

NEWSLETTER



2nd July 2019 Term 2 Week 10

St Canice's Catholic Primary

Address: 158 Katoomba Street Katoomba

Phone: 4780 6800

Email: stcanices@parra.catholic.edu.au

Website: stcaniceskatoomba.catholic.edu.au

Facebook: St Canice's School Katoomba



St Canice's Catholic Primary School
Katoomba 2019

Growth through love and learning

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Dear Parents Families and Friends

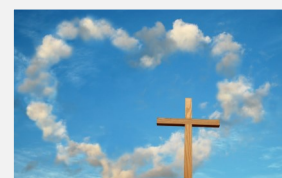
Last week - What a celebration of our faith, creative skills and our learning. On Sunday 23rd June, we started the day with a special mass for 6 of our students who made their First Holy Communion. Then at 2 pm more than 200 parents, carers, relatives, students, teachers and members of the Parish and public, gathered for our Grand Opening of S@S. Our fabulous Ensemble displayed their great skill again for us all to enjoy. This was followed by the beautiful voices of our choir which was enjoyed by everyone. Finally, our drama group entertained us with humour, singing and great enthusiasm. The spectacular Leadlight Window was revealed to everyone as the students sang our "Sisters of the Stone" song. Thank you to each and every one of you for your support of St Canice's. Term 2, Week 9 was a special week for St Canice's.

The message from Sunday's Gospel tells us how we need to seize the moment and do what needs to happen now - not later. The Gospel challenges us to not put off things till tomorrow - try to do things straight away. "Do Now". Say that kind word to someone now, not wait til later and possibly forget. Do that nice thing for someone now, not tomorrow when the busyness takes over and you don't get around to it. Now costs a little time, but it is worth it.

I would like to take this moment now to congratulate and thank our wonderful staff. It is because of their commitment, passion and drive, that we continue to provide authentic, purposeful and productive learning experiences through S@S. S@S is a Kindergarten to Year 6 experience. Because it involves all students, it is more meaningful and enjoyable for everyone. S@S does not happen with a few days of preparation and planning. The S@S committee - Miss Elizabeth, Ms Morley, and I, as well as all the staff, work towards developing a theme and a focus for each stage/ class group. This takes a number of months, but it is worth it.

I hope everyone has a safe and enjoyable holiday break. The last day for Term 2 is Friday 5th July - (see later for the special theme for this day). Term 3 starts Tuesday 23rd July.

Mr Mark Geerligs Principal



St Mary of the Cross MacKillop Parish
Father Carlos Walker & Father Sean Bradley

Presbytery Contact Ph: 02 4782 2804

Fax: 02 4782 6090

Website: 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.

Kinder Enrolments 2020

Help, Please

We are looking to find more students to be enrolled in Kindergarten in 2020. The main way other parents find out about schools to enrol their children into, is through word-of-mouth. It is **you** who are just so important. Please help St Canice's by letting any prospective families know about St Canice's and the great learning opportunities that are available at this small community-based school. Please invite them to come to the school for a tour.

St Canice's Giant Raffle

We have had a massive amount donated to our Giant Raffle prize pool, now totalling over \$1000, with more prizes still coming.

Due to the amazing generosity from our local community we have decided to extend our Giant Raffle.



Tickets are available now and if you feel you could sell some at work, or to family over the holidays, please ask at the office for a book to take with you.

Tickets are 1 for \$2, 3 for \$5, and 7 for \$10 and with more than 30 prizes, we will simply keep drawing winners until the prizes are all gone. All money raised in this raffle will be helping our school fund projects like: Shade Structures, Books, Music Resources, and Library Furniture.

Thank you to all the donators and all those who sourced them.

P&F Group



Mrs Friend's Friendly Preschool Reading Group

Preschooler's and parents are welcome to join Mrs Friend's Friendly Preschool Reading Group in the library every Tuesday morning for a fun story reading session from 8:40-9:00



BBQ and Cake Stall

Saturday 27th July from 9 am - 2 pm - the school is running a BBQ and Cake stall. We will be selling the monster raffle tickets and draw it at the end of the day. Some staff will also be in the school to take anyone for a tour.

Can you help out, please? - cooking, baking, selling? At the recent election day BBQ, ALL of the cakes etc were sold - it was fantastic - can we do it again, please?



