



# St Michael's Primary School

# Newsletter

3-5 Chapel Lane,  
Baulkham Hills

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Issue 15

Term 3 Week 10

Thursday 26 September 2019

## *From the Principal*

Dear Parents

### *Staff Development Day - Friday 27 September*

Tomorrow is a Religious Education professional learning day for the staff and the school will be closed.

There is no supervision for children on this day. Please organise alternative care arrangements.

### *"Have a good day"*

For us as Australians it is not unusual to end a conversation with the comment "Have a good day."

Last week at our Friday Assembly I spoke to the students about how do we make sure that we have a good day. What is it that we, as individuals, need to do. The responses from the students were along the following lines.

### *How to have a good day*

**Work for quality.** It's not necessary to shoot for the moon in everything we do but when the work matters - when we "sign it", when it represents us - it is worthy of our best. Working for quality means working hard, working wisely, doing and redoing, thinking about what we are doing and why.

**Be kind.** Your kindness does two great things. Your kindness strengthens others and, in return, strengthens you.

Pull your own happiness wagon. We make our own experiences and make our own memories. We cannot wait for someone else to make life good for us. We can create our own fun, look for what's right rather than what's wrong and find happy moments even when times are hard. Look for the beauty, for inspiration and for humour all around you. Look inside yourself for satisfaction and joy.

**Take time to get to know yourself.** Know your strengths and build on them. Know your weaknesses and work around them. Think about what you stand for and live each day by your own values.

**Be useful.** Make the day better because you were in it. Make the place better because you passed by. Make the idea better because you improved it. Make the people you encounter stronger because you provided a helping hand or made them laugh or gave them hope.

**Be responsible.** Do your part - and then do some more. Turn off the excuses. Try to fix what's broken, even if you didn't break it. We are better and the world is better if we walk on our own two feet as we do through life. Take charge of your own path. Be the captain of your own success.

**Play.** Spend time doing things that make you happy. Be silly. Giggle. Hatch ideas and try them on. Understand that play teaches us as much as books can teach. Play helps stretch our minds and makes us feel freer.

*Dear God, You gave the world St Michael and the saints as models of faith.*

*Grant that we may be generous with our talents and gifts*

*so that many will know of your love.*

*Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity  
of the Holy Spirit, one God, for ever and ever. Amen*

*We wish all our families a safe and happy holiday.*

*Danuta Maka*

## Religious Education

### Sacrament of Eucharist

For children eight-nine years of age or older who have received the Sacrament of Penance.

### Session 5: Rehearsal

Tuesday 15 & Wednesday 16 October 7.30-8.30 pm

### Celebration of First Communion

Any of the Parish Masses on the weekend of 19 & 20 October or Friday 18 October and Sunday 20 October 12 noon & 2.30 pm.

Attendance at weekend masses is expected throughout the whole programme.

For all enquiries, please contact the Parish Office on

9639 0598

David Ison, Religious Education Coordinator



## Families leaving St Michael's at the end of the year

If your family is not returning to St Michael's for Years 1-6 in 2020, please let Mrs Maka, Principal, know as soon as possible. Please address all letters/emails to Mrs Maka c/o the school office.

This will assist with placing students in classes for 2020.

Please note that if you are leaving the school at the end of the year in Years K-5, parents must provide one term's notice in writing in lieu of one term's school fee payment.

Please contact the school office for further information on 9865 1600.

## Social Skill Tips for Parents

### Term 4 Week 1: Negotiating and staying calm

- Use a calm tone when dealing with conflict.
- Make a request, point out how the other person will get something that they want too.

### Week 2: Control your anger

- Know what things trigger your anger.
- Learn strategies like counting to ten or walking away to keep yourself calm.

## Prayers

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

Please keep in your prayers the Peters family (Eden 5K Blue) on the passing of Eden's grandfather.

Please keep in your prayers the Yong family (Vera KvG Green) on the passing of Vera's grandfather.

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



## 2020 Enrolments

### Kindergarten 2020 Orientation

Families who have confirmed their position for 2020 should receive their child's orientation information during the school holidays.

We advise that we now have a waiting list for Kindergarten 2020 families.

### Enrolments open for Years 1-6, 2020

If you have family or friends who would like their child to come to St Michael's, please ask them to contact us.

All enquiries regarding enrolments, please the school office on 9865 1600.

## Canteen

From Term 4 the canteen will be operated by Healthy Canteens.

The new menu is included in this newsletter and will also be available via our Skoolbag App and website in the next few days.

The same process for ordering online using the Flexischools App will be used next term. There will be no need to make any changes to your use of Flexischools ordering App.

Your Flexischools account will remain the same and the new menu selections will be in use for you next term. Ordering will continue as normal.

Thank you for your support and understanding.



