Our Lady of Mt Carmel School Newsletter

Term 2 Week 4
20th May, 2016

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Prayer

Father Robert’s ‘Prayer for a Good Season’

God – we see and feel You in so many different ways and we know that You are there. We thank You for all the good things in our lives. The stability of our governments, our political and religious freedom and the easy way of life that is part of being an Australian and which we so often take for granted. Lord, we ask you to look upon us and give us the rain we need in order to grow our crops and pastures so that we can provide for our families and fulfil our obligations. We ask that You grant us the support and comfort of Your presence so that we can get through this season, no matter what the outcome. Through our Lord, Jesus Christ. Amen.

OLMC Calendar Important Dates

23rd - 27th May  Communio Week
26th May  National Sorry Day
26th May  Civics and Citizenships Incursions Yr 3-6
3rd June  Yr 1/2 Open Room and Assembly
3rd June  Newsletter
4th June  Mullewa Muster and Rodeo
6th June  WA Day Public Holiday

‘Love one another, as I have loved you.’
What are we here for? How has the week gone for you? Has everything gone according to plan? Is every routine normal with no hiccups? How do you cope when a hurdle is placed before you or the road becomes blocked? We all manage to climb over, crawl under or clamber around whatever is causing the obstruction to keep on our way. We don’t stop and drop! Why not? What motivates us to keep moving forward? There would be as many answers as could fill this page. Many are reasons that we may feel are not in our control. One thing we know that keeps us going is our attitude, our desire and the people we have around us – including the children. Persistence is a quality that we learn will help us to reap rewards. A positive attitude makes the bad survivable and easier to take; and the beautiful smiles that light our day. Just try to be grumpy when you have a lot of happy faces around you! What makes you light up? Seeing others happy, achieving something yourself, doing a good job and helping others, to name just a few.

We are reflecting on skills and attributes we want to develop in our children so that they will grow into ‘lifelong learners’. How do we recognise the best way for any child in our classes to learn is through observation, see how they go about trying to do something that they really enjoy, through trialling different ways of tackling a problem; and if we don’t think we are making good progress, we focus harder, ask advice from colleagues and persistently provide challenges that may make any one or all children say – ‘I get it!’

I have much admiration for our staff, who have their own hurdles in life to clamber around, but when they are with the children in our school, the care, patience and determination that they constantly demonstrate, is a great learning experience. We can learn so much from each other. How do you learn best? We want our kids to work this out as well as to continue to try different ways of learning.

This week has been a settled week for students with the weather beautiful but not wet and normal routines for staff and classes! Changes to routines cause little butterflies to change the way some students settle down to work, so keeping them informed of what is coming up helps to settle any nerves. Thursday had Miss Jill heading to Geraldton to work with our Religious Education Team from Perth and other RE coordinators. Mrs McDougall who worked with us last week has worked with the 3/4 class. Friday has a special guest, one of our own ex-OLMC students from Mullewa, and Sandover Medallist 2015; Aidan Tropiano from Perth Football club, will come to share some of his work ethic to achieve what you want to achieve. He will also share some footy techniques and drills to help our budding footy stars set their goals high.

Miss Jill and I are in Perth for the first three days of the week to work through ‘The General Directory of Catechesis with Bishop Holohan and other RE staff in helping our school to maintain our focus on Gospel values and instilling in our children a love of God, self and others. Mrs McDougall will again be in to help in classes. At the end of next week we will have visitors from CEWA, Michael Ciccarelli Project Leader, Teacher Development and

‘Love one another, as I have loved you.’
Leadership along with Kerrie Cunningham, Early Childhood Team, who will be undertaking an Executive Director’s School Registration Audit process which will cover the legislative requirements of the Australian Education Act 2013, School Education Act 1999, CEWA policies and all other relevant legislation to ensure that we meet both the CECWA System Agreement and the Non-Government Schools Registration Standards. It will be a busy day.

