



Our Lady of Mount Carmel

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Newsletter
Term 4 Week 8

PRINCIPAL'S MESSAGE

Dear Parents,

We have just entered the second week of Advent and we are all no doubt busy preparing for all the elements of Christmas, but let us ensure that we give ourselves some important preparation time for our hearts, our minds and our faith.

What will we do to prepare ourselves?

*Lord,
make us strong enough to do what we need to do,
calmly, simply, without wanting to do too much,
without wanting to do it all ourselves.
In other words Lord make us humble in our wish and in our will to serve.*

*Help us above all to find You in our commitments,
for You are the unity of our actions;
You are the single love in all our loves, in all our efforts
You are the well spring, and all things are drawn to You.*

*So we have come before You Lord,
to pause and gather our strength and
to await with hope and anticipation
the celebration and joy of the birth of baby Jesus.*

And so as we continue our Advent journey, may we each be drawn to Jesus to pause and gather our strength of soul and purpose as we move closer to the celebration of His birth.

Steven

Principal

Thank you to the parents who organised and attended the morning tea on Monday for me. Special thanks to those who brought morning tea. Throughout my time at OLMC I have truly valued and appreciated the support and friendship of all the families. It was a wonderful opportunity to catch up with many parents.

The Community of OLMC is Safe and Respectful

UPCOMING DATES

Parents please be aware that the last day the office will be taking payments both cash and eftpos will be FRIDAY 14 DECEMBER

Week 8

Wed: Swimming Program
Thu: Swimming Program
 Year 6 Surf Awareness Program @ Manly
Fri: Swimming Program

Week 9

Mon: Swimming Program
 2:10pm Student Leaders 2019 Speeches
 Tue: Swimming Program
 6-8pm Christmas Story & End of Year Awards

Week 9 Cont.

Wed: Swimming Program
 Semester 2 2018 Reports sent home
Thu: Swimming Program
 Year 5 Surf Awareness Program @ Manly
Fri: Swimming Program

Week 10

Mon: Swimming Carnival Yrs 2-6
Tue: 1:30-3pm End of Year & Yr 6 Graduation
 6-10pm Graduation Dinner
Wed: 19 Dec - Last Day of Term

NOTES HOME

Last Friday

- Swimming Program

Monday/Tuesday

- Sphero & Movie Day - Yr6

Today

- Yr 6 2019 Collaroy Camp
- Awards Night and Christmas Concert
- Swimming Carnival Yrs 2-6

School Banking has now finished for 2018

MERIT AWARDS

KB	Jad, Paul, Lucas	4B	Jorja, Aiden
KG	Aaliyah, Olivia	4G	Iniya, Noah
1B	Angela, Hiva	5B	Francis, Luca
1G	Rohan, Amelia	5G	Claudia, John, Claudia
2B	Annabelle, Charlize	6B	No awards presented.
2G	Kinjal, Georgia	6G	No awards presented.
3B	Harish, Irene	CA	Sara, Gabriella, Sylvana, Michaela, Serena, Claudia, Celine
3G	Thabeesh, Saxon	PE	No awards presented.

STAR CARD AWARDS

Gold Awards: Chelsea

Opal Awards: Tomos ▪ Luke ▪ Alessandra ▪ Malith ▪ Valli ▪ Kruthi

Platinum Awards: Maroun ▪ Martin ▪ Grace ▪ Kiara ▪ Elouise ▪ Peter ▪ Victoria ▪ Samuel ▪ Georges ▪ Sara ▪ Ayii ▪ Claudia ▪ Logan ▪ Jessica ▪ Yara

Principal's Awards: Zein ▪ Saadhana ▪ Charbel ▪ Ann ▪ Anthony ▪ John ▪ Julian ▪ Catherine ▪ Serop ▪ Anabella ▪ Jonathan

Diamond Awards: Mia ▪ Ashley ▪ Jayden ▪ Kashvi ▪ Lara ▪ Simona ▪ Marisol ▪ Elisha ▪ Celine



COMMUNION PHOTOS

By now, all families should have received an email or sms with the photo links. The photographer, Laura Bellissimo Photography, has gone above and beyond expectations; so, if you'd like to leave her a comment about her incredible work, please visit her facebook page.

CHRISTMAS HAMPERS

Remember we are collecting Christmas goodies for St Vincent de Paul to distribute to needy families. This is our faith in action focus for Term 4, we are following the example of the three wise men in giving gifts and the God given gift of the child Jesus. Hampers will be given to St Vincent de Paul to distribute on the 15th December.

CHRISTMAS STORY - Don't forget Tuesday, 11th December is our Awards and Christmas Story beginning at 6pm. Bring a rug or a chair to sit on. Refer to note sent home today.

