



Newsletter

Term 1 Week 9 Thursday, 28 March 2019

Principal's Message principal@olmcsunbury.catholic.edu.au

Dear Parents,

What a great success we had with the Colour Run on Friday. The weather was very kind to us, the staff and parent support was fabulous and the children had a ball. We have raised approximately \$11,000 so far and it is not too late to donate. Some of that amount goes back to the Colour Run organisation but we will have a good amount of money to spend on the playground. Congratulations to Indiana Sellwood in Prep N for being our highest student fundraiser with over \$800.

The playground is an area of the school we will be focusing on this year. If you have any ideas or are able to help in any way please let me know. Some ideas so far are a cubby house and a sensory garden.

The Bunnings BBQ is fast approaching. If you are around over Easter, please put your name down to help out for an hour. The more the merrier. A reminder that Hot Cross Bun Order forms are now due. I am looking forward to seeing you at the school picnic on Friday. Hopefully the weather will be fine.

On Monday our staff joined the St Anne's and Holy Trinity staff for a Professional Learning Day. The focus was on our sacramental world. We looked at each of the seven sacraments but we also explored our world and how the Sacraments fit in.

Today we have our Open Day sessions for 2020 Preps. Enrolments are now open so if you have a child starting next year, please collect an enrolment form from the office. If you know anyone else with a child starting next year please let them know.

Please remember to label your child's uniform, including their hat. There seems to be an ever growing pile of clothing in the lost property cupboard. It is much easier to find something, and items are more likely to be returned, if they are labelled.

Many of the children seem particularly tired at the moment. Please ensure they are getting enough sleep and limit all screen time before they go to bed. Our children have very busy days at school and many of them have after school activities as well. Sometimes we forget how much they have going on. They need to eat and sleep well.

Over the past few years we have been lucky enough to have Juliana and Errin from Healing Minds running their psychology service in the school. Unfortunately we have been informed that they no longer have the staff to sustain this service. I have been trying to find another company who are willing to work in the same manner but so far I have had no luck. I will keep trying but if you know anyone who works in this area and would be interested please ask them to call me.

This Sunday we celebrate the 4th Sunday in Lent:

Loving Creator of mine,
I feel the pace quicken, the time draw near.
I am filled with joy as I move toward Easter
and the promised reconciliation with you.
Teach me to follow the example of your Son,
to be worthy of being called one his people:
a Christian.
Help me to live each day as he did turning hatred to love and conflict to peace.
I await the new life with eagerness, faith
and a deep gratitude.

Enjoy the week

Julie

53 Macedon St

Sunbury 3429

9740 7344

2019 Term Dates

Term 1 :

Thurs 31st January -
Fri 5th April

Easter :

19th April - 22th April

Term 2 :

Tue 23rd April —
Fri 28th June

Term 3:

Mon 15th July —
Fri 20th Sept

Term 4:

Mon.7th Oct —
Fri 20th Dec (TBC)

When you have a worrier in your family – by Michael Grose

Do you have a worrier in your family? Do you have a child who worries or over-thinks things? For some children, their problems just seem to get bigger. It's important they get to know the strategies they need to turn them off or tone them down, so they can learn to ease their anxiety.

If you've ever spent a sleepless night worrying then you'll know how problems always seem bigger when you keep tossing them around in your head. It can seem like everything is stacked against you. When this happens you've got to find the off switch so you can get away from your worries for a while.

The same principle holds for children and teenagers when they worry. Their problems just seem to get bigger and they need to turn them off or tone them down so they can ease their anxiety. Here is a range of strategies taken from the [Parenting Anxious Kids](#) online course that you can teach your kids to prevent them from ruminating – going over the same thoughts and worries over and over again.

Broaden their vision Children get tunnel vision when they worry and neglect to get the sleep necessary for good learning the next day. Sometimes it takes a wise adult to remind children and young people about what really is important to them.

Put their attention elsewhere Placing attention away from worries is an age old technique for parents and teachers. Commonly known as distraction, the act of focusing attention on something other than what causes them distress is vital for good mental health. Examples of distractions include – going outside, playing a game, shooting some basketball hoops or listening to music.

Give the worry a name Somehow giving a worry a name makes it feel less scary and more manageable. A wonderful picture storybook for toddlers called *'There's a Hippopotamus on our Roof'* by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

Put their worries in a jar Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself wandering for hours online. Children need something a little more practical. They can write their worries on some paper and lock them in away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

Limit talking time It's good if children can talk about what's on their mind but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow. This is not about shutting kids down but teaching them they can change tack in their thinking rather than go over the same old thoughts again and again.

