



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

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).

Week 3, Term 4

Dear Parents and Guardians,

The weeks are certainly flying by, and as the days get warmer, it's a timely reminder about being sun smart at school.

To ensure all students are protected from the sun, it is essential that they wear their **school hat** every day. Students who do not have a hat will be asked to sit in the shade during outdoor activities. Please check that your child's hat is clearly labelled and in good condition.



Uniform Reminder

We have noticed a few variations in our school uniform recently. Please ensure your child is wearing the correct school uniform, including:

- **Black leather school shoes/runners** (no coloured/ white runners when wearing the summer uniform)
- **White socks for girls, navy school socks for boys** (no coloured or patterned socks)
- The correct **school jumper** — not the wet weather jacket, which should only be worn on rainy or cold days.

Students wearing wet weather jackets will be asked to remove them while inside school buildings.

All uniform items are available for purchase at the Front Office, where we currently have ample stock.

After-School Gate Procedures

Please note our updated after-school gate opening times.

For safety reasons, the gates will **open at 3:05 pm** and not before. This ensures staff are on duty and that our school grounds remain safe and well supervised.

We kindly remind families that students and younger siblings are not permitted to play on the school equipment after school for their own safety. This area is not supervised by staff and is not accessible during these times.



Jesus, please help



Jesus, please come and help when there's not enough. When people don't have what they need to stay warm, to drink and feed themselves and all their family.

Jesus, help us all to see that you tell us we should share and give all we can to help us live together with all that we need so we all can have enough.

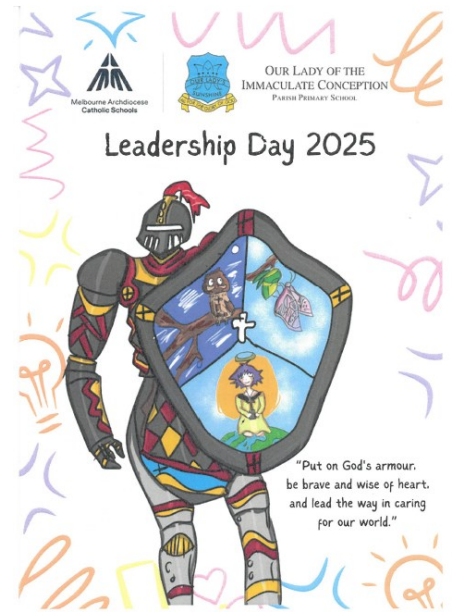
'I look to the hills! Where will I find help? It will come from the Lord, who created the heavens and the earth' Psalm 121:1-2

Leadership Celebration

On Thursday October 15, we held a wonderful Leadership Celebration. I had the privilege of speaking with our students about what it means to be a leader. The students engaged thoughtfully, asked insightful questions, and shared inspiring ideas about leadership and making a difference.

It was fantastic to welcome Year 6 students from neighbouring schools, who joined in beautifully. Our own Year 6 students from Our Lady's demonstrated great respect, enthusiasm, and our signature welcoming spirit. It was a proud moment for all involved.

Thank you for your continued support in ensuring that Our Lady's remains a safe, respectful, and caring environment for every student.



Warm regards,

Caroline Madigan

Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au

PARISH NEWS

ALL SAINTS DAY MASS

Friday 31st October: 7.00pm Vietnamese

Saturday 1 November: 9.00am English

ALL SOULS DAY MASS

Saturday Vigil Mass: 5.30pm & 7.00pm

Sunday 2 November: All Masses

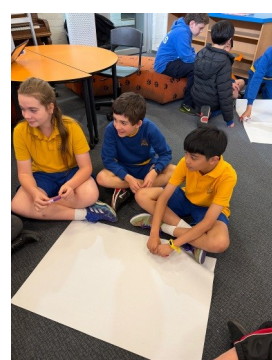
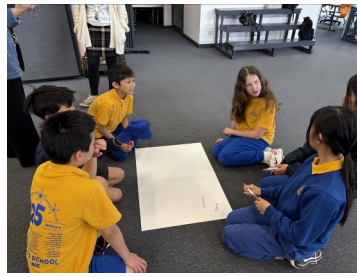


Year 6 BluEarth Day - By Alicia L and Vivienne M

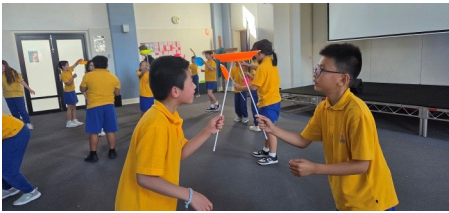
On Monday, 13th of October, the Year 6s went to St Theresa's Primary School in Albion. When we arrived, we walked into the school and went into their hall.

