



# St Michael's Primary School

# Newsletter

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Baulkham Hills

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Issue 18

Term 4 Week 4

Thursday 11 November 2018

## *From the Principal*

Dear Parents

### *K2019 Kindergarten Orientation*

Next Tuesday 13 November and Thursday 15 November are our Orientation Days for Kindergarten 2019. We look forward to the children spending time with the Kindergarten teachers and to welcoming our Kindergarten 2019 parents.

We would like to invite our Kindergarten parents to remain at the school for three important workshops which will be held in the school hall while your child is at their morning orientation session. The Literacy, Numeracy, Religious Education and 'Packing a healthy lunchbox' workshops will be held on both mornings only. These workshops will give you some very practical strategies which will help your child transition into formal learning.

### *Blessing of new school buildings - Thursday 6 December*

A reminder that the Blessing of our new school facilities will take place on 6 December at 10.30 am in the school hall. Invitations have been sent home to our families. For catering purposes please let us know if you are able to attend and if you are able to bring a plate for light refreshments to share. We look forward to you joining us for this special event.

### *Reflection*

Living peacefully in a community, such as the one in which we live, requires a shared understanding. The way in which this understanding is maintained from generation to generation is by being passed from parent to child.

If parents fail to teach the morality or traditions of their community to their children, then their children run the risk of becoming problem citizens with a different understanding that is incompatible with the community.

Social harmony in our community is established by our individual attitude towards right and wrong and supported by an informed conscience. If we are consistent with the guidance of our children in the area of moral development we not only help them to control negative impulses but give meaning and purpose to their lives.

The manner in which our home rules are administered should be directed towards developing respect for authority because then, authority is experienced as fair, just and reasonable and fosters self-respect. Likewise, the manner in which we, the significant adults in our children's lives, talk to and talk about other people and how we avoid prejudice because of colour, race or religion, will greatly influence the way in which our children will contribute to the 'shared understanding' of their community at their level and later at an adult level.

If we allow our children to manipulate us throughout their childhood, it teaches them that authority, with all its regulations and laws is nothing but hot air.

*God, You are the source of human dignity, and it is in your image that we are created.  
Pour out on us the spirit of love and compassion.  
Enable us to reverence each person, to reach out to anyone in need,  
To value and appreciate those who differ from us,  
To share the resources of our nation, to receive the gifts offered to us by people from other cultures.  
Grant that we may always promote the justice and acceptance that ensures harmony.  
Help us to remember that we are one world and one family.*

*We pay our respects to each family in our school.  
May we all celebrate the beauty of our land Australia.  
May we acknowledge and accept our cultural heritage.  
May we be a strong community of respect.  
May the parish community, parents and teachers be strong beacons of light, hope and  
Acceptance for the precious children in our school. Amen*

*Wishing you every blessing for the week ahead.*

*Danuta Maka*

## Youth in the Parish of Baulkham Hills

### Years 5 and 6:

On 17 November, we will be hosting an afternoon of NERF at the Downey Room, from 4.00-5.30 pm. Feel free to bring your own nerf guns and bullets for an afternoon of team building, communication and competition! Look forward to seeing you there.

For further information, please call the Youth Minister, Paul Fam, on 0407 773 174, or send an email through to [youth@parishofbaulkhamhills.org.au](mailto:youth@parishofbaulkhamhills.org.au)

## Plenary Council

Between now and 6 March 2019, the Catholic Bishops of Australia are asking everyone to share their voices about the future direction of the Catholic Church in Australia.

The process is called Plenary 2020.

Something like this hasn't happened for over eighty years.

We have a unique opportunity to respond to the question:

***What do you think God is asking of us  
in Australia at this time?***

### *Share your story, your voice is needed*

In November and December we will hold Listening and Dialogue sessions of about an hour for all those who might like to take up the opportunity to have your say, and hear the voices of others. Starting this week, come to the Conway and Downey Room (access from the carpark – look for the banner) on any Tuesday in November and December from 10 am. We will also have a session on Friday 30 November 30, timed to start after School assembly. All sessions will have morning tea provided.

Contact Wendy on 0427 863 149 or Anne on 0408 251 107 if you have any queries.

All people are welcome!

And you might like to bring a friend. A friend can be Catholic or not, practising or not, disillusioned or disappointed, happy or sad with the Church – all are welcome.

