



Christ beside me: Walking in the footsteps of St Patrick

DATES FOR THE DIARY

Tues 21 July Yr 2 Sunshine Community Walk
Fri 24 July 3.00pm Second Hand Uniform sale
Mon 27 July Team Colours Day
Tues 28 July Yr 6 Confirmation Retreat Day
Fri 31 July Yr 1 Community Walk, 7.00pm Year 6 Confirmation
Mon 3 Aug Yr 3 Museum, Yr 4 Melbourne Zoo
Fri 7 Aug 9.00am St Mary MacKillop Mass in the Church
Sat 8 Aug St Mary of the Cross McKillop Feast Day
Mon 10 & Tues 11 Aug **School Closure - Staff Faith Conference. No school for the children**
Sat 15 Aug Feast of the Assumption of Mary
Mon 17-Fri 21 Aug Bullying No Way Week
Mon 17 Aug Yr 5 Museum
Mon 24-Tues 25 Aug NAIDOC Activities
Wed 26 Aug Yr 2 CERES
Fri 28 Aug Book Week Parade
Wed 2 Sept Yr 1 Museum
Thur 3 Sept Father's Day Stall
Fri 18 Sept 1.00 End of Term

2026 Professional Development Days for Staff

TERM 3

Mon 10 & Tues 11 August - 2 Day Faith Conference for Staff
Term 4

Mon 2 November - Report Writing Semester 2
Friday 27 November - 2027 Planning

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

Term 3 - Fri 18 September
Term 4 - Tues 15 December (last day of the 2026 school year for students).

SACRAMENT DATES FOR 2026

Year 6 Confirmation
Friday 31 July at 7.00pm

Dear Parents and Families,

Welcome Back

A very warm welcome back to all of our students, families and staff. It has been wonderful to see our school come alive again with the energy and excitement that a new term brings.

One of the most noticeable highlights of the first week has been the enthusiasm of our students as they reconnect with their friendship groups. Our playgrounds have been filled with laughter, conversation and active play, creating a positive and welcoming atmosphere for everyone. It has been heart-warming to see students supporting one another and embracing the opportunity to learn and grow together once again.



Whole School Focus: Safe, Respectful and Ready to Learn

This term, our whole-school focus is on refining the way we begin each day and conclude every break. Establishing calm, organised routines before entering the classroom is an important part of creating a safe and productive learning environment.

Research consistently shows that when students transition calmly and purposefully into learning spaces, they are more focused, settled and ready to engage in their learning. Throughout the coming weeks, staff will be revisiting the purpose and importance of organised class lines with students to ensure we maintain consistent expectations across the school.

As part of this process, teachers will be trialling a few approaches to determine what works best for our students and our school community. We thank you and your child for your support, patience and cooperation as we work through this together. This initiative reflects our whole-school values of **Respect** and **Compassion**, ensuring every student feels safe, valued and ready to learn.



NAPLAN Results

Families of students in Years 3 and 5 have now received their child's 2026 NAPLAN Individual Student Report. Hard copies were distributed to students on **Wednesday 15 July**.

If your child was absent on this day or you have not yet received your copy, please



Sower Prayer

We are to let the word of God take hold in our lives. We must live God's word.

Father, Jesus told his followers a story about the sower.

Some of the grain fell on rocky soil and did not grow.

But some grain fell on rich soil.

Help us to be open to your word in our lives.

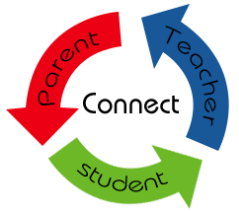
May we open our hearts to hear your word and live it. Amen



contact the school office. We encourage families to keep these reports in a safe place, as they provide valuable information about your child's progress and may be useful for future reference throughout their educational journey.

Our Doors Are Always Open

At our school, we value the strong partnership between home and school and believe that open communication is essential in supporting every child's learning, wellbeing and faith journey.



While mornings can often be a busy time as teachers welcome students and prepare for the day, we warmly encourage parents and carers to maintain regular communication with their child's teacher throughout the term. These conversations help keep you connected to your child's learning and the many wonderful experiences happening across our school.

We also invite families to join us at the beginning of each week for **Community Connect**, where we gather in prayer, celebrate our community and share important announcements and upcoming events. It is a wonderful opportunity to stay informed and connected with school life.

