



Sunshine Christian School

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

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Principal Mr Damian Pietsch

Issue 15 Friday 18 September 2026

Devotion: Forgive. Forget. Forever?

'Should you not have had mercy on your fellow slave, as I had mercy on you?' (Matthew 18:33).

So, this forgiveness thing?

Thinking about verses like today's reading, I straight away see how much work I need to do to forgive others. Over and over.

And, even harder, to forget and move forward.

Well-meaning friends tell us that forgiving helps free us from the burden of whatever was done against us. Indeed, John Hopkins Medicine states:

Studies have found that the act of forgiveness can reap huge rewards for your health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression and stress.

I expect all that's right. But you know what I find even harder than forgiving, and even forgetting? Accepting forgiveness.

Yes, I know that through the sacrifice of Jesus, my sins are forgiven and washed away (Isaiah 1:18) ... but surely they can't be forgotten?

For me, I can't shake the fear that our Father in Heaven is keeping track of all the times I have let him down, turned away, done wrong. Yes, you and I may be forgiven, but isn't there always the threat that our 'forgiven' sin is still lurking there – ready to be dragged out again and used against us the next time we fail and fall?

That's where Hebrews 10:17 clubs me over the head and demands I re-read today's Bible verses in this certainty: 'I will remember their sins and their lawless deeds no more.'

That's forever. That's me set free.

God is not holding the stain of my sin against me. Instead, I'm set free to give that same gift of forgiveness and grace to those who wrong me.

Whether it's seven times, or seventy-seven times, or seventy times seven times.

What a blessing to have so many chances to model the amazing blessing of God's love, expressed in forgiveness, to those around me.

Forgive. Forget. Forever.

Lord, thank you for forgiving me, even when I fall over and over again. Thank you for your amazing grace that 'forgets' my failings. Forever. Now, help me do the same for those who may fail me, so they can see the light of your love in my life. Amen.

Devotion by: Jonathan Krause

Prayer Points

- We pray for a safe, relaxing and restful holiday period.
- We give thanks for Australian Lutheran World Service and the wonderful work they do so support people in need across the globe.
- We pray for the Phan, Pinto and Haihlu families.

Micah Award

Eirin for showing service to others



Micah Award

Jonathan for showing service and compassion to others



Calendar Dates

2026

Monday 5 October 2026

STUDENT FREE DAY – NO SCHOOL

Tuesday 6 October 2026

Whole School Worship @ 9am

Tuesday 13 September 2026

Prep 2027 Transition Afternoon – 1.45 – 2.45pm

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.



From the Principal

Term 3

This Term was filled with engaging learning experiences and opportunities for students to connect, create and grow.



A particular highlight was our Book Week celebrations, where students and staff embraced the joy of reading through dress-up activities, classroom experiences and a shared appreciation for great stories. The creativity and enthusiasm on display reminded us of the important role reading plays in inspiring imagination, curiosity and lifelong learning.

Students also enjoyed participating in our Nudel Kart Buddy Activity, where older and younger students worked together to design, build and test their own creations. This hands-on experience encouraged teamwork, problem-solving and perseverance while strengthening the positive relationships that make our school community so special.



Throughout the term, students also participated in a range of memorable experiences, including the Year 1 and 2 Sleepover, Life Rocks Incursion, NAIDOC Week celebrations, and the Interschool Athletics Carnival, each providing valuable opportunities for learning, reflection and personal growth.

We are proud of the enthusiasm, effort and kindness our students have shown throughout the term and thank our staff and families for their ongoing support. We wish everyone a safe, restful and enjoyable holiday break and look forward to another exciting term ahead.

From the Office

Term 4 starts on
Tuesday 6 October.

Monday 5 October
is a pupil free day.

SCHOOL UNIFORMS

All students are to wear the
school's summer uniform
commencing
Tuesday 6th October.

Girls: Summer dress or Skort
and polo.
Boys: School shorts and polo.



Calendar of Events: Term 4 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1	October 5 Student Free Day	October 6 Term 4 begins Worship @ 9am	October 7	October 8	October 9
Wk 2	October 12 Worship @ 9am Playgroup @ 9.30am	October 13 Prep 2027 transition afternoon	October 14	October 15	October 16 Newsletter
Wk 3	October 19 Worship @ 9am Playgroup @ 9.30am	October 20	October 21	October 22	October 23 Australian Girls' Choir
Wk 4	October 26 Worship @ 9am Playgroup @ 9.30am	October 27 Year 2/3 CERES Excursion Prep 2027 transition afternoon	October 28	October 29	October 30 Newsletter
Wk 5	November 2 Student Free Day	November 3 Melbourne Cup Holiday	November 4 School Athletics Day	November 5	November 6
Wk 6	November 9 Worship @ 9am Playgroup @ 9.30am	November 10 Prep 2027 transition afternoon	November 11	November 12	November 13 Newsletter

Instagram!

As some of you may be aware, we have recently launched our Instagram page! We invite our families to connect with us online and celebrate the wonderful moments happening in our school.

Like, follow and share our [Instagram](#) page to help grow 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.

Our new online form is available at www.scs.vic.edu.au go to Parent Information, Enrolment form,



What are some of the myths that surround the cause of eating disorders?



In this edition of SchoolTV - Eating Disorders

Understanding an eating disorders can be difficult for families. There are many myths around what causes an eating disorder, but it is actually diagnosed as a mental illness. Although the focus is on food, weight and shape, there is often an underlying issue being masked by the eating disorder. It is the biggest killer of any psychiatric illness for young people. It affects both males and females of any age or background.

