



# Newsletter

Term 3 Week 8 Thursday, 5 September

## Principal's Message [principal@olmcsunbury.catholic.edu.au](mailto:principal@olmcsunbury.catholic.edu.au)

Dear Parents,

The NAPLAN results have been released this week. These assessments were completed in May over 3 days and are only a snap shot of a child's progress. NAPLAN was really designed as a tool for schools to use for their own planning purposes, not a record of a child's assessment. Sometimes your child may score much higher or much lower than their mid year report. There are many reasons for this. Please speak to your child's teacher if you have any concerns but remember their school report is a much better indicator of your child's progress.

As per our Sunsmart Policy, all children must wear their hat from September through to May. Any child without a hat from next Monday will need to remain in the shaded area outside the library. Also just a reminder that black socks are not part of the OLMC uniform and should never be worn. I am seeing more and more students in black socks or white with a logo. Plain white socks are to be worn. Hair must be tied back at all times if it is long enough to form a pony tail.

Congratulations and good luck to the following children who are representing Sunbury in Athletics - Bridie Fish, Lila Clark, Summer Pietromonaco,, Joel Zanatta , Joshua Urbaniak, Amelia Haxby and Liam Joyce.

Next Monday 9th September we will be running our Year 5 sexuality information evening. This is part of our parenting in faith program and it is expected that every year 5 student and at least one parent attends. If you are unable to attend please let your child's teacher know.

A huge thank to Paula Jarski for running the parent information session on cyber safety last night. There is always so much to learn in this area. Thank you to the parents who attended. It was a very good turn out with about 45-50 parents in attendance. Cyber safety is a huge issue for all children. As parents and carers you know your child better than anyone and have the best opportunity to support and guide them to have safer online experiences. The safety commissioner website is a great resource. In this newsletter I have included some interesting pieces of information that I thought were very relevant to a great number of our students.

This Sunday we celebrate the 23rd Sunday in Ordinary Time:

Gospel acclamation

Matthew 11:29ab

Alleluia, alleluia!

Let your face shine on your servant, and teach me your laws.

Alleluia!

### How much screen time is too much?

There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Help your child achieve a healthy balance in their online and offline activities.

Signs to watch for:

- less interest in social activities like meeting friends or playing sport
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain

53 Macedon St  
Sunbury 3429  
9740 7344

### 2019 Term Dates

#### Term 3:

Mon 15th July —

Fri 20th Sept

#### Term 4:

Mon.7th Oct —

Wed 18th Dec

- changes in eating patterns
- reduced personal hygiene
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family

Help your child manage their online time:

- Stay engaged and encourage balance — keep an eye on the games, apps and devices your child uses by sharing screen time with them. Help them stay aware of their important offline activities, like hobbies and sports.
- Create a plan — involve your child in creating a family plan that balances time spent sitting in front of screens, with a variety of offline activities.
- Use the available technologies — parental controls and tools to monitor online time allow you to measure and set time limits on device use or internet access. But be honest and open with your children about why you want to use these technologies.

[esafety.gov.au/parents/big-issues/time-online](https://esafety.gov.au/parents/big-issues/time-online)

**Online games** can be great fun for your child, but make sure you can help them manage the risks.

What are the benefits and risks?

Many games can improve your child's coordination, problem-solving and multi-tasking skills, as well as help build social skills through online interactivity with other players. But it is important to understand what might go wrong.

Risks of online gaming include:

- spending too much time gaming, which can have negative impacts on your child's health, ability to study, and social and emotional wellbeing
- bullying and grooming through online or in-game chat
- games with gambling-like elements can normalise gambling for young people
- costs of in-game spending

How to create a safer gaming environment for your child

- Prepare — locate the computer or games console in an open area of your home and use available parental controls and safety features for devices, browsers and apps.
- Build good habits — help your child protect their personal information by using a screen name that does not reveal their real name. Teach them not to click on links provided by strangers, like 'cheat' programs to help with game play, which can contain viruses or malware.
- Agree on strategies to help them switch off — like a timer that signals game time is nearly over, with consequences for not switching off.
- Stay involved — talk regularly with your child about their gaming interests and who they play with online. Play alongside your child to get a better sense of how they are handling their personal information and who they are communicating with.
- Be aware of what they are playing — games vary in their level of violent or sexual content, and may contain themes, language and images that are unsuitable for your child.
- Empower your child — wherever possible, help them make wise decisions for themselves, rather than tell them what to do. Try to provide them with strategies for dealing with negative online experiences that will build their confidence and resilience.

[esafety.gov.au/parents/big-issues/gaming](https://esafety.gov.au/parents/big-issues/gaming)

# SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep MR	Harry Cronk	For being a risk taker in trying to read new words. You are a super star Harry
Prep R	Nicola Borgese	For taking responsibility for her learning through improving her writing and working towards her writing goal. Well done Nicola !
1 JB	Zoey Armstead	For her self-motivation when working independently, especially when writing her narrative story this week! Fabulous effort Zoey!
1 S	Mason Cahill	For always being so keen to learn and take on new challenges
2 C	Sara Farah	for always being kind and supportive to her classmates.
2R	Mason Ellis	For using determination and self motivation in his Writing.
3/4 BC	Isla Lavelle	For her determination and commitment to reflect on past experiences and improve herself as a learner.
3/4 CC	Jagan Fitzpatrick	For being a responsible student and placing enormous effort into his spelling activities.
3/4 H	Milana Borgese	For always being a respectful and responsible student
5/6 MT	Joel Zanatta	For his enthusiasm in class and supporting others with their learning in Mathematics.
5/6 R	Harry Jones	For consistently demonstrating exceptional courtesy in his dealings with staff and students, and making great efforts to produce work of a high standard in all areas of the curriculum.
5/6 SF	Claire Bonnici	For using resilience and reflection to learn from life experiences



**It's the season for sneezing**—Families are requested to send a box of tissues for each child in the family to the classroom. These tissues are used in the classroom to help keep expenses down.

