



Christ the King, North Rocks

Term 3, Week 2

27th July, 2017

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Term 3, Week 2

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

Term 3, Week 3

Monday 31st July

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

Tuesday 1st August

- * **ICAS ENGLISH** (registered students only)
- * **Uniform Shop 8am—12:30pm**
- * **Kindy : Calmsley City Farm**
- * **PE : Year 2, Year 1 [Gr1], Year 5**
- * **KINGSMEN 7pm B. Hills Sports Club**

Wednesday 2nd August

- * **ST 2 SOCCER GALA DAY**
- * **Writing Club 8am in Year 4**
- * **Lunch Orders**
- * **PE: Yr3, Kindy**
- * **Chess 3.00-4.00pm**

Thursday 3rd August

- * **Choir 8am**
- * **PE: Year 1 (Gr2), Yr 4, Yr 6**
- * **Debating CTK 'v' St Angela's 9:45am**
- * **Maths Club 1:30pm in Year 3**

Friday 4th August

- * **SCHOOL CENSUS DAY**
- * **SCHOOL PHOTO DAY**
Family Photos from 8am in the Library (or Yr 6 if it's raining)
- * **Band 7.45 All students + lessons throughout the day**
- * **Lunch Orders**
- * **HEALTHY EATING AFTERNOON TEA 2pm in the Library**
- * **Yr 2 Mum's Night out 7pm**

Dear Parents

This Sunday's readings pose more questions for the reader to ponder rather than gaining wisdom usually derived from listening to scripture. God's "word" this weekend invites us all to re-examine our goals in life. What am I living for? What do I want in life, for myself, and for others? For those I love—what do I want? Is there something still hidden that if I found it I would give everything up for it? Among the hardships and disappointments in our everyday life, is there a precious moment waiting for me that would make all the searching and all the suffering worthwhile? Questions, Questions, Questions and no immediate answers. In the Gospel this weekend Jesus uses parables as the genre to challenge our thinking in being able to answer the above questions about our life and its future direction.

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**Tomorrow we will be celebrating Grandparents day.** This is the biggest community event on the school calendar. Over the last few weeks, information regarding the morning's activities was distributed to all families. Please take special notice of parking arrangements and the change in the drop off procedures for tomorrow morning (see inside for more details). We look forward to celebrating this wonderful occasion with our Grandparents tomorrow.

#### Special Parking Arrangements clarification

- We will give preference to elderly grandparents who are driving their own car with a DISPLAYED Mobility Parking Scheme Permits. Please note there are only 20 parking spaces available under the COLA.

### *Why God Gave Us Grandparents*

*God knew that when we were older we would need someone to see only the best in us...*

*someone who would always trust and believe in us especially when we weren't feeling so good about ourselves.*

*He saw that we would need someone to make us feel important by asking our opinions and listening to our ideas...*

*someone who would know when we could use a sympathetic ear and a word of encouragement or when we should be left alone to sort things out for ourselves.*

*And so God gave us grandparents... for their warm hearted laughter and gentle kindness, their tears of concern and words of praise, for their smiles and their prayers and most of all—their love.*

*That's why God gave us grandparents.  
(Anon).*

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Since returning to school this term I have noticed several boy's haircuts that don't comply with our hair and grooming policy and expectations which is outlined in the CTK handbook each year. [See Below] I will be speaking with students whose hair cuts do not comply with expectations. If you are in doubt about a particular hairstyle cut or style please contact me for clarification. Parent support and responsibility in this matter is greatly appreciated and expected.

Parent Handbook pg 26. Other aspects of personal appearance :

2. Hairstyles Boys - No shorter than number 2.
Hair needs to be kept above collar length and be neat and tidy at all times. No extras like undercuts, tints, gel, colour, mousse etc.

Tony Hughes
Principal

Grandparents Day at CTK *TOMORROW, Friday 28th July*

Dear CTK Families and Grandparents,

Tomorrow, 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).

Special Parking Arrangements clarification

We will give preference to elderly grandparents who are driving their own car with a DISPLAYED Mobility Parking Scheme Permits. Please note there are only 20 parking spaces available under the COLA.

