

Our Lady of Mount Carmel

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PRINCIPAL'S MESSAGE

Dear Families.

This weekend we celebrate the fathers and father figures in our life. I've been thinking about how fatherhood is portrayed in our popular culture. We have many examples of fathers represented on TV or literature, some of them portray fathers in a positive way and some in a not so positive way. One of my favourite representations of

fatherhood is that of Bandit in the cartoon Bluey, because I see he actually reflects the kind of father that my brothers are, dedicated to their children and partners, imperfect and striving to be the best man they can be.

Bandit is a laid back, but resourceful dad who is heavily involved in the day-to-day care of his children, Bluey and Bingo. Bandit is a dad who gets involved with the house chores, the school run and all the daily things that fathers do. He is a very competent and caring dad. Bandit gets in and has lots of fun with his children and encourages them to be creative and play. He has no problem being silly, the fall guy or laughed at by his kids because of their love for him. We respect his dedication to his family.

Bandit is very representative of the modern father who is 'all-in' with his parenting. Bandit rarely gets to do anything he wants because he is responding to the whims of

family life. Fatherhood is hard work and dads end up with grey hair for a reason. Bandit represents the selflessness that fatherhood demands, he doesn't get to everything he wants because he is caring for his family. When men become fathers, selfishness gets thrown to the wind as they focus on providing for their children and partner. For many fathers this is a trade they are happy to make.



Being a father is one of the hardest roles men face and it can't be done alone. Fathers are shaped by the people in their lives. Every father wants to be the best he possibly can. Someone for his children to love and look up to. Everyone has a role model that they strive to emulate. I wonder if your model is a dad like Bandit?

I wish all of our fathers a wonderful Fathers' Day on Sunday. I hope that their selflessness is rewarded by the love of their family and the joy in watching their children grow.

HAPPY FATHERS' DAY!!

Olimpia Pirovic

Principal

The Community of OLMC is Safe and Respectful

UPCOMING DATES

<u>Week 8:</u> Classes & Grades continue regular ZOOM sessions with students: Please continue to check notifications for any further information

Fri: 2:45pm Father's Day Draw Facebook Live

Sun: HAPPY FATHERS' DAY

<u>Week 9:</u> 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

Thur: OLMC R U OKAY DAY

Sat: OLMC CONSTRUCTION CHALLENGE FAMILY EVENT

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	Clara • Azalea • Ayva	3G	Kian • Chad • Alexander
KG	Leah • Madisen • Scarlett • Charlotte	4B	Gabrielle • Mary • Elouise
1B	William • Chad • Olivia	4G	Matthew - Angelina - Elyssa
1G	Chris • Isabelle • Thea	5B	Makanaka • Sameet
2B	Isabella • Aarush • Cyril	5G	Joseph • Adriana • Chelsea
2G	Sanaa • Palash • Alexia	6B	Eva • Zien • Charlise
3B	Mahalia • Chanel • Zachary • Samuel • Amalia	6G	Marten - Charlotte - Azhric

TEACHER AIDE APPRECIATION WEEK

This week is Teacher Aide Appreciation Week. It is a perfect time and opportunity to acknowledge the important role of teacher aides, whose hard work and dedication make a difference to students, teachers and the school community. Here at OLMC, Mrs Aboud, Mrs Cundi, Mrs Hanson, Mrs Martin, Mrs Leslie, Mrs Gauci and Mrs Bahari, constantly go above and beyond to make a difference to the lives of our students and teachers.

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.

ZOOM ETIQUETTE - CAMERAS ON

Each day our teachers engage with the children via zoom to support their learning and maintain an emotional connection. We are noticing that some of our children are not turning their cameras on. We know that sometimes we feel shy or there may be other things going on in the house. However, it is important to turn your cameras on when asked to because this is how we are able to stay connected as a class group and show that you are participating in the learning. When we are in our classrooms we don't turn away from our teacher or classmates, so in zoom we turn on our cameras to show we are



present in the moment and participating in the learning. We ask parent support in reminding children about the expectation.

