



Christ the King, North Rocks

Term 3, Week 5

17th August, 2017

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Term 3, Week 5

Friday 18th August

- * Band 7.45am + lessons throughout the day
- * Lunch Orders
- * Voice of Youth Cluster final
- * BOOK WEEK—Guest Author : Stephen Michael King

Term 3, Week 6

Monday 21st August

STAFF DEVELOPMENT PUPIL FREE DAY

Tuesday 22nd August

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

Wednesday 23rd August

- * Writing Club 8am in Year 4
- * Lunch Orders
- * PE: Yr3, Kindy
- * Maths Club 1:30pm in Year 3
- * Chess 3.00-4.00pm
- * Sacrament of Confirmation practice session 7pm in the Church.

Thursday 24th August

- * Choir 8am
- * PE: Year 1 (Gr2), Yr 4, Yr 6
- * Yr4 Reconciliation 10am
- * Yr5 RE Product Launch 12.30-1.30pm
- * WRITE A BOOK IN A DAY (20 x Year 6 student participating)

Friday 25th August

- * Band 7.45am + lessons throughout the day
- * Father's Day gift wrapping in Staffroom 9-11am. All helpers welcome
- * Lunch Orders
- * Yr4 Mass at 9.15am
- * DIOCESAN ATHLETICS

Dear Parents,

STAFF DEVELOPMENT / PUPIL FREE DAY

Next Monday, 21st August 2017, teaching staff will be involved in a professional learning day. 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 note : there is No school for students on this day.

This Sunday's scriptural readings present a wonderfully universal perspective on God's offer of salvation. This is a perspective that is very dear to us as Catholic Christians. Fr Michael Fallon sums up God's Word this week by reviewing what it means to be truly 'Catholic'. *As you know 'Catholic' means universal. Jesus came to offer love to all and all are invited to belong to the family of His disciples. As Catholics we are committed to an understanding of Christianity that is meant for all, that is offered to all and that belongs to all who want it. 'Catholic' was a name given to Christians very early, when it became obvious to outsiders that Christians belonged to all walks of life and welcomed people from all racial and religious groups. The earliest extant example of the word 'Catholic' being used of the Church is from the first years of the Second Century in a letter from Ignatius of Antioch to the community in Smyrna. He makes the simple statement: 'Wherever Christ is, there is the Catholic Church'*

Last Friday I had the pleasure of listening to our twelve Voice of Youth finalists as they vied for the opportunity to represent Christ the King in the Cluster Final to be held this Friday. The selection of our three finalists proved to be a very difficult task! Congratulations to Amelia - Gratitude is the Best Attitude, Olivia R - All Aboard the Titanic, Elle - The Life of a Toothbrush and reserve is Brianna - Bullying. These students will represent CTK on Friday competing with other students from St Mary's Rydalmere, St Bernadette's Dundas and St Monica's North Parramatta. One of these twelve cluster finalists will be selected to move through to the Diocesan semifinal to be held in a few weeks. Parents are welcome to join us on Friday morning to support our speakers. Year Six will travel to St Monica's to cheer on our representatives. We wish our three orators the very best of luck for the competition.

NAPLAN results were released to school earlier this week. Individual student reports will be issued to parents of children in Years 3 and 5 when they are delivered in the next week or two. In the coming weeks, following staff's analysis of both our students result and the Diocesan data, I will present a summary of the results.

Today a large number of our students from Years 2-6 represented our school at the Hills Zone Athletics Carnival. Thank you to Mrs Kelly Hoskins for accompanying our athletes and Mr Debrincat for organizing the squad over the last few weeks. We look forward to hearing of their efforts and PBs achieved on the day.

Thanks to the Year Six Parents who organized and served our BBQ lunch last Friday. Thanks to all those families who took advantage of a most appetizing lunch by supporting this Year Six Graduation Fund raising event last week. Your generosity is most appreciated.

Tony Hughes
Principal

Mark In Your Diary

⇒	BOOK PARADE	Tuesday 29th August
⇒	SACRAMENT OF CONFIRMATION	Wednesday 30th August
⇒	FATHERS DAY LITURGY	Friday 1st September
⇒	BAND CAMP	16th / 17th September
⇒	LAST DAY OF TERM 3	Friday 22nd September
⇒	TERM 4 BEGINS	Monday 9th October
⇒	FEAST OF CHRIST THE KING	Friday 24th November
⇒	YEAR 5 CAMP	Wed 29th Nov—Fri 1 Dec
⇒	CHRISTMAS CONCERT	Friday 8th December
⇒	YEAR 6 MOTIV8 FUN DAY	Monday 11th December
⇒	YEAR 6 GRADUATION MASS	Tuesday 12th December
⇒	CTK SWIMMING CARNIVAL	Thursday 14th December
⇒	THANKSGIVING MASS / AWARDS CEREMONY / YEAR 6 FAREWELL / FAMILY PICNIC	Friday 15th December



BAND NEWS

Due to space constraints some group lessons will now be held in the EMU room and/or the Uniform Shop in addition to the Library.

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 6 -
Tuesday 22nd August
8am—12.30pm

Happy Birthday in August to:



Kinder Matthew S
Sienna A
Layla B
Jack R
Abigail M

Year 1 Hugo A
Peter A
Matthew R
Olivia K

Year 2 Giselle L
Karylle W
Phillip A
George D

Year 3 Sophia R
Louis R
Christian E

Year 4 Sophia M
Thomas C
Jessie L
William P
Max R
Ava B

Year 5 Antonia S
Josha C
Teja F
Alessia G
Ida H
Marie B
Mickey B

Year 6 Nicholas R
Rebecca K
Antonios B
Ashleigh C
Ella D
Brianna C
Grace D
Makayla M
Luca S

TERM DATES FOR 2017

Term 3 ends Friday, 22nd September

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



Christ the King Primary School North Rocks has a new phone number.

Please update your School Contact information with this new number : 02 8846 2700

For the remainder of 2017 your call will be automatically diverted to the new number and forwarded straight through to the School Office.

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
	August 14, 2017	August 15, 2017	August 16, 2017	August 17, 2017	August 18, 2017
5	Matthew 14:34-36 Jesus Heals Sick People in Gennesaret	Matthew 15:1-9 The Teaching of the Ancestors	Matthew 15:10-20 What Really Makes People Unclean	Matthew 15:21-28 A Woman's Faith	Matthew 15:29-31 Jesus Heals Many People

Please join the Christ the King community in prayerfully reading the Gospel of Matthew for Week 6.

