



# Christ the King, North Rocks

Term 3, Week 6

24th August, 2017

2 Statham Avenue, North Rocks 2151  
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Phone 8846 2700  
Website—http://www.ctknorthrocks.catholic.edu.au

## Term 3, Week 6

### Friday 25th August

- \* Band 7.45am + lessons throughout the day
- \* **Father's Day gift wrapping in Staffroom 9-10:45am. All helpers welcome**
- \* **Lunch Orders**
- \* **Year 4 Mass at 9.15am**
- \* **DIOCESAN ATHLETICS**

## Term 3, Week 7

### Monday 28th August

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

### Tuesday 29th August

- \* **Uniform Shop 8am—12:30pm**
- \* **PE : Year 2, Year 1 (Gr1), Year 5**
- \* **BOOK PARADE 9:15am**

### Wednesday 30th 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 7:30pm**

### Thursday 31st August

- \* **Choir 8am**
- \* **PE: Year 1 (Gr2), Yr 4, Yr 6**
- \* **FATHER'S DAY STALL**

### Friday 1st September

- \* Band 7.45am + lessons throughout the day
- \* **Father's Day Breakfast from 8am followed by Liturgy**
- \* **Lunch Orders**

### Saturday 2nd September

- \* Confirmation certificates given out at Parish Mass

### Sunday 3rd September

- \* **Happy Father's Day**
- \* Confirmation certificates given out at 8am & 10am Masses
- \* Year 5 at 10am Parish Mass

Dear Parents,

In this Sunday's Gospel, Jesus asks the question of his Disciples- *"Who do people say is the Son of man?"* Throughout our faith journey from early childhood through adolescence to being an adult we may often ask ourselves the same question. What role does Christ play in our role? How are we evangelists for Christ and his way of living? Many questions that do not always have answers at the ready. The sharing of our faith down through the generations from parents to their children, our understanding of scripture and church doctrine and our Catholic education all contribute to answering this question and the role Our Lord plays in our lives. Our purpose in life is to be in communion with God and the community of which we are a part. Through Baptism and the other sacraments of initiation and healing we are drawn closer to God by his unconditional love for all of us. As a Catholic community we need to pray for wisdom and direction as we journey in communion with Christ, as we walk in his footsteps each and every day gaining a greater understanding of who Jesus really is.

By now you would be well aware of the tragic passing of one of our Diocesan students **Julian Cadman**. Julian was a student from St Bernadette's Lalor Park. Julian lost his life in last Thursday evening's attack in Las Ramblas Barcelona. His mum, Jumarie is recovering in hospital after being seriously injured. As you can imagine, the St Bernadette's community has been deeply affected by this news. Julian was much loved by his teachers and fellow students. We pray that God's mercy and healing grace will be with Andrew and Jumarie Cadman, and with all members of Julian's extended family, as they grieve for Julian. We pray also for all others affected by the terrible event across the world. Eternal rest grant unto Julian O Lord, and may perpetual light shine upon him. May he rest in peace.

**Congratulations to all our students who represented CTK at last week's Hills Zone Athletics carnival.** Throughout the day I observed many of the students giving their best and achieving personal bests in a variety of events. Thank you to Mrs Kelly-Hosking who looked after our team for the day and the many parents who attended on the day as spectators or officials. To those students fortunate enough to be attending tomorrow's Diocesan carnival we join together in wishing each and everyone the best of luck in your events. Do your best but most importantly enjoy the day and be great ambassadors for our school.

Next Friday our CTK community will celebrate **Father's Day**. The day's celebration will commence with a BBQ breakfast for our dads [and other significant males in the children's lives] commencing at 8am followed by our liturgy on the Basketball court starting at 9am. Unfortunately, our planned open classroom session and Mega Maths session with our dads and their children has been cancelled due to the scheduling of a funeral for mid morning. We apologise for any inconvenience caused. We look forward to welcoming our dads for breakfast and the opportunity to celebrate through our liturgy the role they play in our lives.

**Congratulations to our three Voice of Youth finalists**, Elle, Amelia and Olivia R, who represented CTK at last Friday's Cluster final. All three ladies spoke very well delivering their speeches with much poise and confidence. A special congratulations to Amelia who received the social justice award for her speech titled Gratitude is the Best Attitude. Thank you to Year Six and their teachers as well as the parents who attended on the day to support our speakers.

Have a great week!

