



Melbourne Archdiocese
Catholic Schools



OUR LADY'S SCHOOL NEWSLETTER 27 March 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

Thur 2 Apr End of Term 1 at 1.00pm
Mon 20 Apr *Closure Day - Professional Development for Staff (Literacy). No School for the children*
Tues 21 Apr Start of Term 2
Wed 22 Apr 7.00pm Student Well-being Parent Info Session
Wed 29 Apr 6.00 Reconciliation for Year 3
Wed 6 May 6.30 Eucharist Parent Night
Thur 7 May Yr 4 Eucharist Reflection Day Mary MacKillop Heritage Centre
Tues 12 May Whole School Athletics Day (Moonee Valley Athletics Track)

2026 Professional Development Days for staff

Term 2
Mon 20 April - Literacy Focus
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 1 - Thur 2 April
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 3 Reconciliation
Wednesday 29 April at 6.00pm
Year 4 Eucharist
Sunday 17 May at 10.30am
Year 6 Confirmation
Friday 31 July at 7.00pm

Dear Parents and Families,

It is so hard to believe we have arrived at the second last week of Term 1. Mrs Madigan is attending a Principal Conference for four days this week, therefore I am writing our Week 9 newsletter.

Firstly, I would like to take this opportunity to thank all the staff who attended our Year 5/6 camp and were able to ensure the camp experience was enjoyable and memorable for the students. Many of the activities provided the students to show enthusiasm, courage, persistence and be resilient. A huge thank-you to Miss Shai, Ms Belinda, Ms Jo, Ms Rebecca, Miss Murphy, Mrs Majczak, Miss Cam Tu, Miss Steph, Miss Beatrice, Miss Nora and Mr Angus for providing the students with a wonderful camp experience. Thank-you for ensuring all students were safe, supported and had fun throughout the camp. You will see this through all the camp photos. I am sure everyone slept well on Friday night!



A huge thank-you to Mrs Cuni, our Learning and Teaching Leader & Religious Education Leader, our Year Three teachers, Ms Gurry and Ms Robles who led parents of our Year Three Reconciliation candidates in a family information evening. We thank our families who attended and supported your child as we continue to work together in faith. Our Year Three Reconciliation candidates will be making their reconciliation early next term on Wednesday 29th April. Please keep our students in your prayers as they continue to prepare for this next step in their Faith journey.



It certainly has been a very busy week. Our Year 2 students kicked off the week with an excursion to ACMI which supported their Term 1 Inquiry question "In what ways have people shared their stories throughout history?" The excursion supported the students and teachers in their Inquiry journey exploring the many ways people have communicated with each other and told their stories throughout history. We have included many photos to our newsletter for you to enjoy!



Passion Sunday Prayer

Passion Sunday is the first day of Holy Week. We remember what Jesus did for us.



Dear Jesus, we know that when you entered the city of Jerusalem for the last time you were hailed as a king. Later the people turned against you and forgot all that you had taught them.

As we prepare to celebrate Passion Sunday we remember all that you did for us. May we never turn away from you as we give praise and glory to your name.

Amen

On Wednesday evening, our Foundation community shared an hour and a half together in our school yard to connect and build our relationships. As a school, we booked 'Spiderman' and 'Wonder Woman' entertainers who certainly kept our students entertained. Thank-you to all the families who came and bought their food along as we connected, chatted and watched the children have so much fun. It was wonderful hearing some of the parents share their historical stories regarding how they attended Our Lady's school as a student themselves and now are sending their children to our school. It was really lovely hearing their stories of them as students of the school and how it has changed over time. We have so many families who share that connection and it is wonderful that tradition is continuing here at Our Lady's.

