



Newsletter

Term 1 Week 3 Thursday, 9 February 2023

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

Dear Parents,

Term 1 is now in full swing and the students have settled in beautifully. There is a sense of calm across the school, mixed with levels of excitement and enthusiasm about the year ahead.

CYBERSAFETY

Last year we worked with The Cybersafety Project and planned parent seminars for this year:

The Cyber Safety Project is looking forward to partnering with Our Lady of Mount Carmel School, Sunbury on the 2nd and 5th of May. Their whole community approach includes parent and guardian education. To meet the challenge of getting important online safety awareness and resources to parents and guardians we have developed an innovative approach in 2023.

4-part Parent and Guardian Webinar Series 2023

These allow parents and guardians, the choice to attend all or some of the following webinars to meet their needs. It provides them with in-depth knowledge about the key concerns we know families are grappling with in 2023. All live webinars will be recorded and will be available on-demand 24 hours after the live date and will stay available via the link for the remainder of the year.

Cyber Safety Project Parent Webinar Series 2023 Dates:

TERM 1: Plan, Prevent, Protect: Thursday 16th Feb @ 7:30pm

TERM 2: Safety on the Socials: Tuesday 9th May @ 7:30pm

TERM 3: Gaming and Your Family: Wednesday 26th July @ 7:30pm

TERM 4: Digital Balance & Wellbeing: Tuesday 17th October @ 7:30pm

Registration/Rewatch Link: www.cybersafetyproject.com.au/webinars

SCHOOL COUNSELLOR

Our school counsellor, Bridget William, begins with us on Monday. For those parents who have returned the permission form, Bridget will contact you directly to discuss your child and this will help to determine how and when she can address the needs of the children.

2024 ENROLMENTS

2024 enrolments are about to open. If you have a child starting school in 2024 please collect an enrolment form from the office or they can be downloaded from our website. Flyers with Open Day information will be available shortly. Please let other parents at your child's kinder know to look out for them or to find more information on our website.

School Address

53 Macedon St
Sunbury 3429
9740 7344

Term 1

Student
free day
April 3rd

THE RESILIENCE PROJECT

A parent information session will be held online on the 15th March. I will send you the link when it comes through. It would be great if you could attend so you know more about the project running in our school and it will help your conversations with your own child. One of the important components of The Resilience Project is Gratitude:

Why is gratitude important?

First, from a mindset perspective, what we focus on most often determines our emotional state. So if you focus more on what you are grateful for, versus what you feel you are lacking or is going wrong, you are more likely to feel better. Also, gratitude improves feelings of hope and optimism, which allows you to more easily seek out positive solutions. When we focus on the negative, we see more negativity around us. Probably most significantly, research has shown that a regular gratitude practice can have physical benefits such as improved mood, better sleep and even reduce inflammation, to name a few.

Feeling grateful does not negate or minimize the difficulties you may be enduring, but it does help to maintain perspective and not lose hope for a better tomorrow. Even in our darkest times, there is always some small thing to be grateful for and that tiny ray of hope can help to get you through.

Five ways to practice gratitude

Like any skill, gratitude can be learned and strengthened. Here are some tips on how to practice gratitude.

- 1 Each day, think of three things you're thankful for.
- 2 Start a gratitude journal.
- 3 Thank someone new every week.
- 4 Meditate.
- 5 Focus more on others' intentions.

LONG SERVICE LEAVE

This year my husband and I are celebrating our 30th Wedding Anniversary and he is taking me on a trip to Europe. I will be on long service leave from the 23rd February until the 29th March. While I am away, Nelson Graham will be Acting Principal, supported by Mark Gleeson.

BIRTHDAYS

Happy birthday to everyone celebrating this week:



Mia Levey
Ben Letzis
Olivia Cortese

ASSEMBLY

Assemblies will be held in the church at 8:50 each Monday unless otherwise advised. As the gates are now locked at 8:50, if your child is not at school before 8:50 you will need to sign them in at the office and bring them to the church.

