



Christ the King, North Rocks

Term 3, Week 7

31st August, 2017

2 Statham Avenue, North Rocks 2151
Email—northrocks@parra.catholic.edu.au

Phone 8846 2700
Website—http://www.ctknorthrocks.catholic.edu.au

Term 3, Week 7

Friday 1st September

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

Sat 2nd / Sun 3rd September

- * Confirmation certificates given out at all Parish Masses over the weekend
- * **Happy Father's Day**
- * Year 5 at 10am Sunday Parish Mass

Term 3, Week 8

Literacy and Numeracy Week

Monday 4th September

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

Tuesday 5th September

TRASHLESS TUESDAY

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

Wednesday 6th September

- * **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 Reconciliation Parent Information Night 6:30pm Church**

Thursday 7th September

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

Friday 8th September

- * **FINAL DAY TO ORDER SPECIALTY PHOTOS FROM MSP (details inside)**
- * Band 7.45am + lessons throughout the day
- * Year 6 at Mass 9:15am
- * **Lunch Orders**
- * **Year 4 Grade Assembly 2-2:30pm in Year 4 classroom**

Dear Parents,

Happy Fathers day to all our dads in our school community for this coming Sunday. Be sure to remind our dads and any other significant males in our lives that we love them and appreciate the many things they do for us on a daily basis. Let us remember in prayer those dads and grandfathers who are no longer with us. May they intercede for us with God each day and watch down over us keeping us safe as we grow and live each day. Make this Sunday a special day by spending time with Dad doing the things you enjoy doing together as a family.

In last weeks Gospel Jesus asked of his Disciples, "Who do people say I am?" Matthew's Gospel last Sunday acknowledged: 'You are the Christ, the Son of the Living God', Jesus reveals to his disciples the future that lies ahead of him. He makes it clear to the chosen twelve, that he was destined to travel to Jerusalem and suffer at the hands of the elders and chief priests and scribes, betrayed by his followers and to be put to death and to be raised up on the third day. Peter is devastated by our Lord's statement and questions Gods plan that would allow his only Son to experience such a terrible fate. Jesus challenges his disciples: *'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake will find it.'* We too are asked to take up our "own cross" and walk in his footsteps as we journey through life guided by his unconditional love and our faith in our God.

Last week our Staff Development Day was held. The main focus of the day was on our school Formation goal. Throughout the course of the day staff looked at the life of St Matthew and his scriptural writing, Assessment in Religious Education and the three levels [Literal, Spiritual and Application] of scriptural understanding. This is a strategy where we are striving for our students to achieve when reading and working with the sacred scripture. The day concluded with teachers working in collaboration planning their future Sharing Our Story Units. Thank you for your understanding and support of our staff development days throughout the year.

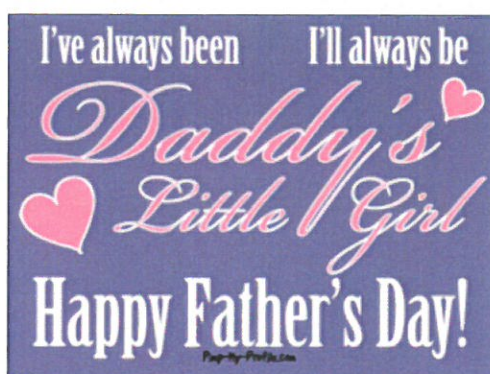
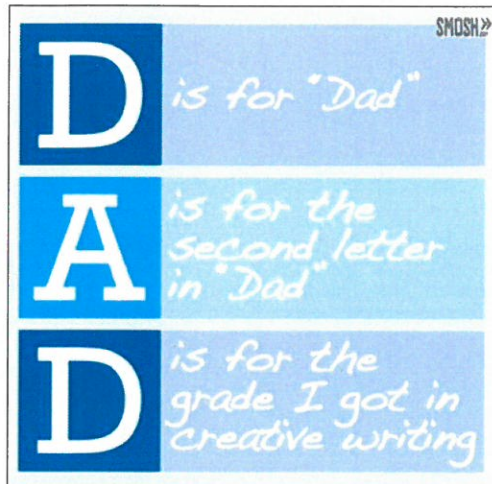
On Thursday afternoon the 14th September [Week 9] I would like to hold a parent forum to discuss school issues pertaining to the teaching and learning at CTK, new initiatives and future planning, acknowledge achievements and successes as well as provide an opportunity for parents to ask questions and raise topics for discussion. This initiative was introduced late last year and proved most successful. Due to my sick leave in the first half of this year, the sessions were put on hold. My intention is to continuing to running these gathering once or twice a term in place of the now defunct Parents and Friends meetings. I am keen to hear from parents if you would like me to seek out and invite guest speakers to facilitate workshops pertinent to parents and their children's education. I will vary the times to accommodate parents who work of a day. During the colder months of terms 2 and 3, I will run these sessions of an afternoon and in terms 1 and 4 conduct the sessions in the evening during the warmer weather. Please be advised that there will be certain protocols in place to ensure that these gatherings are an opportunity to secure parent feedback, discuss what is happening in the community and plan for the future. Our next forum in Week 9 will be held in the staffroom on the above date and will commence at 2pm. I look forward to joining you for the parent forum in a few weeks.

