

# Newsletter

Term 1 Week 4 Thursday, 18 February 2021

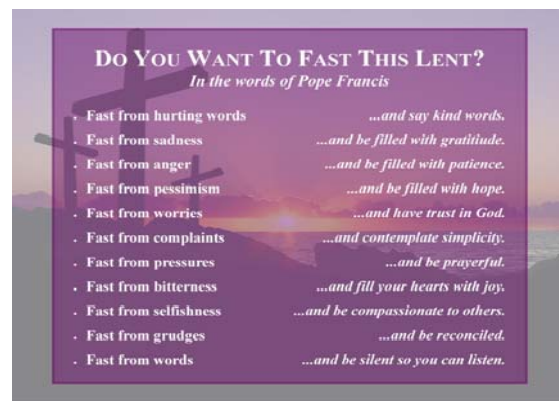
## Principal's Message [principal@olmcsunbury.catholic.edu.au](mailto:principal@olmcsunbury.catholic.edu.au)

Dear Parents,

We are thrilled to be back at school today after the five day 'circuit breaker' lockdown. Thank you for your ongoing support during this time. Let us hope the term can continue with as little disruption as possible.

I sent out a parent survey via email yesterday. Can you please complete this survey by Monday afternoon. It will help us to evaluate our practices and plan for the future. Staff and students in years 3-6 will also complete surveys so we can gather a big picture.

Yesterday was Ash Wednesday, marking the beginning of Lent. It looked very different this year with us being unable to attend Mass. I hope your family took the opportunity to pray together and attempt some of the Lenten activities on the Home Learning Matrix. Many of us were brought up having to 'give something up' for Lent. Here is something that was sent to me and I believe is a positive way of viewing our role during Lent, to help make our world a better place.



Many of our Year 5 students will be receiving the Sacrament of Eucharist for the first time next week. Please keep these children and their families in your prayers. Congratulations to all of the children who tried out in the recent swimming trials. This is a life lesson in itself. Thank you to Mr Tom who encouraged all children to try out and who ran several meetings so that all children were aware of what was required. Thanks to Tom, Shelley and Matt for helping on the day. We now have a strong swim team to compete against the rest of Sunbury next Thursday. Due to Covid restrictions parents unfortunately will be unable to attend.

Happy birthday to the following children who are celebrating their birthday this week and next:

Olivia Cortese	Leo Plummer	Audrey White
Sebastian Jensen	Ruby Lane	Olivia Lethlean
Tom Wadden	Murray Billinghamurst	Zac Hills
Asta Derriman		

This Sunday we will celebrate the 1<sup>st</sup> Sunday in Lent.

### Gospel

Mark 1:12-15

### Reflection:

As Lent begins I might promise God that I will be faithful to the quiet space and time that Sacred Space offers me. I want the kingdom of God to come near me. I want to believe more deeply in the good news.

### School Address

53 Macedon St  
Sunbury 3429  
9740 7344

## Succeeding at the parenting long game by Michael Grose

Parenting is the ultimate long game. You are in it for the long haul. You can't change your mind, although there are times that you'd like to refund or at least trade a child in for a more agreeable model. You have to gird your loins, put a smile on your face and cope.

In the last few years there's been a great deal of attention and resources directed toward teacher wellbeing, which is commendable. It's not just teachers who need some TLC. Parents who spend a great part of their day looking after, caring for and worrying about kids also need to focus on their own wellbeing.

Here are some essential strategies that will help you last the distance in the parenting marathon.

### Connect to activities that energise

Parents give up a lot for their kids including many of the activities, hobbies and friendship groups that bring them joy and add balance to their lives. The person first, partner second scenario common to most couples is tipped on its head when the first child comes along. Suddenly you're a parent first, partner second and person last. Two or three kids and ten years later the order is still the same in most families. It's not until kids leave home that many parents start to regain their own lives back. The advice is simple. Retain some part of your life while you're actively parenting that gives you joy and sustenance. Guard it zealously and, if applicable, let your partner do the same.

### Lead first, manage second

The world abounds with parenting books (including my own, guilty your honour!) encouraging parents to be better managers of behaviour, solvers of kids' problems, promoters of kids' mental health and more, often at the expense of the leadership capacities. Leaders focus on the bigger picture, that is, the family as a whole, while managers focus on individual children. The latter is tiring, while the former is liberating. Leaders look after themselves, delegate jobs and use modelling and teaching as core strategies.

