



# Christ the King, North Rocks

## Term 4, Week 2

## 26th October, 2018

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

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

### Term 4, Week 3

#### Monday 29th October

- \* **Sport Program:** All Children in PE Uniform
- \* **BASKETBALL GALA DAY**
- \* COOL KIDS MUSIC 3pm—4.00pm

#### Tuesday 30th October

- \* Uniform Shop 8am—12.30pm
- \* TRASHLESS TUESDAY
- \* PE: Yr 6, Yr 2, Yr 1 {Gr1}
- \* **Yr5 Puberty Info Night (Parents + Students) 6.30 - 7.45pm**

#### Wednesday 31st October

- \* **Writing Club 8am**
- \* PE: Yr 5, Kindy
- \* Chess 3.00-4.00pm

#### Thursday 1st November

- \* **Choir 8am**
- \* PE : Yr 4, Yr 3, Yr 1 {Gr2}
- \* Feast of All Saints Whole School Mass 9am
- \* **Maths Club 1.30pm**

#### Friday 2nd November

- \* **SOCTOBER CRAZY SOCK DAY**
- \* Band 7.45 + groups throughout the day
- \* **ICE BLOCK DAY - YR1 HELPERS**
- \* CTK Playgroup 9.30am-11.30am

### Term 4, Week 4

#### Monday 5th November

- \* **Sport Program:** All Children in PE Uniform
- \* COOL KIDS MUSIC 3pm—4.00pm

#### Tuesday 6th November

- \* Uniform Shop 8am—12.30pm
- \* **Kinder 2019 Transition Day 1**
- \* **Group A 9.00-10.30am Group B 11.30-1.00pm**
- \* Trashless Tuesday
- \* PE: Yr 6, Yr 2, Yr 1 {Gr 1}
- \* **BYOLT Yr4 Parent Info Night 7.30-8.30**

#### Wednesday 7th November

- \* **Writing Club 8am**
- \* PE: Yr 5, Kindy
- \* Chess: 3.00-4.00pm

#### Thursday 8th November

- \* Choir 8am
- \* **Kinder 2019 Transition Day 2**
- \* **Group A 9.00-10.30am Group B 11.30-1.00pm**
- \* PE: Yr 4, Yr 3, Yr 1 {Gr 2}
- \* **Year 4 Reconciliation 10am**
- \* Maths Club at lunchtime
- \* **AUSKICK CLINIC 3.10-4.10pm**

#### Friday 9th November

- \* Band 7.45 + groups throughout the day
- \* CTK Playgroup 9.30am-11.30am
- \* **Year 4 at Mass 9.15am**
- \* **Band Demonstration 11.30-12.30pm**
- \* **ICE BLOCK DAY - YR 2 HELPERS**
- \* **Whole School Assembly hosted by Yr1 @ 2pm**

Dear Parents

Welcome back to the final term for 2018. I trust you all enjoyed some quality time with your friends and family over the last few weeks. The staff and children have all returned to school rested and keen for a busy term ahead as we countdown to the end of the scholastic year and Christmas celebrations. As we begin the term let us pray that our Heavenly Father will watch over us all and keep us in his care and love.

"I want to see!" the theme of St Mark's Gospel this Sunday highlights the blight of Bartimaeus a blind man who made it his business to find Jesus to seek his healing power. Bartimaeus saw Jesus as the Messiah, the saviour for all mankind, just not the well known Nazarene of the time. At times in our lives we too find it difficult to "see" who Christ really is amidst the sights and sounds of our daily activities. As members of the Church's family, we are encouraged to recognise our Lord through the Eucharist and identify his footprints as we journey with him on a daily basis throughout our lives where He is the centre of all that we do.

Please keep in your prayers the students in year 3 and their families who commence their preparation for the Sacrament of Reconciliation. These members of our community will participate in our parish based First Reconciliation programme over the next month. These children will make their first Reconciliation on Wednesday evening 28<sup>th</sup> November- 5:30pm and 7:30pm.

Due to work health and safety regulations, dogs are not permitted onto the school site during school hours. In recent weeks, parents have been walking their dogs and entering the playground to drop off and pick up children. Your co-operation in this matter will be greatly appreciated by all members of our community.

Thank you to those parents who attended the cyber safety seminar last Wednesday evening. For the small number of families in attendance, I trust the presentation assisted in some way when dealing with the appropriate use of the internet with your children. The workshop examined such aspects cyberbullying, suitable App selection, chat rooms and their appropriateness, internet footprints and reporting to relevant authorities, just to name a few. Thank you to our CTK staff who also attended the session. If you would like a copy of the information distributed to parents on the night, please contact the school office.

Tonight our school disco will be held in the Parish hall. "Kit Kat DJ" will provide the music for the evening with our disco committee organising and assisting with supervision and catering for the children throughout the night. A special thank you to the organising committee who for the last few weeks have planned and organised this social event for our children. The K-2 disco will run between 5:30 -6:30pm with the Years 3-6 event between 7-8:30pm. We look forward to a great night's entertainment.

During the holidays the Parramatta Catholic Education office emailed all families in the Diocese a link to the 2018 parent survey. If you have not already completed the survey, can I encourage you to do so as parent feedback is critical for future planning within the Diocese.

Please be aware that glass bottles are not permitted at school due to safety reasons. Please ensure all students bring plastic bottles to school at all times.

