



Sunshine Christian School

Living as children of the light - loving God, loving others, loving learning

Registered primary school no. 1850

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Principal Mr Damian Pietsch

Issue 10 Friday 26 June 2026

Devotion: Becoming wise

If you want to become wise, you must begin by respecting the Lord. To know the Holy One is to gain understanding (Proverbs 9:10).

Many of the Proverbs were written by King Solomon, who was given wisdom as a gift from God. In the chapter our text is from, King Solomon speaks of two contrasting invitations: Lady Wisdom and Lady Folly (verses 13–18).

Lady Wisdom is portrayed as preparing a grand, secure home with a rich meal. It requires preparation and investment and offers lasting nourishment. In contrast, Lady Folly sets her table in the streets, offering 'stolen water' and quick, secret thrills.

Worldly temptation is like eating cheap fast food – it offers instant gratification and a momentary high; however, it lacks the long-term nutritional value required to sustain your soul. Lady Wisdom, however, offers a prepared feast of truth that nourishes, satisfies and brings eternal life.

We are also asked to choose which invitation we would like to accept: a roast dinner from God or something from a fast-food chain. In the long run, a diet consisting solely of fast food will bring us health problems. Living life with God takes more time to organise and prepare; however, it offers eternal salvation, provides more nourishment, and has value for our hearts, lives and health. God wants us to choose the way of wisdom, but it is ultimately we who need to work out which path we take.

Read through the passage Proverbs 9:1–10 again and note how we become wise. Wisdom is discernment when choosing what is better for our lives. Wisdom is being open to learning about God and his ways. Wisdom is being able to be corrected and instructed. Wisdom is respecting God and honouring him in everything. Wisdom is walking with God and learning about his will for our lives. May you grow in the wisdom of our Lord and Saviour, who knows what is best for your life and will lead and guide you as you navigate the issues that you may face. He is the source of all wisdom.

Grow in God's love and will for your life and live!

Lord of Wisdom and Life, grow in my life the understanding I need to walk in your ways and to follow them to find nourishment for my life. Thank you, Lord, for showing me your ways. Amen.

Devotion by: Anne Hansen

Calendar Dates

2026

Monday 13 July 2026
NO SCHOOL OR PLAYGROUP
Staff Professional Learning Day

Tuesday 14 July 2026
Term 3 begins
Whole School Worship @ 9am –

Tuesday 14th July 2026
Year 7 transition forms are due back.

St Matthew's Lutheran Church

Our supporting church worships at 9.30am each Sunday at 362 Barkly St. Footscray.

Sunshine Christian School acknowledges that our loving Creator God first gave the land on which the school is placed, to the peoples of the First Nation who have walked and cared for this land since before recorded time. We thank God for the land's traditional Custodians and pay our respects to Elders past, present, and emerging as we travel this journey of reconciliation in Australia.



Prayer Points

- We pray that God helps us to choose His wisdom each day so that our lives may be nourished.
- We give thanks for the wonderful learning we have all experienced this term.
- We pray for the Lam, Sae-Yip and Le Raw families.

Micah Award

Ngun Hniang for showing service.



Micah Award

Zin for showing courage and service.





From the Principal

As Term 2 comes to a close, we celebrate a rich and engaging term filled with meaningful learning and memorable experiences for our students.

Our Year 5/6 students had a wonderful time at the Anglesea Camp, building independence, resilience and strong friendships. Similarly, our Year 3/4 students enjoyed their Outdoor Camp, embracing new challenges and the benefits of learning beyond the classroom.

Across the school, students celebrated diversity and community during our vibrant Multicultural Day, and were inspired by the important wellbeing messages shared through the Meerkat Productions performance.

Students engaged in hands-on learning through the CERES Incursion, the Rustie Recycling Incursion, and excursions to Foodbank and Veg Education, helping them deepen their understanding of sustainability, healthy living and caring for our world. Our Prep/1 students also enjoyed special visits from older members of our community, as part of their learning about ageing and the importance of caring for others in our lives.

