Swimming at OLMC

Swimming is an important skill that OLMC values. Each year, students develop their skills through swimming lessons. This year, the swimming program for R-5 students will occur in Term 3.

At OLMC we provide opportunities for students to showcase their swimming skills.

Each year our students participate in the Catholic Schools Swimming Carnival.

The photos above and below show the students currently training each Thursday afternoon for the 2015 Carnival which will be held on Tuesday 17th March at Magill.

Another way in which students can be involved in swimming is through SAPSASA. This provides the students who have good skills in swimming to put these skills to the test and try to firstly represent the district of Pt Adelaide, then progress to State representation and finally try out for National representation.

Franco Canil
From the Deputy Principal/REC

Sports Day
We thank the many parents and friends who attended and supported our R-12 Sports Day yesterday. The day was a wonderful community celebration and a genuine spirit of friendship and co-operation was evident during the day. I thank all staff and you as parents for your support and encouragement of students in so many ways. We were blessed with beautiful weather and it was great to celebrate children’s sporting skills and achievements.

No Personal Property at School
Parents are reminded that students should **not be bringing** sport equipment from home. Each class has been supplied with the sport equipment they, as a class, have requested.

We also ask parents to remind their children that **cards are no longer able to be brought to school**. Unfortunately, arguments and misplaced cards have once again become problematic and are impacting on students relationships and wellbeing.

We thank parents for supporting us in these matters. If you have any questions in regards to the bringing of personal property and equipment to school, please pop in and see me.

3rd Week of Lent
In Central NSW, sole mother-of-six Karen, was experiencing difficulties making ends meet and had neither the skills nor the money to provide a nutritious diet for her family.

“I was in a lot of debt and wasn’t handling my money properly,” says Karen, 45. “Feeding the kids was about what was easiest, not what was healthy.”

Karen’s situation was made more difficult by her community’s remoteness, and the limited number of places to buy food and groceries in the area. As she’d never been taught life-skills like money-management, Karen didn’t make the connection between good budgeting habits, good food, good health and a better (less stressful) life. So, two years ago when she enrolled in the Centacare Wilcannia-Forbes Manage Your Income, Manage Your Life Program, supported by Caritas Australia, a new world opened up to her.

Through a series of budgeting workshops and monthly budget planning sessions, combined with nutrition workshops and cooking activities, Karen gained the tools she needed to take control of her money and budget so she could provide regular, healthy meals for her family.

“The workers [at Centacare] gave me the confidence that I can help myself with their support,” she says.

God Bless
Nives Kresevic

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The Importance of Sleep

Last weekend I attended the Positive Education Schools Association National Conference. It was two days of inspiring presentations from an array of psychologists, researchers, educational specialists and experts who specialise in the field of Positive Psychology and Positive Education.

I had the privilege of listening to Dr Michael Carr-Gregg, who works as a nationally registered child and adolescent psychologist. He talked about the three key areas for maintaining positive wellbeing for young people and adults: **sleep, exercise and mindfulness**.

In this week’s article I would like to further address the importance of **sleep**. Here are some of the facts about sleep that Michael Carr-Gregg shared during the conference:

Sleep is important for maintaining a healthy body, giving the brain time to rest, helping the immune system and improving energy levels, learning and concentration.

**Many things can be effected when we do not sleep enough such as:**

- **Behaviour** - aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour
- **Emotion** - Moody, depressed, anxious, stressed, uneasy, unconfident, irritable
- **Planning** - poorly organised, poor time managers, repeating grades, forgets lessons
- **Concentration** - inattentive, lack of concentration, falling behind in school
- **Creativity** - not working at full potential
- **Problem solving** - poor behaviour control and difficulty in social situations
- **Complicated thinking** - struggles with maths, sciences, languages, abstract concepts
- **Motor coordination** - less sporty, more accidents, clumsier
- **Weight** - being obese and overweight is more likely with less sleep
- **Health** - poorer immune system - sicker more often
- **Learning**—sleep, particularly dream sleep or REM sleep, is necessary for storing certain types of memory, particularly more difficult memories such as mathematical concepts and language.

Please find attached to this week’s Newsletter some tips and recommendations from Dr Michael Carr-Gregg about promoting better sleep.

To read more about the importance of sleep—here are some user-friendly websites that will give you more information.

[http://raisingchildren.net.au](http://raisingchildren.net.au)
[http://www.sleepeducation.net.au](http://www.sleepeducation.net.au)

Grace Loizos
Wellbeing Coordinator
Canteen Roster

Thank you

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<thead>
<tr>
<th>Date</th>
<th>Lunch:</th>
<th>Lunch order Drop off</th>
<th>Lunch order Pick Up</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>Kathryn McDonald</td>
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<td>Week 6</td>
<td>Jo Hipper</td>
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<td>Tuesday</td>
<td>Dyan Astley</td>
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<tr>
<td>Week 7</td>
<td>Marita Caruso</td>
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<td>Lunch orders</td>
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<tr>
<td>Thursday</td>
<td>Morgan Todd</td>
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<tr>
<td>Week 6</td>
<td>Morgan Todd</td>
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<td>Friday</td>
<td>Amy Treen</td>
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<td>Week 7</td>
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<td>Wednesday</td>
<td>Michelle Callinan</td>
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<tr>
<td>Week 7</td>
<td>Josie Seedsman</td>
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Happy Birthday

Jessica Metcalf-Keher and Angus Crabbe-Perrot

Joke of the Week

What do frogs drink?

Hot croako!

Basketball | Versus | Score
------------|--------|-------
OLMC        | Portside | 10-10

Charles Sturt Council are inviting you to come, try a new sport, and get involved in our
FREE School Holiday Sports
(20th April – 24th April 2015)

Choose from; Tennis, Fencing, Hockey, Dragon Boating, Croquet, Bicycle Speedway racing, Basketball, Taekwondo, Dancing, Baseball, Rugby Union, Soccer, Gridiron, Cricket, Gymnastics, Calisthenics and Netball

To register follow the link:
http://aus.evanced.info/charlessturt/lib/eventcalendar.asp?Lib=6

* You will need to go to April to find the activities.
or further information please contact
Lisa Will on 8408 1117; 0408633444
lwill@charlessturt.sa.gov.au or visit
www.charlessturt.sa.gov.au/holidaysports

Our Lady Queen of Peace Church
100 Botting Street, Albert Park
April 2nd, Mass of the Lord’s Supper: 7.30pm
Good Friday: Stations of the Cross: 10.00am
Good Friday: Solemn Liturgy: 3.00pm
Saturday Easter Vigil: 7.30pm
Easter Sunday: 10.30am Mass

Our Lady of Mount Carmel Church
740 Torrens Road, Pennington
April 2nd, Mass of the Lord’s Supper: 7.30pm
Good Friday: Stations of the Cross: 10.00am
Good Friday: Solemn Liturgy: 3.00pm
Saturday Easter Vigil: 7.30pm
Easter Sunday: 9.00am Mass

St. Mary’s Church
95 Dale Street, Port Adelaide
Good Friday: Stations of the Cross: 10.00am
Easter Sunday: 9.00am Mass

St. Stanislaus Church
22 George Street, Royal Park
Good Friday: Stations of the Cross: 10.00am
Holy Saturday: 10.00am Blessing of the Food—Polish
Easter Sunday: 10.00am—Polish
Easter Monday: 10.00am—Polish

ADVERTISEMENTS are shared for your information. Their publication is not an endorsement by the school.
We learnt that Dd is for dinosaur and made a dinosaur using a capital D.

We also learnt that Mm is for mask and made our own mask.

By R/1WS