Tony Hughes  
Principal



**Uniform Shop 2018** open every Tuesday from 8am to 12:30pm

**The Uniform Shop Price List is available on the Christ the King School website.**

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

**NEXT TRADING DAY : TUESDAY 30th October, 2018**

### **Enrolment for 2019 Kindergarten to Year 6**

Christ the King North Rocks is still accepting enrolments for all grades for 2019. Please pass on this information to any family and friends who may be interested.

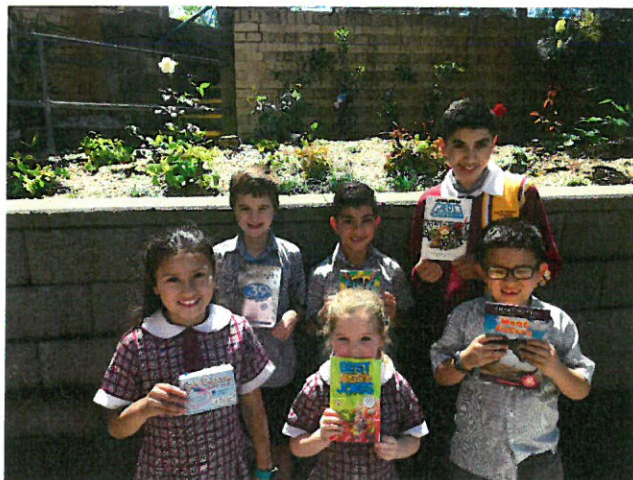
*We welcome you to join our School/Parish Community.*

**ARE YOU LEAVING CTK AT THE END OF THE YEAR?** If you have children in Kindergarten to Year 5 who will be leaving our community at the end of the year, could you please notify the school office (if you have not already done so) in writing so that future grade numbers can be calculated and anxious families on our waiting lists can be offered a place.

### **"October Holiday Reading Challenge"**

Congratulations to all students who participated in the recent school holiday reading challenge. I was very proud of the large number of CTK children to took the time to continue reading during their time off. Each child was put into a draw, and 1 lucky student per grade received a prize. An extra congratulations goes to the following:

Kindergarten	Kenzie B
Year 1	William L
Year 2	Chloe H
Year 3	Zach T
Year 4	Ameliah L
Year 5	Liam A
Year 6	Joshua K



*Happy Birthday for  
the month of  
November.*

*Kindy William V  
Selena C  
Ethan B  
Ryan B  
Daniel A*

*Year 1 Caroline K  
Emilia S  
Clayton B  
Katia S*

*Year 2 Helena M  
William M  
Scarlett R*

*Year 3 Zachary T  
Roland P  
Luca P*

*Year 4 Sienna W  
Jonathan L  
Ella M  
James L*

*Year 5 Hamish M  
Caitlin B  
Tianna B  
Gabriella K*

*Year 6 Dane G  
Lucy S  
Olivia B*



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



## CTK Chess Championships 2018

On Thursday 25th October 21 students from CTK came together to compete in the CTK 2018 Chess Championships. It was a fabulous afternoon of friendly, skillful playing. Students used chess clocks, many of them for the first time, playing seven games each. It was a tightly contested competition with the following students triumphing on the day

1st - Robert Yr 6

2nd - Andre Yr 6

3rd - Ashton Yr 5

Infant Champs

Clayton Yr 1

Troy Yr 2



---

## CHANGE TO ICE BLOCK DAY

**Ice block day will no longer be on a Tuesday.**

**Students will now enjoy Ice blocks on Friday's**

**Next Ice block day will be on Friday 2nd November with help from Year 1**

**Thankyou for your understanding and to Mrs Sassen for coordinating this for our students.**

## PARISH MASS TIMES

Saturday Vigil 6.00pm

Sunday Masses 8.00am, 10.00am

### Weekday Masses

<i>Monday</i>	no masses	<i>Tuesday</i>	7.30pm
<i>Wednesday</i>	9.00am	<i>Thursday</i>	9.00am
<i>Friday</i>	9.15am		

Rosary Saturday morning Rosary at 8.30am with  
Reconciliation Reconciliation at 9.30am and then at 4.30pm.



**RESUMES 19th OCTOBER**

# CTK PLAYGROUP

**When:** Fridays 10.00am - 11.30am (Term time only)

**Where:** Mary MacKillop Hall, Statham Avenue North Rocks

**Who:** For children aged 0-5 and their carers

**What:** Play, socialise, create friendships

Come every week or come when you can

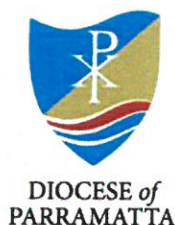
To register your interest in coming along or for further information  
Contact [ctkplaygroup@gmail.com](mailto:ctkplaygroup@gmail.com)

