



# Newsletter

Term 3 Week 7 Thursday, 30 August

## Principal's Message

[principal@olmcsunbury.catholic.edu.au](mailto:principal@olmcsunbury.catholic.edu.au)

Dear Parents,

After a lovely break, it is now full steam ahead for the rest of the term. This week we celebrated Book Week with our parade on Monday. Thank you for the amount of effort that went in to the costumes. Thank you also to the families who participated in the display in the Multi Purpose Room. Books are such an important part of our world and it is important to highlight this to our children. Thanks to Shelley Ellis for organising these events.

This morning we celebrated Fathers Day with the special males in our lives. It was great to see everyone enjoying themselves. Thanks to Colin Healy for organising the day and to the staff and parents who helped out. Thank you to Bridgit Price and her team of helpers for organising the Fathers Day Stall. I would like to wish all the dads a very Happy Fathers Day and we thank you for all the wonderful things you do for your children.

God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,  
The generous soul of nature,  
The comforting arm of night,  
The wisdom of the ages,  
The power of the eagle's flight,  
The joy of a morning in spring,  
The faith of a mustard seed,  
The patience of eternity,  
The depth of a family need,  
Then God combined these qualities,  
When there was nothing more to add,  
He knew His masterpiece was complete,  
And so, He called it ... Dad

- Author Unknown

Next week we will highlight the importance of the care and protection of all children in Child Protection Week. Shelley has organised a number of activities including an informal 'cuppa and chat on Monday morning. We hope to see many parents coming along. On this day the children will also participate in the Jump Rope For Heart challenge. This will take place straight after assembly.

Tomorrow the Year 3 & 5 children will receive their NAPLAN results. Overall student achievement continues to improve. A reminder that NAPLAN results are just a snapshot of your child's learning and were conducted 4 months ago. All children would have continued to make progress since then.

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

### School

Closure Day

TERM 4

November 5 & 6



Our students continue with their great achievements. Olivia Grant and Isla Lavelle placed second in the Victorian state ceili (team) championship. Well done, girls!!



Jamie Lacey had his under 11 football presentation for Rupertswood Football Club on Sunday and received a very special award. He came runner-up Best and Fairest in the U11B comp, with Matthew Clarke taking out the award for Best and Fairest U11B. They have played in the same team for the past 3 years.

Julie

## SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
<b>Prep N</b>	Lucas Flinn	For showing determination and challenging himself to improve his writing
<b>Prep R</b>	Hudson Gatt	For being a Jesus person and looking after his friends
<b>1/2 H</b>	Leo Tait	For showing self motivation when improving his handwriting. Keep up the awesome writing
<b>1/2 JM</b>	Zachary Francis	For showing the disposition of self-motivation in his learning tasks this week. Great effort Zac!
<b>1/2MT</b>	Kiara Anthony	For showing kindness to others and using her creativity in class art work.
<b>3/4 CC</b>	Liam Joyce	For being a good model of the 3 R'S and displaying enthusiasm towards learning Auslan.
<b>3/4 D</b>	Ace Parker	For successfully using the learning disposition of collaboration when working on her biome presentation
<b>3/4TC</b>	All of 3/4TC	For displaying creativity and using their imaginations with their Book Week costumes.
<b>5/6R</b>	Ethan Sultana	For working collaboratively and creatively with his fellow classmates.
<b>5/6S</b>	Charlotte Bordon	For always being willing to step outside her comfort zone and challenge herself in her learning!
<b>5/6ST</b>	Ethan Carter	For using the gift of right judgement to concentrate on his work.

**FATHERS**

**DAY**

**BREAKFAST**

**FUN**





**By the light of the moon**  
**By Keisha Debrincat**



On Monday the 20th of August 2018, Opera Australia, came to Our Lady Of Mount Carmel. They performed *By The Light Of The Moon* and performed in the multipurpose room. They came because in Performing Arts we were learning about different sounds music makes.

There were 7 different characters and there were only 4 people who came to our school. Some of the characters that came to our school was Agatha the cat played by Shakira Tsindos, Cedric the owl by Nathan Lay,

three blind mice, old king cole by Simon Meadows, the queen of hearts, Contrary Mary and the spider by Eleanor Blythman and the person who played the piano is Pamela Christie. They performed for 40 minutes. I felt that it was an excellent performance considering how much time they had and that they even had time for questions.

