



Laudato Si
 "All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents." N14 Pope Francis

DATES FOR THE DIARY

Tues 24 June Yr 6 Port Phillip Eco Centre Excursion
Fri 27 June 9.00am Sacred Heart Mass
Thurs 3 July 10.00am-6.00pm Three Way Learning Conversations. Only at school for your appointment
Fri 4 July 8.00am-1.00pm Three Way Learning Conversations. Only at school for your appointment. End of Term 2
Mon 21 July Start of Term 3 at 8.35am
Wed 23 July 7.00pm Confirmation Parent Evening
Thur 31 July Morris Gleitzman Author visit for Book Week
Fri 1 Aug 100 Days of Foundation
Mon 4 Aug Yr 6 Confirmation Reflection Day
Fri 8 Aug Feast of St Mary of the Cross MacKillop 7.00pm Confirmation

PAB Meetings

Wed 20 Aug 7.00pm
 Wed 19 Nov 7.00pm

P&F Meetings

Tues 12 Aug 7.00pm
 Wed 5 Nov 7.00pm

2025 Professional Development Days for staff - No school for the children

Term 3

Wed 13th August - Religious Education Focus

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).

Term 2 - Three Way Conversations (First Semester Reports)
 Thursday 3rd July 10:00am - 6:00pm
 Friday 4th July 8:00am - 12:40pm

Sacraments

Fri 8 Aug 7.00pm Confirmation for Yr 6

Dear Parents and Carers,

Week 9 of this second term has really flown by!

There have been many learning opportunities across the school, including two excursions to CERES.

The FLI inquiry units across all year levels focuses on stewardship in various ways, where our main curriculum areas include Science and the Humanities.

The compelling stewardship questions for different levels include:

Foundation: How can I love creation?

Year 1 and 2: How can we care for our earth?

Year 3 and 4: How can we use our gifts and talents to be stewards of God's creation and why does it matter?

Years 5 and 6: How are our choices impacting the earth and its precious resources?

Our FLI Inquiry Units also directly relate to Laudato Si, where Pope Francis wrote extensively about all of us working together to care for all of creation, as we have quoted above.

Year 4G and 4H went to CERES on Tuesday. Even though it showered in the morning causing the grounds to be wet, the students and staff all had a wonderful time immersed in learning related to their FLI units.

On Wednesday, Foundation I and Foundation J also had a terrific learning day as they were extremely engaged. We hope you enjoy looking at the photos.

On Wednesday, our new Principal was at our school for several planned handover meetings to support Mrs Madigan with her transition. We had a finance meeting in the afternoon as well as another meeting with our Senior Manager, Denise Mugavin.

Our first meeting for the day focused on me introducing our former Principal and our new Principal. Mrs Madigan met Ms Bertani providing a wonderful opportunity for a principal handover. I had organised the meeting a while ago, and it was such a positive experience to witness Ms Bertani share her vision for Our Lady's and the importance of keeping the legacy of the Sisters of Saint Joseph alive.



The Most Holy Body and Blood of Christ Prayer

We pray for world leaders: that they may work to make sure that all people can have what they need to live life to the full. We pray for all people who do not have enough food today and for an end to world hunger. We pray for our parish, family and friends: that we may be willing to share what we have with others. May we work to build a brighter world together for all our global family.

In this Jubilee Year, we pray that we may be signs of hope in our world through all that we do and how we treat one another. Christ Jesus, you fed the hungry crowds. Open our eyes to the needs of others and help us to follow your example of love and service.
 Amen.



Ms Bertani spoke with such love and devotion for our school and it was equally moving to hear Mrs Madigan reciprocate the importance of keeping the school's legacy alive at Our Lady's. We are fortunate to have Mrs Madigan as our Principal, as she already has a love for Our Lady's seeing she herself had enriching primary school years as a student here. It was a priceless experience for me to have our Principal of twelve and a half years share words of wisdom with our newly appointed Principal.

The conversations continued for quite a while and we also welcomed our Parish Priest Fr Peter-Damien as he joined us after awhile at The Granary where we met.



As we approach our last two weeks of a term Two, your children will be finalising their strengths and a goal that they will be sharing with you at the upcoming Three Way Conversations.

Next Friday, you will receive your child's Semester One report electronically. It will be a time to gain further information about your child's learning journey as well as hear some input from your child about their learning. It is also a time to celebrate your child's learning achievements across the different curriculum areas. Thank you for your contribution to your child's learning and your collaboration with the school. We always nurture our partnerships with you as your child's first teachers.