Tony Hughes  
Principal



## Mark In Your Diary

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

## Sacrament of Confirmation next Wednesday 30th August 7.30pm

*As a community we extend our best wishes and congratulations to the children and their families who will gather on Wednesday evening to receive the gifts of the Holy Spirit.*



*"And by this we know that He abides in us,  
By the Spirit which He has given us."*

*1 John 3:24*

*May you be blessed with the wisdom and strength of  
the Holy Spirit as you go forth to share the love of  
Jesus Christ.*

## CHICKEN POX NOTIFICATION

**Chickenpox** is a problem that arises occasionally in the school. There have been a few cases of Chickenpox diagnosed recently here at CTK. This is not a cause for serious concern as your child may not be affected, however Chickenpox is very contagious.

We suggest that you look for the following symptoms or signs that would indicate if your child has Chickenpox :

- Chickenpox begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- Symptoms can be more severe in pregnant women and newborns.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.

**Do I need to keep my child home?** Yes, for 5 days after the rash first appears and until the blisters have all scabbed over.

**How can I help prevent spread?** Immunisation is available for children over 12 months old. It is recommended for people over 12 years who are not immune.

Further indepth information can be found at :

<http://www.health.nsw.gov.au/Infectious/factsheets>

## *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  
Joshua 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*

## 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.



## **BAND NEWS**

Some lessons will still be going ahead in the EMU room whilst the hall is under construction.

Congratulations to Dane N. and Jack T. for receiving Band Member of the Week.



## 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>August 21, 2017</b>	<b>August 22, 2017</b>	<b>August 23, 2017</b>	<b>August 24, 2017</b>	<b>August 25, 2017</b>
6	Matthew 15:32-39 Jesus Feeds Four Thousand	Matthew 16:1-4 A Demand for a Sign from Heaven	Matthew 16:5-12 The Yeast of the Pharisees and Sadducees	Matthew 16:13-20 Who Is Jesus?	Matthew 16:21-23 Jesus Speaks about His Suffering and Death - Part I

7	<b>August 28, 2017</b>	<b>August 29, 2017</b>	<b>August 30, 2017</b>	<b>August 31, 2017</b>	<b>Sept. 1, 2017</b>
	Matthew 16:24-28 Jesus Speaks about His Suffering and Death-Part II	Matthew 17:1-13 The True Glory of Jesus	Matthew 17:14-21 Jesus Heals a Boy	Matthew 17:22-23 Jesus Again Speaks about His Death	Matthew 17:24-27 Paying the Temple Tax

*Please join the Christ the King community in prayerfully reading the Gospel of Matthew for Week 7.*

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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## SACRAMENT OF RECONCILIATION

The process of initiation for children into the parish Catholic community of the faithful is celebrated in three sacramental moments: Baptism, first reception of the Eucharist (Holy Communion) and Confirmation.

**The Sacrament of Reconciliation** is a prerequisite for First Eucharist (for children in Year 3 and above) and **will begin with a Parent Information Evening to be held in our parish church on Wednesday, 6th September, commencing at 7.30pm.** The program will be explained and any questions answered as well as enrolment forms distributed.

**All children** (whether they attend Catholic or State schools) in our parish, prepare for the sacraments of First Reconciliation (Year 3 and above), First Eucharist (Year 4 and above) and Confirmation (Year 5/6 and above) in a program that is **parish based** (not school based) and **family centred**.

This is a significant step in your child's journey of faith. It is important for parents/guardians to attend this meeting. Children are not required to attend this initial meeting.

Diane Campbell  
Parish Sacramental Coordinator





### Compulsory schooling conferences

If school attendance does not improve, parents and sometimes their child, can be asked to attend a compulsory schooling conference. The conference, which will be run by the Catholic Education Diocese of Parramatta School Wellbeing and Attendance Officer, aims to help the school, parents and other agencies to further identify the issue impacting on a child's attendance. The outcome of a compulsory schooling conference is for the parties to agree to undertake certain actions to improve the child's attendance. These actions are agreed in writing.

### Compulsory schooling order

If previous attempts to resolve the issue of a child's attendance are not successful, legal compliance can be sought through an application to the Children's Court for a Compulsory Schooling Order. The aim is to assist a family and/or child to address the issues preventing satisfactory school attendance. This has the added enforcement of a Court's powers.

### Prosecution

If all attempts by schools, the Catholic Education Office and DEC regional support staff fail to improve a child's attendance, action can be taken in the Local Court with the result of fines being imposed up to a maximum of \$11,000.

## Further information is available from

1

Catholic Education Commission policy and information  
[www.cecnsw.catholic.edu.au](http://www.cecnsw.catholic.edu.au) - search 'student attendance'  
or <http://bit.ly/zdLonM>

2

NSW Department of Education and Communities  
<http://www.schools.nsw.edu.au/leavingschool/index.php>

### Do you need an interpreter?

Interpreting services are provided where possible for parents and carers who do not speak or understand English well and for Deaf parents and carers who use sign language. For more information on interpreter services contact your school or phone the telephone interpreter service on 131 450. Ask for an interpreter in the required language and the interpreter will call the school and stay on the line to assist you with your conversation. You will not be charged for this service.

