



Christ beside me: Walking in the footsteps of St Patrick

DATES FOR THE DIARY

Mon 12 Oct 2:00pm P&F meeting
Fri 16 Oct Colour Run
Thurs 22 Oct Yr 3/4 Camp 3.00pm-7.00pm
Tues 27 Italian Day. Casual with green, red, white
Thur 29 Oct Yr 6 Leadership Day
Fri 30 Oct 2.45pm Pray for Peace in the Yard
Mon 2 Nov Report Writing Semester 2
Tues 3 Nov Melbourne Cup Day Public Holiday
Mon 16-Fri 20 Nov Swimming Program
Mon 23-Thur 26 Nov Swimming Program
Fri 27 Nov Planning Day for Staff
Fri 4 Dec Reports published
Tues 8 Dec Feast of the Immaculate Conception. Mass at 9.00am, 5.00pm Dinner in the Yard & Art Show
Thur 10 Dec 6.00pm Yr 6 Graduation Mass
Tues 15 Dec 9.00am End of Year Mass. 1.00pm School finishes for students at 1.00pm

2026 Professional Development Days 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 4 - Tues 15 December (last day of the 2026 school year for students).

Dear Parents and Families,

It was lovely to see so many students and staff refreshed and keen to start a new term after our holiday break. Hopefully the time was a great opportunity for you all to relax, reconnect and do some enjoyable holiday activities!

Mrs Madigan is on Long Service leave this week and therefore I am writing this week's newsletter. We're looking forward to welcoming her back on Monday.

We have made a successful start to Term 4 with students engaged in their learning.

We definitely have an exciting term planned ahead.

COLOUR FUN RUN—FRIDAY 16th OCTOBER

As you all know next Friday 16th October is our Colour Fun Run, which will be held in the afternoon, commencing at 1:45pm. We will send further final communication regarding timing of the event after our P&F meeting early next week.



Thank-you so much to our P&F committee for all their background work and planning. They have been working tirelessly to ensure the event is a success. Even though they are a small team, they are amazing and we are very grateful for all their work.

All permission forms should have all be returned by today.

If you have not already set up your child's profile, please support our school community and do so this weekend. Your support is much appreciated.

Italian Day—TUESDAY 27TH OCTOBER

Thank-you to all families who supported us in the prompt return of all forms this week. We were able to successfully place our gelato order. The company we are ordering from freshly make to order. therefore, we needed to ensure we had our final numbers to them by the end of today so they can guarantee our delivery!



Maestro Matteo has been organising a fun filled pizza making workshop for all

A Prayer for Creation

O Lord, we thank you for this beautiful planet Earth.

Help us to take care of our world.

We pray that all God's creatures are cared for and protected; that the waterways, our oceans, mountains, forests, plants and flowers are kept healthy and safe from harm.

Help us to love the Earth like you do and show respect and care for our environment and all your creatures.

We thank you for our awesome world. Amen



students to engage in. Thank-you for all your hard work to plan an enriching opportunity for all our students. The day has been planned for Tuesday 27th October. We will send out a reminder letter the week before the event so parents can ensure they have packed enough food for their child throughout the day. Even though all students will be receiving one piece of pizza throughout their workshop session, your child might need a lunch top up!

On this day, students will be able to wear casual clothing with splashes of Italian colours (red, green, white).

Learning excursions and Incursions

The teachers and Mrs Cuni, as our Learning and Teaching Leader, have also been busy finalising excursions and incursions that will take place over the next few weeks linking to their Inquiry unit.

We also have our Year 3/4 camp afternoon coming up on Thursday 22nd October. Parents of those year levels will receive further details soon.

Swimming Program

In a couple of weeks, you will receive your child's permission note and further information regarding this years swimming program which will run for 9 days, Monday 16th November to Thursday 26th November.

As always, we would greatly appreciate parent support with the swimming sessions. If you are able to help us, please ensure your Working With Children's Check is current.



School Uniform

As our weather is warming up, all students should be wearing the full summer uniform. We allow two weeks of flexible uniform selection based on the weather. However, from Monday 19th October, all students should be in their full summer uniform.



