



St Michael's Primary School

Newsletter

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Issue 17

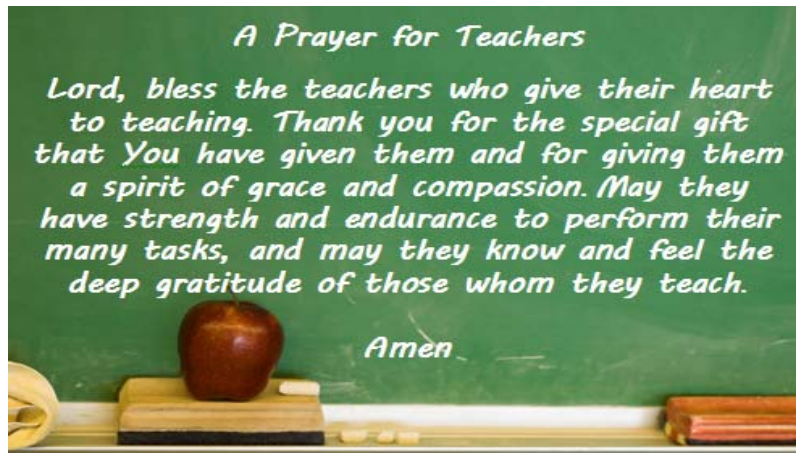
Term 4 Week 2

Thursday 25 October 2018

From the Principal

Dear Parents

A very warm welcome back to Term 4. I trust you were able to find some quality time throughout the holidays to enjoy the company of your children. We have all returned refreshed and ready for the busy term ahead, with a wide variety of events taking place. With World Teachers' Day being celebrated this Friday, (see information below) I thought it appropriate to pray for our teachers today.



I take this opportunity to recognise the tremendous dedication and commitment that our staff demonstrate in their various teaching and support roles at St Michael's, whether full time or part time. The cycle of assessing, programming, resourcing and teaching across all Key Learning Areas, alongside quality and rigorous professional learning expected for all teachers to engage in is continual and ongoing. We have a number of staff who spend evenings, weekends and holidays engaging in additional professional learning or formal studies in addition to their teaching roles.

World Teachers' Day

Internationally World Teachers' Day is celebrated on the first Friday in October. However, as this is usually during Australian school holidays, Australia celebrates the day on the last Friday in October of each year.

Everyday, New south Wales teachers are making a difference educating and inspiring young people across our state. World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make in our classrooms and communities.

Celebrated in more than 100 countries world-wide, World Teachers' Day was established by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in 1994 to recognise the role of teachers in society. Please take this opportunity to thank a teacher.

K2019 Parent Information Evening - Monday 5 November

We invite our 2019 Kindergarten parents to join us on Monday 5 November at 7.00 pm for our Parent Information Evening. The evening will consist of five workshops presented by the Kindergarten teachers and the Religious Education Co-ordinator. The workshops will be an opportunity to present to you information that will ensure your child's smooth transition to Kindergarten 2019. We look forward to meeting you again and continuing our partnership to provide quality education for your child.

Blessing of new school buildings - Thursday 6 December

The Blessing of our new school facilities will take place on 6 December at 10.30 am in the school hall. Bishop Vincent Long and Mr Greg Whitby will both be present for this special ceremony and celebration.

We cordially invite all our families to join us for the celebration and light refreshments outside the Hall.

Danuta Maka

Religious Education

Sacrament of Eucharist—First Communion

Congratulations to the children who made their First Communion last weekend. It was wonderful to see the children and their families celebrating together the holy Sacrament of the Eucharist.

A special word of thanks is extended to the parents and the parish sacramental team who supported the children throughout the preparation period. We pray as a school community that the children will continue to grow closer in their relationship with God as we journey towards the season of Advent.

Mr David Ison, Religious Education Co-ordinator

News from Mini Vinnies

We are looking for any parents or grandparents who are willing to give up 30 minutes of their time on a Wednesday and/or Friday at 1.10pm to teach a group of children how to knit.

