



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

Mon 17-Fri 21 Nov 10 Day Swimming Program
Mon 24-Fri 28 Nov 10 Day Swimming Program
Sun 30 Nov First Sunday of Advent
Tues 2 Dec Teeth on Wheels at School
Wed 3 Dec 5.30-8.30pm Family Fun Night at School - disco, movie, sausage sizzle
Mon 8 Dec Feast of the Immaculate Conception. Mass at 9.00am - all welcome
Mon 8 Dec 12.00-1.30 2026 Yrs 1-6 Orientation
Tues 9 Dec **PROFESSIONAL LEARNING FOR STAFF (PLANNING 2026) - NO SCHOOL FOR THE CHILDREN**
Wed 10 Dec Graduation Mass 6.00pm
Tues 16 Dec 9.00 End of Year Mass - all welcome. 1.00pm School finishes for students for 2025

PAB Meetings
Wed 26 Nov 7.00pm

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

Term 4
Tues 9 Dec: PROFESSIONAL LEARNING FOR STAFF (PLANNING 2026)

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 6

Dear Families,

Remembrance Day – 11 November

On Tuesday, we paused to honour Remembrance Day, a time to reflect on the courage and sacrifice of those who have served and continue to serve our country.

Mrs Jayne Hill led a wonderful remembrance service, where students were encouraged to stop playing, face the flag, stand still, and remain quiet in a reverent state.

I was incredibly proud to see each child follow these instructions with such respect. It was a powerful moment to witness our students acknowledging the significance of the day in silence.

Our senior students also had the privilege of attending the local RSL service, walking down to participate alongside members of our community. This was a wonderful way for them to show respect and support, while also deepening their understanding of the importance of Remembrance Day.



Whole School Closure – Tuesday 9 December

Following our recent School Review, some important recommendations have been identified. To ensure we continue to provide the highest quality learning environment, our staff require dedicated time to adjust internal processes and refine the implementation of our Vision for Instruction and Vision for Engagement, in alignment with Curriculum 2.0 and MACS guidelines.



As a result, the school will be **closed for students on Tuesday 9 December**. All staff will be required to attend and participate in planning for the 2026 school year.

We thank you in advance for your support and understanding of the importance of providing staff with the opportunity to work collaboratively and ensure all guidelines are consistently met.

Remembrance Day Thanks

God of all peace, today we remember the men and women who died in the wars so that our country could be free. These brave people gave their lives for their country and for all the people, including us, who would come after them.

For them we thank you.

May each of us work for peace in our hearts, in our families and in our country.

*At the going down of the sun, and in the morning,
We will remember them.*

*On the 11th hour, of the 11th day, of the 11th month
We will remember them.*



Learning Beyond the Classroom

It is wonderful to see so many engaging activities and excursions taking place across the school. These experiences provide rich learning opportunities for our students, and we are so grateful to the families who volunteer their time to make them possible. Thank you also to our dedicated teachers for the thoughtful planning that ensures every student has access to meaningful and memorable learning moments.



Looking Ahead

As we move closer to the end of the year, there are many exciting events being planned leading up to Christmas. Keep an eye on the newsletter for details about opportunities to gather as a community, farewell our Year Six students, and find out who our 2026 teachers will be and which year levels they'll be teaching.



CLASS OF
2026

Please know that staff have put great care into class placements for next year, ensuring that every student will be with at least one friend. These groups are close to being finalised, and teachers are eagerly awaiting the news of their 2026 year levels.

A Moment for Prayer

As we continue through this busy term, let us take a moment to pause and reflect on the importance of patience, trust, and gratitude for those who guide and care for us.

Prayer:

*Loving God,
Grant us patience when times feel uncertain,
and faith in those who walk beside us —
our families, teachers, and friends.
Help us to listen with open hearts,
to trust in the care of others,
and to find peace in knowing we are supported and loved.
Amen.*

It's an exciting time for everyone as we celebrate the year that has been and look forward to what's to come!

Warm regards,

Caroline Madigan

Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au

SWIMMING STARTS NEXT WEEK!

Don't forget that our 10 day Swimming Program starts next week.

Remember to:

- Have your bathers on under your school uniform (can be either sport or summer uniform)
- Pack a towel, underwear and goggles if you need them in your swimming bag



EVENTS Committee

The members of the Events Committee have been working with me to organise a special event for our school. I am so proud of them as they have collaborated to come up with an excellent idea with a very important cause.

In week 9 from the 1st of December to the 5th December, we are asking everyone to **donate a new character bandaid box** which we will donate to The Royal Children's Hospital. They were able to get approval from the staff at the hospital, specifically the day oncology unit.

On Friday 5th December, we will be asking everyone to come in casual Christmas clothes.

The committee also met with Mrs Madigan for her approval. They were very pleased to hear Mrs Madigan say how excited she is to see this event come to life.

Please see the attached poster the events committee put together.

Regards,
Mrs Carabott





Years 1 & 2

Botanical Gardens Excursion





Botanical Gardens Excursion for Years 1 & 2



 catholic
mission
Reach out. Give life.