It's a girl!

A huge congratulations to Mrs Rochelle Kumar and her husband. We are very pleased to share the news that they have a little girl. Baby Elena was born on Wednesday 30th September. They are all doing well and are now at home. We wish Ms Rochelle and her family all the very best during this very exciting time.



Parish News

We have received the news that our dear Parish priest, Fr Peter-Damien will be moving to Keilor Downs-Kealba at the end of November. Many of you may have heard this news at mass over the weekend. We have been fortunate to have him in our parish community for the past eleven years. We wish him the very best throughout the rest of his time at Our Lady's.



Assembly Timetable for Term 4

Friday 9 October	Whole School
Friday 16 October	Colour Run
Friday 23 October	Yrs 3-6
Friday 30 October	Whole School, starting at 2.15pm with Rosary
Friday 6 November	Yrs 3-6
Friday 13 November	Whole school
Friday 20 & Friday 27 November	No Assembly (Swimming)
Friday 4 December	Whole School
Friday 11 December	Whole School (Sport)
Tuesday 15 December	Last day of school



Warm regards,

Christine Carabott

Mrs Christine Carabott

Deputy Principal

ccarabott@olsunshine.catholic.edu.au

COLOUR RUN—NEXT WEEK!

🕒 ONE WEEK LEFT! 🕒

It's your last chance to smash your fundraising goal, grab bigger prizes, and support our school! 🦋

Don't forget - extra prize credit and online badges are up for grabs!

Create your child's profile now at myprofilepage.com.au, share their link, and let's finish strong and legendary! 🌟



SEASON OF CREATION 2026 "LIVING WATER" Ezekiel 7:9,12



This year, the theme for the global Season of Creation is *Living Water*.

Water is a gift from God that sustains all life. Through art, the students in Years 3 and 5 were invited to explore what Living Water means to them — from rivers, oceans and rainfall, to renewal, hope, justice, faith and care for creation.

Student art work was selected by their peers and the Year 6 Faith leaders and entered into the Caritas Australia Catholic Earthcare School Art Competition.

You are invited to view the selected art works and vote for your favourite from 12-19 October 2026 on the Caritas Australia website.

You can also view the original art works on the windows outside the St Joseph of the Sacred Heart building.

VOTE HERE <https://www.caritas.org.au/catholic-earthcare/school-art-competition/>

**YOU ARE INVITED TO
PRAY THE ROSARY
Friday 30th October 2026
"PRAY FOR PEACE"
2:45pm
In the school yard (enter via office)**



SUMMER 2026/7 UNIFORM PRICE LIST

All summer items will available on QKR now.

With Melbourne's unpredictable weather, you can choose what uniform to wear until FULL SUMMER

UNIFORM COMES IN ON MONDAY 19 OCTOBER (Term 4 Week 3)

Remember that Term 4 is a 'No School Hat, No Play' term.

<u>JUMPERS</u> 5 - \$55.00 6 - \$55.00 7 - \$60.00 8 - \$60.00 9 - \$65.00 10 - \$65.00 12 - \$70.00 14 - \$70.00 16 - \$75.00		<u>SHORTS</u> 4 6 8 10 12 14 16 \$35.00	
<u>SHIRT</u> <u>Short Sleeve Open Neck</u> 4 6 8 10 12 14 16 \$27.00		<u>SOCKS</u> <u>(Cotton/Nylon Anklet – School Colours)</u> 9 – 12 13 – 3 2– 8 \$12.00	
<u>DRESS</u> 4 6 8 10 12 14 16 \$32.00		<u>SCHOOL HATS</u> LEGIONNARIES (ONE SIZE FITS ALL) - \$14.00 SLOUCH (SMALL MED LAR) - \$14.00	
<u>WINDCHEATER WITH SCHOOL LOGO</u> 4 6 8 10 12 14 16 \$32.00		<u>TRACKSUIT PANT – RIBBED CUFF, DOUBLE KNEE</u> 4 6 8 10 12 14 16 \$30.00	
<u>SPORT POLO T-SHIRT WITH SCHOOL LOGO</u> 4 6 8 10 12 14 16 \$26.00		<u>RUGBY SPORT SHORTS (Draw cord) & SKORTS</u> 4 6 8 10 12 14 16 \$25.00	

Child Safe Standard 9

"Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed."

