Dear Parents,

I hope everybody had a wonderful long weekend and what a good news story the cup provided for every one with Michelle Payne overcoming many adversities to claim victory in the biggest horse race in the nation.

Year 5/6 Christian Sexuality Parent Child nights.

Coming home with this newsletter are the instructions for registering for one of the sessions on 16th or 17th November. We are using the same process that we do when registering for parent teacher interviews. So it is a matter of logging on to www.schoolinterviews.com.au and choosing a time that suits. We are joining with St Anne’s Families and will be sharing the site with them. Please note the sessions go for 75 minutes and will be at 5.00 and 7.00pm at the Parish Centre.

Solar Panels installed at OLMC.

I am in the process of investigating the installation of solar panels on the roof here at school. We have done a great deal over the last few years to reduce our carbon footprint and reduce costs, not only to the environment but also financially and this will have a big impact. I will keep you informed of the progress of this investigation.

Student Achievements

Recently Mark Brockhus from Salesian College came to our assembly to present a scholarship to Ashleigh Furniss. I would like to congratulate Ashleigh for achieving this high honour. Salesian College offers 4 scholarships to children in year 6 in the fields of Academic Excellence, Sporting Achievements, The Arts and Community Service. Ashleigh achieved her scholarship in the area of the Arts and in particular dance. Ashleigh, like other students involved in the Arts, does a lot of hard work outside school hours training, rehearsing etc and this is just reward for her efforts.

Laptop Program

Last night we had a meeting with parents of children in Year 4 in relation to the laptop program that we introduced in to the senior school 4 years ago. We received a great deal of support for the program from those who were there and we will be contacting the remaining few parents to get their feedback in the next day or two.

Working Bee 13th November

Coming home today will be a separate note in relation to the working bee planned for 13th November from 4.30-7.00. You are invited to complete the tear off slip if you are able to come along. As I said in last weeks newsletter there are a number of small jobs to do around the school and if we get good numbers we should be able to get through them fairly quickly. Thank you in anticipation.

PTFA News

We have a couple of things coming up that will be coordinated by the PTFA. The Christmas Hamper Raffle and the Carols Night, which is earlier this year due to the business around this time. The Carols Night will be on 27th November and as usual we will be having Carols here at school on our stage/truck. Families are invited to bring along a picnic tea and get in to the spirit of the night. A further note will be coming home as we get closer to the night. Also each year we have a casual clothes day when children are invited to bring along something that can be placed into a hamper and raffled off. This has been a very successful fund raiser for us over the years and with about 40 chances of winning a hamper the odds are better than backing a winner on the cup. Once again a note will come home with the final details.

VCE exams

Good luck to all those students participating in VCE exams. They are getting close to finishing at the moment and I know that the relief at the end of this period is enormous. I have the privilege of attending the graduation for Salesian College and it is wonderful to see past students celebrating their success.
**SPLASH PUPIL OF THE WEEK AWARD**

<table>
<thead>
<tr>
<th>Class</th>
<th>Pupil of the week</th>
<th>Has demonstrated the 3R’s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep C</td>
<td>Ebony Hatzakortzian</td>
<td>For being a responsible learner and writing on her own!</td>
</tr>
<tr>
<td>Prep R</td>
<td>Aiden Walters</td>
<td>For being responsible in class and in the playground</td>
</tr>
<tr>
<td>1/2H</td>
<td>Keira Wilson</td>
<td>Being always respectful to others</td>
</tr>
<tr>
<td>1/2J</td>
<td>Riley Farrugia</td>
<td>For being responsible and respectful in the classroom</td>
</tr>
<tr>
<td>1/2M</td>
<td>Angus Taylor</td>
<td>For showing resilience and responsibility in reading by check, check, checking words</td>
</tr>
<tr>
<td>3/4P</td>
<td>Logan Inserra</td>
<td>For taking more responsibility with his home reading</td>
</tr>
<tr>
<td>3/4R</td>
<td>The Whole Class</td>
<td>For being resilient and responsible learners</td>
</tr>
<tr>
<td>3/4S</td>
<td>Emily Owens</td>
<td>For exhibiting resilience in her learning</td>
</tr>
<tr>
<td>5/6D</td>
<td>Declan Berne</td>
<td>For being a more responsible class member</td>
</tr>
<tr>
<td>5/6E</td>
<td>Sian D’Monte</td>
<td>For being respectful to others</td>
</tr>
<tr>
<td>5/6R</td>
<td>Wesley Santos</td>
<td>For his resilience in problem solving</td>
</tr>
</tbody>
</table>

