



Christ beside me: Walking in the footsteps of St Patrick

DATES FOR THE DIARY

Tues 27 Oct 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, wear a splash of red for Day for Daniel
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,

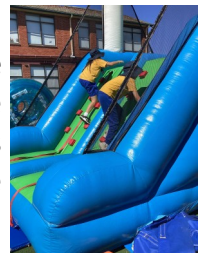
Firstly, I would like to extend a heartfelt thank you to our entire school community for the wonderful efforts, support and dedication shown each and every day. By working closely together, we continue to ensure that fun, laughter, prayer and learning remain at the heart of everything we do. It is this strong sense of community that makes our school such a special place for our children to learn, grow and flourish.



As mentioned last week, our Colour Run is a perfect example of the importance of making room for fun in our daily routines. These moments of joy help build connections, strengthen friendships and remind us that learning is not only about what happens in the classroom, but also about the memories and experiences we share along the way.

Year 3–4 Camp: Courage, Friendship and Fun

Our Year 3–4 students enjoyed their camp this week and, despite the challenging heat, had an amazing time! It was wonderful to see the children challenge themselves, have a go at new experiences and encourage one another to be brave. The evening activities were a great success, with plenty of laughter, excitement and opportunities to build friendships.



Experiences like these help our children develop independence, resilience and confidence, while learning the importance of supporting one another. A sincere thank you to all our teachers for their tireless efforts, care and dedication in making nights like this possible. Your willingness to give so much of your time and energy ensures our students can enjoy these valuable experiences in a safe, supportive and nurturing environment. Thank you to our LSO's who helped out, your extra support is always valued and appreciated.

We'll put more photos of 3/4 Camp in next week's Newsletter as this week's is full of the Colour Run!

Loving One Another



When people are nice, it's easy to love them. When people are mean, it's not. When they are rude, or bad or cruel, that's when I need a spot of your special love and kindness, Your eyes to help me see how much they mean to you, God, Even when they're mean to me. But help me. God, to know what's right and when things aren't OK, help me, God, to ask for help from grown ups who can say what would you want, what you would do to make things right again. Help me to love everyone, no matter where or when!

'But I am giving you a new command. You must love each other, just as I have loved you.'
John 13:34

Our School Mural: A Celebration of Community

We are delighted to announce that the unveiling of our beautiful school mural will take place next Thursday, October 29. Parents and families are warmly invited to join us as we celebrate this wonderful achievement and the many people who helped bring it to life.



This mural represents an inspiring journey that began in 2025, when our Grade 5 students participated in the Leaders of the Pack program, facilitated by youth workers from the Western Bulldogs. Through conversations about kindness, respect, positive mental health, cultural understanding and inclusion, students recognised the positive impact these values had on their classroom relationships. They then took the initiative to extend these messages across our school community.

With the support of Brimbank Council, the Western Bulldogs, the Centre for Multicultural Youth, Foundation House, professional artist Debbie Qadri, our dedicated staff, parents and students, the mural became a collaborative project involving our entire school. Our 2026 Grade 6 students led the design process and created short films to help share the mural's messages with students across all year levels. Children from across the school, along with staff and parent volunteers, contributed to painting this beautiful and meaningful artwork.

The mural is more than a piece of art; it is a lasting reminder of the kind of community we aspire to be: one where everyone is valued, differences are celebrated, kindness is practised and each person is encouraged to belong.

A special thank you to Greg Woolford, whose work across our three schools continues to create wonderful opportunities for our students. Greg has a remarkable ability to identify meaningful initiatives, build strong community partnerships and secure financial support that allows our children to participate in enriching and memorable experiences. We are very grateful for his vision, commitment and the many connections he fosters on behalf of our school community.

We look forward to celebrating this achievement with our families next Thursday!

Living Our Faith Together

As a Catholic community, we are called to put our faith into action through the way we treat others, the relationships we build and the care we show for those around us. Whether we are sharing laughter at the Colour Run, encouraging a friend at camp or contributing to a mural that celebrates belonging, we are living out the Gospel values of love, compassion, respect and service.



Jesus reminds us of the importance of loving one another, and it is through these everyday moments that our children learn what this looks like in practice. Thank you for continuing to partner with us in nurturing not only the minds of our students, but also their hearts and spirits.

May we continue to walk together in faith, finding joy in one another, celebrating our gifts and creating a community where every child knows they are loved, valued and called to make a difference.

