



Melbourne Archdiocese
Catholic Schools



OUR LADY'S SCHOOL
NEWSLETTER
1 May 2026
olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley
Principal: Mrs Caroline Madigan
Parish Mass Times:
English: Saturday 9.00am, 5.30pm, Sunday 9:00am, 10.30am & 5:30pm
Vietnamese: Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm
Chin Hakha/Burmese: 2.30pm
Tongan: Every 1st Sunday 3.00pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au

Our Lady's is a Child Safe School



Christ beside me: Walking in the footsteps of St Patrick

DATES FOR THE DIARY

- Mon 4 May** Yr 1 Toy Science Incursion
- Tues 5 May** Yr 6 Electrical Buzz Incursion
- Wed 6 May** 6.30pm Eucharist Parent Night
- Thur 7 May** Yr 4 Eucharist Reflection Day Mary MacKillop Heritage Centre
- Thur 7 May** Mother's Day Stall
- Fri 8 May** Yr 2 Sound Sensation Incursion
- Sun 10 May** Mother's Day
- Tues 12 May** Whole School Athletics Day (Moonee Valley Athletics Track)
- Wed 20 May** Foundation Toy Science Incursion
- Fri 22 May** Yr 3 Heat and Energy Incursion
- Mon 25 May** Yr 4 Forces in Action Incursion
- Fri 5 June** *No school for the children - Report Writing for Staff*
- Mon 8 June** King's Birthday Public Holiday
- Fri 12 June** 9.00am Sacred Heart Mass

2026 Professional Development Days for Staff

- Term 2**
- Fri 5 June - Report Writing (Semester 1)
- 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 2 - Fri 26 June
- Term 3 - Fri 18 September
- Term 4 - Tues 15 December (last day of the 2026 school year for students).

Term 2 - Three Way Conversations (First Semester Reports)
Wed 24 and Thur 25 June

SACRAMENT DATES FOR 2026

- Year 4 Eucharist
Sunday 17 May at 10.30am
- Year 6 Confirmation
Friday 31 July at 7.00pm

Dear Parents and Carers,

This week has brought with it a wide range of emotions for our school community, moments where our faith has been both challenged and strengthened.

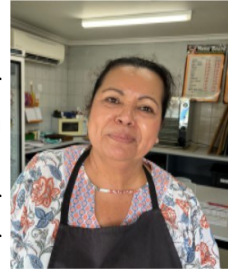
We began the week with the very sad news of the passing of our beloved staff member, Nubia. Many of you will remember her for her infectious laugh, her quiet stewardship, and her deep humility. Nubia touched the lives of so many within our community, and she will be greatly missed. We keep her husband and daughters in our prayers, asking God to bring them comfort and strength as they navigate this time of deep sorrow.

Amidst this sadness, we have also seen the strength and unity of our faith community. Across the school, teaching and learning have continued with care and intention. Our teachers have worked diligently to ensure that learning experiences are explicit, supportive, and thoughtfully differentiated to meet the needs of every child.

Our Year 3 students, along with some others, celebrated the Sacrament of Reconciliation this week. It was a beautiful and reflective occasion, reminding us all of the power of forgiveness and God's ever-present love.

We were also pleased to introduce Deb, the artist who will be working with us on our school mural. Deb will be working on the school site each Thursday until the mural is complete. This is an exciting opportunity for all students to contribute to a lasting piece that reflects our shared identity and spirit. Parents are warmly invited to volunteer their time to assist with the painting, and we look forward to this collaborative project coming to life over time.

In all that this week has held, we are reminded of the importance of faith, community, and compassion. May we continue to support one another with kindness and keep Nubia and her family in our hearts and prayers.



Prayer for When Someone Dies
It is difficult when someone dies. We are sad, but we know the person has new life.

God of all life, someone we know has died and we are very sad.
We will miss this person so much.
We know that those who die live on in your love in heaven.
Help us to keep the memories of this person alive in our hearts now and always.
Amen

Important Update: Station Place Entrance Gate and Morning Supervision

We would like to share an important update regarding access to the school grounds via the main entrance gate on Station Place.



The gate is now automated and is scheduled to open at **8:20am** each morning, no earlier. Recently, we have observed that some students are arriving as early as 7:50am and gaining access to the school grounds through this gate.

We understand that family schedules can be busy and that early drop-offs may sometimes be necessary. However, we want to gently emphasise that this presents a concern, as **formal supervision is not in place at this time**. Teachers and administrative staff are preparing for the day and are not required to supervise students before 8:20am.

If you have a scheduled meeting with a classroom teacher or Leadership, please use the intercom and the admin staff will direct you through the gate.

To ensure the safety and wellbeing of all students:

- Students will not be able to access the school grounds through the main gate until **all gates open at 8:20am**.
- We will be **monitoring early arrivals**, recording student names, and contacting families individually where needed.

