

Baulkham Hills

St Michael's Primary School Newsletter

Thursday 18 March 2021 3-5 Chapel Lane. Term 1 Week 8

Issue 4

Tel: 9865 1600 Fax: 9865 1699 Email: stmichaelsbhills@parra.catholic.edu.au

From the Principal

Dear Parents

Fr Michael (Mick) O'Callaghan

On Wednesday 17 March a number of staff from the school attended the funeral of Father Michael O'Callaghan.

Fr Mick was born in April 1942 and was ordained to the priesthood in August 1976. Fr Mick was a priest for 45 years. He was the Parish Priest at St Michael's from February 2002 until February 2015.

He was much loved by his parishioners and the members of this community. Father Mick was a man of the people, who cared for his community and supported all of us at the school. He had a great sense of humour and the children who knew him as Parish Priest saw him as someone who cared about them and took the time to share his faith with them. Eternal rest grant unto him O Lord and let perpetual light shine upon him. May he rest in peace. Amen.



2022 Kindergarten Open Morning

Our remaining 2022 Kindergarten Open Mornings will take place on:

Tuesday 23 March 2021: 9.30 am - 10.45 am

Tuesday 27 April: 9.30 am - 10.45 am

If you know families who have children interested in coming to St Michael's in 2022, please invite them to come along to our Open Morning. Please call 9865 1600 for further details or to book in for an Open Morning.

Taking other children home

Parents should not offer to take another child home without the request of the child's parent. If a child seems confused waiting for their parents or not sure at the end of the day as to how they are going home, please send them to the school office.

Concerns regarding your child

A gentle reminder that should there be any concerns regarding your child, their wellbeing, behaviour, learning or the management of an incident at school, please direct your concern or request for a meeting to your child's teacher. Please contact the school via email or telephone. The names of teachers were included in the first Newsletter for 2021 and can be found on the website.

Should you need further clarification, please include the Leader of Learning in your request. If the matter is of a very serious nature, please include the Assistant Principal, Mrs Rosalie Knispel or the Principal, Mrs Danuta Maka. Thank you for your support.

Parent / Teacher / Student Conferences

Parent / Teacher / Student Conferences will be held in Term 2 Week 3. An online booking form will be sent home next term.

Reflection

Some time ago I came across two cartoon illustrations, the first of which depicted an appropriately robed gentleman in earnest discussion. One was saying to the others, "If we put our heads together and go about this the right way, we could end up with a best seller. Well, what about it, will you be in it? What about you Matthew? How about you, Mark? What do you think, Luke?"

The other illustration showed a traffic intersection where the traffic lights were out of order. Cars from all directions had nosed their way ahead until there was a complete jam; the end result was much hooting of horn and quite a few unnecessary words being exchanged. The caption for this illustration read, "If everyone gets their own way, then no one gets their own way."

I suppose the world around us gives us many examples of both the above situations. Firstly through sensible discussion and negotiation solutions to problems can be found and action plans put into operation. Secondly through senseless argument and mule-like self will, barriers arise, problems become complex and at best a stalemate follows or maybe even a "cold war."

Christ had a great number of opportunities to be argumentative but chose instead to defuse potentially volatile situations. Examples of this might be when the woman taken in adultery was about to be stoned to death; Christ invited any person who had never sinned to cast the first stone. Again when they questioned Christ as to whether they should pay taxes to an occupying force, Christ asked, "Whose head is on the coin of payment?" they answered, "Caesars." "Then give to Caesar what is Caesar's and give to God what is God's," was Christ's reply.

The Sacred Congregation for Catholic Education produced a wonderful book titled "The Catholic School" and paragraph 35 of this book says, "Christ is the foundation of the whole enterprise in a Catholic School. His revelation gives new meaning to life and helps people to direct their thoughts, actions and will according to the Gospel, making the beatitudes their norm on life."

Certainly, one of the principal aims of a Catholic School should be the creation, by staff and parents, of a climate conducive to the exercise of Gospel Values. Hopefully, in such a climate young people will "live" the meaning of love, truth, respect, care, justice, service and forgiveness.

May we value one another as important people in our lives.

Prayer

"Lord, please assist all members of our school community to 'put our heads together and make our school a best seller.'

Help us to understand that this school is in our hands as we are the people responsible for giving our school its life now.