6	May 29, 2017	May 30, 2017	May 31, 2017	June 1, 2017	June 2, 2017
	Matthew 7: 7-12 Ask, Search, Knock	Matthew 7:13-14 The Narrow Gate	Matthew 7:15-23 A Tree and Its Fruit, A Warning	Matthew 7:24-29 Two Builders	Matthew 8:1-4 Jesus Heals a Man

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

FATHER'S DAY EVENTS

Father's Day Wrapping Morning

Would you be available to assist in the bagging of the Father's Day gifts? This will take place **NEXT FRIDAY 25TH AUGUST**, after morning school drop off, **from 8:45am onwards**, in the staffroom. The gifts do not need wrapping this year, items will be placed directly into gift bags (no sticky tape required!!).

Father's Day Stall

Father's Day Shopping Day will be **THURSDAY 31ST AUGUST**. The children will be able to choose from a variety of gifts. More information regarding the Father's Day stall will be coming home soon.

Father's Day Breakfast

On **FRIDAY 1ST SEPTEMBER** we will be celebrating fathers and father figures in our lives at Christ the King.

Invitations and more information coming home TOMORROW.

Voice Of Youth Competition

This term, Year 6 have been participating in the annual **Voice Of Youth Competition**. Voice Of Youth is a public speaking competition, where students are asked to plan, prepare and present a speech on a topic of their choice.

This competition enables the students to:

- develop skills in planning, organizing and outlining a speech that communicates a message;
- be able to express or imply a statement that the audience is able to understand;
- gain skills in researching;
- improve their speaking skills;
- understand the importance of communication in human relationships.

The first stage of the competition involved every student in Year 6. The students spent weeks writing and practising their speeches then performed them in front of the class. Some students chose to entertain the audience with funny and exciting speeches, while others chose to inform the audience about important issues in our world.

The second stage of the competition was our School Final. The top 12 students performed their speeches in front of Year 5, Year 6, parents, Mr Hughes and Mrs Walsh.

Congratulations to the following students who performed in the top 12.



1. Cameron E – Learning to do a backflip
2. Ella D – Stand Out
3. Owen – Soccer is the best sport
4. Antonios – Follow your dreams
5. Elle – The life of a toothbrush
6. Amelia – Gratitude is the best attitude
7. Andrew – Don't take water for granted
8. Sophie – Beauty is about the inside
9. Olivia R – All aboard the Titanic
10. Brianna – Bullying
11. Stephanie – Refugees
12. Olivia M – Life as a dancer

Tomorrow, our top 3 finalists will represent Christ The King at the Cluster Final at St Monica's Primary School. **Good luck to our top 3 finalists, Elle, Amelia and Olivia R.**

Miss Brady

Mr Mogan

Year 6 Teachers

Premier's Reading Challenge 2017 closes 25th August

Next Friday is the last day that you can add the books read onto the Premier's Reading Challenge website. Please see me immediately if you are having trouble logging in or if you need a couple of quick reads to complete the challenge.

Book Week Guest Author - Stephen Michael King

Acclaimed author and illustrator Stephen Michael King is visiting CTK tomorrow, Friday 18th August. Stephen Michael King will talk to the students about drawing, writing and reading.

Woolies Earn & Learn 2017



Earn 2 bonus stickers** when you purchase any products from participating brands until August 22nd!

Participating brands include Airwick, Australia's Own, Bega, Cold Power, Finish, Mr Kipling, Nature's Way, Tamar Valley, Uncle Toby's, Vanish and Yumi's. For the full list of products, visit the Woolies website.

Tip: Share this email with your community so they can help you stick together and earn bonus Earn & Learn stickers.

Woolworths The Fresh Food People

*excludes liquor, cigarettes and gift cards.

**While stocks last

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

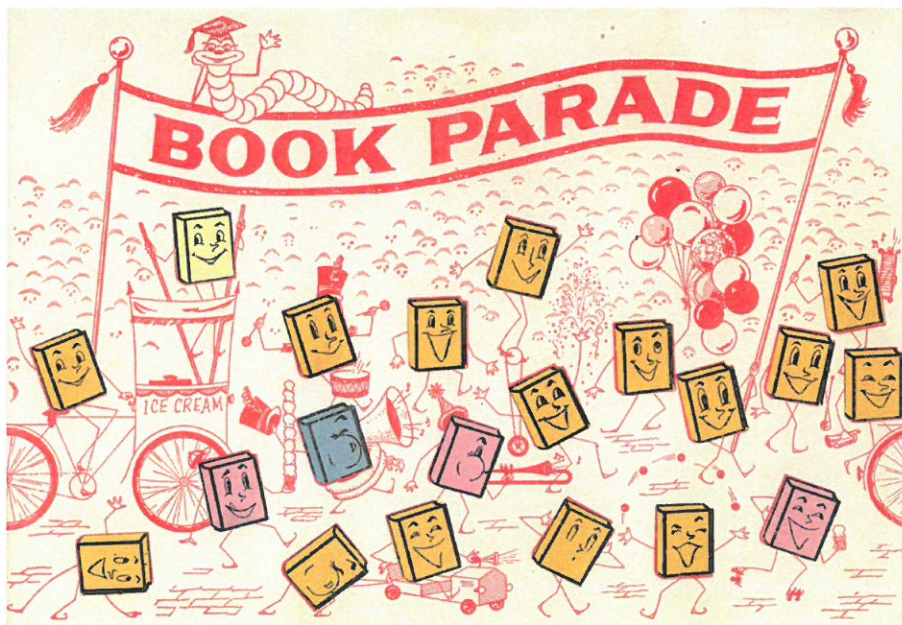
Escape to everywhere book review. Chose your favourite book to escape into and write a review about it. Remember, don't give away the ending!

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

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.