Congratulations

Congratulations to Isabella Preston who has recently been selected in the Nepean FC Under 14 Girls National Premier League 2. Isabella has progressed from playing at Blackheath FC to the Lithgow District Under 12's. Isabella is looking forward to the challenge of the higher standard football and playing alongside like minded females. Isabella will be playing up into the higher age group of Under 14's. Good Luck Isabella and have a wonderful season

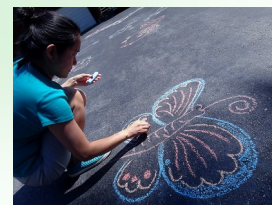


Mini Vinnies Chalk Day!

Chalk Day on Thursday 4th July.

Students can participate in drawing chalk pictures on the school playground.

Chalk will cost \$2 per piece and can be brought at Recess.



Friday 5th July

Totally 80's End of Term 2 Disco



DISCO

Totally 80's End of Term Two Disco!

Dust off your leg warmers,tease up your hair and bust out your Moonwalk!We are "TOTALLY"having an 80's disco to celebrate our excellent attendance!

We reached our goal of having all absences explained!This is an awesome effort!

We will start the day with bubbles on the playground and finish with a

"mini 80's themed disco "after lunch. It's a mufti day(no school uniform) so come dressed 80's style.

Be there or be square!

*Miss Elizabeth
Attendance Family Liaison Officer*

Mini 80's Disco After Lunch

Expression of Interest

Would you like to host a **student from Japan** between the 27th of July until the 4th August? Students are aged between 14—15 years and speak some English.

If you are interested please let the Office know.



Diocesan Athletics

If you participate in Little Athletics on the weekend and you would like to be considered to enter the Diocesan Athletics carnival in SHOT PUT, HIGH JUMP OR DISCUS, please print out your latest distances and have them authorised by your club.

Then pass these along to Mrs Clarke who will see if you are eligible for entering the Diocesan Athletics Carnival.

Please note that this is quite competitive and the qualifying distances are non negotiable.

Please have these to Mrs Clarke by the end of term.



Attendance Rates

As part of my role as Attendance Family Liaison Officer I monitor the attendance of each and every student within our school community.

The target attendance rate for all students is 90% and above and is set by the Education Department.

Whilst we realise there are times when students are genuinely ill or absent for family and other reasons, we ask that as parents/carers you make attending school each and every day and being here on time a priority. If a child is not at school they cannot learn, they miss out on forging friendships and often struggle to fulfil their potential.

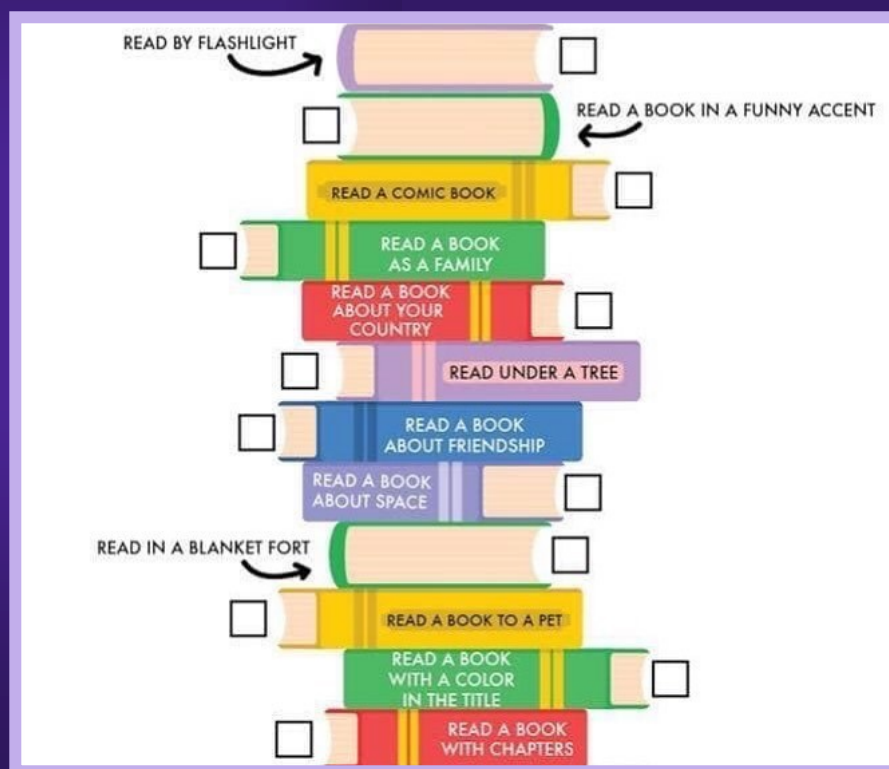
If you are experiencing difficulty getting your child to school or to school on time, please contact me so that we can work together in helping your child be the best that they can be.

