



St Michael's Primary School Newsletter

Term 1 Week 2: Friday 4 February 2022



Message from the Principal

Dear Parents/ Caregivers

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 look forward to a great year of friendship and learning.

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.

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 fulfill 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.

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.

Kindergarten dismissal

A google form will be sent home to our Kindergarten families today. Should you need to make any changes in the coming weeks, please email the school office at stmichaelsbhills@parra.catholic.edu.au

Dismissal times next week and up to the end of Term 1

Commencing on Monday 7 February 2022, Kindergarten parents may collect their children from parent pick up, which is the top playground outside the office at 2.50 pm. If your child has a sibling (brother / sister) in another grade they may also come to the parent pick up area.

Parent pick up from Monday 7 February

Kindergarten and siblings - 2.50 pm

Year 1 and siblings - 3.00 pm

The rest of the school will be dismissed at the normal finishing time at 3.10 pm.

So that we are able to maintain social distancing we ask that parents please leave our grounds as soon as possible.

Slow & Go in the Church car park commences at 3.20 pm. Please have your number on display. Numbers for this car line may be obtained from the school office.

Parent Meet and Greet

Due to the COVID restrictions which prohibit us having parents on site, our usual Meet and Greet will not be a face-to-face meeting. The teachers on each grade will hold a zoom meeting in Week 4. Further information and the link will be sent out shortly.

St Michael's Parish

Parish Priest: Fr Wim Hoekstra

Assistant Priests: Fr Jessie Balorio

2022 Staff of St Michael's

Principal: Mrs Danuta Maka

Assistant Principal:

Mrs Rosalie Knispel

Religious Education Coordinator:

Mr David Ison

Grade Support Coordinators:

Kindergarten:

Mrs Danuta Maka

Mrs Rosalie Knispel

Year 1: Mrs Berenice Gerometta

Year 2: Mrs Natalie Sloan

Year 3: Miss Carla De Chellis

Year 4: Mrs Natasha Petrenas

Year 5: Mrs Danielle Fleming

Year 6: Mr David Ison

Librarian: Mrs Danielle Fleming

PDHPE: Mr Steve Kovelis

Mrs Gemma Rooney

Music: Mrs Lyndall Parker

Support Services: Mrs Rania Abraham

Mrs Sue Ellen Adler

Mrs Mary Anne Parsons

Mrs Marise Siountris

Mrs Wendy Yu

Reading Recovery and Literacy Support:

Mrs Berenice Gerometta

Mrs Bronwen Wahab

Teacher's Aides: Mrs Marina Grainger

Mrs Narelle Harding

Mrs Jenny Holliday

Mrs Davina Kustreba

Mrs Melanie Mostyn

Mrs Fiona Wilkins

Finance: Mrs Adriana Grima

Administration: Mrs Veronica Isaac

Mrs Janelle Reid

Mrs Anna Crowther

Mrs Kylie Ross

Library Assistant: Mrs Marianne Seny

Groundsman: Mr Frank Pagano

ICT Trainee: Mr Nathan White

Class room teachers:

KTW Blue:

Mrs Natalie Tierney

Mrs Abegail Woolford

KvG Green:

Mrs Louise van Gend

KR Red:

Mrs Therese Restuccia

KIH Yellow:

Mrs Natalie Irvine-Hendry

1C Blue:

Mrs Philippa Cox

1O Green:

Miss Courtney Orman

1M Red:

Miss Brooke McDonald

2F Blue:

Miss Laura Flannery

2J Green:

Mrs Brigitte Joseph

2S Red:

Mrs Natalie Sloan

2A Yellow:

Miss Maree Anderson

3MO Blue:

Mrs Marie Orehek

3D Green:

Miss Carla De Chellis

3AO Red:

Miss Annie Owusu

3GC Yellow:

Miss Marian Craven

Mrs Maureen Gleeson

4P Blue:

Mrs Natasha Petrenas

4I Green:

Mr David Ison

4F Red:

Mrs Amanda Feil

4H Yellow

Mrs Rachael Hakim

5CM Blue:

Miss Caitlin Mitchell

5OD Green:

Mrs Julie Day

Mrs Rosa Oliveri

5FD Red:

Mr George Francis

Mrs Julie Day

5M Yellow:

Mrs Noella Michie

6K Blue:

Mr Vaughan Knight

6B Green:

Mr Andrew Baker

6H Red:

Miss Claire Henman

6L Yellow:

Mrs Candice Lazaroo

Teacher Release:

Mrs Ros Brighton

Mrs Kath Downie

Mrs Laura Piali

Learning

If your child tests positive to COVID or is in isolation for seven days because a member of the family has tested positive, the school will support your child's learning through Google Classroom for Years 3-6 and Seesaw for Kindergarten to Year 2.

