



# Our Lady of Mount Carmel

School Principal: Olimpia Pirovic  
Bennett Street  
Wentworthville 2145  
Phone: 8832 1100  
Email: [olmcwenty@parra.catholic.edu.au](mailto:olmcwenty@parra.catholic.edu.au)  
[www.olmcwentworthville.catholic.edu.au](http://www.olmcwentworthville.catholic.edu.au)

**Parish Contact Details**  
Parish Priest: Fr Januario Pinto, Phone: 9631 8302  
[ocarmswenty@gmail.com](mailto:ocarmswenty@gmail.com) [www.olmcwenty.org.au](http://www.olmcwenty.org.au)  
**COSHC**  
Phone: 0409 361 929  
[olmc@ambrose.org.au](mailto:olmc@ambrose.org.au)



## PRINCIPAL'S MESSAGE

Dear Families,

On Monday, I had the pleasure of taking the children from the OLMC Concert Band to a Primary Band Exhibition as a part of Captivate's 2023 Arts Factor program. There were approximately 200 children who were in 12 Bands from primary schools across our Diocese coming together to perform prepared pieces for each other. We even saw three former OLMC students who now attend Marist support one of the bands. The children joined their band leader on the stage at Nagle College with a mix of excitement and nerves. For many of our children this was the first time they performed in front of an audience on stage. After each individual band performed, all the students created a giant band to play a piece of music called Samba Time.

As I watched our children perform I was so impressed with how far they had come in mastering their instrument. They all demonstrated commitment and persistence in practising their pieces. I have heard them practise as a band every Wednesday afternoon since the beginning of the year.

Learning to play and practise an instrument is a solitary task. Each learner has differing skill levels and rates of mastery. As you play on your own you can follow your own lead. When playing in a band the focus shifts from the individual to the group. Band members need to share the limelight, they need to listen to each other to stay in time and respond to their conductor.

Being a part of the band is a truly collaborative exercise. There are many skills our students develop being a part of a band that are applicable to their daily lives:

- Regular **Practise** is required to master their skills
- Being **Persistent** to keep trying until you find the right answer
- Working **Collaboratively** with other people
- **Listening** to hear other people
- **Adjusting** your actions to make the group work smoothly
- Accepting **Feedback and Direction** to improve your performance
- **Evaluating** your efforts to determine how successful you were

The Concert Band will perform their pieces at the morning Assembly on Monday 4 September (Week 8). Stay tuned for details of a Band Concert Night next term, in the meantime have a look at our Facebook Page to see a video of the OLMC Concert Band's Performance.

At the end of this week, I will be taking a period of leave for the remainder of the term. During my absence Mrs Anderiesz will be Acting Principal, Mrs Diaz will be Acting Assistant Principal and Mrs Stevenson will be Acting Religious Education Coordinator. I am sure that our community will respectfully support our leadership team and all of our staff as you always do. I look forward to seeing you all at the start of Term 4.

*Olimpia Pirovic*

Principal

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

## UPCOMING DATES

### Week 6:

**Thur:** 8:15am Morning Workout - **CANCELLED**  
 9:15am Yr6 attend VOY Cluster Final  
 3:10pm-4pm **Band Practise - All Bands**  
**Fri:** Diocesan Athletics Carnival: (Selected students only)  
 9:15am Yr3 Parish Mass

### Week 7:

**Mon:** Assembly: 1B Prayer  
 Fathers' Day Stall  
**Tue:** Uniform Orders: Before 4pm  
**Wed:** Netball Gala Day  
**Fri:** 8am Fathers' Day Breakfast & Jersey Day

## NOTES HOME

### LAST WEEK

- Yr5 Star Card Reward Day
- Yr6 Reward Day
- Yr4 Excursion - Amended Note

**ALL NOTES ARE AVAILABLE ON [OUR SCHOOL WEBSITE](#) - LOOK HERE FOR ANY NOTES YOU HAVE MISSED**

## MERIT AWARDS

KB	Mia • Christian	KG	Veronica • Isabel
1B	Amber • Felizia	1G	Rose • Jordan
2B	Noah • Kara	2G	Amelia • Valencia
3B	Thea • Olivia	4G	Gia • James
4B	Anuj • Hayden	5G	Chanel • Amelia
5B	Jessica • Misha	6G	Elyssa • Adam
6B	Olivia • Danasha	CA	Isabel • Elijah

