

# Newsletter

Term 3 Week 7 Thursday, 26 August 2021

## Principal's Message

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

I am constantly looking at ways I can support families and staff in a time that is uncertain and filled with what feels like more and more bad news. At the bottom of this newsletter I have included another article by Michael Grose for you to enjoy.

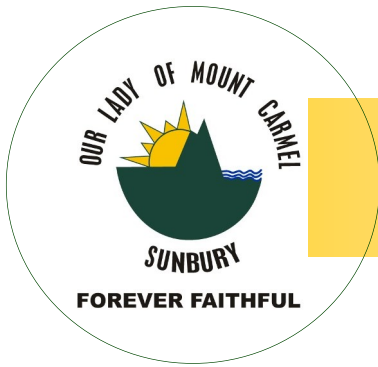
At our staff meeting on Tuesday, we shared ideas of how we are looking after our own mental health and wellbeing. In our family we have decided not to watch the evening news. This has made a huge difference to what we are focusing on and talking about on a daily basis. Some of the other idea that came through from staff include family board games, getting to bed early, playing an instrument, prayer, meditation, writing poetry, painting, singing and dancing.

Our thoughts and prayers are with the people of Afghanistan. It is so difficult to fathom what these people are going through. The images we see are reminder of the horror that many people are still experiencing on a daily basis.

Just a reminder that we are celebrating Book Week and the children will have the opportunity to dress up. Please don't feel any pressure with this, just use whatever you have at home. Teachers will send you a link for a Google Meet for Friday morning. Send through any photos you have of your child dressed up, either to their teacher or to me. Fridays are now known as "Feel Good Friday". I sent out a document with a range of ideas you may choose from if you wish. There will still be a whole class Google Meet every Friday morning to mark the roll, etc.

I will continue to run a virtual assembly each Monday at 8:45. It looks like I can't have any more than 100 at a meeting but it seemed to work fine running 2 simultaneously. I will send out a Prep-2 link and a 3-6 link. If you have children in various grade levels, just choose one link. I will announce past SPLASH award winners that we missed going into lockdown.

Please remember to send through your Tony's Pies order forms and payment. At this point I am not sure if our staff conference will proceed on the 16<sup>th</sup> and 17<sup>th</sup> September. If not, these will be school days, on or offsite, and we will postpone the conference until next term. I will keep you updated along the way.



# Newsletter

Term 3 Week 7 Thursday, 26 August 2021

This Sunday we celebrate the 22<sup>nd</sup> Sunday in Ordinary Time:

## Gospel

Mark 7:1–8, 14–15, 21–23

*You put aside the commandment of God, to cling to human traditions.*

Happy birthday to those celebrating this week:

Oliver Austin      Liam Grech      Mater Paterra

Jesse Cutajar      Vianne Falzon-Pout



God bless,

Julie

## 15 ways to love your child confidently by Michael Grose

Parents have two things in common. Firstly, every parent experiences some challenges or difficulties at some point raising kids. Whether it's managing challenging behaviour, keeping a child's chin up when life doesn't go their way or helping a young person handle the ups and downs of adolescence – every parent must deal with challenges along the way. Secondly, all parents want their children to thrive and flourish. That means we need to love our kids confidently, rather than protect, pamper and problem-solve for them.

Here are 15 ways to help your kids thrive and potentially reduce the number of parenting challenges you experience along the way:

### 1. When kids can, let them do

The independence mindset that we promote here at Parenting Ideas means that parents look for as many opportunities as possible to develop self-sufficiency in children. When kids can get themselves out of bed in the morning we allow them to do so. When a toddler can clear their plate and spoon away we encourage them to do so. When a teenager can catch a train into the city we allow them to do so, even though we may be uncomfortable about letting go. Self-esteem and confidence is built by kids gaining mastery over their world and doing the little things that we as adults so often do for them.

