



Newsletter

Term 1 Week 5 Thursday, 23 February 2023

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

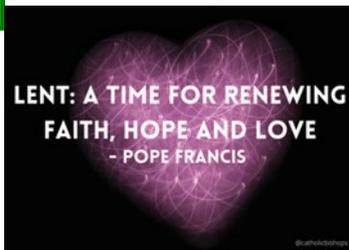
Dear Parents,

It is with great honour that I step into the role of Acting Principal whilst Julie our Principal takes leave to travel and enjoy her 30th Anniversary celebrations abroad. The OLMC community wish her and her husband Tony all the very best as they journey to Europe.

School Address

53 Macedon St
Sunbury 3429
9740 7344

This week marked the beginning of the Season of Lent in the Christian world. Here within our school several classes feasted on pancakes as a traditional lead in to Lent, on Shrove Tuesday. On Wednesday, we welcomed Fr Brian Ahern who celebrated Ash Wednesday Mass with our school community. It was wonderful to see so many parents and OLMC Parishioners at mass celebrating liturgy together.



Ash Wednesday, the first day of one of the most important seasons in the Church's liturgical year – Lent, is a time when we focus our thoughts and actions to get closer to God. This season encourages all of us to consider ways we might achieve this. We are called to have more conversations with God through prayer, to get closer to God by giving more of ourselves and to see God in those around us through fasting or abstaining from certain indulgences. It is these simple acts that allows each of us to grow our relationship with God and those in our lives.

Term 1
Student
free day
April 3rd

Relationship plays such a key role to success, may it be emotional, educational or one's wellbeing. It has been wonderful to observe and be witness to the relationships being cultivated in your children's classrooms. As we near the half way point in Term 1, the sense of calm and determination to learn, is testament to the efforts put in by our educators and your children! This is a wonderful contrast to where we all found ourselves this time last year, with still a sense of uncertainty about, hampering efforts to forge forward!

As the term progresses deeper into Lent and towards Easter, my challenge to each family is to consider what elements in this season of Lent- Prayer, Giving or Abstaining, can help to grow and further strengthen our relationships within our families, friendship groups and here at school. We know that what we focus on, becomes our reality, so may this time of Lent allow us all to focus on a reality of deeper, more appreciative and meaningful relationships with each other. When we think about how we might respond in action this Lent, may we not just give up, but give more!

A PRAYER FOR LENT

God our Father, as we begin this holy season of Lent, help us to see that your merciful love is with us always, even when we wander far from you. With the help of your grace, may our prayers and sacrifices over the next forty days lead us closer to you and to each other, the poor, the sick and the lonely so that together, we can fulfil your promises for all who live in your love. AMEN.

Congratulations to all those students who are participating in the Sunbury District Swimming Championships! The event is currently underway and more news of our successful meet in next week's newsletter! Thank you to Mr Tom for your organisation and to Mrs Cassar and Ms Babic for supporting our students in challenging themselves to be their best in the pool, and of course to our parent volunteers who make this event possible!



REMINDERS:

PREP FAMILY FAITH EVENING

On Tuesday 28th February, all Prep children and their parents are invited to our Family Faith Evening being held here at OLMC Church. We begin from 6pm for an hour, engaging in how we might enrich our prayer lives! We look forward to seeing our new Preps and their families there! We then welcome our Prep students to school for their first Wednesday at school- March 1st, signifying their first full week of school! Exciting times ahead!

YR 6 CONFIRMATION 2023

Information and Registration Packs have been sent to all Yr 6 families this week. Registration closes on Friday 24th March. It is important that we have all students registered as soon as possible to begin Parish preparations.

In Julie's absence over the next few weeks, if you have any questions, please contact me via the regular channels. My email: ngraham@olmcsunbury.catholic.edu.au

Happy Birthday to everyone celebrating this week



Penny Billingham
Olivia Lethlean
Murray Billingham
Zac Hills
Matilda Griffiths

I look forward to writing to you next week and sharing with you all that makes our school the place to be!