Catholic Education Diocese of Parramatta

# Compulsory school attendance

## Information for parents



Catholic Education  
Diocese of Parramatta  
[www.parra.catholic.edu.au](http://www.parra.catholic.edu.au)

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Licensed under NEALS



Dear parents and carers,

Since 1870, schooling has been compulsory in Australia. Unfortunately, for many children learning at school has been optional. The learning needs of some students have not always been adequately catered for in a traditional, one-size-fits-all approach to learning and teaching.

While schooling remains compulsory today, Catholic schools in the Diocese of Parramatta also want **learning to be compulsory** by delivering a schooling experience that caters to the needs, abilities and interests of each student. Our school leaders and teachers are working hard to ensure students receive a personalised, relevant and meaningful Catholic education.

There are many ways in which families can support their children to be prepared for learning at school. For example, by making school attendance a high priority in your family; by ensuring children get enough sleep, a good diet and regular exercise; by encouraging reading from an early age; by sharing the learning journey through an active involvement in your child's school, hobbies and extra-curricular activities, and so on.

Of course, in order for students to learn at school, they need to show up. In fact, it is illegal for school-aged children not to attend school. Even more troubling though, is the learning a child will miss if they do not attend school. **If a student misses as little as eight days each term, by the end of primary school they will have missed over a year of learning.**

This brochure outlines the compulsory attendance guidelines from the New South Wales (NSW) Department of Education (D&E)—guidelines that apply to our own Parramatta diocesan Catholic schools—and your responsibilities as a parent or carer.

Please take the time to read this important information and also to consider why schooling is compulsory... so children can be active and successful learners now and in the future.



Greg Whitty  
Executive Director of Schools



## NSW school attendance

**In NSW school attendance is compulsory for children over the age of six years until the minimum school leaving age of 17 years. Students must complete Year 10 and after Year 10 (until they turn 17 years of age) students must be:**

- in school or registered for home schooling, or
- in approved education or training (e.g. TAFE, traineeship, apprenticeship)
- in full-time, paid employment (average 25 hours per week) or in a combination of work, education and/or training

### **What if my child has to be away from school?**

If your child has to be absent from school, you must tell the school and provide a reason for your child's absence. To explain an absence parents and carers may:

- send a note or email the school
- telephone the school, or
- visit the school

Your school will inform you of the required procedures for notifying them.

### **A small number of absences may be justified if your child:**

- has to attend a special religious ceremony
- is required to attend to a serious and/or urgent family situation (e.g. a funeral)
- is too sick to go to school or has an infectious illness

Children need to arrive to school and class on time. Lateness to school or leaving early from school must be recorded as a partial absence. Your school will inform you of the required procedures for late arrivals and early departures from school.

### **Application for exemption**

If you consider that it is in your child's best interests to be exempted from the legal requirement to attend school for any length of time, you must apply to the principal for an exemption. The school will provide an Application for Exemption from Attendance at School form, and assist you to complete it, if necessary. The principal will consider your application and decide whether to grant a Certificate of Exemption from Attendance at School.

### **Responsibilities of the school principal**

Principals help to ensure the safety, welfare and wellbeing of your child. They must also keep accurate records of student attendance. Principals are able to question requests for a child to be absent from school and are also responsible for deciding if the reason given for an absence is justified. Principals may request medical certificates or other documentation for long or frequent absences explained as being due to illness.

When absences are unexplained by parents, or explanations are not accepted by the principal, the school will work with parents to identify the reasons for non-attendance and put in place strategies so the child can return to school. Principals may ask support staff or other agencies to assist.

### **What if my child continues to have unsatisfactory attendance?**

It is important to understand that the NSW Department of Education and Communities (DEC), on behalf of the State Minister for Education, may take further action in cases where children of compulsory school age have recurring numbers of unexplained or unacceptable absences from school. The following actions may be taken in these cases:

### **Attendance planning meetings**

Parents, and sometimes their child, can be asked to attend a meeting with school personnel. The aim of the meeting is to help identify strategies to support the child and family and remove barriers to non-attendance. Other agencies may also be invited, if parents agree. The ultimate aim is to improve student attendance, in order to improve student learning outcomes.



# FATHER'S DAY UPDATE

## Father's Day Wrapping Morning

**Would you be available to assist in the bagging of the Father's Day gifts?**

This will take place **TOMORROW, 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 **NEXT THURSDAY 31ST AUGUST**. The children will be able to choose from a variety of gifts.