We are proud of the enthusiasm and effort shown by all students throughout the term. We wish all our families a safe, restful and enjoyable holiday break and look forward to another exciting term ahead.

Michelle Clarke



Staff Announcement

We are delighted to warmly welcome **Mrs Marli Jacobs** to our school community as our new Prep/1 class teacher, starting in Term 3.

Mrs Jacobs brings with her five years of teaching experience across a range of diverse school settings and countries. Her rich background and passion for learning will be a wonderful addition to our team, and we are excited for the knowledge and enthusiasm she will bring to her classroom.

Please join us in extending a warm welcome to Mrs Jacobs as she begins her journey with us—we are so glad to have her as part of our community.

2028 ENROLMENTS

Enrolments for Prep 2028 are now open. If you have a child due to commence Prep in 2028, please complete an enrolment form. Without a form your child/children will not be on the waiting list.

New online form available at www.scs.vic.edu.au go to parent information, Enrolment form, complete and email back.



Calendar of Events: Term 3 2026

Parents, please take note of the proposed school dates for 2027. Please ensure that you plan holidays around the school term to ensure the best learning opportunities for your children

2027 Term Dates – Sunshine Christian School			
Term	Students Start	Students Conclude	Weeks
Term 1	Thursday 28 January (Year 1- 6) Monday 1 February (Prep)	Thursday 25 March	9
Term 2	Tuesday 13 April	Friday 25 June	11
Term 3	Tuesday 13 July	Friday 17 September	10
Term 4	Tuesday 5 October	Friday 10 December	10

Calendar of Events: Term 4 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1	July 13 Student Free Day NO SCHOOL	July 14 Term 3 Begins	July 15	July 16	July 17
Wk 2	July 20	July 21	July 22	July 23	July 24
Wk 3	July 24	July 24	July 24	July 24	July 24
Wk 4	August 3	August 4 Aboriginal and Torres Strait Islander Children's Day	August 5	August 6	August 7



Science

Junior classes

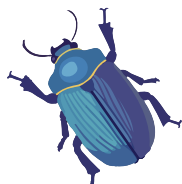


Prep/1

Prep/ 1 students have been learning about weather concepts through the Earth and Space unit in science. They were able to explain daily and seasonal changes that occur in our everyday lives. Students studied how these changes affect us daily and observed how daily weather changes transform patterns in the sky such as clouds and the differences between all clouds.

Year 2/3

Our year 2 / 3 students have been learning about the importance of sustainable and healthy food growing practices and how it all commences with our farmers. Students have been studying soil health, including the importance of compost, water conservation and biodiversity. They have come to understand the important role we all play by helping our planet and communities towards a healthier lifestyle and protection of the environment for this beautiful earth God has created.





SENIOR SCIENCE



3/4

5/6



The 3/4 students have been working hard this term, learning about ecosystems — especially the ones that exist in our soil! They have planted a fledgling veggie garden of cabbages, lettuces, broccoli, herbs and flowers.



In 5/6, students have been learning about different biomes and the flora and fauna living in them. Their work has focussed on considering the environmental effects of climate change, and how animals will have to continue to adapt to their changing environments.





Physical Education



This term in PE, we were fortunate to have Hockey Coach Zoe work with the students, helping them develop their understanding of hockey. Over five weeks, students learnt how to correctly hold a hockey stick, control and manoeuvre the ball, and apply basic strategies to defend effectively during gameplay. The sessions were engaging and enjoyable, and students especially loved putting their new skills into practice through a range of fun games. Be sure to ask them about their experience—they had a fantastic time!