Children in isolation will have access to the learning resources provided by Catholic Education Diocese of Parramatta which is specific to each grade. [Please click here for the link.](#)

During this period of isolation, we also encourage our children to read on a daily basis (if a non-reader, mum and dad read to them), keep a journal of what they are doing, what they are interested in, write letters to other members of the family - anything that provides them with the opportunity to practise their creative writing or non-fiction writing.

Welcoming Liturgy and Induction of our Student Leaders

Unfortunately COVID restrictions still remain in place for the number of people we can have in the Church, and also the mixing of cohorts of grades together therefore there will be no opening Liturgy for the whole school.

Fr Wim will be celebrating Mass for our student leaders on Monday 14 February at 10.15 am. Our Year 6 Student Leaders will be inducted into their role. All of our Year 6 students will be in attendance. The parents of our 20 student leaders are invited to attend the Mass.

Student Leadership Positions 2022

Congratulations to the following students on their leadership positions this year. They will be presented with their badges at Mass on Monday 14 February at 10.15 am. We wish them every success as they strive to be great role models to other students and fulfill their leadership responsibilities this year.

School Captain

Leon Cooray
Amelia Newman

Vice Captains

Keira Metierre
Cameron Mostyn

Colour House Captains

Mercedes (Blue)

Jacob Agnas, Audrey Agudo

McAuley (Gold)

Eva van Ross, Oliver Wahab

Quinn (Green)

Joseph Naim, Lily Tait

Clare (Red)

Riley Gatt, Keira Potuzanski

Community Leaders

Daphne Donald
Lila Haddin
Netanya Fernando
Sophie Lynch
Patrick Pinidhasen
Emily Sayers
Tierie Stevens
Elliott Thomas

P&F Committee 2022

The P&F Committee from 2021 have graciously offered to remain on the committee for 2022:

Nicole Gyde-Parslow, Anine Head, Amanda Mazarello, Alison Michaels, Emma Sharp, Karen Yates

This generous group of people have already met and have some plans in place for how they can play an active role in our community at St Michael's. The main role of the P&F is not fundraising, it is community building. Without the P&F we wouldn't have a group that provides opportunities for parents to network and make our school such a special place.

We look forward to members of our school community stepping up and supporting our P&F committee.

The activities that the P&F support are vital to every child's experience of community during their time at primary school.

Teachers out of class

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

Mrs Danielle Fleming Mr Vaughan Knight Mrs Marie Orehek

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.

School uniform

All of our students from Year 2-6 have received their school diary. Please note the diary includes a copy of our school uniform policy. We ask parents to sign the diary showing their support for our school uniform policy.

We are trying to encourage all of our children to be proud of being part of St Michael's and to wear their uniform with pride.

Prayer

"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.

Danuta Maka

Enrolling now for Kindergarten 2023

Phone 9865 1600

Email: stmichaelsbhills@parra.catholic.edu.au

OPEN MORNINGS

Open mornings will take place on the dates below, however, they will be dependent on whether there are further restrictions or whether the current restrictions are lifted so that we can allow parents onto the school site.

We look forward to meeting new prospective families for the 2023 year.

Tuesday 1 March: 9.30 am to 11.00 am

Thursday 10 March: 9.30 am to 11.00 am

Tuesday 22 March: 9.30 am to 11.00 am

Thursday 31 March: 9.30 am to 11.00 am

Please contact the school on 9865 1600 to organise an appointment to tour the school. *(Please note that the school will abide by all Public Health Orders for the conduct of Open Mornings.)*

Stop and Drop Volunteers Needed

Thank you very much to all our volunteers who have volunteered for this year, however we still need to recruit some new volunteers to ensure Stop and Drop continues in 2022.

All it requires is half an hour, one morning, once a month, so if you have ever thought you would like to volunteer now is the time!

Please contact Mrs Liz Kalal at lizkalal@gmail.com



2022 School Terms

Term 1 - Friday 28 January to Friday 8 April

Term 2 - Tuesday 26 April to Friday 1 July

Friday 1 July - Staff Development Day

Term 3 - Monday 18 July to Friday 23 September

Term 4 - Monday 10 October - Tuesday 20 December

Monday 19 December & Tuesday 20 December -

Staff Development Days

School Fees

2022 School Fee Statements will be issued via mail by the CEDP within the next couple weeks.

Should you have overdue 2021 fees we ask that you finalise your account immediately or contact Mrs Adriana Grima on 02 9865 1600 to discuss the matter.