## 2. Develop a growth mindset

This generation shouldn't grow up like past generations thinking that their natural abilities set the tone for the pattern for the rest of our lives. If you think that you'll never be good at maths/writing/sport/whatever, then you have a fixed mindset. We now know that talent and smarts aren't fixed – they evolve over time with practice and effort. There's a lot parents can do to develop a growth mindset in kids. Start by linking your child's success with effort rather than linking it to natural ability. You want your child to grow up believing that hard work and strategy have as much to do with their success in any area as their natural ability.

## 3. Encourage them to play

Adults are very fond of organising environments for kids to enable learning and maximise their development. Kids' lives are full of organised after school activities including sports practice, music practice and swimming lessons. There's not much time for mucking around these days. Self-initiated play, particularly when it occurs outside is great for kids' confidence. Left to their own devices kids often take risks that would make adults shudder, if only they knew about them. But it's through risks such as climbing trees, building cubbies and navigating their neighbourhood that kids learn to extend themselves and develop skills that they didn't know they had.

## 4. Give them some tough stuff to do

Life in the twenty-first century is comfortable for most of us. We've eradicated most of the hardship from life so that most kids in developed countries like Australia wake up on a winter morning with a full stomach, a warm house and the prospect of being driven to school. Nothing builds confidence like a deep appreciation for what you have and an understanding that you can put up with some hardship and discomfort. Consider ways you can disrupt deep comfort levels. Maybe they have to do some chores (make their lunch/their bed/feed a younger sibling) in the morning; maybe they should walk to school; maybe they can do without morning tea if they leave it at home. Think of your own ideas to help them feel familiar with discomfort.

## 5. Make sure they do something that someone else relies on

So what does your child do that someone else relies on? Do they feed the dog? Empty the dishwasher? Help their sibling with homework? Assuming responsibility builds kids' confidence. We often give responsibility to kids who we know can carry out the responsibilities without a hitch, not the kids who really need it as they sometimes struggle and won't do it right.

## 6. Give them psychological space

Sometimes we know too much about our children's lives. Most times we know if they had breakfast, who their friends are and how their day went at school. All this knowing may keep us in the loop with our kids, but it can also be suffocating for some children. Children benefit when they have some space from their parents' attention and best intentions. Space gives them the chance to solve their problems in their own way and develop their own resourcefulness, which is a fantastic confidence-builder at any age.

## 7. Ask them to help you

Nothing displays faith in a child's abilities like a genuine request for help. Next time you're about to

embark on an activity (cooking, washing the car, loading the washing machine) ask a child to give you a hand. Even better, give the total job to your child if it's practical and timely to do so. Now that's what I call a show of faith!

#### 8. Let them teach you something

When was the last time you asked your child to teach *you* how to do something? Kids who see themselves as strugglers can get a boost in confidence when they teach their parents how to do something that they are good at.

#### 9. Encourage your child to be a generalist

The years before adolescence have traditionally been seen as a period when children explore various activities and develop a variety of interests. Essentially it's the time to be a generalist. Specialisation best happens from around fourteen years of age when young people start to define their identity (*'I'm into music!' 'I'm a sports nut!'*) by the activities they pursue. Children now seem to specialise at a much younger age, which can limit the options available to them later on. Encourage your child to try a variety of different activities to build a broad base of competencies and interests that will serve him well in the teenage years.

#### 10. Problem solve together

While kids need a chance to resolve some of their every day problems – such as managing pesky siblings, dealing with strict teachers and sharing a workspace at school with peers they don't like – by themselves, they can also benefit from sitting down with a parent and working their way through problems together. All the aforementioned problems (and many more besides) could be workshopped so that kids get the benefit of your wisdom, without you solving their problems for them.

#### 11. Encourage assertion

Kids generally resolve relationship problems with friends and siblings in three ways – through accommodation, aggression or assertion. Accommodating the needs a friend or sibling is admirable but some kids give way too much because they don't know how to stand up for themselves. Some children will use aggression and other high power ways to get their own way. Encourage your child to be assertive and ask for what they want rather than give way all the time or be aggressive. Assertiveness is as much about strong body language as it is about the words they use. So encourage them to practise standing up straight, using a strong voice and making eye contact when they say to a sibling or friend, "No. I don't want you to borrow that."

