



# Newsletter

Term 3 Week 3 Thursday, 29 July 2021

## Principal's Message

principal@olmcsunbury.catholic.edu.au

### School Address

53 Macedon St  
Sunbury 3429  
9740 7344

### School Closure Days

#### Term 3

Thur 16th & Fri  
17th September

#### Term 4

Mon 1st  
November

Dear Parents,

A huge welcome back to everyone after Lockdown 5. It is also my first week back at school after the holidays and Long Service Leave. It was great to see everyone, especially yesterday with all students and staff back onsite. A heartfelt thank you to all staff and parents for the role you have played in remote learning and a very special thank you to all of our wonderful students. We thank God that we have all returned safe and sound.

Just a reminder that only essential visitors are allowed onsite at the moment (other than the front office). We will continue to follow State Government regulations and advice from MACs and we know that the situation can change very quickly. I will continue to keep you informed of any changes as they arise. TUCKSHOP WILL OPERATE TOMORROW WITH A LIMITED MENU, as school staff will help Sally to get orders done.

A couple of the things we continue to focus on at school are resilience and kindness. We found that after each lockdown, these are areas that need attention. There continues to be some name calling in some parts of the school. I ask that you reinforce (as we are) the importance of using kind words and the impact cruel words can have. Often children's response will be, "It was just a joke", but the person who is experiencing the name calling rarely find it funny. I found this image to be very thought provoking as a parent and as an educator.

First Eucharist is fast approaching. We are fortunate to be able to go ahead with the planned Masses at this stage under the following conditions:

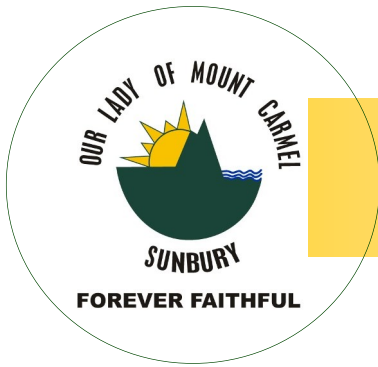
- 4 people per family (candidate and 3 others only).
- QR code upon entry.
- Try booking through the code provided (this will be done through the Parish).
- Masks must be worn by any person over 12 years of age.
- Everyone must adhere to the social distancing regulations of 1.5 metres.

### Things we model for our kids, whether we realize it or not...



With everything else that is going on in the world at the moment, it has been great to watch the Tokyo Olympics and cheer on some of our favourite athletes. I was proud to see one of my own past students, Simon Keenan, represent Australia in the rowing. Yesterday many of our staff and students watched the men's 200m freestyle relay and cheered on the Australians to a bronze medal.





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Today we say goodbye to Addyson McNamara in year 1, and her family, as they make the move to Queensland. We wish them well and I am very envious as I look out my window at the dreary Melbourne sky.

This Sunday we celebrate the 18th Sunday in Ordinary Time:

John 6:24–35

It is my Father who gives you the bread from heaven; I am the bread of life.

I have included an article you may find useful, especially after returning to the morning routine.

God bless,

Julie

## **Stress O'Clock by Michael Grose**

A recent Australian study found that 7.00am is the most stressful time of the day for working parents. Dubbed stress o' clock, this is a time in the morning when work and family pressures and the deadline of the clock converge.

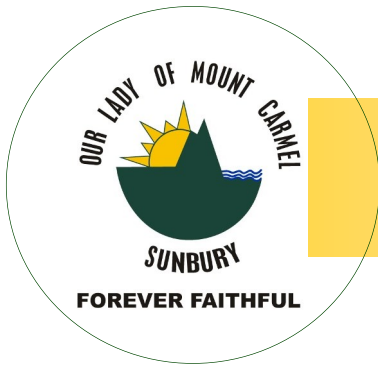
Recent conversations held with parents indicate that children and young people experience stress o'clock too. This is a time soon after a child wakes when self-doubt, getting ready for school and looming fears clash. Children's tummy-aches and heads-aches often prevail at this time of day.

"Mum, I don't feel well. I think I've got a cold. I don't want to go to school."

