



Melbourne Archdiocese  
Catholic Schools



**OUR LADY'S SCHOOL**  
**NEWSLETTER**  
**15 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**

- 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
- Wed 17 June** Teeth on Wheels
- Fri 19 June** Reports published on nForma portal
- Tues 23 June** Teeth on Wheels
- Wed 24-Thur 25 June** Three Way Learning Conversations
- Fri 26 June** End of Term at 1.00pm
- Mon 13 July** Start of Term 3
- Wed 15 July** 6.30pm Confirmation Parent Meeting

**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, Carers, Students and Staff,

Thank you for a wonderful, fun-filled week at Our Lady's School. It has been a week celebrated in good faith and with care, and it truly highlights the importance of working together to support one another in everything we do as a Catholic school community. We are grateful for the continued support, generosity and spirit shown by our parents, the dedication of our staff, and the enthusiasm and joy of our students.

**Athletics Day – Tuesday**

On Tuesday, the whole school attended the Athletics Track at Aberfeldie to participate in a range of exciting events. It was a fantastic day of teamwork, participation and school spirit. We were overwhelmed by the number of parents who generously offered their time and registered to assist on the day - your support made a significant difference to the success of the event.



A number of staff arrived early to set up and ensure the day ran smoothly, creating a well-organised and positive environment for all students. A special thank you goes to Ms Jo McManus, who worked tirelessly behind the scenes to ensure students were well prepared and ready for the day.

Through their Physical Education lessons leading up to the event, students developed key skills, and it was evident on the day that they were confident, prepared and willing to give their best in each event. Thank you, Ms Jo, for your outstanding work and dedication.



*Prayer for First Eucharist*

*It is a blessed day when we receive Jesus in the eucharist. We should thank God for this wonderful gift.*



Dear Father, we will soon celebrate a special day. We will receive your Son, Jesus Christ, in the eucharist for the very first time.

Thank you for sharing Jesus with us in the bread and wine at Mass. Help us to be renewed each time we come to the table of the Lord. May we live as Jesus showed us, each and every day of our lives. Hear our prayers as we prepare for our First Eucharist. Amen

## First Eucharist – Sunday 10:30am

This Sunday, our Year 4 students will celebrate their First Eucharist at 10:30am. This is a very special sacrament in the life of our Church, where the community welcomes the students into a deeper participation in the Parish and Eucharistic celebration.

It is the first time they will receive the consecrated Eucharist, marking an important step in their faith journey as they continue to grow in their understanding of the Mass and the presence of Christ in the Eucharist.

We ask that you please keep our Year 4 students and their families in your prayers as they prepare for this sacred celebration.

We also extend our sincere thanks to Fr Peter Damien for his ongoing support, guidance and care in preparing the students for this important sacramental milestone.



## Grade 4 Eucharist Candidates 2026

*Please pray for us*



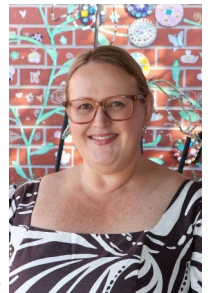
## Celebrating 30 Years of Service

This week, we also had the privilege of celebrating the outstanding contribution of two dedicated staff members who joined our school community 30 years ago. Mrs Christine Carabott and Mrs Jayne Hill. Over the past three decades, both ladies have been an integral part of Our Lady's School community. They have witnessed many changes throughout the years and have contributed in countless ways to the life of the school through their dedication, care and commitment to Catholic education.

Mrs Christine Carabott commenced at Our Lady's School as a graduate teacher and has continued to grow and progress throughout her professional teaching journey. Over the years, she has worked alongside and supported four Principals and has, at times, undertaken the role of Acting Principal. Her leadership, dedication to teaching and learning, student wellbeing and commitment to supporting staff and students have had a significant impact on the school community.



Mrs Jayne Hill began her journey at Our Lady's School working closely with students before transitioning into the front office, where she continues to play an essential role within the school community. In her role, she wears many hats and is often the welcoming face and supportive presence for students, families and staff alike. Her care, organisation and commitment to the smooth running of the school are deeply valued by all.



The contribution and impact both Mrs Christine Carabott and Mrs Jayne Hill have had on Our Lady's School is enormous, and we are truly grateful for their dedication, loyalty and years of service. We thank them sincerely for the care, professionalism and passion they have brought to our community over the past 30 years.

