

# NEWSLETTER



31st July 2017 Term 3 Week 3

## 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

In the OLN Lawson Parish bulletin the reflection on the Gospel reading (Matthew 13: 44-52) the following was written:  
Finding a treasure: A treasure is not something we earn but something we find. We can spend a lot of our lives wishing and hoping that some treasure will come our way. We can forget that we already possess a wonderful treasure in our loved ones and in the gift of life itself. And the greatest treasure of all is the kingdom of heaven which Jesus freely offers to us. May we have the wisdom to seek our treasure in God, and not in the glittering goods of a passing world". Isn't that just so true. It can easily happen that we focus too much on the things around us when actually the best things around us are the people and our relationships. I remember seeing movies that have some very wealthy people as the loneliest people because they didn't have any true positive relationships. Whereas, those with very little were the happiest because the people around them were their true friends.

At St Canice's we work to build relationships as well as academic excellence.

This Friday night a large number of Stage 3 students will be sleeping over at the school to raise money for St Vincent de Paul. As a group we will pray together as well as play games that could be called old fashioned. You know the games that require people to talk, laugh and interact with each other. We will build those special relationships with each other. The treasure the students and staff will find will be within each other. It is a great opportunity for everyone involved.

Mr Mark Geerligs  
Principal

*St Mary of the Cross MacKillop Parish*

Presbytery Contact Ph: 02 4782 2804

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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

## Other News from the Principal

### Japanese Students

Today our 10 Japanese students are here at St Canice's. They will be with us until the end of the week. Thank you to the 5 families who are the host families for the week.

### Farewell Father Ted

On Thursday the school community said thank you and farewell to Father Ted. He will be leaving the presbytery this week. A Parish Administrator will be here until February as the Diocese is organising a new Parish Priest for 2018.

Fr Eugene Zondie will be in Katoomba very soon.



Mr Lendvai made a special return to help St Canices farewell Father Ted.

### Voice of Youth

In preparation for The Voice of Youth, Year 6 children will be making their speeches at 11:15am on Friday 11th August.



### Winter is here

A reminder that the weather is cold and it is important that all children wear full school uniform. As part of the uniform a school hat or school beanie are required when outdoors. A large number of students are not bringing their hat to school. Please ensure that your child has the appropriate school wear.



### Reminder

Many parents clearly label their child's name on the school uniforms. Unfortunately these still go missing. Please check that your child has not accidentally taken the wrong jumper/ jacket/ hat home.

### Reducing our Rubbish

The school is looking towards reducing the amount of rubbish it produces. One idea is to pack food in reusable containers for your child. These containers need to be clearly labelled. We will continue to look at ways of reducing our rubbish footprint here at the school.



### Milo T20 Blast School Cup

St Canices Stage 2 and Stage 3 students have been invited to participate in the Cricket NSW Milo T20 Blast School Cup on Monday 14th of August. Permission notes must be returned to the Office by Monday 7th August.



### School Disco

St Canices School Winter Disco will be held on Friday 25th of August 6pm—7:30pm in the Hall. Orders for the pre-sale combo deal are to be returned to School by Friday 18th of August. If you have not received the order form, please let the office know.

### Donations for Fathers Day Stall

Sr Colleen is collecting gift donations for the upcoming Fathers Day Stall.

A donation from each family would be appreciated. Some suggestions for donations include socks, pens, hankies, small lollies.



### Preschool Storytelling

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



## Stage 2 Dream Designs

Congratulations to Stage 2 for their wonderful presentation to the Katoomba RSL President Mr Brian Turner and CE Mr Nicholas Darius. Each student presented his or her dream of what the new RSL should include. Mr Turner said that he would present these ideas to the architect.



## Pyjama Day

This Friday 4th of August everyone is encouraged to wear pyjamas to School, to help support the St Vincent de Paul Winter Appeal. Please bring along a gold coin donation to help raise funds.



## School Banking

Don't forget School Banking Day is **Tuesday**.

Please hand in your Dollarmites deposit wallet to your Teacher for collection.



## School Uniform

School uniform can no longer be purchased through the office. School uniforms are to be purchased online at Abel Schoolwear. Orders can be made through [abelschoolwear@bigpond.com.au](mailto:abelschoolwear@bigpond.com.au) and will be delivered to your home address.

## Nepean Zone Athletics Carnival

For those children participating at the Zone

Athletics Carnival on Thursday 10th August, please ensure that completed forms, including the Diocese of Paramatta Code of Conduct have been returned to the office



## Grandparents and Book Parade Day

Everyone is invited to dress up as their favourite character for this years Book Week celebrations Tuesday 22nd August

There is also an opportunity to purchase or donate books to our School Library.

If any Grandparents wish to read a story to a small group of children, please return the slip sent home.

School Book Fair: 8:30am—3:30pm

(School Library—cash only)

Story telling: 12pm—1pm

Barbecue Lunch: 1:10pm—1:50pm

Book Parade: 2pm

Grandparents Celebration & Special Performance

Afternoon Pack up: 2:30pm—2:50pm.



HAPPY GRANDPARENT'S DAY!



## Free Family Event

A program of spiritual enrichment for families on the theme of the World Meeting of Families 2018.

Sunday 27th August 1pm—3:15pm. Mass available

11am BYO Picnic lunch. Mt Schoenstatt family hall—230 Fairlight road, Mulgoa.

