

NEWSLETTER



6th March 2017 Term 1 Week 7

St Canice's Catholic Primary

Email: stcanices@parra.catholic.edu.au

Website: stcaniceskatoomba.catholic.edu.au

Facebook: St Canice's School Katoomba

158 Katoomba Street (PO Box 200) Katoomba NSW 2780



St Canice's Catholic Primary School
Katoomba 2017

Growth through love and learning

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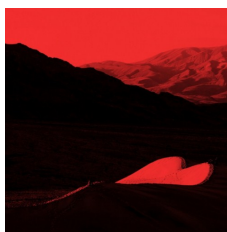
Dear Parents and Carers

"Lent is a new beginning; a path leading to the certain goal of Easter,

Christ's victory over death" Pope Francis

During Lent, Pope Francis has suggested a Lenten Reconciliation worksheet for all of us. It is very practical and very helpful for a thorough examination of conscience. Let us pray and ask ourselves;

- Have I hurt others by gossiping? What needs to change in my behaviour and treatment of others?
- I do often waste and throw away food. What does that say to those who are hungry and without food? How can I be more careful not to be wasteful? Do I assist in helping those who are poor?
- How often do I make others feel appreciated? Do I make time for others in my day? Am I generous with my time?
- Do I serve the poor in person or do I think that giving to charity is enough? Do I judge the poor, or actually try to hear their story? At St Canice's let us be inspired by Pope Francis to turn our minds and our hearts towards God during Lent.



Have a blessed week!

Coley White
Assistant Principal

St Mary of the Cross MacKillop Parish
Parish Priest Fr. Ted Tyler

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.

Assistant Principal's News

Welcome to Week 7 Term 1 at St Canice's. A week where Catholic schools across NSW and the ACT celebrate Catholic education.

Catholic Schools Week

The theme for Catholic Schools Week 2017 is 'Learning connected', building on Pope Francis' statement that 'Everything is connected'. This sense of connection calls for shared responsibility for the care of nature and our human relationships in a changing world. Catholic Schools Week is about forging and strengthening connections between everyone who has a stake in our schools – students, staff, families, priests, parishioners, and members of the wider community – by showcasing our activities and actions. During Catholic Schools Week, we take the opportunity to highlight not only the best of what we do, but also what happens in our schools every day.

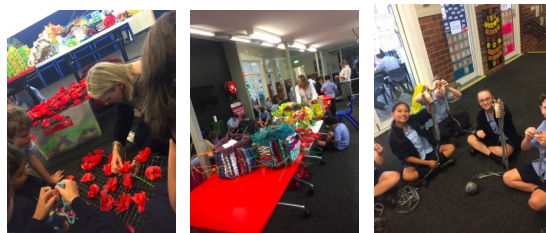
For that reason, we invite you and your family to join us at St Canice's on the morning of Wednesday 8th March from 8.40am - 10.40am to celebrate with our school and parish community during Catholic Schools Week 2017.

St Canice's - Week's 5 & 6

The past fortnight has been an exciting and productive time. With great confidence and joy I can truly say that we have been living out our school motto of "Growth through love and learning".

SAS Progress

This fortnight saw our whole school community contribute in a variety of ways to our SAS project. Congratulations Miss Elizabeth and Ms Morley for their organisation and leadership. Also congratulations and thank you to our students and parent helpers for their contributions so far. Here are a few pics.



Stage 3 YMCA Camp Yarramundi

Stage 3 will be visiting Camp Yarramundi. The YMCA Outdoor Education Centre near Richmond for an overnight camp from 3rd April till 4th April. The camp provides excellent facilities with exciting and enjoyable outdoor activities for the children to develop skills and personal qualities. We look forward to hearing of their adventures on their return.

Gold Awards Assembly

On Friday 3rd March we celebrated another week of great learning at our first GOLD award assembly for 2017. S2B led us in prayer; reminding us how important it is to pray during Lent.

