From the Principal

Dear Parents

Mother’s Day Liturgy and Morning Tea

Tomorrow, we celebrate the gift of mothers, grandmothers and great-grandmothers as we join together as a school and parish community to participate in our whole school Non-Eucharistic Liturgy in the Church at 10.15 am. Our Liturgy will be followed by morning tea in the Hall provided by the P&F Committee and volunteers.

The staff and I look forward to celebrating with you on this occasion and wish all mothers, grandmothers and great-grandmothers a very special Mother’s Day.

Faith@work—Diocesan Works Fund Appeal

During the month of May, we will be joining all schools and parishes in the Diocese of Parramatta to help support the Diocesan Works Fund. Over the coming weeks we will learn about some of the ministries and people it supports. Also known as faith@work this fund reaches out to people in our local church that are not supported by regular parish contributions.

On 13th May we will send out envelopes and letter to parents about the Appeal. Children are asked to return the envelope by Friday, 16th May. A special school assembly will be held on Friday morning with regard to this appeal.

Bishop Anthony Fisher has written his letter on the back of the Giving Envelope to you and other members of the Catholic community across Western Sydney to ask for everyone’s support. Please give through the school envelope if you have not done so at the parish appeal.

The faith@work appeal gives us the opportunity to act together as one Church family to support ministries and services that no individual parish or school can offer. Of particular interest is Blacktown Neighbour Aid service, which assists the frail, aged, people with a disability and their carers in our community; and the Confraternity of Christian Doctrine (CCD) which trains religious education teachers who give witness to their faith in public schools in Western Sydney.

Your contribution enables services such as Blacktown Neighbour Aid, CCD and Catherine Villa (supporting homeless women aged 16-25) to reach out to more people in need.

Over the coming weeks, as we will learn more about the important contribution we make as a Church, I encourage you to consider your support.

Did you know?

Did you know that CatholicCare responds to more than 20,000 calls for help each year? Many request relationship or gambling counselling or are dealing with a disability, mental ill health or ageing.

Did you know that DWF supports the 14 seminarians in training and more that 1000 Catechists working in state schools in Western Sydney?

Did you know that DWF supports Youth ministry and Faith Education in Western Sydney too!

Your donations either through school or your parish will be put to good work!

“Mary, Mother of God, and spiritual Mother of us all, may all mothers who seek your help, experience your unfailing protection. Lead all mothers and their children to Your Son, Jesus. Amen”

Wishing you every blessing for the week ahead.

Danuta Maka
Religious Education News

Children’s Liturgy of the Word

Children’s Liturgy of the Word takes place every Sunday during 10 am Mass throughout the term. All primary aged children are warmly invited to attend.

Mother’s Day Liturgy

We will be holding our Mother’s Day Liturgy on Friday 9th May at 10.15 am in the Church. All our mothers and grandmothers are warmly invited to attend. This will be followed by morning tea in the Hall.

First Communion Preparation 2014

We need your help to make the programme a success. Facilitators and Home Hosts are needed. The programme commences on Monday 26th May. Facilitators Meeting 19th May at 7.30 pm in the Downey Room. If you are able to offer your help by facilitating a home group or Home Hosting for our Parish Based First Holy Communion Programme which runs for one evening per week for three weeks, please contact the parish office on 9639 0598.

ELEVATE J1 TERM 2

This Friday 9th May J1 starts back for a fun-filled term 2. Every second Friday from 7.00-9.00pm. Meet at the Downey Room (church carpark). Bring a gold coin donation. Just a reminder that every child MUST be signed IN and OUT by a parent/guardian. For more enquiries please contact Laura Burton (J1 co-ordinator) on 0433 259 234 or Jeremiah Wilkes (Youth Minister) on 0423 342 215.

Mr David Ison
Religious Education Coordinator

PARISH NEWS

St Michael’s Playgroup

If you are at home during the day with a pre-schooler or baby in your care, why not consider joining us at the start of Term 2 at St Michael’s Playgroup. We currently have vacancies: Tuesday from 9-11am, Wednesday from 9-11am, Friday after school assembly 9.30am. Enquiries to Christine Bauer, Play Group Enrolment Officer on 0412 175 661, or Michelle on 0415 385 353.

