Dear Parents,

As many of you would be aware I have spoken at various Parents and Friends meetings and Kindergarten information evenings about the importance of our children being RESILIENT and the recent media labeling of parents as lawn mower parents (interesting to Google this topic).

Over the next two weeks I want to share an article with you that I have come across which would not only ensure we aren’t lawn mower parents but develop and teach our children, just like Mary and Joseph would have needed to 2000 years ago for Jesus:

### 25 Ideas For How You Can Teach Your Kids Resilience

**by Chelsea Lee Smith**

The list below is not your typical “do and don’t” list but rather a set of prompts to begin reflecting on ways you can teach your children resilience through simple interactions every day.

1. Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.

2. Encourage your child to serve others or let others go first when sharing food.

3. Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment.

4. Show your child that it is worth making a good decision for the long run even if it’s not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare.

5. Do not give your child every single physical thing they desire (toys, food, clothes, etc) even if “everyone else has it.”

6. Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.

7. Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.

8. Teach your child to identify struggles as challenges to overcome, not tests to avoid, and teach them phrases such as “this too shall pass” or “every challenge makes you stronger” to spark this outlook.

9. Encourage your child to maintain a positive attitude about chores or homework by teaching them creative ways to find fun in work.

10. If your child is older, give them the chance to wait for family meals instead of snacking any time they want.

11. Remind your child to be patient with a younger sibling’s interference with their toys; teach them that relationships are more important than “things”.

12. Help your child learn self-control regarding electronic mediums and entertainment by demonstrating your own restraint.

13. Allow your child to experience the extremes of temperature by dressing accordingly, not hiding away from the weather.

This article offers some very practical parental advice worth considering. Not easy being a parent is it! Next week the other 12 prompts to assist you and your family.

Mr Steven Jones
Principal
SCHOOL UNIFORM

To continue our whole school consultative process regarding school uniforms we have reached a stage where we have storyboards (pictures) of the proposed school uniforms and changes. Please take the opportunity to go to the link http://goo.gl/forms/2TcCpDoO9N, click on the Skoolbag link or visit the school website. The storyboards will also be displayed in the school foyer and noticeboard on the front playground.

WORLD TEACHERS’ DAY

The OLMC staff would like to thank all the parents for their kind words, gifts of appreciation, and the delicious morning tea and beautiful flowers (currently displayed in the office foyer) that were presented at the morning tea by the Parents and Friends on behalf of the parent community to celebrate World Teachers’ day.

At the morning tea the following staff were presented and acknowledged with Recognition of Service Awards to Catholic Education (years) – Emma Moore (5), D’anne Worsley (5), Peter Clark (5), Stefanie Chehade (5), Amanda Cox (10), Daniela Cesarini (10), Judi Cundy (10), Jodie Meares (10), Alyson-Anne Hanson (15), Sharon Taylor (15), Johra Brackenbury (20), Olimpia Pirovic (20), Vivian Mikhail (25), Kath Noble (25), Debbie Wooding (25), Bernadette Nolan (30) and Kay Massey-Hale (30).

NEW BUS PASSES FOR CHILDREN GOING INTO YEAR 3 IN 2015

Free bus travel is granted to all school children from Kindergarten to Year Two. However when children go into the primary grades there is a distance criteria which must be met.

Children must reside more than 1.6km (radial distance) from the school attended or 2.3km or more by the most practicable walking route to the nearest point of entry to the school.

If your child is going into Year 3 next year and you have not been sent home a letter yet from the school office, please let the office know so that we can determine if your child is eligible for free travel in 2015. If your child is not eligible they may still catch the school bus but payment is required.

MATHEMATICS ON YOU TUBE

During last term we had two students, Vanessa Hudson and Sarah Haddad from the Australian Catholic University working at our school. They worked on developing videos to explain Mathematical concepts for our parent community. They created five videos:

- Addition with Trading
- Subtraction with Trading
- What are concrete materials?
- Mental strategies
- Counting

These topics are the ones parents have the most questions about. Visit the OLMC Wenty YouTube channel to view these videos. You can find us by searching OLMC Wenty on YouTube. We’d love to hear your feedback and suggestions for new videos.

MERIT CERTIFICATES

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<tr>
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<tbody>
<tr>
<td>Seth, Anabella</td>
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<td>Karima</td>
<td>6B</td>
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<tr>
<td>Ashley, Eliison</td>
<td>6G</td>
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</tbody>
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Congratulations

Community Service Award
The following children have worked really hard towards receiving 75 Star Cards
Rafka 4G, Manyaa 4G

Gold Award
The following children have worked really hard towards receiving 90 Star Cards

Principal’s Award
The following children have worked really hard towards receiving 120 Star Cards
Claudia 2G, Faith 2B, Jared 2B

Diamond Award
The following children have worked really hard towards receiving 150 Star Cards
Rebecca 2G, Jacinta 3B, Jerome KS
Catherine McAuley Year 7 Enrolment

Commencing 2015 all applicants applying for a place at Catherine McAuley will be interviewed except for Year 7 applicants who are siblings of current students and Year 7 applicants from Catholic families who attend in Year 6 a Catholic feeder primary school for Catherine McAuley.