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 front of the Church |

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 tomorrow morning. A reminder that Christ the King is a 'Nut Free School'.

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

MON TUE WED THU FRI



**ON
TIME,
EVERY
DAY**

Partial absences = missed learning.
Let students know that every day
counts by recognising punctuality,
good and improved attendance.

.....
every learner **every** day

**How can you promote a healthy
attendance culture in your school?**

Visit www.parra.catholic.edu.au/everylearnereveryday
to find out more.

every learner
every day 



SMILE

SCHOOL PHOTOS : NEXT FRIDAY 4TH AUGUST

Year 4 & Year 3 Individual photos on Friday 4th August

Year 4 & Year 3 Grade Photos on Tuesday 8th August

Students absent on Friday 4th August will have their Individual photo taken on Tuesday 8th August but will miss out on being in the Grade photo (except Year 4 & Year 3)

Please take the time to read the relevant information on the MSP Photography payment envelope and remember these helpful points:

- Family photo sessions (siblings only at school) begin at 8am in the Library for those families available. In the event of wet weather, Family photos will be taken in the Year 6 classroom.
- **EVERY CHILD MUST HAVE THEIR OWN ENVELOPE ON PHOTO DAY** even if they are not ordering a photo package.
- **DON'T** seal envelopes inside each other for more than one child. You can pay for all children in one envelope (please indicate this on the envelopes) however each child must have their own envelope on photo day.
- **CORRECT PAYMENT ONLY—NO CHANGE WILL BE GIVEN** Cash, cheques and money orders only on the day. *Please note: the school office does not hold cash and therefore will not be able to supply any change.*
- Credit card payments can be made online (please follow instructions on envelope) or by calling MSP Office staff prior to photo day. Your child will still need to HAVE their envelope with them on photo day.
- Parents are asked to ensure that children wear their full school winter uniform i.e. no jewellery, maroon hair ribbons, neat hair, no nail polish, no make-up, clean shoes, practise smiling.
- **School Photo** envelopes have been sent home today **AND ARE ONLY TO BE RETURNED ON PHOTO DAY.**
- **Pre-named Family Photo envelopes** (only for siblings at school) are being sent home with your eldest child today.
- *For the convenience of families we are having early morning family photo sessions between 8am-8.45am in the Library. Family photos will then continue during the recess and lunch periods.* We ask that you let your children know if they are having a family photo to avoid confusion on the day. In the event of wet weather, Family photos will be taken in the Year 6 classroom.
- Please ensure your child has their **OWN** photo envelope with full correct payment (and Family Photo envelope if applicable) **ON THE DAY.**
- Specialty photos (Choir, Band, Cool Kids Music, Captivate, School Leaders) will be taken on Friday 4th August. Ordering details for these photos will be sent home at a later date.

Mark In Your Diary

⇒	SCHOOL PHOTO CATCH UP DAY	Tuesday 8th August
⇒	YEAR 6 BBQ FUNDRAISER	Friday 11th August - Order forms coming home
⇒	BOOK PARADE	Tuesday 29th August
⇒	SACRAMENT OF CONFIRMATION	Wednesday 30th August
⇒	FATHERS DAY EVENTS	Friday 1st September

ADVANCED NOTICE : STAFF DEVELOPMENT / PUPIL FREE DAY

This term, teaching staff will be involved in a professional learning day on **Monday 21st August**. 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: NEXT 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 NEXT 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.

SCHOLASTIC BOOK CLUB brochures were sent home last week. **Online orders will be accepted until 2nd August 2017.** Please double check your online order for accuracy before you submit the final order. Scholastic Australia will not accept any incorrect orders.

TERM 3 SCHOOL CALENDAR has been emailed home.

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.

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*



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 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
	July 24, 2017	July 25, 2017	July 26, 2017	July 27, 2017	July 28, 2017
2	Matthew 12:38-42 A Sign from Heaven	Matthew 12:43-45 Return of the Unclean Spirit	Matthew 12:46-50 Jesus' Mother and Brothers	Matthew 13: 1-9 A Story about a Farmer	Matthew 13:10-17 Why Jesus Used Stories

Please join the Christ the King community in prayerfully reading the Gospel of Matthew for Week 3.

