



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

Mon 8-Thurs 11 Sept 2.10pm
Performance Three Little Birds
Fri 12 Sept Team Colours Day
Second Hand Uniform Sale from
3.00pm, Yr 6 Werribee Zoo ex-
cursion
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 Gradua-
tion 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,

Week of Performances – A Celebration of Teamwork and Talent

What a fantastic week it has been! A heartfelt congratulations to all our teachers and students for their dedication and teamwork in ensuring each show this week was a success. The level of support, collaboration, and enthusiasm has been truly inspiring.

A special thank you to all the students and helpers who have refined their roles throughout the week. Your commitment and teamwork have helped bring each performance to life. You should be proud of the part you've played!

We are incredibly grateful to Mrs Cam Tu Nguyen, who has once again poured countless hours into managing the entire production. Sitting proudly at each show, Mrs Cam Tu's creativity, patience, and leadership have created something enjoyed by all. Thank you for your tireless efforts.



To our wonderful parents, thank you for showing up with smiles, cheering loudly, and supporting every group of performers. Your encouragement has not gone unnoticed, and it means so much to our students.

A big shout-out to Mr. Buttigieg, whose behind-the-scenes support ensured every show was streamed into classrooms across the school as well as attending each show offering technical support. His technical expertise allowed the entire school to share in the magic of each performance.



We also extend our gratitude to the Parent Group for baking delicious biscuits and creating handmade items for sale. Your efforts helped make the event even more special, and yes, the biscuits were indeed quite delicious!

Sport



We thank you, God, that we are able to play many kinds of sport.
We admire those people who play sport with a disability, and those people who are not able to play sport because of illness, and yet stay cheerful and happy.

We thank you that the elderly can enjoy watching sport on TV.

Bless all players of sport.

Bless those watching sport on TV.

Help us all to be fair, when we play sport, and when we watch sport.

A Note on Safe Device Use

It has been brought to our attention that some students have been using their school email addresses to sign up for online games or to create profiles on various platforms. As part of our commitment to digital safety, Melbourne Archdiocese Catholic Schools (MACS) continues to emphasise the importance of safe device use, including the use of strong passwords and age-appropriate content.



We encourage families to keep a watchful eye on device use at home, particularly regarding which apps or websites children are accessing and who they may be interacting with online. These moments provide excellent opportunities for conversations about digital responsibility and safety.

The school is happy to support any parent who would like guidance or resources in this area, please don't hesitate to reach out.



Reminders as Term Draws to a Close

Early School Closure: Next Friday 19 September, school will finish at **1.00pm** for the Term. Please check the dismissal time and ensure appropriate arrangements are in place. And don't forget that all the children will still need lunch on this day as we eat at 11.20am.



Holiday Program Notice

Our current After School Care provider does not offer holiday programs on school grounds. Families are encouraged to contact the provider directly for information on nearby locations that may be operating during the break.



Thank you all once again for your incredible support throughout the term. Let's finish strong, enjoy the last week of Term 3 and head into the holidays with pride in all that we've achieved—on stage, in the classroom, and as a community.

Warm regards,

Caroline Madigan

Mrs Caroline Madigan

Principal

principal@olsunshine.catholic.edu.au



A heartfelt thanks to our ESO's

This week was Education Support Officer's (ESO) Appreciation Week. We held a Morning Tea in the staffroom in honour of our ESO's to celebrate and thank them for all that they do for us.



At Our Lady's we are truly blessed with a wonderful team of ESO's who give so much of themselves each day to our students and teachers. We are very fortunate to have Lynda, Mario, Frances, Toni, Gina, Rocco, Lorraine, Kathleen, Jess, Angus and Nora as part of our Education Support team. Each of them bring their own unique gifts and strengths and their role is a very special one that has an enormous impact on our students and school community.



Our ESO's provide one-on-one and small group support, helping students to build confidence in their learning. They are gentle guides who sit alongside children, explaining things in new ways. They lend a hand when things feel challenging, they celebrate the little wins and encourage our children to keep going when they need that extra boost. They support teachers in the classroom, making sure that learning runs smoothly and every child is included and cared for. Their patience, kindness and genuine care for our students shines through in all that they do.



