

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

2nd April 2015

DIARY DATES

Friday 3 April Good Friday
Sunday 5 April Easter Sunday
Monday 20 April Term 2 Begins
Friday 24 April ANZAC Day Ceremony 10.30am
Tuesday 28 April P & F Meeting, 7.30pm
Wednesday 29 April Year 3 Excursion to Homebush Wetlands First Reconciliation Parent Meeting, 7.30pm
Thursday 30 April First Reconciliation Parent Meeting, 7.30pm (repeat)
Sunday 3 May First Holy Communion 11.30am
Wednesday 6 May Mothers' Day Stall
Friday 8 May Mothers' Day Liturgy & High Tea, 9.00am
Saturday 9 May Commitment/Enrolment Mass Reconciliation 6.00pm
Sunday 10 May Commitment/Enrolment Mass Reconciliation 9.30am MOTHERS' DAY
Tues/Wed/Thurs 12/13/14 May NAPLAN
Saturday 16 May Reconciliation Lesson 5.00pm
Sunday 17 May Reconciliation Lesson 10.30am
Friday 22 May Year 1 Excursion to Homebush Wetlands
Friday 29 May PUPIL FREE DAY

Dear Parents, Carers, Students & Friends,

On Wednesday Pope Francis reflected on the celebration of the Sacred Triduum which begins on Holy Thursday, and during which we commemorate Jesus' passion, death and resurrection. The Easter Triduum is the highpoint of our liturgical year and it is also the highpoint of our lives as Christians.



We begin the Triduum by celebrating the Mass of the Lord's Supper, as we recall Christ's offering of his body and blood to the Father, which he gave to the Apostles as food for their nourishment, with the command that they perpetually celebrate these mysteries in his memory.

We also recall the Lord washing the Apostles' feet, through which Jesus showed that the purpose of his life and passion was to serve God and neighbour, a service which we are called to imitate by loving one another as he loved us.

On Good Friday we meditate on the mystery of Christ's death and we adore the Cross. During the last instants of his life, Jesus transformed the greatest injustice into the greatest love. By his sacrifice, sin has been overcome through love, an immense love which we are called to live and transmit.

On Holy Saturday we contemplate Jesus' lying in the tomb, and with Mary, the Church will keep alive the flame of faith, hoping against every hope in Christ's resurrection.

Then, at the Easter Vigil, when the Alleluia resounds again, we celebrate the Risen Christ, the centre and fulfilment of the universe and history.

In these days may we not only observe the Lord's Passion, but truly enter into its mystery, making our own the sentiments of Christ. In this way, our Easter will indeed be blessed.

As we come to the end of the first term, it is amazing to see how much we have accomplished in just ten short weeks. We have so much to be grateful for. This term has seen us participate in a wide range of activities including:

- Mathematical Assessment Interview for all children
- Quality Catholic Schools Survey for Years 5 and 6 students, staff and parents
- Year 2 excursion to the Powerhouse Museum
- Captivate Choir rehearsal at Glendenning
- Year 3 excursion to Lennox Village
- Year 4 excursion to Pioneer Village
- Year 6 excursion to Canberra
- Year 6 meeting with Prime Minister Tony Abbott
- Year 1 incursions with community workers
- Year 5 Antarctic incursion
- Catholic Schools Week

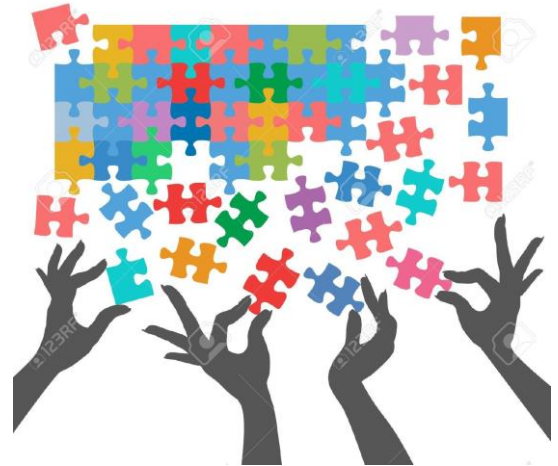


Newsletter of Our Lady of the Way Catholic Primary School, Emu Plains

49 Forbes Street, Emu Plains 2750 Phone: 4735 1930, Fax: 4735 6221, Email: OLOW@parra.catholic.edu.au, Web: www.olowemuplains.catholic.edu.au/

