



Our Lady of Mount Carmel

Principal: Olimpia Pirovic
Bennett Street
Wentworthville 2145
Phone: 8832 1100
Email: olmcwenty@parra.catholic.edu.au
www.olmcwentworthville.catholic.edu.au

Parish Contact Details
Parish Priest: Fr Denis Andrew, Phone: 9631 8302
ocarms@tpg.com.au www.olmcwenty.org.au
COOSHC
Teresa Aiteh, Phone: 0409 361 929
coshcolmcwentworthville@parra.catholic.edu.au



PRINCIPAL'S MESSAGE

Dear Boys and Girls,

The past few weeks have been an unusual time for us all. With events affecting our world now also affecting us in Australia. This has meant that most of us will be learning at home instead of coming to school each day. This is a big change for us all and we are all jumping into the *Learning Pit* together.

Learning From Home will mean that you have some new responsibilities about being a learner at home. On Monday I spoke to you about continuing to be safe and respectful learners at home. I am asking you to do the following things:

- *Remember that you are not on holiday, you are Learning From Home.*
- *Talk with your parents about what is expected about how you learn at home.*
- *Get yourself ready for learning by making sure you follow the plan your teachers send you.*
- *You know a lot of things, think about how this can help you as you work on something new.*
- *Try to work on your own as much as you can.*
- *Try your best with all you do.*
- *Listen to your parents, grandparents and carers. Try not to argue with your brothers and sisters.*
- *Help out at home and do small jobs to help your family.*
- *Limit your time on your devices. Put them away when you are asked.*
- *Find ways to be creative: cook something, build something, draw something.....*
- *Keep active with some daily exercise. Mr Jones has set some Physical Challenges for you.*
- *Read lots of different things: books, magazines, packets.*
- *Spend some time praying and talking to God.*
- *There is a lot of good in our world and our daily lives, even though it may not feel like that right now. Each morning or evening think of one thing that you are grateful for. You might do this as a family.*



Your teachers have been working hard to provide you with learning that you can do at home. We will be checking in with your families to see how you are going. Things are going to be different for a while, we don't know how long this will last but it will come to an end. We will eventually return to our normal school routines. Your teachers and I look forward to the day when we can welcome you all back to school and be together as a school and parish community.

Olimpia Pirovic

Principal

The Community of OLMC is Safe and Respectful

UPCOMING DATES

Week 9

Wed: Pick up 'Learning From Home' Packs

Week 10

Mon: Pick up 'Learning From Home' Packs

AFFECTED BY COVID-19?

On Sunday, the Government announced further support for families and individuals who have been affected by Covid-19. Visit bit.ly/3aflwd7 to check if you or a family member can be supported.

NOTES HOME

Today

- Newsletter
- Learning From Home Pack

Last Monday

- Preparing to Learn from Home

Last Friday

- Mothers' Day Raffle Tickets
- P&F Fundraising Arrangement
- P&F Family Fun Day 2021
- OLMC Cross Country

MERIT AWARDS

KB	Eren ▪ Kiara	4B	Louie ▪ Amy
KG	Chad ▪ Sophia	4G	Leon ▪ Emad
1B	Charlotte ▪ Charbel	5B	Antoine ▪ Ethan
1G	Matthew ▪ Mia	5G	Emma ▪ Bhakti
2B	Alexander ▪ Samuel	6B	Noah ▪ Yasemin
2G	Jessica ▪ Amalia	6G	Alexis ▪ Anabella
3B	Myraa ▪ Siya	CA	Charlotte - 5G ▪ Hannah - 6G
3G	Samyel ▪ Anthony	PE	Magdalene - KB ▪ Abbey - 1G

STAFFING UPDATE

With great sadness I announce that Mrs Jo Banks has decided to resign her position at Our Lady of Mount Carmel. Mrs Banks will be focusing on making her family's plan for the future come to life. She will be finishing her full time role at OLMC this coming Friday. Unfortunately, we won't be able to give her an appropriate send off at this time. On behalf of the community we thank Mrs Banks for her caring, professional and dedicated service to all members of our school community. She has stepped up to support our community during some significant and unexpected times, which we greatly appreciate. We wish Mrs Banks all the very best with her future endeavours.



