Dear Parents,

This Sunday the children in Year 6 will be celebrating their Confirmation with mass at St Patrick's Cathedral. On Wednesday Bishop Terry Curtain visited the school to spend some time with the children as they complete the final stages of their preparation for this special day. I would like to thank the teachers who have worked so well with the children and also you, the parents, as first educators of the children, you are to be commended for the work that you have done at home to support our Religious Education program over the years.

Reconciliation

On the 27th and 28th October children in Year 3 will be celebrating for the first time the sacrament of Reconciliation. Planning and preparation is well under way and the Home Group meetings were held this week. Last Sunday children were invited, along with their families to celebrate mass with the Parish and at these masses children received their Sorry Cards which will be used at their Reconciliation. Most of the children came along to one of the masses at the weekend and I was delighted to have 45 children take part in the children's liturgy with me at the 10.30 mass. If you were unable to come to one of the masses last weekend and missed out on receiving a card you are invited to come to 5:30 mass at Our Lady of Mount Carmel Church during which time the children and their families will be called to the front to receive their prayer card.

PTFA news

Our next PTFA meeting will be on Monday 26th October at 7:30 in the staff room. This will the second last meeting for the year and there are a few things to finalise before the year finishes. One of those matters is the chocolate drive. At the moment most people have either returned the chocolates or paid their money. There are still 6 outstanding boxes and letters will be sent out later this week. We did get some envelopes back with no names so if you receive a note and you are sure that you have returned the money or chocolates please let Fiona know.

We have a social night coming up for parents on Saturday 24th October at The Valley Cellar Door. A note has been sent home and I would encourage you to come along as it looks like being a fun night.

Cyber Safety Parent Information Night.

Earlier in the week you would have received a note about an information session being held next week that focuses on Cyber Safety. The children in Years 3-6 will spend a session with the presenter and then the teachers after school. I think it is important that we, as parents, are aware of the many issues associated with modern technology which can be a wonderful thing but also presents us with some challenges. One of the reasons that we have gone down the One to One laptop path is that we want to encourage our students to be well informed and responsible users of digital technologies and it is very easy for us as adults to fall behind on the latest research and understandings.

Walk to School Month

It has been terrific seeing children as well as their families making the most of the nice weather and walking, scooting or riding to school. As a way of celebrating this we have received fruit and muesli bars for being registered with the government agency VicHealth which we will give out to the children as they arrive at school tomorrow morning. Unfortunately there will not be enough for everybody but we will try to stretch the fruit and muesli bars as far as we can. I will have a table set up in front of the church so if your child walks, rides or scoots to school tell them to find me in the morning.

Student Achievements

Congratulations to Aiko Gatti who recently came first in the open section of a Japanese Speech competition where she competed with students from schools throughout the state. Well done also to Hugh Tighe who yesterday took part in the 800m event at Regional Finals yesterday. Hugh finished in 12th place which was a great effort against a pretty elite field.

Playground.

Work on the playground has nearly finished and it all should be finalised before next week. In some parts of the retaining wall the top sleeper is quite high so I have asked the children not to walk along the top which also doubles as a seat. I would ask that you reinforce this with your children.

Take Care Paul Hogan
Office of Children’s eSafety Commissioner

Internet Safety Awareness Presentation

Information session for all parents

Wednesday, 21st October

Multi-Purpose Room

Starting Time: 7.00pm No cost!!

Join in the discussion with an eSafety expert.