God bless

Julie

SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep R	Ryder Ferguson	For a terrific start to Prep. He has been a responsible and resilient class member.
1H	Millie Nannery	For showing respect by listening to and helping others.
1K	Chloe Zabielski	For being responsible for her class job & settling in well to the new year
2C	Jacob Cunsolo	For making our classroom a happy place to be by displaying respect and kindness to his classmates and teachers
2R	Alexander Mitanidis	For showing kindness to others by supporting them with their learning and being a good friend. Keep up your amazing work!
3/4C	Liam Cahill	For showing resilience when faced with mobility challenges and having to make changes to his playtime.
3/4H	Holly Strant	For making a positive start to year 3. Holly uses the disposition of resilience when facing new challenges that come with being in a new year level. Keep up your positive attitude Holly
3/4J	Ellana Qoriniyasi	For her enthusiasm towards learning in particular, class discussions - awesome efforts Ellana!
5D	Ellora Clements	For setting into Year 5D extremely well and for planning and writing a brilliant narrative
5S	Lenny Lepua	For using all of the 3 R's in his interactions with his peers in the classroom and the playground.
6C	Jack Walsh	For demonstrating an 'I can do' attitude when engaging in new learning. You are an excellent role model to others.
6T	Elijah Afamasaga	For displaying terrific dedication and work ethic to his school work.

Upcoming Dates

February

14 & 15 Parent teacher chats
22 Ash Wednesday Mass 9.30am

March

13 Labour Day Holiday
15 NAPLAN begins
21 Teeth on Wheels Dental Van

April

5 School Photos
6 End of Term 1 at 1.30pm
7- 10 Easter
24 Term 2 begins
25 ANZAC Day Holiday

Parent/Teacher Chats for all students will be held at
3.30pm to 7.00pm on Tuesday 14th February, 2023.
3.30pm to 5.30pm on Wednesday 15th February, 2023.

Bookings will open at the end of school today- Friday
3rd February

You can book chats at times that suit your family.

Follow the instructions below

Bookings will close: Friday 10th February, 2023 at 4.00pm

This is only a brief 'getting to know you' meeting with the teacher to discuss your child face to face. Please be aware that each interview is 10 minutes only. If you feel you need more time with the teacher you must make a separate appointment. If you had a PSG Appointment for your child (in year 1-6) at the end of 2022 you may choose to not have a Parent Teacher Chat.

GO TO

www.schoolinterviews.com.au

Enter school event code. Then
follow the 3 simple steps

Enter School Event Code

vxp8v



1. Enter your details



2. Choose teachers



3. Choose times



When you click finish, your chat timetable will be emailed to you automatically—
check your junk mail folder if you do not receive your email immediately.
You can return to www.schoolinterviews.com.au at any time and change your inter-
views—until bookings close. You child's class teacher will email a Google Meet
link to you via your Family Seesaw account.

For parents who don't have access to the internet at home, at work, at a friend's house or on their phones, you may send a note to school with the approximate times required, or phone the school on 9740 7344. Chats are strictly 10 mins and spaces are limited. If you require more time, please contact your teacher directly to make an alternative appointment.

Parents can change their bookings, any time prior to the closing date, by revisiting the www.schoolinterviews.com.au website, and using the event code.

Parents wishing to change their interview times after the closing date should contact the school directly on 9740 7344.

PARENT & GUARDIAN WEBINAR SERIES 2023



Plan, Prevent, Protect

THURSDAY 16TH FEBRUARY

Learning, connecting and playing online can be positive and safe. Learn how to create a safe online environment at home with practical advice for raising young people in a technology-rich world.



Safety on the Socials

TUESDAY 9TH MAY

Uncover the world of social networking through the lens of a child and teenager. Understand the risks and discover techniques to prepare kids to be safe and responsible on the socials.



Gaming and Your Family

WEDNESDAY 26TH JULY

You can learn a lot through gameplay. Help the young people in your home get the most out of gaming experiences and learn strategies to build healthy gaming habits.