•Last Monday, the whole school got to enjoy a fantastic Opera performance• about the poem; *By The Light Of The Moon*. The poem is about a cat and an owl who travel across the ocean in a pea green boat. The Opera tells the backstory of the poem. The Opera involved many other poems including; *Row, row, row your boat*, *Owl and the pussycat*, *Mary, Mary, Quite Contrary*, *Little Miss Muffet*, *Humpty Dumpty*, *Three Blind Mice*, *Alice in Wonderland*, *Hickory Hickory Dock*, *Old King cole* and *Six a song of sixpence*.

The main characters in the performance were the pussycat, the owl, and the Queen of Hearts.

They performed in the M.P.R in our school. While the pussycat was singing, she almost bumped her head on the roof!

The setting of the story was based in the ocean and a couple of islands.

It went for about one hour and 15 minutes.

•It was really fun and entertaining. I really enjoyed it!•

**By Alexis J**



To recognise our role in ensuring the safety of all children we are inviting parents to come grab a cuppa and have a chat.

**When: Monday 3rd September**

**Time: 9.00am (Straight after assembly)**

**Where: Canteen, MPR.**

**Who: Everyone is invited to attend.**

Have a cuppa and then join in the jump rope for heart fun!

### Jump Rope for Heart 2018

Our Lady of Mount Carmel School is participating in Jump Rope for Heart. We are learning about skipping and how this simple exercise can be a lifelong practice to promote heart health and a way to stay fit during the cold months. In PE classes students are learning the art of skipping solo, in pairs and in the group situation.

This week a program flier and sponsor form went home. The idea is to raise some money for the foundation. Students have friends and relatives sponsor them on their "JUMP OFF MORNING".

**On the 3<sup>rd</sup> of September** from 9:15am to 11:00am students will have fun working through 11 different rope challenges – Our JUMP OFF MORNING . This will be the culmination of the fundraising part of the program. It is envisaged that all money raised will be donated ONLINE and directed to the Heart Foundation. The Foundation utilizes this money doing much needed research into Heart Health and assisting people with Heart related illness. The students are very excited about having the opportunity to learn new rope/skipping skills and showing off their new learning in this area.

Colin Healy PE



# CLASS PRAYER ROSTER - Term 3

OLMC Church 2.45 pm — *All Welcome*

Date	Class Presenting
3 September	Prep R
10 September	5/6 R
17 September	1/2MT

## IMPORTANT DATES—2018

	Term 3
<b>August</b>	
31	Year 5/6 Summer Sports Western Water Incursion—Preps
<b>September</b>	
3	Child Protection Week 9am Cuppa & Chat in MPR Whole School Jump Rope for Heart Jump Off
4	Prep Animal Land Excursion
5	Premiers Reading Challenge books to be logged on
7	Premiers Reading Challenge concludes
18 & 19	Sacrament of Reconciliation 5pm & 7pm
20	Year 5/6 Science Excursion
21	End of Term 3— 3.15pm
<b>October</b>	Term 4
8	Term 4 starts
13	OLMC Parents & Friends Social Night “Rock of Ages” - 7pm
21	Confirmation—St Patricks Cathedral 2pm & 4pm
22	2019 Prep Orientation Session 1 – 9.30—10.30am
<b>November</b>	
1	2019 Prep Orientation Session 2 - 9.30 - 10.30 am
5	School Closure Day
6	Melbourne Cup Day Public Holiday
15	2019 Prep Orientation Session 3 - 9.30 — 10.30 am
22	2019 Prep Parent Information Evening - 7pm MPR



## OUR LADY OF MT. CARMEL CANTEEN ROSTER - TERM 3, 2018

31st Aug	Nicole Petrie Melissa Misiti Danni Caruana	14 <sup>th</sup> Sept	Emma Clements Antoinetta Preston Liz Fahy
7 <sup>th</sup> Sept	Michele Shalders Nat Grant Erin Thompson	21 <sup>st</sup> Sept	Louise Vasey Rhonda Searle Kelly Loft

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 with your Working With Children Check card details 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

The time has come to pop those 'Chef Hats' on. We are launching the portal for our amazing OLMC Cookbook. The link below will allow you to input your favourite secret recipes under the various chapters we have created. Don't limit yourself to just one recipe, the more recipes you input, the greater the cookbook will be. All you need to do is type in your recipes, add in that special family touch & we will look after the rest, it's that simple!! Please let us know if you have any questions & we will guide you through the process. Enjoy your own personal part of this journey to help create a beautiful keepsake you & your family will treasure for years to come.