If you would like to discuss your child's progress, wellbeing or any questions you may have, our teachers are always happy to meet with you. The easiest way to arrange a conversation is via **Seesaw** or **email**, allowing a suitable time to be organised when teachers can give you their full attention. Teachers are also visible around the school grounds and are generally available after school should you wish to have a brief conversation or arrange a longer meeting.

We are committed to working together with families in a spirit of **respect, compassion and partnership**. Please know that our doors are always open, and we welcome the opportunity to work alongside you to support your child's growth and success.

Year 6 Confirmation

Our Year 6 students have begun their preparation for the Sacrament of Confirmation, an important milestone in their faith journey. Confirmation is a renewal of the baptismal promises that were made on their behalf as infants and marks a significant step in strengthening their relationship with God and the Church.



Students, families and staff gathered this week to begin this special journey together. Over the coming weeks, students will spend time reflecting on the Gifts and Fruits of the Holy Spirit and considering how these can guide them in their daily lives. They will also choose a Confirmation name, selecting a saint whose life, virtues and example, inspire them and resonate with their own faith journey.

We ask that you keep our Year 6 students in your thoughts and prayers as they prepare for this important sacrament. May they be guided by the Holy Spirit as they continue to grow in faith, courage and compassion.

Looking ahead:

As we begin another exciting term, we look forward to the wonderful learning opportunities, memorable experiences and adventures that lie ahead for all of our students. Thank you for your continued partnership and support. We wish every member of our school community a happy, successful and faith-filled term.



Warm regards,

Caroline Madigan

Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au

Assembly Timetable for Term 3

Friday 17 July	Whole School	Friday 24 July	Yrs F-2
Friday 31 July	Yrs 3-6	Friday 7 August	Whole School
Friday 14 August	Yrs 3-6	Friday 21 August	Yrs F-2
Friday 28 August	Yrs 3-6	Friday 4 September	Yrs F-2
Friday 11 September	Yrs 3-6		
Friday 18 September	Whole School 12.30pm		



SECOND HAND UNIFORM SALE

Second Hand Uniform Sale for the start of Term 3 will be held on FRIDAY 24 JULY 2026 from 3.00pm

	\$10.00	\$5.00	
Jumpers		Sport Polos	
			
Tunics		Windcheaters	
			
Trousers		Shirts	
			
Track Pants		Skivvies	
			
Bags			



Team Colours Day



At Our Lady's school we love to celebrate the things we are passionate about. Sport is a very important part of our school curriculum and we have set aside a day where we can all come to school celebrating our favourite sporting teams by wearing their colours. This is a fun day for the children and the staff.

This year Team Colours Day will be held on **MONDAY 27 JULY 2026**

The children of Our Lady's school will be able to come to school dressed in their favourite sporting team or House colours. It does not have to be a complete uniform; it might be a scarf, jumper or a beanie.

If your child is not wearing the colours from their favourite sporting team or House colours they will be required to wear their school sports uniform on the day.

CHISHOLM

MacKILLOP

MAZENOD

WOODS

Ms Jo McManus our wonderful PE Leader has organised for the children to participate in an AFL Roadshow activity.



St Vincent de Paul Society
good works



CERTIFICATE

OF APPRECIATION

proudly presented to

Our Lady of the Immaculate Conception, Sunshine

2026

*with thanks for your support of
Vinnies Soup Vans*

Susan Dornom

SUSAN DORNOM
Soup Van
State President



Deidre Boaz

DEIDRE BOAZ
Soup Van
Operations Manager

PROJECT COMPASSION

Certificate of Appreciation

Presented to:

