



Newsletter

Term 3 Week 6 Friday, 23 August 2019

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

Dear Parents,

What a big week for celebrations. First of all, a special mention to the Flynn family who welcomed baby Gabriel this week. Congratulations, Alex and David, on your safe arrival, a beautiful baby brother to Angelica, Olivia, Callan and Lucas.

Last Sunday two of our students were welcomed into the church through the Sacrament of Baptism. Congratulations to Kate Lorenzi and Anya Clement.

Congratulations to all of our students who played in netball and football grand finals last weekend. Some athletes go through their whole lives without playing in a grand final, let alone a premiership so well done!! A special mention to Riley Wilson (year 5) who put in a best on ground performance in his team's win.

Thank you to Mrs Deb Rule who has been teaching 3/4CC while Christine Cassar is on long service leave. As Deb is unable to be here next week, Tom Stefaniw will be teaching the class.

As of next term. Mr Colin Healy will be stepping away from his role as Physical Education teacher. We thank Colin for his tireless work in this area. Colin will be replaced by Tom Stefaniw. We welcome Tom to the staff.

This week the principals and RELs met with Father Kevin and the Parish staff to look at dates for next year. I will get these out to you as soon as I can so that you can lock them in.

The Parenting in Faith for Confirmation evening on Tuesday night was a great success. It was beautiful to see the children and their parents together. The message from Paul Spence about Confirmation was "A new heart I will give you and a new spirit I will put in you".

This Sunday we celebrate the 21st Sunday in Ordinary time:

Gospel

Luke 13:22-30

The last shall be first and the first last.

Restorative Practices Update: One of the biggest issues we are facing at school at the moment is when children don't own their choices and behaviour. With 2 (adult) children of my own, take it from me, every child will make the wrong choice at some stage in their life, maybe more than once. The important thing is for them to realise and accept that they have made the wrong choice (regardless of who started it) and not to make excuses. As parents and teachers, we need to support them in doing so. I came across this article that I found very useful:

[Bringing the lessons of restorative justice home](#)

October 4, 2018 | **Posted in:** [Elementary](#), [High School](#), [Middle Years](#)

Ask most children what will happen if they break the rules, and you're likely to get an answer along the lines of, "I'll get in trouble." But for educators like Pete Mody, the question is, "Will that really help?"

Mody, who is the principal at South Glens Falls High School, is one of many educators throughout the region who has been involved in bringing restorative justice programs to local schools.

Restorative justice is a process by which participants are asked to consider their actions and take steps to resolve issues.

"The idea is, if you make a mess, you clean it up," Mody explained.

Rather than just punishing the offender, restorative justice focuses on righting wrongs — which can take a lot of different forms.

At South Glens Falls, Mody says, two students who get into a scuffle in the hallway might be encouraged to talk it over, resulting in an apology. For more serious transgressions, the process might involve family members, coaches, teachers or others who were affected by the student's actions.

At its core, the process aims to repair relationships and get to the core of why a problem happened in the first place.

"Often what I've said is, if punishment really worked for every kid, we wouldn't see the same kids doing the same thing over and over again," pointed out Timothy Dawkins, assistant superintendent for curriculum & instruction at South Glens Falls.

Both Dawkins and Mody can attest to the power of restorative justice in the classroom.

"It gives an opportunity for a student to see the whole scope of their actions, and repair all that damage," Mody said. "Almost always, when it's done, that student has stronger relationships with almost everyone who was involved."

53 Macedon St

Sunbury 3429

9740 7344

2019 Term Dates

Term 3:

Mon 15th July —

Fri 20th Sept

Term 4:

Mon.7th Oct —

Fri 20th Dec (TBC)

School Closure Day

Term 3

September 2nd

Term 3 Week 6 Friday, 23 August 2019

But the tactics of restorative justice can be just as powerful outside of school. Here are a few strategies parents can use to introduce some of the concepts of restorative justice at home:

Hold regular family meetings

In schools, restorative justice can't begin until teachers get to know their students and begin to earn their trust. At home, Dawkins suggests having regular family "meetings" so that parents and children can check in with each other and be proactive about identifying problems or issues before they get out of control.

"If you do that work ahead of time to understand each other, it's easier to tackle these things when they come along," Dawkins pointed out.

