



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 9 Friday 12 June 2026

Devotion: Peace be with you

For this reason I bow my knees to the Father of our Lord Jesus Christ (Ephesians 3:14).

What a prayer! For the Ephesians to receive a prayer from Paul such as this would have been something I can hardly comprehend. Yet here we now have this timeless prayer at our fingertips to help us in our faith as we try to grasp how wide, long, high and deep is the love of Christ.

We've been reading about the Great Commission and discipleship. What if we need to pray for someone? Not everyone has the confidence to pray 'freehand' for another person. Don't worry. Here's one that will more than 'do the job'.

'I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith' (Ephesians 3:16).

If we can't really understand this, read on. 'This love surpasses knowledge' ... we don't have to understand it ... 'May you be filled to the measure of all the fullness of God' (Ephesians 3:19).

Put this in the context of what we know about prayer: 'Ask and it will be given to you' (Matthew 7:7). Wow, this prayer is going to be answered, no question.

'Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be the glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen' (Ephesians 3:20,21).

Mind-blowing. Not only can we pray these immeasurably powerful words for anyone we choose, but Paul also already included us in the prayer he wrote to the Ephesians.

Go and make disciples. Pray for people! Write this prayer out and pull it out the next time someone asks you to pray. Remember the truth of Matthew 7:7

Lord God! You are my God! Help me to grasp the depth of your love for me so that I can indeed help someone else who desperately needs to know this! Show me a person this week whom I can pray for and encourage in person or by letter. Lord, I ask in faith, knowing that what we ask in your name will be done according to your will. In Jesus' powerful name, Amen.

Prayer Points

- We pray that the Holy Spirit continues his work in Lutheran Church as they spread the good news of Jesus.
- We give thanks for our talented teachers who take on specialist subjects during Rotation Day activities.
- We pray for the Kok, Kong, Akec and Laiteng families.

Micah Award

Joy for showing courage in her learning.



Meerkat Productions



Calendar Dates

2026

Monday 15 June 2026

Whole School Worship @ 9am –
Year 3/4 presenting
Playgroup @ 9.30am

End of Term 2

Friday 26th July, 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.





From the Principal

Upcoming Principal's Leave

I would like to let you know that I will be taking a period of holiday leave from **Monday 15 June through to Monday 21 July**.

During this time, I am confident that the school will continue to operate smoothly and effectively under the capable leadership of **Michelle Clarke** and **Tegan Weerasinghe**, who will be overseeing the day-to-day running of the school. They will be supported by our dedicated staff team, ensuring continuity in teaching, learning, and care for all students.

Thank you for your ongoing support of our school community. I look forward to returning refreshed and reconnecting with you all in Term 3.

Farewell Notice – Helena Pham

We wish to inform our school community that Helena Pham has resigned from her position at Sunshine Christian School to take up a teaching opportunity elsewhere. We thank Helena for her valuable contribution to the life of the school and for the care and commitment she has shown to her students during her time with us. We are grateful for her service and pray God's blessing over her as she begins this new chapter.

Notes from the Office

TERM 3 FEES.

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

ORDER SCHOOL UNIFORMS ONLINE

Save time, have the uniforms and invoice sent home with your child/children.

Go to 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 go to parent information, Enrolment form, complete and email back.



What we are learning Yr 2/3

Prep/1

In Prep/1, students have been learning about the lives and experiences of older people and discussing activities they can participate in with older people next term.

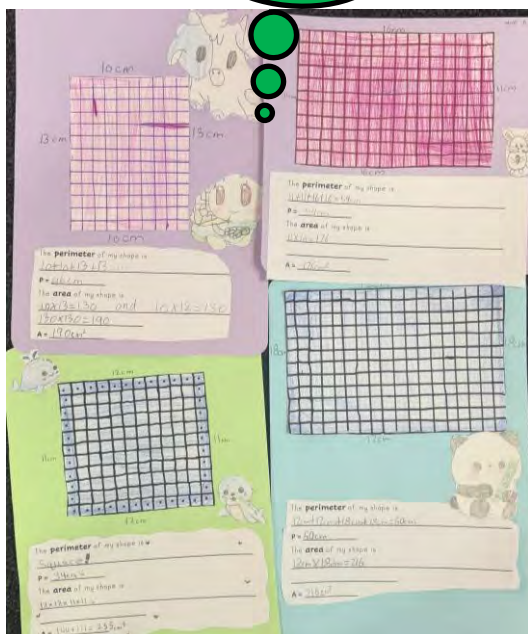


We have been writing factual descriptions about ourselves. Our personalities can be kind, funny, cheeky and calm in different ways. Can you guess which photo matches each characteristic?
Ask us what kind of personality we have!



Yr 3/4

In Year 3 and 4, students have been learning how to calculate perimeter and area. Ask us when we can use this in the real-world context!



