



# St Michael's Primary School

## Newsletter

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Baulkham Hills

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Issue 1

Term 1 Week 2

Thursday 6 February 2020

### *From the Principal*

Dear Parents

#### *Welcome to St Michael's*



A very warm welcome to our new school year, which promises to be a very exciting one. I hope all families enjoyed a safe and relaxing holiday. It was wonderful to see so many smiling and eager faces arrive last week, particularly our new Kindergarten students and our new children in Years 1-6.

A very special welcome to all our families. Being a parent is a special job. One of the many aspects of parenthood is that you are your child's first teacher. In joining St Michael's school community you enter into partnership with your child's teacher as together you share a common goal—a happy and successful school year for your child. Parents and teachers are partners in helping each child develop to their full potential.

I encourage all parents to become involved in the life of the school where at all possible. Teachers welcome helpers in the classroom, sporting events and excursions. Please note at any time you enter school grounds during the day, you need to report to the school office first. You must not go directly to classrooms.

A reminder that all parents who wish to assist in any capacity at the school need to have completed the online Catholic Education Diocese of Parramatta child protection training and undertaking.

I invite you to pray together:

*Lord God, At the beginning of this new year teach us to be your hands and feet where we are  
At the beginning of this new year teach us to love as you love us  
At the beginning of this new year teach us to pray for those in need  
So that You are honoured and glorified. Amen*

#### *Parent-Teacher Meet and Greet "Collaboration for Success"*

This year St Michael's school will provide an opportunity for parents to meet their child's teacher and spend five minutes giving information about their child as a learner and person. This is a one on one meeting for every parent instead of parent information nights. Parents will receive a letter each term outlining the learning for each curriculum area, the expectations, outcomes and how parents can support their children's learning. General information will also be included regarding sport days, homework and excursions.

Each grade will send home the details of when they will hold their "meet and greet meeting" next week.

#### *Welcoming Mass*

We extend an invitation to all of our families to join us for the Welcoming mass and induction of our school leaders which will take place on Friday 21 February at 10.15 am.

#### *Student Leadership Positions 2020*

Congratulations to the following students on their leadership positions this year. They will be presented with their badges at the opening School Mass on Friday 21 February at 10.15 am. We wish them every success as they strive to be great role models to other students and fulfil their leadership responsibilities this year.

##### **School Captains**

Jackson Carlos  
Tyrashay Gloss

##### **Vice Captains**

Zara Khouri  
Caleb Parker

##### **Colour House Captains**

###### **Mercedes (Blue)**

Lane Orley & Madeleine Scotland

###### **Quinn (Green)**

Billie Gwynne & Reana Eltakchi

###### **Clare (Red)**

Daria Raguz & George Savill

###### **McAuley (Yellow)**

Anthony Ayoub & Archie Ferguson

##### **Community Leaders**

Tony Bazouni  
Aidyn Hatton  
Gemma Lenane  
Millie MacDonald  
Lauren Nada  
Jade Potuzanski  
Alessio Schiavone  
Nick Scollard

## *School Assemblies*

School Assemblies will now take place each Monday afternoon at 2.30 pm. Parents are most welcome to attend.

School assemblies at the beginning of the week will give us the opportunity to set the scene for the children in terms of their learning and behaviour expectations. These expectations will be reinforced on a daily basis.

As part of our Wellbeing Policy and Positive Behaviour Support for Learning Framework (PBS4L), we have moved away from the "Student of the Week" award to a whole school approach to reinforcing consistent effort and achievement in Respect for Self and Others, Respect for Learning and Respect for the Environment.

In the classroom students will have their own "Mick" Award chart. When a student receives 20 Micks they will receive a Bronze Certificate. Bronze Certificates will be recognised at assembly. If a student receives three Bronze Certificates they will receive a Silver Award. Silver Awards will be presented at weekly assemblies. If a student receives two Silver Awards they will receive a Gold Award provided they are meeting our Respect expectations. Gold Certificates are presented at our weekly assembly. Each student with a gold certificate will also be given a badge that they are able to wear at school.

This accumulation of certificates is not restricted to a calendar year but stays accumulating throughout students entire time at St Michael's.

## *Early Years Assessment (EYA)*

At this time of the year our children in Kindergarten, Year 1 and Year 2 will have their Early Years Assessment.