## Calendar Dates

### WEEK 10

**Fri 27 Sep** Pupil free - Staff Development Day

**School holidays - 28 September to 13 October**

### TERM 4—WEEK 1

**Mon 14 Oct** School resumes for students and teachers

**Fri 18 Oct** School Assembly 8.50 am

### WEEK 2

**Tue 22 Oct** Yr 4 Excursion—Experimental Farm & Old  
**Thu 24 Oct** Parliament House

**Fri 25 Oct** School Assembly 8.50 am  
Kindergarten excursion—Calmsley Hill City Farm

**Sat 26 Oct** P&F Trivia Night 7.30 pm School Hall  
Band camp

**Sun 27 Oct** Band camp

### WEEK 3

**Mon 28 Oct** Year 5 Excursion—CARES  
**Tue 29 Oct**  
**Wed 30 Oct**  
**Thu 31 Oct**

**Fri 1 Nov** School Assembly 8.50 am

### WEEK 4

**Mon 4 Nov** Kindergarten 2020 Parent Information Evening  
7.00 pm School Hall

**Wed 6 Nov** Band Demonstration for Years 2-4

**Thu 7 Nov** Talent Quest & Count Us In - 11 am - 3 pm

**Fri 8 Nov** School Assembly 8.50 am

### WEEK 5

**Mon 11 Nov** Remembrance Day Non-Eucharistic Liturgy  
10.15 am

**Tue 12 Nov** 2020 Kindergarten Orientation Session 1

**Thu 14 Nov** 2020 Kindergarten Orientation Session 2

**Fri 15 Nov** School Assembly 8.50 am  
Year 4 Grade Mass 10.15 am

### WEEK 6

**Wed 20 Nov** Band performance 6.30 pm

**Fri 21 Nov** School Assembly 8.50 am  
P&F School Disco 6.00 pm

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.

## Classes for 2020

A reminder that early next term our teachers will be working together to formulate our classes for 2020. Our goal is to form parallel, even class groups in each grade.

The teachers look at the learning needs of each student, their behaviour and their social, emotional needs.

If you believe your child has any of the above needs which should be considered for their placement in a class for 2020, please put this information into a letter/email to Mrs Maka, Principal, as soon as possible.

This is not an invitation for you to nominate your child's teacher. It is however, an opportunity to highlight any special needs that will help the teachers form class groups for 2020.

Teachers will also provide the children with an opportunity to nominate 2 or 3 friends that they would like to be with in 2020. The school will endeavour to have at least one of their friends progress with them if this is in your child's best interest.

On Wednesday 18 December at 2.00 pm children will have the opportunity to meet their 2020 teacher together with their new classmates.

## Band performance 25 September

Congratulations to the students in the band who performed at four different child care centres/preschools yesterday.

Their performance was outstanding!

Congratulations to our students and a big thank you to Lucia Bichara and Ben Miesch for all their hard work and support.

The children thoroughly enjoyed the opportunity to perform for an audience outside of school.



## School Terms - 2019

Term 4—Monday 14 October to Friday 20 December

- Students finish Wednesday 18 December
- Staff Development Days Thursday 19 December & Friday 20 December

## School Terms - 2020

Term 1—Tuesday 28 January to Thursday 9 April 2020

- Staff Development Days - MAI Testing:  
Tuesday 28 & Wednesday 29 January
- Years 1-6 Commence - Thursday 30 January
- Kindergarten Commence - Friday 31 January



## News from 3 Green!

3 Green have been involved in a variety of exciting learning experiences in the last few weeks. Below are some snapshots of what we have been investigating in [English, Science and PDH](#).

In [English](#), we have been learning about Explanations. Explanations tell **how** or **why** something occurs. Students presented a speech to the class about a topic of interest. Some of the topics included how volcanoes erupt, how bread goes mouldy, how snow is formed and how tsunamis are formed.

"I learnt new scientific facts from my peers." Alexander

"I loved making the model of the volcano especially the eruption part." Lila

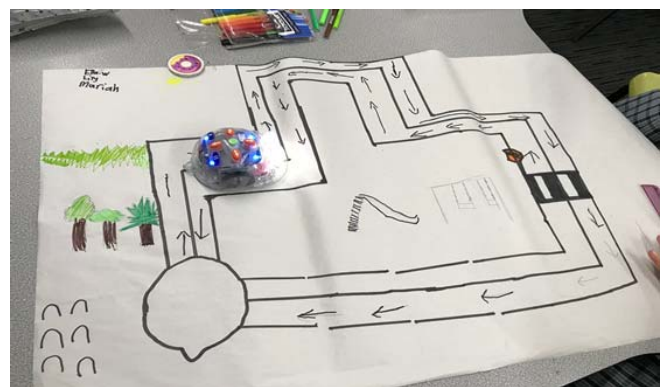
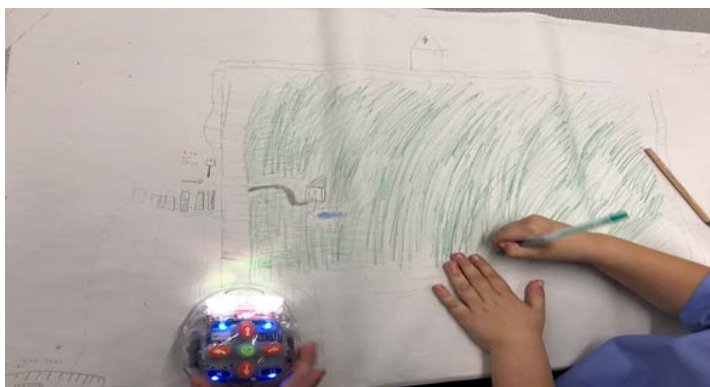
"I loved reading to the class." James

"It was a nice experience to learn about volcanoes and teach others about volcanoes." Gianna



In [PDH](#) we have been learning about road and bike safety. We worked in groups to design a bike track that included a variety of safety features. We used the Blue Bots to test our track.

"We made a track with 2 lanes so if they are going the other way they don't crash into each other. We also included a pedestrian crossing so they arrive safely. We included a stop sign because they need to stop there. We have a grass area for bikes if they are just learning how to ride and finally we included traffic lights so the bikes don't crash into each other." Oliver, Aiden & Joshua.



"We included a first aid centre, a stop sign, a zebra crossing, a bike holder and a track which had 2 lanes that were going in opposite directions." Lily, Ella & Mariah

### *News from 3 Green continued...*

In [Science and Technology](#), we have been describing how adding or removing heat causes a change in state. We planned and created a container that aimed to keep an ice cube from melting for 30 minutes. Here are some of our containers.

