



Our Lady of Mount Carmel

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PRINCIPAL'S MESSAGE

Dear Parents,

Welcome to Term Two. In our church we are now celebrating and living the joy of the promises of the risen Lord. Easter is a time of hope and renewal. In our Easter story we are moving towards Pentecost, where the scripture tells us that Jesus appeared to many people and those who believe in him will understand that he has conquered death. Jesus will tell them that he's leaving again but will send the Advocate, the Holy Spirit.



Even after the great Resurrection has occurred, we continue to live in paradox and tension. We believe Jesus rose from the dead and that we, too, will one day be resurrected. In the meantime, life continues and people suffer, and the answers we want don't come, and Jesus the Man-God is nowhere to be seen.

In the meantime, much of the world around us acts as if there is no Resurrection at all. Those of us who follow Jesus have to stick together. We need to pray and worship together, remind one another of this strange reality we call the Christian life. It makes sense only if we take Jesus at his word—if we believe that his life merges with ours and that we are forever changed.

And in the absence of Jesus who walked this earth centuries ago, what do we do?

We allow him to live through our bodies and voices, our thoughts and dreams, our arms and faces. We are the Body of Christ. This is not merely a nice metaphor; it speaks a reality by which we live as Easter people. Jesus now is with us, within us. He is also outside us, in others—we meet him especially in those who need our love, those we can feed, clothe, visit, heal, forgive and love.

Easter is not magical. It is transcendent. Jesus is not somewhere else. Christ is everywhere—through him all creation holds together. He lives and breathes through his body, the Church. To live as Easter people it means we live as *a people*, all parts of Christ's Body working together toward a single purpose: **love**.

While we begin the term with uncertainty around living with covid, we also have the hope that has come from the reduced numbers of cases and the commencement of easing restrictions. We have hope in the knowledge that as a society we are working towards the common good and achieving our collective goals. V. Hampton Wright - Ignatian Spirituality

Learning has now officially recommenced and it was so wonderful to see so many families yesterday, collecting Learning Packs. Your affirmation of the work teachers have been doing has been appreciated. From Week 3 we will begin the transition back to school and specific details will be sent home in learning packs on Monday, next week.

Olimpia Pirovic
Principal

The Community of OLMC is Safe and Respectful

UPCOMING DATES

Week 1

Tue: Learning Pack pick up 8am-11am

Wed: Term 2 Begins

Thur: 3:30pm-4pm Library open to families

Fri: 7:30am-8am Library open to families

12:00pm-1:30pm Open Zoom for parents

2:15pm-3:00pm Open Zoom for parents

Week 2

Mon: Learning Pack drop off & pick up 8am-11am

Thur: 3:30pm-4pm Library open to families

Fri: 7:30am-8am Library open to families

12:00pm-1:30pm Open Zoom for parents

2:15pm-3:00pm Open Zoom for parents

HOLIDAY CHALLENGE

Don't forget to submit your Principal's Holiday Challenge. Email your favourite photo and contact sheet to:

olmcprincipalchallenge@gmail.com

Link for [Reading Log](#). We

already have some great

photos.

PREPARING FOR LEARNING FROM HOME IN TERM TWO

After receiving your child's first Learning from Home pack on Monday, you would have noticed that learning is structured differently. We have provided more video content to explain learning concepts and have also started using Zoom to connect with the children. It is important for parents to help children log into their child's school gmail account and check their mail and calendar for links to meetings. Children's email and calendar can be accessed by logging in via classm8.parra.catholicedu.au. [See this link for a parent tutorial on how to access ZOOM invitations](#). Your child's user name and details were provided on the note sent home in the first learning pack. Please check these notes before you contact the school.

KINDERGARTEN PASSWORD CHANGE

There have been ongoing issues with some Kindergarten children and their password to access the school based email and google account. All passwords have been reset to a simple formula making it easier for the children to access. Parents are asked to check their personal email for information about this change. If you have any issues please contact your child's teacher.

PARENT SUPPORT WITH LEARNING FROM HOME

While we have continued to evolve our Learning From Home, we have also developed short videos to support parent skills in how to work with their children at home. Each Grade Website has a link to these supports. We would ask parents to troubleshoot first using these as many of your simple questions can be answered here or in the letters sent home.

+ [How to use Zoom](#)

+ [Worksheets](#)

+ [Using Google Classrooms](#)

+ [Grade websites](#)

+ [What are learning intentions and success criteria](#)

STAY CONNECTED AND SHARE YOUR LEARNING FROM HOME

Have you visited our [OLMC Learning From Home Facebook](#) page? Many, many families have engaged with this page, either by sharing learning, accessing parent learning videos or even just accessing reminders. Parents are invited to like and follow the page to reconnect with other families and the OLMC school community.