God bless,

Warm regards,

Caroline Madigan

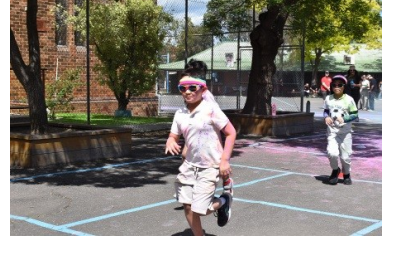
Caroline Madigan

Principal

cmadigan@olsunshine.catholic.edu.au









MURAL LAUNCH

Dear Parents,

On Thursday next week (29th October) we have a launch for our beautiful mural. We would love it if you could join us. The more parents the better. The launch is just before pick up time.

In attendance will be all the school children, our partners - Western Bulldogs, Brimbank Council, Centre for Multicultural Youth, Foundation House, STAR newspaper and others

Launch Details: 2.40pm Thursday 29 October

A quick overview

Over 2 years the mural project has developed as part of a larger program around building cultural understanding, inclusion and improving relationships within students.

From an 8-week program led by the Western Bulldogs Community Team in 2025, this led to classroom change of students, the students then designed and created a mural to reflect the themes discussed, students successfully applied to Council for funding to create this, the whole school assisted in painting it and the Gr 6 students educated the whole school about its meaning.

It's been a two-year process and very successful one.

Here you can see a sample of the mural

We have a lovely photobook of the journey.

It's a great multilayered outcome and we hope you can join us for the launch.

Greg Woolford
Family School Partnerships



Promoting Child Safety - A Day for Daniel



On Friday, October 30th, Our Lady's will be participating in the registered event 'A Day for Daniel' for the ninth time. It has been organised by the Daniel Morecombe Foundation to help promote and educate children about safety.

Our Lady's supports this initiative as it strongly connects to what we already do in our Student Wellbeing/ Social Emotional learning Program across the school.

On this day, students are encouraged to wear splashes of **RED** which could be a red tee-shirt, headband, ribbon or red socks.

To prepare for this day, the students will be engaging in a 'Child Safety' lesson, which also support our Social and Emotional Learning Program, *Resilience, Rights and Respectful Relationships*.

*These lessons promote and teach students to **Recognise, React and Report** if they find themselves in situations that make them feel unsafe. We encourage you to continue to talk to your child about what they are learning in class.*



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 online.

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

VIEW 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)**



Year 6 Leadership Day



COMING SOON, LEADERSHIP DAY 2026
THURSDAY 29 OCTOBER

Thursday next week is an exciting day for our Year 6's... Leadership Day!

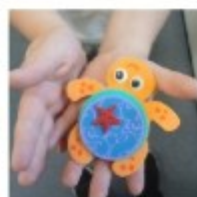
Our Lady's graduating class will be joined by visiting students from local schools, to host a fun day of team building activities, led by CCCC, and hearing from two inspiring guest speakers, Mursal Sadat and Charlie Bezzina. Bring on next Thursday!



THERE'S PLENTY TO LOOK FORWARD TO IN TERM 4 WITH EXTEND!

Every session is filled with opportunities for children to play, explore, connect and build new skills, all while having plenty of fun along the way.

Children can enjoy healthy and delicious snacks, giving them the energy they need to get back to playing, creating and making the most of their time at Extend.



**DELICIOUS
HEALTHY
SNACKS**



**REST EASY
KNOWING YOUR
CHILD IS CARED FOR**



**BOOK 14 DAYS
IN ADVANCE &
RECEIVE THE
EARLY BIRD RATE**



Gilbie The Gecko
FUN INSPECTOR

Book your sessions now! The activities are heaps of fun, the snacks are healthy and delicious, and it's a great place to make friends, build confidence, learn new skills and feel connected.



**SCAN THE QR CODE TO
ENROL & BOOK NOW
FOR TERM 4**

CHECK IN TO AFTER SCHOOL CARE WITH EXTEND TODAY



extend.com.au

5 Secrets to Resilient Kids

In 2014 Andrew Fuller surveyed around 16,000 Australian young people about resilience. The most resilient kids agreed - almost universally - with two statements. The least resilient disagreed with both:

I have a parent who cares about me.

I have a parent who listens to me.

The most common definition of resilience I hear is that it is the capacity to “bounce back” from adversity and challenge. In other words, it’s getting back up and doing the hard thing that just did you. A parent once suggested to me that resilience is “grace through adversity”.

The thing about resilience is that it usually doesn’t feel very resilient when you’re in it. It’s only after the trial that you experience the triumph.

