



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 14 Friday 4 September 2026

Devotion: People of God

Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy (1 Peter 2:10).

In the 2,000 years since these words were written, Christianity has grown throughout the world. The concept of Christianity is not new to us. It is not unfamiliar, even to non-Christians.

In today's passage, we read of Christ as the living stone, referring to the resurrected Christ. His followers are like living stones, as they too have life – through the crucifixion, death and resurrection of Jesus. Through the images in this passage, people who believe are given a new identity. They are a chosen people, special to God, called into his wonderful light. They are early Christians united with God through Jesus.

This must have been a wonderful revelation to the early church. Before they knew Jesus, the rejected cornerstone, there was nothing to bind them together, but now they know who they are and whose they are. Now, through God's unearned mercy, they are people of God and are precious to him.

The followers of Christ today have grown from these early beginnings and live in a different world, spiritually, culturally, politically and technologically. Different denominations have emerged over the centuries. However, these differences change nothing – it is still a world in need of mercy. Despite divisions in the church, we are given a beautiful, unifying statement in verse 10: '... now you are the people of God ...' This is our identity as Christians. We are all people of God

Merciful God, we come to you with thanks that you do not treat us as we deserve but offer us your great mercy. Help us to show your mercy and love to people around us each day. In Jesus' name, we pray. Amen.

Devotion by: Pastor Dianne Eckermann

Calendar Dates

2026

Monday 7 September 2026

Whole School Worship @ 9am
Living in Community Awards
presentation
Playgroup @ 9.30am

Friday 11 September 2026

Sharing Assembly
Prep/1 and 3/4

Monday 14 September 2026

Whole School Worship @ 9am
Playgroup @ 9.30am

Thursday 17 September 2026

Year 3 – 6 Drama performances

Friday 18 September 2026

Last day of Term 3
12.15pm finish

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.

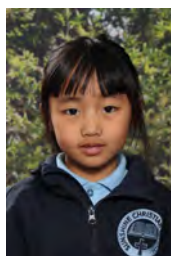


Prayer Points

- We pray for the flood victims and people of Nepal as they recover from the recent disaster.
- We give thanks for the many organisations that support our school, both through significant contributions and everyday acts of generosity.
- We pray for the Phan, Pinto and Haihlu families.

Micah Award

Esther for showing service to
others



Micah Award

David for showing service and
compassion to others





From the Principal

School Values

At Sunshine Christian School, four core values unite our community. Chosen from the Lutheran Education values, they reflect who we are and shape the culture, relationships and learning experiences within our school.

Service

Service is demonstrated through selfless giving, genuine love for others, and a commitment to making a meaningful difference in their lives. It involves recognising and responding to the needs of individuals and communities, and actively carrying out those responses with compassion and purpose.



Courage



Courage is the strength of heart that enables people to stand up for their convictions to do the right thing, even when it is hard or fearful. It involves being firm of spirit despite the ups and downs of life and it means 'having a go' even when success is uncertain.

Compassion

Having compassion is being loving and attending to people's innermost needs. It is exercising the ability to reach out, to walk in another's shoes, to be open and responsive to the needs and concerns of others and being active in caring for others.



Forgiveness



Forgiveness is breaking the cycle of un-grace, pardoning the wrongs others have done to us and seeking pardon for the wrongs we have done to others. Forgiveness often comes with pain and can involve stepping over our hurt. Forgiveness releases both ourselves and others, enabling new starts and new beginnings, another chance.

From the Office

SCHOOL HOLIDAYS.

The last day of Term 3 will be Friday 18 September.

School will finish at 12.15 pm.

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.

What we are learning

Prep/1

In Prep/Year 1, we have been learning about friends of ten. Ask us about friends of 10.



