From the Principal

Dear Parents

Entry to the school

There has been a change of plans in order to ensure the safety of the students, staff and visitors to the site. The Slow and Go gate on Chapel Lane will be locked as of this Friday with no pedestrian access until Slow and Go opens in the afternoon. All pedestrian access will be via the Church car park or the gate closest to the Year 2 building.

Preventing anxiety and victimisation through education

St Michael’s school has been invited to participate in a study to reduce peer victimisation in schools in NSW and Western Australia.

What is the purpose of the study?

This study will evaluate the effectiveness of two evidence-based approaches to support students who have been frequently targeted by bullying in primary schools. The first is a whole school program designed for all students called Friendly Schools Plus. The second is a targeted program designed to help just those students who have been victimised by bullying called Cool Kids – Taking Control. Both of these programs aim to reduce bullying behaviour in schools and the associated negative outcomes, such as anxiety and depression. Approval to conduct the study has been granted by the Catholic Education Office Parramatta and the Macquarie University Human Ethics Research Committee (Medical Sciences).

Who is conducting the study?

The study is being conducted by the Centre for Emotional Health at Macquarie University under the leadership of Professor Ron Rapee and with Professor Donna Cross at the Telethon Kids Institute, University of Western Australia.

What does the intervention involve?

Friendly Schools Plus is an Australian whole-of-school program developed and empirically tested over a 13-year period with over 20,000 Australian children by Winthrop Professor Donna Cross and her colleagues. It aims to build students’ social skills and enhance their relationships while also reducing bullying and its associated consequences. The program targets four main levels: 1) the school level where pastoral care staff are provided with resources and trained in ways to assess their school’s strengths and needs and implement the parts of the program they need; 2) the family level where resources are provided to help raise parents’ awareness of their children’s social development and to enhance their ability to communicate with children about pro-social behaviours and ways to avoid or deal effectively with anti-social behaviours, especially bullying; 3) the classroom level where students will be provided with 8-10 hours of classroom learning to formally develop and practice positive social behaviour and skills to build reciprocated friendships and deal with bullying, including as a bystander, and showing empathy for students who are targets of bullying; and 4) the student level where selected activities are used to support victimised students and to help modify the behaviour of students who bully others. The whole-of-school program is supported by training for classroom teachers and school personnel and many quality resources for students, parents, and teachers.

Year 3 and 4 children will be asked to participate in the project over the next two years. This will involve children completing a computer based survey at school on three occasions: in Term 4 (2014), Term 4 (2015) and Term 4 (2016).

If a child in Years 3 and 4 reports high levels of BOTH victimisation and anxiety during the first survey, they will be invited to also participate in the Cool Kids: Taking Control program.

Cool Kids: Taking Control is designed to help those students who have been frequent targets of bullying. The program is a modification of the well-established Cool Kids program developed at Macquarie University in Sydney. Cool Kids: Taking Control is an online self-help program that involves 10 x 40 minute lessons covering education about bullying and anxiety, activities to help parents teach their child to manage his or her anxiety, child management and interaction skills for parents, and general social skills for children.

To reduce risk of stigmatisation, Cool Kids: Taking Control will be conducted by parents and children outside of school so that only the school counsellor and the investigators will be aware of which children are participating in the program. This project will certainly have a positive impact across the school and will benefit all children not just our current Year 3 and 4 students.

There is simply no end to the opportunity we have to be grateful people provided we regard our “glass of life” as being “half-full”.

“Lord, help us to see life afresh and to strengthen one another in our new beginnings of practising gratitude. We are grateful of Your guidance through the indwelling of Your Spirit in each of us. Amen.”

Wishing you every blessing for the week ahead.
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.

Grandparents’ Mass—Friday 25 July

We will celebrate the memorial of Sts Joachim and Ann on Friday, 25 July at 10.15 am in the Church followed by Morning Tea. All family and friends are welcome to attend.

Year 5 Reconciliation—Wednesday 30 July

Year 5 will participate in the Sacrament of Reconciliation on Wednesday 30 July at 10 am in the Church. All welcome to attend.

Confirmation—Volunteers Required

Registrations have taken place. We are seeking Facilitators and home hosts from our Parish/School community. If you are able to offer your help in facilitating and or hosting a home group for our parish based Programme which will commence on 11 August please phone the parish office on 9639 0598.

