From the Principal

Dear Parents

Term 3

Welcome back to Term 3. Once again this will be a busy term. We look forward to working with you and your child in partnership to achieve the best outcomes for your child’s learning and wellbeing.

Please remember that the first point of contact for your child’s learning and wellbeing is always your child’s teacher. You are then most welcome to speak with one of the Leaders of Learning, Mrs Knispel or myself.

As the students begin to work on their Term 3 goals it is important that both parents and teachers encourage them to put every effort into really focussing on the areas where they need to improve.

Encouragement is one of the most important parenting skills, for the simple reason that if you can be a real encourager then everything else tends to fall into place. Encouraged children are less likely to misbehave. Children who experience real encouragement are more likely to take (sensible) risks as learners and make the most of the opportunities open to them. They are also less susceptible to peer pressure as parents who understand how encouragement works are less likely to make their children reliant on them for approval.

Encouragement derives from the French term meaning ‘to give heart’, which pretty much describes what true encouragement is about!

All parents want their children to develop a strong sense of self-confidence. Many parents use praise as their primary confidence-building technique, but encouragement is a much better strategy to boost children’ confidence. Encouragement is a more powerful confidence-building tool than praise and it doesn’t have the adverse side effects of demotivating children or promoting sibling rivalry.

The differences between the two are slim but important. Encouragement focuses on the processes of what a child does whereas praise focuses on the end result of his or her activities. Here are five ways to encourage your child.

1. Focus on improvement in any skill: “You really have picked up on your reading.” You can always point out improvement no matter how small.
2. Highlight their efforts: “I can see you really tried hard to get it right.” Make sure you highlight real effort, and don’t elevate lack of effort to anything more than what it is.
3. Comment on their contribution: “I really appreciate your help with cleaning the house. It makes my job easier.” Children like to know when they’re appreciated.
4. Focus on the enjoyment they get from an activity: “It’s great to see you enjoying your jazz ballet.” Highlighting fun and enjoyment is great when you want to remove the focus from the scoreboard.
5. Show your confidence: “I know you can do this. You’ve tackled hard stuff like this in the past, and you can do it again.” Communicate your confidence through your words, as well as your actions.

How many of these encouragement statements do you regularly use? If you aren’t a natural encourager then pick one of these statement types and challenge yourself to use it at least five times a day for a week. If you do this encouragement will become automatic in no time.  (Taken from www.parentingideas.com.au)

Building program update

The building program is progressing on track and we hope to move Kindergarten and Year 1 into the new building by Term 4. Year 2 will then move into the current Kindergarten rooms while the three-storey building goes through major refurbishment.

Parking

Please do not park at any time in the two Admin parking spots near the bottom of the car park. These spaces can be in use as early as 6 am until 9 pm. Thank you for your understanding and support.

“Our Father, Creator of all, to love you, we must also love our neighbour as ourselves and be as merciful to others as you are toward us. Remove whatever hinders our living your command to love and help us model your loving care as clearly as did the Samaritan.

We ask through Christ our Lord. Amen”
Religious Education
Invitation to Enrol - Confirmation Program 2016 For children aged 10½ or older

Families with children aged 10½ or older (by 1 September), who have made their First Holy Communion, are invited to participate in preparation for the Sacrament of Confirmation. You will need to attend one of the two registration evenings to be held on Monday 25 July or Tuesday 26 July at 7.30 pm in St Michael’s Church. Please bring a copy of your child’s baptism certificate if your child was not baptised at St Michael’s.

The cost will be $20 per child. The programme commences on Monday 15 August. Please contact the Parish Office on 9639 0518 for further enquiries.

Sacramental Facilitators Needed for Confirmation Program
We need your help to enable the programme to be a success. The Parish is seeking Facilitators and Home Hosts. Facilitators meeting will be held on Monday 8 August at 7.30 pm in the Downey Room. We invite anyone who would like to assist as a facilitator to contact the Parish Office on 9639 0598.

Altar Server Training Course
Training for Altar Servers will begin Wednesday 27 July 3.30-4.30 pm. Those who have indicated their willingness to serve and any other young boy or girl who have made their First Holy Communion are welcome to attend. Further details please call the Parish Office 9639 0598.

Help us become Olympic Readers
Do you want to help send our readers to Rio?! Do you have a business or know a business that produces or sells goods or services? We want our students leaping with excitement!