## STAR CARD AWARDS

**Gold Awards:** Kiara • Jolenta • Steveb • Charlotte • Gabriella •

**Opal Awards:** Mary • Benjamin • Alexia • Willow • Ruth • Emily •

**Platinum Awards:** Elijah • Isabel • Viaan • Neev • Frances • Zoe • Anabel • Alyna • Matthew • Shanaya • Tiana •

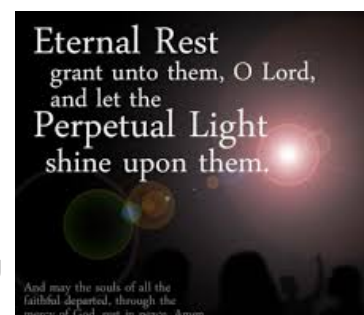
**Principal's Awards:** Lilly • Havishaa • Kaira • Alexander • Henry •



## CONDOLENCES

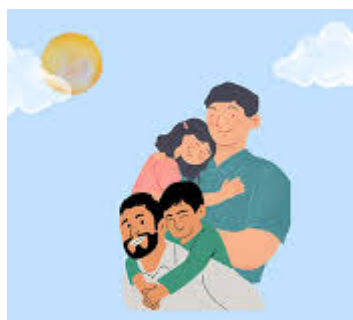
It is with great sadness that we share the news of the passing of Mr Paul Cundy who was the husband of Mrs Judi Cundy. Mrs Cundy was a much loved member of our community and we offer her our deepest sympathies at this sad time for her family. If you would like to send a message of condolence you are welcome to do so via the office and we will make sure that Mrs Cundy gets your message.

On this coming Friday afternoon many of our staff will be attending a memorial service for Paul. To enable this to occur some grades will be combined to share supervision of the students for the afternoon session. As the children will be in different spaces we ask that if you are collecting your child early you do so before lunch begins at 1:30pm. During this session there will be limited supervision.



## FATHERS' DAY AT OLMC

As was our tradition (pre-covid), we celebrate Fathers' Day with breakfast before school and then attend Mass together. This celebration also coincides with [Jersey Day](#) which raises awareness of organ and tissue donations. For families who wish to participate, the children will be able to wear their team's Jersey. Click on the link above to find out more. We look forward to welcoming our fathers, grandfathers and father figures.



## SCHOOL ATTENDANCE - HOW ARE WE GOING?

Do you have set routines to help get your children to school on time each day? Good routines can be your saviour on already very busy mornings. Packing school bags in the evening, or laying out uniforms ready to go for the morning can be a big help. Let us know if you have a great strategy that you think other families may benefit from.

Our school target is to have an overall attendance rate above **90%**. During the past week KG (90%) and 5G (96%) reached this target and more. 6B and KB were not too far behind at 82%. Let's keep working on those routines to get to school, because Every Day Counts!!

## PREMIER'S READING CHALLENGE



We would like to congratulate Annabelle A, Tilila A, Sebastian A, Georgia A, Ethan A, Scarlett A, Rita B, Austin B, Veronica B, Harshi C, Peter C, Pranshu D, Ruth D, Valencia D, Amelia D, Madisen E, Sarah E, Rhiyana H, Charlotte H, Noah H, Ariana H, Rubeena H, Thomas I, Isaac K, Bailey K, Nicholas K, Azalea K, Violette K, Georgia K, Clara K, Sakrit Rao K, Ayva K, Sukhmani K, Jaden K, Jazmine L, Evelina L, Noah M, Elijah M, Zayne M, Elijah M, Matthew M, Elijah M, Ghaith N, Holly N, Charlize O, Kara P, Ruhee P, Kyra P, Charlotte P, Willow P, Aaraav R, Riya R, Kaira S, Lachlan S, Lucas S, Dominic T, Trinity V, Leah V, Luther W, Sienna N, Lachlan P, Mia A, Zachary A, Jessica D, Paul M, Paige R for completing the challenge in the past week. With 281 students involved this year and 242 completing the Premier's Reading Challenge (PRC) by last Friday, we would like to congratulate all students and families who participated and look forward to another successful challenge period in 2024!