Warm regards,

*Caroline Madigan*

**Mrs Caroline Madigan**  
**Principal**

[principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au)

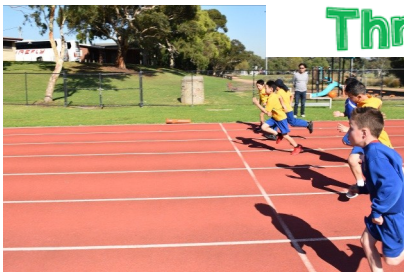


# Athletics Day





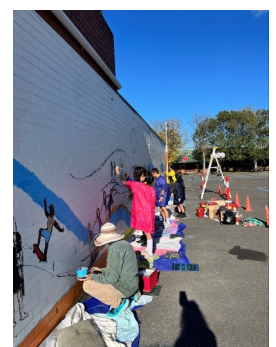
# Athletics Day



## OVER THE COUNTER ITEMS AT THE CANTEEN FOR TERM 2



# Mural Painting





# READY FOR A JAM PACKED ADVENTURE IN TERM 2 WITH EXTEND!

## A LOOK AT OUR FIRST FEW WEEKS OF TERM 2 WITH EXTEND!

The first few weeks of Term 2 at Extend have been full of fun, energy and laughter!

There's been lots of excitement as the children reconnect, share holiday stories and settle back into routines.

*It's been a fantastic start to Term 2!*



## ACTIVITY HIGHLIGHTS

The children in Extend Before and After School Care have been engaging in a variety of fun, play-based experiences including crafts, cooking and science experiments! You may have noticed the children participating in creative Mother's Day activities, as well as Earth World Day!

## ENROL & BOOK NOW FOR TERM 2!

We're back for another Term ready and here to support you with flexible care options!

### Plan ahead and save!

Book online 14 days in advance and secure the Early Bird Rate for all of your sessions!

Join in on the fun  
in Term 2!



### WE'RE LOOKING FOR OUR NEXT STAR!

If you're ready for a rewarding career in Outside School Hours Care, we want to meet you!

Check for local opportunities and apply today:  
[theextendgroup.com.au/careers/](http://theextendgroup.com.au/careers/)



SECURE YOUR  
SPOT TODAY!

SCAN THE QR CODE OR BOOK ONLINE  
AT [EXTEND.COM.AU](http://EXTEND.COM.AU) FOR TERM 2!





Melbourne Archdiocese  
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JOIN THE CYBER SAFETY PROJECT FOR EXPERT ADVICE

# Navigating the Digital Playground

CYBERBULLYING

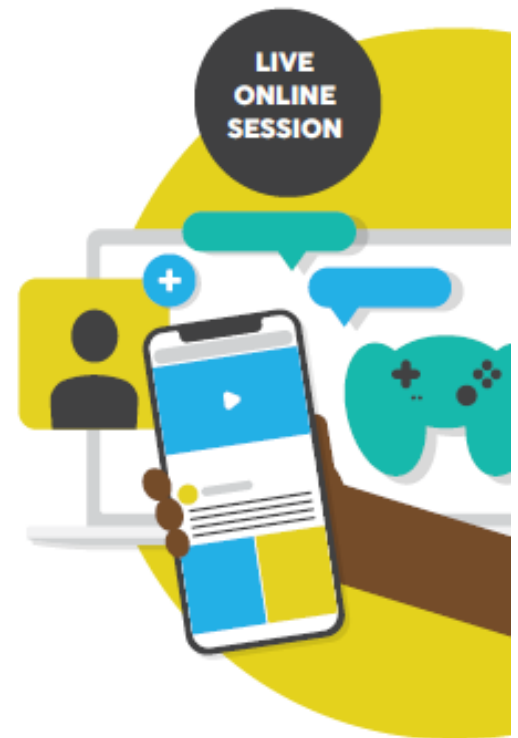
SCREEN TIME

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 25<sup>th</sup> 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](https://cybersafetyproject.com)



# Don't Burn the Chicken

By Dr Justin Coulson

Hands up who wants their kids to fulfill their potential?

If you're not putting up your hand, there's a good chance someone might call Social Services or Child Protection. We're all supposed to want to see our kids succeed, do their best, and fulfil their potential, right?

I have a provocation: research shows that the parents who get the best long-term outcomes from their kids are often the ones who learn to push a little less. This doesn't mean they don't care. Nor does it mean they have zero expectations.

There's a central element that makes this work - and that variable is *trust*.

This is counterintuitive. But stay with me for a moment.

A friend recently shared an image of two roast chickens. One cooked at 900°F (480°C) for an hour - black, shrivelled, ruined. The other cooked at 300°F (150°C) for three hours - golden, perfect, exactly what a good meal should look like. (Although I'd think two hours would probably be enough.)