With the change of season upon us, Dr Nelini has asked me to pass on that Mullewa Medical Centre has the latest flu immunisations available for children and adults. Some of the children have already started to show signs of coughs and colds, we also have had a few incidents of ‘Head lice’ and ‘School Sores’ in the school. Please take the time to read over the guidelines from the Government of Western Australia regarding these communicable diseases. I have added some of the common ones to this newsletter. You can also follow the link for the latest guidelines – 2016


For schools to minimise the spread of infection of common respiratory (colds/flu) and gastroenteritis infections that occur, every effort should be made by staff and children (taken from Pg. 5 of the guidelines)

- to stay at home in the early stages of illness as they are likely to be more infectious and transmit the virus/bacteria to others, via coughing, sneezing and, contaminating surfaces that others touch.
- staff working in schools or childcare organisations, including the children, should remain absent until they are symptom free if they have a cold or flu; and for at least 24 hours if they have had gastroenteritis.
- parents to seek medical advice if their child has ongoing symptoms of illness.
- follow up by the local public health unit for other important infections, including measles, whooping cough, meningococcal and typhoid infections (Mullewa Dr Lao - Geraldton - Midwest - 9956 1985 or Healthdirect Australia - 1800 022 222 (24 hours))

When your child is unwell, please notify the school as to the type of illness that is keeping your child at home, this needs to be verbally, initially, and in written form in the context of ‘reason for absence’ when the child returns to school. This way if several parents inform us of an infection, we are able to pass this information on to the school community so that we are better prepared to prevent the spread of infection. Always if unsure, our local Medical Centre is the first port of call. Below is a list of what are the common ailments. Please note the new recommendation for Diarrhoea to be 48hours exclusion after the symptoms have ceased before returning to school.

School sores have been identified on some students along with head lice. We thank you for your support with these issues to help maintain a healthy learning environment for the children of our school.
Child Safety and after school pick-up

A big thank you to all of the parents who are not parking in front of the double gates where our children exit the school. We have some smaller children who are still learning the road rules and have had occasions where they make a dash for a car. Keeping this area clear, gives us a clear view of vehicle movement and perfect opportunity to reinforce safe road crossing skills. Please also remember that schools are a 'slow zone' in regards to speed. Help us to keep all of our children safe by driving slowly and ever watchful.

Until next time

Di Nyman
Principal

‘Love one another, as I have loved you.’
**Impetigo (School sores)**

A common, acute bacterial infection of the skin caused by staphylococcal or streptococcal bacteria. Symptoms include itchy pustules and scabs.

<table>
<thead>
<tr>
<th>Transmission</th>
<th>Direct contact with skin lesions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incubation period</td>
<td>Usually 4 to 10 days</td>
</tr>
<tr>
<td>Infectious period</td>
<td>As long as there is discharge from untreated lesions</td>
</tr>
<tr>
<td>Exclusion</td>
<td>Exclude for 24 hours after antibiotic treatment commenced. Lesions on exposed skin surfaces should be covered with a waterproof dressing. Young children unable to comply with good hygiene practices should be excluded until the sores are dry</td>
</tr>
<tr>
<td>Treatment</td>
<td>Antibiotic treatment available – refer to doctor</td>
</tr>
<tr>
<td>Contacts</td>
<td>Do not exclude</td>
</tr>
<tr>
<td>Immunisation</td>
<td>See Appendix 1</td>
</tr>
</tbody>
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**Head lice (Pediculosis)**

A common, parasitic infestation of the scalp hair. Symptoms include scratching and the presence of 'nits' (eggs) and lice in the scalp hair.

<table>
<thead>
<tr>
<th>Transmission</th>
<th>Head-to-head contact with an infested person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incubation period</td>
<td>7 to 10 days</td>
</tr>
<tr>
<td>Infectious period</td>
<td>Until lice and eggs (nits) are killed</td>
</tr>
<tr>
<td>Exclusion</td>
<td>Exclude until after treatment has commenced and live lice removed</td>
</tr>
<tr>
<td>Treatment</td>
<td>See Appendix 3</td>
</tr>
<tr>
<td>Contacts</td>
<td>Do not exclude</td>
</tr>
<tr>
<td>Immunisation</td>
<td>None</td>
</tr>
</tbody>
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Head lice fact sheet for parents is available at:
www.healthywa.wa.gov.au/Healthy-WA/April2016/F_1/Head-lice

