



Newsletter

Term 2 Week 8 Thursday, 13 June 2019

Principal's Message

principal@olmcsunbury.catholic.edu.au

Dear Parents,

Congratulations to Fatima House for running their very successful Thrift Shop today. Social Justice is a huge part of our school and parish mission and what a wonderful way to support those in need. Thank you to everyone involved. The money raised will be donated to the Vinnies Winter Appeal.

Unfortunately I have had a very poor response to my invitation for parents to find out more about the School Advisory Board. Please email me today or tomorrow if you are able to attend on Monday night and/or you are interested in being part of the board. Research shows that families have the first and most significant influence on their children's learning and development. Parents and carers play a pivotal role in helping their children succeed at school and to be confident and articulate learners. Building and maintaining strong links between families and schools is therefore important in terms of establishing positive outcomes for students. Here is another way you can become involved in your child's life at school.

On July 27 we are running a photo fundraiser. You can register at www.visionportraits.com.au/family and the code you need is **fundraise19**. These photographs make an excellent Christmas gift and the proceeds go to the school so I urge you to get on board.

If you're the parent of an anxious child, you are most certainly not alone. Though it is helpful to know that, it doesn't make the challenging role of parenting an anxious child any easier. What will help is developing and deepening your understanding of childhood anxiety and the important role you play in helping them manage it.

While at first parenting an anxious child can feel overwhelming and difficult, take a moment to recognise that you, your anxious child and your family have been presented with an opportunity. You can't change what is happening right in front of you. You can't undo it. What will help your anxious child to flourish, despite their anxiety, is first and foremost someone recognising they need assistance.

Anxiety triggers part of the brain to fire up the fight-or-flight response or, as some aptly call it, the fight, flight, freeze or freak out response, to protect us from danger. It is an emotion, and like other emotions it has a start, a middle and an end. Except when it doesn't. That's the experience for an estimated half a million plus Australian children and 117 million worldwide experiencing an anxiety disorder. That's how far reaching and common anxiety has become.

For these children, their experience of anxiety doesn't pass when the threat, danger or stressful situation has passed. The anxiety they experience can disrupt their day to day life and family life in both predictable and unexpected ways. Anxiety has the potential to stand in the way of their ability to enjoy the quintessential elements of a happy, relaxed, carefree, playful childhood; but it doesn't have to. Anxious children have a brain that works really hard to protect them from danger. A part of their brain is similar to the sentinel among meerkats who is always on their tippy-toes watchfully assessing the environment for threats. This means that anxious children spend an inordinate amount of time with their fight or flight response in full swing.

53 Macedon St
Sunbury 3429
9740 7344

2019 Term Dates

Term 2 :

Tue 23rd April —

Fri 28th June

Term 3:

Mon 15th July —

Fri 20th Sept

Term 4:

Mon.7th Oct —

Fri 20th Dec (TBC)

It is not by choice. It is exhausting, and not just for the child. Whether the threat is real or imagined, the brain and body react in the same way. An oversensitive brain will protect, protect, protect, even if the 'threat' seems innocuous to everybody else, or possibly isn't even noticeable. Once the senses signal to the brain that danger is apparent, it is comparable to opening the floodgates. The anxiety cascade begins as does the fallout, making a hard job more challenging for parents of an anxious child.

How to help

There is so much you can do as a parent to assist your child to better manage their anxiousness. Start with the following three approaches:

1. Learn how anxiety works A thorough understanding of the physiology and psychology of anxiety, the events that trigger anxiety in your child and how your child typically responds is the most important step you can take. This knowledge will increase your confidence which, in itself, will be a considerable source of calm for your child.
2. Give your child the tools to self-regulate Anxiety won't disappear on its own. Children and young people need tools to recognise and regulate their emotions so they are able to function when anxious moments appear. Self-management tools such exercise, deep breathing and mindfulness will reduce their dependence on you, allowing them to manage their anxious states. These lifelong skills are invaluable for anyone who worries or who has a tendency towards anxiety.

Develop a lifestyle that minimises anxiety A child's lifestyle also impacts massively on their anxiety. Anxiety management tools will never be totally effective until it is supported by a lifestyle that promotes a healthy mind and body. These seven lifestyle factors in their own way decrease the likelihood of a child experiencing anxiety: sleep, nutrition and gut health, play and movement, green time, knowing their values, volunteering and fostering healthy relationships.

While parenting an anxious child is an emotional rollercoaster, try to see each day as an opportunity to build greater awareness and resilience in your child.

This Sunday we celebrate Trinity Sunday.

Gospel

John 16:12-15

The Spirit of truth will lead you to the complete truth.

