



Term 3 Week 10
Wednesday 25th September 2019
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DIARY DATES

TERM 3 2019

Friday **Stage 3 Touch Footy Gala Day**
27th Sept

Friday **Term 3 Concludes**
27th Sept

TERM 4 2019

Monday **Term 4 Commences**
14th October **Students to wear full summer uniform**

Tuesday **English Learning Walk**
15th October **9:00–10:00am**

Wednesday **League Tag Gala Day**
16th October **Year 6**

Monday **Kinder 2020 Parent Information Evening**
21st October

Tuesday **Kinder 2020 Transition 1**
22nd October **9:00–10:30am**

Wednesday **Year 6 Excursion**
23rd October **Mary MacKillop**

Friday **World Teachers Day**
25th October

Tuesday **Kinder 2020 Transition 2**
29th October **9:00–10:30am**

Monday **Sharing Our Learning**
4th November **Assembly–Stage 2**

Tuesday **Kinder 2020 Transition 3**
5th November **9:00–10:30am**

PRINCIPAL'S MESSAGE...

Dear Parents and Caregivers,

As we come to the end of a fantastic term let's give thanks to our Lord and our Lady for their blessings and guidance throughout the term. In our prayers let us pray for each other, the members of our families, our school community and parish as we move into the month of October, a month devoted to our Lady and the Rosary. During the holiday let's take some time together with our children and pray the Rosary, offering it up for some special intention that is close to our hearts and lives.

I extend my thanks to our dedicated staff for all their work this term. We have enjoyed a fantastic Book Week, a visit from Leigh Hobbs, participated in a Guinness World Record attempt, experienced success in sport and public speaking competitions as well as welcoming grandparents, fathers and visitors for a number of events across the term. Thank you to the students who have worked hard and achieved great successes in their learning and to you, the parents for your ongoing support for all that we do here at St Mary's.

With the holidays almost upon us it is time for the next Principal's Holiday Challenge. All our students are invited to write and send a postcard to school. It can be a postcard from anywhere you visit during the holidays – or if you don't go away, your child can design their own postcard and send or bring it to school on the first day of term. Your child can write about their holiday, places visited, share some new fact learnt or even write a poem. Their writing can be about anything they choose. All postcards received go into a lucky prize draw! Have some fun writing these holidays and send a postcard to school.

Have a fantastic and safe break these holidays.

Wishing you every blessing for the week ahead.

Rosemarie Gosper
ACTING PRINCIPAL



IMPORTANT LINDA'S LUNCHES INFORMATION

Just a reminder that there will be **NO Linda's Lunches in Week 10 of Term 3, Week 1 of Term 4 or Monday of Week 2 Term 4.** Normal operation will recommence Thursday 24th October. Sorry for any inconvenience.

PRINCIPAL AWARDS
TERM 3—Week 9



- KE Hwi S & Grace K
- KS Arianna A & Marcus R
- 1C Matilda C & Aurelia R
- 1R Priscila M & Jerome S
- 2A Zi Kei A & Nicholas K
- 2M Renae A & Maxwell N
- 3G Finn N & Sienna C
- 3M Paige H & Isla M
- 4E Charlotte L & Rachel G
- 4J Ryder A & Sebastian J
- 5L Serena K
- 5V Cooper K & Ruby N
- 6E Jacob C & Gianluca A
- 6KB Joseph L & Casey K

CARE AWARDS
TERM 3—Week 9



- KE Alice L & Sophia M
- KS Harrison W & Julie L
- 1C Gabriella L & Amanda B
- 1R Harry G & Alexia J
- 2A Xavier C & Maisie T
- 2M Grace B & Imogen S
- 3G Olivia-Rose B & Sara S
- 3M Selina L & Caleb F
- 4E Audrey T & Hayden G
- 4J Alyssa T & Sam M
- 5L Sami B & Dominic J
- 5V Tadhg O & Monique G
- 6E MinHo K & David K
- 6KB Indiana L & Cooper S

BIRTHDAY CELEBRATIONS



- September 25 Harry G
- September 26 Robert F
Carey K
- September 27 Jessica A
- September 28 Christina L
- September 29 Arianna A
- October 2 Paige H
- October 3 Nivaan S
- October 5 Doreen D
- October 6 Phillip S
Daniel L
- October 7 Nicholas F
- October 8 Leah K
- October 10 Maximus G
Xavier C
- October 11 Angelina B
- October 13 Theo M
Grace H
- October 14 Isabella C
Isabella C
- October 15 Zia K
- October 16 Cooper S
Liam S
Paige B
Ruby N
Stella N
- October 17 Olivia W
Gabriella L
Alexander J
- October 18 Paris S
Qiuchi Z
Alessandro B
- October 20 Johan X
Amandi De S
Isla B
- October 21 Joshua W
Samuel C
Jemma L
Daashan W

We would like to wish all of these children a very happy birthday!!

CARE CARD TALLY

Congratulations to 1C and 4E for winning this term's CARE Card tally. Well done!

