



Christ the King, North Rocks

Term 3, Week 1

20th July, 2017

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Term 3, Week 1

Thursday 20th July

- * Choir 8am
- * PE: Year 1 (Gr2) Yr 4, Yr 6

Friday 21st July

- * Band 7.45 All students + lessons throughout the day
- * Lunch Orders

Term 3, Week 2

*Sacrament of Confirmation sessions
begin this week*

Monday 24th July

- * Sport Program: All Children in Sport Uniform
- * Lunch Orders
- * COOL KIDS MUSIC 3pm—4pm

Tuesday 25th July

- * Uniform Shop 8am—12:30pm
- * PE : Year 2, Year 1 [Gr1], Year 5

Wednesday 26th July

- * **ST BERNADETTE'S NETBALL GALA DAY**
- * Writing Club 8am in Year 4
- * Lunch Orders
- * PE: Yr3, Kindy
- * Maths Club 1:30pm in Year 3
- * Chess begins 3.00-4.00pm

Thursday 27th July

- * **LUNCH ORDERS FOR TOMORROW MUST BE BROUGHT IN TODAY (due to Grandparents Day events)**
- * Choir 8am
- * PE: Year 1 (Gr2), Yr 4, Yr 6

Friday 28th July

- * Band 7.45 All students + lessons throughout the day
- * Lunch Orders (from orders received yesterday)
- * **GRANDPARENTS DAY**
- Parking onsite only available for displayed Mobility Parking permits only
- ⇒ 9:00am : Open Classrooms
- ⇒ 10:00am : Liturgy in the Church
- ⇒ 10:30am : Morning Tea
- ⇒ 11:00am : Thank you for joining us

Dear Parents

Welcome back to Semester Two and the first week of Term 3. I trust you enjoyed the winter holidays with your family and friends. The term ahead will be busy, highlighted with various sporting events, Confirmation, Grandparents Day and Father's Day just to name a few. The staff and I look forward to working in partnership with you, seeing your children grow and develop as they continue their learning at Christ the King.

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Next FRIDAY we will be celebrating Grandparents Day. This is the biggest community event on the school calendar. Information has been sent home and is also included inside this newsletter regarding the morning's activities. Please take special notice of the change in parking arrangements and the change in the drop off procedures for the morning. We look forward to celebrating this wonderful occasion next week.

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In Matthews gospel this Sunday, Jesus continues to speak to his followers through parables. The Parable of the Weeds highlights that God is a far wiser being than us and therefore it is best for us to leave absolute judgment to Him, as God's judgment is that of one who loves unconditionally. God as the sower of our lives, is best equipped to judge those who wrong us, pulling out the "weeds" as such that hamper or hinder us in our daily lives. A healthy respect for ourselves and others should be our aspiration. The harsh criticism of ourselves and others should be left to one who loves us unconditionally - God our Heavenly Father. As we reflect on this week's Gospel let us prepare the soil of our heart with love and compassion for ourselves and others as God the "sower" continues to sow the good seed of His love in that garden we call our life. May the love and strength of God and the Holy Spirit remove the 'weeds' in our lives, as we continue to listen to the word of the Gospels and their implications in our day to day lives.

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During the holidays I had the time to review the student attendance records of each student for semester one. It has come to my attention and concern that there are several children's attendance records and punctuality that require follow up on my behalf to ascertain whether families require assistance in this aspect of their child's education. Student attendance is a major focus for our Diocesan schools with the initiative "Every Learner Every Day" being implemented [see information pamphlet coming home as a separate hard copy note]. Absenteeism and poor punctuality is also the responsibility of a school principal to monitor, therefore I will be following up with various families over the coming weeks. Poor punctuality may in some cases, lead to chronic absenteeism down the track. In the last twelve months, punctuality has emerged as an issue at CTK, as many children are constantly late to school. Parents are reminded that, if your children are late to school, it is your responsibility to accompany your child to the office to complete a partial absence note. This is the current State Legislation and is not optional. Please note that children who turn up late to the office of a morning, unaccompanied by their parent, will be marked as an "unexplained partial absence". Your co-operation in these matters is expected and will be greatly appreciated.

Tony Hughes  
Principal



## Mark In Your Diary

|                                   |                        |
|-----------------------------------|------------------------|
| ⇒ ICAS English                    | Tuesday 1st August     |
| ⇒ Kindergarten—Calmsley City Farm | Tuesday 1st August     |
| ⇒ SCHOOL PHOTO DAY / CENSUS DAY   | Friday 4th August      |
| ⇒ HEALTHY EATING AFTERNOON TEA    | Friday 28th August 2pm |
| ⇒ SCHOOL PHOTO CATCH UP DAY       | Tuesday 8th August     |
| ⇒ YEAR 6 BBQ FUNDRAISER           | Friday 11th August     |
| ⇒ SACRAMENT OF CONFIRMATION       | Wednesday 30th August  |
| ⇒ FATHERS DAY EVENTS              | Friday 1st September   |

## COMING HOME SOON

- ⇒ Term 3 School Calendar
- ⇒ Term 3 Grade Curriculum overview
- ⇒ School Photo envelopes / Family Photo envelopes

## ADVANCED NOTICE : STAFF DEVELOPMENT / PUPIL FREE DAY

This term, teaching staff will be involved in a professional learning day on **Monday 23rd May**. On this day the staff will be working on our Religious Education and formation goals and how they impact on the children's learning throughout 2017.

