



# OLMC Newsletter

Term 1 Week 6: 7th March 2024

## Principal's Message

principal@olmcsunbury.catholic.edu.au

53 Macedon Street , Sunbury 3429

9740 7344

Dear Parents,

On Tuesday evening the prep and year 5 buddies gathered at Galaxy Park for a picnic. It was a lovely evening and the weather as kind to us. It was lovely to see the children and their families together.



Congratulations to the Powel Family on the arrival of baby Zoe. Welcome to the OLMC community, Zoe. We can't wait to meet you!

Just a reminder about our Easter Raffle. Information and tickets were sent out last week. If you need more tickets please see the ladies in the office. We also have the Hot Cross Bun drive which is available through CDF Pay - <https://olmcsunbury.cdfpay.org.au/MonitorOnline/app/#!/app/main>



On Wednesday 27<sup>th</sup> March we will hold an Easter bonnet parade. We would love the children to come to school with an Easter bonnet and participate in a parade. If you Google "Easter Bonnet" you will find some simple, creative ideas you can make together at home.

**Congratulations** to our 8 swimmers who competed at the Divisional Swimming Carnival: Hanano Marshall, Zoey Armstead, Tillie Kilkenny, Ellora Clements, Olivia Tranter, Ivey Luca, Wyatt Doricic, Willem Armstead. The year 6s girls will be competing at the Regional competition on the 21<sup>st</sup> March.

Final results:

U12s relay - 1st Ellora, Zoey, Olivia and Hanano

U12s medley- 2nd Ellora, Zoey, Olivia and Hanano

U12s backstroke - 3rd Ellora

U11s backstroke - 3rd Tilly U11s backstroke - 3rd Wyatt

U10s backstroke - 5th Ivy

U12s breaststroke - 1st Zoey

U10s breaststroke - 3rd Will

U12s freestyle - 4th Zoey

U12s butterfly - 1st Hanano



NAPLAN begins next week. This should not be a stressful time for students and at OLMC we do our very best to ensure the testing is very low key and we encourage the students to do their best. NAPLAN data is best used for whole school trend data and not for individual scores as they are not released until much later in the year and will be outdated when they are received.

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



Emmy Cowling Felice Terranova Zahra D'Agostino  
Abbey Nicholls Raph Cutajar Massimo Gentilin

This Sunday we celebrate the 4<sup>th</sup> Sunday of Lent. “For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life”.

God Bless,  
Julie



## PARENTING NEWS

In recent years we have found a significant decline in oral language skills as students start school. This is common across most school and there has been much discussion as to why this is happening. I found a very interesting article this week that is worth considering.

Each one minute of viewing for a three-year-old is linked to a loss of seven adult words, and five not spoken themselves, a new study has found. Australian kids miss out on more than 1100 adult words every day – representing -almost 200 conversations – -because of [screen time](#), new -research has found. Talking is vital for [early language development](#), but scientists have found parent and child interaction has dropped as screen time increased.

Each one minute of viewing for a three-year-old was linked to a loss of seven adult words, and five not spoken themselves.

The study, which tracked 220 children every six months from ages one to three, found average [screen time increased](#) from about 1½ to almost three hours as children grew. The average three-year-old’s daily screen time – two hours and 52 minutes – meant they heard 1139 fewer adult words, spoke 834 fewer words themselves and had 194 fewer conversations every day.

Researcher Mary Brushe said the talk and interaction kids -experienced, including before they began to speak, was vital. “A language-rich home -environment is critical in supporting infants and toddlers’ own [language development](#) ... and setting (them) up for lifelong success,” she said.

“This study highlights that screen time may be getting in the way of that (and) ... interfering with opportunities to talk and interact in their home environment.

“Parents and family members do need to think about what their child might be missing out on when they choose to turn on a screen.”

By age three, kids hear about 16,303 adult words, make 3307 words or sounds themselves and have 700 conversations a day, the findings published in the Journal of the American Medical Association show. Even sticking to the World Health Organisation’s screentime guidelines – no more than an hour a day for toddlers – had an impact, with kids missing out on hearing almost 400 adult words and making 294 sounds or words themselves.