The Semester One Reports include the following:

- a personalised general statement
- progression points for Religious Education, Inquiry curriculum areas, English, Mathematics, Art, PE, STARS (Performing Arts) Italian and Personal and Social Capability.

The aim of the Written Report is to:

- communicate how your child is developing as a learner and as a member of the Our Lady's school community
- clearly convey your child's progress in all curriculum areas
- ensure that they are reflective of the learning that your child has been engaged in this semester
- adhere to the Victorian Curriculum
- comply with the Revised Guidelines for Victorian Catholic Schools.

Next **Friday 27th June**, we invite you to join us in our Sacred Heart Mass at 9:00 am in the Church. As always, we are working in partnership to support St Vincent de Paul. At this time, St Vincent de Paul have asked us to support with *donating new blankets or blankets that are in very good condition so that they can distribute them to those in need during these very cold winter months*. I thank Mrs Cuni and the Social Justice committee for all their work in organizing this event and for their support of the needy in our community. I thank all our community in advance, for supporting this very worthwhile cause.



The Events Committee and The Social Justice Committee both proposed an event for the same day—**Monday 30th June**. I would like to thank all the Year 6 students in both committees for their flexibility and willingness to compromise, work together and combine ideas to organise a co-created event. See the poster in our newsletter for further details.

Wishing you all a wonderful weekend. Stay warm and enjoy time together. We hope to see you at our weekly assembly where our parents and families are always invited.

Yours sincerely,

Christine Carabott

Mrs Christine Carabott

Acting Principal

ccarabott@olsunshine.catholic.edu.au



Feast of the Sacred Heart of Jesus



Whole School Mass

Friday 27th June 2025 9.00am in the Church



Dear Families and Friends,

The Feast of the Sacred Heart reminds us of Jesus' warm, compassionate and tender love. Jesus was full of compassion for those who most needed his love – the poor, the heavy-hearted, the lost, the lonely, the weak and needy. We are called to be like Jesus and help those in need.

The Year 6 Social Justice Committee contacted St. Vincent De Paul and asked what types of donations were needed to help our community. *This year they have asked for a monetary donation so that they can distribute vouchers to those in need.*

They also asked for clean, good quality and/or new blankets. Please bring in any you may have to your child's classroom and they will be passed on to the St Vincent de Paul.



The Social Justice Committee in collaboration with the Events Committee has organized the following two ways that you can help.

Wednesday 25th and Thursday 26th June

Movie "The Lorax" during break times. \$1 to watch the movie in the Hall. Please bring coins!

Monday 30th June

Monday Funday. Dress in your pyjamas or casual clothes for a donation.

We'll also have 10 minutes of fun game time.

Members of the St. Vincent de Paul community will be at our mass on 27th June where we will show our appreciation for all the good work they do.

Thank you for your generosity.





Year 4 at CERES





Foundation at CERES



ST MARY MacKILLOP AWARD

Congratulations to the recipients of our St Mary MacKillop Award for May 2025.

Congratulations to:



Josephine T 2M



Klara M 3F



SUNSHINE T-BALL COMPETITION



When: Every Wednesday, from
30 July - 10 September 2025

Where: Sunshine Softball
Association, More Park, Esmond St,
Ardeer

Time: 5.00pm - 6.00pm

Who: All genders, ages 5-11

What is T-Ball? Bat and ball sport,
similar to Softball, Baseball &
Rounders, played on a diamond
shaped field, ball is hit off a
batting tee, fielders field ball with
a glove.

Equipment: All equipment
provided

Cost: \$55.00



**REGISTRATIONS OPEN
ON 7 JULY 2025**

Scan QR code
to complete
expression of interest
form for now, to secure
your spot



<https://www.revolutionise.com.au/sunshinesa/events/298545>

LEARN TO RIDE HOLIDAY SESSIONS



Beginner & Intermediate sessions available

July dates: Tuesday 08, Thursday 10
Tuesday 15, Thursday 17



"It was the best money I have spent on my son!"

Book your kids [ages 5–12] into a fun and educational ride at Brimbank Traffic School

- Learn from experienced cycling coach
- BYO bike & helmet or hire on site
- 90 min session, 3 sessions per day
- \$30 per child
- Max 10 children per session
- Parents must stay for the duration



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7 Clubhouse Pl, Keilor Downs

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Teaching Our Kids Self-Control: The Superpower that gets results

Self-control is one of the most important life skills our kids can develop. Whether it's a toddler throwing a tantrum, a tween interrupting in class, or a teen glued to their phone instead of doing homework — self-control (or the lack of it) shows up in every stage of parenting.