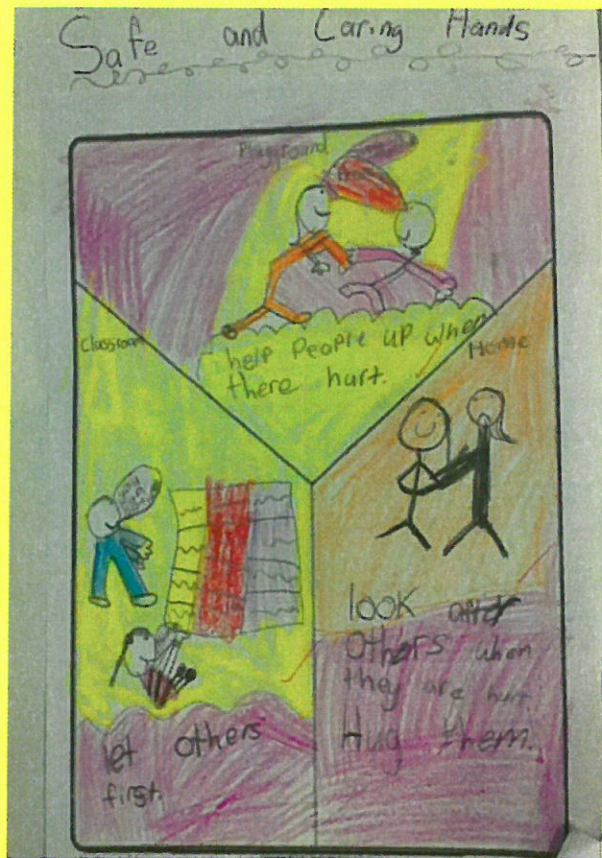
The parade will be held on the back oval from 9.15 am.
Parents and visitors are welcome to join us and watch the student book parade.

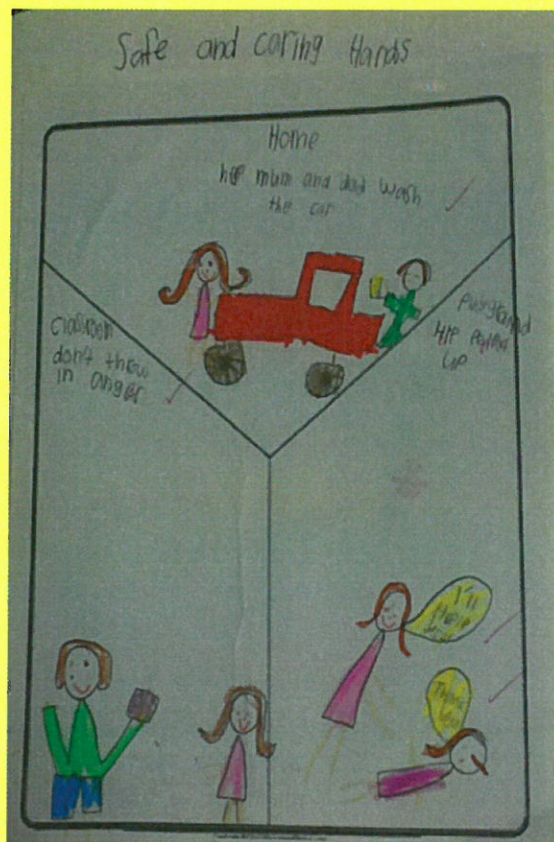
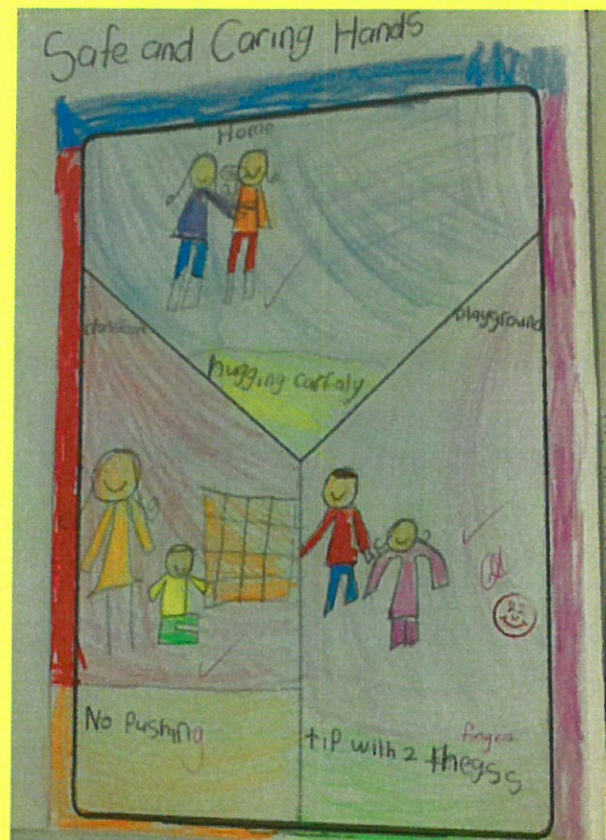


PBS4L Safe and Caring Hands

*"Treat others as you
would like to be
treated."*

(Matthew 7: 12)