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**Children’s Liturgy of the Word**

**Term 4 2015 St Anne’s Church**

- Sunday 8 November 10.30am
- Saturday 14 November 6.00pm
- Sunday 22 November 10.30am
- Saturday 28 November 6.00pm
- Sunday 5 December 10.30am

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**PREP 2016 ORIENTATION DATES**

**Orientation Session 2:**

Wednesday 11 November - 12 noon – 1.00pm

**Parent Information Night:**

Wednesday 18 November – 7.00pm

**Orientation Session 3:**

Thursday 3 December – 2.00pm – 3.00pm
Dear Families of Grade 5/6 students,

The Wonder of Living Family Enrichment Program is coming to our school to offer a Family Night on the topic of puberty education. The purpose of this session is to encourage good communication between parents and children about these important topics. It will be conducted by Open Doors Education, an ecumenical Christian non-profit organisation. Open Doors is also the creator of the Wonder of Living DVD series which is used during the sessions. This value-based, family friendly series is recommended by the Melbourne Catholic Education Office. Open Doors has an excellent reputation for its sensitive, engaging presentation of this program in schools.

WHAT HAPPENS AT THE FAMILY NIGHT?
Family Nights are warm and comfortable presentations using stories, DVDs, shared conversations and activities, and take home materials. The session will focus on learning about the physical and emotional changes that take place at puberty, as well as how a baby begins. Strategies for being resilient and for coping with change will also be addressed.

WHY IS IT IMPORTANT THAT WE ATTEND THE FAMILY NIGHT?
It has been said that the media, who loves your children the least, tells them the most about these topics, while you who love your children the most, often tell them the least. Open Doors is committed to empowering parents as the primary educators of their children with the aim of reducing adolescent risk taking behaviour and promoting healthy decision making.

It is our hope that every child and a parent attend one of the sessions (at the Parish Centre) that will be offered for families from both Parish schools. Due to the large number of students across both schools, you will have the choice of attending one of the four workshops that are on offer.

You can reply by signing up at schoolinterviews.com.au

Monday 16\textsuperscript{th} November 5:00-6:15    Monday 16\textsuperscript{th} November 7:00-8:15
Tuesday 17\textsuperscript{th} November 5:00-6:15    Tuesday 17\textsuperscript{th} November 7:00-8:15

Go to www.schoolinterviews.com.au
Enter the school event code. Then follow the 2 simple steps.

When you click finish, your session time will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately.
You can return to www.schoolinterviews.com.au at any time, and change your booking up until bookings close on 16\textsuperscript{th} November.
Sunbury Catholic Parish
School Fee Policy for our Parish Primary Schools

There are two primary schools in the Parish of Our Lady of Mt Carmel. The Parish established the two schools through the generosity of parishioners, and their continued support enables the Parish to sustain pastoral and financial assistance to our schools.

2016 School Fee Structure
Family Fee total cost - $1990.00
This fee is charged annually per family. Billing is done at the start of the year for the full year and this account is required to be paid in full by the end of July.

Payment may be made by Cash, Cheque, Credit Card or Direct Debit.
Payment by instalment can be arranged with the office before the end of February.

Per Student Fee
Each student is charged a curriculum levy in November/December ($300 for 2016). This fee must be paid mid December 2015 so that resources can be purchased and distributed. There are additional costs for Sacramental classes (charged by the Parish) and school camps (usually Years 3-6). Interschool Sports are an additional charge (Years 5 & 6).