The National Inquiry into the Teaching of Literacy stated that "the assessment of all children by their teachers at school entry and regularly during the early years of schooling is of critical importance in the teaching of reading and in particular to identify children who are at risk of not making adequate progress."

This assessment at the beginning, middle and end of year provides the teachers with information on the child's instructional reading level, together with information regarding the strategies the children are using to read and also data that assists your child's teacher with the next step for his/her learning. To administer this test, the teachers are given time out of the classroom. Teachers will administer the EYA this term. The Mathematical Assessment Interview (MAI) is also administered at the beginning of the year from Kindergarten to Year 6. This data ensures that every student receives quality instruction at their level.

## *Teachers out of class*

Currently we have three EMU (Extending Mathematic Understanding) specialist teachers working in the school:

*Mrs Danielle Fleming*

*Miss Gabriella Herzog*

*Mr Vaughan Knight*

These teachers work with a group of students who require some extra support to help them reach the benchmark for their grade. These lessons occur every day for 45 minutes a day. During this time a designated teacher replaces them to take their Religion class. As far as possible it is the same teacher on the same class. Please understand that there are occasions where this is not possible as the teacher may be on leave.

Each Leader of Learning has one day a fortnight to work with their grade partners and support the children's learning across the grade. The relief teacher for the Leader of Learning and REC is the same person throughout the year. The REC has three days a fortnight.

As with all professions, teachers have to maintain their accreditation through their attendance at professional learning. Sometimes these take place during the day in which case a relief teacher will be employed. We have a bank of relief teachers and always endeavour to employ the same person for a class.

Teachers also have their entitlements such as long service leave, sick leave, family leave, maternity leave and bereavement leave. On any occasion when a teacher is absent the relief teacher follows the class teacher's program and has the support and guidance of the other teachers on the grade.

Thank you for your support and understanding.

*Wishing you every blessing for the week ahead.*

*Danuta Maka*

## *St Michael's Parish*

**Parish Priest:** Fr Wim Hoekstra

**Assistant Priests:** Fr Zvonimar Gavranovic, Fr John Byung Chan Ji

### *2020 Staff of St Michael's*

Principal:	Mrs Danuta Maka	KH	Miss Gabriella Herzog
Assistant Principal:	Mrs Rosalie Knispel (Year 6 Leader of Learning)	KvG	Mrs Louise van Gend
		KR	Mrs Therese Restuccia
Librarian:	Mrs Patricia Lee (Kindergarten Leader of Learning)	KIT	Mrs Natalie Irvine-Hendry
			Mrs Natalie Tierney
PDHPE:	Mr Steven Kovelis	1C	Mrs Philippa Cox
		1Mc	Miss Brooke McDonald
Music:	Mrs Lyndall Parker	1M	Mrs Noella Michie
	Miss Kathryn Young	1F	Mrs Danielle Fleming
Support Services:	Mrs Sue Ellen Adler	2F	Miss Laura Flannery
	Mrs Karen Brown	2J	Mrs Brigitte Joseph
	Mrs Mary Anne Parsons	2P	Mrs Natasha Petrenas (Year 2 Leader of Learning)
Reading Recovery	Mrs Berenice Gerometta	2A	Miss Maree Anderson
and Literacy Support:	(Year 1 Leader of Learning)	3GS	Mrs Maureen Gleeson
	Mrs Bronwen Wahab		Mrs Siountris
Teacher's Aides:	Mrs Belinda Connellan	3D	Miss Carla De Chellis
	Mrs Marina Grainger	3S	Mrs Natalie Sloan (Year 3 Leader of Learning)
	Mrs Narelle Harding	30C	Mrs Marie Orehek
	Mrs Jenny Holliday		Miss Marion Craven
	Mrs Davina Kustreba	4FR	Mr George Francis
	Mrs Nancy Woods	4L	Mrs Candice Lazaroo
Finance:	Mrs Rasha Azar	4F	Mrs Amanda Feil
Administration:	Mrs Veronica Isaac	4I	Mr David Ison (Religious Education Coordinator & Year 4 Leader of Learning)
	Mrs Janelle Reid	5D	Mrs Rochelle D'Silva
Library Assistant:	Mrs Marianne Seny	5H	Mrs Rachael Hakim
Groundsman:	Mr Chad Buckman	5R	Miss Victoria Rogers (Year 5 Leader of Learning)
Teacher release:	Mrs Ros Brighton	5OD	Mrs Julie Day
	Mrs Kath Downie		Mrs Rosa Oliveri
	Mrs Erin Ward	6K	Mr Vaughan Knight
		6B	Mr Andrew Baker
		6M	Mrs Jennie Meniconi (Assistant Religious Education Coordinator)
		6BR	Mrs Aprill Bray