Digital Balance and Wellbeing

TUESDAY 17TH OCTOBER

Technology plays a vital role in our world but it's easy to lose control. Finding a balance is a crucial 21st century skill. Discover simple tools and settings to manage screen time and thrive in a digital world.

FREE REGISTRATION
cybersafetyproject.com.au/webinars



 Trusted
eSafety Provider
esafety.gov.au

Our Lady of Mount Carmel Canteen Roster

Term 1 2023

3 rd Feb	Emma Clements Natalie Xerri Tracey Kilkenny	10 th Mar	Erin Thompson Michele Shalders Irene Wishart
10 th Feb	Nicole Petrie Nat Grant Danni Wadden	17 th Mar	Fran Mckay Nikki Munslow Emma Clements
17 th Feb	Caroline Dillon Cathy Carter Louise Vasey	24 th Mar	Emma Clements Natalie Xerri Jess Pedder
24 th Feb	Christina Croxford Belinda Falzon-Pout Jazz Stevens	31 st Mar	Dannielle Bekker Simone Fawcus Tracey Kilkenny
3 rd Mar	Danni Spiteri Laurelle Cacioli Renee Ridington		

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 current WWC.

If you are unable to attend your rostered day please **SMS Sylvana on 0412429600** as soon as possible so a replacement can be arranged.

Email contact : sdoricic@olmcsunbury.catholic.edu.au

I look forward to seeing you all.

Sylvana Doricic



NOONE
BEST IN CLASS SINCE 1947

OFFICIAL UNIFORM SUPPLIER TO
OUR LADY OF MOUNT CARMEL PRIMARY SCHOOL
PRICE LIST VALID TO 30TH JUNE 2023

Uniform	Sizing	Price
Pullover - Bottle	70-75	\$80.50
	80+	\$83.95
White short sleeve shirt – classic	29-42	\$32.50
White short sleeve shirt - tailored	4-20	\$32.50
White long sleeve shirt – classic	29-42	\$35.50
White long sleeve shirt - tailored	4-20	\$35.50
Academic Trouser – Grey Full Elastic Waist	4-18	\$39.95
Academic Trouser – Grey ½ Elastic Waist	4-18	\$44.95
Straight leg pant - Bottle	4-16	\$31.95
Tailored slacks – Bottle	4-16	\$59.95
Gaberdine shorts - Bottle	4-16	\$23.50
Dress – Green/white check	4-18	\$49.50
Tunic – Green check	4-18	\$65.00
Short sleeve polo top – Bottle/Gold	4-14 & XS-2XL	\$29.00
Long sleeve polo top – Bottle/Gold	4-14 & XS-2XL	\$32.00
Sport Shorts – Bottle	4-18	\$25.00
Skort – Bottle	4-16	\$24.50
Track pant with cuff – Bottle	4-16	\$29.95
Softshell Jacket – Bottle	4-14 & XS-M	\$65.00
Polar fleece vest – Bottle	4-16	\$30.00
Rugby top – Bottle/Gold	4-14 & XS-2XL	\$70.00
Bucket Hat – Bottle/Gold	XS, S, M, L	\$15.50
Legionnaires Hat – Bottle	OSFA	\$15.50
Slouch Hat – Bottle	XS, S, M, L	\$15.50
Scarf – Bottle	OSFA	\$10.00
Backpack with logo		\$56.50
Library Folio - Bottle		\$13.50
Library Bag – Bottle		\$9.00
Art Smock – Bottle or Navy		\$21.00
Ankle Socks – 2Pk	5-8, 9-12, 13-3, 2-8, 7-11, 11-14	\$10.00
Knee Hi socks - Bottle	5-8, 9-12, 13-3, 2-8, 7-11, 11-14	\$9.95
Cotton Tights - Bottle	3-4, 5-6, 7-8, 9-10, 11-14	\$14.95

Uniform is available from the Salesian College Sunbury campus Uniform Shop

Salesian College Uniform Shop Trading Hours:

Monday 8.00am – 12.00pm
Wednesday 8.00am – 12.00pm
Friday 9.00am – 12.00pm and 1.00pm – 5.00pm
Ph: 9740 4831

All prices are subject to change without notice

1 Macedon Street Sunbury

salesian@noone.com.au

HAVE YOU SEEN THE OLMC RECYCLING CENTRE?



