

# NEWSLETTER



10th October 2017 Term 4 Week 1

## St Canice's Catholic Primary

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St Canice's Catholic Primary School  
Katoomba 2017

Growth through love and learning

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## Dear Parents and Carers

Welcome back to Term 4 2017.

I trust that everyone is well and looking forward to a wonderful finish to a fantastic year.

The message from Sunday's Gospel (Mt 21: 33-43) asks us all to appreciate and use the talents and gifts we have received.

Within each of us, there are unique things we can achieve and share with others. With these special gifts given to us, we need to nurture them and share them with others.

Here at St Canice's, we are helping children to develop to their potential, to try their best at all times. If we can achieve our best, we can say we are very successful.

The thing that we need to remember is that we are all different and "the best" for one person is likely to be at a different level to "the best" from another person. It doesn't matter what level you achieve, so long as you can honestly say that you have done your best.

Mr Mark Geerligs  
Principal

St Mary of the Cross MacKillop Parish

Presbytery Contact Ph: 02 4782 2804

Fax: 02 4782 6090

Website: [marymackilloppupperbluemountains.org.au](http://marymackilloppupperbluemountains.org.au)

### Mass Times

Friday: Katoomba 12 noon Mass

Saturday: Katoomba 9.30 am Mass Saturday Vigil: Leura 5pm Mass

Sunday: Wentworth Falls 8am Katoomba 10am Leura 5pm

Rosary: Monday Katoomba 8.30 am, Tuesday Leura 4.45pm,  
Wednesday Wentworth Falls 9.30 am, Friday Katoomba 11.30 am.

Saturday Katoomba 9 am.

# Enrolling Now for 2018

## News from the Principal

### Farewell Sr Colleen

Change, it's a hard thing to accept and then to deal with. Well, after more than 22 years as the St Canice's Parent Liaison and two years as the principal of St Canice's in the 1980's, our much loved Sr Colleen will be retiring at the end of this year. We will be having a school and community farewell for Sr Colleen later in the term. When we have the dates arranged, we will let people know.



### Cold weather policy

When is the weather too cold to go outside? Firstly, as we live in the Blue Mountains, cold weather is something we will experience often. Therefore all children need to be adequately dressed to best deal with the cold weather. At the end of last term, a significant number of jumpers/ tops etc were found in the lost property unnamed. It is essential all students have a school jumper/ top that will keep them warm. It is also appropriate for children to wear darker coloured jackets to keep the wind at bay. Also, it is essential for all students to wear something on their head, a school beanie would be the best idea or a school hat. Most of our body heat is lost through our head. If we can keep our head warm, we can keep ourselves warm.



Should the wind-chill factor at school go below -3 degrees, the students will be taken inside, and wet weather play will occur.

The school will use the <http://www.bmcc.nsw.gov.au/weather/Katoomba/> site to determine the wind-chill factor.

### Kindergarten 2018

Orientation morning is on Wednesday 11<sup>th</sup> October in the school library from 8:40am – 10:30am.

If you have not enrolled your child in Kindergarten 2018, it is not too late. See the office staff for enrolment forms.



### St Columba's Orientation Day

The St Columba's orientation day for Year 7 2018 will be held on Friday 10th of November.



### St Canice's New Phone Number

St Canice's Primary School has a new digital phone number.

The number **4780 6800**, is now replacing 4782 1260.

A redirection will be in place for 12 months to allow time for our community to update and familiarise.



## Sport News

### Term 4 Gymnastics

During Term 4 all students K-6 will be participating in Gymnastics lessons on a Tuesday. All students will be required to wear full sports uniform every Tuesday, including the first day of term. Gymnastics lessons are run by FitSchool FitKids and provide opportunities to develop team work and gross motor skills.



### Spooky Snack day

Year 6 students will be selling spooky snacks at recess on Friday 13th of October to raise funds for their leaving gift to the school. Prices range from 50c—\$2



### Mini Vinnies

Congratulations to our Mini Vinnies who raised \$241.10 to donate to St Vincent de Paul on our Ice Cream Day.



### St Canice's Ensemble Group

Ensemble starts again Friday 13th October. The performance at Mt Tomah Botanic Gardens will be on Sunday 12th of November from 12:10pm—12:50pm.



### Found Items

If you lost a set of house keys or a bangle at the Winter Disco, please see Office staff.

### Birthdays

Happy Birthday to our students celebrating Birthdays in October.

Theodora, Zak, Eve, Leo, Prisha, Hugo, Kayla, Zeppelin, Zahara, Thomas H, Jessica N, Claudia, Lorelei, Liberty, Noah S, Max, Serena, Xavier P, Patrick H  
We hope you all have a wonderful day.



### Preschool Storytelling

Miss Sally invites all Preschooler's to hear fun and exciting storytelling on Tuesday's from 9am in the Library.

Everyone is welcome.





# School Calendar

## October

### Week 1

<b>Tuesday</b>	10th	Student Banking Preschool Storytelling Gymnastics	8.45am 9am
<b>Wednesday</b>	11th	Writers Club S2 & S3	1:20pm
<b>Thursday</b>	12th	Music and Italian Ukulele	1:20pm
<b>Friday</b>	13th	Assembly Kinder My School Lunch Box Spooky Snack day Mass S3W String Ensemble	8.50am 10:40am 12noon 3pm

### Week 2

<b>Monday</b>	16th	My School Lunch Box	11:20am
<b>Tuesday</b>	17th	Student Banking Craft with Sr Colleen Gymnastics Preschool Storytelling	8.45am 9am
<b>Wednesday</b>	18th	Writers club Mountains to the Sea Excursion	1:20pm
<b>Thursday</b>	19th	Music and Italian Choir	1.20pm
<b>Friday</b>	20th	Assembly Mini Vinnies Mass S2M My School Lunch Box	8:40am 12pm

## Our School Bell Times

8.40am School Begins

10.40 Recess

1.10 Lunch

2.50 End of Day

### Change of Home or Emergency Contacts

If you have any changes to your home or emergency contact numbers, please contact the school Office as soon as possible. In cases of sickness or emergency, it is important that we have the correct contact details for your child(ren).

