From the Principal

Dear Parents

Welcome back to our students and families. A special welcome to all our new students and families starting in Kindergarten and in Years 1-6. We hope everyone had a relaxing break and that all the students are looking forward to being part of St Michael’s School.

We welcome our new staff members to the school community and thank all the staff who worked hard during the holidays to prepare wonderful learning experiences and environments for their students. We hope this is a happy and successful year for everyone.

Welcoming Mass

We would like to extend a warm welcome to everyone to attend our first whole school Welcoming Mass and induction of school leaders which will take place on Friday 17 February at 10.15 am.

Reflection

Welcome to a new year of education for your child. A school and its teachers can only build on the teaching a child receives at home. The home should not reinforce the school, it should be the other way around. Education is about valuing and nurturing every young person’s uniqueness and assisting them to fulfil their capabilities as students and later as adults. Parents and schools have a joint interest to ensure that our school provides an environment that is conducive to successful learning and personal achievement. If education is valued in the home and seen as life-enhancing, then children will view their schooling as being positive for them and worth investing their energies in. Parents and teachers working in collaboration can present education as a happy and fulfilling experience for children.

Research, anywhere in the world, confirms that when parents are partners in their children’s education, their children improve their achievement levels. So, keep in touch with the school. Don’t leave it always to the school to let you know how your child is achieving. Stay aware of what your child is learning. Attend the Parent Information night next week and the Student / Parent / Teacher conference in Term 2. Good communication between home and school is vital to create and sustain a climate that is conducive to productive learning.

Parents, you are the source of your child’s affirmation. Children will believe what the people they love and trust believe, including how they feel about school and their ability to learn. So, after praise and encouragement, encourage perseverance.

A warm, supportive home atmosphere will influence your child’s confidence and motivation to become a successful learner. A couple of years ago, a university study asked a randomly selected number of parents to respond to the question, “What does it mean to be a parent?” Here are extracts from three responses:

“Responsibility for teaching about love and caring for others; responsibility for keeping them safe and secure so their personalities can develop in a healthy way.”

“Something very special, close and loving; it means an enormous responsibility, it changes your life-course; once you start being a parent, it’s an ongoing thing with worries and anxieties attached.”

“It’s the most important job you’ll ever have to do in your life. The social ramification’s of parenting are so important, because the responsibility is yours to bring happy, well-adjusted people into adulthood . . . And the joy and despair are often only seconds apart.”

It can be helpful, on occasion, to think about our role as parents, for it is truly a privilege to have given life to a child and have accepted the responsibility, great though it is, of nurturing and providing for that child through those developmental years. Fortunately, you have teachers who are professionals and who will serve to help you succeed. Your child will enter this school, move through its various grades and eventually leave; but your child will still be part of your family and still be your responsibility.

So welcome to the commencement of another school year when home and school come together to bring success to a new phase of development for your child.

“God, our Father, may Your guiding Spirit be strong within our hearts and minds throughout this school year, Amen.”

Wishing you every blessing for the week ahead.

[Signature]

St Michael’s Primary School
3–5 Chapel Lane, Baulkham Hills
Tel: 9639 0518 Fax: 9639 6734
Email: stmichaelsbhills@parra.catholic.edu.au