Week	Monday	Tuesday	Thursday	Wednesday	Friday
	July 31, 2017	August 1, 2017	August 2, 2017	August 3, 2017	August 4, 2017
3	Matthew 13:18-23 Jesus Explains the Story about the Farmer	Matthew 13:24-30 Weeds among the Wheat	Matthew 13:31-33 Stories about a Mustard Seed and Yeast	Matthew 13:34-35 The Reason for Teaching with Stories	Matthew 13:36-43 Jesus Explains the Story about the Weeds

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

Please keep in Your Prayers

✠ Prayers are requested for the Papworth Family (Amelia Yr 6, Harry Yr 4, Max Yr 1) on the passing into eternal life of their paternal grandfather earlier this week.

*He is now at peace with His loving God whom He served so faithfully.
Grant Him eternal rest, O Lord, and may perpetual light shine on him forever.*

"KingsMen" have scheduled the next gathering this TUESDAY 1st August @ Baulkham Hills Sports Club from 7pm.

Come along and meet like minded fathers of our community and share a meal and drink in a relaxed and casual environment.

For more information please contact Peter or just come along on the night, bring a mate with you for a greater experience.

Looking forward to seeing you there.

Peter Elchaar JP, KingsMen , 0408 678 922

GRADE EVENTS

YEAR 2 MUM'S NIGHT OUT Friday 11th August. 7pm at Enzo's Cucina Northmead. Please RSVP to Natalie Bertie via SMS on 0414 425 077.

TERM DATES FOR 2017

Term 3 Tuesday, 18th July to Friday, 22nd September

Term 4 Monday, 9th October to Friday 15th December

BAND NEWS



Welcome back to another wonderful term for the CTK Band! The students are ready to dive back into their practise and prepare some exciting pieces in band.

Dates to mark in your diary:

-Band/Choir Showcase - date and venue to be confirmed

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

Congratulations to Marcus K. from the Performance Band, and Jayden W. and Raphael C. from the Concert/Training Band for receiving Band Members of the Week.

Matthew King TSA

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 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**



SAUSAGE SIZZLE DAY

**PRE-ORDERS ONLY— ORDER FORM COMING HOME TOMORROW.
FOR CATERING PURPOSES, LATE ORDERS WILL NOT BE ACCEPTED**

The Year 6 Graduation Committee will be hosting a delicious sausage sizzle for the children on:

Friday 11th AUGUST (Week 4)

Our \$5.00 meal deal includes: A freshly cooked sausage in a roll and
a 600ml bottle of water and a packet of potato chips (served at lunch time)
Additional sausage sizzles available to order \$3 each (indicate on order form)

Please return the complete order form with payment in an envelope marked "Sausage Sizzle"
to the office by **NEXT Friday 4TH AUGUST.**

Please note : NO lunch orders available on this day

Woolies Earn & Learn

Woolworths Earn & Learn 2017

Once again this year you can collect Woolies Earn & Learn stickers for CTK. Each year stickers collected are used to purchase excellent resources for the students at CTK. Sticker sheets are available at the school office and will be handed out to students over the next weeks. Thank you in advance for your support.

CTK CELEBRATES BOOK WEEK

Escape to Everywhere

This year the Book Week theme is '**Escape to everywhere**'. Every book you read can magically take you to different places. We have some exciting activities this term to celebrate Book Week.

Library Competitions – great prizes to be won.

Creative Writing Activity where you can open a portal to another place, write about a world where you step into.....

Escape to everywhere logo design competition

Escape to everywhere book review. Chose your favourite book to escape into and write a review about it. Remember, don't give away the ending!

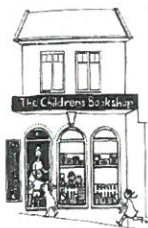
Templates for all these competitions are in the library. Students can visit the library Monday to Thursday after eating time at 1.30 pm.

