations to the recipients of our St Mary MacKillop Award for September 2025.

Congratulations to:



Jayden H 1L



Joanne H 5D



SPORTS NEWS

SPORTS NEWS

Firstly we'd like to highlight the amazing efforts of one student....

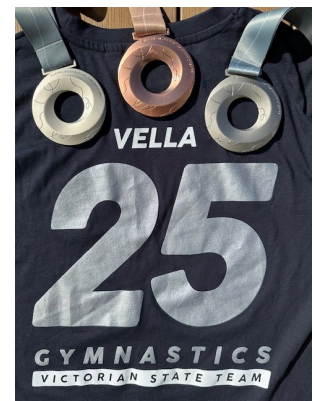
Sylvee V (5C) competed in the Gymnastics National Clubs Carnival on the 30th of September at the Gold Coast Sports and Leisure Centre.

Sylvee and her partner were awarded the Level 6 Mixed Pair National Champions in acrobatic gymnastics for 2025. They were representing their club Team Adrenalin.

She also represented Victoria in July in the Australian Gymnastics Championships where they came 2nd overall.

woo hoo!
Well done
Hooray!

We are so proud of your achievements Sylvee.



Interschool Sports News

Well done to the boys basketball team who finished as Sunshine District champions. They played Sirius College yesterday to try to make it through to the Regional Finals. Although they fought hard, unfortunately they did not win the close game. *We are proud of your achievements this year.*



SUMMER UNIFORM AT OUR LADY'S

All items (except shoes and white socks) available at the Uniform Shop
or on the QKR App

**WET WEATHER JACKETS ARE NOT TO BE WORN INSTEAD OF JUMPERS
OR SPORT WINDCHEATERS OUTSIDE.**

THEY ARE NOT TO BE WORN INSIDE AT ALL

All students need to be wearing summer uniform from Monday 20 October

Shirt (NOT pale blue polo)

Navy shorts (NOT cargo)

School jumper

School socks

Black shoes/boots (NOT runners)

School hat/cap



Summer dress

White socks

Black school shoes (NOT runners)

School hat/cap



SPORT

School crested yellow polo

School crested windcheater

Trackpants





WELCOME BACK TO TERM 4!

**DREAM BIG,
AIM HIGH,
ACHIEVE TOGETHER!**



We hope you and your family had a restful break and are ready for an exciting Term 4 with Extend!

WELCOME BACK TO OUR FAMILIES FOR ANOTHER TERM WITH EXTEND!

This term's theme for our OSHC services is:

Dream Big, Aim High, Achieve Together!

As we approach the end of the year, it's a wonderful opportunity for your children to reflect on their growth, set new goals, and embrace their potential as future leaders.

We believe that by acknowledging their progress and aspirations, we can empower your children to finish the year strong and look forward to the future with enthusiasm.

Thank you for your continued support. We are excited to embark on this final term together, nurturing growth, setting goals, and celebrating achievements!



WHAT'S HAPPENING IN TERM 4:

Chain of Goals: Children get the chance to write one goal each on a strip of paper that forms into a loop and creates a chain.

Vision Board: Create a visual goal-setting collage using pictures, drawings, magazine images to visually show what you hope to achieve next year

Future Letter Writing: Write a future letter to open in one year which may include goals, achievements, hopes, reflections.

**SCAN THE QR CODE OR BOOK ONLINE
AT [EXTEND.COM.AU](https://www.extend.com.au) FOR TERM 4!**



Busting the Biggest Myths About Kids and Sleep

By Dr Justin Coulson

If there's one thing that affects every part of family life—our kids' behaviour, *our* behaviour, and everyone's ability to cope—it's sleep.

And despite what we sometimes think – or at least our kids might think – sleep is NOT a luxury item. It's a biological necessity that cuts to the core of our ability to function well.

In fact, my #1 Parenting Hack has nothing to do with parenting and nothing to do with the kids. It's this: get more sleep! Have you noticed how much better you are as a parent when you sleep well? It's miraculous!

But far too often, parents unknowingly fall for common myths about children's sleep needs. Let's tackle some of the biggest sleep myths holding families back—and look at what actually works.

Sleep Myth #1: Screen Time Helps Kids Wind Down

False. *Despite nearly half of parents believing screens help kids relax*, the science says otherwise. Interactive content, social media, and video games also stimulate the brain when it should be calming down, and delays sleep onset. It also reduces sleep quality. That's two strikes. Lower quantity of sleep and lower quality of sleep is a major downer.

What to do: Aim for a **screen-free hour before bed**. Replace screens with calming activities: reading a physical book, listening to calming music, or chatting about the day.

Sleep Myth #2: Kids Will Sleep When They're Tired

False. Children, especially younger ones, often don't realise they're tired—and won't voluntarily put themselves to bed. In fact, overtired children often become hyperactive, grumpy, or difficult to settle.