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

- Kindergarten 2016 Tour of the school
- OLOW Kids Art Exhibition
- Working Bee
- Celebrations of Learning
- Kindergarten Nursery Rhyme Parade & Picnic
- Student Work Samples sent home – Religious Education and Writing
- Beginning School Mass and meet & greet with Fr. Mick
- Parent Grade Information Meetings
- Ash Wednesday Mass for Primary and Liturgy for Infants
- Shrove (Pancake) Tuesday
- Tears, Tea and Tissues Morning Tea for our new Kinder Parents
- Parent & Friends Meetings
- Munch & Crunch treats
- Penny Family Raffle
- Easter Egg Raffle
- Hot Cross Buns fundraiser
- P&F Family picnic
- Dance Fever Challenge
- School Swimming Carnival and Zone & Diocesan Swimming Championships
- Cross Country
- Executive Directors Reading Challenge
- Weekly Grade Awards
- Cybersafety Parent Workshop
- Grandparents' coffee & chat
- Judy Hatswell Parenting Session



I wish to extend my gratitude to all in our community who continue to work on a daily basis in ensuring that this school is a faith-filled place of nurturing and learning. Have a holy, happy and safe holiday. I cannot wait to see you again for another super term of learning and fun!

God Bless,

Mrs Sue Veling

KINDERGARTEN 2016 – ENROLMENT PERIOD

Enrolments for Kindergarten are now open – please advise family and friends of this fact. The first round enrolment period for Kindergarten closes on Friday 29 May. Enrolments after this time will be considered based on availability of places.



CONGRATULATIONS TO OUR AWARD RECIPIENTS FOR WEEKS 8 & 9



Demi Boormakin, Eden Chapman, Luke Durham, Paige Hawkes, Brianna Mangan, Isabella Toth, Amelia Renny, Samuel Cashel, Leilahni Isaia, Lachlan Stonehouse, Sarah Budge, Georgia Cashel, Clarice Sagun, Layla Woods, and all Year 6 students.



James Byrne, Nicholas Heffernan, Jakob Montgomery, Sophie Wade, Gabrielle Boyd, Grace Foster, Adrienne Moffitt-Bourke, Milaya Cleary, Riley Craig, Justin Bailie, Billy Pearson, Miah Green, Taylor Carroll, Tully Brown, Maddison McCarry, Christopher Elliot, Jack Prendergast.



EXECUTIVE DIRECTOR'S SUMMER READING CHALLENGE



Congratulations to twenty-five students from *Our Lady of the Way* who participated in the Executive Director's Summer Reading Challenge. Between them they read well over 300 books. Each student received a special certificate signed by Mr Greg Whitby, the Executive Director of Catholic Schools in the Parramatta Diocese.

Mr Whitby is a passionate reader himself because 'it takes him to new worlds that he could never go outside of his imagination.' The Executive Director's Summer Reading Challenge is open every year to all students enrolled in Catholic schools in the Diocese of Parramatta. Students need to independently read 10 or more age-appropriate books during the summer holidays.

We hope to see many more OLOW students participate in this wonderful initiative in the 2015/2016 summer holidays.

DANCE FEVER CHALLENGE

What a wonderful way to end a term of dancing with the *Dance Fever Challenge* held last week. We had 76 students, teachers and parents attend this gala event. Congratulations to all our students for the way they conducted themselves, for their positive attitude and great moves! Congratulations also to the students who won place ribbons. OLOW came first in their division with the Year 6 students receiving another award for highest marks. Thank you to Mrs Flanagan, Mrs Blazek, Mrs Irvine, Mrs Eekman and Miss Reynolds for their hard work in organising this special event.



The following children competed in the Dance Fever Challenge:

Year 3: Daisy Andersen, Riley Burton, Milaya Cleary, Tyler Clifford, Nicholas Curry, Erin Downie, Sandra Elias, Abbey Flanagan, Benjamin Garrahy, Alex Godwin, Maya Grieve, Alexander Hawkes, Phoebe Kruzic, Lucie McIntosh, Rory Muller, Marshall Pereira, Zachary Phillips, Tiare Raukawa, Emily Sekulic, Isaac Steele, Millina Storek, Charlie Thomas, Madeline Wade, Toby Witjes

Year 4: Riley Bahlmann, Miah Green, Emma Jones, Billy Pearson, Daniel Prendergast, Sophie Procter, Madeline Renny, Benjamin Robinson, Sienna Rose, Clarice Sagun, Logan Sultana, Jorja Tabor, Mia Urquhart.