IT'S LOCATED IN THE SCHOOL OFFICE FOYER.
WE ARE CURRENTLY COLLECTING BREAD TAGS (PLASTIC ONLY), OLD PENS AND TEXTAS, USED BATTERIES, ANY ORAL WASTE PACKAGING AND NOW

**WE ARE HAPPY TO ANNOUNCE WE ARE ABLE TO
RECYCLE MEDICINE BLISTER PACKS.**

**Lets do our bit and help save the planet—it's easy, just
collect these items and drop them in at our Recycling bins**





HUME CITY COUNCIL
Youth
services

Raising resilient, healthy children and young people in Hume | Term 1 | 2023

Programs and short courses for parents, carers and professionals

FREE
EVENTS



Supporting your child's transition to secondary school

Support your child to experience a successful transition to secondary school in this engaging, informative and practical webinar.

 **Online Webinar**

 Thursday 9 February

 7pm – 8.30pm



Risk Taking and Your Teen

Gain a deeper understanding of why teenagers take risks and develop strategies to support them to stay safe.

 **Online Webinar**

 Thursday 16 February

 7pm – 8.30pm



Vaping and Your Child

Discuss current risk-taking trends, including vaping, and explore strategies to support communication with your child and increase their safety.

 **Online Webinar**

 Thursday 2 March

 7pm – 8.30pm



To register or for more information, visit our website via the QR code or type the url provided

Have a question? Let's talk!
email youth@hume.vic.gov.au
or phone 9205 2556.



www.hume.vic.gov.au/parent-carer-workshops



Raising resilient, healthy children and young people in Hume | Term 1 | 2023

Programs and short courses for parents, carers and professionals



Creating and Maintaining Routines

Having reliable routines in place can support a family's sense of harmony.

Join Parent Zone Northern and develop strategies to create routines, while building your confidence about maintaining them.

 **Online Webinar Interactive session**

 Tuesday 21 March

 10am – 12pm



Parents Building Solutions

Are you tired of yelling? Want to understand why children behave the way they do? Do you want to discuss and share ideas that work? This 6-week parenting program helps you come up with solutions to common parenting challenges

Bookings and enquiries to Parentzone Northern:
03 86418900 or parentzone.northern@anglicarevic.org.au

 **Newbury Child and Community Centre**

 Tuesday February 14 – Tuesday March 28 [excluding March 14]

 10am – 12pm

HUME CITY COUNCIL
Youth
services

**FREE
EVENTS**



To register or for more information, visit our website via the QR code or type the url provided

Have a question? Let's talk!
email youth@hume.vic.gov.au
or phone 9205 2556.



www.hume.vic.gov.au/parent-carer-workshops





Want to prepare
your kids for a
healthier future?

BETTER HEALTH PROGRAM

Is your child...

-  Aged 7-13 years old?
-  Above a healthy weight?
-  In need of support to improve eating and activity habits?

Better Health Program is a **free**, 10-week, online program for children and families.

There are weekly online sessions, **free** resources, including a fitness tracker, and weekly coaching calls. These are with a qualified health coach who gives you professional advice and helps keep you on track!

 MONASH University

Sign up today!

 www.betterhealthprogram.org

 1300 822 953



  [@betterhealthprogram](https://www.instagram.com/betterhealthprogram)



Participants receive
great freebies and
a reward at the end!

BETTER HEALTH PROGRAM

Better Health Program is an online healthy lifestyle program for families with children aged 7-13 years who are above a healthy weight. In 2022, the program is **free for eligible Victorian families** as part of a large research project with Monash University.

