Dear Parents/Carers

This Sunday, the Church celebrates the feast of Trinity Sunday. On this day we celebrate the mystery and appreciate the nature of God.

The Trinity is what Jesus ~ God made man ~ has told us about the nature of God. He speaks of God the Creator, one with who Jesus is united. He promises us a helper, the Holy Spirit, to inspire and strengthen us.

The Trinity is God’s three ways of being there for us. Every time we make the sign of the cross we reaffirm our belief in a God who is Father, Son and Holy Spirit.

We are baptised “in the name of the Father, and of the Son, and of the Holy Spirit”, and we remind ourselves of this reality when we pray and when we bless ourselves and others.

Of course, many significant people come into our lives and we get a real sense that the Spirit of God is within them. Their ways, their support and their kindness are all evidence of the Holy Spirit present in our lives. I am sure many people come to mind who touch our hearts, mind and spirit on a daily basis or incidentally. It is through these people that we see the face of God.

Let’s continue to bring life to our community by allowing the Spirit to inspire us through:

- Love
- Kindness
- Joy
- Faithfulness
- Patience
- Goodness
- Peace
- Humility
- Self control

“...as it was in the beginning
is now and ever will be ..
Amen.”

All the very best for the week ahead.

Mr Steven Jones
Principal
CHILDREN’S SACRAMENTAL PROGRAM

Confirmation: Thanks to everyone for making last week’s celebration the wonderful occasion that it was! Thanks in particular to our dear children and their families for being so understanding and patient. The Monsignor was very apologetic about last week, but is looking forward to celebrating this week. Just remember to arrive by 6:45pm tonight, wear something warm and bring along some party food!!

First Reconciliation: Resources for the workshops have now been sent out. Thank you to all our parent hosts who have opened their doors and their hearts to help families live and grow in their faith.

First Holy Communion: The first celebration of Holy Communion is available to children from Year 4 onwards; so, if you are interested, please return the enrolment form by 26 June. Just a reminder to parents that, as usual, only the official photographer will be permitted to take photos at Mass. Details are on the enrolment form.

Paola Yevenes-OLMC Parish

SICKNESS

This Friday 29 May we are having a MUFTI DAY to support the Diocesan Works Appeal in our Diocese. This money will provide support to Church agencies such as Catholic Care Social Services, Catherine Villa which houses and supports young mothers and to Blacktown Neighbour Aid. Children are asked to wear suitable casual clothes and donate a gold coin to this cause.

Social Media Experiment

Recently one of our parents sent me a letter regarding posting images online and social media. Some food for thought as our children continue to gain more access to social mediums through various electronic devices within their lives.

“With the advances in technology these days, as a parent I worry about what this could mean for our children. Don’t get me wrong, I know it has its advantages, but with that also comes risk. With online predators, internet trolls and cyber bullying sometimes our children’s choices can come with catastrophic results.

Our children need to realise how a simple picture or post has the ability to reach far more people than intended. That even if you only have a few friends on one of these social media sites, if only one of their friends like or comment on your post, then their friends can now see it, and if one of their friends like it or comment, then their friends can see it as well and so on. My son and I have been talking about this a lot lately. I want him to be aware that his actions online can come with consequences.

Hence my experiment. Yesterday I posted a picture on my Facebook page of sign saying “Who can see this?” I also added a comment saying that this was a social media experiment to make my ten year old son aware just how many people can see a post that he may put up in the future, and just how far it could travel. I asked them to like the post or comment where they were from. In less than a minute of posting my picture, it had already reached the other side of the world.

In under 24 hours, it had over 1,400 likes (now has over 2,600 likes). In excess of 1,000 comments (now in excess of 1,600. These numbers keep climbing. It was also shared by over 220 people (now 432 shares). It reached nearly every country in the world. Every state in America including Canada, Mexico, Hawaii as well as England, Scotland, Wales, Ireland, Italy, Malta, Germany, Poland, Japan, India, Switzerland, Dubai and the Philippines just to name a some.

This has been a huge eye opener for me and something that I hope my son will consider when posting something online in the future.”

This is a conversation our staff continue to have with our older students and something I strongly encourage parents to do on a regular basis. Many of the social media apps have a minimum age of 13 (not primary school age).

Steven Jones
OLMC NETBALL

<table>
<thead>
<tr>
<th>Team</th>
<th>Court</th>
<th>Time</th>
<th>Versus</th>
</tr>
</thead>
<tbody>
<tr>
<td>OLMC 1 (12s)</td>
<td>4</td>
<td>10:00am</td>
<td>Regents Park 7</td>
</tr>
<tr>
<td>OLMC 2 (11s)</td>
<td>7</td>
<td>9:00am</td>
<td>OLMC 3</td>
</tr>
<tr>
<td>OLMC 3 (10s)</td>
<td>7</td>
<td>9:00am</td>
<td>OLMC 2</td>
</tr>
<tr>
<td>Net Set Go</td>
<td>4</td>
<td>9:00am</td>
<td>-</td>
</tr>
</tbody>
</table>

Remember hair must be tied back, nails need to be clipped and no jewellery is permitted. This Saturday at 9am PANA will be holding a presentation for all girls who participate in NETSETGO. They will be receiving their packs as well. We understand that playing times are earlier this year, we ask that you please be at the courts no later than 30 minutes before your game to warm-up with your team. Your cooperation is much appreciated. For enquiries please phone Paula Epenian 0406 515 782 or Alycia Koulouris 0414 513 448.

