



Melbourne Archdiocese
Catholic Schools



OUR LADY'S SCHOOL
NEWSLETTER
29 May 2026
olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley
Principal: Mrs Caroline Madigan
Parish Mass Times:
English: Saturday 9.00am, 5.30pm, Sunday 9:00am, 10.30am & 5:30pm
Vietnamese: Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm
Chin Hakha/Burmese: 2.30pm
Tongan: Every 1st Sunday 3.00pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au

Our Lady's is a Child Safe School



Christ beside me: Walking in the footsteps of St Patrick

DATES FOR THE DIARY

- 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
- Mon 15 June** Yr 5 Jawbone Excursion
- Wed 17 June** Teeth on Wheels
- Fri 19 June** Reports published on nForma portal
- Tues 23 June** Teeth on Wheels, Yr 3 Kororoit Creek Excursion
- 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
- Tues 28 July** Yr 6 Confirmation Retreat Day
- Fri 31 July** 7.00pm Year 6 Confirmation

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 Our Lady's Families,

Grace and peace to you all. As we continue through this term together, it has been wonderful to witness so many of our students living out the Gospel values each and every day. We are especially proud of the many students who have been working hard to show respect, compassion and kindness towards others in the classroom and in the playground. These small but meaningful actions help make our school community a caring and faith-filled place where everyone feels valued and supported.

We are also delighted to share some very exciting news from our Our Lady's family! Over the weekend, Mrs Shai Backus and her husband welcomed their beautiful baby girl, Arden, safely into the world. Mum and baby are both doing well and are excited to begin this wonderful new journey together as a family. We wish the Backus family every blessing and pray they enjoy every precious moment with their gorgeous little girl.



Winter Uniform Reminder

All students should now be attending school in full winter uniform. Teachers will continue reminding students about wearing the correct school uniform. There are still a number of students wearing wet weather jackets as a substitute for the school jumper. Please note that students will be asked to remove outdoor wet weather jackets while in the classroom. We thank parents for their ongoing support in ensuring children arrive at school with the correct uniform and enough warm clothing for the colder weather.



REMINDER

Next Friday June 5 there is NO SCHOOL FOR THE CHILDREN. Staff have a Semester 1 Report Writing Day



Thank you for everyone!

So many people look after me, they make sure I'm right you see
Grown ups help to make me grow, there are so many things they know!
Parents, there are always there, hairdressers will cut my hair
Dentists, they look at my teeth, inside out and underneath
Doctors check that I'm OK, Teachers teach me every day
Without them I'd have no fun
Thank you, God, for everyone!

'whatever you say or do should be done in the name of the Lord Jesus as you give thanks to God the Father because of him' Colossians 3:17

Uniform items can be conveniently purchased online through the QKR app, and if items are in stock, they are generally delivered to classroom tubs the following day.

Drop Off and Pick Up Safety

Student safety continues to be a significant priority for our school community. Staff will continue to remind students to remain on the footpath until parents have parked or are stationary on the school side of Victoria Street or Station Place. If you are parked opposite the school gate, children must not run across the road to enter vehicles. We kindly ask parents to park safely and walk across to guide children back to the car.



Unfortunately, we experienced a near miss during the week which was extremely concerning. Child safety is always at the forefront of all we do, and we ask families to please exercise patience and caution during busy drop off and pick up times. Please also remember to check carefully before leaving parking spaces, as there have been some accidents in the area. Your cooperation and care help keep all members of our community safe.

Upcoming Student Free Day and Long Weekend Reminder

A reminder that next Friday, June 5, will be a Student Free Day and the school will be closed, with no formal classes operating. In addition, Monday, June 8, is a public holiday. Students will return to school on Tuesday, June 9.



Thank you for your continued support and partnership. May God bless you and your families throughout the week ahead.

Have a wonderful weekend and enjoy the special time together.



Warm regards,

Caroline Madigan

Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au

DIVISION CROSS COUNTRY



On Wednesday 27 May, 13 students from Our Lady's represented the Sunshine District at the Division Cross Country at Keilor.

It was wet and raining but our students persisted and showed great resilience in the terrible conditions. We are very proud of them racing in this weather and not giving up.