### *P&F Committee*

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

President - Simone Bisson  
Vice President - Heidi Ramaker  
Treasurer - George Barakat  
Secretary - Tashlyn van Gestel  
Committee Member - Vlad Solina  
PRC Representative - Sally Carey



## Enrolling now for Kindergarten 2021

Open Morning

**Thursday 5 March and Tuesday 31 March 2020**

**9.30 am – 11.00 am**

Phone 9865 1600

Email: [stmichaelsbhills@parra.catholic.edu.au](mailto:stmichaelsbhills@parra.catholic.edu.au)

### Calendar Dates

#### WEEK 3

**Mon 10 Feb** School Assembly 2.30 pm - Prayer 5 Hakim

**Fri 14 Feb** School Census Day  
Hills Zone Swimming

#### WEEK 4

**Parent / Teacher Meet and Greet Meetings**  
**"Collaboration for Success"**

**Mon 17 Feb** School Assembly 2.30 pm - Prayer 4 Feil

**Wed 19 Feb** Yr 4 Forces Incursion

**Thu 20 Feb** Diocesan Swimming Blacktown

**Fri 21 Feb** Whole School Welcoming Mass 10.15 am

#### WEEK 5

**Mon 24 Feb** School Assembly 2.30 pm - Prayer 2 Cox

**Wed 26 Feb** Ash Wednesday Whole School Mass 12 noon

#### WEEK 6

Catholic Schools Week 1-7 March

**Mon 2 Mar** School Assembly 2.30 pm - Prayer 3 Sloan

**Thu 5 Mar** 2020 Kindergarten Open Morning 9.30-11.00 am

#### WEEK 7

**Mon 9 Mar** School Assembly 2.30 pm - Prayer 1 Michie

**Thu 12 Mar** Cross Country Years 2-6

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

### Social Skill Tips for Parents

#### 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 learn.

#### Week 4: S from Respect

- Strive to be the best you can be.



### Prayers

Please keep in your prayers Gabi Pittas (6B) and her family on the passing of her paternal grandfather.



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

### Religious Education

#### First Reconciliation 2020 St Michael's Church

Families with children who are 7 to 8 or older (children must be 7.5 years before the celebration) and wish their child to participate in preparation for the Sacrament of Reconciliation will need to attend one of the two registrations evenings to be held on **Monday 17 February** or **Tuesday 18 February** at **7.30pm** in the Church.

Parents will need to bring a **copy** of their child's baptism certificate (not original) in order to complete the registration process. The cost will be \$20 per child. If you have any queries please do not hesitate to contact the parish office on 9639 0598.

**The Parish encourages children with special needs to fully participate in the parish sacramental program. Please contact the parish office on 9639 0598 to discuss your child's needs.**

#### Parish Church attendance

Each class attends 9.15 am Parish Mass twice a term. These dates are not advertised in the newsletter or placed on the school's website calendar.

Each year group attend Friday liturgy twice a year as a cohort and an invitation is extended to parents to attend.

Whole school liturgies take place from time to time to commemorate feast days and other important school events. All are welcome to attend.

Year Groups and Whole School liturgies will be advertised events in the newsletter and on the school's website.

### School Terms - 2020

Term 1—Tuesday 28 January to Thursday 9 April 2020

Term 2 - Monday 27 April to Friday 3 July

Term 3 - Monday 20 July to Friday 25 September

Term 4 - Monday 12 October to Friday 18 December\*

- *Students finish Wednesday 16 December*
- *Staff Development Days Thursday 17 & Friday 18 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.

Our Wellbeing Policy is contained in our Parent Handbook and is also available for viewing on our website under Policies and Procedures.

### Curriculum

This year St Michael's will continue to focus on literacy and Religious Education. Our goal in literacy is to improve the writing skills and vocabulary of all students. 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

Our Skoolbag App enables us to get alerts out to parents quickly.

