

Newsletter

Term 1 Week 2 Thursday, 2 February 2023

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

A PRAYER FOR OUR STUDENTS

DEAR GOD,
THANK YOU FOR THE GIFT OF
EDUCATION IN EVERY FORM.
AS OUR CHILDREN PREPARE TO START A NEW YEAR
MAY CONFIDENCE BE THEIR FOUNDATION,
MAY GRACE BE THEIR GUIDE AND
MAY HOPE BE THEIR COMPASS TOWARD A BRIGHT FUTURE.
I PRAY THEY WOULD HAVE EYES TO SEE
THE NEEDS OF THOSE AROUND THEM
AND A HEART TO LOVE WELL.
MAY THEY FACE EACH DAY WITH POSITIVITY
KNOWING THAT NO MATTER
WHAT COMES THEIR WAY,
THEY DO NOT HAVE TO FACE IT ALONE.
AMEN

GRACEFORMOMS.COM

School Address

53 Macedon St
Sunbury 3429
9740 7344

Dear Parents



Term 1
Student
free day
April 3rd

Happy New year to all of our families. Welcome back to the 2023 school year and an extra special welcome to our students and families from prep to Year 6. We are looking forward to a year filled with friendships and learning. A new year brings new possibilities, new ideas, new friends, new things to be excited about and look forward to. The staff and students have started the year with a real sense of excitement and I can feel this as I make my way around the school and in the yard.

Just a reminder that all students must be at school no earlier than 8:30 and no later than 8:50. Gates are open and supervision is provided during this time. Arrivals well before 8:30 are dangerous as there is no supervision and students should be booked into Big Childcare. Arrivals after 8:50 will need to be signed in at the office. Gates are locked at this time.



Welcome to Big Childcare as our before and after school care provider as well as holiday and school closure care. Please enrol through their website – www.bigchildcare.com. Bookings can be casual or ongoing and you don't need to be working to access the service.



This year we will continue our work with The Resilience Project. Encourage your child to talk to you about gratitude, empathy, kindness and mindfulness. It is really important to development resilience in our children, as well as ourselves. Life will always throw things our way that can either derail us or strengthen our character. By focusing on what we are grateful for, putting ourselves in other's shoes, and being kind, helps us to be better people, who can handle difficult situations more readily. Instead of asking your child at the end of the day, "What happened today" or "Who did you play with?", open the discussion with questions such as "What were you grateful for today?" or "Where did you see kindness?". It is amazing what a shift in mindset can do!



Our Parents and Friends group (PTFA) needs your help. We need a new president and a new treasurer. The role of the president is to oversee the fundraising and community events in the school and to liaise with Nelson and me throughout the year. The president is not expected to organise every event but to ensure there is a group for each event who then take the responsibility for organisation. The activities can include, but are definitely not limited to the Mother's and Father's Day stalls, Bunnings BBQ, Trivia Night, School Disco, Fun Run, Buddies Picnic, Movie Night, Special Food Day, etc. '

The role of the treasurer is to keep a record of the finances spent and raised for each event and to bank any cash that has been taken. If you are interested in either of these roles, please email me by Tuesday 7th February. The above events cannot take place without parent support and we love working with you.



Social media and electronic devices continue to be a major issue amongst the students. I was appalled to hear of year 2 students having access to Tiktok. As I have said on so many occasions, Social Media platforms are not suitable for anyone under the age of 13. They are filled with explicit sexual content and predators and while you may think your child is safe, I am going to share some shocking statistics that come from our own students in the newsletter. Uploading videos of themselves and other students is also prevalent and a huge concern and it seems we are dealing with this on a daily basis, as we receive concerns about incidents that are mostly not happening as school and on Social Media platforms. It is amazing how many parents say that they don't even know their child is using Tiktok, Snapchat, etc. when I call them about an incident.

The Opening School Mass will be held in our church at 9:30 tomorrow morning for the Year 1-6. Preps will meet with Father Kevin at a later date. Everyone is welcome. The House Captains will receive their badges and all student leaders will be commissioned by Father Kevin. The OLMC staff joined with the staff from Holy Trinity and St Anne's to celebrate Mass together on Tuesday after school.



