



Laudato Si
"All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents." N14 Pope Francis

DATES FOR THE DIARY

Mon 25 Aug Book Week Parade
Tues 26 Aug Yr 3 Traffic School excursion
Thur 28 Aug Author visit Chris Collin
Thur 4 Sept Father's Day Stall
Fri 5 Sept Father's Day Breakfast
Sun 7 Sept Father's Day
Mon 8-Thurs 11 Sept 2.10pm Performance Three Little Birds
Fri 12 Sept Second Hand Uniform Sale from 3.00pm, Yr 6 Werribee Zoo excursion
Mon 15-Thurs 18 Sept 2.10pm Performance Three Little Birds
Fri 19 Sept End of Term 3 at 1.00pm
Mon 6 Oct Start of Term 4
Thur 9 Oct 9.00am Yr 6 Graduation photo

PAB Meetings

Wed 19 Nov 7.00pm

P&F Meetings

Wed 5 Nov 7.00pm

2025 Professional Development
Days for staff - No school for the children

Term 4
Mon 3rd of November

1:00pm finish days at the end of each term

Term 3 - Fri 19th September
Term 4 - Tues 16th December (last day of the 2025 school year for students).

Dear Parents and Families,

It's that exciting time of year again, our students are in the throes of rehearsals for the upcoming school production! The energy and enthusiasm they are bringing to practices is wonderful to see. A heartfelt thank you to all the families who have already purchased tickets, your support means so much to the children, who are eagerly looking forward to showcasing their talents on stage.

Toilets in the New Building

The new building has been a fantastic addition to our school, offering modern and much-needed facilities. However, we have noticed some concerns regarding the state of the toilets during breaks.

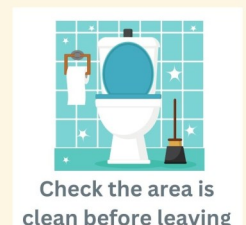
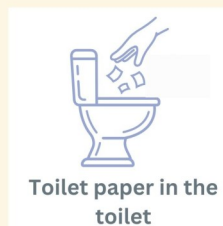
To support respectful and hygienic use of these spaces, we will be placing reminder posters in the toilets, encouraging correct usage and cleanliness.

If a student notices a mess or issue, they are encouraged to notify a staff member immediately.

Let's work together to ensure these shared spaces remain clean and welcoming for every child.

Please see the attached poster that will be displayed in the toilets.

Toilet rules



A Prayer for Quiet Times

Sometimes I am quiet,, sometimes I hide away
But you are always there, God, you're with me every day.

I like it when it's quiet, it makes me feel OK

I know you understand me in my own special way.

I know some people find it hard to see the real me
But you always can, all the time, right inside you see.

Thank you, God, for quiet. Thank you for being still

Thank you, God, for seeing me, I know you always will.

'everyone, be silent! The Lord is present and moving about in his holy place.' Zechariah 2:13



A gentle reminder that school fees are essential to the day-to-day running of our school. These fees help cover a range of vital expenses, including:

- Educational supplies
- Building maintenance
- Excursions and activities
- General operational costs

Your continued support ensures we can provide the best possible environment and learning opportunities for our students. We kindly ask that payments are made on time.

Please refer to the 2025 fee schedule, which is now available for your reference.

SUMMARY OF FEES FOR 2025

Annual Family Fee	\$1890 per family
Student Levy	\$ 560 per child
Capital Building Family Fee	\$ 250 per family
Swimming	\$ 130 per child (10-day program)
ICT Levy	\$ 80 per child
Camp Yr 1-4	\$ 30 per child
Camp Yr 5 / Yr 6	\$ 400 per child

School Review Progress

We are pleased to share that our school review process has now been completed. This has been a valuable opportunity for staff, students, and families to reflect on our school's strengths and areas for growth.

Thank you to all who contributed to the process – your insights and feedback were invaluable. We now look forward to receiving the final report and using it as a guide to celebrate our achievements and continue building a bright future for our school.



A Gentle Reminder: Time with Family Matters

As we head into the weekend, we encourage everyone to make deliberate time for family. Being around those we love and care for means more than we often realise. Don't take these special moments for granted – take time to talk, rest, and play game or go for a walk together.