FROM MRS GOSPER...

STAFFING UPDATE

As you know Miss Boidin has been the Religious Education Coordinator (REC) at St Mary's for a number of years. This year she was seconded to St Monica's School, North Parramatta as Assistant Principal. Last week Miss Boidin shared the exciting news that she has accepted an REC position at Our Lady of Lourdes Primary School, Baulkham Hills South commencing in 2020. I am sure you will join me in congratulating Miss Boidin on this new position. There will be an opportunity later in the year when we will be able to thank Miss Boidin for her wonderful contribution to St Mary's. A recruitment process for a new REC by Catholic Education Diocese of Parramatta has already begun. We will keep you informed.

BEST WISHES TO YEAR 12 STUDENTS

We send our best wishes and prayers to those students about to finish Year 12 and commence their HSC exams. Our Year 5 and 6 students created a unique bookmark for each Year 12 student at St Patrick's Marist College, Dundas and we delivered them last week. This was just one small way to show the wider community that we are thinking about them at this time.

KINDERGARTEN 2020 PARENT INFORMATION NIGHT

Our 2020 Kindergarten Parent Information evening will be held on Monday 21st October commencing at 7:00pm in the school library. All parents of kindergarten children enrolled for 2020 are asked to attend.

UNIFORM REMINDERS

Please be reminded that all students are to return next term in full summer uniform. Take the time during the holidays to ensure that all your children's clothing is clearly labelled. If you are buying new sport shoes please purchase predominantly white sports shoes with white laces, not high tops.

HAIR POLICY

We have noticed that the current fashion for boys of having a very close hair cut on one side of the head is becoming quite popular again. This is **NOT** a normal school boy's haircut and is to be avoided. No shavings, steps, undercuts, lines or patterns are to be cut into the hair. No hair gel, hair colouring or streaks are permitted. Girls are to wear their hair tied back in a pony tail or plait. Thank you for your support of this policy.

JEWELLERY

Children are allowed to wear a watch. No jewellery is to be worn, with the exception of one pair of gold or silver sleepers or small plain gold or silver studs for girls, 1 signet ring for girls. No other jewellery is permitted.

PARENT LEARNING WALK

We will be hosting our second Parent Learning Walk on Tuesday 15th October from 9:00am to 10:00am. The focus will be on the Key Learning Area of English and will enable parents to view Literacy in action. A separate note was sent home on Tuesday. If you would like to attend, return the RSVP on the note. It was previously advertised that the next walk would focus on Mathematics. The Maths Parent Walk will now take place on the 19th November.

The simplest way

... to get enough calcium.

The biggest opportunity to build strong bones is in childhood, when children are still growing.

This is why it is extremely important that children eat enough calcium rich foods such as milk or calcium fortified dairy alternatives (e.g. soy milk), cheese and yoghurt. Visit the dairy section of our [lunch box builder](#) to see how many dairy serves your child needs and to get calcium rich lunch box ideas.



Visit healthylunchbox.com.au and try these calcium rich recipes:

- [Minty yoghurt dip](#)
- [Berrylicious smoothie](#)
- [Turkish, avocado, ricotta & tomatoes](#)
- [Easy Pizza](#)

healthylunchbox.com.au

The simplest way

... to apply sunscreen correctly.

Sunscreen protects against the damaging effects of the sun by reducing the amount of ultraviolet (UV) rays that reach the skin.



Make sunscreen a habit:

- Use SPF 30 or higher, broad spectrum water-resistant sunscreen
- Apply 20 minutes before going outside
- Re-apply every 2 hours (or after any activity that may remove it)

Sunscreen does not block UV radiation and no sunscreen provides 100% protection. Remember to use SunSmart hats, clothing, sunglasses and seek out shade.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

The simplest way

... to make no bake cookies

Prep time: 10 mins
Cooking time: 0 mins
Makes: 12

Ingredients

1 cup pitted dates
½ cup raisins
1 cup quick oats
½ cup shredded coconut & ½ cup for rolling
½ cup sunflower seeds



Method

Place the dates, raisins, oats and ½ cup coconut into a food processor. Process until mixture lifts away from the edges of the bowl. Remove from the processor and mix through the sunflower seeds. Roll into a log and slice into 12 even pieces. Shape into cookies and roll in the remaining coconut.

For more recipes and ideas visit our [website](#).

healthylunchbox.com.au

The simplest way

... to use spring vegetables.

Fruit and vegetables are tastiest and cheapest when they are in season.



During Spring, mandarins, pineapples, berries, asparagus, cucumber, green beans, zucchini, mushrooms and peas are all in season.

Here are some fruit and veg filled, spring ideas:

- [Green frittata](#)
- [Fattoush salad](#)
- [Moroccan lentil salad](#)
- [Tofu Korma](#)
- [Zucchini and turmeric salmon patties](#)
- [Healthy banana split pots](#)
- [Yoghurt rice pudding](#)
- [Frozen fruit puree](#)

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