The two primary schools of Our Lady of Mt Carmel Parish receive limited funding from government sources. Parents who choose to send their children to our Parish primary schools are therefore obliged to pay school fees in order for the schools to repay loans, running costs, salaries and educational requirements. Parents will also be expected to participate in and support fundraising activities, which assists in the areas of maintenance, playground amenities and additional resources in curriculum.

It is a matter of justice that all parents are meeting their obligation and therefore the school fee policy has been developed to assist all parents.

Process for Collection of Fees

1. At the end of previous year the school will inform parents of the fees, when due and payment options. Payments are to be made by the due date.

2. If there is a difficulty with fees at any stage, onus is on parents to communicate with school and contact the Principal who can negotiate a reasonable fee depending on circumstances. Also, some people, for budget purposes, need to pay weekly, fortnightly or monthly. The school can accommodate time payment plans, but requests are to be made at the beginning of the year.

3. Parents will be issued an account as shown below, and reminders throughout the year

<table>
<thead>
<tr>
<th>Fee</th>
<th>Sent Out</th>
<th>Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Book list, excursions, etc</td>
<td>Early November</td>
<td>December</td>
</tr>
<tr>
<td>Yearly Fee (Full Amount)</td>
<td>February</td>
<td>End of July*</td>
</tr>
</tbody>
</table>

*Unless payment plan is in place.

4. If full amount is not received by the end of July, an Account Rendered is sent as a reminder.

5. One week later the Principal (or an agent of the Principal), will contact the parents. Arrangements are to be kept confidential between all parties.

6. If the agreed course of action is not implemented, a final letter will be sent one week later informing parents that the matter has been passed on to the Debt Collection Agency / Legal Team. In the event that the customer is in default of the obligation to pay, and the overdue account is then referred to an agency for collection, the commission payable and legal costs incurred shall be added to the amount outstanding and form part of the debt.

7. The Principal is to follow up the matter with the Agency. This will take place at various times during the year.

It is Parish policy that the two Parish Schools, St Anne’s and Our Lady of Mt Carmel, have the same school fees and the same school policy. There may be differences in other costs such as excursions.
Good Parenting Starts with the Parents

As a parent, it can be difficult enough to balance your children’s needs with the needs of your partner and your family, let alone your own needs. Putting your family first does not mean ignoring your own needs, as children tend to be happier and there are less family hassles when parents balance their time to look after themselves as well. Some of the following ideas may be useful in managing some of the demands and stress of parenting.

How to Look After Yourself

1. **Communicate** – Often parents feel that their feelings are not understood, resulting in further feelings of frustration. Unless you express your needs and listen to the needs of your family, they may not be fulfilled.

2. **Take time out for yourself** – Take some time out each day, even if only 20-30 minutes to do the things you enjoy. Even small things can make a difference, such as having a sleep-in, reading the paper, going for a walk, or meeting a friend. Make time for them.

3. **Keep healthy** – Get enough rest and sleep and maintain a good balanced diet. Preparing healthy meals in advance while your children are at school can be helpful. Try to get regular exercise, whether it be walking or playing sport (some clubs have crèche facilities available).

4. **Draw on your friend and family supports** – Friends and family supports are important when it comes to practical needs. For childcare, you might take turns with a friend. Today you watch her child for an hour or two while she has a break. Tomorrow she watches your child while you take a break. However, everyone also needs someone they can share feelings and problems with. Share these thoughts with someone you can trust.

5. **Get organised** – Develop and maintain family routines, such as morning routines, mealtime routines and bedtime routines. If family members know what they are supposed to do on a regular basis in these situations, there is less likely to be hassles during these times.

6. **Plan ahead** – Work out the possible stressful situations in your day and think about what you can do about them. If they are the same situations each day, sit down with your partner or another support person and problem-solve some alternative ways to deal with the stressful situation.

7. **Try to relax** – Find ways to help yourself relax, especially when stressful situations occur. For example, take deep breaths, count to ten, visualise a beautiful, quiet place where you feel calm, or tense and relax your muscles. When you have control over your emotions, you are more likely to make better decisions about your response to the situation.

8. **Learn to say “no”** – Learn to be assertive and only take on the responsibilities that you know you can handle and have time for.

