



Christ beside me: Walking in the footsteps of St Patrick

DATES FOR THE DIARY

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,

A Wonderful Book Week Celebration

What a wonderful morning we shared celebrating **Book Week!**

A heartfelt thank you to all our parents and carers for the time, effort and creativity you put into helping your children prepare for our Book Week Parade.

The incredible costumes, imaginative ideas and thoughtful connections to the books we have shared with the children were truly wonderful to see.

Most importantly, thank you for taking the time to turn up this morning and support your children. There were so many proud faces among our students, and it was equally lovely to see the pride and joy on the faces of parents and carers as they watched their children participate. Your presence and encouragement make these moments so special for our children and contribute so much to the sense of community we value at our school.

A very special thank you to Lisa Piperno for her tremendous work in ensuring that all students have access to the shortlisted Book Week books. Lisa's dedication and organisation have helped make this year's celebrations so meaningful for our students.

We would also like to thank all of our staff for enthusiastically sharing the books with students, encouraging their imaginations and helping to foster a genuine love of reading. The excitement and engagement of the children has been wonderful to witness.

Thank you, families, for helping us make Book Week such a joyful and memorable celebration.



Take Up Your Cross Prayer

Our crosses can be heavy. Jesus told us to take up our crosses.

Jesus, our Redeemer,

You told your followers to pick up their cross and follow you.

Help us to bear the crosses we have in our lives and to follow you even when times are difficult.

Amen

Parking Fines and Student Safety

We would also like to take this opportunity to remind all families about the importance of following the road and parking signs around the school.

We have been made aware that a number of parents have received on-the-spot fines, as well as infringement notices issued up to two weeks after the date of the offence. Reports include fines for double parking while dropping children off, parking in designated drop-off zones, failing to indicate when pulling out, and other parking and road-rule infringements. Some fines have reportedly been **more than \$200**, with some families receiving multiple fines.

We understand that school drop-off and pick-up times can be busy, rushed and, at times, frustrating. We appreciate that parents are often trying to get children safely to school while managing work commitments, younger siblings and the many demands of family life. We genuinely understand that finding a convenient parking space can be difficult, particularly during busy periods.

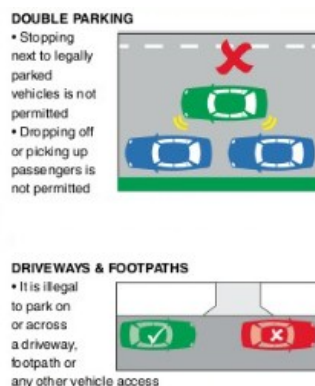
However, the safety of our children must always be our first priority.

Please take a moment to carefully observe and follow the road signs and parking restrictions located around the school. These regulations are in place not simply to prevent fines, but to ensure that children can enter and leave vehicles safely and that traffic around the school remains as safe and predictable as possible.

At times, keeping children safe may mean parking a little further away and taking the extra few minutes to walk your child to the school gate. We recognise that this may not always be the most convenient option, but those few extra minutes can make a significant difference to the safety of our students.

We ask that all members of our school community work together to keep our children safe. Thank you for your patience, understanding and cooperation.

As always, we are grateful for the care, support and partnership of our families. Together, we can continue to create a school environment where our children feel safe, valued, supported and celebrated.



Loading Zone on Station Place

Only eligible commercial or signed vehicles actively picking up or dropping off goods can use loading zones

Regular cars: Ordinary passenger vehicles **cannot stop** in a loading zone, even if you are actively loading or unloading items.

What is Double Parking?

It means placing your car between a legally parked vehicle and the center of the road (or the opposite side on a one-way street).

Even Brief Stops: Stopping just for a minute to drop off a passenger, pick up food, or wait with the engine running still counts as double parking and is an offense.

Warm regards,

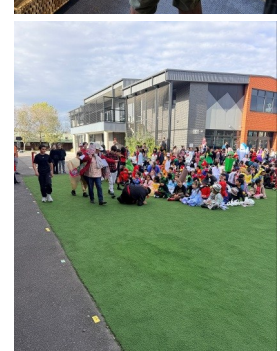
Caroline Madigan

Mrs Caroline Madigan

Principal

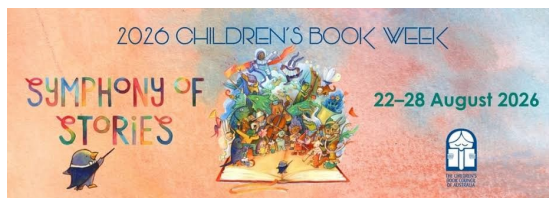
principal@olsunshine.catholic.edu.au







Year 2 CERES



BOOK WEEK RAFFLE

Congratulations to our 2026 Book Week Raffle Winners!