Year 5: Lachlan Armour, Tully Brown, Isabella Clarke, Montana Clifford, Noah Clifford, Ethan Dempsey, Jessica Dray, Alyssa Eekman, Emma Fowler, Madeleine Godfrey, Bailey Gregory, Alysha Hoy, Brandon Kruzic, Tyanna Kubik, Tahlia Robinson, Matthew Sekulic, Keegan Smith, Talesha Spooner, Ethan Still, Lara Sullivan, Layla Woods.

Year 6: James Borland, Joseph Curry, Jessica Daley, Amber Dempsey, Jill Downie, Olivia Downie, Mikayla Flanagan, Nicholas James, Maddison McCarry, Shanice Matapo, Jack Palombo, Noah Panczyk, Jack Prendergast, Bailey Sultana, Madison Whiteley, Bridie Witjes.



ANZAC REMEMBRANCE WALL

Our **ANZAC Remembrance Wall** is in the process of being built. We received a \$1000 mayoral grant from Penrith City Council towards the project. So far we have sold 35 bricks. There are 150 available. Please contact the office for details or call Carolyn Burton on 0414 619 485.



WINTER UNIFORM

The last day of school for Term 1 is today, Holy Thursday, 2nd April. The children will return back to school on Monday 20th April in winter uniform. There will be a two-week change over if you feel the weather is still too warm for children to return in winter uniform.



NEW CANTEEN OPERATOR

Starting at the beginning of Term 2, OLOW will have a new canteen operator – *Total Canteen Solutions*. Total Canteen Solutions is a proven operator that manages many high profile schools throughout the Catholic and Public system. They offer a new wonderful menu with the same optional on-line ordering feature that OLOW is used to. The online ordering system will be through **Munchmonitor.com** (*Please refer to the note that went home on Tuesday.*)

As always, you can order lunch from the canteen by popping money into a paper bag and placing it in the lunch basket at school each day.

PUPIL FREE DAY - STAFF DEVELOPMENT DAY for TERM 2

Friday 29 May 2015

GYMNASTIC CHAMPION

Congratulations to Georgia Ristevski in Year 6 who participated in the State Gymnastic Trials last week. She was placed second on vault, third on beam and 5th on floor. Georgia will now compete in the State Championships in April.



NAPLAN TESTING 2015

National Assessment Program for Literacy and Numeracy (NAPLAN) testing will be conducted from 12 -14 May 2015 for all students in Years 3, 5, 7 and 9 across Australia. These national tests will provide information on how Australian students are performing in the areas of numeracy, reading, writing, spelling, grammar and punctuation and will assist teachers in identifying student strengths and weaknesses. By analysing results along with information from teacher judgements and work samples, teachers can adjust teaching strategies to provide appropriate support. The aggregation of student results from the NAPLAN provides schools with an overview of current achievements for groups of students and contributes to a more comprehensive understanding of their performance. The analysis of aggregated results assists school planning and can be used to monitor literacy and numeracy development over time.

	Tuesday 12th May	Wednesday 13th May	Thursday 14th May
Year 3	* Language Conventions (40 minutes) * Writing (40 minutes)	* Reading (45 minutes)	* Numeracy (45 minutes)
Year 5	* Language Conventions (40 minutes) * Writing (40 minutes)	* Reading (50 minutes)	* Numeracy (50 minutes)

For more information visit the website: <http://www.nap.edu.au/>



URGENT HELP NEEDED

After 35 years of the parish maintaining our grass, the school will take over the edging and cutting the grass areas of The Cottage, Back Playground and behind the Kindergarten rooms. A note went home last week asking for volunteers to go on a roster. So far, we only have three families that have offered to go on the Grounds Team Roster. With 260 families at OLOW this is a disappointing result.

Unless we have more volunteers, the school will have to fund an outside agency to cut the grass, which in turn will be an extra charge to families. Please reconsider going on the roster. With a group of families in each team, you may only have to come once a year. All equipment will be provided including the parish ride-on lawn mower.