Beyond the classroom, they are the extra smiles in the yard, the library and the office, the listening ears when a child needs to talk and the helping hands that make our school a safe and welcoming place. They are the steady presence that helps children feel valued, capable and ready to share their ideas and feelings with confidence.



On behalf of all parents, students and staff - We thank our ESO's for their dedication, compassion and commitment. Thank you ALL for everything you do to support our children and our school community.



FATHER'S DAY RAFFLE WINNERS

Congratulations to our Father's Day Raffle in which we sold an amazing **903** tickets!

- 1st Billy H 4G
- 2nd Katarina B 2M
- 3rd Vincent B 1L
- 4th Nikunsh N 6B



Our Lady's Freshwater Scientists

On 27th of August the children from Our Lady's Years Foundation, One and Two enjoyed an interesting school incursion around waterways. This was directly connected to their classroom learning.

Our special guests were Charlotte from Landcare who is a freshwater scientist and our own Greg Woolford who has a long history of marine and freshwater education.

For each year level the incursion was divided into two parts:

- One class met outside the prep learning spaces, where they studied trays full of tiny water creatures called macro-invertebrates.
- The children used magnifying glasses and their investigation skills to catch and study these creatures., identifying the different ones.

This enabled them to build their understanding of the health of the nearby Kororoit Creek.

Meanwhile, the other class experienced a session inside with freshwater scientist Charlotte. The children learnt what a water catchment is and how it relates to the nearby Kororoit creek that passes through Sunshine, then goes onto enter the Bay at the Jawbone Marine Sanctuary in Williamstown. They also learned about the changes in plants and animals as we travel down the water catchment towards the Bay.

The children behaved brilliantly, impressing Charlotte and Greg and the teachers/ support staff did a great job of managing and supporting the children.

A special thanks to Landcare who funded the incursion. *Greg Woolford* Family School Partnerships



SPORT NEWS

On Wednesday, 10 September the following students competed in the Division Athletics Day at Keilor Athletics Track: *Jesse, Simon, Andi, Louise, Alyssa, Geronimo, Dylan, Ben, Akoldh, An, Kim, Ethan, Oliver, Rahcho, Luqman and Liam.*



It was a wet and windy day but the children tried their best as they competed in different events.

Luqman won the 80m hurdles and he will go onto the next regional event.



Sunshine YCW Junior Cricket – Season 2025

Junior training for **Under 11s and Under 15s** will commence on **Wednesday, 17th September** at Sunshine YCW Cricket Club. We are also asking for **Expressions of Interest for an Under 13s team**.

We will also be running a Woolworths Blaster program, scheduled to begin in late October.



Date: Wednesday, 17th September



Training: 5:00pm, **Parent Information Session:** 5:45pm

Parents are encouraged to attend the information session, where details will be shared about:

- Registration
- Club merchandise
- Junior scoring information

Meeting the coaches

We look forward to welcoming new and returning players for an exciting season ahead!

For more information, or to express interest in playing U13s this summer, please contact: Jakob O'Neill (0480151704) or email at oneill.jakob19@gmail.com.



JUNIOR

MEET THE COACHES

WEDNESDAY 17TH SEPTEMBER

5PM

SUNSHINE YCW CLUBROOMS

**WOOLWORTHS BLAST,
U11S, U13S & U15S**

**GET DOWN AND MEET THE COACHES, HAVE A
CHAT ABOUT THE SEASON AND GET ANY
QUESTIONS ANSWERED.**

COME DOWN AND REGISTER FOR THE SEASON

TERM 4 WITH EXTEND IS JUST AROUND THE CORNER! SECURE YOUR SPOT

The new school term is approaching, and Extend is ready to help you prepare with premium Outside School Hours Care!

Get ready for a fun-packed Term 4 at Extend with tons of activities, games for all ages and a safe, enriching environment built for learning and play.

Plan ahead and save with our Early Bird Rate!
Book 14 days in advance on all sessions to receive the best price!

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Plan ahead and Book Now for Term 4!