Please put this date in your calendar it is a pupil free day where there are no classes.



## INTERNATIONAL COMPETITIONS FOR AUSTRALIAN SCHOOLS ENGLISH



- When: Tuesday 1st August 2017.  
Time: **Arrive by 7.45am for an 8.00am start** as assessment takes 55-60 minutes.  
Where: Year 5  
What to bring: 2B Pencil, eraser, sharpener.

## IMPORTANT

- The assessment paper will be sat for **ONLY** on the allocated day above.
- **Students to arrive at 7.50am.** Competition will begin at **8:00am SHARP** to enable students to complete their paper by 8:45am.
- There will be **NO MAKE UP DAY** for students who forget to attend or who are absent from school on the scheduled subject day.

## SCHOOL CENSUS DAY FRIDAY 4th AUGUST 2017

**Friday 4th August is School Census Day.** All children should attend school on that day and absence should only be if it is absolutely necessary.

If your child is absent on Friday 4th August, a note explaining the child's absence must be presented to the school teacher on the child's return on Monday 7th August.

This is of course a requirement that applies to everyday of the school year, however, Census data is directly related to Government funding for our schools and the requirements outlined above are set by the Department of Education.

## Happy Birthday in July to:



Kinder Charlotte B  
Tabitha K  
William L  
Olivia T  
Eden B  
Olivia L  
Ash T  
Gabriella L

Year 1 Jeremy D

Year 2 Fredrick P  
Talia R  
Paula E

Year 3 Jack T  
Maria S  
Nicholas C  
Liliana M  
Ameliah L  
Joshua B

Year 4 Olivia S  
Jayda I  
Marcus I

Year 5 James Y  
Andre C  
Sophie S  
Michael A  
Luca T  
Alexander D

Year 6 Raphaella P  
Ciara M  
Stephanie T  
Isabelle B  
Marcus Y  
Sophie K



**The School Office  
is open from  
8.30am to 3.30pm**



## *Grandparents Day at CTK* *next Friday 28th July*

Dear CTK Families and Grandparents,

Next Friday 28<sup>th</sup> July 2016, the CTK community will be celebrating Grandparent's Day. We warmly invite our CTK Grandparents to enjoy time with their grandchildren during the open classrooms. We will then continue to a whole school liturgy in Christ the King Catholic Church, followed by a morning tea held outside the Church (weather permitting).

*On Grandparent's Day only visitors with DISPLAYED Mobility Parking Scheme Permits will be permitted to park on the school site under the COLA (20 car spaces available).*

*All other visitors will be asked to park off the school site. This is to ensure that our school can be easily accessed in case of an emergency.*

*There will be a Drop Off Zone in front of the Church and CTK Admin Building from 8:30 – 9:00 am to welcome our visitors.*

*To reduce traffic congestion we ask that students are dropped off at the ramp in front of the Library from 8:15am.*

8:30 am      Drop off Zone for visitors parking off school site

9:00 am      Open Classrooms

10:00 am     Grandparent's Day Liturgy in Christ the King Catholic Church

10:30 am     Grandparent's Day Morning Tea in Mary MacKillop Hall

*This is a wonderful event and is a highlight of our calendar for all grandparents who enjoy visiting our school. As a large number of visitors is anticipated we ask that you bring a plate to share morning tea if you have a grandparent / visitor attending. Your contributions can be left in the Office next Thursday afternoon July 27, 2017 or on the Friday morning.*

*Student Lunch Orders for Friday July 28, 2017 will need to be sent to school next Thursday July 27, 2017. This is to ensure that all Lunch Orders are prepared on time for our students' lunchtime on Grandparent's Day.*

*Many thanks for your support and we hope you can join us.*



## RELIGIOUS EDUCATION NEWS

### Gospel of Matthew — daily prayer and reflection

At Christ the King School we greatly value daily prayerful reading of Holy Scripture.

We acknowledge the significance that reading the narrative of Jesus Christ sequentially has in developing a deep faith and love of Jesus. This is also an opportunity to reveal the true mission and message of Jesus Christ, assisting each of us to recognise and accept our call to live and spread the Gospel values within a contemporary world.

The students at Christ the King School will be reading an online Bible, Bible Gateway at [www.biblegateway.com](http://www.biblegateway.com) and using the Contemporary English Version. This online version has been approved by the Bishop's office, which has been chosen as it uses appropriate language for Primary aged students. You are welcome to use the online Bible or your own Bible at home. Each week in the Christ the King School Newsletter and the Christ the King Parish Bulletin, the weekly readings will be published.