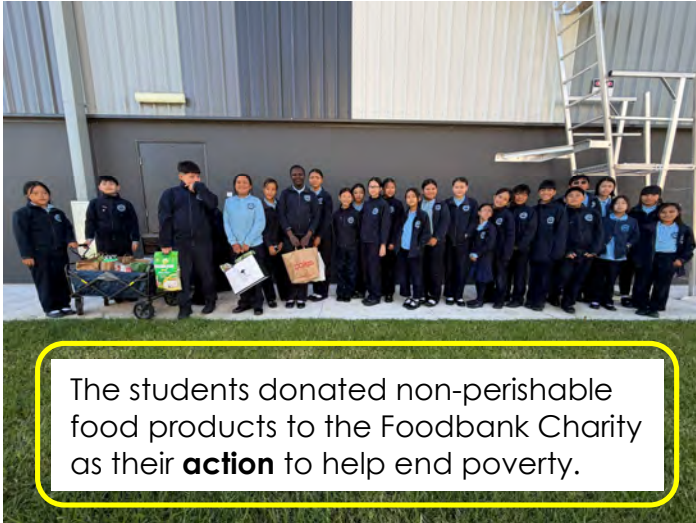
Year 5/6 students have been involved in Project Based Learning and explored the topic, 'Help End Poverty'.

MUSIC



They created lyrics and songs about poverty.

Songs have power to change the world. Songs shed light on issues that have over the years been ignored.



The students donated non-perishable food products to the Foodbank Charity as their **action** to help end poverty.



Students offloaded their food donations into crates.





A staff member at Foodbank talked to the students about the work that they do for the community.



The students played a card game creating food hampers for different meals.





Thank you to Year 5/6
for your generous
contribution of food to
Foodbank!!



Year 2/3 students have learnt to play different percussion instruments in groups. Playing in groups develops cooperation, listening skills and turn-taking. Shared rhythms build empathy.



Year Prep/1 are dramatising and singing the songs enthusiastically!

Christian Studies



During Term 2, Year Prep, 1, 2, 3 and 4 classes have been learning about the Christian church. Who the Christian church is in the Bible and important events that took place in the history of Christianity and how this shaped the significance of the Christian church over time and place.

Year Prep/1

Students focused their learning on 'The Christian church' and its gathering of people. These meetings included to celebrate their common faith in God, worship, Sunday school and how a knowing the difference between a church building and The Church which is the Body of Christ and how we congregate to worship God.

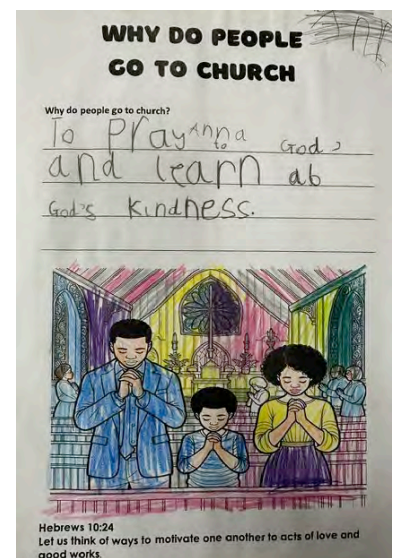
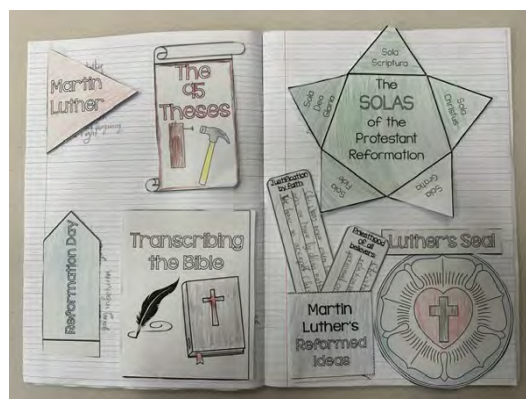
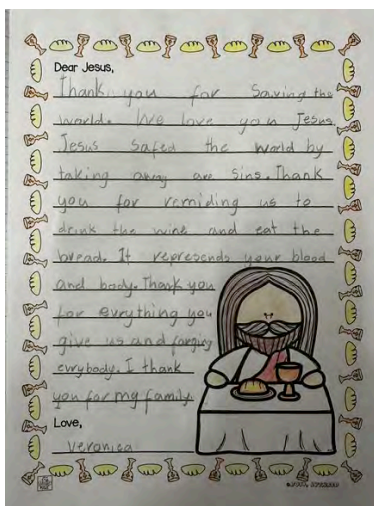
Year 2

Students learned about the how Christian communities share many characteristics within the church family. The Body of Christ shared an identity in Him and beliefs that encourage and help one another to grow in faith and discipleship. The Body of Christ looks after one another, by helping each other when we need it. However, this care should not just be within the Church but also extend to the rest of the community. Students learned that God has called them to share his message of love and forgiveness.

