



# By The Way



**MASS TIMES: Saturday Vigil 6.00pm, Sunday 8.00am and 9.30am. All welcome!**

27<sup>th</sup> September 2018

## DIARY DATES

Friday 28 September

**PUPIL FREE DAY**

Monday 15 October

First day of Term 4

Wed-Fri 24-26 October

Year 5 Camp

Saturday 27 October

Trivia Night

Wednesday 31 October

Kinder 2019

Orientation & Parent

Meeting,

8.45 – 10.45am

Thursday 1 November

All Saints Day

Friday 2 November

All Souls Day

Monday 26 November

Swimming Program

Begins

Monday 3 December

Christmas Carol Night

Wed 5 December

Primary Swimming

Carnival

Wed 12 December

Year 6 Graduation

Mass

Thursday 13 December

Thank You Afternoon

Tea

Friday 14 December

9am Awards

Ceremony

7pm Year 6 Social

Monday 17 December

End of Year Mass

Wed 19 December

Last day for students

Thursday 31 January

First day of school for

Years 1-6

Friday 1 February

Kinder begin, half day

Dear Parents, Carers, Students & Friends,

Thank you to the many, many grandparents who visited us today for Grandparents' Day. This event seems to be getting bigger and bigger each year! It was a beautiful Mass, followed by morning tea and a snapshot of creativity presented by our students. Grandparents also had opportunities to celebrate the learning that is going on in each grade. This was followed by a BBQ organised by our Year 6 parents and a wonderful book fair to stock up before the holidays. Thank you also to the many parent helpers and for the dedicated staff who prepared the children for the day and work alongside each and every one of them daily.

We give thanks to all of our grandparents for the love and care they show our children. Grandparents have the experience and knowledge that comes from surviving a great many years of life's battles. They have the wisdom to know when to share this experience and knowledge with their grandchildren.

As grandparents are free to love, guide and befriend children without having to take daily responsibility for them, they can often reach out beyond pride and fear of failure and close the gap between generations. Besides being the keepers of family traditions and history, grandparents provide grandchildren with examples of hard work and family loyalty.

Grandparents' stories contribute to family identity by sharing knowledge about relatives, important events, family traditions, the grandparent's childhood and the childhood of the grandchild's parent. As these stories are passed on, the grandchild can gain a positive image of their place within the family and a positive image of ageing.

When one becomes a parent, they automatically give their parents a new position in life, that of being grandparents. At the same time, they give their child the added security of belonging to an extended family. The relationship between grandchild and grandparent can be very life-enhancing: a grandchild can bring love, energy, optimism, laughter, youthfulness and sometimes purpose to the life of their grandparent. At the same time, a grandparent can provide maturity, knowledge, stability, a wise ear and unconditional love to a grandchild.

Nowadays, being a grandparent might not be as simple as you would like. However, whether you are a grandparent, step-grandparent or even a grandparent raising a grandchild, you are an important person in your grandchild's life.

*God, our heavenly Father, we ask your blessings on our grandparents.*

*They are valued links between the past and the present.*

*They are treasured gifts and strong models.*

*May they be anchors that provide stability and a sense of identity for us.*

*May their wisdom guide us.*

*May their lived example challenge us.*

*May their witness to their faith strengthen us.*

*May they always be surrounded by the love, respect and support of their families.*

*Lord, bless and empower our grandparents.*

*Keep them in your love.*

*Give them your joy and peace each day, so that they may forever follow your son Jesus.*

*Amen*

## Newsletter of Our Lady of the Way Catholic Primary School, Emu Plains

17 Troy Street, Emu Plains 2750 Phone: 4777 7200, Email: [OLOW@parra.catholic.edu.au](mailto:OLOW@parra.catholic.edu.au), Web: [www.olowemuplains.catholic.edu.au/](http://www.olowemuplains.catholic.edu.au/)

**"To act justly, To love tenderly and To walk humbly with our God"**

We again come to the end of another term and what a busy term we have shared together! So many events, liturgies, sacramental opportunities, prayer reflections, educational experiences and creative performances have occurred this term that it is no surprise that schools are really becoming the hub of our communities. Thank you to all our parents for their continued support. Without you journeying with your child through their educational and spiritual life we would not have achieved the many exciting experiences along the way.

Teaching children is a very challenging profession. It takes constant dedication, knowledge and passion to do what happens every day. The teaching staff at OLOW is one of the most committed groups I have had the privilege to work along-side. We don't always get things right. However, we always strive to do what we can to improve the learning outcomes for all the children in our care. A lot of the role happens behind the scenes and I wish to thank our staff not only for what they do for your children, but also how they go about the day to day of living in this community of faith and hope.

We are truly blessed to work with the best children in the world. Our children need to be congratulated for all their hard work, for never giving up on the learning they are constantly challenged with and always looking out and caring for each other.