As Catholic educators, we have a moral, mission-driven, and legal responsibility to ensure the safety and wellbeing of every student entrusted to our care.

Our commitment to child safety includes creating and maintaining safe physical spaces and responsible online environments where children can learn, play, and connect with confidence. This means thoughtfully designing school spaces, supervising activities, and using digital technologies in ways that protect children's dignity, privacy, and wellbeing.

By actively identifying and reducing risks in both physical and online settings, our schools foster environments where children feel safe, supported, and able to thrive. Child safety is not only reflected in policies, but in everyday practices, supervision, and decision-making across the school community.

This newsletter series provides an overview of what the Child Safe Standards are, how they help keep children and young people safe, and how schools governed by Melbourne Archdiocese Catholic Schools (MACS) are prioritising and achieving this.

Overview of the Child Safe Standards:

The Victorian Child Safe Standards are a set of 11 minimum requirements that all organisations working with children must adhere to.

These standards are designed to:

- Promote the participation and empowerment of children, young people and their families
- Prevent harm and abuse of children and young people
- Ensure child safety is a shared responsibility
- Support the wellbeing of all children, including Aboriginal and Torres Strait Islander children and children with disabilities

These standards apply to all school staff, volunteers, contractors, and anyone working with children in schools.

As Pope Francis reminds us, "Safeguarding minors and vulnerable persons must be a priority for everyone in the Church" (May 5, 2023). Child Safe Standard 9 reflects this call by emphasising that children are safest when the environments around them, both physical and online, are intentionally designed to protect and support them. Grounded in our Catholic mission, this standard invites us to act with care, vigilance, and responsibility, so that every child experiences school as a place of safety, dignity, and belonging.

Why are safe physical and online environments important?

Children spend a significant part of their lives at school and online. When school spaces, and digital platforms, are well designed, appropriately supervised, and used responsibly, risks are reduced and wellbeing is strengthened.

Safe environments help prevent harm before it occurs and ensure children feel secure, respected, and confident to participate fully in learning and relationships. This includes balancing safety with children's rights to privacy, access to information, social connection, and learning opportunities.

Why is it important to identify and manage risks?

Proactively identifying and managing risks helps schools respond early to potential concerns and prevent unsafe situations from developing. When risks are recognised and addressed thoughtfully, children are better protected and supported, and families can trust that safety is a priority.

Spotlight on Child Safe Standard 9

"Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed."

Child Safe Standard 9 focuses on how school environments; classrooms, playgrounds, excursions, camps, and digital spaces – are designed, supervised, and used. When schools take a proactive approach to safety in all environments, children feel secure, confident, and supported to learn and grow.

What does this look like?

- **Safe physical spaces:** School buildings, playgrounds and facilities are designed and maintained to reduce risks and promote wellbeing.
- **Appropriate supervision:** Staff actively supervise students during school activities, breaks, excursions and events.
- **Responsible use of technology:** Clear expectations guide the safe and respectful use of online platforms and digital tools.
- **Risk management planning:** Schools identify and manage risks linked to activities, settings and environments.
- **Working with others safely:** When schools engage third-party providers or facilities, child safety is prioritised through clear procurement and safety requirements.

How Parents, Carers and Guardians can get involved:

Child Safe Standard 9 works best when schools, families, and staff work together to ensure children's safety. Families can help by:

- **Talking with your child:** Encourage conversations about school, friendships, and online experiences.
- **Supporting safe online behaviour:** Discuss digital safety, privacy, and respectful online communication at home.
- **Raising concerns early:** Contact the school if you notice anything that may affect your child's safety or wellbeing.
- **Partnering with the school:** Work collaboratively with staff to support safe environments for all children.