May our contribution always be positive and reflect the important values of love, care and forgiveness. Amen."

Wishing you every blessing for the week ahead.

Danuta Maka



St Míchael's Prímary School

ENROLLING NOW KINDERGARTEN 2022

2022 Kindergarten Open Mornings

Tuesday 23 March

Tuesday 27 April

Commencing at 9.30 am, concluding 10.45 am



Learning for a brighter future



Our motto as a school community is 'Knowledge, Faith, and Love.' This represents the values of our vision and mission as a Catholic learning community.

All students have access to up-to-date resources, print and digital, including a range of mobile devices. This adds to the creation of engaging learning environments.

Over fifty-five well-qualified professional and support staff deliver quality teaching and learning programmes, meeting students' individual learning needs.

Open Morning Schedule

- Principal's welcome and overview of the school
- Question time
- Tour of the school





Bookings Essential

For further information please call us on **9865 1600**

stmichaelsbhills@parra.catholic.edu.au www.stmichaelsbhills.catholic.edu.au

Religious Education

Lenten Reflection on the Sunday Gospel, John 3:16 (March 14, 2021)

In this Sunday's Scripture passage it was made clear that the Father in Heaven loves us. We know this, but will we ever fully comprehend the depth of this? God the Father loves us with a profound and perfect love. It's a love that is deeper than anything else we could ever experience in life. His love is perfect.

The Father's love was made manifest by the gift of His Son Jesus. It is a tremendous act of love for the Father to give us His Son. The Son meant everything to the Father, as all sons do, and the gift of the Son to us means that the Father gives us everything. He gives His very life to us by sending Jesus down to walk among us.

Our response to such a gift is faith. We must believe in the transforming power of accepting the Son into our lives. We must see this gift as a gift that gives us all we need. We must accept the Son into our lives by believing in His mission and giving our lives to Him in return.

In receiving Him and giving our lives, we are saved. We will not perish in our sin. Instead, we will be given eternal life. The only path to salvation is through the Son. We must know, believe, accept and embrace this truth.

"For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life."

We pray:

Dear Father in Heaven,

We thank You for the perfect gift of Christ Jesus, Your Son. By giving Jesus to us, You give us Your very Heart and Soul. May we be open to You more fully and to the perfect gift of Jesus in my life.

We believe in You, our God. Please increase our faith and love. Jesus, We trust in You. Amen

Mrs Jennie Meniconi

Acting Religious Education Coordinator

Why teach kids to forgive?

Vengeance is a powerful emotion; the desire to hurt those who wrong us is a universal trait of human nature.

Conversely, children and adults who are able to let go of angry feelings when they've been wronged experience greater psychological well-being.

When kids are wronged and don't forgive, they remain "stuck" in the traumatic situation when they felt victimised. Every time they recall the hurtful event, they re-experience their stress response.

Children who learn to forgive also gain an edge academically, and the reason may be as simple as having more energy available to focus on constructive pursuits.

Read more ...

https://www.greatschools.org/gk/tag/forgiveness/

Social Skill Tips for Parents

Week 9: Mantra 1 - Stop! No! Go

- Stop! I don't like it when you _____ (name what you don't like)
- No! I asked you to stop _____
- If the behaviour continues: Go and tell the teacher on duty.

Week 10: Mantra 2 Public and private behaviour and language

 Public or Private? <u>Children need to be responsible for their</u> <u>language and actions.</u> Certain behaviour may be acceptable at home or in a private place that is not acceptable in the classroom or playground.

Term 2 Week 1: The Network Hand

• The 'Network Hand'. The children list five people, from various areas in their life that they trust and can go to if they need help. These people must be over 18 years of age.

Prayers

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



We ask this through Christ Our Lord, Amen.



This week at St Michael's, in support of our school's Wellbeing policy, we have been celebrating Harmony Week. At Monday's assembly some of our Year 2 students highlighted the importance of Harmony Week and how each one of us can contribute to making our world a better place.

Harmony Week is a time where we focus on how we are an inclusive nation, showing respect for all and celebrating our sense of belonging to Australia as an extended community.

In school, the children have been participating in class activities, where different nationalities and backgrounds are celebrated.

On Friday, we will be supporting the National Day of Action against bullying, where we will embrace ways in which we can treat people in a respectful, positive manner. Students will be given an orange ribbon to place on a friend as a symbol of their support. Orange is the colour used to represent Harmony Week as it is a symbol of communication and respect.

