

Our Lady of Mt Carmel Primary NEWSLETTER



19 October 2016

Term 4

Week 2

School Contact Details

School Principal: Mr Steven Jones
9631 8442
OLMCWenty@parra.catholic.edu.au
www.olmcwentworthville.catholic.edu.au

Parish Contact Details

Parish Priest: Fr Paul Cahill OCarm
9631 8302
ocarms@tpg.com.au
www.olmcwenty.org.au

UPCOMING DATES

TERM 4

Week 2

Thursday 20/10

3:30-3:40pm & 7-8pm First Holy
Communion Practise Session

Friday 21/10

9:15am Yrs 5 & Kindy Mass

"Sock It To Poverty" Mufti Day,
Gold Coin Donation

Week 3

Monday 24/10

Year 1 Excursion Taronga Zoo

Year 2 Excursion Rouse Hill

Wednesday 26/10

Year 6 Retreat-OLMC Church

Friday 28/10

9:15am Grandparents Mass

World Teachers Day

NOTES SENT HOME TODAY

- Scholastic Book Club Order Forms

Dear Parents

We all have times when we can't get ourselves going. Writers call it 'writer's block'; sportspeople sometimes call it 'choking'. When you get up and go has got up and gone, sometimes the best thing you can do is to move forward by taking small steps.

Movement takes energy. Now, with the first signs of Spring, it is a good time to recharge your energy, perhaps with a run or doing something you really enjoy that revs you up.

Then there are two good strategies to get yourself going again.

The first is to remind yourself that no matter how helpless you may feel at a time like this, no matter what challenges you face, you have control over the little things in your life.

Just because you have mislaid your motivation does not mean you have lost the ability to make decisions and take charge of your life.

When you feel stuck in a rut by obstacles like apathy, low energy or indecision, if you take small steps you can rev that idling engine.

The best activities are simple ones like cleaning your teeth, putting out the rubbish, taking the dog for a walk, tidying your desk.

Once you inspire yourself by being pro-active in smaller tasks, you'll be better able to roll up your sleeves and do some heavy lifting on the bigger stuff.

The second thing to do if you've lost your mojo is to follow these three, simple words: Just start it.

If you simply begin to do a task, motivation kicks in within 10 seconds. You heard that right: 10 seconds is all it takes to shift from "I don't want to do it" to "I'm already doing it, so I might as well continue".

Let's say, for example, you're trying to get yourself to start an assignment. Open your new document, head it up with the name of the assignment and just start writing. You may just write a description of what you are meant to be doing. Before you know, it will have the outline for the work ahead and the motivation to get on with it. You're far more likely to follow through if you start doing something related to your goal.

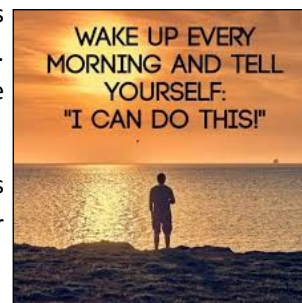
Between these two strategies—energising yourself through small actions and committing to just 10 seconds of activity—you'll be able to make more progress than you would by sitting there berating yourself for being stuck, feeling sorry for yourself or giving yourself negative messages.

Start small but get started and before you know it – you will have that spring back in your step, and better still, a finished job.

Acknowledgment: Tina Gilbertson is the author of the book Constructive Wallowing

As we start a new term, it's a wonderful opportunity to start again.

Mr Steven Jones-Principal



The Community of OLMC is Safe and Respectful

SACRAMENTAL PROGRAM

First Holy Communion: Congratulations to all the children and their families who celebrated their first Holy Communion. A link to the photos will be emailed to all families after this Sunday's celebrations.



To all the children celebrating this Sunday, please know that you are in our prayers as you prepare to celebrate this most wonderful of sacraments. *Practise sessions will be on this Thursday at 3:30pm and 7pm in the Parish Centre. Children must be accompanied by a parent/carer at all times.*

Paola Yevenes-OLMC Parish Wentworthville

YEAR 6 2017 CAMP NOTES

Prior to the end of last term, all Year 5 2016 students received an information note regarding the Year 6 2017 Camp details. Please ensure that this permission note is returned as soon as possible.

PRINCIPAL'S HOLIDAY CHALLENGE

Thank you to all the students who have completed and returned the Principal's Holiday Challenge. A wonderful response to date. The challenge will close this Friday. Please complete all or any of the following...