Year 3 /4

Students learned about how the Christian church has experienced significant growth since its creation by the Holy Spirit which we can find in the book of Acts. The gospel message swiftly spread to peoples of different languages, cultures and countries all by the power of The Holy Spirit and continues to do so today. Students focused on events that shaped the Christian world today through various denominations, social structures and how this has effected change in both the influence and expression of Christianity over time and place.

Have a blessed holiday everyone.



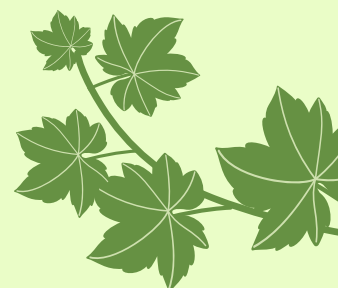


RAINBOW LUNCHBOX RECIPIES



Made by Nisuiapar, Sophia, Yah Sang
and Ram Tha Par

This book contains 8 healthy recipes that can be used for your kids lunchboxes. Use these recipes to add more colourful vegetables into their lunchboxes!



STRAWBERRY AND ZUCCHINI SMOOTHIE

Ingredients

- 4x zucchini
- 10x strawberries
- 4x pitted dates
- 2 cups of water



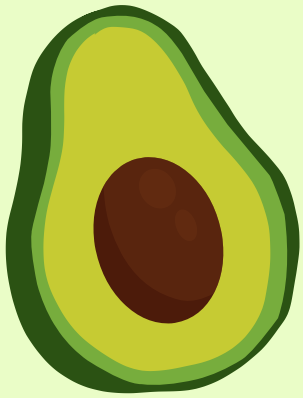
1. Peel and chop up zucchinis, remove the stalks from strawberries and cut dates in into rough squares.
2. Add all the ingredients, including water into the blender.
3. Blend it until it is smooth. Serve in a glass with a straw.



5 MINUTE MAGIC GREEN SAUCE

Ingredients:

- . 1 avocado
- . 1 cup of parsley and coriander leaves packed together
- . 2 garlic cloves
- . Juice of 1-2 limes
- $\frac{1}{2}$ cup olive oil .
- $\frac{1}{2}$ cup water
- . 1 tablespoon of salt



Instructions:

1. Throw all the ingredients into a blender or food processor.
2. Blend on high until the sauce is completely smooth and creamy.
3. Taste and adjust
4. Serve with Vegetable Sticks or Crackers



CUCUMBER SANDWICH BITES



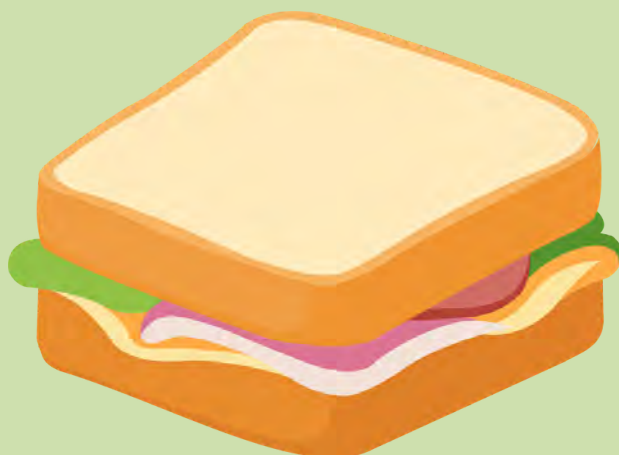
Ingredients

- 1 cucumber, thinly sliced
- 1 loaf of white bread
- 225g (8 oz) cream cheese, softened (don't use if you're lactose intolerant)
- 2 tablespoon mayonnaise (mayonnaise has egg in it)
- 1 tablespoon fresh dill, chopped
- A pinch of garlic powder, salt, and pepper

