Dear Parents

First aid at St Michael’s

At this time of year when colds and flus are common in our community, it is timely to revisit what happens at St Michael’s with regards to first aid should your child come to the school office for first aid, illness or the dispensing of medication.

First aid may be needed for scratches/cuts, nausea, bleeding noses, vomiting, stomach aches, bumps, colds, asthma, allergies, headaches, sprains/strains or other injuries.

The first aider will assess and treat your child. The first aider renders first aid only and has no formal medical qualifications (such as qualifications that a nurse/doctor would have). Children are treated and sent back to class for minor injuries. A child may be observed in sick bay to see if their illness improves. If they improve they will be sent back to class. The first aider will contact you in circumstances where your child is ill and cannot return to class or has received an injury that requires you to take your child home for further treatment.

The first aider may suggest you take your child to the doctor if the illness or injury requires further medical treatment. As the parent, it is your decision to seek further medical attention. In the case of a serious injury/illness an ambulance will be called and you will also be notified.

All children are treated with respect and assessed according to their symptoms and statements. Please do not ask our staff to gauge whether your child is “faking it” as staff are making first aid assessments based on the facts and statements made by your child. The last thing we would want is for your child not to be believed by an adult. If your child attends sick bay saying that they have vomited or are feeling unwell, they are assessed according to their statement.

If your child is regularly in sick bay for injuries/illnesses there could be an underlying reason which may be physical (such as a medical issue), psychological, behavioural or emotional which may need to be addressed by the appropriate authority.

The first aider is not allowed to dispense Panadol or other medication unless the Panadol or other medication has already been provided to the school for your child with the appropriate signed authority forms. The first aider is also not allowed to use another child’s Panadol or other medication in circumstances where a parent requests over the phone for a child to be given Panadol.

Should your child require medication, parents/guardians and medical practitioners must complete and sign all the documentation relating to prescribed and non-prescribed drugs. These forms are available from the office.

All documentation must be completed before any medication will be administered. A letter from parents is not sufficient for the dispensing of regular medication. Staff cannot dispense medication without the appropriate documentation being completed and signed by a parent and the prescribing doctor.

Please be assured that all staff have the health and safety of your child as their primary focus at all times, particularly in the treatment of first aid, illness and the dispensing of medication.

“Dear Lord, you have given me a new day, and with it comes the promise of God to be adored, others to be helped, good to be done, gifts to be given, love to be expressed, joy to be shared, friendships to be enjoyed, lonely to be comforted, kindness to be shown, happiness to be passed on, forgiveness to be asked for, pardon to be granted, hope to be offered, gentleness to be exercised, blessings to be imparted, praise to be expressed, justice to be upheld, truth to be told, thanks to be rendered, life to be lived.

Oh? What a day you and I are going to have together Lord! Amen.”

Wishing you every blessing for the week ahead.

Damita Haha
**Welcome Fr Pio Jang**

We welcome Fr Pio Jang who has now joined St Michael's Parish as Assistant Parish Priest.

**Confirmation**

**Confirmation practice sessions:**

Thursday 27 August—Session 1: 3.30-4.30 pm; Session 2: 4.30-5.30 pm.

**Celebration of Confirmation:**

Monday 31 August 7.30-8.30 pm; Tuesday 1 September 7.30-8.30 pm

**Father’s Day Non-Eucharistic Liturgy**

The Father’s Day Non-Eucharistic Liturgy will be held on Friday 4 September at 10.30 in the Church. All welcome to attend.

Mr David Ison, REC Coordinator

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**Book Week 2015:** Books light up our world!

Be prepared – we are anticipating your child/ren will be ‘lit up’ during our Book Week celebrations. They began on Monday this week with *The Australian Opera* performing their version of *Cinderella*. All children K-6 attended. Hopefully your child/ren shared their experience. If not, please ask them about the story and the music – it was a treat!

All grades will have their own Book Week visitor who will share their creative literary process – writing, illustrating or storytelling. These guests are included on the school calendar. [Kindy will have their Storyteller visitor in Term 4.]