The first Facilitators’ Meeting will be held in the Downey Room on Monday 4 August at 7.30 pm.

Altar Server Training

We are inviting any boy or girl who has made their First Communion to become Altar Servers in our Parish. There will be an opportunity for training. Please leave your name with Parish Office 9639 0598 if you are interested. A new roster for Servers will be available October.

Class masses

Children attend Parish Mass at 9.15 am during the term. Dates are as outlined in the Dates to Remember section of the newsletter and contained in the school calendar on our website at www.stmichaelsbhills@parra.catholic.edu.au

Please note changed dates for the following masses this term:

Tue 5 Aug: 1 Green & 1 Yellow @ Parish Mass 9.15 am
Wed 6 Aug: Kindergarten Non-Eucharistic Liturgy—10.15 am in the Church
Tue 12 Aug: K Green & 5 Yellow @ Parish Mass 9.15 am

Mrs Colleen Smith
Acting REC Coordinator

Parish News

Thank you from Fr Mick

A VERY BIG THANK YOU To all for your prayers, thoughts and kind words during my recent stay in hospital and recovery period. I very much appreciated the generosity of all in thinking of me and, no doubt, my convalescence was hastened by your kind gestures. I am now well on the way to full recovery and back to full time work. Once again, thank you for all your love and thoughtfulness. Fr Mick

The Gatherers

The Gatherers, our church musicians are seeking keyboard players and guitarists who would like to join our group. We play at the 10.00am Mass on the 3rd Sunday of the month. Please contact Janet Garvie on 9899 2550 or mobile 0413 305 589 if you would like more information.

Student of the Week

Term 2 Week 9

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>K Blue</td>
<td>Andrew Saliba</td>
</tr>
<tr>
<td>K Green</td>
<td>Oakley Woof</td>
</tr>
<tr>
<td>K Red</td>
<td>Billie Gwynne</td>
</tr>
<tr>
<td>K Yellow</td>
<td>Mia Lepri</td>
</tr>
<tr>
<td>1 Blue</td>
<td>Mia Jurcevic</td>
</tr>
<tr>
<td>1 Green</td>
<td>Isabella Botros</td>
</tr>
<tr>
<td>1 Red</td>
<td>Isabella Mannino</td>
</tr>
<tr>
<td>1 Yellow</td>
<td>Daniel Grib</td>
</tr>
<tr>
<td>2 Blue</td>
<td>Charilee Murray</td>
</tr>
<tr>
<td>2 Green</td>
<td>Tyron Halpenny</td>
</tr>
<tr>
<td>2 Red</td>
<td>Alexia Anezis</td>
</tr>
<tr>
<td>2 Yellow</td>
<td>Benjamin Apps</td>
</tr>
<tr>
<td>3 Blue</td>
<td>Sabrina Marino</td>
</tr>
<tr>
<td>3 Green</td>
<td>Dante Droguett-Ghisolfo</td>
</tr>
<tr>
<td>3 Red</td>
<td>Kobi McKeon</td>
</tr>
<tr>
<td>3 Yellow</td>
<td>Christopher Lucin</td>
</tr>
<tr>
<td>4 Blue</td>
<td>Katherine Devlin</td>
</tr>
<tr>
<td>4 Green</td>
<td>Antonio Vazquez</td>
</tr>
<tr>
<td>4 Red</td>
<td>Patrick Horner</td>
</tr>
<tr>
<td>4 Yellow</td>
<td>Chanel Chen</td>
</tr>
<tr>
<td>5 Blue</td>
<td>Alex Ryan</td>
</tr>
<tr>
<td>5 Green</td>
<td>Brody Sheridan</td>
</tr>
<tr>
<td>5 Red</td>
<td>Kristian Knezevic</td>
</tr>
<tr>
<td>5 Yellow</td>
<td>Matthew Ghosn</td>
</tr>
<tr>
<td>6 Blue</td>
<td>Jake Mills</td>
</tr>
<tr>
<td>6 Green</td>
<td>Jacob Stanmore</td>
</tr>
<tr>
<td>6 Red</td>
<td>Ava Buric</td>
</tr>
<tr>
<td>6 Yellow</td>
<td>Jamie Munro</td>
</tr>
</tbody>
</table>