Mr Len Devlin will be receiving his Life Membership from the Romsey Cricket Club on Saturday. Len has contributed an enormous amount to the club spanning more than 20 years which has seen him take on multiple roles behind the scenes. What most of the club/community knows him for is his work through junior development and coaching. His guidance, wisdom and experience has been a catalyst for junior Romsey players to continue their journey to play high grades of senior cricket, in turn providing success for years to come. A well deserved honour, for a highly respected person.

Happy birthday to all of our January babies and to everyone whose birthday is this week.! We hope you had a wonderful day.



Phoenix Phipps Hudson Gatt Jaden Johny Amelia Wadden Boston Ferguson Lucille Caruana Ronnie Kaminski Michael Kupresanin Mason Kupresanin Olivia Laird Charlie Dixon Samuel Plummer Robby Mand Vincent Xerri Nina Filice Zac Francis Mason Pedder Blake Brincat Areet Kaur Hunter Stott



This Sunday we celebrate the 5th Sunday in Ordinary Time. (Gospel- Matthew: 5:13-16)

Reflection: Riches, power and control are valued highly in our world. But Jesus draws on little things to teach deeper values. Salt preserves food: in the hands of a skilled cook it adds flavour to food. But its work is hidden. As salt of the earth we can be effective in bringing more taste to life for others.

I look forward to supporting all of our students and families throughout the year.

God bless,
Julie



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



ATTENTION PARENTS & CARERS

You're invited to join our successful
B Happy B Healthy social-emotional learning workshop to
assist your child to build crucial life long skills.

ABOUT THE PROGRAM:

- Designed to be run with 6-14y/o children
- Based on positive psychology and mindfulness
- Minimise symptoms of stress and anxiety
- Teach your child to self-regulate big emotions
- Boost confidence and resilience in your child
- Comprehensive manual and activities included

15% OFF when you sign up before Feb 20th

IN-PERSON WORKSHOP DATES:

Melbourne - March 8th or July 18th

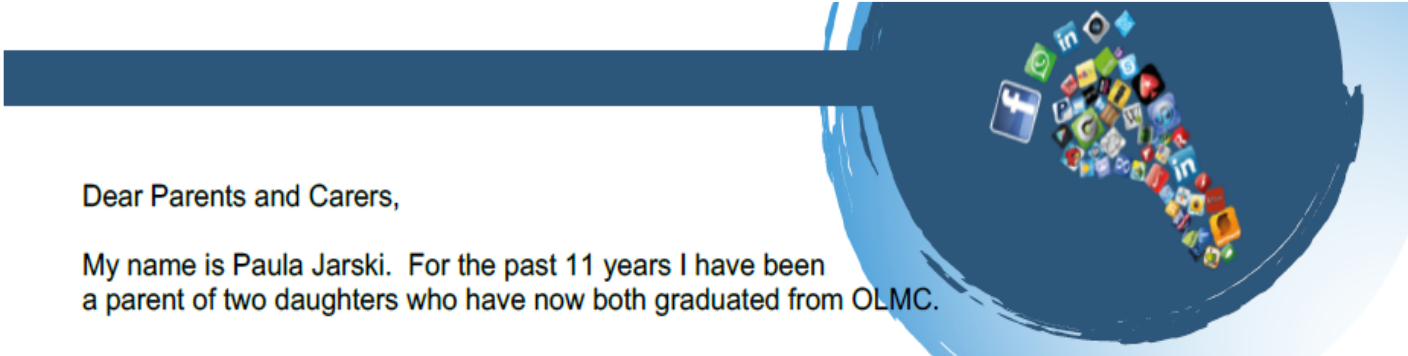
Brisbane - March 13th or July 24th

Sydney - March 15th or July 26th

For all the finer details please visit

www.happyhealthykids.net.au

or email your enquiry to **info@happyhealthykids.net.au**



Dear Parents and Carers,

My name is Paula Jarski. For the past 11 years I have been a parent of two daughters who have now both graduated from OLMC.

