



Christ beside me: Walking in the footsteps of St Patrick

DATES FOR THE DIARY

Fri 22 May Yr 3 Heat and Energy Incurtion
Mon 25 May Yr 4 Forces in Action Incurtion
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 6 Confirmation
Friday 31 July at 7.00pm

Dear Parents, Carers, Students and Staff,

As we continue through this blessed season together, I would like to take a moment to reflect on the many ways our community continues to live out our shared faith, care for one another, and support the wellbeing of all children entrusted to us.



First Eucharist

Firstly, congratulations to the students who recently celebrated their First Eucharist. It was a truly special occasion and a joy to witness our parish community warmly welcoming the children to the table of the Lord. We were especially blessed by the beautiful presence of the Tongan choir, whose singing and responses enriched the celebration and brought great reverence and joy to the Mass.



I would also like to sincerely thank the parents and families who supported their children throughout their sacramental journey, as well as the staff who prepared the students with such care and dedication. I often speak about the importance of working in partnership with our Parish, and this celebration was a wonderful example of our school and Parish united in one mission, nurturing the faith of our children and walking together as a Catholic community.

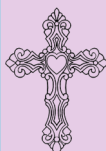
Before and after school Drop-off and pick-up

As a community centred on the dignity and safety of every child, I would also like to remind families about safe practices during before and after school drop-off and pick-up times.

I understand that mornings and afternoons can be busy, and there is often a sense of urgency. However, this cannot come at the expense of student safety. Recently, I have observed a number of children being dropped off or collected while vehicles are stopped in the middle of



Pentecost Prayer



Fifty days after Easter we celebrate Pentecost. The Holy Spirit comes to us also.
Father, we will soon celebrate the feast of Pentecost when the Holy Spirit came to the apostles.

We thank you that we too share this gift of your Spirit of love in our lives and our church. As we celebrate the birthday of our church may we learn to live as the people of God. Let us praise God's name and share the gifts we have been given with others. Open our hearts to the needs of other people. Help us learn to love without counting the cost.
Amen

the road or while engines remain running.

There have also been instances of students running across the road to enter vehicles or being dropped off from behind parked cars.

I kindly ask all families to allow plenty of time and to park safely before children enter or exit vehicles. These small actions make a significant difference in ensuring the safety of every child in our community. Members of the leadership team are present in the mornings and afternoons and may approach families to remind them of safe practices. Please understand that these conversations are always undertaken with the wellbeing of children as the priority.

Adventure playground

I would also like to address the use of the adventure playground before and after school. It has been brought to my attention that some students are accessing this area outside supervised times. There are signs clearly stating that the playground cannot be used unless staff are present to supervise.

Unfortunately, we have experienced a number of serious accidents during unsupervised times, including lacerations, broken arms, and wrist injuries. In some cases, the school was not made aware of the incident until after the event, meaning no formal first aid could be provided at the time.

If a staff member asks your child to refrain from using the adventure playground before or after school, I ask that this request is met with understanding and respect. Staff are following the child safety policies and procedures that are in place to protect all students.



As people of faith, we are reminded that caring for one another is at the heart of the Gospel. Through patience, cooperation, and kindness, we continue to build a safe and supportive community where every child can flourish.

Thank you for your continued partnership and support.

