



Christ beside me: Walking in the footsteps of St Patrick

DATES FOR THE DIARY

Mon 23 Feb Beginning of School
Mass at 11.30am
Tues 24 Feb 9.00am Parent Helper
Info Session
Mon 2 Mar 8.30am Smoking Ceremony
Wed 4 Mar 7.00pm Foundation
Parent Learning Info Session
Mon 9 Mar Labour Day Public Holiday
Wed 18-Fri 20 Mar Yrs 5/6 Camp
Tues 24 Mar 6.30 Reconciliation
Parent Night
Wed 25 Mar 5.00pm Foundation
Family Picnic
Thur 2 Apr End of Term 1 at 1.00pm
Mon 20 Apr *Closure Day - Professional Development for Staff (Literacy). No School for the children*
Tues 21 Apr Start of Term 2
Wed 22 Apr 7.00pm Student Well-being Parent Info Session

2026 Professional Development Days for staff

Term 2
Mon 20 April - Literacy Focus
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 1 - Thur 2 April
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 3 Reconciliation
Wednesday 29 April at 6.00pm
Year 4 Eucharist
Sunday 17 May at 10.30am
Year 6 Confirmation
Friday 31 July at 7.00pm

Dear Parents, Carers and Members of our School Community,

As we begin this sacred season of Lent, we marked **Ash Wednesday** with the distribution of ashes made from blessed palm branches from last year's Palm Sunday. In the tradition of the Church, the ashes placed on our foreheads remind us of our call to repentance, renewal and preparation. Lent is a time for prayer, fasting and almsgiving. A time to turn our hearts back to God and to one another.

Over the coming weeks, our students will be immersed in the Scripture stories that lead us towards Easter. They will reflect on the teachings of Jesus and the lessons we learn about respect, forgiveness, compassion and service. Through classroom discussions, prayer and action, we encourage our students to live these values each day by showing kindness and understanding to others at all times.

Our senior students had the wonderful opportunity to join our parish community to celebrate the Ash Wednesday Mass, celebrated by Fr Peter Zin and Fr Peter Damien. It was a reverent and meaningful celebration, and we thank our parish priests for guiding us so thoughtfully into the Lenten season.

Child Safety: A Shared Responsibility

The safety and wellbeing of every child remains our highest priority. Child safety, including the safe use of equipment in our adventure playground, continues to be a strong focus at our school.

There are two clearly displayed posters in the school yard outlining the terms and conditions for safe use of the playground equipment, particularly before and after school. We kindly remind families that the playground is not supervised by school staff outside of school hours.

Therefore, we ask that parents refrain from supervising their children on the playground before and after school. Your cooperation ensures consistency and helps us maintain a safe environment for all students.



Loving God, as we begin this season of Lent we pray that over these 40 days, we will open our minds and hearts to recognise and respond to the needs of others. Help us to be kind to those around us, especially friends and family. Through prayer, fasting and giving to those in need, may we be ready to enter more fully into the days of Holy Week.

Amen

Beginning of Year Mass – Monday 23 February 11:30 am

We warmly invite families to join us for our Whole School Beginning of the Year Mass on **Monday 23 February**. This is a beautiful opportunity to come together as a faith community and commence the year in a prayerful and united spirit. We look forward to celebrating with you.



Automated Bell System

You may have noticed that our bell system has had an update. Music will play in the mornings and at the end of breaks to signal to students that it is time to begin lining up. This gentle reminder supports students in preparing themselves in a calm and respectful manner before the school day begins.



PAB AGM Update

Please note that the PAB Annual General Meeting has been postponed. A new date will be advised shortly.

All current board members are asked to please contact Caroline Madigan via email (principal@olsunshine.catholic.edu.au) to confirm your interest in continuing as a board member for the coming year. We thank you for your ongoing commitment to our school community.



Interschool Sport

It is with great pride that I share the positive feedback received from St Paul's School regarding our senior students' participation in interschool sport. Their respectful conduct and sportsmanship were particularly highlighted. We were told, *"It is always a joy to play Our Lady's as it is always a positive experience."*



This affirmation speaks volumes about the character of our students and the values we strive to instil.