## Mark In Your Diary

- |   |                            |
|---|----------------------------|
| ⇒ SCHOOL DISCO  | Friday 26th October        |
| ⇒ BAND CAMP   | 27/28 October weekend      |
| ⇒ BASKETBALL GALA DAY                                   | Monday 29th October        |
| ⇒ YRS PUBERTY INFO NIGHT PARENT + STUDENTS              | Tuesday 30th October       |
| ⇒ SOCTOBER - CRAZY SOCK DAY                             | Friday 2nd November        |
| ⇒ FEAST OF CHRIST THE KING                              | Friday 23rd November       |
| ⇒ FIRST RECONCILIATION CEREMONY                         | Wednesday 28th November    |
| ⇒ SURF ED YEAR'S 5 & 6                                  | Monday 3rd December        |
| ⇒ CHRISTMAS CONCERT                                     | Friday 7th December        |
| ⇒ YEAR 6 GRADUATION MASS                                | Tuesday 11th December      |
| ⇒ YEAR 5 CAMP   | Wed 12th—Fri 14th December |
| ⇒ YEAR 6 PARENT/STUDENT GRADUATION DINNER               | Friday 14th December       |
| ⇒ CTK SWIMMING CARNIVAL                                 | Tuesday 18th December      |
| ⇒ THANKSGIVING MASS / AWARDS CEREMONY / YEAR 6 FAREWELL | Wednesday 19th December    |
| ⇒ LAST DAY OF TERM 4                                    | Wednesday 19th December    |







## Chancery Office

Level 2, 12 Victoria Rd, Parramatta NSW 2150, Australia  
PO Box 3066, North Parramatta, NSW 1750, Australia

☎ 02 8838 3400 📠 02 9630 4813

✉ diocese@parracatholic.org

🌐 parracatholic.org

## National Apology to Victims and Survivors of Institutional Child Sexual Abuse

### **A reflection for all the agencies, ministries, parishes, clergy, staff and volunteers of the Diocese of Parramatta for 11am on Monday 22 October 2018**

This reflection is to acknowledge and recognise the importance of the National Apology to Victims and Survivors of Institutional Child Sexual Abuse being delivered today by the Prime Minister of Australia, Scott Morrison.

Today is a very important day when the prime minister will say sorry to all those people in Australia who, in the past, were hurt as children in places where they were supposed to be loved and cared for, including our churches and schools.

The prime minister will not only be saying sorry to the people for the hurt they have suffered, but also to acknowledge and recognise their courage in telling their stories.

With their voice, these brave people were able speak out and ask for help. It has meant that many of those who caused the harm have been brought to justice, and other children have been saved from harm. It has also helped us as a Catholic community to learn from the past so that this does not happen again.

The Diocese of Parramatta, including our parishes, schools, ministries, agencies, staff, clergy and volunteers are joining together today to acknowledge the National Apology, to remember the children who were hurt, and to give thanks to those who found courage and strength in speaking out.

We stand together to acknowledge the harm caused by those within Catholic institutions who sexually abused children or responded to abuse in a way that was ineffective or inadequate, and to honour the immense courage of those who found their voice and spoke the truth which saved others from harm.

**For more information about the National Apology, please visit [www.nationalapologyconsultation.gov.au](http://www.nationalapologyconsultation.gov.au) or call 1800 604 604.**



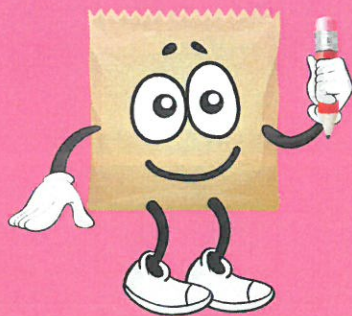
# TUCKSHOP2U

HEALTHY - AFFORDABLE - CONVENIENT

Tuckshop2U is an easy-to-use school lunch ordering service that delivers healthy, affordable and convenient lunches directly to schools. Our mission is to prepare and deliver fresh and nutritious lunches that your child will look forward to eating!



## How Do I Join? 3 easy steps:



### Step 1 - Sign Up

- » Go to [www.tuckshop2u.com.au](http://www.tuckshop2u.com.au)
- » Once you're on the home page, click 'Sign Up Now'.
- » Enter your details under 'New Customers'.
- » Once signed in, go to the 'Your Account' page and enter your child's name, select the school and class, and then click 'Submit'.



### Step 2 - Order

- » Once you know what you want from 'Our Menu', click on 'Order Now' and select which lunch pack you would like to order.
- » Select the name of the Child/Staff and the date you wish to order for.
- » Choose an item from each category displayed (the items chosen will be highlighted once selected).
- » You may save your selection as a favourite meal for each Child/Staff. You can save one meal per Child/Staff per pack!
- » Click 'Add pack to cart and keep shopping' or 'Add pack to cart and checkout'.



### Step 3 - Check Out

- » Head to the 'Cart' once you've finished ordering the lunches and click 'Checkout'.
- » Enter your customer information and delivery method and select 'Continue to Payment Method'.
- » Select your preferred payment method, enter the details and click 'Complete Order'.

And finally, sit back and relax!

Please visit [tuckshop2u.com.au](http://tuckshop2u.com.au) for more information.



## Healthy & Sensible

- Great tasting options
- Meals perfectly balanced by our expert paediatric nutritionist
- Top quality lunches freshly prepared every day

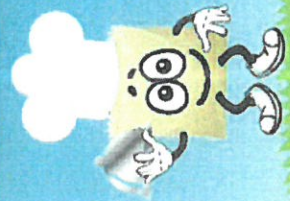
## Affordable & Flexible

- Great value, satisfying meals delivered straight to your child's school
- No contracts or minimum orders
- Order up to 4 weeks in advance
- Order up to 11pm the night before

## Convenient & Simple

- Easy-to-use website
- Children go to school cash free
- Instant order confirmation emails at checkout
- Secure payment options (PayPal and Credit Card)

**No queues. No cash. Hello convenience!**



Did you know Tuckshop2U can cater for any event whether it be large or small?