Students and teachers at St Michael’s are busy planning an Olympic-a-thon for the children to be held on Friday 5 August. “This date coincides with the opening of the Rio Olympic Games. It will be competitive in a fun way,” said Mrs Knispel.

Children will be raising money for literacy books. Why literacy books? “We want our readers to unlock their potential and be the best readers they can be,” explained Mrs Maka.

Would your business or businesses you know, be able to provide incentive prizes for the students who raise the most money in each grade? “Prizes would definitely motivate a lot of people,” said Thomas McGoldrick. “It would get people interested,” agreed Jessica Wahab.

We look forward to accepting your donations at the school office. As a thank you for your generosity, a free advertisement will be placed in the next five school newsletters.

Oliver Lepri & Kieran Franklin-Browne
Members of the School Media Team

Social Skills and Mantras Program
Week 2: Acknowledge teachers and other staff members
• Acknowledge a person by making eye contact; smile and nod or say “Good morning/afternoon”.

Week 3: Accept being told “No”
• There is a time, a place for everything and the significant. Accept “No” and don’t keep pestering.

Sympathy
Please keep in your prayers Mrs Knispel and her family on the passing of her father recently.

Eternal rest grant to him Lord. Let Your perpetual light shine upon him. May he rest in peace.

2017 ENROLLING NOW
Interviews are currently taking place for Kindergarten to Year 6 2017

For parents wishing to enrol their child in Kindergarten, or any other year level for 2017, applications are now being accepted. Enrolment packages can be collected from the school office.

SCHOOL OPAL CARDS—Bus students
Please remind your child to tap on and off their Opal Card when they travel to and from school.

Busways have advised that Opal data gathered by tapping on and off is used to determine demand for bus services. If students don’t tap on and tap off, services may be cancelled due the lack of recorded patronage.

With this in mind, we ask for your assistance in reminding your child that tapping on and off at the beginning and end of each trip is one of the conditions of using a School Opal card.

Your assistance helps us ensure that Busways are able to provide the appropriate level of service to our students.

OLYMPIC-A-THON
Friday 5 August
Psst! How’s the fundraising from your child/ren?

[A reminder - this is our major fundraiser for 2016. All money to support literacy learning.]
### Calendar Dates

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Events</th>
</tr>
</thead>
</table>
| Fri 22 Jul | School Assembly 8.50 am  
NSWPSSA Cross Country—Eastern Creek |

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Events</th>
</tr>
</thead>
</table>
| Mon 25 Jul | 5 Red Belgenny Farm Excursion  
Sacrament of Confirmation Registration Evening  
7.30 pm Parish Church |
| Tue 26 Jul | Netball Gala Day, Kellyville  
5 Yellow Belgenny Farm Excursion  
Parish Mass 4 Red & 4 Blue 9.15 am  
Sacrament of Confirmation Registration Evening  
7.30 pm Parish Church |
| Wed 27 Jul | 5 Blue Belgenny Farm Excursion  
Parish Mass 2 Yellow & 2 Red 9.15 am |
| Thu 28 Jul | 5 Green Belgenny Farm Excursion  
Parish Mass 2 Blue & 2 Green 9.15 am |
| Fri 29 Jul | Grandparents' Day: Whole School Memorial of Sts Joachim & Anne  
Eucharistic Liturgy 10.15 am  
P&F Grandparents' Morning Tea 11.15 am  
MacKillop Girls' Cricket |

<table>
<thead>
<tr>
<th>Week 3</th>
<th>Events—Olympic-a-thon week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 1 Aug</td>
<td>NSW Rugby League All Schools Knockout</td>
</tr>
<tr>
<td>Tue 2 Aug</td>
<td>Parish Mass 5 Yellow &amp; 5 Green 9.15 am</td>
</tr>
</tbody>
</table>
| Wed 3 Aug | Parish Mass 5 Red & 5 Blue 9.15 am  
Kindy Non Eucharistic Liturgy 10.15 am  
Parish Mass 4 Yellow & 4 Green 9.15 am |
| Thu 4 Aug | School Census Day  
School Assembly 8.50 am |
| Fri 5 Aug | Olympic-a-thon Events Day |