*This week the school community read these readings from the Gospel of Matthew.*

| Week | Monday                                         | Tuesday                                       | Thursday                                 | Wednesday                                             | Friday                                   |
|------|------------------------------------------------|-----------------------------------------------|------------------------------------------|-------------------------------------------------------|------------------------------------------|
|      | <b>July 17, 2017</b>                           | <b>July 18, 2017</b>                          | <b>July 19, 2017</b>                     | <b>July 20, 2017</b>                                  | <b>July 21, 2017</b>                     |
| 1    | Matthew 12:1-8<br>A Question about the Sabbath | Matthew 12:9-14<br>A Man with a Crippled Hand | Matthew 12:15-21<br>God's Chosen Servant | Matthew 12:22-32<br>Jesus and the Ruler of the Demons | Matthew 12:33-37<br>A Tree and Its Fruit |

*Please join the Christ the King community in prayerfully reading the Gospel of Matthew for Week 2.*

| Week | Monday                                 | Tuesday                                          | Thursday                                       | Wednesday                                 | Friday                                     |
|------|----------------------------------------|--------------------------------------------------|------------------------------------------------|-------------------------------------------|--------------------------------------------|
|      | <b>July 24, 2017</b>                   | <b>July 25, 2017</b>                             | <b>July 26, 2017</b>                           | <b>July 27, 2017</b>                      | <b>July 28, 2017</b>                       |
| 2    | Matthew 12:38-42<br>A Sign from Heaven | Matthew 12:43-45<br>Return of the Unclean Spirit | Matthew 12:46-50<br>Jesus' Mother and Brothers | Matthew 13: 1-9<br>A Story about a Farmer | Matthew 13:10-17<br>Why Jesus Used Stories |

We hope you all take this opportunity to join us as a Catholic community in prayer and reflection of the Gospel of Matthew.

*Monica Burley, Religious Education Coordinator*

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### **UNIFORM SHOP** open every Tuesday from 8am to 12:30pm

Parents are most welcome to place an order through the office. FULL PAYMENT details with all orders.

The Uniform Shop can accept Eftpos (credit & debit [not American Express]), cash and cheque (payable to Christ the King).

**The Uniform Shop Price List is available on the Christ the King School website.** Go to [ctknorthrocks.catholic.edu.au](http://ctknorthrocks.catholic.edu.au) and click on the 'Parents' tab then click on Handbook, School Office and then Uniform Shop / Clothing Pool. On this page you will find the price list to download.

**NEXT TRADING DAY : TERM 3, WEEK 3 - Tuesday 1st August  
8am—12.30pm**

## **WALKING SAFELY TO SCHOOL**

**For students walking to school, a reminder that the pedestrian gate on North Rocks Road is open for students to safely access the school grounds. Please remind them to walk down the steps and walk between the cones under the COLA to the entry gate near Year 3. This will ensure their safety.**

### **Gaining independence**

As your child gets older they are likely to want to become an independent traveller.

Walking to and from school with your child helps ease traffic congestion, reduces your carbon footprint, promotes physical activity and provides a talking point about road safety. The Roads and Maritime Services website has more information on active transport.

Before allowing your child to walk to school by themselves, talk with them about the responsibility and the importance of making safe decisions. Remind them that the decisions they make will affect their safety, and that of other road users.

You know that what works for one child may not work with another. Every child acts differently around traffic. Ensure you know how your child may act or react in a changing traffic environment. This will help you to decide when to allow them to walk to school independently.

Before you let your child to walk to school independently, plan the journey together and have a practice run.

You should also ensure your child knows and understands:

- the pedestrian road rules
- their responsibility as a pedestrian towards the safety of others
- the importance of not using mobile phones and other devices in the traffic environment
- a safe, alternative way home if something changes

Other pedestrian safety tips include:

- Always use pedestrian facilities if available.
- Never assume that a driver can see you or will stop for you.
- Make sure drivers see you and have stopped before you cross the road or driveway.
- Check for turning vehicles before you leave the kerb and when crossing driveways.

At school, your child will learn about road safety as part of Personal Development, Health and Physical Education. Help them learn the pedestrian safety messages by using them and sharing them whenever you are out and about.

### **Students in Stage 2 (Years 3-4)**

- Hold an adult's hand when you cross the road
- Use a safe place to cross the road

### **Students in Stage 3**

- Stop! Look! Listen! Think! every time you cross the road
- Use a safe place to cross the road

### **Pedestrian traffic signals—**

**Press the button and step back and wait for the green signal, this means you are safe to cross. Do not swing on the pole while you are waiting**

Always wait for the light to change to the green walk signal before crossing. Make sure that vehicles stop before you cross, and don't walk if vehicles are moving through the crossing or if the red don't walk signal shows. When approaching traffic lights, you must not start to cross on the flashing red don't walk signal. You must wait for the green signal before you start to cross. At some intersections, pedestrian countdown timers have replaced the flashing red man don't walk signal. The countdown timers show how many seconds you have left to finish crossing before oncoming vehicles will be given a green light. If you haven't started to cross, the countdown timers can help you decide if it's safe to do so.

*Thank you for your assistance in ensuring the safety of our children.*





## Nat Bertie's Lunchbox Recipe Ideas: Week 1

### *Educational Eating – Digestion*

The goal of digestion is to reduce food to tiny molecules so its nutrients (substances in food necessary to sustain life) can be used by cells in body. Cells form tissue into organs which depend on the body's digestive system to provide them with the nutrients that the body needs to function. Digestion begins in the brain, where the sight and smell of food triggers the release of saliva to initiate the breakdown of food when it enters the mouth.