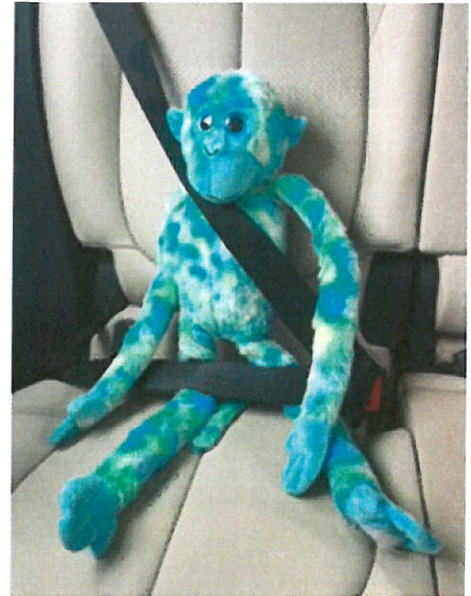




Year 1 PDH

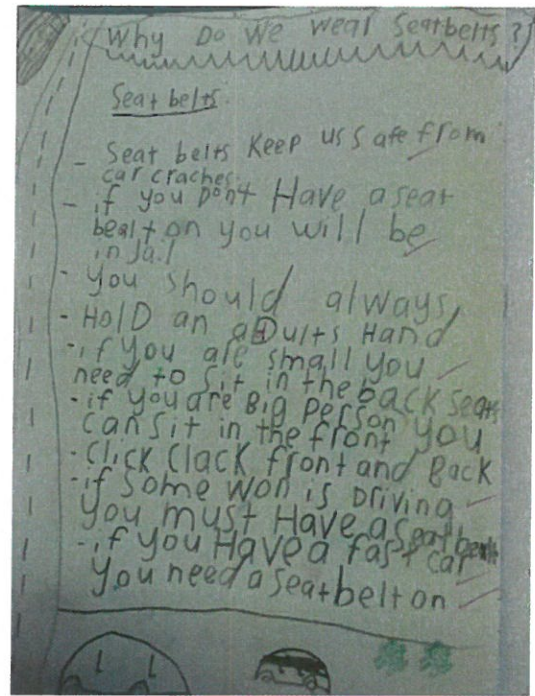
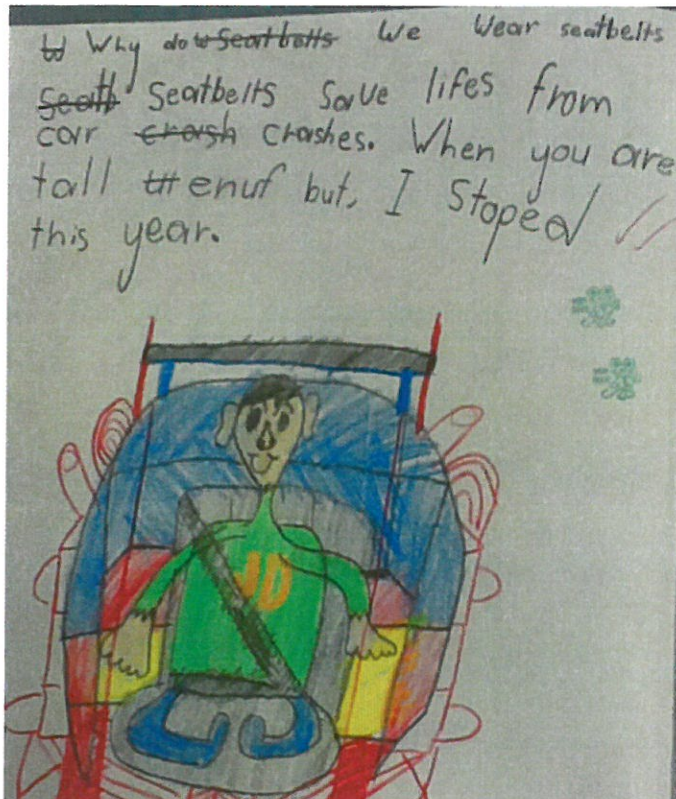
Street Sense

Why should we
wear a seatbelt
correctly?



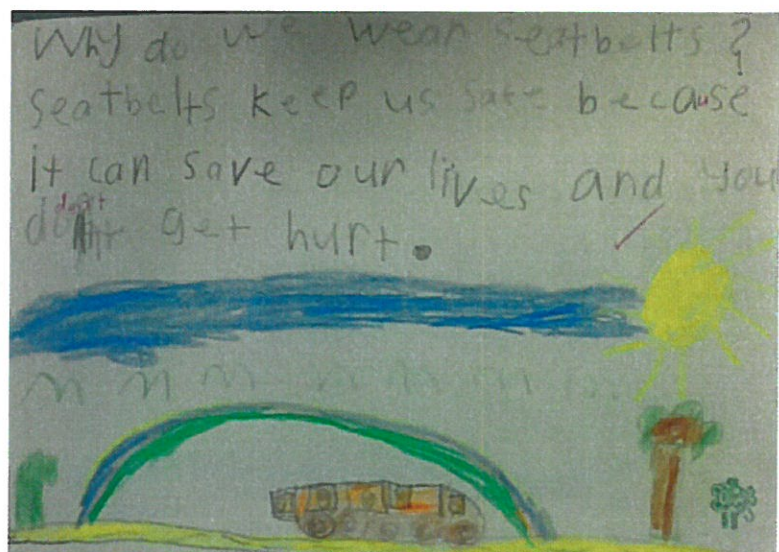
Rosie and Bluey wear their
seatbelt to keep safe.

