



You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself. Luke 10:27

DATES FOR THE DIARY

Thur 4 Sept Father's Day Stall
Fri 5 Sept Father's Day Breakfast, Father's Day Raffle drawn at Assembly
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,

As we near the end of another wonderful week, I'd like to share a few important reminders and updates to help keep our school safe and welcoming for everyone.

Adventure Playground – Before & After School Use

We kindly remind all families that the adventure playground is *not to be used before or after school*, even if a parent is present. There is **no staff member on duty** at these times, and the equipment should only be used under staff supervision during school hours.

Signs are clearly displayed on the gate and on the main double-storey building outlining the terms and conditions for use. These rules are in place to keep all children safe — we appreciate your understanding and cooperation.



Dogs on School Grounds

As a fellow dog lover, I understand how lovely it can be to include our pets in the school drop-off. However, we must also be mindful of:

- Students with allergies
- Children who may be fearful of dogs
- The risk of accidents or unexpected reactions

While we are currently reviewing our school's dog policy, we ask that:

- All dogs are kept on **short leads** and held by an adult at all times
- No dogs enter school buildings or access the **sandpit** (for hygiene reasons)
- **Service dogs are, of course, always welcome.**

Once a formal policy is in place, we will communicate it to all families.



God loves me!



Thank you, God, for loving me. I'm so happy that you do.
It's good to know you're always there standing with me too.
I know I'm sometimes naughty, and sometimes get things wrong
But you'll always love me anyway, and with you I belong.
There's nothing I could ever do to make you love me less
So thank you, God, for loving me, even when I make a mess!

'God loved the people of this world so much that he gave his only Son, so that everyone who has faith in him will have eternal life and never really die.' John 3:16

Visitor Sign-In – School Events

It was fantastic to see so many of you at our Book Parade earlier this week, thank you for making it such a memorable day!

A reminder for all future events:

- Please scan the **QR code** at the entrance
- Fill in **all required fields**
- Press **“Show Badge”** and display it to a member of the **Student Events Team**
- You’ll then receive a **visitor’s badge** to wear during your time on campus



Welcome to Our Lady's
School, Sunshine



Anyone not wearing a badge may be asked to present theirs to ensure the safety of all in our school community.

As a Catholic school, we are proud to be a caring and connected community. Thank you for working together with us to ensure that every child, parent, and staff member feels safe, valued, and supported. It's through our shared efforts that we continue to grow as a strong and faith-filled school family.

Wishing you all a safe and restful weekend.

Warm regards,

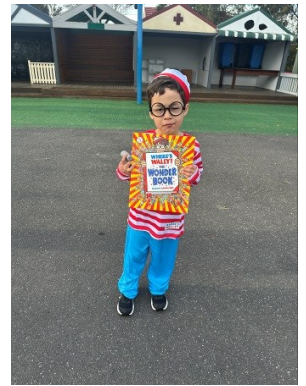
Caroline Madigan

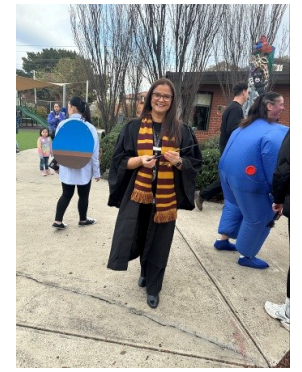
Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au

Book Week 2025



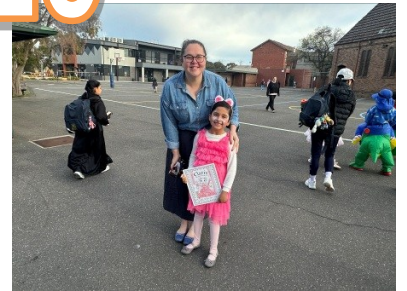


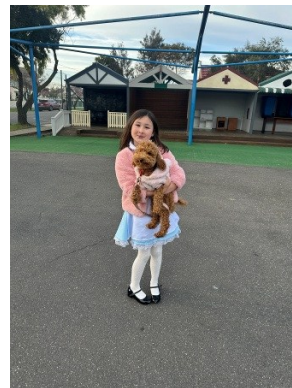
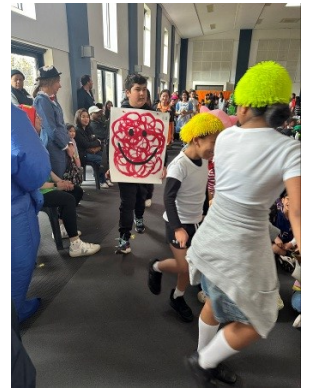
Book Week 2025