The Catholic primary schools which are feeder schools for Catherine McAuley include the following schools: Mother Teresa Primary School, Westmead, Sacred Heart Primary School, Westmead, St Anthony’s Primary School, Girraween, St Oliver’s Primary School, Harris Park, St Monica’s Primary School, North Parramatta, St Patrick’s Primary School, Parramatta, Our Lady of Mt Carmel Primary School, Wentworthville, St Paul the Apostle Primary School, Winston Hills

Applications for Year 7 2016 must be submitted to Catherine McAuley by the closing date of Friday 27 March 2015 to be considered for first round offers. Offers of admission will be made during Term 2.

A Year 7 2016 Enrolment Information Evening will be held on Tuesday 17th March 2015 from 6.30 – 7.30pm. Prior to this the Catherine McAuley Open Afternoon/Evening will take place from 3.30 – 6.00pm.

Students who do not in Year 6 attend a Catholic feeder primary school or have a sister already at the school will be required to attend an interview. For Year 7 2016 these interviews will take place on Wednesday 29 April between 3.30 – 6.00pm.

Please contact Catherine McAuley School Reception if you have any further questions regarding enrolment on 9849 9100 or visit our school website www.mcauley.nsw.edu.au

BEREAVEMENT SUPPORT PROGRAM -SPRINGWOOD
CatholicCare Solo Parent Services is holding its fortnightly Bereavement Support Session on Wednesday 12th November for those whose spouse or long term partner has died. The topic for this Session is "Is it Grief or Depression". Venue: Springwood Baptist Church Macquarie St Springwood from 10.30 – 12.30. Details and Registration: soloparentservices@ccss.org.au or Ph. 99330205

YOUNGER WIDOWED SUPPORT GROUP
CCSS Solo Parent Services is holding a monthly support group for men and women widowed at a younger age with or without children. It will be held on the 3rd Tuesday of each month. Next meeting: Tuesday 18th November Venue: CCSS Centre, 51-59 Allawah St Blacktown. Time: 7pm – 9pm Cost: $5.00. Details and Registration: PH: 9933 0205 or Email: soloparentministry@ccss.org.au

OLMC Parramatta Orientation Day – Year 7 2015
Our Lady of Mercy College Parramatta will be welcoming future Mercy Girls who will be starting Year 7 in 2015 to Orientation Day on Wednesday November 12, 2014.

The College is now enrolling for 2015 and 2016.

Visit www.olmc.nsw.edu.au or contact the Registrar 8838 1222 to discuss how your daughter can be a Mercy Girl.

OLMC Fete

Initial OLMC Parish/School Fete Meeting will be held on Tuesday 11 November 2014 at 7:30pm in the Parish Centre (Narthex). Everyone is invited to attend the first planning meeting for next year’s fete.

Please consider if you would like to be part of the committee, be a stall coordinator or just help out in any form.

Mr Steven Jones

PARENTS AND FRIENDS

Parents and Friends’ meeting

Thanks to everyone who attended our Parents and Friend’s meeting last week. The minutes of the meeting will be available shortly

Business Directory

We are seeking to establish an OLMC business directory to help support the businesses within our school community. This will be a free service to the members of our school. Please see the insert for an idea of what the directory may look like and to find out how you can be involved.

Family Photos

On Saturday 8 November we are holding a family photo day from 9am. For $15 you will receive a photo session with your family and a professional photographer and a 10 x 13 colour portrait or an A3 pencil sketch of your family and a wallet sized portrait and keyring! Photos will be taken in the Parish Hall on the day. A flier was sent home on Friday. To take advantage of this fantastic offer, just ring the school office and book a time slot.

To secure this slot you will need to send your $15 to the school office marked with your name. There will be an opportunity to view and buy other photos, but you are under no obligation at all.

If we do not have enough families take up this offer then we will examine cancelling or postponing this event. In the case of it being cancelled all monies collected will be returned.

Second Hand Uniform

The Second Hand Uniform shop will be open on Tuesday afternoon and Friday morning this week. As of 11 November the Second Hand Uniform shop will only be open on Tuesday afternoon. We apologise for any inconvenience this causes.

If you have any donations for the Second Hand Uniform shop, please send them through the office.

World Teacher’s Day

Thank you to Norma Touma, Joanne Sakr, Pauline Raad and Melanie Saba for providing morning tea for the staff on behalf of our parent community. The staff was very grateful for this token of appreciation.

Mrs Danielle Gardner

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Mr Steven Jones
The Best Excursion

At Wannabees we went to the bank, restaurant, police station and the fire station. My favourite part was at the fire station because you get to climb the ladder and slide down on the pole. My other favourite part was the construction site because you get to build with the blocks.  — Kalim.

Year One Wannabees Day

On Monday Year One went to the Wannabees. We went to Wannabees to learn all about our people in our community. My favourite play areas were the shops and the doctors. Other people also loved the shops and the doctors. At the doctor’s room there was a nursery room. Even at the shops there were checkouts. It was a beautiful place, but mostly it was a big day. — Aniya

Our Excursion

Yesterday we went to Wannabees play area. We went to lots of areas like the hospital, gym, post office, honey room, supermarket and the hairdresser. It was fun. Some areas I didn’t go to like the bank, beauty salon, TV studio, police station and the fashion studio. The Honey Room is a restaurant. There was also a cafe. Did I mention the construction site and the rock climbing wall? Well if I didn’t there it is. My favourite area was the playground. I had lots of fun and I’m sure that the other Year Ones had as much fun as me. — Aurelia

The Best Excursion

Yesterday we went on an excursion to Wannabees. I went on a motor bike, it was lots of fun. They had rock climbing but I didn’t get a chance to do it. I saw people doing rock climbing and they kept on falling down. — Zachary