Three of our students Ben, Dylan and Joanne have made it through to the next regional cross country event in June. Congratulations.

Well done to all who represented Our Lady's:

Edward M
Andreas A
Laura B

Harriet L
Alyssa D

Charlie T
Benjamin B

Rex O
Joanne H

Dylan T
Oliver S

Indiana L
Sylvee V



CYBER SAFETY

A big thank you to all who attended the webinar on Navigating the Digital Playground that was hosted by Melbourne Archdiocese Catholic Schools and the **Cyber Safety Project last Monday.**



The webinar covered important topics such as:

- Cyberbullying
- Screen time
- Privacy Settings
- Ai and Misinformation
- Social Media
- Gaming.

The Cyber Safety Project has given us access for parents who missed the webinar or want to revisit it. We have access until June 19th, 2026.

You will need to click the link and then register your name, email address and school to access the recording. You can access it by clicking [HERE](#) for the Cyber Safety Project; Navigating the Digital Playground Recording

Kind regards,
John Buttigieg
Design and Digital Technologies Leader

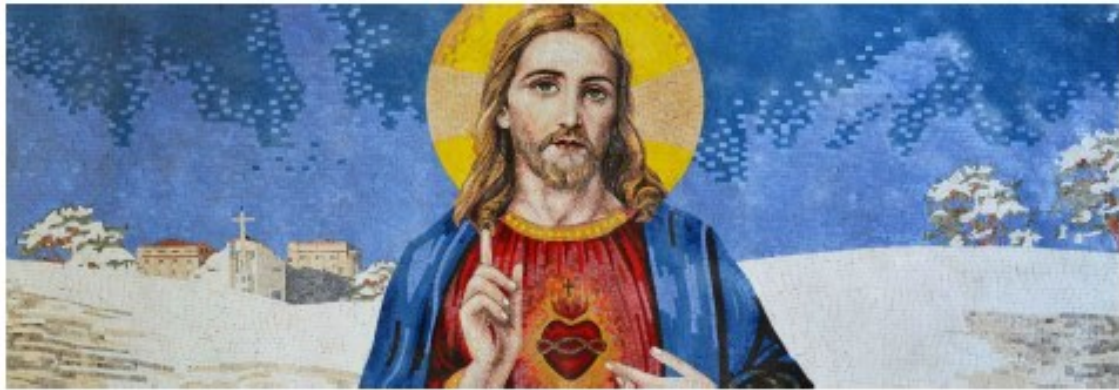
Navigating
the Digital
Playground

WATCH NOW

PRESENTED BY
CYBER SAFETY PROJECT



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





KIDS CLUB 2026

EXTEND AFTER SCHOOL CARE ANNUAL ART COMPETITION



18 MAY - 8 JUNE

LEARN MORE ABOUT
KIDS CLUB HERE



Wow! The creativity in Extend's Kids Club this term has been AMAZING!

The children have been working so enthusiastically on their art projects, collaborating in teams, and bringing to life colourful celebrations from around the world!

The standard is so high this year... honestly, the competition is heating up! I can't wait to see which service's artwork makes it into the official Celebrating Us at Extend 2026/27 Calendar. *It's going to be a tough one!*



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

SCAN THE QR FOR YOUR CHILD
TO PARTICIPATE IN KIDS CLUB!





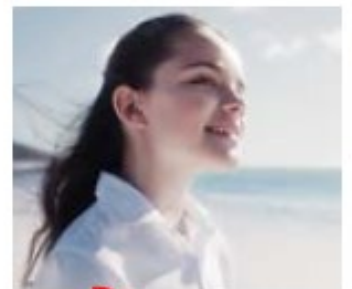
AUSTRALIAN GIRLS CHOIR



An experience that goes far beyond the stage!

Growing strong, happy, and successful girls through the power of performing arts.

- A nurturing environment where every girl belongs.
- It starts with fun and friendships; she will then become confident, resilient and future-ready.
- Senior girls shine at high profile events and on international tours; including singing with Kylie Minogue and Hugh Jackman, and at the AFL Grand Final, Australian Open, Carols by Candlelight and Carols in the Domain.
- Representing Qantas for nearly 30 years in their iconic 'I Still Call Australia Home' advertising campaigns and at hundreds of live events!
- Locations in Berwick, Box Hill, Caulfield North, Essendon, Glen Waverley, Greensborough, Heidelberg, Ivanhoe, Kew, Mentone, Ringwood and Yarraville.