Student of the Week

Term 3 Week 1

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>K Blue</td>
<td>Abbey Cassar</td>
</tr>
<tr>
<td>K Green</td>
<td>Isabel Kolak</td>
</tr>
<tr>
<td>K Red</td>
<td>Bronte Kenny</td>
</tr>
<tr>
<td>K Yellow</td>
<td>Rahul Ravindran</td>
</tr>
<tr>
<td>1 Blue</td>
<td>Lauren Farrell</td>
</tr>
<tr>
<td>1 Green</td>
<td>Kai Ormandy</td>
</tr>
<tr>
<td>1 Red</td>
<td>Rawson Emanuel</td>
</tr>
<tr>
<td>1 Yellow</td>
<td>Samuel Tait</td>
</tr>
<tr>
<td>2 Blue</td>
<td>Dylan Loots</td>
</tr>
<tr>
<td>2 Green</td>
<td>Addison Sunderland</td>
</tr>
<tr>
<td>2 Red</td>
<td>Joshua Stevens</td>
</tr>
<tr>
<td>2 Yellow</td>
<td>Megan Loveridge</td>
</tr>
<tr>
<td>3 Blue</td>
<td>Lilli Davison</td>
</tr>
<tr>
<td>3 Green</td>
<td>Sara Lesdema</td>
</tr>
<tr>
<td>3 Red</td>
<td>Jasmine Patanjali</td>
</tr>
<tr>
<td>3 Yellow</td>
<td>Eliza Flood</td>
</tr>
<tr>
<td>4 Blue</td>
<td>Angelique van Jour</td>
</tr>
<tr>
<td>4 Green</td>
<td>Bradley Mathewson</td>
</tr>
<tr>
<td>4 Red</td>
<td>Megan McCaughey</td>
</tr>
<tr>
<td>4 Yellow</td>
<td>Amalija Olic</td>
</tr>
<tr>
<td>5 Blue</td>
<td>Frank Julca</td>
</tr>
<tr>
<td>5 Green</td>
<td>Tristan Bollard</td>
</tr>
<tr>
<td>5 Red</td>
<td>Adrian Spence</td>
</tr>
<tr>
<td>5 Yellow</td>
<td>Olivia Bodnar</td>
</tr>
<tr>
<td>6 Blue</td>
<td>Taylah Cassar</td>
</tr>
<tr>
<td>6 Green</td>
<td>Jessica Hanna</td>
</tr>
<tr>
<td>6 Red</td>
<td>Sonia Cheung</td>
</tr>
<tr>
<td>6 Yellow</td>
<td>Gabriel Pellegrini</td>
</tr>
</tbody>
</table>

BANKING

There was no student banking in Week 2. Banking will resume in Week 3. Thank you.
STAFF DEVELOPMENT DAY

Monday 11 August is a professional learning day for the staff. Staff will spend the day working on the Mathematics and Science National Curriculum.