If you are interested in sharing your skills with us, could you please write a note and send it to the office with your name and contact details.

All volunteers would have to complete the Catholic Education Offices' Child Protection Training and Undertaking.

Parents/Caregivers - Are there any spare/ unused wool/yarn and knitting needles lying around your house? Mini Vinnies would be grateful for any wool or knitting needles that you no longer use to donate to our group.

Thank you.

Miss Herzog and Mrs Yogev

Junior Elevate for Years 5 & 6

On Sunday 4 November 2018, we will be hosting an afternoon at the Downey Room, from 4.00-5.30 pm, exploring the theme of overcoming, and how we can grow good positive thoughts, into words, and then into actions, and possibly then, into habits. We'll be doing this through a whole stack of games and activities, as well as a bit of input and food too! Look forward to seeing you there.

If you have any questions please call the Youth Minister Paul Fam on 0407 773 174 or email:

youth@parishofbaulkhamhills.org.au

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.

Social Skills and Mantras Program

Term 4 Week 3: Ask for help if you need it

- Ask for help if you need it; whether in the playground, with work in the classroom, or out of school. Ask questions that will help you understand the task.

Week 4: Perseverance

- Having the ability to continue to maintain a purpose in spite of difficulties.
- Keep trying even when work seems too hard.
- FAIL: First Attempt In Learning;
- Try a new strategy; Ask for assistance.

Prayers

We pray for those in our community who may be unwell or suffering at the moment. We ask this through Christ Our Lord, Amen.



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

Orientation letters for Kindergarten 2019 have been posted to families who have confirmed their child's place next year.

Please note the following dates for Kindergarten 2019 children.

Monday 5 November—Parent Information Evening 7.00 pm School Hall (parents only)

Tuesday 13 November—Orientation—Session 1

Thursday 15 November—Orientation—Session 2

Friday 1 February 2019—Kindergarten children commence

For further enquiries, please call the school office on

9865 1600

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.

We will be looking at placing students in classes for 2019 during Term 4.

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.

Calendar Dates

TERM 4 WEEK 2

Fri 26 Oct Kindergarten Excursion—Calmsley Hill City Farm
Incursion—Tom Harding Drumming

WEEK 3

Tue 30 Oct Year 5 Incursion—Variety “Just like you”

Thu 1 Nov K-6 Music “Count us In” School Hall 12 noon
Yr 6 Science incursion

Fri 2 Nov School Assembly 8.50 am
Kindy Incursion—Turbans, Ties, Turkish Slippers (Storyteller) 1.40 pm
Yr 5 Incursion—Forces 1.40 pm

WEEK 4

Mon 5 Nov 2019 Kindergarten Parent Information evening
7.00 pm School Hall

Tue 6 Nov Peer Support—Final Session and Lunch

Wed 7 Nov Yrs 2-4 Incursion—Band Demonstration
P&F General Meeting 6.30 pm

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

WEEK 5

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
Yr 6 Parent Run Formal

Year of Youth Art Competition Results

The Diocesan Mission team were thrilled to receive so many quality pieces in this year's Year of Youth Art Competition. The winners for the Infants, Primary and Secondary Divisions have been selected and they have been contacted along with their schools.

The following students from St Michael's were awarded Highly Commended for their submissions and will be presented with their certificates at our next school Assembly.

Infants Highly Commended:

Annalise Young, Sienna Kallas, Finn Boswell

Primary Highly Commended:

Katherine Solina, Hannah El-Akhras

Assistance Required

On 15 October 2018, one of the teacher's cars parked outside the Downey Room of the Parish building was scraped on the rear passenger side. The paint work indicates a white car. Could you please contact the office with any information.

Music: Count Us In

This is the 6th year that St Michael's has taken part in the nationwide Count Us In Event. Music: Count Us in, exists to advocate for and celebrate music in Australian schools.