How do you respond when you suspect there's more worrying your child than a sniffle, and you're hurrying to get ready yourself? Most parents don't have a script to guide them when stress o'clock hits.

Since the pandemic adults and children are reporting higher levels of stress and anxiety. Morning is one of the worst times for anxiety to strike. Like a fox, anxiety comes in the night robbing children of their courage, replacing assuredness with self-doubt, apprehension and fear.

Dealing with a child or young person in the middle of their anxious moment is super hard, particularly when you're still wiping the sleep from your eyes. In times of stress it's always best to stay SOBER. That is,



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Stop what you are doing and pay attention to your child and to yourself;

Observe the emotional reaction you are having to your child's distress and ask what your gut is telling you;

Breathe deeply to remove yourself from panic mode ('I can't take this!') and kick start your thinking brain that has succumbed to your survival brain;

Expand your vision and look at the bigger picture. Perhaps your child is genuinely nervous but it's important that they sit the test that makes them feel awful. Allow the bigger picture to guide your actions;

Respond to your child. Empathy and understanding are in short reply in the mornings, but if you have practised this type of response in low stress situations, you'll be more than ready to respond appropriately, rather panic or over-react when your child is stressed.

Like everything in parenting, this plan sounds easy when there are no kids around, but it's important nevertheless.

A lack of a plan you can follow when kids are anxious is the major cause of parent stress. In times of stress, it always helps to have a plan to follow. When dealing with children's nerves, tension and anxiety at stress o'clock this plan will really help you.

## School Uniform News

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

Correct money appreciated please. Cash only.

**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**  
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## Our Lady of Mount Carmel Canteen Roster

### Term 3 2021

16th July	Caroline Dillon Cathy Carter Skye Hewatt	20th Aug	Nicole Petrie Anita Blume Adele Dichiero
23rd July	Emma Clements Antoinetta Preston Kelly Xerri	27th Aug	Michele Shalders Erin Thompson Irene Wishart
30th July	Fran McKay Sylvana Doricic Tracey Kilkenney	3rd Sept	Adele Dichiero Alex D'agsotino Vacancy
6th Aug	Shelley Sparke Nat Grant Danielle Wadden	10th Sept	Jade Grech Sylvana Doricic Anita Blume
13th Aug	Belinda Falzon-Pout Nance Carlyle Louise Vasey	17th Sept	School Closure Day

Thank you for volunteering to help in the canteen, it would be impossible without 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 restrictions 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 as soon as possible so a replacement can be arranged.

I look forward to seeing you all.

Sally Hewitt-Tacey

#### IMPORTANT DATES

Term 3 12th July—16th September

Term 4 3rd October—Wed 15th December—Students finish at 1.30pm

# RECYCLING

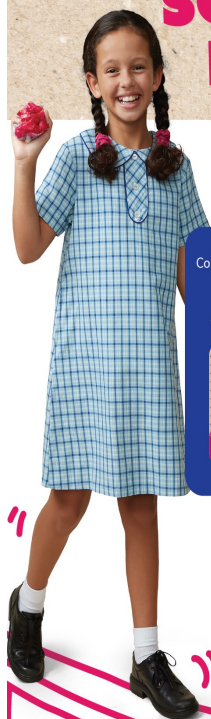
## DO YOUR BIT FOR THE ENVIRONMENT

At OLMC we are actively recycling a number of products to reduce the impact on our planet. Please continue to send your bread bags, plastic bread tags and any oral waste such as toothpaste tubes and tooth brushes as well as a new recycling stream: pens, textas, white out and batteries.

The boxes are located in the School Office Foyer



Help Wonder turn  
**BREAD BAGS** into  
**SCHOOL PLAY EQUIPMENT**



It's simple...

- 1** Collect your empty bread bags and tags
- 2** Recycle them at school in Wonder's pink Collection Bin  
*(There is a separate box for bread tags).*
- 3** We'll earn reward points to redeem new sports equipment for every 5kg bin filled!

Our school is in the draw to **WIN 1 of 5** exercise circuits made from recycled plastic we collect!

**LET'S GET RECYCLING!**



Tag Wonder on social [#wonderrecycling](#) to share all your recycling champion stories!

