



Newsletter

Term 4 Week 1 Thursday, 10 October

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

Dear Parents,

Welcome back to Term 4. I hope the school holidays were relaxing and enjoyable. It has started out quite cool but hopefully the sunshine will be back with us very soon. Thank you for returning forms regarding 2020. If you haven't returned it as yet please do so this week. Plans for next year are well underway and we are funded according to how many enrolments we have. One change can have a significant impact. Please email me if your child is not returning, even if you may have indicated this on the form.

Our dance program began today and there was much excitement as the students performed their hip hop and tango moves.

Today is World Mental Health Day. This is an opportunity to raise awareness of **mental health** issues and to mobilise efforts in support of **mental health**. This year the focus is particularly on suicide prevention. Every 40 seconds someone loses their life to suicide. 1 in 5 Australians are affected by a mental illness, yet many don't seek help because of stigma. Take the time to talk to family and friends and if you or someone close to you needs help please speak to someone who can help.

Next Monday the whole school will be at Salesian College for the day as their students run a fun filled sport activity day for us. Our students cannot attend without a permission form. Please remember that they are to wear their sports uniform and hat and to bring a healthy snack, lunch and water bottle.

The Year 3 students will receive the Sacrament of Reconciliation next week. I ask that you keep them all in your prayers. The Sacrament of Confirmation will be celebrated on Sunday 27th October at St Patrick's Cathedral.

The month of October each year is dedicated to the Holy Rosary. During this holy month we can ask ourselves "How can I make my life a gift of charity for others?"

Helping boys to express their emotions

As teachers and mentors to boys and young men, by modelling a healthy expression of emotions and feelings, you can help them to understand that these are normal human behaviours.

Outbursts can often be an outward expression of frustration, fear or other emotion that children have difficulty expressing. In particular for boys, being seen as strong and dominant is a quality that has been traditionally portrayed in our culture.

By teaching boys and young men that emotions and feelings are normal and a valuable part of life, you can help them take some of the pressure off themselves as men. Expressing emotions can help them to understand themselves so that they can then have empathy and understanding for others. It can also help them recognise that violence and aggression are not the way to express emotion and lead them to developing healthy and respectful relationships with themselves, with their loved ones and with the wider community.

This Sunday we celebrate the 29th Sunday in Ordinary Time.

Gospel: Luke 18:1-8

Jesus urges his disciples to pray and not lose heart, for God hears and answers prayers.

Enjoy the week

Julie

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

School Closure

Days

Mon. 4th Nov.

Tue. 5th Nov.

(Melb. Cup Day)

Mon.9th Dec.

SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep MR	Audrey White	For showing her outstanding maths problem solving skills. Excellent effort Audrey
Prep R	Joshua Munslow	For his effort during reading to use different strategies to help solve words. Well done !
1 JB	Hudson Gatt	For his detailed writing recount of a holiday adventure. Fabulous efforts Hudson!
1 S	Adele Loft	For being an organised, self-motivated learner and always striving to do her best!
2 C	Samuel Plummer	For showing determination when working on solving division problems.
2R	Mitchell Dagher	For showing resilience and determination in his learning. Fantastic start to term 4!
3/4 BC	Joshua O'Connor	For his efforts to be more focused and producing a fabulous recount about his trip to Fiji!
3/4 CC	Liam Russell.	For being a self motivated learner and sharing lots of interesting facts with the class.
3/4 H	Ebony Hatzakortzian	For being responsible & determined to do her best
5/6 MT	Kate Lorenzi	For being a responsible class member and showing determination when working on challenging tasks. Great job Kate.
5/6 R	Luca Stella	For great concentration and working diligently during class. Keep up the good work!
5/6 SF	Joshua Caccamo	For discovering his own potential as a learner and being a kind friend.



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.