Yr 5/6

In Year 5 and 6, we made stained glass windows to help us learn about perimeter and area of rectangles. **Ask us how we can find the area of a rectangle!**





Calendar of Events: Term 2 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 9	June 15	June 16	June 17	June 18	June 19
Wk 10	June 22	June 23	June 24	June 25	June 26 SRC Smoothie Day Last Day of Term: 12:15pm finish

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

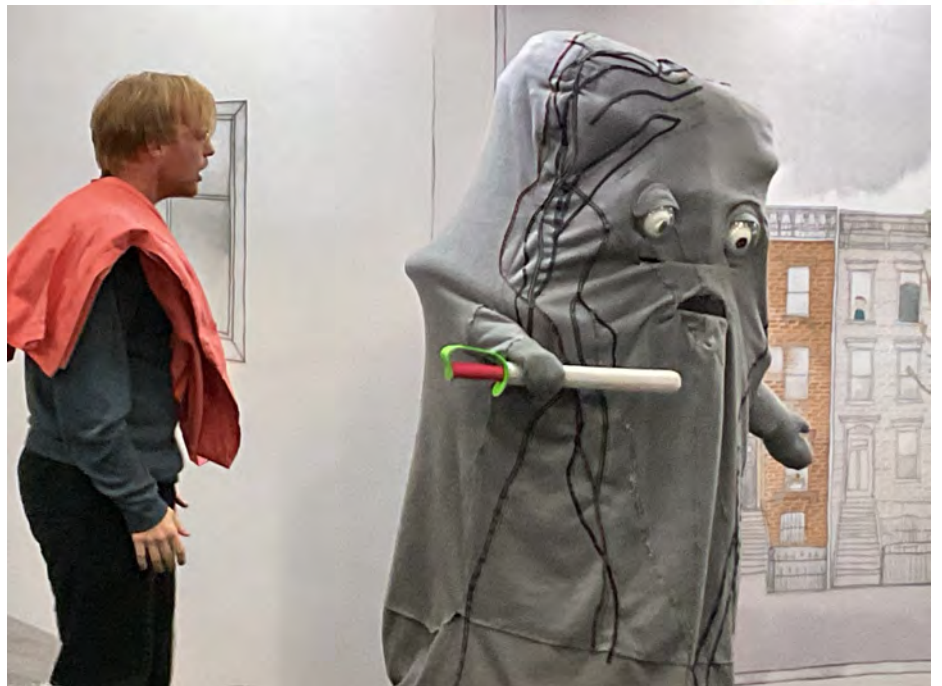
Term	Students Start	Students Conclude	Weeks
Term 1	Thursday 28 January (Year 1- 6) Monday 1 February (Prep)	Thursday 25 March	9
Term 2	Tuesday 13 April	Friday 25 June	11
Term 3	Tuesday 13 July	Friday 17 September	10
Term 4	Tuesday 5 October	Friday 10 December	10

Calendar of Events: Term 3 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



We learnt you can make big feelings a bit better.



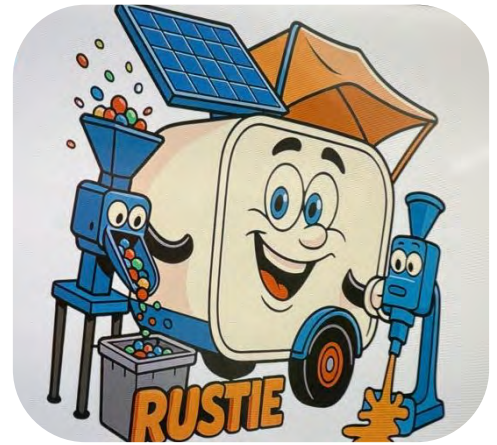
Meerkat Productions came to our school on Thursday to perform the show "Mr Huff". It was helping us to learn how to build confidence and how to understand and manage big emotions.



I really liked the part when they did song actions and a Spanish dance.



'Rustie' Incursion





What strategies can parents implement to regulate a child's internet use?



In this edition of SchoolTV - INTERNET ADDICTION

In today's digital environment, the internet can be viewed as a valuable tool for education, research and entertainment. Young people today tend to go from one screen to another, but how much is too much? Time spent in the 'screen world' has parents concerned that their kids may be missing out on real life experiences. Therefore, it is vitally important to a child's wellbeing for parents to regulate a child's internet use.

Internet addiction can cause significant psychological and social problems for children in years to come. The true effects on future generations is not yet known, but there are strategies that parents can implement now.

In this edition, Dr Michael Carr-Gregg discusses what causes internet addiction, who is most at risk and what parents can do to regulate the amount of time their kids spend online each day.

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 **Internet Addiction** edition of SchoolTV
<https://scs.vic.schooltv.me/newsletter/internet-addiction>

MENTAL HEALTH & WELLBEING CORNER

Supporting families to grow strong minds
and hearts in Christ.