Visit [www.plenarycouncil.catholic.org.au](http://www.plenarycouncil.catholic.org.au) for more information about what the Bishops and the Church are inviting us to, and to make a submission.

Together we are responding to the question: "What do you think God is asking of us in Australia at this time?"

Looking forward to meeting you soon!

**Wendy Goonan and  
Anne Lockwood,  
Parish of Baulkham Hills  
Representatives on the  
Northern Deanery Pastoral  
Council.**

Speak boldly,  
and listen  
with open and  
humble  
hearts.

## Social Skills and Mantras Program

### Week 5: Compassion

- Feeling sorrow or empathy for others who are having difficulties.

### Week 6: Integrity

- Being honest and following your principles.

### Week 7: Tolerance

- Being able to accept the differences and opinions of other people.

## Prayers



Please keep in your prayers the Maurice family on the passing of their maternal grandfather (Reef 3 Red and Summer K Yellow).

Eternal rest grant to him, Lord. Let your perpetual light shine upon him. May he 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.

## 2019 Enrolments

### Kindergarten-Year 6

We are still taking enrolments for Kindergarten 2019 and Years 1-6 for 2019.

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

### Kindergarten 2019 Orientation

We look forward to seeing all our new Kindergarten 2019 children at their orientations next week.

**Tuesday 13 November**—Orientation—Session 1:

Group 1—9.30-11.30 am (Parent workshop)

Group 2—12.30-2.30 pm

**Thursday 15 November**—Orientation—Session 2

Group 2—9.30-11.30 am (Parent workshop)

Group 1—12.30-2.30 pm

**Friday 1 February 2019**—Kindergarten children commence

For further enquiries, please call the school office on

**9865 1600**

## Notes to School Office

When sending in notes to the office, please place in an envelope and mark on the envelope the child's name and a description of what is in the envelope, particularly if money is included.

## *Calendar Dates*

### WEEK 4

**Fri 9 Nov** School Assembly 8.50 am  
Remembrance Day Non-Eucharistic Liturgy 10.30 am

### WEEK 5

**Mon 12 Nov** 2nd Hand Uniform Sale - Hall 2.30-3.10 pm

**Tue 13 Nov** 2019 Kindergarten Orientation Session 1

**Wed 14 Nov** Band Concert 6.30-8.00 pm

**Thu 15 Nov** 2019 Kindergarten Orientation Session 2  
Yr 5 Incursion—Colonial, Iconic Productions

**Fri 16 Nov** School Assembly 8.50 am  
Kindy & Yr 1 Infants Sports Fun Day  
Yr 4 Grade Mass 10.15 am

### WEEK 6

**Wed 21 Nov** Yr 4 "Verse Speaking Showcase"

**Fri 23 Nov** School Assembly 8.50 am  
P&F Family Disco

### WEEK 7

**Tue 27 Nov** Choir, Epping Club

**Fri 30 Nov** Yr 3 Grade Mass 10.15 am

### WEEK 8

**Thu 6 Dec** New School Buildings Opening and Blessing Ceremony 10.30 am

**Fri 7 Dec** School Assembly 8.50 am  
Volunteer Thank You Morning tea 9.30 am  
Student & Citizen of the Term Awards 2.30 pm  
Yr 6 Parent Run Formal

### WEEK 9

**Mon 10 Dec** Years 1-3 Swimming programme

**Tues 11 Dec** Years 1-3 Swimming programme

**Wed 12 Dec** Years 1-3 Swimming programme  
P&F Annual General Meeting

**Thu 13 Dec** Years 1-3 Swimming programme

**Fri 14 Dec** Years 1-3 Swimming programme  
End of Year Thanksgiving Mass 10.15 am

### WEEK 10

**Mon 17 Dec** Year 6 Awards Ceremony 6.15 pm - School Hall  
Year 6 Graduation Mass 7.30 pm - Parish Church

**Tue 18 Dec** Swimming Carnival Years 2-5 - Waves  
Year 6 Aquatic Centre - Homebush

**Wed 19 Dec** Christmas Story - 11.30 am  
2019 Promotions afternoon 2.00-3.00 pm  
Students finish for Term 4 - 3.10 pm



## *Join Band!*

### *Teaching Services Australia*

Is your child interested in joining the school band? The school band is now taking enrolments for 2019 and is open to all students currently in Years 2-5. No prior experience is required.

