



## PRINCIPAL'S MESSAGE

Dear Families,

Jesus spent 40 days in the desert to prepare Himself for His mission of love. Today, on Ash Wednesday we begin the season of Lent.

If you were to do a word association with 'Lent' what would emerge from your personal story? Fasting, 40 days, giving up, doing without, abstinence, observance, praying, church, purple vestments and clothes, penance, repentance...? So many times we confuse practice and its intended goal. We need reminding. Jesus reminds us of God.

The God of  
**LOVE,**  
**TRUTH,**  
**FORGIVENESS.**

Constantly Jesus goes off to a lonely place to be with His God, to grow in relationships, renew His spirit and come to clarity. During the upcoming 40 days there may be opportunities for you to find a space or time to be with God?

The heart of Lent is making a space for our God. That means loosening our control and being open to what needs to come into our lives. What a huge challenge!! The season of Lent reminds us to focus on what is essential to everyday life and we need 40 days of constant reminding. It is a matter of priorities – a few minutes, a few moments to attend to the essentials not as a chore but as a time to be cherished. This is a wonderful opportunity to start again, with a renewed sense of commitment – to turn our hearts and minds back to God through our good deeds and prayerful solitude.



*Lord of all newness, be with us as we commence our Lenten pilgrimage.*

*Awaken the depths of our being to your presence within us, foundation of life and love.*

*Attune the ears of our heart to the sounds of your gentle voice, challenging, yet reassuring.*

*Enlighten the eyes of our mind to see the path you lay before us, untrodden, yet paved with your grace.*

*Walk with us into the newness of life in your Son, Jesus Christ.*

*Olimpia Pirovic*  
Principal

***The Community of OLMC is Safe and Respectful***

## UPCOMING DATES

### Week 6:

**Wed:** Ash Wednesday Mass (Students Only)

**Thur: 4pm** Open Afternoon for Kindergarten 2023 & Prospective Enrolments

**Fri: Staff Development Day: No Students**

### Week 7:

**Catholic Schools' Week: Meet the Teacher INTERVIEWS BEGIN**

**Mon:** Assembly via ZOOM (details below)  
6W Assembly Prayer

**ZOOM ID:** 630 0497 0528 **PASSCODE:** 287889

**Tue:** Order School Uniform **before 4pm**

**Late Night Interviews**

**Wed:** YR3 Science In-School Experience

## NOTES HOME

### THIS WEEK

- NAPLAN 2022 for Yr3 & Yr5
- K-6 PRC Note
- Yr1-Yr6 Police Visit
- Band Information Night Zoom
- Project Compassion

### LAST WEEK

- Yr 3 & Yr 4 Staffing Update
- Yr 5 Trends in Maths & Science Study
- Yr 6 letter to families

**STAFF DEVELOPMENT DAY FRIDAY 4 MARCH - NO SCHOOL FOR STUDENTS**

**BOOK NOW: K-6 MEET THE TEACHER 7 MARCH-11 MARCH**

## MERIT AWARDS

KB	Emily ▪ Erik	4B	Eli ▪ Samuel
KG	Michael ▪ Isaac	4G	Katrina ▪ Krisha
1B	Riya ▪ Alec	5B	Ethan ▪ Kiara
1G	Harshi ▪ Jaden ▪ Elijah ▪ Charliza	5G	Jada ▪ Gabrielle
2B	Vishvassha ▪ Daniel	6B	Mason ▪ Makaanake
2G	Olivia ▪ Chad	6G	Bryson ▪ Vihaan
3B	Kristopher ▪ Rishaan	6W	Justin ▪ Estelle
3G	Logan ▪ Isabella	CA	Matthew ▪ Summer

## KINDERGARTEN 2023

The 2023 Kindergarten enrolment period has already commenced. Enrolment packs will be available for prospective parents to collect from the office and are **due back before the 1st of April**. Our final Open Afternoon and School Tour is on Thursday March 3rd at 4pm. We encourage all prospective families to attend a tour as they provide an opportunity for you to get a 'feel' for the school, meet other parents and staff and ask any questions you may have about the enrolment process. To register for a school tour please use [this link](#).

## EXTENDED LEAVE

All holiday leave consisting of **three (3) or more days** must be approved by the Principal. A leave form can be obtained from the school office or [website](#). All leave must be submitted as early as possible with a minimum of at least two weeks prior to your intended leave. This leave **cannot be submitted through COMPASS**.

## MEET THE TEACHER BOOKINGS

Due to restrictions, we are not able to have **ANY** children onsite whilst parents are onsite, this includes the children who attend OLMC. If you have an appointment between **8am-8:30am** and **3:15pm-3:50pm** your child/children may accompany you to your meeting or wait on the pick up line. Any other times **MUST BE CHILD FREE**. We know this is an inconvenience, however, we must follow the strict guidelines provided to us to ensure the safety of our community.