"It was a fun experience making the *Cubenator 3000* and it turned out great! We are really proud of it. We used fabric, masking tape, a cup, bubble wrap, plastic square container and scissors. We think this will win because it has a lot of layers and will block out the sun's heat." Alexander & Elliott.

"We really liked how we put lots of cotton for the ice to make a bed. We used grass, a shoe box, cotton balls, paper plate, sticky tape and foil. It will last well because the foil works well with ice." Jackson & James.



## *Mission 2019*

### *Year 3 are reaching out to those in need!*

In Religious Education, Year 3 students have been exploring the scripture text *The Mission of the Twelve*. Jesus' disciples were sent to surrounding towns to spread the message of the kingdom of God and to help others in need. The students have been encouraged to apply their understanding of mission and outreach to those who are less fortunate in our own community. They have made *Hygiene Packs* for the *Jesuit Refugee Service Australia* (JRS) located in Westmead. These packs include essential everyday items to help people live a clean and healthy life. They include toothbrushes, toothpaste, face washer, soap and a small gift tag.

Thank you to all of the Year 3 families who have generously contributed to these packs. The students enjoyed creating these packs and feel that they have made a positive impact on the lives of people who have moved to Australia.



## *I have a question / concern regarding my child / their learning*

### **Class Teacher**

Your child's class teacher is the first person to contact if you have any concerns regarding your child. If you need your child's teacher to be aware of something simple, please write a note in your child's diary.

For matters which require discussion or an interview, please make a request via your child's diary or email the school so that your message can be passed on to the teacher.

Your child's teacher will not be able to talk to you during school hours as they are teaching or may be on duty at recess, lunch, before or after school. Your child's teacher will get in touch with you as soon as they can.

### **Year Coordinator**

If you have spoken with the class teacher and you still have concerns, please contact the Leader of Learning for your child's grade.

### **Assistant Principal / Principal**

If you have spoken to the teacher and the Leader of Learning for your child's grade and you still have concerns, please contact Mrs Rosalie Knispel, Assistant Principal / Mrs Danuta Maka, Principal.

## Assembly Awards - Students of the Week



Class	Teacher	Week 8	Week 9
KQ BLUE	Ms Quintana	Chelsea N	Jana B
KvG GREEN	Mrs van Gend	Felix Beux	Emmelia M
KR RED	Mrs Restuccia	Noah S	Mia M
KIR YELLOW	Mrs Irvine-Hendry & Ms Rogers	Max L	Toby W
1MT BLUE	Mrs Michie	Ryan M	Lucas S
1Y GREEN	Miss McDonald	William D	Sienna K
1W RED	Mrs Ward	Kiara B	Amelie P
1F YELLOW	Mrs Fleming	Cian H	Audrey I
2F BLUE	Mrs Cox	Luke H	Samuel L
2J GREEN	Mrs Joseph	Violet D	Ethan P
2P RED	Mrs Petrenas	Ethan P	April W
2C YELLOW	Miss Flannery	Mikayla B	Flynn L
3G BLUE	Mrs Gleeson	Lincoln B	Oskar G
3H GREEN	Miss Herzog	Tyler B	Gianna M
3S RED	Mrs Sloan	Max M	Diego F
3OC YELLOW	Mrs Orehek & Ms Craven	Kaidyn O	Jake M
4FR BLUE	Mr Francis	Reef M	Benjamin D
4L GREEN	Mrs Lazaroo	Niamh O	Anthony T
4F RED	Mrs Feil	Lily M	Ashton C
4I YELLOW	Mr Ison	Lillian S	Charlotte T
5K BLUE	Mrs Kevill	Finlay M	Eddie G
5H GREEN	Mrs Hakim	Jade P	Sheena R
5M RED	Mr Moxon	Cooper S	Lucianne M
5OD YELLOW	Mrs Day & Mrs Oliveri	Oliver P	Grace H
6K BLUE	Mr Knight	Elie C	Oscar C
6B GREEN	Mr Baker	Huang-Gu L	Jemma A
6RD RED	Mrs Rugg	Kye B	Ysus P
6BR YELLOW	Mrs Bray	Matthew U	Catherine G

## Paper Plane Competition Grade Winners 2019

Grade (qualifying distance)	Name (and class)	Longest Distance in the Grade (Awards are given for distance only at assembly)	Longest Time in the air (if timed) in the Grade (qualifying time)
Kindy (12 m)	Isaac E	9.5 m	(5 s)
Year 1 (12 m)	Sophie M (1MT)	9 m	(5 s)
Year 2 (12 m)	Charlie T (2P)	12 m	(5 s)
Year 3 (15 m)	Elijah K (3H)	15.4 m	(5 s)
Year 4 (15 m)	Aidan S	19+ m	5 s)
Year 5 (18 m)	Sam K Daniel S (airtime)	18 m ----	3.02 sec 4.3 sec (6 s)
Year 6 (18m)	Jack O	18.5 m	(6 s)



## School Fees

Thank you to all our families who have finalised their 2019 School Fees account.

If you are paying by term instalments, payment was due on Wednesday 28 August 2019.

If you are paying weekly, fortnightly or monthly we thank you for following through with your arrangements and ask that you continue to do so.

It is requested any overdue accounts be finalised without delay. Please contact Rasha Azar, Finance Officer, on 9865 1600 for a confidential discussion, should you be experiencing financial difficulties. Thank you for your continued support.

## 2019 Christmas Card Competition

This annual competition organised by David Elliott MP will take place from now until Friday 18 October, whereby students in the local area are invited to submit artwork for publication of his Parliamentary Christmas Cards.

The theme is "Angels we have heard on high".

All designs will be displayed in the Baulkham Hills electorate office.