In 2018 over 700 000 students across Australia will come together at the same time on the same day to sing the same song. This year's song is called "One Song" and was written by students, for students to sing.

Celebration Day is Thursday November 1. We will come together as a school community to watch the live broadcast of the event from 12pm. Our students have been working hard to learn the song and are excited about singing it with the rest of the nation.

Mrs Lyndall Parker & Ms Kathryn Young,

School Terms - 2018

Term 3—Monday 23 July to Friday 28 September

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 10

KQ BLUE	Luke Worsley
KvG GREEN	Anya Reza
KT RED	Daniel Rigoli
KRD YELLOW	Jacob Woodland
1HS BLUE	Samantha Nutt
1Y GREEN	Luke Hoddinett
1G RED	Hugo Wilkins
1F YELLOW	John Fisher
2K BLUE	John Bazouni
2J GREEN	Emelia Muccino
2P RED	Leislle Chen
2L YELLOW	Leon Cooray
3B BLUE	Zuzanna Latecka
3H GREEN	Spencer Bennett
3C RED	Nathan Halcrow
3OC YELLOW	Holly Brettle
4BM BLUE	Madeleine Scotland
4G GREEN	Harry Kalal
4P RED	Max Lewis
4I YELLOW	Cooper Smith
5K BLUE	Mikayla Eltenn
5S GREEN	Olivia Joseph
5M RED	Georgia Marie Barakat
5OD YELLOW	Xavier Saffy
6F BLUE	Amy Schier
6R RED	Joshvin Prakash
6M YELLOW	Audrey Velez



Students of the Week - Week 1 T4

KQ BLUE	Boston Chan
KvG GREEN	Eloise Tweedie
KT RED	Zachary Carmeci
KRD YELLOW	Aarav Upadhyay
1HS BLUE	James Coote
1Y GREEN	Chloe Liu
1G RED	Scarlett Barakat
1F YELLOW	Charlotte Hughes
2K BLUE	Karen Hanna
2J GREEN	Alexander Chammas
2P RED	William Xu
2L YELLOW	Audrey Agudo
3B BLUE	Matthew Timbs
3C RED	Charlotte Lucak
3OC YELLOW	Jessica McDowell
4BM BLUE	Lucas Tait
4G GREEN	Sienna Tornatore
4P RED	Jade Potuzanski
4I YELLOW	Gemma Lenane
5K BLUE	Katherine Solina
5S GREEN	Lachlan Small
5M RED	Sienna Gwynne
5OD YELLOW	Riley Grehan
6F BLUE	Kayla The
6B GREEN	Sebastian Charon
6R RED	Liam Moore
6M YELLOW	Tyron Halpenny

International Competitions and Assessments for Schools (ICAS) 2018—Years 3-6

ENGLISH

Congratulations to all of the children who participated in the English Competition this year. Well done to the following children on their achievement.

High Distinction

Year 3: Alexander Vasquez **Year 4:** Caleb Parker

Distinction

Year 3: Drew Fleming, Charlotte Lucak, Allyson Lynch, Aidan Spada

Year 4: Ellen Hoddinett, Lily Moore, Nicholas Scollard

Year 5: Holly Martin, Julia Patanjali, Caylee Stevens

Year 6: Angelina Woodward

Credit

Year 3: Savannah Ayoub, Ashton Crawford, Elleese Demal, Lizanne Fernandes, Tahnae Halpenny, Charlotte Henson, Angus Herriott, Zuzanna Latecka, Lilly McCaughey, Liam Rubbo, Matthew Timbs, Jamie Wakim

Year 4: Shanelle Braganza, Eunkyool Kim, Gemma Lenane, Millie Macdonald, Lachlan Martin, William O'Farrell, Sienna Pai, Madeleine Scotland

Year 5: Jemma Adamek, Sienna Gwynne, Tayla Harris, Jaiden Kennedy, Kristijan Magdic, Breannah Stevens

Year 6: Kaitlin Giffney, Caitlin Hughes, Katherine Liu, Caitlin Lynch

Merit

Year 3: Mia Aani, Zachary Doric, Emily Geracitano, Ava Griffiths, Nicholas Gunawan, Luca Scotland, Eadie Velez

Year 4: Christiane Barakat, Abigail Chan, Mia Giffney

Year 5: Mischa D'Souza, Riley Grehan, Matthew Mackay, Levi Morrison, Jay Puglisi, Ryan Sayers

Year 6: Brendan Huynh, Kaitlyn Nada

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.