Book Week 2025





Book Week
2025



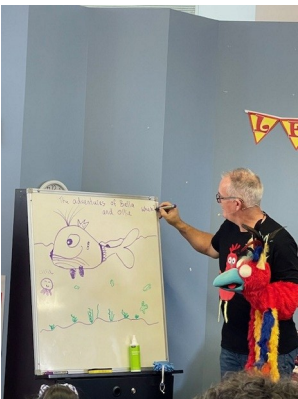
visits Foundation



Foundation Waterways Incursion



Chris Collin visits Our Lady's!



BOOK WEEK RAFFLE

*Congratulations to all our Book Week raffle winners!
We hope you enjoy reading your books!*



FI	Adelaide M, Jonathan N	FJ	Sui Pi C, Charlie D
1K	Elsie L, Van N	1L	Jayden H, Mary P
2M	Vincent B, Luke D	2N	Alex H, Oliver H
3E	Mia D, Ava N	3F	Lucas A, Mae F
4G	Liam N, Serah G	4H	Indiana L, Tony N
5C	Lincoln H, Garang	5D	Koby B, Madelene R
6A	Hanna L, Emily N	6B	Danny B, Olivia T

SPORT NEWS

On Friday 22nd August, 28 students represented Our Lady's at the Sunshine District Athletics Day held at Newport Athletics Track. I am so proud of all the efforts of all the students who represented Our Lady's so well.

Congratulations to the following students for representing our school. Liam N, Luqman, M, Geronimo M, Alyssa D, Lily P, Winnie B, Indi L, Cassie D, Dylan T, Ben B, Akoldh N, Ethan N, Oliver S, Simon L, Louise N, Joanne H, Samantha H, Ella N, Laura B, Xavier S, Jesse D, Rahcho T, Anthony B, Emily N, Stephanie D, Andi M, Kim B and An L.

Congratulations and well done! The next level will be at Keilor Athletics Track on September 10th.



Ms McManus



Celebrating Student Achievement – Young Voices Awards

We are delighted to share some wonderful news from the recent **Young Voices Awards**, run by **Australian Catholics** magazine. **Grace R**, one of our talented Year 6 students received a **Highly Commended Award** for her article, **"The Change I Made"** in the Junior section (Years 5–6).



This is an outstanding achievement, as the competition attracted more than **500 entries from students all across Australia**. To be recognised at a national level shows the creativity, thoughtfulness, and skill that went into her writing.

We are incredibly proud of her efforts and the way she represented our school community. Her recognition is a reminder of the power of young voices and the importance of sharing ideas through writing.

Congratulations Grace, on this wonderful achievement!

The Change I Made - written by Grace R 6A

Hi, my name is Talia Brown. I am a 50 year old Aboriginal woman, belonging to Ngunnawal culture which is located in Canberra and this is my story.

It all started in 1960 when my friends and I turned 18 and wanted to vote. All the white people I knew bragged about who they were voting for and it sparked a question in me. Why couldn't the Aboriginals vote too?

One night, I was talking to my parents about why we couldn't vote. Papa said that rules are rules but I could see that he was hiding the fact that he thought the rule was dumb.

The next morning I hatched a plan to write a speech for everyone to hear about what I knew was right and fair. I obviously needed to tell my friends first. When I told them, they all nodded slowly but I could tell they didn't seem so sure. If you can't tell already, I'm good at noticing the little things. This rule didn't stick right with me; it was just so racist. I had to do something.

I grabbed the paper from Papa's study and a pencil from Mama's patterned pencil case which I paused to trace my finger along. I wrote my speech and thought about every word I wrote down. When I had finished writing my speech, I finally started to present my ideas around all of Canberra, talking to students in schools, protesting in front of offices, train stations, anywhere I didn't get told to leave immediately.

My final destination was one you've definitely heard of, and that was Parliament house, with Mama and Papa beside me, with big smiles. Even my older sister Kirra was there.

As I stepped onto the stage I cleared my throat and spoke the truth through the mic. When I finished, everyone was clapping and I felt a huge grin form across my face. Beyond the crowd, I see a few familiar faces. My 'friends' who didn't believe me. Even they were clapping and cheering.

