Dear Parents,

I hope all the dads have a great day on Sunday and are spoilt by the children. Today we had our Father’s Day Stall I would like to thank Liz and Tamara for ensuring that all the children had the chance to buy their dads or grandpas a special gift. I know that the children are very excited to show dad how much they love them. On Friday night we had 35 at our annual footy night and the feedback I received was that everyone had a great night catching up with friends both new and familiar ones.

**Summer Round Robin**

Tomorrow our year 5/6 children will be participating in the summer sports program with the local schools. I would like to wish them all the best and I know that they will display the appropriate sportsmanship of which we have become accustomed. Thanks to those parents who have helped with training and I know that we will have some parents supporting us tomorrow. Thanks also to the teachers who have been working with the children to ready them for the day.

**School Closure Day**

There is a school closure day planned for the 18th September. This is only our second closure day for the year. We also have another day planned for Friday 4th December when all staff will be working with Susan Ongarato from The Catholic Education Office looking at developing our knowledge and skills when working with children on the Autism Spectrum.

**ICON Update**

I mentioned in a previous newsletter about my desire to become part of the ICON (Integrated Catholic Online Network) project next year. We have been successful in our request and team of admin staff and leadership members will be going to a briefing on the 15th September to learn more. Things will change here at school beginning in term 1 of next year with Melissa spending a fair bit of time in at the Catholic Leadership Centre completing training on the eFinance side of things. There will be some changes to planning and reporting and assessment as well but this will not happen until later in the year. Next year will be a time of great learning for those in leadership, myself included, but the potential for improved communication is enormous.

Take Care

Paul Hogan
**Terrific Kid**

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>PC</td>
<td>Zac Paoly</td>
<td>For showing respect by being a great listener and following instructions</td>
</tr>
<tr>
<td>PR</td>
<td>Summer Pietromonarco</td>
<td>For being resilient in the playground and in class</td>
</tr>
<tr>
<td>1/2 H</td>
<td>Khalan Paterra</td>
<td>For using his manners and contributing to class discussions</td>
</tr>
<tr>
<td>1/2 J</td>
<td>Bridie Berne</td>
<td>For her extra efforts with her writing</td>
</tr>
<tr>
<td>1/2 M</td>
<td>Kye Chipman</td>
<td>For showing responsibility in class</td>
</tr>
<tr>
<td>3/4 P</td>
<td>Carlo Renda</td>
<td>For always participating in class discussions with thoughtful contributions</td>
</tr>
<tr>
<td>3/4 R</td>
<td>Lauren Harris</td>
<td>For having a positive outlook when attempting all tasks</td>
</tr>
<tr>
<td>3/4 S</td>
<td>Simeon Villena</td>
<td>For trying to make responsible choices</td>
</tr>
<tr>
<td>5/6 D</td>
<td>Philippa Carville</td>
<td>For being a quiet achiever</td>
</tr>
<tr>
<td>5/6 E</td>
<td>Lachlan Fish</td>
<td>For doing an amazing job with his information report on wheelwrights</td>
</tr>
<tr>
<td>5/6 R</td>
<td>Marcus Bailey</td>
<td>For always setting and achieving such high standards</td>
</tr>
</tbody>
</table>

**RE NEWS:**  
**Fathers Day - September 6\(^{th}\) 2015**

**BIBLE CHALLENGE:**

Genesis 18:19 – “For I have chosen him, so that he will direct his children and his household after him to keep the way of the LORD by doing what is right and just, so that the LORD will bring about for Abraham what he has promised him.” (NIV)

Our Challenge:

The person of God is ‘many persons’ in one: teacher, God the Father, Life bringer, guardian, provider, counselor and peacemaker.

So too the ideals of ‘fatherhood’ have similar overtones. A father is someone who protects and loves his children with endless patience. In a world that fosters independence and self reliance there is always comfort is knowing that our father in heaven oversees and protects us in so many subtle ways.

For our children our fathers are an important part of life and love. Keep all fathers in your prayers this Sunday especially those who may spend the day alone.

Colin Healy

**In your prayers...**

Please keep in your prayers the children in Years 3 and 6 who will be celebrating sacraments in Term 4.