Find out more at [tuckshop2u.com.au](http://tuckshop2u.com.au)

## How It Works

Would you LOVE to make school-packed lunches a thing of the past?

Tuckshop2U can make that happen! Here's how:



### Order online

Lunches ordered online are delivered straight to your child's school, labelled with their name, class and order description. Meals can be ordered as early as 4 weeks in advance or as late as the night before.



### Choose your lunch pack

Tuckshop2U offers 12,3,4 and 5 item lunch packs with a range of options to choose from.



### Lunch is delivered to school

Lunch packs are delivered in approved eskies with ice pads to keep them at the correct temperature whilst in transit. The eskies are then dropped off at designated delivery areas within the school and distributed to each class.

## Our Packages

**Different Appetites. Different Packs.**

Tuckshop2U has 7 lunch packs to choose from:

Single Pack From \$2.45



Mini Pack From \$5.95



Fruity Pack From \$8.45



Lite Pack From \$7.95



Snack Pack From \$11.95



Tucker Pack From \$11.95



Mighty Pack From \$12.95

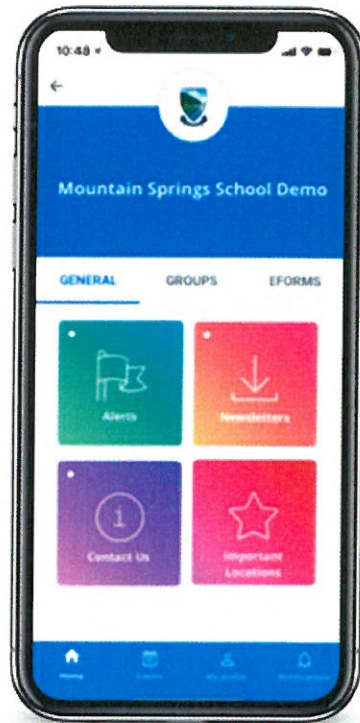






## SkoolBag App Update

### Update regarding the NEW SkoolBag App



Hello there,

In September we released the new SkoolBag App and wanted to check in and give you an update!

Firstly, we've been working on various improvements based on user feedback. And we'd love to from you! Please feel free to reply to this email. We're constantly striving to learn how we can best improve SkoolBag.

Secondly, we are aware of a small number of iPhone users having issues accessing the new SkoolBag App.

This can be caused by having larger font sizes enabled on your device. If you are experiencing issues, please temporarily switch off this setting by following these steps:

On your Apple Device > Settings > General > Accessibility > Larger Text - OFF.

Then try to open the SkoolBag app and log in.

In our upcoming update, the SkoolBag App will support larger font sizes. We've also made other improvements, such as:

- Archiving notifications
- Accepting double-barrelled names as an entry



These will be included in our upcoming update available later this week. We will let you know when this is available on the App Store. Please contact [support@skoolbag.com.au](mailto:support@skoolbag.com.au) for more information.

Warm regards,

Jannicke

Head of Customer Experience

[skoolbag.com.au](http://skoolbag.com.au)



## Download the SkoolBag App

Search SkoolBag your device app store or follow the links below.

[Apple App Store](#)

[Google Play Store](#)

**[Our Policies](#)** **[Support](#)** **[Sales](#)**



# HOW TO REPORT CYBERBULLYING MATERIAL



1

Report the cyberbullying material to the social media service



2

Collect evidence - copy URLs or take screenshots of the material

**If the content is not removed within 48 hours**



3

Report it to  
**[esafety.gov.au/reportcyberbullying](https://esafety.gov.au/reportcyberbullying)**



4

Block the person and talk to someone you trust

If you are in immediate danger, **call 000** (triple zero)  
If you need to talk to someone, visit [kidshelpline.com.au](https://kidshelpline.com.au) or call them on 1800 55 1800, 24 hours a day 7 days a week



# 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

If you have any issues with this form opening, please try a different browser; Chrome, Firefox, Explorer



**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

If you have any issues with this Module opening, please try a different browser; Chrome, Firefox, Explorer

**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

### What's On at Penrith Observatory in November

Date: Saturday 3 November 2018

Event name: Public Astronomy Night: The Volcanic Solar System

Event details:

Speaker – Professor Fred Watson

In this informative and entertaining talk, astronomer Fred Watson explains what we know about volcanoes in the Solar System. More common than you might imagine, they range from sulphurous lava-fountains to extinct giants, from strange volcanic domes to frigid ice-volcanoes. Come to Penrith Observatory and find out what's erupting in space!

Includes presentation, short 3D movie, tour of the dome 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 VIA OUR WEBSITE ESSENTIAL

Time: 8pm – 10pm

Venue Address: Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington 2747

Contact phone or website for public enquiries and bookings:

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

Facebook Event: <https://www.facebook.com/events/743320649348268/>

Date: Saturday 17 November 2018

Event name: Astronomy Night: A Hitchhikers Guide to the Universe

Event details:

Speaker – Ms Raelene Sommer

A little taste of everything, from planets to galaxies, a tourist guidebook view of our universe.