Foundation

Learning all about Birds



Years 5 & 6
representing
Our Lady's at
Sunshine RSL
for Remembrance Day



Year 4

CERES Incursion



Social Media Age Restrictions

You may have heard about upcoming government changes in the law regarding social media accounts for children under the age of 16, which will take effect on 10 December 2025.

We are committed to understanding these new changes and working with you to ensure our students have a safe and positive digital life.

Why are these changes happening?

The new rules are all about protecting our under-16s. Many social media platforms have inbuilt design features that can:

- encourage too much screen time (like non-stop notifications or content that disappears)
- expose children to upsetting, inappropriate or difficult content through their feeds.

Experts have linked these features to problems for young people, including increased stress, less sleep, and trouble concentrating.

What is the goal?

These changes give us all a chance to help our children by:

- learning about the positive aspects of being online and the things they need to be careful of
- building their digital, social, and emotional skills so they can navigate the online world confidently and safely knowing where to seek help if they see or experience anything that worries them.

Are you ready to partner with us?

While social media platforms have the main responsibility to enforce [the age restriction](#), we all play a part in teaching our children to be safe online.

The best strategies are:

- **Clear communication** – talking openly with your child about their online activities
- **Effective teaching** – helping them understand online safety rules
- **Positive modelling** – showing what responsible and kind online behaviour looks like
- **Mindful timing** – holding off purchasing your child a smart phone.

Quick facts about the upcoming changes



Melbourne Archdiocese
Catholic Schools



Social media age restrictions

New rules for under-16s	What's still accessible	What it means for schools
Popular platforms like Facebook, Instagram, Snapchat, TikTok, X, and YouTube may soon restrict account access for students under 16.	• Public content that doesn't require login. • Educational platforms like Google Classroom and YouTube Kids. • YouTube videos that can be viewed without signing in.	• Schools may need to explore new ways to communicate with students and families. • Teachers can still share age-appropriate educational content to support learning.

Learn more at the [eSafety Commissioner's Social Media Age Restrictions Hub](https://www.esafety.gov.au/about-us/industry-regulation/social-media-age-restrictions-hub)
www.esafety.gov.au/about-us/industry-regulation/social-media-age-restrictions-hub

We will continue to update you as more guidance is provided. In the meantime, we encourage every family to subscribe to the [eSafety Commissioner alerts](#) so you can remain informed about the legislation change and ongoing digital trends.

Let's work together to help our children become safe, skilled and responsible digital citizens, who can navigate the online world with confidence and care.

We thank you for your support in keeping all our students and your children cyber safe.

dnta

Dane Nebel's Tennis Academy



FIRST GROUP LESSON FREE!

Dempster Park, 72A Phoenix St, Sunshine
North VIC 3020

CONTACT: 0412436883

Email: tgeorgieski@gmail.com



NORTH SUNSHINE TENNIS CLUB



Dear Families,

Just a quick reminder that Teeth on Wheels will be visiting our school from December 2nd 2025 to provide six-monthly dental check-ups and oral health education for our students.

To take part, please complete the consent form below:

Copy the following link to complete the consent form

<https://teethonwheels.com.au/consent-forms/consent-eform/>



TeethOnWheels™
a positive dental experience

IMPORTANT Already submitted a form for 2025? You're all set — unless your contact information or your child's medical history has changed.

What happens after you sign up?

Once your form is submitted, the Teeth on Wheels team will contact you directly to confirm your child's appointment and let you know if you're eligible for free care under the Child Dental Benefits Schedule (CDBS).

If your child is not eligible for free care, Teeth on Wheels offers a special \$125 dental package, which includes:

- ✓ Full check-up
- ✓ Oral cancer screening
- ✓ Professional clean
- ✓ Fluoride treatment
- ✓ X-rays (if required)

This can be claimed back through most private health insurers.

PLEASE NOTE, THE CUT OFF DATE FOR COMPLETING YOUR CHILD'S FORM IS November 26th 2025.

If you have any questions, feel free to contact Teeth on Wheels directly at (03) 9338 1191.



EXTEND-A-HAND 2025



THANK YOU TO EVERYONE FOR PARTICIPATING IN THIS YEAR'S INITIATIVE!

This year, the children in Extend Before and After School Care, participated in our yearly Extend-A-Hand Initiative from 16 October - 7 November, in support of the Neighbours Every Day Campaign.

The children in service created artwork for a friendly well-being card to deliver to their neighbour or someone they know in their community in their own time with a parent guardian present.

It was a pleasure to see the support and response from this initiative and the inspiring artwork the children had created filled with heart-felt messages of gratitude for members in their community.



Create • Share • Grow
Belonging



We support Neighbours Every Day. Relationships Australia is the home of Neighbours Every Day.
Neighbours Every Day | Relationships Australia.

BE PART OF SOMETHING SPECIAL NEXT YEAR!
BOOK YOUR SESSIONS TODAY AT [EXTEND.COM.AU](https://www.extend.com.au)



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

When Kids Talk Back

Every parent knows that moment: the eye roll, the sigh, the sarcastic comment, or even outright refusal to do what you've asked. Whether your child is five or fifteen, backchat can leave you feeling frustrated, disrespected, and unsure of how to respond.