Thank you

As we journey through Lent and continue the school year together, it is with pride that I see the efforts of students, staff and families to ensure that respect and compassion are not only discussed but actively shown and encouraged throughout our school.

When a community works together, we can achieve wonderful things. Thank you for your continued partnership and dedication and please continue the great work.



May God bless you and your families during this Lenten season.

Lunar New Year

Wishing all our families and Our Lady's community a healthy and prosperous New Lunar Year. We hope you all enjoyed celebrating with your families, friends and neighbours.



Warm regards,

Caroline Madigan

Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au



Student Wellbeing Parent Information evening

Focus: Zones of Regulation; Self-regulation; Executive Functioning; Ways you can help at home.

Aimed mainly at new families to our school, especially parents of children in years F-1 and for families who did not attend a similar evening in 2024.

When: Wednesday 22nd April at 7:00pm



Choosing a Secondary School: Finding the right fit

Caroline Chisholm Catholic College invites families with students in Grade 4 or 5 to join our information session.

Choosing a secondary school for your child can be overwhelming. This session aims to assist families exploring secondary school options about what to consider when selecting a secondary school.

Wednesday 25 March 2026 | 6.00pm – 7.00pm
(doors open at 5.45pm)

Quin Auditorium, Caroline Chisholm Catholic College

204 Churchill Avenue, Braybrook

Enter via Gate 3 on the corner of Churchill Avenue and Darnley Street, Braybrook

Register Now

Scan the QR code to
secure your seats



For any questions, please email
registrar@ccc.vic.edu.au or call **9296 5311**.





Melbourne Archdiocese
Catholic Schools



CAROLINE
CHISHOLM

Join us for our

OPEN DAY

Explore the possibilities

Sunday 22 March 2026

11am – 2pm

204 Churchill Avenue,

Braybrook 3019



cccc.vic.edu.au



BELONGING, BEING, BECOMING

WHAT'S HAPPENING IN EXTEND!

CURIOUS TO KNOW WHAT THE KIDS HAVE BEEN UP TO WITH EXTEND?

It's only the start of the new school term, and the children in Extend Before and After School Care are already enjoying so many fun and exciting activities!

Our children have been enjoying active outdoor play, from friendly basketball games to imaginative playground adventures!

We've been getting up to stamp painting with vegetables, encouraging children to learn about different types of healthy food whilst getting creative!



SUMMER HOLIDAY PROGRAM!

What a summer with Extend!

Our Holiday Program was jam-packed with excitement! From thrill-seeking excursions to indoor play and creative workshops, the kids enjoyed the ultimate summer adventure!



If your school doesn't offer Holiday Care, Find your nearest location at extend.com.au

SCAN THE QR CODE
TO ENROL & BOOK NOW!



OR VISIT EXTEND.COM.AU

Enquiries 1300 366 437

ALL GIRLS GROUPS AVAILABLE



4-7 year olds

An introductory program to Australian rules football, teaching skills through fun activities and mini games.

REGISTER HERE



7-12 year olds

Level up your footy with skills and modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies alike.

REGISTER HERE



BRIMBANK & SURROUNDS AUSKICK & SUPERKICK TERM 1

AINSWORTH RESERVE, WEST SUNSHINE
5:00PM - 6:00PM
STARTS WEDNESDAY 25TH OF FEBRUARY



\$55 FOR THE PROGRAM WITH A \$55 DISCOUNT FOR COMMUNITY AUSKICK OR SUPERKICK

For enquiries please reach out to Josh Coward on joshua.coward@afl.com.au



AUSKICK FREE COME & TRY

Whether you're a seasoned player or trying it for the first time, now's the perfect time to get involved! Have fun, challenge yourself, and enjoy the thrill of the game.