Entries are to be sent by post to Suite 1, 25-33 Old Northern Road, Baulkham Hills 2125.



### Member for a Day: What would you say?

Free fun educational activities at Australia's oldest Parliament for children from 4 to 12 years.

Follow the children's trail; enter the guessing competition, participate in the arts and crafts; visit the historic legislative chambers and places rarely open to the public; give your first speech as a Member of Parliament in the chambers; be entertained by roving musicians.

### FREE ENTRY

Activities  
10.00 am to 3.00 pm

### Location

6 Macquarie Street –  
opposite Martin Place

The public café  
will be open.

Sausage  
Sizzle  
\$3.00  
per person



FREE ENTRY • All Welcome  
E: [dps.education@parliament.nsw.gov.au](mailto:dps.education@parliament.nsw.gov.au)  
[www.parliament.nsw.gov.au](http://www.parliament.nsw.gov.au)  
Parliament of New South Wales,  
6 Macquarie Street, Sydney

GROUP BOOKINGS FOR  
10 OR MORE ESSENTIAL  
9230 2047

## Your Health Link Photographic Competition

**NOW OPEN**  
GREAT PRIZES TO BE WON

Competition Theme  
**HEALTHY LIFE HEALTHY YOU**

Categories and Awards

- Primary and High School
- Eating the Rainbow
- Mobile
- Open
- People's Choice
- Program Cover Award

Competition closes 13 October 2019

[yourhealthlinkphotocomp.com.au](http://yourhealthlinkphotocomp.com.au)

Click here



Need crisis support now? We're here to help. Call 13 11 14 (24/7)

## CASTLE HILL'S GIANT BOOK FAIR

11th - 13th OCT 2019

Fri, Sat & Sun  
9am - 5pm

OAKHILL COLLEGE  
OLD NORTHERN RD  
CASTLE HILL

60,000+ Books,  
Pristine Fiction at a fraction of retail prices  
Non-Fiction of huge scope and depth  
CDs, DVDs & Computer Games  
All presented in easy access categories

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Telephone: 02 9498 8805

## PHOTOGRAPHY COMPETITION

### YOUR CHANCE TO WIN AN IPAD & OTHER GREAT PRIZES!

An exciting national photography competition is providing primary and high school students the opportunity to express themselves creatively through the exciting medium of photography. Endorsed by NSW Health and Healthy Kids Association, the competition invites students to submit photos that express their interpretation of the theme "Healthy Life, Healthy You".

There are heaps of prizes on offer, as well as the chance to feature in a photo exhibition. Each winning entrant in the Primary School Category will also win a healthy school canteen prize for the school. So grab your cameras and start shooting! You can find out more about the competition, the entry requirements and prizes on offer at: [yourhealthlinkphotocomp.com.au](http://yourhealthlinkphotocomp.com.au). Entries close on 13th October 2019.

There is also a special prize category sponsored by Healthy Kids Association that encourages children to take a photo that best captures the idea of eating the rainbow. Winners of this special category will take home their very own iPad!



## EVERYDAY CHOICES

### SNACK DEAL

**\$ 2.50**

Choose One

Popper - Water - Plain Milk



Fruit Piece Or Popcorn



Add 40c Oak Flavoured Milk



## EVERYDAY CHOICES

## SANDWICHES - WRAPS - SALADS - SUSHI ROLLS

### SANDWICH & WRAPS

	SANDWICH	WRAP
VEGEMITE OR JAM OR HONEY <b>VEG</b>	\$ 2.00	
CHEESE <b>VEG</b>	\$ 2.00	
HAM	\$ 3.00	
EGG <b>VEG</b>	\$ 3.00	
HAM & CHEESE	\$ 3.50	
CHICKEN	\$ 3.50	
TUNA	\$ 3.50	
EGG & LETTUCE <b>VEG</b>	\$ 3.50	\$ 4.50
SALAD <b>VEG</b>	\$ 3.50	\$ 4.50
HAM, CHEESE & TOMATO	\$ 3.60	\$ 4.50
HAM & SALAD	\$ 3.60	\$ 4.50
CHICKEN & CHEESE	\$ 3.60	\$ 4.50
CHICKEN, LETTUCE & MAYO	\$ 3.60	\$ 4.50
CHICKEN, CHEESE & TOMATO	\$ 3.60	\$ 4.50
PERI PERI CHICKEN SPICY, LETTUCE	\$ 3.60	\$ 4.50
HAM, CHEESE & SALAD	\$ 4.00	\$ 5.00
CHICKEN & SALAD	\$ 4.00	\$ 5.00
SWEET CHILLI CHICKEN	\$ 4.00	\$ 5.00
CHICKEN CAESAR SALAD		\$ 5.50
EXTRAS		
SAUCE PORTION - BBQ OR TOMATO SAUCE		\$ 0.50
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION		\$ 0.50
CHEESE SLICE		\$ 0.50
CHICKEN, HAM, EGG, SHREDDED CHEESE		\$ 1.00