IMPORTANT DATES—2019	
	Term 4
October	
14	Prep—Yr 6 to Salesian for Games/Activities Day
15	Sacrament of Reconciliation 5pm & 7pm RSVP date for Mum's Spring Fling
16	Sacrament of Reconciliation 5pm & 7pm
21	Crazy Hair Day - see flyer
25	Whole school Photo Mum's Spring Fling - 7.30pm Rupertswood Harvest - 4.00 - 7.30pm
27	Sacrament of Confirmation 2pm & 4pm
November	
4	School Closure Day
5	Melbourne Cup Day
December	
2	OLMC school sports day
5	OLMC Christmas Carols—(time tbc)
9	Student free day—2020 planning day
12	Keyboard Concert 9am—1pm
13	Mass of Thanksgiving—9.30am
16	Year 6 Graduation
18	Final Day for 2019

Prep 2020 Orientation Dates		
Prep Information Evening	Tuesday 29th October	7.00pm
Orientation Session 1	Thursday 31st October	9.30—10.30am
Orientation Session 2	Monday 11th November	9.30—10.30am
Orientation Session 3	Thursday 28th November	9.30—10.30am
Whole School Orientation	Monday 16th December	12.00—1.00pm

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

Date	Class Presenting
October 14th	No Prayer due to Games Day at Salesian
October 21	3/4 H
October 28	5/6SF
November 4	School Closure Day
November 11	5/6M
November 18	1S
November 25	3/4CC
December 2	3/4BC
December 9	Year 2 Nativity Play

**On Monday 21st October,
Zahra from Gr 1JB will be cutting her hair
to raise funds for people with Cancer**

CRAZY HAIR DAY

**35cm of Zahra's hair will
be cut off at school
and donated to AAAF
Australian Alopecia Areata
Foundation**

This hair donation will go towards making a wig
for children with Cancer and Alopecia.

All money raised will be donated to the
OTIS Foundation, who provide retreat
accommodation at no cost for anyone
dealing with the challenges
of Breast Cancer.

**Please show your
support by
bringing in a gold
coin donation
and wearing
your hair as
crazy as can be!**



You might even like to dress in some crazy colours!

Bookclub

Dear Parents,

Issue 7 of Ashton Scholastic Bookclub was sent home yesterday with your child. All orders for Issue 7 need to be returned, or finalised online, by recess on **Thursday 17th October**.

Thankyou for your ongoing support.

Trish Cairns

OUR LADY OF MT. CARMEL CANTEEN ROSTER—TERM 4, 2019

11 th Oct	Sylvana Doricic Chantal Vella Renee Ridington	15 th Nov	Belinda Falzon –Pout Nance Carlyle Caroline Dillon
18 th Oct	Paula Jarski Vacancy Melanie Caccamo	22 nd Nov	Cathy Carter Renee Ridington Rhonda Searle
25 th Oct	Jade Grech Antoinetta Preston Skye Hewatt	29 th Nov	Taryn Pattera Louise Vasey Joanne Borgese
1 st Nov	Vacancy Nat Grant Erin Thompson	6 th Dec	Nicole Petrie Adele Dichiera Danielle Wadden
8 th Nov	Raquel Handley Anna Marincic Emma Clements	13 th Dec	Sylvana Doricic Jing Ji Chantal Vella

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

HOT MILO NOT AVAILABLE DURING TERM 4



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

School Banking News:

School Banking day is **Tuesday**

This week 24 Students banked **\$144.55**

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



ABN: 53 317 404 573

AGS Pty Ltd

Wholesalers of Quality Schoolwear & Uniforms
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Community News:



Infinity
wellness centre

Term 4
starts 7th October

CALM KIDS

Psychologist supervised
Mindfulness & Yoga Group Sessions
for Primary School kids

Call 0424567083 to book
Held at 106 Riddell Rd Sunbury
infinitywellnesscentre.com.au



Every **MONDAY**
TUESDAY &
THURSDAY
4.30-5.15pm

Supports healthy
mood regulation &
self awareness

Highly experienced
kids yoga teachers
capable of working
with **all levels and**
needs

Medicare **rebates,**
NDIS suitable if
criteria apply

Limited to 8
per group