Guest speaker - Stephen Michael King Friday 18th August. Stephen is an acclaimed author and illustrator who will inspire our students to read, write and illustrate. There will be an opportunity for students to purchase some Stephen Michael King titles, found at the end of this newsletter and order form or pick one up from the office. [For signed copies, orders must be received by NEXT FRIDAY 4TH AUGUST. Books ordered after this date will not be signed.](#)

Book Week Parade Tuesday 29th August, 2017. Once again students at CTK can dress up as their favourite book character. Please don't go to any expense, this is a fun activity that helps to highlight the pleasure of reading. Students are welcome to stay in their costume all day if appropriate; otherwise a change of clothes should be brought to school. The parade will occur on the back oval from 9.15 am. Parents and others are welcome to watch students parade.

Premier's Reading Challenge 2017

Students have until Friday 25th August, 2017 to enter the books they have read for the PRC into the website. All passwords have been issued, please have your child see me if they are having trouble completing the challenge or entering their books.



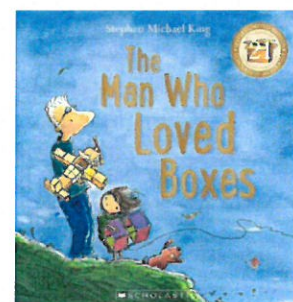
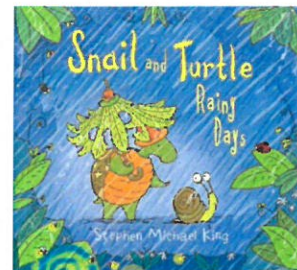
The Children's Bookshop

6 Hannah Street
Beecroft NSW 2119
Phone: (02) 9481 8811
Fax: (02) 9980 7361

ORDER FORM

Author Visit – Stephen Michael King

Stephen Michael King is a major figure in Australia's world of children's publishing. He has written numerous books, and has illustrated over 50 titles. His first picture book, *The Man Who Loved Boxes*, won the Family Award for Children's Books in 1996 and was shortlisted for the Crichton Award for Children's Book Illustration. Some of Stephen's titles include *Snail and Turtle are Friends*, *You, You Too*, *The Magnificent Tree* (written by Nick Bland), *Leaf and Prudence Wants a Pet*.



Order Form:

Books for Purchase- Money/ Forms to be returned to school.			
	Title	Price	Quantity
	<i>Snail and Turtle Rainy Days (hardback)</i>	\$25.00	
	<i>Snail and Turtle are Friends (paperback)</i>	\$16.00	
	<i>The Man Who Loved Boxes 21st Anniversary Edition</i>	\$16.00	
	<i>Mutt Dog (paperback)</i>	\$15.00	
	Total		

Name of School: **CHRIST THE KING PRIMARY, NORTH ROCKS**

Name of Student: _____ Year : _____



- ☐ Tick the Book/s for Purchase
- ☐ Cash attached in an envelope.
- ☐ Cheque attached payable to **The Children's Bookshop**
- ☐ Please debit my credit card.

Please debit my ☐ Bankcard ☐ MasterCard ☐ Visa

☐ Diners ☐ Amex

Expiry Date: / CVV:

Maximum to be Charged \$ _____

Cardholder's Name: _____

Cardholder's Signature: _____

Daytime Contact Phone Number: _____

Netball Gala Day

Yesterday, six teams of girls from Years 3, 4, 5 and 6 attended the St Bernadette's Netball Gala Day at Kellyville. The girls battled very windy weather on the court, but all played very well and were strong competitors, with many successful games.

Congratulations to one of the Year 6 teams, who were undefeated all day.



Well done to all our students, who showed incredible team work, determination and enthusiasm. They were great supporters to one another, cheered each other on every game and demonstrated excellent sportsmanship.

Thank you to all the parents who came to cheer the girls on, and specifically to Mrs Elchaar, Mrs Grosvenor, Mrs Pemberton, Mrs Brennan, Mrs Murray, Mrs Novak and Mrs Beaini for being our team managers for the day.