Blessings to you.

Nelson Graham.

SPLASH PUPIL OF THE WEEK AWARD- Week 5



Class	Pupil of the week	Has demonstrated the 3 R's
Prep R	Aaron Munslow	For his fantastic effort with hearing and recording sounds during writing tasks. You are a superstar Aaron!
1H	Olivia Grech	For always showing responsibility and respect by taking care of her belongings and being a respectful friend to others.
1K	Damon Sultana	For being a resilient learner and having a go at his tasks. Keep up the great effort!
2C	Catrina McKay	For being a responsible and respectful learner who always encourages and helps her classmates to be their best.
2R	Grace Zueitich	For always being respectful to all her teachers and other students in class and in the playground.
3/4C	Audrina Cole	For being a responsible and self motivated learner and asking clarifying questions. Keep it up Audrina!
3/4H	Russell Salomon	When writing his persuasive text 'Every City Should Have a Dinosaur Museum' Russell applied the feedback given to him, to improve his persuasive text. Russell has done such a great job at reading over his plan making changes as needed.
3/4J	Connor Vella	For using the learning disposition of self-motivation to undertake all tasks - your stamina is amazing so far Connor, well done!
5D	Zoey Armstead	For having such a positive attitude to her learning. Zoey, you want to learn and help those around you learn. Fantastic job.
5S	Austin McMahon	For acting on feedback and making a massive effort to improve his handwriting and the way he sets out his work.
6C	Marley Stott	For remaining focussed and on task when working independently. You are now producing work of a high standard. Keep aiming high!
6T	Nina Filice	For being an attentive and respectful student who has developed her ability to share her understanding with the class. Great work Nina.

PUPILS OF THE WEEK

2024 Prep Enrolment Details

Enrolments open : March 14 (please collect forms from school office or OLMC website)

Enrolments close : May 5th

Prep 2024

ENROLMENTS NOW OPEN

Information & Tour Dates
Thursday 16 March

9.30am / 6.30pm

•• Tuesday 21 March

••• 9.30am / 6.30pm

• Wednesday 29 March

9.30am / 6.30pm



SECURE YOUR SPOT
TryBooking Link



 www.olmcsunbury.catholic.edu.au

 principal@olmcsunbury.catholic.edu.au

 @olmc_sunbury

 OLMC PS Sunbury

 9740 7344

OLMC SACRAMENTAL DATES 2023

Save the Dates

Sacrament of Confirmation-

Sunday May 21st 2pm @ St Patrick's
Cathedral

Sacrament of First Eucharist-

Saturday 5th August 5.30pm @ St Anne's
Church **OR**
Sunday 6th August 10.30am @ St Anne's
Church

Sacrament of First Reconciliation

Wednesday 13th September 5pm **OR** 7pm
@ OLMC Church



Dear OLMC families,

I would like to introduce a new role I will be undertaking within our existing Wellbeing team at OLMC. As the result of a Royal Commission around mental health and wellbeing of Victorians. The government has committed to funding positions in all primary schools to implement a whole-school approach. Named the Mental Health in Primary Schools program, the aim is to build the capacity of school staff around mental health and improve referral pathways for students presenting with emerging and existing mental health and wellbeing issues. The program is the result of a successful pilot created in partnership between the Department of Education and Training, Murdoch Children's Research Institute and the University of Melbourne.

This role isn't designed to be a psychologist or allied health professional. Instead, the new Mental Health and Wellbeing Leader roles will act as a conduit between the student/family and needed support services. School has been identified as one of the first points of call for families seeking support. As such, boosting teacher knowledge around mental health literacy and supporting them to know when and how to refer students to in house support systems and external support services is key. Providing up to date information about mental health and wellbeing concerns and how these might manifest or 'look like' in the classroom and home is an important focus of the role. So too, is the language and understanding of what 'mental health' really is.