Pentecost 2014

The parish will celebrate the birthday of the Church, Pentecost, on Sunday 8 June 2014. A special Mass with a candle/banner procession, and prayers in community languages will be said at 10.00am Mass. This will be followed with a community shared meal in the Parish Hall at about 11.00am. The group organising the event need volunteers to participate in the banner/candle procession/community language prayers at Mass and cooking for the meal. If you would like to volunteer for any of the above jobs, please call Lucy on 9899 9009 or email: pmaguire@acsmail.net.au. We look forward to seeing you all at this happy community event.

Parish Family Groups

Diocese of Parramatta has taken an initiative step for the next five years Pastoral Plan. The Diocese has printed the Pastoral Plan book titled “Faith in our Future.” The pastoral plan has two basic goals for us in the next five years: to grow in faith and to share our faith. This pastoral plan gives us some directions for the community of faith, parish, ministry group, or family to build up a stronger future of faith. Based on this pastoral plan in the Diocese, St Michael’s community would like to add more family groups in our parish. Therefore, those who would like to join in our Parish Family Groups please give your name, address and telephone number to Frs Mick or P.J or contact the parish office on 9639 0598.

Faith at the Fiddler - 29 May

A forum for young people aged 18-35 to gather together to discuss issues of faith and spirituality in the friendly and warm atmosphere of Sydney’s most famous pub. Speaker: Miranda Devine. Topic: Communicating Virtue - How young people are hungry for meaning in an amoral age. Time: 5-7pm, with talk starting at 5pm. Venue: The Greenway Room at the Mean Fiddler, cnr Commercial & Windsor Rds, Rouse Hill. Details: Steven Buhagiar - Catholic Education, Parramatta, sbuhagiar@parra.catholic.edu.au

SOCIAL SKILLS PROGRAM

The social skill for Term 2 Week 3 is:

Honesty
Being truthful and sincere at all times.

NAPLAN TESTS—13-15 May 2014

NAPLAN is an annual national assessment that provides parents, schools and policy makers with an important snapshot of information and how well students are performing in the key areas of literacy and numeracy. The assessments are an opportunity for students to demonstrate what they have learned in class. Teachers use these results to meet the individual literacy and numeracy needs of all students.

NAPLAN takes just a few hours out of a few days every year, and has become a routine part of the school calendar.

NAPLAN test days should be treated as just another day in schools.

Students should not stress about NAPLAN. Basic familiarisation with NAPLAN is appropriate, but beyond that NAPLAN is not a test for which students can or should ‘cram’.

All Year 3 and Year 5 students are expected to participate in the NAPLAN tests.

There are four tests covering numeracy, reading, writing and language conventions (spelling, punctuation and grammar).

<table>
<thead>
<tr>
<th></th>
<th>Tues 13 May</th>
<th>Wed 14 May</th>
<th>Thu 15 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yr 3</td>
<td>Language conventions—40 mins Writing—40 mins</td>
<td>Reading—45 mins</td>
<td>Numeracy—45 mins</td>
</tr>
<tr>
<td>Yr 5</td>
<td>Language conventions—40 mins Writing—40 mins</td>
<td>Reading—50 mins</td>
<td>Numeracy—50 mins</td>
</tr>
</tbody>
</table>

School Terms 2014

Term 2 Monday 28 April to Friday 27 June
Term 3 Monday 14 July to Friday 19 September
Term 4 Tuesday, 7 October to Friday, 19 December

School fees

Term 2 school fee statements have been issued and due by 4 June 2014, if you have not received a statement in the post or wish to discuss a payment plan please contact Linda Borsato in the school office on 9639 0518 or alternatively you can email lborsato@parra.catholic.edu.au

PARENTS REPRESENTATIVE COUNCIL

The Parents Representative Council, Parramatta Diocese will be holding a Reflection Day at Edmund Rice Retreat Centre, Mulgoa on Sunday 18 May 2014, 9.30am to 2.30pm. A relaxing Day is planned with a Presentation by Fr Richard Leonard - The World in our Face: How do people of Faith download the Best and Leave the Rest? Cost is $20/person and includes tea & coffee on arrival, lunch and mass.