PARENTS & FRIENDS

P&F Movie Night Postponed
Due to the wet weather last Friday we were forced to postpone the movie night that was planned for that night.

Thank you to everyone who had planned to come out and participate, and everyone who helped in the preparation. We hope to reschedule for later in the year and we will let you know through this newsletter when a new date has been set.

Entertainment Book
The 2015 Entertainment Books are still available for purchase through the school office. For $65 you will receive over $15,000 worth of offers from a fantastic variety of restaurants, arts, attractions and much more such as bowling alleys and movie theatres.

All books are $65 and a percentage of each sale goes back to our school. You can also order a digital version of the book for your apple or Google device. We can only accept the right money through the office and we apologise for any inconvenience.

This column is compiled by P&F Communications. If you have any queries or wish to contribute please email olmcwenty@parra.catholic.edu.au and attention it to P&F Communications.

LIBRARY NEWS

Premier’s Reading Challenge: We continue to encourage the children to read for the Premier’s Reading Challenge. There are now 36 children who have completed the challenge. Congratulations to the following children who completed the challenge in the past week: Oscar Burton, Michaela Manenti, Sylvana Manenti, Sajeeth Sutharan and Amber Drennan.

Book Fair: This year we will once again be holding a Book Fair in the Mercy Library between Friday 19 June until Thursday 25 June. There will be a range of books available for the children and parents to purchase. Scholastic provides the books for our Book Fair. So save the date to your diaries.

CHILD PROTECTION

Today we held a Child Protection Briefing for parents who wish to help at school events, carnivals and excursions. It is a system requirement that every two years volunteers complete the online training module and attend a briefing held at school. The website for the online training module has changed and can be found at http://childprotection.parra.catholic.edu.au

STAGE 3 SOCCER GALA DAY

On Thursday we had three, stage 3 teams travel to Penrith to play soccer. We all jumped on the bus very excited to be going to represent our school.

“It was a great experience to play soccer with some of my school friends.” Luke

“ This was the first gala day that I have attended. I was very proud of our positions on the table and was glad that I got to spend my whole day with my best friends playing soccer.” Mark

“ It was a really fun and exciting day. We had to use a lot of teamwork. It was great cheering our teammates on”. Alisha

Thanks to Mr Jones and Miss Butler for coming along to make sure we all had a great day.

A big thank you to Mr Harris for stepping up and providing us with a referee, without him we could not have participated.

Also thank you to Mr Farah for stepping in to be the coach/manager of the year 6 boys.

A great day was had by all.
importance of Sleep

Sleep is Important!

Sleep plays a vital role in good health and well-being throughout our lives. Getting enough quality sleep is essential for all people and children in particular. Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It is forming pathways to help you learn and remember information.

Studies show that a good night sleep improves learning. Children aged 6 to 13 need 9-11 hours of sleep each night.

Children and teenagers who are sleep deficient may have problems getting along with others. They may feel angry and impulsive, have mood swings or lack motivation. They may also have problems paying attention. All of this has an impact on their learning and ability to learn.

There is an increasing number of demands placed on children's time from school, sports, after school activities and social activities. In addition school-aged children become more interested in TV, computers, the internet as well as caffeine products - all of which can lead to difficulty falling asleep and disruption to sleep.

Sleep Tips for School-aged Children
+ Teach your children about healthy sleep habits.
+ Continue to emphasise the need for regular and consistent sleep schedules.
+ Have a bedtime routine.
+ Make your child's room sleep ready - dark, cool and quiet.
+ Keep TV, computers and iPads out of the bedroom.
+ Avoid caffeine
+ Check your child doesn't have breathing issues. Snoring is a sign your child may not be sleeping well.

Did You Know?
Watching TV before bedtime can alter your body's natural sleep rhythm. The light emitted from screens tricks your brain into thinking it is still daytime. So no TV an hour before bedtime for children is an important part of helping them sleep ready.

Establish a Bedtime Routine
Having a set bedtime and routine helps your child get their body and mind ready for bed. This routine could involve:
+ switching off the TV and screens for children an hour before bedtime
+ packing up toys
+ getting dressed for bed
+ closing the curtains/blinds
+ Play a quiet game together like cards or doing a puzzle.
+ Reading a story, listening to an audio book in bed

Did You Know?
Your child needs to be 'Body Tired' to be ready for sleep. Children have lots of energy to get rid of before they are ready for sleep. Get them physically active by going for a walk or skipping - this will make them physically tired and ready for sleep.