



Our Lady of Mount Carmel

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PRINCIPAL'S MESSAGE

Dear Families,

What a difficult five days it has been for our community!

The thing that we had been trying so hard to avoid occurred, with our school community being directly impacted by two positive covid infections. The past five days were certainly the most worrying I have ever experienced. I along with our staff and families have been anxiously awaiting the results of each scheduled covid test. Anxiously waiting for the tests to be negative.

This experience has, in a very real way, proven that this infection is well and truly on our doorstep. There is no denying the reality of covid and the serious impact it has on an individual's health. I know that the restrictions in place are extremely difficult. As a community we must remain vigilant in continuing the preventative measures of wearing masks, washing and sanitising hands, maintaining appropriate distance and vaccination for those who are able. We also need to be mindful to not engage in gossip regarding who our positive cases might be. Our focus is also on maintaining the dignity of those directly affected, because it could so easily be you or me.

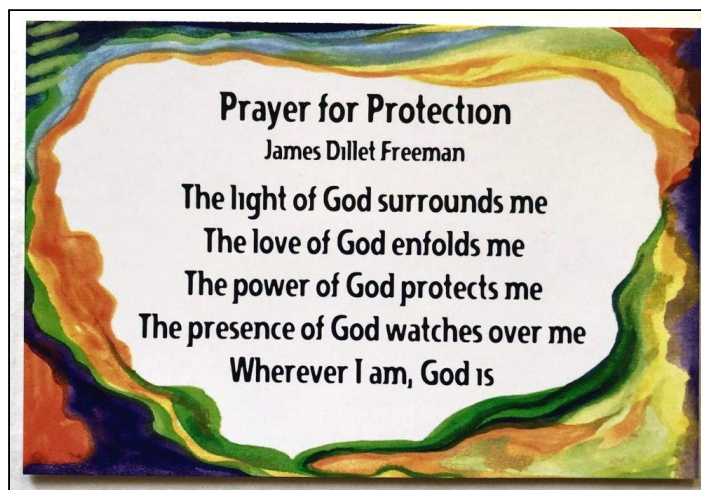


We find ourselves in a situation with a large number of students and staff who are required to isolate along with their family members. While our school is open for supervision, we are working on the bare minimum of staff on site until the conclusion of the isolation period on 2 September. Mrs Anderiesz, a member of the admin team and myself, are the only staff currently at school.

I would like to express my thanks to the many parents who sent messages to myself and other staff members during this difficult period. Your kind messages of support and offering of prayers has meant a great deal to us all and has helped lift our spirits.

This week we are reinstating an OLMC weekly ritual of acknowledging student efforts with Merit Awards. The children being acknowledged each week in the newsletter need to check their letter box for some special mail! We know that everyone loves to receive a special letter, so each Friday Merit Awards will be posted out to students.

This week we also celebrate Book Week from Home. I hope you are all giving yourselves some down time to enjoy a story or be creative. I am looking forward to all the creative costumes that students and parents have come up with. I'm sure there has been lots of busy crafting and creating to come up with fabulous costumes. Don't forget to email Mrs Anderiesz your photos!



Olimpia Pirovic
Principal

The Community of OLMC is Safe and Respectful

UPCOMING DATES

Week 7: Classes & Grades continue regular ZOOM sessions with students: Please continue to check notifications for any further information

Fri: BOOK WEEK CELEBRATIONS

Sat: OLMC Writing Challenge sent to families

Week 8: 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: 2:45pm Father's Day Draw Facebook Live

Sun: HAPPY FATHERS' DAY

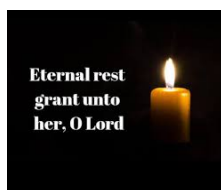
FAMILIES ARE INVITED TO SEND 1 PHOTO TO MRS ANDERIESZ (EACH WEEK) TO DEMONSTRATE THEIR LEARNING FROM HOME FOR THE WEEK IN REVIEW