Recently students saw a demonstration concert at school that highlights the different instruments available for tuition. They will receive a green School Band Program note providing introductory information.

What do you need to do? Return the expression of interest from the bottom of the green note to try a variety of instruments with trained music tutors, to help your child find the instrument to which they are best suited. The results of this instrument trial will be sent home with comprehensive enrolment information.

Learning an instrument in an ensemble is a great way to experience the social, educational and personal benefits that music and the arts have to offer! TSA provides a quality instrumental program, with full ensemble rehearsals, great value tuition and rent-to-buy instrument hire.

For more information on your school instrumental program, please contact Teaching Services Australia below.

ABN 43 099 422 129

PO Box 87 Kenthurst NSW 2156

Unit 31 / 286-287 New Line Rd Dural NSW 2158

office hours Monday - Friday 9am - 4.30pm

phone (02) 9651 7333 fax (02) 9651 7133

email [info@teachingservices.com.au](mailto:info@teachingservices.com.au)

## *Morning drop off*

**Please do not let your children out of the car on the side of the road and then cross the road in front of traffic. This is extremely dangerous.**

**Please park in designated areas and ensure that your child crosses at the pedestrian crossing.**

## *School Terms - 2018*

Term 4—Monday 15 October to Friday 21 December

- Students finish Wednesday 19 December 2018

## *School Terms - 2019*

Term 1—Tuesday 29 January to Friday 12 April

### ***Mathematic Assessment Interviews:***

- Tuesday 29 January and Wednesday 30 January

***Years 1-6 Commence:*** Thursday 31 January

***Kindergarten Commence:*** Friday 1 February

Term 2—Monday 29 April to Friday 5 July

Term 3—Monday 22 July to Friday 27 September

Term 4—Monday 14 October to Friday 20 December

## Assembly Awards

### Students of the Week - Week 2

KQ BLUE	Riley McColgan
KvG GREEN	Tom Herriott
KR RED	Lorenzo Gunawan
KRD YELLOW	Charlotte Spada
1HM BLUE	Charlotte Agius
1Y GREEN	Halle Fleming
1G RED	Jenon James
1F YELLOW	Sienna Barra
2K BLUE	Keira Metierre
2J GREEN	Eliott Thomas
2P RED	Jeremy Lee
2L YELLOW	Marcus Sideras
3B BLUE	Cleo Papadopoulos
3H GREEN	Emily Ryan
3C RED	Amelia Rowlandson
3OC YELLOW	Katie Worsley
4G GREEN	Shannah Bercich
4P RED	Abigail Chan
4I YELLOW	Lachlan Cefai
5K BLUE	Oscar Cheah
5S GREEN	Cooper Crawford
5M RED	Charlie Schneider
5OD YELLOW	Rubi Nowak Allcorn
6F BLUE	Thomas Williams
6B GREEN	Lachlan Smith
6R RED	Zachary Hume
6M YELLOW	Connor Bource



### Students of the Week - Week 3

KQ BLUE	Audrey van der Meer
KvG GREEN	Olivia Sayers
KRD YELLOW	Jonathon Tannous
1HM BLUE	Chloe Harkin
1Y GREEN	Ella Hall
1G RED	Emma O'Brien
1F YELLOW	Christian Zerefos
2K BLUE	Oliver Wahab
2J GREEN	Archer Woods
2P RED	Sofia Hurtado
2L YELLOW	Lila Haddin
3B BLUE	Jayden Joseph
3H GREEN	Ethan Murray
3C RED	Travis Alford
3OC YELLOW	Angus Herriott
4BM BLUE	Isabelle Stevens
4G GREEN	Jonathan Bryant
4P RED	Patrick Fallon
4I YELLOW	Tea Stefanakis
5K BLUE	Anamaria Simcic
5S GREEN	Luca Pagliarini
5M RED	Jay Puglisi
5OD YELLOW	Jack Orley
6F BLUE	Elizabeth Paton
6B GREEN	Sarah Cheah
6R RED	Lachlan Carey
6M YELLOW	Ben Boxshall

## Year 5 and Year 1

In Term 3, sixty Year 5 students volunteered their Friday recess and lunchtime to run games for Year 1 students. The sixty students were divided into teams, each team with an allocated leader who was responsible for the set up and pack up of the games as well as organising the Year 1 students. I have been incredibly impressed at the level of responsibility demonstrated by these Year 5 leaders. They have shown skills in problem solving, organisation and team work, all the while maintaining a fun attitude to keep the Year 1 students engaged and happy.