Includes presentation, short 3D movie, tour of the dome 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 VIA OUR WEBSITE ESSENTIAL

Time: 8pm – 10pm

Venue Address: Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington

Contact phone or website for public enquiries and bookings:

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

Facebook Event: <https://www.facebook.com/events/316186335635429/>

---

### MEGA GARAGE SALE - Saturday November 3, 2018.

Books, Toys, Games, CD's/ DVD's Sporting Goods, Crockery, Clothes/Shoes, Homewares, Small Furniture, Small Appliances, Bric-A-Brac, Cake Stall

Food including breakfast (bacon & egg rolls), Devonshire Tea Sausage Sizzle and Korean food.

Donations of good quality saleable items would be gratefully received. Items can be dropped off at the church on Thursday and Friday November 1 and 2.

North Rocks Community Church 132 North Rocks Road, North Rocks 7am - 2pm



Hills Musical Theatre Company presents..

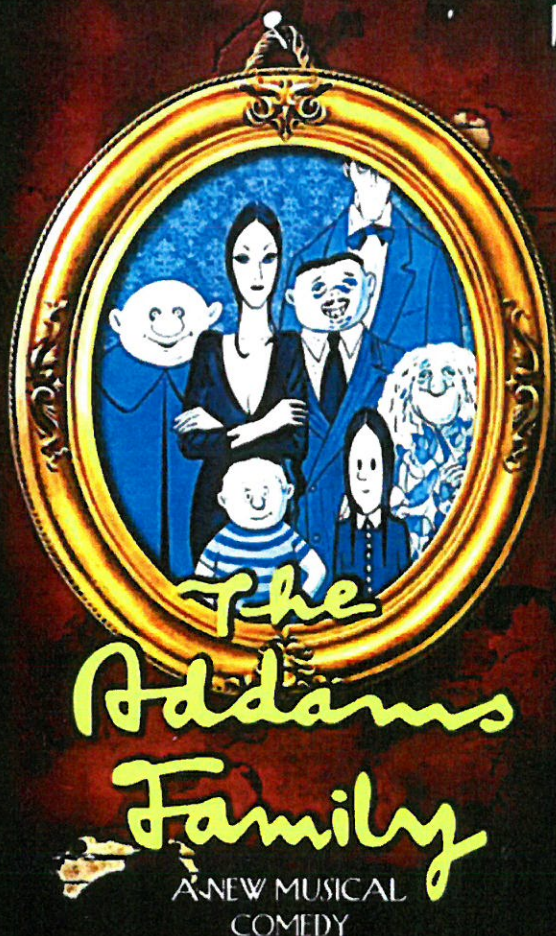
# THE ADDAMS FAMILY

A New Musical

Nov 9, 10, 16, 17 8pm

Nov 10, 17 2pm

Model Farms High School,  
Baulkham Hills



## Tickets at [hillsmtc.com](http://hillsmtc.com)

Adults \$35 / Conc \$30 / Child \$25 + booking fee

Ticket and show enquiries : 0420 608 110

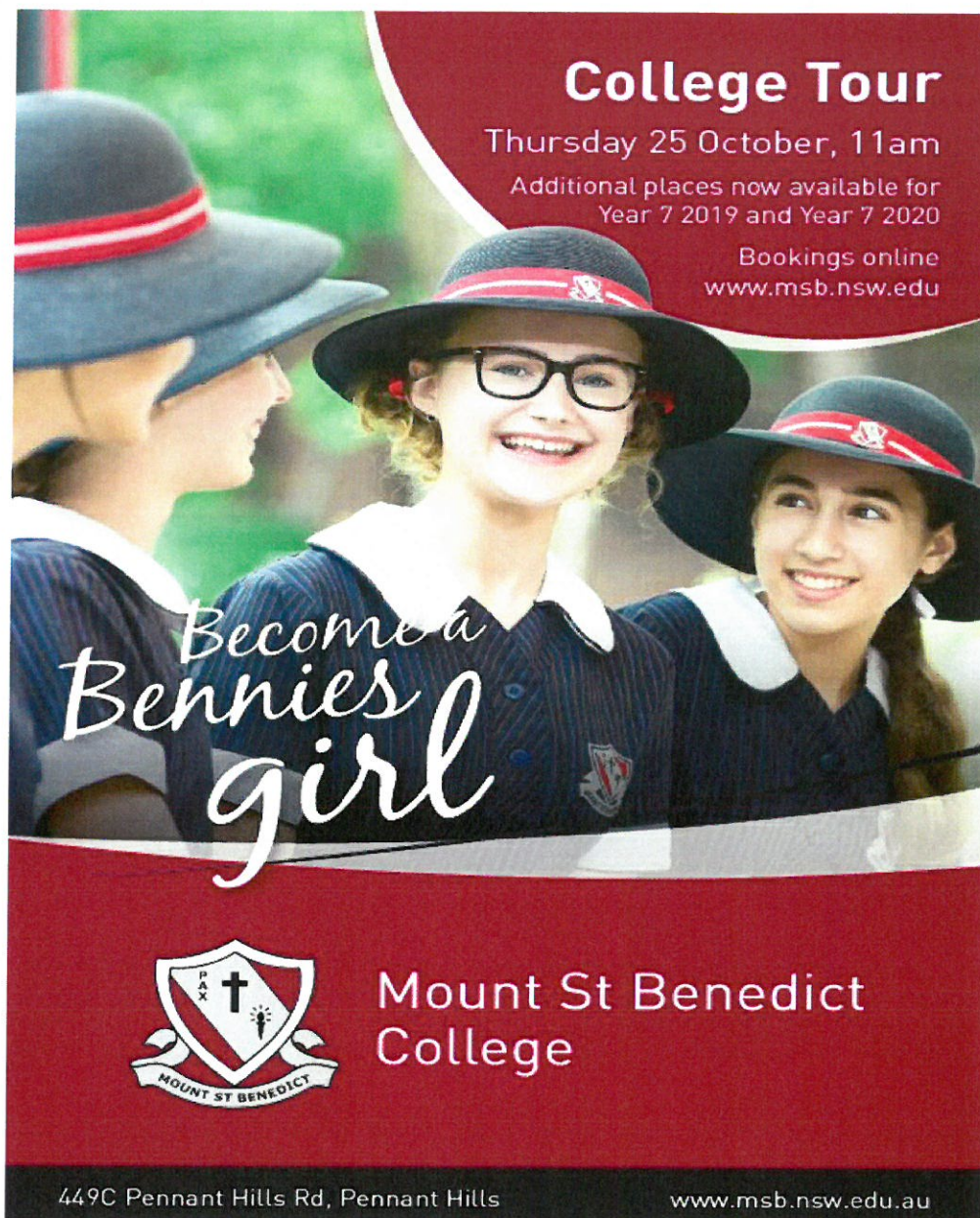