MERIT AWARDS

KB	Austin ▪ Noah ▪ Charlotte	3G	Abigail ▪ Alexander ▪ Paul
KG	Charlize ▪ Aaraav ▪ Dominic	4B	Victor ▪ Anthony ▪ Jeremiel
1B	Tiana ▪ Adison	4G	Dennis ▪ Aibel ▪ Gabrielle
1G	Havishaa ▪ Deepali ▪ Mason	5B	Stella ▪ Leon
2B	Rajan ▪ Amelie ▪ Hayden	5G	Michael ▪ Alessandra ▪ Chinmayaa
2G	Charlotte ▪ Isaac ▪ Mia	6B	Harsha ▪ Ruby ▪ Irene
3B	Yelesta ▪ Lily ▪ Thomas	6G	Zachary ▪ Abraham ▪ Neha

CONDOLENCES

It is with sadness that we share the news of the passing of Anau Helu. Anau was the great grandmother of Mahalia (Year 3) and Aiden (Year 5). We offer our prayers to Anau and her family.



FATHERS' DAY CELEBRATIONS

Don't forget that we will hold a lucky draw on Friday 3rd at 2:45pm via our FACEBOOK page. Every students' name will be placed into the draw with prizes being awarded to the lucky students drawn out. A guessing competition will also be held during next week, with families guessing how many lollies are in the jars. Keep an eye out for further details.



STUDENT DATA VALIDATION

Last week 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 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 this 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.

*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.***

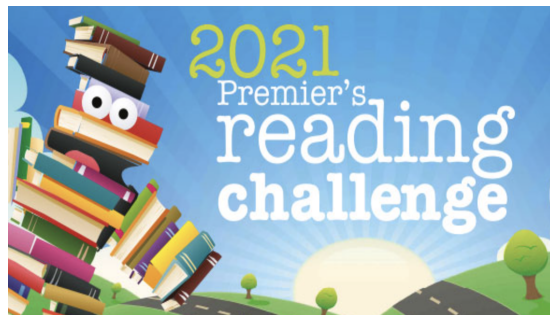
2. On Saturday a special writing task for families to demonstrate their creative side will be shared. Once the week of Book Week is finalised we will share a special celebration video with our community.

PREMIER'S READING CHALLENGE

Families are reminded that the challenge date has been extended to September 3rd, students on all challenge levels are able to read 10 choice books and students can include books that they have read collaboratively

Students can maintain their reading log via the [PRC link](#), using the log in details provided at the start of Term 2.

Congratulations to Lucinda, Luke & Rishaan from Year 1. Jessica & Paul from Year 3. Anthony & Mary from Year 4 for completing the PRC over the last 7 days. That brings our total to 223 students who completed the PRC, with 53 students still on the way!



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.



R U OKAY? DAY

On Thursday 9 September OLMC Staff, students and families will be engaging in a 'tools down' day to recognise R U Okay? Day.

As R U Okay? advocates pausing, recognising and connecting through meaningful

conversations, teachers, students and staff will be pausing from the daily

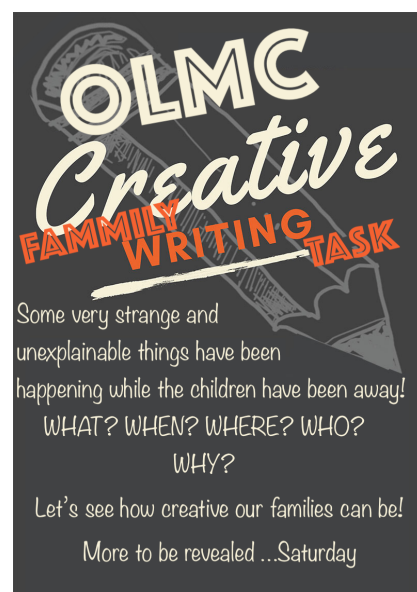
rigours of online remote learning. The message of this day is vital for young people, older people and everyone in-between.



On the morning of the 9th a whole school slideshow containing a range of activities will be made available on the 'OLMC Remote Learning' page and will provide families with fun activities to reconnect and have conversations. Activities will be grouped into school Grades as a guide to determine which activities your child would find beneficial, however, your child may choose to do any of the tasks from any grade contained in this slideshow. We will leave it up to families to decide how many activities they complete.