If you are interested in accessing a morning care program, please contact the school office. Please note that this service will only operate if there is sufficient interest. Expressions of interest will close on **Friday 8 May**, and we will keep the school community informed of the outcome.

We appreciate your understanding and cooperation as we work together to maintain a safe and well-supervised environment for all students.

Reconciliation

On Wednesday 29 April, we had the pleasure of witnessing our students celebrate the Sacrament of Reconciliation. It was a deeply meaningful experience for all involved.

I was particularly moved by the student reflections shared in the slideshow. Their words and insights were heartfelt and sincere, and they served as a beautiful reminder of the importance of faith in our lives. I shared with the students that their reflections touched the inner child within me, renewing a sense of wonder and belief in God.

This special moment reinforced the strength we draw from our faith and the vital role that forgiveness plays in healing the heart, mind, body, and soul. As people of faith, we are reminded that God is present in all that we do, guiding us to live with humility, compassion, and love for one another.

Thank you to Mrs Cuni, Ms Robles and Ms Gurry who thoughtfully and carefully prepared the students for this important sacrament.

We would like to extend our heartfelt thanks to Fr Peter Damien McKinley, Fr Peter Lal Zin Thang, and Fr Gerald Binegas RCJ, who has come from Maidstone to assist our parish priests. Your support, humility, and wisdom are deeply appreciated as we celebrate this sacrament together. Your presence reminds us of the importance of working in unity with our Parish community.



A Beautiful New Chapter Begins: Wishing Ms Shai All the Best on Her Journey to Motherhood

As Ms Shai Backus finishes her final day with us, we would like to take this opportunity to extend our heartfelt thanks and warmest wishes as she embarks on the wonderful journey of motherhood.

Welcoming a new life into the world is an incredibly special and exciting time. There is so much joy in watching a child grow, celebrating each milestone, and experiencing just how quickly those precious early moments pass.



Shai has made a lasting impact during her time here, particularly through her dedication to the students she has taught. Her contributions have been truly valued, and her influence will continue to be felt within our community.

We wish Shai and her husband all the very best as they await the safe arrival of their bundle of joy. May this new chapter be filled with happiness, love, and anticipation.



We look forward to Shai's return and to receiving updates and photos as she shares this special journey with us. Wishing Shai and her family every happiness for the future.

ANZAC Day at Sunshine RSL

Thank you to Charlie T from 4G who represented Our Lady's at the Sunshine RSL for the Dawn Service on Saturday morning.

Charlie brought forward and laid the wreath we had at Assembly last week on behalf of us all at Our Lady's to join with other schools and organisations to remember all those who sacrificed their lives for us in wartime.

Thank you Charlie.



Warm regards,

Caroline Madigan

Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au



Mother's Day Breakfast

Friday 8th May

Dear Mums of Our Lady's,

To help celebrate you and Mother's Day we would love for you to come and enjoy a breakfast with all the other Mums of Our Lady's!

We invite you to drop off your child at their lines and then come to the staffroom to enjoy a special light breakfast.

When: Friday 8th May 2026

Time: 8.20am-9.00am

Where: Staffroom

To help us with catering, please return the slip below to school by Tuesday 5 May 2025.

We hope to see you all on Friday 8th May.

Our Lady's School

Mother's Day 2026

Yes, I can be there to celebrate Mother's Day with a breakfast on Friday 8 May 2026.

Name: _____

Eldest child's name: _____

Grade: _____

SCHOOL COMMUNICATION APP UPDATE

Thank you to all the parents who have downloaded and accessed our NForma for Parents Portal through the app.



Please note that our Audiri App will soon no longer be available for use, as we are moving toward further utilising all that nForma has to offer.



We are publishing the Newsletter and any Notices on *nForma and Seesaw only* - not on Audiri.

Parents can report any daily absences on the nForma app 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**

That then syncs with your child's Classroom Roll.

For any future holidays or extended leave, please come into the Office to fill out the Notification of Absence form as we need original signatures and a record to keep on file.

PROJECT COMPASSION 2026

Thank you to all our families who donated to Caritas Australia's Project Compassion "Unite Against Poverty".

We raised an amazing \$758.50!

The money this year will go to help the communities in Tanzania, Bangladesh and Fiji.



THANK YOU

Thank you for supporting Caritas Australia's Project Compassion 2026. Your generosity this Lent will support vulnerable communities to build a brighter future.

Mother's Day Stall

THURSDAY 7 MAY

GIFTS PRICED FROM \$1 - \$10
BRING A BAG TO HIDE YOUR
GIFT FROM MUM!