Mural Update



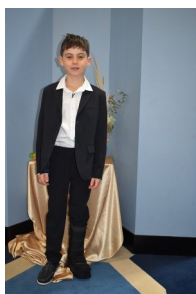
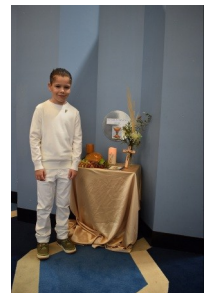
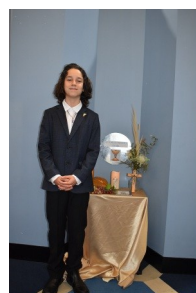
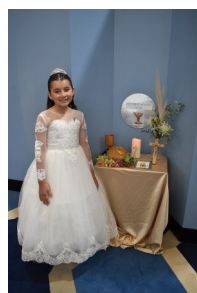
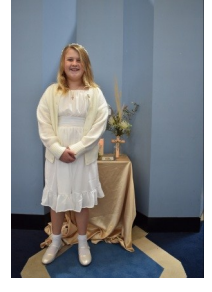
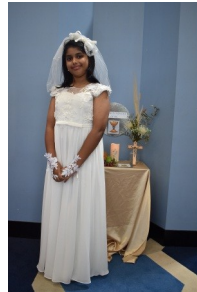
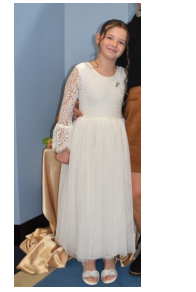
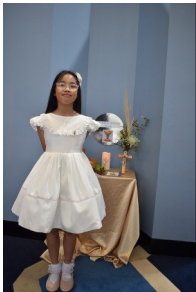
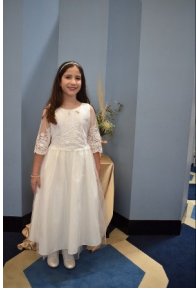
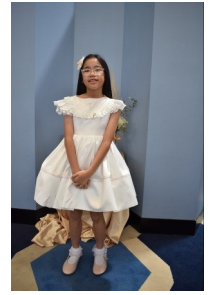
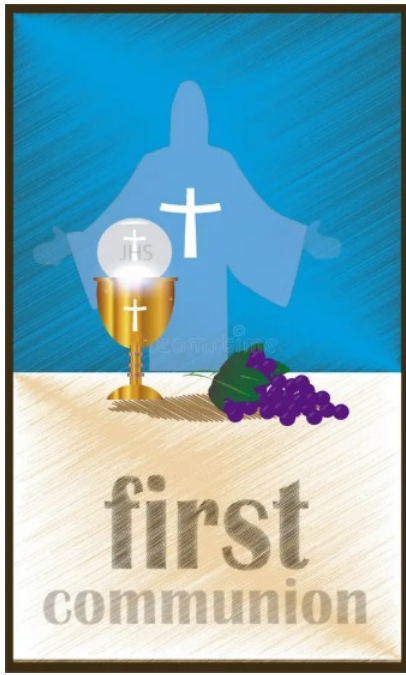
Warm regards,

Caroline Madigan

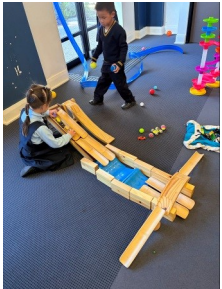
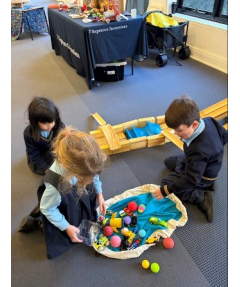
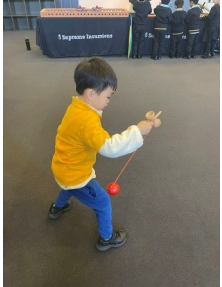
Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au



Foundation Toy Science Incursion



Feast of the Sacred Heart of Jesus



Whole School Mass

Friday 12th June 2026 9.00am in Our Lady's Church

Please Join US

As we prepare for the Feast of the Sacred Heart of Jesus, we will be collecting **new and used clean quality blankets, beanies, gloves and scarves**. Please drop them off to your child's classroom or to Mrs Cuni's Planning Room, downstairs in the St Joseph of the Sacred Heart building.



St Vincent de Paul Society
VICTORIA
good works

2026 WINTER APPEAL



ST MARY MacKILLOP AWARD

Congratulations to the recipients of our St Mary MacKillop Award for May 2026.



Congratulations to:



Charlie D 1K

Francis T 5D

Divit M 2N

Justice

Peace

Respect

Service

Courage

Compassion

TEETH ON WHEELS

This is a friendly reminder that Teeth On Wheels will be visiting our school for dental check-ups starting on June 17th 2026.

Early dental visits are crucial for your child's long-term oral health. At this visit, Teeth On Wheels will help identify and address common dental concerns, such as:

1. **Thumb-sucking** – which can affect tooth development.
2. **Teeth eruption**– ensuring teeth are coming through correctly.
3. **Bite issues** – preventing misalignments that may cause future problems.
4. **Hypoplasia** – weakened tooth enamel that can lead to decay.
5. **Decay and cavities** – catching early signs before they develop into bigger issues.
6. **Deep grooves and pits** – which can trap food and bacteria, increasing the risk of decay.
7. **Gum infections**– preventing long-term damage to gums and surrounding tissue.



TeethOnWheels™
a positive dental experience

To ensure your child is part of this visit, please complete the consent form by clicking the link below:

[Complete Consent Form HERE!](#)

Once completed, the Teeth On Wheels team will Check your child's eligibility for FREE care under the Child Dental Benefits Schedule (CDBS). If your child is not eligible, Teeth On Wheels is offering a special deal of \$125 for a full check-up, clean, fluoride treatment, and any required x-rays (which can be claimed through your private health insurance).

Important: The cut-off date for completing your child's form is June 10th 2026.

