



# Newsletter

Term 2 Week 4 Thursday, 19 May 2022

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

Dear Parents

Last night we had our year 1 and 2 Family Faith Evening. Thank you to the families, Father Kevin, Lyn Plummer and staff who attended and to Nelson for running the evening. I know we are all very busy and I am grateful to everyone who prioritised this evening with their child. These sessions and year level Masses are an important part of the Religious Education program at OLMC and it was made clear when you enrolled your child here that involvement is expected. Please ensure you take up every opportunity to attend future events



Congratulations to the OLMC Cross Country team who finished first in the small schools section of the Sunbury District Carnival and who were only a handful of points away from being the overall winners on the day.

The following children have made it through to the next level of competition on the 31<sup>st</sup> May and we wish them all the best:

Oliver Long	Tahlia Bekker	Abbey Nicholls
Hannah Zudetich	Ruby Stepanoski	Xander Martin
Emma Cortese	Alana Dixon	Julian Caruana
Isla Kelly		



Happy birthday to everyone who is celebrating this week. Have a wonderful day.



Logan Marinelli Mason Marinelli Mason Dagher  
Juliet Luca Isla Tait

As we continue to juggle friendship issues and being around people once again, I have found something that is really causing a sore point at the moment is birthday parties and sleep overs. I am all for both of these happening as that is up to you as parents but with low resilience levels, many children are becoming upset if they are not invited (although they are invited to other parties and sleep overs). I found this article that may be of help in talking to your children.



# Newsletter

## **Children's Birthday Parties: Cause for celebration and alienation? - - Michael Grose**

It's funny how the seemingly small things cause the greatest angst for kids – a sneer from a sibling; a curt remark from a teacher or being left off a classmate's birthday party invitation list can leave a child feeling insecure, even sad. While some issues such as sibling disputes are perennial others such as helping children manage the disappointment of missing a friend's birthday party is a more pressing concern for primary-aged children right now. In fact, according to many teachers and parents I meet many children's birthday parties are creating rifts between children, leading to alienation for those left off the party list.

### [Issue invitations with sensitivity](#)

It's a good life lesson for a child to learn that they can't be invited to everything. But not being invited to a party shouldn't make a child feel isolated or humiliated. Disappointment is normal; humiliation and alienation are not acceptable. Which means children need to give out invitations while being mindful of the feelings of others. This is where good parenting comes in. We need to remind, and if necessary teach children, how to give out invitations sensitively being mindful of the possible disappointment that some children will experience. Likewise all children who are going to a party should be reminded of their social obligations to all classmates, not just those who are in the "in" crowd. Tolerance and social graces are the foundations of a civil society and these lessons start in primary school.

### [Helping kids handle disappointment](#)

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection. So whether it is a case of not receiving an invitation to a classmate's birthday party or a school playground snub, most children experience some type of rejection from their peers throughout childhood. Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children's confidence to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of the child will determine the amount of detail. Keep things simple and avoid burdening a young child with concepts he or she doesn't understand.

Your attitude can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child will, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. Model optimism. Watch how you present the world to children, as they will pick up your view.
2. Tell children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
3. Help children recognise times in the past when they bounced back from disappointment. Help them recognise those some strategies can be used again.

Laugh together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

God bless,

Julie

## Mini Vinnies

Dear Parents,

We are very happy to let you know that the OLMC Mini Vinnies Conference is up and running once again after having had to stop for two years due to the pandemic.

Starting from next Monday we will have a small stall during assembly where we will sell some items. We are planning to use the money to support the education of a student in a nearby country through the St Vincent De Paul program 'Assist a Student'. The stall will be held fortnightly.