Issue 1 Term 1 Week 2 Thursday 2 February 2017
2017 Staff of St Michael’s

Principal: Mrs Danuta Maka
Assistant Principal: Mrs Rosalie Knispel (and Yr 3 Leader of Learning)
Librarian: Mrs Patricia Lee (and Kindergarten Leader of Learning)
PDHPE: Mr Steven Kovelis
Music: Mrs Lyndall Parker (Mon-Tue, Fri)
Mr Steven Kovelis (Wed-Thurs)
Support Services: Mrs Karen Brown, Mrs Mary Anne Parsons, Mrs Bronwen Wahab.
Reading Recovery: Mrs Berenice Gerometta, Mrs Bronwen Wahab.
Teacher’s Aides: Mrs Narelle Harding, Mrs Jenny Holliday, Mrs Jenny Marchant, Mrs Marianne Seny
Administration: Mrs Veronica Isaac, Mrs Janelle Reid, Mrs Linda Borsato
Library Assistant: Mrs Marianne Seny
Maintenance: Mr Peter Watts
Teacher release: Mrs Ros Bright, Mrs Laura Pialli, Mrs Melissa Xuereb
KvG GREEN: Mrs Louise van Gend
KQ BLUE: Mrs Iciar Quintana
KR RED: Mrs Therese Restuccia
KRT YELLOW: Mrs Chriss Rogers (Terms 1-4)
Mrs Natalie Tierney (Terms 2-4)
1HS BLUE: Mrs Natalie Irvine Hendry (Mon, Tues, Even Wed)
Mrs Marise Siountris (Odd Wed, Thurs, Fri)

School Captains:
Lily Donald
Timothy Grehan
Vice Captains:
Charlotte Stewart
Alexander Sneyd

2017 School leaders

St Michael’s Parish
Parish Priest: Fr. Wim Hoekstra
Assistant Priests: Fr Pio Yong Ho Jang, Fr Zvonimir Gavranovic

P&F Committee
Thank you to the following parents who have volunteered to be part of the P&F Committee this year.

President - Marina Grainger
Vice President - Bernard Fisher
Treasurer - Alison Gwynne
Secretary - Phil Grainger

Committee members:
Brooke Boswell, Simone Bisson, Sally Carey, Christine Faulkner,
Natalie Grove, Danielle Henson, Michelle Montesin, Maria Veronica Sharma, Melissa Small

2017 School leaders

Colour House Captains:
Blue: Ashley Gremmo, Jacob Jones
Green: Paige Cassar, Angus Lewis
Gold: Emily Knez, Dylan Brette
Red: Kayla Morris, Dominic Arundell

Community leaders:
Tyrin Barnett, Lachlan Clement, Mia Cox, Charlotte Finnerty, Hannah McGoldrick, Zayra Plebani, Dulsana Rajawasam Kurukulage, Nathan Saliba, Sean Yeo
Calendar Dates

WEEK 1
Fri 27 Jan  Mathematic Assessment Interviews K-6

WEEK 2
Mon 30 Jan  Mathematic Assessment Interviews K-6
Tue 31 Jan  Years 1-6 commenced
Wed 1 Feb  Kindergarten commenced
Fri 3 Feb  School Assembly—Prayer 6 Blue 9.00 am

WEEK 3
Mon 6 Feb  Yr 1 Parent information evening 6.30-7.30 pm
Yr 6 Parent information evening 7.30-8.30 pm
Tue 7 Feb  Parish Mass: 6 Red and 6 Green 9.15 am
Kindergarten Information Session between 3.20 pm—5.00 pm (See parent flyer)
Yr 5 Parent /information evening 7.30-8.30 pm
Wed 8 Feb  Parish Mass: 6 Yellow and 6 Blue 9.15 am
Kindergarten Information Session between 3.20 pm—5.00 pm (See parent flyer)
Yr 3 Parent /information evening 6.30-7.30 pm
Yr 4 Parent /information evening 7.30-8.30 pm
Thu 9 Feb  Parish Mass: 5 Yellow and 5 Blue 9.15 am
Yr 2 Parent /information evening 6.30-7.30 pm
Fri 10 Feb  School Census Day

WEEK 4
Tue 14 Feb  Parish Mass: 4 Red and 4 Blue 9.15 am
Wed 15 Feb  Parish Mass: 5 Red and 5 Green 9.15 am
Parramatta AFL Trials
Thu 16 Feb  Parish Mass: 4 Yellow and 4 Green 9.15 am
Fri 17 Feb  Whole School Welcoming Mass 10.15 am