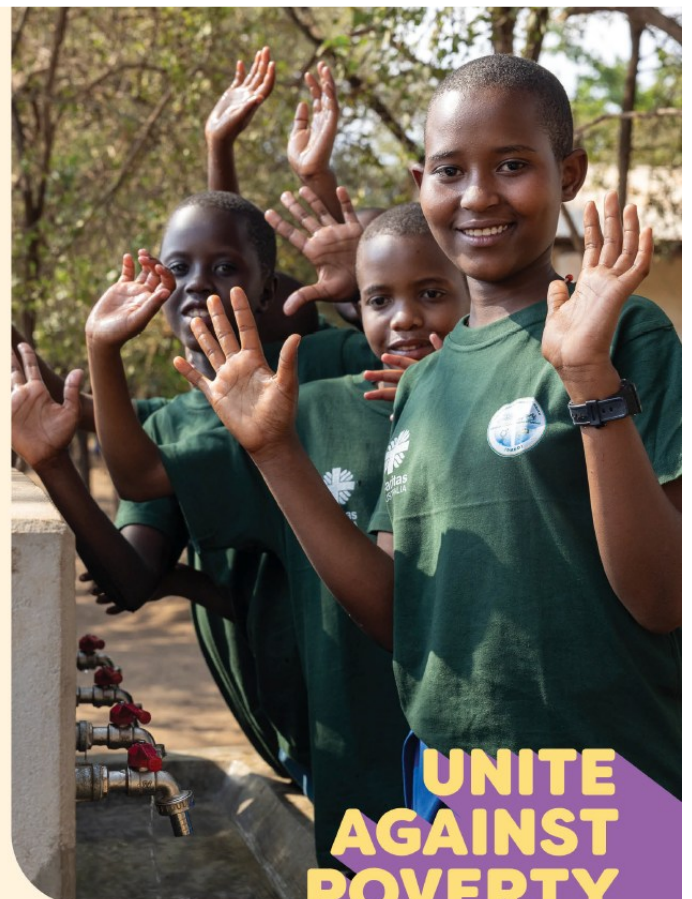
Our Lady of the Immaculate Conception Primary

♥ **Thank you** ♥

Your generosity during Project Compassion this year will support our neighbours worldwide, empowering the most vulnerable people to build a just future for themselves, their families and communities.

Kirsten Soyers

Caritas Australia
Chief Executive Officer



**UNITE
AGAINST
POVERTY**
this Lent



projectcompassion.org.au

(02) 7254 5120

#projectcompassion

Updated flood information for Brimbank now available.

Melbourne Water is
delivering updated flood
maps across Melbourne.



Visit letstalk.melbournewater.com.au/flood-information/brimbank or scan the QR code to find out what this means for your property, share your knowledge about flooding or register to come along to an event to find out more.

NForma Parent Portal — Absences



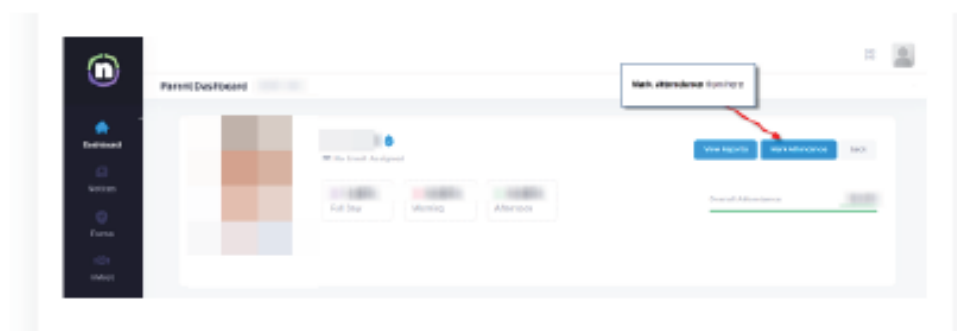
nForma For Parents

Did you know you can let the school know of your child's absence through the nForma Parent Portal in a couple of easy steps??

1. From the Dashboard, select your child who is absent that day:



2. In their profile click 'MARK ATTENDANCE'



3. Select a REASON, the DATE and ADD A COMMENT. Hit SUBMIT

Reason Type *

Start Date *

End Date *

Short Description *

Submit

And that then syncs with your child's Classroom Roll.

For any holidays or extended leave, please come into the Office to fill out the Notification of Absence form.

Our Biggest Resilience Mistake

By Dr Justin Coulson

We are accidentally raising fragile children.

It's not because we're bad parents. It might be the opposite. It's because we're "good ones". We love our kids so much that we smooth the path ahead of them, intervene when things get hard, and rescue them from discomfort before it has a chance to teach them anything.

It feels like protection. It might be the opposite. But it takes wisdom to know the difference. And it's hard because it seems that the stakes are high.

About ten years ago, my daughter (Abbie), came home from school in tears. Her best friend, Abby, had discovered that her mum's cancer had returned after years of remission. The doctors had caught it too late. Her body was riddled with it, and the prognosis was terminal. Four weeks. Christmas.

Abbie announced that, to support her friend, she would sign up for the Leukemia Foundation's "World's Greatest Shave". We asked what colour she would dye her hair. Her response: "I'm not dying it. I'm shaving it." We tried to convince her it was a bad idea. The possibility she would be teased or worse worried us. Grade 8, we suggested, can be tough on kids who look different. Abbie dismissed our concerns. She was all in.