**Lauren & Olivia**

Submit recipe · Published Authors

<http://publishedauthors.com.au/recipes/>



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

This week 32 students banked \$166.65 - **FANTASTIC SAVINGS EFFORT**

### SCHOOL UNIFORM NEWS

SCHOOL HATS Slouch & Legionnaire styles - \$10 each

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

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



ABN: 53 317 404 573

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Wholesalers of Quality Schoolwear & Uniforms  
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Thursday 6th  
September

Where: Gisborne  
Mechanics Hall

When: 7:30 pm

Tea and Coffee  
Provided

Cost: \$40 per  
Family

All Secondary  
Students &  
Parents Welcome

## DYSLEXIA INFORMATION EVENING



Jemima Hutton  
Speaker-Student-  
Business Owner-Dyslexic



Peter Hutton  
Speaker-Educator-  
Parent-Dyslexic

Together we seek to answer the inevitable questions and concerns that parents have about how to best support a young person with dyslexia and give all parents and students a sense of hope and inspiration for the future.

Book Now!  
[www.trybooking.com/XRZC](http://www.trybooking.com/XRZC)



## From Diagnosis to OAM

A Personal Autism Journey

### Melton

19 September 2018, 7pm  
(doors open 6:30pm)

Daniel and Daryl will discuss Daniel's journey from diagnosis to present day giving an insight from Daniel's personal perspective of living day-to-day as a person on the Autism Spectrum.

Topics explored include diagnosis, school journey, independent living, employment and strategies used to achieve the best outcomes.

There will also be an opportunity for question time.



### Presented by

**Daniel Giles OAM**  
Autism Self-Advocate

**Daryl Giles**  
Parent Perspective



### Venue

Melton Christian College  
152-156 Brooklyn Rd Melton South

### Tickets

Individuals on the spectrum, family members & carers	\$25
Professionals	\$50

[www.trybooking.com/XNVX](http://www.trybooking.com/XNVX)

### Contact

e: [admin@speakinginsights.com.au](mailto:admin@speakinginsights.com.au)

w: [www.speakinginsights.com.au](http://www.speakinginsights.com.au)

f find us on Facebook



## FOSTER CARE INFORMATION NIGHT

Ever thought about fostering children or young people?

Anglicare Victoria is looking for people who have a place in their heart for a child in need of a safe home. Care can be short term or long term.

### INFORMATION SESSION:

Monday 17<sup>th</sup> September | 6.30pm - 7.30pm

Anglicare North West Region

Come along to find out more & have your questions answered.

To book or to receive an information package please contact

Bea Wood on 9301 5200 or [carer.info@anglicarevic.org.au](mailto:carer.info@anglicarevic.org.au)

**MAKE A DIFFERENCE IN A CHILD'S LIFE.....AND YOUR OWN!**



BETTER  
TOMORROWS

03 9301 5200 | [anglicarevic.org.au](http://anglicarevic.org.au)



## Introduction to Strengths Based Parenting/Teaching

This 1.5 hour workshop will introduce you to how using a child's strengths can lead to greater growth, resilience and help with overcoming difficult behaviours. We will look at the research supporting this way of Parenting and introduce you to some of the ways you can begin to implement SBP with your children or students.

The workshop will be presented by Psychologists Sharon Garro and Ariadne Lack who have been trained by Professor Lea Waters (author of The Strengths Switch)

Wednesday 5th September 2018 at 7:00-8:30 pm

Red Rock Christian College  
340 Settlement Road  
Sunbury VIC 3429  
03 9740 5400

BOOKINGS ARE ESSENTIAL AT  
[www.trybooking.com/XHAK](http://www.trybooking.com/XHAK)



## STEP INTO YOUR POWER

- A DAY RETREAT FOR YOUNG TEENS -

INTRODUCTION TO YOGA + MEDITATION  
SMALL GROUP DISCUSSIONS  
INTERACTIVE RAW FOOD CLASS  
ESSENTIAL OIL WORKSHOP  
FUN & GAMES!

WHEN: TUES 25TH SEPTEMBER 2018, 8:15AM-4:30PM

WHERE: MT CARMEL PRIMARY SCHOOL  
+ NEARBY PRIVATE RESIDENCE

COST: \$135PP, INCLUDES ALL FOOD & ACTIVITIES

CLOSE TO SUNBURY STATION & BUS STOP



Bethany Osborne  
Health Coach &  
Essential Oil Educator  
@realityiswithbethany  
0448 183 916



Joan Coots  
Yoga Teacher &  
Well-Being Educator  
@yogasavvy1  
0413 853 797

For more information please email  
[bethany@realityis.com.au](mailto:bethany@realityis.com.au) or call either Bethany or Joan