Please email prccparraevents@hotmail.com for registration. Parents, grandparents & carers welcome.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Fri 9 May</td>
<td>Mother’s Day Non-Eucharistic Liturgy at 10.15 am in the Church</td>
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<tr>
<td>Mon 12 May–Thu 15 May</td>
<td>Parent/Teacher/Student interviews 1Yellow</td>
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<tr>
<td>Mon 12 May</td>
<td>Changeover to Winter Uniform</td>
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<tr>
<td>Tue 13 May</td>
<td>Naplan Testing Years 3 &amp; 5—Language and Writing</td>
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<tr>
<td>Tue 13 May</td>
<td>1 Red and 6 Red—Parish Mass 9.15 am</td>
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<tr>
<td>Wed 14 May</td>
<td>Naplan Testing Years 3 &amp; 5—Reading</td>
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<td>Wed 14 May</td>
<td>1 Green and 6 Green—Parish Mass 9.15 am</td>
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<tr>
<td>Wed 14 May</td>
<td>Year 6 Reconciliation</td>
</tr>
<tr>
<td>Thu 15 May</td>
<td>Naplan Testing Years 3 &amp; 5—Numeracy</td>
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<tr>
<td>Thu 15 May</td>
<td>Year 2 Maritime Museum—2Blue, 2Red</td>
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<tr>
<td>Thu 15 May</td>
<td>2 Green and 2 Yellow—Parish Mass 9.15 am</td>
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<tr>
<td>Fri 16 May</td>
<td>School Assembly—Faith@work—Diocesan Works Fund Appeal—9 am in the Hall</td>
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<tr>
<td>Fri 16 May</td>
<td>Year 1 Non-Eucharistic Liturgy at 10.15 am in the Church</td>
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<tr>
<td>Tue 20 May</td>
<td>Years 3-6 ICAS Computer Skills</td>
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<td>Tue 20 May</td>
<td>K Red and 5 Blue—Parish Mass 9.15 am</td>
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<tr>
<td>Wed 21 May</td>
<td>1 Yellow and 6 Yellow—Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 21 May</td>
<td>P&amp;F Meeting 7-8 pm</td>
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<td></td>
<td>Guest speaker: Monique Dalli “Being tech savvy and cyber safe”</td>
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<tr>
<td>Thu 22 May</td>
<td>Years 1-6 Incursion—Author Boori (Monty) Pryor</td>
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<tr>
<td>Thu 22 May</td>
<td>5 Green and K Yellow—Parish Mass 9.15 am</td>
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<tr>
<td>Fri 23 May</td>
<td>Year 1 Excursion—Wildlife World &amp; Sydney Aquarium</td>
</tr>
<tr>
<td>Fri 23 May</td>
<td>Year 6 Incursion—Antarctica 11.30 am-1.00 pm</td>
</tr>
<tr>
<td>Tue 27 May</td>
<td>2 Red and 2 Blue—Parish Mass 9.15 am</td>
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<tr>
<td>Wed 28 May</td>
<td>1 Blue and 6 Blue—Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Thu 29 May</td>
<td>3 Blue and 3 Red—Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Fri 30 May</td>
<td>Year 3 Non-Eucharistic Liturgy at 10.15 am in the Church</td>
</tr>
<tr>
<td>Tue 3 Jun</td>
<td>5 Yellow and K Green—Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 4 Jun</td>
<td>Years 3-6 ICAS Science Competition</td>
</tr>
<tr>
<td>Wed 4 Jun</td>
<td>5 Red and K Blue—Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Thu 5 Jun</td>
<td>1 Green and 6 Green—Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Fri 6 Jun</td>
<td>Whole School Mass—Feast of Sacred Heart of Jesus</td>
</tr>
</tbody>
</table>

Please note that from time to time there may be unavoidable circumstances that may occur and dates advertised for events may need to be changed. Every effort is made to give as much notice as possible when changes occur. We apologise for any inconvenience this may cause.

School Holidays—Monday 30 June—Friday 11 July
Term 3 Resumes—Monday 14 July—Staff and Students

What every parent needs to know . . .

⇒ What are your children commonly using their personal devices for socially?
⇒ What apps and sites are they using?
⇒ How can you protect your children when they are using the devices at home?

The P&F present
‘Being tech savvy and cyber safe’

Monique Dalli, Leader of E-learning Gilroy College

Wednesday 21 May 7-8 pm
St Michael’s School Hall
MUSIC NEWS

Teambeat: Sharing the Spirit Of Africa Performance

Last Friday, all students had the wonderful opportunity to see the Teambeat-African Drumming performance. It was such a fantastic experience and the students had a great time getting involved in all the activities. They learnt a great deal about the culture of West Africa and were entertained by two fantastic musicians from Ghana. They arrived with over 100 djembe drums, so all children were able to have a hands-on musical experience and loved making a great deal of noise! We will be continuing to build on this experience by learning more about African music in our music lessons this term.