- ⇒ children can purchase 1 Fathers Day gift bag @ \$5 each. If there are any leftovers then kids may be able to purchase a second bag.
- ⇒ There are 4 different themed bags for the children to choose from. Children will be shown a sample of each bag to make their decision which will then be recorded. Gift bags available are :
  - Dad's garden bag
  - Dad's gadget bag
  - Dad's footy bag
  - Dad's tool bag
- ⇒ Parent helpers will organise for each student to receive their selected gift bag.

## Father's Day Breakfast

**Have you RSVP'd? For catering purposes final numbers must be received by TOMORROW.**

The Father's Day Breakfast is scheduled for **NEXT Friday 1st September commencing at 8am.**

Parent helpers for this event will be needed between 7.45- 8.45am.  
If you are able to assist, please note this on the return RSVP slip.

**The Father's Day breakfast will be followed by a celebration liturgy at 9.00am. The liturgy will conclude by 9.30am.**

## **Timeline of Father's Day Celebrations**

- ⇒ 8.00am Breakfast
- ⇒ 8.55am Whole School is seated on the basketball court
- ⇒ 9.00am Liturgy begins
- ⇒ 9.30am Visitors leave school site





International Competitions and Assessments for Schools (ICAS) provide an opportunity for all students to gain a measure of their own achievement in an external assessment situation.

The results for the Digital Technologies competition have been received.

17 students participated. Great results were received with 4 Distinctions, 3 Credits & 2 Merits.

### **Digital Technologies Achievements**

<u>Distinction</u>	Year 4	Harry Papworth
	Year 5	Alessia Georges
	Year 6	Amelia Papworth, Owen Mitchell
<u>Credits</u>	Year 3	Louis Rivera
	Year 4	Alec Mitchell, Ignatius Lo
<u>Merit</u>	Year 3	Aidan Kafkis
	Year 4	Jessie Liu

Congratulations to all students who participated.

The results for the Science competition have been received.

22 students participated. Great results were received with 4 Distinctions, 4 Credits & 3 Merits.

### **Science Achievements**

<u>Distinction</u>	Year 3	Louis Rivera
	Year 4	Harry Papworth
	Year 5	Aidan Mulder
	Year 6	Amelia Papworth
<u>Credits</u>	Year 4	Alec Mitchell, Alexander Richards & Jessie Liu
	Year 5	Dane Nielsen
<u>Merit</u>	Year 3	Aidan Kafkis
	Year 4	Ignatius Lo
	Year 5	Alessia Georges

Congratulations to all students who participated.

The results for the Spelling competition have been received.

25 students participated. Great results were received with 2 Distinctions, 4 Credits & 1 Merit.

### **Spelling Achievements**

<u>Distinction</u>	Year 3	Louis Rivera
	Year 6	Amelia Papworth
<u>Credits</u>	Year 4	Alec Mitchell
	Year 5	Alessia Georges & Julius Hoekstra
	Year 6	Sophie Klammer
<u>Merit</u>	Year 4	Jessie Liu

Congratulations to all students who participated.



## SPORT NEWS

### ZONE ATHLETICS

Last Thursday students competed at the Hills Zone Athletics Carnival at Blacktown Sports Park. All students had a great day and put in some great performances throughout the day.

Congratulations to all students especially :

Tianna Bertolissio 1<sup>st</sup> in Shot Put

William Kaddis 3<sup>rd</sup> in the 200m

Olivia Sassen 3<sup>rd</sup> in Long Jump

Cameron Khadi 1<sup>st</sup> in 100m and 2<sup>nd</sup> in 200m

Caitlan Brennan 2<sup>nd</sup> 800m, 3<sup>rd</sup> in 100m and 2<sup>nd</sup> in 200m and

Lucas Sassen 4<sup>th</sup> 100m, 2<sup>nd</sup> in 200m, and 2<sup>nd</sup> in long jump.

Cameron Este 1<sup>st</sup> in Shot Put

Max Murray 2<sup>nd</sup> in Shot Put

Talia Younis 3<sup>rd</sup> in 800m and 4<sup>th</sup> in 100m

The junior girls, (Olivia Sassen, Caitlin Brennan, Tianna Bertolissio & Isabelle Zoghbi) and senior boys (Nicholas Roppolo, Lucas Sassen William Kaddis & Lucas Hosking) relay teams also performed admirably and finished 3<sup>rd</sup> and 2<sup>nd</sup> respectively.

Special congratulations to Lucas Sassen who was 11year Boys runner up age Champion, and Cameron Khadi who was Senior Girls age Champion.



### DIOCESAN ATHLETICS

Good luck to the 18 students competing at the Diocesan Athletics Carnival tomorrow.