## ICAS

Over the next three weeks some of our students will engage in the English (Wk5), Science (Wk6) and Mathematics (Wk7) ICAS



assessments. These assessments are open for the indicated period and only have 5 days to complete the test/s. As this requires additional staff to administer them we can not provide an exact time or date, however, if your child is absent and they return during the week the test portal is open, they will be caught up. If your child is absent for more than the week of the specific portal being open, they will not be able to catch up. Any questions about refunds must be raised with ICAS directly, we have no control over payments or refunds.

## ABSENCE NOTIFICATIONS

Student absences are a part of life at school. When your child is away you are required to notify the school of their absence and the reason for the absence. We know that parents lead busy lives but there are a few simple ways to notify the school.

1. Use the COMPASS parent portal to submit your child's absence - make sure you put the time until 3:15pm for whole day absences
2. Phone the office and leave a message with the office staff
3. Send an email to your child's teacher or the school office
4. Write a note for your child to give to their teacher when they return

Sometimes you will receive a letter from the school seeking an explanation for part-day or full-day absences, please complete these and return them to school the next day, even if you thought you sent a notification in, sometimes they don't always save correctly.

## VOICE OF YOUTH

Tomorrow the children from Year 6 will attend the cluster final of the Voice of Youth speaking competition. Amelia A and Vincent Naoum are our school finalists who will present their speech on the day with Rohan P acting as a reserve. Amelia will speak about the impact of animal testing, Vincent will present about why video games are good for you and Rohan's speech is about dreams.

We wish all competitors good luck and wait anxiously to see how our students will perform when presenting against three other schools. We thank Mrs Pearn, Miss Osei and Mrs Paine for all their efforts in preparing our students.

## NATIONAL CHILD PROTECTION WEEK

[National Child Protection Week](#) is happening across Australia from Sunday 3 to Saturday 9 September 2023. It's an opportunity to recognise and promote the safety and wellbeing of Australian children with the message that *'Every child, in every community, needs a fair go'*. This message is complemented by the theme *'Where we start matters'*. *Where we start* our lives in terms of where we live, the resources available to us, and the opportunities presented to us, make a significant difference to our life outcomes. Institutions where young people are highly visible, schools, Parishes, sporting facilities etc, have a significant responsibility to ensure the safety of all, reduce current of future risks and promote further community awareness through working collectively to change the trajectory of children and families who are at greater risk. As part of our System's strategy to build child safe communities, 10 Child Safe Standards are constantly reviewed, updated and shared with key stakeholders to ensure everyone understands their role in contributing to a culture of child safety. **Standard 5: People working with children are suitable and supported** and **Standard 6: Processes to respond to complaints of child abuse** are attached below. We would also encourage families to view the 3 key posters that all classrooms will discuss leading up to Child Protection Week which focus on 'Body Safety Rules', 'Feelings' and 'Early Warning Signs'.

PLEASE RSVP BY QKR APP TO HELP WITH CATERING

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**YOU ARE INVITED TO**

**FATHERS DAY**

**BREAKFAST**

**FRIDAY 1ST SEPTEMBER 8AM - 9.30AM**

**BACK PLAYGROUND**

**FOLLOWED BY CLASSROOM VISIT AND MASS**

**OPTIONAL - WEAR AN ITEM FROM YOUR FAVOURITE SPORTS TEAM TO BE WORN ON TOP OF STUDENTS NORMAL UNIFORM**

PLEASE RSVP BY QKR APP TO HELP WITH CATERING



## P&F NEWS

### Volunteers required

Thank you to those who have already signed up. Volunteers are still required to assist in the upcoming Father's Day related events. If you can spare a few hours of your time. Please sign up using the following link:

<https://signup.com/go/uTcKpdp>

### Second hand uniform sale

Please come to our upcoming second hand uniform shop sale on Friday, 1st of September 2:45pm-3:30pm. Located in the demountable, next to the basketball court. Items are \$5 each and payment is cash only.

