



Christ beside me: Walking in the footsteps of St Patrick

DATES FOR THE DIARY

Wed 16 6.00pm SAC Meeting
Fri 18 Sept 1.00pm End of Term 3
Mon 5 Oct Start of Term 4
Thur 8 Oct Yr 6 Graduation Photo
Fri 16 Oct Colour Run
Thurs 22 Oct Yr 3/4 Camp 3.00pm-7.00pm
Tues 27 Italian Day
Mon 2 Nov Report Writing Semester 2
Tues 3 Nov Melbourne Cup Day Public Holiday

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 Week of Learning, Faith and Community

What a wonderful week of learning, growth and community we have shared together!

It has been a joy to see our students flourishing as they learn new skills, embrace challenges and discover more about themselves and the world around them. Each day provides our students with opportunities to grow not only academically, but also in kindness, confidence, resilience and compassion.

As a Catholic school community, we are blessed to see our students living out the Gospel values that guide us each day. Through their learning, friendships and experiences, our students continue to demonstrate the importance of faith, hope, kindness, courage and service to others.

A heartfelt thank you to everyone who has contributed to such a wonderful week of excursions and incursions. These experiences enrich our students' learning and provide wonderful opportunities for them to explore, question, discover and grow together as a community.

Year One and Two Camp – Adventure, Resilience and Teamwork **What a wonderful day of adventure, fun and laughter!**

Our Year One and Two students had a fantastic day and late afternoon filled with exciting activities, laughter and plenty of opportunities to challenge themselves. A strong focus throughout the experience was placed on teamwork, resilience and supporting one another.

Students were encouraged to step outside their comfort zones, persevere when things became challenging and support their friends along the way. It was wonderful to see our young learners encouraging one another, celebrating each other's successes and demonstrating courage when faced with something new.

These experiences remind us that resilience is not about doing everything



Prayer to Forgive

Jesus calls us to live as a forgiving people. We must not hold grudges. Jesus, model of forgiveness, we know that when someone asked you how many times we should forgive others, you said seventy times seven. Help us to forgive again and again the people who hurt us because you want us to do so. May we not hold grudges and learn to let go of hate. We will do this in your name with your help. Amen

perfectly; it is about having the courage to keep trying, supporting one another and knowing that we do not have to face challenges alone.

A special thank you to our Year One and Two teachers and staff for creating such a memorable experience for our students. We are so proud of the way our Year One and Two students embraced the adventure!

Christmas Raffle Donations

Last week, we called upon families who own or operate businesses to consider donating an item or service that could contribute to our end-of-year Christmas Raffle.



We would like to extend a huge thank you to the families who have already responded and generously offered donations. Your generosity and support have been truly overwhelming, and we are incredibly grateful for the way our school community continues to come together.

The school will continue to accept donations up until Week 3 of Term 4. Throughout Term 4, we will proudly acknowledge and list participating businesses in our school newsletter as a way of thanking them for supporting our school community.

Remember, no donation is too big or too small. Every contribution helps us make our Christmas Raffle a wonderful celebration for our students and families.

Thank you for your generosity and for helping make this initiative possible.

Farewell and Thank You, Mr John Payne

It is with great sadness that we announce that our much-loved maintenance and gardener, John Payne, has announced his retirement at the end of this term.

John has been a valued and much-loved member of our school community, and we would like to take this opportunity to sincerely thank him for his many years of service and contribution to our school.



John has cared for our school grounds with great pride and dedication, ensuring that our environment is welcoming and beautiful for our students, staff and families. Beyond his work around the school, John's friendship, good humour and laughter have been a blessing to us all.



While we are very sad to see John retire, we are excited for him as he begins this next chapter. We understand that a little more golf and tending to his home garden may be on the cards!

John, thank you for your amazing service, your friendship, your generosity and for being such an important part of our school community. You will certainly be missed.

From all of us, we wish you every happiness, good health and plenty of wonderful days ahead. Thank you, John!

Warm regards,

Caroline Madigan

Mrs Caroline Madigan
Principal

principal@olsunshine.catholic.edu.au

Assembly Timetable for Term 4

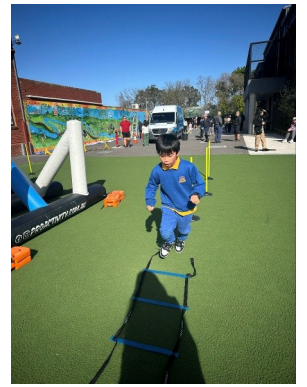
Friday 9 October	Whole School	Friday 16 October	Yrs F-2
Friday 23 October	Yrs 3-6	Friday 30 October	Whole School
Friday 14 August	Yrs 3-6	Friday 21 August	Yrs F-2
Friday 6 November	Yrs 3-6	Friday 13 November	Yrs F-2
Friday 20 & Friday 27 November No Assembly (Swimming)			
Friday 4 December	Whole School		
Friday 11 December	Whole School (Sport)		
Tuesday 15 December	Last day of school		





Year 1 & 2 Camp Fun!





