Melbourne Archdiocese Catholic Schools

OUR LADY'S SCHOOL NEWSLETTER

30 October 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

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,

A Wonderful Week of Learning and Community

How blessed we are to be part of such a wonderful school community! We are continually grateful for the generosity of our families, staff and wider community, who so willingly give their time and demonstrate a genuine investment in providing our students with rich, engaging and meaningful learning experiences. It is this collective commitment and spirit of partnership that makes our school such a special place to learn, grow and belong.



We began the week with a wonderful celebration of **Italian Day!** Students were immersed in the sights, tastes and experiences of Italian culture, with the opportunity to make their very own pizzas and, of course, enjoy some delicious gelato! The joy and excitement displayed by the students throughout the day were evident, and it was wonderful to see them embracing the opportunity to learn through such a hands-on and memorable experience.

We hope that the enthusiasm for pizza-making continues at home and perhaps inspires you to explore the possibility of creating a family pizza night! It is a lovely opportunity to bring everyone together, get creative with toppings and enjoy the simple pleasure of making something together.

A heartfelt thank you to Mr Matteo Maccio for his thoughtful planning and dedication in ensuring that our students had the opportunity to enjoy an authentic Italian experience. These are the kinds of experiences that create lasting memories and enrich our students' learning in such meaningful ways.

Year 6 Leadership Day



Our Year 6 students had the wonderful opportunity to participate in a Leadership Day, bringing together students from a number of local Catholic primary schools. A sincere thank you to our Year 6 teachers, Mrs Belinda Whelan, Ms Jo McManus and Miss Molly, who invested considerable time and effort into planning and coordinating such a valuable day for our students.

We were delighted to welcome students from:
St Peter Chanel Primary School, Deer Park Christ the King, Braybrook

Our leaders



O God,
Your laws help us to lead good lives, to be safe and happy.
We pray that our leaders will make laws to help all people to be safe and happy.
Help them to lead us on a way that we can follow to bring peace to all the nations of the world.
We ask you to help each of us to be leaders in the places where we live by our good lives and kindness to others. Amen

St Bernadette's, Sunshine North Mother of God, Ardeer St Theresa's, Albion

Throughout the day, students were blessed to hear from a range of inspiring guest speakers, including Mursal Sadat from the Asylum Seeker Resource Centre and Charlie Bezzina, retired detective of the Victoria Police Force. Their stories, experiences and insights provided students with valuable opportunities to reflect on leadership, courage, service and the importance of making a positive difference in the lives of others.

We were also fortunate to engage with students from Caroline Chisholm Catholic Regional College, who generously shared their own leadership journeys and facilitated a range of team-building activities. These activities encouraged our students to collaborate, communicate and step outside their comfort zones.

Overall, it was an incredibly eventful and enriching day. We hope our Year 6 students have gained valuable insights into what it means to be a leader and, most importantly, recognise that leadership is not simply about a title, but about the positive actions, choices and contributions we make each day.

Mural Opening – Celebrating Our Community



We were delighted to officially celebrate the opening of our school mural this week. Thank you to the parents and members of our community who joined us for this special occasion. It was wonderful to have the opportunity to share and celebrate a project that represents creativity, connection and community spirit.

A special thank you to Mrs Pina McDonald and Debbie Qadri, whose planning, vision and coordination helped bring this project to life. We also extend our sincere appreciation to Mr Greg Woolford for his tremendous efforts and connections in making this wonderful project possible.

We were fortunate to welcome representatives from our local council, members of the media and attendees from Melbourne Archdiocese Catholic Schools (MACS). Their presence was greatly appreciated, and we look forward to sharing the media coverage and published articles with our wider school community once they become available.

Projects such as these remind us of what can be achieved when people come together with a shared vision and commitment to our school. Thank you to everyone who contributed to making this project a reality.

Day for Daniel – Keeping Our Children Safe



Today, we saw a wonderful splash of red sweep across the school as our community acknowledged Day for Daniel. Beyond wearing red, the day provided an important opportunity to talk with students about personal safety, recognising trusted adults and knowing who their safe people are at school.

Child safety sits at the very centre of everything we do. It is embedded in our daily practices, our relationships and the decisions we make to ensure that every child feels safe, valued and protected. Days such as this provide an important reminder to continue having age-appropriate conversations with our children about their safety and wellbeing.

We encourage families to continue these conversations at home by revisiting who their trusted and safe people are, both at school and within the wider family and community. Working together, we can help empower our children with the confidence and knowledge to speak up, seek help and know that they will always be heard.

Melbourne Cup Public Holiday



A reminder to families that there will be no school on Monday and Tuesday due to the Melbourne Cup public holiday and school closure. Classes will resume on Wednesday.

We hope all families enjoy the extended break, take the opportunity to slow down and spend some quality time together.

Have a safe and restful weekend. May you enjoy the opportunity to connect with family and friends, and we look forward to welcoming everyone back on Wednesday!



