

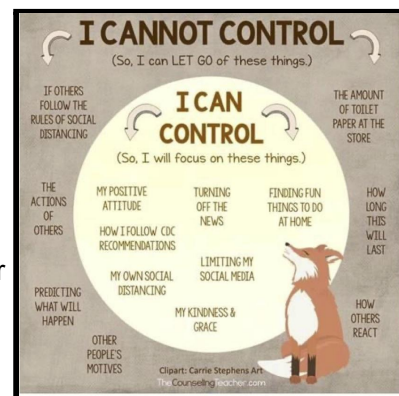


PRINCIPAL'S MESSAGE

Dear Families,

I hope your past week has been a positive one. It was such a delight to have so many families join Mrs Anderiesz and myself at Family Games Night on Friday and Saturday. It was clear to see that each of our families was having fun while playing the games. In each household there was a lot of laughing, cooperating, encouragement and some had their competitive streak out on full display!

This week Mrs Anderiesz and I have been focusing on the wellbeing of our staff. Yesterday we had our own staff zoom games session instead of our regular professional learning meeting. Our counsellor, Sara Kennedy shared a coping strategy with us that I thought you might find useful at a personal level and as a tool to guide your discussions with your children. Sara shared this idea of spheres of control. Currently there are many things in our life that are out of our control which may make us feel anxious. These are the thoughts we need to Let Go of and find a way to limit our exposure to. Instead, we should try to focus on the things that are within our ability to control. By focusing on these elements we may be able to find some relief. As a family you might take some time to talk about your worries and categorise them as things '**I Can Control**' or '**I Cannot Control**'. Come up with a plan together of how you can **Let Go** of the things you can't control.



This pandemic has forced us to rapidly change our lives and be overwhelmed with information and worry. It is important to step back and acknowledge the things we are grateful for. These are some of the things we may have forgotten amidst our worries that we can be grateful for: **health, having a home, having a job and steady income, having your children with you, we haven't experienced the death of a loved one because of covid.** This period has given our families the opportunity to spend time together and bond in a way that would not have been possible otherwise. Taking time out as a family to name the things you are grateful for can help you put things into perspective. It could even be a focus for your family prayer time.

I wish you a positive week ahead as you reflect on the good things still in our daily lives.

Parent Reminders:

- **Kindergarten - Year 2 Zoom Meeting.** This week we shared information with our parents regarding a new approach to sharing work with their child's teacher. The recorded meeting is available now via the linked image below.
- **Student Illness:** The families of authorised workers sending children to school are reminded that children need to be in good health and symptom free to attend school. During this lockdown period we are being particularly cautious. If your child is unwell we will send them home along with any siblings who are at school. Sick children are still required to return a negative covid test result and be symptom free before returning to school.



Olimpia Pirovic
Principal

The Community of OLMC is Safe and Respectful

UPCOMING DATES

Week 6:

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

Fri: 2:15pm Friday FunDay @ 'Take A Break Book Club'

Week 7: 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

Fri: BOOK WEEK CELEBRATIONS

Sat: OLMC Writing Challenge sent to families

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

WELCOME MR SALINAS

We recently welcomed Mr Omar Salinas to our school community. He comes to us with a wealth of experience as an aircraft engineer and all round handyman.

Mr Salinas will be responsible for maintaining our school grounds while Mr Pace is on leave.



TIPS FOR SUCCESSFUL LEARNING AT HOME

ROUTINES are an important way to help parents and children maintain normality in an uncertain time. It is important to maintain regular bedtimes and wake up at an appropriate time in the morning. What we wear gives us a signal about how we experience the day. If we stay in our PJs all day, it doesn't set our brain up to function at its best. When you start your day, get up at a reasonable time, get dressed and move out of the bedroom to do your work. Some of our children are wearing their uniform at home to remind themselves it's time to learn. Plan out your day together, talking about what you will be working on. Don't forget to plan breaks together, to chat and be active in the backyard.