Our most popular event is the Book Character Parade, to take place on **Wednesday 26 August**, from approx. 9.15am in our school hall. The parade will conclude prior to recess. **Music will be provided by our school band.** It is a time to celebrate books and book characters, therefore all students must carry the book in which their chosen character stars. We look forward to your support of this event and we hope as many parents as possible will be able to attend our Book Character Parade.

Mrs Patricia Lee, Teacher Librarian

---

**Father’s Day Reading**

An invitation to all fathers and grandfathers to come and read to your child’s class, anytime between **9.00 and 10.15 am** on **Friday 4 September** as part of our Fathers’ Day celebrations.

We will provide the books, just let us know if you can come along.

http://www.readingrockets.org/article/role-fathers-their-childs-literacy-development-pre-k

I, _____________________________ father/grandfather

of _____________________________

will be coming to read.

Please return this slip to your child/grandchild’s class or send in a note.

Mrs Vanessa Aguirre, Year 6 Leader of Learning

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**Social Skills and Mantras Program**

**Term 3 Weeks 6 & 7**

- **Being a good winner. Being a good loser.**
  - Winning feels good, but remember to win in a way which keeps friends.
  - Losing can make you feel bad, but staying friends is more important than giving in to your grumpy feelings.

**Term 3 Week 8**

- **Wait for a turn when playing with others**
  - Games which include more children than are needed should include a fair rotation system.
  - Wait patiently for your turn. Don’t favour others and let them in front of you at the expense of others waiting.

---

**Staff Development Day**

**Monday 7 September** will be a professional learning day for the staff. There is no school for the children on this day.

The Staff of St Michael’s will be participating in an Evangelisation Day focusing on the Gospel of Mark, the four senses of Scripture and Renewing the Teaching of Religious Education in the classroom.

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**Sympathy**

Please keep in your prayers the Lucak family (Charlotte) on the passing of her maternal grandfather.

Please keep in your prayers the Herrett family (Tayha and Jake) on the passing of their maternal great grandfather.

Eternal rest grant to them Lord. Let Your perpetual light shine upon them. May they rest in peace. Amen.

---

**The Hills Rotary Writing Competition 2015**

Congratulations goes to Amy Gow, Adrian Spence and Callum Alvaro from Year 6 who were school finalists in the 2015 Hills Rotary Writing competition. Our school was awarded 3rd Place School and Callum received a Highly Commended.

A fantastic achievement by all!

Mrs Vanessa Aguirre, Year 6 Leader of Learning
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Fri 21 Aug</td>
<td>School Assembly 8.50 am</td>
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<td>Debating Rd 5 v St Angela’s, Castle Hill</td>
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<tr>
<td>Mon 24 Aug</td>
<td>Voice of Youth Cluster Final @ St Angela’s, Castle Hill</td>
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<td>Mon 24 Aug</td>
<td>Yr 5 Incursion—&quot;I am Jack&quot;, Suzanne Gervay</td>
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<tr>
<td>Tue 25 Aug</td>
<td>Yr 2 Incursion—&quot;Puggles and the Little Ben&quot;, Alesaah Darlison</td>
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<td>4 Red &amp; 4 Blue @ Parish Mass 9.15 am</td>
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<tr>
<td>Wed 26 Aug</td>
<td>Book Week Character Parade 9.15-11.00 am—School Hall</td>
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<td>Yr 4 Incursion—Breathing life into Myths, Mark Greenwood</td>
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<td>Thu 27 Aug</td>
<td>Yr 3 Incursion—Frane Lessac Illustration workshop</td>
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<td>2 Red &amp; 2 Yellow @ Parish Mass 9.15 am</td>
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<td>Confirmation practice sessions—3.30-4.30 pm; 4.30-5.30 pm</td>
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<tr>
<td>Fri 28 Aug</td>
<td>School Assembly 8.50 am</td>
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<td>Yr 1 Incursion—Out of Africa, Valanaga Khozi 11.30 am—12.20 pm</td>
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<td>Yrs K-6 Incursion—The Surfing Scientist, Reuben Meerman (Science Week) 2.00-3.00 pm</td>
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<td>Mon 31 Aug</td>
<td>Celebration of Confirmation 7.30-8.30 pm</td>
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<td>Tue 1 Sep</td>
<td>3 Green &amp; 3 Red @ Parish Mass 9.15 am</td>
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<td>Wed 2 Sep</td>
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<td>4 Yellow @ Reconciliation 10.00-10.30 am</td>
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<td>4 Green @ Reconciliation 10.30-11.00 am</td>
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<td>Thu 3 Sep</td>
<td>Fathers Day Gift Stall</td>
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<td>4 Green &amp; 4 Yellow @ Parish Mass 9.15 am</td>
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<td>Fri 4 Sep</td>
<td>Fathers Day Breakfast 7.30-9.00 am</td>
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<td>Morning Tea 9.00-10.15 am</td>
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<td>Reading in the classroom 9.00-10.15 am</td>
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<td>Fathers Day Whole School Liturgy 10.30 am in the Church</td>
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<tr>
<td>Mon 7 Sep</td>
<td>Staff Development Day—Pupil free</td>
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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.