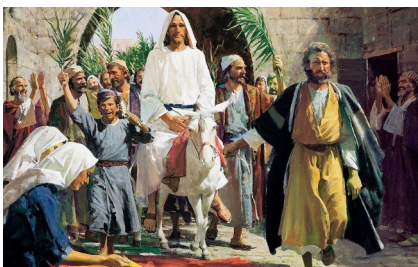
As you may have seen, we will be facilitating a Student Wellbeing and Social and Emotional learning (SEL) Parent Information session in the first week of next term. It is mainly aimed at new families to our school, especially if you have a child in Years Foundation-Year 2. We ran an information session similar to this one three years ago, therefore, if you did not attend that evening, you are more than welcome to attend. We look forward to seeing you there. Please return the RSVP form next week.

Yesterday we acknowledged Harmony Day as a school and invited our students and staff to come dressed representing their cultural colours. It was wonderful to see the school become so vibrant with so many colours representing their heritage and family history and traditions. Thank-you to many of our students and families who embraced Harmony Day by coming in their Cultural dress. At Our Lady's, the theme of 'Everyone Belongs' is always prominent and yesterday was a wonderful way to celebrate our diversity and come together. Thank-you to Mrs Cuni for organising this day.



The Faith Committee and Mrs Cuni have been busy planning our Holy Week Liturgy. This will be a whole school time to come together for Holy Week. Parents are invited to come along and attend on Wednesday 1st April at 2:20pm in our school hall. Once again, it will be a wonderful opportunity to come together and celebrate as one community where everyone belongs.

On that same note, On Thursday 2nd April, we will have our final assembly for Term 1 at 12:30pm in our school hall. We will also share the Easter raffle that our terrific P & F Committee have organised. Thank-you so much to all the families that have donated some Easter goodies to support the Easter Raffle. The children always love the anticipation of the Easter raffle and if they will be one of the lucky winners! If you have not already donated, and are able to donate something, please send your Easter donations to the school office by Monday 30 March. I will be adding a few donations to my shopping list for the weekend!



Wishing you all a wonderful weekend, especially with this Sunday being Palm Sunday, marking the beginning of Holy Week. The Palm Sunday mass is always a special celebration involving the blessing and distribution of palm branches, symbolising the foliage waved by the people welcoming Jesus.

Warm regards,

Christine Carabott

Mrs Christine Carabott

Deputy Principal

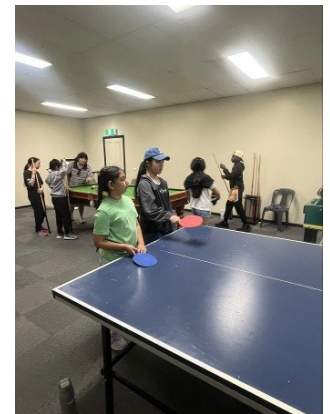
ccarabott@olsunshine.catholic.edu.au

REMINDER

**Term 1 finishes at 1.00pm next
THURSDAY 2 APRIL.**

**Please remember to send lunch
with your child as we eat lunch at
11.10am**

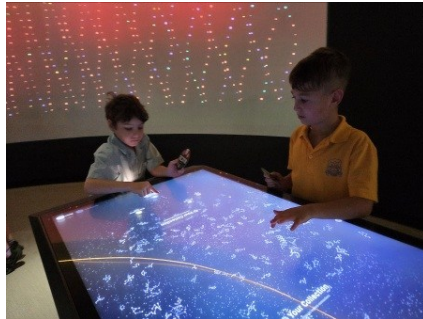
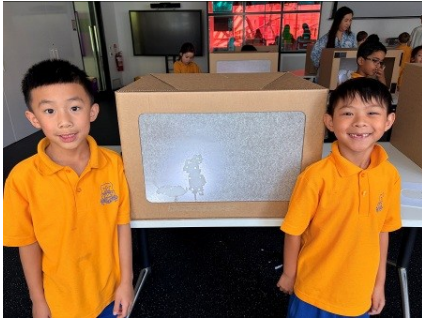








Yr 2 at ACMI





Yr 2 at ACMI





HARMONY Day



HARMONY DAY





Laura B - House Captain Speech (Woods House)



Hello and good afternoon everyone, my name is Laura and today I will talk about why I want to be a House Leader.