Ben and Lincoln on behalf of the OLMC Mini Vinnies Conference



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

# SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
<b>Prep C</b>	<b>Michael Kupresanin</b>	For being a self motivated learner and working hard in teacher groups. Keep up that awesome effort Michael!
<b>Prep J</b>	<b>Zoe Cahill</b>	Congratulations Zoe, you listened to sounds in words and independently wrote what you could hear - Excellent effort!
<b>1 H</b>	<b>Murray Billinghamurst</b>	For always trying hard to use the 3 R's especially respecting others by using his manners and listening to instructions. Keep up the great work Murray.
<b>1 R</b>	<b>Lucas Blume</b>	For using the disposition of curiosity by sharing his wealth of knowledge with enthusiasm and excitement !
<b>2 A</b>	<b>Blake Brincat</b>	For showing reflection by the way he has been able to identify ways he can improve his learning. He has been trying his hardest to make good choices both in the classroom and on the yard. It has been so great to see how determined he has been, keep up the great work Blake.
<b>2C</b>	<b>Ryan Rajab</b>	For being so resilient by working through challenging moments and using different strategies to improve his learning.
<b>3/4 J</b>	<b>Mahika Chand</b>	For always showing determination when completing tasks and always being willing to learn new things with a positive mindset.
<b>3/4M</b>	<b>Zac Fulton-Scanes</b>	For his excellent self control and improved focus. Well done Zac for asking for help when you needed it. What a superstar you are.
<b>3/4 R</b>	<b>Hunter Stott</b>	For an incredible effort at cross country on Friday. You challenged yourself, ran as fast as you could and most importantly, did not give up and. Well done, Hunter!
<b>5D</b>	<b>Lachlan Kiss</b>	For showing a fantastic work effort and for thinking outside the box how to use strategies to solve addition equations.
<b>5T</b>	<b>Ellena Zographos</b>	For always demonstrating our school values, by treating others with kindness and respect.
<b>6 C</b>	<b>Juliet Luca</b>	For 'stepping inside the shoes' of a miner from the Australian gold rush era and writing an historical narrative in the form of a letter that depicted the living conditions at that time.
<b>6S</b>	<b>Jackson Misiti</b>	For using our school values of Respect and Resilience to participate in, and engage with class lessons to the best of his ability.

## Our Catholic Identity

It was so wonderful to be back inside our church at Our Lady of Mt Carmel, to share in some learning all about Baptism! The Years 1 and 2 students with their parents spent an evening together talking about the significance of Baptism along our journey in faith, and how much love each of us are surrounded by. Thank you to all the students, parents and teachers who participated in this evening. We all look forward to continuing learning about how we can bring Jesus alive in our lives!

### Lock it in:

*Tuesday 24<sup>th</sup> May*- Feast of Mary Help of Christians

*Sunday 29<sup>th</sup> May*- Years 1 & 2 Family Mass at St Anne's Church- 10:30am

*Tuesday 7<sup>th</sup> or Wednesday 8<sup>th</sup> June*- Eucharist Family Faith Evening at St Anne's Church

*Friday 24<sup>th</sup> June* – Feast of the Sacred Heart Mass- 9.15am @ OLMC

### Feast of Mary Help of Christians

On Tuesday 24<sup>th</sup> May, the Christian world celebrates and honours Mary the Mother of Jesus, under one of her many attributions of Mary, Help of Christians. In Australia, Mary plays such an important role, as she is our nation's patron saint. Whilst we also have our one and only Saint Mary Mackillop (in the not-too-distant future to be joined by another Mary, Mary Glowrey), Mary Help of Christians has traditionally been the one Australian Catholics have prayed to intercede on our behalf with God. Whilst Our Lady of Mt Carmel is our namesake, it is the same Mary, Jesus' mother that we at OLMC hold so dearly and proudly keep close to our hearts!



### Mary Help of Christian Facts:

- Napoleon Bonaparte had jailed Pius VI who died in jail. When Pope Pius VII was elected he too was jailed by Bonaparte, who kept him prisoner
- The Holy Father vowed to God that if he were restored to the Roman See, he would institute a special feast in honour of Mary.
- The military eventually forced Bonaparte to release the Pope and on 24 May 1814, Pius VII returned in triumph to Rome. Twelve months later, this date was dedicated to Mary Help of Christians.

In Australia:

- No priests were sent to the colonies, and mass was not allowed. It was the Rosary that believers turned to to keep the faith alive.
- Australian Catholics continued to honour their faith to Mary and became the first nation to choose her under the name of Mary Help of Christians as our patron saint.
- The Cathedral in Sydney is named after Mary our patron

As we remember Mary, all throughout this month of May and especially on Tuesday 24<sup>th</sup>, may we continue to call upon Mary to intercede for us, to be our go-between to God. May we be reminded of Mary's unending devotion to God to care, love and nurture his only Son. May we see in Mary the beautiful qualities of our own mothers or mother-like figures and place our trust in her to be there for us in our times of joy and in need.