WEEK 5
Mon 20 Feb  Hills Zone Swimming—Hawkesbury Pool
Tue 21 Feb  Parish Mass: 3 Yellow and 3 Blue 9.15 am
Wed 22 Feb  Parish Mass: 2 Yellow & 2 Red 9.15 am
Thu 23 Feb  Parish Mass: 2 Blue & 2 Green 9.15 am
Fri 24 Feb  Diocesan Swimming—Blacktown Pool
School Assembly—Prayer 4 Blue 9.00 am

WEEK 6
Tue 28 Feb  Parish Mass: 3 Red & 3 Green 9.15 am
Wed 1 Mar  Whole School Ash Wednesday Eucharistic Liturgy 12 pm
Thu 2 Mar  Parramatta Soccer Trials—St Marys
Parish Mass: 1 Red & 1 Yellow 9.15 am
Fri 3 Mar  Mackillop Basketball and Tennis
School Assembly—Prayer 3 Blue 9.00 am

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

Social Skills and Mantras Program

Week 2: R from Respect
• Respect myself, others and property.
• Recognising the worth, quality and importance of others despite their differences.

Week 3: E from Respect
• Everyone has the right to learn.

Week 4: S from Respect
• Strive to be the best you can be.

Prayers

Please keep in your prayers Mrs Linda Borsato, Finance Secretary, who is unwell. We ask this through Christ Our Lord, Amen.

We also pray for those in our community who may be unwell or suffering at the moment.

2018 Enrolments

School Open Morning for 2018 Enrolments
Wednesday 15 March from 9.30 am to 11.00 am

Enrolment packages for Kindergarten 2018 can be collected from the school office from 1 March. Please contact the school office on 9639 0518 for further information.

Bus Timetable 2017

An amended bus timetable effective from 27 January has been published and is available on our website under School Notes as well as being available on our Skoolbag App.

Please remind your child to tap on and off the bus.

OPAL Bus Passes

Lost bus passes—You will need to apply online if your child has lost their bus pass.

Re-applying for opal passes—Year 2 2016 students
Children going from Year 2 2016 to Year 3 2017 must reapply for their opal card.

New passes are not automatically issued for children going into Year 3.

Please go to the website: transportnsw.info/school-students, complete the form and return to school office as soon as possible.

Calendar changes

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.

Calendar Dates—2017

Term 1—Friday, 27 January to Friday, 7 April
Term 2—Monday 24 April to Friday, 30 June
Term 3—Monday, 17 July to Friday, 22 September
Term 4—Monday, 9 October to Tuesday, 19 December
General School Information

Wellbeing policy
St Michael’s aim is to provide a safe, pleasant environment for all children, staff and parents which fosters a sense of belonging, positive self-esteem and a love of learning.

The Wellbeing Policy is contained in our Parent Handbook and is also available for viewing on our website at the following location:


Curriculum
This year we will continue to focus on literacy and numeracy. Our goal in literacy is to improve the comprehension skills and vocabulary of all students. The focus in numeracy is to develop each student’s reasoning strategies to solve multiplication and division problems. In Religious Education our goal is to help the students develop a deeper understanding of sacred scripture. The staff at St Michael’s are committed to providing quality education for all students.

Communication with families
Communication between St Michael’s and students’ families is vital in the ongoing partnership that exists between school and families.

We will communicate with parents via our Skoolbag App alerts, electronic newsletter distribution and letters sent home. Instructions on downloading the Skoolbag App are contained in this newsletter and on our website. If you change your email address at any time, please inform the school office as soon as possible.

Skoolbag—updates for 2017
Our Skoolbag App enables us to get alerts out to parents quickly.

Alert category changes 2017:
• Please change your alert categories to the current Year/Grade that your child is in so that you receive the correct alerts. (eg if your child was in Year 1 in 2016, please change the category to Year 2 for 2017).
• BUS* category—if your child catches the bus, please include this category for information on late running bus alerts.

