



Our Lady of Mount Carmel

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PRINCIPAL'S MESSAGE

Dear Parents,

Today is Ash Wednesday which marks the beginning of the most important period of our church year, Lent and the Easter Season. The events that we remember during this period were the foundation of our Catholic Religion. Each time we attend Mass as a community we recall these events when Jesus made his earthly body the sacrifice for all humankind.

During last night's Parish Council Meeting Paola shared with us an excerpt from an Ash Wednesday homily by Pope Francis' that I thought was thought provoking:

'People often remark on the way our churches are filled on Ash Wednesday. It's not a holy day of obligation. No one is required to attend Mass or receive blessed ashes. But there's something about the beginning of this season of Lent that draws us in, calls us to return to sanity, to a bit of austerity, to a change of heart and mind. It's a second chance at our new year's resolutions, long since broken and forgotten. It's a second chance at making changes in our lives. For some people, it's no less than a second chance at life. That something that draws us is God's grace. And it draws us back to God's merciful embrace.'

There's something attractive about Lent beginning in the middle of an ordinary week, catching us in the midst of our daily occupations and asking us to take time out to find God there. Lent doesn't take us away from our ordinary lives, but rather it invites us to bring a new and holy attention to those activities. This should be the way with all of our spiritual practices. We take time apart in order to return to our daily activities with new inspiration. God will always surprise us with possibilities when we least expect them. Let this Lent be one of those surprises.

Each year when Lent comes along, I often think of a conversation I once had with Keith, an elderly friend. He told me that he thought giving things up was a simple thing to do during Lent. Something more challenging is to reach out to those we sometimes lose sight of and to be of service to others. It can mean a great deal when we stop for a few minutes to have a chat with someone, simply sharing your time is a great act of service. Lent is our opportunity to show the God in us, to be models of grace and allowing others to feel God's embrace through our actions.

During this Lenten season, how will you show God in you?

Olimpia Pirovic

Principal



The Community of OLMC is Safe and Respectful

UPCOMING DATES	
<p><u>Week 5</u></p> <p>Wed: Ash Wednesday</p> <p>Fri: 5:30-8:30pm School Welcome Dinner</p> <p>Sat: Orders Close for Year 6 Shirts</p>	<p><u>Week 6</u></p> <p>Catholic Schools Week</p> <p>‘OUR PROJECT OF COMPASSION’ BEGINS</p> <p>Mon: 9am Assembly - 4B-Catholic Schools Week Liturgy Kindergarten enrolments commence</p> <p>Tue: 6:30pm NAPLAN Parent Info Night</p> <p>Wed: Staff Development Day (Pupil Free Day)</p> <p>Thu: 9:30am Kindergarten 2021 Open Morning</p>
<p>Pupil Free Day - Wednesday, 4 March (Friday, 28 February is a normal school day)</p>	

NOTES HOME

Today

- Nursery Rhyme Incursion - K
- School Fees 2020
- P&F Levy Letter

Last Monday

- Naplan Readiness - Yrs 3 & 5

MERIT AWARDS			
KB	Emma ▪ Cooper	4B	Georgia ▪ Yajur
KG	Anthony ▪ Serah	4G	Makayla ▪ Adriana
1B	Alexander ▪ Sanaa	5B	Jieke ▪ Chivonne
1G	Mariella ▪ Jerridk	5G	Marten ▪ Ashley
2B	Sam ▪ Liliana	6B	Logan ▪ Rouba
2G	Arkyn ▪ Emily	6G	Damon ▪ David ▪ Hannah
3B	Matthew ▪ Rohan	CA	Makayla - 4G ▪ Damon - 6G
3G	Kruthi ▪ Jada	PE	Emma - 5G ▪ Celine - 6G

CHILDREN'S SACRAMENTAL PROCESS

Thank you to all those parents who have sent me their forms. If you need me to confirm the date and time of your child's celebration, please email me at paola.olmc@gmail.com

CONFIRMATION is the first sacrament we celebrate, this year. If your baptised Catholic child has already celebrated their first sacrament of Holy Communion, you are invited to enrol them into the Confirmation process. For more details, please see the enrolment form available from the parish or school offices, or online at www.olmcwenty.org.au



For your convenience, if your child is absent when notes are handed out or if your child misplaces their note/s, parents can access notes on our School website by using the following link

Notes and Forms

Our notes & forms page has copies of all the notes for the school, for your convenience.

