

# Newsletter

Term 3 Week 4 Thursday, 4 August 2022

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

Dear Parents,



This week the year 5 and 6 students have had a wonderful time at camp. It is such a great experience to build friendships, resilience and risk taking. Thank you to the staff who attended for all the work that goes into a camp and for spending time away from their families. The bus driver and the camp leaders both expressed their appreciation and admiration for the way the students conducted themselves which was fabulous to hear.

This weekend many of our year4 students will receive the Sacrament of Eucharist for the first time. Please keep them in your prayers as they take the next step in their Sacramental and faith journey. Thank you for their teachers and parents for helping to prepare them for this special occasion.



**School Address**

53 Macedon St  
Sunbury 3429  
9740 7344

**School Closure Day**

**Term 3**  
**Monday**  
**August 8th**

Osh Club running a day program book in on  
0401 850 518

**Just a reminder that there is no school next Monday 8<sup>th</sup> August as the staff have a professional learning day. OSHClub is operating and you can book directly through them.**

Happy birthday to everyone who is celebrating this week. May your day be filled with love and happiness:



- |                  |               |                |
|------------------|---------------|----------------|
| Emma Brndusic    | Kaius Cacioli | Luke Bekker    |
| Jaxon Purton     | Max Shalders  | Willow Cutajar |
| Mackenzie Pedder | Tyler Bishop  |                |

God Bless  
Julie

## GRATITUDE :

Like any skill, gratitude can be learned and strengthened. It is something. Here are some tips on how to practise gratitude:

- 1. Each day, think of three things you're thankful for.** Make it a daily habit to visualize what's good in your life. This can directly impact your mood throughout the day, as well as your sleep quality. In fact, research suggests this may be a useful tool when initiating treatment against depression. To make it more powerful, it is advised to devote at least ten minutes to this practice, rather than quickly coming up with ideas. Writing down these three things you are thankful for is a great way to complete this exercise, and it is useful to come back and read them at the end of the week.
- 2. Start a gratitude journal.** Journaling can be an excellent self-therapy technique. When you write, you use different parts of your brain and access memories and emotions from a new perspective. A gratitude journal has been proven to activate brain areas that are related to morality and positive emotions. People who could find purpose and feel grateful for the good things to come out of a challenging situation show higher resilience, forgiveness, and detachment. Reading your own words of gratefulness can help you feel better when struggling to be positive.
- 3. Thank someone new every week.** There are many people around us, and we are all connected somehow. How often do we take the time to express gratitude more consciously or thoughtfully? We might say thank you to the person who assists us at the supermarket checkout or thank our partner for setting the table, but do we take the time to make it meaningful? Give yourself the purpose of choosing someone new each week and learn how to express gratitude differently. This could mean adopting a more conscious non-verbal communication (like eye contact and a smile), writing a thoughtful message acknowledging others' behaviour and its positive effects on you, or saying thank you with a nice gift or gesture (like a shoulder massage).
- 4. Meditate.** When it comes to gratitude, meditation can take us as deep as it gets. Different guided meditations allow us to widen our perspective of life and our connection to ourselves and other beings. Meditation can promote acceptance, detachment, forgiveness, and thus, gratitude. We can also take this moment to imagine a specific situation we are grateful for and let the feeling grow and become stronger.
- 5. Focus more on others' intentions.** When you receive a gift or a nice gesture from someone, consider how they intended to bring good into your life. Take a moment to visualise their willingness to help you, make you feel happy, or be there for you during a challenging time.

### Final thoughts on gratitude

[Gratitude](#) is, without question, a great emotion to cultivate. Hopefully, we can make it a habit that translates into a trait. Don't forget that practice and patience are key ingredients to our purposes and intentions. Start your practice today.

# SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep C	Gabriel Harrison	For being a super model of OLMC's 3 R's and applying these values in all he does.
Prep J	Islah Boyce	Congratulations on your resilient efforts to work on solving Maths problems. Way to go Islah!
1 H	Matthew Mikhail	For being a responsible learner by finding descriptive words when reading to self and using wonderful words for his narrative writing to make it sound more interesting. Mrs Harper is super proud of you
1 R	Catrina McKay	For showing resilience and determination to learn her 5 plus facts in Maths! You're a superstar Catrina!
2 A	Chad McMahon	For being an independent learner and applying feedback given to improve his writing. He has done such a great job at reading over his work to include punctuation and missing words. Well done Chad, you should be very proud of yourself.
2C	Russell Salomon	For always being respectful to others, listening attentively and being ready to learn. You are a great role model for others!
3/4 C	Chloe Strant	For showing resilience and responsibility in her learning when changes needed to be made.
3/4M	Ronnie Kaminski	For the hard work and determination he has shown to give all learning tasks a go this week. Well done, Ronnie.
3/4 R	Isabella Musone	For showing resilience when faced with changes in the classroom. Keep up the positive mindset.
5D	Jesse Cutajar	For his positive attitude and enthusiastic participation during camp. You were brilliant during Duty Group.
5T	Zac Francis	For being energetic and enthusiastic about all activities at camp!
6 C	Liam Russell	For being enthusiastic, positive and inclusive when taking part in all activities when on camp.
6S	The Class	For outstanding participation & collaboration while on school camp



**OLMC PRESENTS**



# **TRIVIA NIGHT**

**WITH A TWIST...**



**Friday, August 19th**

Bring your family & friends - BYO nibbles & drinks

**Tickets \$20 each**

(available through CDFPay)