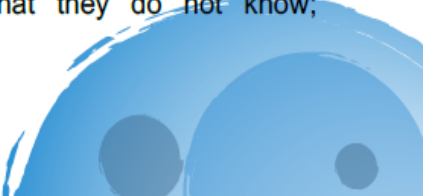
I am also a former Victoria Police Detective with more than 24 years Operational Policing experience. I retired from Victoria Police in July 2022. The last 18 years of my career were spent working in the specialist field of Sexual Offences and Child Abuse. During the final seven years I was seconded to a team dedicated to managing the legislative compliance and risk mitigation of the Victorian Registered Sex Offenders who resided in our Policing Division.

Over the years I have also volunteered my time to speak to students at OLMC and other schools about the issue of Cybersafety, including Cyberbullying, Online Grooming, Sharing Intimate Images, Digital Footprints and Privacy. It is a topic I am passionate about given my exposure to the crime theme and its devastating victim impact.

After being asked to conduct a Cybersafety session for students and parents at an Eastern Suburbs school last month, I reached out to Julie to request permission to trial a digital survey I designed to determine how students use the internet and to identify any specific risks or issues for students. As a thank you for the opportunity to gauge the effectiveness of the program's capacity to analyse the results, I offered to share my findings with the OLMC community.

SURVEY RESULTS

Despite the survey only being completed by a small cohort of students (37 year 5 and 6 students), the results identified that a significant number of students have been exposed to or engaged in the following online activities that may be placing them at risk of social, emotional or in worst case, physical harm:

- **54%** of the students reported that they were allowed to use screen-based devices **whenever** they want during the school week, with more than **16%** reporting that they used devices between 2-4 hours on weekdays (outside school hours).
 - Only **27%** of students had time restrictions of between 0 minutes and 2 hours a day during weekdays (outside school hours);
 - **83.8%** of the students were allowed to use Social Media, including **56.8%** on TikTok, **10.8%** on Facebook, **37.8%** on Snapchat, **35.1%** on Discord, **27%** on Instagram and **94.6%** allowed to use YouTube. This is a significant result given each of these sites have a minimum user age of 13 years due to privacy laws. It is also a fact that many of these sites serve as a gateway for strangers and predators to contact children and facilitate online offending and expose them to potentially inappropriate adult content.
 - Of the students who reported using Social Media:
24.3% stated they were active online for 14-16 hours per week;
24.3% admitted that they had friends and followers online that they do not know;
59.5% had been contacted by a stranger online.
- 

Of those who had been contacted online by a stranger, **40.5%** did NOT tell an adult. Reasons for not reporting the contact included, "I didn't think I would have to", "Because I don't want to", and "I just laugh most times at them";

56.8% of students reported that somebody had been mean to them online, but not all students reported this to an adult. Reasons for not reporting included, "Maybe they will be mad", "I don't care and I don't take it personally", "I did not tell them anything I was too scared";

And finally, **16.2%** admitted that they had been mean to someone online.

- **97%** of the students reported being allowed to play online games, which is not surprising. However, what was of concern was that **37.8%** of the students reported playing Call of Duty, which is rated either MA15+ or R depending on the version and **40%** reported playing Fortnite, another game which has a recommended age of 13 and up due to its action violence, swearing and open chat. There is also a growing body of research that suggests these types of violent video games can lead to aggressive behaviour at home and at school as well as leading to less empathy in kids.
- In addition, when it came to playing online games:
38% of the students reported playing online more than 14 hours per week;
67.6% of online gaming users reported playing with someone they don't know;
51.4% of students reported that they had received a message from someone they don't know, but only **40%** reported this to an adult. Some of the reasons for not reporting the contact included, "Because I am not meant to play that game", "I don't have to that's normal", "I know how to handle it" and "Because I didn't want to."
- The survey results also identified that **75.7%** of students were allowed to use their screen based devices unsupervised in their bedroom. Of these, **40%** were allowed to have their bedroom door closed.

