



PRINCIPAL'S MESSAGE

Dear Families,

On Friday we celebrate the feast of The Transfiguration of Jesus, with the reading of the day recounting this event. Today I am sharing a reflection, by Greg Sunter, to help us connect with, and understand, this challenging event.

Jesus takes his most trusted disciples up a high mountain to allow them to share in what he knows is about to occur. It is a very clear teaching moment in which Jesus hopes the disciples are going to finally grasp the truth about him. As the disciples stand by, Jesus is transformed before them – suddenly bathed in light and his clothes become dazzlingly white. The disciples also see Moses and Elijah standing and talking with Jesus. Moses was the great Law-giver of Jewish tradition and Elijah the great prophet. Together, they represent the Law and the Prophets – the combined wisdom that make up the tradition of Jewish teaching and Jewish scripture. It is the Law and the Prophets that Jesus' life and ministry brings to fulfilment. It is fitting that Moses and Elijah appear beside Jesus as the three figures combined represent the fullness of Jewish tradition – the Law of Moses; the challenge and promise of the Prophets; and the compassion of Jesus that completes the other two.

Sadly, the disciples don't really get the point of what they see before them. Peter, caught up in the moment, wants to build tents on the spot to mark the moment and to continue to dwell in the moment. Jesus, however, leads them back down the mountain – back into the valley; back into the reality of life; back into the tragedy that he knows lies before them. No matter how powerful a religious experience may be, Jesus shows us that we always have to return to real life. It is not possible to remain on the 'mountaintop' as Peter would have liked to do; we have to take the experience back into the everyday of our lives.

Historical Context – Moses and Elijah

Both Moses and Elijah had powerful encounters with God on the top of a mountain – it is appropriate that it is they who appear beside Jesus in the transfiguration account. Moses travelled up Mt Sinai to receive the Law from God in the form of the Ten Commandments. When Elijah was fleeing for his life from Queen Jezebel he fled to Mt Horeb. The word of the Lord came to Elijah and told him to stand on the mountain in the presence of the Lord, for the Lord was about to pass by. Elijah experienced the Lord in the whisper of a gentle breeze.



Have you thought? Transfigured / Transformed

Jesus' transfiguration was a physical transformation that was able to be witnessed by his disciples. In our lives we have many transforming moments but they are rarely as physically obvious to others as Jesus' transfiguration. Sometimes we fail to recognise a transformative event until well after the fact – sometimes years later. It might be nice if our clothes began to shine white whenever something significant and transformative was happening to us! It might help us to pay attention to the important and life-changing moments of our lives instead of letting them slip by!

Living the Gospel – Down from the mountain

Sometimes we experience powerful moments of connection with God or with other people. Sometimes this might be through a special experience of nature; a meaningful retreat experience; a powerful sense of being 'in tune' with another person; a reflective prayer experience; or some other significant experience. The temptation when we have these experiences is to wish that we could remain in the experience. The challenge, however, is to take that experience back into the everyday of our lives – changed by it without remaining in it.

Olimpia Pirovic

Principal

The Community of OLMC is Safe and Respectful

UPCOMING DATES

Week 5: Classes & Grades continue regular ZOOM sessions with students: Please continue to check notifications for any further information

Mon: 8am-10am K-Yr3 Learning Pack Pick Up

Fri: 2:15pm Friday FunDay @ 'Take A Break Book Club'

Fri: 7pm Family Games Night - Please Register

SAT: 7pm Family Games Night - Please Register

WEEKLY NOTIFICATIONS

This Week

- * Study Club Update
- * Family Games Night

Last Week

- * K-3 Remote Learning Packs have gone digital

PLEASE KEEP YOUR DETAILS UP TO DATE WITH THE SCHOOL OFFICE - address, phone numbers & email

FAMILIES ARE INVITED TO SEND 1 PHOTO TO MRS ANDERIESZ (EACH WEEK) TO DEMONSTRATE THEIR LEARNING FROM HOME FOR THE WEEK IN REVIEW

SPECIAL FAMILY EVENT: GAMES NIGHT

As we continue through lockdown, so will our initiatives to support families bust the boredom and maintain community connections. So next Friday and Saturday we will be hosting a family games night via ZOOM.

As this event will be held on ZOOM, we will only be able to have 40 households participate at one time, so families must register for their preferred day and time using the link

shorturl.at/fuzH5

Once registered, families will receive further information. We hope that you will join us as we take the opportunity to laugh, reconnect and continue to focus on supporting our community.