Book by Marshall Brickman and Rick Elice  
Music and Lyrics by Andrew Lippa  
Based on Characters Created by Charles Addams

BY ARRANGEMENT WITH ORIGIN™ THEATRICAL  
ON BEHALF OF THEATRICAL RIGHTS WORLDWIDE, NEW YORK


[www.origintheatrical.com.au](http://www.origintheatrical.com.au)





**College Tour**  
 Thursday 25 October, 11am  
 Additional places now available for  
 Year 7 2019 and Year 7 2020  
 Bookings online  
[www.msb.nsw.edu](http://www.msb.nsw.edu)

*Become a  
 Bennies  
 girl*

 **Mount St Benedict  
 College**

449C Pennant Hills Rd, Pennant Hills [www.msb.nsw.edu.au](http://www.msb.nsw.edu.au)

## WESLEY GIANT GARAGE SALE

Where: In the Wesley Uniting Church grounds at 32 Showground Road, Castle Hill.

Dates/Times: Friday November 2nd 2018 (operating from 8:00am to 1:00pm) and Saturday November 3rd 2018 (also operating from 8:00am to 1:00pm)

Sale items/Stalls will include Books, Records, CDs, DVDs, Christmas, Clothing, Electrical, Furniture, Manchester, Plants, Toys, White Elephant, Jewellery, Fine Art and China etc.

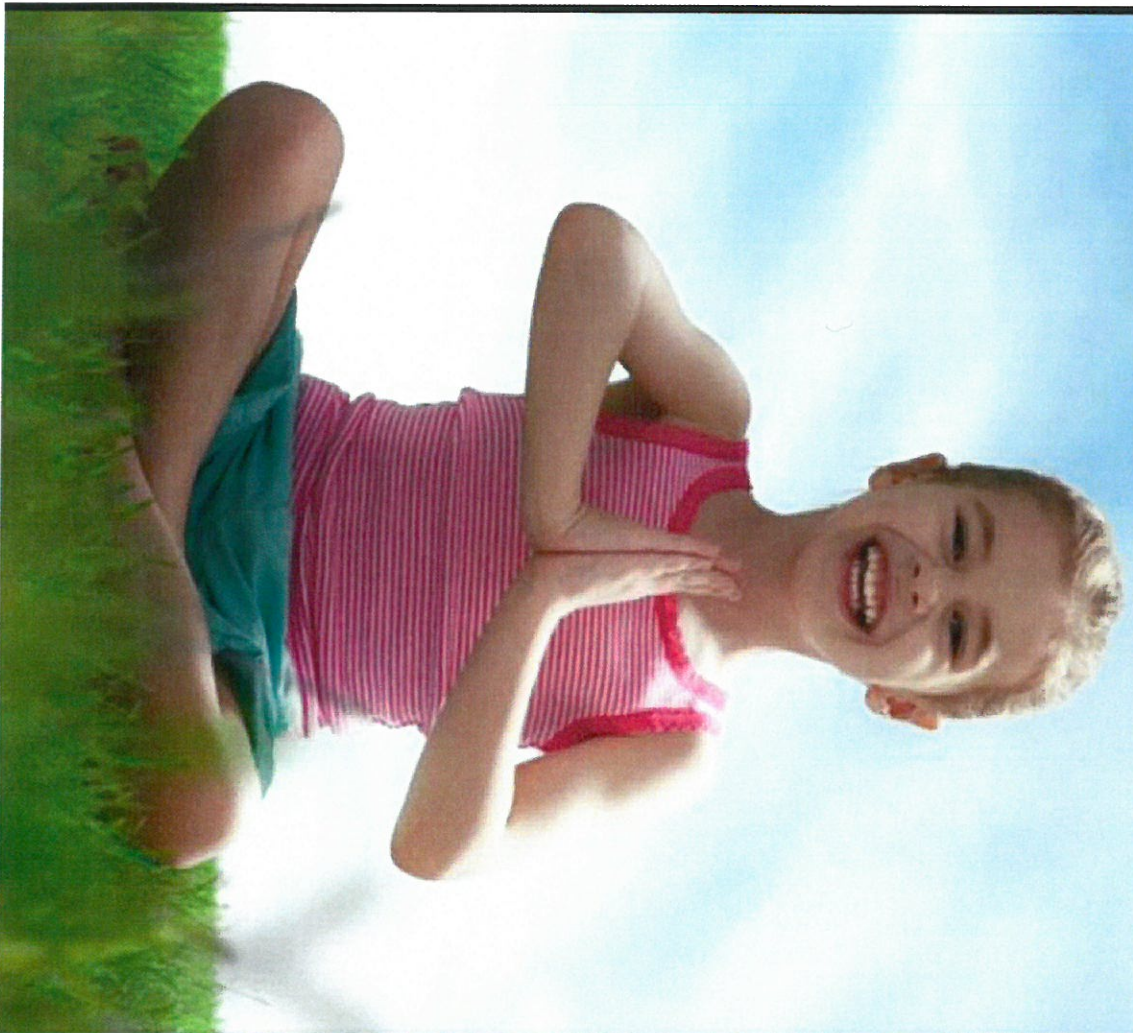
We will also be providing refreshments (tea, coffee and cake) during sale hours, together with a Sausage Sizzle for lunch on both days, and Bacon and Egg rolls for breakfast on Saturday morning.

