



*Laudato Si*  
 "All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents." N14 Pope Francis

### DATES FOR THE DIARY

**Fri 4 July 8.00am-1.00pm Three Way Learning Conversations.** Only at school for your appointment. End of Term 2  
**Mon 21 July** Start of Term 3 at 8.35am  
**Wed 23 July 7.00pm** Confirmation Parent Evening  
**Fri 25 July 9.00am** Mass to welcome Mrs Madigan  
**Thur 31 July** Morris Gleitzman Author visit for Book Week  
**Fri 1 Aug** 100 Days of Foundation  
**Mon 4 Aug** Yr 6 Confirmation Reflection Day  
**Fri 8 Aug** Feast of St Mary of the Cross MacKillop 7.00pm Confirmation

### PAB Meetings

Wed 20 Aug 7.00pm  
 Wed 19 Nov 7.00pm

### P&F Meetings

Tues 12 Aug 7.00pm  
 Wed 5 Nov 7.00pm

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

### Term 3

Wed 13th August - Religious Education Focus

### Term 4

Mon 3rd of November

1:00pm finish days at the end of each term  
 Term 3 - Fri 19th September  
 Term 4 - Tues 16th December (last day of the 2025 school year for students).

### Sacraments

**Fri 8 Aug 7.00pm** Confirmation for Yr 6

Dear Parents and Carers,

It really is hard to believe eleven weeks of Term Two has passed and this is my last newsletter for Term Two. It has been a very intense term, but also a very productive and affirming one. Concluding our term with our Three way Conversations across the school (except 4G which will occur at the start of next term) is such a wonderful way to celebrate the achievements each student has made. I truly hope you were all able to enjoy the opportunity to converse in the Three Way Conversations and also have your own discussions with your child/children about their accomplishments as well as their goals for the next semester at home.

I would like to take this opportunity to thank YOU, our amazing community. It is always a pleasure talking to many of you as you enter and exit our school and also for your partnership and trust in our school. One of my favourite things to see when I am on morning gate duties is all the smiles of the students coming into school. Those smiles say so much and are a true testament to the hard work and devotion of our amazing staff who are very dedicated and ensure they all do their best to provide the best they can for all students. In addition, the motto we all know very well is also a testament of our staff, 'See a need and do something about it'!

On that note, I would also like to thank the staff at OLPS, for all your dedication and work and also for supporting me throughout Term 2 while I have been Acting Principal. It is a privilege to serve our community in my normal role as Deputy Principal, as well as any time I need to step in as Acting Principal. I look forward to resuming in my normal role when Term 3 commences before I take some LSL, towards the end of the term.



As Term 3 commences, we welcome Mrs Madigan, our new Principal, who is greatly looking forward to joining us. On Friday 25th July, we will be having a Welcome Mass for our new Principal. Please join us at Our Lady's church at 9:00am to officially welcome Mrs Madigan to Our Lady's community.

Thank-you to all the families who supported our PJ/Casual Funday Monday. Once again thank you to the Events Committee and the Social Justice Committee for all your work in organising these events.

### Winter School Holiday Prayer



Loving God, we thank you for the gift of this winter holiday.  
 We are grateful for the time to rest and recharge, and for the opportunity to spend time with family and friends.  
 We ask for your protection and guidance as we participate in different activities, and that we may have fun and laughter.  
 We pray that our time away will be a time of refreshment and renewal, and that we will return to school ready to learn and grow. Amen.

Thank you to the Social Justice Committee for the extra work you have done to raise money for those in need within our community. A whopping total of **\$1086.75** was raised which will be donated to Vinnies. It really is a blessing to know this money will help many people within our local community. Thank-you also to all those who donated blankets at this time.

As always, I would like to invite you to our assemblies which are held in our school hall every Friday afternoon at 2:30pm. In particular, a special invite from the Events Committee. I have been working with the Events Committee the past semester, and they came up with a wonderful idea! We would like to invite you to our first assembly back where part of our assembly will include a Q&A with Mrs Madigan. She doesn't know it yet, but we are sure it will be a wonderful opportunity for us to learn more about our new Principal. It will also be a great opportunity for our parents to meet our new Principal if you haven't already.

