



Christ beside me: Walking in the footsteps of St Patrick

DATES FOR THE DIARY

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
Sun 6 Father's Day
Mon 7 Sept Yr 6 Museum, Yr 1
Botanic Gardens
Thur 10 Sept Yrs 1/2 Camp
Afternoon
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,

As we come to the end of another busy week, I would like to take a moment to acknowledge and celebrate the wonderful work of our students and teachers. It has been a week filled with curiosity, enthusiasm and meaningful learning, and I am incredibly proud of the way our students have embraced every opportunity presented to them.



One of the great strengths of our school community is the opportunity for students to learn both within and beyond the classroom. This week, many students have had the chance to participate in excursions and experiences that have extended their learning into the wider community. These opportunities allow students to encounter new ideas, places and perspectives, and then bring these experiences back into the classroom to deepen their understanding.

I have been particularly amazed by the level of learning and reflection our students have shared following these experiences. Hearing them make connections, ask thoughtful questions and reflect on what they have seen and experienced reminds us of the incredible capacity our young people have to learn when they are given opportunities to engage with the world around them.

I would also like to acknowledge our dedicated teachers, who work so thoughtfully to ensure that these experiences are not simply isolated events, but become part of a richer learning journey for our students. Thank you for creating opportunities that inspire, challenge and encourage our students to grow.

Book Week – Next Friday August 28



A reminder to families that our **Book Week will be celebrated next Friday with our Parade.**

We encourage everyone to embrace the spirit of the week and, most importantly, **be creative!** There is absolutely no need to purchase an expensive costume. Students are encouraged to use their imagination and create something from items

YOU ARE ALWAYS THERE



I don't like being lonely, God, I don't think anyone does.
It's just not fun to be just me, with no big cuddles and hugs.
Jesus, please help lonely people, to know that you are there.
And help me know what I can do to let them know I care.

"You are with me, and your shepherd's rod makes me feel safe" Psalm 23:4

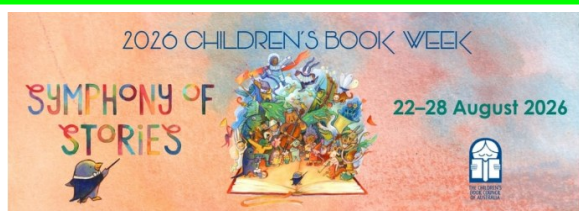
they already have at home.

There is also **no expectation that families purchase the book featuring the character their child chooses to dress as**. Book Week is about celebrating a love of reading, stories and imagination, rather than spending money on costumes or books.

We look forward to seeing the wonderful and creative ideas our students come up with. We know that our community will bring plenty of imagination, colour and joy to the celebration!

Thank you, as always, for your continued support of our students, our teachers and our school community. It is a privilege to see our young people learning, reflecting and growing each week.

Wishing all our families a safe and restful weekend.



ONE WEEK TO GO!

Character Parade

Date: Friday, 28th August

Time: 8.45 am in the Hall

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



Warm regards,

Caroline Madigan

Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au

THU 3 SEPT FATHER'S DAY STALL!

Find the perfect gift for Dad at our Father's Day Stall!
With a wide range of thoughtful gifts priced from just **\$1 to \$10**, there's something special for every dad.



Remember to bring a bag to school to hide dad's present!



This year, Our Lady's school is once again participating in the Bullying No Way: National week of action, 17 to 21 August 2026.

Bullying No Way Week is a commitment being made by thousands of schools and supporters across the country. It provides an opportunity to demonstrate our commitment to bullying prevention. It gives us an opportunity to connect with students, staff and school communities to implement workable solutions to prevent bullying.

All classes have been engaged in learning sessions to further explore and highlight the importance of understanding what bullying is and what we can do together if it occurs.

This year's theme across Australia has been: Small Acts: Big Impact.

Small Acts, Big Impact: You can help stop bullying

Bullying is everyone's responsibility, and small acts can make a real difference.

This year's theme for Bullying No Way Week, "Small Acts, Big Impact" shows us that even little things we do can make someone's day better.

Small actions, like inviting someone to play, standing up for someone, or being kind, can make a big difference and help stop bullying.

Students have been immersed in watching a daily very short video depicting special key messages where students can be part of the action. The daily messages included:

Day 1: Small acts matter: Words and actions

Day 2: Kindness creates impact, even the tiny moments

Day 3: You have the power to make things better

Day 4: Pause before you speak, text or communicate online

Day 5: Together, We Can Stop Bullying – A Whole Of Community Approach.

As a reminder, the national definition of bullying for Australian schools says:

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term.

Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

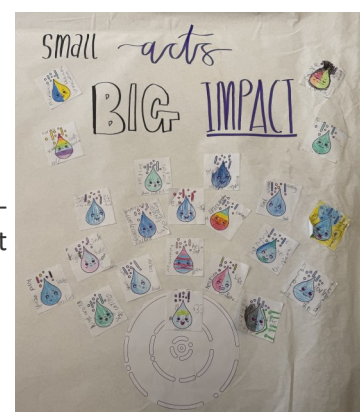
However, these conflicts still need to be addressed and resolved.

All classes have engaged in a Bullying No Way Lesson provided by the National Committee. It would be wonderful to take this opportunity to speak to your child about their learning this week.

Regards

Mrs Christine Carabott

Deputy Principal & Student Wellbeing Leader



1L's display



Painting the mural



Foundation at CERES



Firefighters visit Foundation





**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**

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



CONTACT
CAMERON HOWITT
0412 642 526



EMAIL
GRANDUNITEDCC@GMAIL.COM



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GRAND UNITED CRICKET CLUB

MAKE FRIENDS • DEVELOP SKILLS • HAVE FUN



SCHOOL HOLIDAY PROGRAMS

JR PARSONS RESERVE, SUNSHINE
TUE 22 SEP

MISSION WHITTEN OVAL, FOOTSCRAY
WED 23 SEP & WED 30 SEP



**SIGN UP
NOW**

Suitable for kids aged 4-12.

Join us in the September School Holidays for our Western Bulldogs Auskick & Superkick School Holiday Programs!

Our School Holiday Programs endeavour to create a fun, safe and inclusive space for all participants to learn football, regardless of skill level, stay active, and make new friends throughout the school holidays.

Spots are limited! Please use the link below for more information and to register.

School Holiday Program

Dates: Tuesday 22 September – Wednesday 23 September

Locations: JR Parsons Reserve, Sunshine (Tuesday) and Mission Whitten Oval, Footscray (Wednesday)

All Girls Holiday Program Clinic

Date: Wednesday 30 September

Location: Mission Whitten Oval, Footscray

Registration: [Register here](#)



SUNSHINE
SOFTBALL ASSOCIATION
— ESTABLISHED 1956 —

SUNSHINE SOFTBALL ASSOCIATION

2026

OPEN DAY!



EVERYONE IS WELCOME!

People of all ages, cultures, gender and abilities interested in playing Softball in Season 2026/2027.

Sunshine Softball Association welcomes you to their 2026 Open Day!

A free day of fun softball activities, games and festivities for the whole family to launch the 2026/2027 Season!



FUN ACTIVITIES



SKILLS & GAMES



FREE BBQ FOR ALL!



GREAT CLUB COMMUNITY



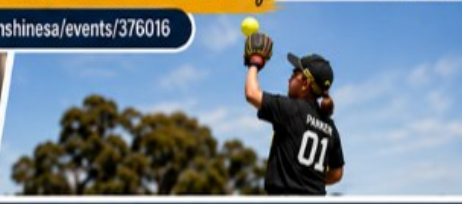
Scan to register!



10.00AM - 12.00PM Come and have a try!

REGISTER NOW: <https://www.revolutionise.com.au/sunshinesa/events/376016>





FOR MORE INFORMATION CONTACT: ☎ Kasey Burnham | ☎ 0405 100 855 | ✉ sunshinesoftballbookings@gmail.com



SUNSHINE
SOFTBALL ASSOCIATION
— ESTABLISHED 1956 —

HOME RUN

Heroes

SCHOOL HOLIDAY FUN THIS SEPTEMBER!

-  6 FUN-FILLED SESSIONS
-  DEVELOP NEW SKILLS
-  FRIENDLY & INCLUSIVE ENVIRONMENT
-  ALL EQUIPMENT PROVIDED
-  JUST \$50 FOR ALL 6 SESSIONS!



A FUN & INCLUSIVE INTRODUCTION TO T-BALL & SOFTBALL!

AGES 6-12

BOYS & GIRLS WELCOME!





DATES:
Mon 21 Sep, Tues 22 Sep, Wed 23 Sep,
Mon 28 Sep, Tue 29 Sep, Wed 30 Sep

TIME:
10:00am - 12:00pm each day

VENUE:
Sunshine Softball Association
More Park, Esmond St, Ardeer

PRICE:
\$50.00 for access to all sessions

REGISTRATION:
One registration entitles you to attend all 6 sessions.

SCAN TO REGISTER NOW!



PROGRAM CONTACT: Kasey Burnham | ☎ 0405 100 855 | ✉ sunshinesoftballbookings@gmail.com For general information about the program: <https://www.revolutionise.com.au/sunshinesa/events/375939>

Timing is Everything

Ever notice that sometimes your child is astonishingly open to your ideas and input? You speak, they hear. And other times (read that as: most of the time) they're less receptive? You speak, they ignore.