Abigail Kafkis

Aidan Mulder

Max Murray

Olivia Sassen

Marcus Younis

William Kaddis

Lucas Hosking

Cameron Khadi

Luca Gonzalez

Annalise Richardson

Eden Hosking

Tianna Bertolissio

Lucas Sassen

Talia Younis

Caitlin Brennan

Isabelle Zoghbi

Monique Brown

Cameron Este



### CONGRATULATIONS

Congratulations also goes to Monique Brown (Basketball) and Marcus Younis (Soccer) who represented Mackillop in their respective sports. Both Monique and Marcus have been selected in the state team to compete at the national championships in Adelaide in December.





CHRIST THE KING  
NORTH ROCKS



VICTORY THROUGH FAITH

SPECIALTY GROUP PHOTOS

- School Leaders
- Year 6 Muck Up
- Choir
- Band
- Captivate
- Cool Kids



**Christ the King School – North Rocks**  
**Specialty Group Photos**

Dear Parent /Guardian,

MSP Photography recently photographed Sports/Specialty group photos at **Christ the King School – North Rocks**.

Your child is a member of one or more of these specialty groups.

From **17 August 2017** for a limited time we are taking orders for these groups online.

**Cut-off date is 09 September 2017**

Should you wish to order any of these photographs, please go to:

<http://mspsydney.fotomerchant.com/> **(do not enter in google search)**

You will need to use the following access code to gain entry into the portfolio of photographs:

**CH88ST**

The cost of each photo is **\$16.00**

**PLEASE NOTE:**

**When creating your order, please ensure that you include your child's NAME and CLASS in the PERSONAL INFORMATION Section, under NAME.**

**\*Please note that the website offers an option to send to home address but all photos will be delivered to the school office.**

If you require any further information feel free to contact us.

Kind Regards

MSP Photography Sydney

Ph: 9499 6555



## LIBRARY NEWS

Premier's Reading Challenge 2017 closes **TOMORROW, Friday 25th August**. All entries must be completed by this date.

Advance Notice: **CTK Chess Championships** Thursday 12th October, 2017 (Term 4, Week 1)  
3.00pm - 6.00pm - Holy Faith Library CTK

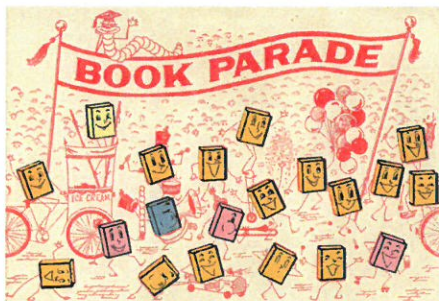
## Woolies Earn & Learn 2017

**Thank you ! The sticker response has been wonderful.**

Woolworths Earn & Learn Stickers will be available until **Tuesday 19<sup>th</sup> September** or while stock lasts. You will receive one Woolworths Earn & Learn Sticker for every \$10 spent . Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it's complete, the Sticker Sheet can be dropped into the Collection Box at the school office or place them into the office bags or at your local Woolworths.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit [woolworths.com.au/earnandlearn](http://woolworths.com.au/earnandlearn)

## CTK CELEBRATES BOOK WEEK

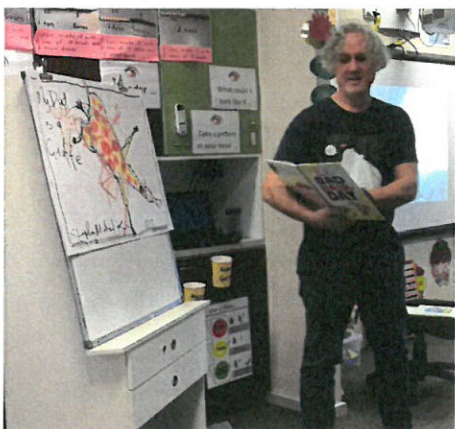


### Book Week Parade

**NEXT Tuesday 29<sup>th</sup> 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.



### All about Stephen Michael King

Last Friday morning, Kindergarten, Year 1 and Year 2 went to the Year 1 classrooms to see Stephen Michael King illustrate pictures and share with us some of his favourite books. He told us about his childhood and when he first began drawing pictures when he was very young. Stephen also shared about how it takes three months to write his books, but it takes up to two years for them to be published and be sold in shops and online. When he is illustrating a book, he told us he first draws a messy picture that looks like scribble and then outlines the scribbles and adds detail until he creates his characters. While Stephen was talking to us, he was illustrating a picture of a girl hugging a white bear for a book he wrote called "A Bear and a Tree". He also read to us four books that he wrote and illustrated called "Mutt Dog", "Leaf", "Bella's Bad Hair Day" and "Henry and Amy". Our favourite book we heard was "Mutt Dog",

because it is about a homeless dog finding his new family and there are a few funny bits along the way. This book also taught us about what it is like to be homeless and we feel very blessed to be in our beautiful homes each night.

We really enjoyed sharing our morning with Stephen Michael King and look forward to reading more of his books soon.