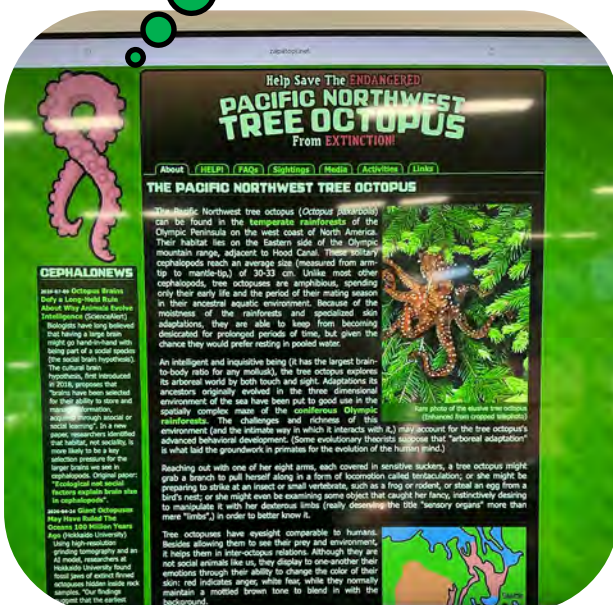
Yr 2/3

In Year 2/3, we learned about mass by weighing ingredients to make Yum Yum balls. We practiced using scales and measuring in grams while making a tasty treat! Ask us about how we measured the ingredients.



Yr 3/4

In Year 3/4 we have been learning about using trusted sources to gather information. Ask us about the Tree Octopus.



Yr 5/6

In Year 5/6, we went to Sunshine Library to learn about all the free resources they have available for us to help us read, learn and play. Ask us to get a free library card ASAP!!!





Calendar of Events: Term 3 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 9	September 7 Worship @ 9am Playgroup @ 9.30am	September 8	September 9	September 10	September 11 Sharing Assembly: Year 3/4 and P/1
Wk 10	September 14 Worship @ 9am Playgroup @ 9.30am	September 15	September 16	September 17 Drama presentations TBC	September 18 Newsletter Last Day of term 12.15pm finish

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, complete and email back.

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! 🌱 ✨

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	October 14	October 15	October 16 Newsletter

