



Our Lady of Mount Carmel

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PRINCIPAL'S MESSAGE

Dear Families,

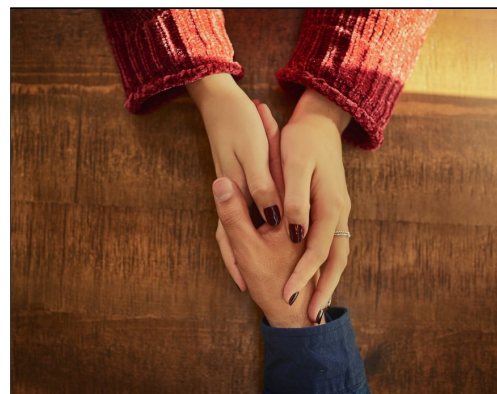
This Sunday's first reading is from the prophet Isaiah. The reading begins....

*Say to all faint hearts,
'Courage! Do not be afraid'*

This phrase 'do not be afraid' is one that we encounter often in scripture. I think it is particularly relevant to us at this time. We are all feeling a bit afraid...of the fragility of life, of becoming ill, of letting our family or friends down, of failing our children, of not being the best tutor for our children learning at home. I'm sure you could add more to that list as you have your own worries and fears.

It takes courage to voice your fears. Sharing your fears with another person can help you realise that you are actually doing the best you possibly can. Sharing your fears can mean you get the help or support you need to carry on. Our Catholic tradition tells us that our faith in God can bring us comfort and solace. We each find our own way of talking and connecting with God, be it through prayer or spending time in the beauty of creation.

I know from conversations with parents, that many of you feel challenged by supporting your children with their learning at home. It has been really hard work keeping your child on track or organised or just understanding what they need to do. This week I came across an article in the (click on the link) [Sydney Morning Herald](#) that I thought might give you courage to not be afraid in your learning from home efforts. The article reinforces that what you are doing to support your children is enough and outlines the bare minimum you can do. It reiterates what we have shared with parents, as a bare minimum do some English, Maths and RE. The priority is the wellbeing of you and your children.



So in the spirit of the scripture and of RU OK? Day, have the courage to put your wellbeing first and share your fears or down tools for the day to replenish and revitalise. Get those worries out of your head and step back. Talk to your children and listen to their fears. You don't have to have a solution. Acknowledge that what you are all feeling is valid, and sometimes it sucks! Then see how you can put those fears behind you and let them go. This will help you all realise your inner strength and that feeling a range of emotions and learning to manage them is a healthy thing to do.

To help you, all our staff and students will be having a 'tools down' day. Please read the information on the next page to find out how we will mark RU OK? Day tomorrow.

Olimpia Pirovic

Principal

The Community of OLMC is Safe and Respectful

UPCOMING DATES

Week 9:

Thur: OLMC R U OKAY DAY

Sat: 7PM OLMC

CONSTRUCTION

CHALLENGE FAMILY EVENT



Week 10: 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

Thur: P&F Lockdown Love Draw FACEBOOK Live Draw

Fri: Last Day of Term 3

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

MERIT AWARDS

KB	Lucas • Trinity • Zane	3G	Lucas • Aimie • Olivia
KG	Kara • Kyra • Matthew	4B	Samyel • Greta • Siya
1B	Joseph • Sophia • Isabelle	4G	Matthew • Kiara • Jada
1G	Kayana • Vishvassha • Jack	5B	Kinjal • Ava • Gabriel
2B	Dev • Ava • Zoe	5G	Taliah • Erica • Vihaan
2G	Reis • Isabel • Kira	6B	Ashley • Caitlyn • Jake
3B	Kimberly • Misha • Arkyn • Armaan • Olivia • Alessandro	6G	Sarayu • Roman • Aleisha

R U OKAY? DAY

This Thursday, OLMC Staff, students and families will be engaging in a 'tools down' day to recognise RU Ok? Day. As RU Ok? advocates pausing, recognising and connecting through meaningful conversations, teachers, students and families will be pausing from the daily rigours of online remote learning. The message of this day is vital for young people, older people and everyone in-between.



On the morning of the 9th a whole school slideshow containing a range of activities will be made available on the 'OLMC Remote Learning' page and will provide families with fun activities to reconnect and have conversations. Activities will be grouped into school Grades as a guide to determine which activities your child would find beneficial, however, your child may choose to do any of the tasks from any grade contained in this slideshow. We will leave it up to families to decide how many activities they complete.