Congratulations to following students who received Gold Awards:

Jake Pereira Caeden Shaw, Sebastian Campbell, Jayden Crye, Amelia Palmer, Jonah Clarke, Lulu Rose, Noah Stanistic, Callum Clarke, Lachlan Harris, Carlia White, Isabella Preston, Marleah Geopano, and Leanna White



Ash Wednesday Mass



On Wednesday 1st March our school community came together in prayer on Ash Wednesday. Year's 2 to 6 under the leadership of Fr Ted joined with our Parish community to celebrate Ash Wednesday. Kindergarten and Year 1 remained at school and held a liturgy in celebration of Ash Wednesday. Songs were sung, prayers were shared and the love of Jesus celebrated. All students received a blessing of ashes on their forehead encouraging them to turn their hearts to God during this Lenten season; a season of repentance and preparation.

Bush Dance & Sausage Sizzle

Our long awaited bush dance will go ahead this week rain, hail or snow! We look forward to your presence and participation if you can make it on Wednesday 8th March at 1.50pm. Prior to the Bush Dance students will be provided with a free sausage sandwich in celebration of our Bush Dance and Catholic Schools Week.



2017 School Fees

All families should have received their 2017 School Fees accounts. If accounts have not been received please contact the Office. If you are experiencing financial hardship please contact the Office to discuss alternative arrangements or a Flexible Payment Plan.

Billing Date	Due Date
2nd February	6th March
27th April	29th May
20th July	21st August

Cross Country

Our schools Cross Country will be held on Friday 17th March at Katoomba Falls Reserve. Permission notes have been sent home for each child. Please complete and return by Friday 10th March.

Reminder to Parents

Parents are reminded that, if entering the school grounds for classroom activities, etc, they are required to sign in at the office on arrival, and sign out on departure.

School Photos Date

Our school photographer has been booked in for Thursday 30th March this year. Envelopes and information will be sent home next week. Ordering will be online.

Head Lice

We have had multiple reports of Head Lice at School. Please check your child's hair for infestation and if nits or lice are found that you treat accordingly. Once your child has been treated they may return to school. There are numerous treatments available and your pharmacist will be able to assist you with any questions.



Absentee Notes

If your child is absent from school a note is required to be sent in on their return with the reason of their absence. Alternatively Skoolbag have a submission form that can be processed online and sent through to school or you may call the Office and explain their absences.

Thank you

The SAS project has collected enough water bottles, bottle tops and toothbrushes now. Thank you to everyone for your tremendous support and help. A special thank you to Judy Cheretis (Renee's Mum) for her laborious work making the plastic bag string that the children will be using soon for their next part of the SAS project.



Canteen Orders

In purchasing your child's canteen order online, you are contacting directly with the supplier. You are responsible for checking that the ingredients of what you order are not incompatible with your child's sensitivities or health issues. Please ensure you check the disclaimers in the supplier's website. If in doubt you should contact the supplier.

Change of Pick up Details

Parents are reminded to ring the school before 2.30 am or send in a note regarding any changes to your child's pick up arrangements.

Bees Wax Wraps

If you have not paid for your wrap please send in your \$2 payment soon. The school is aiming to reduce the amount of rubbish we collect here at school. Plastic lunch wrapping is one piece of rubbish we can do away with.



Parent Liaison

Sr Colleen Holohan is our schools Parent Liaison. Sr Colleen hosts many activities at school for the parents as well as support in the classroom for teachers. Currently on Mondays she is holding a Tai Chi class, very relaxing and low key, give yourself a few minutes to relax and enjoy the serenity of Tai Chi. Meet Sr Colleen in her room (opposite Kindergarten classroom) at 8.50am on Mondays.



Late Arrivals and Early Departures

The new automated roll marking system highlights the extent of partial absences for students. It seems to have become a habit for some students, continually arriving late at school and I ask that you have your children at school no later than 8.40am ready for assembly. Children may arrive at school from 8.20am when staff are on duty. When a child arrives late they cause disruption to the whole class, they miss assembly and morning instructions, but more importantly they miss part of their first lesson. When a child leaves early this also causes disruption to the whole class, interrupting lessons and depriving them of the time to complete their work for the day, they also miss any last minute reminders. Punctuality is a valuable life skill.