Further information about Harmony Week and how you can support from home can be found on:

Harmony Week: www.harmony.gov.au

National Day of Action Against Bullying:

https://bullyingnoway.gov.au/support-and-advice/for-families Thank you,

Calendar Dates

	Calendar Dates
	WEEK 9
Mon 22 Mar	School Assembly NSWCPS Swimming
Tue 23 Mar	2022 Kindergarten Open Morning 9.30 am
Wed 24 Mar	Diocesan Touch Trials
Fri 26 Mar	Mackillop AFL Trials
	WEEK 10
Mon 29 Mar	School Assembly
	NSWPSSA Swimming Kindergarten to Year 6 Stations of the Cross
Thu 1 Apr	NSWPSSA Swimming Holy Week School Liturgy 10.15 am Term 1 finishes 3.10 pm
	ter—Friday 2 April to Monday 4 April Holidays Friday 2 April to Sunday 18 April
	TERM 2 WEEK 1
Mon 19 Apr	Students and Staff return for Term 2
Mon 19 Apr Wed 21 Apr	Students and Staff return for Term 2 Diocesan Rugby Union Trials
Wed 21 Apr	Diocesan Rugby Union Trials
Wed 21 Apr	Diocesan Rugby Union Trials Mackillop Football Trials
Wed 21 Apr Fri 23 Apr	Diocesan Rugby Union Trials Mackillop Football Trials WEEK 2
Wed 21 Apr Fri 23 Apr Mon 26 Apr	Diocesan Rugby Union Trials Mackillop Football Trials WEEK 2 Staff Development Day Pupil free
Wed 21 Apr Fri 23 Apr Mon 26 Apr Tue 27 Apr	Diocesan Rugby Union Trials Mackillop Football Trials WEEK 2 Staff Development Day Pupil free 2022 Kindergarten Open Morning
Wed 21 Apr Fri 23 Apr Mon 26 Apr Tue 27 Apr Wed 28 Apr	Diocesan Rugby Union Trials Mackillop Football Trials WEEK 2 Staff Development Day Pupil free 2022 Kindergarten Open Morning Diocesan Softball
Wed 21 Apr Fri 23 Apr Mon 26 Apr Tue 27 Apr Wed 28 Apr Thu 29 Apr Fri 30 Apr	Diocesan Rugby Union Trials Mackillop Football Trials WEEK 2 Staff Development Day Pupil free 2022 Kindergarten Open Morning Diocesan Softball School Photos Mackillop Winter Trials WEEK 3
Wed 21 Apr Fri 23 Apr Mon 26 Apr Tue 27 Apr Wed 28 Apr Thu 29 Apr Fri 30 Apr Par	Diocesan Rugby Union Trials Mackillop Football Trials WEEK 2 Staff Development Day Pupil free 2022 Kindergarten Open Morning Diocesan Softball School Photos Mackillop Winter Trials
Wed 21 Apr Fri 23 Apr Mon 26 Apr Tue 27 Apr Wed 28 Apr Thu 29 Apr Fri 30 Apr Par Mon 2 May	Diocesan Rugby Union Trials Mackillop Football Trials WEEK 2 Staff Development Day Pupil free 2022 Kindergarten Open Morning Diocesan Softball School Photos Mackillop Winter Trials WEEK 3
Wed 21 Apr Fri 23 Apr Mon 26 Apr Tue 27 Apr Wed 28 Apr Thu 29 Apr Fri 30 Apr Par Mon 2 May Tue 4 May	Diocesan Rugby Union Trials Mackillop Football Trials WEEK 2 Staff Development Day Pupil free 2022 Kindergarten Open Morning Diocesan Softball School Photos Mackillop Winter Trials WEEK 3 rent / Teacher / Student Conferences
Wed 21 Apr Fri 23 Apr Mon 26 Apr Tue 27 Apr Wed 28 Apr Thu 29 Apr Fri 30 Apr Par Mon 2 May	Diocesan Rugby Union Trials Mackillop Football Trials WEEK 2 Staff Development Day Pupil free 2022 Kindergarten Open Morning Diocesan Softball School Photos Mackillop Winter Trials WEEK 3 reent / Teacher / Student Conferences Winter Uniform

2021 School Terms

Term 1—Wednesday, 27 January to Thursday, 1 April

Term 2—Monday, 19 April to Friday, 25 June

Staff Development Day: Monday 26 April

Term 3—Monday, 12 July to Friday, 17 September

Term 4—Tuesday, 5 October to Friday, 17 December* *Students finish on Wednesday, 15 December

Staff Development Days:

Thursday, 16 December and Friday, 17 December

Staff Development Day Monday 26 Apríl

Our staff will be undertaking a Religious Education professional learning day on Monday 26 April (Term 2 Week 2).

