

Newsletter

Term 4 Week 1 Thursday, 6 October 2022

Principal's Message principal@olmcsunbury.catholic.edu.au

Dear Parents,

Welcome back to term 4 and what a week we have had so far with the weather! No doubt this will continue for weeks to come with sunscreen needed one day and an open fire the next! The dams are full and there have been some glimmers of sunshine. It is definitely keeping us on our toes! We continue to transition into summer uniform as the weather allows. Please check summer dresses for length and let down the hem or buy a new one where necessary.



Thank for your patience with the introduction to Operoo. Once everything is up and running smoothly it will make things much easier; no paper excursion notes, easy way to update medical records, etc. The main issue has been the way contact information data has transitioned from our office administration package across to Operoo. It has also shown that some information is not up to date. Please let us know any time your address, phone numbers or email addresses change.

This Sunday the year 6 students will receive the Sacrament of Confirmation at St Patrick's Cathedral. I ask for God's blessing and the fruits and gifts of the Holy Spirit to be upon them as they take the next step in their faith journey. Confirmation is the sacrament through which we receive a special outpouring of the Holy Spirit. Through Confirmation, the Holy Spirit gives us the increased ability to practise our Catholic faith in every aspect of our lives and to witness Christ in every situation.



Before Jesus ascended into heaven, he told his disciples to wait in Jerusalem so that they could be baptised by the Holy Spirit (Acts of the Apostles 1:5). When about 120 of Jesus' disciples were gathered the Holy Spirit came in the form of wind and fire. Filled with the Holy Spirit, the disciples understood that God was anointing them for a special mission (Acts of the Apostles 2).

The early Christians made sure, then, that whenever they brought people into the Church, they would baptise them with water and then anoint them with oil. Oil had been used in the Old Testaments to anoint priests, prophets, and kings.

Happy birthday to everyone who is celebrating this week. I hope you have a happy and fun-filled day

HAPPY BIRTHDAY!

Blake Carello Xavier Nannery
Lincoln Phillips Madilyn Grech
Morgan Harmer Cooper Sellwood

School Address
53 Macedon St
Sunbury 3429
9740 7344

School Closure Day
Monday 31st
October
Friday 2nd
December

Term 4 Dates
3rd October
-
16th December
(1.30 finish)

Resilience is your ability to respond to and recover from stress. In other words, it is how you address stress, plan for recovery, and move forward from challenges or difficulties to take on the next moon shot in your personal or professional life. Resilience is a skill that can be built, practised and cultivated by our attitudes and behaviours. T.E.A is a way to reflect on the daily and momentary habits and routines affecting your well-being. This activity described below can be done weekly, daily, or multiple times throughout the day as a self check-in to remain focused on what is helpful and useful in that moment.

Thoughts

Learning to differentiate between helpful and unproductive thinking patterns, as our thoughts influence our actions and attitudes. Drawing awareness to our internal self-talk and its impact on us:

Today my mind is ...

To refocus I need to ...

Reflection

- What trends do you notice when your thoughts are helpful and useful?
- Are there people, places or things that help you refocus and recentre your thoughts?
- What's one routine you can use to focus on helpful and useful thoughts?

Energy

Observing how we are feeling in the moment, and intentionally investing in activities or people that fuel positive enthusiasm and motivation. Creating an awareness for when we need to take on new challenges or when we need to invest in our own recovery to extend and renew our energy:

Today my energy is...

To change or maintain, I need to...

Reflection

- When do you have the most energy during the day and what gives you energy?
- How can you align your most important work (whatever that is) with this time of day?
- What (or who) drains your energy and how can you manage or minimize the impact of this?

Attention

Intentionally choosing where to place our focus and concentration, while being flexible to adapt priorities in the moment as needed:

To be my best today, I will focus on doing or being...

Reflection

- What are the three things that deserve most of your attention today?
- What steals your attention that you can eliminate?
- What routines, places, or things that help you focus your attention?



God bless,

Julie

SPLASH PUPIL OF THE WEEK AWARD




Class	Pupil of the week	Has demonstrated the 3 R's
Prep C	Eva Scown	For being a determined learner and working hard to achieve her writing goal. Awesome effort Eva!
Prep J	Isla Wojewidka	For her amazing efforts and motivation towards independent writing and recording her own ideas. Excellent work Isla!
1 H	Juling Esmaguel	For trying hard to be a responsible learner and finishing her work by using the disposition of Self Motivation.
1 R	Frankie Tan	For staying focused and participating with enthusiasm during our Number Blast sessions. Keep up the amazing work Frankie
2 A	Willem Armstead	For demonstrating leadership skills when sharing his knowledge and skills to teach others students.
2C	Oliver Breese	For displaying outstanding determination when faced with a challenge. Oliver, you inspire 2BC with your growth mindset and can do attitude towards your learning!
3/4 C	Macey Carlyle	For always having a growth mindset when faced with new and challenging tasks. Your determination and persistence enables you to experience success in all areas of your learning. Keep up the great work!
3/4 M	Alissa McKay	For driving her own learning and always asking for assistance when she needs it. You are a super star Alissa.
3/4 R	Sophie Kiss	For using the learning disposition of curiosity. Sophie frequently asks questions when unsure to increase her understanding of concepts and ideas.
5 D	Samuel Plummer	For being a great resource to all members of Year 5D and using the disposition of curiosity to extend his learning.
5 T	Eva Pucar	For taking on feedback to improve her work and contributing to discussions about our class novel.
6 C	Ben White	For having a positive mindset towards his schoolwork and being willing to share his knowledge of Maths concepts with his peers.
6S	Jessica Preston	For using determination and a positive growth mindset in working towards her personal goal of putting herself in the best possible position for her learning.