Early collection of children from school
If there is a need to collect your child early from school, please send a note to the classroom teacher in the morning and proceed to the school office when you arrive. On your arrival at the school office, staff will contact the class teacher and your child will then meet you at the school office. While you are waiting for your child, you will be asked to sign them out of the school.

Parents are not permitted to go directly to classrooms or other areas to collect their children.

Recess is from 11.00—11.30 am and Lunch is from 1.00—1.40 pm.

If you are collecting your children around Recess and Lunch, we suggest you arrive at the school prior to or after the Recess and Lunch times.

Please allow plenty of time as it will take a few minutes to contact your child, have them pack their bag and walk to the school office.

School Attendance
It is important for your child’s wellbeing and academic progress that they attend school regularly and complete each school day. Children need to attend school every day from 8.45 am until 3.10 pm unless illness prevents their attendance. Please ensure that appointments are made outside of school hours in order to ensure that your child can maximise their learning potential. Learning takes place from 8.45 am until the final bell at 3.10 pm. Being late or taking your child early from school, particularly on a regular basis, may hinder their personal and academic progress. This is often reflected in school reports.

Parents taking their children out of school on a regular basis will be contacted by the Principal. Should you need to take your child out of school early on an unavoidable occasion, a note should be sent in to the class teacher. This will minimise the interruption to learning time for all students. Please avoid disruption to teachers and students by arriving unexpectedly to pick up children without prior notice.

School absence
If your child is sick you can send a Skoolbag app notification, email or call the school office.

If you inform us with a Skoolbag notification or via email, you do not need to send in another note.

*Please note—if you phone the office you will still need to send a signed note listing the days absent and reason.

Taking leave for family holidays during the school term
Government regulations require you to seek leave approval from the school for holidays of 10 days or more prior to your journey. Contact the school office for an Application for Extended Leave (L) – Travel Leave - Form A.1. This form is also available on our website.

Travel leave – 1-9 days – please send in a written note to the school prior to your leave.

Taking leave for the entertainment industry or an elite sporting event
Government regulations require you to seek an exemption from the school for all leave in the entertainment industry or elite sporting events. Contact the school office for an Application for Exemption from Attendance at School (M) - Form A.2. This form is also available on our website.

School Assemblies
Parents are invited to join us for our Friday morning assembly which takes place from 9.00 am every Friday, unless there is a whole school mass taking place.

School Uniform
Thank you to all our families for supporting the school uniform policy and by ensuring your child is wearing the correct uniform. This includes wearing joggers that are predominantly white. It is essential that students wear their hats during recess, lunch and sport. Please ensure your child’s hat is labelled and that they assume responsibility for looking after their hat at all times.

Building Program Update
Our most recent information from the builders is that we will be able to move into our new building for Year 2 at the end of March 2017.
Important Information regarding Arrival and Departure

Outlined below is some important information regarding safety in the mornings and afternoons around the school as you walk and drive in the streets around the school.

Please remember at the beginning of the year that we have many new parents to the school who will take time to adapt to our normal school routine. We thank you for your assistance and patience in helping our new parents as they find their way with our school routine. We thank you for your assistance and many new parents to the school who will take time to adapt to our normal school routine.

Arrival of children in the morning
- Teachers are on duty for supervision of children from 8.20 am. Children currently wait in the undercover area on the top playground.
- Parents are responsible for their children until teachers go on duty at 8.20 am. If at all possible, please do not send your children to school before 8.20 am.

Stop and Drop – Church car park
To ensure the Stop and Drop runs smoothly and efficiently please note the following:
- The zig zag yellow lines along the fence line of the school in the Church car park are for pedestrians only and there is no parking along these lines.
- In the morning the children need to exit the car in front of the new entry into the school on the passenger side of the vehicle, not the driver’s side.
- Bags need to be with your child not in the boot.
- If you are in the Slow & Go line, please do not exit your car to take bags out of the boot.
- Please say your goodbyes to the children before they exit the car.
- Please be patient and show courtesy to the volunteers and other users of the Parish car park. If the car in front of you is not moving on, please be patient and give them a chance. Please remember that we have many new families to the school and parents are learning the Stop & Drop system.