A member of Parliament came out to talk to me. They were so inspired by my story that he said he would bring this topic up at his next meeting.

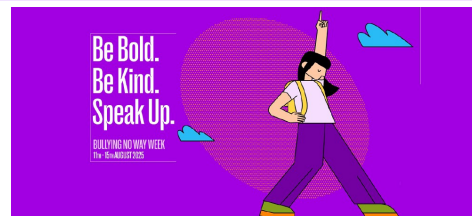
A couple months later, I got a letter saying that they have adjusted the law and now everyone could vote.

That was my story. I must go now, for my kids are coming for dinner.

BULLYING NO WAY

A couple of weeks ago we had Bullying No Way Week. Here is 2N's amazing display!

Thanks Ms Steph and 2N



Father's Day Coffee & Chat
Friday 5 September

Dear Dads of Our Lady's,

To help celebrate you and Father's Day we would love for you to come and enjoy a cup of coffee and cookie with all the other Dads of Our Lady's. Grandfathers and Uncles are welcome as well.

When: Friday September 5th
Time: 8.25am - 9.00am
Where: Staff Room

As an extra special treat there will be a coffee van in the school on Friday the 5th of September from 8.15am and they will be giving out free coffees to all Dads. This will ensure that those Dads who can't attend the event in the Staff Room will still be able to have a special treat.

Please return the RSVP slip sent home by next Tuesday for catering purposes.



THU 4 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!



FATHER'S **DAY** **RAFFLE!**

DRAWN FRI 5 SEPT

Grab your tickets for our Father's Day Raffle and go in the draw to win fantastic prizes for Dad!

\$1 TICKETS
AVAILABLE NOW ON QKR

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

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



YOU ARE INVITED TO OUR

Softball OPEN DAY

SUNSHINE SOFTBALL ASSOCIATION



Join us as we launch the 2025/26 Summer Season!

A free day of fun softball activities, games and festivities for the whole family

Saturday, September 13 2025
9:00 AM - 2:00 PM

More Park, Esmond St, Ardeer

RSVP: <https://www.revolutionise.com.au/sunshinesa/events/310602>
CONTACT: sunshine.softball2012@gmail.com

Scan the QR code to RSVP




2025 14 & UNDER JUNIOR FASTPITCH CLASSIC

A brand-new competition showcasing the next generation of softball stars! Open to all juniors 14 and Under, get ready for fast-paced action under lights, rising talent, and development! Don't miss your chance to be involved in this exciting new chapter in junior Softball!

PROUDLY HOSTED BY SUNSHINE SOFTBALL ASSOCIATION

DETAILS	DATES AND TIMES
✓ 9 WEEK COMPETITION INCLUDING FINALS	Starting Wednesday 8 Oct - Wednesday 3 Dec
✓ MIXED GENDER TEAMS	6.30PM - 8.00PM
✓ LIVE-STREAMED GAMES	
✓ SEASON PERFORMANCE AWARDS	
✓ TRADITIONAL FASTPITCH RULES	
✓ REGISTER AS AN INDIVIDUAL AND BE PLACED IN A TEAM	

COST
\$65 entry fee

SCAN CODE TO REGISTER



<https://www.revolutionise.com.au/sunshinesa/events/309739> More Park, Esmond St Ardeer 3020



FREE

REPTILE ENCOUNTER

THU 2 OCT

Show times
10am & 11.30am

What to Expect:
Meet the Reptiles
Fascinating Facts
Photo Opportunities

No bookings required.
Held inside Sunshine Plaza near the Hampshire Road entrance.
All animals are handled safely by professionals.

SUNSHINE PLAZA

@SunshinePlazaShoppingCentreMelbourne
@sunshineplazamelbourne
sunshineplazamelbourne.com.au

REGISTER YOUR INTEREST



You Find What You're Looking For: Changing the Way We See Our Kids

Have you ever noticed how, when you're thinking about buying a certain kind of car, you suddenly see it *everywhere*? It's not a coincidence. Psychologists call it *selective attention*—we tend to notice what we're already focused on.

As parents, we do this with our children.

If you've had a rough day and your child is dragging their feet, mumbling, or rolling their eyes... you start seeing only *those* behaviours. Before you know it, every interaction feels like a battle. You expect the worst—and that's all you see.