Normalise rather than lionise their anxiety Anxious children are very sensitive to their parents' concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by *"I've already talked to you about that."* Continually going over old ground can allow worries to linger longer than necessary.

Give them the tools to relax Some people can relax in front of the TV, and it is enough for them to take their mind off their worries. Some people need a bigger set of tools including mindfulness and exercise to help them neutralise our worries. Talk with your children about how they relax; share what works for you and help them explore relaxation techniques that will fit their interests, age and lifestyles.

Move baby move Get children moving. Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.

Let their subconscious minds solve their problems A wonderful strategy is the notion of allowing the sub-conscious mind to solve problems. There's a good body of research that points to the power of the sub-conscious mind solving problems when we are asleep. If you've ever woken at four o'clock in the morning with an 'aha!' moment, where everything seems clear, then you'll have experienced the sub-conscious mind at work. Talk about the sub-conscious mind with your children and let them know that they can give their sub-conscious permission to go to work. "Okay, I'm not going to think about this any more. My sub-conscious can solve this now."

SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep MR	Macey Carlyle	For always displaying determination and a positive approach to her learning. Great job Macey!
Prep R	Charlotte Graham	For showing incredible resilience in her return to school after her operation. Well done !
1 JB	Ruby Stepanoski	For putting in a superstar effort during Writing! Fantastic work Ruby!
1 S	Mahika Chand	For being an exceptional example of the 3R's! You are a superstar!
2 C	Mia Levey	For displaying the learning disposition of determination when writing an imaginative story about Royser the lemur
2R	Julia Salomon	For using the disposition of curiosity to share information about other countries with her classmates.
3/4 BC	Nash Kelly	For showing responsibility in your actions and always striving to set a good example to others.
3/4 CC	Jake Nicholls	For being a responsible student and placing enormous effort into all of his learning
3/4 H	Lincoln Phillips	For showing responsibility and always being honest.
5/6 MT	Mercedes Wallace	For being a reliable leader, who works hard and never gives up!
5/6 R	Jack Sheedy	for being a learner who makes connections by building on past experiences to learn new things.
5/6 SF	Zyan Capule	For always treating people with respect and striving high in her work

IMPORTANT DATES—2019	
	Term 1
March	
28	OLMC School Open Day— 7.30pm ** TONIGHT
29	School Picnic on the Green— 5.30pm Zone Athletics Day
April	
5	End of Term 1— 3.15 pm
19—22	Easter
20	Bunnings BBQ
21	
	Term 2
23	Term 2 Begins
25	ANZAC Day—Public Holiday
May	
9	Mother's Day Stall
10	Mother's Day Breakfast , Prep 2020 Enrolments close
27-29	Yr 5/6 Camp

Prep 2020 Enrolment Information				
Event	Location	Date	Time	Time
School Open Day	OLMC School	Thursday March 28th	9.30am	7.30pm
Enrolments Close		Friday May 10th		

CLASS PRAYER

2R WILL NOT PRESENT CLASS PRAYER THIS MONDAY . All children will be participating in class Holy Week prayer service in readiness for Easter

Prep Parenting in Faith Survey

Dear Parent/Guardian, We ask that you please take the time to fill out this quick feedback/evaluation form regarding our recent Prep Parenting in Faith Evening and Prep Family Mass. We would greatly appreciate your comments, suggestions and feedback in order to help us plan effectively and cater appropriately for future years.



https://docs.google.com/forms/d/e/1FAIpQLSe4p33mu-jLsFw_tJRgvo_likV67AhWktfL2qRUUpZgAa6esJg/viewform?usp=sf_link

OLMC FAMILY PICNIC

Friday 29th March

5.30pm

OLMC on "The Green"

BYO Picnic Dinner,
Drinks & Blanket

Feel free to
BYO Picnic
Games

Sacco Coffee
will be
Available

Feel free
to bring a
Teddy

*Get to know the OLMC school
community and have FUN!*



Hot Cross Bun order forms have been sent home this week. \$2 from every 6 pack order placed will be donated to our school. Orders and payment due in by 28th March. Buns will be ready to collect on April 3rd

BUNNINGS SAUSAGE SIZZLE



Dear Parents,

We have had a very poor response to our call out for volunteers for the Bunnings sausage sizzle. We desperately need people to man the stand for the times listed below. If you are able to help please contact me via email/ See Saw or pick up a form from the front office.