Volunteers are required to assist on the day to sort the uniforms and serve our parents. Please sign up to the following link: <https://signup.com/go/FMVmarX> For any donations, please bring them to the school office.



**BULLYING. NO WAY!**



## National Day of Action against Bullying and Violence Friday 18 August 2023

On Friday 18th August, the OLMC community participated in the National Day of Action against Bullying and Violence.

The 2023 theme 'Growing Connections' highlights the importance of a sense of belonging and connectedness to support student social and emotional wellbeing and the prevention of bullying.

### Year 4 explored:

#### What bullying is...& is not

We researched and shared ideas on what is considered bullying and what is not.

#### Connection Tree

We looked at different communities that we belong to and brainstormed all of our trust networks that we can go to in times of need.

#### Year 4 Bullying Pledge

As a class, we created a pledge to describe the correct way to treat each other.

#### Team Building Activities

We played Capture the Ball and had so much fun learning to cooperate and work as a team to achieve a goal.

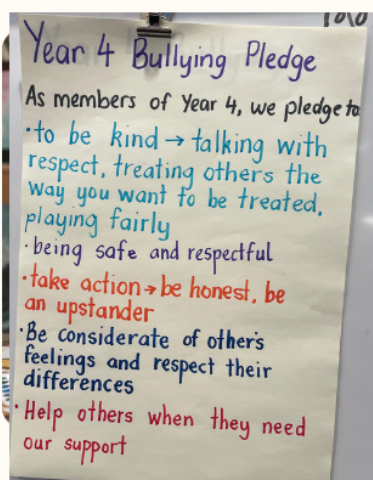
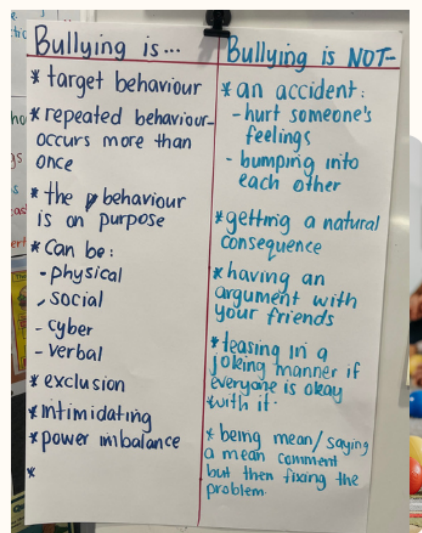
### Year 4's Key Messages:

There are different forms of bullying including:

- Verbal: name calling, insults, threats
- Physical: hurting, intimidating, stealing, damaging property.
- Social: consistently excluding another person or sharing information, images or other digital content that will have a harmful effect on the other person.

#### Steps to respond to bullying:

- Talk to someone about it & seek help.
- Try a few of the strategies:
  - Ignore the action or person and walk away.
  - Act unimpressed or pretend you don't care what they say or do to you.
  - Use strong, assertive statements, starting with the word 'I';
  - Use 'fogging' which means making a joking or funny comment that makes the other person think you don't care about what they say.
  - Ask someone to speak up for you.
- Try to stay positive. Hang around with your friends and be with people who help you feel good about yourself.



**It's important to tell a trusted adult if you're being bullied.  
Everyone deserves to be treated with kindness and respect.**

# STANDARD 5: PEOPLE WORKING WITH CHILDREN ARE SUITABLE AND SUPPORTED

**Aim:** Organisations attract, recruit, supervise and support staff to keep children safe.



## Why is this Standard important?

Screening processes, including the WWCC, help prevent unsuitable candidates from being employed.

Comprehensive human resource practices ensure staff receive ongoing training to perform their role effectively.

## What should CSPD be doing?

- Advertising for and screening of new employees emphasises child safety.
- Relevant probity checks conducted on staff.
- New staff receive an induction and all staff are made aware of their reporting obligations and child safety responsibilities.