SIMPLE STEPS

- **Dry the Cucumbers:** Lay cucumber slices on paper towels and pat them dry. (This keeps the sandwiches from getting soggy!)
- **Make the Spread:** Mix the cream cheese, mayo, dill, garlic powder, salt, and pepper in a bowl until smooth.
- **Assemble:** Spread the cream cheese mixture generously onto the bread slices. Layer the cucumbers on top and close the sandwiches.
- **Cut:** Cut off the crusts, then slice each sandwich into 4 small squares or triangles.

Enjoy immediately or chill in the fridge until ready to serve!



NUT-FREE

5 MINUTE NUT FREE, SESAME FREE AND DAIRY FREE HUMMUS

Ingredients

- 1 can (400g) chickpeas, rinsed and drained
- 3 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 garlic clove, peeled
- 2 tbsp sunflower seed butter (replaces tahini for creaminess)
- ½ tsp ground cumin
- ½ tsp salt
- 2-3 tbsp ice-cold water (the secret to fluffy hummus)



Instructions

1. Blend base: Add chickpeas, olive oil, lemon juice, garlic, sunflower seed butter, cumin, and salt to a food processor.
2. Process: Blend on high for 1 to 2 minutes until a thick paste forms.
3. Fluff: While the motor is running, slowly drizzle in the ice-cold water.
4. Finish: Keep blending for another 60 seconds until completely smooth and light.
5. Serve: Spread into a bowl, drizzle with extra olive oil, and serve with vegetable sticks or allergen-safe crackers.



Cucumber & Mint Salad

Ingredients:

- 2 large cucumbers, diced or thinly sliced
- 1/4 cup fresh mint leaves, torn or roughly chopped
- 1/4 cup green onion, sliced
- Olive oil



Instructions

1. Prep the vegetables: Dice the cucumbers. If making this ahead, scoop out the watery cucumber seeds first to keep the salad crisp.
2. Make the dressing: In a small bowl or a jar, whisk together the olive oil, salt, and pepper until emulsified.
3. Combine: Toss the cucumbers, and fresh mint together in a large serving bowl.
4. Dress and serve: Pour the dressing over the salad, toss gently to coat, and pack in a small container ready for school.



Greek Salad

Ingredients

Salad:

- 4 medium ripe tomatoes, cut into wedges
- 1 English cucumber, chopped into chunks
- 1 green capsicum, cored and chopped
- ½ medium red onion, thinly sliced
- ½ cup pitted Kalamata olives



Dressing:

- ¼ cup extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1-2 teaspoons dried oregano
- A pinch of salt



Instructions

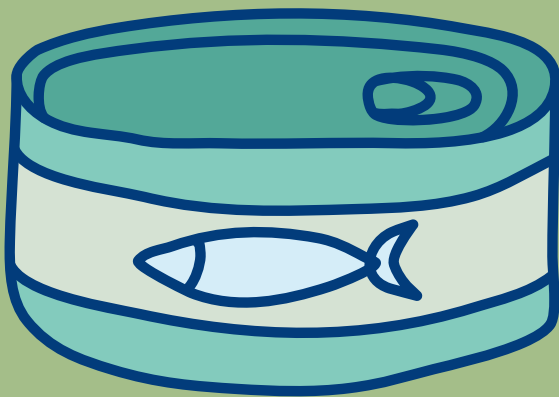
- **Prep the Onions:** Soak the red onion slices in a bowl of ice water for 10 minutes to mellow their sharpness. Drain well.
- **Combine Vegetables:** In a large serving bowl, combine the tomatoes, cucumber, capsicum, olives, and the drained red onions.
- **Toss:** Sprinkle with salt and dried oregano. Drizzle with olive oil and red wine vinegar, then toss gently to coat.
- **Add the Cheese:** Place the block of feta directly on top of the salad, or break it into large chunks.
- **Serve:** Finish with an extra sprinkle of dried oregano and a light drizzle of olive oil over the cheese. Pack in your lunchbox with crusty bread for dipping!