**Diarrhoea**

(Various viruses, bacteria or parasites, e.g. Campylobacter, Giardia, Norovirus, Salmonella, Shigella)

| Notifiable – | Campylobacter, Salmonella, Shigella, Rotavirus, Cryptosporidium – discuss with your local public health unit staff. A range of common infections of the intestines. Symptoms include fever, malaise, chills, headache, muscle pain, sore throat and cough. |
| Transmission | Faecal-oral, food-borne and animal faecal-oral |
| Incubation period | Hours to days |
| Infectious period | Days to weeks |
| Exclusion | Exclude until 24 hours after diarrhoea has ceased. If ill person works or attends a child care, exclude until 48 hours after diarrhoea has ceased. |
| Treatment | Varies according to symptoms. Antibiotic or antiparasitic treatment as recommended by doctor |
| Contacts | Do not exclude |
| Immunisation | Refer to Appendix 1 |

**Influenza (Flu)**

A common, acute, respiratory, viral infection. Symptoms include fever, malaise, chills, headache, muscle pain, sore throat and cough.

<table>
<thead>
<tr>
<th>Transmission</th>
<th>Airborne or droplet</th>
</tr>
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<tbody>
<tr>
<td>Incubation period</td>
<td>Usually 1 to 4 days</td>
</tr>
<tr>
<td>Infectious period</td>
<td>Usually 1 day before onset of symptoms until 7 days after</td>
</tr>
<tr>
<td>Exclusion</td>
<td>Exclude until symptoms resolved</td>
</tr>
<tr>
<td>Treatment</td>
<td>Varies according to symptoms. Antiviral treatment available as recommended by doctor</td>
</tr>
<tr>
<td>Contacts</td>
<td>Do not exclude</td>
</tr>
<tr>
<td>Immunisation</td>
<td>Refer to Appendix 1</td>
</tr>
</tbody>
</table>

**Ringworm (Tinea)**

A common fungal infection of the skin that usually affects the scalp, skin, fingers, toenails and feet.

<table>
<thead>
<tr>
<th>Transmission</th>
<th>Skin-to-skin contact with an infected person, infected animals or contaminated articles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incubation period</td>
<td>Varies with the site of infection</td>
</tr>
<tr>
<td>Infectious period</td>
<td>As long as lesions are present</td>
</tr>
<tr>
<td>Exclusion</td>
<td>Exclude until person has received anti-fungal treatment for 24 hours</td>
</tr>
<tr>
<td>Treatment</td>
<td>Antifungal treatment available – refer to doctor. Bedlinen, towels and clothing should be washed in hot water. Cats/dogs should be examined and treated as necessary</td>
</tr>
<tr>
<td>Contacts</td>
<td>Do not exclude</td>
</tr>
<tr>
<td>Immunisation</td>
<td>None available</td>
</tr>
</tbody>
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'Love one another, as I have loved you.'
**Office Reminders**

**Parent/Emergency Contact and Medical Emergency Information** – If your contact details change throughout the year please contact the office as soon as possible and update your information. Please also let the office know if your child has any allergy and/or medical condition. It is imperative that the school has the most up to date and correct information in case of an emergency.

**P&F Notices**

**Tuckshop**
Thank you to Penny Critch and Jodi Schulz for a very successful Tuckshop. Thank you also to the parents that were able to send in treats to sell.

**Rodeo**
If you are able to help out at the breakfast on Sunday 5\(^{th}\) June please let Jenna or Tim know.

Tim Critch  Jenna McGregor  Janice Park  
President  Secretary  Treasurer

**Parish Notices**

**Our Lady of Mount Carmel Parish** – Mass is celebrated every Sunday commencing at 8:30am. Everyone is welcome to attend.

For further details and information on any Mass services please feel free to contact Fr Robert O’Bryan PP on 9961 1181 or 0457 980852

**Uniform Shop**

![Uniform Shop]

‘Love one another, as I have loved you.’
At the end of last term we were lucky enough to get a visit from the local police officers and the local fire fighter volunteers. Both showed us what equipment they have and what they are used for. They described what they do as police officers and fire fighters so that maybe one day one of us will be either putting on the yellow protective gear to fight fires or wearing the blue to protect and help people in the community. Both jobs are highly important and it was great to see them give up some of their time to spread the importance of fire safety as well as community safety.

This term we have been looking at Mem Fox. She is an award winning children’s author and has some well known books such as Wilfred Gordon McDonald Partridge, Possum Magic and Boo to a Goose just to name a few. Our goal is to see ourselves as readers and writers. We can all read and we can all write at our own level.