### Alert category changes 2020

- Please change your alert categories to the current Year that your child is in so that you receive the correct alerts, eg if your child was in Year 1 in 2019, please change the category to Year 2 for 2020.
- 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

Lunch is from 1.00-1.40 pm

If you are collecting your children around Recess or Lunch, we suggest you arrive at the school prior to, or after, 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 for 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 call 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 5 days or more prior to your journey. Contact the school office for an *Application for Extended Leave (L) - Travel Leave—From A.1*. This form is also available on our website under School Notes.

Travel leave 1-4 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 1.2*. This form is also available on our website.

### 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.

We do not encourage children to share hats or borrow hats from the office. The office does not provide spare hats to children who have forgotten their hats. This is for hygiene reasons.

### School Assemblies

Parents are invited to join us for our Monday afternoon assembly which takes place from 2.30 pm every Monday.



## Important information regarding Arrival and Departure



Outlined below is some information regarding safety in the mornings and afternoons 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 school routine. We thank you for your assistance and patience in helping our new parents as they find their way with our normal school routine.

### Arrival of children in the morning

- Teachers are on duty for supervision of children from 8.20am. Children currently wait in the undercover area on the top playground. The children must wait on the seats in front of the library.
- 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 **yellow zig zag 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 first entry gate 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.
- Please **do not turn right** into the carpark from 8.15 am.

### Collecting children from school

- 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

- Slow & Go takes place in the Church car park.
- The **yellow zig zag 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.
- **Safety is everyone's responsibility.**

### 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 areas.

### 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.**

## Parish Car Park—Slow & Go (Afternoons)

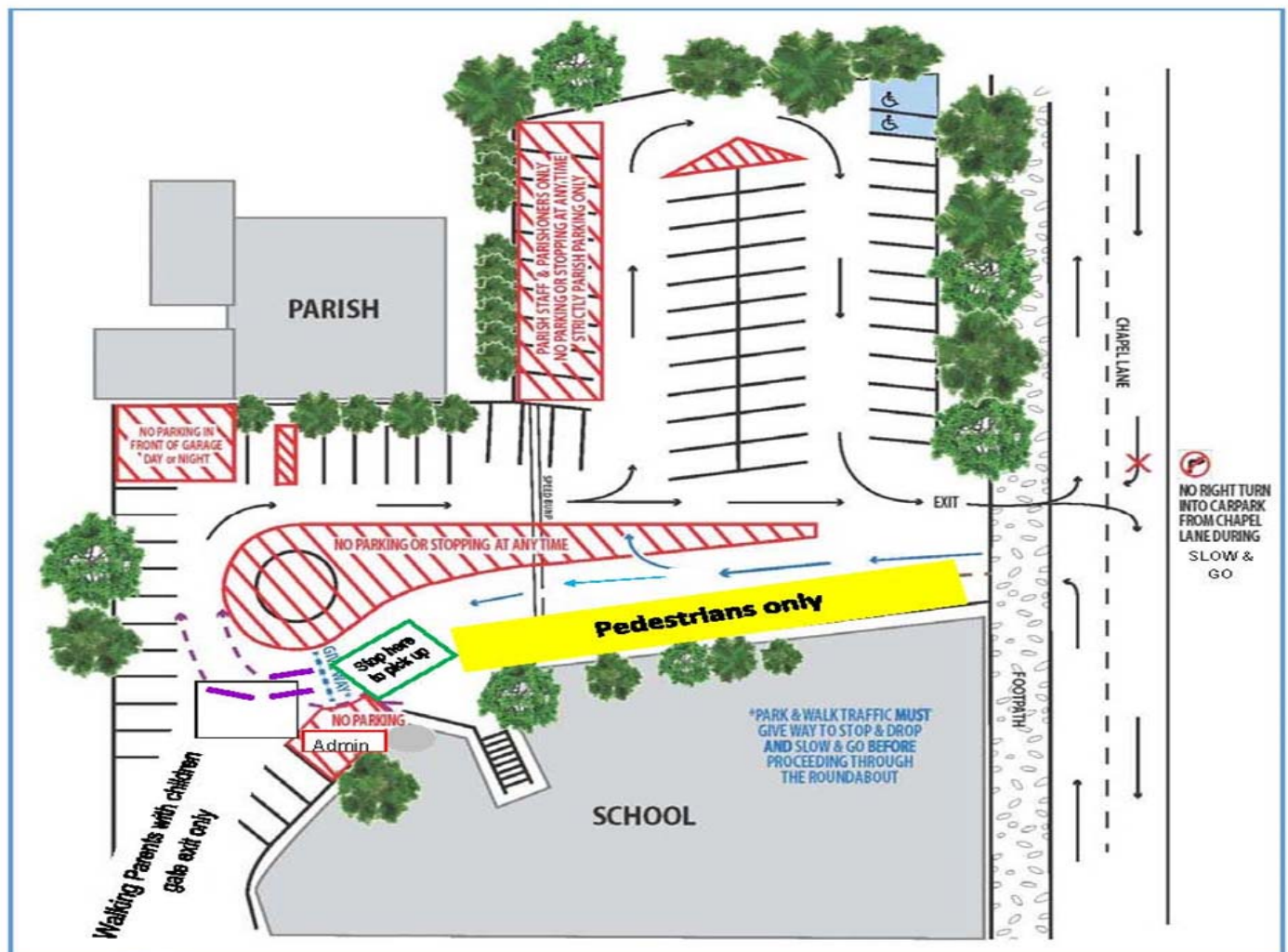
A 'Slow & Go' system operates in the afternoons for the safe and easy pickup of children. Parents are required to have a Slow & Go number. The Slow & Go number is provided by the school at the beginning of the school year. Please contact the school office if you would like a Slow & Go number.