COVID-19 Back to School safety

When we receive the next two weeks supply of Rapid Antigen Testing (RAT) kits next week we will send them home with your child/children.

A reminder that if your child tests positive to COVID-19, it's important both to let the school know as soon as possible and to notify NSW Health through the Service NSW app.

Looking out for COVID-19 symptoms

For safety, schools will also be monitoring students' health and asking families to collect students who display COVID-19 symptoms. If they display any symptoms they should take a PCR test (nose and throat swab) or rapid antigen test (RAT). If the PCR or RAT is negative but symptoms continue, your child should stay home and take another RAT or PCR test in 24 hours. If that test is also negative, your child may return to school if another diagnosis is confirmed (eg. hay fever etc). A medical certificate is required for this.

Please note that if there is a case of COVID-19 in your child's class, year or other grouping, your child can continue to attend school if they have no symptoms in line with NSW Health advice.

What if someone at home has COVID-19?

If there is a case of COVID-19 in your household, it's important that all family members follow the close contact rules and self-isolate for seven days. Please let the school know of the absence and when it is expected they will return. If your child needs additional learning support during this time, please contact the school office via email

stmichaelsbhills@parra.catholic.edu.au

Thank you for your support.

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 to learn.

Week 4: S from RESPECT

- Strive to be the best you can be.

Prayers

Please keep in your prayers Mrs Hakim and her family on the passing of her mother recently.

Please keep in your prayers Mrs Adler and her family on the recent passing of her father.

Please keep in your prayers Mrs Wahab and her family on the recent passing of her father.

Please keep in your prayers Mrs Gerometta and her family on the passing of her uncle.

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

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

We ask this through Christ Our Lord, Amen.



Nutrition Snippet

HOW TO PACK A HEALTHY LUNCH BOX



Starting 'big' school is a huge deal even for parents as it may be the first time packing a lunch box.

Learn how to pack a healthy lunch box [here](https://healthy lunchbox.com.au)

healthy lunchbox.com.au



Cancer Council
Healthy Lunch Box

Reconciliation 2022 - St Michael's Church

Parents are invited to register their children who are 7 to 8 years or older (children must be 7.5 years before the celebration) for Reconciliation from Sunday 30 January to Sunday 13 February using the GOOGLE FORM.

Parents' information evening at St Michael's will be held on Monday 14 and Tuesday 15 February at 7.30 pm in the church, parents will only need to attend either evening. All registrations will need to be completed prior to attending the information evening.

The Workbooks for Reconciliation will be available from the Parish Office or through the schools, date to be advised, and you will have four weeks to complete the workbook with your children. Please do not do the whole book at once!

Parental Guidance for the Sacrament program. Each week of the program, a PDF of Parent Guidance Notes will be provided via email. These notes are for parent use, outlining briefly, what is expected each week.

Towards the end of the fourth week, there will be a ZOOM meeting which you can register in order to ask some questions or seek clarification on any matters.

The Sacrament of Reconciliation will be celebrated on Wednesday 23 and Thursday 24 March, times to be advised. This is dependent on COVID-19 restrictions and the number of candidates registered for the sacrament.

RECONCILIATION - St Michael's Church

Key dates:

Registration week online: 30 January – 13 February

Reconciliation Sessions:

- **Week 1** - 21 February
- **Week 2** - 28 February
- **Week 3** - 07 March
- **Week 4** - 14 March

Celebration of the Sacrament: Afternoon Wednesday 23 and Thursday 24 March 2022.

If you have any questions or concerns, please speak with Father Wim or contact your Parish Office for further information or Email: sacspobh@gmail.com

Registration URL link: <https://forms.gle/LHYr6K46qzumSyjEA>

Healthy canteens

Families are encouraged to order their child's lunch online through Flexischools. This will make for a convenient, contactless and cash free transaction.

Please click on this [link](#) to see how to order online via Flexischools.

If a family does need to pay with cash, we encourage you to place the cash in an envelope or lunch order bag from home and write your child's class, name and order details. Your child will be able to drop it into the canteen express drop box at the counter. This will reduce the contact at the canteen, especially as the school tries to limit the amount of parents onsite.

Please note that we are unable to process refunds if you select the incorrect day. We have added an alert on the Flexischools app that reminds parents to check that they are ordering lunch for the day that their child will be attending school.

If you have late or changed orders or need to follow up any instances of items not received please contact Healthy Canteen on 9678 9242. Healthy Canteens will contact the canteen outside of their busiest periods and still ensure all necessary changes are made.

