



# Sunshine Christian School

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

Issue 8 Friday 29 May 2026

Registered primary school no. 1850

81-83 Westmoreland Road  
Sunshine North VIC 3020

**Telephone** 03 9312 1253

**Fax** 03 9310 1280

**Email** admin@scs.vic.edu.au

**Web** www.scs.vic.edu.au

**Principal** Mr Damian Pietsch

## Calendar Dates

2026

### Monday 1 June 2026

Whole School Worship @ 9am  
Playgroup @ 9.30am

### Thursday 4 June

Year 3/4 and 5/6 Incursion –  
Rethink, Recycle

### Monday 8 June

King's Birthday Holiday  
NO SCHOOL

## 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.



## Devotion: Peace be with you

Praise be to God, who has not ... withheld his love from me! (Psalm 66:20)

The Christian faith is rejected by most people in the world today. Its truths are no longer generally believed or followed. And it can seem to many, both outside and even to some within the church, that the Christian faith is no longer the power it once was or an effective force in the world.

Maybe, in the back of our minds, there's the same nagging suspicion. We look around us and see the many other things in the world that influence people, and we can wonder just what kind of influence the church has today. Has it lost its power? Have we lost our way? Are we becoming more and more of a lost cause?

On the day Jesus rose from the grave, the disciples gathered behind closed doors, and there was a good deal of confusion in their minds.

Their hopes about participating in a glorious kingdom lay shattered; their Lord and friend had been put to death. The years they had spent following and listening to him may have seemed wasted.

But when Jesus appeared and stood in the middle of them and said, 'Peace be with you', their fear was changed into joy. Doubt and confusion were transformed into belief. Despair and anxiety were replaced by excitement and a desire to share what they had seen and heard. A change took place within them that would have a lasting impact on their lives, and in turn, on the lives of millions of others.

That power is still at work – despite what we may see and experience. The Holy Spirit continues to come today to empower, encourage, equip, transform, strengthen and motivate us.

The peace of the Lord Jesus be with you today. May your life be enriched as you receive this peace. And may the Holy Spirit give you courage as Jesus sends you to share that peace.

***Merciful God, your Son Jesus Christ is the resurrection and the life, who gives hope and joy even as we live and serve in a world that can seem to oppose us at every turn. Fill us with your Holy Spirit and empower us to share your peace with those around us, through Jesus Christ our Lord. Amen..***

***Devotion by: Mark Lieschke***

### Prayer Points

- We pray for the farming communities across Australia that they may receive the rain needed to grow their produce
- We also give thanks for the Year 2/3 class for sharing the Pentecost story in chapel and at St Matthew's Church on Sunday.
- We pray for the Kawngno, Khaimi and Za Thang families.

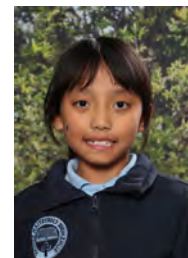
### Micah Award

Alexandra for showing service  
and compassion to others.



### Micah Award

New Ni Aye for showing service  
and compassion to others.





## From the Principal

### Pentecost Celebrations at St Matthew's Lutheran Church

Last Sunday, our Year 2/3 students had the wonderful opportunity to participate in and enrich the Pentecost worship service at our sister church, St Matthew's Lutheran Church.

Pentecost is a special time in the Church calendar, where we remember the coming of the Holy Spirit and the birth of the early Church. It was a joy to see our students actively involved in this significant celebration, sharing their gifts and helping to bring the message of Pentecost to life.



Through their participation, the students reflected the heart of the Pentecost story—people coming together and being empowered by the Holy Spirit to share that love with others. Their contribution to the service was deeply appreciated by the congregation



Our students not only represented the school with pride but also strengthened the connection between our school and St Matthew's. Opportunities like this remind us of the blessing of being part of a broader Christian community, where we can worship, serve, and grow together.

A sincere thank you to Mrs Pietsch who supported and prepared the students for this special occasion, and to the families who attended and encouraged them. We are incredibly proud of our Year 2/3 class for the meaningful way they contributed to this important service.

## Notes from the Office

### TERM 3 FEES.

Term 3 fees have been sent out and are due by 26<sup>th</sup> June 2026.

