

# Newsletter

Term 2 Week 1 Thursday, 19 April 2018

## Principal's Message

principal@olmcsunbury.catholic.edu.au

53 Macedon St  
Sunbury 3429  
☎ 9740 7344

### 2018 Term Dates

#### Term 1

January 29—March 29

#### Easter

( March 30—2 April)

#### Term 2

April 16— June 29

#### Term 3

July 16— Sept. 21

#### Term 4

October 8— Dec.21

**Public  
Holiday  
ANZAC Day  
25 April**

Dear Parents,

Welcome back to term 2. I hope you had a blessed Easter and were able to enjoy a restful break. Our staff started the term with a combined professional learning day with the staff from St Anne's and our Parish, including Father Kevin. The focus of the day was the influence the media can have on our lives and our outlook on life. It is so important to be aware of what our children are watching and listening to and that we ensure we maintain open dialogue with them. Father Richard Leonard also helped us to reflect on our relationship with God. One of the most vivid images I left with was that of God weeping with us in times of sadness and distress.

At the end of last term I wrote asking parents to become involved in the life of the school. I published the list of social and fundraising events that have been put into the calendar. These are now up on the wall in the multipurpose room. Please add your name to an event. If you have more ideas I would love to chat to you about them. These events can only take place with your help.

Next Wednesday we commemorate the landing of our soldiers at Gallipoli on ANZAC Day. This is a very important date on the Australian calendar. It is time to reflect on the thousands of men and women of Australia and New Zealand who have served through several wars, conflicts, and peacekeeping operations, some of whom are still in service. So many of these people have lost their lives or their loved ones.

The Sunbury RSL have invited us to their Commemoration Service and Wreath Laying Ceremony on Wednesday 25<sup>th</sup> April at 10:30am. Everyone is welcome. I would particularly like the School and House Captains to attend in their school uniform, if possible. Please let me know if your child can attend.

*Almighty God, we remember with thanksgiving, those who made the supreme sacrifice for us in times of war. We pray that their offering of their lives may not have been in vain. May your grace enable us this day to dedicate ourselves to the cause of justice, freedom and peace; and give us the wisdom and strength to build a better world.*

*Amen*

The 5/6 students and teachers are on camp this week at Arrabri Lodge. What a wonderful opportunity for the children to develop independence and resilience, as well as relationships. Due to family situations or injuries there were a couple of children who were very disappointed to not be able to attend. Unfortunately, there seems to be a growing number of children who are opting out of things such as camp and sports days. I was thrilled when a parent rang me and said their child was worried about camp but the parent wanted us to all work together to ensure her child was able to attend. And therefore we did so. If your child tells you they don't want to do something, there may well be good reason. Talk to them about their concerns and help them find ways to take risks and extend their comfort zone. This is a very important life skill. Camp is an important part of our school curriculum and it is an expectation that all students attend. Please work with us to ensure that this can happen. Of course there are circumstances that may prevent this. Thank you to Liza, Paula, Evelyn, Shelley and Mark (and some very lucky dads) who are spending time away from their own families to ensure the children have a wonderful time.

There is no doubt that anxious children need careful, sensitive care from their families and teachers. They also benefit from parents and teachers who respond to their needs, rather than simply react to their anxieties. When we are in react mode we become anxious and worried ourselves, such is the contagious nature of anxiety. Empathise, rather than sympathise, with your child's feelings. There is nothing better than being understood by a trusted adult.

This week we celebrate the 4<sup>th</sup> Sunday of Easter:

John 10:11-18 *The good shepherd lays down his life for his sheep.*

Enjoy the Autumn sunshine

Julie

## SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
<b>Prep N</b>	Hanano Marshall	For showing respect to others
<b>Prep R</b>	Ambrosia Caruana	For being resilient when working with others
<b>1/2 H</b>	Samuel Dillon	For being a responsible learner during maths shape activities
<b>1/2 JM</b>	Emily Browning	For her resilient attitude towards all the new things in grade 1 and a fantastic start to term 2
<b>1/2MT</b>	Liam McKay	for showing responsibility as a learner by listening and asking questions.
<b>3/4 CC</b>	Sarah Crocker	For being a responsible learner who takes on new responsibilities with a big smile!
<b>3/4 D</b>	Jaiden Doricic	For being a responsible member of 3/4D and welcoming and assisting our new student.
<b>3/4TC</b>	Isla Lavelle	For displaying a positive mindset and responsibility when undertaking tasks.
<b>5/6R</b>	The whole class	For displaying great confidence and resilience while on school camp
<b>5/6S</b>	The whole class	For displaying great confidence and resilience while on school camp
<b>5/6ST</b>	The whole class	For displaying great confidence and resilience while on school camp