Nat Bertie's Lunchbox Recipe Ideas: Week 2

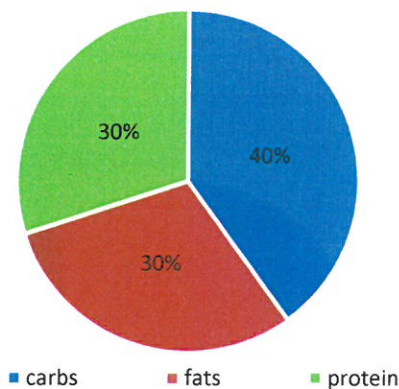
Educational Eating – Food as Fuel

The body is like a car, if you fill it with poor quality fuel it will not function as efficiently as when using premium fuel. The body works in a similar manner, if poor quality food (fuel) is provided for our cells to function then the digestive system will operate inefficiently. This contributes to tissue, organ and system dysfunction and leaves the body susceptible to illness and disease.

The body is made up of the following nutrients:

1. *Water* (60%)
2. *Macronutrients* – proteins (18%), fats (15%) and carbohydrates (2%)
3. *Micronutrients* – minerals (4%) and vitamins (<1%).

Incorporating a balance of water and good quality macronutrients is essential for proper functioning of the body and will support mineral and vitamin needs. The total daily intake of macronutrients is dependent on the individual but should approximate to:



Fats

Good fat sources include a daily intake of 30%-50%:

- Raw nuts/seeds, avocado, free range eggs, olives;
- Cold pressed/expeller pressed oils from nuts/seeds (flax, avocado, macadamia, sesame, pumpkin etc);
- Extra virgin/cold pressed olive oil;
- Sustainable, healthy saturated animal fats (beef, lamb, poultry, pork, tropical oil (coconut oil);
- Rendered animal fats (tallow -beef/lamb, lard, duck fat, schmaltz, ghee from butter fat); and
- Butter and other full fat dairy products

Protein

Good protein sources include a daily intake of 30%-50%:

- Sustainable healthy sources- beef, poultry, pork, lamb, organ meats, seafood;
- Raw nuts/seeds (not at school);
- High quality dairy products; and
- Free range eggs

Carbohydrates

Good carbohydrate sources include a daily intake of 20%-40%:

- Majority being above ground vegetables (raw and cooked);
- Occasional starchy veg (root veg, wholegrains, whole grain breads, brown rice, legumes); and
- Whole, fresh seasonal fruit (not juice)

An article to explain more about rendering fat. <https://www.milkwood.net/2015/11/06/how-to-render-animal-fat-making-lard-and-tallow/>

Tips n' Tricks - Transitioning to real food

Children will eat what is available to them and if the kitchen is stocked with processed, packaged and convenience foods, then that is what they will eat. On the other hand, if there is an array of vegetables, nuts (if tolerated and not at school), protein/fat filled snacks (boiled eggs, meatballs, full fat natural/Greek yoghurt etc) and other good quality foods then their food choices will change. Children need our support to give them the opportunity to try healthy foods and educate them on nourishing ways to look after their body. Remember, we (parents) are the boss and responsible for their health, not the other way around:

- Lead by example! Children will not eat their salad and vegetables if parents do not;
- Cook family favourites in a healthy manner;
- Increase good fats by adding them to food you already eat;
- Add more variety after you get used to healthier ingredients;
- Gradually increase the % of raw foods in your diet;