The school will be closed and no supervision will be provided. Please make alternative care arrangements for your child/ren on this day.

Changeover into Winter Uniform Monday 10 May 2021

Children may continue to wear their summer uniform for the first three weeks of Term 2 but if the weather turns cold before Monday 10 May, children may wear their winter uniform. Children must either wear their full summer uniform or full winter uniform on these hot or cold days until 10 May.

From Monday 10 May all children are expected to wear their full winter uniform.

Please label all items clearly, especially hats and jackets. Children are responsible for their own belongings.

Lost property is placed in a tub outside the Mercy Room, near the canteen.

Orders for Winter Uniform

All winter uniforms are now available on the QKR app.

Please place your orders now to make sure you avoid disappointment and your child has a uniform for Term 2. (*Winter uniforms commence on Monday 10 May.*)

Please note: We are happy to exchange if sizes are incorrect. Keep originals tags and packaging on the item.

All exchanges need to be emailed to elle@ozfashions.com.au

Thank you and kind regards

Elle, OzFashions Uniforms

Parísh car park

We have had recent reports of the same car trying to turn right into the carpark after 8.15 am and it has been blocking traffic.

Please remember that there is No right turn into the car park between 8.15 am and 8.45 am.

Thank you for your support.

School fees

School Fees Account Statements have been issued and are now due. If you have not received your School fee Statement please contact the school for a copy.

Thank you to our families who have made their payment or are meeting weekly, fortnightly or monthly payment arrangements. If you are experiencing financial difficulties please contact Adriana Grima on 9865-1600. All conversations are strictly confidential.

Sport-Mr Steve Kovelis

Hills Zone Swimming Carnival

Congratulations.

Congratulations to all 36 students who attended the Hills Zone swimming carnival.

Thank you to the parents for their cooperation and understanding in the need to make changes to the carnival under COVID- 19 protocols.

Well done in particular to the 10 competitors who placed in the top four in their event/s and have progressed to the Diocesan Swimming Carnival this week.

Wiliam Ison amazingly finished the carnival with four 1st places and 2nd's and was also awarded age champion for the 11 year boys.

William was also interviewed on the day and quoted in an article written in CEDP news.

https://www.parra.catholic.edu.au/News-and-Events/Latest-News/2021/03/01/22/59/Back-in-the-swim? fbclid=IwAR0glocF6H4kTxkQQhuhFzOz3n8mMuvc7c65IBA7SHPxNPsQKTLwiVH1Mhc

Well done to those students who have been representing St Michael's in the past few weeks at Parramatta representative trials. To date five students have been selected in Parramatta teams for their selected sports.

Jackson Ward (Football) Lucas Daher (Football)

Ashton Crawford (AFL) Mitchell Salonga (AFL) Cian Jean- Baptiste (Basketball)

Cross Country

What a magnificent day. I would like to start by saying how proud I am. Not just of those who won or placed in their races but to everyone who completed the distance. That in itself is a massive achievement that many (adults included) could/ would not do. Running isn't about winning it's about finishing.

We are still waiting on confirmation of the number of students who qualify for the Diocesan Carnival next term.

I would like to congratulate our Age Champions:

Age Champions

	Boys	Girls
Under 12	Jackson Ward	Madeline Nolan, Isabelle Hughes
Under 11	Tay Ormandy	Emelia Muccino
Under 10	Luke Hoddinett	Ella Catford
Under 9	James Muccino	Chloe Harkin
Under 8	William Marley-Wallace	Livia Muccino
Under 7	Michael Estephan	Jana Bastalic

House Points

Claire	657	1st
Quinn Total	631	2nd
McCauley	571	3rd
Mercedes Total	461	4th

Awards

Bronze Awards



Silver Awards

Week 3Week 4Michael 2ADeclaritAshleigh 6BEvie 2AJoshua 6BRAustin 3CharlizeJames 4