What to do: Stick to a predictable bedtime routine. Don't wait for your child to "crash." Pre-empt tiredness with a calming, consistent rhythm to the evening. Try to have sleep start at about the same time each night.

Sleep Myth #3 Catching Up on Sleep on the Weekend Works

Partly true—but not ideal. A weekend sleep-in might help after a late night or two. But chronic sleep debt builds up, and irregular sleep schedules can mess with the body's internal clock—just like jet lag. Sleeping in for hours on the weekend can actually make it harder to fall asleep on Sunday night and harder to wake up Monday morning, which starts the week off unbalanced.

What to do: Aim for bed and wake times within about 30 minutes of the usual, even on weekends. Consistency helps regulate your child's natural sleep rhythms.

Sleep Myth #4: A Later Bedtime Means They'll Sleep In

False. This one sounds logical—but it usually backfires. Young kids in particular have internal clocks that wake them early no matter what time they go to bed. And when kids don't get enough sleep, their bodies release more stress hormones—making it even harder to fall asleep the next night.

What to do: Keep bedtimes early and consistent. It may feel counterintuitive, but earlier bedtimes often mean better—and longer—sleep.

Bonus Myth (For Parents of Older Kids): Teens Who Sleep In Are Just Lazy

False. Teenagers are biologically wired to fall asleep later and wake up later. It's a normal shift in their circadian rhythm—not a character flaw.

What to do: Help teens build good sleep hygiene: wind-down routines, screen limits at night, and weekend sleep-ins—within reason. Support consistency, not perfection.

So How Much Sleep Do Kids Really Need?

Here's a rough guide:

- **Toddlers (1–3 years):** 12–14 hours (including naps)
- **Preschoolers (3–5 years):** 10–12 hours
- **Primary School (5–12 years):** 9–11 hours
- **Teens (13–18 years):** 8–10 hours (some need more)

But remember—every child is different. If they seem tired, grumpy, or struggle with focus, more sleep might be needed—even if they're hitting the “recommended” number.

3 Actionable Tips for Better Sleep

(which can be started tonight!)

1. Build a Consistent Wind-Down Routine

Quiet, predictable activities help signal to the brain that it's time for sleep. Start 30–60 minutes before bedtime. Keep it screen-free, low-stimulation, and calming.

2. Prioritise Daily Physical Activity

Regular exercise (earlier in the day) helps kids fall asleep more easily. Just avoid intense physical play right before bed.

3. Watch Out for Caffeine (If You're Raising Older Kids)

Teens are increasingly reaching for coffee, energy drinks, and even “healthy” options like matcha or green tea. But caffeine can stay in the system for up to 6 hours—making it harder to fall (and stay) asleep. Encourage caffeine-free drinks, especially after midday. Talk to older kids about how caffeine affects their sleep, energy, and focus.

When to Get Help

If your child consistently struggles to fall or stay asleep, snores loudly or stops breathing during sleep, or seems exhausted despite a full night's sleep, it may be time to speak with your GP or a sleep specialist. Sleep disorders are real and treatable. (Although you'll overcome many problems simply following the ideas outlined above.) The more rested your child is, the more likely they are to be calm, focused, resilient, and happy. And the more sleep you get, the more present, patient, and positive you can be too.



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.



Your faith has made you well



28th Sunday in Ordinary Time, Year C

Gospel

Luke 17:11-19

On the way to Jerusalem Jesus travelled along the border between Samaria and Galilee. As he entered one of the villages, ten lepers came to meet him. They stood some way off and called to him, 'Jesus! Master! Take pity on us.' When he saw them he said, 'Go and show yourselves to the priests.' Now as they were going away they were cleansed. Finding himself cured, one of them turned back praising God at the top of his voice and threw himself at the feet of Jesus and thanked him. The man was a Samaritan. This made Jesus say, 'Were not all ten made clean? The other nine, where are they? It seems that no one has come back to give praise to God, except this foreigner.' And he said to the man, 'Stand up and go on your way. Your faith has saved you.'

When are some of the times when you can ask Jesus for help?

Fill in the missing letters, then match them up by number in the large boxes to reveal the message of this story.

- Jesus was on h₂ s way to Jeru₁₀ alem.
- Te₈ lepers asked Jesus to take pi₅ y on them.
- Jesus told them to s₆ ow themselves to the pri₄ sts.
- One of the men disco₃ ered he was heale₁₅,
and returned to Jesus, giving praise to ₁ od.
- He b₁₂ wed down at Jesus' fee₁₁ and than₉ ed him.
- Jesus then told him, " ₁₃ et up and g₁₄ .
Your f₇ ith has made you well."

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