Tell a different story

Particularly at a young age, children often struggle to understand their own actions. A child who knows he shouldn't have hit his sister may conclude that he is a bad person — or, he may rationalise his actions by concluding that his sister deserved to be hit.

Restorative justice, Mody said, gives children (and parents) a third option: recognising that one single choice or behavior doesn't have to define who a child truly is.

"Sometimes you're just devastated that a child would make that choice, and you're focused on the negative," Mody said. "Restorative justice gives that child a mechanism to do something positive with it — to fix it and look back and say to themselves, 'I was willing to put in the time to make that right, and that's who I really am.'"

Hit the pause button

Restorative justice is a thoughtful process, not a snap judgment or a decision made in the heat of the moment — and to make that possible, Dawkins said, both parents and children may need a cooling-off period.

"Parents might need to say, 'I'm going to send you to your room and then we're going to talk this over,'" Dawkins explained. "You can take stock and be more measured in your response, instead of just reacting emotionally to your child's behaviour."

Ask the right questions

When both parent and child are ready to talk, each person should have the chance to say their piece. Mody suggests the following five questions as a good starting point for the restorative process:

What happened?

What were you thinking/feeling at the time?

What have you thought about since it happened?

Who has been affected?

What do you think needs to be done to make it right?

It might not be necessary to ask all of these questions every time. "The essence of it is finding out what it was like for each person, and finding out what they need," Mody said.

If there's a conflict between two children, for example, one child might want an apology or a hug; another might want to make an agreement about what they will do going forward.

"You're creating a social contract," Mody said. "The complexity of the language might change, depending on the child's age, but the core idea is going to be the same."

For Dawkins, Mody and others who have embraced restorative justice, the benefits are palpable and long-lasting — not just for the individual students who participate, but, Dawkins hopes, for society as a whole.

"We want to think about creating socially aware, socially responsible human beings," Dawkins said. "And a big part of that is how we deal with conflict."

The lessons of restorative justice, Mody argues, can help young people take responsibility for their own actions.

"If I suspend a student, that student can shrug it off and say, 'The school's being a jerk,'" Mody said. "He doesn't have to confront what he's done. Conversation, discussion and repair are a more permanent, lasting and effective solution to whatever problem that young person may be having."

To learn more about restorative justice, visit restorativejustice.org.

As you may be aware it has been very difficult to maintain a psychologist or counsellor at the school. I have advertised the position and we had appointed Cecelia Tankey. Please see attached for a letter from Cecelia who explains her qualifications, areas of expertise and protocols to follow if you would like your child to see her.



FOREVER FAITHFUL

OUR LADY OF MOUNT CARMEL SCHOOL

53 Macedon Street

PO Box 631

Sunbury Vic 3429

Telephone: 03 9740 7344

Dear Parents and Families of OLMC,

My name is Cecilia Tankey. I am a psychotherapist and Accredited Mental Health Social Worker. I am excited to be providing counselling services to students of Our Lady of Mt Carmel Primary School. I will not be employed by OLMC, however my services will be provided through my own business as a private practitioner located at Our Lady of Mt Carmel Primary one day a week.

As I am in the very fortunate position of getting to know some of your children, I would like to take a moment to tell you some things about me. I grew up in the bayside of Melbourne with 8 siblings including a twin sister. I sing in a community choir and I love tinkering on the piano and ukelele. I am a mum, with 3 primary school-age children, and so I understand parenting in all of its grittiness, unpredictability and beauty. I have an English Staffy called Rembrandt. I completed a Bachelor of Social Work at the University of Melbourne, and I later completed postgraduate studies in Holistic Psychotherapy at the Metavision Institute in NSW. I have been providing mental health services for over a decade and entered into private practice work three years ago.

My great passion is to provide a nurturing and empowering space for young people to find healing and overcome difficulties. I use storytelling and the creative arts to explore problems, and this creates a beautiful space for children to feel safe and engaged. My social work background and training in holistic psychotherapy also informs my practice, which extends beyond the therapy room, considering the individual within the context of their family and community. Mother Teresa once spoke some very powerful words: "You want world peace? Go home and love your family". If the family has the power to create world peace, then there is no job that is more important than that of a parent. The impact we can make from within the walls of our own home is immeasurable. Expressions of love through conversations at home, sharing a hug, a smile, a family meal, a prayer, a song.