I think I should have this role because I am enthusiastic and passionate about sport. I have had experience with putting tennis nets out and back away on the tennis courts before, when I was in Grade 5 and when the Year 6s from last year didn't have time to.



I've represented the school in multiple sport events. The events I have done are: Cross Country Rounds 1 and 2, District Athletics, Interschool Sport in both Years 5 and 6. In previous years I have helped put sport equipment back where it belongs and help pack up during my sport lessons. I have also received the Sportsperson of the year Award in 2023. I believe my character strengths are: kindness, compassion, respect, courage and determination.

Over the years in sports competitions outside or inside of school I have learnt that it's not about winning, it's about being fair, teamwork, having fun, making memories, making friends and being a good player with sportsmanship. Winning isn't everything, if you win it feels good, really good and when you lose it feels bad and bad for a while. Competitions are games where you try to win and the best you can be is a good player, encourage others and never give up. 'I hated every minute of training but I said, "Don't quit, suffer now and live the rest of your life as a champion"' Muhammad Ali

Davyd G - House Captain Speech (Woods House)



Good morning teachers and students, my name is Davyd. I'm excited to be applying for the role of House Captain.

This is my second year in this school. The teachers and the students have been amazing and have made me feel so comfortable, like I've been in this school from the beginning. And now I have the opportunity to give something back.



I would like to be a leader because I believe I have good leadership skills and I want to be a good role model for others. I believe I would be a good House Captain because I have plenty of experience in various sports. As House Captain I understand the importance of participation and team spirit. Whether we are winning or losing I will be there to cheer for my peers and I will ensure everyone feels included.

Some of my strengths include being an approachable person. I show leadership by being focused on the task I'm doing. In the past I have shown leadership by stopping conflict, checking in on someone, leading in group projects and hosting events in Ukrainian school. I have helped my school community by donating chocolates at Easter, blankets for the homeless and plastic trays for the Art Room.

If I am chosen I will be a great role model and I will do my best to help everyone in our House feel happy and proud of themselves. I hope to be a positive leader who helps our House work together and have a great year. I would like to help our school by being a strong leader who supports my team to achieve our goals.

Thank you for listening to my speech and I would be honoured to represent our school.

Joanne H - House Captain Speech (Mazenod House)



Good morning teachers, students, Principal and Leaders. My name is Joanne and today I will attempt to become a House Captain. I chose this community because I love doing sports and have represented Our Lady's in many sporting events like Cross Country, Interschool Sports and District Athletics.

Year 6 had to announce preferences that they wanted. I was terrified and nervous but I was able to push through and say it confidently, but now I have to say my speech to the leaders of the school now! Saying this speech right now is a big step for me and for everyone else saying their speeches too.



I would love this role because I already have helped before like in year 5 when year 6 were busy I would put out the tennis nets, putting away the tennis nets and putting sports equipment away. I have also been awarded the St Mary MacKillop award and the Sportsperson of the year.

Thank you for listening to my speech. Good luck to everyone and as Nelson Mandela once said, 'Education is the most powerful weapon which you can use to change the world.' Once again, thank you everyone.

Ava H—Leader Speech (DDT Leader)

YEAR 6 LEADER

Good afternoon fellow students and teachers,

My name is Ava and I am super excited to be applying for school captain. I really about our school community and if I'm chosen as captain I promise to lead with confidence, kindness and respect. I want our school to be a place where everyone feels safe, supported, included and happy to be themselves.



I believe I'd make a great leader because I am responsible, empathetic and always try to understand how others feel. I've shown this by helping friends when they feel lonely and supporting them when they're having a bad day.

If I become school captain, I will listen to your ideas, stand up for what is right, and do my best to make our school an even better place for everyone. I will work hard, be a positive role model, and represent our school with pride.