You can volunteer to work as many hours as you wish; your help will be greatly appreciated.

Preferred Role - Serving - Cooking

(9am – 10am) - 1 person needed

(10am – 11am) - 3 people needed

(11am – 12pm) - 3 people needed

(12pm – 1pm) - 3 people needed

(1pm – 2pm) - 2 people needed

(2pm – 3pm) - 1 person needed

(3pm – 4pm) - 2 people needed

Kind regards

Liza Rosati , School Community Liaison lrosati@olmcsunbury.catholic.edu.au

OUR LADY OF MT. CARMEL

CANTEEN ROSTER - TERM 1, 2019

Thank you for volunteering to help in the Canteen, it would be impossible without you! Please arrive at Canteen at approximately 11.00, and your assistance will be required until around 2.30pm. 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

29 th Mar	Vacancy Dani Caruana Jade Grech
5 th Apr	Joanne Borgese Renee Ridington Vacancy

SCHOOL BANKING NEWS : School Banking day is **Tuesday**

This week 37 students banked \$243.85 **SUPER SAVINGS EFFORT**

School Uniform News



ABN: 53 317 404 573

AGS Pty Ltd

Wholesalers of Quality Schoolwear & Uniforms

In house Design & Printing

www.aplusschoolwear.com.au

ADDRESS: 133 BAKERS ROAD
NORTH COBURG
VIC, 3058

PHONE: 03 9354 8345

FAX: 03 9354 5777

E-MAIL: info@agsprints.com.au

SCHOOL HATS : Slouch & Legionnaire styles - \$10 each ****new stock has arrived****

SCHOOL SOCKS : Anklet style sizes 9-12, 13-3 & 2-8 - \$4.00 each

Available for sale from the school office - Cash only—correct money appreciated



Salesian College
SUNBURY

Striving
in life.

Come and see what makes our
College different
COLLEGE TOURS AND OPEN DAYS

March	Tuesday 19 March, 9am
April	Friday 26 April, 9am
WEDNESDAY 15 MAY - OPEN DAY	
June	Friday 7 June, 4pm
July	Tuesday 16 July, 9am
August	Thursday 8 August, 9am (2021 Enrolments due 23 August)
September	Monday 9 September, 9am
FRIDAY 25 OCTOBER - OPEN DAY	
November	Tuesday 12 November, 9am

For more information, phone our College Registrar
on 9744 0000 or visit www.salesiansunbury.vic.edu.au

Year 7, 2021 enrolment applications are now open



SUNBURY NEIGHBOURHOOD
HOUSE

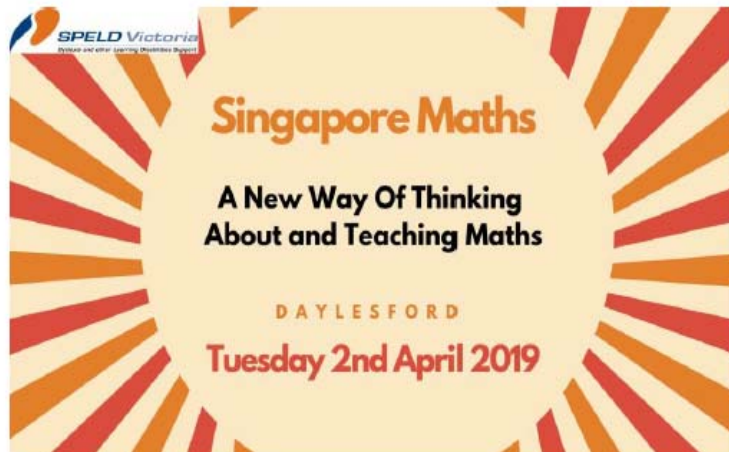
SNH @ Sunbury Square



**Tuesday 2nd April
and Thursday 4th April
from 9:00am to 5:00pm**

Visit us in the Square and have a chat
while the kids make an Easter basket or
enter our Colouring In Competition

531 Elizabeth Drive
Sunbury, 3429
9740 6978



Singapore Maths: A New Way Of Thinking About And Teaching Maths

Date: Tuesday 2nd April 2019

Time: 6:00 PM - 8:30 PM

Location: The Daylesford Neighbourhood Centre, 13 Camp St, Daylesford, VIC, Australia

Presenter: Nathalie Parry

Member: \$25.00 Non-member: \$40.00

TICKETS: <https://speld.secure.force.com/apex/EventDetails?id=a170i00000j1kbwQAA>

Facebook: <https://www.facebook.com/events/389684591610770/>

This workshop provides an overview of the approach used with Singapore Maths and the maths difficulties caused by specific learning difficulties.