This Week's Tip for Parents

Pause Before You Assume: Not Jumping to Conclusions

In busy school and family life, our brains are constantly filling in gaps. We see a behaviour, hear a comment, or notice a tone – and before we realise it, we've created a story about why it happened.

The challenge is that these stories are often shaped by stress, past experiences, and assumptions rather than facts.

This week's focus invites us to pause, get curious, and seek understanding before judgement. When we slow down our thinking, we create safer relationships, stronger connections, and more effective communication – especially for children and young people still learning to make sense of their emotions and the world around them.

"The map is not the territory."

What we think is happening is not always what is happening.

Each of us walks through the world with our own internal map – shaped by our experiences, beliefs, culture, stress levels, sensory needs, and nervous system state.

That map helps us make sense of what we see, hear, and feel.

But it is not the same as reality itself.

The 'territory' is what actually happened.

The 'map' is the meaning we make of it.

Two people can experience the same situation and walk away with completely different understandings – not because one is right or wrong, but because they are using different maps.

TURN OVER TO FIND OUT MORE ...

Student Voice

From Our Students!

"Sometimes adults – teachers and parents – think they know why we did something, but they don't always ask us first. It feels better when they ask instead of thinking they already know."

When adults pause to check their assumptions – at school and at home – children feel safer to share their perspective.



Faith & Wellbeing

Many faith traditions remind us to seek understanding before judgement and to respond with compassion.

Taking a moment to pause, reflect, and listen deeply aligns with values of kindness, humility, and grace. When we assume the best intentions in others, we create communities grounded in trust and respect.

"Everyone is doing the best they can with the resources they have."

9 Additional Support for Families



1. NAME IT ALOUD

“That’s my first thought - let’s check it.”

2. ASK BEFORE ASSUMING

“Can you help me understand why.....”

Often our brain fills in the gaps and ‘jumps’ to the worst case scenario because it is there to protect us.

3. CHECK WHERE THE FEELING IS IN THE BODY (FOR THE CHILD AND FOR YOU)

“Let’s stop for a moment. Where do you feel that feeling in your body - your tummy, chest, head, or somewhere else?”

4. LISTEN TO ALL INDIVIDUALS VIEWS ABOUT THE CONCERN

As each person shares, it becomes clear that everyone is working from a different map of the same situation. Once all perspectives are heard, the problem often feels smaller - and solutions become easier to find.

5. SLOW DOWN REACTIONS WHEN EMOTIONS ARE HIGH

If emotions are escalating, you pause the conversation rather than pushing for answers. Regulation comes before reasoning — calm bodies make clearer thinking possible.

6. ADMIT WHEN YOUR ‘MAP’ WAS INCOMPLETE*

*When you perhaps didn’t know all of the details

7. ENCOURAGE CHILDREN TO EXPLAIN THEIR THINKING

Say - “Talk me through what was going on for you.”

Instead of asking “Why did you do that?” (this can feel blaming), this invites explanation and reflection without shame.

8. NORMALISE MISUNDERSTANDINGS

After a mix-up, you remind your child that mistakes and misunderstandings are part of being human. This reduces fear of getting it wrong.

9. PRAISE CURIOSITY OVER CERTAINTY

When your child checks a story before reacting, you notice and name it. This reinforces flexible thinking and emotional intelligence

A Gentle Reframe for Adults...

Next time you notice a strong reaction, pause and ask yourself:

Is this THE territory, or my map of it?

What past experiences might be influencing my interpretation here?

2026 Junior Development Program

Get a head start over Winter, join the Softball Victoria Junior Development Program tailored to beginner to intermediate skilled players from 7 to 15 years of age, and develop fundamental skills and game sense leading into the 2026/2027 Summer season!

Venues across metro Melbourne and Regional Victoria, visit the website or scan the QR code for further details

Learn from experienced coaches and state representative players

Experience and develop the different elements of Softball including batting, fielding, pitching, catching and base running

2 hours each week over 6 weeks

\$90 registration includes participant pack with T-shirt, cap & drink bottle

Shaping Tomorrow's Softball Stars

REGISTER HERE:
www.softballvic.org.au/events/363067



Contact: Tim Hatzi - State Participation & Development Manager email: tim.hatzi@softballvic.org.au or ph: 0479 104 403

School Holiday Softball Program

Unlock your Softball potential these July School holidays, with this fun and engaging program, designed for kids of all skill levels aged 7-14

Programs across metro Melbourne on various days, times and venues, visit the website or scan the QR code for further details



REGISTER HERE:
www.softballvic.org.au/events/363049

CONTACT: Tim Hatzi - State Participation & Development Manager
Email: tim.hatzi@softballvic.org.au
or Ph: 0479 104 403



About

- 4 hour duration
- Experienced Coaches
- Equipment Provided
- Safe & Inclusive & Fun Environment