Book via [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)

Code: eus2e

## WINTER UNIFORMS

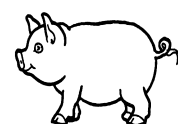
Families are encouraged to organise winter uniforms for their child/ren as early as possible. We are unable to provide try-on sizes at school but a size guide is at the end of this newsletter. All orders for uniforms should be placed using the Qkr app by 4pm on Tuesdays so that delivery can be made each Thursday. The last day for ordering this term will be Tuesday 5 April. Students must wear their winter uniform from the beginning of Term 2. **Please update your child's 2022 class on the app.**

## PROJECT COMPASSION 2022

This year, we are receiving **cashless donations** using our school **Qkr! app**. The donation window will be open from **Mon 7th March (Wk 7) until Fri 8th April (Wk 11)**. For \$5 your child's grade will earn a duck, while \$10 will earn the grade a pig.



Alternatively, you can input your own amount. Every contribution no matter how big or small, helps! More information will be shared with the letter going home this afternoon.



## COVID RESTRICTION UPDATE

- Positive tests or students identified as close contacts **MUST be reported to the school via a phone call to the School Office or an email to the School email address.**
- Reporting positive COVID diagnoses with Service NSW remains the same
- From **Monday 7 March**, masks will no longer be mandatory for all students and staff in primary schools. Staff, students and parents are able to continue wearing masks if they choose to do so.
- All staff and visitors will still be required to sign-in and sign-out.
- Stringent hygiene and cleaning practices within the classroom and in shared spaces are to be maintained.
- **Pick up and Drop off arrangements remain the same** - with the slight adjustment to the front gate afternoon pick up. As the number of parents attending the front gate is larger than any other area, and access is more restricted, we will go back to students sitting in their lines and parents walking in and spreading out. Children will have to raise their hand to be dismissed. Once parents have their children, they are asked to leave promptly to allow for traffic flow and minimal congregating.
- Assembly remains via zoom
- Parents are still not able to attend events. We have decided to take a cautious approach and will continue to monitor the situation. We will advise families on when this restriction is lifted.

## Premier's Reading Challenge 2022

The 2022 Premier's Reading Challenge (PRC) began this week and we are again encouraging all students to participate! Students will receive their PRC online login details on Friday for you to begin updating your child's reading record. **For our parents with children in K, 1 or 2, your child's reading log is updated by Mrs Anderiesz from the books they experience with their class over the course of the challenge period.**

### Rules

- Students from Kinder-Year 2 must read a total of 30 books (25 from the [Premier's Reading Challenge list](#) and 5 of their personal choice)
- Students from Year 3-Year 6 must read a total of 20 books (15 from the [Premier's Reading Challenge list](#) and 5 of their personal choice)
- Challenge closes for student on Friday 19 August 2022 so **LET'S GET READING**

## PARISH NEWS

### PARISH SACRAMENTAL PROCESS

We are pleased to announce the dates for the Parish Sacramental Process 2022:

**CONFIRMATION** will be celebrated at 6pm on 4 June, and a

**CONFIRMATION LITURGY** will be celebrated at 4pm on 11 June.

**FIRST RECONCILIATION** will be celebrated at 7pm on 25, 26 and 27 July.

**FIRST HOLY COMMUNION** will be celebrated at 11am on 15, 22, 29 October.

Parents are now invited to register their child/ren for the sacraments using our parish website.

Preparation is aimed at parents, so that they may pass on the faith to their child/ren. Parents will receive this preparation via email. The children's resources will be available in the next few weeks.

Further information regarding dates, times, preparation etc may be found on the online form, but you are also welcome to email [paola.olmc@gmail.com](mailto:paola.olmc@gmail.com)

## SPORT UPDATE

### Gala Day Nominations

A reminder to please complete the Gala Day Nominations Google Form before 3pm Thursday 3rd March. Use these links to nominate Stage 2 Nomination Form (Year 3&4) <https://forms.gle/SmVwaWyxyizmZiL8>

Stage 3 Nomination Form (Year 5&6) <https://forms.gle/NMCjKqgeegxdnQ1f8>

### Rep Sport

Congratulations to Lucas Aholahi who has been selected to represent the Parramatta Diocese at the MacKillop Touch Football Trials on Friday 18th March. Good luck!

### Zone Swimming Carnival

A big congratulations to the 13 students who braved the rainy and windy conditions on Monday to compete at the Cumberland Zone Swimming Carnival. They did a great job representing our school in the pool!

## P&F NEWS



Thank you to the families and businesses who have already donated towards this year's Mother's Day raffle.