A quote I really like is 'Teamwork makes the dream work'. I think this is true for our school because when we support each other we can achieve amazing things - whether it's in the classroom, on the playground, or during big events.

Being captain isn't about doing everything myself; it's about working together so everyone can stand out.

Thank you for listening, and I hope you will consider me for school captain.

Ella N—Leader Speech (DDT Leader)

YEAR 6 LEADER

Good afternoon everyone.

Leadership roles are big roles. We're the oldest ad everyone looks up at us. Having a leadership role isn't just 'Oh I got the role and I'm the best'. A good leader is someone who listens and helps to make things right. Why should you choose me? I'm a caring person who would help with anything from putting supplies away, to fixing broken things. I want to focus on helping teachers and students, and being a good example to the younger levels. I want everyone to feel like I want to go to school every-day and at the same time have fun.



I believe I would be a great leader because I am a type of person that makes sure everyone is fair, happy and a person who will help others. I am a responsible person, I have lots of responsibility such as house chores, taking care of two cats, getting homework done and I try to make time when I don't have time to finish my work. I am respectful in a way of greeting teachers like saying 'hello' or 'good morning' when I see them. Everyone wants a honest and helpful person right? Well, I'm very honest when I do things wrong, I don't like to make people upset and will always have empathy when they are down.

I would love to have DDT as my role, but I am also fine with any other roles.

Thank you for listening!

Dylan T—Leader Speech (DDT Leader)

YEAR 6 LEADER

Hello everyone, my name is Dylan and I would like to let you know a little bit about myself and why you should vote for me as House Captain this year at Our Lady's. I have been at this school since foundation and I have always been very passionate about sport and leadership.

For the last few years I have represented our school many times in sporting activities such as, divisional athletics, regional cross country and interschool sport. One of my other achievements is setting the all time school record of 11.10 in the beep test for year 5. As much as I like sport I also have a passion for leadership. I have shown leadership in many ways both inside and outside school. An example of me showing leadership in school was when I showed my relay team how to pass the baton which ultimately led us to coming first in the sunshine district.



Some of my other strengths include service and adaptability. I have shown service in many ways, one of which was when I volunteered to do the flags and then later show others to do it. Another example of me showing service was when I volunteered to be an altar server at school masses. I am very adaptable in the classroom. I can adapt to people I don't work with very often and combine our strengths so we work productively and smartly.

If I am chosen to be a house captain, I would like to organise tournaments for popular sports like dodgeball and soccer. I am also happy to listen to any other suggestions that anyone has. I will also make sure there are referees so every game is fair and enjoyable; but if there are none available I will personally give up my break time and referee.

If you could vote for me I would appreciate it very much and I believe I can make a difference and make sports enjoyable for everyone. Thank you so much for listening to me and I hope you all have a great day.

Ben B—Leader Speech (Faith Leader)

YEAR 6 LEADER

My name is Ben and I'm from 6B. I am excited to apply for the position of House Captain because I am really psyched to be a leader of our wonderful school.



I jumped at the opportunity to apply for this position, because I want to help people succeed and love the school as much as I do.

I have several qualities and strengths that will make me a great house captain. Firstly I am very enthusiastic about sport, both inside and outside of school. At a school level I have represented Our Lady's in many sports including cricket, football and athletics. But I am most proud of my cross country running where I've represented our school at a district and regional level. I am also deeply compassionate about others and I really try to help all the students and teachers at Our Lady's.

If I am elected as house captain I will give everyone a voice and happily listen and help others. I will try my best and always solve problems with a good attitude. I will also host events like soccer and dodge ball competitions. Don't you think the children at Our Lady's would love to play soccer and dodge ball tournaments?

One of my favourite school memories was when I was a younger student and Chisholm (red) won the competition for the most house points. The pure joy on the students from red house faces was so wonderful I still remember it. I would like to help others make moments like this.

I was really excited to hear that they were bringing back captains this year, I would be honoured to be elected house captain in 2026.