Normal remote online learning will resume on Friday 10 September.

WRITING CHALLENGE

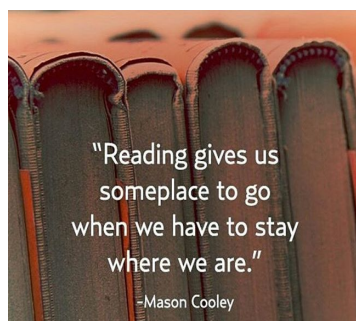


KEEP AN EYE OUT ON SOCIAL MEDIA & SKOOLBAG THIS SATURDAY. We can't wait to read the wonderful stories our families produce!!!

PARISH NEWS

Unfortunately, due to the uncertainty of COVID first Holy Communion celebrations for this year have been cancelled. For those families who registered, your child/ren are still able to celebrate their first sacrament of Holy Communion next year. No dates have been confirmed yet, but you will not have to re-register or make another donation. Please email Paola at paola.olmc@gmail.com if you have any further queries.

P&F NEWS: WELCOME TO BOOKWEEK



This week has been a tough one for our community as we have had to close our doors for some deep cleaning. This has been a reminder that we are all working together and that we all need to be constantly vigilant with our response to COVID. We thank you for your willingness to adapt and we thank our staff for their constant care of our community during this difficult time. What better time to celebrate the magic of books and the power that reading has! We hope that you find some time, especially this week, to pause and read something that transports you somewhere magical. Perhaps you could even make some time to read something as a family. We all look forward to seeing how creative you have all been with your book week costumes. And don't forget to check out the author talks on facebook. Happy reading!

This column is compiled by P&F Communications. If you have any queries or wish to contribute, please email olmcpandf@gmail.com and attention it to P&F Communications.

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](#)

CHECK OUT THE FREE WEEK [Go4Fun healthy program](#) for all children ages 7-13 focusing on healthy eating and exercise.

What healthy items are in your "home school café"?

I'm sure the most overused phrases in your house at the moment are either "I'm hunnnngry..." or "What can I eat?" "When's lunch?"

For adults and children, extra time at home can lead to boredom eating and eating outside of the usual meal times. During this learning and working from home period, it is essential that we all take time to consider how healthy our habits are. Parents need to hear this message the most, as they usually put themselves last for the sake of their children. However, this period requires us all to remain healthy. We all need good nutrition to support concentration, positive body image, healthy growth and brain development.

Before planning your grocery shop this week, think about some health alternatives to snacks. These could include boiled eggs, a banana, hummus and carrot sticks, baked beans on toast, plain popcorn or wholegrain rice crackers.

Want to make an activity out of healthy eating, think about setting up a home school café. See <https://healthylunchbox.com.au/blog/create-your-own-cafe/>



Swap snacks that are high in fat, sugar, salt and low in fibre for quick and easy healthy snacks!

HEALTHY SNACK IDEAS: ✓	SNACKS BEST LEFT OUT OF THE LUNCHBOX: ✗
<ul style="list-style-type: none">✓ Pikelets✓ Fruit bread✓ Plain rice cakes✓ Air-popped popcorn✓ Wholegrain crackers✓ Reduced fat yoghurt✓ Reduced fat cheese	<ul style="list-style-type: none">✗ Muffins and cakes✗ Sweet biscuits✗ Savoury biscuits✗ Muesli bars✗ Sweet rice bars✗ Fruit straps✗ Chocolate✗ Lollies
<ul style="list-style-type: none">✓ Vegetable sticks eg celery, carrot, capsicum✓ Cherry tomatoes✓ Corn cob✓ Cucumber✓ Fruit (whole or sliced) eg grapes, orange segments, kiwi fruit, mango slices, pear, apple, banana	<ul style="list-style-type: none">✗ Potato chips✗ Corn chips✗ Processed cheese & biscuits✗ Soft drink✗ Flavoured milk✗ Fruit drinks

NSW GOVERNMENT Health Western Sydney Local Health District

munch & move