**Band**

The St Michael’s Performance Band is looking forward to playing for the Annual Book Parade on Wednesday 26 August.

*Mrs Lucia Bichara, Band Coordinator*

**Music - St Michael’s Talent Quest**

We will be holding a talent quest this year for any students who have a talent they would like to share. Students may sing, dance, play an instrument or share some other special talent with us either in a group or individually. Each student may enter only once and must provide their music (if needed) on CD or Ipod.

There will be auditions held in front of the grade late this term or early next term. Five acts from each grade will then be chosen to perform in front of the whole school at our final Talent Quest on Thursday October 29. The talent quest will coincide with the nationwide Music Count Us In event which we have taken part in over the last three years. This event celebrates music education in Australia and involves students all over the country stopping to sing the same song on the same day at the same time. All students from K-6 will be involved in performing this years’ song.

Any student or group interested in participating in the talent quest can collect an entry form from Mrs Parker or Mrs Southern in the music room during their music lesson next week.

*Mrs Lyndall Parker & Mrs Lynette Southern, Music Teachers*

**Jersey Day—Friday 4 September**

On Friday 4 September, St Michael’s will participate in Jersey Day being organised by the Gremmo family in support of other families who are facing the prospect of losing a loved one and to raise awareness of the Organ and Tissue Authority and the DONATE LIFE network.

Jersey Day has been inspired by the story of Nathan Gremmo who was tragically lost in an accident in May this year. Nathan was a former student of St Michael’s and was in Year 8 at Oakhill College. Nathan’s two sisters attend St Michael’s and his family continue to remain in our thoughts and prayers.

“Generous and loving to the end, Nathan Gremmo became an organ donor, his last and most amazing gift was to save the lives of six people – including five young adults and a baby”.

On this day, the children will be able to wear their sports jersey – either their school sports jersey or a jersey from their sporting club with their sports uniform.

Further information on Jersey Day is contained in this newsletter and is also available on the following websites:

WWW.GREMMOCOMMUNITY.COM.AU
WWW.JERSEYDAY.COM.AU
**Students of the Week**

**Term 3—Week 4**

KBlue  Zara Buric
KGreen  Thomas Bermingham
KRed  Charles Magdic
KYellow  Taylor Drury
1Blue  Cassandra Perez
1Green  Alex Haga
1Red  Michael Dinos
1Yellow  Abbey Cassar
2Blue  Kaitlyn Grove
2Green  Travis Cupo
2Red  Charlie Olic
2Yellow  Huang-Gu Lai
3Blue  Dominic Pather
3Green  Aidan Dunnachie
3Red  Jalen Metierre
3Yellow  Olivia Alford
4Blue  Ivana Melching
4Green  Ethan Garcia
4Red  Harrison Wilton
4Yellow  Marisa Telidis
5Blue  Ashleigh Cheah
5Green  Isaac Sakr
5Red  Emma Hallam
5Yellow  Jaiden Kumaresan
6Blue  Riana Polimos
6Green  Darcy Brette
6Red  Cassandra Pace
6Yellow  Reneis Barnett

**Music awards**

Ysus Perez-Christie
Patrick Horner
Benjamin Hume
Daria Raguz

**SPORT**

Congratulations to **Darcy Brette** who represented Mackillop at the NSWPSA Touch Football Championships in Week 2. The Mackillop team did extremely well defeating Sydney West in the final 4-2.