Thank you for listening. So if you want a house captain that loves the school and cares for every student vote me.

Ethan N—Leader Speech (Faith Leader)

YEAR 6 LEADER

Good afternoon everyone, my name is Ethan and I am here to present why I would be an outstanding Faith Leader.



Leadership is not something you have to be gifted, it is the art of learning and expanding on for years on end. During this journey you have to push past your limits while embracing your mistakes because this is part of the experience. I am enthusiastic about being a Faith Leader as giving my time and effort to others is one of my top priorities.

I would love to be a leader so I could express my voice and pursue my passions. This is important as it will strengthen the bond between our school and God. I could extend the reach to smaller children as they may not know the importance of faith. Through my actions, people in need will receive the care they require.

I am convinced that I would be a good leader as I have past experience with group presentations as I ensured every team member felt included and utilised their full potential. I also helped my buddies communicate and make friends. I mainly show courage, humility and resilience. I show courage by stepping out of my comfort zone and when I set an example for others. When I led all the classes to the green grass for a photo, I didn't expect anything in return. This is one of the many good deeds that I have done because it shows humility. When I face something that I don't know, I will persist until I reach my goals, for a true leader never wavers in the face of a challenge. I show leadership by leading projects and making sure everyone has a say.

I have shown leadership by volunteering to do prayer because deep inside I knew that sooner or later someone has to step up and do it. I regularly participate in school events like Cross Country and Interschool Sports. I also help explain to my fellow classmates how to do the work.

If I am chosen I would represent our school to the best of my abilities and help organise fundraisers for those who need money. If I become a Faith Leader I hope that we could strengthen the words and wisdom of God. I would help our school by leading by example, sharing the lessons I've learned to increase the growth of others and make a more faithful school.

As we know life is hard and this quote by Martin Luther King Jr suggests that faith is important. Faith is taking the first step even when you don't see the whole staircase. Thank you for listening respectfully to my speech. I would be deeply grateful for this role.

Catherine M—Leader Speech (Faith Leader)

YEAR 6 LEADER

Good afternoon to all teachers and students listening. I am Catherine from 6A and I am applying for the role of School Leader and here is why.

I would like to be a School Leader because I believe that I can be the bridge between students and teachers. Being the bridge will help both staff and students to run enjoyable events and for students to provide any feedback that I can tell to the staff, by doing this I hope I can make a positive impact in our school community.

I believe a School Leader is someone who represents our schools' values of compassion, courage, justice, peace, respect and service. Compassion is demonstrated when I offer my help to someone who is not feeling well. Justice and peace is when we treat others fairly to resolve a conflict. By applying for school leadership this is my act of service to the school community. Finally, the values that I have talked about and demonstrate is how I show respect to the teachers, but also to students and to the wider community.

If I am chosen to be a School Leader I will do my best to be the bridge between the students and staff, as well as being a positive role model within the school. I hope you consider me as a school leader.



Sophia V—Leader Speech (Faith Leader)

YEAR 6 LEADER

Good morning teachers and students, my name is Sophia. Today I will present why I want this leadership role.

I want to be a leader because it makes me feel braver than I usually am with a push from my mum and cousins. Just 3 years ago I was more of a shy, lonely girl and not a brave and talkative person. It would also make me happy because I want my parents to be proud of what I achieve. I want to show to everyone we all have our own characteristics and it's okay to be yourself.

I'm just starting to note that we've all grown and now we are the leaders of this school. Some of my strengths include love, care, compassion and respect. I do my best to give all my friends a happy time in our school or anywhere really. An example was when I was in year 2 or 3 and my friends went to help out our school community and pick up rubbish with gloves and to make our school look more welcoming and nice and clean. I have received the Aussie of the Month for showing compassion. Another time was when I saw a younger student fall I helped them out or when they were sad I would ask them if they were okay. I would help them find their friends. Another time was when some girls and I were in the Art Room helping Miss Pina because it was a lot easier for her.