God bless and safe holidays,

*Miss Emma Mizzi*  
Acting Principal

## OUR LADY OF THE WAY MISSION STATEMENT

***Our Lady of the Way is a Catholic community in which children, teachers and parents nurture a sense of personal worth as they work together in a safe, happy, challenging and faith-centred learning environment.***

### CONGRATULATIONS TO OUR AWARD RECIPIENTS FOR TERM 3 WEEKS 8 & 9



Lorcan Byrne, Annalise Henderson, Jackson Gabriel, Luke Wilding, Rowan Astridge, Koby-Lee Edwards, Trinity Callaghan, Jye Walsh, Krystal Trigg, Jack Sikic, Bailey Stonehouse, Jacinta Roser, Jayden Munce, Aiden Cremen, Cooper Sulic, Zac Levy, Abigail Andrews, Jayden Miles, Keira Blazek, Blade Funnell, Tyler Clifford, Oscar King, Henry Hurst, Miley Sibbald-Kelly, Ruby Coghlan, George Bouletos, Hamish Gauke, Kristian Kohler, Hugo So, Jahkalian Pendreigh, Iven So, Daniel Partlett, Nikayla Pusko, Addison Riley, Drae Funnell, Charlotte Ahern, Alexander Hayward, Lucia Hooke, Cooper Bahlmann, Carter Jones, Leilahni Isaia, Sophie Jones, Taylor Latham, Cara Smith, Phoebe Krusic, Dieter Erdmann, Jude Godfey and Sandra Elias.

## Confirmation 2018:

Congratulations to the following children who celebrated the Sacrament of Confirmation during a beautiful ceremony on September 20. Congratulations must be extended to families who helped to prepare the children for the sacred moment and to the Parish team for all their hard work and organisation.



Daisy Andersen  
Kiera Blazek  
Isabella Bradley-Labra  
Holly Clark  
Taylah Cowley  
Tanner Crook  
Finbar Cullen  
Lewis Edwards  
Ava Eekman  
Mason Eekman  
Grace Foster

Cooper Hartstonge  
Lucienne Heffernan  
Sophie Jones  
Ella Keigan  
Mia Kuster  
Taylor Latham  
Lincoln Mayer  
Adrienne Moffitt-Bourke  
Isabelle Moran  
Kees Muller  
Noah Pascoe

Breha Pearson  
Harrison Phillips  
Archie Prendergast  
Hakopa Raukawa  
Isabelle Roots  
Cara Smith  
Scarlett Storr  
Ariella Stroud  
Benjamin Tabor  
Samuel Thompson



## Carole Day

Religious Education Coordinator

*save the date*

On Friday 2nd November, we will bless and farewell Mrs Veling and wish her well as she continues her work with the St Michael's Blacktown South community.

The family and friends are invited to join the school at 12pm for mass in the OLOW church.

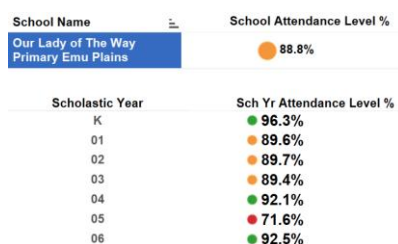
Following mass, parents and friends are invited to join Mrs Veling for afternoon tea in the Parish Hall.

Further information early next term.



## ATTENDANCE - EVERY LEARNER - EVERY DAY

At *Our Lady of the Way*, we continue to promote positive student attendance. Thank you to our parents for the support and value that you place on your child being at school each day. Regular school attendance plays a **critical role** in ensuring that every student has access to the same learning opportunities. When students are not at school, are late to school or leave school early, they are missing out on so much that can impact on their future learning.



Our school average this week is **88.8%** which is **just below** the CEDP target of 90%. ***Congratulations to Kindergarten, Year 4 and Year 6 who continue to display excellent attendance.*** We love seeing all our students at school!

**Absence Explanation Note:** If your child is away from school, a note explaining their absence is required within 7 days of returning to school. If no note is received the absence is recorded as 'unexplained'. *Parents can use the Skoolbag*

*app to email an absence note to school.*

**Partial Absences (PA)** are recorded for each child every time they are late to school or leave early from school. **Partial Absence** from school does add up to time away from learning, settling into routines of the day or saying goodbye at the end of the day. It is important that all children are at school by 8:45am when our school day starts. A **Partial Absence** is recorded from this time and an explanation is required by parents or a carer to be signed in through the Office.

### LEAVING OLOW AT THE END OF 2018?

A reminder to families that a term's notice (10 school weeks) in writing **MUST** be given to the principal before the removal of a student or a full term's fees will be payable. The notice can be given any time during the term for the next term and where appropriate notice has been received, a pro-rata credit will be calculated. Where a term's notice has not been given to the principal, the term's school fees will be charged for your children. This is a Diocesan Policy.