9. **Be realistic** – There is no such thing as a perfect parent – it is about doing your best and being good enough. Keep things in perspective and have a sense of humour. Identify your strengths as a parent and concentrate on the things you like about being a parent.

10. **Ask for help** – Ask for support or assistance when you need it. Everyone gets discouraged from time to time, but asking for help is not a sign of failure. Often others feel the same.
RE NEWS: The Widow’s Offering

He sat down opposite the treasury, and watched the crowd putting money into the treasury. Many rich people put in large sums. A poor widow came and put in two small copper coins, which are worth a penny. Then he called his disciples and said to them, “Truly I tell you, this poor widow has put in more than all those who are contributing to the treasury. For all of them have contributed out of their abundance; but she out of her poverty has put in everything she had, all she had to live on.”

Our challenge: The insight of Christ is great. In this case he identifies the lowly giving what they had while the rich gave what was already in abundance. Money is necessary part of life that is difficult to discuss openly as its power and grip over modern society surrounds us.

The example of the widow is social justice at its best -Give what you can. So in giving we receive. “More powerful than having money is what that money could do for others.”

Share this story with your family

https://www.youtube.com/watch?v=MhcqURSyxPs

Colin Healy

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### Canteen Roster—Term 4 2015

Contact Sally **0400 384 403** if you are unable to attend. Canteen Hours 11.00 - 2.30 approx. Please remember to sign in at the office and to tie long hair back.

<table>
<thead>
<tr>
<th>Date</th>
<th>Staff Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th Nov</td>
<td>Raquel Handley</td>
</tr>
<tr>
<td></td>
<td>Anita Burnell</td>
</tr>
<tr>
<td></td>
<td>Tamara Moir</td>
</tr>
<tr>
<td>13th Nov</td>
<td>Michele Shalders</td>
</tr>
<tr>
<td></td>
<td>Lucy Lavelle</td>
</tr>
<tr>
<td></td>
<td>Kelly Boyd</td>
</tr>
<tr>
<td>20th Nov</td>
<td>Liz Fahy</td>
</tr>
<tr>
<td></td>
<td>Bec Pietromonaco</td>
</tr>
<tr>
<td></td>
<td>Trudy Law</td>
</tr>
<tr>
<td>27th Nov</td>
<td>Nikki Taranto</td>
</tr>
<tr>
<td></td>
<td>Rochelle Hope Lane</td>
</tr>
<tr>
<td></td>
<td>Paula Jarski</td>
</tr>
<tr>
<td>4th Dec</td>
<td>School Closure</td>
</tr>
<tr>
<td>11th Dec</td>
<td>Karen Woodvine</td>
</tr>
<tr>
<td></td>
<td>Raquel Handley</td>
</tr>
<tr>
<td></td>
<td>Liz Fahy</td>
</tr>
</tbody>
</table>

### Whole School Prayer

**Mondays at 2.45pm  OLMC Church**

<table>
<thead>
<tr>
<th>Date</th>
<th>Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Nov</td>
<td>1/2 J</td>
</tr>
<tr>
<td>16 Nov</td>
<td>3/4 P</td>
</tr>
<tr>
<td>23 Nov</td>
<td>FR</td>
</tr>
<tr>
<td>30 Nov</td>
<td>FC</td>
</tr>
</tbody>
</table>

**Note:**

**Remembrance Day 2015, Nov 11**

Time: 10:30 am

Location: The Flagpole.

Lead by the children of **Year 3/4**.

### Lost Property

Please check the lost property cupboard located in the MPR should your child be missing an item of clothing or a food/drink container.