If you have any further questions, feel free to contact the Teeth On Wheels team at (03) 9338 1191.
Thank you for prioritising your child's oral health!

Don't Miss Out

Complete your form today!

TeethOnWheels™
a positive dental experience

The Importance of Early Dental Visits
Regular 6-monthly dental check-ups play a big role in keeping children's teeth and gums healthy as they grow. These visits help children stay familiar with the dental environment, build confidence, and reduce anxiety over time. Checking in twice a year also means we can catch any concerns early, provide personalised care, and guide children in developing strong, long-term oral health habits. Keeping up with 6-monthly visits is one of the simplest and most effective ways to support your child's healthy smile.

With government assistance, your child may qualify for FREE DENTAL CARE!

Our Dental Services Include:

- ✓ Check up
- ✓ Professional Cleans
- ✓ X-rays
- ✓ Fluoride Treatments
- ✓ Preventative Sealants
- ✓ Fillings

Phone : (03) 93381191 Email: info@teethonwheels.com.au



Parent Information Night

Caroline Chisholm Catholic College invites you to join our upcoming Parent Information Night. This evening is designed for families interested in joining our College community and wanting to learn more about us.

Hear from our Principal, Dr Napoleon Rodezno as well as members of our leadership team as they unpack who we are, what we offer and what our plans for the future are. Information about enrolments for Year 7, 2028 will also be available.

Wednesday 17 June 2026 | 6.00pm – 7.00pm
Gates open at 5.45pm

Quin Auditorium
Corner of Churchill Avenue and Darnley Street, Braybrook

Please RSVP by Wednesday 10 June 2026

Visit ccc.vic.edu.au or scan the QR code to let us know you can join.



For any questions regarding the event, please contact registrar@ccc.vic.edu.au or call us on **9296 5311**. We look forward to seeing you on the night!



Winter Music Concert

Tuesday 09 June
6.30pm – 9.00pm

Join us for our annual Winter Music Concert to discover and celebrate the incredible musical skills of our College students.

Get your free ticket here:
<https://events.humanitix.com/winter-music-concert-2026>

Melbourne Archdiocese
Catholic Schools

CAROLINE
CHISHOLM
Catholic College



2026

KIDS CLUB

CELEBRATING US AT EXTEND



18 MAY - 8 JUNE

Join Extend this Term 2 for our annual Art Competition in After School Care!

Work in teams to colour in each month of the year and learn about cultural events from around the world!

Easter • Diwali • Kodomo No Hi • Hanukkah • Ramadan + more!

Winning services will have their artwork featured in the official Celebrating Us At Extend 2026/27 Calendar!

Plus receive a printed copy to display in your service!



SCAN HERE TO LEARN
MORE ABOUT KIDS CLUB





Melbourne Archdiocese
Catholic Schools

JOIN THE CYBER SAFETY PROJECT FOR EXPERT ADVICE

Navigating the Digital Playground

CYBERBULLYING

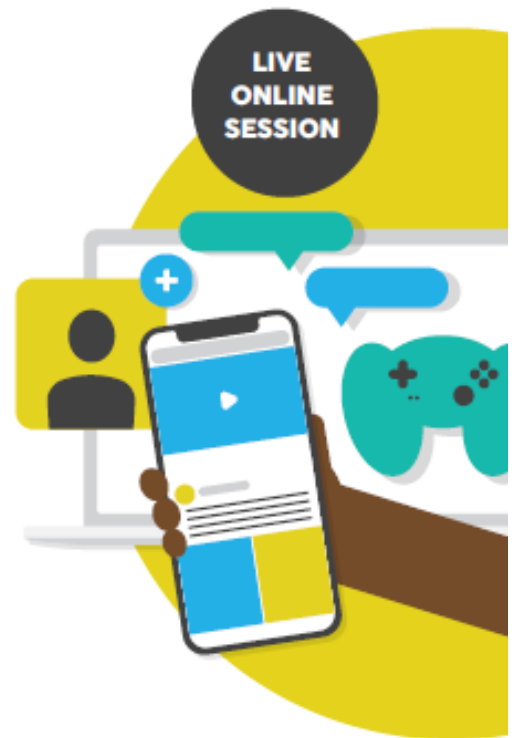
SCREEN TIME

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 25th 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



What 40 Years of Research Says Kids Actually Need

By Dr Justin Coulson

We all have those nights...

We're running late, dinner is burning, the phone is ringing, and at least one child is dramatically upset. As we push through the frantic chaotic stressful moments, we become aware of our youngest child, vying for some attention amid the stress.

"I know you want me. I'll be right there", we say as we race past our little one time and again.