<table>
<thead>
<tr>
<th>Week 4</th>
<th>Events</th>
</tr>
</thead>
</table>
| Tue 9 Aug | Parish Mass 1 Yellow & 1 Red 9.15 am  
Reconciliation 5 Blue 10.00 am  
Reconciliation 5 Red 10.30 am  
Reconciliation 5 Green 11.45 am  
Reconciliation 5 Yellow 12.15 am  
P&F General Meeting 7.00 pm |
| Wed 10 Aug | Parish Mass 3 Green & 3 Red 9.15 am  
Years 3-6 Incursion “Hansel & Gretel” Opera  
Australia 1.45-3.00 pm |
| Thu 11 Aug | Parish Mass 4 Yellow & 4 Green 9.15 am  
P&F General Meeting 7.00 pm  
Year 6 Debating |
| Fri 12 Aug | School Assembly 8.50 am  
Year 6 Debating |
| Sat 13 Aug & Sun 14 Aug | Enrolment Ceremonies for the Sacrament of Confirmation |

Events, including representative sport are regularly added to the school’s calendar on our website, [http://www.stmichaelsbhills.catholic.edu.au/calendar-of-events](http://www.stmichaelsbhills.catholic.edu.au/calendar-of-events)

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.

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### 5 Red in the classroom

5M RED have been busy over the last three weeks in creating exceptionally well written poems, using figurative language, repetition, rhyme, completing free-verse, colour and diamante poems. Through their individual poetry construction, students ensured proof reading was evident, including a focus on punctuation throughout. Here are some examples of 5M RED’s quality poems, we hope you enjoy reading:

**Diamante poem: Focus on Antonyms: Summer and Winter by Ashleigh C:**

**Summer**
- Bright, hot,  
- Boiling, surfing, exciting,  
- Going to the beach, sitting in front of the fire  
- Snowboarding, resting, relaxing  
- Frosty, cold

**Winter**

**Season Poem: using similes, personification and alliteration by Jacob J:**

- 5, 4, 3, 2, 1….  
- I dive into the deep delightful dark ocean,  
- The waves are singing,  
- As loud as lightening.

- Feel the wet wild waves hit your head,  
- As you swim under them.  
- I catch a cool calm wave,  
- And ride it back into the sandy soft shore,  
- Like they are pushing me.

**Bio poems**

**Kyra**
- Happy, cheerful, helpful and respectful  
- Dog, my bed and food  
- Love of rugby league, oz-tag, scooters  
- Who feels sorry for the poor; happy when Broncos win  
- Who gives money to the poor; old clothes to my brother  
- Who needs friends to play with; energy to win footy  
- Who fears snakes, spiders, sleeping  
- Who would like to play footy for Broncos  
- Who comes from Australia; lives in Sydney

**Kyle**
- Sporty, fast, handsome, respectful  
- Son of Melissa, Jason; Brother of Dallas, Darcy, Holly  
- Love of rugby league, oz-tag, scooters  
- Who feels sorry for the poor; happy when Broncos win  
- Who gives money to the poor; old clothes to my brother  
- Who needs friends to play with; energy to win footy  
- Who fears snakes, spiders, sleeping  
- Who would like to play footy for Broncos  
- Who comes from Australia; lives in Sydney

**Dylan**
- Sporty, fast, handsome, respectful  
- Son of Melissa, Jason; Brother of Dallas, Darcy, Holly  
- Love of rugby league, oz-tag, scooters  
- Who feels sorry for the poor; happy when Broncos win  
- Who gives money to the poor; old clothes to my brother  
- Who needs friends to play with; energy to win footy  
- Who fears snakes, spiders, sleeping  
- Who would like to play footy for Broncos  
- Who comes from Australia; lives in Sydney

**Lau**
- Happy, crazy, cheerful, helpful  
- Darren, Leanne, Jake and Nase  
- Bed, my do, food  
- Happy, excited, hungry  
- Shelter, food, water  
- Money to the poor, helps others, new friends  
- Snakes, spiders, guns  
- A nice house  

**Tayha**
- Happy, crazy, cheerful, helpful  
- Darren, Leanne, Jake and Nase  
- Bed, my do, food  
- Happy, excited, hungry  
- Shelter, food, water  
- Money to the poor, helps others, new friends  
- Snakes, spiders, guns  
- A nice house  