Mrs Parker, Music Teacher

News from 3 Blue

For H.S.I.E. Year Three are learning about our local communities. Here are some of 3Blue’s favourite places or groups in the community:

My favourite place in the community is Wet and Wild because it is so huge and it has lots of fun things. Frederick

One group I belong to in my community is my soccer club. I like being part of this group because when I started it was the thing that I would do. Then six years later I’m still doing soccer, so soccer is what I do. William

One group I belong to in my community is Taekwondo. Being a black belt is when you get taught mixed martial arts. Harrison

One group I belong to in my community is Rouse Hill/Kellyville AFL Club. I like being a part of this group because I love playing AFL. All my friends play it and my coach is very nice and he motivates the team. Ethan

My favourite place in the community is the library because you can get a book and just read or you can take the book home and take it back after a week or two. Harrison

One group I belong to in my community is my Oz Tag Club. I like being part of this group because it is fun when we pass the ball and work as a team. Charlotte

My favourite place in the community is my mum and dad’s restaurant because my family loves the food and I do too. Zayra

My favourite place in the community is my Irish dancing company because it’s fun and you get to compete against other people. Kyra

One group I belong to in my community is C2K Fitness and Aquatic Centre. I like being part of this group because it is fun. Tayha

My favourite place in the community is St Michael’s Primary School because it is a growing, loving and changing school and I LOVE it! Emily

CANTEEN WINTER MENU

The new winter menu is being distributed on Friday 9 May. The winter menu will apply from Monday 12 May. The menu will also be available on our website at the following location:

http://www.stmichaelsbhills.catholic.edu.au/school-notes

Creative Arts Expo

A red note was distributed on Monday to all children who have expressed interest in auditioning for the Creative Arts Expo to be held on Wednesday 27 August 2014 7pm at Hornsby RSL.

The Expo is an event held every three years to showcase the talents of children in the area of Creative Arts. We will be performing with three other schools: St Angela’s Castle Hill, St Bernadette’s Caste Hill and St Paul the Apostle Winston Hills. Auditions will be held in the next few weeks for the children in Years 3-6.

SCHOOL HATS

Please ensure that your child does not lend or borrow hats to minimise the risk of head lice infestation.

Children are unable to borrow hats from the school office for the same reason.
CASTLE HILL & DISTRICT RSL SUB-BRANCH
THE RETURNED and SERVICES LEAGUE OF AUSTRALIA
(NEW SOUTH WALES BRANCH)

All Communications to be addressed to:
The Secretary
PO Box 2, Castle Hill 1785

Phone: (02) 8858 4009
Email: chrissub@tpg.com.au

Principal Ms D Makra
St Michael's Primary School
35 Chapel Lane
Baulkham Hills NSW 2153

Dear Donata,

We would like to convey to you our thanks for your school's participation in the 2014 Castle Hill RSL and Sub-Branch Anzac Sunday Service at The Centenary of Anzac Reserve at Kellyville. Your students represented your school in a manner which brought credit to them as individuals and to your school. The participation and conduct of young people at this ceremony drew favourable comment from many participants at the ceremonies including many of the veterans who attended. It is very pleasing to see that the Anzac tradition is being fostered so effectively in Hills schools. It is important to our history and to our future that young people learn the lessons that are embedded in the Anzac tradition. Please pass on our commendation to your students for their commitment and participation.

The Centenary of Anzac in 2015 will be commemorated and celebrated in The Hills in many ways next year. The commemorative events are being organised by The Hills Centenary of Anzac committee. We will be in contact with you shortly to advise you of all the opportunities that will be offered to your school to mark this most significant anniversary.

Yours sincerely

Don Tait OAM
President,
Castle Hill RSL sub-Branch

Graham E. Handley MBA
Hon. Secretary,
Castle Hill RSL sub-Branch

St Michael's Primary School Hall
Wednesday 21st May 2014  7 - 8 pm

What every parent needs to know . . .

