



Christ beside me: Walking in the footsteps of St Patrick

DATES FOR THE DIARY

Fri 14 Aug 3-6 Author Visit
(Tristan Banks) Assembly at
8.45am today instead of 2.30pm
Sat 15 Aug Feast of the Assump-
tion of Mary
Mon 17-Fri 21 Aug Bullying No
Way Week
Mon 17 Aug Yr 5 Museum
Tues 18 Aug Foundation CERES
Wed 26 Aug Yr 2 CERES
Fri 28 Aug Book Week Parade
8.45am
Mon 7 Sept Yr 6 Museum, Yr 1
Botanic Gardens
Thur 3 Sept Father's Day Stall
Mon 7 Sept Yr 6 Museum
Fri 18 Sept 1.00 End of Term 3
Mon 5 Oct Start of Term 4
Fri 16 Oct Colour Run

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 3 - Fri 18 September
Term 4 - Tues 15 December (last
day of the 2026 school year for
students).

Dear Parents and Families,

Staff Conference: Living Our Charism

Whilst our students enjoyed Monday and Tuesday away from school, our staff gathered for a two-day conference centred on the charism of ***Our Lady of the Immaculate Conception***.

The two days provided staff with a wonderful opportunity to pause, reflect and engage in prayerful dialogue about what makes our school unique and how our Catholic identity and charism are deeply connected to Scripture. Through meaningful conversations and shared reflections, staff gained a deeper understanding of how our charism can continue to shape the way we teach, support and nurture our students.

It was inspiring to hear the many wonderful insights shared by staff, with everyone taking away key reflections and practical focuses to incorporate into their teaching and interactions with students.

I would like to sincerely thank our families for their ongoing support of our staff and for allowing us the opportunity to invest in this important spiritual and professional formation.



Celebrating Student Learning

Over the past week, I have had the wonderful opportunity to connect with many members of our teaching and support staff and hear about the learning and achievements taking place across our school.

It has been a privilege to see the wonderful work our students have produced and to witness the progress they are making. There has been an abundance of student work shared, and I have been particularly impressed by the growth, effort and enthusiasm demonstrated by so many of our students.

I would like to acknowledge and thank our teachers and support staff for the dedication and creativity they bring to learning each day. Their commitment to making learning engaging, interactive and meaningful has a significant impact on our students.

I was incredibly proud to see the progress our students have made and to celebrate the many successes happening across our classrooms.



Assumption of Mary



Dear Mother Mary, when your time on earth was done, God took you, body and soul, to live in heaven with your Son, Jesus. Thank you for being our loving mother in heaven. Please pray for us every day, and help us to love God and each other so we can join you in heaven one day.

Hail Mary, full of grace, the Lord is with you.

Blessed are you among women and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners,

Now and in the hour of our death. Amen

Colour Run

Our wonderful Parents and Friends Association has organised a **Colour Fun Run** for our school community! Please take some time to read the flyer for further information about this exciting event.

When I announced the Colour Run to our senior students at assembly this morning, the excitement was immediate! Many students fondly remembered how much fun our previous Colour Run days have been, and they are already looking forward to another memorable day together.



Further information will be shared each week to keep families informed and ensure everyone is well prepared for the event.

Once again, thank you to our families for your continued support, encouragement and involvement in our school community. Your partnership makes such a positive difference to the experiences we are able to provide for our students.

MACS (Melbourne Archdiocese Catholic Schools) News Supporting our staff while planning for the future



Currently, all Catholic schools are working through planning and budgeting activities for 2027 to ensure we are well placed to support our staff, students and school communities in the coming year. This includes looking at how we can accommodate the changes likely to flow from a new Enterprise Bargaining Agreement (EBA) with school staff.

We recognise the significant financial pressures many households are facing, and we are making a conscious effort to ensure these costs are not passed on through significant fee increases.

We will continue to keep our parent community informed throughout this process. As always, our focus remains on maintaining strong school communities and continuing to deliver a high-quality Catholic education for every student.

Warm regards,

Caroline Madigan

Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au

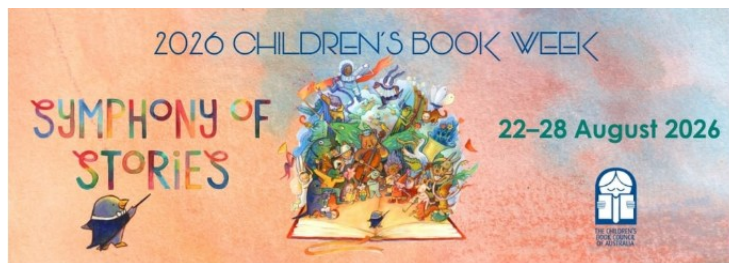
COLOUR • SLIME • STANDARD



**GUESS WHATS
COMING TO
OUR SCHOOL!**

**FRI
16
OCT**

**FUNDRAISING BEGINS MONDAY 31 AUGUST
CREATE YOUR CHILD'S PROFILE AHEAD OF TIME
BY VISITING MYPROFILEPAGE.COM.AU**



BOOK WEEK 2026 THIS WEEK:

We are so excited to begin celebrating Book Week.