Collecting children from school in the afternoon
- Children go home via the back path, slow and go, bus, parent pick up or go to OOSH.
- The safety of all children and families is the highest priority at the beginning and end of each school day in the car park and streets around St Michael’s, Crestwood Public and Crestwood High School. Please give safety your first priority as you drive to school and/or park.
- We urge you to drive safely, follow and obey the road rules, park in designated areas only and be constantly aware of children, adults and cars as you arrive and depart at this peak time.

Slow & Go – Church car park
- Due to the building works, Slow & Go takes place in the Church car park.
- The zig zag yellow lines along the fence line of the school in the Church car park are for pedestrians only and there is no parking along these lines.
- Please do not queue in the Slow & Go in the Church car park until 3.20 pm as pedestrians are exiting the school in large numbers via the yellow zig zag path along the fence line.
- Please remember this is a high traffic area for pedestrians with many small children around.

Pedestrians in Church car park
- If you and your children are pedestrians entering the car park in the morning or exiting the car park in the afternoon, please keep your children by your side and hold their hand.
- Please be conscious of cars that may be reversing out of car parking spaces. Please remember that it can be harder to see a smaller person than an adult.

Back path street area - Therese Court, Bernadette Place, Miriam Court, Coolock Crescent
- A reminder to everyone to be respectful of our neighbours.
- Please do not park across the driveways of homes or double park.
- Please keep your children by your side and do not allow them to play in neighbours’ front yards.
- Parents need to move on from these streets as soon as they have collected their children so that we are not creating a backlog of traffic in the area.
- Please do not allow your children to play in the creek area.

Carpark
It is a privilege for St Michael’s to use the Parish car park. For this practice to continue we need to treat our parish community with respect and not park in the Parish allocated spaces. There is also no parent parking in the St Michael’s Family Centre or in any areas around the Church entry and exit.

Safety of children and adults is critical when collecting children from school. Please observe all parking signs and road rules when collecting children to ensure the safety and wellbeing of all members of our school and community.

We thank you for your assistance and courtesy in ensuring the safety of everyone during access to the school.
2016 Assembly Awards

Term 4 Students of the Term

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>KQ Blue</td>
<td>BJ Barakat</td>
</tr>
<tr>
<td>KG Green</td>
<td>Joseph O’Farrell</td>
</tr>
<tr>
<td>KR Red</td>
<td>Netanya Fernando</td>
</tr>
<tr>
<td>KR Yellow</td>
<td>Emily Mison</td>
</tr>
<tr>
<td>1HS Blue</td>
<td>Eadie Velez</td>
</tr>
<tr>
<td>1S Green</td>
<td>Jackson Ward</td>
</tr>
<tr>
<td>1M Red</td>
<td>Caleb Parslow</td>
</tr>
<tr>
<td>1FM Yellow</td>
<td>Niamh O’Sullivan</td>
</tr>
<tr>
<td>2K Blue</td>
<td>Blake Wells</td>
</tr>
<tr>
<td>2P Red</td>
<td>Tea Stefanakis</td>
</tr>
<tr>
<td>2L Yellow</td>
<td>Eliana Savvides</td>
</tr>
<tr>
<td>3B Blue</td>
<td>Samuel Tait</td>
</tr>
<tr>
<td>3H Green</td>
<td>Caylee Stevens</td>
</tr>
<tr>
<td>3C Red</td>
<td>Mikayla Eltenn</td>
</tr>
<tr>
<td>3BC Yellow</td>
<td>Sarkis Bazouni</td>
</tr>
<tr>
<td>4S Blue</td>
<td>Caitlin Hughes</td>
</tr>
<tr>
<td>4G Green</td>
<td>Samuel Walters</td>
</tr>
<tr>
<td>4P Red</td>
<td>Olivia Alford</td>
</tr>
<tr>
<td>4I Yellow</td>
<td>Katherine Liu</td>
</tr>
<tr>
<td>5R Blue</td>
<td>Zara Haddad</td>
</tr>
<tr>
<td>5J Green</td>
<td>Tim Goh</td>
</tr>
<tr>
<td>5M Red</td>
<td>Tiana Fares</td>
</tr>
<tr>
<td>5OD Yellow</td>
<td>Timothy Grehan</td>
</tr>
<tr>
<td>6F Blue</td>
<td>Olivia Hanna</td>
</tr>
<tr>
<td>6RT Green</td>
<td>Casey Crudten</td>
</tr>
<tr>
<td>6R Red</td>
<td>Lachlan Nada</td>
</tr>
<tr>
<td>6M Yellow</td>
<td>Domenic Orsina</td>
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</tbody>
</table>