'Slow & Go' commences at 3.20 pm and finishes at 3.40 pm. It is expected that all children will be collected by 3.40 pm. Any children not collected by this time will wait at the office for collection. A phone call is expected to explain the delay.

### Slow & Go Procedures

- The Slow & Go number needs to be displayed on the left side of the front window of the car. Children must know their family number.
- Slow speed and safe driving at all times when entering and leaving the school and parish car park. **Maximum speed limit 10 km/ph.**
- **Always be alert for pedestrians and other vehicles.** Please do not overtake any car in the car park or on the Slow & Go line.
- **Cars enter the car park turning left only from Chapel Lane after 3.20 pm.** Please queue down Chapel Lane alongside the school from 3.20 pm onwards. (There is no right turn from Chapel Lane into the car park at this time).
- Please **do not queue prior to 3.20 pm** as no standing zones are located along Chapel Lane.
- Please be mindful that bus bays outside Crestwood High School and St Michael's Primary must be kept clear for the school buses.
- **Please follow all staff directions at all times.**
- A teacher waits at the top of the car park and calls your child/ren's Slow & Go number over the microphone so that they can walk up to the collection point ready for pick up. Once your child is safely in your car, please drive slowly and safely around the roundabout and out of the car park onto Chapel Lane.
- Please be mindful that bus bays outside Crestwood High School and St Michael's Primary must be kept clear for the school business and that neighbours' driveways are to be left free for vehicle access.
- Please be courteous at all times to our staff, other families using the service, neighbours and other road users.

For the Slow & Go service to continue we need every parent to follow the procedure to ensure the safety and wellbeing of all involved. Thank you for your co-operation, support and understanding.



# 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.**



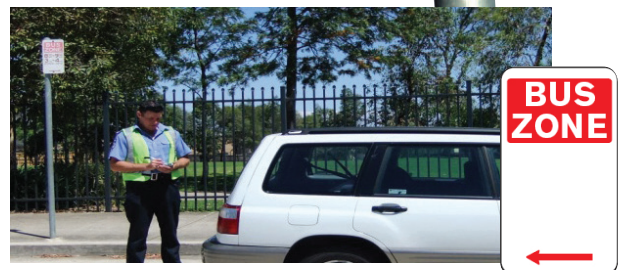
## **NO STOPPING**

**You must not STOP at any time.**

Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$344 and 2 demerit points



## **BUS ZONES**

**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.

## **SCHOOL ZONE**

Penalty from \$344 and 2 demerit points



## **NO PARKING**

**You can stop only to drop off or pick up passengers or goods** and you must not stop for more than 2 minutes and The driver must stay within 3 metres of your vehicle. Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$191 and 2 demerit points



## **DRIVEWAYS**

**You must not park your car over or block access to a driveway.** You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.

## **SCHOOL ZONE**

Penalty from \$344 and 2 demerit points



# There are now increased penalties and demerit points associated with all offences in School Zones.



## **NO PARKING**

You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.

Penalty from \$191 and 2 demerit points



## **NO STOPPING**

Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.