Enjoy the friendly atmosphere, and pick up a bargain (or two) knowing you are helping those families who need our assistance within the Hills area.



# Mount St Benedict Centre

449d Pennant Road, Pennant Hills (Entrance via Hull Road)



## Children's Meditation & Relaxation Workshop

Saturday 28 October 2017

1.30 pm - 4.30 pm

This fun workshop is for children aged 5-12 years, and aims to build a healthy body and mind. By teaching a variety of simple meditation techniques using breath and visualisation, creating mandalas and moving the body in a conscious way, children are encouraged to find that centre of stillness inside. This can help with anxiety, building confidence and understanding emotions. The presenters are experienced practitioners in the field.

Facilitators : Fiona Borland & Vicki O'Leary  
Cost : \$ 30.00 per child  
& \$25 for siblings

Bookings by : Monday 23 October 2017

9484 6208 or  
[mtstbenedict@goodsams.org.au](mailto:mtstbenedict@goodsams.org.au)



CELEBRATE PARRAMATTA'S BIRTHDAY

# PARRAMATTA FOUNDATION DAY

— Sunday 4 November 2018 —

11am to 5pm

Heritage Precinct  
Fleet St, North Parramatta



## FAMILY FRIENDLY EVENT

Live Music + Parravision Talent Contest Auditions – Food Stalls  
– Kids Workshops – Heritage Crafts – Historic Tours – Classic Cars –