In last week's newsletter and today's, we have advertised our school's upcoming production. Firstly, I would like to take this opportunity to say a huge THANK-YOU to MS CAM TU, who has really worked endlessly to try something different and get the school production to the stage it is at the moment. Due to us running this production at our school, we have had to research and investigate purchasing quite a bit of sound equipment for our auditorium. Of course, this adds value to our resources and what we are then able to do in the future. We have been able to get the new equipment at a fairly good price and therefore this is the reason we having to have a \$10.00 fee for all Individuals to come and see the performances. We thank you in advance for supporting us with this, as it is greatly appreciated.



Wishing everyone a restful and enjoyable winter break. Hopefully you will be able to enjoy some different activities outdoors when the weather is dry. Mr Woolford, our Family School Engagement Worker has provided a list of activities you may want to explore during the winter holidays.

Stay safe and we will see you on Monday 21st July when Term 3 commences.

Yours sincerely,

*Christine Carabott*

**Mrs Christine Carabott**

**Acting Principal**

[ccarabott@olsunshine.catholic.edu.au](mailto:ccarabott@olsunshine.catholic.edu.au)



***We look forward to seeing you on Monday 21st July when Term 3 commences. Please remember the gates close at 8:35am. We love seeing all your smiling faces come through the gates from 8:20am.***

## CERES INCURSION

On Monday the Year 4's had a CERES Incursion and learnt about Fossil Fuels and transport.



## Our Lady's Winter Activities for the School Holidays

### Melbourne based activities

Melbourne museum (Star Wars Lego)	Scienceworks	Legoland-Chadstone, Melb Museum
Melb Aquarium (Animal Xing activities-Nintendo Switch)		Circus in Sunshine
Play centre	Timezone	Sky deck
Indoor cliff hanging and indoor rock climbing	Docklands interactive and virtual reality	
Movies	Ten pin bowling	

### Playgrounds

Churchill Ave, Braybrook	Port Melbourne (Maritime Cove), Behind SLSC
Buckingham Reserve (flying fox)	Pipe maker Park (Maribyrnong)
Royal Park Nature Playground (Gatehouse St, near the RCH)	

### Winter and outdoor activities/events - Melb /Victoria regional

Ice skating	Fire lights docklands (first weekend of holidays, food trucks
Snow - Lake mountain, Bright and Mt Buffalo	Geelong adventure park - light festival and rides
Go for runs - sign up for a fun run (Melb Marathon 5kms), Running Melb - for kids - July 12th, 13th for adults	
Zoos-Melbourne, Healesville, Kyabram and Werribee zoo (note the new elephant area is open, Ranger kids area is indoors if wet)	
Botanical gardens and Fitzroy gardens	Puffing Billy (book early)
Regional train trip (highly discounted tickets for all-affordable for the day)	
Bike riding and scooters	Indoor pool -Sunshine and Keilor

### Indoor home activities

Quality time at home (backyard sports)	Card games and board games
Simulate power outage - stop screen time	Art and craft
Backyard camping including backyard small fire, collecting sticks at creek or around parks to cook marshmallows	
Cooking - learning basic cooking skills (eggs/sandwiches/biscuits), to more complex - making homemade pasta, dumplings and cheesecakes etc	



**Fun School Holiday Activities  
Melbourne & Victoria**





# Supporting Vinnies





**OUR LADY'S SCHOOL PRESENTS**



# **THREE LITTLE BIRDS**

**TICKETS ON SALE VIA TRY BOOKING**

**MONDAY 21 JULY 9.00am**

**Tickets \$10.00 per person**

**No ticket needed for performers**

## **SESSION TIMES**

**Monday 8 September 2.00pm Group 1**

**Tuesday 9 September 2.00pm Group 2**

**Wednesday 10 September 2.00pm Group 1**

**Thursday 11 September 2.00pm Group 2**

**Monday 15 September 2.00pm Group 2**

**Tuesday 16 September 2.00pm Group 1**

**Wednesday 17 September 2.00pm Group 2**

**Thursday 18 September 2.00pm Group 1**



<https://www.trybooking.com/DCMJ1>

**ALL SESSIONS IN THE FR JOHN MAHER AUDITORIUM AT  
OUR LADY'S SCHOOL**



# Community OLD OR GOLD Thrift Market

SUNDAY July 20th  
12:00 - 3:00 pm

Ready for a clear-out?  
Your trash is another person's treasure!!!