Congratulations to the Confirmation Candidates

Last night many of our students and their families celebrated the Sacrament of Confirmation. Congratulations to all of our students who were Confirmed. A huge thank you to all the parents and people who have supported the children in their preparation. The evening was a very special occasion and a wonderful celebration for the Parish Community.

*May the Holy Spirit fill your heart with heavenly blessings,
The desire to seek God, The faith to follow Him,
And the eagerness to know Him more fully each day.
With Joyful Blessings on your Confirmation Day.*

Have a great week!
Tony Hughes
Principal



A Prayer for My Dad

Walk a little slower daddy
Said a little child so small.
I'm following in your footsteps
And I don't want to fall.

Sometimes your steps are very fast,
Sometimes they're hard to see.
So walk a little slower, Daddy
For you are leading me.

Someday when I'm all grown up,
You're what I want to be;
Then I will have a little child,
Who'll want to follow me.

And I would want to lead just right,
And know that I was true;
So, walk a little slower, Daddy,
For I must follow you.

A Prayer for My Dad in Heaven

Dear God,

I gratefully thank you for giving me my dad.

You must really love me
'cause You gave the best you had'.

Watch over him and bless him Lord,
and keep him in Your care.

And may he feel my love for him,
is my humble, heartfelt prayer.

Ron Trammer—Expressions Prayer

Mark In Your Diary

⇒	BAND CAMP	16th / 17th September
⇒	LAST DAY OF TERM 3	Friday 22nd September
⇒	TERM 4 BEGINS	Monday 9th October
⇒	Kindergarten 2018 Parent Info Night	Wednesday 18th October
⇒	Sacrament of Reconciliation	Wednesday 15th November
⇒	FEAST OF CHRIST THE KING	Friday 24th November
⇒	FEAST OF CHRIST THE KING WITH BISHOP VINCENT	Sunday 26th 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

Father's Day Breakfast

We hope you can join us for our Father's Day Breakfast tomorrow morning from 8am.

Parent helpers for this event will be needed from 7am. If you are now able to assist, please meet Mrs. Este on the oval.

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

TRASHLESS TUESDAY

Just a gentle reminder, we are implementing a 'trashless day', every Tuesday at Christ the King. We encourage all students to bring in foods that are not packed in plastic, aluminium foil, etc.

Tips to get started on going Trashless:

- Get a reusable, long-lasting lunch box or bag.
- Use a reusable water bottle for drinks.
- Buy some reusable food containers or reuse smaller take-out containers.
- Opt for a durable, washable cloth napkin and real silverware (or durable, reusable plasticware).
- Buy food items in bulk and put a portion in a smaller container (always cheaper!)



Happy Birthday in August to:



Kinder Elijah RM
James R

Year 1 Caitlin W
Katerina K
Luke Z
Max P
Troy N
Leo R
Kaia T

Year 2 Cameron L
Peter B
Michael H
Harry V
Christian M

Year 3 Jayden W
Nicholas C
Laura D

Year 4 Patrick E
Henry A
Jacob D
Jasmin C

Year 5 Julius H
Georgen F
Hee Soo L
Anisha HB
Alexandra M
Matthew W

Year 6 Gabriela N
Olivia M
Christopher M
Cameron K
Amy T

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 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	Sept. 1, 2017
7	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 8.

	Sept. 4, 2017	Sept. 5, 2017	Sept. 6, 2017	Sept. 7, 2017	Sept. 8, 2017
8	Matthew 18:1-5 Who Is the Greatest?	Matthew 18:6-9 Temptations to Sin	Matthew 18:10-14 The Lost Sheep	Matthew 18:15-20 When Someone Sins, Allowing and Not Allowing	Matthew 18:21-22 An Official Who Refused to Forgive - Part I

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

SACRAMENT OF RECONCILIATION Parent Information Night **NEXT WEDNESDAY 6th September**

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

KINGSMEN

"KingsMen" have scheduled the next gathering **THIS TUESDAY 5th SEPTEMBER @ Baulkham Hills Sports Club** from 7pm

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

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

Looking forward to seeing you there.