Dr Brushe said researchers used FitBit-like devices to record data and parents did not know the study was measuring screen time until afterwards, when they were asked for consent, but it was probably still under reported. “The devices only picked up noise associated with screen time – for example, TV shows, videos or games,” she said.

“We have probably underestimated how much screen usage – and associated ‘technoference’ – is going on around children because we haven’t been able to capture parents’ silent screen-related activities, such as reading emails, texting, or quietly scrolling.”

She said it was unrealistic to completely remove screens – Australian guidelines recommend none for kids under two – but parents could improve the quality by interacting or responding verbally to content. “This might include singing along with theme songs, repeating phrases or questions from the screen, and using the content of a show as a conversation starter after the screen has been turned off,” Dr Brushe said.

Please put these 2024 Important Dates into your calendar:

March	April	May	June
<p>10-16 – Catholic Education Week</p> <p>11 – Labour Day – no school</p> <p>15 – Mass at St Patrick’s cathedral for year 6 leaders</p> <p>15 – Book club due</p> <p>17 – Prep Family Mass</p> <p>18 – Prep Family Faith evening</p> <p>22 – Jump Rope for Heart Jump Off 2:20pm</p> <p>25 – School Advisory Board Meeting</p> <p>27 – Easter Bonnet Parade 9am</p> <p>28 – Holy Thursday</p> <p><b>28 – Term ends at 1:30pm</b></p> <p>30 – Bunnings BBQ</p> <p>31 – Easter Sunday</p>	<p>15 – Term 2 begins</p> <p>16 or 17 – 6:30pm Faith evening for Confirmation – all students and at least one parent to attend</p> <p><b>18 – School Photo Day</b></p> <p><b>25 – ANZAC Day Holiday</b></p> <p><b>26 – School closed</b></p>	<p>8 – Mother’s Day Stall</p> <p>9 Mother’ Day Celebration – time TBC</p> <p>10 – Sunbury District Cross Country</p> <p>12 – Mother’s Day</p> <p>17 – Confirmation Reflection Day</p> <p><b>19 – Sacrament of Confirmation 4pm St Patrick’s Cathedral</b></p>	<p>10 – King’s Birthday Holiday</p> <p><b>13 and 14 – Year 3/4 Camp – Weekaway Camp Benloch</b></p> <p>14 – Year 5/6 Sunbury District winter sport round robin</p> <p>18 or 19 - 6:30pm Faith evening for First Eucharist– all students and at least one parent to attend</p> <p><b>28 – Term ends at 1:30pm</b></p>
July	August	September	October
<p>15 - Term 3 begins</p> <p>16 – OLMC Feast Day</p> <p><b>28 – Sacrament of Eucharist 10:30am</b></p>	<p>8 – Feast of St Mary Mackillop</p> <p>15 – Feast of the Assumption</p> <p><b>26-28 – Year 5/6 Camp – Arrabri</b></p> <p>30 – Father’s Day Breakfast and Stall</p>	<p>1 – Father’s Day</p> <p>3 or 4 - 6:30pm Faith evening for First Reconciliation– all students and at least one parent to attend</p> <p>6 – Year 5 and 6 Inter-school Summer sports round robin</p> <p><b>20 – Term ends at 1:30pm</b></p>	<p>7 – Term 4 begins</p> <p>15 – OLMC Art Show</p> <p><b>23 – Sacrament of Reconciliation 5:30pm</b></p> <p>31 – OLMC Art Show</p>
November	December		
<p>4 – School closed</p> <p>5 – Melbourne Cup holiday</p>	<p>12 – Year 6 Graduation</p> <p>13 – End of year Mass</p> <p>16 – Year 6s Funfields</p> <p><b>17 – End of term – 1:30 finish</b></p>		



