



Principal's Message

principal@olmcsunbury.catholic.edu.au

53 Macedon Street , Sunbury 3429

9740 7344

Dear Parents,

On Monday the OLMC staff spent the day in professional learning, contemplation and prayer with Father Rob Galea. It was a very worthwhile day where we had the opportunity to reflect on our own faith and the role of God in our lives. It will also help teachers in their daily teaching of our faith in the classroom and in our interactions with other people.

This Sunday we celebrate the Feast of Corpus Christi – the solemnity of the most Holy Body and Blood of Christ. On this feast of Corpus Christi, established by Pope Urban IV in the year 1264, we celebrate the miracle of the Eucharist. When we share in the Eucharist, we share in Jesus' miraculous love for us all. The Eucharist is God's greatest gifts to us. But it is not our right and we cannot demand it. Pope Francis reminds us of this when he says, *'the Eucharist is not a prize for the perfect, but a powerful medicine and nourishment for the weak.'* That's all of us and each of us!

Happy birthday to everyone who is celebrating their birthday this week. I hope you have a most wonderful day.



Jessica Browning Marygrace Aphram

Damon Sultana Tahlia Bekker

Gratitude is one of the pillars of The Resilience Project. Like any skill, gratitude can be learned and strengthened. Here are some tips on how to practise gratitude.

1. Each day, think of 3 things you're thankful for. Make it a daily habit to visualise what is good in your life. This can directly impact your mood throughout the day, as well as your sleep quality. In fact, research suggests this may be a useful tool when initiating treatment against depression. To make it more powerful, it is advised to devote at least ten minutes to this practice, rather than quickly coming up with ideas. Writing down these three things you are thankful for is a great way to complete this exercise, and it is useful to come back and read them at the end of the week.

2. Start a gratitude journal. Journaling can be an excellent self-therapy technique. When you write, you use different parts of your brain and access memories and emotions from a new perspective. A gratitude journal has been proven to activate brain areas that are related to morality and positive emotions. People who could find purpose and feel grateful for the good things to come out of a challenging situation show higher resilience, forgiveness, and detachment. Reading your own words of gratefulness can help you feel better when struggling to be positive.

3.Thank someone new every week. There are many people around us, and we are all connected somehow. How often do we take the time to express gratitude more consciously or thoughtfully? We might say thank you to the person who assists us at the supermarket checkout or thank our partner for setting the table, but do we take the time to make it meaningful? Give yourself the purpose of choosing someone new each week and learn how to express gratitude differently. This could mean adopting a more conscious non-verbal communication (like eye contact and a smile), writing a thoughtful message acknowledging others' behaviour and its positive effects on you, or saying thank you with a nice gift or gesture.

4.Meditate. When it comes to gratitude, meditation can take us as deep as it gets. Different guided meditations allow us to widen our perspective of life and our connection to ourselves

Final thoughts on gratitude

Gratitude is, without question, a great emotion to cultivate. Hopefully, we can make it a habit that translates into a trait. Don't forget that [practice](#) and patience are key ingredients to our purposes and intentions.

God Bless,

Julie

PRE LOVED SCHOOL CLOTHING SALE

Gold coin donation

Multipurpose Room

The sale will continue into next week

School hours only

DISCOVERY EXPO



Dear Parents and Families,

We would love to share our learning and discoveries with you!

When: Monday 17th June 2:30- 4:15 or Tuesday 18th June 8:30-9

Where: The classrooms @ OLMC



Come along
and discover
for yourself!



PTFA News

FUN FOOD DAY - Wednesday June 5th.

Orders due no later than tomorrow, Friday May 31st via CDFPay.

Choose between triple choc chip & M&M (GF & chocolate free options available)

You may also order extra for family & friends....

Our last event for the term is our Cake Stall! Start thinking about what you might like to bake. Cakes, cookies, slices etc. More details to follow....

Courtney!



Upcoming Dates:

- 31 May - Orders close for fun food day cookies
- 5th June—Fun Food day
- 10th June—Kings Birthday Public holiday
- 13& 14 June—Yr 3/4 Camp
- 28 June— End of Term 2 1.30 finish

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



Diversity & Wellbeing News

As part of our ongoing relationship with The Resilience Project we are able to offer our families the opportunity to attend an online event with parenting educator and author Lael Stone.

This Connected Parenting Webinar offers a valuable set of tools for parents and carers aiming to raise children through positive connections and communication. Tips for parents and carers will include;

- Guiding our children to become resilient adults.
- Practical strategies to build stronger connections with your children.
- Ideas to support your children when they are frustrated or going through challenging situations.
- Simple ways to create co-operation.
- Dealing with our own triggers as a parent.
- Understanding big emotions and feelings and assisting your kids in becoming emotionally resilient.

Lael Stone is an author, TEDx speaker, counsellor and parenting educator who specialises in navigating trauma and disconnection in families. She has spent the last 17 years working with families, as well as running programs in Secondary schools for teens on relationships and Well-being. She is a mother of three grown up children and the co-founder of Woodline Primary School - a new innovative school focused on supporting emotional intelligence in children.

Event: Monday 3rd June from 6.30-7.45pm.

Registration is essential! Please use this link to secure your place.

https://au01web.zoom.us/meeting/register/u5wlfumtrz4rHNWb-AjF_vUEZkj4VrHep3h

PARENT & CARERS

Connected Parenting Webinar

AUDIENCE
Parents & Carers

TIME & DURATION
75 minutes

FORMAT
Online Webinar

ABOUT THIS WORKSHOP

This Connected Parenting webinar with educator and parenting expert, **Lael Stone**, offers a valuable set of tools for parents/carers aiming to raise children through positive communication.