STUDENT DATA VALIDATION

On Monday all families received an email or SMS (for those parents without email) from Catholic Education Diocese of Parramatta (CEDP) asking you to review and, where necessary, update the key information they hold about your children currently enrolled in CEDP schools. The purpose of this review is to ensure that CEDP has the right details to correctly identify and support students, including contacting families in an emergency or to share important updates. Steps have been taken to ensure this process is as secure as possible to protect your information and your family's privacy. Your information is only accessed by authorised staff when it is necessary and in accordance with our [Privacy Policy](#). The link is open until Friday 3 September. Families are urged to complete the review/update as soon as possible to ensure that your family's correct details are on file. This is particularly important as Greater Sydney remains in lockdown due to the COVID-19 outbreak. This [short "how to" video](#) may assist you with completing the process (use the closed caption icon to turn on subtitles). Please don't hesitate to contact the school office if you have any questions or concerns. **Only one person per family needs to complete the survey and it takes about 15 minutes to complete.** If you have any questions or to seek help, please contact the CEDP Community Liaison Team on 9840 5796.

BOOK WEEK (READ ME!)

Book Week is just around the corner and I'm excited to see how creative our families can be! Just a reminder...

1. Grade teachers will be creating a **whole day of remote Book Week fun on Friday 27th August**. So keep an eye out for information sent out by your child/ren's teachers. This day will also be a dress up day, so have your costume ready for all the fun and games.
2. Last week we provided a family Book Week reading checklist for the whole family to enjoy, so keep checking those items off.
*FYI DressUp: Students and families are invited to transport themselves to a new world, old world or other world and **dress up as a book character**. This year it is open to whatever you have, or can make, from your supplies at home. **We don't want anyone going out to buy costumes**. Parents are also invited to join in on the fun. **Take a full length, close up photo and send it to Mrs Anderiesz from now up until Friday 27th**. **Children who attend school on the 27th are also invited to dress up on that day**.*
3. During week 7 we will send out a special writing task for families to demonstrate their creative side.
Once the week of Book Week is finalised we will share a special celebration video with our community.

OUR CHILDREN & FAMILIES ARE INVITED TO CELEBRATE...

BOOK WEEK

@HOME 2021

Date: Friday August 27th (2 weeks away)

What: Teachers will send you information specific to your Grade

Theme: Open

FYI: Dress Up
*Please don't go out and buy costumes. Make something at home.
*Parents are invited to join in on the dress up fun

FYI: Photos
*If it suits families, you may dress up earlier and send your photo to Mrs Anderiesz.
*1 photo per child. No family photos

CHANGES TO PREMIER'S READING CHALLENGE

Like last year, the rules around the Premier's Reading Challenge have been altered to ensure all students have the opportunity to complete the PRC.

-The challenge date has been extended to September 3rd

-Students on all challenge levels are able to read 10 choice books

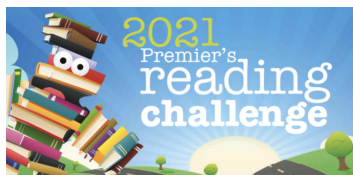
-Students on all challenge levels are able to include books that they have read collaboratively (EG: Book Club or Shared Reading through ZOOM) If your child attends Book Club [here is a list of texts](#) we have read.

-On SORA there is a collection of just Premier's Readers - so that will help guide your child/ren's reading efforts also!

Students can maintain their reading log via the [PRC link](#), using the log in details provided at the start of Term 2. Congratulations to Saanvi from Year 1 and Royden from Year 6 for completing the PRC over the last 7 days. Here is an update of our totals so far... **K: 57 Students Year 1: 12 Students**

Year 2: 57 Students Year 3: 14 Students Year 4: 14 Students

Year 5: 48 Students Year 6: 8 Students



OH MY WHAT'S GOING ON

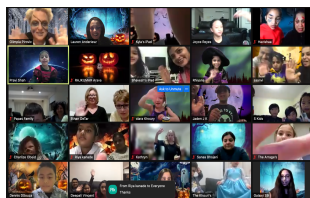


More to be revealed during Book Week!