Enjoy the week

Julie

Wellbeing News

Healing Minds Psychology - Exciting News

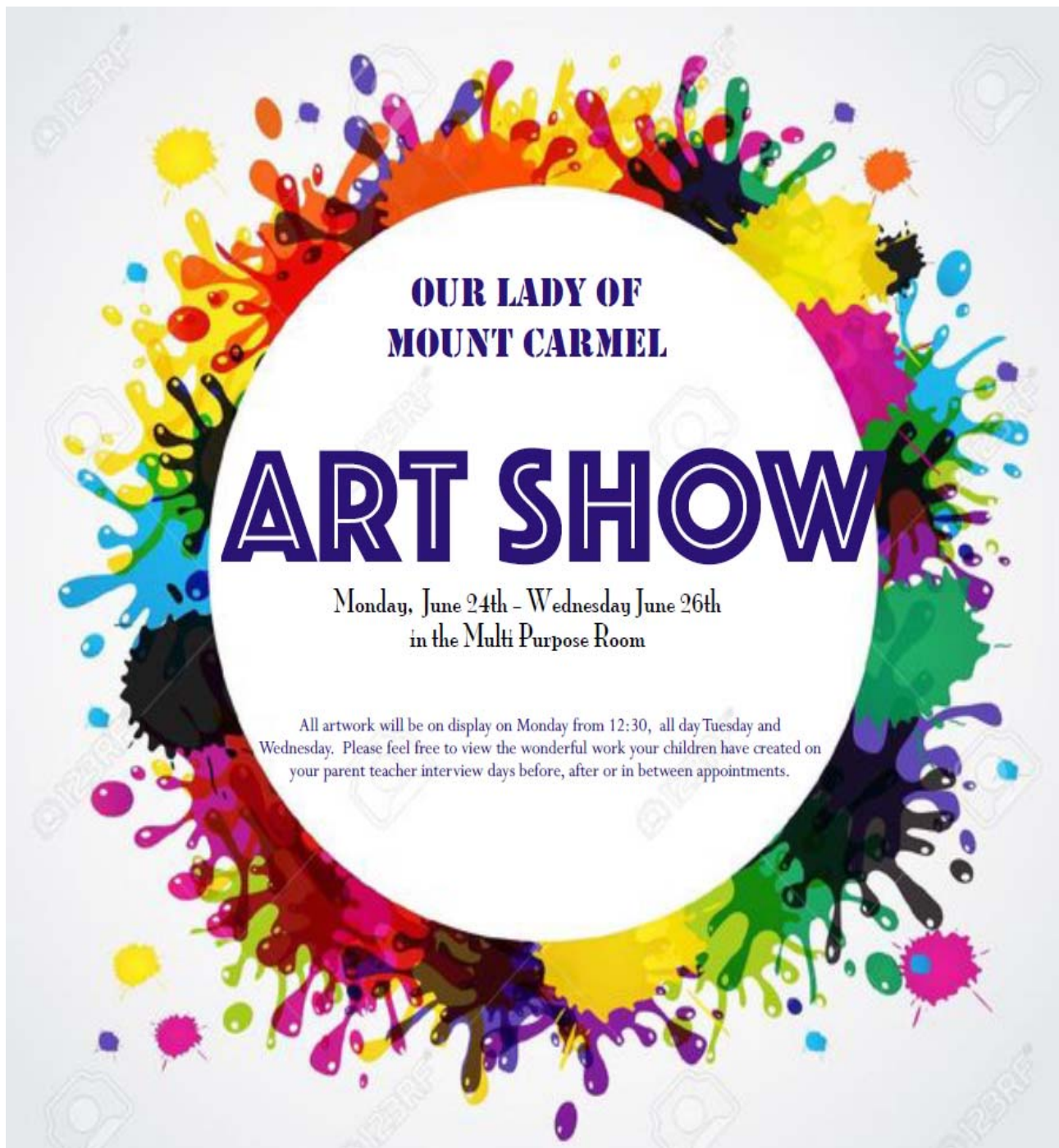
We are happy to announce that we have secured the services of Alayne Cummins a Psychologist who works for Healing Minds and will replace Erinn. Alayne will work at our school on Mondays and is very excited to be working with our wonderful students and families. If you wish for your child to see Alayne there is some paperwork that will need to be filled in as well as getting a mental health plan from your doctor.

Please email Shelley on sellis@olmcsunbury.catholic.edu.au for any questions or to get the paperwork.

SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep MR	Naomi Harrison	For being an outstanding role model of our schools 3R's
Prep R	James Chapman	For always being a respectful and helpful member of our class.
1 JB	Alvin Liang	For extending himself in writing with his amazing zoo recount! Awesome effort Alvin!
1 S	Lenny Lepua	For working collaboratively with a partner on small group tasks and getting the job done! Great effort!
2 C	Jessie Irvine	For always being considerate of how other people are feeling
2R	Lewis Lupson	For always being ready to help everyone in the classroom with a beautiful smile
3/4 BC	Jayden Paoly	for having a growth mindset and always striving to do his best work, especially in writing.
3/4 CC	Mitchell Lane	For showing determination and writing an amazing journal entry about Captain Cook's Voyage to Australia.
3/4 H	Jackson Misiti	For showing determination and risk taking with his learning & playing new songs during keyboard lessons
5/6 MT	Noah Burnell	For showing increased focus and determination as a learner.
5/6 R	Alyssa Blancato	For treating others with respect at all times and striving high in her learning.
5/6 SF	Kaitlyn Portelli	For having the confidence to take risks in her learning



Do you have some unwanted Lego or Duplo hanging around your house that you would be willing to donate? OLMC would love to take this off your hands.

Please see Khalan in 5/6 MT or Shelley Ellis with any donations. Something exciting is coming to OLMC.

Parent/Teacher Interviews for all students will be held at

2.00pm to 6.30pm on Monday 24th June, 2019.

3.30pm to 4.40pm on Wednesday 26th June, 2019.

2.00pm to 4.30pm on Wednesday 24th July, 2019 for 5/6MT only

3.30pm to 6.30pm on Thursday 25th July, 2019 for 5/6MT only

Bookings will open tomorrow Thursday 13th June, 2019 at 4.00pm

You can book interviews at times that suit your family.

Follow the instructions below

Bookings will close: Friday 21st 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.

GO TO

www.schoolinterviews.com.au

Enter school event code. Then

Enter School Event Code

322v4



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.

OLMC School Fundraiser



Saturday July 27th

Vision
Portraits

Have Vision

Help your School raise funds this year and book your \$15 family photo today! Include your whole family in the session or just the kids. Book now to secure your place.

Family and Kids Photo Fundraiser
Go to the booking link below:
<https://www.visionportraits.com.au/family>
Password: fundraise2019

\$15

Your photoshoot will be held at your school & includes one 10" x 13" photo and frame.

100% of your booking fee is fundraised for your School.

@visionportraits



Bookings Now Open

Important Information:

Our photographers capture fun, variety and those special family moments. Each session includes photos of different members of the family, children, parents, grandparents and relatives - whatever you request. Immediately after your photo session, you join one of our viewing consultants to view, choose favourites and select your fundraising print. Members of the community outside your organisation are encouraged to also book an appointment; their contribution will be donated to the hosting organisation.

Only 1 booking per family/group. Each person can only appear in one \$15 fundraising photo but can appear in all other photos in any session. If you miss your appointment or are late, your booking will be forfeited. Therefore, we recommend you arrive five minutes before your session starts. There are no refunds for no-shows or late bookings. However, take comfort in knowing that this money will still be donated to the hosting organisation's fundraising efforts.

On the day, we also offer opportunities to purchase additional photos in digital format and order professional prints. If you cannot make the date of this event and would love some photos, then please contact us directly on 03 8689 0033 for further information. Some schools only offer indoor or outdoor photo sessions so please check your online booking schedule.



For enquiries:
Call 03 8689 0033
Email info@visionportraits.com.au
visionportraits.com.au

Vision
Portraits



MARGERY'S 1ST BIRTHDAY PARTY

Dear parents and students,

On Monday, June 17th we will be celebrating Margery's 1st birthday.



As part of her birthday celebration, we will be having a casual clothes day with a gold coin donation. There is also a colouring competition with a prize for one winner in each year level.

The money we raise will then be sent to Seeing Eye Dogs Victoria.

Yours sincerely,
Marc and Lily
(Year 6)





Our Lady of Mount Carmel School

Justice in June Pamper Pack

June 2019

Toothbrushes. Toothpaste. Face washers. Soap.
Shaving cream. Deodorant.

St. Vincent de Paul Society of Sunbury

Our Lady of Mount Carmel Parish

The ASRC Foodbank supports nearly 700 people per week, providing free groceries for their families. Many people seeking asylum have no income at all, and the Foodbank offers essential food and groceries to support them. We are most grateful for the support of Our Lady of Mount Carmel Parish.

All donations great and small are appreciated!