Declan 1C Evie 2A Austin 3GC Charlize 3O James 4F Niamh 4F Hugo 4F Sophia 4F Jacob 6M Fabian 6M

Week 5
Arienne 1W
Oliver 2F William 2F
Chris 2F Archer 4DF
Maddison 6K
Daniel 6K
Midhushan 6K Jason 6M Savannah 6M

Week 6 Evie 2A Isaac 2A Josh 2A Lila 5F Alexander 5F Kaidyn 5M Spencer 6BR Week 7 Gabrielle 2F Brian 2J Chloe 2J Ivy 4F Joshua 4DF Blake 4DF Marco 5F Ella 5F Patrick 5F BJ 5F Morgan 5M

Niamh 3O Week 5

Week 4

William 2F Olivia 3D Niamh 4F April 4DF Emma 4L Isabelle 4L Jacob 6M Fabian 6M Elleese 6M





The Big Veggie Crunch

On Thursday St Michael's participated in the Big Veggie Crunch with over 32,000 students across NSW to crunch on a variety of vegetables.

Some students munched on the tasty classics such as carrots, cucumber and capsicum. Others were more adventurous with home grown purple carrots and mushrooms.

The Big Veggie Crunch was a great way for our students to learn the importance of having their 5 serves of vegetables each day and to be exposed to a variety of different vegetables.

Miss Maree Anderson



Star corner

Congratulations to Caellan V (2J) on his back to back victory this year.

He was awarded a Silver Medal at the NSW Karate National All Styles

Male Kata 8 to 9 years old Division held last 27 February and on 13 March he competed among other strong karateka in Forms and was awarded the Gold Medal.

Caellan is the 2021 NSW Karate State Champion in Male Kata U10 Division. Well done Caellan!







News from 3AO–Miss Annie Owusu

The jump from Year 2 to Year 3 is a big one, but this has not phased the students in 3AO having approached the year with a positive growth mindset. Here are what some of the students had to say about their experiences in Year 3 so far.

What w	e have enjoy	ed in 3AO sc	o far
In year 3 lhave enjoyed doing science because I get to use e quipm ent like chromebooks	In year 3 I have enjoyed having fabulous and a mazing friends because they are Special to me Annalise	In year3 thave enjoyed the chromebooks because we learn new stuff Josh.s.	enjoyed cross county because I got to
In year 3 thave en Jo yed the land scape art because 1gotto make losal different Patterns Elizo	In year 3 I have enjoyed art because it helps me improve my art Skills. James	In year 3 I have enjoyed band because the band makes lots of beautiful music and Llove music. Lucos In year 31 have Mia enjoyed playing with my bff's and doing art because it's fam.	In Year 3 1 have enjoyed playing with my Friends because we play nicely Campbell In year 3 I enjoyed having friends in my class because they are nice. Eddy
In year3 I have enjoyed getting our own chrome book because we get to type. Alicia In year 31 have enjoyed Art because it is very fun	Harry In year 3 Thave enjoyed Geography because 1 like Tearning about the world that is interesting In year 3 I have	Sophia	Viktoria In Year 3 Ihave enjoyed Art because I really enjoy doing a fun activity like painting or drawing
Lily In year 3I have enjoyed Religion because I rearn stories from the Bible	enjoyed science In year 3 I have enjoyed Art because we get to do drawing and painting and having pancakes because we get to get something sweet and we get to get something nice - Mila	I have enjoyed playing with my kind wonderful friends because they play with me ever y day. Jonny H	Isabelle In year 3 I have enjoyed science because you learn lots of new things about the sun and moon. Marigh In year three I have enjoyed playing with because friends me smile hey make
In rear 3 1 have enjoyed Art because it is fun and great.	In year 3 I have enjoyed Maths because it is challenging and its fun and I Learn new things.	In Year BI enjoyed Persuasive texts because It was the best thing we have done in Year 3 Matt	In year 3 / have enjoyed all the new learning because I want to be ascientist.
Josh.W	Sienna D	In year 3, I have enjoyed making new friends.	by cruz





Next week Mini Vinnies will be holding two movie lunches to raise money for Project Compassion.

So far our students have raised just over \$500 for Caritas' Project Compassion just by putting it into their classroom or the canteen boxes. With this fundraiser we hope to gather a little more to support those overseas who are less fortunate.