Being tech savvy and cyber safe

Understanding implications of technology:
apps and sites to avoid and why

Parental controls:
how to set these up, what they mean and do

How to keep your child safe online

Strategies and guidelines:
for home that mimic school policy

P&F Present Guest Speaker: Monique Dalli,
Leader of E-learning, Gilroy College

Please bring an Apple device to the session

Please complete and return to the School office:
Child's name ________________________________  Class ____________________
I, ________________________________ will be attending the “Being tech savvy and cyber safe” session on
Wednesday 21st May at 7 pm.
Signature: ________________________________
BABY NEWS
Congratulations to the van Niekerk family (Travis 1 Red) on the birth of Gabrielle Ann born 2 May.

SPORTS NEWS
Congratulations to all the children who participated in the Diocesan Cross Country and to the following children who now progress to the CPS Cross Country:
Ethan Garcia, Nathan Sarlog, Thomas Knez, Emma Boutros, Noah Jackson, Jamie Munro, Samuel McGoldrick, Tiana Anderson.

Mr Steve Kovelis
Sports Coordinator

PDHPE NEWS
Breakfast provides brain food
Source: South Eastern Sydney Illawarra Health
Eating breakfast each morning improves children’s learning, concentration, behaviour, overall nutrient intake, and establishes healthy eating patterns for life. Some quick breakfast options include:
- wholegrain cereals and reduced-fat milk
- baked beans on wholegrain toast and a glass of reduced-fat milk
- fruit smoothie and toast
- toast topped with cheese and sliced tomatoes
- egg on toast with a glass of reduced-fat milk
- wholemeal or wholegrain toast or fresh bread, with margarine spread plus a topping, such as tomato, reduced-fat cheese or baked beans
- reduced-fat yoghurt, fruit and raisin bread
- fruit salad and yoghurt.
Serve breakfast with a glass of water or milk to get children hydrated.

Mrs Gerometta
PDHPE Coordinator

Year 5 Bathurst Excursion
Due to unforeseen circumstances, this excursion has been re-scheduled. The new date will be available shortly.
We apologise for any inconvenience this may cause.

Baulkham Hills Family Day Care
522 Windsor Road Baulkham Hills
Phone: 9639 1346 or 9639 1494
Trained and Accredited Educators. Care is available for children 0 – 12 years. Small Group Setting, Early Years Learning Framework, Childcare Benefit and 50% Child Care Rebate
Before and After School Care available.

BAND NEWS
All beginner band members are asked to come along to morning band rehearsal from Term 2. Wednesday morning 7.40 am in the School Hall.

Lucia Bichara
Band Director

OLMC Parramatta Open Morning Tour
Discover rich tradition and cutting edge education at OLMC Parramatta during an Open Morning Tour on May 19. In this special 125th anniversary year, join us for a tour of the College before enjoying a ‘comfortable cup of tea’ with the College Leadership Team.
The College is now enrolling for 2015 and 2016.
Visit www.olmc.nsw.edu.au or phone 8838 1263 to reserve your place or obtain further information.

CatholicCare
SUPPORT FOR THOSE WHO ARE SEPARATED OR DIVORCED
The Solo Parent Ministry is now taking registrations for their next Post-Separation Recovery Program (commencing on May 14th) This is an excellent 7 week Program to assist you work through many of the issues that you face as you negotiate your way through the loss, pain and challenges following the break-down of your marriage relationship. It will be held at Blacktown from 7.30 pm – 9.45 pm for 7 consecutive Wednesdays. Cost $80.00.

Registration: soloparentministry@ccss.org.au or Phone. 99330205

ANNULMENT INFORMATION NIGHT
Each year the Catholic Tribunal Staff and CatholicCare Solo Parent Ministry present Information Sessions to help people understand how the process of Annulments in the Catholic Church is conducted. Questions are answered on details such as the length of time it takes, the cost, the role of witnesses, the number of interviews required, the grounds for an Annulment, how to start the process, etc. The evening is open to anyone at all who is interested in gaining more information about the Annulment process in the Catholic Church. Venue: CCSS Centre, 2 A Villiers St, Parramatta. Date: Tues 20th May. Time: 7.30 – 9.30. Cost: $5.00. Registration: soloparentministry@ccss.org.au or Ph. 9933 0205. Later in the year we will advertise more details of the same Seminar to be held in Springwood on 14th October.