The Year 1 and Year 5 students requested that the program continue in Term 4 due to its success! This is one of the many ways St Michael's builds community amongst students. The whole school benefits from the connections made between year groups as it develops a sense of belonging for students and peer support. Here is a photo from the games this week!



*Emilie Cangy, School Counsellor*

### Mel's Tasty Bites Canteen & Catering Services.

You can now download our new summer canteen menu from our website. ([www.melstastybites.com](http://www.melstastybites.com))

You will notice there have been some changes on the menu as we are now in-line and ticked with approval with the NSW Healthy School Canteen Strategy set to take place as of 2019.

As all our food is freshly prepared every day at all our canteens, we encourage you to place a weekly lunch order and support your school canteen. We would also like our parents to start using Flexi Schools for lunch orders as of this term as it helps us with the morning rush. Thank you.

**Mel, Mel's Tasty Bites Canteen & Catering Services**

### 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 2019, please let Mrs Maka, Principal, know as soon as possible. Please address all letters/emails to Mrs Maka c/o the school office.

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.

### Star Corner

**Congratulations to Naden Cooray** who was selected as the Captain of the Mackillop Cricket team during the 2018 NSWPSSA Carnival. Opening the batting he scored 107 runs in 4 games with a top score of 75 against North Coast. Naden finished 9th overall and was the only U12 player in the top 10 Batsman.

You can see the ladder at:

<http://mycricket.cricket.com.au/>



Boys, Girls, Summer, Winter, Sports  
Limited supply across most sizes! Grab a bargain!

# 2nd HAND SCHOOL UNIFORM SALE IS BACK!



**Monday 12th November**  
**2.30pm - 3.10pm**  
**in the Hall**

**Please bring small change**  
**There is NO CHANGE**  
**for large bills!**

**Cash only**  
**No layby**

**If you are unable to come, perhaps another person can make your purchases.**

We invite families to donate back any no longer needed school uniforms, summer or winter. Please bring them to the school office on

**FRIDAY 9th NOVEMBER**

All proceeds go back to the school towards educational resources for the children.

## HELPERS!

We need a small number of helpers for the day of the sale **1.45pm to 3.30pm.**

Please go to the P&F Helper's Group on Facebook to volunteer:

GROUP: "St Michael's Baulkham Hills P&F Helpers"

There is an event set up for the sale. Thank you!

## Uniform

It has been over two years since we introduced some of the changes to our uniform.

This transition period from the old uniform to the new has come to an end. Therefore at the second-hand uniform sales we will only be selling our current uniforms not the outdated uniform.

## Classes for 2019

This term our teachers will be working together to formulate our classes for 2019. 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 2019, please put this information into a letter to the Principal, Mrs Maka 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 2019.

Teachers will also provide the children with an opportunity to nominate 2 or 3 friends that they would like to be with in 2019. 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 19 December at 2.00 pm children will have the opportunity to meet their 2019 teacher together with their new classmates.

## School Fees

Dear Parents, Thank you to all families who have finalised their 2018 school fees and those continuing on with their weekly, fortnightly or monthly arrangements.

**If you are not on an arrangement and have outstanding fees we request these to be paid immediately.**

Should you be experiencing financial hardship, please contact **Rasha Azar, Finance Officer, urgently on 9865 1600 for a confidential discussion.** Thank you for your continued support.

## Oakhill College and the Students Leaders

would like to invite you to celebrate the festive season with our annual Christmas@Oakhill family picnic and concert!

Join us for a family night with your picnic basket and blanket to enjoy an evening of live music and Christmas festivities!

**Thursday, 6 December – 5.00pm to 7:30pm**

Suitable for all ages - Face painting, crafts, sausage sizzle and of course, a visit from Santa!

**All Proceeds of the event go to Ronald McDonald House-Randwick for sick children and their families this Christmas season. Free event - Tickets essential**

**Get your tickets at [Trybooking.com](http://Trybooking.com)  
'Christmas@Oakhill'**



A day here or there doesn't seem like much but absences  
add up 2 days a month adds up to 4 weeks a year /  
20 days a year which is over one year of lost learning.