## PRAYER ROSTER—Term 2

Monday 2.45 pm OLMC Church—ALL WELCOME

Date	Class Presenting
23 April	RE Team
30 April	3/4 D
7 May	Prep N & R
14 May	5/6 ST
21 May	1/2 H
28 May	5/6 R
4 June	Sacred Heart Mass on Friday 8th in lieu of school prayer
June 18	3/4 CC
June 25	5/6 S

Please put the following dates to remember in your diary

IMPORTANT DATES—2018	
Term 2	
18—20	Year 5/6 Camp
25	<b>ANZAC Day Public Holiday</b> Sunbury RSL Wreath Laying Ceremony /Commemoration Service 10.30am
27	2019 prep enrolments close
<b>May</b>	
10	Mother's Day Stall
11	Biggest Morning Tea—9am Mother' Day Dinner—7pm
14	Cyber Safety Information 6.30pm—Multi Purpose Room



Could all Coles Sports for School vouchers please be returned to school **by Friday April 20th** (this Friday).

The vouchers can be placed in the box located in the office foyer.

Thank you



Our Lady of Mt Carmel  
Parish Primary School



Attention:

**Now open to parents of all year levels**

## Cyber Safety Information Session

Monday 14<sup>th</sup> May 2018 6:30pm

A parent information evening is being held in the Multi Purpose Room at OLMC to raise awareness into Cybersafety. The session will be hosted by one of our year 6 mums, Paula Jarski, who is a Detective at a suburban Sexual Offences and Child Abuse Investigation Team. She has 20 years policing experience with more than 12 years in the field of Sexual Offences and Child Abuse.

The aim of the session is to highlight the inherent risks associated with childrens' online interactions. Kids are quick to embrace and explore the online world but parents should be aware of the risks. Many of us are naive when it comes to online communities which require parental awareness, advice and supervision. Mobile devices have also made the taking and sharing of images so easy that people sometimes don't think about the consequences of their actions. We request that children do not attend the session.

**FREE TICKETS ARE AVAILABLE ONLINE**

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<https://olmccybersafetyawareness2018.eventbrite.com.au>

CHILDS NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

NUMBER OF PARENT TICKETS REQUIRED: \_\_\_\_\_





YOU ARE INVITED TO THE ANNUAL PTFA

*Mother's Day Dinner*

FRIDAY 11TH MAY 2018

7:00PM

RUSSO ESTATE  
760-818 HOLDEN ROAD, DIGGERS REST

All welcome - so bring your sisters, Mum & girlfriends along  
Tables of 10 available

Dress: Semi formal  
Tickets \$65 each  
3 course meal and entertainment included  
Drinks at bar prices  
RSVP and payment due by 27/04/18  
ptfa.olmc@gmail.com



*Mother's Day Dinner*

*Donations for our raffle*

We are currently seeking donations of either goods or services from our wonderful families and local businesses to be included in the raffle at the annual Mother's Day Dinner.

Any donation, whether large or small, would be greatly appreciated with all funds raised from the raffle going towards new resources for the school.