- Focus on adding new healthy foods first, before taking unhealthy foods away. This might mean adding some grated vegetables to pizza or sprinkling over some chopped nuts on breakfast cereal in the morning;
- Expand a child's food horizons by encouraging (not forcing) them to try something new that is put on their plate at dinner time. Instilling this expectation is the same as the expectation for them to have a bath and go to bed at night. When they do try something new, be encouraging and offer praise;
- Offer a new salad or vegetable each week or two;
- As difficult as it may be, cook one meal at night for the family, ensuring there is a couple of items on the plate a fussy child will eat. Let them know that there will be no alternative option for them. Kids will learn that it is ok not to eat dinner if a parent offers an alternative after the already prepared meal;
- Give kids choice by getting them involved in meal selection and preparation (peeling, chopping, mixing, cooking or serving the meal to promote interest). Provide them with a selection of vegetables and let them pick which one or two they would like in their lunchbox every day;
- Try serving vegetables in different ways – raw, stir fried, steamed, mashed, roasted, in soup etc and find out how kids prefer them;
- Be careful with how late afternoon tea is served and how big it is, as it may spoil their appetite for dinner.
- Serve meals like a buffet. Rather than putting it on a plate, take platters of salad/vegetables/protein etc to the table and encourage kids to serve themselves;
- Explain to kids that eating vegetables will help them be faster, smarter, stronger, have clearer skin, be better at their chosen sport, without saying they need to eat them because they are healthy; and
- Breathe and have patience! This process can take time but with plenty of practice, role modelling and consistency, changes will begin to happen.

Recipe – Tasty Chicken Tempters

By Nat Bertie, photo by Michelle Wagner (my sister)

Ingredients

1kg of each, chicken drumettes/wingettes

Juice of 1 orange

1/4 -1/2 cup honey

4 cloves garlic

1 Tbsp. fresh minced ginger or 1 tsp ground ginger

½ cup of coconut aminos (from health food shop or online) or tamari (fermented soy sauce).

Salad or leftover roasted veg, to serve.



Here is a great article on the harmful effects of improperly prepared soy.

<https://wellnessmama.com/3684/is-soy-healthy/>

Method

- Place all the ingredients into a large bowl.
- Mix well to allow honey to dissolve.
- Allow to marinate for 10 mins or if time permits allow to marinate overnight (the longer the better!).
- Preheat BBQ to a low/med temperature and cook until drumettes/wingettes are dark golden and cooked through, turning occasionally. Keep an eye on the chicken as the marinade can burn easily.
- Alternatively, the chicken can be placed on two lined baking trays and baked in the oven on 200°C for 40 mins or until cooked through, turn half way.
- Store fridge for up to 4 days.





Additional Topic – Stress, Relaxation and Mindset

Stress

On occasion we all experience stress (including children). It can motivate us to get a task finished, or perform well. It can be described as a feeling of being overloaded or overwhelmed, anxious, tense and worried. Stress can be harmful to the proper functioning of our body if it is prolonged and prevents us from getting on with 'normal' life. As the pressures of our daily lives increase, maintaining a healthy balance can be difficult. Common stressors can include:

- Emotional/psychological stress
- Financial/work pressures
- Lack of sleep/physical activity
- Negative attitudes/beliefs
- Poor eating habits
- Smoking/alcohol/caffeine
- Acute/chronic infections
- Over exerting/committing ourselves

When challenged by a stressful event our adrenal glands release hormones that help us react quickly and effectively to a situation. The body relies on these hormones to cope during times of stress and each individual's resiliency, energy, endurance and survival depends on their proper functioning.

Relaxation

One of the easiest techniques to easily implement when an adult or child is feeling anxious, stressed or overwhelmed is the use of belly breathing to get the body back into a parasympathetic (relaxed) state. This technique involves the individual slowly (5 secs) breathing in through their nose. As this happens, they should see their belly rise. Slowly (4-5 secs) breath out through the nose or mouth. Repeat breaths until the body feels calm and relaxed. It may take 10 breaths, a couple of minutes, or longer depending on the individual.

When it comes to our health, including eating well and participating a healthy lifestyle our emotions play a significant role in our ability apply focus and consistency to our healthy habits. Trying to achieve and maintain a balanced lifestyle requires planned thoughts and actions. Success rarely occurs as a result of the perfect diet or the best exercise routine. The foundation required for success is the right mindset.

Mindset

As parents, it may be necessary to adjust our perspective and adopt a positive mindset to maintain consistency and ensure progression when implementing healthy eating habits with our children and family. It's important to recognise that our eating habits have developed as a result of the knowledge and understanding we gained about food in the past. New knowledge about food may feel confusing and overwhelming. It is important to appreciate that this is normal and implement the new knowledge you gain and move forward, without feelings of guilt!