IMPORTANT: As there are health orders in place, families are only able to 'team up' with the people who live in their household. Families **must not** come together for this event.



PRC UPDATE

213 students have completed the PRC & 51 students are on the way!

Keep encouraging your child/ren to read a range of texts, including those listed for the Premier's Reading Challenge. Students can maintain their reading log via the [PRC link](#), using the log in details provided at the start of Term 2.

Congratulations to Liya from Year 4 for completing the PRC over the last 7 days. Here is an update of our totals so far...

K:- 57 Students
Year 1: 11 Students
Year 2: 57 Students
Year 3: 14 Students
Year 4: 13 Students
Year 5: 48 Students
Year 6: 7 Students
We want every child at OLMC to begin and complete the PRC this year



SUPPORTING OUR YOUNG PEOPLE

In response to the current lockdowns, HeadSpace is running additional parent/carers mental health education sessions, over the next 6 weeks. The sessions are titled Supporting young people impacted by COVID-19, and provide parents/carers with information and strategies to support their young people during these uncertain times.

The following sessions are available via zoom and scheduled over the next few weeks.

- **4 August 2021, 6:30pm – 7:45pm, South Western Sydney (TODAY)**
- **5 August 2021, 6:30pm – 7:45pm, Cumberland**
- **17 August 2021, 6:30 – 7:45pm, Western Sydney**

The session aims to:

- Strengthen your understanding of mental health and mental health literacy.
- Strengthen understanding and skills in how to cope and where to find help.
- Build skills and strategies to support the mental health and wellbeing of your young person, including their transition to work and study.
- Build awareness of local, state and national supports available to young people.

These sessions are live and will not be recorded. You will receive a digital information pack following the conclusion of the session. Please use the following [link](#) to register for these sessions.



CHANGES TO KINDER-YR3 LEARNING PACK PICK UP

To help families comply with the health order, weekly Kinder-Year 3 learning packs have been made available online. If families do not have printing facilities at home, and still require a hardcopy, these will still be available for pickup from 8am every Monday morning. As our parents saw this week, this is now a drive through service. Drive up to the table and a learning pack will be provided, without the need for you to leave your car.

Kinder-Yr3 families will be able to access digital learning packs from our [School Website, under Learning>Online Learning](#) or by going directly to the [OLMC Remote Learning Website](#). Digital learning packs will be made available from Sunday so that families have the opportunity to organise themselves and feel prepared for the week ahead.

SPECIAL FOOTAGE

A few weeks ago Mrs Anderiesz set a special mission for our students at home. Their mission was to get footage of their parent/carer supporting their learning journey during remote learning. You could probably assume that the footage will be eventually used for something special. We really need families to support their young people in getting this footage.

So please, over the next few days/weeks help your child in completing the following tasks

Students are to

1. Video their parent/carer supporting them in their learning
1. If they have younger siblings video for them as well
2. 10-15 seconds only
3. Make sure it's not too shaky or dark
4. Don't worry about background noise - it will be muted
5. Clips will be made public so make sure everyone is appropriately dressed
6. Email video to Mrs Anderiesz
7. Do it asap

If you or your child have any questions please email Mrs Anderiesz



ACCESSING SORA

SORA is an online reading platform that increases student access to a range of text collections. With a touch of a button, students have access to thousands of texts, can highlight and add digital notes and track their reading habits. Students need to use their CEDP email address and password to access the SORA platform.

If you are unsure about your child logging in using their @parrastu account, see this [help sheet](#) for further support. If you would like further information regarding [accessing SORA](#) we have also attached a support clip for your viewing.

If you are still unsure contact your child's teacher or Mrs Anderiesz.



SCHOOL FEES

CEDP has now sent all Term 3 accounts to parents by mail. The current COVID-19 pandemic has affected the personal circumstances of many families at Our Lady of Mt Carmel. CEDP is committed to supporting our families in whatever ways are possible during this difficult time. Please remember that no child will be disadvantaged because of a family's financial circumstances. Please contact Maree Murphy by email mmurphy@parra.catholic.edu.au so that we can offer the best assistance for your circumstances.

PARISH NEWS

2020 FIRST HOLY COMMUNION PHOTOS

The photos from last year's First Holy Communion have finally arrived. An email with access details was sent to all families last week. Please check your junk or spam mailboxes, or, if you have not received this, contact Paola from the Parish Office.