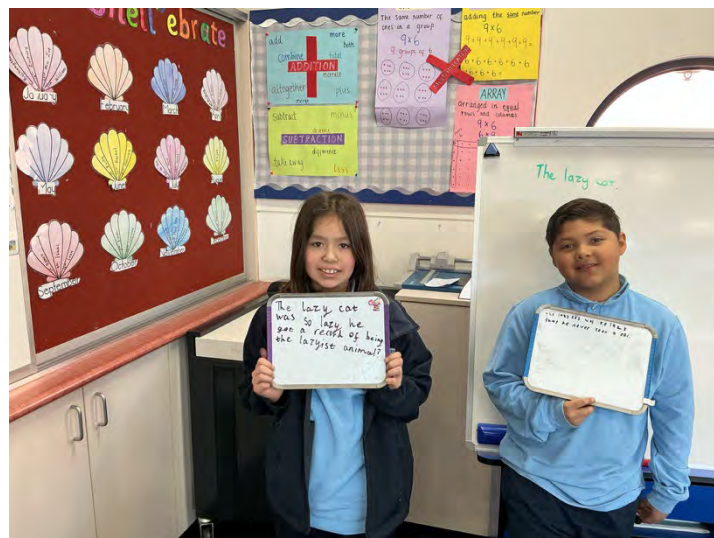
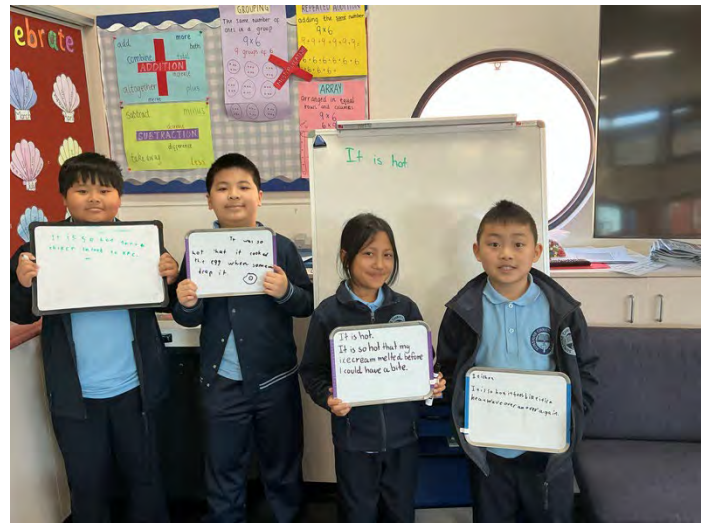
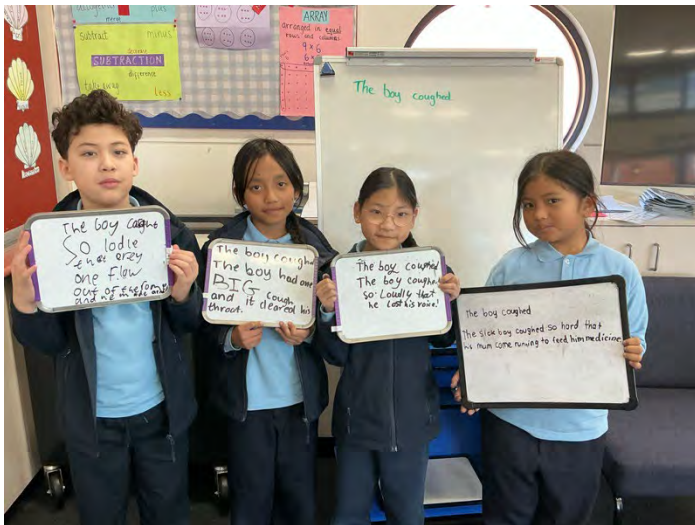
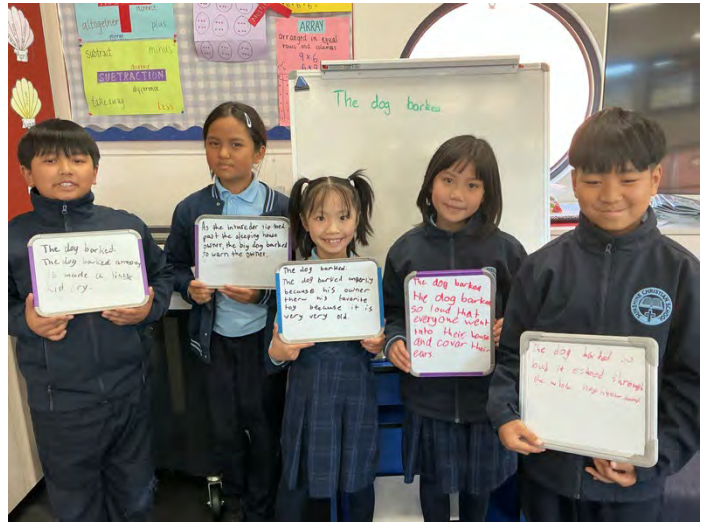
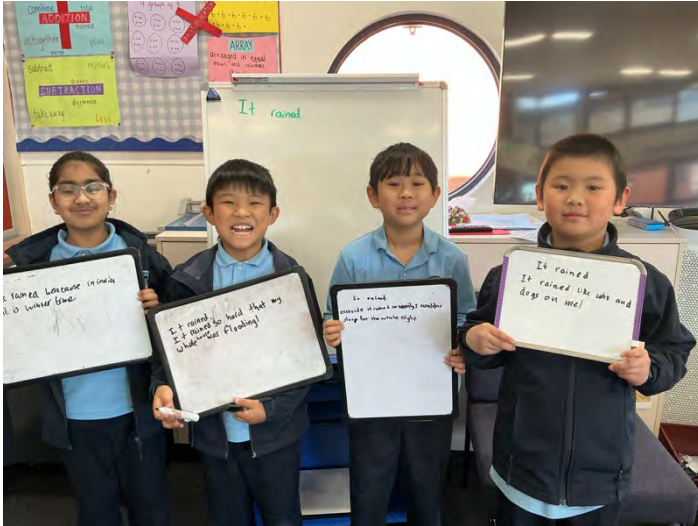
Prep/ Year 1 Rhyming words

Our Class have been learning all about **rhyming words**! We have been exploring how word families can help us identify words that rhyme and have been practicing recognising rhyming words in stories. The students have enjoyed listening for rhyme and have started creating their own rhyming sentences, using their growing knowledge of sounds and words.