## *OLOW TRIVIA NIGHT - SAVE THE DATE*



*Dear Parents and Carers,  
The P&F would like to invite you and your friends to our **2018 Trivia night**  
Date - Saturday 27<sup>th</sup> October  
Theme - Movies & TV Shows  
Come and enjoy an evening of fun and laughter.*

### Transition to Summer Uniform

Students are now invited to wear either their **FULL** Summer **OR** Winter uniform to school. Students should not be wearing parts of either uniform. Please refer to the uniform requirements below. The transition period will be until the end of the term. **From Term 4, all students should be in full Summer uniform.**

Girls Summer Uniform	Boys Summer Uniform
<ul style="list-style-type: none"> <li>Green and white check dress</li> <li>Bottle green jumper, zip jacket or school sloppy joe with school emblem</li> <li>Black leather school shoes (no back joggers)</li> <li>Plain white ankle socks (not sport ankle socks)</li> <li>Bottle green school hat with emblem</li> <li>Green, white or gold hair ties</li> </ul>	<ul style="list-style-type: none"> <li>Grey 'blocker school style shorts (cargo style or corduroy are not permitted) &amp; mint short sleeve shirt with school logo</li> <li>Bottle green jumper, zip jacket or school sloppy joe with school emblem</li> <li>Black leather school shoes (no back joggers)</li> <li>Grey socks (not sport ankle socks)</li> <li>Bottle green school hat with emblem</li> </ul>

## NSWCPS MacKillop Track & Field Championships

Congratulations to the following students who were members of the 2018 Parramatta Diocesan Athletics Team and competed at the NSWCPS MacKillop Track & Field Championships on Monday 24th September at Sydney Olympic Park, Athletics Centre, Homebush.

**Boys Relay team** - Jacob Bennett, Declan Casey, William Pearson and Dominic Vella

**Girls Relay team** - Holly Clarke, Milaya Cleary, Jade Elford and Sienna Gahagan

Declan Casey - 100m

Jade Elford - 100m, 200m, Long Jump

Sienna Gahagan - 100m, Long Jump

Edward Lennon - 100m, 200m, Shot Put, Discus

William Pearson - 100m

Max Selby - 100m, Long Jump



We are all very proud of you and your achievements. You should be all proud of how far you have come and the personal bests that you have achieved. Congratulations to the Girls Relay Team who have made it to new next stage - *State Championships*.





# Stage Three Touch Football Gala Day

We had a fantastic day at the Stage Three Touch Football Gala Day! All our students should be very proud of the amazing sportsmanship they displayed and their outstanding team work. We were congratulated on how well we encouraged not only our own school teams but how we encouraged other school teams. The day would not have been able to happen without our parent helpers. A special mention to the coaches and managers on the day - Mrs King, Mr Vella, Sean, Mrs Eekman and Mrs Clark. Thank you to all our supporters who came on the day, especially Tim and Bonnie from COSHC. Congratulations to the Boys Green team, Girls team and the mixed team who won overall for their pool.



### THE RECYCLABLES COLLECTION ZONE AT OLOW IS OPEN.



*Our Lady of the Way School* has joined forces with the Return & Earn Container Collection at Blacktown and has been asked to participate in the 'Scrap for Schools' Program.

This means the school is a drop off and pick up point for recyclables. The school has an account with the Blacktown collection point and all funds generated from recyclables collected from our school or dropped off by families at their facilities, will be paid into our account.

If the bottle/carton has 10c refund written on the label, please deposit it in our white bags. So far (in one term) we have filled to the brim 4 large white bags. Only 6 bags to go before we can exchange them for money!

### PLEASE DOWNLOAD THE SKOOLBAG APP

Skoolbag is a free app that can be downloaded to your phone, iPad and computer as a form of communication with the school. Skoolbag IS NOT a social media app. It is available from iTunes and Google. Just search for OLOW Emu Plains and you will see our school crest. All school notes, notices and newsletters are updated onto this site and you will receive an alert when something is uploaded or there is an important or urgent announcement.

### SCHOOL FEES

*Thank you to the families who have finalised their school fees for 2018. These fees were due Wednesday 29 August 2018.*



*Please be advised that unless alternative arrangements have been made with the Principal or myself, fees are payable in accordance with the Diocesan School Fees Policy which states "all fees are due and payable within 30 days of the date the school account statement is issued."*

*If you are having difficulties with the payment of your school fees, I encourage you to contact me on 4777 7200 or [olow-emupfees@parra.catholic.edu.au](mailto:olow-emupfees@parra.catholic.edu.au) to discuss payment options. The Catholic Education Office is committed to supporting families experiencing genuine financial hardship. Please be assured of complete confidentiality when discussing financial issues.*

*The school fee collection process has commenced on overdue accounts that have not been addressed as above.*

**Pascale Vion**

Senior Finance Officer

## CANTEEN NEWS

### Changes to the School Canteen Menu

*From Monday 22<sup>nd</sup> October (Term 4, Week 2), the canteen will have a new menu that has lots of new healthy items. The canteen is phasing out the less healthy items and replacing them with fresh, natural ingredients that will be made from scratch on the premises.*

*Although the new Healthy Canteen guidelines do not commence until 2020, as a community, we want to be the first in the region to make the changes. There are lots of amazing new foods that the kids will love.*