Book Club

Scholastic Book Club orders were due today 25 October 2018. Unfortunately we are unable to accept orders received after Friday morning 26 October.

1-2-3 Magic & Emotion Coaching

St Michael's hosted the 1-2-3 Magic® & Emotion Coaching parent education course in Week 8, 9 & 10 of Term 3. The program reviewed the fundamentals of child brain development and how the amygdala ("old brain") and the frontal cortex ("new brain") influence emotional regulation.

Parenting strategies were divided into two categories: outside-in and inside-out. Counting and time out were recommended as two key methods for outside-in parenting. The practice of 'emotion coaching' was introduced as a strategy for teaching children how to identify and manage their emotions.

The group of approximately 40 parents gave positive feedback that the sessions were helpful and a non-judgmental environment for learning. Presenters Anoushka Houseman (Clinical Psychologist from CEDP) and Emilie Cangy (St Michael's School Counsellor) enjoyed getting to know parents at St Michael's and would recommend the course for all parents.


Children develop coping skills with adult support

While some children have a positive outlook on life, others may interpret experiences with negative thoughts, feelings or behaviours. Children's thoughts affect the way they cope, so adults need to help them to look at life positively. For example, a child might interpret being left out of a group in the playground as 'They don't like me, I am not worth liking. I am not a nice person.' An adult can help a child to change their thoughts by reminding them of times they have played happily with others, so they have good memories to call on.

What we think about children and how we talk about them to others in front of them also impacts on how they see themselves. The table below describes some ways adults can support children to rethink their negative thoughts, feelings and behaviours to build coping skills.

Negative thoughts and actions

The child's negative thoughts and actions	Unhelpful responses from adults	Putting it positively and building optimism
"I can't. I will never be able to do it."	"You're just not trying."	"I know you can't do it yet, but you can get there. Last week you learned to do a very hard puzzle."
"I'm scared."	"Don't be such a scaredy cat."	"It is a big slide. Would you like me to come with you the first time?"
"It's too hard."	"You're just lazy."	"It is a big job. Let's just do the first bit and see how that works. I will help you get started."
Leaves a mess	"Your room is a pigsty. Why can't you be clean?"	"It looks like this room needs some help to be cleaned."
Fights over toys	"Give it to me. You two are always fighting. If you can't play properly no one can have it."	"Let's find out what you both want and see if we can sort this out."
Makes too much noise	"Stop that terrible racket. You are giving me a headache."	"That's too much noise for inside the house. Would you like to play outside or do something different?"



Volunteers Needed



- Are you professional graphic designer?
- Do you have some time to help out before the end of the year?
- Are you available during school hours?
- Can you work with a small group of children and teachers to bring their creative ideas for a school logo to life?

If you answered 'yes' to the above questions, then we need you!!
Please contact the school office and let us know and we will set up a time to meet with you ASAP.

Back path

Please ensure that you walk to the back path to collect your children in the afternoon, particularly children in the younger grades.

Children in younger grades without a sibling need to be collected by their parents at the back gate. Any child not picked up by a parent is brought back to Slow and Go.

For the consideration of our neighbours, please move out of the area as soon as possible and ensure that your children are not running through lawns or playing in the creek area.

Please be mindful of the cars that are moving in and out of this area and the supervision of your children to ensure their safety at all times.