What you focus on grows. If we're not careful, we can unintentionally reinforce the very behaviours we're trying to change.

The Danger of "Pre-Agitated Parenting"

In a recent moment of less-than-ideal parenting, I found myself walking into the living room already annoyed—just because one of my daughters was *there*. She hadn't done anything wrong in the moment, but it had been a rough day for us. We had endured some conflict. I was pre-agitated. Just seeing her brought back frustration and disappointment. My brain was viewing her through a clouded lens, scanning for faults and finding them... because that's what I was looking for.

The result? Snarky comments. Escalating tension. A disconnection that neither of us wanted—but both contributed to.

So How Can We Do Better?

The good news is, we can turn this around. It starts with one powerful insight:

If you look for the good, you'll start to see it.

Even in challenging moments. Even with difficult behaviours. Our kids are more than their eye rolls and messy rooms. But we have to *choose* to notice the gold flecks—because they're there.

Here are three practical strategies to help:

1. Change the Lens

Ask yourself: *What's one good thing I've noticed about my child today?*

Maybe it's the way they helped a sibling. Or how they finally put their dish in the sink. Or just the way their eyes lit up when you walked into the room.

Write it down. Say it out loud. Let them hear it.

Positivity is contagious—and when our kids feel seen for their good, they're more likely to repeat it.

2. Avoid “Always” and “Never”

Statements like:

- “You always leave your stuff everywhere.”
- “You never listen.”

...are *never* true, and *always* harmful. They shut down conversations, create shame, and damage connection.

Instead, try:

- “I’ve noticed the room’s still messy—what’s your plan for cleaning it up?”
- “I feel like I’m not being heard right now. Can we try again?”

Focus on the behaviour, not the identity.

3. Fill the Bucket Before You Correct

Relationships are like buckets. The *water* in the bucket represents positive connection. The *air* is correction and direction. If the bucket is full of air (constant criticism) and no water (connection), it’s not a healthy relationship. We don’t tend to carry empty buckets around.

So before you correct or direct, pause and ask:

- Have I connected with my child today?
- Have I spent time with them, laughed with them, listened to them?

If not, start there. Fill their bucket first.

See the Gold

There’s an old story about a young man looking for gold in a river. He wanted big nuggets—but only found small flecks in dirty rocks. He gave up... until a wise prospector showed him that those tiny flecks, collected steadily over time, are what *real* wealth is made of.

Our children are like that.

Yes, they’re messy. Emotional. Confusing. And hard work. But if we look closely, we’ll see the glimmers of who they really are—kind, capable, resilient, funny, generous humans in the making.

You find what you’re looking for.
Let’s look for the good.

Action Step for This Week: Each night, reflect on *one* gold fleck from your child’s day. Then tell them. You’ll be amazed at how it changes the tone of your relationship—and your home.



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.



Gospel

Luke 14:1. 7-14

On a sabbath day Jesus had gone for a meal to the house of one of the leading Pharisees; and they watched him closely. He then told the guests a parable, because he had noticed how they picked the places of honour. He said this, 'When someone invites you to a wedding feast, do not take your seat in the place of honour. A more distinguished person than you may have been invited, and the person who invited you both may come and say, "Give up your place to this man." And then, to your embarrassment, you would have to go and take the lowest place. No; when you are a guest, make your way to the lowest place and sit there, so that, when your host comes, he may say, "My friend, move up higher." In that way, everyone with you at the table will see you honoured. For everyone who exalts himself will be humbled, and the man who humbles himself will be exalted.'

Then he said to his host, 'When you give a lunch or a dinner, do not ask your friends, brothers, relations or rich neighbours, for fear they repay your courtesy by inviting you in return. No; when you have a party, invite the poor, the crippled, the lame, the blind; that they cannot pay you back means that you are fortunate, because repayment will be made to you when the virtuous rise again.'

Use the words below to complete these sentences.

- When you are invited to be a _____, go and sit in the _____ place.
- If you put yourself _____ others, you will be put down.
- When you are _____ to a wedding feast, don't sit in the _____ place.
- If you _____ yourself, you will be honoured.
- When you give a _____, invite the _____, crippled, the lame and the _____. They _____ pay you back.

CANNOT GUEST
HUMBLE INVITED
BEST BLIND FEAST
ABOVE WORST
POOR

If you were invited to a party where would you sit? Circle the chair you would sit in and write down why you would sit there.

