



# Our Lady of Mount Carmel

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## PRINCIPAL'S MESSAGE

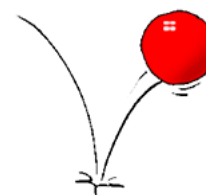
Dear Families,

During the past two weeks we have been welcoming our 2024 Kindergarten children and their parents through our transition process, particularly our Kindy Playgroup. While the children are playing and getting to know each other the parents have had the opportunity to attend an information session. It has enabled them to get to know each other and learn something helpful that they can add to their 'parenting toolbox'. Last week's focus was resilience and there are some elements that are worth sharing as reminders for us all.

Resilience is often a quality that is high on the list of our desires for our children. Resilience is about our ability to cope with the moments large or small in our life that don't go the way we'd like them to go. Being resilient means being able to handle things going wrong and having the ability to find creative solutions. It means bouncing back from emotional hurts or coping with failure. In short, resilience is about surviving life's adversities.

Childhood is filled with opportunities for children to develop resilience. Children encounter challenges every day that bring up inevitable feelings of frustration, anger, sadness or fear. Things such as:

- Trying to make something work that doesn't
- Not being perfect
- Failing or losing a game
- Wanting to hold on to a good experience
- Not being able to have mum or dad all to themselves
- Wishing to go back to a time (wanting to change something they've done)
- Trying to defy the laws of nature (making magic work)
- Losing a game or contests
- Not being able to know what will happen in the future
- Not being big enough / tall enough / strong enough for the own satisfaction
- Being excluded among peers or siblings
- Not being able to control outcomes or another's decisions or choices
- Not being able to have their own way all the time



It is in these kinds of situations that we tend to want to protect our children. We are inclined to offer rationalisation, justification and protection from life's challenges. Our instinct is to protect our children, but in our eagerness to do so, it's also easy to overprotect. We want to shield our children from all of life's difficulties. After all, we want them to be happy. The thing is, a little unhappiness is the very thing that's needed when it comes to a child's development of resilience. The more we try to protect in difficult situations, the more we send the message we're afraid they're unable to handle them. But they can. And they will, if they're given both the opportunity and support to do so. This makes it so hard to be a parent.

*Olimpia Pirovic*

Principal

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

## UPCOMING DATES

### Week 5:

#### Wed:

**Thur: 8:15am** Morning Workout  
**3:10pm-4pm** **Band Practise - All Bands**

### Week 6:

#### Mon: Assembly

**Tue:** Uniform Orders:  
Before 4pm (Be sure to use the [new ordering system](#) - not QKR)

## NOTES HOME

### THIS WEEK

- Yr5 & Yr6 Reflection Day

### LAST WEEK

- Invitation to Parent Helpers for 2023
- Yr3 Term4 Reward Day
- Yr6 Earthquake Mechanics - Science - Mars Bars

**IF YOU DID NOT RECEIVE AN INVITATION TO THE ASSISTANT PRINCIPAL'S MORNING TEA AND YOU HAVE BEEN A PARENT VOLUNTEER DURING ANY SPORTS EVENT, EXCURSIONS OR P&F FUNCTIONS, PLEASE EMAIL MRS ANDERIESZ ASAP**

## MERIT AWARDS

|    |                     |    |                    |
|----|---------------------|----|--------------------|
| KB | Arya • Roman        | KG | Charlize • Michael |
| 1B | Isabel • Alexander  | 1G | Rosie • Aarush     |
| 2B | Jaden • Scarlett    | 2G | Madisen • Luther   |
| 3B | Chad • Serah        | 3G | Sam • Pravi        |
| 4B | BJ • Luca           | 4G | Sanoshan • Amelie  |
| 5B | Thomas • Alessandro | 5G | Zara • Lucas       |
| 6B | Katrina • Eva       | 6G | Evelyn • Elyssa    |
| CA | Amelia • Tanishi    |    |                    |

## STAR CARD AWARDS

**Opal Awards:** Gabriel • Zoe • Gia • Charlotte • Jonah • Jada • Mahalia • Valli • Anthony • Gabrielle • Kiara • Joshua • Olivia • Paul • Misha •

**Platinum Awards:** Emily • Oscar • Isaac • Victoria • John Paul • Ruth • Riya • Trinity • Charbel • Sanaa • Eli • Thomas • Mary • Samuel • Angelina • Victor • Alanna •

**Principal's Awards:** Rajveer • Arian • Khushi • Amelie • Felizia • Gabrielle • Michael • Joshua • Kiyaan • Maria • Jayden • Sienna • Elijah • Liliana • Akins • Sam • Sophia • Matthew • Jeremiel • Cooper • Tanishi • Patrick • Evelyn • Isabella • Blaise • Benjamin • Zahara • Malek • Amalia • Marcus • Adam • Luca • Alyn • Angelina •

**Diamond Awards:** Liya • Ethan • Jamaica • Victoria • Antonious • Amelia • Diya • Aveesh • Rosario • Isaac • Sanoshan • Olivia • Katrina • Elyssa • Anthony •



## SWIMMING 2023: GET READY EVERYONE

In Week 8, all students from Kindergarten to Year 6 will participate in a daily 45-minute lesson in the Swim and Survive Program at the Aquatic Academy, Seven Hills. Parents are reminded that all documentation was due back last Friday. This registration is vital as it gives the pool an idea of the scope of swimming abilities so that they can plan for the correct number of swimming instructors. You must be clear in regards to the swimming abilities of your child, with students progressing to higher levels over the 2 weeks, if deemed appropriate by the qualified swim instructors. Do not overestimate your child's ability.