Arm yourself with the knowledge of ‘what’s trending’ and how to assist your child navigate safety online.
## 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>Connor Harris</td>
<td>For being a responsible learner</td>
</tr>
<tr>
<td>Prep R</td>
<td>Micah Healy</td>
<td>For being responsible on yard and looking after his friends</td>
</tr>
<tr>
<td>1/2H</td>
<td>Marc Cortese</td>
<td>For showing respect towards others</td>
</tr>
<tr>
<td>1/2J</td>
<td>Oliver D’Crus</td>
<td>For always showing the 3 R’s</td>
</tr>
<tr>
<td>1/2M</td>
<td>Keisha Debrincat</td>
<td>For outstanding responsibility in her class work</td>
</tr>
<tr>
<td>3/4P</td>
<td>Ashley Buttigieg</td>
<td>For being a responsible learner and working well in all situations</td>
</tr>
<tr>
<td>3/4R</td>
<td>Zac Jones</td>
<td>For showing respect to his peers by holding the door open</td>
</tr>
<tr>
<td>3/4S</td>
<td>Abbey Crocker</td>
<td>For showing respect &amp; responsibility in everything she does</td>
</tr>
<tr>
<td>5/6D</td>
<td>Olivia Galeotti</td>
<td>For putting effort &amp; enthusiasm into all of her work</td>
</tr>
<tr>
<td>5/6E</td>
<td>Amy-Rose Ridi</td>
<td>By being resilient with her multiplication</td>
</tr>
<tr>
<td>5/6R</td>
<td>Ashleigh Furniss</td>
<td>For being a responsible role model</td>
</tr>
</tbody>
</table>

## Children's Liturgy of the Word
**Term 4 2015 St Anne’s Church**
- Sunday 11 October 10.30pm
- Saturday 17 October 6.00pm
- Sunday 25 October 10.30am
- Saturday 31 October 6.00pm
- 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

## Foundation Maths Games Day
**Monday 26th October**
Starts 10am in the MPR
PADUA HOUSE NEWS  Calling All Cooks!

We are sure that every family has a favourite recipe that they love to cook and enjoy eating. Padua House is aiming at creating a recipe book containing some of the favourite recipes of the families at our school. We are asking you to look through your recipes and send us a copy of one of your favourite ones. We will then use these to create a recipe book, which we hope to have published by the end of the year.

Recipes can be sent to school in a variety of ways:

   Email to tcairns@olmcsunbury.catholic.edu.au
   Hard copy – either handwritten or photocopied

Don’t forget to add either your family name or the names of your children to the bottom of the recipe!

Thankyou

Padua House Team

MINI VINNIES STALL

Dear Parents,

The Mini Vinnies stall will once again be open this term on Monday mornings from 8.30 am to 9.50am, commencing next week. We will have a range of items for sale eg, fresh produce, cards and hand-knitted children’s slippers. All of the money raised will continue to go to the Sunbury Conference of St Vincent de Paul and to buy produce to be used at the Sunbury Rotary Community Kitchen.

Thankyou for your continued support.

Members of the OLMC Mini Vinnies Conference

BOOK CLUB

Dear Parents,

Issue 7 of Book Club was been sent last week. Orders closed on Monday, 12th October, but as there was no note regarding this in last week’s newsletter I am more than happy to accept late orders if anyone wants to place one up until Monday October 19 (closes at recess) If you need another catalogue please come and see me as I still have a small number of these. If you want to place an online order let me know, as I will need to reactivate this part of the ordering system. Please remember, if your purchase is intended for a present and you do not want it to be given to your child let me know and I will contact you and arrange for you to pick it up when the item arrives.

WOOLWORTHS EARN & LEARN

Dear Parents,

Thankyou for your support with collecting stickers for our school during this promotion. We have now counted our stickers and have submitted them for verification – a total of 13 440. Once this has been done we will be notified by Woolworths and will then be able to select some free resources for our school.

Cheers

Trish Cairns
SCHOOL BANKING DAY IS **Tuesday**

This week 58 students deposited $473.45. **Well done!!**

**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)

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## OUR LADY OF MT.CARMEL CANTEEN ROSTER

