

DIARY DATES

Friday 9 February
Family Picnic, 6.00pm
Monday 12 February
Opening School Mass, 9.15am
Mon 12 – Fri 23 February
Parent Teacher Student Conferences
Tuesday 20 February
Zone Swimming
Thursday 22 February
Kindergarten Parent Information Evening, 7pm
Friday 23 February
Diocesan Swimming Carnival
Monday 5 March
Catholic Schools Week begins Celebrations of Learning 9.15-10.15am
Wednesday 7 March
Year 6 GRIP Leadership Day
Friday 9 March
Games Afternoon
Wednesday 14 March
Open Morning for Future OLOW Parents
Thursday 15 March
Munch & Crunch run by Kinder
Saturday 17 March
St Patrick's Day
Sun 25–Thurs 29 March
Japanese Students at OLOW
Thursday 29 March
Holy Thursday
Friday 30 March
Good Friday PUBLIC HOLIDAY
Sunday 1 April
Easter Sunday
Monday 2 April
Easter Monday PUBLIC HOLIDAY

Dear Parents, Carers, Students & Friends,

Welcome to our first newsletter of 'By the Way' for 2018 and a new year of living, loving and learning in Christ. As we begin this year, the parish community welcomes our new families and staff who are joining our school this year. I wish them a rewarding and fulfilling experience at Our Lady of the Way.



53 of our newest and youngest members of the community began school last week. Their happy faces and excitement bubbled over as they walked through the gates carrying their school bags and wearing their hats with such pride. The children settled into the school routine very quickly and they have embraced the learning agenda like a fish to water. Well done to our Kindergarten students.

As we embark on a new year let us be challenged to use our special gifts to:

- Laugh often at the joys of life
- Pray daily, giving thanks for what we have received
- Never turn away someone in need
- Continue to read and learn throughout life
- Pass on the stories of history and life with those we love
- Take time to enjoy God's creation through gardening, bushwalks, ocean swims
- And of course...always be ready to greet someone, shake hands and smile!

May 2018 be a year of fulfilment and joy for our community as we walk humbly with our God. Be secure in the belief that we will continue to build God's kingdom here at Our Lady of the Way.

God Bless,

Mrs. Sue Veling
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 1 WEEK 1



Zoe Chang, Audrey Edwards, Isabella Rampono, Max Thompson, Trinity Callaghan, Oliver Scott, Tyra Footman, Wayde Race, Ronan Cullen, Zak Roach, William Drummond, Cruz Vilar, Jacob Bennett, Noah Downey, Dominic Vella, Ella Keigan, Lachlan Stewart, Harrison Bennett, Lily Callaghan, Justin Bailie.

OPENING SCHOOL MASS

Our Opening School Mass will be held on Monday 12th February at 9:15am. Everyone is welcome to join us as we celebrate the coming year and welcome our new staff and students and commission our new school leaders and SRC members.

PARENT- TEACHER- STUDENT- CONFERENCES FOR YEARS 1-6

The formation of a positive school and home relationship is important for your child's well-being and development. With this in mind, *Our Lady of the Way* will begin the year with individual Parent-Teacher-Student-Conferences in Weeks 3 & 4. These conferences are compulsory and we ask all parents and students to attend so learning goals can be presented for each child.

These conferences will occur for students in Year 1-6 in Weeks 3 & 4 between **Monday 12 February and Friday 23 February**. The online booking system is now open for booking and will close on Wednesday 14th Feb at 7pm.

MATHS ASSESSMENT INTERVIEW

Thank you to all parents who brought their children in last week to complete their one-on-one Mathematics assessment. This is a time-consuming process and very difficult to complete during school hours. The information gathered is invaluable in getting to know your child's level of competency in counting, place value, addition & subtraction and multiplication & division by using an interview process rather than a standardised test under test conditions.

A big thankyou to the staff who have given up two of their Staff Development Days to complete this task. For those students who missed out, teachers will need to complete the assessment within the next two weeks.