*"Healthy Canteens whole philosophy is to provide your children with healthy alternatives. Brenda, our canteen lady, has built up a great relationship with the community and all of the students, and it's time to phase the non-healthy alternatives out of the canteen for good. Each day, the kids are so eager to try the fresh cooked food, and the sales of our healthy counter items have significantly increased, so now is the time to make the change. Healthy Canteens is only going to get better as we truly want what is best for our students". Graham*





# healthy canteens menu



HEALTHY SCHOOL CANTEENS FOOD CODING E - EVERYDAY O - OCCASIONAL



## SANDWICHES

VEGETE MITE £	\$ 2.00
STRAWBERRY JAM £	\$ 2.00
HONEY £	\$ 2.00
CHEESE £	\$ 2.00
HAM £	\$ 2.50
EGG MAYONNAISE £	\$ 3.00
EGG & LETTUCE MAYONNAISE £	\$ 3.00
HAM & CHEESE £	\$ 3.00
SALAD £	\$ 3.00
CHICKEN £	\$ 3.20
TUNA £	\$ 3.20
HAM & SALAD £	\$ 3.30
HAM, CHEESE & TOMATO £	\$ 3.30
CHICKEN & CHEESE £	\$ 3.50
CHICKEN, LETTUCE & MAYO £	\$ 3.50
HAM, CHEESE & SALAD £	\$ 3.50
CHICKEN, CHEESE & TOMATO £	\$ 3.50
CHICKEN & SALAD £	\$ 3.80
TUNA & SALAD £	\$ 3.80
GLUTEN FREE BREAD £	\$ 1.00

Choose From : White, Wholemeal, Gluten Free



## WRAPS

CHEESE ROCKET MELTED CHEESE £	\$ 2.00
CHICKEN PIZZA ROCKET CHEESE, SAUCE £	\$ 3.00
HAM PIZZA ROCKET CHEESE, SAUCE £	\$ 3.00
SALAD £	\$ 4.00
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT	
CAESAR LETTUCE, BACON, EGG, CHEESE £	\$ 4.00
HAM & SALAD £	\$ 4.30
HAM, CHEESE & SALAD £	\$ 4.50
CHICKEN, LETTUCE & MAYO £	\$ 4.50
SWEET CHILLI CHICKEN O	\$ 4.80
SWEET CHILLI CHICKEN TENDERS, LETTUCE, MAYO	
CHICKEN SALAD £	\$ 4.80
CHICKEN CAESAR SALAD £	\$ 5.20

## RICE PAPER ROLLS

CHICKEN LETTUCE, CARROT, CUCUMBER £	\$ 4.00
VEGETARIAN ASSORTED FRESH SEASONAL VEGES £	\$ 4.00
SWEET CHILLI O	\$ 4.00
CHICKEN TENDERS, LETTUCE, CARROT, CUCUMBER	

Vietnamese Rice Paper Rolls have 2 Per Serve



## SALAD BOWLS

	REG	LGE
GARDEN £	\$ 3.00	\$ 4.00
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT		
CAESAR £	\$ 3.00	\$ 4.20
LETTUCE, BACON, EGG, CHEESE, CROUTONS		
SWEET CHILLI CHICKEN O	\$ 3.00	\$ 5.00
LETTUCE, TOMATO, SWEET CHILLI MAYO		
HAM & GARDEN SALAD £	\$ 3.00	\$ 5.00
CHICKEN & GARDEN SALAD £	\$ 3.00	\$ 5.00
TUNA & GARDEN SALAD £	\$ 3.00	\$ 5.00
CHICKEN CAESAR £	\$ 3.00	\$ 5.20
CHICKEN, LETTUCE, BACON, EGG, CHEESE, CROUTONS		

## EXTRAS

CHEESE, EGG, CHICKEN £	\$ 1.00
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The Canteen Uses Real 100% Breast Chicken For All Our Fresh Sandwiches, Wraps And Salads

## Meal Deals

Choose One Main Item  
Choose One Drink  
Choose One Other Item

### MAIN ITEM

CHICKEN BREAST NUGGETS X 4	\$ 5.20
HOT DOG	\$ 5.20
ANY SANDWICH	\$ 5.50
ANY HOME MADE PIZZA	\$ 5.80
ANY PASTA OR RICE	\$ 6.00
CHICKEN BREAST NUGGETS X 6	\$ 6.20
ANY SALAD BOWL	\$ 6.50
ANY WRAP OR BURGER	\$ 6.50



### OTHER ITEM

APPLE  
BANANA  
MANDARIN  
POPCORN



### DRINK

BOTTLE WATER 600ML  
POPPER  
OAK MILK (ADD 50c)



## PASTA & RICE

BUTTER CHICKEN WITH RICE £	\$ 4.00
SPAGHETTI BOLOGNESE BEEF SAUCE £	\$ 4.00
MACARONI & CHEESE £	\$ 4.00
LASAGNA BEEF £	\$ 4.00
CHEESE & SPINACH RAVIOLI NAPOLITANA SAUCE £	\$ 4.00
LASAGNA VEGETABLE GLUTEN FREE £	\$ 5.00