William O 5D	Lucas P 1K	Louis D 6B	Khang N 2M
Xavier C 3E	Serah G 5D	Thlabawi Z 1K	Alicia L FJ
Samantha H 6A	Aurelia N FI	Casey Z 5C	Kitty M 4H
Joanne H 6A	Carter N 2N	Vincent B 3F	Freddie L 2M
Maria Rosa V FI	Katarina B 3F	Lucia s 1L	Victoria V 4H
Easton L 5C	Lanvy T 2N	Shivansh K FJ	Zeallian T 3E
	Noah T 1L	Kira N 4G	

We hope you enjoy reading your new book!

District Athletics Friday 21st August 2026

On Friday the 21st of August, 26 students represented Our Lady's at the District Athletics at Newport Athletics Track. They competed in many different events on the track and field and out of the 26 students, 19 students will move on to the Western Metropolitan Division Athletics to be held on Tuesday the 8th of September at Keilor Athletics Track.



Congratulations and well done to all athletes:

Charlie T	Aman J	Kareem M	Lanchi T
Will B	Klara M	Geronimo M	Lan P
Brian N	Dylan T	Cassie D	Liam N
Alyssa D	Andreas A	Winnie B	Luqman M
Indi L	Lily P	Akoldh N	Joanne H
Oliver S	Laura B	Ben B	Sophia V
	Simon L	Ella N	



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!

OUR TERM 3 THEME ACTIVITIES FOR EXTEND IN ACTION!



Term 3 Theme:

YOUR IMAGINATION, YOUR UNIVERSE!



CREATIVITY HAS BEEN IN FULL SWING AT EXTEND THIS TERM 3!

One of our featured Term 3 activities, **Play-Doh Sculptures**, has inspired creativity and imagination while building fine motor skills.

We've loved seeing all the amazing creations they've come up with!



Alongside plenty of arts, crafts and hands-on experiences, the children at Extend have been free to create, explore and let their imaginations run wild!



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 YOUR
SESSIONS FOR THE
REMAINDER
OF TERM 3!**

ENROL AND BOOK NOW FOR TERM 3 WITH EXTEND!
SCAN THE QR CODE OR VISIT EXTEND.COM.AU TO BOOK





**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



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FOLLOW US ON
FACEBOOK
GRAND UNITED CRICKET CLUB

MAKE FRIENDS • DEVELOP SKILLS • HAVE FUN

Don't Cry Over Spilled Smoothie

Yesterday morning I made a mistake. A mindless, silly error.

I made my breakfast smoothie. Frozen banana and strawberry. Cocobella smoothie starter. Yogurt. Protein. (I'm bulking... jokes.)

I reached up into the cupboard and pulled down the tall smoothie glass I use each day, placing it on the bench in front of me. I picked up the blender jug, full of wholesome smoothie goodness and began to pour it out onto the bottom of the smoothie glass.

Note the word I used? Onto?

Not into. Onto.

Nobody told me, but the smoothie glass had been placed into the cupboard upside down. I had grabbed it out of the cupboard without paying any attention. I had deposited the glass on the bench without paying attention - upside down. And I had poured the smoothie onto the upside down base of the glass.

I paid so little attention that I spilled the smoothie all over the glass, the bench, and eventually the floor as it spilled off the counter top.

In psychology, and in life, this is called being "mindless". It's not being present. Not paying attention to what's going on around you. Not being 'here', 'now'. And when you're not paying attention, you tend to get lousy outcomes. Like spilled smoothie.

The opposite of mindlessness is 'mindfulness'. It's being where your feet are. Focused. Or as my kids would say, 'locked in'.

The challenge is that mindfulness is effortful. It places demands on us. Mindlessness? That's easy. Effortless.

Here's the thing though: it's one thing to pour smoothie onto an upside-down glass. It's another to parent that way - mindlessly, present in body, absent in attention, while breakfast and school runs and bedtime blur past on autopilot. Or perhaps we might call it "autoparent".

Harvard psychologist Ellen Langer has spent fifty years studying this. For her, mindfulness is not about meditation cushions and breathing apps.

Mindfulness, she says, is the simple act of actively noticing new things. Her research shows that when we pay fresh attention to something - or someone - we engage more, enjoy more, and even like the thing we're noticing more.

When have you been mindless today? Let me hit you up with a few suggestions from my life:

- When I moved house but drove home to my old house instead.
- When I ate breakfast but couldn't remember what I had eaten.