Penalty from \$344 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 \$344 and 2 demerit points

**Double parking**

\$344 & 2 demerit points

**Stop on path or nature strip**

\$344 & 2 demerit points

**Stop on / near marked pedestrian/children's crossing**

\$457 & 2 demerit points

**Approach children's crossing too quickly to stop safely**

\$572 & 4 demerit points

**Illegal U turns**

\$457 & 4 demerit points

**Stop across driveway**

\$344 & 2 demerit points

**Drive using a hand held mobile phone**

\$457 & 5 demerit points

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

\$344 & 2 demerit points

**FINES CURRENT AS OF JULY 2019**

For a complete list of school zones offences visit [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au)

## IMPORTANT ALLERGY INFORMATION

At St Michael's we have a number of children with **life threatening allergies** (Anaphylaxis) to various forms of food, latex, dust, animals and insect stings.

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

In particular, we have a number of children who have severe allergies to nuts. While allergic reactions are common and most are not serious, for some people the reaction can be life-threatening. Anaphylaxis can occur within minutes of an exposure to a trigger.

We see prevention as a major part of providing a safe environment for these children. In order to support these children, we ask that you do not send in nuts or any foods containing nuts to the school with your children.

**Common foods that trigger an allergic reaction are listed below and we ask you to be 'nut aware' and refrain from sending them to school and to seek suitable alternatives.** The following list gives examples of such foods:

FOOD TYPE	EXAMPLES
Peanuts / peanut butter	Any kind of peanut or peanut butter
Tree nuts	Hazelnuts, almonds, cashews, pecans, walnuts, macadamia – any kind of nuts
Sesame seeds	
Nutella	Any brand
Biscuits containing or topped with nuts	Particularly chocolate biscuits
Cakes or slices containing nuts	
Snack packs containing nuts	Dried fruit + nut mixes
Chocolates containing nuts	Picnics, Snickers, Mars Bars (almond), Nut Breaks, Ferrero Rocher, Fruit and Nut, Praline based chocolates – Guylian, Marble Blocks
Chocolate lollies containing nuts	Peanut M&Ms
Marzipan and nougat	
Breakfast cereals containing nuts	Crunchy Nut or Honey Nut Cornflakes, Muesli, Nutri Grain, Just Right etc
Muesli Bars and Snack Bars containing nuts	
Yoghurt with nut mixer packs	
Confectionary items	Lolly Gobble Bliss Bombs, Rocky Road
"Health Food" confectionary bars containing nuts	Uncle Toby's yoghurt muesli bars
Foods containing satay	Thai, Malaysian, Indonesian meals

**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.**

# HEALTHY LUNCHBOX WEEK

19-25 January 2020

Visit our website for:

- recipes
- fact sheets
- videos

[www.healthylunchboxweek.org](http://www.healthylunchboxweek.org)



**Nutrition Australia**

#HEALTHYLUNCHBOXWEEK



## Start the chat before someone else does



**Safer Internet Day**  
**2020** | Tuesday  
11 February

Together for a better internet

**Start the chat about online safety and help make every day a Safer Internet Day!**

### Join in the Safer Internet Day buzz

This year Safer Internet Day will be celebrated on Tuesday, 11 February 2020. The theme is 'Together for a better internet' and Australia's eSafety Commissioner is encouraging parents to mark the day by starting family conversations about online safety.

You can download our Safer Internet Day resources at [esafety.gov.au/sid](http://esafety.gov.au/sid) and use them to start the chat about online safety with your family.

### Explore Australia's online safety hub

Check out eSafety's great range of advice and resources. Get started by visiting our **parents and carers** pages and reading the practical tips for kicking off an online safety conversation. You can also download our **'Parents guide to online safety'** booklet (available in 5 languages), look through **eSafety Kids** with your family or get familiar with our **step by step advice** for reporting different types of online abuse. **Find out more at [esafety.gov.au](http://esafety.gov.au)**

### Join our free parent webinar

The session will cover how to start the chat about harmful content, contact with strangers and cyberbullying.

### Helping Kids Thrive Online

12th February 2020 at 8:00 PM (AEDT)

14th February at 2020 12:00 PM (AEDT)

**Register now at [esafety.gov.au/sid/families](http://esafety.gov.au/sid/families)**



 **eSafety Commissioner**

[esafety.gov.au/sid](http://esafety.gov.au/sid)

MON

TUE

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THU

FRI

# every learner every day

## ABSENCES ADD UP!



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MISSING MORE  
THAN

=

**1**YEAR OF  
LEARNING IN**12**

YEARS

## DID YOU KNOW

**1 IN 6**

PRIMARY STUDENTS ARE NOT  
ATTENDING SCHOOL REGULARLY!