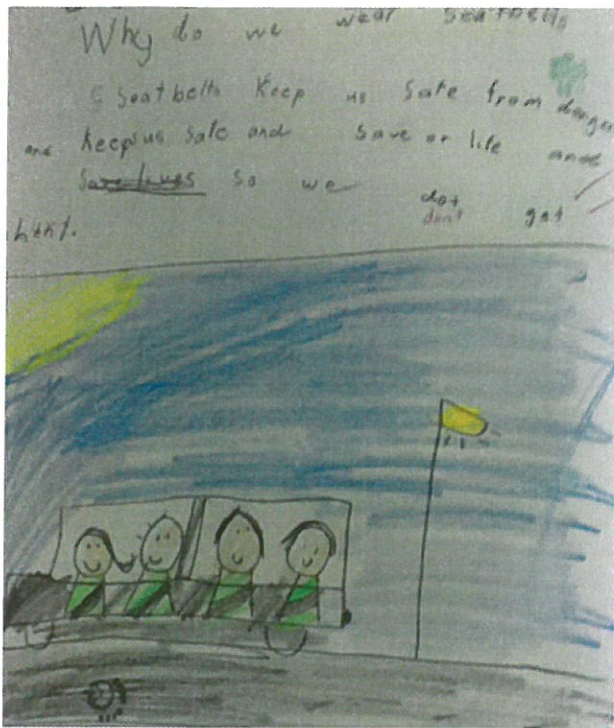
Click Clack Front and Back



Sit in a
Booster Seat
until you're
big

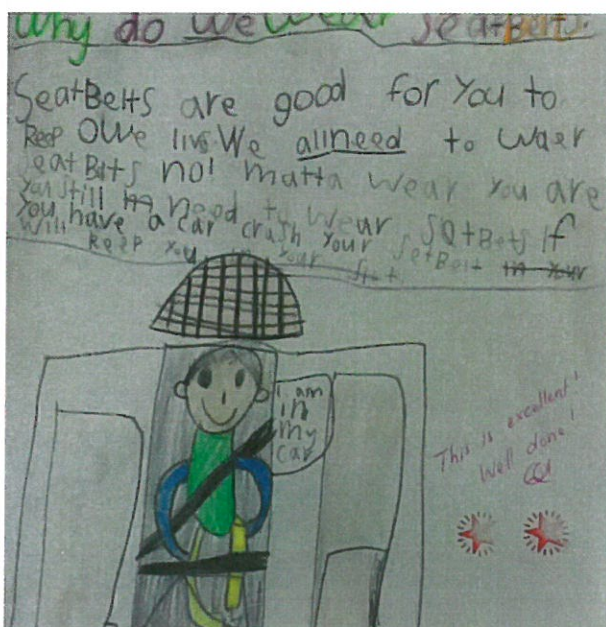
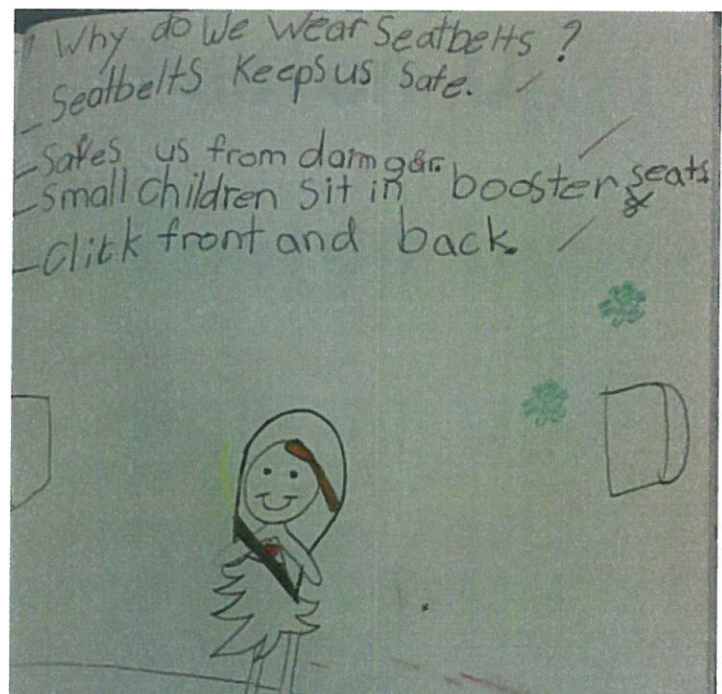
Seat Belts
Save Lives