Normal remote online learning will resume on Friday 10 September.

CREATIVE KIDS VOUCHERS

The NSW Government is helping kids get creative with the new Creative Kids program.

Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each school aged student.

The voucher may be used with a registered activity provider for registration, participation and tuition costs for creative arts, speech, drama, dance, digital design, coding, and music lessons and activities.

The voucher can be used at any time during the calendar year it was issued. Just log into your service.nsw.au account and search 'creative kid voucher'. To use the voucher, give the details to your registered activity provider or you can search some of the [providers attached](#).

The program runs year-round, so kids can get creative at any time.

IF YOU APPLY NOW, YOU'LL GET YOUR PACK BEFORE THE HOLIDAYS



ACCEPTABLE USE OF DIGITAL TECH

At the beginning of the year all students and families were provided with the Code of Conduct for OLMC students utilising digital technology. While the majority of our students are learning from home, the expectations around safe use, respectful communication and behaviours which support a learning environment still stand. This week Mrs Anderiesz attended all Grade morning ZOOM sessions to reiterate the importance of using digital technology in an acceptable manner.

ZOOM ETIQUETTE - CAMERAS ON

Each day our teachers engage with the children via zoom to support their learning and maintain an emotional connection. We are noticing that some of our children are not turning their cameras on. We know that sometimes we feel shy or there may be other things going on in the house. However, it is important to turn your cameras on when asked to because this is how we are able to stay connected as a class group and show that you are participating in the learning. When we are in our classrooms we don't turn away from our teacher or classmates, so in zoom, we turn on our cameras to show we are present in the moment and participating in the learning. We ask for parent support in reminding children about the expectation.



SPECIAL FAMILY EVENT: GAMES NIGHT#2

As we continue through lockdown, so will our initiatives to support families bust the boredom and maintain community connections. So on Friday 24 and Saturday 25 September, 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 using the link

shorturl.at/yzHNQ. Once registered, families can collect their special games pack from the school office. We hope that you will join us as we take the opportunity to laugh, reconnect and continue to focus on supporting our community.

As this Games Night will occur in the holidays, families need to collect their packs before the end of Term 3.



E-SAFETY FOR FAMILIES

It is no secret that many of our older students will remain at home, most likely with older siblings, while parents work during this remote period and over the holidays. While your older children may be responsible, this supervision is very different to that of a parent. So, now is the time for our families to evaluate the expectations, safety measures and restrictions in place to ensure your child remains safe online.



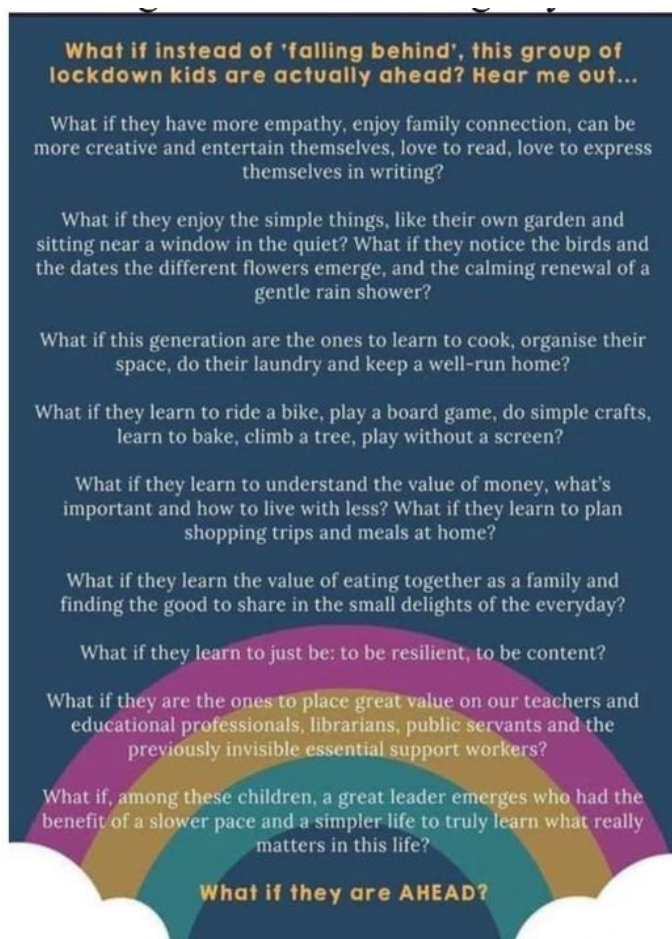
Access to the internet and digital technologies provide many benefits, however, we must also be aware that this comes with a unique set of challenges. Do not assume that your child 'knows' how to be safe online, or 'understands' the long-lasting impact of their digital footprint. While students learn about this at school, these are lessons they will continue to learn into adulthood. The [eSafety Commissioner](#) is an Australian Government body that provides support and information for parents about online safety. It covers topics such as online safety, social media, screen time and inappropriate content. The website also provides tips on how to tackle difficult conversations about inappropriate content with your children. As parents, it is important to set expectations around device use and regularly check your child's activity.