**TERM 4, 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Canteen Roster</th>
<th>Date</th>
<th>Canteen Roster</th>
</tr>
</thead>
<tbody>
<tr>
<td>16th Oct</td>
<td>Trudy Law</td>
<td>20th Nov</td>
<td>Liz Fahy</td>
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<tr>
<td></td>
<td>Bec Pietromonaco</td>
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<td>Vacancy</td>
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<td>Vacancy</td>
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<tr>
<td>23rd Oct</td>
<td>Darren Xerri</td>
<td>27th Nov</td>
<td>Nikki Taranto</td>
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<tr>
<td></td>
<td>Helen Hrkac</td>
<td></td>
<td>Rochelle Hope Lane</td>
</tr>
<tr>
<td></td>
<td>Alicia Weir</td>
<td></td>
<td>Paula Jarski</td>
</tr>
<tr>
<td>30th Oct</td>
<td>Anita Burnell</td>
<td>4th Dec</td>
<td>School Closure</td>
</tr>
<tr>
<td></td>
<td>Caroline Dillon</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lesley Spiteri</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6th Nov</td>
<td>Raquel Handley</td>
<td>11th Dec</td>
<td>Karen Woodvine</td>
</tr>
<tr>
<td></td>
<td>Barb O’Brien</td>
<td></td>
<td>Raquel Handley</td>
</tr>
<tr>
<td></td>
<td>Tamara Moir</td>
<td></td>
<td>Liz Fahy</td>
</tr>
<tr>
<td>13th Nov</td>
<td>Michele Shalders</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Lucy Lavelle</td>
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<td></td>
</tr>
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<td></td>
<td>Kelly Boyd</td>
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</table>
Building Children’s Self-Esteem

Self-esteem is feeling good about yourself. It is important for children to feel good about themselves most of the time. Self-esteem enables children to try new things, make friends and manage problems they meet along the way. A sign of low self-esteem is when the child regularly says, “I’m dumb”, “I’m ugly”, or who believes bad things about themselves. Parents can help children overcome these negative self-beliefs. Here are some suggestions:

Praise your child – Talk about the things your child does well. If you need to talk about weaknesses, focus on talking about strengths first. Also, praise your child for trying and making improvements.

Avoid put downs – If your child hears often enough that s/he is lazy or stupid, s/he will start to believe it and act accordingly. Encourage your child to think of what s/he does well.

Teach you child to set goals – Help your child to set some goals that are easy to achieve. Offer encouraging comments and constructive suggestions along the way.

Talk about making mistakes – Tell your child that it is okay to make mistakes – we all learn from our mistakes. Help your child to work out his/her own mistakes, rather than taking control yourself.

Help you child to think realistically – If your child says s/he is not as good as the other children at school or sport, help him/her to think of things in a different way. For example, “I might not be the best in the class at maths, but I’m good at drawing and spelling.”

Encourage independence – Show confidence in your child’s abilities by letting your child do things for themselves as soon as they are ready. This will help develop a sense of responsibility.

Tell your child you love them – Spending time with your child and being available to them will let him/her know you value him/her as a person.

Teach your child to be a good friend – Children who feel liked by other children will have higher self-esteem. Encourage your child to bring friends home to play.

Low self-esteem can be a sign of more serious emotional problems. If your child has been sad or miserable for a long time, consider seeking professional advice.
HUME CITY COUNCIL PERFORMING ARTS PROGRAM. Free trial class for anyone interested in joining a fantastic non-competitive performing arts program in 2016. You are welcome to bring along a family member or friend on the day. Tuesday 24 November 2015. Memorial Hall, Stawell Street. No bookings necessary. Just turn up on the day. 4.15 to 5.15 (3 to 5 years) 5.15 to 6.15 (6-8 years) 6.15 to 7.15 (9 to 12 years). Please call Leanne on 0417 114 132 for further information.

SCHOOL DENTAL SERVICE Located at Sunbury Community Health Centre, 12-28 Macedon Street, Sunbury, all Primary School children are eligible for examination and dental treatment through the Dental Clinic. General treatment is provided by qualified Dental therapists and more complex care is performed by dentists at the centre or referred on to the Royal Dental Hospital. This service is free for children of parents with a current pension Concession card or Health Care card, Non cardholders are required to pay $31.50 per course of care which covers examination and general treatment. To schedule an appointment Mon-Fri 8.30am—3.30pm please contact the centre on 9744 4455.

SUNBURY BLUE LIGHT DISCO: Sunbury Memorial Hall. Halloween Mega Party, Barkly & Macedon Sts Sunbury. 6-8 pm. Primary age. Cost $7. Come dressed in your spookiest costume. For further details call constable Kimberley Hunting 9744 8111
The Students in Prep R have been reading a story called the “King’s Cake”. We then designed our own celebration cakes. We had to use descriptive writing so our friends could visualize our cakes in their minds. Hope you enjoy our writing and you are able to visualize our cakes too!