RETURN GUIDED READING BOOKS

There are a number of families from **Kindergarten to Year 2** who did not return the Guided Reading books from the Learning Packs. These books are sets that need to be maintained to teach reading. If you have books from previous weeks please return them to the school office **ASAP**. Kinder - Year 2 need to return them every week in their packs.

CHANGES TO PREMIER READING CHALLENGE 2020

Due to the current situation, the Premier's Reading Challenge rules have been amended. These amendments ensure students are able to still fully participate in the challenge, while also responding to their limited access to PRC texts. The following adjustments will be applied to the Challenge in 2020:

- Students on all Challenge levels are able to read 10 choice books - an increase from five.
- Students on all Challenge levels will be able to include books on their reading records that they read collaboratively as a class, in person or online with their teacher or at home with their parents/carers.
- Students who complete the Challenge in 2020 will be able to count this towards cumulative awards.
- Students who do not participate in the Challenge in 2020 will not be disadvantaged in the receipt of cumulative awards

To enter the Bonus Choice Books on the [Student Site](#), students can search for "2020 Bonus" on both the main search page, or in the "add choice book" tab, and these [records will appear for them to add to their Reading Record](#).

GRADE WEBSITES

Now, more than ever, it is vital that parents familiarise themselves with Grade Websites as learning content will be placed here.

[Kindy](#)



[Year 1](#)



[Year 2](#)



[Year 3 NEW](#)



[\(Yr5 & 6\)](#)



CHILDREN'S SACRAMENTAL PROCESS

Unfortunately, due to the restrictions placed on social gatherings, we have postponed the Confirmation and the first Reconciliation processes until next year. At this stage, preparations and celebrations for the children's first sacrament of Holy Communion are still planned for later on this year, for those children who are eligible. For further information, please email the sacramental coordinator, Paola Yevenes, at paola.olmc@gmail.com

KINDERGARTEN 2021 - APPLICATIONS CLOSING

The 2021 Kindergarten enrolment period will be closing on **May 15**. Parents are asked to finalise their enrolments by returning their enrolment pack, with all the appropriate documentation before the closing date. Enrolment packs are available from the office. We have created a [virtual tour to allow families to experience our school and learning spaces](#).



FEE RELIEF FOR FAMILIES EXPERIENCING HARDSHIP DUE TO COVID-19

As the impact of COVID-19 continues to be felt in the community and by our families, we are committed to ensuring no child is denied an opportunity to attend a Catholic school because of financial hardship.

[Learn about the simple new process to assist families who are experiencing difficulties with school fees due to COVID-19 here](#)

OPEN ZOOM SESSION FOR PARENTS

On Fridays, Miss Pirovic and Mrs Anderiesz will hold two open ZOOM sessions for the primary purpose of supporting parent queries. No new announcements will be made during these sessions. This is just an opportunity to check-in and receive support.

FRIDAY- 12:00pm-1:30pm <https://parracatholic.zoom.us/j/94896439101>

2:15pm-3:00pm <https://parracatholic.zoom.us/j/94896439101>

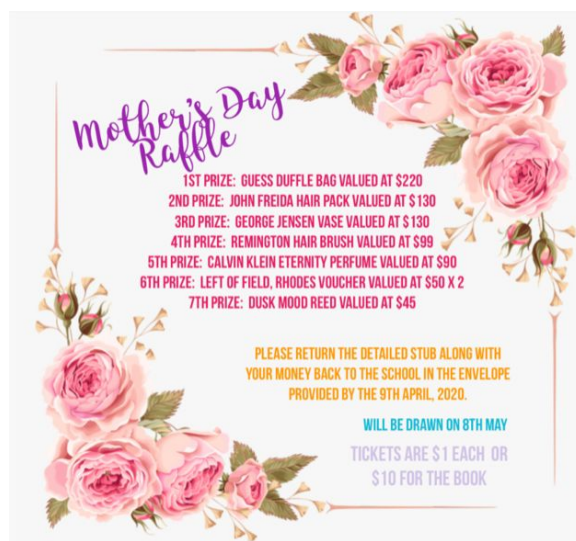
P&F NEWS

Thank you to everyone who has returned their Mothers' Day Raffle tickets. We plan to draw the raffle during a livestream on our Facebook page on Friday 8th May. Winners will be notified by phone.

Unfortunately, due to current COVID 19 restrictions, it is not possible to host a Mothers' Day Stall, which we are very sad about. Thanks to Diana Khoury and Linda Khoury for their efforts in coordinating all the gifts and prizes for this year. Even though we can not come together in the traditional manner, we are grateful for your time and energy.

Each family will receive a small gift in their learning pack next Tuesday that they can give to their Mum, Grandmother or special person on Mothers' Day. Thank you to Karly Jouni for organising these gifts. We hope that this small gift will help you to make Mothers' Day a special day in your family.