To support you in organising your family you may wish to prepare the items your child will need during this two week period. You might consider teaching your child how to change out of their swimmers.

Every child will need the following each day of the program:

#### **\*Appropriate Swimwear**

Modest costumes

Swim shorts - not board shorts

\*Towel

\*Change of Underwear

\*Smaller Bag for Wet Swimmers

\*Pair of Thongs/crocs/sandals

\*Goggles

Further information regarding the Swimming Program will be sent home two weeks prior to the beginning of the program. This will include what is deemed appropriate and inappropriate swimming attire for the program.

## STUDENT MEDICATION / ACTION PLANS

We are requesting all parents to check the dates on their child/ren's Action Plans - Asthma, Allergy, Anaphylaxis and Medical. If your child's plan is due to expire soon, please make an appointment to see your doctor and request an updated plan. **All plans must be kept up to date and supplied to the school office**, along with any medication your child may need while at school and the medication forms, found on the school website or by clicking the link: [Administration of Frequent Medication](#)

Please do not send medication in your child's bag, medication must be handed in at the school office.

If you receive an email/notification from the school or Compass regarding your child's medical plan or medication, this means your child's plan or medication is about to expire and you must provide a new plan or new medication to the school office.

**Parents are responsible for keeping medical plans and medication up to date with the school office.**

## SCHOOL UNIFORMS - LAST DAY FOR 2023 ORDERS

To ensure delivery of uniforms before the end of the year, place your uniform order as soon as possible to ensure you will be able to exchange uniform sizing if necessary and to guarantee students receive a uniform to start school.

Please note: all orders for 2024 new students need to be placed before **Tuesday 28 November 2023** to ensure delivery before the end of the school year.

The last delivery for Our Lady of Mount Carmel uniform orders is Thursday 30 November 2023. All orders for 2024 are to be placed using the online ordering system via <https://ourladyofmountcarmel.uniforms4u.com.au> or by scanning the QR code.



Our Lady of Mount Carmel Uniform Store

## KINDERGARTEN 2024 EVENT: PLAYGROUP SESSIONS & ORIENTATION

As part of our extensive transition program, 2024 Kindergarten students are invited to attend our playgroup sessions which focus on social and emotional readiness. As this is a special time for your child to make new friends and start gaining their confidence, before the school year begins, we urge all families to make the time to attend as many sessions as they can.

- To book one or more of the listed playgroup sessions: <http://bit.ly/OLMCPlaygroupsvp>
- This time is also designed to support you as a new, or existing, family within the OLMC Community, therefore short meet and greet and information sessions will be held in the Library for all parents during the playgroup experiences. Please RSVP using the same link as above



Families also received information regarding the compulsory Kindergarten Orientation Day occurring on 24 November.

### ATTENDANCE NOTIFICATION

When your child is away you are required to notify the school about their absence by a note to the teacher or through the COMPASS Parent Portal. If we do not receive notice within 7 days we are required to record the absence as unexplained. If your child has been absent recently and you have not notified the school please do so before the end of the term. It is a legal requirement that schools document student absences.

### 2024 BAND REGISTRATION

If any student from Yrs 2-5 are interested in joining the band in 2024 please complete the [registration form](#) by 10 November. This is also a reminder for those families with students continuing their band participation, you too, must complete the form. If parents have questions they are asked to refer to the notes provided before contacting Miss Pirovic.

### SECOND-HAND UNIFORMS

We have a large number of parents seeking items, but we have limited stock. If your child has grown out of their uniform items please consider donating them to the Second Hand Uniform Shop. Just send them to the office, washed and in a bag marked Second Hand Uniform donations.

## PARENTS AND FRIENDS ASSOCIATION NEWS

**AGM Election Results** Thank you to all the wonderful individuals who took the time to attend the AGM on Wednesday night and cast their votes. It was lovely chatting with you all, while enjoying a light supper together.

We thank our 2023 P&F Executive Members for their efforts this year in providing hospitality and service to strengthen the connections between all members of our school community. Thank you Karly Jouni, Marroun Obeid, Annette Hayek, Sandra Khouri, Sukanya Madhavapeddy, Lekha Solani, Phillip Kirby and Salma Aoun.

*We congratulate and Welcome the 2024 Parents and Friends Executive Committee:*

**President** - Karly Jouni

**Vice President** - Marroun Obeid

**Secretaries** - Annette Hayek and Sandra Khouri

**Treasurer** - Sukanya Madhavapeddy

**Second Hand Uniform Shop Coordinator** - Lekha Solani

**Publicity Officer** - Kellie Arrage

**Diocesan Representative Council** - Herald Mateo, Annabel Mulabag and Valentina Conde

The strength of our Parents and Friends Association requires parents volunteering to serve in a formal capacity, as those listed above have, or assisting with school events and initiatives through the Support Crew Sign Up. Thank you to all who give so generously. We invite you all to consider what role you can play in the future, particularly as long serving members approach the conclusion of their time at OLMC.

*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 it to P&F Communications*





# NATIONAL GRANDPARENTS DAY

*This year we commemorated National Grandparents Day with a school liturgy and picnic lunch. We recognise the vital role that grandparents play in our society, having given us the gift of life and the gift of love. Their lives inspire our spirit of thanksgiving and hope for the future.*

*We take a moment to remember and pray for our grandparents who:*

- *couldn't be with us during our celebration*
- *already share God's kingdom*
- *have lived lives, that offer us wisdom and strength which we can celebrate*

*Thank you for your generous hearts.*

ST JOACHIM & ST ANNE, PRAY FOR US AND OUR GRANDPARENTS.