Melbourne Archdiocese Catholic Schools

OUR LADY'S SCHOOL NEWSLETTER

13 November 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 13 Nov *Moves On A Mission Day*. Casual day with donation. 2.15pm Assembly with dance performance
Mon 16-Fri 20 Nov Swimming Program. No Assembly on Friday
Mon 23-Thur 26 Nov Swimming Program
Fri 27 Nov Planning Day for Staff
Thu 3 Dec 3.00pm Second Hand Uniform Sale
Fri 4 Dec Reports published
Tues 8 Dec Feast of the Immaculate Conception. Mass at 9.00am, 5.00pm Dinner in the Yard & Art Show
Thur 10 Dec 6.00pm Yr 6 Graduation Mass
Tues 15 Dec 9.00am End of Year Mass. 1.00pm School finishes for students at 1.00pm

2026 Professional Development Days for Staff
Term 4
Friday 27 November - 2027 Planning

1:00pm finish days at the end of each term
Term 4 - Tues 15 December (last day of the 2026 school year for students).



DATES FOR 2027
Wed 27 Jan Staff return to school
Thurs 28 Jan Getting To Know You including Literacy Testing Day 1 for Yrs 1-6, Foundation at School 8.35am-1.00pm
Fri 29 Jan Getting To Know You including Literacy Testing Day 2 for Yrs 1-6, Foundation at School 8.35am-1.00pm
Mon 1 Feb Classes start for F-6 8.35am-3.05pm

Dear Families,
As we move closer to the end of another term, I would like to take a moment to sincerely thank our wonderful school community for the continued engagement, support and contribution you make to our school. It is through the collective efforts of our students, families and staff that we continue to create such a special place to learn, pray and be. The sense of belonging, connection and shared commitment to our Catholic values is something we can all be proud of.

Navigating Change and Preparing for a New Year Level



As we approach the end of the school year, it is important to recognise that feelings of exhaustion, uncertainty and even anxiety about moving into a new year level may begin to emerge. Change can bring a range of emotions, and it is important that we acknowledge these feelings with understanding, patience and reassurance.

While change can sometimes feel challenging, it also presents wonderful opportunities for growth, independence and resilience. It is an opportunity for our children to embrace new experiences, develop confidence and recognise the possibilities that come with a fresh beginning. It is worth remembering that these feelings are not exclusive to students; staff members also experience similar emotions as they prepare for the year ahead. We are all navigating change together, and the way we support one another makes a significant difference.

I would also like to take this opportunity to reassure families about the process involved in developing class lists for the following year. This is a carefully considered and collaborative process that involves extensive professional discussion between teachers and school leaders. Our teachers work closely as a team, drawing on their knowledge and understanding of each child to ensure that every student is thoughtfully considered.



Student voice is an important part of this process, alongside the professional judgement and insights of our staff. Many factors are taken into consideration when forming classes,

Remembrance Day Thanks



God of all peace, on Wednesday we remembered the men and women who died in the wars so that our country could be free. These brave people gave their lives for their country and for all the people, including us, who would come after them. For them we thank you. May each of us work for peace in our hearts, in our families and in our country.

At the going down of the sun, and in the morning, We Will Remember Them
At the 11th hour, of the 11th day, of the 11th month
We Will Remember Them

with every decision guided by what is in the best educational, social and emotional interests of each individual child.

We thank you in advance for your understanding and support of our staff and, most importantly, your child once class announcements are made. One of the most valuable ways you can support your child during this time is through positive and open conversations about change. Helping them focus on the opportunities ahead, rather than what they may be leaving behind, can make a meaningful difference in navigating the emotions associated with moving into a new year level.

Together, we can help our children approach this transition with confidence, optimism and a sense of excitement about what lies ahead.

Community Safety Alert

We would like to bring two important community safety matters to your attention.

Syringes in the local community

It has been brought to our attention that some local residents have discovered syringes in the streets surrounding our school. The local council has been made aware of this issue.

We ask that families please have an age-appropriate conversation with their children about the dangers of touching or picking up syringes or other discarded sharp objects. Reinforce the importance of never approaching or handling these items and immediately notifying a trusted adult if they come across anything of concern.

Please be assured that the perimeter of our school grounds is checked each morning as part of our ongoing commitment to maintaining a safe environment for our students.

Tiger snakes in the surrounding area

With the arrival of warmer weather, we are also beginning to see increased activity from local wildlife, including tiger snakes. As snakes emerge from their winter habitats in search of food and mates, we ask families to remain vigilant and mindful of their surroundings.

There have been a number of reported sightings in residential properties surrounding our school, particularly along Station Place. Please remind children to keep their distance from any snake they encounter, never attempt to approach or disturb it, and alert an adult immediately.

The safety of our students and wider community remains our priority.

Dance Mania Kaboom!