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 2022

- 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 2021, please change the category to Year 2 for 2022.
- 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.

Please also call the school office prior to your arrival so that your child can meet in you in the office when you arrive. This way you are able to leave quickly.

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 child around Recess or Lunch, we suggest you organise to pick up your child 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 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. The office does not provide spare hats to children who have forgotten their hats. This is for hygiene reasons.

School Assemblies

Unfortunately, at the moment due to COVID it is not possible to have parents 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 (Gate 3) 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 Stop & Drop 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)

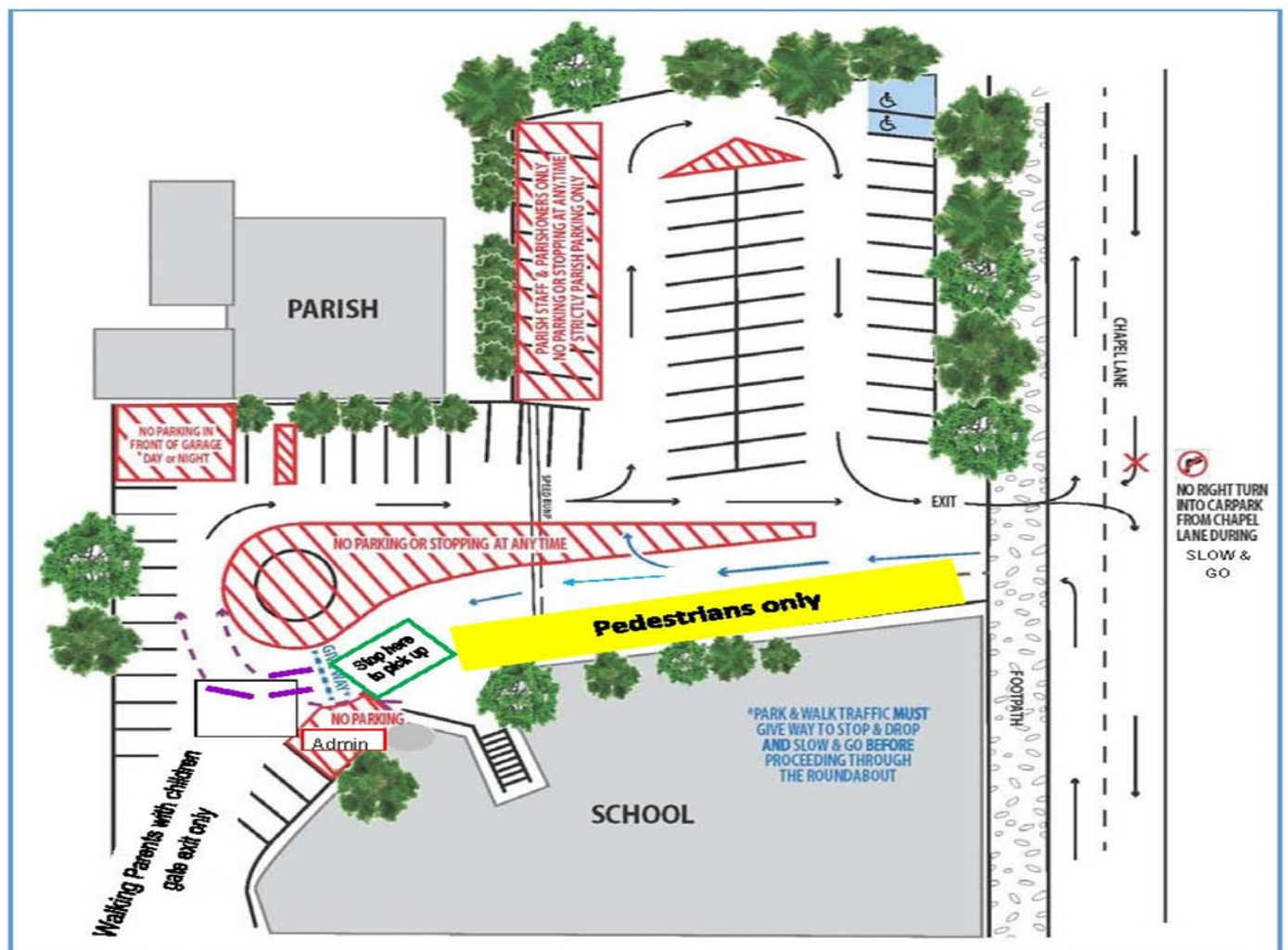
A 'Slow & Go' system operates in the afternoons for the safe and easy pickup of children. Parents are required to have a Slow & Go number. The Slow & Go number is provided by the school at the beginning of the school year. Please contact the school office if you would like a Slow & Go number.