Tuna sandwich

Ingredients

- 1 can of tuna
- Whole grain bread
- Avocado
- ½ a lemon, juiced
- Salt & Pepper



Instructions

1. Cut your avocado in half and scoop one half of it out.
2. Mix the avocado with the tuna in a bowl until evenly mixed
3. Add pepper and some lemon juice to the mix.
4. Spread the paste on the bread.
5. Enjoy for lunch!



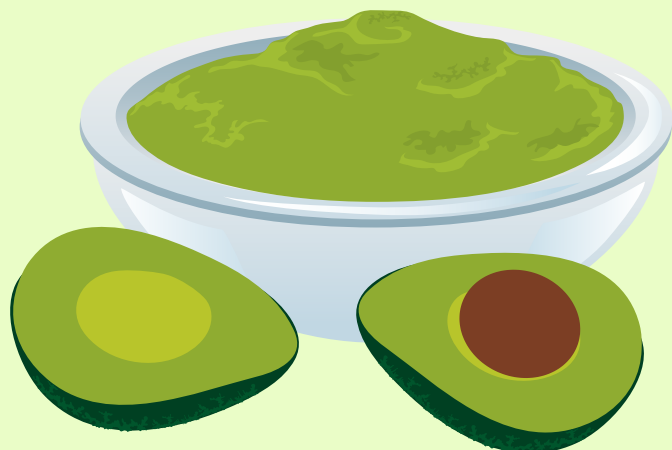
Creamy Avocado Dip

Ingredients

- 2 ripe avocados, pitted and scooped out
- $\frac{1}{3}$ cup dairy-free plain yoghurt (e.g., coconut, soy, or oat yoghurt) OR use $\frac{1}{4}$ cup water for a lighter crema
- 2 tbsp fresh lemon or lime juice (about $\frac{1}{2}$ to 1 whole lemon/lime)
- 1 small garlic clove, minced
- $\frac{1}{4}$ tsp sea salt (adjust to taste)

Instructions

- Combine: Place all of the ingredients into a blender or food processor.
- Blend: Process for about 1 - 2 minutes until the mixture is entirely smooth and creamy. You may need to stop once or twice to scrape down the sides.
- Season: Give it a quick taste test and adjust the salt or citrus juice if needed. Serve immediately!





powered by **ipc** Health

Vic Kids Eat Well is a free program focused on making healthy eating easy and accessible for schools, one bite at a time.





In this edition of SchoolTV -ONLINE GAMING

Games are an integral part of human behaviour. It is normal and healthy for young people to engage in play as a part of their daily lives, including playing games online. And like most activities, online gaming can have both positive and negative outcomes. It can be intimidating and confusing for carers trying to understand a young person's online experiences with many considering that staring at a screen is an unhealthy habit. However, the World Health Organisation does believe that as well as the risks, there are also many positive benefits associated with online gaming and these could be key in nurturing bonds with others.

During the pandemic, there was an explosive growth of gaming as people sought much needed connection during isolation. In the media, gaming often gets bad publicity because most coverage tends to concentrate on the minority of gamers who play to such an extent that it compromises all other areas of their life. However, online gaming can teach young people many skills including teamwork, concentration, communication and problem-solving. It requires a level of interaction and skill from the player; unlike watching television, which is more passive.

Online communities provide opportunities for young people to feel socially connected and have a sense of belonging. At healthy levels, gaming can increase their self-esteem and social acceptance. However, any behaviour, when taken to extreme, can also have a negative impact on a young person's everyday life. Understanding what your young person experiences online and knowing the warning signs if they are at risk, will help nurture a more positive relationship with online gaming and help your family find the right balance.

If you are concerned about your young person's online gaming habits, it's important to consider a number of factors. This edition will provide strategies in how to deal with any issues you may be experiencing.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school counsellor for further information or seek medical or professional help.