If the food consumed is of poor quality (refined, processed/packaged foods) or not broken down appropriately, the process of digestion will not be effective and the body will not absorb or utilise the nutrients required to promote health. Undigested food/inadequate nutrients will travel through the body and be recycled for the digestion process at the next meal. These toxic particles also filter into the bloodstream through the wall of the small intestine. This weakens the first line of defence for the body's immune system, which considers these particles to be a foreign invader and attacks them to protect the body. This is an enormous task for the immune system and results in undigested/toxic particles being absorbed by the body, causing inflammation. Over time, this can lead to the body attacking itself, as the immune system begins to develop antibodies against necessary nutrients passing through the intestinal wall. An individual may progressively become sick from the build up of inflammation and toxins.

Inflammation from poorly digested food may present as health concerns such as:

- Digestive issues including bloating, constipation, diarrhoea
- Body aches and pains
- Respiratory issues
- Skin & nail issues
- Food intolerances/allergies
- Headaches and migraines
- An inability to lose weight or difficulty to maintain weight
- Sleep issues
- Recurrent colds, flu, sinusitis
- Tiredness/lethargy/energy fluctuations
- Food cravings for sugar, salt, bread, pasta, potatoes and other processed foods

When inflammation throughout the body reaches the nerves of the brain an individual's mental or emotional health may be affected. Inflammation in a person's body can affect their ability to learn and they may exhibit behavioural concerns including:

- Tantrums and defiance
- Obsessive & compulsive behaviours
- An inability to regulate emotions
- Food fussiness
- An inability to cope with every day stress
- An inability to focus or concentrate

### *Tips 'n' Tricks*

The body needs to be in a parasympathetic (relaxed) state for digestion to work effectively. To achieve a relaxed state while eating individuals should:

- Take the time to see, smell and appreciate each meal. This promotes the release of saliva to begin the breakdown of food in the mouth;
- Slow down and chew the food – 30 seconds each mouthful. This begins the mechanical breakdown of properly digesting food and allows the brain to stimulate other actions required for the digestive process; and
- Enjoy meals without distractions, as these negatively affect the way the body digests food. Sit at the table, turn the TV off, stay off the phone and avoid eating while driving.

Adults can model healthy eating behaviours for children by sitting with them for meals when they are home. Use this opportunity to show them how to eat slowly, share information about the importance of healthy eating and encourage them to reflect on how they are feeling. A good conversation starter may be to ask them to talk about their favourite part of the day.





## Recipe – Beef Kofta Meatballs with Kale & Tahini Dip

By Nat Bertie (adapted from Pete Evans), photo by Michelle Wagner (my sister)

### Kofta Meatballs

#### Ingredients

1kg beef mince  
2 garlic cloves  
1 onion finely chopped  
2 tsp dried mint  
6 Tbsp. chopped flat leaf parsley (1/2 a bunch)  
2 Tbsp. lemon juice  
2 tsp salt (sea/Himalayan/Celtic)  
1/4 tsp freshly ground black pepper  
Preferred healthy fat (butter/ghee/coconut oil/animal fat), for frying  
Salad, to serve

#### Method

Place all the ingredients in a bowl and mix well by hand until combined.

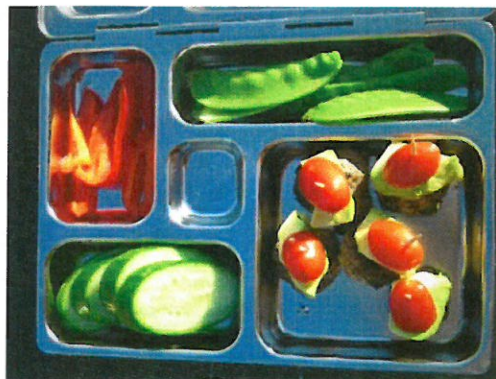
Using wet hands evenly divide the kofta mixture into tablespoon sized balls and shape into patties.

Heat a BBQ hotplate or large frying pan to medium heat (add preferred healthy fat).

Cook the kofta, turning occasionally for 6 -10 minutes or until cooked through.

Serve with kale/tahini dip and salad.

Store in fridge for 4 days or freeze some.



Serving suggestion - these meatballs can be skewered on a toothpick with a slice of avocado and 1/2 a cherry tomato.

### Kale & Tahini Dip

#### Ingredients

1 Tbsp. preferred healthy fat  
(butter/ghee/coconut oil/animal fat)  
1 onion, diced  
4 cloves minced garlic  
1 bunch kale, central stalks removed and chopped  
1/4-1/2 cup tahini  
100ml extra virgin olive oil  
4 Tbsp. lemon juice  
1/3 cup sunflower seeds or pepitas  
1/2-1 tsp salt (Sea/Himalayan/Celtic)  
Freshly ground black pepper to taste

#### Method

Melt the fat in a large saucepan over medium heat.

Add the onion and cook for about 5 minutes until softened.

Add the garlic and cook for 30 seconds.

Add the chopped kale and 125ml water.

Cover and cook for about three minutes or until the kale is tender.

Leave to cool.

Transfer the cooked kale and the liquid into a food processor and add the tahini, olive oil, lemon juice and sunflower seeds.

Process until smooth.

Serve with kofta meatballs and salad

Store in fridge for up to 5 days.



Contact details: 0414 425 077 or  
nat\_bertie78@hotmail.com



## LIBRARY NEWS

## Welcome back to Term 3 in the Holy Faith Library

We have lots of things to look forward to this Term with Book Week being the major focus. We have a guest author Stephen Michael King visiting, Write a Book in a Day with some Year 6 students, Book Week competitions and a Book Week Parade. More details next week.