Warm regards,

Caroline Madigan

Caroline Madigan
Principal
cmadigan@olsunshine.catholic.edu.au





Year 3/4 Camp Fun!

















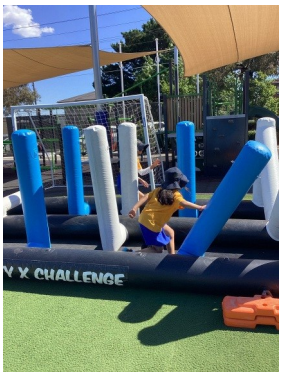






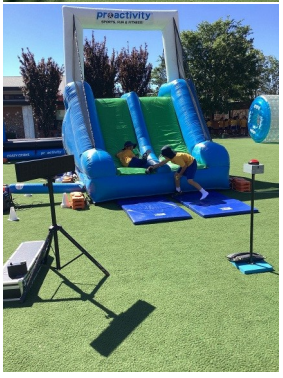














More Camp Fun!




When I say...
...you say!
PIZZA!
AMORE MIO!
CIAO = HELLO · AMORE MIO = MY LOVE


ITALIAN DAY






ITALIAN DAY


PIZZA AMORE MIO


CIAO = HELLO · AMORE MIO = MY LOVE








1
BLUE goes in 1!


PIZZA!
AMORE MIO!


PINEAPPLE ON PIZZA?
YES!
STAND UP
NO!
SIT DOWN


LET'S MAKE
PIZZA!










LET'S MAKE
PIZZA!






PIZZA AMORE MIO


PIZZA!






STELLA
CHAMPIONSHIP




Italian
Day






CIAO = HELLO = AMORE MIO = MY LOVE


BROOKLYN
New York


LET'S MAKE
PIZZA!



































Year 6 Leadership Day

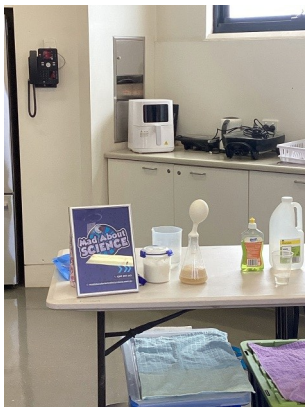
Year 1 Science Incursion



































Year 2 Science Incursion

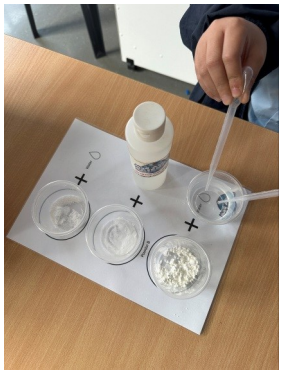




















Mural launch































OUR LADY'S WORLD CUP NEWS

The World Cup for Years Three and Four was finally played on Wednesday after many weeks of missing players on holidays we were finally able to reschedule this week.

Argentina played Portugal and the winning team was Portugal 4 to Argentina 3. A very close game!

Congratulations to team Portugal!



Happy World Teachers' Day!

Today, we celebrate and recognise the incredible dedication, passion and commitment of our amazing staff.

To every teacher and staff member, thank you for the time, care, energy and countless efforts you give each and every day.

Your impact reaches far beyond the classroom, shaping lives, inspiring minds and making a lasting difference in our school community.

Please know that you are valued, appreciated and celebrated by us all. Today, we honour YOU and everything you do!

With heartfelt gratitude and appreciation!



extend.com.au

Proudly supporting
alannah & madeline foundation



EXTEND-A-HAND 2026

MONDAY 9 NOVEMBER - FRIDAY 20 NOVEMBER

Join Extend in Term 4 and create a special card filled with love, hope and encouragement for a child receiving a Buddy Bag through the **Alannah & Madeline Foundation.**

We are proud to support the **Foundation's Buddy Bags initiative**, which provides essential and comforting items to children and young people entering emergency or foster care.

Give your child the opportunity to brighten another child's day with a little kindness. By decorating a card and sharing a kind message, your child can help another child feel supported, valued and thought of during a difficult time.



Book your sessions at extend.com.au for your children to participate in this wonderful initiative during the final school term!

To learn more about the Alannah & Madeline Foundation visit alannahandmadeline.org.au

Child Safety Notice
To protect children's privacy and safety, we do not show identifiable faces of our real children in our communication material in print or online. Children's faces shown are AI-generated.

GIVE YOUR CHILD THE CONFIDENCE TO SUCCEED

GKR Karate is welcoming new students of all ages. With over 40 years of experience, our classes help children develop:

- confidence
- focus
- discipline
- respect
- coordination
- fitness
- valuable self-defence skills



Training is conducted in a positive and supportive environment where students can progress at their own pace and achieve personal goals.
Classes are available for children, teens, adults, and families. Places are limited, and membership discounts are currently available for new students.
Contact Jenni on 0466 188 655 to find out more
Jenni Cutajar Dojo Manager • Instructor
M: 0466 188 655 E: jcutajar@gkrkarate.com W: gkrkarate.com

SUNSHINE FNC – KICKSTART GIRLS FREE COME & TRY!

