



Principal's Message

principal@olmcsunbury.catholic.edu.au

53 Macedon Street , Sunbury 3429

9740 7344

Dear Parents,

Can you believe we are already half way through term 1! It has been an action packed term so far and this will continue over the next 4 weeks. The prep parents gathered last night for dinner and there is a Prep/ Year 5 buddy picnic next Tuesday at Galaxy Land from 5pm.



OLMC have won the Sunbury District Swimming Carnival Shield for the third year in a row! All 27 of our competitors gave an amazing effort last Thursday and they swam fantastically. A big thank you to Mr. Mac for organising his first swimming carnival as the new PE teacher. Also a big thank you to Mr. Gleeson and Miss Ally who supported the students on the day. We also appreciate all the parents who came to cheer on our students despite the harsh weather conditions. We have 8 students moving onto the division swimming championships happening on Tuesday the 5th of March:

Willem Armstead – Breaststroke

Wyatt Doricic – Backstroke

Zoey Armstead – Freestyle, Breaststroke, Medley, Freestyle relay

Ivy Luca – Backstroke

Hanano Marshall – Butterfly, Medley, Freestyle relay

Ellora Clements – Backstroke, Medley, Freestyle relay

Olivia Tranter – Medley, Freestyle relay

Tillie Kilkenny - Backstroke



Many of our families would have watched the Matildas v Uzbekistan match last night. Ashton Falzon-Pout and Roman Cammarano represented their local soccer club, Sunbury Community Soccer Club, to do a lap around Marvel Stadium - (Little Legends Lap) prior to the Matilda's game commencing. What an exciting opportunity!

As mentioned at assembly on Monday, Kerry Champness is currently on leave as she rides her way across Tasmania for the Pedal For A Cure to Fight MND. If you would like to make a donation here is the link:

<https://hub.fightmnd.org.au/pedalcure-4-fightmnd-2024/kerry-champness>

This is a wonderful achievement by Kerry and we are very proud of her.



REMINDERS:

- There has been quite a bit of sickness amongst staff and students, including a few cases of covid. Please keep your child at home if they are unwell.
- The office is not a thoroughfare.
- If your child arrives and the gates are locked you must sign them in at the office



Congratulations to the 2024 Student Representative Council. These students have been elected by their peers and have a major role in ensuring children have a voice in the operations of OLMC. They will hold class meetings and feedback to Mark, Nelson and myself about issues the students have concerns with as well as things that are working well across the school. They may organise some dress up days and fundraisers throughout the year. This role will help to build their confidence and leadership skills.

Prep B – Ethan O’Neill Prep R – Heidi B

1/2HZ – Emmy Cowling 1/2R – Nate Duhau 1/2BR – Michael Kupresanin

3/4D – Chad McMahon 3/4C – Willem Armstead 3/4H – Leo Plummer

5SB – Connor Vella 5MP – Annabelle Macken

6C – Molly Russell (SRC President) 6FP – Hudson Gatt (SRC President)

Happy Birthday to everyone who is celebrating this week. I hope you have day filled with happiness and love.



Matilda Griffiths

Ilana Malas

Ashanti Mayom

As you would be aware, we are excited that our school is participating in **Jump Rope for Heart** this term – a fantastic fundraising and physical activity program by the Heart Foundation. By participating in Jump Rope for Heart this term, we are expecting to get our students moving! Each child has been given a skipping rope to practise their jumping and skipping skills and to increase their hand-eye coordination. To participate in the weekly challenges and in school activities, could you please ensure that their ropes return each day so that they can use them here.

Students are most welcome to take the ropes home over the weekend to add to their skipping hours! We encourage everyone to help raise funds for lifesaving research and support programs. Over the coming weeks your child will learn new skills, increase their physical activity, and learn about heart health. The program will end with our school wide ‘Jump Day’ on March 22nd after lunch, where your child gets to show off their new skipping skills to their friends. When you register your child online, you’ll get access to additional skipping resources to help give your child a great reason to get away from the screens and get outdoors. Register and create your own secure webpage at www.jumprope.org.au/parents. By signing up online, you and your child/ren can:

- Easily raise funds online.
- Track skipping skills progress and earn virtual badges along the way.
- Post updates to your page so family and friends can follow their progress.