Appreciation – It is important to encourage children to appreciate the abundance of food that nature provides us. Food from the ground, trees and the ocean have been available long before products were conveniently processed and packaged.

Being different – Eating differently may cause children and adults to feel like they are missing out or don't belong if they don't consume the same food and drink as everyone else. This may result from perceived or real peer pressure and social expectations. Being different (like having water, instead of soft drink at a party, or eating fruit instead of a sugar filled dessert) is okay! It can be very empowering to be proud of individual choices. It may also inspire others to consider healthier behaviours.

Listen to your body – Teach yourself and your children to become familiar with their body and recognise if there are any adverse reactions to particular foods as they eat. These reactions (like hyperactivity after consuming refined sugar) are the ways our body communicates that it is not happy.

Take one step at a time – Do not expect to change all habits overnight. You may choose to swap fruit juice or soft drink to water in the first month to promote better health. As one non beneficial habit is replaced by a positive habit, move to the next area that can be improved.

It is okay to make mistakes – We are human and we make mistakes. Each time we feel disappointed about a choice reflect on the experience and try to do better next time. Personal reflection can encourage a positive sense of self and support our children and ourselves in all areas of life.



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.det.nsw.edu.au/sso/Ui/Login?goto=https%3A%2F%2Fonline.det.nsw.edu.au%2Fprc%2Flogin.html%3Fssosource%3Dlogin>

class8 landing | [FACES](#) | [Google Search](#) | [Google Mail](#) | [Google Drive](#) | [YouTube](#) | [Log On - Cl Anywhere](#) | [IT Form](#)

NSW DEPARTMENT OF EDUCATION

Log In with your DoE account

User ID

Enter your user ID

Example: jane.citizen1

Password

Enter your password

Log in

[Forgot your password?](#)

Have trouble logging in?

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

ACCESSIBILITY | COPYRIGHT

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

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

anding | [FACES](#) | [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.

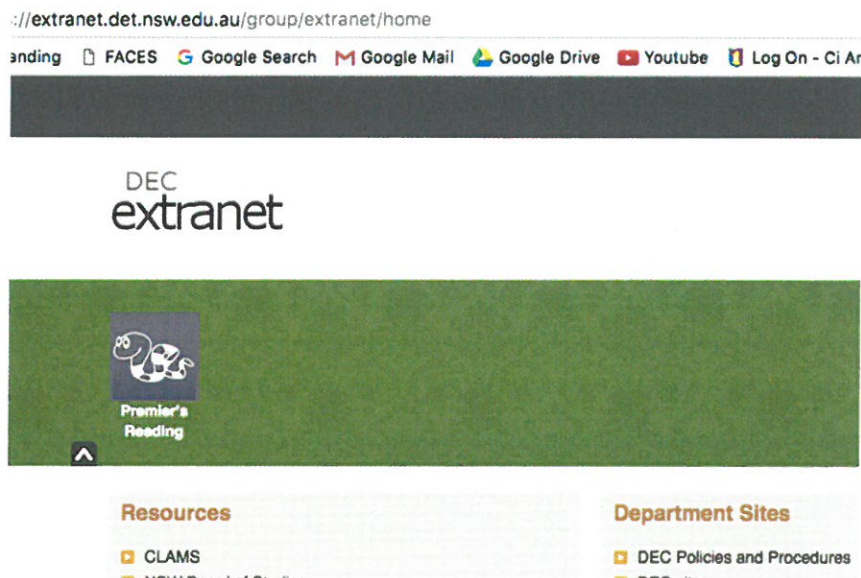
Personal information will only be accessed, collected and used in accordance with the NSW Privacy and Personal Information Protection Act 1998 and related [departmental policies](#).

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.