We are still looking for a Parent or a group of parents to nominate as the OLMC representative/s to attend the Diocesan Parent Representative Council termly meetings. Please contact Karly Jouni 0447000536 if you are interested.

*This column is compiled by P&F Communications. If you have any queries or wish to contribute, please email [olmcpandf@gmail.com](mailto:olmcpandf@gmail.com) and attention to P&F Communications.*



# 'Twosday' in Yr2

February 22nd (22/2/22) was a very special day in Year 2! Not only did the date fall on a Tuesday, but we are also in Year Two. What makes it even more special though is that it a palindrome, which is a number, word or date that reads the same backward and forwards.



We celebrated this day by engaging in fun activities like making badges to commemorate the day and completed activities that were 2s related.

We doubled numbers, added near doubles, tried to trick our friends with two truths and one lie about ourselves and made a list of as many pairs as possible.

Our teachers even surprised us by wearing tutus. It was such a fun day and **the best part is that we get to do it all again in 400 years!**





# **Our Lady of Mount Carmel Primary**

## **Uniform Size Chart**

*Please use the below charts as a guide for the approximate sizing of uniform items.*

<b><u>Boys Short Sleeve Shirt</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
½ Chest	39	42	44	48	51	54	57
Body Length	49	54	59	61	64	68	71

<b><u>Boys Shorts</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
½ Waist	22	24	26	28	30	32	34
Length	36	38	40	43	45	47	49

<b><u>Girls Summer Dress</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
½ Chest	38	39	40	43	46	49	52
Body Length	67.5	71	75	81	86	91	96

<b><u>Fleecy Jumper</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
½ Chest	39	41.5	44	45.5	49	51.5	54
Body Length	47	50	53.5	57	60	63	65.5

*All measurements are in cms and may differ 1-2cm*

**For all items please lay them flat and measure on a flat surface.**

**Chest measurement** is taken from underarm to underarm.

**Body length** is taken from the centre back to the bottom of the hem (under collar).

**Waist Measurement** is taken from left to right side of waist band.

**Length Measurement** is taken from top of elastic waist to bottom of the hem.

# **Our Lady of Mount Carmel Primary**

## **Uniform Size Chart**

*Please use the below charts as a guide for the approximate sizing of uniform items.*

<b><u>Short Sleeve Polo</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
$\frac{1}{2}$ Chest	34	37	39	42.5	45	47	50
Body Length	49	52	55	58	61	64	67

<b><u>Sport Shorts</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
$\frac{1}{2}$ Waist	24	26	28	30	32	34	36
Length	34	36	38	40	42	43	44

<b><u>Sport Jacket</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
$\frac{1}{2}$ Chest	42	44	46	48	50	52.5	55
Body Length	53	55	57	59	61	63	65

*All measurements are in cms and may differ 1-2cm*

**For all items please lay them flat and measure on a flat surface.**

**Chest measurement** is taken from underarm to underarm.

**Body length** is taken from the centre back to the bottom of the hem (under collar).

**Waist Measurement** is taken from left to right side of waist band.

**Length Measurement** is taken from top of elastic waist to bottom of the hem.



# **Our Lady of Mount Carmel Primary**

## **Uniform Size Chart**

*Please use the below charts as a guide for the approximate sizing of uniform items.*

<b><u>Boys Long Sleeve Shirt</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
<b>½ Chest</b>	38	40.5	43.5	46.5	49.5	52.5	55.5
<b>Body Length</b>	52	57	62	66	71	77	81

<b><u>Boys Pants</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
<b>½ Waist</b>	24	26	28	30	32	34	36
<b>Length</b>	71	77	83	88	95	100	105

<b><u>Woollen Jumper</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
<b>½ Chest</b>	36	39	42	45	48	51	54
<b>Body Length</b>	46	46	47	54	57	61	61

*All measurements are in cms and may differ 1-2cm*

**For all items please lay them flat and measure on a flat surface.**

**Chest measurement** is taken from underarm to underarm.

**Body length** is taken from the centre back to the bottom of the hem (under collar).

**Waist Measurement** is taken from left to right side of waist band.

**Length Measurement** is taken from top of elastic waist to bottom of the hem.

# **Our Lady of Mount Carmel Primary**

## **Uniform Size Chart**

*Please use the below charts as a guide for the approximate sizing of uniform items.*

<b><u>Girls Winter Tunic</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
½ Chest	38	39	40	43	46	49	52
Body Length	67	70.5	74	80.5	85.5	90	95

<b><u>Girls Long Sleeve Blouse</u></b>							
<b>Description</b>	<b>Size</b>						
	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
½ Chest	37.5	39	41	45	48	50.5	53.5
Body Length	51	53	54.5	58	61	63.5	66.5