### Aim for redundancy

The basic task for parents is to make themselves redundant, which starts in the early years. Teaching kids to tie shoe laces, cook meals, feed pets and the like takes time and energy. However, it pays off when children are capable of looking after themselves, allowing you to sit back, put your feet up and relax. Not exactly, as independence can bring headaches too, particularly with teenagers who frequently confuse independence with freedom. Even tackling that type of worry is preferable to getting kids off the couch because they are too dependent and fearful to leave home.

### Raise your family as if it's large

If you've ever worried about the small, precise details of your child's life then I suspect that you are raising a small family. It's interesting how parents in larger families worry about different things than those in small families. Size creates perspective. I often ask parents with concerns about their children "Would you worry about this issue if you had six children?" Ironically, parents of families of four or more children generally find family life far easier than those raising one or two kids, as they don't take personal responsibility for their children's successes, failures and problems.

## Conserve energy – argue over issues that matter

Poor choice of clothes, wet towels left on floors and untidy bedrooms are typical of some of the minor things parents argue with kids about. Unfortunately, these minor skirmishes wear many parents out and sour goodwill. One of the best pieces of parenting advice I've received was to only battle with children over issues that matter such as poor treatment of a friend, mean-spirited behaviour and dishonesty.

## Avoid using children as benchmarks

The measure of your child is not another child, yet the temptation to keep an eye on another child's progress, talents and character traits are ever present. In the short term, comparison can leave a parent feeling discouraged and dejected, especially if they have a late blooming child or one who has different strengths and talents to those in the mainstream. In the long term, comparison can be dispiriting for a child as they can easily feel that they never measure up. Each child has their own developmental clock and their unique strengths. You may have to dig deep to find them, but they will be there. Their strengths and talents may need some polish, which is part of the parenting job too.

## Only three things matter – relationships, relationships, relationships!

The longer I'm involved in parenting both personally and professionally the more that I understand that building strong relationships with kids based on mutual respect, appreciation and understanding is at the heart of successful parenting. Loving and being loved are core to be human. Nothing provides the level of human connection more than being an accepted, appreciated member of a family.

### **SCHOOL FEE ASSISTANCE FOR CONCESSION/HEALTHCARE CARD HOLDERS**

Camps, Sports and Excursions Fund Applications are now available at the School Office for families who are eligible. To qualify you must hold a Centrelink Concession card at 27th January, 2021. This allowance is \$125.00 per child to be applied to Camps Sports and Excursions.

Please see the information attached to this newsletter or contact Melissa at the Office for further information.

**Conveyance Allowance Applications are also available at the Office**

## **School Absences**


Just a reminder of what to do if your child is absent or will be in late or leaving early. You can contact your child's teacher or the principal via Seesaw, you can also ring the school or you can email us –

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

If your child is absent and we haven't heard from you, we are mandated to phone you to find out the reason for the absence. Please also let us know the reason for the absence, e.g. Julie is absent today as she is unwell or for family reasons, or something specific.

**Keyboard/Piano news!** It's great to be back at OLMC for Keyboard/Piano lessons. Dana Schulz, one of the Music Directors at Gisborne SC will be taking all the lessons this year as Cathy is now working elsewhere. There are currently some vacancies in grades 1-4, and lessons will be held each Friday at school during class time. If you would like your child to commence lessons with Dana, **please email the enrolment form back to [carmelskeyboard@gmail.com](mailto:carmelskeyboard@gmail.com)**