If I am chosen to be a School Leader I would make everyone feel safe at our school, make sure everyone learns but still have fun at our school, as it is our responsibility as leaders to make the right choice.

And for the faith leaders I will show my respect to those who are in need of help and willing to help be the charity organiser because God would always say that you should help your neighbours as I have a heart for God and Christ. I have set up stalls because the ideas that come into my head and I would give the money for the charity.



Mila M—Leader Speech (Faith Leader)

YEAR 6 LEADER

Good morning everyone, my name is Mila and I would like to apply for a School Leader role, I love our school and want to make it an even better place for everyone.

I want to be a leader because I enjoy helping others, sharing ideas, and working with a team. If I see someone upset, I try to cheer them up, and I've helped younger students; like recently my friend and I have been helping preps find their friends because I think it's just these small things that can make someone's day, especially when it costs me nothing. I've also done small things to improve our school, like picking up rubbish in year 2 and I've also ran stalls to raise money for charity, which showed me how small actions can help others. Also last year a small group and I helped Miss Pina set up every morning for classes, making it a lot easier for her.

Faith Leader is my second preference because I'd love to help with charity work and setting up for mass, showing care wherever I can.

I try to live by gospel values like courage, compassion, and respect, and I've even got the Mary MacKillop Award for courage. If I'm chosen, my goal is to support students, plan fun events, and make our school a positive place for everyone.

As Mother Teresa said, "not all of us can do great things, but we can do small things with great love," and I'd love to do those small things for our school. Thank you for listening! if you choose me as your one of your school leaders, I promise to always try my best, listen to everyone, and help make our school a place we can all be proud of, enjoy, and feel safe in every day.

I would be honoured to represent our school and work together with all of you to make it the best it can be.



Fifth Week of Lent

(Week beginning Monday 23 March)

This Lent, our school community has been supporting Caritas Australia's Project Compassion, walking alongside our global family to ensure that when people face disaster or emergency, they don't do so alone.

Families in Gaza have endured catastrophic conditions. Frontline staff at **Caritas Jerusalem** – many of whom have been displaced themselves – have been standing alongside and serving families whose lives have been disrupted by this devastating war.

Despite these challenges, including displacement, destruction and danger, the dedicated team continues to deliver critical emergency support. They remain committed to serving families in need in the hope that Gaza can rebuild.

Watch the story of Ahmad, one Caritas Jerusalem staff member, [HERE](#) to learn more.

As we draw close to the end of Lent, our school community is called to stand in solidarity with communities across the world who are impacted by crisis. **Will you stand with us?**



Please donate today.

You can support Project Compassion 2026 through the donation boxes or by scanning the QR code to donate online.

You can also donate:

Online at: projectcompassion.org.au

By phone at: 1800 024 413

Thank you for standing with us, as we *Unite Against Poverty this Lent.*



**OUR LADY'S SCHOOL SUNSHINE
2026 WINTER UNIFORM PRICE LIST - ALL AVAILABLE NOW ON QKR**

<p><u>JUMPERS</u> 5 - \$52.00 6 - \$53.00 7 - \$55.00 8 - \$57.00 9 - \$59.00 10 - \$61.00 12 - \$63.00 14 - \$65.00 16 - \$67.00 18 - \$69.00</p>		<p><u>TROUSERS -Double knee</u> 4 6 8 10 12 14 16 18 \$40.00</p>	
<p><u>SHIRT</u> <i>Short Sleeve Open Neck</i> 4 6 8 10 12 14 16 18 \$26.50</p>		<p><u>SOCKS</u> <i>Cotton/Nylon Anklet – School Colours</i> 9 – 12 13 – 3 2 – 8 \$10.00</p>	
<p><u>NAVY WINTER TUNIC</u> 4 6 8 10 12 14 16 \$54.00</p>		<p><u>SLACKS</u> 4 6 8 10 12 14 16 \$40.00</p>	
<p><u>SKIVVIES</u> 6 8 10 12 14 16 \$17.50</p>		<p><u>TIGHTS</u> 3-5 6-9 10-12 SMALL LADIES \$7.50</p>	
<p><u>WINDCHEATER WITH SCHOOL LOGO</u> 4 6 8 10 12 14 16 \$32.00</p>		<p><u>TRACKSUIT PANT – RIBBED CUFF, DOUBLE KNEE</u> 4 6 8 10 12 14 16 \$30.00</p>	
<p><u>SPORT POLO T-SHIRT WITH SCHOOL LOGO</u> 4 6 8 10 12 14 16 \$26.00</p>		<p><u>RUGBY SPORT SHORTS (Draw cord) & SKORTS</u> 4 6 8 10 12 14 16 \$25.00</p>	
<p><u>BEANIE</u> One size \$13.00</p>		<p><u>WET WEATHER JACKET</u> 6 8 10 12 14 \$50.00</p>	
<p><u>SCHOOL BAG WITH SCHOOL LOGO</u> ONE SIZE \$60.00</p>		<p><u>ART SMOCKS</u> SMALL MED LARGE \$20.00</p>	
<p><u>LIBRARY BAGS</u> ONE SIZE \$8.50</p>			



Student Wellbeing Parent Information evening

Focus: Zones of Regulation; Self-regulation; Ways you can help at home.

Aimed mainly at new families to our school, especially parents of children in years F-1 and for families who did not attend a similar evening in 2024.

**When: Wednesday
22nd April at 7:00pm**





Melbourne Archdiocese
Catholic Schools



OUR LADY'S SCHOOL SUNSHINE 2027 FOUNDATION ENROLMENT

OPEN NOW

Our Lady's is a Catholic Primary School
serving the Parish of Our Lady's
Sunshine



32 Station Place Sunshine 3020
www.olsunshine.catholic.edu.au

**ENROLMENT FORMS
AVAILABLE ON OUR
WEBSITE**



Tours Available
Bookings essential
Tues 5 May 9.30am
Wed 13 May 9.30am
Mon 18 May 4.00pm
Tues 21 July 9.30am

**PLEASE
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TOUR VIA
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www.olsunshine.catholic.edu.au



enquiries@olsunshine.catholic.edu.au





OLS P+F

ANNUAL EASTER RAFFLE

RAFFLE DRAWN THU 2 APR
TICKETS \$1 EACH VIA QKR
Available to purchase now til 10am Wed 1 Apr

Donations needed for raffle prizes!
Easter themed books, arts, crafts, toys & chocolate
can be dropped off to the office by Mon 30 March.

Whose Cup Are You Filling?

By Dr Justin Coulson

Writer Derek Thompson recently shared a metaphor via his [Substack...](#) and it won't leave me alone. It wasn't about parenting - but it's something every parent needs to hear.

Thompson described a game where we have a pitcher of water. On the table in front of the pitcher are dozens of cups that want water. The game is to pour the water into the cups in a way that is satisfying to us but that also gives the right cups the right amount of water.

Why would the cups want or need water? Those cups each have labels: work, children, partner, screens, dishes, regret, worry, and so on. And the water? It represents something we only have so much of: attention.

It's a simple idea, but with devastating implications.

As parents, we know which cups matter most. It's obvious. We're "supposed" to put our attention into our children. They're our priority. We're "supposed" to fill our partners' cup, our health cup. Plus there's our work (because the rent or mortgage has to be paid. We need food on the table).

But then we do a reality check. Our screen time app tells us we've spent 75 minutes on social media while we know we have only spent eleven minutes talking with our son or daughter. We've poured energy into an argument with a stranger online but had nothing left for our spouse at dinner. We've ruminated about work frustrations all weekend but can't remember the last unhurried conversation we had with our child.

Thompson tells us our attention tells the truth our mouths won't say.