In week 2 of this term the whole school participated in a polymer clay workshop. Our day was Tuesday 3rd May. Our focus was emotions and caring for each other. We were lucky enough to make heart dangle’s with beads. Thankyou to Faye for organising it. We really enjoyed it!

Willie – This term I have enjoyed learning about reading Mem Fox, Mathletics and Possum magic is my favourite book.

Hunter – This term I love writing and I like Miss Nic’s writing because she is the best in the world. I am trying really hard to sound out all of my words.
Clayton – This term I enjoyed learning about Mem Fox books.

Revis – This term I have been learning my numbers and letters. I like playing.

Cooper – This term I like doing my maths on Mathletics. We have been learning about Mem Fox. My favourite book is Koala Lou because there is a cute koala named Koala Lou. I like writing.

Maggie – I enjoyed learning how to play Mathletics because it helps me remember my numbers and learning how to write properly.

Adam – This term I have enjoyed learning about writing because I am getting better.

Laney – This term I have enjoyed learning about telling the time, adding number and mathletics. My favourite book is written by Mem Fox, the book is called Possum Magic. I love school because it is fun.

Kirsty – This term I have enjoyed learning about Tennis with Coach Nick.

Tarkyn – This term I’ve loved learning about Mathletics and maths games. My favourite book is Where’s Wally.

Carly – This term I have enjoyed learning about the writer Mem Fox. She writes the book Possum Magic. I like most of her books. I like to do spelling because you can choose an activity on the back of the spelling book. The last best thing to do is tennis. I like to do tennis because coach hits us with balls.

Charli – this term I have enjoyed doing mathletics on the ipad. I like to play.

Sahara – This term I have enjoyed learning about Mem Fox. My favourite book written by Mem Fox is Possum Magic and my favourite character is Hush because she is the cutest character in the book Possum Magic. My second favourite book by Mem Fox is Koala Lou and my favourite character is Koala Lou because she tries really hard to win the bush Olympics.

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Communio Week in Schools

Information Sheet

Communio is a name given to a plan to help the needy people in our own Diocese of Geraldton.

We as a Church, support needy people in other parts of Australia and the world through Catholic Mission and Caritas. Various people themselves support other countries through other organisations as well. Money collected through Communio though goes to the needy people here in our own Diocese.

The word is a Latin one which means ‘Communion – union with’. In other words it says that in our Church we are linked to and connected to people all around the Diocese. Needy people are part of us and our family. In fact all needy people are part of Jesus and therefore a part of us because Jesus said “Whatever you do to the least of my brothers and sisters, you do to me”.

Each year we have Communio Week in Schools. This is a time to learn more about some of the people that our Diocese supports, to pray for these people and to raise funds for them. Various activities are suggested during the week to help young people understand and be involved in all this.

Centacare. This organisation was set up over twenty five years ago and reaches out in a big way to people in our Diocese. Regardless of race, beliefs, colour or circumstances – all are helped in many ways.

Such people assisted are:-

- Individuals and families who need counselling
- Parents in their important role of relating to and caring for their children
- Children who have separated parents and difficulties in relationships
- Separated parents who seek help to do the best for their children
- People who need food and some basic financial help.
- Unemployed people – helping them train for work
- Children who have to be witnesses in court
- People with personal problems or who have mild disabilities who find it hard to get work
- Victims of violence
- Drought Relief – counselling for farming families struggling because of drought conditions.

Centacare is in Geraldton but has centres in Carnarvon, Exmouth and Yalgoo. However it reaches out beyond these places to the Midwest and other rural areas according to needs that can be met by this organisation.

Nazareth House Nursing Home. Our contributions also support the great work done by the Sisters and Staff at Nazareth House where one hundred and twenty people, either frail aged or with dementia, are lovingly cared for.

DrugArm. A State organisation for young people and those who want help with drug addiction. It has a base in Geraldton which we support.

Other outreach. Then there are individual people and families who sometimes find themselves in difficult financial circumstances which our Priests and Sisters working in our Parishes know about and bring to the Bishops notice for support.

Communio Week in Schools takes place in Second Term. Adults in Parishes get the opportunity to support Communio at the end of the year during Advent when a campaign is launched as we prepare for Christmas. In this way parishioners can include the needy of our Diocese in their Christmas Gift.

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