Sell, shop, and check out  
the products!



Register for a Stall now!!

E : [info@sunshinesocial.com.au](mailto:info@sunshinesocial.com.au)  
P : Ali 0466 408 898



# *Enrolments Closing Soon* **YEAR 7 2027**

**Enrolment applications for current Grade 5 students close on August 15, 2025.  
Don't miss your chance to apply for Year 7 2027!**

*I want my child to attend the College.  
What do I do?*

**1. Complete an enrolment application form.**

Visit [www.cccc.vic.edu.au](http://www.cccc.vic.edu.au) to access and complete our online application form.

**2. Submit your completed application form.**

Ensure you provide all required documents with the application. A non-refundable application fee is required at the time of submission. Applications close 15th August 2025.

**3. The College will conduct interviews of all applicants.**

Families will be invited to attend an enrolment interview with a senior staff member of the College in early September 2025.

**4. Enrolment and waiting list offers will be sent to families.**

Families will be notified of any offer in mid-October 2025.

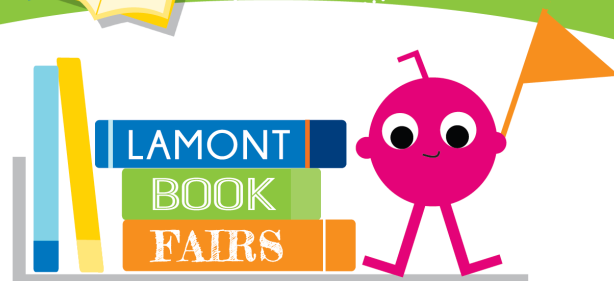
**5. Book a School Tour**

If you would like to visit our school, please book a school tour by visiting [www.cccc.vic.edu.au](http://www.cccc.vic.edu.au), scanning the QR code or calling (03) 9296 5311

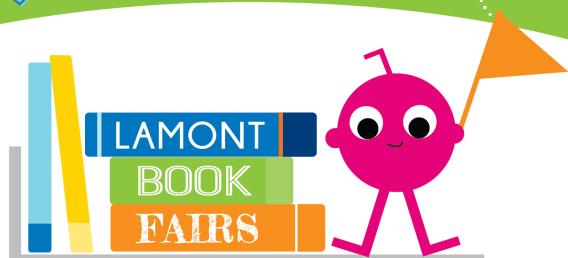
**Book  
a Tour**



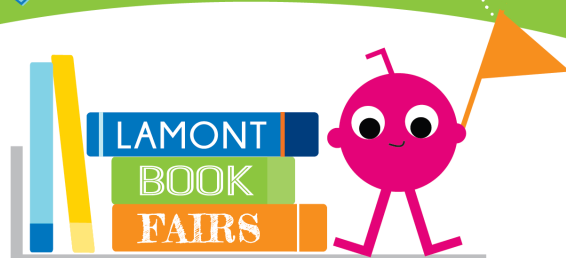




[www.lamontbooks.com.au](http://www.lamontbooks.com.au)



[www.lamontbooks.com.au](http://www.lamontbooks.com.au)



[www.lamontbooks.com.au](http://www.lamontbooks.com.au)



# Unhurrying Childhood: Why Slowing Down Is the Best Thing for Our Kids

During COVID lockdowns, despite how hard it was, many of us quietly promised ourselves, “*We’re never going back to the rat race*”?

For many of us, we appreciated the slower pace, the extra family time, and the relief from overscheduled calendars. And yet... here we are. Back to full days, packed evenings, and exhausted kids. Somewhere along the way, we broke that promise.

Welcome to the age of the *Hurried Child*.