Made Fresh On The Premises



## NACHOS

BEEF NACHOS HOME MADE SAUCE ADD CHEESE 50c O	\$ 4.50
SALSA NACHOS TOMATO SALSA ADD CHEESE 50c O	\$ 4.50

## PASTRIES

PARTY PIE LOW FAT O	\$ 1.20
SAUSAGE ROLL LOW FAT O	\$ 3.00
MEAT PIE LOW FAT O	\$ 3.50
POTATO PIE LOW FAT O	\$ 4.50



## HOT BITES

CHICKEN BREAST NUGGET 100% BREAST O	\$ 0.80
4 PACK	\$ 3.00
6 PACK	\$ 4.20
MINI SPRING ROLL VEGETARIAN OVEN BAKED O	\$ 0.90
HASH BROWN O	\$ 1.20
CORN COB £	\$ 1.20
CHICKEN WING HOT & SPICY £	\$ 1.20
GARLIC BREAD O	\$ 2.00
HAM & CHEESE ROLL £	\$ 2.50
HOT DOG WITH TOMATO SAUCE O	\$ 3.00
CUP NOODLES * CHICKEN - BEEF - ORIENTAL V O	\$ 3.00

\* Cup Of Noodles Are Not Put In Lunch Baskets \*  
Children Must Collect Them From The Canteen

## HOME MADE PIZZA

CHEESE £	\$ 3.60
HAM & CHEESE £	\$ 4.00
BBQ CHICKEN BBQ SAUCE £	\$ 4.20



## BURGERS

SWEET CHILLI ROLL TENDER, CHEESE, BBQ O	\$ 3.50
CHICKEN BREAST FILLET, LETTUCE, MAYO £	\$ 4.50
CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE £	\$ 4.50
VEGE CHICKPEA & LENTIL PATTIE, LETTUCE, MAYO £	\$ 4.50
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ £	\$ 4.50
CHICKEN, CHEESE & BBQ BREAST FILLET £	\$ 5.00

### EXTRAS

SAUCE PORTION - BBQ OR TOMATO SAUCE	\$ 0.40
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION	\$ 0.40
CHEESE SLICE \$ 0.50 SHREDDED CHEESE	\$ 1.00



## WORLD FOODS

ZATAAR PIZZA SPECIAL HERBS & CHEESE £	\$ 3.60
PAD THAI NOODLES AUTHENTIC CHICKEN & VEGE £	\$ 4.00
CHINESE FRIED RICE VEGETARIAN AUTHENTIC £	\$ 4.00
PRAWN DUMPLINGS X 4 STEAMED £	\$ 4.50

Made Fresh On The Premises



Healthy Canteens Australia

FOR EXCLUSIVE HEALTHY COUNTER SNACKS & WEEKLY SPECIALS



Online Ordering & Exclusive Weekly Specials

[Flexischools.com.au](http://Flexischools.com.au)

HEALTHY CANTEENS AUSTRALIA 2018 / 2019 CANTEEN MENU



# healthy canteens menu



## Crunch & Sip \$2.30

Only Available Before 9am



Bottle Water 600ml  
Plus Choose One :  
Apple or  
Banana



### FRESH & COLD

	REG	LGE
APPLE - MANDARIN - BANANA £	\$ 1.00	
FROZEN GRAPES SNACK PACK £	\$ 2.00	
FROZEN ORANGE SNACK PACK £	\$ 2.00	
WATERMELON BOWL £	\$ 2.00	\$ 4.00
GRAPES BOWL £	\$ 2.50	
FRUIT SALAD BOWL £	\$ 3.00	\$ 4.50
JELLY BOWL O	\$ 1.50	
CUSTARD & JELLY BOWL VANILLA O	\$ 2.00	
CORN FLAKES WITH MILK £	\$ 2.20	
NUTRI GRAIN WITH MILK £	\$ 2.20	
CUSTARD BOWL VANILLA £	\$ 2.50	
YOGHURT LOW FAT VANILLA £	\$ 3.00	



### DRINKS

WATER 600ML £	\$ 2.00
POPPER 100% JUICE 250ML £	\$ 1.80
APPLE, ORANGE, APPLE BLACKCURRANT	
PLAIN MILK 300ML £	\$ 1.80
OAK MILK 300ML CHOCOLATE, STRAWBERRY £	\$ 2.50
JUICE BOMB 250ML ORANGE PASSION, RASPBERRY £	\$ 2.50
CHILL J 100% JUICE 250ML RASPBERRY, GRAPE £	\$ 2.50
UP N GO 250ML CHOCOLATE, VANILLA £	\$ 3.00
APPLE OR ORANGE JUICE 350ML £	\$ 3.00
ICE TEA 500ML PEACH, RASPBERRY £	\$ 3.50
ALOE VERA 500ML GRAPE £	\$ 3.50

### BREAKFAST

TOAST ASSORTED SPREADS £	\$ 1.00
HASH BROWN O	\$ 1.20
CHEESE ROCKET MELTED CHEESE £	\$ 2.00
HAM & CHEESE ROLL £	\$ 2.50
HOT CHOCOLATE £	\$ 1.60