Well done to all of the netballers who attended the Gala Day at the Kellyville courts. After a very cold and foggy start we had a beautiful sunny day for some fantastic netball. As I walked around the courts on the day I saw plenty of great teamwork and fantastic skills on display.

Last term at the Parramatta All Schools Knockout our Under 9's team performed particularly well winning not only the Parramatta North Day but also the NTH vs STH Final. The boys then progress to the NSWRL State Knockout.

The team played in 4 very closely contested games. Winning 3 out of 4 of their games, with no result having more than a 6 point difference, they topped their pool and progressed to the semi-final.

At this stage they faced Holy Family at Cronulla who finished runner up in their pool, also with 3 wins out of 4. Despite playing well and showing tremendous teamwork, we were eventually beaten 24-6. Well done boys for being the 3rd best Rugby League team in the state!

**Mr Steve Kovelis, Sports Teacher**

**3 GREEN NEWS**

Last week we had doctors from the Teddy Bear Hospital visit our school. We learnt about the Teddy Bear operation table where we got to take different body parts out of the Teddy Bear. The doctors taught us about what these different body parts do.

Our favourite station was looking at the x-rays that showed broken bones.

**By Josephine, Robyn and Mikyla**

**2 Green**

**MONEY:** In 2 Green we have been learning to use money accurately to solve problems. We had a lot of fun playing games, sorting and counting money.

**Samuel**—In class we discussed how to make $2 with lots of different coins. We came up with two $1, Four 50c, ten 20c, twenty 10c and forty 5c.

**Brianna**—We liked playing the “memory money game” and finding a matching pair. For example, we had to match a coin with the correct symbol.

**Edwina**—We liked playing a money game where we had to make an amount of money that our partner made, using different coins.

**Frederick**—We had to sort money into groups so it was easier to count. “I liked counting the money, I wish it was real and we could spend it at the canteen.”
Revamp your Crunch & Sip

Healthy snack ideas.

You know you have to pack a healthy fruit or vegetable snack for your child to eat each day. It's easy to get stuck in a rut picking the same Crunch&Sip snack day after day. So, here are some ideas you can try.

Try a variety pack!

To keep your Crunch&Sip snack interesting, try packing it in little boxes or bags. This is a great way to increase the range of fruit and veg they eat, plus it's quick and simple. The key is being organised. If you like, you can chop and pre-pack the snacks on a Sunday night for the week ahead. Or, when you're making dinner the night before, just chop a few extra veggies and put them aside. Keep in mind, that some vegetables and fruit will dry out and become unappealing if you chop them too far in advance. Variety packs are a good idea for the following reasons. They:

✓ Help your child to eat a rainbow of fruit and vegetables
✓ Enable you to introduce new fruit or vegetables alongside familiar or more accepted ones
✓ Are visually appealing

The following are great ideas for Crunch&Sip variety packs. You could try to include two or three different kinds in each pack, maybe one unfamiliar alongside one or two choices your child already loves. Here are some ideas:

- Sugar snap peas and tomatoes.
- A tub of frozen peas. Cherry tomatoes and mushrooms.
- Melon balls.
- Grapes and mango.
- Kiwi fruit with spoon.
- Spicy choice: radish, rocket and cucumber
- Corn, carrots and cucumber
- Green beans and red capsicum.

Mrs Berenice Gerometta, Year 1 Leader of Learning

Woolworths Earn & Learn

St Michael’s is participating in the Woolworths Earn and Learn Program. This community program enables schools to earn educational resources when anyone from the school community shops at Woolworths.

When anyone from our school community shops at Woolworths, they can collect stickers to place on their sticker cards. One sticker for every $10 spent.

Once the sticker card is completed, these can be placed in our collection box in the school office.

The program closes on Tuesday 8 September and we will send all the completed sticker cards to Woolworths.

Thank you to all the children and families who have been collecting stickers and sent them in already.

Double Sticker Weekend!

There is a big Double Sticker Weekend this Friday, Saturday and Sunday only. Customers will get two stickers for every $10 spent.

