



Our Lady of Mount Carmel

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PRINCIPAL'S MESSAGE

Dear Parents,

Since our lives have been turned upside-down by recent events, my main focus has been on keeping things calm and stable for our children, staff and parents; just as you have been doing for your own children and family members. After talking with parents last week it really drove home for me the need to stop and check my level of **Mental Health Hygiene**.

In my check I....

- *thought about all the changes that this situation has brought for me on both a personal and professional level*
- *thought about how this situation had made me feel*
- *thought about what I was doing to stay healthy*
- *made sure that I had people to debrief with and unload some of my worries*
- *made sure that I was doing things that give me joy*
- *thought about all the great things that are in my life that I am grateful for*

No doubt, your main focus has been on keeping things stable and calm for your children and your family members. Have you taken time to check in on your own level of **Mental Health Hygiene**? How are you coping with things? It is ok if you have teary or overwhelming moments. What is important is that you don't ignore your feelings and try to acknowledge them.

I have certainly had some truly enormous and overwhelming moments. What has helped me was talking things through with my colleague Lauren or with my friends and even with our counsellor Sara. These conversations help us to think rationally and keep anxiety in check. I have certainly learnt that I can't control all the 'What ifs' and that I need to focus on the things, in my work and personal life, that I can control. Allowing our fears to overwhelm us can be paralysing. Next week is going to be a really big test of our resolve, to keep our worries over the 'What ifs' at bay as we send our children back to full time school. Make sure to take some time during the rest of this week to reflect on how you are feeling and get a handle on your worries over things you can't control. We will get through this all together!

It is ok to get Professional Help too!

Beyond Blue on 1300 224 636
Lifeline on 13 11 14

Olimpia Pirovic
Principal



The Community of OLMC is Safe and Respectful

UPCOMING DATES

Week 4

Thur: Mackillop House students attend (Green)
Fri: McAuley House students attend (Gold)
12:00pm-1:30pm Open Zoom for parents
2:15pm-2:45pm Open Zoom for parents
2:30pm-3:00pm Second Hand Uniform Shop Open

Week 5

Mon: ALL Students return to school!
Fri: SPECIAL RETURN EVENT
12:00pm-3:00pm Open Zoom for parents
2:30pm-3:00pm Second Hand Uniform Shop Open



RETURNING TO SCHOOL - MONDAY 25 MAY

It was announced yesterday that children attending CEDP schools would return to school from next Monday 25 May in alignment with NSW Public Schools. **As we receive further advice we will keep parents informed.** At this point in time the following arrangements will be in place.

WEEK 5

Next week the basis of the children's learning during class time will be the work that the teachers have already prepared for the Week 5 Learning Packs. The Week 5 Learning Packs will be available for parents to collect if you do not send your child/ren to school next week. This will be the last week for Learning Packs.

WEEK 6

All lessons will be provided Face-to-Face at school. Work will be provided for children who, due to medical advice around their risk level are required to remain at home. The work provided will look different to the Learning Packs as teachers will not be able to produce the same level of detailed resources. Parents who need to discuss this with Miss Pirovic are asked to make contact before the end of the week.

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](#)

REMINDERS FOR PARENTS ABOUT ENTERING THE SCHOOL SITE

We would like to thank parents for adhering to the current procedures we have put in place to ensure everyone's safety. While we continue to see a significant drop in the number of new Covid-19 cases, it is important that we continue to do our part to ensure this continues.

Social Distancing – Drop off and Pick up Procedures

Drop off and pick up times need to be reflective of social distancing protocols. It is essential that parents and carers follow the stated requirements to support the safety and wellbeing of all in our community. Staff will be on hand to support parents and children to follow these new protocols, asking those who are not observing social distancing or lingering to move on.

Morning Drop off

- Parents/carers need to be aware of social distancing and personally monitor their own movements to ensure adequate distance at all times.
- Parents/carers will drop the children at the gate. **No parent or carers will not be allowed to enter the front or back playground.**

Afternoon Pick up

- Pick up will begin at 2:50pm to support a quicker departure
- Parents/carers need to maintain social distance and be particularly aware when entering/exiting the grounds
- Parents/carers must collect their children and leave straight away. This is not a time to socialise

Thank you for your continued support. While this situation continues to force us to take necessary precautions, we do so willingly to support the safety, wellbeing and learning of all.

