

# Newsletter

Term 3 Week 8 Thursday, 10 September 2020

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

Dear Parents,

Today is R U OK? Day and I don't think it has ever been as crucial as it is now. Please check in on your loved ones and ask the simple question. You could really change a life. Please know that I am also asking all of you, "R U OK?". I am very mindful that there are families who are really struggling on many different levels at the moment. Please email or call me if you need someone to talk to.

### School Address

53 Macedon St  
Sunbury 3429  
9740 7344

### Term Dates

#### Term 3:

Mon 13th July -  
Fri 18th September

#### Term 4:

Mon 5th October -  
Fri 16th December

**THERE'S MORE TO SAY AFTER RUOK?**

**Ask R U OK?**

How are you traveling? You don't seem yourself lately - want to talk about it?

**Listen with an open mind**

I'm here to listen if you want to talk more. Have you been feeling this way for a while?

**Encourage action**

Have you thought about speaking to your doctor or a health professional about this? What do you think is a first step that would help you through this?

**Check in**

Just wanted to check in and see how you're doing? Have things improved or changed since we last spoke?

**R U OK? DAY** 10 September 2020 Learn what to say at [ruok.org.au](http://ruok.org.au) A conversation could change a life

**THERE'S MORE TO SAY AFTER RUOK?**

If you're worried about someone start by asking "Are you OK?"

**No, I'm not OK.** Dig a bit deeper.

**Yes, I'm fine.** But your gut says they're not.

"What's been happening?" "It's just that you don't seem to be your usual self lately."

"Have you been feeling this way for a while?" "I'm always here if you want to chat."

"I'm ready to listen if you want to talk." "Is there someone else you'd rather talk to?"

**Listen with an open mind**

**Encourage action and offer support:**

"How can I help?" "What would help take the pressure off?" "What do you enjoy doing? Making time for that can really help." "Have you thought about seeing your doctor?"

**Make time to check in:**

"Let's chat again next week."

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As a staff we have decided that next week, the last week of term 3, we will be changing things up a bit. Your child's teachers will be in contact with you as it may look different across the levels. We hope to keep the interest and engagement through a variety of different activities. We will still have morning meetings and small focus groups which are really important for the children to attend. It has been great to see families take wellbeing days and some down to time to get through this all.

Following the Premier's announcement on Sunday the following plans have been put into place but are **subject to change** depending on COVID numbers:

- \* Remote and flexible learning will continue at least until the end of week 1, term 4
- \* Children in years Prep-2 will return onsite on Monday 12<sup>th</sup> October
- \* Children in years 3-6 will return onsite on the 26<sup>th</sup> October
- \* Only the children of permitted workers will be allowed onsite during this time. Documentation and proof of employment is required.
- \* Children who are considered vulnerable (e.g. under the care of DHHS) are permitted onsite through negotiation with the principal.

I am waiting for the latest Operations Guide to be released by Catholic Education Melbourne and I will communicate this to you once it has arrived. We are working hard behind the scenes to see what we can put in place if official school photos cannot go ahead, as well as alternatives for Year 6 graduation and 5/6 camp. If you have any suggestions you would like to contribute, please send them through to me or if you can assist in any way. We still do not know what the exact restrictions will be from now until the end of the year but I do know that things will not go back to 'normal' at this point in time.

The other issue that we have been talking about as a Parish is the Sacramental Program. For those of you who are not aware, ours is Parish based, which means all decisions, preparations and celebrations are worked through across the Parish and all 3 primary schools. We are governed by the Archdiocese of Melbourne who, in turn, are governed by the State Government with regard to how many people are allowed to attend liturgical celebrations. There will be no Sacraments celebrated next term which means we need to look at how we will celebrate them next year, especially Confirmation for the year 6s who will leave us at the end of the year. The Parish and school leaders will meet at the beginning of next term, when hopefully we have more information around the restrictions, to formulate a plan. Again, I will communicate this with you as soon as possible. We do not want any child to miss the opportunity to celebrate any of the Sacraments.

Thank you to everyone who joined in the OLMC Movie Night. There were some great movie choices and some interesting onesies!! Thanks for the photos too! I will create a collage for next week.