### Order School Uniforms online.

Save time, have the uniforms and invoice sent home with your children. Go to [www.scs.vic.edu.au](http://www.scs.vic.edu.au)

Click parent information, uniform then complete the online form and email back.

### 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](http://www.scs.vic.edu.au) go to parent information, Enrolment form, complete and email back.

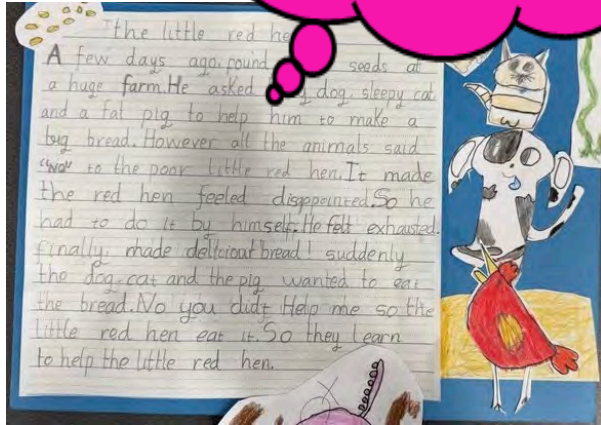


# What we are learning

## Yr 2/3

### Prep/1

In Prep/1, we have been focusing on creating a narrative story based on 'The Little Red Hen'. Please ask us about the story at home!



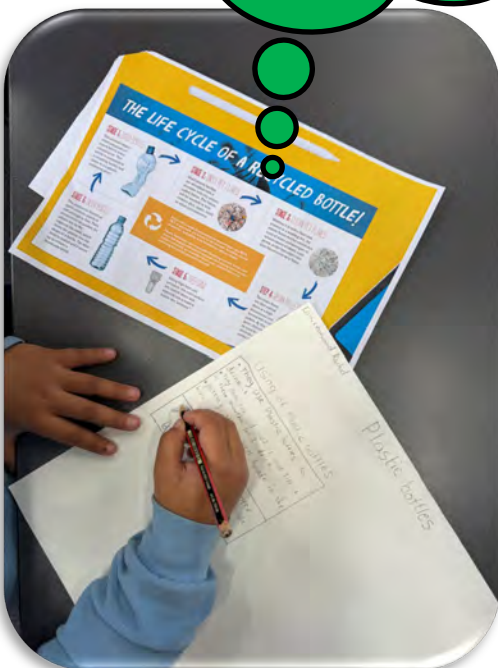
In Writing, we have been writing procedures about blowing bubbles and carefully listing each step in order so others can follow them easily.

**Ask us to show you how we explain things step by step!**



### Yr 3/4

In the Year 3/4 class, we have been investigating the life cycle of different materials. We researched about paper, plastic, cans and glass. Ask us the life cycle of the materials!



### Yr 5/6

In the Year 5/6 classroom we are completing a 10-week healthy eating challenge. This week we are learning about the importance of low GI foods. Ask us about the Chili Bean Casserole we made in class this week.





## Calendar of Events: Term 2 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 7	<b>June 1</b> Worship Playgroup @ 9.30am	<b>June 2</b>	<b>June 3</b>	<b>June 4</b> Yr. 3/4 & 5/6 Incursion	<b>June 5</b> Sharing Assembly: Year 5/6 and 2/3
Wk 8	<b>June 8</b> King's Birthday Holiday NO SCHOOL	<b>June 9</b> Wellbeing Week	<b>June 10</b>	<b>June 11</b> Whole School Incursion	<b>June 12</b> Newsletter
Wk 9	<b>June 15</b>	<b>June 16</b>	<b>June 17</b>	<b>June 18</b>	<b>June 19</b>
Wk 10	<b>June 22</b>	<b>June 23</b>	<b>June 24</b>	<b>June 25</b>	<b>June 26</b> Last Day of Term: 12:15pm finish