**Herrett**
### Term 2 Students of the Term

<table>
<thead>
<tr>
<th>Color</th>
<th>Student Name</th>
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</thead>
<tbody>
<tr>
<td>6M Yellow</td>
<td>Zoe Rutkin</td>
</tr>
<tr>
<td>6R Red</td>
<td>Benjamin Chapman</td>
</tr>
<tr>
<td>6Z Green</td>
<td>Chloe Millen</td>
</tr>
<tr>
<td>6F Blue</td>
<td>Matthew Loveridge</td>
</tr>
<tr>
<td>5OD Yellow</td>
<td>Alana Burke</td>
</tr>
<tr>
<td>5M Red</td>
<td>Kyra Lau</td>
</tr>
<tr>
<td>5J Green</td>
<td>Christopher Lucin</td>
</tr>
<tr>
<td>5R Blue</td>
<td>Kayla Morris</td>
</tr>
<tr>
<td>4I Yellow</td>
<td>Colm Jean-Baptiste</td>
</tr>
<tr>
<td>4P Red</td>
<td>Jinu Jang</td>
</tr>
<tr>
<td>4G Green</td>
<td>Victoria Searle</td>
</tr>
<tr>
<td>4S Blue</td>
<td>Joshua Stevens</td>
</tr>
<tr>
<td>3BC Yellow</td>
<td>Caelyn Dunnachie</td>
</tr>
<tr>
<td>3C Red</td>
<td>Isabella Clement</td>
</tr>
<tr>
<td>3B Yellow</td>
<td>Ysus Perez-Christie</td>
</tr>
<tr>
<td>2L Yellow</td>
<td>Luke Sakr</td>
</tr>
<tr>
<td>2J Green</td>
<td>Christiane Barakat</td>
</tr>
<tr>
<td>2K Blue</td>
<td>Stella Azares</td>
</tr>
<tr>
<td>1MF Yellow</td>
<td>Grace Zaitony</td>
</tr>
<tr>
<td>1M Red</td>
<td>Katie Worsley</td>
</tr>
<tr>
<td>1S Green</td>
<td>Isabelle Hughes</td>
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<tr>
<td>1HS Blue</td>
<td>Mia Simic</td>
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<tr>
<td>KTR Yellow</td>
<td>Archer Woods</td>
</tr>
<tr>
<td>KR Red</td>
<td>Riley Halpenny</td>
</tr>
<tr>
<td>KvG Green</td>
<td>Amelia Newman</td>
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<tr>
<td>KQ Blue</td>
<td>Chloe Carey</td>
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### Term 2 Citizens of the Term

<table>
<thead>
<tr>
<th>Color</th>
<th>Student Name</th>
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</thead>
<tbody>
<tr>
<td>6M Yellow</td>
<td>Antonio Vasquez</td>
</tr>
<tr>
<td>6R Red</td>
<td>Leoni Giannotti</td>
</tr>
<tr>
<td>6Z Green</td>
<td>Amelia Jukic</td>
</tr>
<tr>
<td>6F Blue</td>
<td>Noah Scollard</td>
</tr>
<tr>
<td>5OD Yellow</td>
<td>Vince Romeo</td>
</tr>
<tr>
<td>5M Red</td>
<td>Cooper Lindsay</td>
</tr>
<tr>
<td>5J Green</td>
<td>Sean Yeo</td>
</tr>
<tr>
<td>5R Blue</td>
<td>Alex Sneyd</td>
</tr>
<tr>
<td>4I Yellow</td>
<td>Jalen Metierre</td>
</tr>
<tr>
<td>4P Red</td>
<td>Lara Woods</td>
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<tr>
<td>4G Green</td>
<td>Katie Webb</td>
</tr>
<tr>
<td>4S Blue</td>
<td>Rylee Robinson</td>
</tr>
<tr>
<td>3BC Yellow</td>
<td>Cooper Crawford</td>
</tr>
<tr>
<td>3C Red</td>
<td>Jay Puglisi</td>
</tr>
<tr>
<td>3H Green</td>
<td>Elle Chamas</td>
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<tr>
<td>3B Blue</td>
<td>Mary Boutros</td>
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<tr>
<td>2L Yellow</td>
<td>Joanna Kim</td>
</tr>
<tr>
<td>2J Green</td>
<td>Madeleine Scotland</td>
</tr>
<tr>
<td>2K Blue</td>
<td>Ioli Pampaka</td>
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<tr>
<td>1MF Yellow</td>
<td>Jayden Joseph</td>
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<tr>
<td>1M Red</td>
<td>Spencer Bennett</td>
</tr>
<tr>
<td>1S Green</td>
<td>Angus Herriott</td>
</tr>
<tr>
<td>1HS Blue</td>
<td>Madeleine Nolan</td>
</tr>
<tr>
<td>KT Yellow</td>
<td>Sophia Farmer</td>
</tr>
<tr>
<td>KR Red</td>
<td>Karen Hanna</td>
</tr>
<tr>
<td>KvG Green</td>
<td>Leon Cooray</td>
</tr>
<tr>
<td>KQ Blue</td>
<td>Jesse Haddad</td>
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### Week 9 Students of the Week