What a wonderful experience our students had today participating in Dance Mania Kaboom!

Students had the opportunity to explore movement, develop their dance skills and work together to create a short routine, which they proudly performed at our school assembly. It was fantastic to see the enthusiasm, excitement and willingness with which students embraced the experience.

Opportunities such as these allow our students to showcase their hidden talents, build confidence and celebrate their creativity. A big well done to all of our students for their wonderful participation and performances!

Swimming Program – Commencing Monday

A friendly reminder that our swimming program commences next Monday.

Please ensure you have carefully read all correspondence previously shared regarding the program so that your child is appropriately prepared and ready to participate. We encourage families to check the required clothing, equipment and arrangements ahead of the first session to ensure a smooth and positive start.

Swimming is an important opportunity for students to develop water safety

awareness, confidence and essential skills. We look forward to seeing our students embrace this valuable learning experience.

Morning Play – A Reminder About Ball Games



We have recently experienced a number of incidents where younger siblings have been accidentally knocked over while students have been participating in ball games in the morning before school.

Mornings are a particularly busy time, with families and students moving throughout the school grounds. As this is a time when foot traffic is high, we need to ensure that everyone can move around our school safely.

To minimise the risk of accidents and ensure the safety of all members of our community, ***students are reminded that ball games are not permitted before school in the morning.***

All students have been reminded of this expectation, and there is no need for students to bring balls from home. Appropriate sporting equipment is provided during designated playtimes when students can safely engage in these activities.

We thank families for reinforcing this message with their children and for supporting us in maintaining a safe and welcoming environment for everyone.

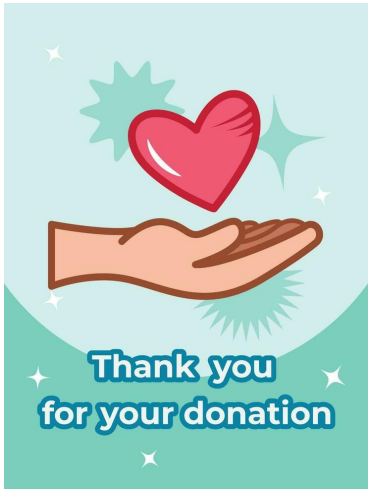
As we head into the weekend, I encourage everyone to take some time to rest, recharge and enjoy the moments that matter most. Thank you once again for your continued partnership, encouragement and support. It is the strength of our community that makes our school such a special place to learn, pray and be.

May you and your families enjoy a safe, restful and wonderful weekend.

Warm regards,

Caroline Madigan

Caroline Madigan
Principal
cmadigan@olsunshine.catholic.edu.au



catholic mission
Reach out. Give life.

Catholic Missions Fundraiser

Thank you everyone for your wonderful donations for wearing casual clothes today.

Our Lady's raised over **$640** for Catholic Missions.

Yrs 5-6 Representing Our Lady's for Remembrance Day
















Foundation at the Zoo





































SECOND HAND UNIFORM SALE

The Parents and Friends are looking for any donations of second hand uniform for their up-coming Sale on 3 December.

You can bring any outgrown or unwanted school uniform donations to the Office.

Please make sure all the items are our school uniform brought from the Uniform Shop, clean with no rips, faded logos or stains.

The Second Hand Uniform Sale will be held on
Thursday 3 December from 3.05pm near the junior classrooms.



$10.00
Jumpers
Track Pants
Bags



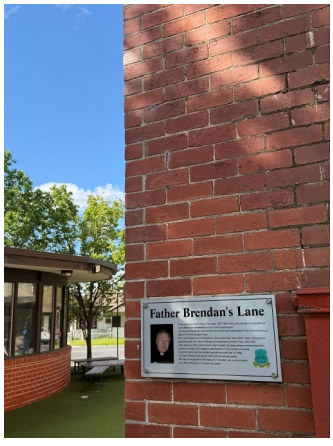
$5.00
Sport Polos
Windcheaters
Shirts
Sport Shorts
Shorts
Dresses



PARISH NEWS







TURNING EVERYDAY ITEMS INTO EXTRAORDINARY CREATIONS AT EXTEND THIS TERM 4!

extend
BEFORE & AFTER SCHOOL CARE



REDUCE, REUSE, EXTEND THE USE!











CREATIVITY REACHED NEW HEIGHTS!

At Extend, the children transformed everyday recycled materials into giant robots, colourful planters and games!

Using cardboard boxes, plastic lids, cans and more, our young creators have put their imaginations to work, discovering exciting ways to give old materials a new purpose while exploring sustainability, teamwork and problem-solving through hands-on fun.

There's so much more to discover at Extend!

With exciting hands-on experiences and new opportunities to learn every day, now is the perfect time to book your child in and join the fun this Term 4!

Scan the QR code to Book Now



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/

extend.com.au

The Quitting Point

The urge to panic arrives long before you're actually in trouble.