If you require a copy of any notes that are not found on this page or
 primarily relate to 8832-1100 weekdays between 8:45 am and 3:

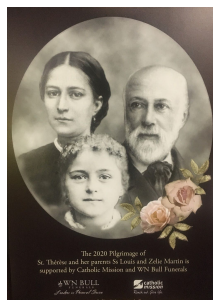
- + Canteen
- + Enrolment
- + Leave Forms
- + Parents and Friends
- + Parish News
- + Sports
- + Whole School
- + Kindergarten

<http://www.olmcwentworthville.catholic.edu.au/Community/Notes-and-Forms>

RELICS VISIT OLMC

RELICS VISIT OLMC - Wednesday 4th March 2020

We are delighted to welcome back the relics of St Therese of Lisieux, along with those of her parents, Sts Louis & Zelie. 9am Mass will be cancelled for that day in lieu of preparations and we will celebrate the arrival of the relics with a liturgy at 2pm, followed by veneration. Bishop Vincent Long will then celebrate Mass at 7:30pm, and we farewell the relics at 9pm. *All are welcome to attend.* We do not know how many people to anticipate, and so, request the help of volunteers to usher pilgrims. **We especially require the help of ten strong people** to lift the reliquaries into position. If you can help, please email Paola at paola.olmc@gmail.com



The 2021 Kindergarten enrolment period will commence on the 2nd March 2020. Enrolment packs will be available from this date for prospective parents to collect from the office. Open Mornings are scheduled for 5th and 25th March and 6th May 2020. A tour with the Principal will commence from 9:30am.



YEAR 6 SHIRT ORDERS CLOSING

A reminder to parents that Year 6 shirt orders will close this Saturday, 29 February on the OLMC Qkr Uniform Order App. No further orders will be taken after that date. Sample sizes for try on are available at the school office if required.

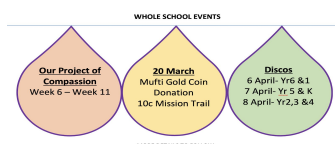
SPOTLIGHT ON RE

The major relics of **Sts Louis, Zélie and Thérèse Martin** are in town and it would be a great shame if we didn't make the effort to visit, pray with, venerate, and honour these special saints! Why don't you try and complete the 2020 Relics Tour family pilgrimage challenge?

1. Research the lives of saints Louis, Zélie, and Thérèse and get to know them.
2. Read about the concept of Pilgrimage in the Christian tradition.
3. Check out the itinerary of the Relics Pilgrimage through Sydney and thoughtfully consider if any church or parish has particular relevance to your family, your family history, or is connected by way of its name or patron saint.
4. As a family, identify some prayer intentions which can be taken on pilgrimage and left in prayer at the feet of the saints visited and venerated.
5. Prepare as a family by reciting a novena to saints Louis, Zélie and Thérèse. Novenas are generally nine days in length.
6. Incorporate a 'Pilgrim Blessing' before and after the pilgrimage.
7. Consider walking a significant portion of the journey to visit the relics or visit during a more difficult and challenging time of the night.
8. Lunch together with a picnic or have dinner at a favourite restaurant where the family can just be together and enjoy each other's company prior to the pilgrimage. Maybe do the same after the pilgrimage or do both.

'OUR PROJECT OF COMPASSION'

Beginning from week 6, we will run several school-based fundraising activities to support the severely bushfire affected school, St Mary's Star of the Sea Primary School in Milton. This targeted social justice initiative aims to support the community of Milton, both short term and long term. These 6 weeks have been called 'Our Project of Compassion' and include grade activities that will enhance the learning experiences of the new Religious Education curriculum.



SCHOOL FEES ACCOUNTS

All 2020 school fees accounts have now been mailed by CEDP. Notes have been sent home today to all families explaining the details of your account. Term 1 school fees are payable by 18 March. Please remember Flexible Payment Plan acceptance letters must be mailed to CEDP by 6 March in the free post envelope provided. Should you have any queries regarding your account please contact Maree Murphy in the school office.