#### 12. Help them see beyond the label

A child who defines themselves as being stupid because they struggle academically benefits from parents who lovingly point out that there is more to a life than school work. Help them see the strengths that they have in other areas of life such as making friends, success at leisure activities and the personal qualities that he or she displays such as loyalty, patience and persistence. Help children see past labels that they can place on themselves.

#### 13. Cue confidence not anxiety

Recently I heard a parent say to her primary school-aged daughter prior to going on a class excursion, "You're not going to be anxious are you?" If the child wasn't anxious already she was likely to be after

her mother planted the idea in her head. Children generally take their cues about how they should see events from their parents so we need to be very careful about what we say to children particularly when they go into new or unfamiliar activities. Better to cue a child to be courageous with a statement such as “Now’s the time be brave.”

#### 14. Turn the volume down on the news

There’s no doubt we live in a fearful world that reduces children’s propensity to take the sensible risks that they need to develop. The media with its twenty-four-hour news cycle has a lot to answer for. Consider how much news your children are exposed to via television and radio particularly in the pre-school and early primary school years. Kids at these ages are faulty processors of information and can be adversely influenced by news events that occur across the world. Fear defeats confidence and inflates anxiety and tension.

#### 15. Help your child rationalise, rather than exaggerate their worries

Children and teenagers can easily jump to conclusions and catastrophise (“*I’m hopeless!*”), blaming themselves when they experience difficulties. Help your child work through their difficulties so they can rationalise and find solutions. Challenge their self-talk and help them see that a situation probably isn’t as bad as they are making out. By calling out their propensity to catastrophise you may not be making yourself popular, however you’ll be teaching a valuable lesson in staying calm rather than letting their emotions get the better of them.

Building children’s resilience and confidence is a basic parenting task. It always has been and always will be. Some kids need more of a focus on resilience and confidence-building than others. Best to take your cues from your kids and look for strategies that stretch them rather than restrict them or keep them dependent on you.

# SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep JF	Orlando Cole	For his resilient attitude towards learning tasks and trying his best in small groups. Keep it up Orlando
Prep MR	Tyler Bishop	For confidently sharing his showing and tell and answering questions with lots of details. Excellent Tyler!
1H	Ryan McKenna	For being super resilient during remote learning due to all the construction noise going on at his house. Ryan, it is always wonderful to see you each morning on the google meets ready to share and respond to others' class news.
1R	Xavier Nannery	For being a responsible learner by challenging himself and showing respect to others by listening and sharing his ideas during google meets.
2A	Nicola Borgese	For trying her hardest to improve in all areas of her learning. It has been such a pleasure watching her develop confidence and belief in herself. Keep shining, great work Nicola.
2J	Frankie Chiodo	For displaying independence, showing self-motivation and submitting all her work.
3BC	Hannah Zudetich	For displaying respect and kindness by thinking of new and creative ways to get her classmates smiling!
3CC	Lucas Flinn	For his enthusiastic attitude while in teacher groups and for being a respectful and collaborative class member when in our class Google Meets. Keep it up Lucas!
4PS	Eli Afamasaga	For showing persistence and dedication to his work. Eli, you should be so proud of the way that you have applied yourself to your learning and overcoming many obstacles. Keep up the great attitude to your learning.
4ST	Olivia Laird	For having the courage to present an oral summary of her book to the class and for showing great resilience under difficult circumstances.
5/6C	Ivey Lambert	For putting an amazing amount of effort into her learning and being willing to challenge herself.
5/6MT	Jagan Fitzpatrick	For being determined and motivated in his learning throughout remote learning.
5/6 R	Jake Nicholls	This week, Jake used the rubric when writing his text and included technical language to engage his reader. It's terrific to also see you apply the feedback you received. Well done, Jake!



## **LITERACY & BOOK WEEK Newsletter for Week 7 Term 3 2021**

Dear parents and caregivers, Book Week is coming up and we will still be in Lockdown.

So we will have the Book "Parade" in our class groups by Google Meets.