Student Recognition Award

Prep B	Audrey Evans	For consistently showing responsibility in the classroom. Audrey embraces her learning with a positive attitude and leads by example. Well done Audrey!
Prep R	Benny Jackson	For a great start to his Prep year. Benny tries his best, involves himself in class discussions and loves to share his learning.
1/2BR	Savannah Nurse	For always being a kind and caring member of our class family. Savannah always tries her best and is an exceptional role model for her peers. Well done!
1/2HZ	Amber Lambert	For being a kind, giving and gentle young lady especially during this Lenten Season. Amber also tries her best in all aspects of school work.
1/2R	Sebastian Powell	For being a positive, responsible and respectful student when working and playing with others. Your beautiful smile lets your light shine bright!
3/4C	Matilda Griffiths	For demonstrating the learning disposition of 'Determination' to improve in all areas of her learning. Keep working and striving hard to improve Matilda!
3/4D	Ivy Luca	Ivy uses the dispositions of determination and collaboration. She approaches all tasks with a smile and is only too willing to help those around her. It is fantastic to have Ivy in our class.
3/4H	Matthew Mikhail	For being a self motivated learner when choosing to work on your reading goal right away. You showed determination in wanting to challenge yourself as a learner by choosing to read a book which will help you to expand your vocabulary. Well done, Matthew!
5MP	Johnathan Squatrito	Your utilisation of the disposition Curiosity in your learning is commendable. Your dedication to asking questions significantly enhanced your comprehension of the Factor Tree Math tasks.
5SB	Teagan Stephens-O'Brien	For using the disposition of risk taking to offer her opinions about character identity in the class novel.
6C	Oliver Long	For using the text Fish in a Tree to make excellent inferences.
6FP	Hudson Gatt	For demonstrating the learning disposition of 'Risk Taking'. He is trying new things and working outside his comfort zone in order to improve. Amazing effort Hudson!

PTFA News

EASTER FOOD DRIVE - OLMC are 'STOCKING THE PANTRY' again for Care Works in Sunbury to support those in need within our community. Students will bring home raffle tickets to sell and information regarding donations, which will all be due on Friday March 15th. **Please refrain from bringing in donations earlier due to storage.**

HOT CROSS BUNS - This year we are supporting Ferguson Plarre Bakehouse in Sunbury! You can order your hot cross buns via CDFPay until **Friday March 15th** and they will be available to pick up from OLMC on Wednesday March 27th.

JUMP ROPE FOR HEART - We have started raising funds and logging skipping hours! Thank you. Register your child online @ www.jumprope.org.au/parents. Our JUMP DAY will be held on **Friday March 22nd**...All welcome!

PARENT HELPERS - Thank you to those that have filled out the form with your availability. I will be in touch soon. **If you can spare a couple of hours for our annual BUNNINGS BBQ on Saturday March 30th that would be much appreciated.** Please fill out the form by clicking on the link below.
<https://forms.gle/EPPYm3yZhHduwbkLA>



FUNDRAISING DATES

TERM ONE 2024

- FRIDAY MARCH 15th**
Hot cross bun orders due
Easter hamper donations due
- FRIDAY MARCH 22nd**
JUMP DAY - Jump Rope for Heart
- WEDNESDAY MARCH 27TH**
Easter FUN Day
Fun Food Day
Hot cross bus arrive
- SATURDAY MARCH 30th**
Bunnings BBQ

A decorative graphic on the right side of the page featuring a globe and several colorful, abstract shapes in green, yellow, and blue.



EASTER FOOD DRIVE

OLMC are '**STOCKING THE PANTRY**' this Easter for **CareWorks** in Sunbury to support those in need within our community.