Peter Elchaar JP

KingsMen

0408 678 922

DEBATING



Congratulations to the following Year 6 children who participated in the fifth debate for 2017 against St Madeleine's, Kenthurst.

Affirmative Team - Isaac E,
Jaydn V and

Owen M,
Jackson W

Negative Team - Ella M,
Alex L and

Gabriela N,
Rebecca K

The topic for the debate was "We Need A Sugar Tax". During the debate the teams discussed the ways a sugar tax could help society to improve our health and on the other hand, how it could take away our independence to make choices for ourselves.

The topic was a challenging one, that required lots of research and preparation. Both teams were very well prepared, and gave up many lunch times to research, plan and practice their speeches. All students were wonderful representatives of Christ The King on the day.

This was the last debate for 2017. A big congratulations to all students who have been involved in debating this year and for all the effort and enthusiasm that they have shown.

Thank you once again to Mr Gerard Abood, for acting as our adjudicator throughout the debating competition this term.

Miss Brady

Year 6 Teacher

LIBRARY NEWS

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

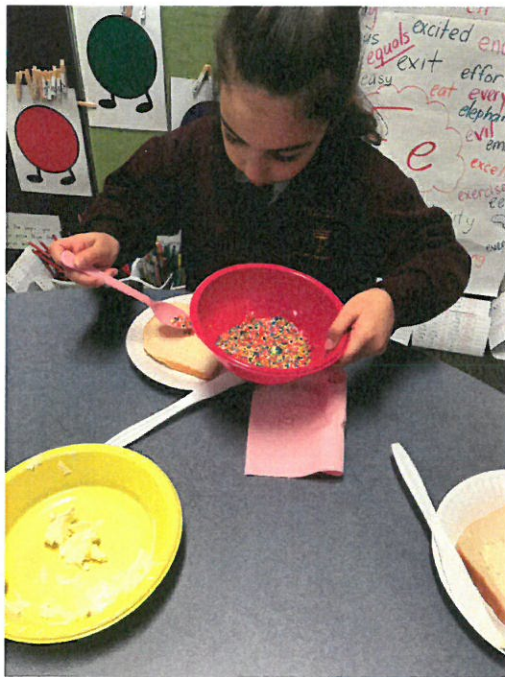
Thank you ! The sticker response has been wonderful.

Woolworths Earn & Learn Stickers will be available until **Tuesday 19th 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

Fairy Bread Fun in Literacy

We are learning all about Procedures in Kindergarten. Last week we even made our own piece of fairy bread before writing our procedures.



How to make fairy bread

What you need

- sprinkles

- butter

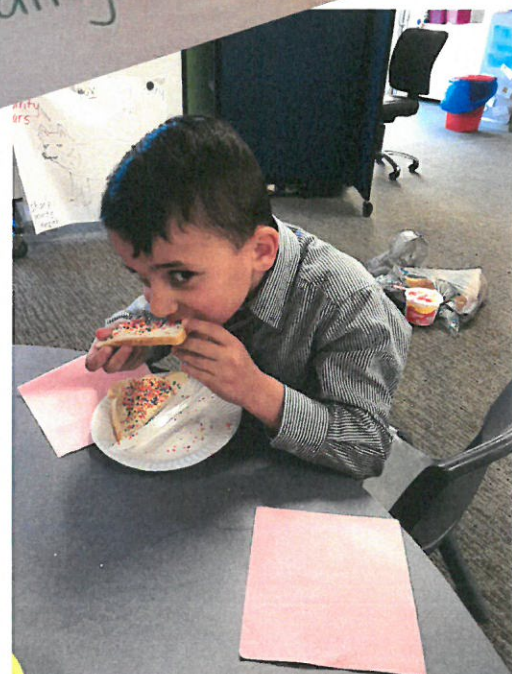
- bread

- knife and spoon

- napkin and plate

What you do

1. Use your knife to spread some butter on your bread.
2. Use a spoon to scatter some sprinkles onto your bread.
3. Eat your fairy bread.



SPORT NEWS

From Mr Hughes

Congratulations to our CTK students who took part in last Friday's Diocesan Athletics Carnival. Several of our students represented the Hills Zone at the carnival achieving personal bests for their events. Congratulations to those who have progressed to the MacKillop Carnival.