Most of these items are not labelled so a timely reminder to ensure that all items sent to school are named (please remove the name of a previous student should clothing be second hand)

Goods not claimed by mid November will be offered up for a second hand sale with proceeds donated to Vinnies
COMMUNITY NEWS

RUPERTSWOOD CRICKET CLUB. Milo in2 Cricket registration Friday November 6 & 13 in the Rupertswood clubrooms. Open to 5 – 8 year olds, males and females. Starts November 20. Registration via www.rupertswoodcc.org.au (under Milo in2 Cricket) or email request rupocc@optusnet.com.au or 0421 991 519

GIANT CAR BOOT SALE & CRAFT MARKET will be held by Sunbury Uniting Church on the village green & inside the church hall on Sat Nov 21 from 8.30am. Over 60 car sites, craft stalls (inside), devonshire teas and kids activities. For all details call Helen on 9744 3031

GOONAWARRA NEIGHBOURHOOD HOUSE
A new Occasional Child Care program we are offering here at Goonawarra Neighbourhood House on Tuesdays as of next year. At the moment, we run Occasional Child Care Wednesdays 9-12 & 12.45-3.45 and Fridays 9-12.
We are introducing as of Term 1 2016, Tuesdays 9-12. Please contact us on 9740 6627 Goonawarra Neighbourhood House 8 Gullane Drive, Sunbury.

KINDA KINDER is back for Term 4 and will run weekly on Tuesday mornings from 9.15am to 10.15am with our final session on Tuesday 17th November. We meet in the Parish Centre at 101 Riddell Rd, Sunbury. Victoria University students lead children from infant to pre-school with fun, imaginative and educational activities. All are welcome to attend. The program is free to all families. Please call the Parish Office on 9744 1060 for further information (no bookings required)

WANTED WHITE KARATE SUITS/BAPTISM IMMERSION OUTFITS
Any white karate suits/ outfits suitable for children’s immersion baptisms in our parish, we would be grateful to receive them at the parish if you no longer need them. We are in immediate need as some of our parish school children are being baptised in a few weeks! Please bring to the parish office, or contact Kathryn Lara on 9744 1060.

OPEN DAY
HISTORIC CHURCHES OF SUNBURY
Saturday 21st November 2015
We invite you to take this opportunity to visit the churches built by our pioneers and which have been the cornerstone of our town and community ever since.

Details:

St Mary’s Anglican Church, O’Shanassy Street, Sunbury.
Open 11am – 4pm

St Andrew’s Uniting Church, cnr Brook and Barkly Streets, Sunbury.
Open 8.30am – 3.30pm*

Our Lady of Mt Carmel Catholic Church, Macedon Street, Sunbury.
Open 11am – 4 pm

*Please note opening times for St Andrew’s Church. A giant car boot sale is also being held on the Village Green and craft stalls in the Church Hall.
Dear Paul,

I am delighted to advise that students in Year 10 and 11 are now able to apply for a spot on a study tour to Vietnam to commemorate the 50th anniversary of the Battle of Long Tan.

Some 60,000 Australian ground troops, airforce and navy personnel served in Vietnam, and 521 were killed. The war shaped Australia’s military history, and the Andrews Labor Government is teaming up with the Vietnam Veterans Association of Australia Victorian Branch to give students the opportunity to discover how.

Ten students will see for themselves a nation so pivotal to Australia’s story, and learn all about the sacrifices of our Vietnam veterans. The group will visit Australia’s key battle sites, and other notable locations throughout Vietnam.

Sunbury has a proud history of producing students who go on to become great leaders. This is their chance to do just that.

When entering, students are asked to explore the topic of the “controversial Vietnam War”, and the issues that prompted debate amongst a nation. The 11-year war was set against a backdrop of divided public opinion over conscription and the use of chemical and guerrilla warfare. The Vietnam War was the first to be played out on television.

Students can make written submissions, or enter craft or audio visual projects. The Vietnam War History Competition is open to all Victorian Year 10 and 11 students, but entries close on March 27. Teachers wishing to secure a chaperone position are also encouraged to apply.

The study group will be announced at the Vietnam Veterans State Reception at the National Gallery of Victoria. The group will travel in September 2016.

I encourage you to ensure all students have an opportunity to submit an application for this once-in-a-lifetime opportunity. It’s a great chance to learn more about a war that will be forever etched in our national story.

Yours sincerely,

Josh Bull
State Member for Sunbury

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POSTAL: PO Box 635, Sunbury 3429
P: 9740 4091  F: 9740 4978  E: josh.bull@parliament.vic.gov.au