Our students have spent this term exploring the nominated CBCA picture storybooks, learning songs, and researching our guest author.

This week, our F–2 students enjoyed an incredible performance by Meerkat Productions while our Grade 3–6 students were treated to a special visit from beloved children's author, Tristan Bancks.

REMINDER: Character Parade

Date: Friday, 28th August

Time: 8.45 am

Who: All parents, carers and family members are warmly welcome to join us.



Kind regards,
Lisa Piperno Literacy Leader

CYBERBULLYING

CONVERSATION STARTERS

Starting the Chat

"I've noticed you seem a bit different after using your phone lately. Tell me about what's going on in your online world."

"What's the best and worst thing about being online lately?"

If They Are Avoiding Social Media or Friends

"I've noticed you haven't been online as much lately. What's been different for you?"

"Friendships go up and down. How have your friendships changed lately?"

If They Seem Upset After Being Online

"I saw you looked upset after using your device. Tell me about what you were doing online that may have bothered you?"

"I'm not here to take your devices away, I just want to understand and support you if something's on your mind."

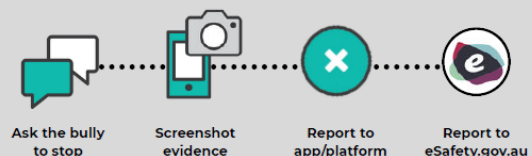
"Sometimes people can be unkind online. What have you seen online lately that has made you feel heavy?"

Encouraging Help-Seeking

"If you ever feel uncomfortable online, who do you think you could talk to?"

"It's okay if you don't want to talk to me right now, but please promise me you'll talk to someone if you need to."

Reporting Cyberbullying



cybersafetyproject.com.au/resources

CYBER
SAFETY
PROJECT



CYBERBULLYING

EARLY SIGNS CHECKLIST

Young people may not always tell an adult when they are experiencing cyberbullying. This checklist may help you **identify signs** and **start the chat**.

Emotional & Behavioural Changes

- ✓ Appearing sad, anxious, or withdrawn more than usual
- ✓ Getting upset or angry after using their phone or devices
- ✓ Avoiding social situations, even with friends
- ✓ Changes in personality - becoming more secretive or moody

Online & Technology Behaviours

- ✓ Becoming secretive about phone use or online activity
- ✓ Quickly hiding screens when someone walks by
- ✓ Hesitant to check notifications or unusually avoiding social media
- ✓ Deleting social media accounts or creating multiple new ones

School & Social Changes

- ✓ Sudden drop in school performance or lack of motivation
- ✓ Avoiding school, after-school activities, or social events
- ✓ Unexpected changes in friend groups or isolating themselves

Physical & Sleep Changes

- ✓ Complaining of headaches, stomach aches, or feeling sick with no clear cause
- ✓ Changes in sleep - difficulty falling asleep or sleeping too much
- ✓ Changes in eating habits - eating too little or too much

Help is never far away!

esafety.gov.au | kidshelpline.com.au | 1800respect.org.au



HAVE YOU HEARD?

WE'RE **HALFWAY** THROUGH TERM 3!



SCAN THE QR CODE TO ENROL

**BOOK
NOW!**



[EXTEND.LOOKEDAFTER.COM/](https://extend.lookedafter.com/)

The first few weeks of Term 3 at Extend have been full of fun, energy and laughter! But can you believe **we're halfway through the term!**



The start of term was full of excitement as the children reconnected, shared holiday stories and settled back into routines.

It's been a fantastic Term 3 so far!



They've been engaging in a variety of fun, play-based experiences including crafts, cooking and science experiments!

Make sure you book now and don't miss out on the fun we're having!



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/



BOOK ONLINE TODAY

extend.com.au

**ENROL & BOOK NOW
FOR TERM 3!**



GRAND UNITED CRICKET CLUB

— JR PARSONS RESERVE, SUNSHINE —



NOW RECRUITING JUNIOR BOYS & GIRLS!



FREE
Cricket Blast

FREE FOR SEASON 2026/27
Ages 4 to 8 years old
Saturday 17th October @ 9:30am

Under
10's

Under
11's

Under
12's

Under
13's

Under
15's

Under
17's

FREE MEMBERSHIP
FOR UNDER 10'S & UNDER 11'S!



