Dear Parents,

This week I continue with the 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. Continues from last week...

14. Resist the urge to run to your child’s rescue immediately, such as when you see them having trouble putting on clothes or feeding themselves.

15. Do not allow your child to interrupt when adults are speaking to one another; set up an age-appropriate method for them to practice taking their turn.

16. Give your child many opportunities to share their belongings and their food, by inviting guests over and setting up ways they can be generous.

17. Introduce new experiences to your child which will help them step outside their comfort zone, such as playing with children who speak another language and trying new foods.

18. Do not give in when you have set a limit, such as an amount of TV they can watch or how much dessert they can have.

19. When your child wants to find something, let them look for it.

20. Teach your child how to be responsible for their own clothes as early as possible: to sort and wash and put them away— including washing clothes by hand and hanging them out to dry.

21. Remind your children to do their best on schoolwork, even if it means taking longer than they would like or staying up a bit later than normal.

22. Require that responsibilities be completed even when your child does not feel like it, such as making beds, taking a bath, feeding the pets, and brushing teeth.

23. When your child really wishes they had something, teach them to be grateful and find the best in whatever situation they are in.

24. Let your child own their feelings, even if they are challenging, by not belittling the emotions but giving them a way to maintain perspective through phrases such as “Every challenge makes me stronger” or “A rainbow will come after the storm.”

25. Enable your child to gain perspective about their reality by volunteering for charitable organizations that serve people who do not have the same life circumstances.

Many of the points the past two weeks have spoken about challenging our children to be independent; responsible and accountable for their own actions, property and emotions; persist to solve a problem; without us as parents stepping in to solve, complete or ensure that they don’t experience failure.

A long term challenge for all of us as parents.

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/2TpCpkDOq9N](http://goo.gl/forms/2TpCpkDOq9N), click on the Skoolbag link or visit the school website. The storyboards are displayed in the school foyer and noticeboard on the front playground.

**IMPORTANT NOTICE TO PARENTS**

**WHOOPING COUGH—PUBLIC HEALTH ALERT**

There has been an increase of Whooping cough (Pertussis) notifications in the Western Sydney area since June 2014. In order to prevent further cases of whooping cough, Western Sydney Public Health Unit advises the following:

If your child (or any member of your family) has any of the symptoms of whooping cough, such as a **dry or persistent cough**, which may be especially bad at night, please **see your doctor** and take this notice with you. A nose and throat swab test can be performed to confirm the diagnosis.

If your child has Whooping cough, your doctor will arrange a course of antibiotic treatment. Antibiotics given early in the illness are effective in stopping the cough and in preventing spread to other people. If your doctor diagnoses Whooping cough, please advise the school and keep your child at home until she/he has taken 5 days of antibiotics.

More information on Whooping cough is available on the NSW Health website at: [http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx](http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx) or please call Western Sydney Public health unit on 9840 3603 if you have any queries.

*From the Western Sydney Local Health District.*

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**MERIT CERTIFICATES**

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<tr>
<th>NAME</th>
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<tr>
<td>Jonathan, Leah</td>
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<tr>
<td>Lila, Lara</td>
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<td>Abhidi</td>
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<td>Isabella, Joshua</td>
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**Congratulations**

**Community Service Award**
The following children have worked really hard towards receiving **75 Star Cards**

Emily 6B, Miriam 4B, Cheyenne 4B

**Congratulations**

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


**Congratulations**

**Principal's Award**
The following children have worked really hard towards receiving **120 Star Cards**

Enhan 2B, Emily 3B, Aiza 3B, Jade 3B, Aradhana 3B, Thomas Emmanuel 3B, Noah KG, Yasemin KG, Marie-Jose KG, Damon KG, Rebecca KG, Georgia 3G, Rhianna KG, Chelsy KG

**Congratulations**

**Diamond Award**
The following children have worked really hard towards receiving **150 Star Cards**

Damon 3B

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**Parent Questionnaire for the PAVe Project**

*(Preventing Anxiety and Victimisation through education)*

Students with parental consent have now completed the PAVe survey at school. We would like to invite parents of these children to complete the PAVe parent survey.

This online survey will take about 12 minutes to fill out. Please go to [http://bit.do/pave4parents](http://bit.do/pave4parents) to complete the survey. Alternatively, you can collect a paper version of the questionnaire from your school.

The information you provide will assist us evaluate programs that reduce peer victimisation and anxiety in schools and also evaluate the health impact and costs to run these programs. The information will assist us plan future support for families to prevent victimization and anxiety in children.

The PAVe team and OLMC thank you for participating in the PAVe Project. If you have any questions, please contact Dr Sally Fitzpatrick (9850 8097) or paveadmin@mq.edu.au
Changes to Catholic Education Diocese of Parramatta Enrolment Policy

In September 2014, a new enrolment policy and procedures were approved for use by Catholic systemic schools in the Diocese of Parramatta.

