



Newsletter

Term 3 Week 9 Thursday, 13 September

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.19

Dear Parents,

I came across a very good article that deals with helping children to deal with events they encounter every day. It was very timely, following the conference I attended last week. I have attached the article at the end of my page. It is important to realise that it is essential that children encounter a loss, a failure and unpleasant events. This helps them build resilience and adaptability when they do experience a traumatic event in their life (and they will!) Please take the time to read the article and have a think about the implications.

Next week the Year 3 students will receive the Sacrament of Reconciliation for the first time. Please keep them in your prayers.

Last Friday Mrs Young and a team of 5/6 students attended a Maths Games Day at Kilmore Primary School. They had a wonderful day and came to realise how enjoyable Maths really is. Thanks to Jill for organising this for them.

Congratulations to the Aphram family (Sabrella Year 2 and Alexander in Prep) who have welcomed a beautiful baby girl into their family.

Cassie O'Keefe is one of our Learning Support Officers and she works in the 1/2 area. Next term Cassie will be on leave as she is having a small operation. Leanne Clements will be replacing Cassie in her absence. Please keep Cassie in your prayers.

Thank you to the families who have ordered from our Tony's Pie Drive. This has been an easy way to fundraise. I will let you know how much we have raised when it is all tallied.

Our next big thing will be the OLMC cookbook. If you haven't already done so, please send in your favourite recipe to be featured in the book.

The PTFA are holding a very special event next term:

When- Saturday 13th October @7pm
Where- Parish Centre, Riddell Rd Sunbury
Featuring- Colorblind The Band
The details- Tickets \$5 per person this includes entry and the entertainment.

Tables of 10-12 available. BYO DRINKS and nibbles to share with your table.

Dress- We are going with a music through the ages theme.. a little or a lot of a costume is encouraged..

**This is an adult only event but friends and family very welcome!

Please keep the date free and support our hard working parents to make this a great night.

School
Closure Day
TERM 4
November 5 & 6



This week was the 17th Anniversary of the terrible events of 9/11. At our staff meeting we reflected on our role in helping to bring peace in the world. It is the responsibility of all of us to ensure there is peace in our homes and families, as this is where peace begins. I used the following prayer which you may like to use at home:

This Sunday we celebrate the 24th Sunday in Ordinary Time:

Gospel

Mk 8:27-35

You are the Christ ... the Son of Man was destined to suffer much.

Have a lovely weekend,

Julie

SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep N	Sam Preston	For being a responsible learner by completing all classroom tasks. Keep it up Sam!
Prep R	Tahlia Bekker	For following instructions and being a responsible learner.
1/2 H	Jesse Cutajar	Showing the disposition of creativity when writing stories
1/2 JM	Xavier Roberts	For being a creativity learner who asks questions to add to his knowledge
1/2MT	Henry D'Couto	For being a self motivated learner and responding to feedback to improve his writing.
3/4 CC	Lilly Urbon	For being a collaborative learner and working well with her team on her biome project
3/4 D	Lauren Davison	For demonstrating determination and persistence with joining her handwriting.
3/4TC	Lila Clark	For having a growth mindset and displaying the learning disposition of determination when working on Maths problems
5/6R	Zyan Capule	For her unwavering resilience and the growth mindset of determination to always do her very best. .
5/6S	Blake Walker	For always having a growth mindset and consistently working hard in class.
5/6ST	Mikayla Francis	For using the dispositions of self motivation, determination and making connections to improve her learning.

Conflict is unfortunately a part of life that we all deal with, no matter what age.

Bullying is however, way more than that and can have serious and sometimes tragic consequences. Yet the term 'bullying' seems to be readily bandied around these days for all forms of 'mean behaviour'.

According to 'Bullying No Way', the National Australian definition of bullying is:

"an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert)..."

Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying".

The key terms in the definition of bullying is 'misuse of power' and 'repeated'. The key terms in the definition of what is not bullying is 'between equals' and while conflicts or mean and hurtful behaviour may upset a child tremendously, by labelling the mean behaviour 'bullying' we may be disempowering children.

It is important for children to understand the difference between someone being insensitive or mean and what constitutes bullying behaviour because being able to successfully resolve and navigate these situations is a huge step in their emotional growth and maturity. If the situation is deemed to be simply mean or hurtful behaviour it is important not to over-play this through misleading terminology (ie bullying) and offer ways for the child to address and resolve this themselves.