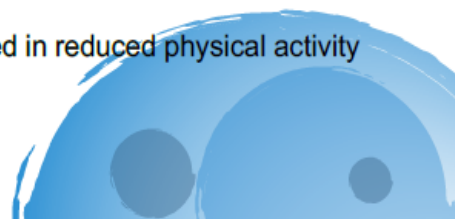
I know that video games and social media are here to stay, but I'm speaking from my previous Policing experience when I warn you that when you combine unsupervised online gaming with closed bedroom doors and playing and communicating with people online that they don't know, the risk of your children becoming engaged in being or exposed to bullying, online grooming or violence increases significantly.

I can't tell you how to raise your child, but I cannot express how strongly I feel about banning internet enabled devices, especially unsupervised use, in a child's bedroom or the bathroom. As well as the increased risk of experiencing negativity online, there is a wealth of research which supports the assertion that to ensure healthy sleep patterns, bedrooms should be for sleeping and not gaming or social media scrolling.

NEGATIVE ONLINE EXPERIENCES

The survey also asked students to reflect on whether they had experienced any commonly reported negative experience/s whilst online.

- The results showed that:
24.3% of the students reported that their device use had resulted in reduced physical activity and a reduction in time spent outdoors;



10.8% reported sleep problems;
27% had been the target of online bullying or harassment;
5.4% reported that they were currently being contacted online by someone they don't know (those children were encouraged to report the matter);
13.5% had either received a message or photo they would not want their parent or carer to see, and;
One student admitted having sent an image they would not want their parent or carer to see.

The entire results of this particular question have been included at the end of this article.

It would also be easy for me to say, "Don't let your child use that app or play that game", but research shows that restrictive measures don't work as well as education, boundaries, co-playing and supervision in keeping children safe. Finding the right balance between imposing restrictive measures and empowering children to use the internet in age-appropriate ways to enhance their creativity and learning opportunities is NOT an exact science, and as parents and carers you know your child better than anyone to support and guide them to have safer online experiences.

To help navigate this parenting tightrope, here are my top tips:

Talk to your child about what they do online and what they know about staying safe. Cyberbullying, image based abuse, sexting, online grooming, identity theft and other offending has lasting impacts for the victim and their families, and children need to both understand the risks involved but also be armed with strategies to deal with any issues that may arise.

Encourage nonjudgmental and open communication, so that in the event that something happens or they are exposed to risks, children don't fear negative consequences by talking to you.

Consider your child's screen use in the context of their overall health and wellbeing. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing and your involvement and oversight are just as important.

Monitor their behaviour for signs something might be wrong. From changes in their personality, becoming more withdrawn or sad, changes in their sleep patterns, avoidance of school or becoming secretive about their online activities and/or mobile phone use. These are all signs that it is time to talk to your child. Work out what you want to say and how you want to say it, depending on the issue you want to talk about. It takes courage to share hard stories and as parents sometimes we try to discharge our own discomfort with blame, aggression, disappointment, and at times, trying to minimise or avoid discussing it altogether. Listen and respond with empathy and compassion. Try not to get uprooted and thrown into the storm yourself, it's the quickest way for your child to shut down or retract.

Educate yourself about what your child is doing online. Ask them to show you what they are doing and show an interest in learning about it. Remind them of the difference between the online world and creating real relationships and success in the real world. So many young people compare themselves in a negative way to the overly filtered highlight reel of so called 'influencers'.



Learn how to apply privacy settings, block and report content or users. I highly recommend you visit [esafety.gov.au/parents](https://www.esafety.gov.au/parents) for more information and support for many of the most popular apps and games.

Consider parental controls and family agreements regarding the use of technology , including screen time limits and boundaries around the use of games and social media.

For example, your family plan could include rules like this:

- no devices in the bedroom
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- devices charged overnight in a place your child cannot access
- and encourage your child to achieve a healthy balance by encouraging offline activities, exercise, and exploring nature.

By being proactive, the risks of harm from technology can be greatly reduced so, despite the fact that tweens and teens can be difficult to communicate with at the best of times as their desire for independence increases, continue to find opportunities to keep the lines of communication open.

Remember that it is never too early to instil good habits, and as your child gets older it is useful to keep reminding them of these basic digital intelligence principles: balance, respect, empathy, critical thinking and responsible behaviour. One of the best ways to do this is by demonstrating respectful and safe online practices yourself. Don't engage in negative online behaviours, have digital detox time, put the phone away at dinner, get outside with the kids, be careful about what you post to protect the privacy of your children and other students, and encourage your kids to show themselves and others compassion and kindness in their online interactions by demonstrating these qualities yourself.