It is widely known and understood that children's values, morals and resilience are cultivated first and foremost in the home. I value the need to understand and support parents and families in whatever way is needed, and hope that you are open to conversations with me, to enable the greatest outcome possible for your child.

I also know that sometimes things can get a little off balance, for so many reasons, and it is here where I can provide a confidential and safe space in which your child feels deeply listened to, and this in itself is transformative. My psychotherapy and counselling support can help with the following:

Emotional and mental health issues including mood and anxiety disorders, anger issues;

Interpersonal relationship difficulties which may include conflict at home, friendship issues, challenging behaviours, bullying, social skills, communication skills, restorative practice;

Self-esteem, confidence, identity and body image issues;

Coping strategies to manage stress and overwhelm relating to education or other life stressors;

Grief and loss arising from the death of a loved one, parental separation, life changes and disability or illness in oneself or a family member;

Trauma experiences associated with shattered assumptions that you are safe, that you are worthy, the world is good, life is meaningful. We all experience little traumas through our lives which can have a profound impact, but some of the bigger trauma experiences may include violence and abuse, accidents, substance abuse and other forms of addiction, war experiences and bullying.

I do not provide developmental or behavioural assessments. I also do not provide mental health diagnoses for your child. I work with the symptoms and presenting issues to find healing and alleviate problems.

To refer your child for counselling, you will need a referral from your doctor, which will allow up to 10 sessions of mental health support through the Medicare Mental Health Care Plan. Each session will be bulk billed through Medicare, at no cost to the families of OLMC. You will receive an invoice via email at the end of each session. I hope to touch base with parents via phone or in person at the commencement of support.

I really look forward to getting to know the children of your school community. For any further information, please do not hesitate to contact me on 0431 122 275 or email: ceciliatankeytherapy@gmail.com.

Kind regards,

Cecilia Tankey

SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep MR	Frankie Chiodo	For displaying determination and persistence in her reading. Fantastic effort Frankie
Prep R	Mukoch Deng	For demonstrating responsibility through following class routines. Well done Mukoch!
1 JB	Sophie Scott	For her great efforts in 'Tell me a story' time this week! Fabulous job Sophie!
1 S	Tahlia Bekker	For being eager to learn and ready to take on new challenges
2 C	Levi Pansino	For using the learning disposition of creativity when working on your superhero figure and writing about the super power you wish for.
2R	Madilyn Grech	For using self motivation and determination during Maths tasks.
3/4 BC	Molly Jones	For using the disposition of collaboration to work through a challenging maths investigation.
3/4 CC	Juliet Luca	For always displaying great respect for her learning and for those around her. Our quiet achiever!
3/4 H	Billy Elliott	For co-operating well with others
5/6 MT	Mitchell Harmer	For being a hardworking and reliable class member, who treats everyone with kindness and respect.
5/6 R	Lila Clark	For her wonderfully diligent approach to writing a film review.
5/6 SF	Lisa D'Monte	For being an independent thinker and being brave enough to voice her opinions during class discussions.



Dust off those dancing shoes for our first

Mums Spring Fling

**MARNONG ESTATE
Atrium Room**

2335 Mickleham Rd, Mickleham

Friday October 25th 2019

7.30pm - 11.30pm

\$75.00 per person

dress | cocktail
drinks | bar prices

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R.S.V.P Oct 15th via CDFPay

enquires at OLMcmumsnight@gmail.com

includes canapes' . entertainment . door prizes

all proceeds on the night donated to the
McGrath Foundation

IMPORTANT DATES—2019	
	Term 3
August	
23	Salesian 2021 Year 7 enrolments close Year 3/4 excursion to Botanic Gardens
29	Special Person's Day Breakfast 7.30 to 9am Fathers Day Stall
September	
2	School Closure Day
9	Year 5 parents and students evening
20	End of term 3 — 3.15pm

Prayer Roster : Monday at 2.45pm OLMC Church - *All Welcome*

Date	Class presenting
26 August	2 R
2 September	School Closure Day
9 September	5 /6 R
16 September	Student RE Team

Cyber safety Information Night

Guest Speaker: Police Detective Paula Jarski

September 4th at Our Lady of Mount Carmel Primary School

7:00 in the Multi Purpose Room.