Fitness Challenge:

<https://goo.gl/forms/oasGao14baFjKUvh2>

Reading Log Term 3 2016:

<https://goo.gl/forms/JIGUMc7L4JRJ9IN43>

Mission Numeral – please send in or email to olmcprincipalchallenge@gmail.com **your numeral**. We would like all students to contribute to the Mission Numeral Challenge.

STAGE 3 TOUCH GALA DAY

On the last day of Term 3, 44 Stage 3 students participated at the Diocesan Touch Gala Day. Whilst there were no medals won, all students participated with enthusiasm, displaying wonderful sportspersonship and represented the school with pride. Thank you to Mrs Zebec, Mrs Raad, Miss Butler, Mr Nick Jones and Mr Steven Jones who managed teams on the day. Also, thank you to Beth Learmonth (ex-student), Madison Foster and Shonae Davey from St Patrick's College Dundas who refereed throughout the day.

HSC

Our thoughts and prayers are with all Year 12 students who continue their Higher School Certificate exams.



“SOCK IT TO POVERTY”

Crazy Sock Mufti Day with a Gold Coin Donation this Friday



MERIT CERTIFICATES

NAME	CLASS
Kayla, Alessandra Benjamin, Elizabeth	KB KG
Deng, Brandon Aadhya, Xavier	1B 1G
Jerome, Bridie Rhianna, Celeste	2B 2G
David, Aaron Malith, Cristian	3B 3G
Sacha, Joachim Rachel, Lincoln	4B 4G
Tiana, Ezekial Jordan, Ruby	5B 5G
Cheyenne, Sebastian Alannah, Panshul	6B 6G



Congratulations: Gold Award

The following children have worked really hard towards receiving 75 Star Cards

Emmanuel, Joseph, Montana, Zachery, Violet, Damon, Faustina, Elizabeth, Bianka, Gianluca, Maya, Elijah, Amirah, Natalia, Kim, Mary, Dylan, Madeline, Jessica, Jerome.



Congratulations: Opal Award

The following children have worked really hard towards receiving 90 Star Cards

Adam, Aurelia, Zachery, Joel, Rachel, Christopher, Elizabeth, Bianka, Elijah, Bradley, Peter, Kim, Marie-Jose, Emily, Kiara, Sienna, Gevin, Thomas.



Congratulations: Platinum Award

The following children have worked really hard towards receiving 120 Star Cards

Aurelia, Emily, Elizabeth, Bracston, Maya, Meilan, Emily, Kim Georgia, Riley, Mason, Mary, Claudia.



Congratulations: Principal's Award

The following child has worked really hard towards receiving 150 Star Cards

Ayden, Anne, Maddison, Ann, Shuban, Rebecca.



Congratulations: Diamond Award

The following child has worked really hard towards receiving 210 Star Cards

Harini, Serena

SCHOLASTIC BOOK CLUB

Book Club Order forms were sent home today and are due back to school by next Wednesday 26 October 2016. We will only process cash orders under \$10 which are to be sent in on the due date. Please ensure your child's name and class are on the form.

If ordering online we do not require any forms to come back to school.

Any cash received prior to Wednesday will be returned.

UNIFORM SALES

All uniform items for students at OLMC are available for purchase from the school Uniform Shop. Appointments can be made online for Monday and Thursday mornings before school at www.schoolinterviews.com.au using the code **7wdh6**. **It is important that you arrive on time for your appointment.** If you are unable to attend, please cancel the appointment online so that the timeslot can be used by another parent. All uniforms are tried on in the demountable classroom located near the basketball court.

If you do not need to try on uniforms, please complete an order form which is available either from the school office or can be downloaded from the school website. Your order will be processed and sent home with your child during the week. **Please note we are unable to supply uniform items immediately over the counter - this includes the purchase of hats.**



Uniforms will be supplied after full payment has been made. Payment can be made by cash or EFTPOS. Credit card payments can also be made over the phone.

The new uniform will be compulsory for all students from 2018. Limited stock of the older style uniform which can be worn next year is also available for sale at discounted prices.

We will be holding extra Uniform shop appointments during Week 9. Please book your time now to avoid disappointment. **Our last day for all uniform sales this year will be Thursday 8 December.**

PARENTS AND FRIENDS

Save the date-P&F General Meeting and AGM 1 November 2016

Please mark your calendars for our final P&F meeting for the year and Annual General Meeting. It will be held on Tuesday 1 November at 7pm in the school library. Refreshments and light snacks will be provided. If anyone has any items they would like to raise for discussion please email P&F Committee at olmcwenty@parra.catholic.edu.au.