Happy birthday to these children who will celebrate their birthday from next week until the end of the holidays:

Austin McMahon	Tillie Kilkenny
Jack Walsh	Ivey Lambert
Xavier Roberts	Jacob Kiss
Sara Farah	Matthwe Ji
Mason Warner	Tyler Najda
Emma Derriman	
Madalyn Moloney	
Xavier Nannery	



On Sunday we celebrate the 24<sup>th</sup> Sunday in Ordinary Time.

### **Gospel**

Matthew 18:21–35

*To be forgiven, you must forgive.*

Forgiveness is something very creative and goes beyond the existing facts. It recognises the deeper goodness in people, despite what they have done.

God Bless

Julie



**WE'RE TAKING IT IN OUR STRIDE ON FRIDAY, 11 SEPTEMBER 2020**

Dear Parents

National Walk Safely to School Day 2020 on Friday the 11th of September is a reminder to all Victorians that **ACTIVE KIDS ARE SMARTER KIDS**.

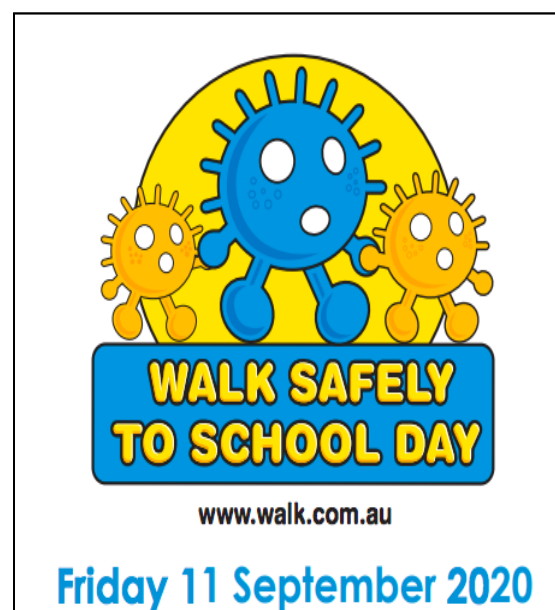
While the event can't go ahead as it previously has in Victoria due to Stage Three and Four restrictions, the event's objectives are a timely reminder to all children and adults that walking regularly significantly improves physical and mental health and general well-being and can also benefit the environment.

Next week, as part of their learning, students will have the opportunity to learn about the benefits of walking for both themselves and the earth. As Catholics, we are called live out the message of Pope Francis' Laudato Si letter which states "The environment is God's gift to everyone, and in our use of it we have a responsibility..." and walking instead of driving (if possible) is a great way to help the earth as well as keep active.

On Friday the 11th of September, the community of Our Lady of Mount Carmel is invited to participate in this event. To join in all you need to do is go for a walk with your child. It could be walking around the block, in the park, up and down the stairs, to the shops or with your dog (if you have one). There will be a See-Saw activity for you to post a photo to on the day.

All participants will receive a certificate.

Have fun, be safe and walk plenty in 2020!





Walk Safely to School Day - Friday September 11th ( see flyer in newsletter)

DYSLEXIA DEMYSTIFIED PRESENTS

# DYSLEXICS CONQUERING ONLINE LEARNING

Ashleigh Brooks and Jemima Hutton are two highly successful dyslexic students who have developed many unique strategies to navigate their academic difficulties. Both graduated with ATARs above 95 and while attending university, are passionate about helping younger students to embrace their dyslexia and utilise their strengths to achieve their goals. In this webcast, they are excited to share with you their top study strategies and organisational tips for success with online learning.

Thursday 10th September  
7pm - 8pm  
Hosted on Zoom

**BOOK NOW!**  
<https://www.trybooking.com/BLGKT>

**DYSLEXIA DEMYSTIFIED**  
**DYSLEXIA MENTORING**

**HELPING STUDENTS SOLVE THE 10-PIECE EMPOWERMENT PUZZLE**

Dyslexia Demystified's mentoring program has been developed to provide flexible sessions (via telephone or zoom) for students and/or parents.

You will be assisted along your journey by dyslexic individuals who have survived and thrived in the current education system. We provide support for students in year 4 & above.

- FREE 15 MINUTE CONSULTATION
- FIRST SESSION: \$80 PER HOUR
- ALL SUBSEQUENT SESSIONS: \$60 PER HOUR

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