Dear Parents/Carers,

Reflecting on term 3, it constantly amazes me how many various learning opportunities our students have at school these days. Some of these have included...

**Catholic Parish Involvement…**
OLMC Feast Day & Grandparents Mass and Morning tea
Fathers’ Day Breakfast and Mass
Mary MacKillop liturgy
Assumption mass
Stage masses

**Stimulating Learning opportunities…**
National Numeracy and Literacy Week - Numeracy day
Book Week
Year 4 Religious Literacy assessment
Year 5 Personal development night
Various excursions – Kindergarten
Voice of Youth
Maths Olympiad
English and Mathematics competitions
Parents as Educators course

**Extra-curricular opportunities**
Chess each Monday
Band
Recorder and choir
Zone and Diocesan Athletics Carnivals
St Paul’s Creative Arts Matinee performance
Stage 3 Touch gala day

And many varied learning experiences that happen each and every day at OLMC.

Of course, all of these are only possible due to…
Father Paul, Father John and the Carmelite community who guide and nurtures our spirituality.
the dedication and commitment of the staff. I would like to take this opportunity to thank staff for providing these various opportunities and their commitment to the students of Our Lady of Mount Carmel.
the trust and support of the parent community. Thank you for your encouragement and support.
the enthusiastic students who willingly apply themselves to all learning experiences with vigour and eagerness.

After another successful term at Our Lady of Mount Carmel, all that really remains is for each of us to be grateful, to say thank you and to rest! Best wishes to all members of our community for a restful holiday. I look forward to continuing the journey with you in Term 4.

*Lord, for all that has been Thanks!*
*For all that will be Yes!*

Steven Jones—Principal
**HOLY COMMUNION**

Our First Holy Communion celebrations are now underway. As we see the children so joyfully enjoying their first Eucharist, may we also remember our first Eucharist and that the meal is as precious for us today as it was when we were children. Please keep the following children in your prayers as they celebrate their First Holy Communion:

- Rafqaa Arida
- Jasmine Brien
- Olivia Achmar

Congratulations to all the children who have made their Holy Communion this term and who will be making it during the school holidays.

**UNIFORMS**

Children return to school after the holidays in summer uniform. **Girls uniform:** Blue and white short sleeved tunic with white socks and black school shoes and school hat. **Boys uniform:** Blue short sleeve shirt, Navy blue shorts and grey with blue and yellow striped socks and black school shoes and school hat. The wearing of jewellery or decorative jewellery other than a watch and sleepers or studs for students with pierced ears is not permitted. No rings, bracelets, bangles or necklaces may be worn. Coloured nail polish is also not acceptable.

Rules for hair: For girls, shoulder length or longer hair must be tied back. No hair colouring is permitted. Hair ties, ribbons and headbands must be white or blue.

For boys, neat and simple haircuts. No undercut, number ones, rat tails, pony tails, or hair colouring is permitted.

**EVENTS**

The major events for Term 4 are:

- **Gymnastics Program (ES1 & Stage 3)**
  - Every Wednesday, Weeks 1-9 Term 4

- **Swimming Lessons (Stages 1 & 2)**
  - Weeks 2 & 3:
    - Monday 15 October until Friday 26 October 2012

- **Awards & Christmas Concert (ES1 to Stage 3)**
  - Wednesday 5 December at 6.30pm

- **Year 6 Graduation Mass & Dinner**
  - Tuesday 11 December at 6.00pm

- **End of Year Mass**
  - Friday 14 December at 10.00am

- **OLMC Swimming Carnival**
  - (Stage 2, Stage 3 & competent Stage 1)
  - Monday 17 December 2012

- **OLMC Dry Carnival (ES1 & Stage 1)**
  - Monday 17 December 2012

**NAPLAN**

Naplan results for students in Years 3 and 5 were sent home on Wednesday of this week. Additional information to assist in understanding your child’s test results can be found at www.naplanforparents.nsw.com.au.

**CONGRATULATIONS**

The following children have worked really hard towards receiving 75 Star Cards

**Community Service Award:**
- Rafka Boustani 1S, Louise Nana 1S, Isabella Khoury 1S
- Jayden Dentamaro, Lara Sahyoun 2B, Jacob Balas ES1
- Michael Elias 2W, Sebastian Ibrahim 2L

**WORLD YOUTH DAY 2013 RAFFLE TICKETS**

The next World Youth Day is in Rio de Janeiro in July 2013 and our Diocese is planning to support as many young people as possible who wish to go. One way of doing this is by supporting the Diocesan raffle for World Youth Day, which helps to subsidise students who aspire to attend World Youth. Each family has received raffle books to be returned to school. Please return tickets to school whether they are sold or unsold.

**SPORT DAYS**

The following days are scheduled Sport days for the various Stage Groups for Term 4. Please ensure your child wears their Sport Uniform only on these days. As per school uniform policy sports shoes should be white lace up or velcro shoes (no vans or coloured shoes).

