



# Newsletter

Term 1 Week 5 Thursday, 1 March 2018

## Principal's Message

principal@olmcsunbury.catholic.edu.au

Dear Parents,

What a big week it has been in sport at OLMC. First of all our Swim Team had a very successful evening, winning the small schools section of the district swimming carnival. Thank you to Mr Healy and all the staff and parents who helped him out. Congratulations to the following students who will represent our school at zone level next Monday: Emma Joyce, Riley Coughlan, Keira Wilson, Erin Wilson, Isla Lavelle, Amelia Haxby, Jameson Haxby, Alex Fish, Harry Jones. The children who finished first in their race last Thursday night will be presented with a medal on Monday at assembly.

The year 3-6 athletics trials were held on Monday. Again, thanks to Mr Healy, staff and parents who helped out on the day. A reminder we will have a whole school sports day later in the year. Thank you to the parent who gave me feedback about the day. We have reviewed our Sunsmart Policy this week, as well as policies and procedures for outdoor activities. Students and teachers are expected to wear a hat and sunscreen, as well as keep up the water intake. I have stressed this to the staff. Students need to supply their own sunscreen and will be reminded to reapply throughout the day. I have attached a copy of the policy.

We are in the process of updating our website. Stay tuned for up to date photos, information and policies. It is a big job but we are getting there. We are also updating our photos/video permission forms. Please look out for these and return them to school as soon as possible.

All Victorian schools have a legal responsibility to monitor, record and follow up student absences. Schooling is compulsory for children and young people aged from 6-17 years, unless an exemption from attendance or enrolment has been granted.

A reminder that our first major fundraiser, the OLMC Colour Run will be held on Friday 23<sup>rd</sup> March. I see a few students have registered online to raise money which is great. If you have already registered your child (and a big well done to those who have) you will now be able share their link with family and friends to help with fundraising. If you haven't done so yet it's really easy just long onto [www.schoolfundraising.com.au](http://www.schoolfundraising.com.au) and follow the steps.

As the Colour Fun Run is a school held event it will be held during class time (around 2pm) all OLMC children will be involved. We encourage children to wear a white t-shirt and old shorts for the run to maximise the colour effect. However if there are children that don't want to be coloured they could wear a bright t-shirt so the teachers know to avoid colouring them. Sunglasses or goggles may be worn. It's going to be lots of fun! Happy Fundraising. Lots more information about the day to follow in the coming weeks.

Also a reminder that our Prep Family Mass and Picnic will be held on Sunday 18<sup>th</sup> March. I hope to see everyone there.

Daily school attendance is important for all children and young people to succeed in education and to ensure they don't fall behind both socially and developmentally. It is also important for students to arrive on time as late arrivals impact on how well students settle into school and has a huge impact on their learning. Just a little bit late might not seem much but:

School helps children and young people to develop important skills, knowledge and values that set them up for further learning and participation in their community. School helps them to make the most of life opportunities.

Children and young people who regularly attend school and complete Year 12, or an equivalent qualification, have:

- better health outcomes
- better employment outcomes
- higher incomes across their lives.

**53 Macedon St**

**Sunbury 3429**

**☎ 9740 7344**

### 2018 Term Dates

#### **Term 1**

**January 29—March 29**

#### **Easter**

**( March 30—2 April)**

#### **Term 2**

**April 16— June 29**

#### **Term 3**

**July 16— Sept. 21**

#### **Term 4**

**October 8— Dec.21**

### **Labour Day**

### **Holiday**

**March 12**

### **School**

### **Closure Day**

**Monday April  
16th**

Research confirms there is a strong link between poor attendance and adverse student outcomes like early school leaving, poverty, substance use, unemployment and negative health outcomes.



This Sunday we celebrate the 3<sup>rd</sup> Sunday of Lent.

#### Gospel

John 2:13-25

*Destroy this sanctuary, and in three days I will raise it up.*

*Enjoy the week*

**Julie**

### 2019 OLMC PREP ENROLMENT INFORMATION

**March 14** Information Sessions - 10.30 & 7.30 (repeated sessions)

Parish Centre 101 Riddell Road, Sunbury

Enrolment packs will be available at sessions and school office

**March 21** OLMC School Open Day - 9.30 & 7.30 (repeated sessions)

**April 27th** Enrolments Close

### PRAYER ROSTER—Term 1

Monday 2.45 pm OLMC Church—ALL WELCOME

Date	Class Presenting Prayer
March 19	5/6 S
March 26	3/4TC



## **Our Lady of Mount Carmel School**

### **Sunsmart Policy**

#### **Rationale:**

At Our Lady of Mount Carmel we believe that over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection, and must be protected from over exposure to the sun whilst at school.

#### **Aims:**

All teachers are required to educate students as to suitable Sunsmart protection strategies and to encourage children and teachers to protect themselves from the harmful effects of the sun.