Year 3/4 Literacy

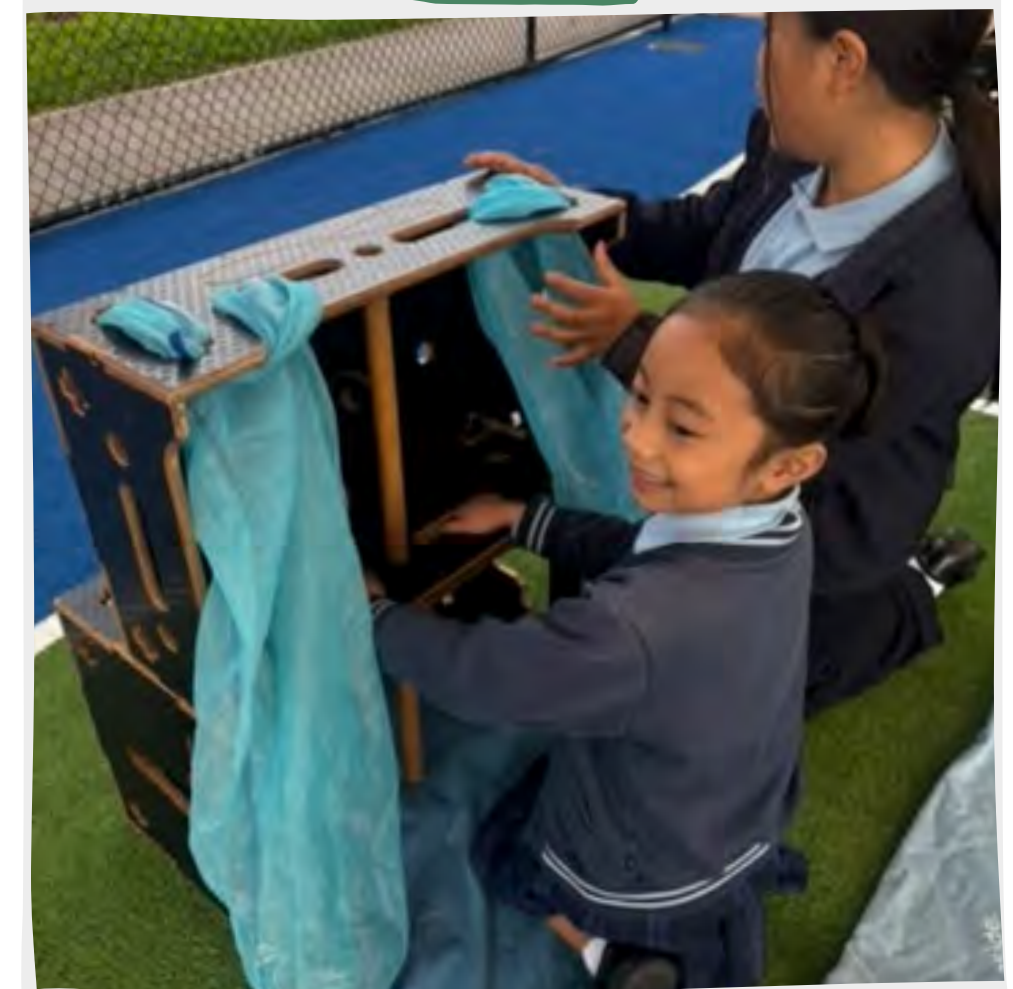
In Year 3/4, we have been looking at how to make our sentences better by adding detail, interesting words, nouns/adjectives and verbs. We started with simple sentences and have worked hard to make these sentences more interesting for the reader. We have been having lots of fun with some of the examples and enjoy putting our learning into place.



NÜDEL KART

Term 3 Buddy Activity Day

On Monday 31st August, students participated in a fun Buddy Nüdel Kart and STEM Challenge Day, working alongside their buddies to complete hands-on design and building challenges. These activities encouraged creativity, imagination, teamwork, communication, and problem-solving as students collaborated, tested ideas, and learned from one another.