P&F NEWS

Congratulations OLMC

This week we want to acknowledge the fantastic work of our children. You have proven yourselves to be competent, adaptable learners who can rise to any challenges put before you. We are super proud of the work you are doing this term and we just want to let you know that we think you are doing an amazing job. We could not be prouder. Well done!

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



PRC

The PRC is over for another year! **Students have until the 14th of September to enter the books they have read** via the [PRC link](#), using the log in details provided at the start of Term 2. Congratulations to Anthony, Saanvi, SriHarika, Josie, William, Ilia, Anaishca, Sienna, Daniel, Chad, Lucinda, Jacob, Magdalene, Mysha, Jack, Ethan, Sam, Sophia, Adison, Thea, Cooper, Akina, Serah, Emma, Shanaya, John, Victoria, Olivia, Sienna Luke, Isabelle, Anupriya, Karthik, Joseph, Sienna, Joanne, Rishaan, Ruhi, Lachlan, Sophie, Henry, Kayana, Vishvarssha, Chris George, Lakshara, Naksh, Pravi, Aayan, Kiara, Alana, Mansi, Tiana, Havishaa, Isabelle, Kiara, MASON, Deepali & Eren from Year 1. Emily F and Sai M from Year 3 and Charlise K from Year 6, for completing the PRC over the last 7 days.



Keeping active and healthy is important for our physical and mental wellbeing, particularly at this time when we are required to stay at home. To support the health and wellbeing of families, Western Sydney Local Health District (WSLHD) has revised and updated their website to provide further supports around

- *[being active](#)
- *[eating well](#)
- *[staying connected](#)
- *[supporting mental wellbeing](#)
- *[Healthy Screen time](#)

CHECK OUT THE FREE WEEK [Go4Fun healthy program](#) for all children ages 7-13 focusing on healthy eating and exercise.

DID YOU KNOW SOMETHING AS SIMPLE AND FUN AS 'PLAY' PROVIDES MANY HEALTH BENEFITS?



Play can relieve stress, boost learning, connect you to others, and also make your work more productive and enjoyable.

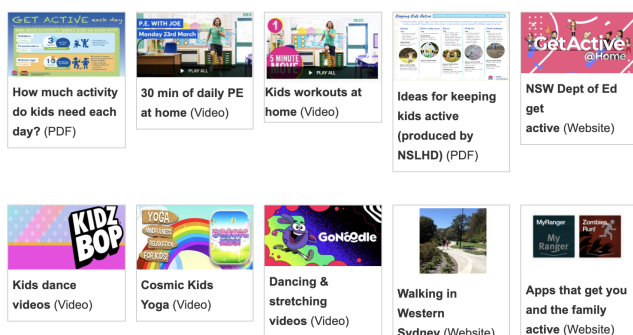
Why not build some play into your day, and get the family active at home?

*Here's an easy game to get started:

Do you remember "Stuck in the mud"? You can play this indoors or in your yard. Nominate a "tagger", who chases the other players. When a player is "tagged", they become "stuck in the mud"! They can't move and must stand with their legs and arms apart. The only way to be freed from the "mud" is for a non-tagged player to crawl between their legs. And then the chasing continues! A great way to work up your heart rate and have some family fun.

Stay Healthy

Keeping everyone active while at home with fitness classes, active play and dance



Discover more ideas to keep the family active at home with fitness classes, active play, yoga and dance here - take a look!