National Leaders Day

Last Friday our school leaders caught an early morning train to the Young Leaders Day at the International Convention Centre, Darling Harbour. During the day they heard from inspirational speakers such as Dr Jordan Nguyen, Samantha Skinner, Sam Webb and explorer Jade Hameister on the theme of 'imagination'. The message was clear "Anything Is Possible" and "The Imagination Awaits". During the day students had the opportunity to make 'Little Care Packs' to help the homeless around Sydney as well as having time to reflect on themselves as leaders. It was a truly inspirational day.



Keyton, Liam, Marleah and Theadora enjoying their day at the National Leaders Day Darling Harbour





School Calendar

Subscribe to the Parent Calendar and Newsletter
www.stcaniceskatoomba.catholic.edu.au
 Select "Current Community" click on Newsletter

Birthday Wishes for March

Keitah Altavilla, Jude Diaz,
 Hamish McCloghry-Laing,
 Airlie Riddle, Fionn Hale,
 Eva Garraway, Ben Goulding

March

Week 7

Tuesday	7th	Craft with Sr Colleen Student Banking	8.45am
Wednesday	8th	Sports Day Stage 3 Catholic Schools Week Open Morning Bush Dance	8.40am To 10.40am 1.50pm
Thursday	9th	Ukulele Group Music and Italian Soccer Clinic Stage 3 at Pitt Park First Holy Communion	9.30am 6.15pm
Friday	10th	My School Lunch Box Sports Day Stage 2 School Assembly Yr 2 Whole School Mass S3K String Ensemble	8.45am 12noon 3pm

Week 8

Monday	6th	Tai Chi My School Lunch Box	8.50am
Tuesday	7th	Craft with Sr Colleen Student Banking	8.45am
Wednesday	8th	Sports Day Stage 3	
Thursday	9th	Choir Group Music and Italian First Holy Communion Preparation Classes	6.15
Friday	10th	Cross Country String Ensemble	3pm



Student Banking

Congratulations to Marshall Field who
 received his Bronze Certificate last week.

There are some exciting rewards this term for students to redeem.

This year's theme is Future Savers and we'll be joining the new-look Dollarmites in a city of the future. This journey will help your students develop good saving habits and lifelong money skills. No more certificates will be issued for over 40 deposits.





ST COLUMBA'S CATHOLIC COLLEGE

Year 7, 2018 Information Evening

Wednesday 22nd March, 2017

Session 1:

3.45pm Register for tour
4.00pm Tour of the facilities
5.00 - 5.30pm Address by the Principal

Session 2:

5.45pm Register for tour
6.00pm Tour of the facilities
7.00 - 7.30pm Address by the Principal

Bookings are
not required.

Please register at the
College Library
upon arrival.

- Tours will begin at 4.00 and 6.00pm *sharp* to enable visitors to view all of the College facilities.
- Prospectus and enrolment application forms will be available on the night.

Enquiries: Sandra O'Brien, Enrolments Secretary 4754 8907

St Columba's Catholic College 168 Hawkesbury Road, Springwood 2777

Phone: (02) 4754 1022 **Email:** stcolumbas@parra.catholic.edu.au

Web: www.stcolumbasspringwood.catholic.edu.au



KIDZPLAY



For children from birth to school-age & their parents/carers

Free-play, "What's in the Box", story time, craft,

Parents chat with others while kids play

Morning tea provided for kids & adults

Fridays 9.30-11.30am

St Hilda's Church Hall, Katoomba

(opp. Carrington) Enquiries: 0438401088



An after school club for
children in school years

K - 6

Fridays after school

3 - 5 pm

St Hilda's church hall

Katoomba



afternoon tea
bible fun
craft
games

\$5 donation each week helps cover cost of food and craft

Enquiries to Robyn 0438 401 088

BLUE MOUNTAINS



BAT NIGHT

IT'S A BAT FEST!