Here is the link to the **Online Gaming** edition of SchoolTV
<https://scs.vic.schooltv.me/newsletter/online-gaming>

MENTAL HEALTH & WELLBEING CORNER

Supporting families to grow strong minds
and hearts in Christ.

This Week's Tip for Parents

The Meaning of Communication is the Response You Get

Communication is more than just the words we say
– it's about HOW those words are received.

Sometimes we intend to be calm, helpful, or clear,
but the response we receive tells us something
different. Rather than focusing only on what we
meant, this week we are encouraged to gently
reflect on what impact our communication had.

The meaning of communication isn't just our intention – it's the response we receive.

This isn't about blame – it's about influence and
connection. When we become aware of how our
words, tone, body language, and timing affect
others, we gain the ability to adapt and strengthen
relationships.

TIP FOR PARENTS & CARERS

Before repeating yourself or becoming frustrated,
pause and consider:

- If this isn't landing, what could I try differently?
- How might my tone or timing be impacting this moment?
- What does my child need in order to hear me right now?

Remember:

- **You can only work with the state someone is in**
- **Rapport opens the door to influence**
- **Flexibility creates connection**

TURN OVER TO FIND OUT MORE ...

Student Voice

From Our Students!

"Sometimes when I'm already upset,
the way something is said makes it
feel worse, even if that's not what the
adult meant.

It helps when they notice and try a
different way."

***It's not just what we say, but how it's
received, that shapes connection.***



Faith & Wellbeing

Many faith traditions remind us that words
have power...

– to build up or to break down.

When we take time to listen to how OUR
communication is received, we practise
humility, patience, and care for others.

***"Let your words be guided by
understanding and compassion."***

9 Additional Support for Families



1. NOTICE THE RESPONSE

Ask yourself: "How did my child respond to what I just said?"

If they shut down or escalate, it's a cue to adjust, not push harder.

2. ADJUST YOUR TONE

"Let me try saying that in a calmer way."

Even a gentle tone shift can change the entire interaction.

3. MATCH THEIR EMOTIONAL STATE FIRST

If your child is upset, respond to the feeling before the behaviour:

"I can see this is really hard right now."

4. TRY A DIFFERENT APPROACH IF IT'S NOT LANDING

If repeating yourself isn't working, change your strategy:

- simplify your words
- use a question instead
- pause and come back later

5. CHECK WHAT THEY HEARD

"What did you hear me say just then?"

This can reveal misunderstandings quickly.

6. KEEP INSTRUCTIONS CLEAR AND SIMPLE

Instead of multiple directions, try one step at a time:

"Let's start with putting your shoes on."

7. BE AWARE OF TIMING

Important conversations are best when everyone is calm - not in the middle of stress or conflict.

8. REPAIR WHEN NEEDED

"I don't think that came out the way I meant. Let me try again."

This models accountability and flexibility.

9. CELEBRATE WHEN COMMUNICATION WORKS

"That worked really well — we understood each other."

Noticing success reinforces positive patterns.

Remember...

Focus on the response, not just the intention

It's natural to think:

"That's not what I meant"

"They've misunderstood me"

Instead, try asking:

"What response did my child have?"

"What might they have heard or felt?"

"How could I say this differently?"

Why this helps:

Children respond more to HOW communication feels than the exact words used.

Small shifts in tone, timing, or wording can make a big difference in how safe and understood they feel.



JULY SCHOOL HOLIDAY CLINICS



BALLARAT SESSIONS

Wednesday 1 July
Marty Busch Reserve,
Sebastopol

WEEK 1

Wednesday 8 July
MARS Stadium

WEEK 2

Friday 10 July
Alfredton Recreation
Reserve

ALL GIRLS

MELBOURNE SESSIONS

Wed 1 July | 9am - 3pm
Kindersmith Reserve, Braybrook

Mon 6 July | 9am - 3pm
McIvor Reserve, Yarraville

**TRAIN LIKE A
BULLDOG THESE
SCHOOL HOLIDAYS!**

Suitable for ages 4 - 12

REGISTER NOW