*Year 2*

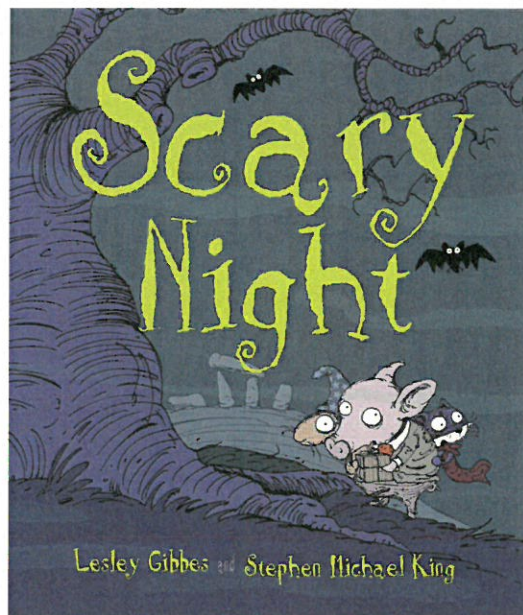


## Stephen Michael King

Last Friday we had a visit from an author and illustrator Stephen Michael King. Mr. King visited Christ the King and shared his words of wisdom. After working for a media company and Walt Disney he has turned his talents to becoming a highly acclaimed children's author/illustrator thanks to his best sellers such as Mutt Dog, Patricia, Leaf and many more.

He gave us the secret method to madness, while sharing a laugh. When he revealed snippets of his life, it inspired us to do what we love and made us realise all dreams are achievable. For young aspiring writers and artists, Stephen Michael King is a great encouragement.

During his visit, he demonstrated drawing skills and techniques, one of his visual representations was a pig which was a character from a book he illustrated called Scary Night.



He gave us tips about how to simplify drawing, and how to train yourself to see the simple shapes in images; as this is all there is to drawing. Mr King showed the students strategies to drawing all kinds of things, from motorbikes to Mickey Mouse.

He explained that he had journals everywhere; in his bedroom, in his car, in his kitchen and everywhere else in his house, so that when he gets an idea, he just grabs a journal and writes it down, or draws, and then slowly it develops, eventually becoming a book. He also told us about his love for creativity since he was a toddler. We heard about how he cut up blankets to make decorations and when he totally covered the basement in drawings made from cement. Although that's probably not a great influence it still motivated us to express our passion and to succeed to the best of our ability.

Stephen Michael King has filled us with confidence, endurance and passion to follow in his footsteps to continue to do what we love. He inspired us to stay dedicated and to stay hopeful that all will go well with a bit of faith and a lot of hard work.



## Voice Of Youth Cluster Final

Last Friday, 18th August, Year Six travelled to St Monica's Primary School at Parramatta for the **Voice Of Youth Cluster Final**. Our top 3 students, **Elle, Amelia and Olivia R**, presented their speeches in front of students from four schools, parents, teachers and judges. They were competing against students from St Monica's, St Bernadette's and St Mary's.

It was a very tough competition, with many high quality speeches. Every speech was presented with confidence and enthusiasm and covered many topics, ranging from "Pizza - The Universal Food of Happiness" to "It's tough being the middle child" to "Social Justice".

**Elle** presented her speech "*The Life of a Toothbrush*". Her speech told the story of a toothbrush as it went from a shelf at the supermarket to somebody's home, where it was used to brush teeth and then eventually, to clean the toilet!

**Olivia** presented her speech "*All Aboard the Titanic*". Her speech explored the experience of a passenger on the Titanic and detailed what would have happened to the passengers of each class.

**Amelia's** speech "*Gratitude is the best attitude*", was about the importance of appreciating what we have and how lucky we are. She used the story of a homeless person living on the streets to demonstrate just how lucky we are to have safety, shelter and much much more.



Congratulations to all three girls for all their hard work and preparation for the competition. All three girls did a fabulous job and were fantastic representatives of Christ The King.

**Special congratulations to Amelia, who was the winner of the Social Justice Award.**

Miss Brady

Mr Mogan

Year 6 Teachers





## Nat Bertie's Lunchbox Recipe Ideas: Week 6

### **Educational Eating – Reading Food Labels**

Understanding how to read food labels is an important aspect when trying to transition to nutrient dense whole foods and minimise the use of packaged foods. It can be overwhelming but it's essential to know what is in the food we eat to be able to take control of our family's health. Knowledge will empower parents and children to make the best choices possible when they are embarking on this journey. Keep in mind the most healthful foods (vegetables, fruit, raw nuts/seeds, meat, poultry, full fat dairy, seafood, wholegrains and legumes), do not have food labels (or have minimal ingredients) and can be eaten in abundance without concern for your family's health.