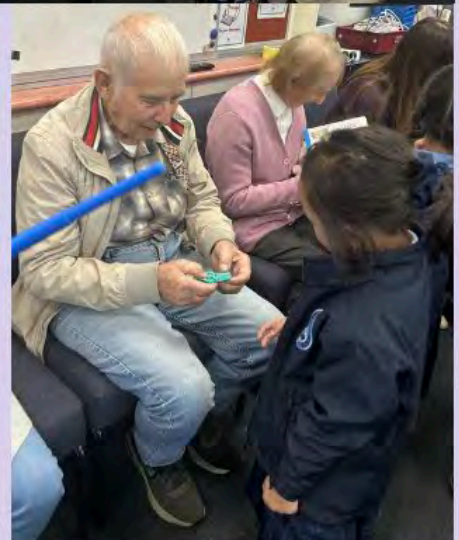


# Intergenerational Learning



Over the past few weeks, the Prep/1 students have been busy learning about intergenerational relationships and how people's lives have changed over time. We were very lucky to have a special visit from our "Special Friends – Elders" from St Matthew's Church, who shared stories about what life was like when they were young. The students enjoyed singing songs together and making different craft activities with them.

The following week, we visited the Melbourne Museum to learn more about the past and explore the toys our grandparents played with when they were children. The students had lots of fun noticing the similarities and differences between toys from the past and the modern toys we play with today.







**We had fun exploring different parts of Melbourne Museum!**





## Year 3/4

The Year 3/4 students have been learning how to write persuasive texts.



The class held a debate about whether kids should have mobile phones!

I agree kids should have phones because...

- when we are in danger, we can call for help
- When we are bored, we can play games
- We can socialise with our friends

I agree kids should NOT have phones because...

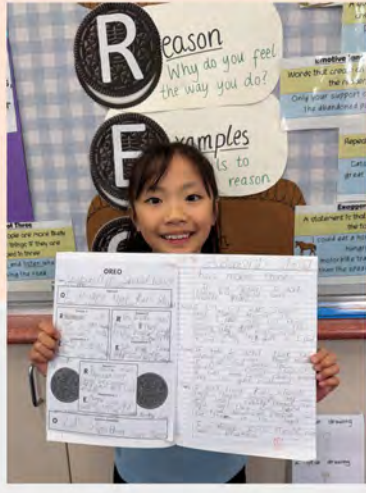
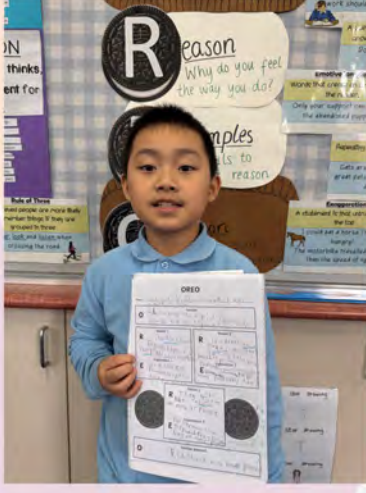
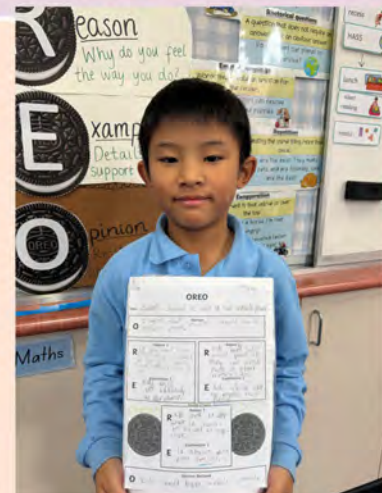
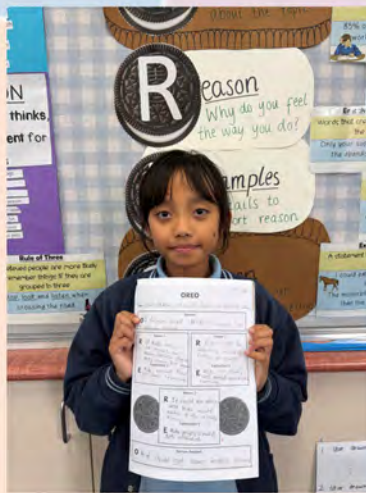
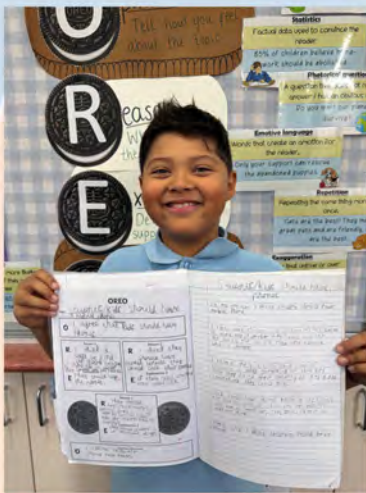
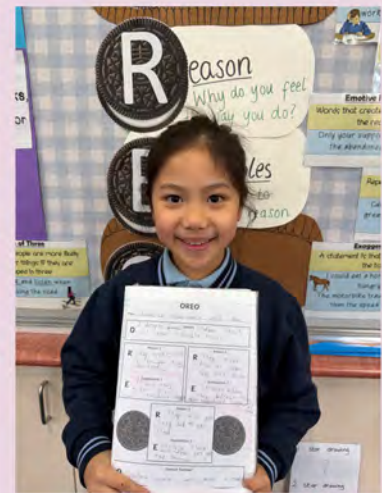
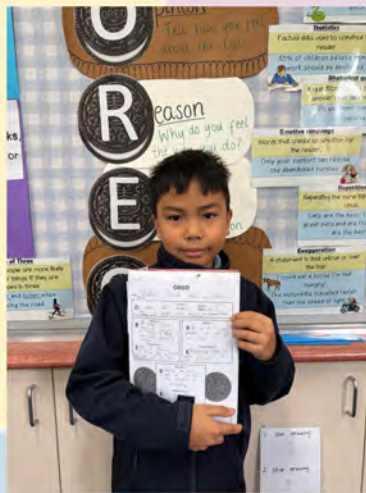
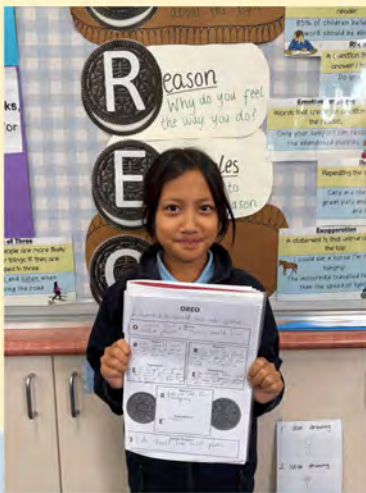
- kids can become addicted to phone games
- High phone use can lead to damaged eyes
- Kids can get distracted



