



Newsletter

Thursday, 1 February 2018

Principal's Message

principal@olmcsunbury.catholic.edu.au

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

Dear Parents,

Welcome back to all of our families. I hope you and the children had a restful break. I am sure the children are looking forward to their return to school! I am definitely looking forward to my first full year at OLMC. The preps are here today and have settled in really quickly. I didn't even notice any tears from the parents!! Prep parents will receive a hard copy of the newsletter for this week only. Please remember to download the Flexi Buzz app so that you receive the newsletter and important reminders.

Some important reminders:

- * Our opening school year Mass for year 1 – 6 students will be next Wednesday 7th February at 12:15pm. Everyone is welcome. School captains and vice captains will be presented with their badges.
- * House captains will be presented with their badges at a special assembly on Thursday 8th February at 8:45am
- * If your child has an anaphylaxis or asthma plan please ensure the updated plan as well as their epipen and ventolin are brought to the office. Make sure you check the expiry dates.
- * If you have a Health Care Card please present this to the office, even if you have done so previously. This will ensure that you receive appropriate rebates.
- * If your contact details have changed in any way over the break, please let the office staff know immediately.
- * This year we have increased specialist lessons (Phys Ed, Visual Arts, Performing Arts, Japanese and ICT) to 45 minutes per lesson. As a result, we have not changed the start or finish time for the day but recess will now be 11:15 to 11:45 and lunch from 1:25 to 2:05. Children will eat lunch in their classrooms from 1:15pm. Please ensure your child has a healthy snack to have during the morning session, as well as their recess snack and lunch.
- * If your child is in year 5 you will need to attend a meeting on Monday 5th February at 3:30pm or 7:00pm to collect the lap top. Computers will not be given to children at school.

Upcoming Dates (please note that these will also be available on the Flexi Buzz app)

- * Tuesday 20th February 7:30pm and Wednesday 21st February – Registration and Information sessions for the Sacrament of Eucharist
- * Thursday 22nd February – Zone Swimming Carnival
- * Friday 23rd February – Prep Paraliturg 10:30am
- * Monday 26th – Athletics trials
- * Friday 2nd March – Wellbeing Expo
- * Monday 5th March – School Advisory Board Meeting
- * Monday 12th March – Labour Day Holiday
- * Tuesday March 13 and Wednesday 14 – Year 3/4 Camp

- * Thursday 15th March – Zone Athletics
- * Sunday 18th March – Prep Family Mass 10:30am
- * Monday 19th March – School Photos
- * Wednesday 21st March – School Open Day for 2019 enrolments
- * Thursday 29th March – End of term 3:30pm
- * Saturday 31st March – Bunnings BBQ

From Michael Grose here are some ideas to help with the start of the year:

1. Commit to your child going to school every day on time

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Children spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help children start each day well

A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that children have plenty of time to get up, eat and get ready for the day. Consider having your children make their beds each morning, which sets the tone for a productive day ahead.

3. Make sure your child gets enough sleep

I encourage you to make a big focus this year as many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 of sleep each day, while teenagers need a minimum of nine hours. Help children get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

4. Get your children outside more often for good physical and mental health

Children today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage children to play sport; promote free and active play and look for ways to make moving part of their daily lives. Consider increasing your child's green time and decreasing screen time for good physical and mental health.

5. Focus on being friendly

Schools are very social places requiring children to negotiate many different social situations each day. Encourage children to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers. Some children close down their friendship opportunities through self-centeredness, poor attitude and unwillingness to take social risks.

6. Develop self-help skills

Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how children perform at school.

At the start of the school year children are more likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really target and you'll find that the rest may well fall into place.

Looking forward to a great 2018

Julie Freeman

OUR LADY OF MT. CARMEL CANTEEN ROSTER

TERM 1, 2018

9 th Feb	Rebecca Luca Jodie Sheedy Nicole Petrie	9 th Mar	Trudy Law Raquel Handley Anna Marinacic
16 th Feb	Louise Vasey Rhonda Searle Cathy Carter	16 th Mar	Margaret Pietromonaco Leanne Urbon Paula Jarksi
23 rd Feb	Michele Shalders Nat Grant Liz Fahy	23 rd Mar	Adele Dichiero Dani Caruana Renee Ridington
2 nd Mar	Anita Burnell Denise Debrincat Fran McKay		

Thank you for volunteering to help in the Canteen, it would be impossible without you! Please arrive at Canteen at approximately 11.00, 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 UNIFORM NEWS

SCHOOL HATS Slouch & Legionnaire styles - \$10 each

SCHOOL SOCKS Anklet style sizes 9-12 & 13-3 - \$6.50 each

*****new stock of socks available soon****

Cash only—correct money appreciated



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Our Lady of
Mt CARMEL PARISH PRIMARY SCHOOL

Health & Wellness EXPO

We need your **HELP**

The OLMC Student Wellbeing Committee is organising a Health and Wellness Expo to be held early next year to promote physical wellness and offer healthy lifestyles tips.

SAVE THE DATE

Friday the 2nd March 2018 4:00 pm- 7pm

We are now seeking expressions of interest from our school community for anyone who may like to assist in the organisation, marketing, or planning of the Expo. We are also seeking expressions of interest from stallholders in the following areas of interest:

- * Healthy Eating * Mindfulness * Exercise * Mental Health
- * Tobacco and Drug Education * Oral Health * Sporting Groups
- * General Health and Wellbeing * Healthy Options Food Vans

Please contact the Wellbeing Committee at
olmcfair2018@gmail.com for further information.

