

# **Our Lady of Mount Carmel**

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## PRINCIPAL'S MESSAGE

Dear OLMC Families,

What an exciting week it has been for our community with the recommencement of our swimming program after a two year hiatus. Our children faced their first lessons on Monday with a mix of excitement and anxiety. The anxious feelings were quickly washed away with growing confidence as our children listened to their instructors, faced their challenges to learn new skills and reconnect with old ones that may have laid dormant.

During the two weeks of the swimming program our children demonstrate their resilience and their independence. We see their resilience as they push their personal limits to learn new skills, swim a bit further, test their courage to literally go out into the deep and cope with their small moments of panic when they feel a little out of their depth. In facing these small challenges our children stretch themselves to realise, with pride, that they have the ability to overcome their fears to learn something new.



Our children are demonstrating their independence by showing that they can take charge of themselves to get ready for swimming. They are organising themselves and taking responsibility for their belongings. These are big life lessons for our children and as their parents and teachers it is our responsibility to give them opportunities to show their independence and ability to cope. By setting achievable challenges and high expectations within supportive environments, our children will rise to the occasion.

For some of our parents, this period has tested their resilience and ability to let go a little, allowing their children to experience the range of emotions, skill development and

independence that the swimming program provides. It is hard to let go of your own worries and stop them from becoming your child's. I congratulate all our parents on the great job you have done in ensuring your children have all they need each day and all the extra laundry that is associated. The upside is that the children are coming home tired after a very physical day and no doubt sleeping very well.

One of the greatest delights as a principal is when others recognise how wonderful our children are. After just three days we have had so many positive comments from the swim centre staff about the behaviour, politeness and eager participation of our children. This is a compliment that we can all be very proud of.

In the coming week my pride in our children and their teachers is further cemented as I settle in to read all of their reports and watch as the Year Five student leader candidates present their speeches to their peers in Years Three to Six. It always impresses me how considered our students are in their voting. There is much to be proud of in our school community and with the reflection that comes with the end of the year this is a special time to celebrate and honour our achievements large and small. Your children want you to be proud of them, so be sure to take the time to let your child know how they have made you proud.



Olimpia Pirovic Principal

### **UPCOMING DATES**

Week 8:

Thur: Yr6 Surf Life Saving

Program

No Morning Workout

Fri: K-6 Netball Clinic (Students

wear sports uniform)

Week 9:

Mon: Assembly

Yr5 Leadership Speeches

Tue: End of Year Awards and Christmas

Story lead by Andrew Chinn **Thur:** Yr5 Surf Life Saving Program

No Morning Workout

#### **NOTES HOME**

#### **THIS WEEK**

- Yr1 & Yr2 Swimming Carnival Expression of Interest
- Yr3 to Yr6 Swimming Carnival 2022
- K-6 OLMC Christmas Mission

#### **LAST WEEK**

Yr1 & Yr5 Canteen Adjustments for Swimming

## TUESDAY 6th 6PM: END OF YEAR AWARDS & CHRISTMAS CONCERT

MERIT AWARDS			
KB	Osaiah • Erik	4B	Misha • Alissa
KG	Tiara • Rosario • Shanaya	4G	Sean • Emily
1B	Annabelle • Dominic • Ayva	5B	Samyel • Paige
1G	Leah • Matthew • Ariana	5G	Dennis • Gabrielle
2B	Lucinda • Joanne • Luke	6B	Varsha • Adriana
2G	Tiana • Lachlan • Shanaya	6G	Amy • Charlize
3B	Gia • Amelie	6W	Ava • Aiden
3G	Isabel • Charbel	CA	Sam • Alana

# STAR CARD REWARDS

Gold Awards: Sana • Abigail • Malek • Rihanna • Miranda •

Opal Awards: Thomas • Lily • Thomas • Blaise • Eli • Kian • Jolenta •

Platinum Awards: Alexia • Elijah • Amelia • Charlize • Olivia •

<u>Principal's Awards:</u> Liliana • Scarlett • Magdalene • Adison • Joanne • Ruhi • Deepali • Sanaa • Gia • Chaitanyaa • Chinmayaa • Sipa • Shriansh • Veronica • Natalia • Alexander • Osaiah • Aanya • Lachlan • Ariana • Kuda • Tilila • Georgia • Alessandro • Logan •

<u>Diamond Awards:</u> Kush • Chelsea • Georgia • Joseph • Charlotte • Rhiyana • Isabel • Chimir • Veronica • Ethan • Yelesta • Jada • Bryson • Hannah • Alexander • Erica •



## **FAREWELL MRS ABOUD**

Today is a bittersweet day for our community as Mrs Aboud retires from working life. Mrs Aboud has been an important part of our school community for the past 21 years. Through her work as a Teacher's Aid she has had a significant impact in supporting the learning and development of our students. Her calm and discreet manner has made children, staff and parents feel comfortable and able to achieve their best.

We take this opportunity to thank Mrs Aboud for her humble service to our community and wish her the very best in her new adventure. She will be missed by all. We will have the opportunity at the End of Year Mass to formally farewell Mrs Aboud.

### **SWIMMING LESSONS**

This week the children commenced their swimming lessons. During the first two days of the swimming program the instructors are assessing the children's ability and checking this against the information parents have provided. During this period the assessments take place in either the deep pool or the shallow training pool. The swim teachers need to ensure the children are capable swimmers before using the deep pool. Throughout the two week program the swim teachers are constantly assessing the children and will move their groupings as required. Sometimes the children will use alternate pools depending on what skills they are being instructed in during that day's lesson. Parents are always welcome to observe the lesson from the viewing area. Parents are not allowed to enter the pool deck area.