This column is compiled by P&F Communications. If you have any queries or wish to contribute, please email olmcpdf@gmail.com and attention to P&F Communications.





1. Have a dedicated workspace

Having a designated workspace signals to your brain that it is time to work on assignments and then time to end schoolwork when you leave this area.

This does not have to be an entire room, this can be an area of a room where your materials and computer stay.



Student Self Care Tips for Virtual Learning

2. Set 'school' hours

It is easy to get distracted when school takes place at home.

Set a time everyday that you will dedicate to your assignments.

X Make sure SnapChat, Fortnite, TikTok, and COD are not open during this dedicated time.

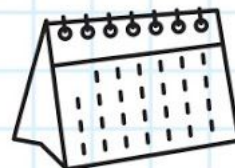


3. Have a routine & write it down

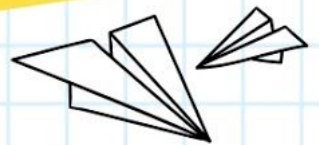
Know your teacher's expectations for logins and assignment submittal.

Keep your routine similar to what you are used to: get up, shower, and get ready for your day.

Do you have siblings in your home? Brainstorm what your routine looks like together!



GET UP

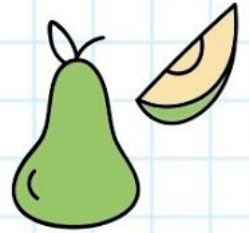


4. Take breaks during the day

Make sure to step away from your school work during lunch or snacks and add breaks for movement, mindfulness and healthy activities.

Your brain needs time to relax and recharge.

RELAX & RECHARGE



Yawn and Stretch for 10 seconds every hour

Do a fake yawn if you have to! That will trigger real ones. Say "ahh" as you exhale. Notice how a yawn interrupts your thoughts and feelings. This brings you into the present.

Then stretch really, really slowly for at least 10 seconds. Notice any tightness and say "ease" or just say hello to that place (being mindful — noticing without judgment). Take another 20 seconds to notice and then get back to what you were doing.

3 Hugs, 3 Big Breaths

Hug someone tight and take 3 big breaths together. Even if they don't breathe with you, your breathing will ground them.

Remember only members of your household!! We have to keep to the rules to keep us all safe!

Easy Mindfulness Activities (less than 1 minute!)

Mindfully Eat a Raisin

Take a raisin or a piece of chocolate and mindfully eat it. Slow down, sense it, savor it and smile between bites. Purposefully slow down. Use all your senses to see it, touch it, smell it, and sense it. Then gently pop it into your mouth and really savor it. Savor its texture, its taste, how it feels in your mouth. Let it linger and then swallow it. After you have swallowed it, let your lips turn up slightly and smile. Do the same thing for each raisin you eat or bite you take.

Clench Your Fist and Breathe into Your Fingers

Position your fingers and thumbs facing down. Now clench your fist tightly. Turn your hand over so your fingers and thumbs are facing up and breathe into your fist.

Notice what happens.



5. Intentionally 'END' your day

This signals to your brain that "work" is done for the day. Try stretching or running in place to give your brain that needed signal.



6. Practice gratitude

Studies show that practicing acts of gratitude can actually change the brain to focus on the positive and help you feel more at ease in times of stress or uncertainty. Intentionally think of 3 things you are grateful for each day. Share with a family member or friend!



7. Practice healthy activities

Team together with those in your home to try new games, projects or activities.

When we feel stressed, healthy activities, whether they are social, physical, or emotional, help us unwind, lift our mood, and gain clarity:

- * Create a family tree listing 3 good qualities of each person, post in your work space
- * Create a video journal of your day and send to a family member.
- * Video chat with a friend or relative who may be isolated in a nursing home or hospital
- * Promote generosity. Send a card/letter to a nursing home near where you live.
- * Do a puzzle
- * Draw, sketch, or paint
- * Listen to music or a new "stress-free" playlist
- * Create a "stress-free" playlist and share with your friends and family
- * Try a new recipe or make a healthy snack
- * Go for 30 minute walk
- * Play your favourite sport
- * Practice Mindfulness (as listed above)
- * Play an instrument
- * Walk your dog or volunteer to walk a neighbour's dog
- * Photography
- * Watch a movie
- * Read a book
- * Check in with a friend
- * Have a dance party online
- * Creative Writing/Journaling
- * Whatever helps you gain clarity and reduce stress!

8. Check in with a positive friend & others

Reach out to someone each day to have a non-school related conversation.



9. Get enough sleep

Schooling from home can impact your sleep patterns.

Be sure you are getting enough rest (8-10 hours of sleep is recommended).

If you have trouble sleeping, there are free apps and podcasts to help. (Calm, Breathe, Headspace, etc)

