Dear Parents,

Tomorrow evening we will be having our Carols Night starting at 5.30 pm. While the weather promises to be fine, I don’t think we will need to break out the sunscreen so please bring along something warm to wear. This year we have a better sound system so you should all be able to hear the children. Just a few housekeeping matters. So that we can all enjoy the evening children are asked not to bring any sports equipment with them and we would ask that we keep the running around to a minimum especially while children are singing. When your child’s class is called to the stage/truck please walk up in an orderly fashion and we will help the children up on the truck. We will not be having a sausage sizzle because we would like all parents to have the chance to enjoy the evening so you are welcome to bring along a picnic tea or else the take away places love our carols nights. There will be some children from Penola selling icy poles and a lucky dip to raise money to support the children that we sponsor in Kenya.

Farewell to Irene Podolczak

After 40 years of service at Our Lady of Mount Carmel, Irene Podolczak has decided it is time to put her feet up and retire. In recognition of her dedication to the job we would like to send Irene off with an assembly followed by morning tea on Monday 14th December starting at 12.00pm. Any past students who Irene has worked with are welcome to come along to share in this event.

School Captains for 2016

Yesterday, after a fairly lengthy process, I announced to the students who our Captains and Vice Captains will be in 2016. I would like to congratulate Lachlan Fish and Aiko Gatti who will be Captains and Callum Chatfield and Gabi Smith who will be Vice Captains. I know that they will do our school proud and I look forward to working with them next year. They have big shoes to fill as our current leaders Darcy, Grace, Mike and Helena have done an outstanding job and have been great role models for the rest of the students. They will hand over the baton to our new leaders at the Graduation Mass on Tuesday 15th December.

Moving Up Day

Next Thursday the children in Years Foundation– Year 5 will spend an hour with their teacher for 2016. The majority of the Year 6 students will be at Salesian College taking part in their Orientation Day. The selection of classes is a very lengthy process and the teachers have tried to achieve a balance of academic, social and behavioural factors as well as taking into consideration any parent concerns that were expressed to me at the end of third term. Once the classes have been announced there will be no changes. I hope that you understand that this process is not taken lightly and also that children are remarkably resilient and although they may not be with their friends they will have the opportunity to make new friends.

Thanksgiving Mass

We have a large number or parents, grandparents and other family members who support the education of the children through their involvement in a myriad of ways. On Tuesday 8th December we will be celebrating a Thanksgiving mass at 10.00am followed by morning tea in the multi-purpose room. This is my opportunity to say thank you to those who give up their time to help out in the classroom, attend PTFA meetings, sit on the School Advisory Council, help out at camps, attend working bees, jump on the BBQ at social functions etc etc. I am very grateful for the chance to work in such a supportive community and I do not often get the chance to show my appreciation. If you are free on the 8th please come along and share in this celebration.

Congratulations

Well done to all students who took part in the Regional Finals of the Little Athletics Competition at the weekend. I would like to wish Riley, Jameson and Alex all the best as they will go on to compete at the state finals of the 4 x 200 relay after they finished second even after a baton mishap but recorded a time fast enough to qualify for the state final.
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>The whole class</td>
<td>For showing respect and being responsible at the Evergreen’s lunch</td>
</tr>
<tr>
<td>Prep R</td>
<td>All Prep R</td>
<td>For being responsible, respectful and resilient at our Evergreens luncheon</td>
</tr>
<tr>
<td>1/2H</td>
<td>Madeline Dunkley-Price</td>
<td>For showing respect and using manners</td>
</tr>
<tr>
<td>1/2J</td>
<td>Bridie Berne</td>
<td>For taking responsibility for her own learning</td>
</tr>
<tr>
<td>1/2M</td>
<td>Gemma Ellis</td>
<td>For showing respect to all by using beautiful manners</td>
</tr>
<tr>
<td>3/4P</td>
<td>Laura Carville</td>
<td>For displaying the 3 R’s at all times</td>
</tr>
<tr>
<td>3/4R</td>
<td>Luke Galea</td>
<td>For showing respect resilience and responsibility in all that he does</td>
</tr>
<tr>
<td>3/4S</td>
<td>Isabelle Williamson</td>
<td>For taking on the responsibility for her own learning</td>
</tr>
<tr>
<td>5/6D</td>
<td>Amelie Portis</td>
<td>For showing resilience and always being a responsible learner</td>
</tr>
<tr>
<td>5/6E</td>
<td>Zak Chantry</td>
<td>For always being respectful to others</td>
</tr>
<tr>
<td>5/6R</td>
<td>Sinead Tighe</td>
<td>For her responsible behaviour at all times</td>
</tr>
</tbody>
</table>

Carols on the Village Green—Saturday December 12th

The OLMC choir has been invited to sing at ‘Carols on the Green’. This opportunity is a great one, as it gives voice to our terrific choir and some ‘stage time’ to our budding performers. The evening will commence about 6.45pm and conclude at about 8.30pm. Children will wear the OLMC choir outfit and I am opening it up for children from year 1-6 in 2015. The more the merrier as the stage is a big one.

A permission letter with more details is available from the school office.

Thanks for your support

Mr Healy
Choir Leader
A MESSAGE FROM THE LRC
Dear parent/guardian,
I would appreciate if all resources borrowed from the LRC( library) be returned before the end of the school year. Please gather up anything you have at home and return it to school.