SCAN
HERE



PENNELL RESERVE , BRAYBROOK

SATURDAY 28TH FEB, 10AM

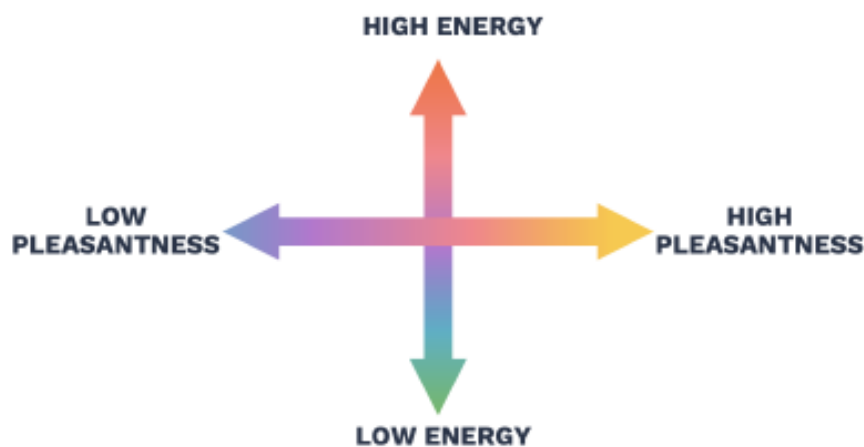
VISIT PLAY.AFL

The Learning Zone

By Dr Justin Coulson

Emotions can be described in two dimensions. There's the energetic dimension (from high to low), and there's the level of pleasantness an emotion carries.

Put them together; they look like this:



When our kids are struggling with something - learning maths, mastering a tricky piece on the piano, figuring out a new skill - their energy often spikes due to frustration. And it veers toward the left side of the pleasantness dimension. Trying to learn hard things doesn't feel good.

The typical response is to get out of the situation. "I hate maths." "Why do I have to learn this dumb song?" "I can't!"

This discomfort leads to avoidance. And avoidance is reinforcing. It feels pleasant. Thinking about doing the task is unpleasant but avoiding it? That's nice. And if it sounds familiar, it's because us grown-ups do it too.

But here's the reframe: that unpleasant, high-energy zone isn't the enemy. It's where powerful, real learning happens.

Sure, we can learn - and learn well - while we're feeling pleasant. Learning doesn't have to be all pain, suffering, and torture. But... think about your biggest breakthroughs. Didn't most come through some kind of struggle?

As a cyclist, I learned that "you've got to love the hills, because the hills make you strong." As a student who failed school but thrived at university later in life, I learned "there is no triumph without the trial."

By naming this slightly unpleasant zone “the learning zone”, we give our kids a reframe. That discomfort is not a signal to have a dummy spit and take your bat and ball and go home. It’s a signal that growth is either happening, or about to happen. The longer your child can stay in the learning zone, the more they’ll learn.

Think about your child learning to ride a bike. Wobbly? Frustrated? Bleeding? That was all high-energy, unpleasant territory. But they stayed in the learning zone long enough to break through. And now? They fly down the street, wind in their hair (well, helmet), big smile on their face.

Making friends, learning fractions, learning to write an essay, tying shoelaces - these can all feel unpleasant. But they’re how we grow.

Helping our children understand that uncomfortable emotions are just a signal they’re in the learning zone can ironically be the prompt they need to steady their emotions, put their head down, and stay in the learning zone long enough to actually learn the thing they need to learn.

And it’s handy for grown-ups too. When we recognise that we are in the learning zone something shifts. Emotions miraculously settle, energy finds its level, and voilà - there’s more learning.

One caveat: this only works (morally and ethically) when the struggle is worthwhile. Suffering through busywork because “it’s on the curriculum” is just suffering. But when the challenge matters? The discomfort promotes progress.



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 tempted in the desert

1st Sunday of Lent, Year A

Gospel Matthew 4:1-11

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone
but on every word that comes from the mouth of God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says:

He will put you in his angels' charge,
and they will support you on their hands
in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:

You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

You must worship the Lord your God,
and serve him alone.'

Then the devil left him, and angels appeared and looked after him.

How did Jesus respond to temptation?

<p>Hey Jesus! If you're so hungry, why don't you turn these stones here into bread?</p>	
<p>Hey Jesus! I bet that if you jump off the temple, God will send some angels to catch you!</p>	
<p>Hey Jesus! See all those kingdoms? They're yours! And all you have to do is bow down and worship ME! Too easy!</p>	




Join up the
fruit to complete
the text maze:
"Lead us not into
temptation."