*All measurements are in cms and may differ 1-2cm*

**For all items please lay them flat and measure on a flat surface.**

**Chest measurement** is taken from underarm to underarm.

**Body length** is taken from the centre back to the bottom of the hem (under collar).

**Waist Measurement** is taken from left to right side of waist band.

**Length Measurement** is taken from top of elastic waist to bottom of the hem.



# Cumberland Police Area Command

## POLICE PARENT/GUARDIAN FORUM

### Agenda



8:45 – 9:00am	<b>Registration/morning tea</b>
9:00 – 9:15am	<b>Introduction</b> Role of Youth Officer and Multicultural Liaison Officer (MCLO) toward young persons and families within the community.
9:15 – 10:15am	<b>Cyber Safety Presentation Think U Know</b> <ul style="list-style-type: none"> <li>- Ensuring children are participating safely and responsibly in the digital age.</li> <li>- Sending/receiving of intimate images/videos and strategies to deal with this.</li> <li>- Online challenges surrounding bullying, sexual abuse/exploitation, online privacy, and scams.</li> </ul>
10:15 – 10:30am	<b>Refreshments</b>
10:30 – 11:00am	<b>Domestic Violence</b> <ul style="list-style-type: none"> <li>- Common causes of Domestic Violence involving Young Persons.</li> <li>- Obligations of Police (Body Worn Video/recording legalities)</li> <li>- Religious/cultural beliefs vs Legislation</li> </ul>
11:00 – 11:30am	<b>Mental Health &amp; Suicide</b> <ul style="list-style-type: none"> <li>- Common mental illnesses suffered by young persons and Risk factors, signs and symptoms associated with mental illness in young persons.</li> <li>- support agencies available regarding mental illness/suicide prevention.</li> </ul>
11:30 – 12:00pm	<b>Drug Use/Abuse</b> <ul style="list-style-type: none"> <li>- Commonly used drugs by young persons.</li> <li>- Signs and symptoms of drug use/abuse.</li> <li>- Coping strategies for parents and support agencies available regarding drug use.</li> </ul>
12:00 – 12:30pm	<b>Lunch</b>
12:30 – 1:00pm	<b>Cumberland Highway Patrol</b> <ul style="list-style-type: none"> <li>- Knowledge and understanding of Road Rules relating to school zones.</li> <li>- Issues relating to Speeding, mobile phone use, signage, and road markings.</li> <li>- Discussion about parking in or around schools</li> </ul>
1:00pm	<b>Concludes</b> -Questions

**Cumberland PAC – Youth Officer**

15-17 Memorial Rd Merrylands NSW 2160

**T** 02 98974805 **M** 0427 390 128 **E** [cmbylo@police.nsw.gov.au](mailto:cmbylo@police.nsw.gov.au)

TTY 02 9211 3776 for the hearing and speech impaired ABN 43 408 613 180

**TRIPLE ZERO (000)**

Emergency only

**POLICE ASSISTANCE LINE (131 444)**

For non emergencies

**CRIME STOPPERS (1800 333 000)**

Report crime anonymously

Cumberland Police Area Command  
**POLICE PARENT/GUARDIAN FORUM  
RSVP**



**Time:** 9:00am to 1:00pm

**Date:** Wednesday 22 June 2022 or Wednesday 29 June 2022

(Please circle which date you will be attending)

**Place:** Wednesday 22 June 2022 – TBA (Merrylands area)

Wednesday 29 June 2022 – TBA (Granville Area)

**Name:** \_\_\_\_\_

**Name of School:** \_\_\_\_\_

**Special Dietary Requirements:** \_\_\_\_\_

**Number of attending (max 2):** \_\_\_\_\_

**How will you be attending the event?** (Please Circle)

Car

Public Transport

Once you have completed this form please forward it on in one of the following ways:

- Email a copy to [cmbylo@police.nsw.gov.au](mailto:cmbylo@police.nsw.gov.au)
- Mail it to 15-17 Memorial Rd Merrylands 2160 Attn: CMB YLO
- Hand it into your front office at your school.

**RSVP BY 5<sup>th</sup> April 2022 for catering purposes**

**Cumberland PAC – Youth Officer**

15-17 Memorial Rd Merrylands NSW 2160

T 02 98974805 M 0427 390 128 E [cmbylo@police.nsw.gov.au](mailto:cmbylo@police.nsw.gov.au)

TTY 02 9211 3776 for the hearing and speech impaired ABN 43 408 613 180

**TRIPLE ZERO (000)**

Emergency only

**POLICE ASSISTANCE LINE (131 444)**

For non emergencies

**CRIME STOPPERS (1800 333 000)**

Report crime anonymously