Same bird. Entirely different outcome. The only thing different was the temperature.

It's a confronting metaphor for parenting because, if we're honest, many of us are running our households - and our children - pretty hot.

There's so much anxiety about whether they're keeping up, falling behind, measuring up. I speak to parents daily, all convinced that if they push hard enough, early enough - and if they just 'raise the bar' - they'll get better results in their children's lives. They'll make their lives 'better'.

But what if we're not accelerating our children's development at all? What if we're just burning them out?

Researcher Renee Landry conducted a series of four studies showing that if we just 'trust' that our kids are designed to develop healthily - and they actually *want* to develop healthily, we'll be less controlling and less likely to 'cook' the kids. Instead we'll be more relaxed, they'll be more relaxed, and - according to the data - they will learn more deeply, persist longer in the face of difficulty, and develop the kind of intrinsic motivation that sustains them well beyond any single result or report card.

The mechanism is straightforward. When children sense that the adults around them genuinely trust in their capacity to grow - not just perform - they internalise that belief. They begin to trust themselves. And children who trust themselves take risks, attempt hard things, recover from failure, and keep going. They're resilient.

Children who feel constantly evaluated do something different. They learn to protect themselves. They play it safe, avoid challenge, and optimise for approval rather than genuine learning. Carol Dweck's research on mindset captures this precisely: pressure tied to performance teaches children to manage their image rather than develop their ability. Over time, we don't produce stronger learners. We produce kids who either perform for the audience or stop showing up entirely.

High heat. Burned chicken.

I'm not arguing for low expectations. Trusting your child's development is not the same as being indifferent to it. The research is clear that warm, high-expectation environments - where children are genuinely believed in, appropriately challenged, and supported rather than drilled - produce stronger outcomes than pressure-driven ones. You can want remarkable things for your child and still turn down the heat. In fact, the evidence suggests that to get those remarkable things, you probably have to.

So what does low-and-slow look like on a Tuesday afternoon?

It looks like an unhurried conversation after school that isn't about homework or results. It looks like letting your child struggle with something for a few minutes before you jump in because you believe they can find their way through. It looks like protecting some unstructured time in the week, not as a reward for productivity but as a condition for it. It looks like saying, more often than feels natural, *I'm not worried about you. I think you've got this.*

Children are exquisitely sensitive to what we actually believe about them. When we hover, intervene, and push, the unspoken message - however loving the intention - is: *I'm not sure you can do this without me.* When we step back with confidence, the message changes. And so does the child.

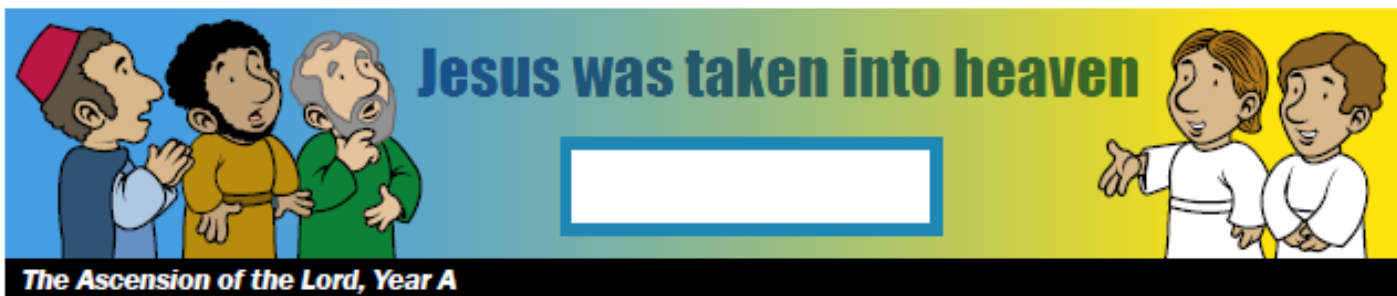
The best meals take time. You cannot rush them without ruining them. Turn down the heat. Trust the process.

The outcome will be magnificent.

*Hat tip to Adam Voigt, whose image and insight in his Real Schools newsletter sparked this piece.*



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](http://happyfamilies.com.au).



**The Ascension of the Lord, Year A**

Draw Jesus saying goodbye to his friends and promising to be with them always.



## Gospel

Mt 28:16-20

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commandments I gave to you. And know that I am with you always; yes, to the end of time.'



**ASCENSION**

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

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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