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu 24 Jul</td>
<td>Yr 6 Personal Development &amp; Health Information Evening - Hall 6.30 pm—8.00 pm</td>
</tr>
<tr>
<td>Fri 25 Jul</td>
<td>Whole School Mass—Grandparents’ Day—10.15 am in the Church followed by Morning Tea in the Hall</td>
</tr>
<tr>
<td>Tue 29 Jul</td>
<td>Years 3-6 ICAS English Competition</td>
</tr>
<tr>
<td>Tue 29 Jul</td>
<td>2 Green &amp; 2 Yellow @ Parish Mass</td>
</tr>
<tr>
<td>Tue 29 Jul</td>
<td>Year 6 Debating v Winston Hills—Date change</td>
</tr>
<tr>
<td>Tue 29 Jul</td>
<td>Creative Arts Choir Rehearsals—St Angela’s Castle Hill</td>
</tr>
<tr>
<td>Wed 30 Jul</td>
<td>1 Yellow &amp; 6 Yellow @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 30 Jul</td>
<td>Year 5 Reconciliation—10.00 am</td>
</tr>
<tr>
<td>Wed 30 Jul</td>
<td>P&amp;F Meeting—7.00 pm</td>
</tr>
<tr>
<td>Thu 31 Jul</td>
<td>4 Green &amp; 4 Yellow @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Fri 1 Aug</td>
<td>School Athletics Carnival Years 2-6—School Census day Canteen closed</td>
</tr>
<tr>
<td>Mon 4 Aug</td>
<td>Confirmation Facilitators’ Meeting, Downey Room—7.30 pm</td>
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<tr>
<td>Tue 5 Aug</td>
<td>Year 4 Incursion—Mark Greenwood, Author</td>
</tr>
<tr>
<td>Tue 5 Aug</td>
<td>1 Green &amp; 1 Yellow @ Parish Mass 9.15 am—Date change</td>
</tr>
<tr>
<td>Wed 6 Aug</td>
<td>3 Green &amp; 3 Yellow @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 6 Aug</td>
<td>Kindergarten Non-Eucharistic Liturgy—10.15 am in the Church—Date change</td>
</tr>
<tr>
<td>Thu 7 Aug</td>
<td>5 Red &amp; K Blue @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Fri 8 Aug</td>
<td>School Photo Day</td>
</tr>
<tr>
<td>Sat 9 Aug</td>
<td>Confirmation Enrolment Ceremony at Parish Mass</td>
</tr>
<tr>
<td>Sun 10 Aug</td>
<td>Staff Development Day—Pupil Free</td>
</tr>
<tr>
<td>Mon 11 Aug</td>
<td>Confirmation home group sessions commence</td>
</tr>
<tr>
<td>Tue 12 Aug</td>
<td>Years 3-6 ICAS Mathematics Competition</td>
</tr>
<tr>
<td>Tue 12 Aug</td>
<td>K Green &amp; 5 Yellow @ Parish Mass 9.15 am—Date change</td>
</tr>
<tr>
<td>Wed 13 Aug</td>
<td>4 Blue &amp; 4 Red @ Parish Mass</td>
</tr>
<tr>
<td>Thu 14 Aug</td>
<td>5 Green &amp; K Yellow @ Parish Mass</td>
</tr>
<tr>
<td>Thu 14 Aug</td>
<td>Hills Zone Carnival</td>
</tr>
<tr>
<td>Thu 14 Aug</td>
<td>Yr 6 Debate vs St Angela’s</td>
</tr>
<tr>
<td>Thu 14 Aug</td>
<td>Voice of Youth</td>
</tr>
<tr>
<td>Fri 15 Aug</td>
<td>Feast of the Assumption Mass</td>
</tr>
<tr>
<td>Mon 18 Aug-Fri 22 Aug</td>
<td>Book Week—Bookathon and Dress up Day Wed 20 Aug</td>
</tr>
<tr>
<td>Thu 21 Aug</td>
<td>Voice of Youth Cluster Final @ St Angela’s</td>
</tr>
</tbody>
</table>

The school’s calendar is now available on our website: stmichaelsbhills@parra.catholic.edu.au

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.

SOCIAL SKILLS PROGRAM

The social skill for Term 3 Week 3 is:

**Purposefulness**

Having the ability to achieve a desired result.

DEPARTMENT OF EDUCATION—AUGUST CENSUS

In February and August each year the Department of Education conducts a school census.

The **August Census** date is **1 August 2014** which is the date of our Athletics Carnival for Years 2-6.

If your child is sick or absent on this day, please call the office on **9639 0518** or email the school at: stmichaelsbhills@parra.catholic.edu.au.

A note explaining your child’s absence will still need to be sent in to the school on their return.

If you are taking leave for more than two days at any time in the school year, please complete an Application for Leave prior to your departure. A form can be collected from the office or downloaded from our website.

GRANDPARENTS’ DAY—

25 July

All Grandparents of St Michael’s are warmly invited to our Grandparents’ Day

From 8.00 am

Book Fair in the Hall

From 9.00 am

Volunteer Grandparents share their “Living Books” in the classrooms, with a group of children, including their grandchild

10.15 am

Liturgy in the Church

Followed by

Morning Tea and Book Fair in the Hall

11.45 am-12.45 pm

Grandparents welcome to visit their grandchildren in their classrooms.

1.00 pm-3.10 pm—School continues for the children.

School finishes at the normal time of 3.10 pm. Children are required to stay at school until the end of the school day.