Following the General Meeting an AGM will be declared, during that time positions of the P&F Committee will be voted in. If you are unable to attend but would like to nominate someone, a list of positions and their descriptions is available from the school office or at <http://olmcwentworthville.catholic.edu.au/school-notes>.

We encourage everyone to attend this meeting and take part in the nomination process, we would love to see new faces and welcome everyone's input. A note will be sent to all families next week with nomination forms.

PRC Meeting November 14, 7pm Diocesan Assembly Centre Blacktown: Executive Director Greg Whitby will speak to the PRC Monday 14 November outlining the future direction of education in the Parramatta Diocese. It promises to be an interesting presentation and every parent is invited to attend. Please save the date

PARENTS AND FRIENDS

World Teachers' Day competition

World Teachers Day is an annual event held on October 28 to celebrate the vital work of teachers in educating children around the world. This year the Catholic Education Diocese of Parramatta is running a competition asking students to take a selfie with their teacher and tell them in 25 words or less why they think their teacher is great.

To enter the competition, go to <http://www.parra.catholic.edu.au/thank-your-teacher> and click the online competition link.

Please make sure children **ask their teacher's permission** and discuss the competition, **before** they take a photo. The winning entry will be posted on the CatholicEdParra [Facebook page](#) and [Twitter feed](#) in the lead up to World Teachers Day on Friday 28 October. The winning student will be announced on World Teachers Day and presented with a \$200 iTunes voucher. The winner's teacher will also receive an iPad mini.

Tips for submitting an impressive entry

- Make sure the picture is clear, well lit and that faces are framed inside the shot.
- Check the file size of the image, between 1MB and 3MB is ideal, if your image is too small – it may not be suitable for our Facebook page. If your image is too large, it may be too big to email
- Take some time to think creatively about what makes your teacher great to ensure your caption impresses our judges.
- Submit your entry early, don't wait until the last minute!

Grandparents' Day

Everyone is invited to our Grandparents' Day celebration on Friday 28 October. The morning will begin with mass at Our Lady of Mount Carmel Church at 9.15am followed by morning tea and storytelling in the parish hall. **Please email photos of Grandparents to the school email address by Tuesday 25 October to display at our mass.**

Remember to invite your Nan, Pop, Grandma, Grandpa, Opa, Oma, Nonna & Nonno, Jeddo or Teta, then fill out the note sent home with the children last week and send it back by Monday 24 October.

Calling all our Family Businesses to Sponsor our Fete 2017

Our fete committee is calling all businesses in our community, particularly those owned by our families to contact us if they are interested in supporting our 2017 Fete, either by donating products, vouchers or by sponsoring through a monetary contribution.

We are seeking donations for the major raffle, as well as our chocolate wheel and we would greatly appreciate any gift certificates and/or new products that you may be able to provide. Alternatively, you may prefer to sponsor in return for some great advertising.

This column is compiled by P&F Communications. If you have any queries or wish to contribute, please email olmcwenty@parra.catholic.edu.au and attention to P&F Communications.

MISSION WEEK

*"Just as you did it to one of the least of these . . . you did it to ME
Matthew 25:40*

HINT: YOU MIGHT NEED TO KNOW THIS ON FRIDAY!!!



On the 14th of October Mr Jones and Mrs. Nolan accompanied Year 6 leaders to the Diocesan Mission Mass and launch of Mission Week in our Diocese. School leaders from every school in the Diocese had been invited to attend. The Mass was held at Parramatta Cathedral. It was also an opportunity to see and hear what other schools had been doing to promote Mission Week.

When we arrived we saw some booths set up. A number of Schools were presenting their Mission work at each booth. Students from the schools spoke to us about how they made Jesus real in their life.

After that we went to Mass where Father Paul Roberts told us how each and everyone of us could help. Father Paul asked a young boy to stand up and tell us about himself to prove that we could all speak in front of such a large audience.

The cathedral was very different from our school and very beautiful, the church was styled with a modern layout. We went to learn about how the Catholic Church was helping other countries like Cambodia. We learnt how we are so lucky to be able to go to school and some children in Cambodia can only go to school once a week.

MISSION WEEK IN OUR SCHOOL

**MONDAY-WEDNESDAY:
LUNCH TIME DISCO**

**FRIDAY:
CRAZY SOCK MUFTIDAY
GOLDEN SOCK HUNT FOR
GREAT PRIZES
MISSION TRIVIA QUIZ
LET'S SOCK IT TO POVERTY!!!
(ANOTHER HINT)**