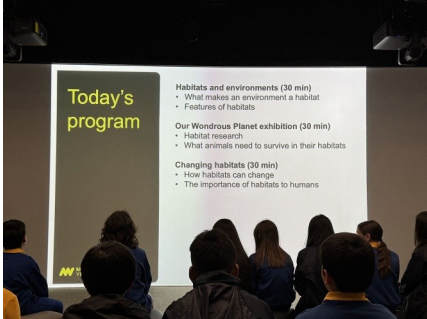
Fun at
Yr 1 & 2 Camp!





Foundation and the Firefighters





Year 6 at

Melbourne Museum



Year 1 at the Botanic Gardens



SUMMER 2026/7 UNIFORM PRICE LIST

All summer items will available on QKR next week.

With Melbourne's unpredictable weather, you can choose what uniform to wear until
FULL SUMMER UNIFORM COMES IN ON MONDAY 19 OCTOBER (Term 4 Week 3)

Remember that Term 4 is a 'No School Hat, No Play' term.

<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		<u>SHORTS</u> 4 6 8 10 12 14 16 \$35.00	
<u>SHIRT</u> <u>Short Sleeve Open Neck</u> 4 6 8 10 12 14 16 \$27.00		<u>SOCKS</u> <u>(Cotton/Nylon Anklet – School Colours)</u> 9 – 12 13 – 3 2– 8 \$10.00	
<u>DRESS</u> 4 6 8 10 12 14 16 \$32.00		<u>SCHOOL HATS</u> LEGIONNARIES (ONE SIZE FITS ALL) - \$14.00 SLOUCH (SMALL MED LAR) - \$14.00	
<u>WINDCHEATER WITH SCHOOL LOGO</u> 4 6 8 10 12 14 16 \$32.00		<u>TRACKSUIT PANT – RIBBED CUFF, DOUBLE KNEE</u> 4 6 8 10 12 14 16 \$30.00	
<u>SPORT POLO T-SHIRT WITH SCHOOL LOGO</u> 4 6 8 10 12 14 16 \$26.00		<u>RUGBY SPORT SHORTS (Draw cord) & SKORTS</u> 4 6 8 10 12 14 16 \$25.00	

DIVISION ATHLETICS



On Tuesday, 8 September 19 students represented Our Ladys in the Division Athletics Day held at Keilor Athletics Track. These students competed against all the other schools in the Maribyrnong region. Well done to all of them for making it this far. Three students made it to the next level which is the Western Metropolitan Regional finals on 20th October.

Congratulations to Geronimo (100m), Indi (1500m) and Joanne (1500m).

Charlie T	Kareem M	Will B	Geronimo M
Brian N	Dylan T	Cassie D	Liam N
Alyssa D	Andreas A	Winnie B	Luqman M
Indi L	Akoldh N	Joanne H	Oliver S
Ella N	Ben B	Simon L	



Important reminder

Workers will be installing rail safety fencing within the rail corridor between Sunshine Station and Tottenham Station from 7am Saturday 12 September to 6pm Sunday 13 September, and 7am to 6pm each day on Monday 14 and Tuesday 15 September.

- Pedestrians and cyclists may need to stop at times near Matthews St and Drayton St while machinery, trucks and site vehicles enter and exit the rail corridor.
- Project vehicles and excavators will be operating within the rail corridor.
- Traffic management will be in place to safely manage vehicle and pedestrian movements.
- For crews to safely complete works, temporary lighting may be in place. Low to medium noise is anticipated.



VICTORIA'S BIG BUILD

airportrail.vic.gov.au

airportrail@bigbuild.vic.gov.au

1800 105 105 (call anytime)



For languages other than English please call 9209 0147

Please contact us if you would like this information in an accessible format. If you need assistance due to a hearing or speech impairment, visit relayservice.gov.au



FRIENDLY
REMINDER

Have you registered your children yet for
our Colour Run??



HOW TO CREATE MY PROFILE PAGE

1. TYPE <http://www.myprofilepage.com.au> into your internet URL search bar



www.myprofilepage.com.au



TIP: Google Chrome is the preferred internet browser for the website.

2. CLICK REGISTER to create a Parent log in

3. CREATE A PARENT LOG IN

The parent/guardian sign up information to create a log into the website.