Many More Fresh Healthy Items Are Available  
Over The Counter Every Morning



### QUICK BITES

POPCORN £	\$ 1.00
BROWNIE HOME MADE O	\$ 1.00
CHIPS 28GM HONEY SOY, SEA SALT O	\$ 1.80
PIZZA BUNS HOME MADE SAUCE & CHEESE £	\$ 1.50

ONLY AVAILABLE OVER THE COUNTER

CARROT STICKS & HUMMUS CUP £	\$ 1.50
CHEESE PACK CHEESE & CRACKERS £	\$ 1.50
CALCIUM PACK CHEESE PACK + PLAIN MILK £	\$ 3.00
VARIETY PACK CARROT, CHEESE, CRACKERS, HUMMUS £	\$ 3.00

### ICE COLD TREATS

FROZEN JUICE CUP £	\$ 1.20
APPLE, ORANGE, APPLE BLACKCURRANT	
FRUITY ICE £	\$ 0.50
SOUR SNAP APART £	\$ 1.00
FROZEN JUICE TUBE ASSORTED FLAVOURS £	\$ 1.00
ICE MONY CHOCOLATE, CARAMEL £	\$ 1.50
TNT SOURS BLUE, RASPBERRY £	\$ 1.50
FROZEN SMOOTHIE MADE IN THE CANTEN £	\$ 3.00

ALL ICE BLOCKS SOLD IN THE CANTEN ARE JUICE BASED

Ice Cold Treats Are Not Put Into Your  
Lunch Order Bag. They Should Be Collected  
From The Canteen After The Eating Period

### GLUTEN FREE



CHICKEN BREAST NUGGET 100% BREAST SDR	\$ 0.80
4 PACK	\$ 3.00
6 PACK	\$ 4.20
HASH BROWN* O	\$ 1.20
LASAGNA BEEF £	\$ 5.00
MACARONI & CHEESE £	\$ 5.00
LASAGNA VEGETABLE £	\$ 5.00
MEAT PIE BEEF SDR	\$ 5.00
PIRANHA RICE SNAPS VEGE RICE CRACKERS SDR	\$ 2.20
SMITHS CHIPS 27GM SALT & VINEGAR SDR	\$ 1.80

\* HASH BROWNS ARE GLUTEN FREE BUT ARE MADE IN A  
FACTORY THAT PROCESSES PRODUCTS WITH GLUTEN

PLEASE WRITE "GLUTEN FREE"  
ON YOUR LUNCH BAG

## HEALTHY SNACKS - ONLY AVAILABLE OVER THE COUNTER

SUSHI SANDWICH BITES £	\$ 0.50
MINI QUICHES CHICKEN OR VEGETARIAN £	\$ 1.00
BOLOGNESE BOATS BEEF BOLOGNESE IN A TOAST CUP £	\$ 1.00
MINI MUFFINS BANANA & HONEY, APPLE & CINNAMON £	\$ 1.00
SCROLLS ASSORTED FRUIT AND HEALTHY FILLINGS £	\$ 1.00
WATERMELON PIZZA TOPPED WITH OTHER FRUITS £	\$ 1.00
ZATAAR PIZZA SLICE AUTHENTIC ZATAAR HERBS £	\$ 1.00
QUESADILLA TRIANGLES ASSORTED FILLINGS £	\$ 1.00
FRUIT KEBAB SEASONAL FRUITS ON A STICK £	\$ 1.00
SALSA SALAD TORTILLA CHIPS BOWL £	\$ 1.50
VERMICELLI NOODLES CHICKEN, CARROT, CUCUMBER £	\$ 1.50

WE ADD LOTS OF NEW HEALTHY COUNTER SNACKS EVERY WEEK  
SEND US A MESSAGE ON FACEBOOK IF YOU HAVE ANY IDEAS

VIETNAMESE RICE PAPER ROLLS FRESH FILLINGS £	\$ 2.00
ASIAN CHICKEN & SWEET CORN SOUP £	\$ 2.00
PAD THAI NOODLES CUP £	\$ 2.00
CHEESE & SPINACH PASTA CUP NAPOLITANA SAUCE £	\$ 2.00
PASTA BOLOGNESE CUP £	\$ 2.00
SAVOURY PASTRIES FRESH VEGES AND MEATS £	\$ 2.00
BUTTER CHICKEN CUP £	\$ 2.00
SMOOTHIES FRESH FRUIT AND MILK £	\$ 2.00
SPICY CHICKEN WING & VEGE FRIED RICE £	\$ 2.00
PASTA NAPOLITANA CHICKEN OR VEGETARIAN £	\$ 2.00

YOU CAN FEEL COMFORTABLE KNOWING THAT IF YOU GIVE YOUR  
CHILD \$2 THEY CAN CHOOSE FROM LOTS OF HEALTHY FOODS



Online Ordering & Exclusive Weekly Specials  
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HEALTHY CANTEENS AUSTRALIA 2018 / 2019 CANTEN MENU