<table>
<thead>
<tr>
<th>Color</th>
<th>Student Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>KBlue</td>
<td>Ella-Marie Canderle</td>
</tr>
<tr>
<td>KGreen</td>
<td>April Simons</td>
</tr>
<tr>
<td>KRed</td>
<td>Joshua Craig</td>
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<tr>
<td>KYellow</td>
<td>William Ison</td>
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<tr>
<td>1Blue</td>
<td>Taylor Drury</td>
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<tr>
<td>1Green</td>
<td>Daniel Prior</td>
</tr>
<tr>
<td>1Red</td>
<td>Elijah Padjan</td>
</tr>
<tr>
<td>1Yellow</td>
<td>Aidan Spada</td>
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<tr>
<td>2Blue</td>
<td>Emily Kos</td>
</tr>
<tr>
<td>2Green</td>
<td>Laura Maung</td>
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<tr>
<td>2Yellow</td>
<td>Andrew Saliba</td>
</tr>
<tr>
<td>3Blue</td>
<td>Benjamin Hume</td>
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<tr>
<td>3Green</td>
<td>Alyssa Durantini</td>
</tr>
<tr>
<td>3Red</td>
<td>Jade Ehrlich</td>
</tr>
<tr>
<td>3Yellow</td>
<td>Ciara Jean-Baptiste</td>
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<tr>
<td>4Blue</td>
<td>Stephanie Chue Hong</td>
</tr>
<tr>
<td>4Green</td>
<td>Amelia Vella</td>
</tr>
<tr>
<td>4Red</td>
<td>Dylan Loots</td>
</tr>
<tr>
<td>4Yellow</td>
<td>Kayla The</td>
</tr>
<tr>
<td>5Blue</td>
<td>Mia Saad</td>
</tr>
<tr>
<td>5Green</td>
<td>Jeremy Gunawan</td>
</tr>
<tr>
<td>5Red</td>
<td>Tiana Fares</td>
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<tr>
<td>5Yellow</td>
<td>Mia Cox</td>
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<tr>
<td>6Blue</td>
<td>Lauren Malysiak</td>
</tr>
<tr>
<td>6Green</td>
<td>Ruby Carlick</td>
</tr>
<tr>
<td>6Red</td>
<td>Ashleigh Cheah</td>
</tr>
<tr>
<td>6Yellow</td>
<td>Natasha Richards</td>
</tr>
</tbody>
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### Music

Josie Adutwum, Jasmine Patonjali

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### Year 3 Excursion

On Wednesday 22 June we went to Riverside Theatre and saw "Saltbush". It is an Aboriginal play about what Aboriginal people did before European people arrived. It was a really exciting play, children got to come and play around on the magic carpet. There was lots of dancing, singing and laughing.

When you went on you could jump across lily pads, cross the dangerous highway, fall asleep underneath the beautiful night sky, become some really cool animals and chase the big butterfly.

I recommend this play to all people of any age because it is a fantastic play. You will learn a lot of new things about the aboriginal history. Therefore you must go see "Saltbush."

I give "Saltbush" a rating 10/10.

On Wednesday Year 3 went to Riverside Theatre. It is in Parramatta. When we got to the theatre we took our shoes off and went to the magic carpet. We saw two dancers - a lady with a good voice. It was very interesting because we saw lily pads, a desert, a raging river, lizard, emu, kangaroo and a busy city, and a beautiful butterfly at the end and start.

It is an amazing and outstanding performance. I give it 10 star rating. This also has a bit of Aboriginal history. You should go soon because it is the best play I have ever seen in my nine years of living.