I'm in between...



We used the OREO structure to help us organise our paragraph.





Thursday  
21<sup>st</sup> May 2026

# Multicultural Day



@ SCS







## Screen Time



### **In this edition of SchoolTV - MANAGING SCREEN TIME**

As a result of the global pandemic, there has been a noticeable shift in the amount of time people spend on screen-based devices. Families are transitioning back to pre-COVID routines but many are still struggling to re-establish the boundaries and rules around screen use. Some continue to deal with digital conflict and tech-tantrums on a daily basis. The latest research found that 77% of teenagers spend more than five hours on screens per day, but it is important to note that not all screen time is considered equal.

Parents play a crucial role in modelling a positive and healthy approach to using screens and assisting children to navigate the content they watch. It is better to model and mentor screen use, rather than monitor it. Children tend to do more of what they see us do, and less of what we tell them to do. However, it is still important to outline the risks and highlight the benefits of screen use to ensure you keep a balanced attitude. Encourage discussions around the issues that people experience in monitoring their screen time and be honest about your own difficulties.

Parents need to remain firm in their approach to managing screen time. Excessive screen time can be detrimental to a child's overall wellbeing. Ensuring the correct privacy settings are in place is vital to prevent children from being inadvertently exposed to inappropriate content or online predators. Parents need to also be mindful of the potential impact screen time can have on a child's social, emotional, educational, behavioural, and even physical domains.

In this edition of SchoolTV, care-givers will be provided with a range of guidelines and strategies to help manage screen time at home.

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 **Managing Screen Time** edition of SchoolTV  
<https://scs.vic.schooltv.me/newsletter/managing-screen-time>

# MENTAL HEALTH & WELLBEING CORNER

Supporting families to grow strong minds  
and hearts in Christ.

