



Newsletter

Term 2 Week 8 Thursday, 7 June 2018

Principal's Message

principal@olmcsunbury.catholic.edu.au

Dear Parents,

Thank you for your support last Friday for St Vincent de Paul with our 'Rug Up For Winter Day'. We have raised over \$500 to support those in need.

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.19

Queens Birthday
Holiday

Monday

June 11

School
Closure Day

TERM 3

August 3



Next term will see a change to our timetable. Please note: Children in Prep and Years 1 and 2 will have Phys Ed, ICT and Performing Arts every **Wednesday**. Children in years 3, 4, 5 and 6 will have Phys Ed, ICT and Visual Arts every **Tuesday**. This means a change in the day they need to wear their sports uniform. There will be no change to the Japanese timetable.

Some important reminders before the end of term:

Friday 8th June – Feast of the Sacred Heart whole school Mass 12:15pm

Monday 11th June – Queen's birthday holiday

Tuesday 12th June – Sacrament of Reconciliation Information and Registration 7pm

Wednesday 13th June - Sacrament of Reconciliation Information and Registration 2pm

Please note that if your child is in Year 3 and receiving the Sacrament of Reconciliation this year, it is an expectation that you attend one of these sessions

Friday 15th June – 5/6 Winter Sport and 3/4 Excursion to the Immigration Museum

Tuesday 19th June – Sacrament of Confirmation Information and Registration 7pm

Wednesday 20th June - Sacrament of Confirmation Information and Registration 2pm

Please note that if your child is in Year 6 and receiving the Sacrament of Confirmation this year, it is an expectation that you attend one of these sessions

Friday 22nd June – Mid year reports will be sent home

Monday 25th June and Thursday 28th June – Parent teacher interviews

Friday 29th June - End of term 2 – school finishes at 3:15pm

A reminder to please be aware of the neighbours in Jackson Street. The house next door does have a driveway, even though it is grassy. Please keep it clear. Angle parking is only between the lines.

Also it is a protocol of the school and an expectation that no parent approaches another parent about their child. Please ensure this does not happen under any circumstances.

This Sunday we celebrate the 10th Sunday in Ordinary Time.

Gospel: Mark 3:20-35

Enjoy the long weekend and stay warm,
Julie

SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep N	Ruby Stepanoski	For showing determination and a growth mindset during SMART spelling this week
Prep R	Baylee Warton	For having a positive mindset and showing determination with her writing
1/2 H	Sam Dillon	For being a responsible class member when working with others
1/2 JM	Emma Cortese	For showing the disposition of self-motivation in her learning tasks. Great Job Emma !
1/2MT	Jessica Damjanovski	For always displaying resilience and a positive attitude.
3/4 CC	Alyssa Blancato	For being a responsible student who displays a passion for learning and being at school.
3/4 D	Erin Kelly	For demonstrating a growth mindset in class and always being prepared to have a go.
3/4TC	Ashley Vasey	for always showing the dispositions of determination and collaboration when working in class.
5/6R	Alexis Jarski	For being a self-motivated learner and continues to be a shining example of the 3 R's
5/6S	Gemma Ellis	For showing strength and determination when facing challenges and taking risks with her learning!
5/6ST	Jack Urbon	For showing respect towards others and exhibiting creativity in his thinking



Our Lady of Mount Carmel school Parent-Teacher Interviews

Parent/Teacher Interviews for all students will be held at

3.30pm to 5.30pm on Monday 25th June, 2018.

3.30pm to 7.30pm on Thursday 28th June, 2018.

Bookings will open Tuesday 12th June, 2018.

You can book interviews at times that suit your family.

Follow the instructions below

Bookings will close: Friday 22nd June at 4.00pm

This a brief meeting with the teacher to discuss your child. Please be aware that each interview is 10 minutes only. If you feel you need more time with the teacher you must make a separate appointment.

If you will have a PSG Appointment for your child you do not need to book a Parent Teacher Interview.

GO TO
www.schoolinterviews.com.au
Enter school event code. Then

Enter School Event Code

6rang



1. Enter your details



2. Choose teachers



3. Choose times



When you click finish, your interview timetable will be emailed to you automatically—check your junk mail folder if you do not receive your email immediately.
You can return to www.schoolinterviews.com.au at any time and change your interviews—until bookings close.

For parents who don't have access to the internet at home, at work, at a friend's house or on their phones, you may send a note to school with the approximate times required, or phone the school on 9740 7344. Interviews are strictly 10 mins and spaces are limited. If you require more time, please contact your teacher directly to make an alternative appointment.