- People management and supervision have a child safety focus.



## What we're doing

- Rigorous recruitment and screening processes include compulsory WWCC, reference checks, including child protection screening questions and checks.
- WWCC Renewal and verification processes.
- All Staff are required to complete Safeguarding onboarding and

- Check out System Policies on CSPD Website!
- Staff can also check out our OSCAR PAGE!

- mandatory annual Safeguarding training.
- Building Child Safe Communities (BCSC) processes implemented to ensure all volunteers and contractors complete the BCSC form and learning module.
- Appropriate responses to concerns about staff

performance in relation to codes, policies and procedures.

- CSPD WWCC Policy
- Support, mentoring and probation periods for new staff and volunteers.
- Teacher accreditation and teaching standards include safeguarding.



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# STANDARD 6

## Processes to respond to complaints of child abuse are child focused

**Aim:** Children are the priority when responding to complaints of abuse

### Why is this standard important?

Implementing a child focused complaint handling procedure means people know how to make a complaint and staff know what steps to take to respond.

Children are safer when complaints are addressed quickly, thoroughly and transparently, and where the family and community are supported. When the complaint process is child

focused, children feel more comfortable and empowered to make a complaint.

Child safe organisations use complaints as opportunities to reflect on their child safe practices. Children are at greater risk when organisations prioritise their own reputations over the safety of children.

### What should we be doing?

- The organisation has a child focused complaint handling system

that is understood by children, staff, volunteers and families.

- The organisation has an effective complaint handling policy that clearly outlines roles and responsibilities, approaches to dealing with different types of complaints, and obligations to act and report.
- Complaints are taken seriously and responded to promptly and thoroughly.
- The organisation meets reporting, privacy and employment obligations.

## What We're Doing

- Check out System Policies on [CSPD Website](#)
- Staff can also check out our [OSCAR PAGE](#)

- CSPD's Safeguarding Procedures, Code of Conduct and Code of Conduct for Working With Children and Students.
- Responds to complaints and/or allegations raised in relation to children or students.
- Records and follows reporting requirements of the Office of the Children's Guardian (OCG), NSW Police (NSWP) and the Joint Child Protection Response Program (JCPRP) and Department of Communities and Justice (DCJ).
- Fosters strong relationships with external agencies and proactively networks with the OCG, NSWP and JCPRP to ensure quality and regular review of CSPD policy and procedures.
- Stringent record keeping practices in line with Privacy and legislative requirements.
- CSPD Wellbeing team including Student Wellbeing Counsellors at all CSPD schools to support students and adhere to mandatory reporting obligations.
- Annual mandatory training requirements for all employees in respect of their legal responsibilities related to child protection, mandatory reporting and other relevant school expectations.

Coming soon **CSPD's child friendly complaint video**



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# 10 Body Safety Rules



- 1 Teach children the correct names of their body parts.
- 2 Explain that our private body parts are those under our bathing suit (also include the mouth)
- 3 Instruct that no-one can touch your private body parts or show you pictures of private body parts.
- 4 Explain you must never touch another person's private body parts even if an older child or adult asks you to.
- 5 Discuss Early Warning Signs, i.e. sweaty palms, racing heart, sick tummy; always act on your early warning signs.
- 6 You can shout, "Stop" or "No!" (hand help out) if touched on your private body parts.
- 7 Tell a trusted adult straightaway if you are: touched on your private body parts, shown pictures of private body parts, or your Early Warning Signs kick in.
- 8 Keep on telling until you are believed.
- 9 Never keep secrets that make you feel uncomfortable or unsafe.
- 10 Be strong, be brave and ALWAYS speak out!



Integrated Violence Prevention  
& Response Service (IVPRS)

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# Talking About Feelings



CUMBERLAND  
CITY COUNCIL

**Encourage children and young people to talk about their feelings.**

Learning to identify and express feelings in a positive way provides children and young people the skills they need to manage them effectively.



Integrated Violence Prevention  
& Response Service (IVPRS)

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# My Early Warning Signs