PLEASE BRING ALL DONATIONS (refer to class table for ideas), easter eggs, raffle tickets & money to your classroom teacher **ON FRIDAY MARCH 15th**

Each child will have **FIVE** raffle tickets to sell at \$1 each to go in the draw to **WIN** an Easter hamper drawn on **MONDAY March 25th**

DON'T FORGET SOME EASTER EGGS

PREP	SWEETS - Biscuits, chocolate, dried fruit, packaged cakes, easter eggs
ONE	DINNERS/LUNCHESES eg pasta, noodles, rice, pasta sauces, soups, dry beans, quinoa, powdered vegetable stock, flour, sugar
TWO	TINS - tinned tomatoes, veggies, tuna, meat, stews beans, lentils, soups, sardines, pineapple, baked beans
THREE	CONDIMENTS eg jam, vegemite, peanut butter, tomato sauce, oil, herbs & spices
FOUR	BREASKFAST - Cereal, oats, UHT milk, tea, coffee, UHT fruit juice, pancake mix
FIVE	SCHOOL SNACKS - Chips, crackers, muesli bars, popcorn, rice cakes, tinned fruit, fruit bars, two minute noodles
SIX	BATHROOM eg shampoo, conditioner, deodorant, body wash, sanitary items, toilet paper, toothpaste, toothbrushes

PLEASE HELP

Lost property has an abundance of unnamed clothing items and food/drink containers.

Please check out the Lost Property Cupboard in the Multi Purpose Room if you are missing any of these items.

All unnamed/unclaimed items will be in our upcoming second hand clothing sale.

Thank you



March 1	Clean up Australia Schools Day
March 5	Prep buddy picnic - 5-7pm
March 11	Labour Day Public Holiday
March 12	Catholic Education week begins OLMC Open day 9.30am & 6.30pm
March 13	OLMC Open day 9.30am
March 15	Easter Food Drive—raffle tickets/money, donations to be returned to classroom Hot Cross bun orders close
March 17	Prep Family mass 10.30
March 18	Open Day 12 noon
March 22	Jump rope for heart - Jump day
March 27	Easter Hat Parade—Easter fun day Hot Cross bun orders arrive
March 28	Term 1 ends - 1.30 finish
March 30	OLMC Bunnings BBQ



OUR VISION

At Our Lady of Mount Carmel Catholic School every individual is a valued member of our faith community. Guided by Christ and our Gospel values, we strive to reach our full potential in a safe and supportive learning environment.

2025 PREP OPEN DAY DATES & SCHOOL TOURS

Tuesday 12 March

9.30am / 6.30pm

Wednesday 13 March

9.30am

olmcsunbury.catholic.edu.au

Inspired by St Mary of the Cross
MacKillop, we strive to

"Be full of forgiveness, love and hope"

SECURE YOUR SPOT
TryBooking Link



✉ principal@olmcsunbury.catholic.edu.au

📷 @olmc_sunbury

📘 OLMC PS Sunbury

☎ 9740 7344



OUR LADY OF
MOUNT CARMEL
SUNBURY

Welcome to The Resilience Project

PARENTS & CARERS

This year, we are excited to bring The Resilience Project (TRP) into our school community!

WHY?

Current research tells us...

Why mental health matters

RESILIENCE PROJECT



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The [University of Adelaide](#) and The [University of Melbourne](#). Click the links or scan the QR code to find out more about the impact the program has on emotional wellbeing and behavioral changes.



ABOUT THE PROGRAM

[The Resilience Project](#) is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

We will be implementing their evidence-based Teaching and Learning Program throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy to build resilience.

WHAT CAN BE DONE AT HOME?



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring Gratitude, Empathy and Mindfulness (GEM) to life on [TRP@HOME](#).

[The Imperfects](#) podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.