Every child can develop an understanding and love of maths with the right kind of teaching and support. Children learn best when practical materials and images are used to develop conceptual understanding and fluency in mathematics. Singapore Math promotes the Concrete-Pictorial-Abstract (C-P-A) approach to support teaching and learning. Parents can assist children in this important aspect of learning using the CPA approach.

This workshop will provide you with Ideas for teaching either at home or in the classroom

1. CPA approach
2. Number bonds
3. Bar Modelling
4. Problem Solving

The Singapore Math® method is a highly effective teaching approach based on research of math mastery in Singapore, which consistently ranks at the top in international math testing. The intentional progression of concepts in the Singapore math approach instills a deep understanding of mathematics. An attitude that math is important and approachable is also essential. Students perform at a higher level when their potential for understanding and success is assumed. As a result of a monumental change that took place in 1982 within the Singaporean education system, today Singapore students are ranked amongst the highest in the world in mathematics.

For more information on The Singapore Math® method visit:

https://www.singaporemath.com/Singapore_Math_s/331.htm

or

http://www.singaporemathematics.com.au/why_choose_sam/thinking_maths/

Presenter: Nathalie Parry

Presenter Bio: Nathalie Parry has specialist teaching qualifications and experience in the areas of learning difficulties, academic underachievement, intervention and individual differences in literacy and numeracy learning. Improves organisational skills and literacy and numeracy outcomes for children, youth and adults who learn differently (preschool to tertiary). Masters of Education (Specific Learning Difficulties) from the University of Melbourne.

FREE
WORKSHOPS

DOES YOUR CHILD HAVE AUTISM?



My Child and Autism

A workshop for parents

Date: Thurs 2nd May 2019

Time: 9.30-am - 2.30pm

Venue: Hume Global
Learning Centre

1093 Pascoe Vale Rd,
BROADMEADOWS

REGISTER TODAY!

To register:

www.amaze.org.au/earlydays

It is highly recommended you attend this workshop prior to attending any other Early Days workshops

How Early Days can help:

Early Days provides workshops for parents and other family members of children 0-6 who have an Autism Spectrum Disorder (ASD) diagnosis or are going through the assessment and diagnosis process.

What this workshop offers:

- Learn about ASD and what it means for your child and your family
- Learn practical strategies that can make a difference to your child's development
- Learn how to navigate early intervention

More about Early Days workshops

- Free to attend
- Held in small groups of 4-15 and gives you an opportunity to meet other parents
- Lunch & light refreshments provided
- Childcare is NOT provided


earlydays

www.earlydays.com.au

promoting development of
young children on the autism spectrum

Other workshops available, please contact early days via their website

The 2019 Dromkeen
Literature Festival

*'Stories Connect us to the
Past, Present & Future'*

Featuring Children's

Authors & Artists

Trace Balla, Corinne Fenton
Claire Saxby, Mark Wilson
& Marc McBride



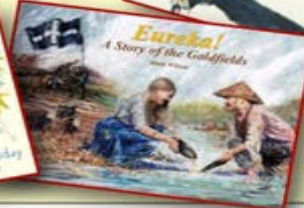
*There will be a launch of two brand new
picturebooks, author/illustrator talks, book
readings and craft, children's animal farm, art
therapy, blacksmith & bush furniture making,
art sales, book signings and more!*

Dromkeen Homestead

Saturday, March 30 10am-4pm
1012 Kilmore Rd. Riddells Creek

www.dromkeen.com/litfest

<https://www.trybooking.com/BAMCE>



TERM 2 CHILDREN'S ART WORKSHOP

Learn to Draw in Charcoal
Paint in Acrylic
\$200 per Term for 8 weeks
8yrs to 12yrs
Small group of 4 only
Commencing 1st May, 2019
Wednesday 4pm to 5pm

Ring Debra - Local
Sunbury Artist
0408 733 445

