



Our Lady of Mount Carmel

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Newsletter
Term 2 Week 6

PRINCIPAL'S MESSAGE

Dear Parents,

Grit and inner motivation are building blocks to success, yet we sometimes struggle with how to instil these qualities in children. The arrogance of feeling superior to others was once considered to be one of the seven deadly sins. But researchers have focused on a healthier, more productive type of pride. Authentic pride — the deep personal satisfaction of hitting a valued goal — can encourage the kind of self-discipline and hard work it takes to stay motivated, overcome challenges and achieve.

A study last year by German researchers found students who reported feeling positive emotions such as pride and enjoyment in their work had significantly better achievement over time than students who had the same level of ability but fewer positive emotions.

On the other hand, feeling a lack of pride in our work can motivate us to work harder, too. One study found that students who did poorly told researchers that they planned to study more in the future and then went on to perform better on the next exam. **Pride acts as a barometer of achievement.** Pride makes you value long-term goals more than present ones and builds self-control and grit from the bottom up. **Parents play a critical role in building their child's sense of pride.** Our brains don't come hard-wired to know what to take pride in, such as grades or sports, so children initially look to parents and then to teachers and peers to find out what's valued by those around them and therefore what goals are worthwhile to pursue.

When young people are engaged in areas where they feel confident and proud, it creates a ripple effect, giving them the motivation and encouragement to take on new challenges in other areas of their lives.

To teach children how to use pride as a motivational tool, point it out: Did you notice how you felt when you aced your test, built that model plane or sang that song? If they're feeling a lack of pride over a test score or performance, talk through the actions they can take to avoid feeling that way in the future. To stay intrinsically motivated, children must feel as if they're improving toward a goal, so point out the pride they should feel in the small successes along the way.

When we withhold genuine praise or downplay pride, we deprive children of a powerful source of motivation that can help them persevere in the face of challenges today — and throughout their lives.

Acknowledgment: Jennifer Breheny Wallace in Washington Post 17 May 2018

Steven Jones
Principal

The Community of OLMC is Safe and Respectful

UPCOMING DATES

Week 6

Friday: Athletics Carnival

Week 7

Monday: QUEEN'S BIRTHDAY PUBLIC HOLIDAY

Tuesday: Staff Development Day - No School for Students

Wednesday: 8:15am Morning Workout (K-Yr3)

Friday: Magic Flute Performance K-6

Week 8

Monday: Yr2 Excursion - Warragamba Dam

9am Assembly

Tuesday: 8:15am Morning Workout (Yr4-Yr6)

Wednesday: 8:15am Morning Workout (K-Yr3)

Friday: Kindergarten Excursion - Taronga Zoo

Week 9

Monday: 9am Assembly

7pm Sacrament of Reconciliation

Tuesday: 8:15am Morning Workout (Yr4-Yr6)

Stage 2 Boys & Girls Soccer Day

7pm Sacrament of Reconciliation

Wednesday: 8:15am Morning Workout (K-Yr3)

WYD Raffle Tickets due back

Friday: 9:15am Yrs 3&4 Mass

Book Fair Begins

Semester One Reports sent home

MERIT AWARDS

KB	No awards presented this week	4B	Johnathon, Claudia
KG	Steven, Lily	4G	No awards presented this week
1B	Jessie, Olivia	5B	Isabella, Aurelia
1G	Amelia, Marcus	5G	Jarrood, Nerome
2B	Chelsea, Gabriel, Erinn	6B	Melissa, Skyler
2G	Alanah, Adriana	6G	Sacha; Minh-Kim
3B	Isabella, Siya	CA	Erinn, Keillan
3G	Xavier, Mia, Keillan	PE	Steven, Georgia

STAR CARD AWARDS

GOLD: Serena ▪ Ann ▪ Jayden ▪ Graceu ▪ Mary ▪ Thomas ▪ Rohan ▪ Nilan ▪ Manav ▪ Myra Miranda ▪ Nhial ▪ Sajin

OPAL: Charlise ▪ Eva ▪ Anila ▪ Mrunal ▪ Sanjana ▪ Mia ▪ Chivonne



SACRAMENTAL PROGRAM

FIRST RECONCILIATION: If you're one of the many, many parents around Australia who are reconnecting to your faith through your child's first Sacrament of Reconciliation, join the club! It's a well-known - and *loved* - fact among children's ministry groups that this may be the first opportunity many parents have had to renew their faith journey.

But whether you're just starting out, or have done this many times, we are very excited to welcome and support you.