PDHPE NEWS
Breakfast provides brain food
Source: South Eastern Sydney Illawarra Health
Eating breakfast each morning improves children’s learning, concentration, behaviour, overall nutrient intake, and establishes healthy eating patterns for life. Some quick breakfast options include:
- wholegrain cereals and reduced-fat milk
- baked beans on wholegrain toast and a glass of reduced-fat milk
- fruit smoothie and toast
- toast topped with cheese and sliced tomatoes
- egg on toast with a glass of reduced-fat milk
- wholemeal or wholegrain toast or fresh bread, with margarine spread plus a topping, such as tomato, reduced-fat cheese or baked beans
- reduced-fat yoghurt, fruit and raisin bread
- fruit salad and yoghurt.
Serve breakfast with a glass of water or milk to get children hydrated.

Mrs Gerometta
PDHPE Coordinator

A Worldwide Marriage Encounter Weekend is a Marriage Enrichment experience for married couples – set in peaceful, picturesque surroundings, away from the distractions of everyday life. During the weekend, couples have a unique opportunity to reconnect, rekindle and refresh their relationship. Take time out of your busy schedule, to invest in your most precious asset . . . your Marriage!
Weekend date: 13 – 15 June at Mt Carmel Retreat Centre, Varroville
Bookings: Ardell & Bill Sharpe tel. 02 4283 3435 or wsharpe@bigpond.net.au; www.wwme.org.au; www.facebook.com/WWMEasternUnit

PDHPE NEWS
Breakfast provides brain food
Source: South Eastern Sydney Illawarra Health
Eating breakfast each morning improves children’s learning, concentration, behaviour, overall nutrient intake, and establishes healthy eating patterns for life. Some quick breakfast options include:
- wholegrain cereals and reduced-fat milk
- baked beans on wholegrain toast and a glass of reduced-fat milk
- fruit smoothie and toast
- toast topped with cheese and sliced tomatoes
- egg on toast with a glass of reduced-fat milk
- wholemeal or wholegrain toast or fresh bread, with margarine spread plus a topping, such as tomato, reduced-fat cheese or baked beans
- reduced-fat yoghurt, fruit and raisin bread
- fruit salad and yoghurt.
Serve breakfast with a glass of water or milk to get children hydrated.

Mrs Gerometta
PDHPE Coordinator
Throughout our school we have a number of children with life threatening allergies to various forms of food, latex, dust, cats and insect stings. This is a serious matter, one that our school must address.

Some children have allergies that are so severe that smells or touch could trigger a reaction.

In order to do this we appeal to all parents to assist us in caring for these children by considering the type of foods you pack for your own child’s recess and lunch.

Our aim is to minimise the amount of peanut and tree nut products brought into the school. These foods are extremely dangerous to our children with allergies and cause 50% of food allergic deaths.

Common foods that trigger an allergic reaction are listed below and we ask you to refrain from sending them to school and to seek suitable alternatives.

The Canteen does not sell any of these products.

In the case of a child bringing a nut product to school, teachers will bring the matter to the attention of parents.

There are many foods that DO NOT contain peanuts or nuts in their ingredients list, but the food package has the statement “May contain traces of dairy, nut or seed”. This food may be brought to school and consumed only by non-allergic children.

Due to safety and concerns, we discourage children from sharing food and drink. We would also appreciate parents speaking to their children regarding this matter. Your child’s diet at home need not change.

Below is a list of foods that are safe for you to choose from. We’re sure you can think of many others.

- Fruit and vegetables
- Dried fruits, Fruit snack packs
- Vegemite, jam, honey, cheese spreads
- Parker’s Pretzels. Rice crackers
- Chips, Popcorn
- Plain biscuits – sweet or savoury – without nuts
- Chocolate biscuits – without nuts
- Plain Cornflakes, Rice Bubbles, Weetbix, etc – without nuts
- Fruit based muesli bars and snack bars – without nuts
- Yoghurt – without nuts mixes
- Lollies and confectionary items – marshmallow, spearmint leaves, jelly babies, snakes, raspberries, etc without nuts.

Basically we ask you not to send food to school with your child that contains a nut or nut product in list of ingredients.

We thank you for helping us to provide a safe environment for all children at St Michael’s.