Teacher and writer Braden Bell spoke in his article for the Washington Post about his own personal experience when hearing about one of his children experiencing negative and disparaging remarks from a co-worker. His initial fury led him to a biased judgement, defining the perpetrator as a bully but when he eventually calmed down, he realised it did not fit the definition (it was offensive behaviour but not bullying) and so he talked with his wife and then child to find a viable coping solution, which worked out in the end. A way parents can assist with this is by first acknowledging the mean behaviour, for eg 'that was mean/rude/unkind of her/him' and then, as Bell suggests, prompting the child to seek some form of resolution or solution by asking "What are your choices?" And, as a follow-up, "What are the likely outcomes of those choices?". This may not be easy because of heightened emotions and the initial responses may not be great.

Parents who react too defensively for their child at every negative encounter with their child's peers may be doing more harm than good. In later years the child may not have the necessary tools to independently handle conflict and may feel 'victimised' in situations that don't go their way, potentially causing social engagement and relationship difficulties in later life.

Further in her article in Psychology Today, Eileen Kennedy-Moore, wrote:

... calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.' As these children grow older, they demonstrate less resilience, sometimes publicly. The kids got more easily and deeply upset about perceived offenses, including situations that were unpleasant, but weren't really bullying. Beyond stunting their emotional maturity, their heightened reactions had negative social consequences, as peers responded by disengaging from them.

By defining the behaviour correctly we are encouraging our kids to assess and respond in a way that with long term practice, creates resiliency and emotional maturity.

Further reading: Eileen Kennedy-Moore Phd, Psychology Today: [Is it Bullying...Or Ordinary Meanness?](#)

Braden Bell, The Washington Post: [Not all unkindness is bullying: Here's why we need to teach kids to differentiate.](#)

Bullying No Way! Australian website for schools bullyingnoway.gov.au/

MAV Maths Games Day

On Friday 7th September students from Grade 5/6 represented Our Lady of Mount Carmel at a MAV Maths Games Day hosted by Kilmore Primary School.



The students were Lily Pucar, Franco Pedersoli, Charlotte Loft, Zac Jones, Kai Fitzpatrick, Ethan Carter, Nicholas Dillon and Harry Jones. These students were supported on the day by Jill Young, Kelly Loft and Dilani Rasanayagam.

Our Lady of Mount Carmel students were split into two teams of 4 and competed against other schools from places such as; Wallan, Kilmore, Derrimut and Moama. There were 24 teams in total.

The students participated in three Maths sessions;
Session One was Problem Solving.
Session 2 was Partner Strategy Games.
Session 3 was a Maths Relay.

The students played games which involved strategy, problem solving and teamwork, some questions were challenging, but the students collaborated showed resilience.

The students exercised their 'Maths Brains' and put in a lot of effort, while having fun. They represented OLMC showing enthusiasm, competitive spirit, good manners and respect.



On Friday 7th of September, myself, Nick, Harry, Ethan, Franco, Zac, Charlotte and Lily participated in a Math Games Day competition at Kilmore Primary School. Two teams from OLMC competed against other schools in a number of maths-related activities. The day was fun, exciting and intense and teamwork was an important part in solving the math problems. OLMC teams finished the day feeling exhausted but happy.

Kai Fitzpatrick

PTFA NEWS

Parent Social Evening

Hi Everyone, Notes will be coming home on Friday with more information and a slip to purchase tickets for our big PARENT SOCIAL NIGHT for the year.

When- Saturday 13th October @7pm

Where- Parish Centre, Riddell Rd Sunbury

Featuring- Colorblind The Band

The details- Tickets \$5 per person this includes entry and the entertainment.

Tables of 10-12 available.

BYO DRINKS and nibbles to share with your table.

Dress- We are going with a music through the ages theme.. a little or a lot of a costume is encouraged..

**This is an adult only event but friends and family very welcome!

Looking forward to a great turn out and hoping we get a nice spread of parents from across all year levels

☆☆Keep Those Recipes Coming In☆☆

We need those 'Secret Recipes' coming in thick & fast now so put that time aside this weekend & get in as many as you can. The recipe submission closing date is yet to be confirmed but the time is drawing near!!!!