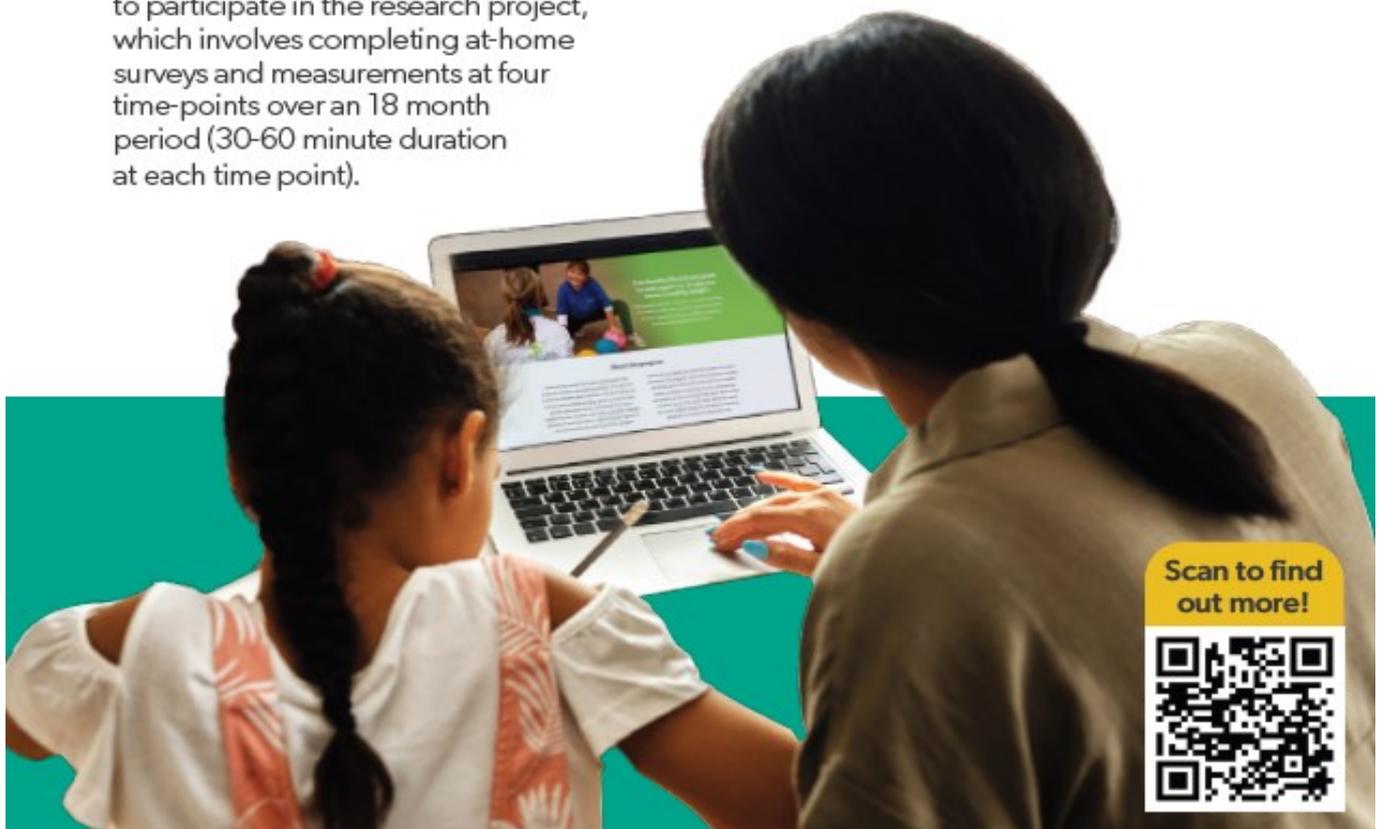
To join the program, families must agree to participate in the research project, which involves completing at-home surveys and measurements at four time-points over an 18 month period (30-60 minute duration at each time point).

Sign up today!

 www.betterhealthprogram.org

 1300 822 953

BETTER HEALTH CO.



Scan to find
out more!