# EVERY DAY COUNTS

every learner  
every day



Catholic Education  
Diocese of Parramatta



# P&F

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



You're invited to the school

# FAMILY DISCO

## Friday 23rd November 6pm - 9pm

Pre-purchase tickets \$6 per person (adults or children)

Tickets at the door \$8 per person (adults or children)

Bring a chair & enjoy our undercover space!

Sausage Sizzle!

Drinks, Ice Cream and Coffee Vans!

Professional  
DJ with games  
& prizes  
for the kids!

**RAFFLE!**

**WET 'n' WILD  
PASS!**



**BUNNINGS  
VOUCHER!**



## Things to remember

- When you arrive at the disco please check-in at the table.
- The disco is a no-alcohol event.

## Safety

- Children must stay within the hall, the undercover space and lower playground areas, within the chained off boundaries which will be clearly marked.
- For their safety, there should be no children elsewhere in the school.
- So the night is safe and enjoyable for everyone, **parents must supervise their children during the disco.**
- No drop offs to pick up later please. Children must be under parent supervision.

Please return to the office in a WELL SEALED envelope "Family Disco Night", **by Wednesday 21/11 - please** 😊

Child's name:.....Class:.....

Your email address:.....

Your mobile:.....

No. of people attending ADULTS & CHILDREN:..... x \$6 per person = Total enclosed \$.....

Cash or  Cheque payable to "St Michael's P&F" please.

**\*See separate note for helpers\***



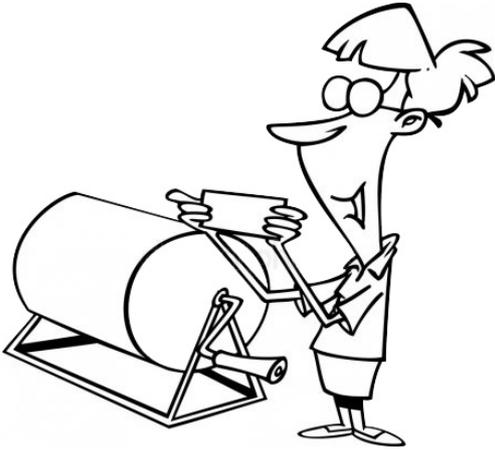
**P&F**

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

# Calling all helpers!

# Family DISCO

## Friday 23rd November 6pm - 9pm



**BBQ Cooking**  
**BBQ Service**  
**Front Desk**  
**Raffle Sales**  
**Patrols**  
**Clean Up**



© Can Stock Photo

Discos at our school attract around 650-700 people. It's a great night for parents and kids. With so many attending, we need helpers. We need quite a few helpers in order to run this event, *otherwise sadly, we cannot go ahead with the disco.* Helping at the disco is hectic and fun. It's also a good time to connect with other parents on the job!

### If you can spare 1 hour on the night

please let us know by filling in the **form below and return to the office.**

A P&F member will contact you with your time and location for the event.

OR

Email: [pandfstmichaels@gmail.com](mailto:pandfstmichaels@gmail.com)

Thank you for your support.

I can help at the Family Disco! Friday 23rd November 2018.

My Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

# SCHOOL CANTEEN

# ST MICHAELS PRIMARY SCHOOL

## Term 4 & 1



### ~ SANDWICH BAR ~

<b>Vegemite, Jam or Honey (O)</b>	<b>\$2.40</b>
<i>Margarine spread</i>	
<b>Chicken (E)</b>	<b>\$4.00</b>
<i>Lettuce &amp; mayo</i>	
<b>Cheese Tomato (E)</b>	<b>\$3.50</b>
<i>Cheese &amp; tomato</i>	
<b>Ham (E)</b>	<b>\$3.80</b>
<i>Cheese &amp; tomato</i>	
<b>Chicken Schnitzel (E)</b>	<b>\$4.00</b>
<i>Hummus &amp; tabouli</i>	
<b>Cheese (E)</b>	<b>\$2.50</b>
<i>Sliced tasty cheese</i>	
<b>Salad (E)</b>	<b>\$3.60</b>
<i>Lettuce, tomato, cucumber, beetroot, onion &amp; alfalfa</i>	
<b>Egg (E)</b>	<b>\$3.60</b>
<i>Mayo &amp; lettuce</i>	
<b>Curried Egg (E)</b>	<b>\$3.60</b>
<i>Mayo, curry &amp; lettuce</i>	
<b>Tuna (E)</b>	<b>\$3.80</b>
<i>Mayo, cucumber, Spanish onion, sweet chilli</i>	