 QANTAS

JOIN US AT OUR JUNE OPEN DAY

Register now at ausgirlschoir.com.au/joinagc or phone 03 9859 6499



AUSTRALIAN SCHOOL OF PERFORMING ARTS



Nature is Fuel for the Soul

By Dr Justin Coulson

Children are spending up to 90% of their lives [indoors](#). The [Royal Children's Hospital National Child Health Poll](#) of 2,036 parents found that most Australian preschoolers (55%) don't play outdoors every day. Data on adolescents is hard to come by, but international surveys all suggest the same thing: time outdoors for our kids is plummeting.

According to the [Australian Institute of Family Studies](#) (AIFS), the main reasons children spend more time indoors are:

- a lack of suitable outdoor spaces
- parental concerns about safety, traffic and crime
- children spending more time on electronic devices
- study being prioritised over play (e.g. spending time learning spelling or maths rather than playing – whether at home or at preschool).

There are few things more valuable for your child's wellbeing, however, than getting them outside, touching grass. The research on kids and nature is substantial.

A [2023 overview](#) pulled together 36 systematic reviews on the topic. [One review](#) looked at six "schoolyard greening" projects - basically, making school outdoor spaces more natural - and found real improvements in students' physical activity and social and emotional health. Another [systematic review](#) focused specifically on nature exposure and emotional and behavioural outcomes. Every randomised controlled trial in the review - all five of them - pointed in the same direction. More nature, higher wellbeing, less stress.

If my brief overview with links to incredibly useful studies has convinced you that outdoor time matters, even as we approach the cold of winter, the question becomes "how do I get the kids outside"?

The critical element will be *relationships*. Kids want to be where people they love are hanging out. If you're inside holding a hot cup of cocoa, they'll want to be there. But if you're brave enough to rug up and step outside (or if their friends are doing something outdoors), the battle is all but won.

Here are ten ideas for getting our kids (and ourselves) outside. This will, of course, depend on what is accessible near you.

1. Go for a walk or hike. Simple, free, and underrated. For younger kids, turn it into a scavenger hunt — make a quick bingo card with things like birds, flowers, pinecones, or different coloured letterboxes. For older kids, just being side-by-side on a walk can open up conversations that would never happen face-to-face at the kitchen table. Some of my best chats with my kids have happened while we were both staring at the footpath ahead of us.

2. Get moving. Dig the bikes out of the garage. Dust off the scooters. If you're feeling brave, find the skateboard. Getting moving outdoors — even just around the block — often turns out to be more fun than anyone expected. Fair warning though: if you haven't been on a skateboard since 1987, take it steady. They disappear from underneath you faster than you remember. Ask me how I know.

3. Find a park or open space. State parks, national parks, city parks, local reserves — parks are genuinely one of Australia's great underused resources. Hikes, waterfalls, skate parks, caves, green space, abseiling... yes, and also leeches, mozzies, and the occasional spiderweb to the face. That's what makes it memorable. The greener the space, the better — for the kids, obviously. Not for you. You're fine.

4. Water play. Beach, river, creek, backyard sprinkler, or just a bucket and a hose. Kids and water are a combination that never really fails. And yes, it might be getting cooler — but have you noticed that children are apparently immune to cold water? They'll be in it regardless. Let them.

5. Go rock pooling. With some of the most accessible coastline in the world, Australians are criminally underusing rock pools. All you need is low tide, a pair of old shoes, and a curious kid. The combination of water, wildlife, and the hunt — what's under that rock? what's in that crack? — keeps kids absorbed for far longer than you'd expect. It's also a surprisingly good workout for adults who spend the whole time crouched down going "ooh, look at this one."

6. Have an outdoor picnic. Grab a blanket and take a meal outside. It doesn't need to be fancy — a pizza from down the road counts. There's a headland near our home on the Sunshine Coast where families gather at sunset, eat whatever they've brought, and let the kids roam. It happens every single week and it never gets old. Something about eating outside just makes everything taste better and everyone feel calmer.