New School phone number

9865 1600

Please ensure that you have updated the school's new phone number into your mobile phone contacts so that if we ring your number, you will know that someone from the school is trying to reach you. **Our previous school number is no longer active.**

Year 6 'Sock it' to poverty

On Monday 22nd October, Year 6 took part in Catholic Mission's **Socktober** to raise money for the kids in Myanmar. We had to bring in a gold coin if we wanted to wear colourful and crazy socks to school. It was really important that it wasn't just a gold coin, but it had to be a gold coin we earned by doing a good deed. We ended up earning \$115, which is a lot of money raised just by doing a good deed like helping your parents cook or taking care of someone. It shows us what helping someone can do for others who are less fortunate than us. Now the kids in Myanmar will have a chance to have a good education and clean water and fresh food. **(Annabelle Mison)**



After we finished the research, we put all of it together and wrote the letters to Mrs Maka stating all of the reasons why the Year 6's should do something for **Socktober**. We came up with a whole bunch of things that we could do to raise money for the people in Myanmar. One of the most popular ideas with the grade was to wear socks to school with pride and bring in a gold coin donation. Mrs Maka approved this and agreed for us come to school with different coloured socks, on Monday 22nd October. **(Imogen Leahy)**

We wrote letters to Mrs Maka asking for her approval to take part in **Socktober**. When she gave us her approval, we were all asked to bring in a gold coin donation, but we had to earn the gold coin. At home we had to do a good deed to earn the gold coin. We did this because the donation would be more meaningful if we actually had to think about doing something nice for someone so we can give money to someone less fortunate. This taught us that the meaning behind a donation is not just where it goes, but how much we actually care. If we didn't care we wouldn't go to the trouble of doing something nice, but we did, so we did the good deed and took part in **Socktober**. **(Kaitlin Giffney)**



Year 6 have been learning Mission and the work that is done in third world countries like Myanmar. We learned about Catholic Mission so we could understand that there are less fortunate people than us. We researched what Catholic Mission does and how they do it. We found a lot of information about Catholic Mission in preparation for writing a letter to Mrs Maka to let us take part in **Socktober**. We then learned about 10 different Catholic organisations and put them in a chart. We then had to find out what they do and how they do their work. We spent time learning about Mission which was a good thing because now I feel much more fortunate about my life and it taught me that I should be more thankful for what I have in my life today. **(Ben Boxshall)**

Year 5—Variety “Just Like You”



Today, 25 October, Year 5 are participating in the first workshop of the “Just Like You” program run by Variety Australia.

Just Like You is a free and fun disability awareness program, designed to build understanding, acceptance and inclusion of those with disabilities.

Over 37% of all school children with a disability were reported as having difficulties fitting in socially at school. “Just Like You” celebrates what makes a person different through interactive activities, and in turn students learn that people with a disability are the same as everyone else – they are ‘Just Like You.’

The first workshop challenges preconceived ideas around disability and students practice integrating alternative modes of communication and movement in to their classroom environment. In the second workshop which will be held on Tuesday 30th October, students will learn about inspiring Australians with a disability and the qualities of what makes a high achiever.

The program links into our PBL unit on Mission by developing empathy skills with others in our community who may have different life challenges to us. The children are investigating a broad range of global and social issues which will culminate in them designing an action plan to help address one of these issues as part of their own personal mission to follow the example of Jesus.



School student transport scheme (SSTS) 2019 applications now open

School student applications for 2019 open from Monday, 15 October 2018.

Students progressing to Year 3 and Year 7 **do not** need to re-apply if they are:

- continuing at the same school
- are residing at the same address
- or have not been sent an expiry notification from Transport for NSW.

Where a student meets the new distance eligibility, the system will automatically update their entitlement. If they do not meet the new eligibility, they will receive an expiry notification.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply.

If students need to update their information or re-apply, they should go online to

<https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before 31 December 2018 to ensure student entitlements are updated and their current entitlement/card is not cancelled. If their application is submitted after 31 December 2018, the system will automatically cancel a card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out during December 2018 and January 2019.