#### **Implementation:**

Our Lady of Mount Carmel is a caring Catholic Primary School whereby staff engages in practice to continually promote healthy wellbeing.



- \* Children are required to wear Anti-Cancer Council approved broad brimmed hats (at least 8 cm rigid brim) or legionnaire-style caps during the months of January, February, March, April and September, October, November and December whenever they are outside.
- \* Children without hats will be restricted to our designated shaded area (No hat-No play).
- \* Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Students are required to bring their own sunscreen from home.
- \* After consultation with the Principal or Principal's delegate, physically exertive activities on 30+ degree days will be adapted to suit the conditions.
- \* Adequate shade structures are provided for students as practicable.
- \* Uniform hats are available for purchase from the uniform shop.
- \* The school newsletter and school assemblies are used to highlight and reinforce the sunsmart policy.
- \* Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- \* Children and staff will be required to wear hats when attending camps, excursions during the months of January, February, March, April and September, October, November and December whenever they are outside.
- \* Parents are encouraged to wear sun hats when attending outdoor school activities.
- \* Hot day program to be implemented on days with temperatures over 35+ degrees. The temperature will be regularly monitored throughout the day by the Principal or Principal's delegate.

Please put the following dates to remember in your diary


IMPORTANT DATES—2018	
	Term 1
<b>March</b>	
2	Wellbeing Expo 4—7 pm
5	PTFA Meeting—6pm—7pm School Advisory Board Meeting—7pm
9	Casual Clothes Day
11	Mothers Day Dinner—7pm
12	Labour Day Public Holiday
13—14	Year 3/4 Camp
14	Prep 2019 Information Sessions—Parish Centre 10.30am & 7.30pm
15	Zone Athletics Carnival Prep Parenting in Faith Evening
18	Prep Family Mass (St Annes Church)—10.30am
19	School Photos
21	School Open Day for 2019 Enrolments - 9.30 am & 7.30pm
22	District Swimming Carnival
23	OLMC Fun Run
28	Easter Raffle drawn
29	End of Term 1—3.15
30	Good Friday
31	Bunnings BBQ
<b>April</b>	
1	Easter Sunday
16	<b>School Closure Day</b>
17	<b>Term 2 begins</b>

### Stay in touch with FlexiBuzz

**STEP 01**

**Sign up for FlexiBuzz and then login**  
 Search "FlexiBuzz" in your app store.
  Go to [web.flexibuzz.com](http://web.flexibuzz.com) and click "Sign Up".


**STEP 02**

**Connect to us**  
 Select the "Search" icon and type in our name. Select us from the results.


**STEP 03**

**Select your communication groups**  
 Click the 'Add' icon beside the communication groups that apply to you.

**STEP 04**

**Get started**  
 Click the 'Home' icon to view our recent posts.

For further information or assistance please visit our website [www.flexibuzz.com](http://www.flexibuzz.com) or email us via [support@flexibuzz.com](mailto:support@flexibuzz.com).

**FlexiBuzz** 

# SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep N	Zoey Armstead	For being a responsible and helpful student to her teachers and peers
Prep R	Isla Tait	For being a responsible friend and looking after them when they are hurt
1/2 H	Evie Stavely	For showing responsibility and resilience when reading to self and working on improving her handwriting.
1/2 JM	Jake Nicholls	For being the driver of his learning and trying so hard to do his best! Great effort Jake!
1/2MT	Harvie Paterra	for always being up for a challenge in his learning.
3/4 CC	Jagan Fitzpatrick	For participating enthusiastically in the athletics trials and displaying real resilience!
3/4 D	Lauren Davison	For demonstrating great resilience and responsibility by settling into her new school so well!
3/4TC	Macey Newman	For being responsible when writing by using a dictionary to help spell words
5/6R	Alex Fish	For his self-motivation and encouragement at our athletic trials.
5/6S	Jackson Harmer	For working responsibly and tackling tasks with enthusiasm!
5/6ST	Jackson Frantz	For his determination to keep trying at the athletics trials

This week's Waste Watcher is

**CODY SPARKS**

**KEEP UP THE GREEN WORK EVERYONE**

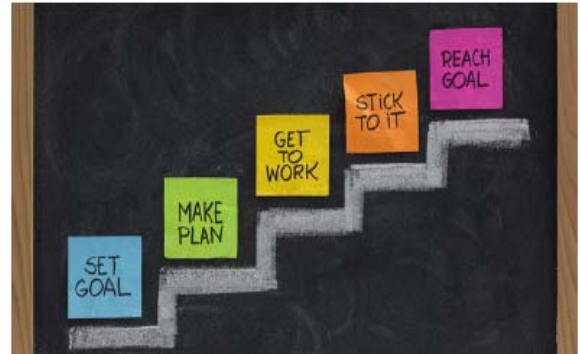




*At OLMC we are introducing learning dispositions. Learning dispositions are attitudes to learning or ways of thinking about learning. One of our dispositions is **self-motivation**.*

A learner who shows self motivation...