- **Stage 3:** Tuesdays and Wednesdays only
- **Stage 2:** Tuesdays and Fridays for first week after the holidays then school uniform can be worn each day during swimming lessons except for Friday when students may wear sport uniform.
- **Stage 1:** Tuesdays and Thursdays
- **ES1:** Tuesdays and Wednesdays only

**STOP THE FUNDING CUTS**

I would like to thank and congratulate our community for the response about the proposed funding cuts. Your opposition has been heard and I urge you to continue to write to Mr Geoff Lee Member for Parramatta, Mr Nathan Rees – Member for Toongabie, Premier Barry O’Farrell and the Minister for Education, Mr Anthony Piccoli, if you haven’t already done so.
Our Club Presentation Picnic will now be held on Sunday 28th October. Full details will be emailed to all members shortly. For enquiries please phone Margaret Nolan on 0405 509 253.

YEAR 12 STUDENTS

This is the time of year when the school life draws to a close for many Year 12 students. As a school community we would like to wish all of our former students and those in our wider community preparing for their HSC the very best for the journey ahead. We hope they take the seeds that their catholic education has given them and grow them into a wonderful life.

This photo was taken by Mrs Roslyn Khattar of the former students from Our Lady of Mt Carmel School who have attended Marist Brothers Westmead and have graduated from Year 12 this week. You may recognise some of these students!!

Our best wishes go out to all the ex-students of Our Lady of Mt Carmel who will be sitting for the Higher School Certificate in a few weeks time, who are now attending the following high schools:

Catherine McAuley-Westmead
Our Lady of Mercy College-Parramatta
St Pauls Catholic College-Greystanes
Marist Brothers-Westmead

P&F NEWS

Save the date – Friday 19th October

The P&F is excited to announce it will be holding an outdoor movie night at our school on Friday night, 19 October 2012. Please save the date in your calendars, we will publish more information closer to the date.

P&F General meeting minutes

The P&F general meeting was held on Tuesday 7 August at 7:00pm. Minutes of the meeting have been emailed to everyone who attended. If anyone else is interested, copies are available from the school office.

Partners4Learning resource

Partners4Learning (P4L), an initiative of the Council of Catholic School Parents (CCSP), is a practical resource for teachers, parents and communities wishing to build stronger family, school and community partnerships.

Research shows that children learn everywhere. And parents and the home environment they create are the single most important factor in shaping their children’s achievements and prospects. Therefore parents need to be both involved in schools and engaged in their child/children’s learning.

Some ways to achieve this include taking advantage of classroom involvement opportunities and playing a consistent and creative role in homework activities. Another way is by being involved in formal and informal meetings or school gatherings such as the ones coordinated by the school and by the P&F.

As such, P4L users at www.partners4learning.edu.au have access to research, case studies, advice, and a bank of practical resources that complement the Australian Government's National Family School Partnership Framework.

It is a web-based Centre of Excellence in Parent and Community Engagement funded through the Australian Federal Government's Smarter Schools Teacher Quality National Partnership.

www.partners4learning.edu.au

Happy holidays

The P&F would like to wish everyone a happy, relaxing and safe term holidays. See you soon in term 4 as we being the countdown till the end of yet another year of great teaching and learning.
On Friday 11th May, my husband and I attended a seminar on Bullying hosted by the PRC. The speaker was Brett Murray. Mr Murray has done work with many children who have been bullied or been bullies and he spoke about his strategies to “bully proof” your children. He made some interesting observations and was a highly entertaining speaker.

He made the point that “Bully” is what the media term a “sizzle” word. It is emotive and evokes a response in everybody, as at some point everybody has either been bullied, seen bullying happen or been a bully. He also stated that kids can be mean to each other without it being bullying. If someone decides to be mean to someone else and give them a shove, or take their lunch and throw it on the ground and stomp on it, whilst it is not acceptable behaviour, it isn’t bullying. Bullying is a series of long term ongoing attacks, threats of attack or intimidation focussed on one individual. When your child tells you they have been bullied, please remember that they may be referring to being picked on. It is important to ask your child what happened and how many times it has happened.

The common denominator in most bullies is that they have a lack of self-esteem. Their taunts are often projections about what they feel about themselves. Interestingly to make your child less of a target you need to boost their self-esteem to the point that they are not concerned about what anybody else thinks about them. If your children know that you love and support them no matter what, then they will be able to come to you with anything and will be confident enough in your love to be able to withstand any attacks from their peers. If you admit your vulnerability to children, then they feel safe to talk to you as the environment is safe, as they are not afraid to fail.

It is more important to protect your children than to offend them. As their parent it is your role to set the rules and guidelines your children will live by and to be consistent with them. It makes them feel safe. Mr Murray advises that you ensure the computer is not in your child’s room and is in a common area where you can monitor what is happening regardless of what it is being used for. Anything with internet access should be kept in the living area. If you allow children to have internet access in their rooms then children then have no escape from any negative interactions that may be occurring. He also advises that you need to be involved in your child’s life and know their friends and keep in touch with what is happening in their social networks.

It is vital to keep communicating with your children, even when they only grunt at you and don’t seem to want to talk. Bullying carries the same social stigma as sexual abuse and many victims feel they have done something to warrant being targeted. As such it goes largely unreported. Bullies are not stupid and will not target a victim in public. Teachers are often unaware that bullying is occurring through no fault of their own. If your child can speak to you about anything and is aware of your unconditional love then you have gone a long way to making them bully proof.

Brett Murray has a website

Report from
Danielle Gardner –Parents and Friends President