Miss Elizabeth

Attendance Family Liaison Officer.



Holiday Reading Challenge



At Home Numeracy Challenge

How many do you see, and how did you count?

Where were they heading?

What could they be used for?

How much is all that steel worth?



St Canice's
PRIMARY KATOOMBA

**ENROLLING NOW
FOR NEXT YEAR**

CALL FOR A PERSONALISED SCHOOL TOUR

P: 4780 6800

www.stcaniceskatoomba.catholic.edu.au



School Calendar

July

Week 10

Monday	1st	My School Lunchbox Violin	
Tuesday	2nd	Preschool Reading Group Library Cello School Banking	8.40am
Wednesday	3rd	Strings Program Stage 2	12pm
Thursday	4th	Italian Music Chalk Day	
Friday	5th	Mufti Day 80's Style Stage 2 & 3 Sport Gold Awards Assembly Stage 3 W Mass My School Lunch Box No Ensemble today Last Day of term 2	8.50am 12 noon

Week 1

Term 3

Monday	22nd	Pupil Free Day	
Tuesday	23rd	First Day Term 3 Preschool Reading Group Library Cello School Banking	8:40am
Wednesday	24th	Strings Program Stage 2	12pm
Thursday	25th	Italian Music	
Friday	26th	Stage 2 & 3 Sport Assembly Mass My School Lunch Box Ensemble	8.50am 12 noon 3—4pm

Our School Bell Times

8.40am School Begins

10.40 Recess

1.10 Lunch

2.50 End of Day

My School Lunch Box

The My School Lunch Box supplies healthy and fresh lunches delivered to our school on Mondays and Fridays. Simply browse the menu on the website and select the food and drinks required. Enter the school, child, class and day. Payment can be made via credit card or PayPal. myschoollunchbox.com.au

KOOSH

Katoomba Out of School Hours operates at 10 Station Street Katoomba .
Phone 4782 2533 or
0478 166 352



Student Banking is Every Tuesday



Too Sick For School?

We have had multiple cases of gastroenteritis and children suffering flu like symptoms reported.

We ask that children be kept away from school for 48 hours after the last loose bowel movement or vomit to prevent the spread of illness.

Please encourage children to wash hands especially before handling food and after using the bathroom.

Subscribe to the Parent Calendar and Newsletter

www.stcaniceskatoomba.catholic.edu.au

Influenza

Last updated: 1 May 2019

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. Most people recover after a few days but for some people it can be fatal. An influenza vaccination each year provides the best protection against influenza.

What is influenza?

Influenza, or flu, is a highly contagious respiratory illness caused by influenza viruses. There are two main types of influenza virus that cause infection in humans – types A and B – and many sub-types or strains. Flu can occur throughout the year but flu activity usually peaks in winter.

Flu is a vaccine-preventable illness but a new vaccine needs to be given each year because influenza viruses change (mutate) constantly. A new flu vaccine is prepared each year to best match the strains predicted for the coming influenza season.

What are the symptoms of flu?

People with influenza typically experience some or all of the following symptoms for at least a week:

- fever and chills
- cough, sore throat and runny or stuffy nose
- muscle aches, joint pains, headaches and fatigue (feeling very tired)
- nausea, vomiting and diarrhoea (more common in children than adults)

Some symptoms may last for more than a week. Some people may also experience very mild symptoms, particularly if they have some immunity from a previous infection or vaccination.

Seek immediate medical advice if the illness quickly becomes worse or if any of the following occurs:

- shortness of breath or rapid breathing
- chest pain
- confusion or sudden dizziness
- persistent vomiting.

How is flu spread?

Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes. Influenza can also spread after touching surfaces where infected droplets have landed.

Influenza can be spread to someone by an infected person even before their symptoms begin. Adults with influenza are infectious from the day before their symptoms start until 5-7 days later. Young children and people with weakened immune systems may be infectious for longer.

Who is at risk of flu?