- When I drove to the airport but didn't really remember much of the drive.
- When my daughter entered the room with 'that' expression on her face. I mindlessly pre-determined that I knew her attitude and what was coming out of her mouth next. (I was wrong.)

Mindlessness has some advantages. It can be efficient to not have to notice everything like it's new all the time. We can take shortcuts and get more done.

But mindfulness offers us more. In a famous Harvard study published in [Science](#), psychologists Matthew Killingsworth and Daniel Gilbert pinged thousands of adults on their phones at random moments throughout the day and asked two questions: what are you doing, and where is your mind? The results were confronting. Our minds wander almost half of our waking hours - and when they do, we're reliably less happy, no matter how pleasant the activity we're supposed to be doing.

The parenting research points the same way. A [University of Sydney meta-analysis](#) led by Virginia Burgdorf pooled the available studies on mindfulness training for parents and found that when parents learned to pay attention on purpose, *parenting stress dropped - and kept dropping in the months that followed*. Better still, their children's psychological wellbeing improved too, even though the kids never attended a session. When we show up fully, everyone in the house feels the difference.

Some questions to sit with:

- When did you last really *look* at your child - not to check, correct or hurry them, but just to see them?
- What are you doing on autoparent that your child experiences every single day?
- If your child described how it feels to be noticed by you, what would they say?

So here's an experiment. For the next seven days, notice at least one genuinely new thing about your child every day.

Two rules. First, it must be something new; something you've never registered before. The way she holds her fork. The word he mispronounces. The song she hums when she thinks nobody's listening. Second, once a day, say something positive about your child and what you've noticed - to them, out loud: "I noticed you always check on your sister before you get in the car. I love that about you."

Then watch what happens. Being noticed is being loved in a language children understand instinctively.

One new thing. Seven days. Start today.

Oh, and check your glass is the right way up.



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.



Take up your cross and follow me

22nd Sunday in Ordinary Time, Year A

Gospel

Matthew 16:21-25

Jesus began to make it clear to his disciples that he was destined to go to Jerusalem and suffer grievously at the hands of the elders and chief priests and scribes, to be put to death and to be raised up on the third day. Then, taking him aside, Peter started to remonstrate with him. 'Heaven preserve you, Lord,' he said. 'This must not happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are an obstacle in my path, because the way you think is not God's way but man's.'

Then Jesus said to his disciples, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake will find it. What, then, will a man gain if he wins the whole world and ruins his life? Or what has a man to offer in exchange for his life?'

COMPLETE THE TEXT MAZE

"If you want to be my followers you must take up your cross and follow me."

START **I** F Y O E

Y D W U T

Z N A L W

V T U E R

D F Y M I T X P I A B O K

G O H E B O Y S R U S T U

J L R C A T A O U M H T J

F L O W E R S Y E T Q A W

S D L K O P F G P U E K B

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N G L L O

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R I E P M

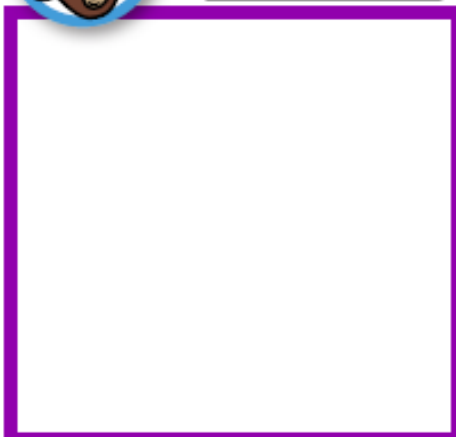
E U W T **E** FINISH

Help Jesus tell his disciples about the coming events in Jerusalem.

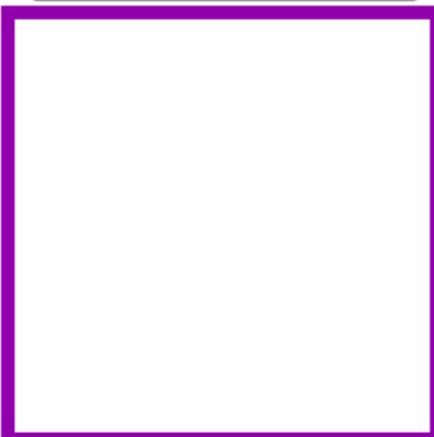


I must go to the city of Jerusalem...

...where people will make me suffer and I will be killed.



Draw Jesus entering the city on the donkey



Draw Jesus suffering on the cross



Write what Jesus tells the disciples next