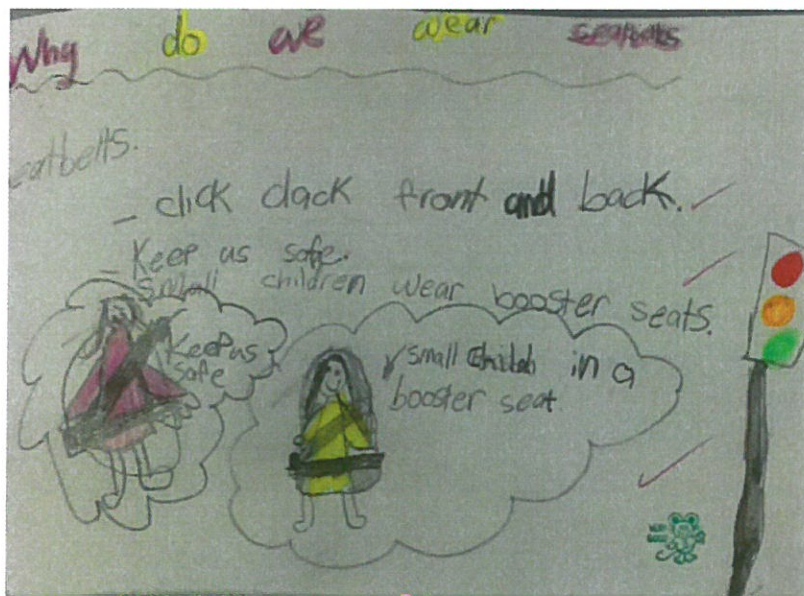


Fasten Up

Be Safe
Buckle Up

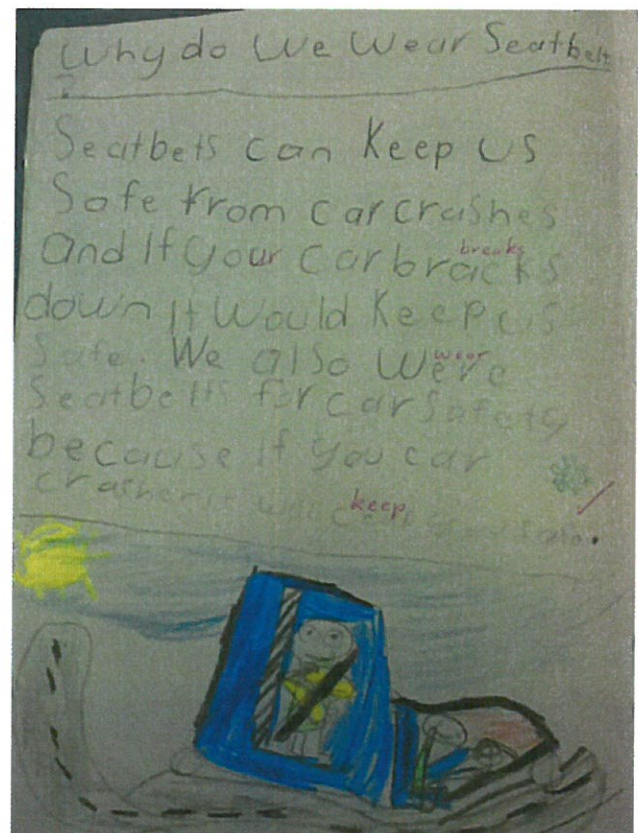


Be Responsible
Put on your
Seatbelt

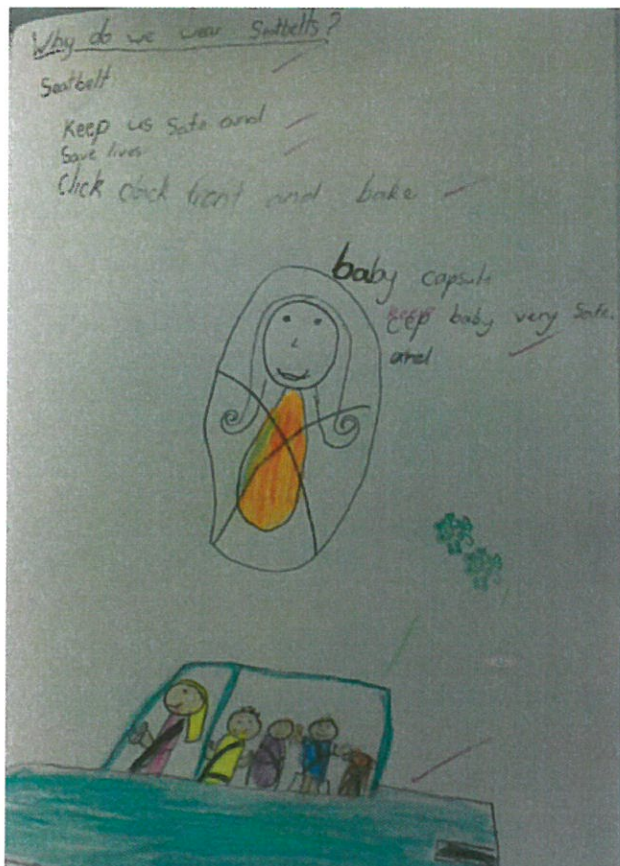


Belt Up for Life

Be Safe
Fasten your
seatbelt



Buckle Up
It's the Law





Nat Bertie's Lunchbox Recipe Ideas: Week 5

Educational Eating – Blood Sugar Regulation

Excess sugar consumption has devastating effects on the body. The system regulating blood sugar, ensures there is adequate glucose in the blood to fuel the brain and other functions of the body. Too little or too much glucose triggers the release of hormones to return glucose levels to normal. Ideally, fuel supply should be constant, with small rises and falls in blood sugar levels (BSLs) all day and night. Glucose converted from healthy fats (Week 3), unrefined carbohydrates (Week 4) and protein is preferred over the large quantities of sugar contained in refined carbohydrates. When blood sugar is not regulated efficiently the liver, pancreas and adrenal glands are impacted and achieving optimal health will be challenging. Dramatic fluctuations in BSLs may occur several times each day and night resulting from the consumption of a high carbohydrate, low or no fat and protein diet. This drives the liver, pancreas and adrenal glands to a state of exhaustion which contributes to their improper function and an inability to regulate BSLs and promote health and wellbeing.

This cartoon illustrates a typical day for many Australians and demonstrates how a diet containing refined sugar can affect all aspects of our daily lives:



© 2002 Lori Lipinecki

BSLs spike from skipping breakfast or eating foods high in refined carbohydrates such as commercial cereals/toast, sugar filled spreads, breakfast drinks, muffins, bagels, juice. This triggers the release of the hormone insulin to reduce BSL's.

It is common for individuals to grab something high in carbohydrates for lunch and eat it quickly. This continues the roller coaster ride of BSLs and contributes to poor digestion and the inability to cope with daily tasks.

As a result, individuals may experience a 'morning crash', where BSLs plummet after eating a high sugar meal, or stay too low from eating nothing. The hormones cortisol and adrenalin are then released to increase BSLs.

4 The afternoon is the time when people often consume something high in sugar or caffeine to help them get through their '3pm slump'. These foods spike and crash BSLs again.

This cycle of poor eating habits and the health concerns associated are unfortunately passed on to children.

Poor food choices deprive the body of the nutrients and fuel required for optimal function. This leaves individuals exhausted and un-energised to prepare a nourishing dinner for themselves and family. Another refined carbohydrate heavy meal will produce spikes and drops in BSLs, resulting in increased tension, mood swings and chaos just before bed.

Poorly regulated BSLs can make falling asleep and/or staying asleep difficult. During sleep, is when the body heals and repairs itself. To do this the brain requires a steady flow of glucose throughout the night. If BSL's drop dramatically at night, cortisol is released to increase them. This keeps people awake and/or wakes them at odd hours through the night.

Signs and symptoms of dysfunctional blood sugar regulation (in kids and adults):

- Poor concentration and focus - difficulty learning
- 'Tired, but wired' feelings and behaviours
- Cravings for sweets (including fruit) and/or caffeine
- Difficulty processing information
- Forgetfulness and mental lethargy
- Anxiety/nervousness and feeling overwhelmed
- Overeating/chronic snacking
- Highly fluctuating energy levels throughout the day
- Mood swings, anger and easily upset
- Fatigue throughout the day and after meals
- Insomnia or fully waking during the night
- Light headed or irritable if meals are missed
- Weight gain/difficulty losing weight
- Joint issues
- Chronic/prolonged stress, inability to cope with every day activities





- Poor motivation, self worth and self esteem
- Persistent hunger
- Difficulty waking/not feeling rested and recovered in the morning/no morning appetite
- Eating sweets instead of meals
- Lack of healthy fat and protein in the diet
- Must have dessert after meals

Tips 'n' Tricks – stabilising blood sugar (eliminating refined sugar and minimising natural sugars)

When BSLs are stable people feel full of energy, have no sugar cravings, unpredictable moods and behaviours settle, weight will be controlled, memory will improve and concentration and focus will heighten to promote better learning.

Building a fire may be a useful analogy to consider when preparing each meal. Both a fire and the body need various forms of fuel to maintain optimal function:

- **Fat** is similar to a big log on a fire that burns for a long time. It is a slow burning fuel that assists in stabilising BSL's and provides that feeling of fullness (satiation) and no hunger after a meal.
- **Protein** is like the rocks that surround the fire, providing structure and support. Protein is the building block for every cell in the body. It helps stabilise BSL's and reduces cravings for refined, high carbohydrate foods.
- **Carbohydrates** are like the kindling that burns quickly. Refined carbohydrates (white bread, lollies, commercial cereal, white rice/pasta and biscuits etc) burn quickly like paper or leaves. Unrefined carbohydrates (vegetables, whole fruit, wholegrains, brown rice) are higher in fibre and burn slower, like twigs.

"Everything in moderation" – this expression can be misleading. When we give ourselves permission to eat or drink anything, it can easily turn into approval to eat "anything" and call it "moderation". It should be expected that when we live by this expression, we will experience a variety of health concerns that can contribute to illness and disease. When we change our mind set and eat an abundance of food that nature provides, this expression need not apply. We can eat it all, without the associated health concerns, illness and disease.

- **Eat breakfast daily** - filled with healthy fat, protein and unrefined carbohydrates. If you are not hungry in the morning, starting with a few bites of something protein/fat filled will begin to support proper organ function. The recipes in each newsletter article are great suggestions for breakfast. They can be made in bulk and in advance, ready for those busy weekday mornings. Any leftovers (soups, stew, bolognese, curries and roasts etc) are also fantastic choices.
- **Eat plenty of healthy fats** (Week 3) – eat a variety of healthy fats (nothing low fat) in meals and snacks. It prevents sugar spikes and crashes by slowing down the absorption of glucose into the blood stream. Fat makes food taste good and provides that feeling of fullness after a meal. It also prevents sugar cravings and that need for something refined and sweet. If you are still hungry after a meal, or crave sugar, add more fat to meals and snacks earlier in the day.
- **Be mindful of cravings and make better choices** – if cravings hit eat a piece of fruit, an avocado, full fat cheese, boiled egg, coconut flakes, olives, nuts/seeds (at home), nut butter in a celery stick or leftovers from dinner. Preferably something containing fat and protein.
- **Throw portion sizes out the window** – when we eat an abundance of healthy fats, protein and unrefined carbohydrates, eat till you experience the feeling of fullness that fat provides. When you begin nourishing your body and providing it with the nutrients it desires, snacking between meals will naturally reduce.
- **Include snacks between meals if you experience sugar cravings and hunger** – preferably protein and fat.
- **Choose whole fruit, root vegetables and wholegrains** – eliminating highly processed white flour products will assist in stabilising blood sugar levels and promote better health. Choose spelt, quinoa, buckwheat etc.
- **Reduce/eliminate 'stimulants'** - caffeine, nicotine, artificial sweeteners and alcohol. These contribute to increasing blood sugar spikes.
- **Sleep** – leave electronic devices out of bedrooms to allow for more restful sleep. The body physically heals between 10:30pm and 1:00am. Adults would benefit from a bedtime no later than 10pm. Kids require significantly more sleep than adults to support their rapid mental and physical development. It is