Year 6 candidates will celebrate their Confirmation Mass on the 18\(^{th}\) October and soon after Year 3 children will celebrate their First Reconciliation on the 27\(^{th}\)-28\(^{th}\) October.

May God Bless all each one of them.
Maths Games Day.

On Monday 31st August we had our Grade 1/2 Maths Games Day in the MPR. We were so impressed by the teamwork and great mathematical thinking that was shown from our students. All students participated with a positive attitude to the problem solving tasks, strategy games and hands on mathematical experiences. All the children and staff involved winning had lots of fun. Congratulations to our overall Maths Games Day Team 14 (Alyssa Blancato, Joshua Urbaniak, Alex Fish and Oliver D'Crus) A special thank you also goes to Mrs. Ellis, Ms. Douglas and our Grade 5/6D helpers who performed their duties so well. It’s a big responsibility for them and requires great organisation and they all showed great leadership skills on the day.

Photos to follow next week.

Mrs. Young, Mrs McCabe, Mrs Jongebloed and Mrs Harper

Foundation Maths Games Day
Monday 26th October
Starts at 10am in the MPR

WOOLWORTHS EARN AND LEARN

Dear Parents,

Thankyou for your support with collecting stickers for our school during this promotion. You can send stickers to school with your child, put them directly into the collection box in the foyer near the office or put them in the box we have at Sunbury Woolworths. You do not need to put the stickers on to a sticker sheet – we are more than happy to do that for you. Sticker sheets are available at Woolworths stores and there will also be a supply available at school.

Cheers

Trish Cairns

ENDS SEPTEMBER 8th
Getting Kids into Bed

Bedtime and children’s sleep habits can cause nightmares – for parents. Sleep is important for children as it promotes health, wellbeing and learning. Getting bedtime right is also vital so parents get their space and tome for themselves and each other. Around nine to 10 hours sleep seems to be a minimum requirement for most ages, even teenagers. Here are some tips that might help get your kids into bed, and keeping them there!

1. Decide on a bedtime with your children and stick to it – There are no hard and fast rules about appropriate bedtimes – however they should suit parents and children. Discuss appropriate bedtimes with children. Some fail to see it as a biological need – they see it as something opposed on them. You may be amazed by how reasonable children can be when they had the chance to participate in the decision-making process.

2. Establish a 30-minute routine that signals the end of the day – A known routine such as quiet time, drink, toilet and story let children know what is expected of them and enables them to plan accordingly.

3. Reduce over-stimulation – Ensure children engage in passive activities like reading and not computer or video games.

4. Temporary remove distractions at bedtime – Sometimes turning off the TV can be enough to send children and bedtime resisters to bed.

5. For procrastinators, focus on your behaviour – not theirs – Begin reading a bedtime story whether your child is in bed or not – this may encourage them into bed.

6. Distinguish between being ‘in bed’ and ‘being in the bedroom’ – Children differ in the amount of sleep they need, it may be more realistic to expect some kids to be in their bedrooms at a set time, rather than in bed. Once away from the adult world, children generally fall asleep fairly quickly. Young children may remain on their beds with a favourite toy or books to keep them occupied before they fall asleep.

7. Resist children’s efforts to involve you – Ignoring calls for assistance with forgotten homework at bedtime. Once they are in bed, ignore requests for ‘one more story’ or drink and demonstrate that you are unwilling to play their ‘keep you busy with them’ games.

8. Avoid sitting with your children until they fall asleep – This may be alright once in a while, but habits are difficult to break.

9. Ignore or return boomerang children to their rooms – Do this with minimum attention. Children will tire of being jack-in-the-boxes when they get little feedback or attention for their behaviour.

10. Make sure you wake them up at the same time each day – If you over compensate by allowing them to sleep later to make up for lost sleep you are encouraging a late sleep pattern.
To all the Dad's on Father's Day we hope you have a wonderful day!
Here are some reflections for our Dad's from Prep R.