UNUSUAL BOYS HAIRCUTS

A number of boys are coming to school with unusual haircuts. These haircuts are **unacceptable**. Our hair policy states:

Students are expected to keep their hair clean, neat and tidy at all times. Students are to keep hair off their face and out of their eyes. Haircuts are to be in a sensible and conventional style. There are to be no extremes of fashion in hairstyle cut or colour. Shaving of any part of the head or undercuts, and haircuts with a number 1 or 2 blade are not permitted. Rat's tails of any sort and the use of gel and hairspray to spike hair is not permitted.

TEACHERS ON LEAVE

Congratulations to Mrs Day who will be leaving on Pilgrimage to the Holy Land with 29 other Parramatta Diocese REC's from Wednesday 8 April and returning to school on Wednesday 29 April. Mrs Witton, who already teaches in Year 5, will be replacing Mrs Day.

Mrs Veling will be on leave from Monday 20 April and returning to school on Thursday 30 April. Mr Mifsud will be Acting Principal while she is away.

WOWFM 100.7 (McCarthy Radio)

On Monday 30th March Kyal, Olivia, Jill, Tahlia, Hannah and Jack were given the opportunity to talk to Craig live on air for the McCarthy Radio Chat Show on WOWFM.

Everyone was very nervous at the beginning but soon we adapted to the environment. We were all asked some questions by Craig about our fabulous school and our amazing adventure to Canberra. Craig was very nice and he made sure that we all got a turn answering questions. Craig helped us settle our nerves by telling us what we were needed to do. We were all very grateful to be chosen.



SRC – STUDENT REPRESENTATIVE COUNCIL

On Wednesday, the Student Representative Council met with Mrs Veling. This group is made up of four Year 6 leaders and two students from each grade. These children provide the school with the 'student voice'. When we talk about student voice we are talking about more than simply listening to students. Student voice is the individual and collective perspective and actions of the students within the context of learning and schooling.

The SRC meet with each grade throughout the term and then report to Mr Mifsud who chairs the meetings. Mrs Veling was so impressed with the conversation, observations and recommendations made by the SRC. She looks forward to working with them throughout the year.

QRT

QUALITY RELATIONSHIPS TIP

Helping your Child Develop More
Responsible Behaviour

FOCUS ON CONTINUOUS IMPROVEMENT.

MODEL POSITIVITY – EXPECT THE GOOD

PRACTICE, PRACTICE, PRACTICE

Why a healthy lunch box?



- Energy and nutrients to learn and play
- Contribute to about 1/3 of a child's daily intake
- Increase likelihood of meeting 2 & 5 targets
- Set up healthy habits for life
- Improve health and body weight now and into adulthood



Scan with your
smartphone or
tablet to go to the
OLOW website.



RELIGIOUS EDUCATION NEWS

Caritas Fundraiser

Thanks you to those of you have sent in toys, books and DVDs to help the Social Justice team with their Caritas fundraiser. We know that it has been a big ask of our community, so we thought we would give our families the holidays to have a look in cupboards and clean out those shelves to search for items that are no longer needed and perhaps could go to a new home.

Our stall to raise to help the people of Vanuatu will now be held in Week 2 of Term 2. We hope this will give enough time for items to be gathered and sent in. Thank you once again for your support.

Mrs Day and the Social Justice Team

Journey with Jesus through Holy Week:

Throughout this week of Holy Week, the children have made a special journey around the school and through the church, to reflect upon the important events of the last days of the life of Jesus. Each grade was responsible for setting up a 'station' where the children could pause to reflect on, or re-enact the special events of Holy Week.



Station 1

Station 2

The Washing
of the Feet



How can we be of
service to others?



Station 3

Station 4



Station 5

Station 6



Station 7



Have a wonderful Easter!

Carole Day
Religious Education Coordinator

LEARNING NEWS

Year Six Trip to Canberra



Australian Government Assistance for National Capital Excursion.

The Year 6 students recently attended an educational tour of the National Capital. While on this tour they participated in a variety of educational programs focused on Australia's history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit their National Capital as part of their civics and citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributes \$20.00 per student under the Parliament and Civics Education Rebate (PACER) program toward the travel expenses incurred. This contribution is be paid directly to the school upon completion of the excursion.

We would like to thank the Australian Government for their support of this program.

The students visited venues such as the War Memorial, Parliament House, Old Parliament House and the National Electoral Education Centre. This excursion was a rewarding experience for all students.

19th and 20th March 2015, an experience of a lifetime. Imagine meeting the Prime Minister of Australia, Mr Tony Abbott, or visiting the tomb of the unknown soldier or going on a freefall slide at Questacon. Well Year 6 did!