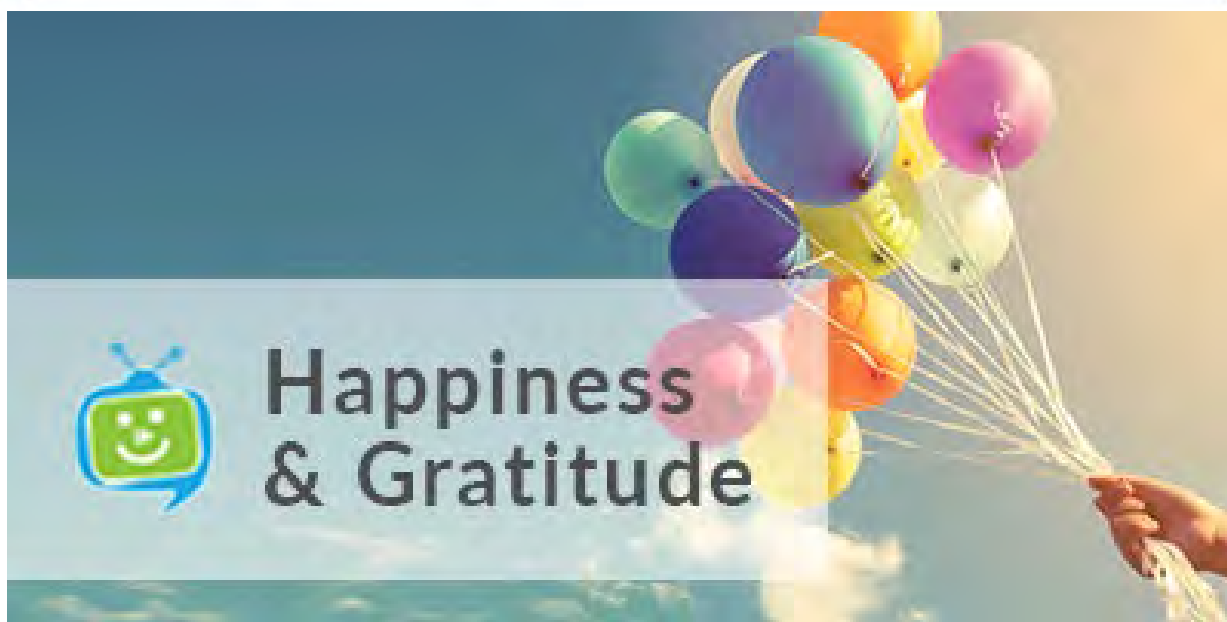


STEM ROTATIONS

Term 3 Buddy Activity Day

When not participating in the NÜDEL KART Incursion, students rotated through four engaging STEM challenges: Bridge Building, Tin Foil Boat Design, Marble Run Construction, and Paper Airplane Engineering. Each activity encouraged students to think creatively, work collaboratively, and apply problem-solving skills as they designed, tested, and improved their ideas.





In this edition of SchoolTV - HAPPINESS & GRATITUDE

Happiness is a term that captures a huge variety of positive emotions such as humour, serenity, optimism, joy, pride, inspiration, love and hope. Happiness means different things, to different people and is essential to your understanding of emotional literacy. Throughout history, philosophers, religious writers and poets have pondered on the meaning of happiness and how it might be achieved. In the last few decades, scientists and psychologists have researched this further by studying a field of science called positive psychology.

The result of this research suggests there is a strong correlation between gratitude and greater happiness. Practising gratitude helps you shift your focus to positive memories or experiences, noticing the good in your life. Over time, this will re-wire your brain to create new neural pathways, increase your state of happiness and overall wellbeing.

In this edition of SchoolTV, parents and care-givers will learn how to achieve happiness and the benefits of practising gratitude.

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 **Happiness & Gratitude** edition of SchoolTV

<https://scs.vic.schooltv.me/newsletter/happiness-gratitude>



SPECIAL REPORT: Celebrating Father's Day

Over the centuries, the role of fathers has evolved. During the industrial revolution, fathers were more detached, spending long hours working in factories, whilst mothers took on the role of primary socialiser and educator of children. Men tended to show their love and devotion from a distance, choosing to leave the child rearing to their wives.

Today things have changed dramatically with many Dads being celebrated for being sensitive, caring and more hands-on. Research has shown that the amount of time fathers are now spending teaching, helping and playing with their children, has trebled. This has transformed our understanding of how fathers shape their children's lives from the start, challenging conventional ideas of parenthood and gender.

Fathers who involve themselves in physical activity with their children, play a key role in influencing them to learn self-control, face challenges, regulate emotions and take manageable risks. However, to be a great Dad, you need to also indulge in a little self-care and look after your own mental health. This allows you to be more responsive to your child's needs, and engage more readily in play and learning activities.

If you are a Dad and struggling a little bit, it is advisable to seek help from a medical professional. Or, if you just want to talk to someone who understands, you can call one of the following organisations. In Australia, phone **MensLine** on **1300 78 99 78** or **Beyond Blue** on **1300 22 46 36**.

[SPECIAL REPORT: Celebrating Father's Day | Sunshine Christian School](#)

At SchoolTV, we acknowledge that Father's Day is a special opportunity to recognise the many important people who help shape a young person's life.