On the 22nd of June, Year 3 went to see a fantastic play at Riverside Theatre at Parramatta, called "Saltbush". It was an awesome experience and I learnt a lot. "Saltbush" was so much fun and I recommend that you definitely go and watch it.

I loved the part when I was invited to go on the magic carpet and try to jump on the lily pads. It was so much fun. I also liked the part when they put a clear sheet over the magic carpet and it looked like a night sky. I got to go under and it looked like I was catching the stars. So many people went to go to the magic carpet and pretend to cross the road. We also saw a giant snake and I mean giant. At the end we all got to sit around the magic carpet and make hand prints. We all got to touch the butterfly.

I really, really recommend you should go and watch "Saltbush". It was a fun and interactive play. I give "Saltbush" a 10/10 rating. It was so much fun.

Annabelle Ewer

Ysus Perez-Christie

Olivia Joseph
2016 CALENDAR OF EVENTS

Term 3

Friday 29th July——Grandparents’ Day Morning Tea
(approx 11am after Mass)

Wednesday 10th August 7pm------ P&F General Meeting, all welcome
Speaker Senior Constable Rob Paterson:
“Cyber Safety” a talk for parents, what every Mum & Dad must know
and
Mrs Maka will present a sample of the proposed St Michael’s sports tracksuit for feedback.

Term 4

School Family Recipes Cookbook

Saturday 19th November ----- Christmas Theme Trivia Night
(For Mums and Dads Only)

NEW DATES FOR FATHER’S DAY
Due to Year 6 Canberra Excursion

Tuesday 30th August——Father’s Day Gift Stall

Wednesday 31st August——Father’s Day Breakfast BBQ &
Morning Tea 7.30am to 10am
Father’s Day Liturgy 10.15am

Wednesday 7th December 7pm---- P&F General and Annual Meeting
all welcome
Grandparents’ Day is a day when the school community get together to honour our Grandparents. This year for our Morning Tea, the P&F would like to ask the school community for their assistance in providing a plate of food (disposable please) from the suggested list below. If you have more than one child, please send in only what you can manage. Please bring your contribution to the hall before 9am on the day. NO NUTS PLEASE. We are most grateful for your assistance. Thank you.

- Kindergarten - savoury - dips, cheese, savoury biscuits, chips etc
- Year 1 - fruit / chocolates
- Year 2 - sweet biscuits / slices
- Year 3 - cake / tea cake
- Year 4 - sandwiches
- Year 5 - cupcakes / muffins
- Year 6 - scones or pikelets

This list is a guide only. If you are a star pastry chef and your child is down for savoury, feel free to send in pastries!

Please tear off and return to the office P&F mailbox by next Wednesday 27th July or email us pandfstmichaels@gmail.com

RSVP

Child’s Name: _________________________ Child’s Class: __________ Number of guests: ______

Helpers

We need a number of helpers for morning tea. 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.

My Name: ______________________________ Child’s Name: __________ Child’s Class: ______

Email address: ___________________________________________ Contact Number: ____________________
YEAR 6 - FRESH Lemons for sale!

A group of Year 6 leaders have been working together to create a vegetable garden in the school.

On Friday afternoon we will be having a stall on top playground for parents to buy some lemons - fresh from our school. 25c each. All money will support the development of our garden.

LITERACY TIPS

Once is not enough: Encourage your child to re-read favourite books and poems. Re-reading helps kids read more quickly and accurately.

Pick books that are at the right level: Help your child pick books that are not too difficult. The aim is to give your child lots of successful reading experiences.

Tips are taken from a website called Reading Rockets—http://www.readingrockets.org

Solidarity Volunteering:

Strong Relationships, Mutual Development

Communities across Asia, Africa and the Pacific are seeking volunteers willing to participate in an authentic, cross culture experience. Teachers are in high demand as are leaders in health & community development, administration, agriculture, teaching and other skills.

Information Session: Sunday 24 July, 10:30 am
Aquinas Academy
141 Harrington Street
The Rocks

Come along and hear the stories of those who have volunteered through Palms Australia!

Palms Australia is a Catholic organisation that has been sending volunteers for 55 years.

We prepare and support you to engage in relationships of understanding acceptance and care and to build on the strengths in a local community that further assist sustainable development.