<table>
<thead>
<tr>
<th>FOOD TYPE</th>
<th>EXAMPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanuts</td>
<td>Any kind of peanut</td>
</tr>
<tr>
<td>Tree nuts</td>
<td>Hazelnuts, almonds, cashews, pecans, walnuts, macadamia – any kind of</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>Any kind of peanut butter</td>
</tr>
<tr>
<td>Sesame seeds</td>
<td>Any brand</td>
</tr>
<tr>
<td>Biscuits containing or topped with nuts</td>
<td>Particularly chocolate biscuits</td>
</tr>
<tr>
<td>Cakes or slices containing nuts</td>
<td></td>
</tr>
<tr>
<td>Snack packs containing nuts</td>
<td>Dried fruit + nut mixes, snack-a-bouts, Dunkaroos</td>
</tr>
<tr>
<td>Chocolates containing nuts</td>
<td>Picnics, Snickers, Mars Bars (almond), Nut Breaks, Ferrero Rocher, Fruit</td>
</tr>
<tr>
<td>Chocolate lollies containing nuts</td>
<td>Peanut M&amp;Ms</td>
</tr>
<tr>
<td>Marzipan and nougat</td>
<td></td>
</tr>
<tr>
<td>Breakfast cereals containing nuts</td>
<td>Crunchy Nut or Honey Nut Cornflakes, Muesli, Nutri Grain, Just Right</td>
</tr>
<tr>
<td>Muesli Bars and Snack Bars containing nuts</td>
<td></td>
</tr>
<tr>
<td>Yoghurt with nut mixer packs</td>
<td>Ski Double Up</td>
</tr>
<tr>
<td>Confectionary items</td>
<td>Lolly Gobble Bliss Bombs, Rocky Road</td>
</tr>
<tr>
<td>“Health Food” confectionary bars contain- ing nuts</td>
<td></td>
</tr>
<tr>
<td>Foods containing satay</td>
<td>Thai, Malaysian, Indonesian meals</td>
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<tr>
<td>Some moisturisers</td>
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</tbody>
</table>
REMINDER

All soccer balls, netballs, basketballs etc MUST be carried to and from school in a bag (either school bag or other bag) for safety reasons and should be labelled with the child’s name.
They should not be played with before and after school.

YEAR 6 GRADUATION COMMITTEE NEWS

Dear Year 6 Parents

Thank you to all the parents who attended the graduation meeting on Wednesday 2 April. A committee has been formed and we will be working together to organise a memorable evening for our children.

The event will be held on Friday 21st November at Castle Hill RSL so please mark this date in your diaries.

Your help may be given in other ways (donations, fund-raising, etc). If you would like to contribute your thoughts or ideas please feel free to contact us at jangseesing@bigpond.com

Kind regards

Year 6 Graduation Committee

UNIFORM SHOP—2014
Every Thursday during Term time—8.30 am—9.30 am

WINTER UNIFORM PRICE LIST FORM
Available on our website at the following location:
http://www.stmichaelsbhills.catholic.edu.au/school-notes

WINTER UNIFORM COMMENCES: Monday 12 May

Drama Academy
Speech, movement, mime, scripts, drama games, improvisation, play building and performance techniques.

Weekly classes:
Castle Hill, Baulkham Hills, Dural, Kellyville, Quakers Hill, Rouse Hill, Bella Vista and Oakhill Drive.

Enrolling now for Term 2 2014
Phone: 8883-2448
act create communicate

Dr. Andrew Loveridge
B. Pod. M.A. Pod. A.
Railway Street Medical Centre
7-11 Railway Street
Baulkham Hills 2153
Ph: 02 9686 1144

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Martial Arts School
8850 7771 tkdworld.com.au

Make every cuppa count! We are once again getting involved in Australia's Biggest Morning Tea to help raise vital funds for cancer research and support. 1 in 2 Australians will be diagnosed with cancer before the age of 85. You can help and get involved!

- Donations can be made at the Mother’s Day morning tea held on Friday 9th May. The P&F have kindly supported this cause and we will have a Donation corner set up in the hall for those who would like to donate in person.
- Sending a donation in a sealed envelope clearly marked to the school office
  (Donations of $2 or more will receive tax-deductible receipts)
  Let’s raise our cups and together we’ll beat cancer.
  Go on... it’s extremely rewarding!
  Organiser: Teresia Sobb

This Newsletter is available for viewing on our website: www.stmichaelsbhills.parra.catholic.edu.au