Parents can change their interview bookings, any time prior to the closing date, by revisiting the www.schoolinterviews.com.au website, and using the event code.

Parents wishing to change their interview times after the closing date should contact the school directly on 9740 7344.

ANXIOUS KIDS? TEACH THEM TO TAKE OFF THEIR ANXIETY GOGGLES

BY DR JODI RICHARDSON

Do you find it hard to focus on the present?

There's always so much to do and plan for as parents. It's no wonder our minds wander so much. But to think that we spend nearly half of our lives thinking about things other than what we are doing means there's an awful lot we're missing out on.

When we're fully engaged with what's happening, there's so much to experience. Bringing our thoughts back to the present moment can be like landing them on a calm, quiet, relaxed island in the midst of stormy seas.

When our minds wander to troubling thoughts, we end up experiencing pain and suffering at times when we're often warm and dry, fed and watered, safe and secure. Like when we're in bed. Snug and relaxed in our comfy beds, our doona keeping us warm (or a sheet to keep us cool), with a lovely soft place to lay our heads. Could we be more content in that moment? If only our minds would stay with us!

It's the same with our kids. It's often at the end of the day when they're no longer engaged in activities that they begin to think and worry.

Their minds are far away from the reality of being safe in their rooms with loving family close by but they are sick with worry about future events.

Noticing our thoughts are wandering and bringing our attention back to what we're actually doing is a skill, which gets easier with practice. It's a powerful skill to teach kids as it gives them perspective and importantly, the space they need for positive change.

Viewing the world through anxiety goggles

When our kids feel anxious they look at what's happening around them through 'anxiety goggles'. It's like when you look through a pair of glasses with red lenses and everything looks red. Take them off and all is clear again. What if we could help our kids to take off their anxiety goggles and learn to look at their thoughts rather than from them? It would bring them such relief.

Creating a lovely space between our kids and what they're thinking

We can help our kids do this by developing their metacognition (thought-noticing) skills. That way, when their minds wander to their worries and troubles they can notice they're actually 'lost in thought' and not really experiencing the events they are thinking about. It would help them to 'unhook' from their daydreaming and importantly, bring their minds back to the present moment.

Thought-noticing is a wonderful skillset which helps our kids to manage their mental health. When kids tune into their thinking, they immediately distance themselves from it. Rather than being lost in the thoughts that are making them feel anxious, they can mentally step back and see the thought for what it is. Just another thought that comes and goes like all the ones before and all the ones to come.

Teaching thought-noticing to kids

There are many ways to teach thought noticing to kids. Look at these ideas like a 'Choose your own adventure'. Start where you like and go in any direction that feels right for you and your family. If the idea you try isn't quite the right fit, choose another!

1. Do you hear what I hear? Lay down comfortably side by side and spend 2 minutes listening for any sounds you can hear, near or far. When you're finished, compare what you heard and open a discussion about how our minds often wander away with our thoughts. Kids will know this as 'daydreaming'. Share how your mind wandered and invite your child to do the same.

2. Tell me more... Day-to-day conversations are great for thought noticing. It's about asking the right questions. Here are some examples to get the thought noticing conversation started: *"Can you tell me more about why you think that? Why do you think you got so upset when we had to go straight home? Why do you think you're putting off doing your homework? How will you know when your painting is complete?"*

3. Name your mind. If we get our kids to give their minds a name, we open up opportunities to ask them different questions. For instance, if your child name's his/her mind Sam. You can ask your child what Sam is thinking. This encourages your child to step back and take a helicopter view of him or herself.

4. Post-meltdown reflection In the aftermath of a meltdown or outburst, when calm has returned and your child or teen has moved on, take some time to ask why he/she got so upset over what happened? Ask questions like "what did your mind say to make you feel upset?" for younger children or "can you tell me what you were thinking that made you feel so angry, frustrated, disappointed etc.?" for older kids.

Developing metacognition or 'thinking about thinking' skills fosters self-regulation among children. As contributing to children's mental health and happiness, metacognition helps kids be more successful, more resilient and be able to problem-solve because they are less likely to get caught up in their worries.

And remember, your GP is a great place to start if you have any issues with your kids that you'd like reassurance or advice on. Make time for a chat.