### SALAD BOWLS

	REG	LGE
GARDEN <b>VEG</b>	\$ 3.20	\$ 4.50
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
CAESAR	\$ 3.20	\$ 4.50
SWEET CHILLI CHICKEN	\$ 3.50	\$ 5.00
TENDERS, LETTUCE, SWEET CHILLI MAYO		
HAM & GARDEN SALAD	\$ 3.50	\$ 5.00
CHICKEN & GARDEN SALAD	\$ 3.50	\$ 5.00
TUNA & GARDEN SALAD	\$ 3.50	\$ 5.00
CHICKEN CAESAR	\$ 3.50	\$ 5.00
CHICKEN, COS, EGG, CROUTONS, CHEESE		
PERI PERI CHICKEN	\$ 3.50	\$ 5.50
LETTUCE, TOMATO, CUCUMBER, SPICY SAUCE		
SWEET CHILLI NOODLES	\$ 3.50	\$ 5.50
VIETNAMESE STYLE CHICKEN, CARROT, CAPSICUM, VERMICELLI NOODLES		
RICE PAPER ROLLS	TUESDAY & WEDNESDAY	
CHICKEN TERIYAKI	LETTUCE, CARROT, CUCUMBER	\$ 4.00
VEGETARIAN	ASSORTED FRESH SEASONAL VEGES <b>VEG</b>	\$ 4.00
SWEET CHILLI	CHICKEN, LETTUCE, CARROT, CUCUMBER	\$ 4.00
SUSHI	WEDNESDAY & THURSDAY	
CHICKEN TERIYAKI	MAYO	\$ 3.50
VEGETARIAN	ASSORTED FRESH SEASONAL VEGES <b>VEG</b>	\$ 3.50
SWEET CHILLI CHICKEN	SWEET CHILLI MAYO	\$ 3.50

## OCCASIONAL CHOICES HOT FOOD

### HOT BITES

CHICKEN NUGGET 100% BREAST	\$ 0.80
4 PACK	\$ 3.00
6 PACK	\$ 4.20
MINI SPRING ROLL VEGE OVEN BAKED <b>VEG</b>	\$ 0.90
HASH BROWN <b>VEG</b>	\$ 1.20
HOT DOG WITH SAUCE (CHICKEN)	\$ 3.50
POTATO WEDGES BAKED - YOUR CHOICE OF SAUCE	\$ 4.00
CUP NOODLES * CHICKEN - BEEF - ORIENTAL <b>VEG</b>	\$ 3.00
TOM YUM (HOT N SPICY)	

\* CUPS OF NOODLES ARE NOT PLACED IN LUNCH BASKETS  
CHILDREN MUST COLLECT NOODLES FROM THE CANTEEN

### PASTRIES

PARTY PIE	\$ 1.40
SAUSAGE ROLL	\$ 3.50
MEAT PIE	\$ 4.00
POTATO PIE	\$ 4.50

### MEXICAN

BEEF NACHOS NOW WITH 50% MORE BEEF - CHEESE + 50C	\$ 4.50
VEGE NACHOS TOMATO SALSA - CHEESE + 50C <b>VEG</b>	\$ 4.50

### HOME MADE PIZZA

PEPPERONI CHEESE (OTHER PIZZAS IN EVERYDAY SECTION)	\$ 4.50
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## EVERYDAY CHOICES

## PASTA - RICE - BURGERS - PIZZA - HOT BITES - KEBABS

### PASTA - RICE

	LGE	REG
BUTTER CHICKEN WITH RICE	\$ 5.80	\$ 4.00
SPAGHETTI BOLOGNESE BEEF SAUCE	\$ 5.80	\$ 4.00
FETTUCINE ALFREDO CREAMY CHICKEN	\$ 5.80	\$ 4.00
SINGAPORE NOODLES CHICKEN & VEG	\$ 5.80	\$ 4.00
CHINESE FRIED RICE <b>VEG</b>		\$ 4.00
VEGETABLE CURRY WITH RICE <b>VEG</b>		\$ 4.00
MACARONI & CHEESE <b>VEG</b>		\$ 4.20
LASAGNE BEEF	\$ 6.00	\$ 4.20
LASAGNE VEGE GLUTEN FREE <b>VEG</b>		\$ 5.00

### BURGERS

CHICKEN CHARGILLED BREAST FILLET, LETTUCE, MAYO	\$ 4.80
PERI PERI CHICKEN LETTUCE & PERI PERI SAUCE	\$ 4.80
CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$ 4.80
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$ 4.80
CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$ 4.80
VEGE CHICKPEA & LENTIL PATTIE, LETTUCE, MAYO <b>VEG</b>	\$ 4.80

### HOME MADE PIZZAS

CHEESE <b>VEG</b>	\$ 4.00
HAM & CHEESE	\$ 4.50

### MEXICAN

CHICKEN FAJITA MEXICAN CHICKEN (TOASTED WRAP)	\$ 4.50
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### HOT BITES

CORN COB <b>VEG</b>	\$ 1.20
CHICKEN WING HOT & SPICY	\$ 1.30
GARLIC BREAD <b>VEG</b>	\$ 2.50
CHEESE TOASTED WRAP <b>VEG</b>	\$ 2.50
HAM & CHEESE TOASTED WRAP	\$ 3.50
PIZZA TOASTED WRAP HAM, CHEESE, SAUCE	\$ 3.50
PRAWN DUMPLINGS X 4 STEAMED	\$ 5.00

\*\* LUNCH ORDER BAGS - FREE WHEN YOU ORDER YOUR LUNCH \*\*



## DELI STYLE TURKISH BREAD TOASTED

MELTED CHEESE	\$ 4.50	CHICKEN FILLET CHEESE, BBQ OR MAYO	\$ 6.00
CHEESE & TOMATO <b>VEG</b>	\$ 5.00	ITALIAN HAM, PEPPERONI, CHEESE, TOMATO	\$ 6.00
THE NO. 1 HAM & CHEESE (ASK FOR TOMATO - FREE)	\$ 5.50	CREATE YOUR OWN UP TO 4 FILLINGS \$6	\$ 6.00