PARRAMATTA DIOCESAN ATHLETICS CARNIVAL

Last Friday students competed at the Parramatta Diocesan Athletics Carnival at Blacktown Sports Park. The day saw some outstanding performances with all students competing against the best athletes in the Parramatta Diocese. Congratulations to all students especially Tianna B 1st in Shot Put, Olivia S 2nd in Long Jump, Caitlan B 2nd in 800m and 3rd in 200m, Eden H 3rd in High Jump, Aidan M 2nd in High Jump, Monique B 1st in Shot Put, Cameron K 1st in 100m and 1st in 200m. The junior girls, 2nd in 4 x 100m Relay, (Olivia S, Caitlin B, Tianna B and Isabelle Z) and senior boys 3rd in 4 x 100m (Nicholas R, Lucas S, William K and Lucas H).

Special congratulations to Cameron K who was Senior Girls age Champion.

The above students will now represent Parramatta at the NSWCPSS MacKillop Track & Field Championships, held on Monday 18th September 2017, where Dioceses in New South Wales compete at Sydney Olympic Park, Athletics Centre, Homebush. Good luck to all students.



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



Nat Bertie's Lunchbox Recipe Ideas: Week 7

Educational Eating – Protein

Like carbohydrates and fat, protein is a macronutrient that is required for the structure, function and regulation of the body's tissues and organs. It is the primary component of muscles, skin, hair, nails, eyes and internal organs such as the heart and brain. Unlike fat and carbohydrates, the body can not store protein so it has no reservoir to draw from when it needs more supply. Proteins are made up of hundreds and thousands of components called amino acids. Amino acids are the building blocks to protein and some need to be obtained dietarily, as the body can not produce them. Humans can not live without protein and daily consumption should be from a variety of animal (beef, poultry, lamb, pork, seafood, full fat dairy products and eggs) and plant (nuts and seeds) sources. In addition to forming proteins, amino acids contribute to many other health benefits such as:

1. **Building and maintaining healthy muscle mass** – while supporting tendons, ligaments and other body tissue. Also supporting muscle loss through the process of aging and promoting longevity.
2. **Weight management** – assists in filling you up and prevents overeating of refined carbohydrates.
3. **Stabilising blood sugar levels** – assists with slowing down the absorption of sugar in a meal and doesn't contribute to fluctuations in blood sugar levels in the same way refined carbohydrates do.
4. **Improving mood** – amino acids are needed to balance hormones that are responsible for our mental and emotional health that assist in keeping us calm and having a positive outlook.
5. **Promoting healthy brain function and learning** – the brain requires a steady flow of amino acids in order to maintain concentration, focus, attention and energy levels.
6. **Maintaining strong bones** – a diet containing protein from whole nutrient rich foods prevents bone weakness and fractures by increasing calcium absorption and bone maintenance.

Tips 'n' Tricks

Eating refined packaged foods (lollies, chocolate, biscuits, chips, etc) may provide a child (or adult) with a short burst of energy, but they are void of nutrients that are important for growth, development health and wellbeing. While eating these highly refined products, individuals will continue to feel hungry, experience moodiness and have an inability to focus and concentrate. This diet lacks protein, healthy fat and appropriate carbohydrates that is essential for proper function of the body. A child/adult's appetite for nourishing foods will also be diminished while they continue to eat packaged and processed foods. Ways to ensure good daily protein intake include:

- **Eating protein with every meal.**
- **Eating protein first** – this will help to feel more satisfied after a meal by assisting with stabilising blood sugar levels. Eating less refined carbohydrates will promote slower absorption of sugars into the blood stream.
- **Snacks** – if you are hungry between meals, snack on full fat cheese, eggs, nuts (at home)/seeds, mashed avocado (salt/lemon juice) with a diced boiled egg mixed through, good quality nut butter in a celery stick (at home), smoothies (made with full fat milk, chia seeds, nut butters, yoghurt parfait (layer Greek yoghurt with berries, crushed nuts/seeds and a drizzle of honey), avocado and some fruit for sweetness), meatballs, any of the recipes in the newsletter articles (particularly the savoury recipes), leftovers filled with protein and fat.
- **Replacing highly refined commercial breakfasts with more nutrient dense options** – good quality sourdough bread, full fat dairy, bacon and eggs, fish cakes, omelette filled with vegetables, leftovers from dinner, soups, stews, curries, Bolognese, all with vegetables included or on the side.
- **Opting for wholegrains** – like quinoa and brown rice instead of white rice and pasta.
- **Adding protein rich foods to salads** – chickpeas, legumes, eggs, nuts/seeds, cheese.





Recipes – Naturally Sweetened

Pikelets

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

Ingredients

1 cup leftover
roasted pumpkin (or
sweet potato)
3 eggs
3 Tblspn butter,
coconut oil or ghee

Method

Using a stick blender (or food processor), blend all the ingredients until well combined.
Heat a large fry pan to low/med heat with preferred fat.
Add tablespoon sized amounts of the mixture to the fry pan.
Cook low and slow until the surface looks dry.
Flip pikelets and gently cook for a further couple of minutes.
Serve with a dollop of avocado dip and sliced cherry tomatoes/drizzle of honey/lemon juice.
Use as a substitute for bread in sandwiches filled with chicken and avocado.