### Reminder to Parents

If your child is absent from School, please contact the Office. Teachers are not to be contacted on their personal mobile phones.

### Second Hand Uniform

We have a small collection of second hand uniform available for sale from \$5 per item. Please call into the Office for assistance.

### Reminder for our School Community

If, at any time, you find that you have a concern with the School, you are encouraged to contact the office to schedule a time to discuss.

It is our aim to work with all members of our School community to ensure that we do our best to provide a productive, safe and enjoyable learning experience for our students and professionally fulfilling experience of our staff.

Subscribe to the Parent Calendar and Newsletter

[www.stcaniceskatoomba.catholic.edu.au](http://www.stcaniceskatoomba.catholic.edu.au)  
Select "Current Community" click on Newsletter



## ***Snow and Bushfire Policy***

In the event of snowfall or a bushfire during school hours the following procedures must be followed.

When heavy snowfalls or there is a bushfire throughout the Mountains, the emergency personnel (Police and SES) provide advice to the school in respect of road conditions and closures and evacuation notice.

Should a decision be made for the school to evacuate, the school will take the following measures according to Police and SES advice:-

### **If it is *safe* to evacuate the students to their residence:**

- Students who normally catch buses will be assembled ready for the buses.
- 
- Students who live close to the school and normally walk will be given permission to do so unless otherwise advised by parents.
- 
- The school will attempt to contact parents where children are unsure if anyone is home and if they live a long distance from a bus stop.
- 
- Students who do not catch buses or walk will remain at school until parents collect them.
- 

**OR**

### **If it is *unsafe* to evacuate the students to their residence:**

- the school staff will care for the students in a safe location according to the advice from the Police or SES.
- 

It is impossible to telephone every family as the time frame for this operation is short. However, every avenue to contact parents will be sought. Communication will also be placed on Facebook, Website and an alert sent via Skoolbag.

The school will remain open and therefore parents of bus travellers and walkers who require their child to stay at school can make that choice.

At all times the children's best interests will be paramount.

Parents are asked to discuss arrangements they require with their children so that students know what is expected of them.

**Mark Geerligs**

Principal

# Mountain Majik Futsal Club

Registration of teams and individuals  
welcome

Competition held at Katoomba Sports and Aquatic Centre

Wednesday Afternoons Juniors:  
5—9 year olds

Thursday Afternoons Juniors: 10  
- 16 year olds

Cost is \$140 per player plus

All players must be registered with Football NSW (Sept to August)

Registration fee is: \$40 for winter 2017 players and

\$43 for non playing winter 2017 players

\$31.15 Summer 2017/18 Competition only

Contact Susan Kondek  
0419 434 725

Summer Competition begins Wednesday 11th October and

Thursday 12th October and finishes at end of March 2018

No games during the School Holidays



# The simplest way

...to food shop on a budget.

Here are our five top tips to save money while shopping for your fruit and veg.

1. Create a weekly menu plan (you can download a menu planner from [eatittobeatit.com.au](http://eatittobeatit.com.au)).
2. Write a shopping list based on the menu plan.
3. Compare prices using 'unit pricing' (per kilo/100grams) if available.
4. Buy fruit and vegetables that are in season, or pick the canned/frozen option if cheaper.
5. Limit your purchases of processed pre-prepared snacks and meals.



For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.

# The simplest way

...to create a tasty snack with hummus.

**Serves: 6 | Preparation: 5 mins | Cooking: 0 mins**

## Ingredients

1 x 420g can chickpeas, rinsed and drained  
1 clove garlic, crushed  
½ teaspoon ground cumin  
1 tablespoon lemon juice  
1 tablespoon tahini  
1 tablespoon olive oil  
2 tablespoons water, optional  
Vegetable sticks, to serve.



## Method

1. Place chickpeas in a food processor with garlic, cumin, lemon juice, tahini and oil.
2. Blend to a smooth purée. Add a little water if it needs thinning.
3. Serve with vegetable sticks or cut some whole grain pita bread into triangles and bake in the oven until crisp.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

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# The simplest way

...to increase your fruit and veg intake.

## Myth

Frozen and canned fruit and vegetables don't count towards your daily intake of fruit and vegetables.



## Fact

- Frozen or canned fruit and vegetables are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegetables are usually packed shortly after picking, so there is little nutrient loss.
- Varieties with no added sugar or salt are the best choice (look for tinned fruit in natural juice rather than syrup and tinned vegetables with no added salt).

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

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# The simplest way

...to pack a healthy lunch box.

Everyone should aim for 2 serves of fruit and 5 serves of vegies, every day for good health. Sounds hard, but it's easier if you include fruit and veg across the day...try these simple ideas:



- **Pack vegetable sticks** – try carrots, celery, capsicum and cucumber – with hummus and vegetable based dips (like pumpkin, beetroot, spinach or red bean).
- Add a **small 150g tin of baked beans** to your child's lunch box (decant into a container your child can open).
- **Leftovers** are an exciting lunch box addition: try packing fried rice, vegie stir-fries or some vegie frittatas- they all taste great cold!
- **Make a fruit salad** – use whatever fruit you have in the house, chop in small pieces.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

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