If you are able to assist, please contact:

Joanne Stella - 0403 877 809      Anne Derriman - 0410 023 909  
Rebecca Luca - 0402 346 443





# OUR LADY OF MT. CARMEL CANTEEN ROSTER

## TERM 2, 2018

20 <sup>th</sup> Apr	Skye Hewatt Michele Shalders Nat Grant	1 <sup>st</sup> Jun	Emma Armstead Melissa Misiti Jodie Sheedy
27 <sup>th</sup> Apr	Emma Clements Danielle Wadden Rebecca Luca	8 <sup>th</sup> Jun	Raquel Handley Vacancy Skye Hewatt
4 <sup>th</sup> May	Taryn Paterra Kelly Loft Nicole Petrie	15 <sup>th</sup> Jun	Jade Grech Renee Ridington Fran McKay
11 <sup>th</sup> May	Melanie Caccamo Danni Bekker Paula Jarski	22 <sup>nd</sup> Jun	Louise Vasey Nance Carlyle Liz Fahy
18 <sup>th</sup> May	Belinda Falzon-Pout Antoinetta Preston Leanne Urbon	29 <sup>th</sup> jun	Cathy Carter Rhonda Searle Anna Marincic
25 <sup>th</sup> May	Alexandra D'Agostino Adele Dichiero Danni Caruana		

Thank you for volunteering to help in the Canteen, it would be impossible without you! Please arrive at Canteen at approximately 10.45, and your assistance will be required until around 2.15pm. If you have long hair, please tie it back, and remember to sign in at the office before coming to the Canteen. Your lunch will be provided on the day.

**If you are unable to attend on your rostered day** please ring Sally on 0400 384 403, as soon as possible so a replacement can be arranged.

I look forward to seeing you,

Sally Hewitt-Tacey



Salesian College  
SUNBURY

Striving  
in life.

Come and see what makes  
our College different

**COLLEGE TOURS AND OPEN DAYS**

March	Tuesday, 20 March @ 9am
April	Monday, 23 April @ 9am
WEDNESDAY, 2 MAY - OPEN DAY	
June	Friday, 8 June @ 4pm
July	Tuesday, 17 July @ 9am
August	Thursday, 9 August @ 9am (2020 Enrolments due 17 August)
September	Monday, 10 September @ 9am
WEDNESDAY, 17 OCTOBER - OPEN DAY	
November	Tuesday, 13 November @ 9am



For more information, phone our College Registrar on  
9744 0000 or visit [www.salesiansunbury.vic.edu.au](http://www.salesiansunbury.vic.edu.au)



## YOGA FOR FLEXIBILITY, STRENGTH & BALANCE!

Term 2 yoga classes are underway at OLMC every Monday evening from 7.15-8.15.

Beginners and casual attendance most welcome!

The cost is \$14 per casual session or \$120 for a block of 10 sessions.

For enquiries ring Joan on 0413 853 797 or go to: [www.facebook.com/yogasavvy1](https://www.facebook.com/yogasavvy1) Instagram – yogasavvy1

## Sunbury Qigong Meditation Workshop

**WHEN** Sunday 22 April, 9am to 1pm

**WHERE:** Yoga 101, 95a O'Shanassy st, Sunbury (above Flightcentre)

**Cost:** \$50

Contact Dilani 0412 047 267 to book

## Sunbury Qigong Meditation Classes

**WHEN:** Friday afternoons commencing 27 April, 1pm to 2.30pm

**WHERE:** Yoga 101, 95a O'Shanassy st, Sunbury (above Flightcentre)

**Cost:** casual class \$15 or 10 week term fee \$120 (save 30%)

Contact Dilani 0412 047 267 to book



## **TUNING IN TO TEENS**

### **A FREE 6 week Parent programme for parents and carers of young people aged 10 - 18 Years**

Would you like to learn how to:

- Be better at talking with your teen?
- Be better at understanding your teen?
- Help your teen learn to manage their emotions?
- Help prevent behavioral problems in your teen?
- Teach your teen to deal with conflict?

**WHEN:** Tuesday 24th April - 29th May

**TIME:** 10am - 12pm

**WHERE:** Sunbury Heights Primary School Hub, Charter Road East, Sunbury

This programme is delivered in partnership between Parentzone, Dianella and Sunbury Heights PS Hub

**BOOKINGS:** Booking are essential as places are limited

To Book: Contact Parentzone on 03 9465 0322 or email [parentzone.preston@anglicarevic.org.au](mailto:parentzone.preston@anglicarevic.org.au)



03 9465 0322 | [anglicarevic.org.au](http://anglicarevic.org.au)

Parentzone  
NOT JUST A WORD

BETTER  
TOMORROWS





# SUNBURY NEIGHBOURHOOD HOUSE



## Welcome Back! Term 2 starts 16th April 2018

Join us for the second term of 2018; we have programs for the whole community! Be sure to turn over and check our full term timetable. Visit our Facebook page for more details.