**Nelson Graham**

**Here is a reminder of some important Term 2 dates:**

- 23<sup>rd</sup> May – School Photos (full winter uniform required)
- 29<sup>th</sup> May – Years 1 & 2 Family Mass at St Anne’s Church – 10.30am
- 7<sup>th</sup> and 8<sup>th</sup> June – Eucharist Family Faith evening for year 4s
- 10<sup>th</sup> June – Year 5 and 6 Winter Sports Day
- 13<sup>th</sup> June - Queens Birthday Holiday
- 16<sup>th</sup> and 17<sup>th</sup> June – Year 3/4 Camp
- 21<sup>st</sup> and 22<sup>nd</sup> June – parent teacher interviews
- 24<sup>th</sup> June – Feast of the Sacred Heart Mass 9.15am @OLMC



**Our Lady of Mount Carmel School**  
**Your school photography day has been rescheduled to:**  
**Monday, 23rd May 2022**

**ORDER ONLINE AT [WWW.SCHOOLPIX.COM.AU](http://WWW.SCHOOLPIX.COM.AU)**

Orders now close on Wednesday, 25th May 2022  
 Sibling orders must be placed prior to 8am on photo day.

If you already placed an order you don't need to do anything. It will be processed and delivered once photography is complete.  
 Misplaced your order form? Please visit [www.schoolpix.com.au](http://www.schoolpix.com.au) and use the student search to find your child's order number or contact our Customer Service team on 1300 766 055.  
 Please note: Cash orders will not be accepted



**YOU'VE MADE THE WISE CHOICE.**  
 1300 766 055 • [www.schoolpix.com.au](http://www.schoolpix.com.au) • [help@schoolpix.com.au](mailto:help@schoolpix.com.au)

**Our Lady of Mount Carmel Canteen Roster: Term 2 2022**

13th May	Simone Fawcus Vacancy Irene Wishart	3rd June	Belinda Falzon-Pout Shelley Sparke Louise Vasey
20th May	Danni Caruana Alex D'Agostino Fran McKay	10th June	Sylvana Doricic Simone Fawcus Tracey Kilkenny Michelle Shalders
27th May	Caroline Dillon Danielle Wadden Cathy Carter	17th June	Emma Clements Kelly Xerri Simone Fawcus
		24th June	Early finish No Canteen

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 and triple vaccinated certificate 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

### Official Term Dates 2022

Term 1:	28th January—8th April (Easter 15th April—18th April)
Term 2:	26th April —Friday 24th June (1.30 finish)
Term 3:	11th July—16th September
Term 4:	3rd October—20 December

**LOST PROPERTY** located in the MPR is overflowing with numerous items especially rugby tops/school jumpers and food /drink containers , many unnamed.

If your child is missing school items please check lost property.

**Any unclaimed/un named items will be included in our pre loved school clothing sale coming soon !!**

### School Uniform News

Green socks — \$5 per pair and school hats — \$10 now available from the school office

Cash only please

A reminder to label all school uniform items especially rugby tops/school jumpers and food /drink containers with your child's name—Thank you !

The new **Noone school uniform shop** is up and running. Located at the top of the Salesian college drive way at **1** Macedon Street Sunbury

Here are the opening hours:

Monday – 8.00am – 12.00pm

Wednesday – 8.00am – 12.00pm

Friday – 9.00am to 12.00pm & 1.00pm to 5.00pm

## YEAR 7 2024 APPLICATIONS

Salesian College Sunbury



### TO PARENTS OF STUDENTS CURRENTLY IN GRADE 5

Here at Salesian College Sunbury we are proud of our relationship with our neighbouring schools and communities. We work together to provide a quality Catholic education to the young people of Sunbury and surrounds. We celebrate life and faith, prepare students to contribute positively, and provide opportunities to achieve excellence.

We would love to see you as part of our Salesian family. Did you know that now is the time to apply for a place at Salesian College Sunbury in Year 7 2024? Applications are being accepted and close on Friday 19 August 2022.

[Visit our website, or click here to apply.](#) The online application form can be started, saved, and completed at any time. I invite you to visit our College website for all other information.

Our website also features a [virtual tour](#) where you can explore what makes us so unique and 'A Home that Welcomes'.

First round interviews for Year 7 2024 places will be conducted in early September 2022 and offers will go out in October 2022. An interview booking link will be supplied to all applicants soon after the closing date.

If you require further information, please contact our College Registrar (details below).

Mark Brockhus  
Principal - Salesian College Sunbury

### BOOK A TOUR



### MEET & GREET



### CATHOLIC SCHOOLS, ONE COMMUNITY

[salesiansunbury.vic.edu.au](http://salesiansunbury.vic.edu.au) | 03 9744 0000 | [registrar@salesiansunbury.vic.edu.au](mailto:registrar@salesiansunbury.vic.edu.au)