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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

JUNIOR SOCCER COMPETITION

STARTS
**10TH
OCT**

**WESTGATE
INDOOR SPORTS**



GAME FEE

\$75

REGISTRATION

\$25

PER PLAYER



Westgate Vaction Care

SEPTEMBER HOLIDAY PROGRAM

7:30 AM START
6:00 PM END











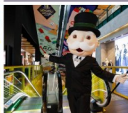

in-house



excursion



incursion

22ND SEP • MON	23RD SEP • TUES	24TH SEP • WED	25TH SEP • THU	26TH SEP • FRI
FACE PAINTING	AIROWORLD	MCG TOUR	GREATEST SHOWMAN	CLOSED
				
Come and join us enjoy and have fun with face painting!	Bounce into fun with Airoworld! Today will be zooming through the inflatable slides, jumping from castle to castle!	Explore the history and explore the fun that all the MCG has to offer	Come and have some fun and laughs with the Greatest Showman Activities	CLOSED
Base Fee \$90 Excr Fee \$40 Daily total \$130	Base Fee \$90 Excr Fee \$40 Daily total \$130	Base Fee \$90 Excr Fee \$70 Daily total \$160	Base Fee \$90 Excr Fee \$40 Daily total \$130	
AFTER MAX CCS* \$26	AFTER MAX CCS* \$26	AFTER MAX CCS* \$26	AFTER MAX CCS* \$32	
29TH SEP • MON	30TH SEP • TUE	1ST OCT • WED	2ND OCT • THU	3RD OCT • FRI
SLIME WORKSHOP	AIROWORLD	BRICKWORKS	MONOPOLY DREAMS	MOVIES
				
In the slime workshop, kids will get messy and creative as they make heaps of different slimes—glittery, fluffy, stretchy, and more! They'll have a blast experimenting with textures and colors, and take home all their gooey creations to play with again and again.	Bounce into fun with Airoworld! Today will be zooming through the inflatable slides, jumping from castle to castle with endless amount of fun to be had	Immerse yourself in a world of building and imagination!	A fully immersive & interactive MONOPOLY experience. Enjoy unlimited play, explore iconic MONOPOLY locations and strap in with the 4D cinema.	Sit back and relax enjoying THE BAD GUYS 2!
Base Fee \$90 Excr Fee \$40 Daily total \$130	Base Fee \$90 Excr Fee \$40 Daily total \$130	Base Fee \$90 Excr Fee \$40 Daily total \$130	Base Fee \$90 Excr Fee \$70 Daily total \$160	Base Fee \$90 Excr Fee \$70 Daily total \$160
AFTER MAX CCS* \$26	AFTER MAX CCS* \$26	AFTER MAX CCS* \$26	AFTER MAX CCS* \$32	AFTER MAX CCS* \$32



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Little Niggles Can Lead to Big Dramas: Why Parents Should Act Early

Sometimes, it's not the big meltdowns or obvious problems that cause the most stress in family life—it's the little things. The constant whining. The bedtime battles. That one child who just won't listen. It's these small, everyday frustrations that slowly wear us down.

This strange but common experience can be described by a psychological concept called the **Region Beta Paradox**: we're more likely to act on a big problem than a small one. Why? Because when something is just *mildly annoying*, it doesn't feel urgent. We wait. We tolerate. We tell ourselves it will pass.

Yet over time, those little issues can become big dramas—ones that might have been avoided with earlier action. Think of:

- A child who is quietly anxious but “functioning okay”—until they're not.
- A sibling rivalry that's “just bickering”—until it becomes daily screaming matches or bullying, or even violence..
- A speech delay that “might sort itself out”—until it's interfering with learning and confidence.

Why This Matters for Parents

We all do it. We wait for things to get bad enough to justify action. But sometimes, by the time it *feels* serious, we've lost valuable time, made things harder for our child, and added unnecessary stress to the whole family.

Moreover, with our medical system and our mental health system so strained, wait times to see a mental health professional, occupational therapist, or obtain other allied health support have blow right out. The “wait and see” approach could backfire if things become a problem, you need help, and you discover that there'll be a 6-, 12-, or even 24-month wait.