Enjoy your weekend and the joy that comes with simply being present with one another.



Thank you as always for your continued support and partnership in your child's learning journey.

We're all looking forward to the Our Lady's Book Week Parade on Monday morning from 8.45am in the Hall. We hope you can join us!



What will you come dressed as??

Warm regards,

Caroline Madigan

Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au



BOOK PARADE NEXT MONDAY 25 AUGUST 8.45am in the Hall



Are you ready to dress up as your favourite book character?

If you could choose to be anybody from a book, who would it be?

You could be a superhero, a princess or a cat.

Who will you choose? Will it be a mask, a wig, a hat? Crazy socks look great as well!

**Who will you be? What will you wear?
We can't wait to see!!**



OUR LADY'S SCHOOL PRESENTS



THREE LITTLE BIRDS

TICKETS ON SALE VIA TRY BOOKING

MONDAY 21 JULY 9.00am

Tickets \$10.00 per person

No ticket needed for performers

SESSION TIMES

Monday 8 September 2.00pm Group 1

Tuesday 9 September 2.00pm Group 2

Wednesday 10 September 2.00pm Group 1

Thursday 11 September 2.00pm Group 2

Monday 15 September 2.00pm Group 2

Tuesday 16 September 2.00pm Group 1

Wednesday 17 September 2.00pm Group 2

Thursday 18 September 2.00pm Group 1



<https://www.trybooking.com/DCMJ1>

**ALL SESSIONS IN THE FR JOHN MAHER AUDITORIUM AT
OUR LADY'S SCHOOL**

The performance is repeated for each session.

GROUP 1 - FI, 1K, 2M, 3E, 4G, 5C & 6A

GROUP 2 - FJ, 1L, 2N, 3F, 4H, 5D & 6B

THE FUNKY CHICKEN MAN'S FLOWN THE COOP!

And he's coming our way!

Award-winning children's author **Chris Collin** with the

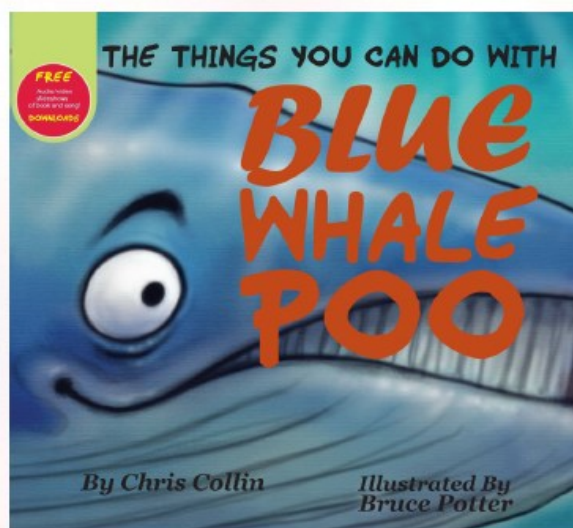
FUNKIEST AUTHOR VISIT EVER!



Thursday 28 August
for our Foundation,
Year 1 and 2 students!



OUR LATEST
(slightly stinky)
BOOK!



Inspiring students—sharing The Creative Process –

from Inspiration to Publication!

Incorporating –

- Story-telling
- Music
- Puppets
- Singing & dancing
- Every student will start their very own creative art activity!

Keep an eye out for these other funky titles with musical narrated story and song!



www.funkybooks.com.au

GRAND UNITED CRICKET CLUB

JR PARSONS RESERVE, SUNSHINE



NOW RECRUITING JUNIOR BOYS & GIRLS!



**Woolworths
Cricket Blast**

FREE FOR SEASON 2025/26
Ages 4 to 9 years old
Saturday 18th October @ 9:30am

**Under
10's**

**Under
11's**

**Under
13's**

**Under
15's**

**Under
17.5's**



REGISTER YOUR INTEREST VIA THE QR CODE

Junior Cricket Training EVERY Thursday Night
Starting Thursday 4th September 2025 @ 4.30pm



If you have any questions, please call:

Cameron Howitt



0412 642 526

Jack Hale



0421 526 500

Three Conversations Every Family Should Master

Wouldn't it be amazing to become a *super communicator* with your children?