Whole School Athletics Day - Tuesday 12 May 2026

Moonee Valley Athletics Track, Corio Street Moonee

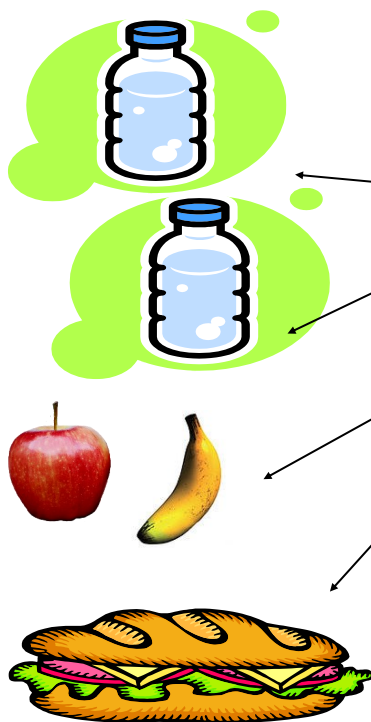
Ponds 9.15am - 2.00pm

ALL WELCOME!!!



REMINDERS

- * ALL children need to be wearing their sport uniform.
- * T-shirts or ribbons in their house colours are allowed (red, blue, green or yellow)
- * No child will be permitted to go home from the Athletics track
- * Children need to bring all food and drink in a bag. No glass or cans are permitted
- * Parents and Helpers need to make their own way to the Athletics Track. There will not be any room on the bus.



Children need:

Several drinks

Snack

Lunch

Coat / Beanie

House Colours

Sports Uniform

Asthma pump
(if Asthmatic)





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JOIN THE CYBER SAFETY PROJECT FOR EXPERT ADVICE

Navigating the Digital Playground

CYBERBULLYING

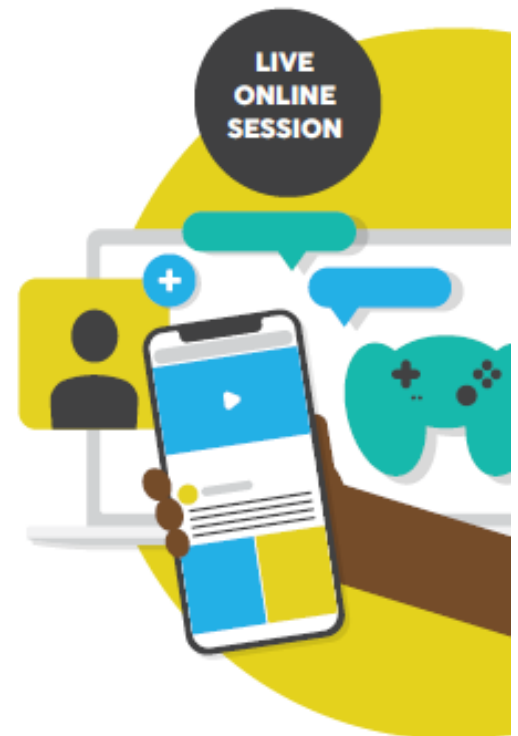
SCREEN TIME

PRIVACY SETTINGS

AI & MISINFORMATION

SOCIAL MEDIA

GAMING



WHY ATTEND?

You Are Your Child's First Line of Defence Online.

In today's connected world, parents play a powerful role in shaping safe and healthy digital habits. This practical session is designed especially for busy parents who want to:

- ✓ **Feel confident** navigating their child's online world
- ✓ **Create a safer, more balanced** digital environment at home
- ✓ **Support digital wellbeing** and encourage responsible tech use
- ✓ **Know what to do** (and where to turn) when things go wrong online

WHEN & WHERE

LIVE ONLINE

Date: Monday 25th May 2026 7-8pm

SCAN TO REGISTER
or visit

[Registration Link](#)



PRESENTED BY

CYBER SAFETY PROJECT

Cyber Safety Project, Australia's premier online safety education provider.

cybersafetyproject.com



The Mind is a Great Storyteller

By Dr Justin Coulson

The mind is a great storyteller. The difficulty with the stories we tell ourselves, however, is that we believe them - whether they're true or not.

We notice this easily in our kids. They're struggling with something and exclaim, "I can't. It's too hard." I've yet to meet a loving parent who hears their child say "I can't make friends" or "this maths is too hard" and they respond with, "Yep. You're right. You're not very bright and you're not very likeable. Fact is, you're a bit of a Nigel-no-friends." Cruel. And wrong.

We look at them, square our shoulders, and smile. We offer encouragement: "*You've got this. I believe in you. You've done it before.*"

Maybe we even jump in and help a little.

What we're doing in that moment is offering them a new script. In essence, we're saying "*the story you're telling yourself is unhelpful - and untrue.*" So we rewrite it for them.

Bad news time. We have a blind spot. And it's not about what the kids are saying. We're all over that.

The blind spot is that we do this for our kids, but rarely for ourselves.

When we're in the thick of a hard parenting moment, we start telling ourselves stories just like the kids. They come thick and fast.