- BAT CAVE FOR THE KIDS • BAT TALKS • BAT VIDEOS
- BAT WALKS (BRING A TORCH!)

FRIDAY 10 MARCH 2017 FROM 6.30PM

at Blue Mountains Heritage Centre, Govetts Leap Road, Blackheath • Enquiries 02 4787 8877



**FREE
EVENT!**



**MEET A
FLYING FOX**



**SAUSAGE
SIZZLE**

PROVIDED BY BLACKHEATH MT VIC RFS



THIS EVENT IS SUPPORTED BY GREATER SYDNEY LOCAL LAND SERVICES THROUGH FUNDING FROM THE AUSTRALIAN GOVERNMENT'S NATIONAL LANDCARE PROGRAMME

Cherry Blossom
Early Learning Centre



4784 2472
169 Omeo Street, Leura



OPEN : Monday - Friday 7.30am - 6pm

Nurturing
Environment



Natural
Playgrounds



Whole Food
Menu



Online
Parent
Portal



Friendly
Staff

find out more at www.cherryblossomelc.com.au



Cherry Blossom
Early Learning Centre

4784 2472
16a Grose Street Leura

**We Aim To Provide Holistic Care Ensuring
That Families And Their Children Are The
Focus Of Our Centre.**



Cherry Blossom is located on Grose Street behind Leura Mall.
We are open 52 weeks of the year from 7.30am to 6.00pm.

Families may be entitled to Child Care Benefit and can now
choose to get their Child Care Rebate paid directly to the
Centre to reduce childcare fees.

For further information and 2017 enrolments please contact
Shery or Amanda on 02 4784 2472.



Visit our facebook site page **Cherry Blossom Early Learning Centre**

find out more at www.cherryblossomelc.com.au

BUILDING CHILD SAFE COMMUNITIES – NEW FORMS FOR ALL VOLUNTEERS AND CONTRACTORS

'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](#)' or access the form via the Catholic Education Diocese of Parramatta public webpage <http://www.parra.catholic.edu.au>, then click on 'Child Protection Training Forms' (halfway down page on the right hand side).



Then click on '[Volunteer Form](#)' (halfway down page).

You will receive a confirmation email once the form has been submitted. Your details are maintained confidentially in a central database and a copy of your confirmation is emailed to the location where you are volunteering.

- **Contractors** – please click on '[Building Child Safe Communities – Undertaking for Contractors](#)' or access the form via the Catholic Education Diocese of Parramatta public webpage <http://www.parra.catholic.edu.au>, then click on 'Child Protection Training Forms' (halfway down page on the right hand side).



Then click on '[Contractor Form](#)' (bottom of page).

You will receive a confirmation email once the form has been submitted. Your details are maintained confidentially in a central database and a copy of your confirmation is emailed to the location where you are contracting.

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

We thank all volunteers and contractors for their continued support of Catholic Education.

Catalyst for Renewal and Aquinas Academy
Reflection Morning
Restorative Practices - Making Things Right



TOPIC: Families are the first places of learning. Among the myriad skills children acquire, like tying shoe laces, flushing and putting things back, is the capacity to form and repair relationships. This capacity is deeply rooted in our ability to 'learn from our mistakes'. It is the centre point of a process called *Restorative Practices*.

During this session, links will be made to the teachings of Jesus in the Gospels. Notes and question cards will be made available.

PRESENTERS: As parents and grandparents, and teachers and leaders in schools, Liz & Vic O'Callaghan have worked with school communities across Australia and around the world to give adults and children access to their own deeper capacities to learn from the harm that results from wrong doing.