Dear Parents/Guardians,

On Monday the **9th of September**, Loreto are running a Ready, Set, Teddy day. There will be different activities running during house team time. Please bring your Teddy Bear. We are also asking for a gold coin donation to raise money for toys for children less fortunate than us.

Thank you for your support,  
**Loretto Leaders**



## Literacy News

**Premiers Reading Challenge is almost over!!!!**

Please have all your books logged in by the Sept 5th as we need to have all books verified by the 6th Sept. Please make sure you have enough 'challenge' books to meet the requirements.

Happy Reading!!!

IMPORTANT DATES—2019	
Term 3	
September	
5	Premier's Reading Challenge books to be logged on Year 6 Summer Sports Carnival
9	Bring your teddy to school—Loretto fundraiser/ Gold coin donation Year 5 Human Sexuality Parent/Child Evening 6:30pm. Parish Centre
10	Prep excursion to Animal Land
11	Year 5/6 "Stepping Up" program at Salesian College
20	End of term 3 — 3.15pm

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

Date	Class presenting
9 September	5 /6 R
16 September	Student RE Team



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](mailto:OLMCmumsnight@gmail.com)

includes canapes' . entertainment . door prizes

all proceeds on the night donated to the  
McGrath Foundation

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

6 <sup>th</sup> Sept	Cathy Carter Renee Ridington Rhonda Searle	20 <sup>th</sup> Sept	Sylvana Doricic Taryn Paterra Louise Vasey
13 <sup>th</sup> Sept	Belinda Falzon-Pout Nance Carlyle Caroline Dillon		

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 31 Students banked \$291.90

**Fantastic Effort Everyone !!**



### **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



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September 3rd 2019



## Our Lady of Mount Carmel OSHClub

### Service Information

- Coordinator: Venetia Fernandes
- Educators : Taylor Reid, Natalie Kielbasa, Erin Mathieson and Melanie Nadjidie
- Service number : 0401850518
- Email: ourladyofmtcarmel@oshclub.com.au

## Parent Information

**Come and join us in OSHClub!**

**Suggestions:** If you have any feedback we could really use your assistance to make OSHClub more community friendly. Please come in and share your fantastic ideas with our staff members.

## Last Week in Review

**Activities:** Fathers Day Art, Fathers Day key rings, Fathers day cards, tea cup coasters, Fathers day clay activities and water colour art .

In OSHClub made our very special tie cards for our Fathers or someone special. We also got very creative by making special key rings that had our faces or, very nice messages for our loved ones. We were all allowed to pull funny faces for our pictures that were placed in the key ring.

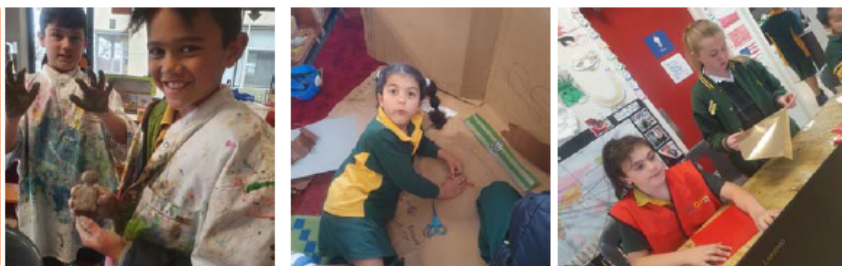
We also made Fathers Day( or cards for our loved ones) and, wrote special messages on all the cards. We even made ones that looked like ties!!!

In OSHClub we also got our hands dirty when we made awesome things for Dads out of clay, some of the things we made were coasters, cups, figurines, pots and phone holder that we learned from art class.

Here is Matthew and Josh making special fathers day clay creations (Left).

Here is Ambrosia making her very own Hogwarts castle and Quid-ditch field (middle).

Here is Max and Charlotte mak-



## This Week at OSHClub: Free For All!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE SCHOOL CARE				
PFD	Build a cardboard Cafe	Clown tie	Pint a famous artwork	Famous singers
PFD	Lego building competition	Clown colouring sheets	Child-initiated group games	Child initiated activity
AFTER SCHOOL CARE				
PFD	Recycling building challenge	Paint a clown	Riddles	Make up your own song
PFD	Band aid tag	Stress balloons	Search and rescue	Cupcakes
BREAKFAST				
Selection of Cereals, Wholemeal or raisin bread served with strawberry jam, butter or Vegemite.				
AFTERNOON TEA				
PFD	Tacos and seasonal fruits	Yogurt and seasonal fruits	Pasta and garlic bread with seasonal fruits.	Toasties ( baked beans and spaghetti)

## Community News



**SUNBURY NEIGHBOURHOOD HOUSE**

**HOUSE PARTY**

**FREE OPEN DAY!**

**Sunbury Neighbourhood House**

**531 Elizabeth Drive, SUNBURY**

Come and see what we do at the house!  
Saturday 21st of September 2019  
11am - 1pm

Class Demonstrations  
& Free Activities,  
meet our Facilitators!

**Fun**

- \*Face Painting
- \*Petting Zoo
- \*Fire Truck water display
- \*Sausage Sizzle

Uniting  
Powered by the  
Australian Government

Coffee Van & Raffles on the day!

Communities for Children Hume

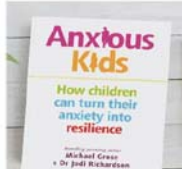

**A St. Anne's Sunbury Community Engagement Initiative**

**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.



EMPOWERING  
BDR

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 6800