## Premier's Reading Challenge 2017

Congratulations to all of those students who have completed the challenge for this year, well done! The PRC finishes 25th August, 2017 all records must be updated online by then. Students will receive their logins this week and attached to this newsletter is instructions for uploading your reading record. PLEASE SEE ME IF YOU NEED BOOKS TO READ TO COMPLETE THE CHALLENGE.

### TERM DATES FOR 2017

**Term 3    Tuesday, 18<sup>th</sup> July                  to    Friday, 22nd September**

**Term 4   Monday, 9<sup>th</sup> October                      to   Friday 15<sup>th</sup> December**

## BAND NEWS



**Dates to mark in your diary:**

**-Wednesday, September 13th: Band/Choir Showcase**

-Friday, November 24th: Christ the King Feast Day, Performance Band day trip

## SCHOLASTIC BOOK CLUB

Term 3 Book Club brochures are coming home this week. Orders are due back **NEXT FRIDAY, 28TH JULY 2017 (Online orders will be accepted until 2nd August 2017)**. As all orders are processed in one day, please double check your online order before submission or your paper order for accuracy before forwarding it with full payment to the office in a clearly marked envelope. Scholastic Australia will not accept any incorrect orders.



**TERM 3 SCHOOL CALENDAR** will be emailed home early next week.

Please keep in mind every effort is made to have firm dates and publish these as early as possible. Changes beyond our control sometimes need to be made. Please be assured as much notice as possible is given if this occurs.



# PREMIER'S READING CHALLENGE 2017

**The PRC finishes on the 25th August 2017. All reading records must be entered onto the website by this date.** I will then have one week to validate all student records. Student passwords have been issued this week.

Log in and enter the books you have read

1. Go to the PRC website NSW (just type premier's reading challenge into your web browser and make sure you are on the NSW site) and click on the log in tab on the left side of the page
2. You will be directed to the following page. Log in using you username and password. Please note the password is case and space sensitive, login exactly as the details show.

## Login page

Secure <https://sso.dof.nsw.edu.au/sso/Ui/Login?goto=https%3A%2F%2Fonline.get.nsw.edu.au%2Fprc%2Flogin.htm%3Fssosource%3Dlogin>

[classroom landing](#) [FACES](#) [Google Search](#) [Google Mail](#) [Google Drive](#) [Youtube](#) [Log On - Ci Anywhere](#) [IT Form](#)

NSW DEPARTMENT OF EDUCATION

Log in with your DoE account

User ID

EXAMPLE: JANE.CITIZEN

Password

[Log in](#)

[Forgot your password?](#)

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Have trouble logging in?


[Help for DoE/TAFE staff](#) [Help for TAFE students](#)


3. If this is the first time you have logged into the PRC site, you will be asked to accept the usage policy for the Department of Education. Click OK to continue


<https://extranet.det.nsw.edu.au/web/extranet/aup>


ending


 Google Search

 Google Mail

 Google Drive

 YouTube

 Log On - Cl Anywhere

 IT Form

Logged in as Thom

Home > Acceptable usage policy

### Acceptable usage of the Department's portal services

DEC Portal gives you access to departmental resources and services. For the purpose of this engagement you will be required to adhere to the policies and procedures DEC staff members are obligated to follow. Failure to comply with DEC's policies and procedures may result in disciplinary or legal action. Below are some of the relevant policies

- [Code of conduct.](#)
- [Employer Communications Devices Staff Use policy.](#)
- [Enterprise Data Policy](#)
- [Social Media Policy.](#)

It is forbidden to use the Department's email and online systems to seek out, access or send any material of an offensive, obscene, pornographic, threatening, abusive, unlawful or defamatory nature.

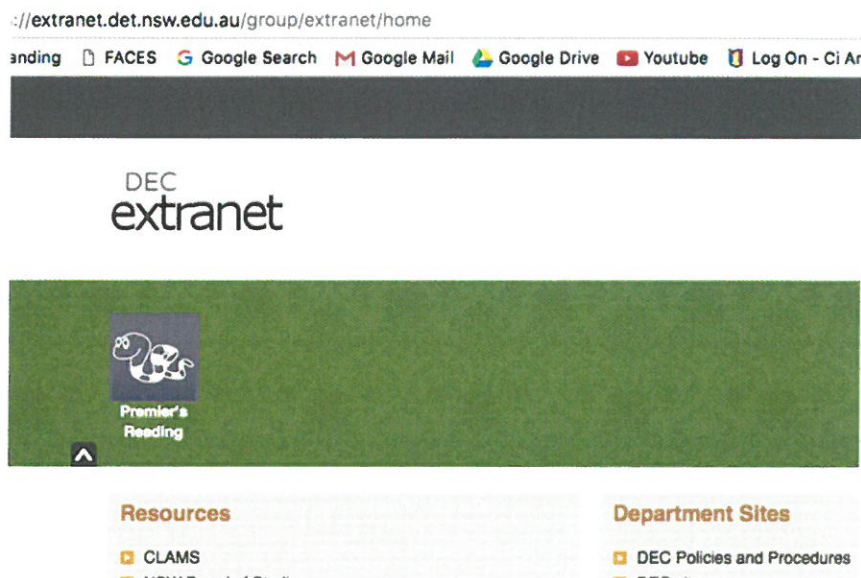
Personal information will only be accessed, collected and used in accordance with the NSW Privacy and Personal Information Protection Act 1998 and related [departmental policies](#).