## EVERYDAY DRINKS

## WATER - JUICE - MILK

POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 2.00
WATER 600ML	\$ 2.00
PLAIN MILK	\$ 2.00
OAK MILK CHOCOLATE, STRAWBERRY	\$ 2.50
JUICE BOMB 100% JUICE ORANGE, RASPBERRY	\$ 2.50
CHILL J 100% JUICE RASPBERRY, GRAPE	\$ 2.50
UP N GO CHOCOLATE, VANILLA	\$ 3.00
ICE TEA PEACH, RASPBERRY	\$ 3.50
ALOE VERA GRAPE	\$ 3.50
HOT CHOCOLATE	\$ 2.00

\* OTHER JUICE FLAVOURS AVAILABLE OVER THE COUNTER AT THE CANTEEN



Like us on  
**Facebook**

**Healthy Canteens Australia**  
FOR EXCLUSIVE MEAL DEALS, WEEKLY SPECIALS



**Flexischools.com.au**

## Register For Online Ordering

It's Quick & Easy To Setup  
Order From Any Of Your Devices  
Look For Exclusive Online Only Specials





**P&F**  
Community • Friendship • Education  
St Michael's Primary School Parents and Friends Association Boultham Hills

# NEWS

## SAVE THE DATE!



The school disco is fast approaching! This year we have decided to add market stalls to the disco. If you are interested or know someone who would be interested in having a stall that is appropriate for a school function on Friday 22nd November please email the P&F at [pandfstmichaels@gmail.com](mailto:pandfstmichaels@gmail.com) and we will email an application form through.





# P&F

Community • Friendship • Education  
St Michaels Primary School Parents and Friends Association Baulkham Hills

# SPONSORS



## CBK Select

Specialists in English & Maths Tuition, Yrs 2-12 inclusive. Qualified Teachers/ HSC Markers Pre Trial HSC Paper 1 & 2 (April & July).

**CBK Select Castle Hill**  
3-9 Terminus St,  
Castle Hill



## Pollet's

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### MARTIAL ARTS CENTRE

We train students across all age groups in a variety of disciplines, including Muay Thai, Boxing, Kickboxing, Karate, Mixed Martial Arts and more.

**Pollet's Martial Arts**  
Castle Hill  
30/5 Salisbury Rd  
Castle Hill

John's Car Care





## VEGETARIAN CHOICES

### SANDWICHES - WRAPS - SALADS

VEGEMITE OR JAM OR HONEY	\$ 2.00
CHEESE	\$ 2.00
TOMATO	\$ 2.00
EGG MAYONNAISE	\$ 3.00
EGG & LETTUCE MAYONNAISE	\$ 3.50
SALAD LETTUCE - TOMATO - CUCUMBER - BEETROOT - CARROT	\$ 3.20

### WRAPS - SALADS - RICE PAPER ROLLS

SALAD WRAP	\$ 4.50
GARDEN SALAD	\$ 3.20 \$ 4.50
RICE PAPER ROLL ASSORTED SEASONAL VEGES	\$ 4.00

### PIZZA - PASTA - RICE - NOODLES

PIZZA CHEESE & FRESH TOMATO SAUCE	\$ 4.00
CHINESE FRIED RICE AUTHENTIC	\$ 4.00
VEGETABLE CURRY WITH RICE	\$ 4.00
MACARONI & CHEESE	\$ 4.20
LASAGNE VEGETABLE GF	\$ 5.00

### HOT BITES

MINI SPRING ROLL OVEN BAKED	\$ 0.90
CORN COB	\$ 1.20
HASH BROWN	\$ 1.20
GARLIC BREAD	\$ 2.50
TOASTED CHEESE WRAP	\$ 2.50
CUP OF NOODLES ORIENTAL	\$ 3.00
NACHOS WITH TOMATO SALSA ADD CHEESE 50c	\$ 4.50

GLUTEN FREE

## GLUTEN FREE CHOICES

### SANDWICHES - WRAPS

GLUTEN FREE BREAD	\$ 1.00
YOU CAN ORDER ANY SANDWICH OR WRAP FROM THE REGULAR MENU	

### RICE PAPER ROLLS x 2 TUESDAY & WEDNESDAY

CHICKEN LETTUCE, CARROT, CUCUMBER	\$ 4.00
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$ 4.00

### SUSHI WEDNESDAY & THURSDAY

CHICKEN FRESH CHICKEN BREAST, CUCUMBER	\$ 3.50
VEGETARIAN ASSORTED FRESH SEASONAL VEGES VEG	\$ 3.50

### PASTA - RICE

MACARONI & CHEESE	\$ 5.00
LASAGNE VEGETABLE	\$ 5.00

### MEXICAN

BEEF NACHOS NOW WITH 50% MORE BEEF - CHEESE + 50c	\$ 4.50
VEGE NACHOS TOMATO SALSA - CHEESE + 50c VEG	\$ 4.50

### HOT BITES

CHICKEN NUGGETS 100% BREAST	EACH \$ 0.90
	4 PACK \$ 3.50
	6 PACK \$ 5.00

HASH BROWN MADE IN A FACTORY THAT PROCESSES GLUTEN	\$ 1.20
MEAT PIE BEEF	\$ 5.00

### SNACKS

JELLY BOWL	\$ 1.50
CHIPS 27g	\$ 2.00
PIRANHA RICE SNAPS VEGE RICE CRACKERS	\$ 2.20

### ICE COLD TREATS

SOUR SNAP APARTS	\$ 1.00
FROZEN JUICE CUP	\$ 1.20
APPLE - ORANGE - APPLE BLACKCURRANT	
ICE MONY ALL FRUIT BASED ONES	\$ 1.20