Term 4 Citizens of the Term

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>KQ Blue</td>
<td>Lila Haddin</td>
</tr>
<tr>
<td>KG Green</td>
<td>Ella Catford</td>
</tr>
<tr>
<td>KR Red</td>
<td>Oliver Wahab</td>
</tr>
<tr>
<td>KR Yellow</td>
<td>Ryan Pangalos</td>
</tr>
<tr>
<td>1HS Blue</td>
<td>Zachary Robinson</td>
</tr>
<tr>
<td>1S Green</td>
<td>Nicola Bugeja</td>
</tr>
<tr>
<td>1M Red</td>
<td>Tahnae Halpenny</td>
</tr>
<tr>
<td>1FM Yellow</td>
<td>Midhushan Packiarajah</td>
</tr>
<tr>
<td>2K Blue</td>
<td>Ysabel Sailago</td>
</tr>
<tr>
<td>2J Green</td>
<td>Alessio Schiavone</td>
</tr>
<tr>
<td>2P Red</td>
<td>Marcus Teng</td>
</tr>
<tr>
<td>2L Yellow</td>
<td>Cooper Mostyn</td>
</tr>
<tr>
<td>3B Blue</td>
<td>Mia Jurcevic</td>
</tr>
<tr>
<td>3H Green</td>
<td>Alyssa Durantini</td>
</tr>
<tr>
<td>3C Red</td>
<td>Cameron Lee</td>
</tr>
<tr>
<td>3BC Yellow</td>
<td>Sophia Zarriello</td>
</tr>
<tr>
<td>4S Blue</td>
<td>Aidan Donnelly</td>
</tr>
<tr>
<td>4G Green</td>
<td>Audrey Velez</td>
</tr>
<tr>
<td>4P Red</td>
<td>Alexander Sobb</td>
</tr>
<tr>
<td>4I Yellow</td>
<td>Lachlan Carey</td>
</tr>
<tr>
<td>5R Blue</td>
<td>Tyrin Barnett</td>
</tr>
<tr>
<td>5J Green</td>
<td>Jeremy Gunawan</td>
</tr>
<tr>
<td>5M Red</td>
<td>Angus Lewis</td>
</tr>
<tr>
<td>5OD Yellow</td>
<td>Laura Croucher</td>
</tr>
<tr>
<td>6F Blue</td>
<td>Patrick Horner</td>
</tr>
<tr>
<td>6RT Green</td>
<td>Emily Woodroffe</td>
</tr>
<tr>
<td>6R Red</td>
<td>Gracia Fares</td>
</tr>
<tr>
<td>6M Yellow</td>
<td>Isaac Sakr</td>
</tr>
</tbody>
</table>

CAR PARK

This map illustrates the correct stop and flow of traffic and no parking areas in the car park.

Please note the correct traffic flow for the morning Stop & Drop and Park & Walk.

Stop & Drop cars are to enter on the left side. Beware of the yellow striped marked surface. This is for pedestrians.