## EACH DAY MISSED:

- ▶ Puts your child behind and makes it harder for them to catch up
- ▶ Can lead to lower achievement in reading, writing and numeracy
- ▶ Can lead to gaps in learning and social connections

## WHAT PARENTS CAN DO



## GOOD HABITS BEGIN EARLY



Good attendance starts in Kindergarten and sets students up for success in their school life



## SCHOOLS ARE THERE TO HELP

If you're having attendance issues with your child, speak to your school about ways to address it.

every learner  
every day 





# ***Gilroy Catholic College***

***Open Evening for Enrolments  
Year 7 2021***

**Wednesday 19 February 2020**

- Tours from 4.00 pm
- Talk by the Principal 5.15 pm in the College Hall
- Tours will continue after the talk until 6.50 pm

**For Tour Bookings**

<https://www.gilroy.catholic.edu.au/Enrol-Now/Open-Days>

**or phone the College on 8853 8200.**

## ***Strive for Higher Things at Catherine McAuley Westmead***



**Enrolling now for 2021 - Applications close 27th March 2020**

**OPEN EVENING Wednesday 4th March 2020 4pm - 7pm**

**Catherine McAuley Westmead, 2 Darcy Rd, Westmead | [www.mcauley.nsw.edu.au](http://www.mcauley.nsw.edu.au)**



## ***School Volunteers at St Michael's***

In order to become a school volunteer at St Michael's Primary school, all parent / grandparent volunteers must complete a Diocese of Parramatta Child Protection Training Course and Undertaking.

These requirements can be accessed via the St Michael's website. (Please use the Internet explorer browser and not google chrome)

<http://www.stmichaelsbhills.catholic.edu.au>

Click on Enrol Now, go to Parent Involvement, click on Child Protection Course.

You will then be directed to the Catholic Education Office – Diocese of Parramatta website:

<http://childprotection.parra.catholic.edu.au/home>

### **Complete Steps 1 and 2**

- Step 1: Complete 'Building Child Safe Communities - Undertaking for Volunteers' Form
- Step 2: Complete the online training module

Once you have successfully completed the training, an email will be sent to yourself and St Michael's for our records.

These steps need to be completed every two years.

Teachers will sent home a note regarding volunteering in the classroom. All volunteers will receive a Classroom Volunteer Handbook from their child's teacher..

Unfortunately if you offer to assist and have not completed all the volunteer requirements, you will not be able to assist until the volunteer requirements have been completed.

All volunteers need to sign in at the school office.

## Welcome Kindy 2020 Families

Thank you to all the parents that came to the "Tears & Cheers" event last Friday. Here's hoping that all the tears have been shed and the children are excited to come to learn, grow and make friends.





# BEREAVEMENT SUPPORT PROGRAM

For men and women who grieve the death of their spouse or partner

Information session and overview of the Program

Thursday 6<sup>th</sup> February 2020

Time: 10am–11am



Followed By 7 Weekly Sessions

Thursday 13<sup>th</sup> February to 26<sup>th</sup> March 2020

Time: 10am – 12pm

This Program is aimed at those who are widowed, to further understand and come to terms with the many ways in which grief impacts on their lives.

An opportunity to ask questions, explore and learn more about the ways in which grief unfolds and how best to deal with the unsuspecting challenges and difficulties of the uncharted waters of this long and painful journey.

*When we are listened to with empathy, we are consoled in our grief,  
our loneliness is alleviated and connections are created amongst us.*

## Topics for each Session

**Session 1:** Physical Effects of Grief

**Session 5:** Tasks of Grieving

**Session 2:** Images and Frameworks for Grief

**Session 6:** Grief /Anxiety/Depression?

**Session 3:** Dealing with Intense Emotions

**Session 7:** Continuing Bonds and Closing Ritual

**Session 4:** Social Effects of Grief

BOOKINGS ESSENTIAL: **Contact**—St. Michael's Parish Office

or

Rita Chater—Solo Parent Services PH: 8843 2575

email: [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au)



## VENUE:

St. Michael's Catholic Church  
Downey Room  
1-3 Chapel Lane, Baulkham Hills

## DATE:

Intro and overview - Thursday 6<sup>th</sup> February 2020 - 10am - 11am  
Followed by 7 Thursday Sessions – 13<sup>th</sup> February - 26<sup>th</sup> March

## TIME:

10am - 12pm



I would love to invite your son/daughter to experience Motiv8sports at St Michael's this term.