## What Is Hurried Child Syndrome?

Psychologist Dr David Elkind coined the term “Hurried Child Syndrome” to describe what happens when we push our children to grow up too fast. It looks like:

- Children treated like mini-adults
- Academics pushed too early
- Overscheduled after-school calendars
- Exposure to adult issues and responsibilities

It’s not just that kids are busy. It’s that their childhoods are being compressed—squeezed by performance expectations, screens, and a culture that measures worth by achievement.

## The Fallout of a Hurried Childhood

Children living this hurried life experience real consequences:

- Increased anxiety, depression, and stress
- Sleep issues and poor eating habits
- A drop in resilience
- A painful sense of failure and unworthiness when they don’t meet adult-level expectations

One of the most damaging outcomes? Perfectionism. When kids feel they must always get things right to be good enough, they stop taking healthy risks. They stop enjoying learning. They stop feeling safe just being kids.

## Why Do We Let This Happen?

Our intentions are good. We want our kids to succeed - to fulfill their potential. We fear they’ll fall behind. And we live in a competitive parenting culture that whispers, “*If you’re not doing everything, you’re doing it wrong.*”

But what if this constant striving is doing more harm than good?

Childhood isn't a race. And it's not our job to hustle our kids into the future. It's our job to give them a safe, steady present.

## Three Ways to Unhurry Your Child's Life

If we want to change this culture of hurry, we have to get intentional. Here are three powerful ways to start:

### 1. Prioritise Play

Unstructured, child-led play is the most natural and essential activity for children. It builds:

- Cognitive development (problem solving, creativity)
- Social skills (negotiation, collaboration)
- Emotional intelligence (empathy, coping strategies)

And yes, it takes time. But carving out opportunities for your child to play—especially with other kids, especially outdoors—may be the single best thing you can do for their development and wellbeing.

### 2. Let Children Set the Pace

It's tempting to map out our children's futures for them. But when we pressure them to chase *our* goals, we rob them of ownership over their own goals. Instead:

- Get curious about what lights them up
- Help them explore their own interests and strengths
- Let them take the long road if that's what they need

One of Australia's most decorated Olympians, Emma McKeon, credits her success not to parental pressure but to the freedom her parents gave her to pursue swimming on her own terms. Roger Federer says the same thing, confessing he didn't even like tennis until his late teens.

### 3. Create a Balanced Schedule

If your child eats more meals in the car than at the table, it may be time to reassess. A full calendar isn't always a meaningful one. Instead of cramming in every extracurricular, ask:

- Is my child thriving or just surviving?
- Are we getting enough sleep, downtime, and connection?
- Is there space for boredom, creativity, and rest?

Sometimes less really is more.

## Final Thought

The hurried child is not a modern problem we have to accept. It's a cultural drift we can resist. And it starts with us—the grown-ups. We can choose slow over rushed. We can let our children be children. We can let them breathe. Unhurrying childhood might be the most loving, protective thing we ever do.



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](http://happyfamilies.com.au).



# Jesus sends out his followers



14th Sunday in Ordinary Time, Year C

## Gospel Luke 10:1-9

The Lord appointed seventy-two others and sent them out ahead of him, in pairs, to all the towns and places he himself was to visit. He said to them, 'The harvest is rich but the labourers are few, so ask the Lord of the harvest to send labourers to his harvest. Start off now, but remember, I am sending you out like lambs among wolves. Carry no purse, no haversack, no sandals. Salute no one on the road. Whatever house you go into, let your first words be, "Peace to this house!" And if a man of peace lives there,

your peace will go and rest on him; if not, it will come back to you. Stay in the same house, taking what food and drink they have to offer, for the labourer deserves his wages; do not move from house to house. Whenever you go into a town where they make you welcome, eat what is set before you. Cure those in it who are sick, and say, "The kingdom of God is very near to you."

If Jesus sent you out to proclaim his good news, what would you tell people?



Unscramble the tiles below to find out what Jesus told his disciples to say when they entered people's homes.

ITH P

OME W

GOD B

HIS H

LESS T

EACE