Here's some encouraging news: self-control is a learned skill. And just like learning to read, ride a bike, or play an instrument, our kids can improve their self-control with practice, guidance, and the right tools — no matter their age or temperament. (And so can we.)

What Is Self-Control (And Why Does It Matter So Much)?

At its core, self-control is our ability to manage our thoughts, emotions, and behaviours in ways that help us reach our goals. Note that the “goals” aspect matters here. Three-year-olds don't have goals due to limited cognitive development, so they don't think about whether to express or suppress their emotions. They just let it all out!

For kids, that might mean calming down instead of hitting, waiting their turn instead of pushing in, resisting a distraction rather than giving in and losing focus, or walking away from an argument rather than fighting back.

Research shows that strong self-control develops from about age three or four, and most kids are ok with it by around age 8-10. Self-control is linked to better relationships, improved wellbeing, greater academic success, and more positive life outcomes — even decades [later](#). But it's not just about long-term success. It's also about helping our children live more peaceful, connected, and meaningful lives day-to-day.

Three Self-Control Strategies That Work — At Any Age

Whether you're parenting a four-year-old or a fourteen-year-old, here are three practical, research-backed strategies that help children build better self-control:

1. Distraction and Attention-Shifting

Temptation thrives on attention. The more kids focus on the thing they want (the lolly, the device, the comeback in an argument), the harder it is to resist. Help your child shift their focus. Younger children might need a change of scenery or a new activity. Older children can be encouraged to engage their minds elsewhere — a different task, music, movement, even humour. Shifting attention isn't avoidance. It's smart regulation. Look at the cloud. Go for a walk. Sing a song. Pray or meditate. Shift focus and increase control.

2. Reframing the Situation

The way we *think* about something changes how we *feel* about it. If a child is obsessing over not being allowed something, help them see it differently. For little ones, this might sound playful: “Imagine that biscuit is actually a piece of broccoli.” For older children, it might mean encouraging

them to look at the bigger picture: “Will this still matter tomorrow?” or “What’s the most helpful way to handle this?”

3. Using a Role Model — The ‘Batman Effect’

A powerful technique, especially for younger children, is to have them imagine what someone they admire would do. “What would Batman do?” “What would Wonder Woman say?” For teens, this evolves into a question of identity and values: “Who do you want to be right now?” “What would someone you respect do here?” Stepping outside ourselves, even momentarily, gives us clarity and control.

What About Kids Who Struggle More Than Others?

Some kids — including those with ADHD, anxiety, or other challenges — may find self-control especially hard. The research tells us that the *same strategies* still work, and in fact, they often benefit these children even more. With consistency, support, and understanding, they can absolutely grow in this area. Your biggest challenge here will be that it takes a bit of extra work. But that’s the case for most things where these challenges exist.

And What About Us?

Let’s not forget — self-control isn’t just a challenge for kids. As parents, we’re often running low on patience, energy, and calm. When you feel like you’re about to snap, try these quick self-control strategies for yourself:

- **Use your name** in self-talk: “Jess, take a breath. You can handle this.”
- **Zoom out:** Ask, “Will this still matter next week?”
- **Get into nature:** A few minutes outside can reset your whole nervous system.

Our kids *catch* our calm (or our chaos). The better we regulate ourselves, the easier it is for them to learn to do the same.

Final Thoughts

We’re not aiming for perfection. We’re raising humans, not robots. Our children will still have meltdowns, make impulsive decisions, or act before they think — just like we do sometimes. But every time we coach them through those moments, we’re giving them tools they’ll use for life.

So next time your child is about to lose it — or you are — remember: this is not a character flaw. It’s a learning moment. And with time, support, and the right tools, self-control *can* be learned.

And your calm, consistent presence? That’s the best teaching tool of all.



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.

Jesus feeds us so
we can feed others



The Body and Blood of Christ, Year C

Gospel Luke 9:11-17

Jesus made the crowds welcome and talked to them about the kingdom of God; and he cured those who were in need of healing.

It was late afternoon when the Twelve came to him and said, 'Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.' He replied, 'Give them something to eat yourselves.' But they said, 'We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.' For there were about five thousand men. But he said to his disciples, 'Get them to sit down in parties of about fifty.' They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd. They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.

Jesus feeds us when we are hungry. Write in each loaf and fish something that we, our friends, families or our world are hungry for.



WE CELEBRATE THIS SACRED MEAL

Draw some of
the things
we do
at mass.