Bridie

Our Lady of the Way had the honour of meeting Mr Tony Abbott, while on an amazing visit to Parliament House in Canberra. We got to see what parliament really looked like. We also got to meet our local MP Fiona Scott. She spoke about all the amazing and hard work she does. She mentioned that Parliament house was built almost 30 years ago. Did you know you only have 4 minutes to get to the House of Reps or The Senate once the bells ring?

Madison W

Canberra was an amazing place especially with the sunny weather. We went to the War Memorial first and it was a truly touching place walking along the Remembrance Wall and seeing millions of names, but they weren't just names, they were the soldiers that died for our country and helped shape our nation that we call Australia. I loved taking photos of the artworks and their exhibits.



Olivia



There's a beanstalk in my washing machine

Year One have been writing narratives about what adventures they would have if a beanstalk started growing out of their washing machine. Here are some examples from their stories.

I felt astonished! I started to climb up on the leaves because they were strong. I bounced from leaf to leaf until I got to the top. I didn't fall off and I didn't stop. I couldn't believe my eyes when I got there. There was a green field and everything I could imagine.

By Oliver

"It will be tough", I said and I climbed up it. I jumped up it. Finally I reached the top and I saw wings so I could fly. I felt nervous. I shouted "this is amazing" and then I put my wings on! It was time to go.

By Cooper H

I was astounded to see an enormous beanstalk that had crashed into the ceiling. Its leaves were prickly and smooth. I felt happy. I climbed with my jumpy shoes and I jumped from leaf to leaf.

By Holly H

I rubbed my eyes because I couldn't believe my eyes. At the top there was a roller coaster that went loop the loop. When I got to the end of the field there was a pot of gold. The gold was chocolate gold. "I don't believe it" I quietly sobbed.

By Ava G

I started to get my super bouncy shoes. I jumped three jumps then shot up to the sky. I got to the top. I rubbed my eyes. I saw honey and a lolly pop. Then I saw gold. I was happy because I was rich. "This is amazing" I cried.

By Kate

Even though I was having the most amazing adventure it was time to go home because I was sleepy. I climbed down with my super sticky and fast shoes. I was standing like I was surfing. It was amazing! My family saw me when I was sliding down!

By Carter E

After that I went to see the lolly pops. They looked like flowers. Finally I got to see the castle. There was a huge giant in the castle. The old woman said "there is a big giant in this castle". "I want all that chocolate" I whispered greedily.

By Mia E



What is Choice Theory?

Choice Theory is an explanation of why and how all living creatures behave. Its basis is the idea that we are all driven by five genetic needs- survival, love, power, fun and freedom- that dictate how we must attempt to live our lives.

All we can do is behave, all our behaviour is an attempt to satisfy one or more of these five needs, and all our conscious behaviours are chosen.

We can learn to choose effective, responsible behaviours by learning to control our actions and thoughts in a way that we satisfy our needs and do not deprive someone else of a chance to satisfy theirs. As a result we will usually be happy, healthy and in effective control of our lives.

Suggested book of the week: [Take Charge of your Life](#) by William Glasser

If I say or do this right now, will it bring us closer together or will we end up further apart?

William Glasser

Rebecca Blazek

SRC'S WAY

Welcome to the SRC's Way, this is where we share the ideas that have been discussed at the OLOW Student Representative Council (SRC).



This year the SRC has changed, we have grade meetings and talk about the Strengths of our school, the Challenges of the school and the 'So what' Ideas (what are we going to do about it). After we have grade meetings all the representatives from each grade meet with Mrs Scott and Mr Mifsud. We talk about the things that were mentioned at the grade meetings. We try our best after all the meetings to achieve the most important issues. We meet with Mrs Veling to discuss our findings

2015 OLOW SRC (Dominic Sagun absent)

There are eight Year 6 representatives and 2 from each grade (except for Kindergarten) that make up the OLOW SRC. The representatives names are Lucia Hooke and Oliver Herps who are the representatives for Year One. Leilahni Isaia and Gabrielle Boyd who are the representatives for Year Two. Lucie McIntosh and Henry Star are the representatives for Year Three. Leila Starr and Kennedy Storr are the representatives for Year Four and Ethan Dempsey and Clare Roser who are from Year Five. The Year Six representatives are Amber Dempsey, Jessica Daley, Noah Panczyk and Dominic Sagun (who are the wonderful school captains) as well as our other Year 6 students; Maddison McCarry, Ciaran Rudge, Mikayla Flanagan and Blair Stewart. These representatives for Year 6 have been assigned a grade to work with, including Kindergarten.