Chocolate Brownie

By Nat Bertie (adapted from Irena Macri), photo by Michelle Wagner (my sister)

Ingredients

1 med sweet potato (any colour), 2-3
cups grated
2 eggs
½ cup melted butter, coconut oil or
ghee
1/3 cup honey (or real maple syrup)
2 tsp natural vanilla extract
½ cup unsweetened cocoa (or raw
cacao), sifted
1 tsp baking powder
1 tsp bicarb soda
2 ½ Tblspn coconut flour

Method

Preheat oven to 185°C.
Line a square (20-23cm) baking tin with baking paper.
In a large bowl, add grated sweet potato, eggs, vanilla, honey and butter.
Stir together until well incorporated.
Add cocoa, baking powder and bicarb soda. Stir until combined.
Add coconut flour and stir till combined. Avoid adding too much coconut flour, as it will result in a drier brownie.
Pour the mixture into the baking tray.
Cook for 25-35 mins or until skewer comes out clean.
Allow to cool in tin for 10 minutes.
Carefully remove from tin, allow to cool completely and cut into squares.
Serve plain with berries or ice with the chocolate icing recipe (on the banana muffins, week 4 newsletter article). Store in fridge for 5 days or freeze, uniced in portions.



Chia Pudding with Berries

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

Ingredients

½ cup chia seeds (any colour)
1-2 Tblspn raw honey or real maple
syrup (optional)
1 tsp ground cinnamon
½ tsp ground nutmeg
1 tsp vanilla bean powder, vanilla
extract, vanilla paste or 1 vanilla
bean (seeds scraped)
800ml preferred full fat milk
Fresh or frozen berries, to serve
Greek yoghurt, full fat pure cream or
coconut yoghurt, to serve

Method

In a large bowl, add chia seeds, honey (optional), cinnamon, nutmeg, vanilla and milk.
Stir until well incorporated.
Cover and place in fridge for 4-6 hrs, or overnight.
The chia seeds will absorb the moisture and begin to thicken.
If mixture is too thick, add more milk or water to thin it.
Top with yoghurt and/or cream, berries and an extra drizzle of honey



No Blend Bliss Balls

Made by Nat Bertie, Recipe – Wholefood Simply, photo by Michelle Wagner (my sister)

Ingredients

½ cup hulled tahini
1/3 cup honey (or real maple syrup)
½ tsp natural vanilla extract
1-2 Tblspn unsweetened cocoa (or
raw cacao)
Pinch of good quality salt
1 ¼ cups desiccated coconut

Method

In a medium bowl, add tahini, honey and salt.
Mix until well combined.
Add cocoa and mix until combined.
Add coconut and use your hands to combine the mixture.
Roll teaspoon amounts of the mixture into balls.
Place balls in fridge to set.
Store in fridge for 5 days or freeze.



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.

1



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

2



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 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 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 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

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**

WESTERN SYDNEY UNIVERSITY

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

WARRAH SPRING FAIR Saturday 9th September 10am—3pm

Warrah will host its fourth Spring Fair on **Saturday, September 9** from 10am to 3pm at our Harris Road Dural campus.

We are an organisation that provides a range of services for children and adults with disability. This includes a special school from Kindergarten through to Year 12, supported independent living and community support services for adults.

Our Spring Fair will be a fun-filled family day that will feature live music, boutique markets, fresh organic produce including an organic BBQ, an international food stall, handcraft and fine art exhibition, a white elephant stall and more! There will be lots of enjoyable activities for children, including a jumping castle, plaster painting, craft, and a Kids Corner. Tours of Warrah's Biodynamic Farm will also run throughout the day.



WARRAH
LIVING LEARNING GROWING

SPRING FAIR
DISABILITY SERVICES BASED ON THE
PHILOSOPHY OF RUDOLF STEINER

SATURDAY 09 SEPTEMBER 2017
10 AM - 3PM
20 HARRIS ROAD DURAL NSW 2158

www.warrah.org
02 9651 2411

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BOUTIQUE MARKETS - KIDS CORNER - CHAI & CAKE TENT
BUSKERS - COMMUNITY STAGE - WHITE ELEPHANT STALL
CRAFT & ART EXHIBITION - MULTICULTURAL FOOD - PLANTS
FARM TOUR - ORGANIC BBQ - CHOCOLATE WHEEL - RAFFLE