CATHOLIC CARE SOCIAL SERVICES

DIocese of Parramatta PRESENTS

Faith in Marriage

SeminR 2016

KEYNOTE SPEAKER: SOPHIE YORK
Barrister and Spokeswoman for Marriage Alliance, will speak on the Topic of
‘The Beauty & Joy of Marriage’

SPEAKER: BEN SMITH
Director of the Family and Life Office will speak on
‘The Pope Francis apostolic exhortation
The Joy of Love (Amoris Laetitia)’

FRIDAY 26 AUGUST
St Paul the Apostle Parish, 40 Buckleys Rd, Winston Hills.
Commencing at 7.30pm and concluding with a light supper.

Register attendance by emailing marriage@ccss.org.au or phone Lyn (02) 8822 2222

CATHOLIC CARE SOCIAL SERVICES
Solo Parent Services

Younger Widowed Support Group

Has your spouse or partner died and are you searching for someone who understands the enormity of your loss and the impact this is having on your life and your children?

Do you long to connect with others who have experienced a similar loss?

Are you unsure of how to assist your children through their grief? Would you like support as you deal with your changed circumstances?

We welcome you to our Monthly Support Group

VENUE: Institute for Mission, 1-5 Marion St, Blacktown
DATE: 3rd Tuesday of each Month (Feb – Dec)
TIME: 7.00pm – 9.00pm
COST: $5.00

Throughout our school we have a number of children with life threatening allergies (Anaphylaxis) 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.

<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 nuts</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>Any kind of peanut butter</td>
</tr>
<tr>
<td>Sesame seeds</td>
<td></td>
</tr>
<tr>
<td>Nutella</td>
<td>Any brand</td>
</tr>
<tr>
<td>Biscuits containing or topped with nuts</td>
<td>Particularly chocolate biscuits</td>
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<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 and Nut, Praline based chocolates – Guylian, Marble Blocks</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 etc</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 containing nuts</td>
<td></td>
</tr>
<tr>
<td>Foods containing satay</td>
<td>Thai, Malaysian, Indonesian meals</td>
</tr>
<tr>
<td>Some moisturisers</td>
<td></td>
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</tbody>
</table>

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.
Parking Rules & Penalties

Council’s Compliance Officers enforce parking signs at your school.

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance. When an offence is detected, you will be fined.

No Parking

You must not stop your vehicle in a Bus Zone unless you are driving a public bus. Stopping includes when the vehicle is not moving but the engine is still running.

Penalty from $325 and 2 demerit points

No Stopping

You must not STOP at any time. Stopping includes when the vehicle is not moving but the engine is still running.

No parking

Penalty from $180 and 2 demerit points

Nearest to $250 and 2 demerit points

Bus Zone

You must not stop your vehicle in a Bus Zone unless you are driving a public bus. Stopping includes when the vehicle is not moving but the engine is still running.

Penalty from $325 and 2 demerit points

Bus Zone

You must not stop your vehicle in the indicated zone unless you are driving a public bus.

Penalty from $325 and 2 demerit points

Double parking

$325 & 2 demerit points

Stop on path or nature strip

$180 & 2 demerit points

Stop on / near marked pedestrian/children’s crossing

$433 & 2 demerit points

Approach children’s crossing too quickly to stop safely

$541 & 4 demerit points

Illegal U turns

$433 & 4 demerit points

Stop across driveway

$180 & 2 demerit points

Drive using a hand held mobile phone

$433 & 4 demerit points

Parallel park close to (within 3 metres) double centre line

$265

Fines Current as of July 2016

For a complete list of school zone offences visit www.rota.nsw.gov.au

3 Columbia Court, Blacktown Hills NSW 2153
PO Box 7064, Blacktown Hills NSW 2153
Phone: 02 9683 0409 Email: council@blacktown.nsw.gov.au
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**OLMC Parramatta Open Morning Tour**

Our Lady of Mercy College Parramatta warmly invites you to discover why a Mercy Education is treasured for Life at our Open Morning Tour on July 25, 2016.

Tour the College and enjoy a ‘comfortable cup of tea’ with the College Leadership Team and get a sense of the rich tradition and cutting edge education at OLMC Parramatta.

The College is now enrolling for 2018. Visit [www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au) or phone 8838 1222 to reserve your place or obtain further information.