Our Lady of the Way Primary School

17 Troy Street, Emu Plains NSW 2750
Phone: (02)4777 7200
Email: OLOW@parra.catholic.edu.au
Web: <http://www.olowemuplains.catholic.edu.au>



5th February, 2018

Parent Teacher Student Conference 2018



Book School Interviews Online

Dear Parents and Carers,

Our Parent Teacher Student led conferences for students in Year 1 to Year 6 will be held between Monday 12th February and Friday 23rd February, 2018.

Our Parent Teacher Student led conferences are compulsory and we ask all parents/carers to attend. Go to www.schoolinterviews.com.au and follow these simple instructions.

Bookings will open on Wednesday 7th February at 4.00pm and will close on Wednesday 14th February at 7.00pm.



Enter THIS school event code.
Then follow the 3 simple steps.



When you click **finish**, your conference will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately.

This is a wonderful opportunity for Parents, Teachers and Students to maintain a positive school and home relationship. It is important for your child's well-being and development.

Parents can change their booking at any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking.

Parents wishing to change their conference times after the closing date are asked to contact the school directly.

PARENT INFORMATION NIGHT FOR KINDERGARTEN

A meeting for Kindergarten parents will take place on **Thursday 22nd February** at 7pm in the Kindergarten classrooms. This meeting will fill parents in on the learning, routines and everyday running of Kinder. We encourage you to come along and join us, even if you have attended in the past.

ZONE SWIMMING TEAM

Congratulations to the following students that have made it through to the Zone Swimming Carnival on 20th February at Glenbrook Swimming Pool.

Milayna Brace, Georgia Cashel, Samuel Cashel, Eden Chapman, Holly Clark, Milaya Cleary, James Cremen, Akeda Deacon-Chilmaid, Erin Downie, Jade Elford, Lucienne Heffernan, Nicholas Heffernan, Oliver Herps, Ivy Hooke, Archie King, Taylor Latham, Lucie McIntosh, Isabelle Moran, Breha Pearson, Holly Penny, Carter Pereira, Marshall Pereira, Hakopa Raukawa, Tiare Raukawa, Marlie Robertson, Kate Roser, Cara Smith, Tianna Stansfield, Jake Thompson, Madeline Wade.

CATHOLIC SCHOOLS WEEK - CELEBRATIONS OF LEARNING

As part of Catholic Schools Week, on Monday 5th March the classroom doors will be thrown open for Celebrations of Learning between 9:15-10:15am. This will be a time for the children to reflect upon their learning and achievements for the term and share it with their family and friends. The Celebrations of Learning will be an interactive time for you to join in with the learning. Come and be an active participant in a 21st Century classroom!

On Friday 9th March between 2-2:55pm there will be a games afternoon. The OLOW community is welcome to join in the fun. The games may come in the form such as board games, sporting games, Maths games etc.

OPEN MORNING FOR NEW PARENTS

A dedicated OPEN MORNING for prospective parents and their children will take place at OLOW on Wednesday 14th March between 9-10:30am. Come along, tour the school and visit our learning spaces. Morning tea will be provided for parents and pre-schoolers.

If you are aware of any families wishing to enrol their children please invite them to come along.

PUPIL FREE DAYS FOR 2018

In Term 1 there will be no additional pupil free days. In Term 2 the Pupil Free Day will be on **Friday 6th July**. Staff will have their Religious Education Formation Day. In Term 3 the Pupil Free Day will be on **Friday 28th September**. The staff will be completing their CPR and First Aid training.

STUDENT ATTENDANCE 2018

At *Our Lady of the Way*, we continue to promote student attendance









- EVERY LEARNER - EVERY 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.

To 7th February, *Our Lady of the Way* Attendance Level was

93.4%

Congratulations to every grade that reached the Diocesan target of 90%. We look forward to a healthy year where attendance is a priority for every family.

School Name	School Attendance Level %
Our Lady of The Way Primary Emu Plains	 93.4%
Scholastic Year	Sch Yr Attendance Level %
K	 100.0%
01	 92.9%
02	 91.4%
03	 87.2%
04	 96.2%
05	 92.7%
06	 93.1%

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.