Sadly the doctors' forecast was accurate. Mrs Johnson passed away at Christmas time. We hoped Abbie would change her mind about the shave but she grew more determined.

The day arrived. Abbie's head was shaved with Abby, Mr Johnson, and our entire family bearing witness. Thousands of dollars were raised in honour of Abby's mum, Mrs Johnson. And many tears were shed as our brave daughter said goodbye to her hair.

Now for the sad part. Despite her bravery, despite the school principal inviting Abbie onto the stage at assembly to describe what she'd done and how much she'd raised, despite the Johnson's being well known in our school community, and despite the applause for her efforts, Abbie came home in tears on many afternoons. She was called names. She was pushed and shoved. Her lunch was stolen. Abbie was "different", and the kids let her know it.

"Do you regret it?" I asked one afternoon as I comforted her.

"Dad, my hair will grow back", she responded. "But the Johnson's don't get their mum back. It's a small price to pay."

Anti-Fragile

Nassim Taleb is a statistician and philosopher who thinks about risk and uncertainty. He claims there are three kinds of systems:

1. Fragile ones - the type that break under pressure.
2. Resilient ones - the kind that absorb a shock and return to where they were.
3. Antifragile ones - which use stress as fuel. They don't just survive difficulty. They grow *because* of it.

Most of us are trying to raise resilient kids. Taleb invites a more interesting question: what if we aimed higher?

The trap we don't see coming

Fragility rarely announces itself. A child whose parents have smoothed every conflict, intervened in every struggle, and removed every meaningful obstacle can look perfectly capable - right up until the moment they aren't. The problem isn't that these kids lack love or support. It's that they've never had the chance to build internal architecture for stress.

When difficulty finally arrives - and it always does - they have no practiced response. Weakness was never allowed to become strength.

Resilience versus antifragility

Resilience means returning to baseline. It's recovery. It's important, and we should cultivate it. But antifragility is *the capacity to be changed by hard experiences in ways that leave you better equipped*, not merely restored.

A child who navigates a painful friendship fallout without a parent stepping in to fix it doesn't just get through it. They learn about conflict, about emotion, about repair, in ways no amount of coaching from the sideline could teach. The difficulty was the lesson.

Presence without rescue

This doesn't mean leaving kids to struggle alone, or treating hardship as automatically character-building. This is not a "toughen up princess" message. Chronic stress without support is damaging, not developmental.

The antifragile environment is one where a child encounters age-appropriate difficulty and knows they're not alone in it.

The parent's role shifts from problem-solver to context-setter. You're not fixing the situation. You're providing the secure base from which they can engage with it themselves.

For a primary school child, that might mean resisting the urge to call another parent when friendship gets complicated, and instead sitting with your child while they figure out what they want to do. For a teenager, it might mean allowing a poor decision to carry its natural consequences, and being present for the debrief rather than the prevention. You're nearby, not in between.

The children who adapt when plans fall apart, who recover from failure without collapse, who find their footing in genuinely hard circumstances - they're rarely the ones who had the smoothest ride. They're the ones whose difficult experiences counted for something. Who felt the weight of things, and discovered they could carry it.

I almost prevented my daughter from having one of the most powerful experiences of her life. By getting out of the way but staying nearby, she showed me she was stronger than I could ever have known.



Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. Justin travels all around the country, speaking at schools to students, educators and parents about wellbeing and relationships. He is also 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. Justin has written 11 books about families and parenting - with the latest about [raising boys](#) out now! For further details visit happyfamilies.com.au.



The farmer scattered good seed

16th Sunday in Ordinary Time, Year A

Gospel

Matthew 13:24-30

Jesus put a parable before the crowds,

'The kingdom of heaven may be compared to a man who sowed good seed in his field.

While everybody was asleep his enemy came, sowed darnel all among the wheat, and made off. When the new wheat sprouted and ripened, the darnel appeared as well. The owner's servants went to him and said, "Sir, was it not good seed that you sowed in your field?"

If so, where does the darnel come from?"

"Some enemy has done this" he answered.

And the servants said, "Do you want us to go and weed it out?" But he said, "No, because when you weed out the darnel you might pull up the wheat with it. Let them both grow till the harvest; and at harvest time I shall say to the reapers: First collect the darnel and tie it in bundles to be burnt, then gather the wheat into my barn."

Write down or draw some of the things we need to make ourselves grow.

Help the farmer scatter the seed and find the path to the wheat. Keep a look out for weeds!