recommended that children aged 5-13 years sleep for 10-13 hours each night. When processed/package food is minimised/eliminated from the diet, improvements will occur in all areas of sleep.

- **Move your body daily** - park the car further from destinations, walk to/from school, play at the park with the kids or perform any physical activity that provides enjoyment.
- **Relaxation** – developing the skills to relax can help manage lifestyle stress factors and improve our physical, mental and emotional health. Incorporate daily techniques like deep belly breathing, listening to music, learning to say no, making mindful decisions, walking, reading a book, spending 5 mins on yourself, identifying the stressor, playing quiet relaxing games, getting close to nature, walking away from your work desk, smiling and laughing.

Recipe – Roasted Pumpkin Hummus, Guacamole and Seed Crackers

By Nat Bertie (photo by Michelle Wagner)

Roasted Pumpkin Hummus

Ingredients

4 cups leftover roast pumpkin (or sweet potato)*
2 cloves garlic, crushed
6 Tblspn. tahini
2 tsp salt (Himalayan/Celtic/Sea)
½ tsp freshly ground pepper
4 Tblspn. lemon juice
1/3 cup extra virgin/cold pressed olive oil
1/3 cup water
1 tsp taco seasoning mix (recipe below)
Extra water to thin the dip if required

**this equates to approximately one large (super large) butternut pumpkin (cut into approx. 2-3cm pieces, tossed through ¼ cup melted coconut oil (or butter/lard/ duck fat, etc) and ½ tsp good quality salt), roasted the night before.*

Method

Place all the ingredients in the food processor.
Blitz until smooth and combined.
Extra water may be required to thin the dip.
Store in the fridge for 4-5 days and tastes better the day after it is made.
Serve with veg sticks, seed crackers (recipe below), olives etc or a side to a main meal.

Taco seasoning mix

Ingredients

¼ tsp garlic powder
¼ tsp onion powder
¼ tsp dried oregano
½ tsp paprika
1½ tsp ground cumin
1 tsp good quality salt
1 Tblsp chilli flakes (optional)

Method

Place all the ingredients in a small container/jar with a lid.
Seal the container/jar and shake till well combined.
Make this in bulk (x 10+). Store in pantry.
Use in pumpkin hummus (recipe above) or nachos/tacos, meatballs, a flavour base for bolognese/stews, a seasoning on grilled/roasted/BBQd meat, even in a salad dressing.
Kids love this and it's a great flavour to add to anything savoury to encourage them to try more above ground vegetables.



Seed Crackers

Ingredients

½ cup sunflower seeds
½ cup chia seeds
½ cup pumpkin kernels (pepitas)
½ cup sesame seeds
1 tsp good quality salt
1 tsp rosemary*
½ tsp garlic powder*
½ tsp onion powder*
1 cup water

**Any herbs/spices can be used*

Method

Preheat oven to 150°C (fan forced).
Line 2 baking trays with baking paper.
Place all the dry ingredients in a bowl. Mix to combine.
Add the water and mix well to combine.
Let the mixture sit for 10mins or until the chia seeds soak up the water and the mixture sticks together and forms a blob.
Divide the mixture between the baking trays.
Using wet hands, press the mixture over the trays until it is thin (about 1mm thick).
Depending on your oven size, place 1 or 2 trays in the oven and bake for 30 mins.
The mixture will begin to dry out. Peel the layer of seed cracker off the backing paper and flip it over (if it doesn't peel off easily, bake for another 5-10 mins or until it peels off easily).
Bake for another 30 mins or until the layer of seed cracker mixture is crispy when snapped/broken.
Allow to cool. Snap/break into desired pieces. Store in an airtight container for 2-4 weeks +.

Guacamole (serves 1) – choose this quick snack full of healthy fat, protein and unrefined carbohydrates if a craving hits or you feel the need for sugar after dinner. It's also a nourishing option for recess on its own or with veg sticks.



**Ingredients**

1 ripe avocado
Lemon juice, a squeeze or to taste
Good quality salt, to taste
Freshly ground pepper, to taste
1 or 2 diced boiled eggs
½ tomato, deseeded and finely diced (optional)
1/8 purple onion, finely diced (optional)
2 pinches taco seasoning mix (optional), recipe above

Method

In a bowl, mash the avocado with a fork.
Add salt/pepper, lemon juice to taste.
Mix through the egg and other chosen ingredients.
Best eaten on the day of making it.
Serve with seed crackers, veg sticks, olives or as a side to any meal. This is also a quick and nourishing breakfast option with some leftover meat and salad or roast vegetables.



MON TUE WED THU FRI

EVERY DAY MATTERS

Missing just two days
a month from school
amounts to four weeks of
lost learning a year.
That's a whole year of lost
learning from Kindergarten
to Year 10. Monitor
attendance trends regularly
to make sure absences
aren't adding up.



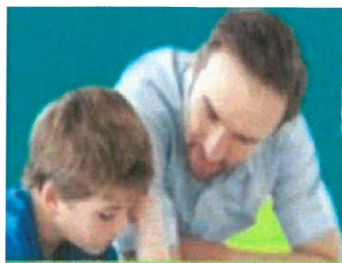
.....
every learner every day

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 





Parents Representative Council
SUPPORT | CELEBRATE | EDUCATE



UNDERSTANDING NAPLAN AND THE NEW CHANGES

NAPLAN NATIONAL ASSESSMENT PROGRAM
Literacy and Numeracy

**School
Attendance**



Our guest speaker for the evening is:

Mr Paul Easton

Director of Performance
Catholic Education Diocese of
Parramatta (CEDP)



EVERY LEARNER EVERY DAY

Join in the conversation with:

The Hon Alex Hawke MP

Federal member for Mitchell
Assistant Minister for Immigration and Border Protection

Question and Answer Session!