- drives/directs their own learning
- sets/knows their goals
- pushes themselves to be their best
- knows what they are learning and why
- seeks and acts on feedback



### **What is it?**

In simple terms self motivation is the impulse that brings us to carry-out and achieve our goals and it plays a large role in learning. It is also a key part of emotional intelligence.

*Daniel Goleman, the author of several books on Emotional Intelligence, identified four elements that make up motivation:*

- *Personal drive to achieve, the desire to improve or to meet certain standards;*
- *Commitment to goals;*
- *Initiative, which he defined as 'readiness to act on opportunities'; and*
- *Optimism, the ability to keep going and pursue goals in the face of setbacks.*

### **Why do we need to try to develop it?**

Is it pertinent to keep children motivated to learn because:

- Motivation improves persistence and effort.
- Motivation improves initiative.
- Motivation improves overall performance.

According to a study, motivation influences math performance more than IQ.

Researchers found that while IQ is a factor in the successful acquisition of maths, it mostly applies to the basic concepts that you learn in early schooling. Motivation and study skills become more of a determining factor as you continue to develop math skills.

Read more at: <https://www.skillsyouneed.com/ps/self-motivation.html>

*So what can you do to encourage self motivation in your child? Here are some tips:*

1. Build on the student's strengths.
2. Relate schoolwork to the student's interests.
3. Help the student to have some control over how and when he/she learns.
4. Focus on effort- Instead of celebrating that aced test or first place win in the soccer tournament, keep praise on how hard they worked to accomplish that goal. This ensures the child will keep working, even when tasks seem difficult. If we mainly praise performance, the child will lose motivation if they know the task is too hard. It's a fixed versus growth mindset.
5. Aim to inspire- pushing, bribing and micromanaging your child may provide temporary motivation, but those methods do little to help develop self-motivation for children. Instead, try to inspire your child by igniting their natural interests or passions and letting them know the 'why of what they are doing'.
6. Let them stumble- Whether it's letting them face the natural consequences of their actions or working through a perceived failure, it's critical to resist the urge to swoop in and make in everything OK, if we constantly save our children from adversity, then they do not learn resiliency and independent problem-solving. A child who is capable of solving problems and believes they can overcome obstacles will be more self-motivated.

**Read more at [www.care.com](http://www.care.com)**

## PARISH NEWS

**PARISH EVENT– ST PATRICK'S DAY 2018** : The Ripcords will be rocking up a storm in our **Parish Centre on Saturday 17 March– St Patrick's Day**. We will have Irish dancing display and lots of other fun. The band play a mixture of music from the 50's, 60's and 70's so get ready to dance the night away! BYO food and drink . We also have an Irish Dancing Troup performing on the night.

**Tickets can be bought from the Parish Office at \$20 per head.** Time: 7.30pm. All proceeds will go to the Parish Overseas Humanitarian Project to support the HIV/AIDS affected orphans in Jakarta.





Our Lady of Mt Carmel PS

## PREP MUMS 2018

**Dinner & Drinks**

FRIDAY  
16TH MARCH  
2018

THE WINE BAR  
Macedon St Sunbury

RSVP BY TEXT TO

6.30 pm onwards

Kiera 0402766178 or  
Taryn 0409958260

Hope to see you all there



6.30pm onwards



# Save the Date

FOR THE ANNUAL PTFA

## Mother's Day Dinner

FRIDAY 11TH MAY 2018 AT 7:00PM

♥ Further information to follow ♥



## OUR LADY OF MT. CARMEL CANTEEN ROSTER

# TERM 1, 2018

2 <sup>nd</sup> Mar	Denise Debrincat Chantal Vella Vacancy	16 <sup>th</sup> Mar	Margaret Pietromonaco Leanne Urbon Paula Jarksi
9 <sup>th</sup> Mar	Trudy Law Raquel Handley Anna Marincic	23 <sup>rd</sup> Mar	Adele Dichiera Dani Caruana Renee Ridington

**DUE TO THE EARLIER LUNCH TIME (1.15PM) PLEASE ARRIVE FOR TUCK SHOP DUTY AT 10.45AM**

Thank you for volunteering to help in the Canteen, it would be impossible without you! Please arrive at Canteen at 10.45am, 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 40 people banked \$445.75

*Fantastic Effort Everyone*

The School receives 5% of all deposits from the Commonwealth Bank, so thank you to all who bank regularly and we encourage new deposits so we can raise more funds for our School!