The Department conducts surveillance and monitoring of its email and online systems to ensure the ongoing confidentiality, integrity and availability of business and education systems. Monitoring will be conducted in accordance with NSW Workplace Surveillance Act 2005 and relevant Department policies.

Proceeding beyond this point indicates you agree with these conditions.

OK

4. Click the Premier's Reading icon which will take you to the PRC page.



Once you have logged on you should be able to see your child's name at the top right of the page. You may be prompted to complete a brief survey.

On the left of the page click on the Student Reading Records tab and the **Personal Student Reading Record for your child should open.**

Using your child's paper spersonal reading record (in their diary or homework book) enter the PRC ID into the correct box then click add. The book should enter. If you do not know the ID you can enter the book by title or author.

Once the required number of books have been entered a box will indicate that you have finished the challenge. I will then need to validate the record and certificates will be issued at the end of Term 4.

**PLEASE SEE ME OR ASK YOUR CHILD TO SEE ME (DURING SCHOOL AT LUNCH TIME) IF YOU HAVE ANY PROBLEMS.**

**Students who need some help completing the challenge should see me immediately to get the books required.**

**Mrs Sarah Cook**

**PRC Coordinator**





Our PBL Focus for this week is:

Care for self:

Managing  
Impulsivity

STOP ... THINK ... DO





**STOP and THINK**  
**Before You Act.**

If someone starts fighting with you - don't fight back!



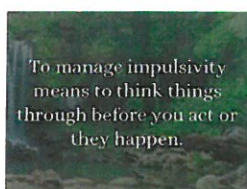
Stop ... Think ... Do



Don't fight back - two wrongs don't make a right!







When listening in class - don't have a chat!

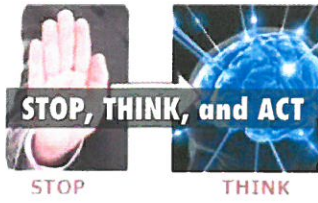


Stop ... Think ... Do



Be a good role model and show your friends how to listen!





When playing - don't go out of bounds



Stop ... Think ... Do



Think and remember - it's not safe!







When the bell rings, don't run to lines.



Stop ... Think ... Do



Think about the safe option - walking!



# PARENT VOLUNTEERS WITHIN THE DIOCESE OF PARRAMATTA

New directive from the Diocesan Office 25<sup>th</sup> May 2016

## BUILDING CHILD SAFE COMMUNITIES – NEW FORMS FOR ALL VOLUNTEERS

**THIS FORM MUST BE COMPLETED BY ALL PARENT VOLUNTEERS INCLUDING THOSE WHO ALREADY HAVE A CURRENT NSW WORKING WITH CHILDREN CHECK.**

Please note: Until both the 'Volunteer Form' and the 'Module' have been completed, parents will not be able to assist in any capacity as a volunteer within the school. (The school receives notification when you complete each section).

'Building Child Safe Communities' is a new initiative developed by Catholic Education Diocese of Parramatta that enhances our commitment to ensuring the safety and wellbeing of all students in our care. **It is now a requirement that all volunteers and contractors complete an online undertaking form** that confirms expectations in relation to behaviour whilst volunteering or contracting at schools, Catholic Out of Schools Hours Care and Catholic Early Learning Centres. This undertaking form also seeks to determine the suitability of volunteers and contractors by requiring them to declare that they do not have a criminal history involving children.



**Volunteers** – please click on '[Building Child Safe Communities – Undertaking for Volunteers](#)' by accessing the **form** via the Catholic Education Diocese of Parramatta public webpage [www.parra.catholic.edu.au](http://www.parra.catholic.edu.au), then click on the 'Volunteers and Contractors-Click here' image

(halfway down page on the right hand side). This image will take you to the Building Safe Communities page.

Click on the green Volunteer tab (left hand side)

Click on Step 1—Volunteer Form and follow the steps

**You will receive a confirmation email once the form has been submitted.**

- Your details will be maintained confidentially in a central database
- **A copy of your confirmation will then be emailed to the School / location where you are volunteering to be kept on file.**

A new form is required:

- For each location that you are a volunteer or contractor
  - If any of the details you have provided on the form change



**A reminder that you once you receive your confirmation email, you will need to complete the Child Protection Module.**

[www.parra.catholic.edu.au](http://www.parra.catholic.edu.au), then click on the 'Volunteers and Contractors-Click here' image (halfway down page on the right hand side). This image will take you to the Building Safe Communities page.

Click on the green Volunteer tab (left hand side)

Click on Step 2—Complete the Online Training Module

**Once you complete this online module the school will receive notification that it has been completed and you will be cleared to volunteer.**

### Therefore in brief :

1. To complete form go to: [www.parra.catholic.edu.au](http://www.parra.catholic.edu.au) and follow Step 1 above
2. Wait for confirmation email
3. On receipt of the confirmation email follow Step 2 above to complete Child Protection Online Module
4. Wait for confirmation email
5. The School will receive an email confirming that you have completed both steps and are now cleared to volunteer.