So far in the SRC meetings there have been three main items that have come up as a challenge at OLOW, they are: shade on the cottage and back playgrounds, power in the bubblers so it reaches your mouth and the soap in the bathroom.

So far the soap issue has been solved by getting new soap dispensers for the school. On the school holidays the school is planting thirty-six trees on the back for shade. The teachers are looking at getting someone to fix the bubblers.

Mrs Veling has been impressed with the student voice in the school. She is looking forward to future suggestions from our SRC.

We like to do it the SRC's Way.

OLOW SRC

Canteen MENU



SNACKS

Jelly & low fat custard (G)	\$2.50
Fresh fruit salad (G)	\$3.00
Custard (A)	\$2.00
Jumpy's (A)	\$1.20
Ovalteenies (A)	\$1.50
Low fat muffin (A)	\$3.00
Banana bread	half \$2.00 full \$3.50
Small packet of chips	\$2.00
Ice blocks & ice creams (A)	
Paddle Pops: chocolate or rainbow	\$1.80
Mini Calippo	\$1.20
Quech Sticks	\$0.80
Icy Twist	\$1.20
Orchey juice cup (G)	\$1.00
Sunny boys (A)	\$1.50

BEVERAGES

Water (G)	
Spring water 600ml	\$2.00
Sports water	\$2.50
Milks - Low fat 300ml (G)	
Plain	\$1.20
Chocolate, Strawberry	\$2.50
Flavoured Milkshakes (A)	
Chocolate, Strawberry, Vanilla, Caramel	\$3.50
Ice Tea (A) Peach, raspberry, lemon	\$2.50
LOL Cans (A) Mango, blackcurrant, tropical, raspberry	\$2.00
Poppers (A) Apple, apple blackcurrant, orange, tropical	\$1.50

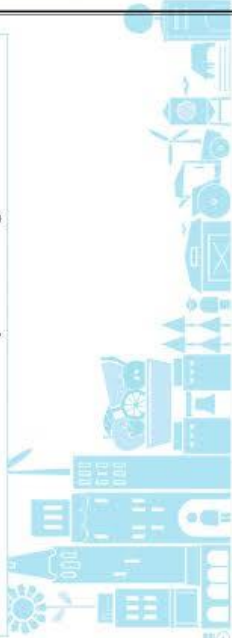
COLD BAR

Sushi (G) (GF)	
Chicken Teriyaki (G)	\$3.50
Tuna (GF) (G)	\$3.50
Vegetable (GF) (G)	\$3.50
Salad Box (G)	
With chicken or tuna	small \$4.00 large \$5.00
Chicken Caesar	\$4.50 \$5.50
Sandwich Bar (G)	

Vegemite (G)	\$2.00
Curried Egg (G)	\$3.00
Egg, lettuce & mayo (G)	\$3.50
Roast Chicken (G)	\$3.60
Roast Chicken, lettuce & mayo (G)	\$4.00
Roast Chicken & salad (G)	\$4.00
Cheese & Tomato (G)	\$3.50
Lean Smoked Ham	\$3.50
Lean Smoked Ham & cheese (G)	\$3.80
Lean Smoked Ham & tomato (G)	\$3.80
Lean Smoked Ham, cheese & tomato (G)	\$3.80
Lean Smoked Ham & salad (G)	\$4.00
Salad (beetroot, lettuce, carrot, tomato & cucumber (G)	\$4.00
Tuna (G)	\$3.50
Tuna, lettuce & mayo (G)	\$3.80
Tuna & salad (G)	\$4.00
Breads (G): White, wholemeal or multigrain	\$1.00
<ul style="list-style-type: none"> • Wrap • White Roll • Turkish/Focaccia • Gluten free bread 	
Wraps Bar	

Sweet chilli chicken, salad & cheese (G)	\$4.50
Chicken Caesar, croutons, bacon, cheese & Caesar dressing (G)	\$4.50
Chicken schnitzel, lettuce & mayo (G)	\$4.50
Ham & salad (G)	\$4.50
Cheese & salad (G)	\$4.00