CHILDREN'S SACRAMENTAL PROCESS

Thank you to all those parents who have enquired about their children's sacraments; it's wonderful to know that the sacraments play such an important role in your family's lives. Confirmation and first Reconciliation have been postponed until next year. However, at this stage, the first sacrament of Holy Communion preparation and celebrations are still planned for later on this year. For further details, please visit our website www.olmcwenty.org.au, [Facebook page](#), or email paola.olmc@gmail.com



LIBRARY BOOKS

As students will be returning next week, the Library will not be open for borrowing on Thursday or Friday this week. Borrowing will begin next week as normal classes resume. Over the Learning at Home period, our students were able to borrow books to entertain, inform or persuade, however, now is the time to return all of these books! Many of our students have multiple books borrowed out to them. Please start looking for them so that they can be returned asap.



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

Meeting Id: 948 6914 3618 Password: 008541

2:15pm-3:00pm

Meeting Id: 919 2750 4420 Password: 059452

SCHOOL UNIFORMS

While we transition back to 'normal' school attendance, parents have the flexibility of uniform choice. If you don't have Winter uniforms yet, the children can continue to wear their summer uniform or sport uniform.

The second hand uniform shop will be open 2:30pm-3pm this Friday 22nd May and 2:30pm-3pm Friday 29th May. Please note that items are \$10 each and the payment method is cash only. If you have any old uniforms still in good condition they can be donated to the second hand uniform shop.

OUR PARISH NEEDS YOUR SUPPORT MORE THAN EVER

COVID-19 has significantly affected all members of our community, none more so than our Parish. Our Parish is a little different to others in that we are administered by a religious order rather than through the Diocesan office. This means that our parish activities and expenses are only funded through the weekly collections at Mass, without any support from the Diocese. The continued presence of our Carmelite priests in our community and school is dependent on their ability to maintain these financial expenses. Parishioners are still able to make contributions through the electronic weekly planned giving. In the coming weeks you will see content on our school facebook page that has links to Parish based content with a 'Click To Donate' button. Should you be in a position to make a donation refer to the details in the links. For more information on how you can help please contact the Parish Office by phone on 9631 8302 or email ocarms@tpg.com.au



P&F NEWS

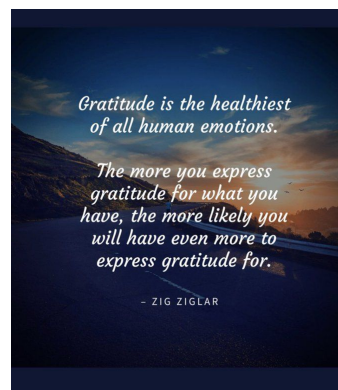
Return to School

Who knew that when we attended parent meetings and heard about agile learners and agile learning spaces that we would have to adapt so much to something so different? We have been encouraging our children as independent learners and doing our best to assist them from home in a manner that is completely new. And now it is time to support them as they return to school and transition back to the classroom.

<https://www.abc.net.au/life/helping-kids-with-the-transition-back-to-school/12247052>

As a parent community we wish to thank the staff who have continued to adapt and modify their entire working life each time a new directive is issued. Without your support and encouragement this could not have happened. Your care and concern for every member of our school community is appreciated and we thank you for always keeping the welfare of our children at the centre of all you do.

We remind parents that while our children are returning to school, we still need to be mindful of social distancing and healthy hygiene practices as outlined in the newsletter. We look forward to waving at you all at drop off and pick up. As ever, if you have a concern that you wish the Parents and Friends to address, please email at olmcpandf@gmail.com and we will do our best.



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

MEET OUR NEW STAFF

Mrs Vicky Penna

Do you have any children? **I have 2 twin children in Year 6: Abby and Tyler**

Do you have any pets? **I have 4 birds, 2 dogs and 1 cat.**

What's your favourite meal/food?

Anything someone cooks for me!

What is your family's country of origin?

I'm English and my husband is part Italian.

Where did you work before you started at OLMC? **I worked for Doctor Omara, an orthodontist.**

What are your first impressions of OLMC? **It's a very welcoming and friendly place.**

What is your special job at OLMC? **I'm part of the office admin team.**

What's your favourite part of your job? **The children in school**



Mrs Sue Hardy

Do you have any children? **I do, I have 2 sons who are grown up. One's a solicitor and one's a builder.**

Do you have any pets? **I have an Australian Shepherd, and her name is Tilly.**

What's your favourite meal/food? **I**

love roast dinners and Italian food.

Do you have any hobbies? **I love to paint!**

What is your family's country of origin? **I'm born in Australia but my Grandparents are from England and Ireland.**

Where did you work before you started at OLMC? **I worked at St Patrick's Blacktown.**

What are your first impressions of OLMC? **How friendly everybody was.**

What is your special job at OLMC? **I'm one of the Reading Recovery teachers.**

What's your favourite part of your job? **Working with children and helping them learn to read and write.**