Did you know

Your child's best learning time is the start of the school day
just a little bit late doesn't seem much but

He/she just missing,	That equals ..	Which is ...	and over 13 years of schooling that's ...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour 40mins per week	Over 2.5 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 and a half years
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years

every learner
every day



ST MICHAEL'S BAULKHAM HILLS - ALLERGY AWARENESS

Throughout our school we have a number of children with **life threatening allergies** (Anaphylaxis) to various forms of food, latex, dust, cats and insect stings. This is a serious matter, one that our school must address.

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

In order to do this we appeal to all parents to assist us in caring for these children by considering the type of foods you pack for your own child's recess and lunch.

Our aim is to minimise the amount of peanut and tree nut products brought into the school. These foods are extremely dangerous to our children with allergies and cause 50% of food allergic deaths.

Common foods that trigger an allergic reaction are listed below and we ask you to refrain from sending them to school and to seek suitable alternatives.

FOOD TYPE	EXAMPLES
Peanuts	Any kind of peanut
Tree nuts	Hazelnuts, almonds, cashews, pecans, walnuts, macadamia – any kind of nuts
Peanut butter	Any kind of peanut butter
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, snack-a-bouts, Dunkaroos
Chocolates containing nuts	Picnics, Snickers, Mars Bars (almond), Nut Breaks, Ferrero Rocher, Fruit and Nut, Praline based chocolates – Guylian, Marble Blocks
Chocolate lollies containing nuts	Peanut M&Ms
Marzipan and nougat	
Breakfast cereals containing nuts	Crunchy Nut or Honey Nut Cornflakes, Muesli, Nutri Grain, Just Right etc
Muesli Bars and Snack Bars containing nuts	
Yoghurt with nut mixer packs	Ski Double Up
Confectionary items	Lolly Gobble Bliss Bombs, Rocky Road
"Health Food" confectionary bars containing nuts	
Foods containing satay	Thai, Malaysian, Indonesian meals
Some moisturisers	

The Canteen does not sell any of these products.

In the case of a child bringing a nut product to school, teachers will bring the matter to the attention of parents.

There are many foods that DO NOT contain peanuts or nuts in their ingredients list, but the food package has the statement. "May contain traces of dairy, nut or seed". This food may be brought to school and consumed only by non-allergic children.

Due to safety and concerns, we discourage children from sharing food and drink. We would also appreciate parents speaking to their children regarding this matter. Your child's diet at home need not change.

Below is a list of foods that are safe for you to choose from. We're sure you can think of many others.

- Fruit and vegetables
- Dried fruits, Fruit snack packs
- Vegemite, jam, honey, cheese spreads
- Parker's Pretzels, Rice crackers
- Chips, Popcorn
- Plain biscuits – sweet or savoury – without nuts
- Chocolate biscuits – without nuts
- Plain Cornflakes, Rice Bubbles, Weetbix, etc – without nuts
- Fruit based muesli bars and snack bars – without nuts
- Yoghurt – without nuts mixes
- Lollies and confectionary items – marshmallow, spearmint leaves, jelly babies, snakes, raspberries, etc without nuts.



Basically we ask you not to send food to school with your child that contains a nut or nut product listed in ingredients.

We thank you for helping us to provide a safe environment for all children at St Michael's.

2019 Parramatta Diocesan Team Sport Trials

Currently only the Summer Sports of **BASKETBALL & TENNIS** are open and registrations close on **Wednesday 31 October** as these trials will be held in **November 2018**.

All **OTHER** sport registrations will open in **November** for **2019** trials.

Any Primary students enrolled in Year 5 and 6 in 2019 are invited to participate in the Parramatta Diocesan Team Sport Trials during Term Four in 2018 and Term One & Two in 2019.