Students are invited to come to the Hall on Wednesday the 24th and Thursday 25th at Lunch to watch a G rated movie, eat their lunch and enjoy time with their friends.

Students will need to bring a gold coin donation for each session.









Calendar of Events 2021

Term One	29 Jan - 1 April

Term Two	19 April - 25 June
Mother's Day Gift Stall (online)	Friday 30th April Gifts handed out
P&F meeting	Wednesday 5th May
Mufti Day - "Be Yourself"	Friday 25th June

Term Three	12 July - 17 Sept
Father's Day Gift Stall (online)	Friday 27th August Gifts handed out
P&F meeting	Wednesday 1st Sept
Jersey Day	Friday 3rd Sept

Term Four	5 Oct - 15 Dec
Crazy Hair and Sock Day	Friday 3rd Dec
P&F meeting	Wednesday 8th Dec



care, advocacy, research, education

OUR EMERGENCY DEPARTMENT HAS MOVED

The Children's Hospital at Westmead's Emergency Department has moved to the Westmead Health Precinct's newest building.

When travelling down Hawkesbury Road, turn left when you see the Children's Emergency sign. It is also just a 250m walk up Hawkesbury Road from our main entry. You can also access the Emergency Department from inside the Hospital.

Parking is available underneath the building, as well as a 15 minute drop-off and pick-up zone, located outside the front doors.

Westmead Hospital CASB main entry Children's

The Children's Hospital at Westmead

10



Walking route from our current Hospital to the new building.



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Health Precinct

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Did you know that your school is involved in Vegetable Week & The Big Vegie Crunch?

It's a no-cost school-based health promotion event that encourages kids to eat more vegetables. The event is funded by NSW Health. Read on for ideas on how you can encourage your family to eat more vegetables... and a greater variety of them!

FAMILY FAVOURITE RECIPES

If you want your family to eat more vegetables, you need to keep putting them on the table.

512

Make it the norm in your house that vegetables are included at most meals and snacks.

Some simple tips

Add extra vegetables to your regular family dishes. Many of your family's favourite meals are going to be super-easy to include more vegetables into. Think pasta sauces, curries, stir-fries, burgers, fajitas and pizzas.

Use frozen and canned vegetables if cost, availability and/or time are an issue.

Put a plate of cut up veg out and ready to go for those pre-dinner hungry hands! You can even add smashed avocado or a legume dip (e.g. hommus) to jazz it up!

Include vegetables in your family's after school and weekend snack options. Try:

- toasties/jaffles with baked beans, tomato, avocado, mushrooms and/or spinach
- vegetable fritters, slices or muffins
- vegetable soup
- mini vegetable pizzas
- san choy bao or lettuce cup tacos

Need some recipe inspiration?

Check out our tried and true heavy-on-the-veg recipes via the Vegetable Week & The Big Vegie Crunch websitewww.healthy-kids.com.au/teachers/vegetable-weekthe-big-vegie-crunch/.

LUNCH BOX LEGENDS

You can encourage your kids to eat more vegetables over the whole day by including them in lots of different ways in lunchboxes.

Crunch&Sip® (or your schools fruit, vegetable and water break) is a perfect opportunity to up

the veg! Options to try include: vegetable sticks such as celery, capsicum, carrot and cucumber; cold cooked vegetables such as corn cobs, small potatoes or leftover dinner vegetables; canned legumes (e.g. butter beans, cannellini beans or edamame beans); frozen vegetable pieces in a container (e.g. peas, corn and carrot mixes); or even whole raw vegetables such as carrots, cherry tomatoes, beans, and mushrooms.

Why not try cooking some vegie-ful baked

goodies for recess or morning tea? Think pumpkin scones, zucchini slice, pea fritters or corn muffins. Many of these options can be cooked in bulk, frozen and then put straight into the lunchbox from the freezer. For recipe ideas head to the Vegetable Week & The Big Vegie Crunch website.

Serving sandwiches, wraps or rolls for lunch?

You can add the usual suspects like lettuce, tomato and cucumber but why not try branching out with something more likely to get the kids excited about veg:

- Use avocado or hommus as a spread
- Add a rainbow of shredded vegetables, e.g. grated carrot, grated beetroot, thinly sliced capsicum, and a variety of sprouts
- Use mashed cooked pumpkin or sweet potato somewhere in the middle of the fillings
- Cut up crunchy vegetables into small bits to add texture to creamy fillings like tuna/egg/chicken and mayonnaise. Try celery, capsicum, green beans and corn kernels

In partnership with







HOW MUCH DOES YOUR FAMILY NEED?