LOST PROPERTY PRE LOVED CLOTHING SALE

Sale will be in the MPR until **Friday 8 June** during school hours

Gold coin donation to Vinnies

Thank you

****SAVE THE DATE****



OLMC PARENTS & FRIENDS SOCIAL NIGHT
'Rock of Ages'

SATURDAY 13TH OCTOBER
7pm- St Anne's Parish Centre

Featuring 'Colorblind' The Band
Games & Prizes
Tables of 10- \$5 Per Person
BYO Nibbles & Drinks
More information to follow

PRAYER ROSTER—Term 2

Monday 2.45 pm OLMC Church—ALL WELCOME

Date	Class Presenting
8 June	Sacred Heart Mass on Friday 8th in lieu of school prayer
June 18	3/4 CC
June 25	5/6 S

Please put the following dates to remember in your diary

IMPORTANT DATES—2018	
	Term 2
June	
8	Feast of the Sacred Heart Mass - 12.15
11	Queens Birthday Public Holiday
12	Reconciliation Information & Registration—7pm
13	Reconciliation Information & Registration—2pm
15	5/6 Winter Sport & 3/4 Excursion to Immigration Museum
18	OLMC Book Fair commences
19	Confirmation Information & Registration—7pm
20	Confirmation Information & Registration—2pm
22	Mid Year reports sent home
25	Parent Teacher Interviews—3.30—5.30 pm
28	Parent Teacher Interviews—3.30— 7.30pm
29	End of Term 2—3.15 finish
	Term 3
July	
16	Term 3 commences

SCHOOL BANKING NEWS—School Banking day is **Tuesday**

This week **39** students banked \$202.55

SUPER SAVINGS 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!

OUR LADY OF MT. CARMEL CANTEEN ROSTER TERM 2, 2018

8 th Jun	Raquel Handley Danielle Wadden Skye Hewatt	22 nd Jun	Louise Vasey Nance Carlyle Vacancy
15 th Jun	Jade Grech Renee Ridington Rebecca Luca	29 Jun	Cathy Carter Caroline Dillon Anna Marincic

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

SCHOOL UNIFORM NEWS

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

SCHOOL SOCKS Anklet style sizes 9-12 & 13-3 - \$4.00 ****NEW STOCK HAS ARRIVED**

Are available for sale from the school office **Cash only**—correct money appreciated



ABN: 53 317 404 573

AGS Pty Ltd
Wholesalers of Quality Schoolwear & Uniforms
In house Design & Printing
www.aplusschoolwear.com.au

ADDRESS: 133 BAKERS ROAD
NORTH COBURG
VIC, 3058

PHONE: 03 9354 8345

FAX: 03 9354 5777

E-MAIL: info@agsprints.com.au

COMMUNITY NEWS

UNITING & HUME CITY COUNCIL
GET ACTIVE
7 JULY 2018

12pm - 3pm Live Entertainment, free rides, sporting group displays, Get Active Dance & More, art & craft stalls

3pm - 5pm Free Pool Party with inflatables & more

6pm - 8pm Free Indoor Movie (Moana)
Bookings are required by 1/7/18
Limited tickets available

Broadmeadows Aquatic & Leisure Centre
41-85 Tanderrum Way, Broadmeadows.

FUNDED BY THE AUSTRALIAN GOVERNMENT

Uniting HUME
COMMUNITARIANISM FOR CHILDREN & HUMANS

Salesian College SUNBURY | **Striving in life.**

Come and see what makes our College different

COLLEGE TOURS AND OPEN DAYS

March	Tuesday, 20 March @ 9am
April	Monday, 23 April @ 9am
WEDNESDAY, 2 MAY - OPEN DAY	
June	Friday, 8 June @ 4pm
July	Tuesday, 17 July @ 9am
August	Thursday, 9 August @ 9am (2020 Enrolments due 17 August)
September	Monday, 10 September @ 9am
WEDNESDAY, 17 OCTOBER - OPEN DAY	
November	Tuesday, 13 November @ 9am

For more information, phone our College Registrar on 9744 0000 or visit www.salesiansunbury.vic.edu.au

HOOP SMART

BASKETBALL CAMP

HOOP SMART
Proud of the Game!

Register Here
www.hoopsmart.com.au

ALL LEVELS | BOYS AND GIRLS | 6-12 YEARS | 9.30AM-3PM

TEAM BUILDING | LEADERSHIP | LIFE SKILLS | GOAL SETTING | EDUCATIONAL WORKSHOP | SPECIAL GUESTS & COACHES