What has changed?

Under the previous enrolment policy, Catholic families were asked to enrol their child/ren in their local parish or ‘feeder’ school. Recognising the changing nature of work and family life, the new policy allows Catholic families greater choice, by removing the concept of ‘feeder’ parishes and schools.

Catholic families may now apply for enrolment in a Catholic school anywhere in the Diocese.

Where places are limited, priority will be given in order to:

- Catholic children who live in the local parish
- Catholic children from other parishes
- Children of families who actively participate in the life of the school and local parish community (e.g. siblings)
- Orthodox children
- Children from other Christian faiths
- Children of non-Christian faiths

Frequently Asked Questions:

Who makes decisions regarding enrolment of students?

The principal of each school has the delegated authority to accept enrolments. The Principal must consult with the Parish Priest and Catholic Education’s Director of System Performance to ensure the enrolment policy and procedures are given effect.

How is enrolment determined?

The principal determines if the student meets regular enrolment criteria by:

- conducting enrolment interviews as necessary in consultation with the parish priest
- reviewing all enrolment applications using the CEDP enrolment process

Will siblings of children already enrolled have preference?

Siblings of children already enrolled in the school are considered by the same criteria above. However, within each of these categories, a sibling of a child already enrolled will have preference over an applicant who does not have a sibling enrolled in the school.

Is enrolment guaranteed for existing primary students?

A child who has completed primary education in a Catholic Diocesan primary school will usually be offered continuity of enrolment in a Catholic Diocesan secondary school. If no places exist at the school of choice, contact Catholic Education’s Director of System Performance to assist the family to enrol in another Catholic secondary school in the Diocese.

The policy and procedures are available via www.parra.catholic.edu.au - go to ‘About Us’ menu and click ‘Policy Central’.

Published October 2014

ENROLMENT POLICY

PARENTS AND FRIENDS

We have passed the half way mark and are now working really hard to achieve all our goals for the end of the year. Please remember that if you have any concerns about your child and their learning, please call the office and make an appointment with your child’s class teacher. They are keen to help ensure your child achieves their potential.

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 send a business card to school or email Sonia Farah at soniafarah2@yahoo.com.au to find out how you can be involved.

Family Photos

Thanks to all the families who came to have their portraits taken on Saturday. We are sure you will be happy with the final result. Please remember your viewing time on Wednesday 26 November to view and collect your portraits.

Second Hand Uniform

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.

Fete meeting

Thanks to everyone who attended our initial fete meeting last night. It was great to see some new faces. Thanks to Suzanne Stanton for agreeing to once again coordinate our fete for 2015 and to Kayleen Deguara for agreeing to take over for 2017. Kayleen will be learning the ropes as she assists our experienced coordinator Suzanne in planning the 2015 Fete.

We are keen to have many new faces volunteer to help coordinate stalls. In the past we have had a range of food stall as well as stalls selling gift baskets, face painting, games, candy, drinks, cup cake decorating, books and a white elephant stall. We need volunteers to help coordinate and run these stalls. Running a stall can be a fun thing to do with your friends. You might even have an idea for a new stall which we would love to hear about.

We are also looking for a keen volunteer to help run the Chocolate Wheel. If you are confident and can whip up excitement in the crowd we’d love to hear from you. If you are willing to help out with a stall, the chocolate wheel or with donations please contact our Fete coordinator Suzanne Stanton.

The minutes of the meeting will be available shortly and keep an eye out for upcoming Fete Newsletter which will have more details about how you can help make our Fete a great success.
On Wednesday 5th November, the children in Year 5 went on a fantastic excursion to Sculptures By The Sea at Bondi. They enjoyed the coastal walk from Bondi to Bronte Beach and along the way viewed some magnificent sculptures.

Here are some of their comments:
“I thought it was a fun and exciting excursion, full of amazing artworks and sights.” Kasey

“It was extremely fun to see all the artworks and the abstract sculptures.” Johnny

“The sculptures were fascinating.” Ricky

“I thought that it was brilliant.” Abhidi

“It was a combination of my two favourite things, art and the beach.” Alexandra

“The sculptures were unique and interesting.” Michael S

“I thought that the artworks were awesome.” Bradley

“It was magnificent.” Natalia

“It was amazing.” Lachlan

“You could touch some of the sculptures and I loved it.” Mitali

“The sculptures were beautiful.” Jade

“It was fun to see the work of creative artists.” Joseph

“It was a great experience.” Michael E

We used our experience from our excursion to create our own interpretation of our favourite sculpture. You can see them on the playground in our "Sculptures by the Playground” exhibition.

Visit the media gallery on our school website to see more photos of our sculptures and our excursion.