While anyone can get influenza, people at higher risk of complications from influenza infection (and who are eligible for free annual flu vaccine) include:

- children aged 6 months to 5 years
- people aged 65 years and older

- Aboriginal and Torres Strait islander people aged aged 6 months and over
- Pregnant women

Individuals aged 6 months and over with certain medical conditions predisposing to severe influenza are also at increased risk (and who also eligible for free annual influenza vaccine). These conditions include:

- Individuals aged 6 months and over with medical conditions predisposing to severe influenza, namely:
 - cardiac disease, including cyanotic congenital heart disease, coronary artery disease and congestive heart failure
 - chronic respiratory conditions, including suppurative lung disease, chronic obstructive pulmonary disease and severe asthma
 - other chronic illnesses requiring regular medical follow up or hospitalisation in the previous year, including diabetes mellitus, chronic metabolic diseases, chronic renal failure, and haemoglobinopathies
 - chronic neurological conditions that impact on respiratory function, including multiple sclerosis, spinal cord injuries, and seizure disorders
 - impaired immunity, including HIV, malignancy and chronic corticosteroid use
 - children aged 6 months to 10 years on long term aspirin therapy.

How is flu prevented?

Get a flu shot

Influenza vaccination each year before winter arrives is the best way to prevent influenza.

- Seasonal influenza vaccination is available for anyone aged 6 months and over to protect against influenza, provided they do not have a medical reason that precludes them from receiving influenza vaccines.
- People at higher risk of influenza complications (see "Who is at risk") are strongly recommended to have an annual influenza vaccination, and are eligible for free influenza vaccine under the National Influenza Vaccination Program (available at http://www.health.nsw.gov.au/immunisation/Pages/seasonal_flu_vaccination.aspx).
- In addition to people eligible for free vaccine, influenza vaccination is also recommended for those who frequently come in to close contact with other people at higher risk of influenza complications (such as health care workers and family members), to help protect vulnerable people from infection.

For more information on general influenza vaccine recommendations refer to The Australian Immunisation Handbook (9th edition, 2008) available at: <http://immunise.health.gov.au>

Sneeze into your elbow

Sneeze into your elbow instead of your hands, or cover your face with a tissue when you cough or sneeze and throw used tissues in a rubbish bin.

Clean your hands

Wash your hands thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub.

Stay at home if sick

If you are sick with flu, stay at home and avoid close contact with other people to prevent them from also becoming sick. Keep sick children away from school and other activities. Wait at least 24 hours after fever resolves so you that you are unlikely to infect other people.

This is especially important if you visit people who are more likely to get really sick if they get the flu - including pregnant women, infants, older people or people in hospital or residential aged care. Similarly, if you think you may have influenza and you need to see a doctor, call ahead so the clinic can take precautions to reduce the risk to other people.

How is flu diagnosed?

Doctors usually diagnose influenza based on symptoms. The diagnosis can be confirmed by testing a sample of fluid taken from the back of the nose and throat or a blood sample. These tests are usually only needed if the illness is severe or if there is an increased risk of complications.

How is flu treated?

The symptoms of influenza are usually managed by bed rest, drinking plenty of fluids, and taking simple analgesics for muscle aches and pains. Children under 16 years of age must not be given aspirin-containing medications while ill with influenza. This is due to the increased risk of children developing Reye syndrome, a form of encephalitis and liver degeneration.

Specific influenza antiviral medicines can reduce the severity and the duration of influenza but need to be taken within 48 hours of the first symptoms. These medicines need to be prescribed by a doctor, and are usually considered for people at higher risk of complications from influenza infection.

What is the public health response?

Laboratories must notify cases of influenza to their local public health unit. Individual cases are managed by their health care provider.

Public health action focuses on outbreaks in high-risk settings such as health care facilities, special schools, residential care facilities, and Aboriginal communities.

Further information

- NSW Health Influenza - <http://www.health.nsw.gov.au/infectious/Influenza/pages/default.aspx>
- NSW Health Influenza surveillance reports - <http://www.health.nsw.gov.au/Infectious/Influenza/Pages/reports.aspx>
- NSW Health Influenza in travel groups fact sheet - http://www.health.nsw.gov.au/Infectious/factsheets/Pages/Influenza_outbreaks_in_travel_groups.aspx

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

What's On in Our Community



**Kidzartz 2019
RESCUED!**

ST HILDA'S
ANGLICAN CHURCH
K - 6 | July 16 - 19
9am - 12 noon

HOLIDAY PROGRAM

Cost: \$12 per child per day
Family and Healthcare card discounts available till 30th June

Art, wood working, sock monsters, model making, felting, clay modelling, paper craft and much more...