<b>Breads (G)</b> <i>White, wholemeal or Multigrain</i>	
Wrap	\$0.60
White Roll	\$0.60
Gluten Free Sliced	\$1.20

<b>Extras</b>	
Avocado (G)	\$1.00
Boiled Egg (G)	\$1.00
Hummus (G)	\$1.00
Ham (O)	\$1.00
Cucumber, tomato or lettuce (G)	\$0.60

<b>Lunch Bag</b>	<b>\$0.20</b>
<b>Spoon or Fork (without a lunch order)</b>	<b>\$0.20</b>
<b>Sauce Portions</b>	<b>\$0.30</b>

### ~ SUPER SALAD BAR ~

<b>Greek Salad (E) (GF)</b>	<b>\$5.00</b>
<i>Tomato, cucumber, Spanish onion, pitted olives &amp; feta</i>	
<b>Chicken Caesar (E)</b>	<b>\$5.00</b>
<i>Grilled Chicken, Cos lettuce, croutons, egg, Caesar dressing</i>	
<b>Chicken Buster (E)</b>	<b>\$5.00</b>
<i>Grilled chicken, tabouli &amp; hummus</i>	
<b>Garden Salad (E)</b>	<b>\$5.00</b>
<i>Lettuce, tomatoes, cucumber, carrot, capsicum &amp; sprouts</i>	



### ~ BREAKFAST ~

<b>MTB Brekkie Roll (E)</b>	<b>\$4.00</b>
<i>(Poached egg, avocado, cheese, rocket &amp; relish)</i>	
<b>MTB Brekkie Roll &amp; flavoured milk (300ml)</b>	<b>\$5.50</b>
<b>Toasted Banana bread &amp; flavoured milk (300ml)</b>	<b>\$4.00</b>
<b>Toasted Sandwiches (E)</b>	
<i>Cheese</i>	<b>\$2.50</b>
<i>Ham &amp; Cheese</i>	<b>\$3.00</b>
<b>Raisin Toast (2) (E)</b>	<b>\$2.00</b>
<b>Toast (2) (E) Jam or Honey</b>	<b>\$2.00</b>
<b>Fresh Fruit Salad (E) (GF)</b>	<b>\$2.50</b>
<b>Yoghurt &amp; Muesli (E) (GF)</b>	<b>\$2.50</b>
<b>Fruit (E)</b>	
<i>Fruit available daily</i>	<b>\$1.00</b>

### HOME-MADE TREATS ~

<b>Homemade Muffins (O)</b>	<b>\$2.00</b>
<i>(Banana, Blueberry or Apple cinnamon)</i>	
<b>Warm Banana &amp; Custard (O)</b>	<b>\$2.50</b>
<b>Banana Bread (O)</b>	<b>\$2.00</b>

### NSW Healthy Canteen Strategy

#### ~ FOOD CODING ~

<b>E</b>	Everyday
<b>O</b>	Occasionally
<b>GF</b>	Gluten Free

### CELEBRATE YOUR BIRTHDAY AT SCHOOL!

Order your Zooper Dooper Iceblock Bucket or Homemade Cupcakes on our website or ask one of our friendly staff at our MTB Canteens!

[www.melstastybites.com](http://www.melstastybites.com)

## CRUNCH & SIP before 9am - \$2.00



Bottle of Water 350ml plus a choice of a Apple, Banana or Orange

# SCHOOL CANTEEN

# ST MICHAELS PRIMARY SCHOOL

# Term 4 & 1



## ~ BURGERS & ROLLS ~

<b>Hot Chicken Schnitzel (E)</b>	<b>\$5.00</b>
<i>Baked homemade Chicken Schnitzel, lettuce &amp; Mayo</i>	
<b>Baked Fish (E)</b>	<b>\$5.00</b>
<i>Baked crumbed fish, lettuce &amp; tartare sauce</i>	
<b>Cheeseburger (O)</b>	<b>\$5.00</b>
<i>Fresh beef patty, cheese, mustard &amp; tomato sauce</i>	
<b>Veggie Burger (E)</b>	<b>\$5.00</b>
<i>Veggie pattie, lettuce &amp; Tomato</i>	