While some may celebrate a dad, others may look to a step-parent, grandparent, carer or any significant adult who offers them love, guidance and stability.

What remains unchanged is the positive impact these supportive relationships have on children's wellbeing, confidence and sense of belonging, whatever shape a family takes.

MENTAL HEALTH & WELLBEING CORNER

Supporting families to grow strong minds
and hearts in Christ.

This Week's Tip for Parents

Listening to the Wisdom of Your Body

Have you ever noticed your heart beating faster before speaking in front of a group? Felt butterflies in your stomach before a big event? Or tension in your shoulders during a stressful day?

Our bodies are constantly communicating with us. Physical sensations such as a racing heart, a tight chest, a heavy feeling in our body, or warmth in our face can provide valuable clues about how we are experiencing the world around us.

Our nervous system responds to both our current environment and our past experiences. It is constantly scanning for what feels safe, challenging, exciting, or threatening. Because of this, our body's response is always real, but it is not always an accurate reflection of what is happening right now.

For example, a child who once felt embarrassed reading aloud may experience a racing heart when speaking in class, even when they are safe and supported. Their body is responding to past experiences while trying to protect them. Instead of ignoring these signals or assuming they tell the whole story, we can become curious:

- What is my body noticing?
- What am I feeling right now?
- Is this about the present moment, or could it be connected to a past experience?
- What do I need right now?

When we pause to notice and name what is happening in our bodies, we create space to respond thoughtfully rather than react automatically. Learning to listen with curiosity and compassion helps us understand ourselves better and address challenges before they become overwhelming.

"You have to name it to tame it."

('It' meaning the feeling) - Dr Daniel Siegel

TURN OVER TO FIND OUT MORE ...

Student Voice

This fortnight, ask your child...

"What is one way your body lets you know when you're feeling worried, excited, stressed, or happy?"

You might be surprised by the different answers. Helping people recognise their own body signals builds emotional awareness and confidence in understanding themselves.

THE BODY KEEPS THE SCORE OF OUR EXPERIENCES, BUT AWARENESS GIVES US THE OPPORTUNITY TO CHOOSE A NEW RESPONSE.



Faith & Wellbeing

"I praise you because I am fearfully and wonderfully made."

- Psalm 139:14

Our bodies are remarkable gifts that help us experience the world around us. They provide valuable information about our needs, emotions and wellbeing. Taking time to slow down, notice and listen to our bodies is one way we can honour and care for the incredible person God created us to be.

When we approach ourselves and others with curiosity, compassion and understanding, we strengthen our relationships and create greater wellbeing within our communities.

9 Ways Families Can Support Body Awareness At Home



1. NAME WHAT YOU NOTICE

Model body awareness by sharing observations: "I can feel my shoulders getting tight. I think I need a break."

2. PRACTISE THE TRAFFIC LIGHT CHECK-IN

-  My body is telling me I need to stop, slow down or ask for help.
-  My body is letting me know something doesn't feel quite right.
-  My body feels safe, comfortable and ready to engage with others.

3. ENCOURAGE DEEP BREATHING

Take 3 slow breaths together when emotions are big. (Not because we don't know how to breathe, but it supports a reset of thoughts and calming of the nervous system.)

4. SLOW DOWN BEFORE SOLVING

Help children identify what they are feeling before rushing to fix the problem

5. USE CURIOSITY INSTEAD OF JUDGEMENT

Ask: "I wonder what your body is trying to tell you?"

6. SPEND TIME OUTDOORS

Nature helps regulate our nervous system and encourages mindful awareness.

7. CREATE TECH FREE MOMENTS

Reduce distractions so family members can better notice their thoughts, emotions and body sensations.

8. CELEBRATE ALL FEELINGS

Teach children that emotions are information, not something to be feared or avoided.

9. END THE DAY WITH REFLECTION

Ask: "What helped your body feel calm today?" "What did your body need that you gave it?"

YOUR BODY WHISPERS BEFORE IT SHOUTS. LEARNING TO LISTEN TO YOUR BODY IS ONE OF THE GREATEST GIFTS WE CAN GIVE OURSELVES.



SCHOOL HOLIDAY PROGRAMS

JR PARSONS RESERVE, SUNSHINE
TUE 22 SEP

MISSION WHITTEN OVAL, FOOTSCRAY
WED 23 SEP & WED 30 SEP



**SIGN UP
NOW**

Suitable for kids aged 4-12.