Register FREE now: www.prc.catholic.edu.au/news-events

PRC Topics

Cluster Group Discussion
Constitution Working Group
How is your School Parent
Body Structured?
What is Parent Collaboration?
Strategic Planning

Monday, 21 August 2017

Doors open: 6:30pm for 7:00pm start (approx. 2 hours)
(Term 3 - PRC General Meeting will be held prior to our speaker session)
at St Patrick's Catholic Primary School, Villiers St, Parramatta
Tea, Coffee and light snacks will be provided and a lucky door prize will be up for grabs!

www.prc.catholic.edu.au



@preparra



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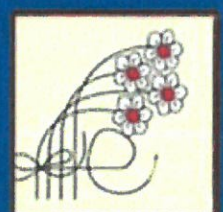


THANK YOU to our 2017 sponsor

www.floralexpressions.com.au

Proudly supporting Catholic education, parents and school
communities in the Diocese of Parramatta:

CONTACT US ABOUT FUNDRAISING OPPORTUNITIES FOR YOUR SCHOOL



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.

OLMC 2017 SEPTEMBER HOLIDAY WORKSHOPS - bookings essential for all workshops. Visit music@olmc.nsw.edu.au for enquiries
Information pamphlet available from CTK school Office.

Spring Strings : Mon 25th Sept Join leading instrumental practitioners in this 1 day workshop for student musicians who play Orchestral String Instruments : Violin, Viola, Cello, Double Bass

The Big Sing : Thur 5th Oct The 1 day workshop explores vocal skills and refresh singing techniques.

The Big Bash : Fri 6th Oct Drummers & Percussionists—1 day workshop for beginners to intermediate.



The Life Marriage & Family Office would like to invite you to attend two exciting events :

FREE FAMILY EVENT A program of Spiritual Enrichment for families on the theme of the World Meeting of Families 2018.

Gospel of the Family : Joy for the World **Sunday 27th August 2018** 1pm—3:15pm

Mass 11am. BYO Picnic Lunch. Mt Schoenstatt Family Hall—230 Fairlight Road Mulgoa NSW 2745. Register : 8838 3460 or lmf@parra.catholic.org.au

2017 FAITH IN MARRIAGE SEMINAR

Men, Women & the Mystery of Love Dr Edward Sri St Patrick's Cathedral Hall Parramatta

Friday 8th September 7:30pm sharp

Sponsored by Parousia Media and Life Marriage & Family Office, Diocese of Parramatta

Register : 8838 3460 or lmf@parra.catholic.org.au

The University Technology Sydney (UTS) is running a series of exciting as well as educational workshops targeting primary and early secondary school aged students in the October school holidays.

The program is called **Bright Futures** and offers a unique combination of eye-opening experiences based around subjects studied at UTS including STEM, Robotics, Creativity and Forensics. **Full program and registration: www.bit.do/brightfutures17**

Tuesday 3 October – **ABC for young entrepreneurs**

Wednesday 4 October – **Engineering workshop: Reach for the Skies!**

Thursday 5 October – **Music workshop: Composition, Percussion, Creativity**

Friday 6 October – **Becoming a master in communication**

PENRITH OBSERVATORY SCHOOL HOLIDAY EVENTS : Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington **Enquiries and bookings ;**
https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on

Date: 2 September **Event name:** Going walkabout with the Murchison Widefield Array **Event details:** Dr Emil Lenc. Mid-2016 marked the third year of science operations of the Murchison Widefield Array (MWA) - a radio telescope situated in the Western Australian desert. Despite its humble beginnings and relatively low build cost, it has aided astronomers to perform a wealth of scientific research to date. While specifically designed for an ambitious program to look back at the early Universe and to find evidence of the first stars, it has instead turned out to be an incredibly powerful and versatile instrument. I will highlight some of the science performed over the past three years, discuss upcoming upgrades to the MWA, and how it fits in with the even more ambitious Square Kilometre Array (SKA). Includes presentation, short 3D movie and viewing of the night sky through a range of telescopes (weather permitting). \$18.00 Adult, \$12.00 Child/Concession, \$50.00 Family (2 adults + 2 children). Children under 3 years of age free. **BOOKINGS ESSENTIAL Time:** 7pm – 9pm

Date: 16 September **Event name:** Overcoming Engineering Challenges in Space **Event details:** Mr Nicholas Ralph. When we first ventured into space, engineering and physics was turned on its head. Battling extreme temperatures, micro gravity and radiation, the harsh reality of the true challenges behind space travel became clear. The unbound hostility of space takes no prisoners. Join us and learn how everyday devices we take for granted become deadly weapons, or totally useless, in the cold expanse of space. Includes presentation, short 3D movie and viewing of the night sky through a range of telescopes (weather permitting). \$18.00 Adult \$12.00 Child/Concession \$50.00 Family (2 adults + 2 children) Children under 3 years of age free. **BOOKINGS ESSENTIAL Time:** 7pm – 9pm

Date: 29 September **Event name:** Hands On Workshop - Rockets **Event details:** Build and launch paper rockets using compressed air, watch a model rocket launch. Includes presentation, short 3D movie and viewing of the Sun SAFELY through a telescope (weather permitting) \$15.00 per person (children and accompanying adults) for hands-on workshops **BOOKINGS ARE ESSENTIAL Time:** 10am – 12pm

OBF

Peppa Pig #ZESTFEST

Performing at the Farm: Peppa Pig

your slice of Zest.

The ZESTFEST – part of the Orange Blossom Festival
Sunday, 27 August 2017 | 10am–7pm | Bella Vista Farm

The **ZESTFEST** – it's the biggest and **ziest** community event! A juicy festival that brings together the best slice of our community. Enjoy rides, **zesty** zones, live entertainment, tasty food, community stalls and the new flavoursome finale show.

HIGHLIGHTS
Food trucks, rides, finale show, zesty-filled zones, Lee Kemaghan, ZestQuest Finalists, Peppa Pig and the kids passport challenge.

Festival Partners

SEKISUI HOUSE
THE HILLS CARMEL
Aveda Bella Vista

GET THE JUICE

www.orangeblossomfestival.com.au Follow Sydney Hills Events on Social Media | #ZESTFEST

THE HILLS
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NORTH ROCKS PUBLIC SCHOOL

Fete

SATURDAY 26 AUGUST

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