The Stop & Drop stop zone is also marked on the car park surface.

Alternative street parking can be found further down on Chapel Lane, on St. Michael’s Place and at the school’s Back Path on Bennadette Place, Theese Ct. and Coolock Cres.

Please also note that you need to follow parking & road rules to avoid being fined by the police.

This cark park process is to protect the safety of all children and the community. It will be enforced.

Please think of others, rather that what is convenient at the time.

4-2-15
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>Nutella</td>
<td>Any brand</td>
</tr>
<tr>
<td>Biscuits containing or topped with nuts</td>
<td>Particularly chocolate biscuits</td>
</tr>
<tr>
<td>Cakes or slices containing nuts</td>
<td></td>
</tr>
<tr>
<td>Snack packs containing nuts</td>
<td>Dried fruit + nut mixes, snack-a-bouts, Dunkaroos</td>
</tr>
<tr>
<td>Chocolates containing nuts</td>
<td>Picnics, Snickers, Mars Bars (almond), Nut Breaks, Ferrero Rocher, Fruit 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</td>
<td></td>
</tr>
<tr>
<td>Foods containing satay</td>
<td>Thai, Malaysian, Indonesian meals</td>
</tr>
<tr>
<td>Some moisturisers</td>
<td></td>
</tr>
</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 listed in ingredients.

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

Our communication tool—Skoolbag—enables us to get alerts out to parents quickly. We use this tool as an addition to our existing methods of communication.

Skoolbag provides schools with an easy way to tell parents/carers everything they need to know, providing instant push notification messages, such as news, events, newsletter posts, last minute cancellations. It provides parents with the most convenient way to receive school notifications and is a free service to families.

Go to the iTunes App store or Google Play Apps and search for the St Michael’s Primary Baulkham Hills ‘skoolbag’ app and download the app to your device.

Pilates Classes

MENEZES METHOD™

Develop inner strength,
a more shapely body, better posture,
flexibility, balance and control.

1 pm & 7.15 pm Monday at Castlewood
8 pm Wednesday at Castle Hill
Term 1 begins 13 February 2017 - 8 week term
Strengthen your core muscles to reduce back pain and stress. Improve your posture and stamina. 1 hour classes suitable for beginners to advanced levels.

- Summer Special: $132 if booked and paid in full by 120112017
- Get 1 free lesson if you join for the term with a friend.
- Fees paid after 1/2: $144 ($132 for High School Students)
- Bookings essential, class numbers limited
- Conditions apply

To book or get more information, including testimonials, call Sharon Brown, 0414 485 542 or email: shaandy@optusnet.com.au or Sharon Brown Pilates

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Play Rugby with the Brumbies

Does your child want to play rugby league in a safe and happy environment?
The Baulkham Hills Brumbies Junior Rugby League Club includes students from St Michaels, Our Lady of Lourdes, St Bernadette’s and St Angela’s from Under 6’s to Under 11’s. The Brumbies play in the Parramatta Convents Association and games are played on Sunday’s. Registration fees for the 2017 season are $130 for one child and $190 for a family. This is great value for money and includes shorts, socks and a drink bottle. Registration fees for our Under 6’s were reduced last year and we have decided to reduce them again in 2017! St Registration Fees for ALL UNDER 6 players will $30! Registrations for new players for the 2017 rugby league season will take place on Sunday 26th February 2017 at Castlewood Oval, Castle Hill, between 10am and 12pm. All new players will be given information to register online from this date. You will need to please supply original copies of your child’s birth and baptism certificates. For returning players, you should have already completed your registration online by February 19th February.

Any queries, please contact: John Polley (President) – 0414 275 824 or Simone Urquhart 0412 966 479 or Melanie Barton 0414 712 555 (Registrars) Email: brumbies.jrfc@gmail.com

St Michael’s Newsletter is available for viewing on our website: www.stmichaelsbhills.catholic.edu.au

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