All lunch orders must be in by 9.00am
Prices are subject to change



HOT BAR

Chicken nuggets	
X4	\$2.80
X5	\$3.40
X6	\$4.00
Chicken wingettes (A)	each \$2.50
Sweet chilli chicken tender (A)	each \$2.50
Hash Browns	each \$1.00
Wedges	\$3.50
Jaffle (G)	

Cheese	
Cheese & tomato	\$3.30
Lean beef burger with tomato, lettuce, beetroot & bbq sauce (G)	\$4.50
Lean chicken burger with lettuce & mayo (A)	\$4.20
Garlic bread (A)	\$2.00
Nachos with salsa & cheese (A)	\$4.00
Hotdog with tomato sauce (A)	\$3.00
Hotdog with tomato sauce and cheese (A)	\$3.50
Spring Rolls	each \$1.00
Butter chicken with fried rice (A)	\$4.50
Honey soy chicken with fried rice (A)	small \$4.00 large \$4.50
Fried Rice (G)	

Home Made Pasta	
Lasagna homemade beef or vegetarian (G)	\$4.00
Spaghetti Bolognese (G)	\$4.00
Penne vegetarian (G)	\$4.00

Pies	
Lean Beef Pie (A)	\$3.40
Lean Potato Pie (A)	\$3.60
Lean Sausage Roll (A)	\$3.00
Halal Pie	\$3.80

Home Made Pizza Slab	
Cheese & tomato (G)	\$3.50
Lean roast chicken & bbq sauce (G)	\$3.60
Vegetarian olives eggplant & capsicum (G)	\$3.60
Ham & pineapple	\$3.60

Turkish Breads	
Chicken Schnitzel Delight (A): chicken schnitzel, roast capsicum, avocado & cheese	
Chicken Delight (A):	roast chicken, avocado, sundried tomatoes & cheese \$5.00
Mediterranean Delight (A):	olives, artichokes, roast capsicum & fetta cheese \$5.00
Vegetarian Delight (A):	eggplant, sundried tomatoes, roast capsicum & cheese \$5.00
Ham Delight (A):	smoked ham, sundried tomatoes, olives & cheese \$5.00
Turkey Delight (A):	roast turkey, cranberry sauce & cheese \$5.00

CANTEEN NEWS

Please find below the new price list for Term 2.

LIBRARY NEWS

NEW LIBRARY RESOURCES

We have a number of new books for our parents and families to borrow. The Parent Library is open every Monday morning before and after assembly. If you are unable to make it on a Monday, you are also welcome to send a note in with your child on their borrowing day and we can send home the book (if available) with your child.

We have recently purchased the series of books written by Dr Dawn Huebner including the titles: What to do when your temper flares, What to do when you worry too much, What to do when you grumble too much, What to do when your brain gets stuck. These books have activities that the parents can work through with their child if their child is having difficulties with anger, negative thinking, anxiety or obsessive behaviours.

SPORTS NEWS

CROSS COUNTRY

Congratulations to the following students who will be representing Our Lady of the Way School at the Zone Cross Country Carnival.

Justin Bailie	Jade Elford	Lucie McIntosh	Annabelle Ruskin
Olivia Bennett	Dieter Erdmann	Jack Palombo	Matthew Sekulic
Tully Brown	Sienna Gahagan	Noah Panczyk	Blake Skinner
James Browne	Jack Gale	Joshua Phillips	Keegan Smith
Hannah Carroll	Madeleine Godfrey	Zachary Phillips	Flynn Starr
Jett Cleary	Zoe Grech	Sophie Procter	Aimee Wagner
Milaya Cleary	Miah Green	Tahlia Rando	Jessie Whiteley
Connor Clifford	Bailey Grima	Kyal Risse	Madison Whiteley
Montana Clifford	Sebastian Hayward	Brooke Robertson	Bridie Witjes
Noah Clifford	Alysha Hoy	Benjamin Robinson	Toby Witjes
Charlie Connell	Thomas Garrahy	Tahlia Robinson	
Jessica Daley	Nicholas James	Sienna Rose	
Ethan Dempsey	Brandon Kruzic	Clare Roser	

COMMUNITY NEWS

POST SEPARATION RECOVERY PROGRAM- SPRINGWOOD

CCSS Solo Parent Services is offering its seven week Post Separation Recovery Program for the first time at Springwood, commencing on **Wed 6th May**. **Time:** 7.30pm – 9.45pm. **Venue:** Presbyterian Church Hall, 150 Macquarie Rd, Springwood. **Registration essential.** For further details contact Eileen or Rita on 9933 0205 or email soloparentservices@ccss.org.au