## ~ HOT BAR ~

<b>Beef &amp; Bean Nachos (E)</b>	<b>\$5.00</b>
<i>Corn chips, beef &amp; beans, lettuce, cheese, tomato, sour cream &amp; avocado</i>	
<b>Vegetarian Fried Rice (E)</b>	<b>\$4.00</b>
<i>Fresh veggies tossed in fluffy rice w/soy sauce</i>	
<b>Spaghetti &amp; Sauce Nachos (E)</b>	<b>\$4.00</b>
<i>Spaghetti &amp; sauce w/ corn chips and melted cheese</i>	
<b>Fish Cocktails &amp; Salad (E)</b>	<b>\$4.50</b>
<i>Baked Fish &amp; Garden Salad</i>	
<b>Home-made Pizza (E)</b>	<b>\$4.50</b>
<i>(Vegetarian / Bbq chicken / Margarita)</i>	

## ~ MILK ~

<b>Lite Oak - 300ml (E)</b>	<b>\$2.50</b>
<i>Chocolate, Strawberry)</i>	

## ~ COLD DRINKS ~

<b>Harvey Juice 99% (E)</b>	<b>\$2.50</b>
<i>Orange, Apple, A&amp;B, O&amp;M</i>	
<b>Water (E)</b>	
<i>Spring Water 600ml</i>	<b>\$2.00</b>

**NSW Healthy School Canteen Strategy**  
~ FOOD CODING ~

<b>E</b>	<b>Everyday</b>
<b>O</b>	<b>Occasionally</b>
<b>GF</b>	<b>Gluten Free</b>

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## ~ FROZEN TREATS ~

<b>Frozen 99% Juice Cups (E)</b>	<b>\$1.50</b>
<b>Peters Ice Cream from (O)</b>	<b>\$1.50</b>
<b>Frozen Orange Qtr (E)</b>	<b>\$0.50</b>

## SNACKS ~

<b>Yoghurt &amp; Fruit (E)</b>	<b>\$2.50</b>
<b>Sliced Watermelon (E)</b>	<b>\$1.50</b>

## COMBO DEAL – WHEN YOU SPEND \$3.00 OR MORE

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<b>\$2.00</b> (300ml)		<b>OR</b>		<b>\$1.50</b> (600ml)
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## WEEKLY SPECIALS

### MONDAY

**Chicken Stir-fry w/ Hokkien Noodles (E) \$5.00**  
*Asian veggies tossed with chicken & hokkien Noodles*

### TUESDAY

**Chicken Schnitzel, Mash & Gravy (O) \$5.00**  
*Homemade Schnitzel with Mash & Gravy*

### WEDNESDAY

**Spaghetti Bolognese (E) \$5.00**  
*Homemade Bolognese sauce tossed with spaghetti*

### THURSDAY

**Chicken Mushroom Boscaiola (O) \$5.00**  
*Chicken breast, cream, mushrooms & penne*

### FRIDAY

**6 x Nuggets (O) \$4.50**  
*Baked chicken breast nuggets*



## Mel's Tasty Bites

Healthy Canteen Operators & Catering Services



**Catherine McAuley**

**Westmead**

**Enrolments for Year 7 2020**

Catherine McAuley Westmead is now accepting enrolments for Year 7 2020. The closing date for Year 7 2020 applications 1<sup>st</sup> round offers is Friday, 22<sup>nd</sup> March 2019.

Parents and their daughters have the opportunity to tour the school campus at one of our upcoming school tours specifically for Year 7 2020 applicants, but open to any year group.

**Monday 26<sup>th</sup> November & Thursday 6<sup>th</sup> December 2018  
from 9.15-11.00 am**

These mornings will provide parents and students with the opportunity to tour our school on a normal school day. You will be able to view our school grounds and facilities, go into classrooms and meet our students and teachers. Enrolment packs will be available on the day. Please note that following these tours there will be no other school tours held until our Open Afternoon.

Contact our School Reception on 9849 9100 to book a place on a school tour.

**Save The Date – The Catherine McAuley Westmead School Open Afternoon will be held from 4.00-7.00 pm on Tuesday 12<sup>th</sup> March 2019.**

## Centenary of Armistice —the end of WWI

11 November 2018 | 4:30pm | Bella Vista Farm  
FREE outdoor concert—1812 Overture  
Castle Hill RSL Youth Wind Orchestra

A free concert will mark the Centenary of Armistice, 100 years since the guns fell silent at the end of World War I.