We thank all volunteers for their continued support of Catholic Education.



## COMMUNITY NEWS



### Catherine McAuley Westmead. Enrolments for Year 7 2019

There are two Open Mornings specifically for Year 7, 2019 enrolments to be held on: **Wednesday 18<sup>th</sup> October and Monday 6<sup>th</sup> November 2017. 9.15 – 11am**

**Catherine McAuley is now accepting enrolments for Year 7 2019.** Join us on one of our upcoming school tours especially for Year 7 2019 applicants but open to any year group.

These mornings will give interested parents and students 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.

To book places for a school tour on one of these tour mornings please contact our School Reception on 9849 9100.

**The 12th Biennial conference of the Council of Catholic School Parents** is being co-hosted by Broken Bay Catholic School Parents at the stunning St Paul's Catholic College in Manly. **This conference is for you if you work in education, have kids at school or are interested in the future of education.**

To find out more and how to register : [www.brokenbayparentcouncil.com/2017-parent-conference](http://www.brokenbayparentcouncil.com/2017-parent-conference)

This year's conference focuses on how to future proof our kids for an uncertain world with jobs and careers as yet unknown. The conference is jam-packed with something for everyone. The conference kicks off with a **Master Class Friday evening** featuring Dr Lea Waters (Revolution school fame) talking about Visible Wellbeing in Education. There is no charge to attend Friday night Master Class only.

**Saturday** features a host of great speakers, workshops, and an expert panel discussing how to future proof kids. For the kids there is also a Kids Conference on Saturday so bring them along. As always, there will be a conference dinner on Saturday night which is usually one of the highlights of the weekend. **Sunday** until lunch there will be more speakers and workshops for you to join in.

This is one of the cheapest conferences you will go to this year at only **\$250 for the full conference and \$50 for the Kids Conference**. So get your principal, P&F, mother or grandfather to sponsor you and bring your friends along to the #FutureReady conference. The keynotes and workshops will be very informative and entertaining but the best part is mixing with other like-minded parents and educators. So book now, we look forward to meeting old friends and making new ones too. *Linda McNeil, Executive Director, Council of Catholic School Parents*



OUR LADY OF MERCY COLLEGE PARRAMATTA

### College Open Morning Tour Wednesday July 26, 2017

*expanding beyond what we know we can be*

Our Lady of Mercy College Parramatta warmly invites you to attend our Open Morning Tour on Wednesday, July 26 2017.

Tour the College and discover how a Mercy Education empowers girls to expand beyond what they know they can be and enjoy a 'comfortable cup of tea' with the College Leadership Team. The College is now enrolling for 2019. Visit [www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au) to reserve your place or contact the Registrar 8838 1222 to discuss how your daughter can become a Mercy Girl.

**COME AND TRY DAY**

**DATE: SUNDAY 30TH JULY**  
**TIME: 2PM - 4PM**  
**PLACE: MUIRFIELD HIGH SCHOOL  
BARCLAY RD, NORTH ROCKS  
(BACK OVAL, UNDERCOVER IF RAINING)**

Join us for  
a Sausage  
Sizzle

**NORTH ROCKS SOFTBALL**  
TEEBALL, MODBALL & SOFTBALL SUMMER COMPETITION  
5 YEARS TO ADULTS—SOCIAL AND COMPETITIVE  
[president@northrockssoftball.org.au](mailto:president@northrockssoftball.org.au)  
[www.northrockssoftball.sportingpulse.net](http://www.northrockssoftball.sportingpulse.net)

### NORTH ROCKS SOFTBALL CLUB

COME AND TRY DAY

SUNDAY 30TH JULY

2-4PM

MUIRFIELD HIGH SCHOOL, Barclay Road North Rocks (back over, undercover if raining)

[www.northrockssoftball.sportingpulse.net](http://www.northrockssoftball.sportingpulse.net)

Simon FITZHENRY

North Rocks Softball Club

0412 348 771

[president@northrockssoftball.org.au](mailto:president@northrockssoftball.org.au)



## **WESTERN SYDNEY UNIVERSITY**

**Date:** 22 July **Event name:** Public Astronomy Night – Cassini's Last Hurrah; the Grand Finale at Saturn – SPECIAL GUEST SPEAKER, Professor Fred Watson **Event details:** If there was ever a space project that totally exceeded the expectations of the scientific world, it has been the Cassini mission to Saturn. Launched in 1997, Cassini reached its target after a seven-year journey, and immediately began re-writing the textbooks. Now, 13 years later, we have a remarkable catalogue of amazing discoveries. Storms and a hexagonal jet-stream in the planet's atmosphere, ripples and spokes in its rings, global oceans and oily seas on its moons – and they are just the start. But the best may be yet to come. With the spacecraft's fuel running out, mission controllers have thrown caution to the winds in an audacious series of orbits that thread Cassini between the rings and the planet before a final plunge into Saturn's atmosphere on 15 September. Celebrate this triumphant mission with Fred Watson, as he presents an entertaining update on all things Cassini. Includes presentation, short 3D movie, tour of the dome area and viewing of the night sky through a range of telescopes (weather permitting).