Job Vacancies - Are you a confident public speaker? Are you looking for flexible ongoing part time work? Will you share the stories of suffering Christians? Aid to the Church in Need is recruiting for a number of Diocesan Outreach Assistants who will deliver monthly presentations in parishes across Sydney. For all details visit, <https://www.aidtochurch.org/work>



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# Gateway Family Services

## Parenting Group Programs

### Term 4, 2018



Program	Date & Time	Location	Registration
<b>Circle of Security</b> <i>Learn how to be a strong, wiser &amp; kinder parent with your kids. Suitable for parents of 0-12 year old.</i>	Every Wednesday 24th Oct - 5th Dec 7:00pm - 9:00pm <i>* NO Childcare</i>	Penrith Church of Christ (Cottage) 158 Stafford St, PENRITH (Onsite parking available)	Gateway— 1300 316 746 (free call)
<b>Tuning In To Kids</b> <i>Emotionally Intelligent Parenting Learning to better talk &amp; understand your child to help manage your child's emotions &amp; behaviour.</i>	Every Friday 2nd Nov - 7th Dec 9:30am - 11:30am <i>* Childcare available</i>	Faulconbridge Public School Grose Rd, FAULCONBRIDGE	Gateway— 1300 316 746 (free call)
<b>1-2-3 Magic &amp; Emotion Coaching</b> <i>Learn how to understand &amp; manage your child's difficult behaviour. Suitable for parents with 2-12 year olds.</i>	Every Tuesday 13th - 27th November 7:00pm - 9:00pm <i>* NO Childcare</i>	Gateway Family Services (Cottage) 70-76 Old Bathurst Rd, EAST BLAXLAND	Gateway— 1300 316 746 (free call)
<b>Let's Talk about ..... Siblings without Rivalry</b> <i>Discussion and practical tools for parents who want to help their children live well together so you can all live.</i>	Every Thursday 1st - 22nd November 7:00pm - 9:00pm <i>* NO Childcare</i>	Penrith Church of Christ (Cottage) 158 Stafford St, PENRITH (Onsite parking available)	Gateway— 1300 316 746 (free call)
<b>From Floundering to Flourishing</b> <i>Helping adults identify how to maximise kids successes giving you tools to enhance and improve kid's resilience.</i>	Wednesday 7th November 9:30am—11:30pm <i>* Childcare available</i>	Heatherbrae, Lawson 1 Benang Street, LAWSON, (located beside carpark behind Lawson Pub)	Gateway— 1300 316 746 (free call)
<b>Bringing Up Great Kids</b> <i>Learn your parenting style, the meaning behind children's behaviour, ways parents can take care of themselves &amp; find support when they need it.</i>	Thursday 1st Nov - 6th Dec 9:30am—11:30am <i>* Childcare available</i>	Pinnaroo OOSH Winmalee Public School White Cross Rd, WINMALEE	Gateway— 1300 316 746 (free call)
<b>Let's Make Art Together</b> <i>A creative &amp; connecting time for you and your little one. Open to Parents, Grandparents and Carers. Babies in arms welcome.</i>	Every Thursday 18th Oct - 6th Dec 10:00am - 11:30am <i>* NO Childcare</i>	Gateway Family Services 14 Oak Street, KATOOMBA	Gateway— 1300 316 746 (free call)

For more information and Individual Flyers go to:

[www.gatewayfamilyservices.org.au](http://www.gatewayfamilyservices.org.au) or [www.facebook.com/GatewayFS](https://www.facebook.com/GatewayFS)

Gateway family services parent group program is funded by DSS and NSW FACS.

Gateway works collaboratively with community partners to bring parent groups to communities from St Marys to Blackheath.

Thanks to MMM for providing childcare for the Daytime groups.

Gateway encourages, supports & respects diversity in families & communities. Our Groups are open to everyone.







Dear Teacher,

I'm thrilled to let you know that the stage adaptation of **Andy Griffiths' and Terry Denton's best-selling book *The 91-Storey Treehouse*** is coming to Penrith for special preview seasons **this December!** Playing at The Joan Sutherland Performing Arts Centre on **Thursday 6<sup>th</sup> December 2018**, you and your students can be some of the first people in the country to see the **brand new** instalment from the ever-popular Treehouse series. This extremely limited season will sell fast, so book now to ensure you and your students don't miss out!

Andy and Terry's Treehouse has reached an amazing 91 Stories! It's now more fantastically dangerous than ever, with a deserted desert island, a whirlpool, and a giant spider!

But Andy, Terry and Jill have no idea they're about to face their biggest challenge yet! Mr Big Nose has sent his grandchildren to the Treehouse, and they don't want to just sit quietly. Can Andy, Terry & Jill master this extreme babysitting challenge? What does mysterious fortune teller Madam Know-It-All really want? And will the Big Red Button really destroy the world?

***The 91-Storey Treehouse*** is ideal for **children aged 6-12**, and particularly for students from **Years 3-6**, many of whom will be familiar with and love the Treehouse book series.