JUNIOR INFORMATION NIGHT
THURSDAY 27TH AUGUST
5PM TO 6:30PM



**JR PARSONS RESERVE,
SUNSHINE**



JUNIOR CRICKET TRAINING TO RESUME 1ST WEEK OF SEPTEMBER
WEDNESDAY 2ND SEPTEMBER & THURSDAY 3RD SEPTEMBER @ 4:30PM



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MAKE FRIENDS • DEVELOP SKILLS • HAVE FUN

Connection

A father recently told me his relationship with his twelve-year-old son was fragile and becoming fragmented. “What’s wrong with my son?” he asked me. He then began to list his son’s shortcomings and challenges.

We worry about our relationships *a lot*.

Why? Relationships are at the heart of our wellbeing. When relationships feel good, we tend to feel good. But when a relationship is rocky, we tend to feel rocky.

Rather than discuss this father’s list of concerns about his son, I asked how much *connection* was in their relationship. He seemed puzzled.

“We talk all the time”, he responded. Then he proceeded to talk about his son’s “problems”.

I stopped him. “That’s not what I asked. I want to know about your connection, not his challenging behaviours. When you talk, what are you talking with him about? How involved is he in the conversation? What level of connection is in the discussion?”

He stared at me, considered his response, and then said, “He just grunts. It’s usually me talking at him.” Then, in a moment of candour and insight, he added, “And it’s mostly me telling him what to do or what I think is wrong with him.”

When things are not going well, going back to basics is usually my first step. And there’s nothing more basic than focusing on connection.

What is Connection?

Connection is feeling seen, heard, valued, and accepted. I explained this to the Dad I was speaking to and asked, “How connected does your son feel when he’s with you?”

Using his fingers, he considered each of those four elements. “Seen. I try to see him, but I don’t really stand in his shoes. It’s my agenda.” He paused. “Heard. Well, he doesn’t say anything.” He grimaced as he said it before adding, “I’m not really asking him questions that he cares about answering though. We have pretty lousy conversations.”

I reminded him of the last two: valued and accepted. He was quiet. Then, “I guess I can probably work on connection with my son a bit.”

In our relationships, we load up on correction and direction. Connection receives short shrift. Just like dollars are the currency of our economy, connection is the currency of our relationships. And, research consistently points out that when children, students, staff, and even spouses don’t feel seen, heard, valued, and accepted, they turn to... less desirable behaviours.

A Connection Audit

If relationships have gone a little wonky at your home, workplace, or classroom, I recommend a brief review. Here are three simple questions to ask:

1. When have my connections been strong? What has happened to help people around me feel seen, heard, valued, and accepted?
2. What's getting in the way of good connection that's in my control?
3. What is one thing I can work on this week that will help me build better connection and help those around me feel seen, heard, valued, and accepted?

The Core Connection Builder

The best way we can build better connection is to spend better time together. Involvement is the key word here. To a child, love is spelled T-I-M-E. It's how we build relationships, whether with our children, or even with students, staff, colleagues - even your mother-in-law.

The Dad I spoke with was a little annoyed that I wasn't telling him how to fix his son. But on his drive home, he decided to try what I'd suggested. When he arrived home, he hugged his son (who wasn't sure what was going on), apologised for being grumpy and on his case lately, and they shared a late night ice-cream together.

A few weeks later he emailed me to report. Following their chat, they made plans to go for a weekend camping trip, ride mountain bikes, and eat pizza the following weekend. The man's son had rated their weekend away a stunning success. The man himself? He told me that he saw, heard, valued, and accepted his son more in that brief time than he had in the past two years combined.

And the result?

His son no longer seemed to be quite so difficult. The challenges... mostly disappeared. They certainly stopped dominating the relationship.

Connection - feeling seen, heard, valued, and accepted - can be tricky. Life is challenging. But it's the foundation of better relationships and happier lives.



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.



The woman who had faith in Jesus

20th Sunday in Ordinary Time, Year A

Gospel

Matthew 15:21-28

Jesus left Gennesaret and withdrew to the region of Tyre and Sidon. Then out came a Canaanite woman from that district and started shouting, 'Sir, Son of David, take pity on me. My daughter is tormented by a devil.' But he answered her not a word. And his disciples went and pleaded with him. 'Give her what she wants,' they said 'because she is shouting after us.' He said in reply, 'I was sent only to the lost sheep of the House of Israel.' But the woman had come up and

was kneeling at his feet. 'Lord,' she said 'help me.' He replied, 'It is not fair to take the children's food and throw it to the house-dogs.' She retorted, 'Ah yes, sir; but even house-dogs can eat the scraps that fall from their master's table.' Then Jesus answered her, 'Woman, you have great faith. Let your wish be granted.' And from that moment her daughter was well again.

Who are the outcasts in our community?
Write them in the footprints.

**Jesus
Accepts
Outsiders**

The Canaanite woman persisted because of her strong belief that Jesus would cure her daughter. Use the words below to find out what Jesus said.



_____, you have

____ your ____
be _____.

granted wish
faith Woman
Let great