Reading food labels will assist with reducing and eliminating the amount of trans fats, other adulterated fats, added sugar, artificial sweeteners, poor quality salt and other undesirables such as additives, preservatives (anything with numbers), flavours and colours (including natural), by being able to compare one food item with another and select the better choice.

In Australia, manufacturers are mandated to provide accurate information on food labels including all ingredients that are in the product. The nutritional claims on the front of packaged foods can be misleading when manufacturers advertise that products are good for heart health, lower cholesterol, are low fat/fat free, lite/light, contain no added sugar, no added salt etc. Individuals can make better choices by:

- Understanding that we need a diet full of healthy fats, protein and appropriate carbohydrates, from real food;
- Ignoring nutritional claims on the front of packaged food; and
- Familiarising themselves with the information provided on food labels, most importantly, the ingredients list.

**Ingredients list** – this is the most important part of the food label. The ingredients are listed in descending order by weight. This means that whatever ingredient is listed first exists in the largest amount and whatever is listed last has the smallest amount.

**Nutritional panel** – all packaged food must list 7 nutrients. Comparing similar products will allow you to make a better choice to choose something lower in sugar, trans fats/adulterated fats and refined salt.

If an ingredient doesn't sound like real food, then trust that it isn't. Difficulties arise when ingredients like sugar, poor quality salt and fat are listed as different names:

**Sugar (wk 4 & 5)** – may also be labelled as maltodextrin, fructose, high fructose corn syrup, dextrose, maltose, fruit juice concentrate, modified carbohydrates or molasses. There are approximately 56 names for hidden sugars and a product may list several of the hidden sugars in the ingredients list of one product. Assume that if any type of sugar is listed in the top 5 ingredients, then it is high in sugar. Remember, 4g of sugar = 1 teaspoon of sugar (use the nutritional panel to work out how many teaspoons of sugar are in one serve).

**Fat (wk 3)** – also labelled as oil, trans fat, partially hydrogenated, hydrogenated, margarine, along with the individual adulterated oils such as sunflower, canola, vegetable, etc. The higher these fats are listed on the ingredients list, the more trans fat they contain, contributing to dysfunction of organs in the body. Foods that have fat removed from them are typically filled with sugar to improve taste, texture and quality.

**Salt** – is often labelled as MSG, meat or yeast extract, booster, stock, celery or onion salt. These poor quality salts will contribute negatively to all health concerns.







Below is a sample of an ingredients list and nutritional panel for a common after school snack food. The spices (listed last) may be the only real food item in this 'Maggi Chicken Two Minute Noodle' packet. Everything else is manmade and will contribute to bodily dysfunction and affect an individual's physical, mental and emotional health. Most packaged foods have unknown, manmade ingredients similar to this.

**Ingredients:** Noodle Cake: Wheat Flour, Vegetable Oil (Antioxidant (319)), Salt, Mineral Salts (508, 451, 501, 500), Vegetable Gum (412).

**Flavour Mix Sachet:** Iodised Salt, Flavour Enhancers (621, 635), Mineral Salt (508), Maltodextrin, Flavours (Contains Wheat, Soy and Celery), Sugar, Onion Powder, Vegetable Fat (Antioxidant (320)), Parsley Flakes, Colours (Turmeric, Caramel III), Spices (Coriander, Cumin, Cardamom, Chilli Powder, Ginger).

Contains Wheat, Soy and Celery.

Servings Per Pack: 5 Serving Size: 380g (**)	Average Quantity per Serving	% Daily Intake* Per Serving** Per Serving	Average Quantity per 100g
Energy	1250 kJ	14%	330 kJ
Protein	7.2 g	14%	1.9 g
Fat-total	11.4 g	16%	3.0 g
-Saturated	5.2 g	22%	1.4 g
Carbohydrate	40.6 g	13%	10.7 g
-Sugars	<1 g	1%	<1 g
Dietary Fibre	1.8 g	6%	<1 g
Sodium	935 mg	41%	245 mg

### ***Tips 'n' Tricks – Educating Kids About Packaged Food***

**Bunny story** - Ask your children: if you had a bunny and knew that by letting the bunny only eat grass, lettuce, carrots and drink water, the bunny would live a healthy disease free life. Would you only feed it grass, lettuce, carrots and water? They will likely reply YES.

Then ask: if you had some lollies or soft drink that the bunny wanted because some of the other bunnies in the field were being fed lollies, but you knew there was a chance of the bunnies getting sick or shortening their life or being in pain. Would you feed the bunny those lollies or drinks? Their answer will most likely be NO.

Tell your children: you are my bunnies and i will do my best to make sure you eat and drink food and water that helps maintain your health and wellbeing. Explain to the kids that they need to treat their own bodies, like the bunnies to live a long, disease free life.