The Victorian School Curriculum has evolved to include the safe use of the internet and respectful relationships, but it is **OUR** responsibility to support educators by learning about the risks and creating boundaries around our children's use of the internet ourselves. We also need to have each other's backs as parents by taking internet and gaming risks seriously and creating boundaries to support a healthy balance between our children's internet use, and other more beneficial activities like spending time outdoors, sport, and quality family time. Being outdoors helps us concentrate better, balances our hormones, and resets our circadian rhythms to encourage a more restful sleep.

There are several free Government websites which promote Cybersafety awareness and as you enter the six week summer break, which for many students will mean increased use of gaming and online social media/ Internet Scrolling, I encourage you to familiarise yourself with them:

[esafety.gov.au](https://www.esafety.gov.au) and **[cyber.gov.au](https://www.cyber.gov.au)**. These sites promote online safety education for children, educators and parents. They also provide a complaints mechanism for people experiencing cyberbullying, online image abuse and to report illegal or offensive content.

Bully Stoppers is an initiative of the education department and encourages prevention and strategies on how to deal with situations. The website also contains direct links to other support services like Kidshelpline, Lifeline, Parentline and Beyond Blue.



ThinkUKnow –provides a number of resources and advice for parents and children on issues such as sexting, general relationship advice and what you can do if an image appears online that you haven't consented to.

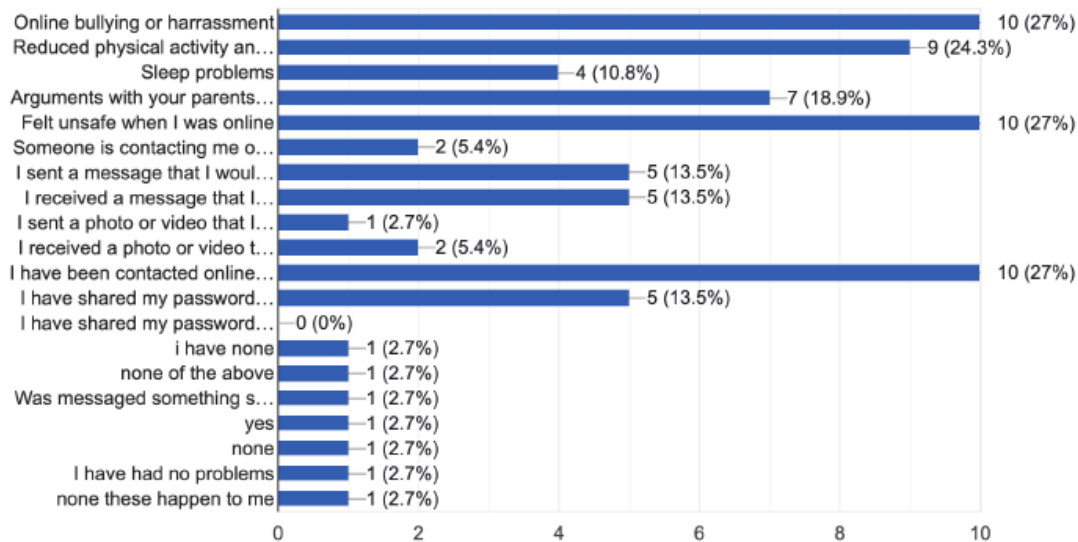
And finally, Kids Helpline - Australia's only free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25. Children can call them on 1800 55 1800 or visit their website at kidshelpine.com.au

Thank you so much for your time,

Paula Jarzski

Some children experience problems related to the use of screen-based devices. Have you ever experienced any of the following in relation to your screen time?

37 responses



Sunbury Catholic Parish - School Fee Policy for our Parish Primary Schools

There are now three primary schools in the Parish of Our Lady of Mt Carmel. The Parish established the first two schools through the generosity of parishioners, and their continued support enables the Parish to sustain pastoral and financial assistance to our whole school community.