# SCHOOL UNIFORM NEWS

**SCHOOL HATS** Slouch & Legionnaire styles - \$10 each **\*\*limited sizes**

**SCHOOL SOCKS** Anklet style sizes 9-12 & 13-3 - \$4.00

Are available for sale from the school office

## Cash only—correct money appreciated



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On Tuesday the 27<sup>th</sup> of February we had Andrea from the Hume City Council come and speak to us. Andrea talked about how to cross the road safely and what it's like to be a crossing supervisor. This was the first time we have had someone from the community come and speak with us about their role. Stayed tuned as throughout the year we look forward to having more people from the local community come and visit us.

Dear Families,  
What a busy start to Term 1 2018 we have had!

So far this term we have celebrated Valentine's Day. Children were very creative during this time. We made our very own Crayons using silicon love heart molds. We then made strawberry, marsh mellow and white chocolate kebobs – these were delicious!

Children have been having lots of fun with our new 2 in 1 foosball And pool table. Children have been sharing and playing together fantastically. This works in great with our learning outcomes that children are aware of fairness and become socially responsible and show respect for the environment.

Jodie and I would love to welcome all the new prep children that Have been enrolled into OSHClub. You have all settled in well and Are becoming a part of our OSHClub family.

\*Just a note for all existing OSHClub families and all new families thinking About enrolling their children –there are several children with health And allergy requirements at the service. We ask all Parents/Guardians to Please make sure updated action plans are given to the Coordinator to Copy. If your child requires an Epi-pen, Please make sure the Epi-pen is Stored at the service. If you would like a copy of JAG's Anaphylaxis Policy, please feel free to ask the Coordinator.\*



*Here we have  
Andrea from the  
Hume City Council  
talking to us about  
road safety & the  
duties of a crossing  
supervisor.*

## Parent/ Guardian Information

Program Co-ordinator:  
Chelsea Millardship

Program Assistant:  
Jodie Harris

Program Mobile:  
0401 850 518

Program Email Address:  
ourladyofmtcarmel  
@oshclub.com.au

OSHClub Head Office:  
1300 395 735





**AFL AUSKICK REGISTRATIONS NOW OPEN!!!**

**Come along and enjoy the fun of NAB AFL AUSKICK**

**Diggers Rest Auskick**

Diggers Rest Recreation Reserve, Plumpton Road Diggers Rest

9.00am – 10.30am Saturday Mornings

Suitable for Boys & Girls aged 5-12

Registrations Now Open at [www.aflauskick.com.au](http://www.aflauskick.com.au)

Contact: Toni Thompson - [diggersrestauskick@outlook.com](mailto:diggersrestauskick@outlook.com)

**play.afl/auskick**   

## WE'RE IN TOWN

Roll up your sleeves  
and give blood



**Sunbury Mobile Donor Centre**

Memorial Hall, Barkley Street, Sunbury 3429

**Appointments available:**

**Monday 5 March**

**Tuesday 6 March**

**Wednesday 7 March**

**Thursday 8 March**

**Friday 9 March**

12.00 pm – 7.30 pm

12.00 pm – 7.30 pm

1.00 pm – 7.30 pm

12.00 pm – 7.30 pm

8.00 am – 3.30 pm

**Make an appointment today.**

Call 13 14 95 or visit  
[donateblood.com.au](http://donateblood.com.au)

 **Australian Red Cross  
BLOOD SERVICE**

Celebrate Australian Children's Literature at

# *Dromkeen Homestead*



Sunday—March 11

## Exhibition Opening & Picturebook Launch



### *Never Lose Hope*

*the Story of Australia's First School*

By award winning author/illustrator Mark Wilson

To be launched by Corinne Fenton

Opening & book launch: 11.00 — 11.45



Followed by afternoon workshops with

### *Mark Wilson, Mark McBride & Corinne Fenton*

Time: 12.30 — 3.00pm

(workshop tickets: adults \$30, children \$10, under 5 free)

1012 Gisborne/Kilmore Rd. Riddell's Creek

RSVP Opening & Book Launch: [bernadette@dromkeen.com.au](mailto:bernadette@dromkeen.com.au)

Afternoon Workshop Bookings: <https://www.trybooking.com/UAXR>

## GOLF VIC—JUNIOR GOLF

SSV Primary Golf will be played at Gisborne Golf Club on Friday April 20<sup>th</sup> 2018

If you have students who would like to enter this event go to the Junior/ Junior & Schools section of the Golf Victoria website [www.golfvic.org.au](http://www.golfvic.org.au)

There is no golf handicap required for this event. Students are able to borrow clubs from us on the day. Any queries please contact me on the mobile listed below

Graeme Maddern  
Golf Development Officer

Direct Line: 03 8545 6211  
Mobile: 0408 360 869  
Email: [graeme.maddern@golfvic.org.au](mailto:graeme.maddern@golfvic.org.au)