# Student Recognition Award

<b>Prep B</b>	Ryan Xerri	For working so hard to ensure he is ready for learning. Ryan has been showing attentive listening and has been working very hard to ensure he is on task. Well done Ryan!
<b>Prep R</b>	Julian Aphram	For being a polite and friendly class member. He follows instructions, works cooperatively with others and approaches learning with great interest and effort.
<b>1/2BR</b>	Will O'Callaghan	For also demonstrating what Resilience, Respect and Responsibility looks like on a daily basis in our class. Well Done Will!
<b>1/2HZ</b>	Islah Boyce	For being a quiet achiever, who is an absolute pleasure to teach! Islah uses her manners, she is caring and a friendly student. She is always switched on for her learning.
<b>1/2R</b>	Hayley Gargalicano	For showing self-motivation to complete learning tasks and taking on challenges to extend her learning. Keep up the amazing work Hayley!
<b>3/4CT</b>	Amelia Hosier-Mocnik	For making a positive start to Yr 3. Amelia uses the disposition of resilience when facing new challenges that come with being at a new level. Keep up your positive attitude Amelia and keep up that self talk.
<b>3/4D</b>	Holly Strant	Holly is the quiet achiever of Year 3/4D. Holly shows great determination in completing all tasks. It has been wonderful to see how Holly reflects on her work and makes connections of what she has read to her own story. Keep up the great work.
<b>3/4H</b>	Russell Salomon	When a class member and friend was in need, you showed the school value of responsibility by promptly offering them support. You have shown true leadership skills. Well done, Russell!
<b>5MP</b>	Abigail McKay	For demonstrating the learning dispositions of risk-taking and self-motivation by driving her learning and working outside her comfort zone when applying algorithms to determine if a number is divisible by 3.
<b>5SB</b>	Audrey White	For using Resilience to participate in the Interschool Swimming Competition on her birthday.
<b>6C</b>		No Student Recognition Award for 6C this week
<b>6FP</b>	Mae Russell	For demonstrating the learning disposition of 'Self Motivation', by displaying dedication and focus on the learning goals in order to drive her own learning.

# PTFA News

**EASTER FOOD DRIVE / CASUAL CLOTHES DAY** - Children can wear casual clothes on Friday March 15th!! If you are in a position to donate please send Items and raffle tickets to your classroom teacher on Friday March 15th. Please refrain from bringing in donations earlier due to storage. **. IF you or anyone you know is in need of support from CareWorks please call them on (03) 9740 5061**

**HOT CROSS BUNS** - Orders due Friday March 15th via CDFPay.

**JUMP ROPE FOR HEART** - Thank you for your efforts so far with fundraising and logging skipping hours! Register your child online @ [www.jumprope.org.au/parents](http://www.jumprope.org.au/parents). Our JUMP DAY will be held on **Friday March 22nd**...All welcome!

**PARENT HELPERS** - Thank you for filling out the helper form. I am finalising who is needed where and will be in touch ASAP if i haven't been already. **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>



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/LUNCHES 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



## 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](http://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](mailto: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

8 <sup>th</sup> March	Nat Grant Danni Bekker Nicole Petrie
15 <sup>th</sup> March	Nikki Munslow Jess Pedder Emma Clements
22 <sup>nd</sup> 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](mailto:absent@olmcsunbury.catholic.edu.au)

### 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

### 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

<b>8.50am</b>	First bell/move to class
<b>11.00-11.30am</b>	Recess time
<b>1.30pm</b>	Eating time
<b>1.40 – 2.20pm</b>	Lunch time
<b>3.15pm</b>	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](http://VillageOSHC.com.au)



# SunFest

## Village Green

24

Grand Street  
Parade

Battle of the  
School Choirs

Carnival  
Rides

Live  
Entertainment

Market Stalls

Food Stalls

Fireworks

Colour Run



# SunFest

## March 16 & 17

Sunbury  
Village Green



Saturday &  
Sunday



[www.sunfest.org.au](http://www.sunfest.org.au)



PROUDLY SUPPORTED & SPONSORED BY:





**OFFICIAL UNIFORM SUPPLIER TO**  
**OUR LADY OF MOUNT CARMEL PRIMARY SCHOOL**  
**PRICE LIST VALID TO 30<sup>TH</sup> 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**