The multiple award-winning Castle Hill RSL Youth Wind Orchestra will be joined by some Royal Australian Army **big guns** when they perform Tchaikovsky's "1812 Overture".

Also featuring performances by the Castle Hill RSL Pipe and the RNSW Lancers Band.

Get your FREE tickets at:  
[centenaryofarmisticeww1.eventbrite.com.au](http://centenaryofarmisticeww1.eventbrite.com.au)



### National Anthem

Introduction to The Centenary of Armistice Finale  
by Mayor Dr Michelle Byrne, The Hills Shire Council  
and Brigadier Phillip Bridie, AM, Castle Hill sub-Branch President

1st/15 Royal NSW Lancers' Band Gig

Massed Pipe Bands' rendition

Fourteen Citations for NSW WW1 Victoria Cross Winners  
Centenary of ANZAC Ambassadors

Lone Piper plays "Scotland the Brave"

Australian Prime Minister's End of WW1 Speech  
read by Gareth McCray

Last Post, Ode and Reveille

**Tchaikovsky's 1812 Overture**  
played by Castle Hill RSL Youth Orchestra  
accompanied by 105mm guns from  
9 Regiment Royal Australian Artillery firing blanks

## Rabbit Baiting

We have been advised that rabbit baiting will be taking place on the premises of **522 Windsor Road, Baulkham Hills** between **6 November - 18 December 2018**.

Please be advised that this bait may be toxic to dogs and other domestic animals.

## Ellen's Family Day Care

Opening hours 7 am to 6 pm

Opposite Crestwood High School

School holiday and after school care

Operated by **Ellen Wang, fluent in Mandarin and English**

Please contact 0431 128 620 or

email [w\\_hongmin@hotmail.com](mailto:w_hongmin@hotmail.com)



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# CHEER ENERGY

Cheer Energy is a recreational and competitive cheerleading gym. Cheerleading is one of the fastest growing sports in Australia, Cheer is a true 'team' sport, that is both physically and mentally challenging.

We harness the passion of our athletes, while providing a fun, high-energy environment that caters to individual needs of athletes and encourages respect for teammates.

## PROGRAMS AT CHEER ENERGY

- Competitive / Semi-competitive Cheer and Dance
- Recreational Tumbling/Acro Classes
- Birthday Parties
- School Holiday Camps/Workshops
- Open Gyms

## FACILITIES

Our state-of-the-art facility, located in the heart of Castle Hill, is the epicentre of Cheer Energy. It's a place where we encourage our athletes to learn, laugh and fall in love with cheer.

Spread over 1000 square metres, Cheer Energy's gym has four distinct areas, customized to specific programs and classes, including:

- Fully sprung, 13-panel cheer room
- Fully sprung 7-panel cheer/tumbling room, with a 6 metre tumble track & air track
- Two dance rooms
- Our spacious waiting rooms offer plenty of seating for athletes and parents between and during class.

### WE OFFER A FREE TRIAL CLASS!

0426 767 469 • 02 8854 0389 • admin@cheerenergyaustralia.com.au  
www.cheerenergyaustralia.com.au

# HILLS BULLS SPORTS CLUB

## MINI LEAGUE Introduction to Rugby League

RUGBY LEAGUE WITH THE HILLS BULLS MINI-LEAGUE CLINIC

Thursday 22nd November  
Thursday 29th November

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

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# Hills Academy of Martial Arts SHAOLIN KUNG FU

## Little Dragons

Ages 4-6 yrs

## Kids Kung Fu

Ages 7-13 yrs

## Teens & Adults Kung Fu

14yrs +

## Fitness Kickboxing

## Tai Chi & Qigong

For more information please contact us today on  
**Phone 0405 446 557**  
Email: enquiries@hillsmartialarts.com.au  
Unit 34B, 7 Carrington Road, Castle Hill 2154

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- Extensive School Readiness Program
- Qualified Staff
- Computer Based Learning
- Meals Provided
- Fully Accredited
- CCB available

1 months - 6 years  
Open till 6 p.m.

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**Tel: 9624 5931**  
44 Kalimna Drive Baulkham Hills 2153  
(Close to Crestwood Public School)