Want to know more?

If you have any questions or would like to learn more about how we support child safety, please contact your school directly. More information about the Child Safe Standards is available through the [Commission for Children and Young People \(CCYP\)](#).

Additional Resources

The e-Safety Commission has a huge amount of resources designed to support and assist parents with issues related to online safety, including Webinars, toolkits, FAQs about Social Media, Gaming and many many more, these can be found here:

[e-Safety Commission - Parents Resources](#)

The Australian Government Signals Directorate also provides a significant amount of information and guidance for parents regarding cyber safety; these resources can be found here:

[ASD: Protect your Family](#)

Working together for Child Safety





PLAY

KICKSTART GIRLS FREE COME & TRY

Sunshine Football Netball Club would love to invite all girls interested in trying footy to join us for a FREE come-and-try session filled with fun, skill-building, and teamwork! No experience is necessary – just bring runners, comfortable clothing, and a water bottle!. We can't wait to see you there!



**Sunshine
Football Netball
Club**

**KINDERSMITH RESERVE
SUNSHINE
FRIDAY 16TH OCTOBER
5:00 - 6:00**



VISIT [PLAY.AFL](https://play.afl.com.au)



WELCOME TO TERM 4 WITH EXTEND!



REDUCE, REUSE, EXTEND THE USE!

WELCOME BACK TO ANOTHER EXCITING TERM WITH EXTEND!

This term's theme for our OSHC services is:

REDUCE, REUSE, EXTEND THE USE!

Term 4 is all about fresh thinking and greener choices!

Through hands on activities, children will connect with nature and discover creative ways to reduce, reuse and recycle.

They'll learn how small actions can help our environment grow, thrive and stay healthy for the future.

WHAT'S HAPPENING IN TERM 4:



My Green Promise

Children trace their hand and add one Green Promise, creating a colourful display that shows how small actions can come together to make a positive difference.



Decorate a Terracotta Pot

Children express their creativity by painting their own terracotta pots, then fill them with soil and seeds to take home and watch their own little piece of the environment grow.



The Up-Cycle Challenge

Children get creative by transforming clean, recycled materials into something new and useful, giving items destined for the bin a brand-new purpose!

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





Melbourne Archdiocese
Catholic Schools



CAROLINE
CHISHOLM
CATHOLIC COLLEGE

IMAGINE

ART, DESIGN AND TECHNOLOGY EXHIBITION

Tuesday 13 October 2026 | 4.30pm – 8.30pm

Caroline Chisholm Catholic College

204 Churchill Avenue, Braybrook

We warmly invite you to join us for our IMAGINE Exhibition 2026.

Throughout the year, students across our Visual Arts and Technologies learning areas have been busy creating an incredible collection of work, and we are excited to showcase their talents with our College community.

We look forward to welcoming you and celebrating the talents and achievements of our students!

Please note that RSVP is not required, just pop in and enjoy what IMAGINE has to offer.



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.



The banquet is ready!

28th Sunday in Ordinary Time, Year A

Gospel Matthew 22:1-10

Jesus said to the chief priests and elders of the people: "The kingdom of heaven may be compared to a king who gave a feast for his son's wedding. He sent his servants to call those who had been invited, but they would not come. Next he sent some more servants. "Tell those who have been invited" he said "that I have my banquet all prepared, my oxen and fattened cattle have been slaughtered, everything is ready. Come to the wedding." But they were not interested: one went off to his farm, another to his business, and the rest seized his servants,

maltreated them and killed them. The king was furious. He dispatched his troops, destroyed those murderers and burnt their town. Then he said to his servants, "The wedding is ready; but as those who were invited proved to be unworthy, go to the crossroads in the town and invite everyone you can find to the wedding." So these servants were out on to the roads and collected together everyone they could find, bad and good alike; and the wedding hall was filled with guests.'

Make a list of all the people you would invite if you gave a banquet.



What would you do if everyone refused to come to your banquet?



BANQUET

How many words can you make from the letters in the word BANQUET ?