FAMILY FUN EVENTS

Thank you to those families who have been able to join us for our planned family fun events. The Best Lockdown Party Ever and OLMC Family Games Nights have been just so wonderful, purely because we have been able to reconnect and share laughter with our community once again. We invite all of our families to engage with these initiatives to help break the monotony of lockdown.

We will continue to host events so keep an eye out!



ICAS UPDATE

Due to the current lockdown, ICAS has advised that they will be adding an **additional four-week sitting window in Term 4 from 5 Oct to 29 Oct 2021** to give affected schools and families peace of mind, as well as the chance to prepare.



BECAUSE IT'S OKAY TO NOT BE OKAY

There are a number of services available to support families during this time. [Headspace](#) and [Beyond Blue](#) offer online community forums as well as information, advice and strategies to support mental wellbeing. [White Ribbon Australia](#) connects people to other support services who may be experiencing domestic violence. As always, families are welcome to also contact the school to speak with Miss Pirovic or Mrs Anderiesz.

SUPPORTING FAMILIES DURING STAY AT HOME

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](#)

They also provide a free 10 week [Go4Fun healthy program](#) for all children ages 7-13 focusing on healthy eating and exercise. We will share some of this information through the newsletter each week.

Limited on space inside? No problem!: Try these BIG activities for small indoor spaces - paper aeroplanes, cubby houses, balloon tennis, toss socks in the laundry basket or create a cushion obstacle course!

What are you doing at home to keep the kids active and occupied? For more fun ideas for the family to be active at home: Click on the link below to get further inspiration (<https://www.facebook.com/watch/?v=873560549896311>)

PS. Don't forget that physical activity can also help your child get a better night's sleep!



AN INVITATION TO ALL OUR PARENTS

The Parents and Friends Annual General Meeting (AGM) is next term, and we have two executive positions that we will need to fill to enable our Parents and Friends to continue. At the AGM all positions are declared vacant, and everybody is invited to put themselves forward to help out as part of the Parents and Friends committee in any of the existing roles you feel called to. This year our secretary is graduating primary school and our vice president is standing down after 4 years in the position. We invite you to consider if you can help in either of these roles, and join us in supporting our children in their education. Connections between families and school that promote student learning contribute to students' success at school. While the Principal and Assistant Principal have the final decision making role, they seek to consult the parent body through the Parents and Friends as needed, so these roles within our community are vital for its success.

We would also encourage people to think about how they might become involved in the Parents and Friends in a broader sense. We are blessed that when we ask for help from our community, we always have volunteers come forward, and we are thankful for your understanding and adaptiveness as COVID continues to change the way we interact as a community. We invite you to also consider how you can support our Parents and Friends committee to continue to provide the services we offer. What we are seeking to do moving forward is to have a list of people who are happy to help with any projects in the future. We will make a request for volunteers for a particular event and contact you, and if it works for you then you can say yes. We are not seeking a specific or ongoing commitment, just a general willingness to help if you can, when you can. We know that time is precious, and we truly appreciate any help you can give.



PRESIDENT

**SUPPORT MEMBERS , LEAD , ORGANISE CALENDAR
EVENTS , PURCHASING , RUN MEETINGS**

VICE PRESIDENT

**SUPPORT TEAM, BACK UP FOR PRESIDENT ,
APPROVALS , ATTEND MEETINGS , NEWSLETTER AND
SKOOLBAG**

SECRETARY

**LETTER CORRESPONDENCE , MINUTES , APPROVALS ,
ATTEND MEETINGS**

TRESURER

**BALANCE BOOKS , APPROVALS , PAYMENTS ,
BUDGETS , ATTEND MEETINGS**

SUPPORT CREW

**A TEAM OF MEMBERS OF THE COMMUNITY THAT ARE
HAPPY TO HELP .**