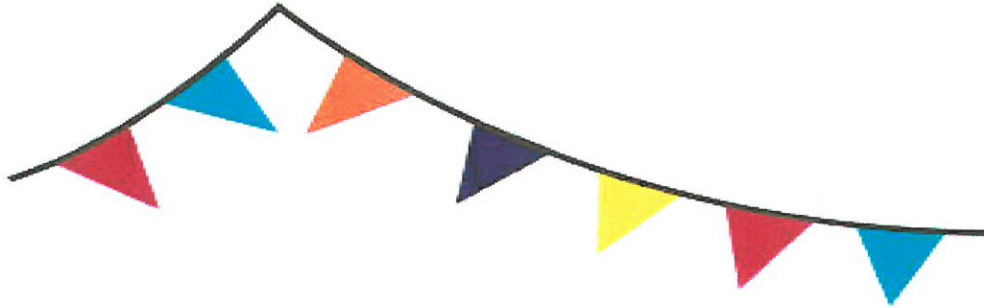
Once the required number of books have been entered a box will indicate that you have finished the challenge. I will then need to validate the record and certificates will be issued at the end of Term 4.

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



SAUSAGE SIZZLE DAY

PRE-ORDERS ONLY. ABSOLUTELY NO LATE ORDERS ACCEPTED

The Year 6 Graduation Committee will be hosting a delicious sausage sizzle for the children on:

Friday 11th AUGUST (Week 4)

Our \$5.00 meal deal includes:

- A freshly cooked sausage in a roll
- a 600ml bottle of water and a packet of potato chips (served at lunch time)
- Additional sausage sizzle \$3

Please return the bottom part of the form filled out with your money in an envelope marked "Sausage Sizzle" to the office by **NEXT Friday 4th AUGUST.**

Name & Grade	Meal Deal \$5	Additional sausage \$3

Number of Sausage Meals (\$5 per child) _____

Amount Enclosed: \$ _____

We thank you for your support



PARENT VOLUNTEERS WITHIN THE DIOCESE OF PARRAMATTA

New directive from the Diocesan Office 25th 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, 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, 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 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 18th October and Monday 6th 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.

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

Simon FITZHENRY

North Rocks Softball Club

0412 348 771

president@northrockssoftball.org.au

Come join in the Fun at North Rocks Carlingford Little Athletics...

The philosophy of the Little Athletics movement is summed up in the slogan:-

"LITTLE ATHLETICS... FOR... FAMILY... FUN... and... FITNESS".

The community has become increasingly aware of the value of physical fitness, particularly in the fight against obesity. A fit body can mean an alert mind and a decrease in the incidence of many physical ailments.

Combined with FAMILY involvement... FITNESS can be...FUN in the happy environment of a Little Athletics centre.

Check out our website: <http://www.nrclac.org.au/> for registration and more information or contact us.



RUN JUMP THROW

LITTLE ATHLETICS REGISTRATIONS
OPEN AUGUST 1 - NRCLAC.ORG.AU

Registrations open 1 August 2017. We would love to see you join in the fun at North Rocks Carlingford Little Athletics this season!



Oakhill College Year 7, 2019 Applications for enrolment into Year 7, 2019 close on Friday 18 August, 2017. Interviews will take place on Tuesday 12 and Wednesday 13 September, 2017. Parents who wish to apply for enrolment of their sons in Year 7 at Oakhill College in 2019, and who have not yet submitted an Application for Enrolment, are requested to contact the Registrar before the closing date Friday 18 August on 9899 2288 or registrar@oakhill.nsw.edu.au Applications are also being taken now for Years 8-11, 2018.



CATHOLIC CARE Seminar – Understanding Family Law – Two Sessions

Solo Parent Services are running two sessions for our Annual Seminar on "Understanding Family Law".

The sessions are presented by an Accredited Family Law Specialist and will cover the following topics on the dates below:

Tuesday 08th August - Understanding the Family Law Act – Focus on Divorce/Separation and Children's needs.

Tuesday 22nd August - Understanding the Family Law Act – Focus on Property Settlements.

Venue for both Sessions: 38 Prince St, Blacktown Time: 7pm – 9pm Cost: \$7.00 per session. Registration Essential: Contact Rita at Solo Parent Services - PH: 8822 2222 or email: soloparentservices@ccss.org.au

WESTERN SYDNEY UNIVERSITY

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 **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 **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 EH. [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 Hear 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.