I invite parents to pray for each other, especially those who are just on the cusp on embarking on a new and interesting journey.

ATHLETICS CARNIVAL

The annual Our Lady of Mount Carmel Athletics Carnival is to be held this Friday 8 June at Holroyd Sportsground, Peel Street, Merrylands. All students will be travelling to and from the venue by bus. Parents are not permitted to travel on the bus with the children.

We need parent helpers on the day. Please let us know if you can help.

A decision as to whether Friday's Athletics Carnival will go ahead, will be made tomorrow prior to the end of the school day. An announcement will be made via the following measures - Over the PA system at 3pm, Skoolbag, Website and Email. Should the Athletics Carnival be postponed the backup date is Friday 29 June. Lunch orders will be held over to the back up day.

PUPIL FREE DAY

PLEASE NOTE:

MONDAY 11 JUNE IS A PUBLIC HOLIDAY

AND

TUESDAY 12 JUNE IS A STAFF DEVELOPMENT DAY (PUPIL FREE DAY)

IF YOU REQUIRE CARE ON THESE DAYS PLEASE CONTACT COOSHC ON 0409 631 929

THERE WILL BE NO SCHOOL ON EITHER DAY FOR THE CHILDREN

PREMIER'S READING CHALLENGE

The children at OLMC have been reading up a storm of books. There are now 101 children who have completed the challenge to date.

Congratulations to the following children: Abigail, Aime, Elyssa, Aibel, Sameet, Samuel, Tanya, Erinn, Charlize, Xavier, Ruby, Maroun, Brandon, Bhakti, Gabriella, Jake, Mia, Azhric, Chivonne, Aleisha, Saxon, Charlise, Charlotte, Mia, Mrunal, Ethan, Ryan, Zien, Winona, Jasmine, Nilan, Thabeesh, Marten, Serena, Clara, Christopher, Mia, Annabelle, Gevin, Adam, James, Christian, Victoria, Iziah, Christian, Matilda, Jessica, Nhial, Bradley, Vraj, Jacinta, Nishan, Francis, Francesco and Sacha.

The challenge continues until the end of August, so there is plenty of time to add the books read to your child's online reading record. The teachers of Kindergarten to Year 2 will add the books that they have read with their class to the children's online reading record also.

WORLD YOUTH DAY RAFFLE

Last week each family received a book of raffle tickets to support those young people travelling to Panama in January to celebrate the youth of the world and our Catholic faith with the Pope.

Thank you for your anticipated support for this fundraising initiative, two parishioners from our parish and Miss Magnatong will be attending this event.

Please return all sold and unsold tickets by Friday 22nd June.

COMPETITION

Thank you for reading the newsletter. Please click on the [link](#) to go in a draw to win a prize.

P&F NEWS

BYOLT Information Evening

We would like to thank Mrs Pearn, Mr Jones, Miss Thomas, Miss Dooley, Mrs Smith, Miss Mikhael, Mrs Hakim, Mr Jones, Miss Pirovic, Mr Singh for the Bring Your Own Learning Technology Information night yesterday evening. It was very informative and we appreciate you sharing your knowledge with us and giving us your time.

Bingo Night - Save the Date!

Friday 3rd August at 6:30pm, we will be having a Bingo Night at Camilleri Hall, Ettalong Road, Pendle Hill. This will be a fun social event for the members of our school community coordinated by the P&F Social Committee. More information to follow.

Fete News

As you will know by now our school and parish fete date for 2019 has been set for Friday 22nd March 2019. Please make sure it is in your calendar!

This is the major fundraising event for the school and parish and we are calling on anyone who is able to help by:

- taking up a role on the fete organising committee. We are currently seeking someone to take on the role of secretary. This role involves booking the space for meetings, attending meetings and taking minutes. There are many other positions you could assist with as well.
- If you have a business that is looking to advertise in the community, consider signing up for a sponsorship package. There are 4 levels of sponsorship, each with their own rewards.

Please email us at olmcfete@gmail.com for further information and let us know how you can help make Fete 2019 an even better fete!

Our Lady of Mt Carmel Mini Vinnies - Winter Appeal

TOP-to-TOE DAY



This Thursday 7th June, we are holding a Top-to-Toe day to collect beanies, scarves, socks and gloves to give extra warmth to those people of all ages doing it tough this Winter. Thanks to those who already have brought some to school.

Our mini Vinnies group are organising the day and the goods collected will be presented to the Youth Coordinator of St Vincent de Paul.