But what if I told you that backchat might actually be a sign of healthy development? An inconvenient and clumsy sign, perhaps. But a sign nonetheless. How so?

When children talk back, it often shows they feel safe enough to express disagreement with authority—including ours. This isn't rebellion for rebellion's sake; it's the stirring of critical thinking. They're developing their own sense of what's fair and reasonable, and they're brave enough to voice it, even when they know we might not like it.

The way we respond in those moments can either nurture their growing autonomy and problem-solving abilities... or teach them that challenging authority is dangerous and their perspectives don't matter.

Here's what parents need to know—and do—when kids backchat, from preschool through high school.

Why Kids Talk Back

Backchat is rarely out-and-out defiance. More often, it's a child's attempt to assert some control over their world when they feel powerless. When kids experience:

- Over-control (decisions imposed without their input)
- Overwhelm (expectations that feel impossible to meet)
- Disconnection (sensing their thoughts and feelings don't count)

...they're more likely to push back. And because they're still learning how to navigate complex social situations, it comes out in ways we don't like—as sass, sarcasm, or outright refusal.

What Parents Can Do

The goal isn't to silence your child's voice or demand unquestioning compliance, but to help them learn more effective ways to communicate their needs and concerns whilst maintaining connection. Here are three approaches:

1. Get Curious, Not Furious

Instead of meeting their attitude with your own authority ("*Don't you dare talk to me like that!*"), try genuine curiosity about their perspective.

Ask yourself: What's underneath this behaviour? What need are they trying to meet?

You might say, "*It sounds like you're really frustrated about this. Help me understand what's bothering you.*"

This invites collaboration rather than demanding submission.

2. Acknowledge Their Reality—Even When You Can't Change Everything

You don't have to agree with your child to validate their experience. Sometimes just being heard defuses the tension.

"I can see why that feels unfair to you." or "You wish you had more say in what happens in your day, don't you?"

This shows you're genuinely interested in their inner world—not just their compliance—even if certain expectations still need to be met.

3. Invite Problem-Solving Together

Rather than simply laying down the law, try collaborative problem-solving:

- *"This isn't working for either of us. What ideas do you have that might help?"*
- *"I need X to happen. You're telling me Y is important to you. How can we make this work for both of us?"*

If emotions are running high, suggest a pause:

- *"We're both pretty heated right now. Let's take a break and come back to this when we can really listen to each other."*

The Bigger Picture

We can't eliminate backchat entirely—nor should we want to. Children who never question authority often struggle to think critically or advocate for themselves later in life.

What we can do is help our children learn that their voice matters, while also developing the social skills to express themselves effectively. When we respond to backchat with curiosity rather than control, we're teaching them that it's safe to disagree, that problems can be solved together, and that relationships can handle conflict.

Your kids are learning from you every day how to handle disagreement and navigate power dynamics. The question isn't whether they'll encounter conflict in life—they will. The question is whether they'll have learned to handle it with respect, creativity, and connection.

****Quick Reminders for Parents:****

- Stay curious—their "attitude" often masks a legitimate concern
- Remember, they're practicing important life skills (even when it's inconvenient)
- Look for ways to share power where possible
- Model the respectful communication you want to see
- Focus on connection and problem-solving, not winning

For more tips and resources, visit happyfamilies.com.au.



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.

You will be saved
by being faithful

33rd Sunday in Ordinary Time, Year C

Gospel Luke 21:5-19

When some were talking about the Temple, remarking how it was adorned with fine stonework and votive offerings, Jesus said, 'All these things you are staring at now – the time will come when not a single stone will be left on another: everything will be destroyed.' And they put to him this question: 'Master,' they said, 'when will this happen, then, and what sign will there be that this is about to take place?'

'Take care not to be deceived,' he said, 'because many will come using my name and saying, "I am he" and, "The time is near at hand." Refuse to join them. And when you hear of wars and revolutions, do not be frightened, for this is something that must happen but the end is not soon.' Then he said to them, 'Nation will fight against nation, and kingdom against kingdom.

There will be great earthquakes and plagues and famines here and there; there will be fearful sights and great signs from heaven.

'But before all this happens, men will seize you and persecute you; they will hand you over to the synagogues and to imprisonment, and bring you before kings and governors because of my name – and that will be your opportunity to bear witness. Keep this carefully in mind: you are not to prepare your defence, because I myself shall give you an eloquence and a wisdom that none of your opponents will be able to resist or contradict. You will be betrayed even by parents and brothers, relations and friends; and some of you will be put to death. You will be hated by all men on account of my name, but not a hair of your head will be lost. Your endurance will win you your lives.'

Jesus tells us that even though bad things might happen around us, we should not be afraid. In the stones below, write down some things that might make us afraid?

Cross out all letters that appear more than once. Unscramble the remaining letters to reveal what Jesus gives to us so that we know what to say when we defend ourselves.

S	A	R	T
	U	C	P
M	T	I	A
	L	K	U
E	G	N	R
	N	A	D
R	P	T	G
	K	O	P
C	W	L	E