PLEASE WRITE "GLUTEN FREE"  
ON YOUR LUNCH BAG

GREAT CHOICE

## Crunch & Sip

# \$ 2.50

NOW AVAILABLE ALL DAY



Bottle Water 600ml



Choose Any Piece  
Of Seasonal Fruit  
At The Canteen

GREAT CHOICE

## EVERYDAY CHOICES

### HOT BREAKFAST

TOAST ASSORTED SPREADS	\$ 1.00
TOASTED CHEESE WRAP	\$ 2.50
TOASTED HAM & CHEESE WRAP	\$ 3.50

## TOASTED WRAPS - CUSTARD

### CUSTARD

CUSTARD BOWL VANILLA	\$ 2.50
CUSTARD CUP VANILLA (AT THE COUNTER ONLY)	\$ 1.00

GREAT CHOICE

## EVERYDAY CHOICES

### FRESH FRUIT

	REG	LGE
FRUIT PIECE APPLE - BANANA - MANDARIN	\$ 1.00	
GRAPES SNACK PACK	\$ 2.00	
FROZEN GRAPES SNACK PACK	\$ 2.00	
WATERMELON BOWL CHUNKS	\$ 2.00	\$ 4.00
FRUIT SALAD SEASONAL FRUITS	\$ 3.00	\$ 4.50

## FRESH FRUITS - YOGHURT - MUESLI

### FRUIT - YOGHURT - MUESLI

FROZEN ORANGES SNACK PACK	\$ 2.00
YOGHURT CUP (AT THE COUNTER ONLY)	\$ 1.00
MUESLI & YOGHURT (AT THE COUNTER ONLY)	\$ 1.00
FRUIT & YOGHURT (AT THE COUNTER ONLY)	\$ 1.00
VAALIA YOGHURT TUB 160g	\$ 3.00

GREAT CHOICE

## EVERYDAY CHOICES

## ICE BLOCKS - SAVOURY SNACKS - VEGE & DAIRY SNACKS

### ICE COLD TREATS 99% JUICE BASED

FROZEN JUICE CUP	\$ 1.20
APPLE - ORANGE - APPLE BLACKCURRANT	
FRUITY ICES ASSORTED FLAVOURS	\$ 0.50
SOUR SNAP APARTS ASSORTED FLAVOURS	\$ 1.00
ICE MONY	\$ 1.20
CHOCOLATE - BLUE RASPBERRY - RED BERRY - LEMON	
FRUITSICLE FROZEN FRESH FRUITS (COUNTER ONLY)	\$ 2.00

ICE COLD TREATS ARE NOT PUT IN YOUR LUNCH ORDER BAG  
COLLECT THEM FROM THE CANTEEN AFTER THE EATING PERIOD

### SAVOURY SNACKS

POPCORN	\$ 1.00
CARROT & CUCUMBER STICKS CUP	\$ 1.50
CHEESE PACK CHEESE & JATZ CRACKERS	\$ 1.50
VARIETY PACK CARROT - CUCUMBER - CHEESE - JATZ	\$ 2.50
CALCIUM PACK CHEESE PACK + PLAIN MILK	\$ 3.00

THERE ARE MANY MORE FRESHLY MADE ITEMS THAT ARE  
DISPLAYED FOR SALE OVER THE COUNTER EACH DAY.  
THESE INCLUDE A MIX OF FRESH SWEET & SAVOURY FOODS  
ALL ITEMS MADE ARE EVERYDAY RATED FOODS

## OCCASIONAL CHOICES

## SNACKS - ICE CREAM - DAIRY

BROWNIE OUR FAMOUS BITE SIZE SNACK	\$ 1.00	PADDLE POPS CHOCOLATE, RAINBOW	\$ 2.00
BANANA BREAD	\$ 2.00	ICE CREAM CUP VANILLA	\$ 1.50
CHIPS 27g	\$ 2.00	JELLY BOWL	\$ 1.50
PIRANHA RICE SNAPS VEGE CRACKERS GLUTEN FREE	\$ 2.20	CUSTARD & JELLY BOWL	\$ 2.00

GREAT CHOICE

## EVERYDAY CHOICES

## HEALTHY SNACKS - ONLY AVAILABLE OVER THE COUNTER

PIKELETS	\$ 1.00	SALSA SALAD BOWL BAKED TORTILLA CHIPS	\$ 2.00
SUSHI BITES	\$ 1.00	VERMICELLI NOODLES CHICKEN & VEGES	\$ 2.00
MINI QUICHE CHICKEN - VEGETARIAN	\$ 1.00	SPAGHETTI BOLOGNESE CUP	\$ 2.00
BOLOGNESE BOAT BEEF BOLOGNESE TOAST CUP	\$ 1.00	FETTUCINE ALFREDO CUP	\$ 2.00
MINI MUFFINS HONEY - ASSORTED FRESH FRUIT	\$ 1.00	VIETNAMESE RICE PAPER ROLL	\$ 2.00
SAVOURY SCROLLS ASSORTED FILLINGS	\$ 1.00	BUTTER CHICKEN WITH RICE	\$ 2.00
QUESADILLA TRIANGLES SAVOURY FILLINGS	\$ 1.00	SAVOURY PASTIES FRESH VEGES & MEATS	\$ 2.00
WATERMELON PIZZA TOPPED WITH OTHER FRUITS	\$ 1.00	SPICY CHICKEN WING & FRIED RICE	\$ 2.50
FRUIT KEBAB SEASONAL FRUITS ON A STICK	\$ 1.00		
PINWHEELS PASTRY WITH SAVOURY FILLINGS	\$ 1.00		

WE ADD LOTS OF NEW HEALTHY COUNTER SNACKS EVERY WEEK  
SEND US A MESSAGE ON FACEBOOK IF YOU HAVE ANY IDEAS THAT YOU  
WOULD LIKE TO SEE US MAKE IN THE CANTEEN

EVERYDAY WE MAKE LOTS OF FRESH, HEALTHY SNACKS IN THE CANTEEN FOR YOUR CHILD FOR LESS THAN \$2



**CRICKET BLAST!**

**HAVE A BLAST!**

**ACTIVE KIDS**  
YOU COULD PLAY IN THE CRICKET BLAST FOR FREE!  
Claim your voucher today!

**BE PART OF THE CREW!**  
The new Woolworths Cricketers Club is a fun and active program for kids of all ages. It's a great way to get your child into cricket and to be part of a team.