WELL-BEING

Remaining focused on yours and your child's well-being is very important now more than ever as we move toward working at home and physical isolation. Look for ways that you can **stay connected** with your friends and family through video links. It's a great idea to do this as a family group. Get the whole family with you to facetime a grandparent or cousins.

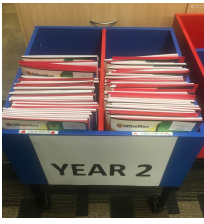
Make time to **talk and listen** with each other. We are all carrying worries and it is important to give your child the time to express what they are feeling. You don't need to provide answers, sometimes the listening is just enough. Your children are hearing lots of talk in the media, amongst their friends and even overhearing adult conversations about Covid-19. Click on [this link](#) to an article that gives you tips on how to talk to your child about the virus.

Switch Off the media! Having the radio, TV and chat messages going constantly about what is going on makes people anxious. Keep following the advised precautions and try to keep things as normal as possible. Check in on the news once or twice a day by watching a program or reading an online news source. Try to focus on your work, learning, regular exercise and taking the opportunity to appreciate time with your family is a way to help manage your worries.

PRC 2020

The 2020 Premier's Reading Challenge (PRC) is still happening. Don't forget to record the books you have read in your online reading record during this **Learning From Home** time. You are able to access lots of great reading books online via digital libraries. All log in details were sent home earlier in the term. Click on this link to access the [PRC Website](#) to update your online reading log. Please direct any questions you may have to Mrs Anderiesz.

LEARNING FROM HOME PACKS



Today you will have collected your child's first **Learning From Home** pack. On each Monday the packs will be ready for parents to collect from the front playground between 8:00-11:00am. They will be collected from an outside location and we ask that parents wait until your trolley is clear before you approach to collect the work.

Please use these packs as a communication point for between your family and school. Make sure that you check the pack each week for your child's learning plan, printed resources and any notes from school. You might even like to send an email message to Miss Pirovic or post to our new **OLMC Learning From Home Facebook page** (coming soon) about how you are going with your learning from home. We might even feature some of these stories in the newsletter. Let the school know if you are struggling with obtaining stationary supplies or learning devices.

STAY CONNECTED AND SHARE YOUR LEARNING FROM HOME STORY

To help our families stay connected we are setting up a temporary **OLMC Learning From Home Facebook page**. Should you wish you will be invited to share your working from home story. You will be able to share pictures of some of your creative tasks or tips on how you have stayed focused on your learning. Parents may like to share hacks they have come up with to cope. This will be a managed account where comments will not be allowed and approval to post by an administrator. Our acceptable use policy will still apply to this account. We'll let you know when it is up and running!

SCHOOL FEES

We know that with these uncertain times and the shut down of non-essential venues will place greater pressure on family finances. Catholic Education Diocese of Parramatta has also acknowledged this. They have decided that for the time being no reminder notices will be sent out to families nor will Term 2 accounts be sent out until there is greater certainty. Should you be experiencing financial difficulty please contact the school office to arrange an appointment to have a confidential conversation with Miss Pirovic. Please refer to the notice attached to today's newsletter email.

CANTEEN NEWS

The Canteen is Still Open!!

While the school remains open our canteen will continue to operate. The children will be able to order their lunches. Please place your orders in the usual manner. If there are any changes we will let you know.

UNIFORM ORDERS

Orders can still be placed on the QKR App. Uniform orders will go home on Thursday with students as normal. If your child is not at school, you can collect your order from the school office on Thursday between 1:00pm - 3:30pm.