While we were waiting for the other schools to arrive, we got the choice of playing inside or outside. Students sat down and chatted inside while others chose to play soccer or explore the school. When all the schools were together, Greg talked a bit and then we got into some fun games. We played games like 'Would you rather'. Pretty soon it was snack time, so we ate our brain food or just snacks that we had packed. Next we went outside to play other games in our high school groups, and after a series of games, the pizza had arrived. There was margherita, Hawaiian, capricciosa and even though the teachers said everyone could have one piece each, they ended up giving out 5ths. Some people got chips too.

When we finished our pizza, we went inside and got ourselves into groups of 4-5. We got given a piece of paper and had to work together to write about 'How to Make a Friend'. While we were doing it, we also got the chance to talk to new people and ask them questions. After we finished the 'How to Make a Friend' poster, we were given the task of getting into pairs and asking questions such as 'if you got a million dollars what would you do with it?'. They also recommended being partners with someone we didn't already know. Soon the day was over. Students said goodbye and made lots of friends and because of that, we all felt slightly less nervous about going to high school.



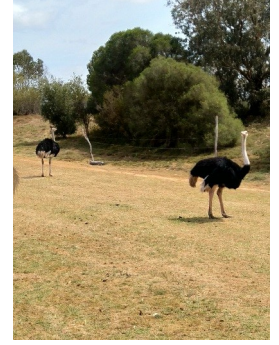
Years 3 & 4 Camp Fun!





Year 3 Werribee Zoo





Year 5 Werribee Zoo





Foundation RACV Incursion



ST MARY MacKILLOP AWARD

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

Congratulations to:



Rahcho T 6A



Thlabawilian FJ



PREPARATIONS FOR 2026

As we are beginning our preparations for 2026 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 2026 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 2026 (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 2026

Family Name: _____

Child/children's names

1. _____ 2025 Grade: _____

2. _____ 2025 Grade: _____

3. _____ 2025 Grade: _____

Name of our new school: _____

And / Or

Our new address: _____

Signed: _____ **(Parent)**

Please return this form to the office as soon as possible



AFL AUSKICK



AFL Auskick is back in Sunshine North!

Looking for a fun and active way for your child to learn the basics of footy? Join the **Sunshine North & Surrounds Auskick Term 4** program — an exciting introductory AFL program for kids aged **4–8 years**.



Dempster Park, Sunshine North



Wednesdays | 5:00–6:00 PM



Starting 5th November

No experience needed — just bring your energy and get ready for some footy fun!



Register here: <https://www.playhq.com/afl/register/5148e9>



Enquiries: joshua.coward@afl.com.au



AUSTRALIAN GIRLS CHOIR



An experience that goes far beyond the stage!

Children blossom as members of the AGC, both on and off the stage. They develop confidence and presentation skills, resilience and a genuine sense of belonging.

Our senior performers have shared the stage with a long list of artists including Hugh Jackman and Kylie Minogue and have performed at dazzling events including the Australian Open, Prime Minister's Olympic Dinner, Carols by Candlelight and Carols in the Domain. We're proud to have represented Qantas in the iconic 'I Still Call Australia Home' advertising campaigns for 27 years.

Now accepting 2026 enrolments for our rehearsal venues in Berwick, Box Hill, Caulfield North, Essendon, Glen Waverley, Greensborough, Heidelberg, Ivanhoe, Kew, Mentone, Ringwood and Yarraville.



JOIN US AT OUR NOVEMBER OPEN DAY

Register now at ausgirlschoir.com.au/joinagc or phone 03 9859 6499



AUSTRALIAN SCHOOL OF PERFORMING ARTS



Busting the Biggest Myths About Kids and Sleep

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 you might sometimes think – or at least your 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 wonky.

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 (Starting 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.

*Humble yourself and you
will be honoured*



30th Sunday in Ordinary Time, Year C

Gospel

Luke 18:9-14

Jesus spoke the following parable to some people who prided themselves on being virtuous and despised everyone else, 'Two men went up to the Temple to pray, one a Pharisee, the other a tax collector. The Pharisee stood there and said this prayer to himself, "I thank you, God, that I am not grasping, unjust, adulterous like the rest of mankind, and particularly that I am not like this tax collector here. I fast twice a week; I pay tithes on all I get." The tax collector stood some distance away, not daring even to raise his eyes to heaven; but he beat his breast and said, "God, be merciful to me, a sinner." This man, I tell you, went home again at rights with God; the other did not. For everyone who exalts himself will be humbled, but the man who humbles himself will be exalted.'

How can we be humble like the tax collector?

Match up the correct endings

Draw a line from the first half of each sentence to its correct ending.



The Pharisee and the Tax Collector went

you will be honoured.

The Pharisee prayed

"God, have pity on me! I am a sinner."

The Tax Collector prayed

you will be put down.

If you put yourself above others

to the temple to pray.

If you humble yourself

"God, I thank you that I am not greedy or dishonest."