2023 School Fee Structure & Schedule

Family Fee cost \$2380.00

This fee is charged annually per family. Billing is done at the start of the year for the full year and this account is required to be paid in full by the end of July. Payment may be made by cash, cheque, credit/debit card or direct deposit. *Payment by instalment can be arranged with the office before the end of February.*

Per Student Fee cost - \$380.00

Each student is charged a curriculum levy in November/December \$380 for 2023. This fee must be paid mid December 2022 so that resources can be purchased and distributed. There are additional costs for Sacramental classes (charged by the Parish) and school camps (usually Years 3-6). Interschool Sports can be an additional charge (Years 5 & 6) notified at the time.

One to one Laptop Program Year 5 & 6 Students only

Every student in year 5 and 6 has the opportunity to participate in a one to one laptop program, whereby all students are allocated an Apple MacBook Laptop for their use at School and also at home (with controls) and Parents are billed (with school fees) for the rent of the computer whilst at OLMC in years 5 and 6. At the end of Year 6 each family has the option to purchase the Laptop their child has been using for an extra buyout fee. In 2023 we are also offering a more cost effective option, a Chromebook instead of the Apple MacBook Air 13". The cost for the Chromebook is significantly lower, however families should consider whether this computer is suitable for them if intending their child to attend Salesian College as this device will not operate Windows and MacOS programs as is required for secondary school. The cost for 2023 and 2024 for the Laptop or the Chromebook is outlined below.

Apple MacBook 13" Laptop	\$1607.00	ChromeBook	\$619.00
Charged 2023 Year 5	\$540.00	Charged 2023 Year 5	\$210.00
Charged 2024 Year 6	\$540.00	Charged 2024 Year 6	\$210.00
End of 2024 buyout	\$527.00	End of 2024 buyout	\$199.00

The three primary schools of Our Lady of Mt Carmel Parish receive limited funding from government sources. Parents who choose to send their children to our Parish Primary Schools are therefore obliged to pay school fees in order for the schools to repay loans, running costs, salaries and educational requirements. Parents will also be expected to participate in and support fundraising activities, which assists in the areas of maintenance, playground amenities and additional resources in curriculum.

It is a matter of justice that all parents are meeting their obligation and therefore the school fee policy has been developed to assist all parents.

Process for Collection of Fees

- At the end of previous year, the school will inform parents of the fees, when due and payment options. Payments are to be made by the due date.
- If there is a difficulty with fees at any stage, *onus is on parents to communicate with school* and contact the Principal who can negotiate a reasonable fee depending on circumstances. Also, some people, for budget purposes, need to pay weekly, fortnightly or monthly. The school can accommodate time payment plans, **but requests are to be made at the beginning of the year.**
- Parents will be issued an account as shown below, and reminders throughout the year

Fee	Sent Out	Due
Book box, Stationery, resources, excursions, etc.	Early November	December (paid in advance)
Yearly Fee (Full Amount)	February	End of July*

**Unless payment plan is in place.*

- If full amount is not received by the end of July, an Account Rendered is sent as a reminder.
- One week later the Principal (or an agent of the Principal), will contact the parents. Arrangements are to be kept confidential between all parties.
- If the agreed course of action is not implemented, a final letter will be sent one week later informing parents that the matter has been passed on to the Debt Collection Agency / Legal Team. In the event that the customer is in default of the obligation to pay, and the overdue account is then referred to an agency for collection, *the commission payable and legal costs incurred shall be added to the amount outstanding and form part of the debt.*
- The Principal is to follow up the matter with the Agency. This will take place at various times during the year.

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**



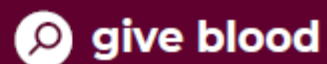
Give life. Give blood in Sunbury.

30 January to 8 February



Sunbury
Pop-up Blood Donor Centre
Hume Global Learning Centre Library
44 Macedon St

Visit our website for opening hours.



Got a bit of time next month? Time to give blood and change lives? 1 in 3 people in Sunbury will need blood, and they need people like you to give it. We're popping up in town from 30 January to 8 February. Don't forget to pre-book your spot at lifeblood.com.au, on our app or on 13 14 95.