WHY ARE THESE KIDS SO HUNGRY

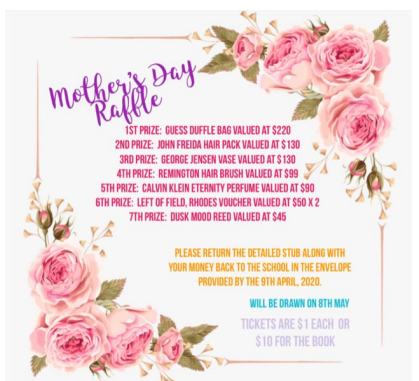
Managing snacks through the day can be a challenge with ready access to the fridge and pantry. There are lots of tips online, one mum has shared this tip that might work for you. Her family sets up a snack basket for the day. The children are responsible for managing what they have and when. *"Each child has their own colored basket," she wrote alongside a photo of her kitchen counter bin setup. "In the morning, I put their snacks in it for the day, and when those snacks are gone, they don't get any more. It makes them stop and think, 'Do I really need a snack?'"*



P&F NEWS

Mothers' Day Stall - As a community, we are constantly working to ensure that we are following current best practice and ensuring the safety of our school community, parents, staff and students alike. Given that the recommendations by the Federal and State governments are requesting that we limit any trips outside of our houses to those that are essential and gather in groups of no more than 10, we have been forced to cancel the traditional Mothers' Day Stall and breakfast in their previous format. The school will look at how they can provide the children with a Mother's Day Stall. We will communicate those changes through the newsletter and SkoolBag.

We appreciate your understanding as we negotiate these difficult times. We will definitely be having the Mothers' Day Raffle and we hope you will all be able to purchase tickets to be in the draw for these amazing prizes! We understand if you are not able to take part and there is no pressure to over-extend yourself. Please return the raffle tickets that were sent home, sold or unsold, to school before Wednesday, 8th April in Home Learning Packs.





National Day of Action against Bullying and Violence

On Friday the OLMC community celebrated the National Day against Bullying and Violence.

At OLMC we aim to create a safe and supportive community for everyone. The students participated in a variety of activities to highlight the importance of our school rules of being SAFE AND RESPECTFUL.

The students were given opportunities to understand **what bullying is and what it is not.**

Parents have an important role to prevent bullying and respond effectively if it happens. Stopping bullying involves everyone in the OLMC community. If your child talks to you about bullying: LISTEN REASSURE, ASK, VISIT THE BULLYING SITE www.bullyingnoway.gov.au, contact the school and check in regularly with your child.

The Bullying No Way site has some fantastic resources that you can use to talk to your children. The site has many age appropriate videos and information.

BULLYING. NO WAY!

If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.



Students participated in a rock painting activity that was inspired by the book **Only One You by Linda Kranz**. This inspirational book emphasises that we're all unique: "There's only one you in this great big world. Make it a better place." Our rocks will be displayed in the front playground as a symbol of our uniqueness and the importance of our social interactions reminding us that what we do and say has an affect on others.

During the day, we also looked at many different strategies to help students regulate emotional behaviour. Each learning space has a "Calm Space". This Space is made available in the classroom where students can go to calm themselves. It gives them an opportunity to manage strong emotions and help them to identify when they may need help and time to reflect.

Year Two creatively composed songs to the tune of "Twinkle Twinkle Little Star" that they could sing during this time.

Calm down, calm down, get rid of that frown
 Stay true, be you, go red, go blue.
 Sit down, calm down and just be you.
 By Chanel & Thomas D.

The students were also introduced to the STAR BREATHING technique. STAR BREATHING involves deep breathing. This helps to regulate emotions if you feel angry, upset, anxious or worried. We know that at the moment with all that is happening, your child may be feeling some of these emotions. It may be a good idea to practise this technique as a family.

Star Breathing

Breathe in, hold at the point, and breathe out.
 Follow your way around the star.

The diagram shows a red star with five points. At each point is a yellow smiley face with the word "hold" written above it. Wavy arrows indicate the breathing path: "Breathe In" arrows point towards the star, and "Breathe Out" arrows point away from the star, following the perimeter of the star.