Parent/Guardian Registration

Parent's First Name	Parent's Last Name
Parent's Email Address	Confirm Parent's Email Address
Password	Confirm Password

- ☐ I agree to the My Profile Page's Terms & Condition and Privacy Policy
☐ I agree to GoFundraise Terms and Condition, Privacy Policy and Data Collection and Privacy
☐ I would like to receive a monthly newsletter

REGISTER



4. CREATE A PROFILE PAGE

1. Enter First and Last Name
2. Search your Group!
(You will need to type 5 letters of the group's name for the group to pop up for selection)
3. Select Class
4. Click Next Step

Create a profile page for your child

Student First Name	Student Last Name
Search by School Name - Type Here	

NEXT

AUSTRALIANFUNDRAISING.COM.AU • PHONE 1300 133 022



HOW TO CREATE MY PROFILE PAGE

5. FUNDRAISING GOAL

Select your fundraising goal—this is the amount you're aiming for! You can update it anytime during the fundraiser.

CLICK CREATE PAGE

CONGRATULATIONS!

Your Profile Page is now created for your group!
Check out your profile and make additional edits!

1. Create a Profile Avatar
2. Edit your fundraising story
3. Check out how you can earn bonus donations by clicking the coin chest
4. Share your page to friends and family! This is the only way to obtain donations for your group.
5. Self-Donate! This is submitting an online donation yourself to the profile

CAN I CREATE MORE PROFILE PAGES?

YES! If you have more than 1 child, you can create additional profiles on the same parent log in.

1. Simply click the 2 horizontal lines top right if using a mobile device.
2. Click the Change/Add Child Button
3. Complete the Create a Profile Page again

NEED HELP?

The team at Australian Fundraising can help between Monday-Friday 8am-4pm aest.
Simply click the NEED HELP button and pop through a ticket for help.

HAPPY FUNDRAISING!



AUSTRALIANFUNDRAISING.COM.AU • PHONE 1300 133 022



BOOK AHEAD FOR TERM 4 WITH EXTEND!

WE'VE GOT YOUR BACK

Book Early for Term 4!



Need one less thing to plan? We've got your back.

Between school runs, work, and everything in between,
we know your plate is full.

With Term 4 just around the corner, now's the perfect time to get organised early
and tick one more thing off your list.

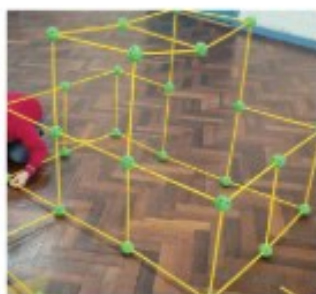
At Extend, we're here to make your family's routine that little bit easier.

PLAN AHEAD FOR TERM 4!

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

SAVE WITH OUR EARLY BIRD RATE

Book 14 days in advance on all sessions to
receive the best price!



ENROL AND BOOK NOW FOR TERM 4 WITH EXTEND!
SCAN THE QR CODE OR VISIT [EXTEND.COM.AU](https://www.extend.com.au) TO BOOK



**ALL GIRLS
GROUPS
AVAILABLE**



PLAY



IN PARTNERSHIP
WITH BRIMBANK
CITY COUNCIL

SCHOOL HOLIDAYS SORTED

[PLAY.AFL/HOLIDAYPROGRAMS](https://play.afl/holidayprograms)

BRIMBANK AFL SCHOOL HOLIDAY PROGRAM

WEDNESDAY 30 SEPTEMBER 2026 | 9AM-3PM

Keilor Park Rec Reserve

\$55 per person

FREE FOR BRIMBANK RESIDENTS USING CODE: B6C26DC0

4-7 YEAR OLDS



8-12 YEAR OLDS



Contact: ben.phelps@afl.com.au



Learn 2ride

SCHOOL HOLIDAYS

BIKE RIDING LESSONS

For ages 5–12. Last time sold out FAST!

Friendly expert coaches

Fun, confident progress in 90 min sessions

Small groups (Max 10 kids) for personal attention.

BYO bike or hire available.

Parents stay on site.

Book now before they're gone!

Located at Green Gully Reserve,
7 Clubhouse Pl, Keilor Downs

communitybikehub.com.au

"I didn't know
how best to teach
my child how to
ride until now".

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

"My child went from
not riding at all, to ride,
start, stop, read signs
in 2 lessons. Thank you
so much"



BOOK NOW

The Screen Time Problem Doesn't End When Kids Start School

Screens are woven into almost every part of your child's school day. There are laptops at school. Phones on the bus. YouTube after school. Gaming with friends. Group chats pinging throughout the evening. And homework that genuinely requires a device. (They're always "just doing my homework" when we see them on a screen, right?)

Despite Australia's under-16 social media restrictions, my conversations with parents in schools suggest social media remain a significant issue for many families. Data is clearly showing that the kids haven't given up their social media accounts, and Facebook hasn't kicked them off.