FAMILY FUN EVENT#3

As we continue through lockdown, so will our initiatives to support families bust the boredom and maintain community connections. On Saturday 11th at 7pm we will be hosting a family construction challenge via ZOOM. Families are asked to register via the link shorturl.at/fuzH5. Once registered, families are invited to pick up a special construction pack from the School Office. We hope that you will join us as we take the opportunity to laugh, reconnect and continue to focus on supporting our community.

IMPORTANT: As there are health orders in place, families are only able to 'team up' with the people who live in their household. Families **must not** come together for this event.



PRC

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 <u>PRC link</u>, 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.

STUDENT DATA VALIDATION

Families have up until this Friday to update their data. This is particularly important as Greater Sydney remains in lockdown due to the COVID-19 outbreak. This <u>short "how to" video</u> 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.

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 Friday10 September.

CREATIVE KIDS VOUCHERS

The NSW Government is helping kids get

creative with the new Creative Kids program. Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each school aged student.



The voucher may be used with a registered activity provider for registration,

participation and tuition costs for creative arts, speech, drama, dance, digital design, coding, and music lessons and activities.

The voucher can be used at any time during the calendar year it was issued. Just log into your service.nsw.au account and search 'creative kid voucher'.

To use the voucher, give the details to your registered activity provider or you can search some of the providers attached.

The program runs year-round, so kids can get creative at any time.

IF YOU APPLY NOW, YOU'LL GET YOUR PACK BEFORE THE HOLIDAYS

PARISH NEWS

PARISH SACRAMENTAL PROCESS

Unfortunately, due to the uncertainty of COVID, we have canceled the First Holy Communion celebrations for this year. Those children who have already been registered may celebrate next year, and parents need not register them again. When we have further information and dates for next year, we will once again advertise via the parish website, the parish bulletin, our Facebook or social media pages, and the OLMC school newsletter. For further clarification, information or to discuss options, please email me at paola.olmc@gmail.com

Paola Yévenes (Pastoral Associate)

P&F NEWS

Happy Fathers' Day OLMC! We would like to acknowledge all the special people in our OLMC community who are our fathers and grandfathers today. Your blessing is felt throughout our community and we are grateful for the many things you do to support and encourage us in everything we do. We hope you feel loved and appreciated this weekend and always. Don't forget to check in for our special Fathers' Day draw this week. Thanks to the Azar family, Daniela Gibbons and the Lubric family for providing prizes for our draw. We are blessed to be part of such a generous community. In this, the year of St Joseph, we offer this prayer for all of our community this weekend.

Saint Joseph,

You provided for Mary and Joseph in times both ordinary and extraordinary. We pray for the wellbeing of fathers and mothers as they tend to their childrens' needs. May they, like you, remain a steady presence in their homes and their communities. You protected your family when violence overtook the land. Pray for parents as they shelter their families from harm. May they, like you, remain calm, strong and courageous despite their anxieties and struggles. May we, like you, remain open to the strivings of the Holy Spirit. We pray for your intercession as you continue to provide inspiration and hope to those who like you place their hope in God. May our fathers and grandfathers be blessed this weekend and always.





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.

SCREENS CAN BE GREAT FOR LEARNING, PLAY AND COMMUNICATION BUT TOO MUCH SCREEN TIME IS NOT

GOOD FOR US.

It can be tough trying to reduce screen time during 'stay at home' time.

Here are some tips to help your household keep on top of screen time:

- Ensure what children are watching is age appropriate and set limits/parental controls if needed
- o Keep screens out of bedrooms, meal areas and bathrooms
- o Parent, carers try to be good role models and reduce your screen time too
- o Help your child sleep by stopping screen use at least an hour before bed
- o Try and replace some screen time with some "green time". Go for a local walk with those you live with, play a boardgame outside in your backyard or on your balcony.

Here are some other fun alternatives to screen time: https://tinyurl.com/familiesfun

Remember to keep COVID safe when you're out and about:

Wear a mask

Keep a distance of 1.5 metres from others Follow the restrictions advice for your area



