NAPLAN 2020

In preparation for the online 'National Assessment Program - Literacy and Numeracy' [NAPLAN], parents of Year 3 and Year 5 students are invited to attend a parent information session on Tuesday, 3rd March at 6:30pm in the Mercy Library. This session will provide parents with information about the NAPLAN Online process and how to best help your child prepare for NAPLAN.

P&F NEWS

Central Deanery Forum

You are invited to "Go Out Into The Deep" at the Central Deanery Forum The School Hall, St Andrew the Apostle Parish, 36-40 Breakfast Rd, Marayong 9:30am for registration; 10am to commence; concluding at 4pm. Lunch, food and drinks provided.

Come and be part of the Central Deanery's exploration of how we can implement the Diocesan Plan

RSVP 22 February via email at centraldeanery303@gmail.com with your name; Parish and Contact Number and any dietary requirements.

DISCOVER—DREAM — DESIGN

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

Parents Representative Council
SUPPORT | CELEBRATE | EDUCATE

MENTAL HEALTH FIRST AID
UNDERSTANDING MENTAL HEALTH
Learn the skills to make a difference!
Out of every 30 students in Australia, 7 are dealing with mental health issues.
2 will ask for help. 5 will suffer in silence.
This presentation will show you how to give parents information on what to look for, how to help your child, and how to help your child's friends. Learn how to assist adolescents who are experiencing a mental health issue, understanding a variety of an existing mental health condition, and a mental health plan, and how to help your child's friends. Mental health problems are a real issue that impact our students and our community. We need to be able to help them.

Depression, Anxiety, Behavioral disorders, Mood Disorders, Personality Disorders, Suicide, Drugs, Eating Disorders, Self Injury, Panic Attacks, Stress, Substance Abuse

JANE ARMSTRONG
Mental Health First Aid Instructor

Register FREE now: www.prc.catholic.edu.au

Monday, 2nd March 2020
Doors open: 6:15pm for 7:00pm (2 hours)
PRC Annual General Meeting
(will be held prior to guest speakers)
AGM will take approximately 30 minutes
St John Paul II Catholic College
40 Havelock Rd, Northfield, NSW 2122
Light supper and refreshments will be provided, and a lucky draw prize will be up for grabs!
www.prc.catholic.edu.au @prcprepa @prcprepa

THANK YOU TO OUR SPONSOR
Floral Expressions
For details on the school fundraising program
Call Carolyn Lusk on 07 2693 1116

OUR PROJECT OF COMPASSION



From September last year, many parts of our country were seriously affected by bushfires. Tragically, lives were lost, homes destroyed and our flora and fauna impacted beyond comprehension. The impact of the fires continues to be felt in our school communities. With the new school year underway, many students, their

families and staff are still dealing with the events of the past months. The Diocese has asked every school to show their support by holding fundraising activities during Term 1.

To make this meaningful for our students and community, we have connected with St Mary's Star of the Sea Primary School in Milton. This community has been severely affected by fire, both short term and long term. The majority of the school's brand new playground equipment was burnt, and the area where beautiful trees once stood, is now bare. Three families lost everything and have started the year with no home, clothes or security. Long term, many families will struggle financially. The enormous amount of revenue these small family businesses have lost over the Christmas break is inconceivable, with one business \$175,000 in debt just from the last four months.

Last week our Year 5 students connected with the Year 6 students from St Mary's through Facetime. Over the next several weeks, this communication will focus on building relationships and gaining a deeper understanding of the similarities and differences of our two communities, supporting our 2020 school theme 'Our Uniqueness Binds Us Together'. During the next few weeks Year 5 will share their learnings and reflections gained from the interactions with our new friends.

Beginning from week 6, we will run several school-based fundraising activities to support this community and have called these weeks 'Our Project of Compassion'. During these weeks, Kindergarten to Year 6 are also planning targeted class-based fundraising activities to provide students with experiential opportunities to enhance the work they are undertaking with the new Religious Education Curriculum. Allowing our students to visibly see and feel what it is to answer the call as disciples of Jesus.