**Time:** 7pm – 9pm **Venue Address:** Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington **Contact website for public enquiries and bookings:**

[https://www.westernsydney.edu.au/observatorypenrith/penrith\\_observatory/whats\\_on](https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on) **BOOKINGS ARE ESSENTIAL**

**Date:** 5 August **Event name:** Public Astronomy Night - Is anybody out there? The search for extraterrestrial intelligence: A how to guide **Event details:** Dr Ain De Horta. If you've ever wondered if there are other intelligent beings in the universe that are looking out from their home planet wondering the same, then this is the presentation for you. We will look at how we are currently searching for evidence of other intelligent beings in the universe and how we might search in the future. Includes presentation, short 3D movie and viewing of the night sky through a range of telescopes (weather permitting) **Time:** 7pm – 9pm **Venue Address:** Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington **Contact website for public enquiries and bookings:**

[https://www.westernsydney.edu.au/observatorypenrith/penrith\\_observatory/whats\\_on](https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on) **BOOKINGS ARE ESSENTIAL**

**Date:** 19 August **Event name:** What the shape of galaxies reveals about their upbringing – NATIONAL SCIENCE WEEK **Event details:** Dr Caroline Foster The nature of astronomical distances is such that even our nearest neighbouring galaxy is too far to explore by probe. So, much like shadow puppetry, astronomers can only see galaxies in projection on the celestial sphere. Since distinct shapes project identically in 2D, measuring the true 3D (or intrinsic) shape of galaxies is an easy problem to pose, but a challenging one to solve. After 9 decades of effort, astronomers are finally making some headway thanks to a new technology called "multiplex integral field spectroscopy". I will briefly present this new technology and outline the role that Australian researchers have played in its development. I will also show how we are finally answering the 90 years old puzzle of the true shape of galaxies. You'll be amazed at how the 3D shape of galaxies can reveal much about how they were born and have grown up. Includes presentation, short 3D movie and viewing of the night sky through a range of telescopes (weather permitting) **Time:** 7pm – 9pm **Venue Address:** Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington **Contact website for public enquiries and bookings:** [https://www.westernsydney.edu.au/observatorypenrith/penrith\\_observatory/whats\\_on](https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on) **BOOKINGS ARE ESSENTIAL**

**Penrith Observatory's astronomy night is just one of a handful of Western Sydney University events happening during the Sydney Science Festival.**

**Sustainable Engineering – A Solar Car's Journey** **Date:** 10/8/2017. **Cost:** Free. **Time:** 4pm - 6pm **Location:** Building Z. [Kingswood Campus](#) See the documentary of their 2015 race, meet the engineers involved with the team and learn more about sustainable futures. Suitable for any ages. Bookings required

**Lifestyle, Health and Aging.** **Date:** 10/8/2017. **Cost:** Free. **Time:** 2pm - 4pm **Location:** Room G.34, Building EA. [Parramatta South Campus](#) We all, regardless of our age, want to be able to lead a life unimpeded by any health concerns. This presentation aims at pointing out the principal role we as individuals play in helping our body maintain its healthy status and avoid chronic disease. Bookings required

**The Future of Immersive Education with Artificial Intelligence and Virtual Reality Simulation.** **Date:** 13/8/2017. **Cost:** Free. **Time:** 9am - 4pm **Location:** Foyer Area, Building EB. [Parramatta South Campus](#) Cutting edge research and educational technology display. Exhibit 1. Generation of Knowledge, portrays everyday life of the Aboriginal Darug Clan. Exhibit 2. Uruk 3000 B.C. depicts the life in Uruk, the first city on Earth. No bookings required

**Stem Cell Stories: Fact or Fiction?** **Date:** 14/8/2017 to 18/8/17. **Cost:** Free. **Time:** 9am - 5pm. **Location:** Foyer Area, Building EHa. [Parramatta South Campus](#) Is regenerative medicine – the idea of replacing or regenerating human organs – science fiction or science fact? And what are stem cells – how can they cure disease and injury? These are just two of the questions explored in this acclaimed exhibition showcasing the intersection between art and cutting edge science. No Bookings Required

**Making Your Future - 3D Printing and Advanced Manufacturing.** **Date:** 17/8/2017. **Cost:** Free. **Time:** 3.30pm - 7pm. **Location:** Makerspace, Building Z. [Kingswood Campus](#) In this workshop, participants will work through a 3D graphics project and see demonstrations of 3D printing, laser cutting, digital wire bending and more. Suitable for ages 16 and over. Bookings required

**Coral Fluro-Colours in Science and Art** **Date:** 20 August 2017. **Cost:** \$8.00 MAAS Members, \$15.00 Adult, \$8.00 Concession. **Time:** All Day **Location:** Museum of Applied Arts and Sciences [Powerhouse Museum](#), 500 Harris Street, Ultimo NSW 2007 **Dr Anya Salih**, coral fluorescence and bioimaging scientist at Western Sydney University, speak about her research into coral fluorescent genes, their role in reef biology and the incredible biotechnological discoveries based on these proteins. Using underwater film footage, night-time images of fluorescent corals and 3D imaging by laser confocal microscopes, Anya will discuss the science of coral fluorescent genes and their importance in increasing corals' resilience to climate change, their uses in biomedicine, images of cancer and even in light activated coral fluorescent genes in neuroscience. Bookings required.