Dear Dad,
Thank you for letting us have guinea pigs.
Erin

Dear Dad,
Thank you for ice cream.
Royce

Dear Dad,
Thank you for playing Lego with me.
Mitchell

Dear Dad,
Thank you for taking me to the shops.
Jayden

Dear Dad,
Thank you for giving me lovely clothes and toys.
Olivia

Dear Dad,
Thank you for reading with me.
Kiara

Dear Dad,
Thank you for taking me to the park and for a bike ride.
Tyler

Dear Dad,
Thank you for playing with me.
Steven

Dear Dad,
Thank you for playing with me.
Brandon

Dear Dad,
Thank you for taking me to the zoo when you finishing working there.
Bridie

Dear Dad,
Thank you for reading me bedtime stories.
Vianne

Dear Dad,
Thank you for loving and caring for me and my family.
Emma

Dear Dad,
Thank you for hugging me in bed.
Liam

Dear Dad,
Thank you for coming back from Chile and bringing me some toys.
April

Dear Dad,
Thank you for reading me silly stories about fairies and princesses.
Isla

Dear Dad,
Thank you for teaching me how to ride my bike.
Charlotte

Dear Dad,
Thank you for taking me to the pool.
Harper

Dear Dad,
Thank you for playing cars with me.
Micah

Dear Dad,
Thank you for giving me the biggest hugs.
Amelia

Dear Dad,
Thank you for tickling me.
Summer
Book Week Activities.

Prep C read the book Snail And Turtle are Friends by Stephen Michael King. We then wrote a letter to one of our favourite characters in the book.

Dear Turtle,
I would like to be your friend because you don’t have to walk to your house.
From Jessie McDonald.

Dear Turtle,
I would like to be your friend because I like to walk slowly.
From Lilly Urbon.

Dear Turtle,
I would like to be your friend because I can swim with you.
From Michael Zeng.

Dear Turtle,
I want to have a friend like you because you don’t have to walk home.
From Chelsea Farrugia.

Dear Frog,
I like to jump too. Can we be friends?
From Zac Paoly.

Dear Dog,
I would like to be your friend because I want a mummy dog for my little baby.
From Connor Harris.

Dear Turtle,
I would like to be your friend because I like to swim in the sea.
From Madalyn Moloney.

Dear Turtle,
I would like to be your friend because I like to swim in the ocean.
From Max Levey.

Dear Bee,
I would like be your friend because I like you giving me honey.
From Joshua Carter.

Dear Turtle,
I would like to be your friend because I want to walk in the rain.
From Bridie Parker.

Dear Turtle,
I would like to be your friend because I like to swim in the sea.
From Anya Clement.

Dear Turtle,
I would like be your friend because I like to eat honey.
From Callan Flinn.
OUR LADY OF MT. CARMEL CANTEEN ROSTER
TERM 3, 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Name 1</th>
<th>Name 2</th>
<th>Date</th>
<th>Name 1</th>
<th>Name 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th Sept</td>
<td>Nikki Taranto</td>
<td>Paula Jarski</td>
<td>18th Sept</td>
<td>Karen Woodvine</td>
<td>Raquel Handley</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vacancy</td>
<td></td>
<td></td>
<td>Liz Fahy</td>
</tr>
<tr>
<td>11th Sept</td>
<td>Bec Pietromonaco</td>
<td>Kelly Boyd</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vacancy</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

HELP NEEDED

There are 2 vacancies in the canteen for September 4th and 11th.
Please contact Sally on 0400 384 403 if you are able to help.

OSHClub News
Before School / After School Care Program

Program Update

PLEASE ADVISE IF YOU WOULD LIKE A CURRICULUM DAY BOOKING. If we have the numbers we can offer a Program for families that need. We need more than fifteen children to run.

We are so excited to have Spring arrive and what a glorious start to the season it was! This means heading into term 4 we will be practicing our sun safe policy. NO HAT NO PLAY.

We have observed a lot of wonderful free play ideas being introduced to the program which we try to facilitate throughout the session. Recently Philippa and Alex used some food dye to make 9 colours following a colour mixing formula. They created some beautiful artworks in the process.

We are looking forward to term 4 and working collaboratively to build an Oshclub garden using recycled materials.

OSHC program phone: 0401 850 518
Coordinator: Brodie Barratt
Assistants: Marissa Allen, Alana Moule
OSHClub Head Office: 03 85649000
All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.