### END OF YEAR EVENTS: DATE REMINDER

- ★ Tuesday 6 December (6pm 8pm): End of Year Awards & Christmas Story @OLMC on the grass.
- Friday 16th December (1:30pm-3:10): End of Year Mass @OLMC Parish
- Friday 16th December (6pm-10pm): Yr6 Graduation Dinner @OLMC Parish Holroyd Centre, Merrylands



#### **ANDREW CHINN - CHRISTMAS STORY**

On Tuesday 6th December, Andrew Chinn will be conducting workshops with children in all grades and then in the evening the children and Andrew will present the Story of Christmas. Andrew is a singer/songwriter and composer of our school song. We use a lot of Andrew's music in the classroom and in Liturgies throughout the year. CHILDREN ARE ASKED TO WEAR CHRISTMAS THEMED CLOTHES FOR OUR PRESENTATION OF THE CHRISTMAS STORY. The evening will begin at 6.00pm sharp on our back playground with our awards and will be followed by Andrew and the children presenting the Christmas Story.

## WE ARE LOOKING FOR EX-OLMC **STUDENTS**

On December 12, Yr3-Yr6 OLMC students will be heading to Wenty Pools for their Swimming Carnival. To support the running of the events we are looking for some Ex-OLMC students to support in the pool for certain events. If your child is interested please contact Mr Jones at njones6@parra.catholic.edu.au

# OLMC CHRISTMAS MISSION - With hope and joy, we give from the heart.

OLMC is a very generous community. We have seen the wonderful response towards Mission in a number of ways throughout the year and the hope and joy it has given to others. As the Advent season begins and the joy of Christ's birth draws near, we are inviting families who are able to make a difference in two ways:

- 1. Support someone directly in our school community by participating in our Giving Tree
  - Come to the office and select a numbered gift tag from the Christmas Giving Tree
  - Purchase a gift that is appropriate for the individual on the tag
  - Wrap the gift, attach the numbered gift tag and place it under our Giving Tree
- Support the Metropolitan Vinnies Van Services Christmas Appeal with donations of snack supplies, and pantry and toiletry items
  - Each grade has been allocated a specific list of items
  - All donations are to be placed within the classroom baskets
  - Grades will will then sort, pack and box all items to be delivered to Greystanes Vinnies Retail Shop

All gifts and donations must be sent to school by Wk 10 Wednesday 14th December.

In this time of giving, we also ask for prayers of hope, love, peace and joy for all, but most especially for those within our local and wider community who face challenges during this time.



### **E-SAFETY FOR FAMILIES**



As we move closer to the holidays, many parents will need to keep working while some of our older students will remain at home, most likely with older siblings. While your older children may be responsible, this supervision is very different to that of a parent. So, now is the time for our families to evaluate the expectations, safety measures and restrictions in place to ensure your child remains safe online.

Access to the internet and digital technologies provide many benefits, however, we must also be aware that this comes with a unique set of challenges. Do not assume that your child 'knows' how to be safe online, or 'understands' the long-lasting impact of their digital footprint. While students learn about this at school, these are lessons they will continue to learn into adulthood. The eSafety Commissioner is an Australian Government body that provides support and information for parents about online safety. It covers topics such as online safety, social media, screen time and inappropriate content. The website also provides tips on how to tackle difficult conversation about the inappropriate content with your children. As parents it is important to set expectations around device use and regularly check your child's activity.

# **LIBRARY NEWS**

It's time to return your library books!! During this week we ask all parents to help their children search at home for any stray library or class reading books allocated to your child. The teachers will contact parents if there are any outstanding guided reading books. Each child is allocated a numbered copy to make tracking the books easier. These readers are a part of a set and if they are not returned this makes the sets unusable for reading instruction.

### **P&F NEWS**

To infinity and beyond! As we approach the end of another great year, we reflect on the year that was! What a year 2022 has been! Who would have thought that this time last year we were still on zoom, recovering from home learning and dealing with restrictions?

In 2022 we had the FETE and celebrated 100 years together in style. Moving forward we are eager and excited for more face to face events, our community spirit is stronger and we are hopeful for an amazing 2023!

To infinity and beyond

Thank you to all our wonderful families who have volunteered their time and put in so much effort throughout the year, generously donating items, supporting and volunteering their time to P&F. We are so very grateful as a school and parish community. We hope 2023 brings each and every one of you many blessings and good health. As we look forward to the prospect of what 2023 has to offer, we remember that together we can achieve anything! 'To infinity and beyond!'

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.

# 2022 SWIMMING PROGRAM

The OLMC Swimming Program is under way for 2022 after a two-year break and we couldn't be more excited!

All of our students have been visiting the pool everyday for their lessons and will continue to do so until the end of next week. The instructors at the Aquatic Academy Seven Hills have been working closely with our students to teach them a range of water-based survival skills and swimming strokes.

The swimming program is a chance for our students to participate in a range of swimming activities and learn different variations of swimming like Freestyle, Backstroke, Breaststroke, Butterfly, Dolphin and more. Our students have been allocated groups according to their swimming abilities and will continue to work in these groups with the same instructor throughout the two week program.





This will be Year 6's last time completing the swimming program! What has been their favourite part about the swimming program?

Our favourite part of the swimming program is that we learn all different types of swimming techniques and it helps us become stronger swimmers. We like the part when we have time out of school to see how friends can swim and how we can improve too.