Our school will be able to choose resources across all curriculum areas from Modern Teaching Aids.

If you shop at Woolworths we hope that you will be able to support St Michael’s with the Earn and Learn Program.

Further information can be obtained from the school office on 9639 0518.

Commonwealth Bank School Banking Update—Please read

IMPORTANT INFORMATION regarding Cosmic Light Beam Torch reward item

Concerns have been raised regarding the ‘Cosmic Light Beam Torch’ reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch. Whilst this reward has been independently tested and deemed to meet relevant product standards the Commonwealth Bank have made the decision to proactively withdraw this item from the School Banking Rewards Program.

Parents/Guardians are requested to dispose of any ‘Cosmic Light Beam Torches’ their child may have already received as part of the Rewards Program.

Students who have previously received a ‘Cosmic Light Beam Torch’ are welcome to redeem an alternative reward item.

Please put a note in your child’s banking if they received the above reward indicating which item they would like to replace it:


Kim, Banking Coordinator

Years 1, 2 and 3 Swimming Program

Please return the Swimming Grading Form as soon as possible.

Skoolbag

Skoolbag is now available for Windows Phones running version 8.1 of Windows, and Windows devices running Windows 8.1 or 10 (eg Surface tablet, Laptop, PC etc).

This makes the app even more accessible than before, with the ability to receive messages directly to a PC, Laptop, or Surface Tablet running Windows 8.1 or 10.

To install Skoolbag on your Windows device, look up “Skoolbag” in the Windows Store, and install it. Once installed you can find our school, and pin it to your Windows Home Screen. Please note: You must be running at least Windows 8.1 on your device for the app to function.

Uniform shop

Open every Thursday
8.30 am—1.00 pm

Uniform price list form is 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 and sent home via your child.

Please label all items clearly, especially hats and jackets. Children are responsible for their own belongings. Lost property is placed in a tub outside the Uniform Shop.
JERSEY DAY is a simple concept designed to raise awareness of The Organ and Tissue Authority and the DONATE LIFE network.

On September 4 we are asking schools and workplaces across Australia to allow students and employees to wear their favourite sporting jersey to school or work to show their support for the DONATE LIFE network and begin the conversation with their friends and families about Organ Donation.

JERSEY DAY has been inspired by the story of NATHAN GREMMO who was tragically lost in an accident in May 2015. Nathan’s family chose to give the gift of life to others to honour the legacy of Nathan’s generous personality.

This campaign is all about raising awareness. Simply wear your favourite sporting jersey to school or work on Friday September 4 and show your support for this cause.

Please visit www.donatelife.gov.au for more information about how you can help to save a life.
Thursday 3rd September

Gift Stall

A huge variety of gifts $7 each that the P&F have purchased for the stall.
1 gift = $7.00, 2 gifts = $14.00, 3 gifts = $21.00 etc.
For no child to miss out, please fill in the form below & money needs to be in at the office by

Monday 31st August

NO MONEY WILL BE ACCEPTED ON THE DAY OF THE STALL. NO LAYBY.
Each child will need to fill out a separate form!

1 Gift Purchases

Child's Name:

___________________________________

Child's Class: __________________________

Number of gifts purchased:

Qty __________ x $7.00 each = $ ____________

2 Father's Day RSVP

For catering purposes

Number of guests for BBQ Breakfast at 7.30am: ___________________________ or

Number of guests for Morning Tea at approx 9am: ___________________________

Child's Name: __________________________

Child's Class: __________________________

3 Can You Help?

We need a number of helpers, to set up, during and to clean up. If you can assist, please fill in the details below. A P&F member will be in touch with you in regards to times. Your assistance is greatly appreciated, thank you.

☐ I am able to help on the day of the Father’s Day stall Thursday 3/9

☐ I am able to help on the day of the BBQ/Morning Tea Friday 4/9

My Name: ________________________________________

Child’s Name: __________________________

Child’s Class: ____________

Email address: ________________________________

Contact Number: ___________________________
St Michael’s Primary School
3-5 Chapel Lane, Baulkham Hills

Family Carnival Day

Saturday 12th September 2015
11am - 4pm

St Michael’s Primary School
3-5 Chapel Lane, Baulkham Hills

P&F
Community • Friendship • Education
Parents and Friends Association

Family Carnival Day

Saturday 12th September 2015
11am - 4pm

Fun day for the whole family!
All welcome!