I'm lying face down in the ocean just off the beach in Moalboal, near Cebu, Philippines. My snorkel supplies my lungs with air, my eyes are closed, and I'm staring down into the perfect 100m deep blue water, following the rope that disappears into the depths.

Freediving is a profoundly mental sport - and it's full of paradoxes. If I try to be the hero, I get a racing mind and tense muscles, which burn oxygen faster. This means a shorter dive and an earlier scramble for the surface. The divers who go deepest are the ones who stay calm, take their time, and soak it in while every instinct is shouting at them to swim to the surface. Learning to hold your breath is mostly learning to recognise false alarms.

Our kids have the same alarm I have for freediving, but for different reasons. "I can't do this" almost always arrives before they've actually reached their limit. School camp; the maths homework or language studies; the swimming carnival. For little ones, perhaps it's the first day at a new school or kinder, or the party where they won't know anyone.

And here's the crazy part. ***We*** have a similar alarm ***about them!*** Our instinct is to rescue them the moment they look like they could be in trouble (and are metaphorically scrambling for the surface). However when we step in and save them, they never find out how much they have left.

Researchers at Yale University tested this with 124 anxious children, randomly divided into two groups. One group of children received standard Cognitive Behaviour Therapy (CBT) from a qualified psychologist. In the other group, the children got nothing. Instead the researchers worked with *the parents* of the anxious children, teaching them how to stop "accommodating" the anxiety while staying warm and confident. And the outcome? Working with the parents worked just as well as treating the children with CBT.

Here's how to stop accommodating your kids in their anxious moments, and instead, to metaphorically help your kids dive deeper - by staying warm and kind rather than dispensing a "toughen-up princess" moment.

1 Do the breathe-up first

When freediving, you don't submerge yourself if you're stressed and aroused. Instead, you float and breathe until you're settled. Before your child does the hard thing, give them calm. Perhaps it's a consistent routine, some predictability, and a parent who isn't rushing them out the door.

2 Name the false alarm

Our children do best when we communicate clearly. Say it out loud. "That feeling about 'X' means your brain and body think you're in trouble. But that feeling always arrives early. Let's see if you can stay with it a bit longer."

3 Add a metre at a time

Freedivers don't jump from 10 metres to 30. They add a little, get comfortable, and add a little more. Don't push your child into something that terrifies them. Take it inch by inch.

4 Turn before the limit

Good divers surface with something still in the tank. Ideally, your child will do their hard thing and still feel like they've got more capacity. It inspires another shot tomorrow. A child pushed to breaking doesn't usually want to try again in a hurry - or ever.

5 Be the buddy, not the diver

Nobody freedives alone. I had a buddy watch from the surface. He doesn't dive for me. But he's there. And the riskiest moment in a dive isn't the depth. Surprisingly, it's the ascent. Our kids need us to be there, particularly *after* the hard thing, so they can mentally decompress.

At 20 metres, my lungs have lost one third of their volume. The air has compressed and I have three times the pressure on my body as I have on the surface. But as I ascend, everything expands. I've reached the depth and I'm coming back to where I can breathe again. Breaking the surface and seeing the grin on my buddy's face is a thrill.

It's similar for our kids. What we want for them is *not* a childhood without discomfort or pressure. We want them to learn the skills they need so that they can stay calm inside when the pressure is on and they feel like they're out of their depth - and for them to know that someone is always waiting on the surface.



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.



Come and share in my happiness

33rd Sunday in Ordinary Time, Year A



Jesus tells us that God rewards those who use their gifts wisely. Inside each bag write down a gift God has given you.





COMPLETE THE TEXT MAZE

"Come and share in my happiness!"

START

C	O	M	N	R	Y	I	L	E	J
N	M	S	D	S	H	N	D	O	M
L	E	A	N	L	A	K	X	T	I
V	X	R	I	E	R	S	I	N	E
T	I	D	N	J	A	P	P	L	S
M	E	O	M	Y	H	R	E	K	S

FINISH

Gospel

Mt 25:14-15. 19-21

Jesus spoke this parable to his disciples: 'The kingdom of heaven is like a man on his way abroad who summoned his servants and entrusted his property to them. To one he gave five talents, to another two, to a third one; each in proportion to his ability. Then he set out. Now a long time after, the master of those servants came back and went through his accounts with them. The man who had received the five talents came forward bringing five more. "Sir", he said "you entrusted me with five talents; here are five more that I have made." His master said to him, "Well done, good and faithful servant; you have shown you can be faithful in small things, I will trust you with greater; come and join in your master's happiness."'

The scriptural quotations are taken from the Jerusalem Bible, published and copyright 1966, 1967 and 1968 by Darton Longman and Todd Ltd and Doubleday & Co Inc, and used by permission of the publishers.

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