School fees

School fee accounts for Term 3 have been issued and are due to be paid by 19 August.

If you have not received your invoice please contact Linda Borsato on 9639 0518 or via email at lborsato@parra.catholic.edu.au.

As this is the last statement for the year, please settle your account by the due date.
**4 Yellow News**

4 Yellow have been studying British Colonisation within their HSIE unit. The Students were lucky enough to attend an excursion to Old Government House and Elizabeth Farm.

Old Government House is Australia’s oldest serving public building. For 7 decades it was the ‘country’ residence of 10 early Governor’s.

Elizabeth Farm is now Australia’s oldest homestead and living museum, reflecting the growth of the first colonies.

The students had a wonderful time exploring and learning about our Australian History.

Here are some comments from students in 4 Yellow.

Dominique Barbara: Our excursion was really fun and interesting, especially the Old Government House. I enjoyed the excursion because we were treated like convicts and early settlers to New Holland.

Anneke van Zoggel: I enjoyed our excursion to Elizabeth Farm and Old Government House. I loved how we all dressed up. We had to do the washing, make scones and live how the early convicts did.

Amelia Jukic: Our excursion was really fun and I enjoyed going to Elizabeth Farm and cooking scones in a fire oven.

Hayden O’Brien: I thought our excursion was very interesting and fun. I would recommend going there as I learnt a lot about the early convicts and settlers.

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**Making a Difference in Today’s World . . .**

Year 6 students were given the opportunity to broaden their perspective on ‘How I can make a Difference in the world NOW’ by three passionate speakers. Both Erin Wagner and Kimberly van Gend spoke about their experiences in Fiji and East Timor respectively while Jeremiah Wilkes popularly known as ‘Jerry’ spoke openly about his own life.

Both Erin and Kimberly are past pupils from St Michael’s while Jerry is the Youth Minister at the parish of St Michael’s.

The students were able to relate to all three speakers with rapt attention and then query them further about their successes and experiences. It seemed that the presenters had more to give and the students were hungry to learn more.

The students were given this immersion experience as part of their PBL learning this term. The students have to be realistic in their learning and presentation while they show, ‘How I, as a Year 6 student, can make a difference NOW’ in today’s world.

Erin, Kimberly and Jerry showed how this could be done through their lived experience and the students would like to emulate them through their own passion and drive for making this difference.

Mrs Maka, Mrs Knispel, the Year 6 teachers and the school community wish the Year 6 students every success in their challenging endeavour.

Sincere and grateful thanks to the three presenters on the afternoon for making such stirring presentations.

Mrs Julie Rugg, Mrs Kathryn Calabrese, Mrs Natasha Petrenas & Mr George Francis

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**TSA Band Camp 2014!**

Yes, it’s that time of year again! Pull out your best swimmers for the waterslide, your grooviest PJ’s for the pyjama disco and get into training for the staff v. students beach volleyball match!! (Oh, and you should probably practise your band music too!)

Whilst most kids come to camp for the excitement of new friends, fun activities and a weekend away, the real benefit is in the valuable experience (both musical and social) gained from such intensive time spent in such a highly musical environment. With over 8 hours of face-to-face tuition over the weekend, there is over a term and a half worth of 30 minute lessons to be had!

Camp is also a valuable experience for students that may be losing interest in music and need a boost of enthusiasm and practice to get them to a level where they can enjoy their music and performance.

Notes for camp should have been received late last term outlining details including cost, venue, times and dates.

If your child did not receive this note or you need another copy, please visit: www.teachingservices.com.au and download the note.

Permission notes, along with deposit, need to be returned ASAP to avoid missing out as the camp is now being finalised.
Congratulations to all of the children who participated in the recent Computer Skills competition. Well done to the following children on their achievements.