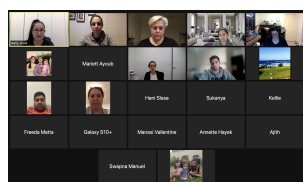
PARISH SACRAMENTAL PROCESS - FIRST HOLY COMMUNION

At this stage, we are still planning on celebrating first Holy Communion as planned. Naturally, we may need to reassess how feasible that would be once we come out of lockdown. We will keep all parents updated on developments via email.

You remain in our prayers during this very difficult time.

For further information, please visit our [parish website](#), the [parish bulletin](#), our [Facebook](#) or social media pages, or the OLMC school newsletter, or email the Parish Pastoral Associate, Paola Yevenes, at paola.olmc@gmail.com

P&F NEWS



Parents and Friends Meeting - Thank you to everyone who took part in our meeting last night. It was lovely to catch up with members of our parent community and talk to adults from outside of our own homes. Thanks for sharing your time with us. A report from the meeting is available [via the link](#) and the minutes will be sent out shortly

We pray that Our Lady of Mount Carmel will watch over us all and help us to remain safe and connected during these difficult times.

We fly to Thy protection, O Holy Mother of God. Do not despise our petitions in our necessities, but deliver us always from all dangers, O Glorious and Blessed Virgin. Amen





This continues our focus on developing students' Assessment Capable Learning dispositions of Resourceful Thinking, Resilience, Effective Communication & Problem Solving. It is not to provide step by step instructions.

Friday
Year 1: Mrs Laus 11-11:30am
Year 4: Mrs Laus 1:30-2:00pm
Year 6: Mrs Anderiesz 3:30-4pm



CUMBERLAND COUNCIL RESOURCES



Cumberland City Council has some great initiatives to help their residents during this lockdown. Please refer to the following information to find out some of the services available to access.

The Community have asked for it, and we've listened! We are proud to present the timetable for the next series of online clinics we will be hosting that focus on the health and wellbeing for children, young people and families

Date	Activity	Time	Registrations Open
9/8/21	Pilates – Ages 5 to 12	4-4:45pm	7pm – 4/8/21
9/8/21	Kids Bootcamp – Ages 5 to 12	5:30-6pm	7pm – 4/8/21
10/8/21	Family CrossFit – Parents and children	4:15-4:45pm	7pm – 4/8/21
11/8/21	Teens Bootcamp – Girls only Ages 12 to 18	5:30-6pm	7pm – 4/8/21
12/8/21	Kids CrossFit – Ages 5 to 12	4:15-4:45pm	7pm – 4/8/21
13/8/21	Yoga – Ages 5 to 12	4-4:45pm	7pm – 4/8/21
16/8/21	Pilates – Ages 12 to 18	4-4:45pm	7pm – 11/8/21
16/8/21	Kids Bootcamp – Ages 5 to 12	5:30-6pm	7pm – 11/8/21
17/8/21	Parents only CrossFit	4:15-4:45pm	7pm – 11/8/21
18/8/21	Teens Bootcamp – Girls only Ages 12 to 18	5:30-6pm	7pm – 11/8/21
19/8/21	Teens CrossFit – Ages 12 to 18	4:15-4:45pm	7pm – 11/8/21
20/8/21	Yoga – Ages 12 to 18	4-4:45pm	7pm – 11/8/21
23/8/21	Konga Fitness – Ages 5 to 12	4-4:45pm	7pm – 18/8/21
24/8/21	Konga Fitness – Ages 12 to 18	4-4:45pm	7pm – 18/8/21

To be fair to everyone we are trialling staggering the registrations. The first round of registrations will open tonight (Wednesday August 4) at 7pm. For more information on how to register please visit Council's website via the link below

https://www.cumberland.nsw.gov.au/whats-on?keyword=&date-type=&category%5B187%5D=187&category%5B62%5D=62&items_per_page=36

Hip Hop Dance Program

Cumberland Council is proud to partner with the Intricate Studios to be able to offer a 6 week After school Hip Hop program. The classes will be online and will start on Wednesday August 11, 2021, from 4-5pm via Zoom. This program is for children ages 5 to 12.

Our 6-week hip hop program will be taught by 2019's Australia's got talent semi-finalist Adriano Cassaniti. Adriano is a highly qualified teacher with his certificate IV in performing arts and has also had the opportunity to compete for Australia in world hip hop championships. Adriano is well known for his fun personality and passion for teaching students of all ages. For those of you who attended the live zoom classes over the past two weeks you would of meet Adriano

The cost of this program is FREE if you use your child's Creative Kids Voucher or \$100 per student

To learn more and register check out <https://form.jotform.com/212070357442852>