Here are just some of the community groups that meet here at the Sunbury Neighbourhood house as well as some of our NEW classes. If you're interested in joining any of these groups/classes, please see contact details.

### SNH Guitar for ALL!

Beginners Guitar Group - Saturdays 4-5pm

Guitar Lessons - Tuesdays 1-2pm & 2.30-3.30pm

Kids Guitar - After school program for primary school aged children. Bring along your guitar.

Call the office for times and details on 9740 6978

### NEW DANCE CLASSES

- Hip Hop
- Movement to Music
- Classical Ballet I
- Classical Ballet II

See timetable over page

Call the office on 9740 6978 for more details

### Cake Decorating


We are a small group who share the same hobby of cake decorating. We meet monthly & offer workshops with trained demonstrators & members share a project that we can make on the day. Workshops include: iced flowers, modelling & other techniques. Bookings essential.

For more information call: Elizabeth on 0401297263 or Judith on 0488635829.

**Sunbury Neighbourhood House Event.**  
We invite you to  
**'CHRISTMAS IN JULY'**  
on Wednesday the 11th of July. With frost on the ground and maybe even a little snow, Christmas in July is all about fun, food and great company, best enjoyed in Winter. All welcome! More details to follow, call us on 9740 6978.



**PERNA PERNA WOMEN'S GROUP**  
Monthly catchup. Call for day & time. Womens shed development other community issues.



**Health Time**  
9am - 10am for breakfast and Health referral & support service for anyone who is sleeping rough or staying with friends. Starts May 2nd, then May 30th and June 27th Call the office on 9740 6978 for further information.

**Sunbury Women's Support Group**  
Every 2nd Thursday 12-2pm. For more information, call Tracie on 0403 608 119. A group for women who are facing similar issues, whether that's illness, relationship problems or major life changes. Members often share experiences and advice. It can be helpful talking with other people in similar situations. Remember, a problem shared is a problem halved. Visit Sunbury Women's Support Group on Facebook or just come

**www.sunburyhouse.com.au**  
PH: (03) 9740 6978  
enquiries@sunburyhouse.com.au  
Office Hours: Mon-Thurs 9am-3pm, Fri 9am-1pm

531 Elizabeth Drive  
PO Box 2392, Sunbury 3429  
ABN: 11928 572 940 INC NO: A0050422T

**WiFi**

**FOLLOW US ON facebook**

**Member of Neighbourhood Houses Victoria**

**State Government Victoria**

Sunbury Neighbourhood House acknowledges we are on the land of the Wurundjerri people.