Register: 8838 3460 or [imf@parra.catholic.org.au](mailto:imf@parra.catholic.org.au)





# School Calendar

## August

### Week 3

<b>Tuesday</b>	1st	Student Banking Craft with Sr Colleen Preschool Storytelling	8.45am 9am
<b>Wednesday</b>	2nd	Ukulele Basketball Gala Day	1.20pm
<b>Thursday</b>	3rd	Music and Italian	
<b>Friday</b>	4th	Pyjama Day My School Lunch Box Prayer Assembly Mass S2M String Ensemble Minni Vinnies Winter Sleep out	8.50am 12noon 3pm 6pm—
<b>Sat</b>	5th	Mini Vinnies Winter Sleep out Pick Up	8am

### Week 4

<b>Monday</b>	7th	My School Lunch Box	
<b>Tuesday</b>	8th	Student Banking Craft with Sr Colleen Preschool Storytelling	8.45am 9am
<b>Wednesday</b>	9th	Choir	1.20pm
<b>Thursday</b>	10th	Music and Italian	
<b>Friday</b>	11th	My School Lunch Box Prayer Assembly S2B Mass S2B String Ensemble Voice of Youth	

## Our School Bell Times

8.40am School Begins

10.40 Recess

1.10 Lunch

2.50 End of Day

## 2017 Fees

Billing Date	Due Date
20th July	21st August

### Absentee Letters

Due to a directive from the Catholic Education Department of Parramatta Absentee Letters will be sent home on Thursday's for all students who have an "Unexplained Absence". All absences must have an explanation. If you receive one of these letters please complete and return to school as soon as possible. To assist administration time please send in notes, skoolbag notifications or phone the Office when your child is absent.

### Change of Home or Emergency Contact Details

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

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

### 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.

Subscribe to the Parent Calendar and Newsletter  
[www.stcaniceskatoomba.catholic.edu.au](http://www.stcaniceskatoomba.catholic.edu.au)  
 Select "Current Community" click on Newsletter

# The simplest way

...to swap out sugary lunch box snacks.

Did you know that out of more than 260 kids' packaged snacks available on the market only three scored a top rating of five health stars?\*



With plugs like 'real fruit,' and 'no artificial colours or flavours' you could unknowingly be serving six or more teaspoons of sugar in one lunch box snack.

Swap the lunch box sugar with some of these healthy snacks that are tasty and easy to make:

- Veggie sticks with hummus or avocado dip.
- Homemade muesli bars and muffins.
- Plain popcorn, nuts or roasted chickpeas.
- Plain rice crackers.
- Baked pita bread with roast veg dip.
- Stewed apple with cinnamon and sultanas.

\*M. Herron. 2016. Kids' lunchbox snacks. CHOICE [ONLINE].

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.



Health  
Nepean Blue Mountains  
Local Health District



# The simplest way

...to help prevent bowel cancer.

The month of June is Bowel Cancer Awareness Month, an annual initiative of Bowel Cancer Australia to raise public awareness of the disease that claims the lives of 80 Australians every week.

Boosting the amount of fruit and veg the family eats is one way you can help reduce your risk. You should aim for at least five serves of veg and two serves of fruit every day.

Quick and easy tips include adding fruit or veg to your breakfast, swapping a muesli bar for a piece of fruit, mixing fruit or veg into your baking or adding mixed veggies to your favourite family dinner.

For more ideas and inspiration visit: [eatittobeatit.com.au](http://eatittobeatit.com.au)



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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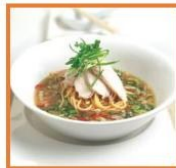
# The simplest way

...to warm a winter night with Asian Noodle Soup.

Serves: 4 | Prep time: 10 mins | Cooking time: 5 mins

## Ingredients

- 4 cups salt reduced chicken stock
- ¼ Chinese cabbage, finely sliced
- 2 tbs coriander, chopped
- 1 bunch bok choy, shredded
- 1 tsp ginger, finely chopped
- 2 tbs reduced-salt soy sauce
- 1 tbs fish sauce
- 1 small red chilli, finely sliced (optional)
- 125g Hokkien egg noodles, cooked
- 1 cup skinless chicken, cooked and shredded
- 1 cup mung bean sprouts
- 1 spring onion, sliced



## Method

Bring stock and cabbage to the boil in a large pot. Simmer over gentle heat for 5 minutes or until tender. Add chilli, coriander, bok choy, ginger and sauces. Divide hot noodles and chicken between 4 deep serving bowls. Ladle soup mixture over noodles, add bean sprouts and garnish with spring onion.

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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Health  
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# The simplest way

...to eat all the colours of a rainbow.

If you have fussy eaters in your family, try these presentation tips to get them eating and enjoying more fruit and veg.



Offering a range of fruit and veg in different colours will help make meals more attractive and provide a variety of nutrients.

Kids will get excited about eating a rainbow and can even help arrange the colours on their plate.

Other simple presentation strategies include:

- Chop fruit and veg into smaller pieces.
- Offer raw sticks of carrot, capsicum, celery or cucumber with dip.
- Give small portions.
- Add fruit at brekky.
- Add salad veg to a sandwich or wrap.

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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# **St Canice's School Winter Disco!**

**When: Friday 25<sup>th</sup> August.**

**Combo-deal orders due  
18<sup>th</sup> of August.**





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