*Find out more about Restorative Practices. Us this link -
https://youtu.be/6_f8EWs4NUs*

WHERE - Santa Maria Hall
254 Great Western Highway, Lawson
(Next to Our Lady of the Nativity Parish Church)

WHEN - Saturday 18th March 2017
9:15 am - 12:15 pm

COST - Donation

Further information:

Carol Teodori - Mob: 0449 172 669

Email: clteodori@mac.com



RAPPORT BASED RELATING CHILD WHISPERING WORKSHOP WITH LEE TREW

The Workshop

Rapport Based Relating is a set of real, powerful tools to ease conflict between you and your kids/students.

This workshop is a great balance of theory and practice to help us embody new skills. We'll use role play to go through real life scenarios of conflict between kids and adults. We freeze frame, rewind and troubleshoot at various points in the action, looking for what is actually going on, what we want to achieve, and how our old patterns are tripping us up.

Using the four core actions and four core questions of RBR, anyone can access a new way of relating with kids, whether it is your own children, your students, nephews and nieces or kids you work with. This workshop is a must for anyone who is frustrated in their work in educational institutions, outdoor education, or is simply feeling overwhelmed or in need of more clarity and support with family life at home.

About Lee

Lee is a psychotherapist and experienced group facilitator, working for many years with teenage rites of passage, men's groups, and mixed group facilitation.

He teaches bushcraft and primitive living skills as a doorway to self-knowledge. Lee is an inspirational speaker, storyteller and spiritual traveller, with a talent for distilling complicated concepts down their essence, making them easy to understand and digest.

Lee developed Rapport Based Relating as an answer to the traditional 'shout and shame' he saw in institutions working with children. His model breaks down the barriers for parents and teachers to have meaningful relationships with kids.

Friday 24 March 2017 6pm to 7.30pm—Saturday 25 & Sunday 26 March 2017 10am to 5pm

Kindlehill School - 8 Lake Street, Wentworth Falls

Friday night talk is open to the public (\$20 entry fee - free for workshop participants)

Workshop cost: \$300

For info and bookings, contact Vicky: vicky@livinghands.com.au - 0427 160 961

The simplest way

...to know the serves you need.

Eat It To Beat It helps families to eat enough serves of fruit and vegetables. We all need a different number of serves per day, depending on age.

**How
many
serves
a day?**

	Veg	Fruit
Adults	5+	2+
Breastfeeding women	7½	2
12-18 (boys)	5½	2
12-18 (girls)	5	2
9-11	5	2
4-8	4½	1½
2-3	2½	1

A serve of fruit = 150g of fresh fruit or one medium or two small pieces, or one cup chopped fruit.

A serve of veg = 75g of veg or ½ cup cooked veg/legumes or ½ medium potato or one cup of salad.

For more information visit www.eatittobeatit.com.au or join us at 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.

Bishop Office

A Lenten Message from Bishop Vincent

My dear people,

Lent is an important season for us Catholics insofar as it reminds us of the need for conversion. We cannot live life to the full if we gloss over the inconvenient truths about ourselves. We cannot grow to full maturity if we ignore the obstacles that prevent us from reaching our potential. Pope Francis always asks people to pray for him because he says he is a sinner. It is characteristic of a true Christian who recognises the darker side of himself and seeks metanoia, a change of heart.

To read Bishop Vincent's Lenten Message in full and watch the video, please visit: <http://catholicoutlook.org/bishop-vincent-longs-lenten-message-2017/>

[Family Lenten Program](#)

The diocesan Life, Marriage & Family Office has produced a Family Lenten Program as a support for families in their faith journey towards Easter. The program is based around the theme of Lead us to Living Water. It is based on the Sunday Gospel reading with reflections, colourful pictures, prayers and activities that the whole family can do together. Copies of this resource are available from your parish and for download at <https://parramf.org.au/lent2017/>

[Position vacant](#)

Junior Graphic Designer: Full-time position based in the Diocesan Office in Parramatta. This entry-level role would suit final year design student or recent graduate. Further details available at: <http://parracatholic.org/employment/> Applications closing soon: careers@parra.catholic.org.au