Due to the nature of the content, THIS IS AN ADULT ONLY EVENT.

If you can only attend one night this year, this is it!

OUR LADY OF MT. CARMEL CANTEEN ROSTER - TERM 3, 2019

23 rd Aug	Kelly Loft Nicole Petrie Anna Marincic	13 th Sept	Belinda Falzon-Pout Nance Carlyle Caroline Dillon
30 th Aug	Danni Bekker Joanne Borgese Raquel Handley	20 th Sept	Sylvana Doricic Taryn Paterra Louise Vasey
6 th Sept	Cathy Carter Renee Ridington Rhonda Searle		

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 2.30pm. 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

School Banking News: School Banking day is Tuesday

This week 20 Students banked \$142.40

Fantastic Effort Everyone !!



Hume Council Leisure Centres Holiday Activities Program available from the school office foyer

School Uniform News

School Socks available for sale from the school office

Cash only—correct money appreciated **\$5.00**

Anklet style: sizes 9-12, 13-3, 2-8 & 7-11 ****New stock has arrived**



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Wholesalers of Quality Schoolwear & Uniforms
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30TH AUGUST

SUNBURY FOOTY FEVER

BLUE LIGHT DISCO

SUNBURY MEMORIAL HALL
INT BARKLY & MACEDON STS, SUNBURY

6-8PM | PRIMARY AGE | \$7 ENTRY
CONTACT SUNBURY POLICE STATION 9744 8111

SUNBURY BLUE LIGHT DISCO
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sunburylac.org.au

FAMILY FUN & FITNESS

83
SUNBURY
LITTLE ATHLETICS
CENTRE INC.




How to get started in Little Athletics

Little Athletics provides the opportunity for children and families through athletics to develop a healthy lifestyle and sporting skills for life

Who can do Little Athletics?

Sunbury Little Athletics are able to cater for children from 5-15 years of age and include children of all abilities. No matter what your skills or ability - Little Athletics is all about family, fun & fitness and making sure you can be your best.

How will I learn?

Our friendly officials are very helpful and will explain how to participate in each event. Sunbury LAC will also be running several skills clinics this season to help you improve and learn more about athletics. Learning is fun and in no time you will see your personal best (PB's) performances improve.

What are the benefits?

If you are fit it makes you feel good about yourself and you have the energy to do anything. Young people who take an interest in sport are more likely to stay fit for life. Little Athletics is a fantastic foundation for your development in any sport. Many of our athletes have gone on to great success in AFL, Basketball and Baseball (to name a few).

What does my Mum, Dad or Family have to do?

Apart from making sure you get to and from Little Athletics your Mum/Dad or family make great helpers and officials and coaches of the future. Organising, raking, recording, directing and measuring are all jobs families and helpers are asked to do.

How friendly is it?

You will find no shortage of friends or friendships at Little Athletics. Little Athletics has provided a friendly environment for over 50 years with millions of Aussies enjoying their experience.



How do I join?

Simply visit our website to register online before October 5th for your child to participate in our opening meet.

www.sunburylac.org.au

Cost = \$140 for one athlete
*visit our website for details on family discounts for multiple athletes.

The summer track & field season runs from Oct-Mar (with a short break for Xmas).
Cross Country season starts in May through to July.

We are holding a season opening **Registration Welcome Day on Saturday 14th September** at our Centre commencing at 10am. Eric Boardman Reserve, Mitchells Lane, Sunbury

Follow our Facebook page for all of our latest news and updates (Search for Sunbury Little Athletics Centre).

The Community Partnerships leader at St. Anne's primary school would like to invite the OLMC school community to a Parent Information Evening about turning anxiety into resilience- led by Michael Grose and run by the Hume Council.

To make a booking please call St Anne's School Office on 8746 8000

A St. Anne's Sunbury Community Engagement Initiative



MICHAEL GROSE: HOW CHILDREN CAN TURN THEIR ANXIETY INTO RESILIENCE

WEDNESDAY 18th SEPTEMBER 7:00 Parish Hall

Please RSVP by filling in the form on Skoolbag

Michael Grose is one of Australia's leading parenting and educational writers and speakers. He will be joining us for a special parent information evening focussed on fostering resilience in children. Hope to see you all there.