7. Get outside after dark. Camp in the backyard. Head to a campground for a couple of nights where you can light a real fire and actually see the stars. Go stargazing on the trampoline. Or simply take the kids and the dog for a walk after dinner. We call it the "digestion walk" at our place — and some of the best conversations happen on those quiet evening loops around the neighbourhood when everyone has eaten and nobody has anywhere to be.

8. Outdoor art. This one lands particularly well with kids up to around age 12. Chalk on the driveway or footpath is always a hit — you end up with an entire neighbourhood canvas. Paintbrushes and spray bottles work brilliantly too, either with water on concrete or paint on paper pinned to the fence. Get the shoes off, get the aprons on, and accept that something is going to get stained.

9. Grow something. A veggie patch, a pot of herbs on the balcony, or even just a seed in a cup on the windowsill. Gardening is one of the most well-researched nature-based wellbeing activities we have, and for Australian kids with any outdoor space at all, it's enormously accessible. There's something quietly powerful about a child who plants something, tends to it, watches it grow, and then eats it. It teaches patience and care in a way that very little else does.

10. Follow your child's lead. Ask your kids what they want to do — as long as it's outside. Sports, flying kites, building sandcastles, climbing trees, digging holes for absolutely no reason, throwing a frisbee, setting up a cake stall on the corner of the street. There are as many ways to be outside as there are kids who need to be there. Sometimes the best thing you can do is open the back door and see what unfolds.



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 11 books about families and parenting - with the latest about [raising boys](#) out now! For further details visit happyfamilies.com.au.



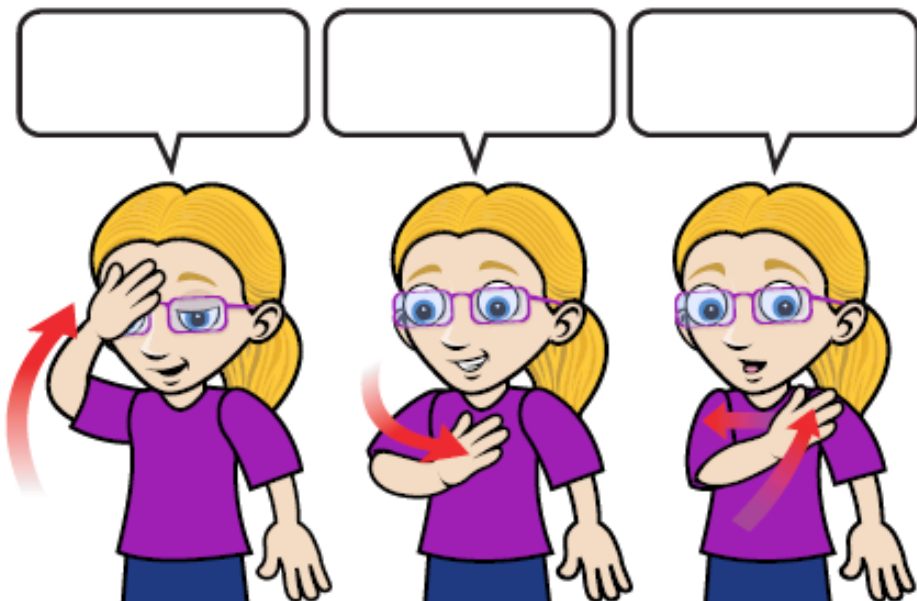
God so loved the world that he gave his only Son

The Most Holy Trinity Sunday, Year A

There is a simple prayer that we say almost every day, which reminds us of the Trinity. That prayer is the Sign of the Cross.

How do I make the Sign of the Cross?

1. Using your right hand, touch your forehead and say....
(fill in the 1st speech balloon)
2. Touch your chest near your heart and say....
(fill in the 2nd speech balloon)
3. Touch your left shoulder, then your right shoulder and say....
(fill in the 3rd speech balloon)



When and where do we use the Sign of the Cross?

Find your way to the Father, the Son and the Holy Spirit

Gospel

Jn 3:16-17

Jesus said to Nicodemus,
 'God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.'