It is important to note that these trials are generally for those children who display an above average ability and/or have representative experience in their chosen sport. While teams are open in age it is **strongly recommended that only children of a representative standard in Years 5 & 6 in 2019 be invited to attend**.

Parramatta Diocesan trials will be held in the following sports:

*AFL (B&G), Basketball (B&G), Cricket (B&G), Diving (B&G), Hockey (B&G), Football (B&G), Golf (B&G), Hockey (B&G), Netball (girls), Rugby League (11yrs & Opens), Rugby Union (boys), Softball (B&G), Tennis (B&G), & Touch(B&G).

To be eligible for selection for these trials an Online Team Registration Form must be completed that can be accessed via the website www.primarysportparra.catholic.edu.au.

This online form is an **EXPRESSION OF INTEREST** for the 2019 Parramatta Diocesan Primary Sport Team trials. Parents may complete this form to attend a selection trial. One form is to be completed per child, per individual sport. Each sport has its own criteria therefore, it is imperative that the correct form is completed.

Please note that your online registration is an **EXPRESSION OF INTEREST ONLY** and **MUST be approved by the child's school**. In order for the child to attend the nominated trial or event this may come down to the discretion of the school as to who is selected to attend the trial. In some sports only 2 students per school can be nominated. **All fields and especially "Representative Experience" MUST be completed.**

Under no circumstances will a child be eligible to trial if the Online Registration Form has not been completed and approved by the school by the closing date.

Detailed information can be found on the website:

www.primarysportparra.catholic.edu.au

School Volunteers at St Michael's

Thank you to parent/grandparent volunteers who have completed all their requirements to volunteer in the classroom, on excursions or sporting events. Unfortunately if you offer to assist and have not completed all the volunteer requirements, you will not be able to assist until the volunteer requirements have been completed.

All volunteers at St Michael's need to complete Steps 1 and 2 below as follows:

- Go St Michael's website -
<http://www.stmichaelsbhills.catholic.edu.au>
- Click on Enrol Now, go to Get Involved, click on Child Protection Course link. You will then be directed to the Catholic Education Office – Diocese of Parramatta website
<http://childprotection.parra.catholic.edu.au/volunteers>

Complete Steps 1 and 2

- 1) **Step 1: Complete 'Building Child Safe Communities - Undertaking for Volunteers' Form** (New procedure across all CEDP schools)
- 2) **Step 2: Complete the online training module** (Updated content to be completed every two years)

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

If you have any questions regarding Volunteering at school, please contact the school office on 9865 1600.

WESLEY GIANT GARAGE SALE

Where **In the Wesley Uniting Church grounds at 32 Showground Road, Castle Hill.**

Dates/Times **Friday November 2nd 2018** (operating from **8:00am to 1:00pm**) and **Saturday November 3rd 2018** (also operating from **8:00am to 1:00pm**)

Sale items/Stalls will include Books, Records, CDs, DVDs, Christmas, Clothing, Electrical, Furniture, Manchester, Plants, Toys, White Elephant, Jewellery, Fine Art and China etc.

We will also be providing refreshments (tea, coffee and cake) during sale hours, together with a Sausage Sizzle for lunch on both days, and Bacon and Egg rolls for breakfast on Saturday morning.

Enjoy the friendly atmosphere, and pick up a bargain (or two) knowing you are helping those families who need our assistance within the Hills area.



steam Kids Club
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LEARN THROUGH PLAY!

We are a new after-school innovative program that follows a modern approach to learning. We encourage our students to learn through play, which results in open-ended creativity and a love for learning. We teach Primary students Science, Technology, Engineering and Maths principles in a fun and relaxing environment. Entrepreneurship training is another key focus at SKC. **Facebook: SteamKidsClub**



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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!

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MINI LEAGUE

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Thursday 22nd November
Thursday 29nd November

Crestwood Reserve, Baulkham Hills

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For more information please contact us today on
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Email: enquiries@hills martialarts.com.au
Unit 34B, 7 Carrington Road, Castle Hill 2154



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