A Super HUGE shout out to the Jarski Family for submitting 5 recipes & the Daniels family for submitting 3 recipes. They all look scrumdideleyumptious & what a magnificent effort, thank you!!

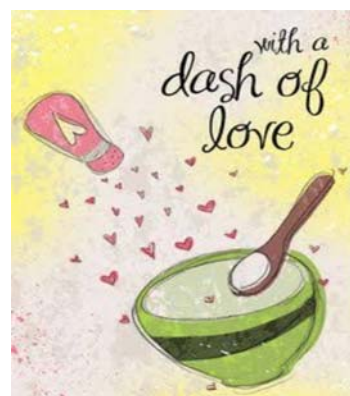
We are still deciding on the Cookbooks name & thank you to those who have participated in the 'Name Poll' on the Facebook page. 'NOURISH' is in the lead with 11 votes, 'A DASH OF LOVE' with 9 votes, 'FEAST' with 3 votes, 'THE GROWING FAMILY' with 1 vote & 'A LITTLE BIT OF THIS & THAT' has had a mention. If you haven't already voted, jump on to the page & vote or add a suggestion to the poll.

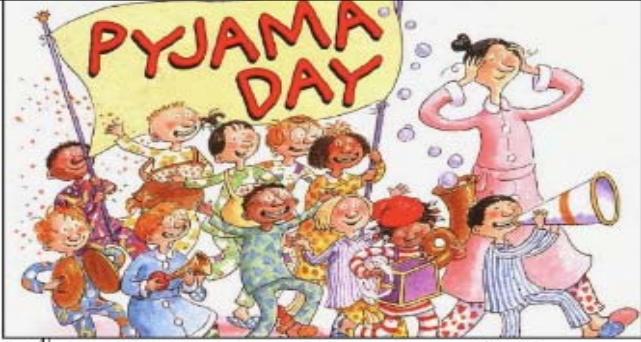
In the next wk I'll be sourcing out local businesses for sponsorship of our cookbook. For a small cost this will get them coloured advertising of their business inside the cookbook & a recipe submission if they choose. This advertising will be viewed each time the cookbook is used by families & the wider local community. Local real estate agents will be approached for the purchase of our cookbooks to be added into their 'Congratulation on your new home' hampers that are usually given out. If you run a local business or know of someone who may be interested in sponsoring us, please let me know ASAP or contact me on 0439 030 774

Submit recipe · Published Authors

<http://publishedauthors.com.au/recipes/>

Thanks Everyone
Lauren & Olivia





when: 21st September Friday
 (last day of term of 3)
What: wear your Pj's to school
BRING A GOLD COIN DONATION
 to donate to the Royal Children's Hospital

CLASS PRAYER ROSTER - Term 3 OLMC Church 2.45 pm
All Welcome

Date	Class Presenting
17 September	1/2MT

IMPORTANT DATES—2018	
	Term 3
September	
13	Pie Drive concludes
18 & 19	Sacrament of Reconciliation 5pm & 7pm
20	Year 5/6 Science Excursion
21	Pyjama Day—gold coin donation End of Term 3— 3.15pm
October	Term 4
8	Term 4 starts
13	OLMC Parents & Friends Social Night “Rock of Ages” - 7pm
21	Confirmation—St Patricks Cathedral 2pm & 4pm
22	2019 Prep Orientation Session 1 – 9.30—10.30am
November	
1	2019 Prep Orientation Session 2 - 9.30 - 10.30 am
5	School Closure Day
6	Melbourne Cup Day Public Holiday
15	2019 Prep Orientation Session 3 - 9.30 — 10.30 am
22	2019 Prep Parent Information Evening - 7pm MPR

OUR LADY OF MT. CARMEL CANTEEN ROSTER - TERM 3, 2018

14 th Sept	Emma Clements Antoinetta Preston Liz Fahy	21 st Sept	Louise Vasey Rhonda Searle Kelly Loft
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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 with your Working With Children Check card details 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

SCHOOL BANKING NEWS—School Banking day is Tuesday
 This week 38 students banked \$245.85 - FANTASTIC SAVINGS EFFORT

SCHOOL UNIFORM NEWS

SCHOOL HATS Slouch & Legionnaire styles - \$10 each
 SCHOOL SOCKS Anklet style sizes 9-12 & 13-3 - \$4.00
 Available for sale from the school office **Cash only**—correct money appreciated



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