Did you know: only about 6% of Australian children and 7% of adults eat enough vegetables?

How do you know if your family is eating enough? If your family eats vegetables at most meals and snacks then you are doing well. Check the recommendations for each family member below for more detailed amounts.



SO HOW DO YOU ENCOURAGE YOUR FAMILY TO EAT MORE VEG?

Be a role model. All the adults in the house have an impact on what the kids eat. So eat lots of different types of vegetables in lots of different colours – and enjoy them!

Talk up the experience. When you and your kids are eating vegetables, talk about the bright colours, the varying tastes and textures of vegetables and how people feel after eating vegetables.

Avoid telling your kids to eat veg because they are healthy. Kids live in the moment! How they feel right now means more to them than long term health outcomes. **Keep putting them out there.** If you avoid putting vegies in your kids' meals and snacks or hiding them so they don't know, they won't learn to eat them. Be patient, the more you offer them, the more likely they'll try them eventually.

Make it easy and available...especially when they are hungry!

Use the Up the Veg poster to encourage your family to eat a wider variety of vegetables. You can find it via the Vegetable Week & The Big Vegie Crunch website - <u>www.healthy-kids.com.au/teachers/vegetable-</u> week-the-big-vegie-crunch/.

Be rewarding! Give positive feedback to your kids for trying new vegetables. Steer clear of using threats or food rewards. The best rewards are descriptive praise, affection and your time!

Stepping Beyond Support Group for Separated / Divorced Adults



Living through a separation or divorce can be an overwhelming experience. Not only are the hopes and dreams for your future shattered, but this experience accompanies isolation, loneliness, challenges supporting or caring for your children, and sometimes difficulty communicating with your spouse or partner over legal matters.

Stepping Beyond Monthly Support Group is a safe environment to explore these issues. Together with trained facilitators, each month members explore their challenges and celebrate their achievements on their journey.

Due to Ongoing Covid concerns, this group will be held in person or via Zoom meetings, depending on restrictions. To join or be part of this group, registration is essential, please



contact Rita on details below.

DATE: Last Tuesday of each Month (Feb –Nov)TIME: 7.00pm – 9.00pmFEE: Donation

For Further information and registration, please call Rita on 8843 2500 or email <u>soloparentservices@ccss.org.au</u>

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 \$349 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 \$194 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 \$349 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 \$349 and 2 demerit points

3 Columbia Court, Baulkham Hills NSW 2153 PO Box 7064, Baulkham Hills BC 2153 Phone 02 9843 0555 Email council@thehills.nsw.gov.au Facsimile 02 9843 0409 www.thehills.nsw.gov.au



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 \$194 and 2 demerit points
NO STOPPING	NO STOPPING Under no cicumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.	Penalty from \$349 and 2 demerit points
BUS ZONE	BUS ZONE You must not stop your vehicle in the indicated zone unless you are driving a public bus.	Penalty from \$349 and 2 demerit points

Double parking	\$349 & 2 demerit points
Stop on path or nature strip	\$349 & 2 demerit points
Stop on / near marked pedestrian/children's crossing	\$464 & 2 demerit points
Approach children's crossing too quickly to stop safely	\$581 & 4 demerit points
Illegal U turns	\$464 & 4 demerit points
Stop across driveway	\$349 & 2 demerit points
Drive using a hand held mobile phone	\$464 & 5 demerit points
Parallel park close to (within 3 metres) double centre line	\$349 & 2 demerit points

FINES CURRENT AS OF JULY 2020 For a complete list of school zones offences visit www.rms.nsw.gov.au



School fees

A friendly reminder to our families that Term 1, 2021 School Fees are now due.

Should you wish to discuss a payment arrangement please contact our Finance Officer Adriana Grima on 02 9865 1600.





FREE ENTRY (timed) Activities 9 am to 3 pm LOCATION Parliament of New South Wales 6 Macquarie Street Opposite Martin Place The public café will be open.



@parliament.nsw.gov.ai

This Newsletter is available for viewing on our website: www.stmichaelsbhills.parra.catholic.edu.au