Most parenting advice focused on *what to say* to our children, but not *when to say it*. Having the right words can be useful, but timing is one of the most overlooked considerations in our communication with our kids. And also one of the most potent.

Think about how you respond differently depending on what's going on in your life. Sometimes, you're open, engaged, curious, and actually *want* input from the people around you. And other times, you shut down. You don't want to hear from them, and you don't care about their opinions, advice, or preferences.

Why? What's the difference?

Simple. The brain's receptivity fluctuates. Under sustained stress or low mood, attention narrows and new learning doesn't penetrate. If you're hungry, emotional, or tired (or lonely or sick) it's not usually a good time for a deep conversation.

However, a temporary positive shift (perhaps after hard exercise, having a small win, or a moment of real connection) and we see a short window of opportunity open, where the same person who was closed to conversation previously is now open to new perspectives and conversations.

Psychologists describe this process as part of the *Broaden and Build* theory of positive emotions. It works like this:

Negative emotional states cause us to be narrow, serious, and focused on the challenge right in front of us. We become defensive, protective, and we shut down. Positive emotional states cause us to broaden our thinking, be open to ideas, possibilities, and opportunities, and we build resources like relationships.

My shorthand for all of the psycho-babble is this: high emotions = low intelligence. And the reverse is also true. Low emotions = high intelligence.

How does this apply to parenting? Simple.

Our instinct is to jump in and try to "fix" things fast when what will usually work best is to give it time and address it when the time is "right".

Here are a few examples starting with simple and moving to more complex:

The spelling words. Your seven-year-old bombed her spelling test and she's teary about it. The instinct is to sit her down right then and there, and rehearse the words she missed. Don't. Wait until Saturday morning when she's giggling over pancakes, then casually say, "Hey, want to play a quick game with those tricky words from last week?" It's the same activity. But it's a different brain. And you'll get a completely different outcome.

The messy room. Your 11-year-old's bedroom looks like a crime scene and he's just stomped in the door after a rotten day at school. You could launch into the lecture now (and get eye-rolls, slammed doors, and a room that stays messy). "I told you before you left that you couldn't do your activity this afternoon if your room wasn't clean. And you didn't do it! You know what that means?" Or you could feed him, let him decompress, kick the footy with him for ten minutes, and *then* mention the room. After connection and a snack, "Mate, let's take care of that bedroom together and get you to your activity" becomes an invitation rather than an attack.

The friendship drama. Your 14-year-old comes home flat and monosyllabic. Something's happened with her friends, but every question you ask gets "I'm fine" or "nothing." Pushing harder now is only going to bolt the door shut. Instead, be around. Drive her somewhere. Make her favourite dinner. Often it's at 9.30pm, when she wanders into the kitchen while you're wiping down the bench, that she suddenly starts talking. That's the moment you've been waiting for. Timing is everything. Drop everything (quietly) and listen.

The big one. You've searched the history of your son's web browser and discovered that he's been viewing content that literally makes you sick. You had your suspicions previously, confronted him, and you've been lied to. He's out, but coming home any moment. Every part of you wants to explode at him the moment he walks in the door. But a confrontation at 10pm, when he's defensive and you're furious, won't work for anyone. High emotions, low intelligence; for both of you. Sleep on it. The next afternoon, side by side in the car (no eye contact required), open with curiosity rather than accusation: "I saw what you've been doing on the computer while you were out last night. I'm not going to yell. Help me understand what's going on."

None of this means we let things slide or avoid the hard conversations. It means we pick our moment so the hard conversations actually work. The words matter. But the window matters more. Wait for it, and you'll find your child was capable of listening - and answering - all along.



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.



Who do you say I am?



21st Sunday in Ordinary Time, Year A

Gospel

Matthew 16:13-20

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said, 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.' Then he gave the disciples strict orders not to tell anyone that he was the Christ.

Who do you say Jesus is?

Write some words which describe Jesus.

Match up each of these symbols of St Peter with its correct story



Jesus asked his disciples, "Who do you say I am?" Peter replied, "You are the Messiah, the Son of the living God." Jesus told Peter that he would be the foundation upon which the church would be built.

When Jesus first met Peter and his brother Andrew he said to them, "Follow me!" Immediately they stopped what they were doing and followed Jesus.

Jesus told his disciples that they would desert him. Peter told Jesus he would never desert him, but Jesus predicted that Peter would deny him three times.

Jesus said to Peter, "You are Peter; to you I will give the keys to the kingdom of heaven."