We're very pleased to offer **special schools pricing of just \$21.00 per ticket** for groups of 20 students or more. **One teacher attends free for every 20 students booked** and additional teachers can purchase tickets at the student price. Please see the below season details:

**The 91-Storey Treehouse**

The Joan Sutherland Performing Arts Centre  
597 High Street Penrith

Thursday 6<sup>th</sup> December – 10am & 12pm

Website: <http://thejoan.com.au>

Box Office: (02) 4723 7600

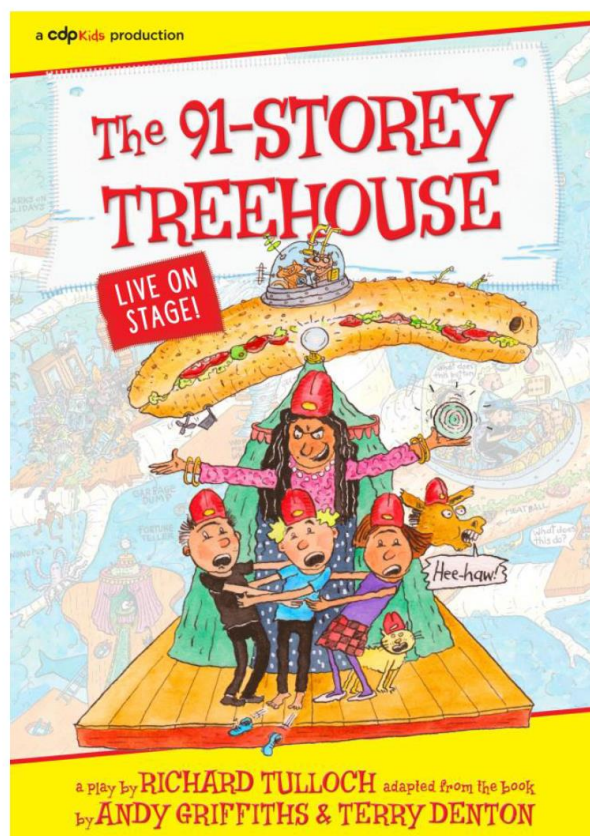
Please find enclosed a booking form, an activity sheet for your students and some flyers. Schools performances of ***The 91-Storey Treehouse*** will sell fast so book now to ensure your students don't miss out.

We hope to see you and your students at ***The 91-Storey Treehouse*** in December.

Best wishes,

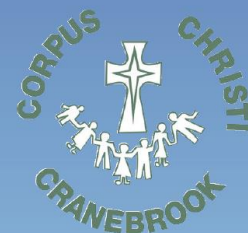
Andrew Threlfall  
Company Director  
CDP Theatre Producers

Yolande White  
Company Director  
CDP Theatre Producers





# Corpus Christi Primary School MARKET DAY



**Saturday 27th October 2018 • 10AM to 2PM**

## Stalls include:

Licensed kids' clothes  
Candles  
Children's Craft

Small gifts  
Fresh flowers  
Nutrimetics

Handmade garments  
Jewellery  
Scrapbook



## Family Fun:

Face Painting  
Magician  
Cricket Australia  
AFL Giants  
Games

**Corpus Christi Primary School  
90 Andromeda Drive, Cranebrook**

For information on stall availability please  
email [corpuschristi@parra.catholic.edu.au](mailto:corpuschristi@parra.catholic.edu.au)  
with subject "Spring Market Question"

## Food vendors:

Sausage sizzle  
Doughnuts  
Gözleme  
Ice cream  
Cakes/slices/scones  
Tea/coffee



# Kids Can Act

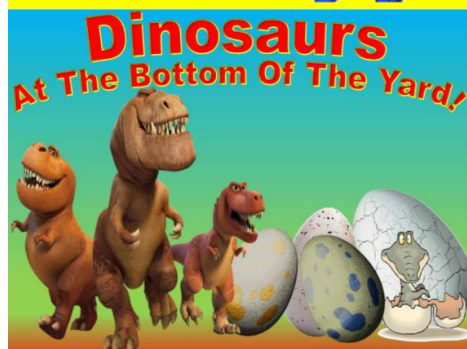
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# Holiday Workshops

All info & prices go to:- [www.kidscanact.com.au](http://www.kidscanact.com.au)



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\* Zac Williams

Penrith Rams and Western Sydney AFL Clubs

## SPORTSMANS LUNCH

Raising funds for Gotcha4Life  
Hosted by Triple M's Gus Worland

**Date:** Friday, 2nd November 2018  
**Time:** 1130 am - 4.00 pm  
**Location:** Penrith Panthers, Mulgoa Road Penrith  
**Cost:** Tickets are \$165 each or  
Tables of 8 for \$1,200  
Ticket includes a two course lunch, beer, wine and soft drink

Bookings can be made online at:  
[http://bit.ly/2018\\_Sportsmans\\_Lunch](http://bit.ly/2018_Sportsmans_Lunch)  
or contact Narelle Hogan on 0428 470 103

**Sponsorship packages** are also available  
to find out more please contact  
Sean Hogan on shogan@ahg.com.au or  
0414 637 513

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