- Remember – parents are the boss and responsible for children's health, not the other way around. Educate yourself to educate and empower your children to be able to make healthy, life long choices.
- Teach kids to read food labels – particularly the ingredients lists, to determine what's really inside packaged food. If there are numbers or words they don't understand then it's not real food and will contribute to the improper function of the body.
- Avoid packaged food with trans fats and other adulterated fats. Never assume these fats are not in products.
- Check the ingredients list for hidden sugars. If a product claims to have no added sugar, then it is likely to be filled with artificial sweetener or large unhealthful amounts of concentrated natural sugars.
- Take children to the supermarket to compare the difference between fresh produce (vegetables, fruit, raw nuts) and packaged food in the middle aisles. Note how fresh produce does not have any nutritional labels or ingredients lists.
- If kids ask questions about particular packaged foods and why you don't want to be feeding it to them anymore, refer back to the bunny story and ask them if the packaged food is appropriate for the bunnies.
- Get children involved with selecting vegetables and fruit for the week by giving them the choice to select two from each colour of the rainbow, eg 2 x orange coloured produce (carrots/orange), 2 x red coloured produce (red capsicum/tomatoes), 2 x green (baby spinach/cucumbers) etc and use these foods in their lunch/snack box through the week.
- Continue to involve kids in meal selection, food preparation and cooking.
- Take it slow and begin reading the ingredients lists on packaged food in your pantry. If you notice less than ideal ingredients listed in the most used items (tinned tomatoes, salad dressing, butter, peanut butter, minced garlic, rice crackers etc), then start to read the ingredients list in the supermarket and swap them for better options as the pantry products run out. These suggested foods can be purchased without any numbers, emulsifiers, additives and preservatives and other nasties. This may mean purchasing popcorn kernels and popping them yourself, making your own salad dressing or trying to make a few of the naturally sweetened recipes provided in other newsletter articles, rather than purchasing cakes, biscuits and slices etc.







## **Recipe – Meatzza**

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

### **Pizza Sauce**

#### **Ingredients**

1 x 420g can diced/whole tomatoes  
(additive/preservative free)  
Pinch of salt (Sea/Himalayan/Celtic)  
2 black peppercorns  
Pinch dried oregano or 10 fresh basil leaves

#### **Method**

Blend all the ingredients in a food processor for 30 seconds or until smooth.  
Makes 2 cups.  
Store in the freezer for 3 months.

### **Meat crust base**

#### **Ingredients**

1kg preferred full fat mince (beef, pork, lamb, chicken, or a combination)  
2 eggs  
½ onion, finely diced  
3 garlic cloves, crushed  
½ bunch flat leaf parsley, finely chopped  
1 tsp dried oregano  
1.5 tsp salt (Sea/Himalayan/Celtic)  
1/3 tsp freshly ground black pepper

#### **Method**

Preheat oven to 250°C or highest setting.  
Line 2 baking trays with baking paper.  
Add all the base ingredients to a bowl and knead until combined.  
Divide the crust mixture between the 2 trays and using your hands, flatten the meat as thinly as possible to completely cover the trays.  
Bake 1 tray at a time for 6-8 minutes or until meat is cooked through. Drain any excess liquid from the tray after cooking.  
Spread the tomato sauce thinly and evenly over each base.  
Add your preferred toppings (check ingredients for nasties).  
Return 1 tray at a time back to the oven and cook for a further 10 mins or until golden.  
Allow to cool and cut into desired shape.  
Tastes great cold.  
Serve with salad.  
Store in fridge for 4 days.



This Meatzza topping has: halved grape tomatoes; sliced mushrooms; sliced Kalamata olives; finely diced capsicum; and baby capers in sea salt. Be sure to use full fat cheese as another topping. This is a great base to add extra finely grated veg like carrot and zucchini. Get the kids involved with making it.





# 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.

### OLMC Parramatta Open Morning Tour

Our Lady of Mercy College Parramatta warmly invites you to attend our Open Morning Tour on Wednesday, September 6, 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.

**OLMC 2017 SEPTEMBER HOLIDAY WORKSHOPS** - bookings essential for all workshops. Visit [music@olmc.nsw.edu.au](mailto: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 an exciting event :**

### **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](mailto: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](http://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](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**

**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 **zestiest** 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, zest-filled zones, Lee Kemaghan, ZestQuest Finalists, Peppa Pig and the kids passport challenge.

**Festival Partners**  
SERISUI HOUSE  
THE HILLS CARNIVAL  
Oliveo Bella Vista

GET THE JUICE  
[www.orangeblossomfestival.com.au](http://www.orangeblossomfestival.com.au) Follow Sydney Hills Events on Social Media | #ZESTFEST

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