Book a table - Max. 10 per table

**THIS IS AN ADULTS ONLY EVENT**

**Doors open at 7pm**

Starts at 7.30pm SHARP

Concludes at 10.30pm

Parish Centre, St Anne's Church

101 Riddell Rd, Sunbury

**RSVP - Strictly August 12th**

via CDFPay

DON'T FORGET YOUR COINS FOR THE RAFFLE PRIZES

**HEAPS OF PRIZES TO BE**

**WON ON THE NIGHT**

INCLUDING BEST THEMED / DRESSED TABLE

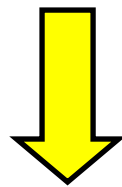
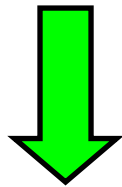
Thank you to our Sponsors for our major fundraiser

The image displays a collection of logos for various sponsors. The logos are arranged in a grid-like fashion. Some logos are in white on a black background, while others are in color on white or black backgrounds. The logos include:

- Abi B Photography (white script on black)
- NATURALLY BERRY ARTISAN PRESERVES (white serif on black)
- Spartan TYRE & SERVICE CENTRE (red script and black text on black)
- Lustrum BATH & BODY (yellow and white on black)
- oh! so good foods (black and white on black)
- KELLYS Candy Co. (black and white on white)
- VICS (yellow and green on white)
- HUME CITY COUNCIL CLUB (blue and black on white)
- TEA OF EARTH (purple and black on white)
- SHUTTER AND I PHOTOGRAPHY (yellow and black on white)
- HomeGrown Gifts (green and white on white)
- SUNBURY (yellow on white)
- Possum and Frog (purple and green on white)
- coles (red on white)
- NATALIE BUTLER BOOKS (black and white on white)
- Wanderlust Scarves (black and white on white)
- FERGUSON PLARRE BAKEHOUSES Since 1901 (red and white on white)
- Sunbury Florist (purple and white on white)
- MUCKY DUCK (black and white on white)
- earthbox Handmade (black and white on white)
- WONDERjungle (orange and white on white)
- Two Hearts Crafts (black and white on white)
- WAX inajar soy candles (black and white on white)

At the bottom of the image, there is a black box containing a list of the names of the sponsors, organized into three columns:

Abi B Photography	Vics Food & Wine	Coles
Naturally Berry Artisan Preserves	Sunbury Aquatic & Leisure Centre	Natalie Butler Books
Spartan Tyre & Service Centre	Tea Of Earth	Possum & Frog
Lustrum Bath & Body	Home Grown Gifts	Earthbox Handmade
Oh So Good Foods	Shutter & I Photography	Wonderjungle
Kellys Candy Co.	Sunbury Bowls Club	Ferguson Plarre Bakehouses
Sunbury Florist	Mucky Duck	Wanderlust Scarves
	Two Hearts Crafts	Waxinajar Soy Candles



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

### Term 3 Dates

11th July—16th September  
(1.30 finish)

### Term 4 Dates

3rd October—16th December  
(1.30 finish)

### 2022 OLMC Bell Times

8.45 am :	First bell / move to classroom
8.55 am :	Classes commence
11.00 –11.30am	Recess time
1.30pm:	Eating time
1.40pm- 2.20pm	Lunch time
3.15pm	End of school day



### School Uniform News

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 .PH 9740 4831

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

Green socks — \$5 per pair & 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 !

5th August	Danni Caruana Alex D'Agostino Fran McKay
12th August	Caroline Dillon Danielle Wadden Cathy Carter
19th August	Belinda Falzon-Pout Shelley Sparke Louise Vasey
26th August	Michelle Shalders Erin Thompson Irene Wishart
2nd September	Emma Clements Kelly Xerri Renee Ridington
9th September	Sylvana Doricic Simone Fawcus Vacancy
16th September	<b>Early finish No Canteen</b>

## OLMC Canteen Roster—Term 3

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 check before coming to the canteen.

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



<p><b>August</b></p> <p>5 – Miss Amanda's last day</p> <p>6&amp;7 – First Eucharist Masses</p> <p>8 – <b>School Closure Day</b></p> <p>15 – Feast of the Assumption Mass</p> <p>19 – PTFA Trivia Night</p> <p>30/31 – family Faith evening for year 6s (Confirmation)</p>	<p><b>September</b></p> <p>1 Father's Day Stall</p> <p>2 Fathers Day Breakfast 7:30-9:00am</p> <p>2 – Summer sports round robin for years 5&amp;6</p> <p>9- School disco</p> <p>10&amp;11 – Year 3s to attend one Mass for prayer companion</p> <p>14 Whole school Cyber safety Incursion</p> <p>16 End of term 1:30 finish</p>
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**School Closure Day—Osh Club** Will be running a full day program on August 8th please contact Osh Club directly to book in on 0401 850 518

# 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)



# Volunteer with Red Cross - Sunbury



Scan to apply!

Alternatively contact Volunteer Hub on 0467 778 125

## Perks of being a Red Cross retail volunteer!

- 20% discount in our shops
- Learning skills in retail
- Add new experience to your resume
- Connect with the community
- Make new friends
- Improve your English



# Young Warblers

Fun, inclusive group singing

Children aged 5 - 15  
All abilities  
No experience necessary

Dulap Wilim Hub  
Leichardt St  
Sunbury

Thursdays from 4.15pm

Contact Elly on 0422712846 or scan QR code for details