The results of the Young Minds Matter survey 2015 (Australian Child and Adolescent Survey of Mental Health and Wellbeing) states almost 1 in 7, 4-17 year olds were assessed as having a mental health condition in the 12 month period prior. It also highlighted that good mental health supports stronger academic achievement. Going forward as a community, we hope to establish a common language and understanding around mental health and wellbeing and work in partnership to identify, support and refer students so that they may experience optimal mental health and wellbeing.

Further news, updates and resources will be available in the school newsletter.

Danielle Jongebloed
Mental Health and Wellbeing Leader (Wed-Thur)

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

- 1. Anger**
The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.

- 2. Difficulty Sleeping**
In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.

- 3. Defiance**
Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.

- 4. Chandeliering**
Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.

- 5. Lack of Focus**
Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

- 6. Avoidance**
Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.

- 7. Negativity**
People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

- 8. Overplanning**
Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.


gozen.com

PTFA NEWS

This week the children were given their sponsorship booklet for the Colour Explosion School Run4Fun, which will take place on March 31st. Don't forget to create an online profile for your child/ren at www.australianfundraising.com.au. Our school name is listed as "Our Lady of Mt Carmel Primary School (Sunbury)".

This is a fabulous event and the more money each individual raises the more prizes you will receive. **START FUNDRAISING NOW!** Incentives for those that raise the most!

Easter is approaching and our Hot Cross Bun Fundraiser will be starting soon....

Keep an eye out for the "HELPER FORM" as we need plenty of helpers to make our events this year possible....Oh, and the kids love it when mum or dad are at school also....extra cuddles, and maybe something extra-special from the canteen!!!

Feel free to contact me with any questions at ptfa@olmcsunbury.catholic.edu.au

Courtney.



SAVE THE DATES
TERM ONE

COLOUR EXPLOSION
Friday March 31st

EASTER HAMPERS DRAWN
Monday April 3rd

HOT CROSS BUNS ARRIVE
Tuesday April 4th

BUNNINGS BBQ
Saturday April 8th

OUR LADY OF MOUNT CARMEL
P.T.F.A
SUNBURY
FOREVER FAITHFUL



Student Representative Council 2023



Contact details for big childcare :- email : olmc@bigchildcare.com and the contact number is 0474 525 977. (between 6.30-8.30 & 2.30-6.30) but also will be contactable during admin hours.

OLMC Bell Times

8.50am :	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



2023 Term Dates

Term 1	27 January—6 April (Easter April 7—10)
Term 2	24 April—23 June
Term 3	10 July—15 September
Term 4	2 October— To be advised

Report School Absences :

absent@olmcsunbury.catholic.edu.au

Our Lady of Mount Carmel Canteen Roster

Term 1 2023

24 th Feb	Danni Spiteri Belinda Falzon-Pout Jazz Stevens	17 th Mar	Tracey Kilkenny Nikki Munslow Emma Clements
3 rd Mar	Christina Croxford Laurelle Cacioli Renee Ridington	24 th Mar	Emma Clements Natalie Xerri Jess Pedder
10 th Mar	Erin Thompson Michele Shalders Irene Wishart	31 st Mar	Dannielle Bekker Danni Wadden Vacancy

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

Upcoming Dates

February

28 Prep Family faith evening 6pm

March

13 Labour Day Holiday
15 NAPLAN begins
21 Teeth on Wheels Dental Van
24 Yr 6 Confirmation registration closes
31 Fun Run

April

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



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?