Optional Afternoon activities:

- Bushwalk yrs 4-6
- Movie yrs K-3

Register online: sthildas.net




FUN COMMITMENT SAFETY RESPECT CONFIDENCE

TRYTIME RUGBY
SCHOOL HOLIDAY CAMP BLUE MOUNTAINS

WHO: Rugby players aged between 10-14 years (age group split sessions)
DATE: Mon 8th & Tues 9th July 2019
TIME: 9am - 3pm (both days). Drop off available from 8am
VENUE: Lapstone Oval, Lapstone, NSW 2773

WHAT: Players of all levels are encouraged to attend this camp. Specialist coaches will work with all players to further enhance their specific skills, whether they are new to game or have played for a number of years.

Players receive:

- Trytime training top
- Specialized team and individual positional coaching from highly qualified coaching staff
- Nutritious morning & afternoon tea (please supply lunch for your child)
- A great enjoyable and fun experience

For more information and to register, please go to:
www.trytimerugby.com/camps

Mike Cross
0416 142 451
m.cross@trytimerugby.com

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KU Bilya Gulyangarri Preschool Enrolling Now

KU Bilya Gulyangarri provides high quality, community-based preschool education for children aged 3 - 5 years old, including:

- ▶ An educational, play-based curriculum
- ▶ Qualified, caring and experienced staff
- ▶ A focus on engaging with the local Indigenous community
- ▶ A large outdoor environment promoting sustainability
- ▶ Located next to North Katoomba Primary School
- ▶ Rated as **'Exceeding'** the National Quality Standard

To learn more, visit www.ku.com.au or contact:

KU Bilya Gulyangarri Preschool
Cnr Verdun and Barton Streets, North Katoomba
T 4782 5847
E ku.bilyagulyangarri@ku.com.au



Positions Vacant

- Liturgy Administrative Support Assistant - Office for Worship
- Fundraising Campaigns Executive - The Catholic Foundation
- Parish Coordinator of Ministries (Part-Time) - Parish of Richmond

More details at: parracatholic.org/employment

New Office for Safeguarding and Professional Standards Website:

The Diocese of Parramatta's Office for Safeguarding and Professional Standards (OSPS) has launched a new website, strengthening their ability to deliver advice and support to parishes, agencies and ministries to ensure the Diocese is safe for all people.

Visit the website at www.safeguarding.org.au

CYP LIFTED Retreat 2019: July 5 – 7

CYP invites young adults aged 18 – 35 to attend the annual LIFTED Retreat from July 5-7 at the Benedict XVI Retreat Centre, Grose Vale. You can expect great guest speakers, stimulating discussions, adoration, daily Mass, Reconciliation, soul-stirring music and delicious food. The theme is inspired by Pope Francis – 'Dare to be Different' Register now @ <https://parracatholic.org/cyp-lifted-retreat/>

Australian Catholic Youth Festival, Perth: 7 – 11 December 2019

ACYF19 is a biennial national gathering of Catholic young people established by the Bishops of Australia. The event involves three days of exciting, large scale Plenary's, tens of workshops, concerts, prayer experiences, fun, expos and concludes with an outdoor mass with the City of Perth. Bishop Vincent and Catholic Youth Parramatta will be leading an expected 200 participants. Free twin-share hotel accommodation is being offered now. For more information and to register visit www.catholicyouthparramatta.org

Women in Leadership: 4 - 7 July

The Benedictine Abbey, Jamberoo invites women of any age and any experience in formal leadership positions, and for those who exercise leadership without a formal title in business, schools, homes, offices, parishes, anywhere to the Women in Leadership workshop. The aim is to support women to explore their unique gifts – as people, as women and as leaders. 4-7 July. 02 4236 0533 or cottageretreats@jamberoobbey.org.au for more information.

Renaissance of Marriage 2019: 26 – 27 July

Renaissance of Marriage 2019 – Building a Catholic Marriage Culture – will be held on 26 and 27 July at the University of Notre Dame Sydney. Keynote Speakers include Archbishop Anthony Fisher OP and Kevin Donnelly. Registrations open at www.ROM.org.au

For more events please go to: parracatholic.org/events