Calling all girls aged 5–7 in 2026! Sunshine Football Netball Club invites you to come along and give footy a go at our FREE All Girls Come & Try sessions!

It's a great opportunity to learn new skills, make friends and enjoy footy in a fun, welcoming environment. No experience is needed. Just bring your runners, comfortable clothing and a water bottle!

Location: Kindersmith Reserve, 39 Lily Street, Braybrook

Session dates:

Saturday 14 November – 9:00am–10:00am

Friday 11 December – 5:00pm–6:00pm

FREE to attend!

Register now via PlayHQ: https://www.playhq.com/afl/register/0e8b24

We can't wait to see plenty of girls getting involved and giving footy a go!



Everything I Never Told My Parents

Most of us try to keep track of our kids. The research says we'd do better getting them to talk.

When I was young, I kept a journal. It knew everything: the things I was ashamed of, the things that scared me, and all the things I would never have told my mum and dad.

Kids don't write much in journals anymore. They carry phones. A 2023 survey found that 91 per cent of Australian 14- to 17-year-olds owned one. One-third of 6-12 year olds own one.

So we do what parents in the technology age do; we share locations, check screen time, and the tried and tested asking them where they're going, who they're going with, and what time they'll be home.

But these tech strategies, even when combined with the old-school questioning, tells us remarkably little. A blue dot on a map shows you *where* your daughter is. It says nothing at all about *how* she is.

In 2000, two Swedish researchers asked parents what they know about what their kids are up to, and *how* they know? Håkan Stattin and Margaret Kerr surveyed 703 fourteen-year-olds and their parents, and found three sources of parental knowledge. Kids openly disclose things to you. They just tell you. Alternatively, you ask them, seeking information as best you can. Lastly, some parents set rules that require the kids to report in. In their research and several subsequent studies it was only the first one that carried real weight. Open disclosure that is *not* coerced is the key. On the more bleak side, the *less* children disclosed of their own accord, the more likely they were to be breaking rules and having contact with police - which is never a good sign.

Boundaries still matter of course! But most of what you know about your children is what they have chosen to tell you.

Here's how to build a family where the children choose to chat with you about their lives rather than - as I did - hide it (on their phone, in their journal, or just in their head).

1 Manage your face

Your reaction is the whole ballgame. Kids tell us things in proportion to how safe it felt the last time they told us something. Breathe before you speak. Then say "thanks for telling me", especially when what you've just heard makes your stomach drop.

2 Get curious, not furious

When the news is bad, the instinct is to read the riot act. Ask instead: "How did you feel?" "What happened next?" We manage this easily when our kids come home with good news. The skill is doing it when they don't.

3 Separate the telling from the trouble

If honesty comes at a price (and means punishment), children stop being honest. Receive the disclosure warmly. Deal with the behaviour later, once everyone is calm as a problem-solving process rather than a punishment. Children need to learn that coming to you makes things better.

4 Give reasons, not just rules

When it's time to work out how to make sure this doesn't happen again, don't lay down the law. "Because I said so" invites pushback. Explain your thinking. Ask for their reaction. Offer choices where you can. Teenagers who feel trusted keep fewer secrets, and teenagers who feel controlled keep more.

5 Go easy on the snooping

If your kids discover you've been reading their messages, you've taught them two things: that you don't trust them, and that you'll find out anyway. You've just removed both of their reasons to tell you anything.

My journal kept my secrets beautifully. But it never once gave me a hug, talked me down, or told me I'd be okay. It can be good to process, but sometimes a conversation about what's going on matters more. When it comes to my kids, I'm focused on building a relationship with them where they *want* to have a chat about their struggles, mistakes, and fears. I'd rather my daughters came to me than anyone else (or any*thing* else - AI, I'm looking at you).

Location apps show you *where* your kids are. Only the relationship tells you *how* they are.

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.

Be happy, for your reward will be great in heaven

All Saints Day

Draw a line from the first half of each beatitude to its correct ending.



Blessed are those who grieve...	...they will be treated with mercy.
Blessed are the merciful...	...they will be called God's children.
Blessed are those who make peace...	...they will see God.
Blessed are those with pure hearts...	...they will find comfort.

Gospel Matthew 5:1-12

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit:
theirs is the kingdom of heaven.
Happy the gentle:
they shall have the earth for their heritage.
Happy those who mourn:
they shall be comforted.
Happy those who hunger and thirst for what is right:
they shall be satisfied.
Happy the merciful:
they shall have mercy shown them.
Happy the pure in heart:
they shall see God.
Happy the peacemakers:
they shall be called sons of God.
Happy those who are persecuted in the cause of right:
theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'



How can you be like a saint? Finish these sentences

I am like a saint when I...

I am like a saint when I...

I am like a saint when I...

The scriptural quotations are taken from the Jerusalem Bible, published and copyright 1966, 1967 and 1968 by Darton Longman and Todd Ltd and Doubleday & Co Inc, and used by permission of the publishers.

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