**TERM 2, 2018** Bookings Essential. For booking and enquiries, contact (03) 9740 6978 or enquiries@sunburyhouse.com.au or visit our website www.sunburyhouse.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>yoga</b> 10-11am. 10 weeks, \$100 per term</p> <p>Relaxing gentle &amp; to suit all abilities. Starts 16th April, 2018</p>	<p><b>tai chi</b> 9:30-11am. \$6 per session. Improve wellbeing, reduce stress &amp; increase mobility. Suitable for all ages &amp; abilities. Limited Spaces Available! Starts 17th April, 2018.</p>	<p><b>Drop-In for a cuppa!</b> 10-12noon. Free. Come along to enjoy a coffee, conversation, craft activities and trips. Starts 18th April</p>	<p><b>MEDITATION</b> 10:30-11:30am \$15 per session Starts 19th April.</p>	<p><b>DIABETES</b> 10-11:00am 1st &amp; 3rd Friday support of the month Gold coin donation. Support group for people &amp; carers of people living with Diabetes Starts 4th of May</p>
<p><b>computer BEYOND basics</b></p> <p><b>INTRO TO WORD</b> 12-1pm. 8 weeks, \$20 per term (Conditions apply) Develop skills in MS Word Starts 23rd April, 2018.</p>	<p><b>messy play</b> 10-11:30am. 10 weeks, \$75 per term, (Conditions apply) Facilitated group. Messy, sensory &amp; fun play. Limited Spaces Bookings Essential. Starts 17 April, 2018.</p>	<p><b>computer basics</b> 10-11am. 8 weeks, \$20 per term (Conditions apply) Beginners class no prior skills required Starts 2nd May 2018.</p>	<p><b>Pre-School Movement to Music</b> 2-3pm 10 weeks \$70 per term. 2-5 year old age group. Nurturing imagination, music appreciation, creativity and movement. Starts 19th April 2018</p>	<p><b>messy play</b> 10-11:30am. 10 weeks \$75 per term, (Conditions apply). Facilitated group. Messy, sensory &amp; fun play. Limited Space. Bookings essential. Starts 20th April, 2018</p>
<p><b>KIDS ART</b> 4-5:30pm \$80 per 8 weeks. All materials supplied. Facilitated group for school kids! Starts 23rd April, 2018.</p>	<p><b>GUITAR LESSONS</b> 1 - 2pm &amp; 2.30-3.30pm \$9 per lesson or \$5 concession. Starts 17th April 2018</p>	<p><b>COMPUTER CLUB</b> 12-1.30pm 8 Weeks \$40 per term. Starts 2nd May 2018 Join other Technophobes and problem solve together.</p>	<p><b>Sewing for Kids</b> <b>'Basic Craft'</b> - Kids learn basic craft techniques. Bookings Required. 4-5pm. 8 week term, \$75 Starts 26th April, 2018.</p>	<p><b>The Garden Patch</b> 9:30- 12noon. Free. Help with the community garden, bring your ideas, swap seeds and cuttings. All welcome.</p>
<p><b>SCRATCH PROGRAMMING</b> 4.30-5.30pm 8 weeks \$6 per session. Kids programming, ages 10+ Bookings essential Starts 23rd April 2018</p>	<p><b>KIDS HIP HOP</b> 4-5pm 8 weeks \$60 per term Fun, fitness latin inspired Hip Hop classes boys and girls in Grade 1 &amp; 2. Bookings essential Starts 24th April 2018</p>	<p><b>CRAFTERNOON</b> 1-3pm. Gold coin donation. Bring along your own project OR help with one of ours. Starts 18th April 2018.</p>	<p><b>Sewing for Kids</b> <b>'Beginners Clothing'</b> - Kids learn the basics of dressmaking. Bookings Required. 4-5pm. 8 week term, \$75 Starts 26th April, 2018.</p>	<p><b>soul sisters</b> 7:30-9:30pm, \$10 per term. Every 2nd Friday. Share your journey with other women in a supporting &amp; encouraging environment with great conversations! Starts 27th April 2018</p>
<p><b>life drawing</b> 7-9pm. \$120 per term or \$20 casual. Live model, beginners &amp; experienced artists welcome. Starts 16th April, 2018.</p>	<p><b>SCRATCH PROGRAMMING</b> 4.30-5.30pm 8 weeks \$6 per session. Kids programming, ages 10+ Bookings essential Starts 2nd May 2018</p>	<p><b>SCRATCH PROGRAMMING</b> 4.30-5.30pm 8 weeks \$6 per session. Kids programming, ages 10+ Bookings essential Starts 2nd May 2018</p>	<p><b>Intro to Ballet - Classical I</b> \$70 per term. 5 to 7 years Introduction to classical ballet. Bookings required. Starts 19th April 2018</p>	<p><b>film club</b> Last Friday night of the month. Catch up for a movie &amp; dinner. Call office for details.</p>
<p><b>Term 2 2018</b> 16th April to 29th June,</p>	<p><b>Book Club</b> 7-9pm. Free. Last Wednesday of the month. Friendly group - call for the current book list!</p>	<p><b>yoga</b> 7-8pm. 10 weeks. \$100 per term. Relaxing, gentle &amp; to suit all abilities. Starts 19th April 2018</p>	<p><b>Intro to Ballet - Classical II</b> \$70 per term. 8 to 10 years Introduction to classical ballet. Bookings required. Starts 19th April 2018</p>	<p>Do you want to run a class or community group? Please call the office to arrange a meeting to discuss your ideas!</p>