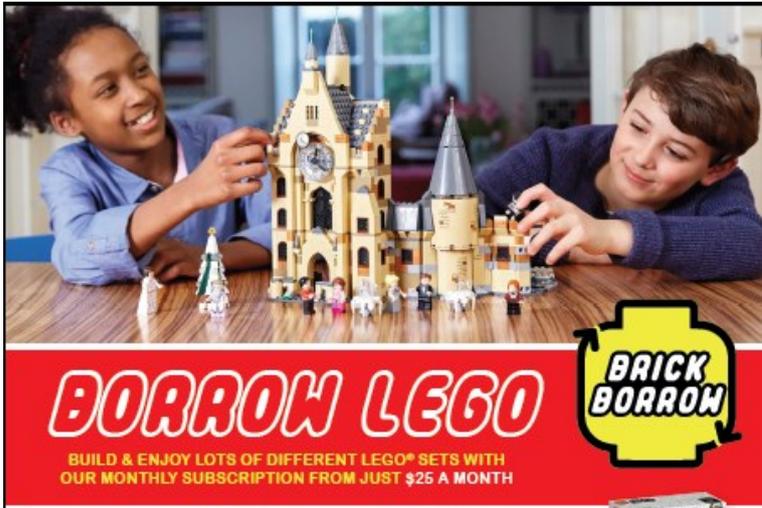


IT'S LOCATED IN THE SCHOOL OFFICE FOYER.
WE ARE CURRENTLY COLLECTING BREAD TAGS (PLASTIC ONLY), OLD PENS AND TEXTAS, USED BATTERIES, ANY ORAL WASTE PACKAGING AND NOW

**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**





BORROW LEGO



BUILD & ENJOY LOTS OF DIFFERENT LEGO® SETS WITH OUR MONTHLY SUBSCRIPTION FROM JUST \$25 A MONTH

- Over 180+ LEGO sets to choose from
- Wide variety of themes, including Star Wars, Harry Potter, Friends, Minecraft, Disney, Marvel and many more!
- Browse the library and choose your sets online
- Pickup and return available at Sunbury location
- Keep the sets as long as you like!
- Unlimited exchanges every month
- Not just for kids - advanced sets available for adults



USE WELCOME CODE **BRICKBORROW20** AT CHECKOUT FOR **\$20 OFF** YOUR FIRST MONTH'S SUBSCRIPTION

BORROW-BUILD-REPEAT

WWW.BRICKBORROW.COM.AU

Young Warblers

Fun, inclusive group singing

Dulap Wilim Hub, Leichardt St Sunbury

Thursdays from 4.15pm

Join singing teacher Elly McKinnon for weekly group singing fun. Learn to sing in a friendly supportive environment, build confidence, and make friends. Suitable for children aged 5 to 12. *All abilities - no experience necessary* Parents are welcome to join in too!

For bookings (including a free trial) or more information go to www.ellymckinnonmusic.com/youngwarblers, send an email to youngwarblers@gmail.com or call Elly on 0422 712 846

HUME CITY COUNCIL PRESENTS

CRAIGIEBURN FESTIVAL

Saturday 4 March
12pm - 9pm
Craigieburn ANZAC Park

FREE EVENT

SAVER PLUS

INFORMATION SESSION FOR PARENTS

Saver Plus pairs you with a savings coach so you can learn tips, tricks and information to grow your budgeting and saving skills. You save for 10 months, then ANZ matches your savings dollar-for-dollar up to \$500. We'll talk about how it all works, plus who is eligible and how to join.

MEETING DETAILS

- Thurs February 16th 2023, 10 - 11am (Vic Time)
- Wed February 22nd 2023, 10 - 11am (Vic Time)

Zoom Meeting Link:
<https://bsl.zoom.us/j/68016074995?pwd=K2d4dWl4WjRmbGRlRng0NGhoVVVZz09>
Passcode: 027166

KEY ELIGIBILITY CRITERIA TO JOIN SAVER PLUS

- Have a current health care card OR pensioner concession card
- Have a child in school OR be studying yourself
- Have regular income from work (yourself OR your partner)

RSVP
Scan the QR code or click the link below to register
<https://forms.office.com/r/zPTAyyaP5e>

SAVERPLUS.ORG.AU **1300 610 355** **SAVERPLUS@BSL.ORG.AU**

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.