My cake is a Hawthorn cake. It has candles.

By Jayden

My cake is a footy cake. My cake is red and yellow and white and it has goalposts.

By Thomas

My cake is a special cake. It has hearts on it and it has a blue plate under it. It is a wedding cake.

By Tyler

My cake is a Tigers cake. It has yellow, black and blue icing.

By Micah

My cake is a birthday cake. It has red and blue icing but also has one candle. It has Star Wars toys on top.

By Mitchell

My cake is a birthday cake. It is a chocolate cake and it has a quilt pattern. It is chocolate and has purple and pink icing.

By Charlotte

My cake is a birthday cake. It has 8 flavours and also has strawberries on top.

By Steven

My cake is a birthday cake. It has rainbow icing on the top and it is chocolate flavour. It has a number six on the top.

By Amelia

My cake is pink and it has stripes. It has a footy figurine on top with lots of footballs on it.

By Bridie

My cake is chocolate. It is a birthday cake. It has a purple plate. On the cake it has flowers and 100s and 1000s. It has toys on top too.

By Olivia

My cake has a rainbow on top. It has stripes. It is a birthday cake. It is on a blue plate.

By Vianne

My cake has M and Ms. It is chocolate with a strawberry top. It has lots of candles. It is on a yellow plate.

By Royce

My cake is a birthday cake. It has lots of rainbow colours. It has sixteen candles. Yum!

By Summer
Waste Free Wednesday

A big thank you to those who made the extra effort to participate in Waste Free Wednesday this week.

Each Wednesday we are asking that your child’s lunch contain as few items as possible that must be thrown away. Ideally, your child’s lunch will only contain items that will be eaten, composted or recycled.

Reusable containers are a handy way to pack a waste-free lunch. They also make it easy to buy food and drink in bulk (instead of in single-servings) which can save money over time.

By participating, in Waste Free Wednesday students will have a better understanding of how we can take action to reduce our waste. Waste-free lunches also save money and promote healthy eating.

More reasons to reduce your rubbish.

By 1/2J

Be an animal lover
Please don’t bring plastic to school. We could be a better school if we didn’t bring rubbish because we would not harm animals with our rubbish flying away.
Jaida Anthony

Help protect our animals by not bringing garbage to school as it can fly out of our bins.
Lindsay Irvine

We shouldn’t bring plastic to school because we waste the 5/6’s time in collecting all our rubbish. We also keep filling up landfill so don’t bring plastic rubbish to school.
Oliver D’Crus

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Rupertswood Harvest

SUNDAY 25 OCTOBER 2015  11am – 3pm

Celebrate the learning of agriculture at Salesian Sunbury.
Enjoy a range of fresh Rupertswood Farm produce including Rupertswood lamb & pork, vegies, eggs and olive oil.

There’s plenty to see and do including agricultural exhibits, shearing displays, and learn about our Corriedale sheep stud and Speckle Park cattle stud development plus our Lucerne hay venture.

Also available throughout the day:
- Rupertswood Mansion tours
- ‘The Patch’ horticulture tours
- Children’s entertainment
- Art display, dance performances and music

Bring your family and friends, a picnic rug and enjoy a delicious lunch.

Rupertswood Farm, 3 Macdon Street Sunbury 9743 0000
You don’t have to be a superhero to become a Foster carer

Foster Carers come from all walks of life - single, married, older, with or without kids. Everyone can make a difference.

9301 5200
anglicarevic.org.au

SUNBURY STREET life

O’Shanassy Street
Sunday 22nd November
10am to 3pm

2014 Australia Day Award Winners
"Best Community Event"

showcasing local businesses
live entertainment children’s activities
something for the whole family

SPONSORED BY:

HUM M CITY COUNCIL

SUPPORTED BY:

Pass-the-Parcel

Western Water

Designed by: Bonny Goddard

www.homegowneventsvic.com | Email: homegowneventsvic@gmail.com