Catenians' 17th Anniversary Dinner: 23 March

You are invited to meet Bishop Vincent Long OFM Conv at the Catenians' 17th Anniversary Dinner Meeting. Commencing 6.30pm for 7pm at Lachlans Restaurant Old Government House, Parramatta Park. Cost \$50 per person, \$65 per couple. RSVP to Michael Tan tel 0419 279 743, mghtan@tpg.com.au

Retreat for Mature Catholic Women – Food for Mind & Soul: 10-12 March

Feeling on the Fringe of the Church? Retreat led by Andrea Dean. Mount Schoenstatt, 230 Fairlight Rd, Mulgoa. Early bird registration: \$420, includes course, individual sessions, accommodation, linen and all meals. Registration and further details at: www.andreadean.com.au or 0487 388 873.

Lenten Retreat Day for Women: 11 March

The Sisters of the Holy Family of Nazareth invite women aged 18-35 to join them for a day of Lenten reflections and prayers, followed by social gathering. From 9.30am-5pm, lunch and dinner provided. Holy Spirit Convent, 120 Capuchin Way, Plumpton. No cost. RSVP 8 March to Sr Paula tel 0451 965 638, vocationscsfn@gmail.com Visit www.csfn.org.au

[Lenten Reflection Day: 11 March](#)

Seeking God Who Keeps Looking for Us. Lent calls us to renew and deepen our Christian call to the faithful seeking of God. We seek God because God has first sought us. On this day of reflection we will explore biblical passages to discover more about God's desire for us and our response. The format of the day will include input, conversation and quiet reflection. From 10am-3pm at Mount St Benedict Centre, 449D Pennant Hills Rd (entrance off Hull Rd). Facilitator: Catherine McCahill SGS. Cost: \$30 – morning tea provided, BYO lunch. Bookings close 6 March tel (02) 9484 6208, mtstbenedict@goodsams.org.au

St Patrick's Family Festival: 18 March

This festival is organised by the Life, Marriage & Family Office and will be held from 2pm-5pm at St Patrick's Cathedral Precinct, 1 Marist Plc, Parramatta. The Irish themed event will include live entertainment, food, rides for all ages and a historical display about the contribution the Irish have made to our Diocese. The event will also raise awareness about the World Meeting of Families taking place in Dublin next year and raise funds for families to be able to attend. All are welcome! For more information check out: www.parralmf.org.au/St-patricks-day Anyone interested in volunteering to help run stalls, prepare food, assist with crowd management and other duties tel (02) 8838 3441, lmf@parra.catholic.org.au

Formation for Young Adults at Mt Schoenstatt: 19 March

For young adults aged 18-35 – Love of Mary. Love of the Church. Love of the Mission of Christ. Want to know what it means to be human? Want to become an authentic Christian? If Yes, then join us for formation in the Schoenstatt Spirituality. On 3rd Sunday of every month, noon-3pm, please bring a plate to share for lunch. Mount Schoenstatt, 230 Fairlight Rd, Mulgoa. Further details tel 4773 8338.

24 Hours for the Lord - Living Water @ Schoenstatt Shrine: 24-25 March

Come and spend some time with Our Lord and His Mother in the Schoenstatt Shrine during this very special 24 hours. This annual gathering will begin with Holy Mass at 6pm on Friday and finish with Holy Mass at 5pm on Saturday. Reflection and Music every hour for 30 minutes following by silent pray time. Accommodation at the retreat house is available for anyone who might wish to immerse themselves in this 24 hours. Schoenstatt Shrine, 230 Fairlight Rd, Mulgoa. Inquiries & bookings tel (02) 4773 8338 or email manager@schoenstatt.org.au

For more events please go to: <http://parracatholic.org/events/>

Catholic Education Office

"Lead us to Living Water" Family Lenten Resource

The diocesan Life, Marriage & Family Office, has designed a resource for families within our diocese for use during Lent in preparation for Easter with mid to upper primary students in mind. A hard copy booklet will be provided for each student in Year 3 and the attached pro forma letter has been prepared for your use (*optional*) to send out with the booklet as an introduction to the parents in your school community.