Our Lady of Mount Carmel Canteen Roster Term 1 2024

1st March	Jazz Stevens Erin Thompson Irene Wishart
8th March	Nat Grant Danni Bekker Nicole Petrie
15th March	Nikki Munslow Jess Pedder Emma Clements
22nd March	Emma Clements Natalie Xerri 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 0412 429 600 as soon as possible so a replacement can be arranged.

I look forward to seeing you all.

Sylvana Doricic

Report Student Absences

absent@olmcsunbury.catholic.edu.au

2024 TERM DATES

Term 1 :

Start: Monday 29th January

Finish: Thursday 28th March **(1:30pm finish)**

(Easter March 29- April 1)

Term 2 :

Start: Monday 15th April

Finish: Friday 28th June **(1:30pm finish)**

Term 3:

Start: Monday 15th July

Finish: Friday 20th September **(1:30pm finish)**

Term 4:

Start: Monday 7th October

Finish: Tuesday 17th December **(1:30pm finish)**

OLMC BELL TIMES

8.50am	First bell/move to class
11.00-11.30am	Recess time
1.30pm	Eating time
1.40 – 2.20pm	Lunch time
3.15pm	End of school day





Jump Into Autumn With the VillageOSHC Holiday Program!



Endless Activities!

Partake in an exhilarating range of activities, from sports to arts and crafts! Every day at VillageOSHC is loaded with fun!



Exciting Incursions!

Conduct a myriad of awesome science experiments or create your very own music box! This autumn is packed with amazing incursions!



Adventurous Excursions!

Get on board for excursions with VillageOSHC! Take a trip to the Zoo or jump and flip through indoor trampoline parks and playcentres!



Book For Unforgettable School Holidays At [VillageOSHC.com.au](https://www.villageoshc.com.au)





OFFICIAL UNIFORM SUPPLIER TO
OUR LADY OF MOUNT CARMEL PRIMARY SCHOOL
PRICE LIST VALID TO 30TH JUNE 2024

Uniform	Sizing	Price
Pullover - Bottle	55-75	\$80.50
	80+	\$83.95
White short sleeve shirt Classic	29-42	\$34.95
White short sleeve shirt Tailored	4-20	\$34.95
White long sleeve shirt Classic	29-42	\$37.95
White long sleeve shirt Tailored	4-20	\$37.95
Academic Trouser – Navy TROUS134	4-18	\$42.95
Tailored slacks – Navy Wool Blend	4-16	\$66.00
Academic Shorts – Navy SHT-230	4-16	\$29.95
Tailored Shorts – Navy Wool Blend	4-14	\$55.50
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	\$25.50
Skort – Bottle	4-16	\$27.00
Track pant with cuff – Bottle	4-16	\$31.95
Track pant straight leg- Bottle	4-16	\$31.95
Softshell Jacket – Bottle	4-14 & XS-M	\$69.95
Qtr Zip Top	4-14 & XS-2XL	\$59.95
Rugby top – Bottle/Gold	4-14 & XS-2XL	\$70.00
Bucket Hat – Bottle/Gold w logo	XS, S, M, L	\$15.50
Legionnaires Hat – Bottle w logo		\$15.50
Slouch Hat – Bottle w logo	XS, S, M, L	\$15.50
Beanie – OLMC Pom Pom	OSFA	\$24.95
Backpack with logo		\$58.95
Library Folio - Bottle		\$12.95
Art Smock – Bottle or Navy		\$23.00
Ankle Socks – 2Pk		\$14.95
Knee Hi socks – Navy		\$10.50
Cotton Tights - Navy		From \$23.95

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

HAVE YOU SEEN THE OLMC RECYCLING CENTRE?

IT'S LOCATED IN THE SCHOOL OFFICE FOYER.



WE ARE NO LONGER COLLECTING BREAD TAGS
BUT ARE STILL COLLECTING OLD PENS AND TEXTAS,
USED BATTERIES, ANY ORAL WASTE PACKAGING AND 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**