An eating disorder is a serious and potentially life-threatening mental health illness. It can have significant physical and emotional effects. The beginning of adolescence and late teens are peak periods for kids to experience their first symptoms. Young people with eating disorders can have reductions in cognitive function, emotional changes and may even stop participating in their normal daily activities.

In this edition of SchoolTV, parents will learn what warning signs to look for and what can be done in the prevention of an eating disorder.

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 Eating Disorders edition of SchoolTV

<https://scs.vic.schooltv.me/newsletter/eating-disorders>

MENTAL HEALTH & WELLBEING CORNER

Supporting families to grow strong minds
and hearts in Christ.

This Week's Tip for Parents

Investing in Family Wellbeing These Holidays

As another term comes to a close, many families are looking forward to a slower pace, fewer routines and the opportunity to spend quality time together.

Wellbeing does not happen by chance. Like a garden, it grows when we nurture it. The more time, attention and energy we invest in our relationships, healthy habits, and emotional connections, the stronger our family wellbeing becomes.

School holidays provide a wonderful opportunity to slow down, reconnect and create experiences that support everyone to thrive. Small daily moments of connection often have the greatest impact, whether it's sharing a meal, taking a walk, playing a game, or simply giving someone our full attention.

During the holidays, children may experience changes in routine, increased emotions and moments of boredom or frustration. One of the most powerful wellbeing tools parents can use is connection.

When children feel seen, heard and understood, they are more likely to cooperate, manage challenges and communicate openly.

Try to create small moments of connection throughout each day:

- **Put devices away during conversations.**
- **Spend ten minutes doing something your child enjoys.**
- **Ask open-ended questions.**
- **Notice and acknowledge effort rather than outcomes.**
- **Listen without immediately solving the problem.**

Remember, behaviour is communication. Children are always doing the best they can with the resources they have available at the time.

Connection creates safety, and safety helps children grow.

TURN OVER TO FIND OUT MORE ...

Student Voice

Our students consistently tell us that the things they value most are often simple moments of connection, fun and belonging.

This holiday break provides a wonderful chance to build more of these moments into everyday family life.



Faith & Wellbeing

"The school holidays invite us to pause and appreciate the gifts that already exist within our lives. In a world that often encourages us to do more, faith reminds us that rest is not a reward; it is essential for our wellbeing.

"Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28

Taking time to rest, reflect, pray, connect with loved ones and enjoy creation can renew our minds and hearts.

This holiday season, consider creating small family traditions that encourage gratitude, kindness and connection.

A simple question to reflect on together:

"What is one thing I am thankful for today?"

9 Ways to Support Mental Health & Wellbeing At Home These Holidays



1. CREATE DAILY CONNECTION TIME

Spend at least 10–15 minutes each day focused entirely on your child without distractions. Connection is one of the strongest protective factors for wellbeing.

2. KEEP SOME GENTLE ROUTINE

While flexibility is important, maintaining basic routines around sleep, meals and physical activity helps children feel secure and regulated.

3. GET OUTSIDE EVERY DAY

Nature has a powerful effect on mental health. A walk, bike ride, backyard game or visit to a local park can reduce stress and improve mood.

4. ENCOURAGE INDEPENDENCE

Allow children opportunities to solve problems, help with household tasks and make age-appropriate choices. Confidence grows through practice.

5. REDUCE SCREEN TIME AND INCREASE SHARED EXPERIENCES

Balance technology with activities that encourage conversation, creativity and movement.

6. PRACTISE GRATITUDE

At dinner or before bed, invite family members to share one thing they appreciated during the day.

7. SUPPORT EMOTIONAL CONVERSATIONS

Help children name and understand their emotions by using language such as:

- "It looks like you're feeling disappointed."
- "That sounds really frustrating."
- "I can see why you might feel that way."

Feeling understood helps children regulate emotions more effectively.

8. MODEL SELF-CARE

Children learn wellbeing by watching the adults around them. Show them the importance of rest, exercise, healthy boundaries and asking for support when needed.

9. FOCUS ON PROGRESS, NOT PERFECTION

Family life is not about getting everything right. It is about learning, growing and repairing when things do not go to plan.

As we often remind ourselves:

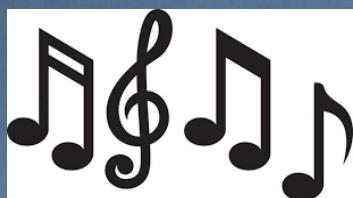
There is no failure, only feedback.

Every day offers a new opportunity to strengthen relationships and wellbeing.

THE QUALITY OF OUR LIVES IS SHAPED BY THE QUALITY OF OUR RELATIONSHIPS. THE MORE WE INVEST IN CONNECTION, THE GREATER OUR WELLBEING GROWS!



MUSIC



Year Prep & 1 students have learnt to play Boom whackers. Each colour corresponds to a specific musical note so they can play a melody using these instruments. The students take turns to play and develop cooperation and empathy.

The students can play C-Major scale and have learnt to identify the letter names.





Year Prep/1 students are making music to their hearts' content!



Year 3 students are becoming familiar with learning ukulele chords





Ask us what are the songs that we have learnt this Term.



Year 3/4



Research has shown that rhythm and melodies help our brains form patterns to improve memory.



Year 3/4 students have learnt songs that include new ukulele chords.





This semester in Music, the Yr 5/6 students have been involved in a project on 'Happy Songs' with a Good Life Goal, **Wellbeing**. You can ask them what they have learnt thus far. This topic continues in Term 4.

Sleepover



All the Year 1 and 2 children enjoyed a fun-filled evening of pizza and a sleepover in the hall.



September
4th