For 18 years we have motiv8ted thousands of children across Sydney with our innov8tive approach to sport. Regardless of your child's athletic ability Motiv8sports caters to everyone.

Most importantly we are not looking to turn your child into the next sporting superstar. Motiv8sports is about developing your child's confidence, self-esteem and motiv8tion to achieve anything they put their mind to.

My team of amazing coaches would love the opportunity to Motiv8 your child every Tuesday on school grounds at St Michael's Baulkham Hills.

Parents can relax knowing that Motiv8sports coaches meet your child on school grounds, complete a roll call and provide complete supervision in a safe environment rain, hail or shine every Tuesday afternoon until 4.30 pm

Please email [hills@motiv8sports.com.au](mailto:hills@motiv8sports.com.au) for more information or even give me a call on my mobile (0447532824) if you have any questions.

I look forward to the opportunity to motiv8 the children of St Michael's once again in Term 1 2020.

Coach Xander

[https://motiv8sports.com.au/m8\\_event/term-1-st-michaels-baulkham-hills-8-week-after-school-sports-clinic-summer-slam-edition/](https://motiv8sports.com.au/m8_event/term-1-st-michaels-baulkham-hills-8-week-after-school-sports-clinic-summer-slam-edition/)



## PLAY NETBALL!

**Get active, play with friends and have fun!  
Join us for netball this year.**

Under 7\*, 8, 9s - Friday nights  
Under 10 - seniors - Saturday

**Registration now open!  
visit [stmichaelsnetballclub.asn.au](http://stmichaelsnetballclub.asn.au)**

Games played at BHSNA Kellyville Netball Complex  
Active kids vouchers accepted

\*Players must turn 7 in 2020 to play



## Play Rugby League or Girls Blues Tag for the Hills Hawks!

The Hills Hawks Junior Rugby League club are now registering male and female players for the 2020 season.

We are holding a **Come and Try clinic at Dural Park at 4.30pm on Thursday 6th Feb 2020 hosted by the NRL**. This is a great opportunity for kids aged 4+ to try some skills and for parents to find out more about The Hills Hawks.

Our Safe Play Code includes modified rules for each age range to help build skills and confidence.

This year the Hills Hawks will also be fielding a **Girls Blue Tag Team** for girls aged between 10-13 and Marvelous Minis; a fun, active introduction to team sports for kids aged 4 & 5.

For further information contact

[hawksrugbyleague@gmail.com](mailto:hawksrugbyleague@gmail.com)

or 0421 118 441

or check out our Facebook at

[www.facebook.com/hawksrugbyleague](https://www.facebook.com/hawksrugbyleague)



Play SOCCER In 2020

Register NOW!

Join **NORWEST FC**

'The Successful, Friendly Community Club'  
-Football, Friends, Fitness & Fun-

**Where: Homeground – Francesco Crescent Reserve BELLA VISTA**

- 3 – 5 year Cougar Cubs (12 week FREE Program-Register Interest by email [norwestfootball@gmail.com](mailto:norwestfootball@gmail.com))
- U6 – U11 Mini-Roos (Girls & Boys Welcome! – Girls only U9 and U11 teams available!)
- U12 – U17 Competition Teams (All Skill Levels– looking to form a U15 Girls team for 13-15 years)
- Youth League – 16 – 21-year-old Men
- All Age Ladies & All Age Mens Teams
- Over 35 Ladies & Over 35 and Over 45 Mens Teams



ALL JUNIORS RECEIVE A **FREE** TRAINING BALL

SPECIALIZED **FREE** SKILLS SESSIONS FOR ALL U6 – U12 PLAYERS  
BY FFA QUALIFIED COACH

SPECIALIZED **FREE** GOALKEEPING TRAINING

Go to [www.norwestfootballclub.com](http://www.norwestfootballclub.com)  
and follow the link to register or make an enquiry  
Check out our Facebook: [www.facebook.com/NorwestSoccerClub/](https://www.facebook.com/NorwestSoccerClub/)