TOP 10 MOST-NEEDED ITEMS

1. Coles Group & Myer Gift cards for families to buy essential items \$20, \$30 or \$50
2. Tinned tuna in oil
3. Honey
4. Coconut cream
5. Tinned tomatoes 400g
6. Peanut butter & jam
7. Basmati rice
8. Breakfast cereal
9. Tomato Paste
10. Sweet & savoury biscuits

Donations can be left in the collection boxes in the church foyer by the 26th of June

CONTACT US:
foodandgoods@asrc.org.au
LIKE our Facebook page
ASRC Foodbank
www.asrc.org.au

THANK YOU FOR YOUR
COMPASSION IN
ACTION





PLEASE NOTE WE DO NOT REQUIRE TINNED SPAGHETTI SOUP OR BAKED BEANS THANK YOU

A box for each collection will be in classrooms for donations of above goods

IMPORTANT DATES—2019	
	Term 2
June	
14	Year 5/6 Interschool Winter Sport
17	Margery's First Birthday—Casual clothes day /Gold coin donation School Advisory Board Parent Information Session—7pm (at OLMC)
18	Confirmation Registration & Information Session—7pm
19	Confirmation Registration & Information Session—2pm
21	Reports sent home
24 & 26	Parent/teacher Interviews
24-26	OLMC Art Show in the Multipurpose Room
28	Feast of the Sacred Heart Mass 12.15pm End of Term 2

Prayer Roster : Monday at 2.45pm OLMC Church— *All Welcome*

DATE	CLASS PRESENTING PRAYER
Monday 17 June	Student RE Team
Monday 24 June	No School Prayer - Feast of the Sacred Heart Mass on June 28th at 12.15

With the cold season upon us could parents please supply a box of tissues for the class-room per child to help get us through the Winter season.

Thanks for your cooperation on this matter



CHESS CLUB THURSDAY LUNCHTIME

Are you interested in playing chess?

We will be holding a Chess Club in the library on Thursdays at lunchtime.

You can come along and learn the basics or play against more experienced players.

Hope to see you there.

THURSDAY
LUNCHTIME
Begins 9 May 2019

THE LIBRARY

GRADES 3-6
(P-2 WELCOME BY
ARRANGEMENT)

CHESS SETS WILL
BE AVAILABLE OR
BRING YOUR OWN

CONTACT
CHARLIE PLUMMER

5/6 MT
TGPLUMMER@BIGPOND.COM

OUR LADY OF MT. CARMEL CANTEEN ROSTER - TERM 2, 2019

14 th Jun	Vacancy Danielle Wadden Nicole Petrie
21 st Jun	Michele Shalders Nat Grant Erin Thompson
28 th Jun	Barb O'Brien Raquel Handley Jing Ji

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

OLMC School is participating in the **2019 Woolworths Earn & Learn** between now and June 25th.

Please place stickers collected in the boxes located in the foyer outside the school office or in store at Woolworths Sunbury.

Stickers collected will be redeemable for new school equipment.



SCHOOL BANKING NEWS

School Banking day is **Tuesday**

This week 34 Students

banked \$ 250.25

Fantastic Effort



School Uniform News

School Socks available for sale from the school office

Cash only—correct money appreciated **\$5.00**

Anklet style: sizes 9-12, 13-3, 2-8 & 7-11 ****NEW STOCK HAS ARRIVED**



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

WWW.BLUELIGHT.ORG.AU

**FRIDAY
JUNE
21ST**

Blue Light

PROUDLY RUN BY LOCAL
POLICE AND VOLUNTEERS

SUPERHEROES

SUNBURY

**BLUE LIGHT
DISCO**

SUNBURY MEMORIAL HALL
INT BARKLY STS & MACEDONS STS, SUNBURY

6 - 8PM / PRIMARY AGE
\$7 ENTRY

CONTACT SUNBURY POLICE STATION 9744 8111

SUNBURY BLUE LIGHT DISCO
ASK YOUR PARENTS TO LIKE THE PAGE IF YOU ARE UNDER 13

SUNBURYBLUELIGHT

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Leading
REAL ESTATE

Our Lady of Mt Carmel – Altar Servers



Recruiting Now!!!

Training for young people wishing to become Altar Servers will be held at 11am on Saturday 22 June in St Anne's Church. Applicants must be 10 years of age and have received or about to receive Eucharist. Any inquiries can be directed to 9744-2674.

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

**Come and see what makes our
College different**

COLLEGE TOURS AND OPEN DAYS

March	Tuesday 19 March, 9am
April	Friday 26 April, 9am
WEDNESDAY 15 MAY - OPEN DAY	
June	Friday 7 June, 4pm
July	Tuesday 16 July, 9am
August	Thursday 8 August, 9am (2021 Enrolments due 23 August)
September	Monday 9 September, 9am
FRIDAY 25 OCTOBER - OPEN DAY	
November	Tuesday 12 November, 9am

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

WANT TO PLAY ALL ABILITIES FOOTBALL?

Sunbury United FC are looking for players for an All Abilities team for people with intellectual and physical disabilities.

S.U.F.C.
SUNBURY UNITED FOOTBALL CLUB

Contact Jo Spiteri on:
Phone: 0448 566 270
Email: sunburyunitedfc@hotmail.com