Yet many parents misunderstand resilience. They think it means adopting a “toughen up princess” approach to life; that when hard things happen, children should be left alone to figure it out. That they should “drink some concrete and harden up”.

The scientific resilience research points *away* from this mindset. Resilience is built as much *inside* a child as it is built *around* a child - in healthy, supportive environments - and usually in interactions that seem too small to matter. Except they do.

Here are five secrets to the most resilient kids:

They know you care - and they know you listen

Based on Andrew Fuller’s questionnaire, this has to be the first one. This means resilience is built by knowing you *matter* and have someone’s support. Your child will be more likely to be resilient if you can stop what you’re doing, look at them, and listen when they speak to you. Turn your body towards them. Put the phone down. When they bring you a problem, hear all of it, then ask “What do you reckon you should do?” and listen again. You don’t have to solve it. It’s not your job to carry it. It’s your job to care about it - and show it.

Stay calmer than your child

Steve Biddulph suggests a parent’s main job is to always remain calmer than their child in those big moments - and often in the little ones too. A child’s nervous system learns to settle by *borrowing* a settled one. If you meet a meltdown with your own meltdown, you’ve taught escalation and probably created fear and anxiety. This asks a lot of you, but it builds the support needed for resilience and regulation. Before you respond, *take one breath you can hear*. Deal with the behaviour once the storm has passed, not during it.

Let them do hard things

You don't know you're resilient until you've done something hard. But we seem intent on rescuing our kids from anything that they feel challenged by. There *is* a time and a place. Sometimes it makes sense to give them a push or a leg-up. Be discerning. But the default should be towards reducing the rush to rescue and reassure. Stop letting them skip it. Research shows doing hard things makes kids feel *less* anxious. A Yale University team [found that](#) reducing those parental accommodations was as effective at reducing anxiety as therapy - but waaaaay cheaper! Remember, every time you rescue, you tell them they couldn't have coped without you. Let them approach the new friend. Let them try out for the team. Let them stumble a little. Let them stay in the hard class. Just stay close while they do it. (Secrets 1 and 2 above matter here.)

Give them a story bigger than themselves

Our kids rely on roots for their foundations. This is our family culture. Or our faith, traditions, a cause, a family identity, or some other purpose. It could simply be that someone depends on them - so they know they're contributing to something bigger than themselves. Resilience researcher, Ann Masten, found meaning-making is as important as robust relationships and self-regulation when it comes to core protective factors. Children who can locate their suffering inside something larger - who see hardship as something valuable because it's aligned with a life purpose - get through it faster. Tell them the family stories. Give them something to serve. A child who is genuinely needed or who sees a bigger picture in their trials is very hard to sink.

Let them out of your sight

In 2023, Peter Gray, a world-leading "play" expert [wrote](#) that the collapse in children's independent activity is a central driver of rising anxiety and depression. [Other researchers have found](#) children with more risky outdoor play have better physical and social outcomes. And there's also [suggestions](#) that climbing high, moving fast and roaming out of range actually recalibrates the fear system. In short, risky play and other activities are good for your kids. (Note - danger means no idea about risk, like a toddler playing near a pool, whereas risky play means you can see the dangers and make decisions accordingly.) My recommendation: for resilient kids, send them to the shop (or, if they're little, let them go into the next aisle and get the milk and bring it back to you). Let them ride to a mate's place (or, for little ones, ride ahead to the corner and wait for you). Let them climb higher than you'd like. And watch how big and capable it lets them feel.

We don't need to be left alone to be resilient. In fact, the more support we have around us, the stronger we are. Remember, your job is to care, not carry. To support, not save.

Our kids face challenges. They're up to the task if they've got you behind them.



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.



Jesus' law of love

God

your
neighbour

30th Sunday in Ordinary Time, Year A

Gospel

Mt 22:34-40

When the Pharisees heard that Jesus had silenced the Sadducees they got together and, to disconcert him, one of them put a question, 'Master, which is the greatest commandment of the law?' Jesus said, 'You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: you must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.'



Show your love

I show love for God when I

I show love for others when I

Fill in the missing words to complete the story.

love
second
God
answered
yourself
teacher
heart
first
test
commandment

An expert in the Jewish law tried to _____ Jesus. He asked, "_____, what is the most important _____?"



Jesus _____: "Love the Lord your _____ with all your _____, soul and mind." This is the _____ and most important commandment. The _____ is like it: "_____ your neighbour as much as you love _____".