Sausage Sizzle

Cake Stall

Novelties & Show Bags

Bring a chair & picnic rug!

Carnival Rides

Unlimited Rides Band
$25 or $5 per ride

Pizza

Fairy Floss

Ice Cream & Slushies

Coffee Van

All welcome!
Rides Arm Band Pre-Sales!

Pre-sale available STRICTLY
Mon 10th August until Fri 4th September at $20 each

Otherwise it is $25.00 per arm band after that date or
$5.00 per ride on the day.

Confirmed the . . . Zoomer, Sizzler, Dodgem Cars, Giant Slide, Simulator,
Cup & Saucer, Rocking Tug, Large Jumping Castle & Small Jumping Castle.

A variety of rides to cater for all ages

HUGE savings in which rides will be operating for 5 hrs which is equal to $5.00
per hour, really worth the value to pre-purchase.

All arm bands will be issued on the day of the Carnival....
We look forward to seeing you!
- P&F Committee

Any enquiries can be directed to Marina Grainger at pandfstmichaels@gmail.com
1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

During the last 3 Wednesday nights, we had the 1-2-3 Magic & Emotion Coaching Parent Course in the Hall. Approx 40 parents attended which was fabulous and made for great discussion. The course was ideal to introduce to frazzled parents new ways to manage children at challenging times! We thank Anushka, Lisa and Alison from the Catholic Education Office for running this course.

SAVE THE DATE!

Term 4
Trivia Night - Rescheduled!
Saturday 21st November
Christmas Theme!
Note coming soon
Our newsletter is distributed via email to reduce paper use and to provide access to a full colour version. An email is sent every second Thursday afternoon with the link to our website.

To ensure you receive the newsletter please ensure that we have your current email address and add St Michael’s to your contact list. Please email us on stmichaelsbills@parracatholic.edu.au if you would like to be added to our email list or if you have changed your email address.

MITCHELL: Local sporting grants—Applications are now open for young local athletes to apply for the Local Sporting Champions program. The Local Sporting Champions program is designed to support young people participating in state, national and international level sporting championships as an athlete, coach or official. A grant of $500 per individual is available to help meet costs such as travel, equipment, uniforms and accommodation.

Applications for grants can be made to the Australian Sports Commission online at www.alexhawke.com.au (click on the Local Sporting Champions icon). Successful applicants will be determined by a local sports panel from the Hills district.

EDUCATION ACT 1990—Changes to attendance in 2015

The following outlines the changes that have been implemented as a result of the changes to the Education Act 1990 regarding attendance. These changes take effect immediately. Exemption from attendance no longer applies to travel and holidays, both domestically and internationally.

New requirements for student absence and travel

- 1-9 days absence: Parents must notify the school principal by mail or email (written).
- 10-100 days absence: Parents must complete and submit the Application for Extended Leave form (A1) prior to commencing leave. If approved the Principal issues a Certificate of Extended Leave (C1). If the principal declines this application (i.e. it is not within the best interest of the child to take leave and be absent from school), a letter notifying parents that the application has been declined would be forthcoming.

Exemption from attendance

This now relates to students who wish to participate in an accredited Elite Sports Program/Elite Arts Program. This can also apply to Employment in the Entertainment Industry.

- If the intended absence will be under 100 days, parents should complete and submit the Exemption from Attendance (A2) to the principal. The principal has the authority to approve up to 100 days each calendar year. If approved the principal will issue a Certificate of Approval.
- If the intended absence will be over 100 days, parents must complete and submit the Exemption from Attendance (A2) to the principal who will make a recommendation to the Catholic Education Diocese of Parramatta (CEDP) Director System Performance (DSP). The DSP will then investigate the matter and will make a recommendation to the Executive Director. The Executive Director reviews the Exemption from Attendance and forwards a recommendation to the Minister of Education. If this application is approved the principal will issue a Certificate of Approval (C2). Should this application be declined by the Minister, the principal will issue a letter of decline.
- For additional information on accredited Elite Sport Program and Elite Arts program, contact the school office.