Presented to you and other schools, parents/carers will leave this session with:

- Practical strategies to build cooperation and stronger connections with children.
- Ideas to support children when they are facing adversity.
- Ways to assist children in building emotional resilience.
- Tips to deal with our own triggers as parents or carers.

RESILIENCE PROJECT

Our Lady of Mount Carmel Canteen Roster Term 2 2024

31 st May	Jess Peddar Nikki Munslow Mel O'Neill
7 th June	Shohani Douglas Chris O'Neill Danni Bekker
14 th June	Tracey Kilkenny Lucy Evans Shanie Duhau
21 st June	Kelly Xerri Nat Grant Nikki Munslow

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.

I look forward to seeing you all.

Sylvana Doricic

Miscellaneous Group Photos

(SCHOOL CAPTAINS, HOUSE CAPTAINS, CHOIR, SPORTS, ETC.)

When miscellaneous photos are taken on the same day as the school photos, information on how to order will be included with each child's pack, even if they haven't placed an order for their school photo.

The teachers are no longer required to hand out miscellaneous ordering slips to students.

Parents can only order using our online viewing gallery at www.schoolpix.com.au. Parents simply enter their code to view the images and then order if they wish to.





YOU'VE MADE THE WISE CHOICE.
1300 766 055 • www.schoolpix.com.au • help@schoolpix.com.au



We are pleased to advise that OLMC now has **Centrepay** available for fee payments. If you have a Centrelink account you can set up a deduction for School fees by one of the following ways:

- *via your Centrelink online account via MyGov
- *using the Express Plus Centrelink mobile app
- *by contacting the Agency

The minimum Deduction amount for Centrepay is \$10.

For further information, please contact Melissa Bonavia at the School Office.



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.

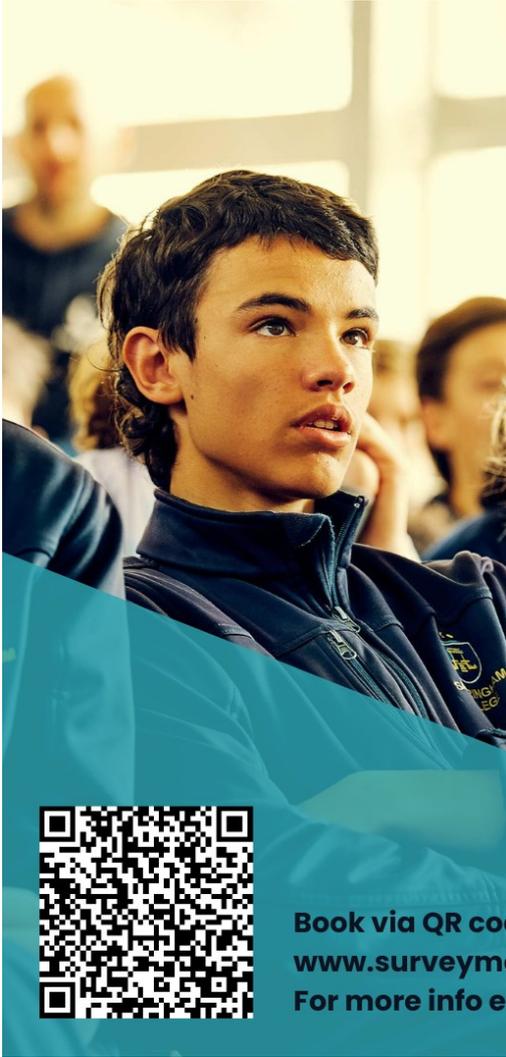


WE ARE NO LONGER COLLECTING BREAD TAGS
BUT ARE STILL COLLECTING OLD PENS AND TEXTAS,
USED BATTERIES, ANY ORAL WASTE PACKAGING AND MEDICINE
BLISTER PACKS.

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



Community News



WHAT'S GOING ON WITH BOYS?

The Man Cave presents an information session for parents, carers and mentors of young people in Hume focused on what's going on in the world of teenage boys

Tuesday 18 June 2024
Refreshments from 6.00pm
Session: 6.30pm - 8.30pm

Sunbury Global Learning Centre
44 Macedon St, Sunbury



Book via QR code or go to:
www.surveymonkey.com/r/ManCaveHume
For more info email: healthpromotion@scchc.org.au

Please join us for the
Official Opening of the Sunbury
Little Athletics Track



Saturday June 1

Formalities begin at 10.00am
With Food Trucks and Entertainment

Eric Boardman Memorial Reserve
222 Mitchels Lane, Sunbury

YEAR 7 2026 APPLICATIONS



Salesian College Sunbury

TO PARENTS OF STUDENTS CURRENTLY IN GRADE 5

Here at Salesian College Sunbury we are proud of our relationship with Our Lady of Mount Carmel. We work together to provide a quality Catholic education to the young people of Sunbury and surrounds. We celebrate life and faith, prepare students to contribute positively, and provide opportunities to achieve excellence.

We would love to see you as part of our Salesian family. Did you know that now is the time to apply for a place at Salesian College Sunbury in Year 7 2026? Applications are being accepted and close on Friday 16 August 2024.

[Visit our website, or click here to apply.](#) The online application form can be started, saved, and completed at any time. I invite you to visit our College website for all other information.

Our website also features a [virtual tour](#) where you can explore what makes us so unique and 'A Home that Welcomes'.

First round interviews for Year 7 2026 places will be conducted in early September 2024 and offers will go out on Friday 18 October, with acceptances due Friday 8 November 2024. An interview booking link will be supplied to all applicants soon after the closing date.

If you require further information, please contact our College Registrar (03 9744 0000 - option 4).

Mark Brockhus
Principal - Salesian College Sunbury



CATHOLIC SCHOOLS, ONE COMMUNITY

salesiansunbury.vic.edu.au | 03 9744 0000 | registrar@salesiansunbury.vic.edu.au