**Year 3**
**Credit:** Aidan Brosnan, Timothy Grehan, Sienna Gunawan, Jacob Jones, Hannah McGoldrick, Jasmine Patanjali, Dulansa Rajawasam, Bhavik Sharma

**Year 4**
**Distinction:** Emma Boutros, Thomas McGoldrick  
**Credit:** William Khoury, Francesca Marino  
**Merit:** Liam Donnelly, Chloe Nolan, Anneke van Zoggel

**Year 5**
**Distinction:** Matthew Hatton, David McKay, Adrian Spence  
**Credit:** Jamie Marshall, Lyonel Maung, Juliette Mkali, Ashleigh Simpson  
**Merit:** Madison Hume, Gopika Satheesh

**Year 6**
**Credit:** Jessika Griffith, Georgie Lamond, Samuel McGoldrick, Tara Miletic  
**Merit:** Liam Gollan

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**READ-A-THON**

**WEDNESDAY 20 AUGUST 2014**

St Michael’s is holding a Read-a-thon to raise money for reading resources for the classrooms. This is the school’s main fundraiser for the year. Each child took home their sponsorship card this week. Your generosity in sponsoring the children will improve the learning environment for the children.

The Read-a-thon engages students in fun reading activities involving many ways to connect with reading.

Your sponsorship of the child is a donation and is not based on how many activities the child completes. If a child is unable to participate due to illness your money will become a donation to the school.

Thank you for your generous support.

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“PDH NEWS”

(Source: South Eastern Sydney Illawarra Health)

**Turn off the TV or computer and get active**

- Set a limit on the amount of time children watch television or spend on the computer. Two hours a day is the maximum. Too much screen time limits physical activity.
- On the weekend, live life instead of watching it on TV. Find a new place to hike, bike or run. When you hear “I’m bored” – think of something active to do.
- During the winter months, avoid allowing children to watch too much TV or play video games. Encourage active play, which builds social, mental and physical motor skills.

Why reduce television time?

- Studies have shown we use less energy watching TV than sitting still.
- TV influences the food choice of kids – Australia has a high rate of food advertising during children’s viewing hours.
- TV replaces time a child can be active and enjoy physical activity.
- There is an association between TV watching and being overweight.
- 40% of children 5 – 12 years report watching an average of two hours or more of television or videos a day.

Screen-free things to do

Limit your child’s screen time to no more than one to two hours a day. This includes television, electronic games and computer games. Offer alternatives to watching TV, until new, healthy habits are created. Some alternatives are:

- listen to music
- draw a picture
- ride a bike
- make a scrap book
- jump rope
- do a crossword
- learn to juggle
- play hopscotch
- play a board game
- build a cubby house
- go to the park
- play cards
- read a book
- hula hoop
- play with your pet
- learn a magic trick
- plant some seedlings
- learn to knit or crochet
- create sidewalk art with chalk

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“International Competitions and Assessments for Schools (ICAS) 2014”

**COMPUTER SKILLS**

**Year 3**
**Credit:** Aidan Brosnan, Timothy Grehan, Sienna Gunawan, Jacob Jones, Hannah McGoldrick, Jasmine Patanjali, Dulansa Rajawasam, Bhavik Sharma

**Year 4**
**Distinction:** Emma Boutros, Thomas McGoldrick  
**Credit:** William Khoury, Francesca Marino  
**Merit:** Liam Donnelly, Chloe Nolan, Anneke van Zoggel

**Year 5**
**Distinction:** Matthew Hatton, David McKay, Adrian Spence  
**Credit:** Jamie Marshall, Lyonel Maung, Juliette Mkali, Ashleigh Simpson  
**Merit:** Madison Hume, Gopika Satheesh

**Year 6**
**Credit:** Jessika Griffith, Georgie Lamond, Samuel McGoldrick, Tara Miletic  
**Merit:** Liam Gollan

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**Parents Representative Council, Parramatta Diocese (PRC) **

**TERM 3 2014 NEWS**

**General Meeting - Mon 18 Aug 2014**
Diocesan Assembly Centre, Cnr Flushcombe Rd and Marion St, Blacktown

**Learning Difficulties: How Do I Know? What do I do? What support can I get?**
Presenters Sue Walsh & Mary Creenaune are Leaders in Systems Learning at the Catholic Education Office, Parramatta.

This presentation leads into our Term 3 General Meeting and will be valuable for all parents who have children with learning difficulties or who suspect that to be the case.

Contact: Parents, Representative Council, Parramatta Diocese  
Email: prcparrasecretary@gmail.com

**PRC Presentation: Anxiety & Children - Mon 1 Sept 2014**
St Patrick’s Primary School, 51 Allawah Rd, Blacktown

Anxiety and Children

Dr Andrew Martin is a well respected and experienced presenter who was very popular at the recent Catholic Schools Parents Conference held in Parramatta in 2013.