## This Week's Tip for Parents

### **Building Resilience - Bouncing Forward, Not Back**

Resilience is not about "being tough" or pushing feelings away. It's about learning how to notice what's happening inside us, adapt when things feel hard, and keep moving forward with support. For children and young people, resilience grows best through safe relationships, predictable environments, and adults who model calm and compassion.

Resilience isn't something we either have or don't have — it's something we build over time, especially when we feel understood and supported.

"There is no failure, only feedback." - Every challenge teaches us something valuable.

### **Name Feelings Before Solving Problems**

When children are upset, our instinct is often to fix the problem quickly. However, resilience grows when children feel emotionally seen before solutions are offered.

#### How to support this at home:

1. Pause and acknowledge feelings first:  
"That sounds really frustrating."  
"I can see how disappointed you are."
2. Let your child know emotions are allowed, even when behaviour needs guidance.
3. Once emotions settle, gently explore:  
"What do you think might help next?"

This approach teaches children that emotions are manageable and that they have the resources inside them to cope — a key building block of lifelong resilience.

TURN OVER TO FIND OUT MORE ...

## Student Voice

From Our Students!

"When I know someone is listening and not judging me, it makes things feel easier. I don't want to get in trouble for how I feel."

***Students consistently tell us that feeling safe, heard, and respected makes challenges feel less overwhelming.***



## Faith & Wellbeing

**"Do not fear, for I am with you... I will strengthen you and help you." —  
Isaiah 41:10 (NIV)**

Resilience is strengthened when we remember that we are not expected to face challenges on our own. Faith reminds us that support, strength, and comfort are always present — even in moments of uncertainty or worry. When children and adults feel held, guided, and reassured, they are better able to regulate emotions, face difficulties, and keep going with hope.

# **9 Additional Support for Families**



## **1. MODEL CALM RESPONSES**

Children learn resilience by watching how adults handle stress.

## **2. KEEP ROUTINES PREDICTABLE**

Consistency creates safety, especially during uncertain times.

## **3. ENCOURAGE PROBLEM SOLVING**

Ask “What could we try?” instead of providing all the answers.

## **4. NORMALISE MISTAKES**

Share your own learning moments - resilience grows through trial and feedback.

## **5. CELEBRATE EFFORT, NOT JUST OUTCOMES**

Effort builds confidence and perseverance.

## **6. SUPPORT HEALTHY REST**

Sleep, downtime and play are essential for all humans for emotional regulation.

## **7. TEACH POSITIVE SELF TALK**

Help children replace “I can’t” with “I can try”

## **8. STAY CONNECTED**

Strong relationships are the greatest protective factor for wellbeing.

## **9. REACH OUT EARLY**

Asking for support is a strength, not a weakness.



**Foodbank Victoria**

# Free Emergency Food Hampers

**Drive Thru | No questions asked**

If you're struggling to keep up with the cost of groceries, Foodbank Victoria is here to help.

Drive through and collect a free hamper of fresh produce and pantry essentials. No paperwork. No getting out of your car. Just support when you need it, and your kids and pets are welcome too!

**SUNDAY 31 MAY**

441-459 Kororoit Creek Road, Altona

10:00AM-2:00PM

While hampers last



Two food hampers per car.  
Drive through only, no pedestrians.  
Open to anyone in Victoria  
who needs food relief.



**Kids'Care  
Collective**

# STORY SPARKS

## HOLIDAY CLUB

For  
**Grade  
1-4**  
students


**WRITE. IMAGINE. CREATE. SHINE!**

Does your child have difficulty writing stories at school?

Join our fun & engaging holiday program!

 **TUESDAY & FRIDAY**  
10.00AM - 12.30PM

 **4 SESSIONS**  
Only \$70 per session

 **AT THE END OF THE PROGRAM, YOUR CHILD WILL HAVE WRITTEN THEIR OWN STORY!**

**medicare**

You may be eligible for a Medicare rebate of **\$61.80**

Out of pocket is...


**\$8.20**  
out of pocket



**STORY WRITERS START HERE!**

### YOUR CHILD WILL LEARN HOW TO...

  
Generate creative ideas

  
Plan & structure a story

  
Build exciting characters

  
Write with confidence & expression

  
Edit & improve their work

**CALL NOW TO BOOK YOUR SPOT!**

Contact KCC  
**0451 699 987**