"Just let me take care of this and I'll be with you."

"I hear you... I'm coming in just a minute."

Finally, in a burst of exasperation these words cut through the noise and endless to-do list;

"Mummy (or Daddy)... I *NEED* you!"

The Job That Never Closes Off

Sometimes it would be nice to not be so needed. If only we could stop being a parent at 8pm (or 6pm!). Life would be so much simpler if we could clock off for the day, like an employee. But parenting doesn't work like that. It's an on-call 24-hour a day, non-stop role. The ongoing, always-at-the-ready, nature of being a parent makes it extremely challenging to always be there for our children – to always be emotionally available.

But that is precisely what they need – a parent who is emotionally available. And it is *the single most important thing we can be* to create a happy, peaceful home, and a happy, secure child.

What 40 Years of Research Tells Us

In 1955, a research team led by Emmy Werner began a research study into resilience. She and her team followed 698 children born on the Hawaiian island of Kauai for forty years. This has become one of the longest running and most-cited developmental studies in the world.

For kids to be resilient, there are a handful of "protective factors" that impact their ability to thrive despite hard times. The linchpin? In Werner's words, "We noted the importance of a caregiver's sensitivity and responsiveness to the [child's] needs that led to a foundation of trust, a basic ingredient in the process of [resilience] in adulthood."

At the core of a child's ongoing thriving is... you.

This idea of being sensitive and responsive is sometimes called being "emotionally available". So how's that looking at your place right now as you juggle emails, cost-of-living stress, increased workload, relationships, washing, cooking, buying a birthday gift for the kid you don't know who has invited your child to a party this weekend, and *everything else*?

Parents who are emotionally available make a conscious decision to be mindful. They are aware of their children's needs and respond attentively. When a child comes to them with a request, or with a need, an emotionally available parent listens to her children's request. The parent does not

necessarily indulge her child, give in, or be at the child's beck and call. Instead, the parent attempts to comprehend their children's emotional state, and respond in a deliberate and careful manner.

What Emotionally Available Parenting Looks Like to a Child

Children who experience emotionally available parents agree to statements like these:

My parents support me
My parents console me when I am upset
My parents show they care about me
My parents show a genuine interest in me
My parents remember things that are important to me
My parents are available to talk at any time
My parents ask questions in a caring manner
My parents spend extra time with me just because they want to
My parents are willing to talk about my troubles
My parents talk with me about my interests
My parents value my input
My parents make me feel wanted

Take a moment and pretend that you are your child. Would *you* agree with those statements about you? Would your children agree with those statements? (Maybe you can ask them... but be ready. The answers might challenge you.)

Now think of a time when you were able to respond in such a way for your child. How do you know your child sensed your availability? What words did you use? What body language made your child feel safe and heard? How did it make your child feel about the thing that was troubling him or her? How did your child respond to you?

Being emotionally available is not a new problem. In the 1800s Mark Twain said:

"We are always too busy for children; we never give them the time or interest they deserve. We lavish gifts upon them; but the most precious gift – our personal association, which means so much to them – we give grudgingly."

What's actually happened is we've found more sophisticated ways to be distracted.

The principle of emotional availability is arguably one of the simplest things we can do for our children. We don't need a course, a technique, or a perfect response. We just need to be there — fully, unhurriedly, genuinely there.

Your child isn't asking you to be perfect. They're asking you to show up. And on the nights when dinner burns and the phone rings and everything is loud and demanding, the small voice cutting through the noise is worth stopping for.

"Mummy, I need you."

They do. And you're enough.



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.

We are filled with the Holy Spirit



Pentecost Sunday, Year A, B and C



Gospel

Jn 20:19-23

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me, so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.

For those whose sins you forgive, they are forgiven;

for those whose sins you retain, they are retained.'

Each person was able to hear the message of the Gospel in their own language. See if you can decipher the language below to read the special message.

∩ = A	± = H	* = R
⊕ = D	∩ = I	≡ = S
∇ = E	∩ = L	⊖ = T
∪ = F	∩ = N	∠ = U
∞ = G	∩ = O	↖ = W

∞ ∩ ⊕ ± ∩ ≡ ⊕ ∩ ∇

↖ ∩ ∇ ⊕ ∇ * ∩ ∠ ∩ ⊖ ± ∩ ∞ ≡ !



The Spirit Brings

LOVE

I can show love by _____

_____ because I am filled with the Holy Spirit.



The Spirit Brings

PEACE

I can be a peacemaker by _____

_____ because I am filled with the Holy Spirit.



The Spirit Brings

JOY

I can show joy by _____

_____ because I am filled with the Holy Spirit.