"She's driving me crazy. He never listens. I'm doing everything wrong."

We'd never let our children marinate in that kind of self-talk - but we accept it in ourselves without question.

Limiting self-talk and negative self-talk hamper our effectiveness as parents. They interrupt our relationships. And they deplete us.

Why do we do it? Simple answer: it's a habit.

Changing it up is as simple as catching ourselves in the middle of an unhelpful story and shifting our focus. Consider a simple swap. Instead of "she's a good kid, but she's driving me crazy", keep the honesty but switch the focus: "*She's driving me crazy right now, but she's such a good kid.*"

It's almost the same words (although I've added 'right now' to show that this is not a permanent feature of the child's personality). But now it's a different story. The first version ends on the problem. The second ends on the person... and she's a good person.

Or this one: "My child can't do school camp." Objectively, that's probably not true. But when we make it the story, we (and they) start to believe it and this changes attitudes and behaviours - for the worse. What *is* true

is that your child is probably struggling but with some care and consideration (and perhaps some gentle accommodations), your child *can* go to school camp. When we say he “can’t”, we tell a limiting, negative story that forecloses possibility. The story “struggling, but finding a way” opens the door to possibility.

My University of Michigan friend, research psychologist Professor Ethan Kross, has spent his career studying the voice inside our heads; what he calls our inner “chatter”. His research shows that the way we talk to ourselves doesn’t just reflect how we feel; it actively shapes *what we do, how we cope, and what we believe is possible*.

His studies confirm: negative self-talk narrows our thinking and keeps us stuck.

But with the right tools, we can change the channel.

One of Kross’s most practical findings is that if we create distance between the challenge we’re going through and our “self”, we do better, and the way to do that is... *tell ourselves a different story*.

When we’re caught inside a difficult moment, we lose perspective. We’re so close to it we can only see it one way, and so everything we say to ourselves feels fully factual. “This kid is out of control!” “I have too much to do!” “I can’t handle this any longer.”

Yet even a small shift in how we frame that story can interrupt the negative spiral. It’s called “cognitive reappraisal”. And it’s so simple. We deliberately step back and ask whether the story we’re telling is the only one available.

For parents, this is powerful. The stories we carry about our children (he’s a handful, she’s anxious, this ADHD is out of control) become the lens through which we see every interaction. And children, who are exquisitely tuned to the emotional world of their parents, absorb those stories too.

What does this look like in practice?

When you notice a limiting story about your child, about yourself, about your relationship, try pausing and asking one question: Is this the whole story, or just the loudest part of it right now?

You don’t have to manufacture false optimism. You just have to create enough distance to see that the story is a story - not a verdict.

From there, you rewrite. Not dramatically. Not with a motivational poster. Just a small shift in emphasis.

She’s driving me crazy but she’s such a good kid becomes a temporary, solvable problem. Conversely, a kid who’s driving me crazy starts to feel like a permanent condition.

The mind *is* a great storyteller. But you’re the author.



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 10 books about families and parenting - with the latest about raising boys out this year! For further details visit happyfamilies.com.au.



Jesus is the way to the Father



5th Sunday of Easter, Year A

Gospel Jn 14:1-12

Jesus said to his disciples:

'Do not let your hearts be troubled.
Trust in God still, and trust in me.
There are many rooms in my Father's house;
if there were not, I should have told you.
I am now going to prepare a place for you,
and after I have gone and prepared you a place,
I shall return to take you with me;
so that where I am
you may be too.
You know the way to the place where I am going.'

Thomas said, 'Lord, we do not know where you are going,
so how can we know the way?' Jesus said:

'I am the Way, the Truth and the Life.
No one can come to the Father except through me.
If you know me, you know my Father too.
From this moment you know him and have seen him.'

Philip said, 'Lord, let us see the Father and then we shall
be satisfied.' 'Have I been with you all this time,
Philip,' said Jesus to him 'and you still do not know me?

'To have seen me is to have seen the Father,
so how can you say, "Let us see the Father"?
Do you not believe
that I am in the Father and the Father is in me?
The words I say to you I do not speak as from myself:
it is the Father, living in me, who is doing this work.
You must believe me when I say
that I am in the Father and the Father is in me;
believe it on the evidence of this work, if for no
other reason.






'I tell you most solemnly,
whoever believes in me
will perform the same works as I do myself,
he will perform even greater works,
because I am going to the Father.'



Draw an arrow next to the
words below which describe
the Way, the Truth and the Life
that Jesus wants us to follow.

- LOVE
- PEACE
- GREED
- FORGIVENESS
- CONFLICT
- JUSTICE
- SELFISHNESS
- COMPASSION
- HONESTY
- HATRED

Can you decipher what Jesus is saying?



come 2
the  **except**
 



" _____ come
_____ the _____
except _____ ."