Imagine fewer misunderstandings, less conflict, and deeper connection—all because we learned how to communicate in a way that really lands with our kids.

In a recent conversation on the *Happy Families Podcast*, I spoke with New York Times bestselling author and Pulitzer Prize-winning journalist **Charles Duhigg**, who shared a simple yet powerful framework that can help parents radically improve their conversations with their kids.

Here's what every parent needs to know—and how to use it at home.

The Conversations Kids Remember Most

Think back to your own childhood. What conversations do you *remember* with your parents?

I don't bet. But if I did, I'd put money on the fact that the ones you remember most weren't when they gave advice or solved problems. Instead, it was when they *listened*. When you felt seen, heard, and valued. When you did more of the talking and felt their steady, loving presence.

Our kids don't need us to lecture. They need us to connect.

The 3 Types of Conversations

Charles Duhigg outlines **three kinds of conversations** that occur in every relationship. When we don't realise which kind we're in, we can easily talk *past* each other, instead of *with* each other.

1. Practical Conversations

These are about solving problems. "How do I fix this?" or "What should I do next?"

2. Emotional Conversations

These are about feelings. "I'm frustrated." "This is hard." "I don't feel understood."

3. Social Conversations

These define relationships and identity. "Where do I belong?" "How do we relate to each other?"

Important: If you're having a *practical* conversation and your child wants an *emotional* one, the connection breaks down. You can't connect when you're not having the same conversation.

So, How Can Parents Get It Right?

Here are three practical, easy-to-implement strategies you can start using today:

1. Ask Before You Answer

Before jumping in with advice, ask:

- “What kind of help do you need right now?”
- “Do you want me to listen, or would you like some ideas?”
- “Do you want to be heard, helped, or hugged?”

This one step changes everything. It helps you offer what your child *actually needs*—not what you think they need.

2. Use the W.A.I.T. Principle

W.A.I.T. = **Why Am I Talking?**

When emotions are running high or your child opens up, resist the urge to fill the silence with advice, correction, or stories from your own childhood. Instead, listen. Give space. Ask gentle questions. Let *them* do the talking.

3. Focus on Connection, Not Control

Your child will remember conversations where they felt respected and empowered. Not the ones where you had all the answers.

Try:

- “Tell me more about that.”
- “How did that make you feel?”
- “What do you think you’ll do next?”

Treating our kids as thinking, feeling individuals helps them become just that—confident, thoughtful, emotionally intelligent humans.

Great communication in families isn’t about *talking more*—it’s about *talking better*.

When we slow down, tune in, and understand the kind of conversation we’re having, we build stronger, more connected relationships. And that’s something every child needs—not just to behave better, but to *feel* better.

Listen more. Ask better. Connect deeper. That’s the heart of super communication.

Try this at home tonight:

When your child tells you about their day, pause and ask: “Do you want me to just listen, do you want to hug, or would you like me to help?” You’ll be surprised by how much closer you feel—just by asking the right question..



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.



Those who are least will
be the most important



21st Sunday in Ordinary Time, Year C

Gospel Luke 13:22-30

Through towns and villages Jesus went teaching, making his way to Jerusalem. Someone said to him, 'Sir, will there be only a few saved?' He said to them, 'Try your best to enter by the narrow door, because, I tell you, many will try to enter and will not succeed.

'Once the master of the house has got up and locked the door, you may find yourself knocking on the door, saying, "Lord, open to us" but he will answer, "I do not know where you come from."

Then you will find yourself saying, "We once ate and drank in your company; you taught in our streets" but he will reply, "I do not know where you come from. Away from me, all you wicked men!"

'Then there will be weeping and grinding of teeth, when you see Abraham and Isaac and Jacob and all the prophets in the kingdom of God, and yourselves turned outside. And men from east and west, from north and south, will come to take their places at the feast in the kingdom of God.

'Yes, there are those now last who will be first, and those now first who will be last.'

Write or draw someone who is not considered an important person. Then fill in the missing letters.

The o_es wh_ are _ow
le_t im_rt_nt wi_
be th_ mo_t i_po_tan_.

Write or draw someone who considers themselves more important than others. Then fill in the missing letters.

Th_se w_o a__ now
m_st i_po__nt _ill b_
the _e_st _m_rt_nt.