MARRIAGE ANNULMENT INFORMATION NIGHT

Each year CCSS Solo Parent Services present an Information Session to help people understand the process of Marriage Annulments in the Catholic Church. The evening is open to anyone who is interested. **Venue:** Mamre House, 181 Mamre Rd Orchard Hills **Date:** Tues 5th May **Time:** 7.30pm – 9.30pm. **Cost:** \$5.00. **Registration:** Rita or Eileen. PH: 9933 0205 or Email: soloparentservices@ccss.org.au



Faith, Courage, Tolerance

Caroline Chisholm College, Glenmore Park provides Catholic Education
for girls in Years 7 – 12

Enrolling now for 2016

For further information contact the College on 4737 5506.

CUB RECRUITS NEEDED!

We need more CUB recruits for Emu Plains Scouts which is actually situated at Lapstone Scout Hall 175 Explorers Road, Lapstone. www.emuplainsscouts.org.au

Cubs is for Boys and Girls aged 7.5 to 11. We meet Tuesday nights, 7.00-830pm.

If you like fun activities including bush games, craft, understanding camping, having fun and being part of a troop, then Scouting is for you. You make friendships for life, have many happy memories of the scouting movement and earn rewarding badges as you go. Learnings from Scouts helps build confidence, respect, positive attitude and sets these young boys and girls up for life with their future endeavours.

Did I mention **YOU CAN TRY CUBS FOR FREE for the first 6 weeks!!!!** We would love to see you there Tuesday nights (during school terms), you are more than WELCOME! Let's have fun! Parents are welcome to watch, assist and discuss the term's agenda of activities.

For more information please contact Tony Henry 0488 669 143 E-mail: thenry555@gmail.com

Scorchers Holiday Clinic: Monday 13th April 2015 – Wednesday 15 April 2015, 9am to 3pm.

For ages: 8 – 12 years. \$70.00 includes 3 days of basketball fun and skills. Morning Tea is provided each day & lunch is included on the final day. The canteen will be open.

Register your interest and book your child's place by contacting Springwood & Districts Basketball Association on **4739 8999** and leaving a message; or Emailing: scorchers1@bigpond.com. If your child is not a registered member of Springwood & Districts Basketball Assoc. we will require your medicare card on the day.

FREE KIDS DENTAL

The child Dental Benefits Schedule currently provides eligible children with a \$1000 free dental benefit* over a 2 calendar year period and covers selected services including: examinations, x-rays, cleaning, fissure sealing, fillings, root canals and extractions.

Are you aware that you may be eligible for the free \$1000 benefit*? To gain access to benefits, children must be eligible for Medicare, must be between 2 and 17 years of age for at least 1 day of the calendar year with the child or parent, guardian or carer receiving family Tax benefit Part A or another relevant government payment.

**Free when services covered by the Commonwealth Government's Child Dental Benefits Schedule are bulk billed by participating Practitioners for treatment provided to eligible patients.*



WARATAHS

FREE FREE FREE FREE FREE FREE

WARATAHS RUGBY TRAINING CLINIC

WEDNESDAY 8TH APRIL

NEPEAN RUGBY PARK

ANDREWS RD, NTH PENRITH

AGES - 6 - 14 YEARS

REGO'S - 10.15PM

CLINIC - 11.00AM TILL 1.00PM

AN AFTERNOON OF SKILLS AND DRILLS WITH PLAYERS FROM THE WARATAHS SQUAD

PLEASE REMEMBER TO BRING

BOOTS / MOUTHGUARD / PLAYING JUMPER / SHORTS

PROTECTIVE EQUIPMENT & WATER BOTTLE

SIGN UP NOW WWW.TINYURL.COM/WARATAHSCLINIC

PROUDLY PRESENTED BY

WWW.PENRITHRSLRUGBY.COM.AU

WWW.PENRITHJRUACADEMY.COM.AU



SCHOOL UNIFORMS

SHOP ONLINE FOR ALL YOUR
SCHOOL UNIFORMS

Please visit
www.lowesschoolwear.com.au



FREE SHIPPING
FOR ORDERS OVER \$100

Register online and receive a
DISCOUNT ON YOUR FIRST ORDER