Looking forward to another great year of music at OLMC! **Carmel Scott**

<b>KEYBOARD/PIANO PROGRAM ENROLMENT FORM</b>		 <p><b>For Enrolments or more information please email: <a href="mailto:carmelskeyboard@gmail.com">carmelskeyboard@gmail.com</a> Carmel's Keyboard/Piano Program P.O. Box 1039 Research 3095</b></p>	
<b>Please complete the form below to enroll your child for Keyboard/Piano lessons.</b>		<b>SCHOOL:</b>	
<b>PARENT:</b>	<b>Lesson Cost: \$14</b> per week including GST Group lesson: max. 5 students for 30 minutes		
<b>ADDRESS:</b>	<b>Private Lessons:</b>		<b>30 minute lesson \$33</b>
	20 minute lesson: \$23		
<b>SUBURB:</b>	<b>Music Books:</b> Your first invoice will include a \$32 charge for music book pack. These books will be given to your child on their first lesson.		
<b>Telephone:</b>	<b>Email: Please use block letters.</b>		
<b>Mobile:</b>			
<b>Name of Student/s:</b>	<b>Grade and Class:</b>		
<ul style="list-style-type: none"> <li>• <b>Please note:</b> When you enrol your child in the instrumental program, he/she stays enrolled until written notice of cancellation is received by email to the above address.</li> <li>• You cannot cancel your child through your school office.</li> <li>• Enrolment continues and your child keeps their place from term to term and into the higher grade level until cancellation is received.</li> <li>• Lessons are timetabled for the term in consideration for the school program, and instrumental teachers are booked for that duration for the term.</li> <li>• Children who miss a lesson because of holidays or absence are counted as given, however lessons missed due to a school excursion are either made up or credited during the term</li> </ul>			
<b>Options:</b> What time of the day do you prefer your child to attend lessons? Please tick your preference, and every effort will be made to accommodate your needs. Before and after school lessons only available at some schools, and lunch time lessons are limited to private students.			
<b>Before School:</b>	<b>During Class Time with class group</b>	<b>Recess/Lunch:</b>	
<b>Any information about your child (including medical)</b>			
Please enrol my child/ren listed in the above program. I guarantee payment of all accounts for music and services provided. I have read and agree to the above conditions:			
<b>Signed:</b>		<b>Name:</b>	

## FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

### MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.





**CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM**

SchoolName

SchoolREF ID

**Parent/legalguardiandetails**

Surname \_\_\_\_\_

First name \_\_\_\_\_

Address \_\_\_\_\_

Town/suburb \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Contact number \_\_\_\_\_

Centrelink pensioner concession **OR** Health care card number (CRN)

-  -  -  **OR**

Fosterparent\* **OR**  Veterans affairs pensioner (Gold Card)\*\*

\*FosterParents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

\*\*Applicants must provide a copy of the Veteran Affairs Gold card

**Studentdetails**

Child's surname	Child's first name	StudentID	Date of birth (dd/mm/yyyy)	Yearlevel

I authorise the Department of Education and Training (DET) to use Centrelink Confirmation Service to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (DHS) to provide the results of that enquiry to DET.

I understand that:

- DHS will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
- this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DHS and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- if I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
- Information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the Victorian Department of Health and Human Services and /or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant Date / /

## CSEF ELIGIBILITY

Below is the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

### Criteria 1 – Eligibility

To be eligible\* for the fund, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

- on the first day of Term one, or;
  - on the first day of Term two.
- a) Be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR
  - b) Be a temporary foster parent, and;
  - c) Submit an application to the school by the due date.

\* A special consideration eligibility category also exists. For more information, see:

[www.education.vic.gov.au/about/programs/Pages/csef.aspx](http://www.education.vic.gov.au/about/programs/Pages/csef.aspx)

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

### Criteria 2 - Be of school age and attend school in Victoria

School is compulsory for all Victorian children aged between six and 17 years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and 18 years inclusive.

CSEF is not payable to students attending pre-school, kindergarten, home schooled, or TAFE.

### Eligibility Date

For concession card holders CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink on the first day of either term one (27th January 2021) or term two (19th April 2021).

## PAYMENT AMOUNTS

### CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- Primary school student rate: \$125 per year.
- Secondary school student rate: \$225 per year.

The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

**For ungraded students**, the rate payable is determined by the student's date of birth. For more information, see:

[www.education.vic.gov.au/about/programs/Pages/csef.aspx](http://www.education.vic.gov.au/about/programs/Pages/csef.aspx)

**Year 7 government school students** who are CSEF recipients are also eligible for a uniform voucher. Secondary schools are required to make applications on behalf of parents so please register your interest at the school.

## HOW TO COMPLETE THE APPLICATION FORM

### NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN

1. Complete the PARENT/LEGAL GUARDIAN DETAILS section.  
Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.  
If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veteran Affairs Pensioner Gold card to the school.
2. Complete the STUDENT/S DETAILS section for students at this school.
3. Sign and date the form and return it to the school office as soon as possible. The CSEF program for 2021 closes on 25<sup>th</sup> June 2021.

CSEF payments cannot be claimed retrospectively for prior years.

**Queries relating to CSEF eligibility and payments should be directed to the school.**



Dear parents, guardians and carers

**Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)**

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

Kind regards

**Principal**



## SCHOOL BUS TRAVELLERS

If your child intends to use any of the School Bus services in 2021, either public bus or school registered buses, please contact the office to add your child's name to the list so that the Teacher on duty can know which children use this service on any given day.