Each teacher will advise you of the time. The emphasis will be on characters from Books or Films of Books and the theme is Old Worlds, New Worlds and other Worlds. Do not stress too much about the 'costume', it is more about the students thinking and celebrating great books. Bigger students can create their own costumes, masks and makeup. Remember they will only be visible from the waist up!

### **Scholastic Book Club News**

Issue 6 catalogue will be online only and you can look at it on <https://www.scholastic.com.au/media/6421/bc621web.pdf>

Please note the home delivery option to your home, can be selected by parents at the time of ordering at a cost of \$7.50.

Date due:3/9/2021

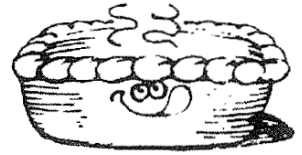
So best of luck in Lockdown, stay well and take care of yourselves.

Evelyn Pickering

# OUR LADY OF MOUNT CARMEL



## PIE DRIVE



We have organised with **TONY'S PIES OF ESSENDON** to conduct a Pie Drive.

Tony's Pie's will supply us with a range of their freshly baked pies, pasties, quiches and sausage rolls on **Tuesday, 14<sup>th</sup> of September**

All the products will be freshly baked and will be suitable to go straight into the freezer if you wish.

So order up BIG. Remember, the more you order the more we make. Make your choice from the list below and return your order with the correct money or cheque by **Wednesday, 8<sup>th</sup> of September**.

We need the support of everyone to make this fundraising a success.

PRODUCT PER ½ DOZEN	QTY	PRICE PER ½ DOZEN	TOTAL	PRODUCT FAMILY SIZE.	QTY	PRICE EACH	TOTAL
Chunky Steak		\$30.00		Chunky Steak		\$13.00	
Steak & Mushroom		\$30.00		Steak & Mushroom		\$13.00	
Steak & Cheese		\$30.00		Steak & Cheese		\$13.00	
Chicken & Vegetable		\$30.00		Chicken & Vegetable		\$13.00	
Bacon, Tomato & Cheese Quiche		\$30.00		Bacon, Tomato & Cheese Quiche		\$10.00	
Spinach, Onion & Cheese Quiche		\$30.00		Spinach, Onion & Cheese Quiche		\$10.00	
Pasties		\$30.00		Pasties		\$13.00	
Sausage rolls		\$18.00		Apple Pie		\$10.00	
Party Pies		\$8.00		Blueberry & Apple Pie		\$10.00	
Spinach & Cheese Rolls		\$23.00					
Cauliflower & Cheese Rolls		\$23.00					
Lasagna Rolls		\$23.00					
Apple Pies		\$30.00					
Blueberry & Apple Pies		\$30.00					
<b>SUB TOTALS</b>							

<b>TOTAL \$</b>	\$
<b>NAME:</b>	
<b>MOBILE CONTACT NO:</b>	
<b>ELDEST CHILD'S NAME:</b>	
<b>CLASS:</b>	

PLEASE MAKE CHEQUES PAYABLE TO "OUR LADY OF MOUNT CARMEL PRIMARY SCHOOL"

[www.tonyspies.com](http://www.tonyspies.com)



## 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

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)

## IMPORTANT DATES

Term 3 12th July— Wed 15th September

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

# OLMC RECYCLING CENTRE



PENS TEXTAS AND WHITE OUT PRODUCTS, USED BATTERIES, PLASTIC BREAD TAGS AND ORAL PRODUCT PACKAGING CAN ALL BE RECYCLED AT OLMC.

We are actively recycling a number of products to reduce the impact on our planet. Please continue to send your recyclable items to the School Office.

The boxes are located in the School Office Foyer



**THE WONDER BREAD RECYCLING PROGRAM HAS NOW ENDED BUT PLEASE CONTINUE TO RECYCLE ALL SOFT PLASTIC, INCLUDING BREAD BAGS BY COLLECTING THEM AND PUTTING THEM IN THE REDCYCLE BIN AT COLES AND WOOLWORTHS SUPERMARKETS. LOCATED NEAR THE CHECKOUT.**