An important area of interest for many parents and families. The presentation commences at 7pm (Doors open 6.30pm)

Book Now! prcparraevents@hotmail.com

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**International Competitions and Assessments for Schools (ICAS)**

**Computer skills**
**Science**
**Writing**
**Spelling**
**English (pending)**
**Mathematics (pending)**

**Tue 20 May**
**Wed 4 Jun**
**Mon 16 Jun**
**Tue 17 Jun**
**Tue 29 Jul**
**Tue 12 Aug**

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Mrs Gerometta, PDH Coordinator
GENERAL MEETING
School Hall on Wednesday 30th July 2014, 7.00pm

Agenda:

1) GUEST SPEAKER - Nina Tan, Regional Nutrition Project Officer
   “Eat It To Beat It Program”
   (see flyer at left)

2) 3D PRESENTATION by Mrs. Maka
   on the building works in progress, managing the changes and what
   our finished school will look like. Plus a Q&A.

3) GENERAL MEETING:
   - Recap on Term 2.
   - Upcoming events Term 3 & 4
   - Open forum with Mrs. Maka & Mrs. Knispel
     All questions need to be in writing below with the parents name. Regrettably
     we cannot accept anonymous questions.

R.S.V.P. Yes! I am attending the meeting. No. of people

Please return to the P&F mailbox in the office by Tuesday 29th July 2014 in an envelope “General Meeting” - OR - Email: pandfstmichaels@gmail.com - Thank you.

Your Name:  
Child’s Name:  
Child’s Class:  

Any questions for Mrs. Maka or Mrs. Knispel? My question is:

Comments or suggestions for the P&F?:
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.

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.
ST MICHAEL’S PLAYGROUP

Kindergarten 2015 children social groups

Do you have a child starting kindergarten next year at St Michael’s 2015 and would you like the opportunity for your child to mix with others starting school next year? Come along with your child (and toddlers) to 2 hour play sessions on Tuesdays or Fridays at St Michael’s Playgroup for the rest of 2014.

Enquiries and registration:
Call Michelle 0415385353.

(Mum & Bub— Sing-along Sessions
WHEN: Tuesdays in July 9.15am - 9.45am
WHO: 0 - 2 year olds and carers
WHAT TO BRING: Hand Rattle. Older siblings bring a bear/doll.
WHERE: St Michaels Playgroup Centre
No booking necessary just turn up!

OUR LADY OF MERCY COLLEGE, PARRAMATTA

Our Lady of Mercy College Parramatta invites you to attend the August Open Morning Tour in this special anniversary year when the College celebrates 125 years of Mercy Excellence.

Tour the College and discover contemporary learning and academic excellence in the Mercy tradition and enjoy 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.

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

Orders sent in during the week will be completed on Thursdays.

Please label all items of uniform clearly so that they can be returned to your child if lost and found.

PHOTOGRAPHS TAKEN AT SCHOOL

From time to time photographs may be taken of your child whilst they are at school. These photos may be used in school Newsletters, publications and the school website. They may also be used by Catholic Education, Parramatta Diocese in their publications and website. If you do not wish your child’s photo to be taken, please put this in writing and address to the Principal, Mrs Maka.

MOUNT CARMEL RETREAT CENTRE

August 2 day retreat—10.00 am – 4.00 pm
‘Work’ - The role of work in a balanced Christian life.
Presenter: Fr Greg Homeming OCD
Cost: donation
Please bring your own lunch

August 8-10 weekend retreat
Men’s Retreat: “The Crucified is no Stranger” (Sebastian Moore, OSB)
Presenter: Dr John Collins
Cost: $250

August 22-24 weekend retreat
Vocation weekend
A time to reflect on and pray about God’s plan for me.
Presenters: Carmelite team
Cost: donation

For all these retreats, please ring: 02 8795 3400, email: retreats@carmelite.com or web: www.carmeliteretreats.com.au

ST MICHAEL’S PLAYGROUP

Invitations for all occasions
Wedding  • Engagement  • Birthday  • Baby  • Childrens & more
www.powwowgraphicdesign.com.au
0419 432 511
We also do graphic design for businesses. See our portfolio on our web site.