So what can we do about it?

Ask what the screen is replacing

We often focus on screen time as a number. "How long have you been on that thing?"

A more interesting question might be: **What didn't happen because you were on it?**

Did your child get enough sleep? Did they move their body? Did they spend time with friends face-to-face? Did they talk to anyone in the family? Did they read, create, play, practise an instrument, kick a ball, walk the dog, or simply experience boredom long enough to figure out what to do next?

Screens have an opportunity cost.

Don't let screens become the default

Screens promise cheap dopamine (which allows us to feel good), and something researchers call "digital soothing".

Bored? YouTube.

Stressed? TikTok.

Awkward moment? Grab the phone.

Can't sleep? Scroll.

Nothing happening for 30 seconds? Check notifications.

(And we, as adults, are often just as bad.)

Change the environment, not just the rules

Telling a 14-year-old to "use your phone less" while their phone sits beside them buzzing with notifications is asking them to exercise extraordinary, impossible self-control.

Make the environment do some of the work. Keep phones away from bedrooms overnight. Create screen-free mealtimes. Have somewhere devices can live when they're not needed. Encourage homework to happen with unnecessary tabs, apps, and notifications switched off.

And importantly, make some of these family rules rather than "kid rules".

It's difficult to convince our children that phones shouldn't interrupt dinner while we're checking ours under the table.

Give them something worth putting the screen down for

Your child might protest. They might tell you everyone else is allowed. They might be spectacularly unimpressed with your decision.

That's okay.

Set boundaries around screens, then fill the space you've created with something better.

Food around the table. A lift to see a friend. A basketball hoop. A dog walk. Music. Books. Cooking. Conversation. Family movie night.

Our kids don't simply need less screen time.

They need more life away from it.



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.



We forgive others as God forgives us

7x77x777x77



24th Sunday in Ordinary Time, Year A

Gospel Mt 18:21-35

Peter went up to Jesus and said, 'Lord, how often must I forgive my brother if he wrongs me? As often as seven times?' Jesus answered, 'Not seven, I tell you, but seventy-seven times.'

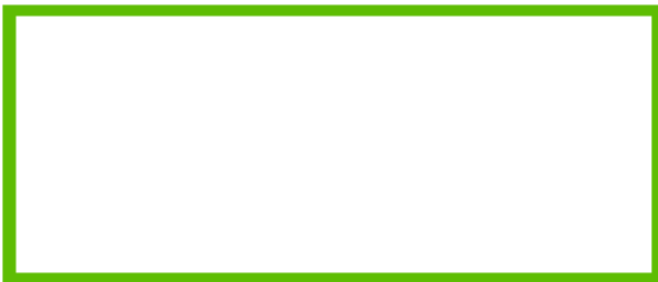
'And so the kingdom of heaven may be compared to a king who decided to settle his accounts with his servants. When the reckoning began, they brought him a man who owed ten thousand talents; but he had no means of paying, so his master gave orders that he should be sold, together with his wife and children and all his possessions, to meet the debt. At this, the servant threw himself down at his master's feet.

"Give me time," he said "and I will pay the whole sum." And the servant's master felt so sorry for him that he let him go and cancelled the debt. Now as this servant went out, he happened to meet a fellow servant who owed him

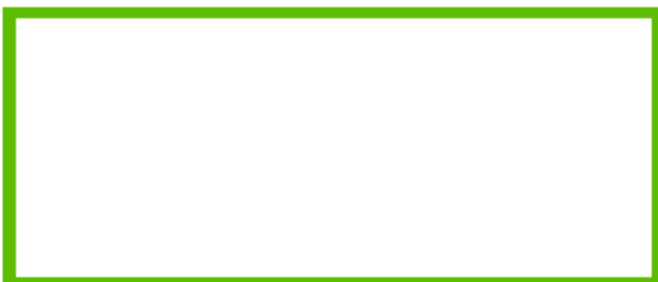
one hundred denarii; and he seized him by the throat and began to throttle him. "Pay what you owe me", he said. His fellow servant fell at his feet and implored him, saying, "Give me time and I will pay you." But the other would not agree; on the contrary, he had him thrown into prison till he should pay the debt. His fellow servants were deeply distressed when they saw what had happened, and they went to their master and reported the whole affair to him. Then the master sent for him. "You wicked servant," he said. "I cancelled all that debt of yours when you appealed to me. Were you not bound, then, to have pity on your fellow servant just as I had pity on you?" And in his anger the master handed him over to the torturers till he should pay all his debt. And that is how my heavenly Father will deal with you unless you each forgive your brother from your heart.'

Show Forgiveness

How does God forgive us when we do wrong things?



How can we show forgiveness to others?



Spot the 7 differences between these pictures