PARENT DATA VALIDATION SURVEY

Having accurate, up-to-date information on our students is an important part of maintaining their safety and wellbeing, and supporting their learning. It also assists schools to make good decisions about how best to support and care for all students. To ensure that the data we currently hold is current and accurate, CEDP is conducting a data validation survey. **What does this involve?** It is pretty straight forward. Catholic Education Diocese of Parramatta (CEDP) will send you an email, SMS and/or letter with a link to the survey. Please note that in some cases you may need to confirm visa details, arrival and school starting dates in Australia, so please have this information with you before starting the survey. The survey will ask you to confirm or change the information the school currently has about your child/children. This could include names, addresses, email addresses etc. In the majority of cases, the information will not have changed. If it has, it is important you record this in the survey. Letters sent to parents will include instructions on how to access the survey online. Completing this survey helps to ensure that we have the right information about your child in the case of an emergency and for programs that best suit your child's needs. Reminder emails and SMS will also be sent. **Questions?** If you have any questions about this project, please contact your school. You can also contact the CEDP Helpdesk at enterpriseservicesdesk@parra.catholic.edu.au or phone 9840 5620. Thank you for your support of this important project.

WYD RAFFLE WINNER

Thank you to everyone who supported the WYD pilgrims in the Diocese of Parramatta through the WYD raffle. We are still looking for one prize winner, **if anyone knows BICH NGUYEN (6th Prizewinner), please call ask them to contact Parramatta Catholic Foundation at 02 8838 3482 or email yourfoundation@parracatholic.org to claim their prize.**

THANKYOU

A huge THANK YOU to **Stephanie** and **Roslyn** for their dedicated support of our Year 3 and Year 4 students' reading. These wonderful ladies have been an integral part of our Multilit Program, 3 days a week, for 2 terms. We are very grateful for this generous community support and assistance with our students' reading development. We look forward to welcoming more volunteers next year.

P&F NEWS

Committee Positions - If you are curious about finding out more about the positions of treasurer and fundraising committee that have not yet been filled, please have a look at the school website or email olmcwenty@parra.catholic.edu.au and we can provide you with some more information.

Farewell to Steven- Thanks to everyone who contributed on Monday morning to the morning tea to wish Steven all the best for 2019. We were grateful to see you all.

Fete News - We are seeking people to help by becoming a stall coordinator. We have many exciting stalls for next year such as the Trash'n'Treasure, Cakes, Dunk Tank, Face Painting and Chocolate Toss. Coordinate your own, or work with a friend. It is a fun and easy way to become more involved in the major fundraiser for our school and Parish. Training, equipment and support will be provided. For more information email olmfete@gmail.com or sign-up using the link:

<http://signup.com/go/ecdtidf>

PRC Report - During Term 3, the PRC hosted a talk by Dr Justin Coulson. Damien provided his notes on **10 Things Every Parents Should Know** for our school community below. We plan our careers, our holidays, when to have kids, but we don't have a plan for our family - we too often fly by the seat of our pants. Why not have a plan for our family? Start with success- look at what I am doing right in my life, what my spouse is doing right, what's going well with the kids. Focus on the stuff we are doing right and do more of it. Make sure you have a day of rest and family fun. Emotions are contagious, and children respond to our emotional response to situations - think about reacting in a crazy or calm way- how do our kids then react? Timeouts are just a time for kids to plot their revenge. Try to workshop conflict. This process doesn't work when there is high emotion. Make sure there is no audience and then examine together: What they did? How did you feel? (builds empathy) What did you do? How they felt? Showing kids the parent badge as a control - force just creates resistance. (Because I am the parent! That's why!) Discipline is about Help not Hurt. Teach children to behave the way you want rather than punishing them for failing to meet expectations. Our job is to teach, guide and instruct - to make kids strong and caring. It makes us better humans. Turn towards them when they behave in challenging ways (not away from them.) Often kids act lousy because they are feeling lousy. Recognise this and examine it together. As an adult, (in front of your children) demonstrate asking for forgiveness and wanting to try better. This enables them to do the same.

Tips for workshoping conflict: use soft eyes; listen, open up and connect to kids; see the emotion as a chance to *Connect* before you *Correct*; label emotions: if you can name it, you can tame it, "*You're feeling really angry right now...*". Allow them to experience the emotion safely; work on solutions and limits together; wake them up gently; talk about what's happening today; get them to help with getting breakfast/ready; mornings start the night before.

<https://www.nytimes.com/2018/04/25/well/family/the-secret-to-magic-mornings-put-the-kids-to-work.html>

Sibling conflict can be good. It's an environment where we learn to get along with each other. Look for ways to turn *Blame*, *Excuse* and *Denial* into *Ownership*, *Action* and *Responsibility*. We only have 936 weekends with kids until they leave home.

Fire + Rescue Visit Year One

Last Thursday Year One had the privilege of learning about fire safety from our local Fire Brigade. Firefighter Peter and his team spoke to us about what safe and unsafe fires look like and the importance of having an evacuation plan at home in case there is a fire or an emergency.



We learned about the firefighters uniforms and how they keep them safe while doing their job! We also learned that if our clothes catch fire, to **“STOP, DROP, COVER AND ROLL!”** or if there is a fire near us to **“GET DOWN LOW AND GO,GO,GO!”**. We also were able to see what it was like inside a fire truck and got to spray water from the hose.



Thank you to Firefighter Pete and his team who took the time to visit and educate us about the importance of fire safety.