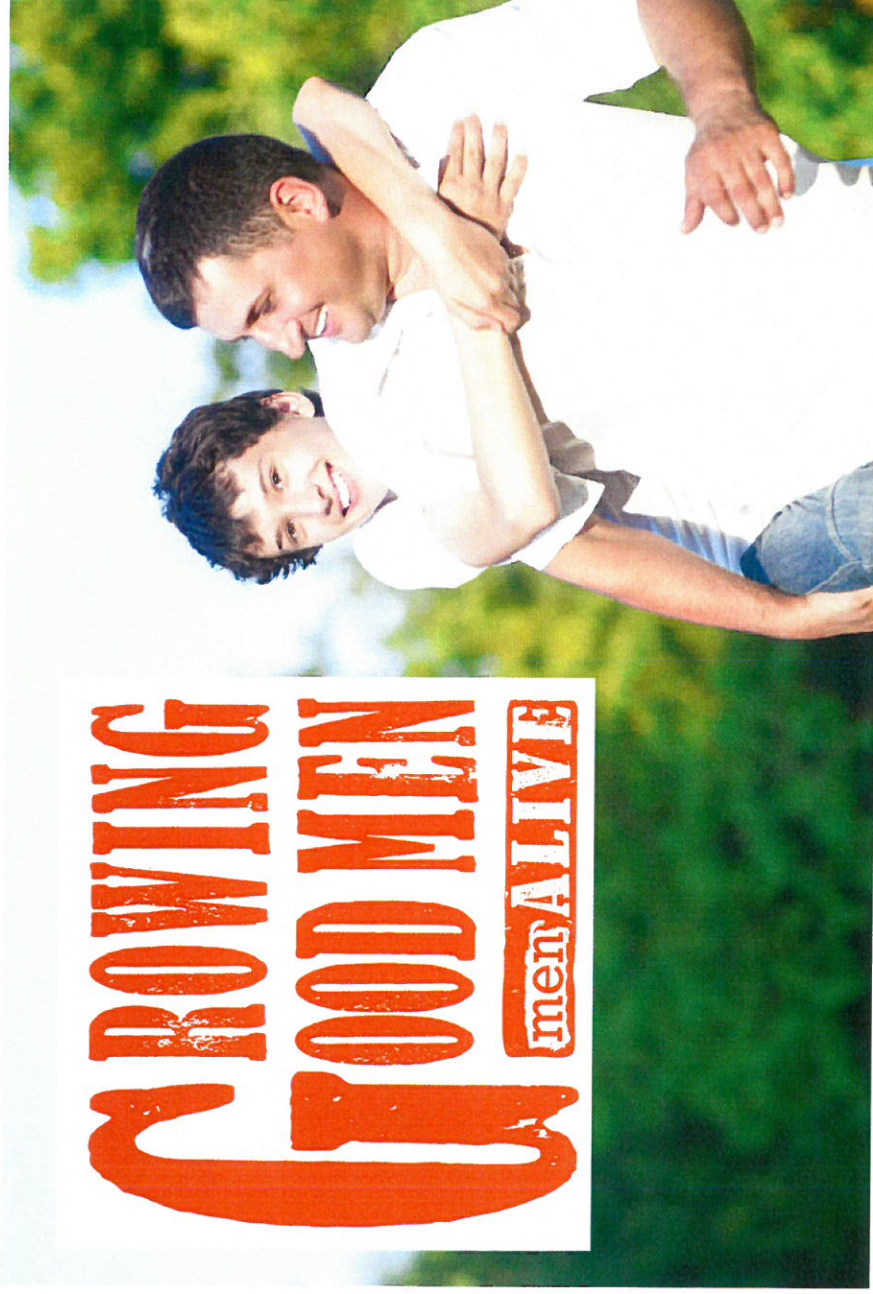


CITY OF  
PARRAMATTA



# GROWING GOOD MEN

menALIVE



## A weekend experience for fathers and their teenage sons.

GROWING GOOD MEN is an experientially-based program which encourages and enables fathers and sons to strengthen their relationship and to explore important issues of growing into manhood. It is designed for fathers and their adolescent sons aged 13 to 15 years (school years 8 and 9).

*Please note: If you are unable to attend with your father, you may choose to come with another significant male person over the age of 18. In this situation, we would need a letter of consent from a parent/guardian. Should your situation not fit the two options mentioned and you still wish to attend please call us.*

The weekend experiences explores:

- The importance of the father and son bond for both generations
- The journey of adolescence
- Becoming a man
- Dealing with anger
- Friendship with girls and women
- The quest for identity
- Rite of Passage

Set over a weekend, the program involves: short keynote sessions, small group and father/son sharing, a wide range of challenging and engaging activities (which may include high ropes courses or similar adventure activities), reflection and prayer. The centrepiece of the program is a Rite of Passage on Saturday night. The weekend concludes with a Father's Blessing and commissioning.

**Growing Good Men** has been developed by **menALIVE**. **menALIVE** is a National Catholic Ministry to Men that has inspired and challenged men of all ages in Australia and New Zealand since its inception in 2003. **menALIVE** offers a clear vision for being a man in the contemporary world.



## When:

6:30pm, Fri 16 November 2018  
until mid-afternoon Sun 18 November

*(Please ensure you have had your evening meal before arriving on Friday and we will make sure you're home in time for your evening meal on Sunday.)*

## Where:

'Lutanda' Yarramundi  
761 Springwood Rd, Yarramundi  
(15 mins South West of Richmond)

## Register now.

You will not be the same again.

**Cost:** \$300 per father & son pair.

*(Includes two nights accommodation and meals plus adventure activities.)*

## To register go to:

[www.trybooking.com/417468](http://www.trybooking.com/417468)

## Enquiries: Encounter

*This Growing Good Men weekend is held in partnership with the Archdiocese of Sydney.*



# GROWING GOOD MEN

men **ALIVE**

## What is the question that haunts every man?

Every man needs to receive a "blessing," as Gary Smalley writes, from his father. He needs to hear with his ears, see with his eyes and believe in his heart, that the person who he is, is good enough in his father's eyes. Every boy wants his father to give him a sense of male acceptance, affirmation and affection. Boys who don't receive this from their fathers can spend decades trying to prove to themselves and to others that their actions, accomplishments and characters are worthy of their father's approval.

## How does a boy learn to become a man?

Every boy dreams of being a hero and making a difference in his world. But what happens to these dreams? How does he come to understand his masculinity? Who will form him, who will lead him, who will inspire him, who will release him into the world of men? His father. This is a big challenge and a very difficult job; one that cannot be done alone.

## How do we raise good men?

How do we produce men that are alive, real and courageous; who know their purpose and meaning, who aren't afraid of the adventure, who long for the quest, who will fight for truth and beauty with honour and integrity.



Father & Teenage Son  
Weekend Experience  
Fri 16 - Sun 18 Nov  
Yarramundi, Sydney





# northrocks

MARKETS

361-365 North Rocks Road,  
North Rocks



- Garden plants/shrubs/pots
- Glassware/china/ornaments
- Jewellery/watch repairs
- Books/CDs/DVDs
- Local produce
- New and pre-loved fashion
- Bric-a-brac/old wares
- Craft and collectables
- Toys and novelties
- Garage sale items
- Espresso coffee/ drinks
- Hot food stalls

**Every Sunday – 7.00am to 1.00pm**

Donation entry – All proceeds to registered charities