Regards
Julie (LRC)

NEWS FROM LORETO HOUSE

Icy Poles For Sale
Monday, Tuesday and Thursday the Loreto House is selling icy poles.
up to the 3rd of December
Cost: 50 cents
Location: The quiet area at lunchtime.
We are raising money for the wishing tree. For those people who don’t receive presents at Christmas.
Hope to see you there.
Loreto captains

Wishing Tree
St Vinnies are asking for gold coin donations or unwrapped toys that the giver thinks is appropriate for someone of his/her age. The coin donations are to buy extra Christmas Hamper Gift Vouchers. A giving tree will be set up shortly in the foyer for the presents and could any money donations please be sent to one of the 1/2 teachers.
The 3rd of December is the last day to donate
Thank You
The Loreto Team

Bookclub
Thankyou to everyone who has purchased goods through Bookclub this year – your support is very much appreciated. As a result of these purchases we have gained resources to the value of $1945.63 at no cost to our school.
Cheers
Trish Cairns

Summer Reading Challenge
The Summer Reading Challenge is back again! Once again Ashton Scholastic are running the Summer Reading Challenge, which aims to help keep the reading momentum rolling over summer. If you are interested in registering your child/children to take in this event visit: scholastic.com.au/summer. Participants will be able to start recording their reading minutes on December 1st.
Happy Reading
Trish Cairns
Setting Limits

Children need limits and boundaries to make them feel secure and to allow for healthy development. Limits and boundaries are the simple ground rules that exist within families to teach children how to behave and how to be safe and social. Parents can be unsure about setting limits and boundaries, but they are an essential part of discipline, laying the foundation for positive, cooperative behaviour. Boys, in particular, learn through the use of limits and boundaries. Put them in a group situation and they like to know what the rules are and who’s in charge. They then feel safe and secure.

Both genders also love to push against them. In fact, pushing against parental boundaries is a kid’s job! It’s been estimated that children push against parental boundaries with tantrums, whining and arguing about one-third of the time. So you need a backbone and thick skin when you use limits and boundaries, particularly with some toddlers, teens and argumentative types. When they are used well, they are super-effective.

For example, using limits to teach a child about safe bike riding. Allow them to ride the bike on the footpath two houses in either direction from the house.

The limits should work well because they are clear, specific and realistic. Looking at each of the criteria:

- **Clear** – the child has had the two-house limit explained to them in language they understand.
- **Specific** – as two houses is two houses.
- **Realistic** – as it is within the child’s skill and experience range. It makes sense.

The limits aren’t fuzzy (not taking the time to explain and make sure the child understands), general (“don’t go too far”) or unrealistic (“you can’t ride outside at all”). The child may ride a little further than two houses but they knows they are pushing it, and only go a little bit over.

The point is, they know what the limits are, and that’s why they only go a little bit over. From here it may be time for to push the limits further, maybe to the end of the street.

This type of limit-setting can be applied to any situation and any age group, including teenagers going out at night. “You can go out, but I expect you home by 11 o’clock” is the attitude here. The limits depend on kids’ ages and the situation involved.

Teens, like toddlers, have a tendency to push the boundaries. A smart management technique with teenagers is to involve them in the limit-setting process. Not suggesting everything should be negotiated, but from my experience, kids are more are likely to stick to boundaries when they have had a say.

One smart way to extend the limits is by rewarding responsible behaviour with greater freedom.

The bike riding child may have their riding range extended when they can show they can ride safely in the restricted area.

Teens too can have their boundaries extended as a reward for responsible, cooperative behaviour.

Setting limits may be an old-fashioned idea, but rules and boundaries are essential for consistency, which is the bedrock upon which modern discipline is built.
WHOLE SCHOOL PRAYER
Mondays at 2.45pm  OLMC Church

November 30
FC

Children’s Liturgy of the Word
Term 4 2015 St Anne’s Church
Saturday 28 November 6.00pm
Sunday 5 December 10.30am

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>Canteen Roster</th>
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<tbody>
<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>
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<td></td>
<td>Liz Fahy</td>
</tr>
</tbody>
</table>

PREP 2016 ORIENTATION DATE

Orientation Session 3:  Thursday 3 December—2.00pm -3.00pm
COMMITTEE NEWS

**SUNBURY BLUE LIGHT DISCO** 11th December from 6-8pm Primary school age only. Sunbury Memorial Hall. Contact Constable Kimberley Hunting on 9744 8111 for more details
INVITATION!

The Students of the Keyboard Program would like to invite Parents, Teachers, Classmates, Friends and Family, To Our Annual Christmas Keyboard Concert, which will be held in the Multi-Purpose Room on Wednesday 9th December

The Students will be performing as a group, and children who choose, will also perform a solo item.

All Students will perform with their grade at the following times;

09.00 am: All Grade 1/2s
10.00 am: All Grade 3/4s
11.30 am: All Grade 5/6s
12.00am: Preps

We hope you will be able to come and enjoy the beautiful music your children have been practising. They have been working very hard for many weeks, and we are all quite excited! Please be on time as we have so many students performing and we need to run to a tight schedule.

From
The Keyboard Students
and Cathy (enquiries 9744-4562)
SCHOOL BANKING NEWS: This week 59 students deposited $482.15. Well done!!
LAST BANKING DAY FOR 2015—TUESDAY 15TH DECEMBER

SCHOOL BANKING 2015 REWARDS AVAILABLE UNTIL STOCK LAST.
PLEASE NOTE YOUR TOKENS CAN CARRY FORWARD TO NEXT YEAR.
THE LAST DAY TO PUT YOUR ORDER S IN IS THURSDAY 3RD DECEMBER

Galaxy Glider Outer Space Savers Money Box Intergalactic Rocket ET DVD

Shark Key Ring Scented Pencils