## Our Lady of Mount Carmel Canteen Roster

### Term1 2021

5th Feb	Sylvana Doricic Tracey Kilkenney Anna Marinacic	5th Mar	Caroline Dillon Cathy Carter Joanne Borghese
12th Feb	Closed	12th Mar	Emma Clements Shelley Spark Antoinetta Preston
19th Feb	Michele Shalders Nat Grant Sylvana Doricic	19th Mar	Paula Jarski Alex D'Agostino Kelly Xerri
26th Feb	Belinda Falzon-Pout Nancy Carlyle Louise Vasey	26th Mar	Danielle Wadden Jade Grech Christine De Veth

Thank you for volunteering to help in the canteen, it would be impossible with you! Please arrive at the canteen at 10.00am, your assistance will be required until around 2.00pm. If you have long hair please tie it up and remember to sign in at the office with your WWC before coming to the canteen. We will now be working under COVID restriction which may mean the wearing of masks and social distancing.

If you are unable to attend on your rostered day please ring Sally on 0400384403 s soon as possible so a replacement can be arranged.

I look forward to seeing you all.

Sally Hewitt-Tacey

## School Uniform News

School Hats (\$10) and Bottle Green socks (\$5) are available for sale from the school office.

Correct money appreciated please.

**A reminder** to label all school uniform items especially jumpers & rugby tops and food/drink containers with your child's name. This will help stop the vast amounts of these items that end up

In lost property.



ABN: 53 317 404 573

### AGS Pty Ltd

Wholesalers of Quality Schoolwear & Uniforms

In house Design & Printing

[www.aplusschoolwear.com.au](http://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](mailto:info@agsprints.com.au)

### 2021 Term Dates

Term 1 27 January — 1st April (Easter 2—5 April)

Term 2 19 April — 25 June

Term 3 12 July — 17 September

Term 4 4 October — 17 December

## GO GREEN-RECYCLING AT OLMC

### *Bread Tags for Wheelchairs*

Are you saving your bread tags?

Please send them along to School as soon as possible and deposit them in the box in the Office foyer.

We will make arrangements for them to be recycled and the money earned will go to "Bread Tags for Wheel Chairs".

Thanks for your support and keep up the good work.



### *Terracycle Oral waste recycling*

We are collecting all oral waste such as, empty toothpaste tubes & caps, toothbrushes &

packaging, floss picks & floss containers and electric toothbrush heads. Please deposit any oral waste in the box (no plastic bags please) located in the Office foyer. Every piece of waste recycled earns our School \$\$\$ so tell family and friends to start collecting.

# Newsletter



Another sweet investigation done by our OSH OLMC Team ...



## WHAT'S BEEN HAPPENING...

### Welcome to our preppies!

OSH at OLMC has welcomed 7 new preppies to our team this year.

In term 1, we have been getting to know each other. Our OSHies have created our own OSH Cheer!

Our new team members enjoy cars and building with Lego. OSH OLMC is also spending

time outside enjoying the amazing weather.

With team member Ben's help, Mitchell and Teresa have rearranged the OSH room and added new shelving. Mitch is making packing up super easy with picture labels. We hope you will be able to come in and take a peek soon!



## SPECIAL ANNOUNCEMENTS



### WELCOME TO EDUCATOR MARK!

Lorem ipsum dolor sit amet.



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Lorem ipsum dolor sit amet.



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Lorem ipsum dolor sit amet.



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Lorem ipsum dolor sit amet.



# Newsletter

**OSHClub**   
Outside School Hours Care



## COMING UP

**22  
FEB**

### GLOW IN THE DARK SLIME

Mix it up and watch it glow

**FEB**

### SUNSHINE!!!!!!

Let's get outside and enjoy!

**27  
FEB**

### Dirt Girl World NOW

FREE online event!

<https://www.eventbrite.com.au/e/dirtgirl-world-now-tickets-137243231199>



## PHOTO GALLERY



## EXPERIMENT

### Rainbow Skittles

1 Package Skittles  
Water  
Small Plates or Bowls

Allow children to arrange Skittles around the inside edges of bowls or plates. You might encourage them to use a colour pattern.

Have selected children pour just enough water into the plates or bowls to cover the skittles.

Watch as the colour begins to wash off the Skittles and form swirling ribbons of colour.