I see this in my own life constantly. After a social media post about a provocative topic, I spent days absorbed in online criticism - essentially having arguments with people I'll never meet (while my actual family sat across from me, watching me pour water into other cups than the ones that matter most).

There are a couple of things that make this hard though. First, we're wired to respond to urgency, not importance. The ping gets our water. The deadline gets our water. The conflict gets our water. When things are ok, we don't focus on them so much. So... if the kids are doing fine, they get less water. Second, we have so many distractions - most of them on our screens.

This means that we're not putting our attention where it matters most.

Some people say "you can't pour from an empty vessel". That's true to a degree... but attention is always being put somewhere. In this game (or metaphor), it's not about our energy. It's about attention. And that's a choice. Every time.

The research on presence keeps pointing to the same truth: children need us fully there. They need our engaged attention. They develop secure attachment not through perfect parenting but through consistent presence.

Too often, what gets our attention is an algorithm designed to keep us perpetually elsewhere. We've normalised interrupted conversations, half-listened stories, and questions answered while scrolling. We've accepted being physically present but mentally absent as just "how life is now."

How many times have you sat down to "just check this notification" or to "quickly send off a reply" or to "watch this thing someone sent me real quick", only to find yourself still glued to the screen 40 minutes later? (And then to be mad at everyone for not picking up the slack because "I just needed some down time?")

It doesn't have to be like this - and it shouldn't be like this.

Your energy flows where your attention goes.

What's getting your attention? Because that's what's getting your attention.

This is a conversation about two things: priorities (also known as value), and intention.

If you're reading this and feeling guilt - take that as a signal. A good news signal. That guilt is pointing you in the direction of improvement! It's our brain's functional way of correcting and improving. It's resilient!

The even better news is Thompson's metaphor means that because attention actually is renewable, tomorrow morning, your pitcher is full again. You get another chance. The game doesn't end because you lost today or yesterday.

So try this: tonight, before bed, ask yourself one question: *Whose cup did I fill today?*

Not whose cup you *meant* to fill. Whose cup actually got your water. Was it the podcast? Or your child? Was it the latest news story about an issue you can't control in any way? Or was it your partner or spouse?

Ask, whose cup did I fill today? And then ask what needs to change tomorrow. Pour your water (attention) with intention. Not sure how? Maybe you silence notifications during school pickup. Maybe you establish one screen-free hour each evening. Maybe you stop treating every work email as urgent. Maybe you choose boredom over scrolling. Maybe you just start noticing where your attention actually goes instead of where you wish it went. Your kids aren't measuring your intentions. They're measuring your presence. Not the 30 seconds of distracted "uh-huh" while you finish a text. The moments when they have you - your eyes, your focus, your water. Everything else is just noise we've mistaken for necessity.



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Hosanna!



Palm Sunday of the Passion of the Lord, Year A

PASSION SUNDAY

Write down what you know about the procession of palms.



HOLY THURSDAY

Draw Jesus and his disciples at the last supper.

GOOD FRIDAY

Draw the crowd watching Jesus.



Gospel Matthew 21:1-11

When they drew near to Jerusalem and came to Bethphage, to the Mount of Olives, Jesus sent two disciples, 2 saying to them, 'Go into the village opposite you, and immediately you will find an ass tied, and a colt with her; untie them and bring them to me. If anyone says anything to you, you shall say, "The Lord has need of them," and he will send them immediately'.

This took place to fulfil what was spoken by the prophet, saying, 'Tell the daughter of Zion, Behold, your king is coming to you, humble and mounted on an ass, and on a colt, the foal of an ass'.

The disciples went and did as Jesus had directed them; they brought the ass and the colt, and put their garments on them, and he sat thereon. Most of the crowd spread their garments on the road, and others cut branches from the trees and spread them on the road. And the crowds that went before him and that followed him shouted, 'Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!' And when he entered Jerusalem all the city was stirred, saying, 'Who is this?' And the crowds said, "This is Jesus the prophet, from Nazareth in Galilee."