Report School Absences : absent@olmcsunbury.catholic.edu.au

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



Please Help Could all children please bring a box of tissues to their classroom at the start of Term 4 to help with the high demand due to the persistent cold and flu season . Thank You



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. Lost Property is located in the MPR

OCTOBER DATES	NOVEMBER DATES	DECEMBER DATES
7 – Reflection Day for Confirmation 9 – Sacrament of Confirmation 4pm at St Patrick’s Cathedral 11 & 19 – Prep Fire Ed session 11/12- Family Faith Evening for all students receiving the Sacrament of Reconciliation 6:30pm at St Anne’s church 12 – Regional Athletics 21 – Whole school athletics day at Salesian College 26 – Sacrament of Reconciliation 5pm and 7pm OLMC Church 27 – Whole school photo 31 – No school	1 – Melbourne Cup Day holiday 3 – 2023 Prep Orientation session 1 4 – Year 3/4 excursion to the zoo 4 – Year 5 Incursion – politics 14 – Year 5s visiting Salesian College 15 - 2023 Prep Parent Information Night 15 - 2023 Prep Orientation session 2 20 – Prep Family Mass 10:30 (TBC) 24 - OLMC Choir- Christmas Cheer at Sunbury Global Learning Centre 28 – Year 2-6 swimming carnival 30 - 2023 Prep Orientation session 3	1 – OLMC Carols Night 2 – School closure day 9 – Year 6 Big Day Out 9 – 2023 House captain elections 15 – End of year reports will be available online 15 – Year 6 Graduation 16 – Thanksgiving Liturgy 9:15 16 – Students finish at 1:30 16 – 1:30 – Year 6 guard of honour

Our Lady of Mount Carmel Canteen Roster—Term 4 2022

7 th Oct	Sylvana Doricic Simone Fawcus Vacancy	18 th Nov	Sylvana Doricic Andrea Stevens Tracey Kilkenney
14 th Oct	Danielle Wadden Vacancy Vacancy	25 th Nov	Emma Clements Esther Cuscus-Harrison Renee Ridington
21 st Oct	Danni Caruana Alex D’Agostina Fran McKay	2 nd Dec	School Closure Day
28 th Oct	Emma Clements Renee Ridington Sylvana Doricic	9 th Dec	Michele Shalders Erin Thompson Irene Wishart
4 th Nov	Shelley Sparke Vacancy Belinda Falzon-Pout	16 th Dec	No canteen 1.30pm finish
11 th Nov	Nicole Petrie Nat Grant Genevieve Billingham		

Please contact Sally if you can fill a vacancy 0400 384 403 / olmccanteen@hotmail.com

Cyber Safety Project UPCOMING

EVENTS

Free webinar series for
parents & children
aged 10 - 15 years.



Oct
11

Cyber Security for Families

Hear from cyber safety experts as they uncover just how easy it is for cyber criminals to scam and hack us!

Nov
09

My First Mobile Phone

Is your child about to get their first mobile phone or personal tablet? Learn helpful tips to level up your mobile phone security and create a safe digital environment for the whole family.

Nov
22

Online Gaming Safety

Uncover how gaming platforms are hooking us in and learn how to take control by managing screen time and creating healthy gaming habits.

Nov
28

Digital Balance & Wellbeing

Tune in, wake up and take control. Practical strategies to find a balance and learn to thrive in a digitally-connected world.



CYBER SAFETY PROJECT

FREE REGISTRATION
cybersafetyproject.com.au/events





\$500 to help with education costs for you or your children

saverplus.org.au
1300 610 355
Like us on facebook 



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with The Smith Family, Berry Street and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.ds.gov.au for more information.



TERM 4 IS UNDER WAY...BUT YOU CAN STILL JOIN US!

Check our availabilities here;



<https://www.sunburyhouse.com.au/snh-programs-2022/>



Drop in and see us at the counter



Give us a call on 9740 6978



Cash, Card (attracts a fee), Bank Deposit all accepted



 enquiries@sunburyhouse.com.au  [@sunburyneighbourhoodhouse3](https://www.facebook.com/sunburyneighbourhoodhouse3)

 sunburyhouse.com.au

 9740 6978

 531 Elizabeth Drive Sunbury



It's Showtime, Sunbury!

Get your hands dirty with your local Healthy Kids Advisor
at the 2022 Sunbury Agricultural Show

Visit our stand to learn how to make a Seed Sphere to grow in your garden and school! Chat to our team about how they can support local schools to boost tasty, fresh food and drink *and* take home a delicious and healthy recipe card.

Plus we're judging the Potato Person competition!
The winner will receive a copy of Stephanie Alexander's
Kitchen Garden Cooking with Kids cookbook
and a Fresh and Healthy workshop for their school.
Total prize pool \$175.

Entry information

Section FQ – Junior Floral Art 'Potato Person'
www.sunburyshow.org.au

Further enquiries

christie.mcintosh@kitchengardenfoundation.org.au 0403 667 779

Healthy Kids Advisors
is supported by the
Victorian Government
and Australian Government

Stephanie Alexander
**KITCHEN GARDEN
FOUNDATION.**
Growing Harvesting Inspiring Sharing

VICTORIA
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Healthy Kids Advisors

Delivered by the Stephanie Alexander Kitchen Garden Foundation

Healthy Kids Advisors is delivered by the Stephanie Alexander Kitchen Garden Foundation and supports the Vic Kids Eat Well movement.

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kitchengardenfoundation.org.au/healthy-kids-advisors
hka@kitchengardenfoundation.org.au