'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 into Gate 2 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 near Gate 3 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 buses 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.



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, Toblerone |
| 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
- Fruit based muesli bars and snack bars – without nuts
- Yoghurt – without nut 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.

MOTIV8SPORTS: TERM 1 2022 AFTER SCHOOL SPORTS CLINIC

at St Michael's Baulkham Hills on Tuesday afternoons.

STARTS - WEEK 4 TUESDAY 15 FEBRUARY - KINDERGARTEN TO YEAR 6

8 weeks of AWESOME and you can use your \$100 ACTIVE KIDS VOUCHERS

Our event is designed to motivate, encourage, build resilience and inspire children to do their best! Nothing compares to a Motiv8sports event and participants will take part in our own awesome array of non-contact sports including: Super Soccer, Flagball, Big Dog Cricket, Ultimate League, Vortex Gridiron, Bazooka Ball, East vs West FACEOFF and other crazy water challenges (in hotter months)!

[Click on this link](#) to VISIT our website below for more information and to secure your spot.



TAKE ADVANTAGE OF YOUR 2022 \$100 ACTIVE KIDS VOUCHERS

Book now to use your voucher or call Coach Josh on 0425 623 455 for instructions.

MOTIV8SPORTS IS INCLUSIVE and caters to all ability levels. Our 8-week program is extremely affordable and allows students who might not participate in weekend sport the opportunity to be part of a team.

To save confusion amongst parents and students this event would go ahead rain, hail or shine. In the event of rain children would be supervised in a classroom or undercover area participating in fun modified activities. At the conclusion of the 90 minute Sports Clinic parents would collect their children from an area agreed upon by the school.

Coach Josh, 0425 623 455

IS YOUR CHILD INTERESTED IN NETBALL?



Get active, have fun with your friends and learn the basic skills for netball.

St Michael's Netball Club is running a 6 week program for 5 and 6 year old boys and girls

PLEASE COMPLETE AN EXPRESSION OF INTEREST FOR THIS EVENT

FEBRUARY 2022

FURTHER DETAILS PROVIDED EARLY 2022

EACH REGISTRATION RECEIVES A NETSETGO PACK OF GOODIES

Contact Catherine
coaching.stmichaelsnet@gmail.com
for any further information



MINI LEAGUE Introduction to Rugby League

RUGBY LEAGUE WITH THE HILLS BULLS MINI-LEAGUE CLINIC

Wednesday 8th December 2021
Wednesday 9th February 2022
5pm – 6pm

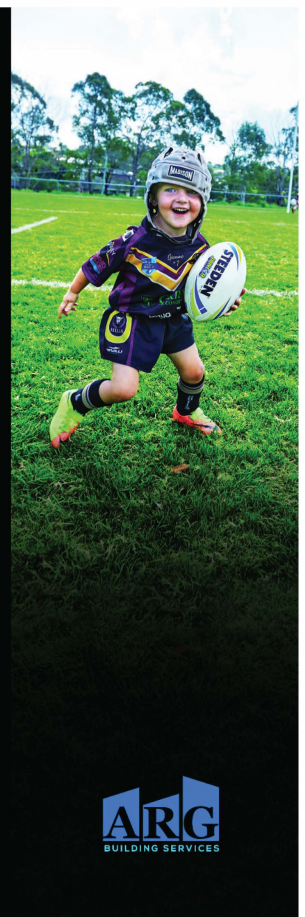
Crestwood Reserve,
Baulkham Hills

FIRST 50 to Register
receive a Hills Bulls backpack, hat and shirt

Fully credentialed Coaching Staff
FREE for 4 to 8 year old boys and girls who have not played the "Greatest Game of All"

All children will participate in games, drills and have lots of fun.

CONTACT
admin@hillsrugbyleague.com.au



Craft Kids

FREE CRAFT KITS

When you using a Creative Kids voucher

T&C's can be found at www.craftkids.com.au



BRIGHT IDEAS

SLIME AND PAINT



WWW.CRAFTKIDS.COM.AU

CREATIVE KIDS
REGISTERED PROVIDER
NSW

AFTER-SCHOOL CODING CLASSES



Improve confidence, resilience and exam grades. Learn More.

www.skillsamurai.com.au



THE
STAGE DOOR
PERFORMING ARTS



FREE TRIAL
WELCOME
ANYTIME

REGISTER NOW

☎ 1800 4 DANCE
✉ info@tsdperformingarts.com.au
🌐 www.tsdperformingarts.com.au



www.stmichaelsbhills@parra.catholic.edu.au