The Catholic Education Diocese of Parramatta has procedures and guidelines in place to achieve high standards of student attendance in collaboration with parents. Parents are required by law to ensure that children aged between 6 and 17 attend school. Schools are required to monitor and keep a register of student attendance in accordance with common codes which explain absences.

FREE healthy lifestyle program for
7 – 13 year olds
Baulkham Hills and other locations
Limited Places! Register now!

1800 780 900
go4fun.com.au

Moving Forward
A series of small group workshops for women who have experienced domestic violence

Topics will include:
Healthy Relationships
Housing
Budgeting & Loans
Work Options
Accessing Benefits
My Rights
Self Care

FREE REGISTRATION
Workshops run over 8 weeks
To register or enquire, contact Teresa Falkner on 02 9639 8620

ABOUT THE FACILITATOR
Terrie-Anne Bolger
Terrie-Anne Bolger is an experienced facilitator who has been developing, writing and delivering programs for women, like ‘Moving Forward’, for the past 6 years. She has a Master in Counselling and a Grad Dip in Dance Movement Therapy. Terrie-Anne has a passion for empowering others to discover their true potential and obtain a healthy, well-balanced sense of self.

Go4Fun
Want ideas on raising healthy, active and happy kids?

FREE healthy lifestyle program for
7 – 13 year olds
Baulkham Hills and other locations
Limited Places! Register now!

1800 780 900
go4fun.com.au

Hills Community Aid
Supporting the Hills Community since 1985
www.hca.org.au

NEWSLETTER DISTRIBUTION
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Please email us on stmichaelsbills@parracatholic.edu.au if you would like to be added to our email list or if you have changed your email address.
Catherine McAuley Westmead
School Open Morning
Thursday 3rd September and Tuesday 3rd November 2015
9.15 – 11.00 am

Enrolments for Year 7 2017

Catherine McAuley is now accepting enrolments for Year 7 2017.
Our Open Morning is a great opportunity to tour around our school grounds, view our fantastic facilities and meet our students and teachers. You will have the opportunity to go into classrooms and see them in action. Both children and adults are most welcome.

Please contact School Reception on 9849 9100 if you would like to attend. Our school tours will leave at 9.15 am and car parking will be available in the visitor’s car parking area via Gate 3 from 9 am onwards. Ask for details when making your booking.

Our Lady of Mercy College Parramatta
warmly invites you to tour the College on Monday August 31, 2015 - commencing 9.15am.

Discover what a Mercy education can do for your daughter and enjoy a ‘comfortable cup of tea’ with the College Leadership Team.

A Mercy Education is treasured for life.
The College is now enrolling for 2017
Limited places available for 2016.
Visit www.olmc.nsw.edu.au or phone 8838 1222 to reserve your place or obtain further information.

Join Elevate J1 as we
FLIBOUT™
At Castle Hill, Friday, 28th August
Time: 7.00-8.30pm
Cost: $13.00 (Socks additional $3.50 if needed)

Play T-Ball with the
Winston Hills Warriors
Summer 2015 and 2016

Winston Hills Junior Baseball Club celebrated 30 years in 2013 and provides players of all ages with the opportunity to play the great game of T-ball and Baseball in Western Sydney.


Tball Age groups—UBs and U9s

Saturday morning competitions within the Hills Junior Baseball Association (October 2015 to March 2016)

In addition we offer a ten week in-house introduction to Tball competition, Friday afternoon/evening from October 2015 to December 2015.

Introduction to Tball (new players) receive baseball glove and other goodies.

Registrations for Tball teams up to 5 September 2015.

A try Tball morning is being held on 30 August between 9 am and 11 am at Col Sutton Reserve, Baulkham Hills Road, Baulkham Hills

Club contact: Melissa Small (0456 125 865)
Club email: registrar.whjbc@gmail.com
Club website: whjbc.baseball.com.au
Club Phone: 0413 232 566

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- Fun, inspirational time
- A martial arts lesson

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- Fun, inspirational time
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- A martial arts lesson
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