So how can we avoid falling into the Region Beta trap? Here are a few simple, practical ways to act sooner and support your child more effectively:

Action Steps for Parents

1. Watch for Patterns, Not Just Incidents

A child over age four who has an occasional sleepless night? Normal. No real sleep for two weeks? That's a pattern. Disturbed sleep every night for three-to-six months? That's a problem. Pay attention to:

- **Frequency** – How often is it happening?
- **Intensity** – How disruptive or upsetting is it?
- **Duration** – How long has it been going on?

If the behaviour is consistent and causing distress or disruption, it may be time to explore support—even if it doesn't feel like an “emergency”. Remember the three Ds. Distress. Dysfunction. Deviation from “normal”.

2. Trust Your Gut

Sometimes, the only real sign that something's wrong is that your instincts say so. If you're feeling uneasy about your child's behaviour, development, or wellbeing, don't ignore that signal. Seek advice. Ask questions. Be persistent. One of the biggest regrets parents share is wishing they'd acted sooner.

3. Invest in your Parenting Skills

I hate to throw shade at parents... Yet sometimes our children are experiencing challenges (particularly when it comes to mood, anxiety, and even relationships) when our parenting is not quite hitting the mark. Buy a parenting book (I can recommend one if you're stuck!), practice the skills you need, and learn to be dialled in as a parent. Often your improved self-awareness, self-regulation, empathy, or communication skills can give your child the extra support they need, and some issues will go away. That psychological security boost can be powerful.

When to Seek Help

If a concern persists, causes distress, or affects your child's ability to function (at school, with friends, or at home), it's worth seeking professional advice—whether from a teacher, GP, psychologist, or speech pathologist. You don't need a crisis to justify reaching out. Sometimes acting early prevents the crisis altogether.

Where to Go to Get the Help You Need

If something's concerning you—even just a little—the best first step is often your GP. They can provide guidance, offer referrals, and support you with a Mental Health Care Plan if needed. You can also call **Parentline**, a free, confidential service staffed by trained counsellors. It's available in every Australian state and territory. They'll talk things through with you and help you work out next steps.

Depending on your concerns, other helpful contacts may include:

- Your child's school counsellor or teacher
- Kids Helpline (1800 55 1800)
- Local parenting support groups or early intervention services
- A trusted psychologist, speech pathologist, or occupational therapist

It's easy to overlook the small stuff. But sometimes, those little niggles—physical, cognitive, or emotional—are our early warning signs. As parents, one of the most loving things we can do is to listen—to our children and to our intuition—before the small things become big dramas.

That's the paradox, isn't it? The bigger the issue, the quicker we act. But the little things? They're easy to dismiss... until they're not so little anymore.

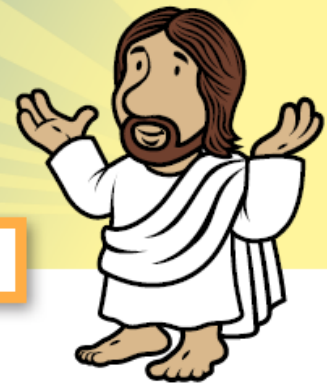
You don't have to remember the name *Region Beta Paradox* (try dropping that casually at school pickup and watch the silence). But you *can* remember this: when something's not quite right, act sooner. Ask for help. Stay curious.

Because doing something early almost always works out better than doing something late.



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.

The Son of Man must be lifted up



The Exaltation of the Holy Cross

Gospel John 3:13-17

Jesus said to Nicodemus:

'No one has gone up to heaven except the one who came down from heaven, the Son of Man who is in heaven; and the Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him.

Yes, 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,



Fill in the missing words and pictures.



God sent his only _ _ _ to save us.



Jesus taught many people about God.
(draw Jesus)



COMPLETE THE TEXT MAZE

"God did not send the Son to condemn the world, but in order that the world might be saved through him."

START **G** O H H I **M** FINISH

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	L	D	B	Y	R	G	



Jesus was sentenced to death and nailed to a _ _ _ _ _.

Jesus died but rose again
(draw the risen Jesus)