**JUNIOR BLASTERS**  
AGES 5-7 | 60 MINS | 6+ WEEKS  
Learn new skills, including catching, throwing and teamwork, through fun game based activities.  
Sign up now for your Starter Pack. Returning Junior Blasters score a Returner Pack with backpack and choice of bonus item!

**MASTER BLASTERS**  
AGES 7-10 | 90 MINS | 6+ WEEKS  
Everyone gets a chance to bat, bowl and field in short, modified games of cricket. For kids with basic cricket skills.  
Sign up now for your Master Blasters Pack!

**Your Local Woolworths Blast Centres**  
Visit [www.woolworths.com.au](http://www.woolworths.com.au) or click on "Where can I play?" and enter "Your Postcode".

<b>Route Hill Range CC</b> Russell Reserve Route Hill 181 Oct Contact: Keith Baker 0400 662 136	<b>Baulkham Hills CC</b> Charles McLaughlin Reserve Baulkham Hills 171 Oct Contact: Chris Spraggall 0423 558 691	<b>Hills Bankers CC</b> Eric McCabe Reserve Baulkham Hills 171 Oct Contact: Steve Wickham 0423 558 701	<b>Kenthurst Upper Hills CC</b> Kenthurst Park Baulkham Hills 171 Oct Contact: Brendon Lowman 0415 400 501
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All clubs run Junior Blasters for beginner cricketers aged roughly 5-10!  
Castle Hill RSL CC, Hills Bankers CC & Kenthurst CC will also be running Master Blasters for ages 7-12.  
Visit [www.woolworths.com.au](http://www.woolworths.com.au) to claim a 10% ActiveKids Voucher can be used for all programs!  
Claim your ActiveKids voucher through [www.woolworths.com.au](http://www.woolworths.com.au) and enter your voucher code.

**THE STAGE DOOR**  
PERFORMING ARTS

**REGISTER NOW**

**ACTIVE KIDS** **CREATIVE KIDS**

**THE STAGE DOOR**  
ESPRESSO BAR

**FREE TRIAL**  
FREE TRIAL

**SYDNEY ACADEMY OF GYMNASTICS**

**School Holiday Gymnastics Clinics**  
For boys and girls in Kindergarten and above

Come and experience the fun and excitement of gymnastics

- Fun in a safe and structured environment
- Qualified and Professional Coaches
- Olympic Standard Equipment
- Foam Filled Landing Pits
- Trampolines
- Affiliated with Gymnastics Australia and NSW

Full Day Sessions (9.00am-3.00pm) \$50.00 per day  
Half Day Sessions (9.00am-12.30pm) \$40.00 per session

**30th Sept – 4th Oct and 8th Oct – 11th Oct**

**Term 4 2019**  
**Enrolments Now Being Taken**  
Classes for Boys and Girls 2 years and above

Book now on 9620 8323 or [sydacgym@hotmail.com](mailto:sydacgym@hotmail.com)  
**Unit 7/32 Artisan Rd, Seven Hills**  
**Unit 5/1a Gibbon Rd, Winston Hills**  
**The Ponds High School, Wentworth St, The Ponds**

**ST MICHAEL'S NETBALL CLUB**

**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

**STARTS MONDAYS TERM 4**  
**14TH OCTOBER - 18TH NOVEMBER**  
**3:45 - 4:45PM**

**ST MICHAEL'S SCHOOL TOP PLAYGROUND**

**COST: \$65 PER PERSON**

**EACH PLAYER RECEIVES A NETSETGO PACK OF GOODIES**

Contact Anne  
[comms.stmichaelsnet@gmail.com](mailto:comms.stmichaelsnet@gmail.com)  
for any further information

Follow link on the St Michael's Netball Club website  
[www.stmichaelsnetballclub.asn.au](http://www.stmichaelsnetballclub.asn.au)

**PRIME ELECTRICAL GROUP**

**TIM HADDIN**  
**0429 234 404**  
**PRIMEELECTRICALGROUP.COM.AU**

**DOMESTIC • COMMERCIAL**  
**DATA & COMMUNICATION**

**St Michael's Softball Club**

Are you looking for something fun to do with your friends on a Saturday morning?

We want you to come and play softball with us.

We have vacancies in our U8, U10 and U12 teams.

Softball is a fun game for everyone, so grab some friends and come and play.

Don't forget to use your Active Kids Rebate - the \$100 voucher can be used to pay for registration fees. Plus all new junior registration **receive a free glove!!**

Go to our Facebook page **St Michael's Softball Club** for online registration.

We look forward to seeing you on the diamond

Enquiries:  
[registrar@stmichaelssoftballclub.com](mailto:registrar@stmichaelssoftballclub.com)

**PLAY T-BALL THIS SUMMER**

**WITH Winston Hills JUNIOR BASEBALL CLUB**

- Ages between 4-8 year olds
- Friday night club try T-ball 10 weeks (4-6 yrs)
- Saturday morning competition
- T-ball Hills Baseball League (7-8 yrs)

**STARTS OCTOBER**

**FOR MORE INFO FIND US ON Facebook**  
[www.whjbc.org](http://www.whjbc.org)

**Warriors**

**ENQUIRE NOW FOR VOCAL LESSONS!**

**cme**

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