SCHOOL PHOTOS

The 2018 school photos are scheduled to take place on Wednesday 30th June. This year the children will wear their winter uniforms. Pre-paid envelopes will be sent home in Term 2.

PARENT NEWSLETTER & CALENDAR

All school newsletters, school events via the parent calendar and notes sent home are accessible on our website <http://www.ollowemuplains.catholic.edu.au> or through the school communication app SKOOLBAG. This app can be downloaded on any smartphone. Our Facebook page (Our Lady of the Way School, Emu Plains) is also a great way to keep in touch with what is happening at school on a day-to-day basis.

If you would like the newsletter automatically emailed to you each fortnight all you need to do is register through our website. Go to <http://www.ollowemuplains.catholic.edu.au/newsletters> and enter the relevant details under 'Subscribe to Our Newsletter' at the bottom of the page.

KISS AND DROP ZONE

Thank you to everyone for helping to make the Kiss and Drop Zone in Troy Street work smoothly. We again ask parents and relatives who are dropping children off to:

- Use the designated area on Troy Street;
- Move forward towards the Church driveway until it is your turn;
- Children should stay in the car until you reach the driveway;
- Be patient and wait for the vehicles to move on;
- The driver should stay in the car;
- Children should use the kerb side door when getting out of the car
- Please kiss your children before they get out of the car.

Staff are on duty from 8:25am and they will open the car door and help your children alight.



TOMORROW - KEEP THIS EVENING FREE – FAMILY PICNIC & WATER SLIDE

Our welcome gathering and family picnic will take place on **Friday 9th February** from 6pm. The P&F have secured a water slide. A food and coffee cart will also be present. You are also welcome to BYO picnic.

NOTES THAT HAVE BEEN SENT HOME IN THE LAST TWO WEEKS

1. Invitation to the P&F Family Picnic Evening & Reminder Note
2. Parking Safety around the school
3. Information about Parent-Teacher-Student Conferences
4. On-Line Booking Information Note for Parent-Teacher-Student Conferences Years 1-6
5. Kindergarten Invitation for Parent Information Meeting

CONDOLENCES

Our condolences are offered to the Houlihan family (Amity, Bailey and Ethan) on the passing of their Grandfather during the holidays.

Perhaps they are not the stars, but rather openings in Heaven where the love of our lost ones pours through and shines down upon us to let us know that they are happy.



FROM THE ASSISTANT PRINCIPAL

Child Development and Road safety ~ Riding bikes and scooters to school

We know that road safety is so important and teaching and modelling road safety to our children is how they learn to stay safe and be aware when walking, riding and driving on our roads. At Our Lady of the Way, some students choose to ride their bikes and scooters to and from school. We encourage a healthy lifestyle and know that this can be a good option for some families. We also understand that children are more at risk than adults around traffic due their development.

The OLOW policy is that students must be the age of 10 **AND** in Years 5 or 6. By this age, children have developed the ability to be more aware of their surroundings and to make clearer decisions that will keep them safe. To support the development of bike safety at school, Year 4 students all participate in the Community and Road Safety Program (C.A.R.E.S.).

CARES is a total road safety education program created to assist in the reduction of risk, injury and death for young road users. It has been specifically designed for school children in years 4 to 6, which is one high-risk category of road users. Year 4 will participate in this program in Week 11.

This year, OLOW has developed a Riding Bike or Scooter to school Contract. This is to ensure that children have been made aware of how to travel safely on the roads and understand our school expectations. These have been sent home to interested children in Years 5 and 6 today. Please return them to the school office.

Below is some information about child development and road safety.

Child development and road safety

Why are young children at risk around traffic?

Social/Emotional Development

Young children are

- Sociable and want to be 'Where the action is'
- All different, so what works with one child may not work with another

They also

- See themselves as 'big boys' or 'big girls' and want to do things by themselves

Physical Development

Young children are

- Fast and can quickly move from safety into danger
- Small and difficult for drivers to see, especially behind a reversing vehicle
- Still developing reflexes and reactions so stopping can take longer
- Fragile so injuries are likely to be severe



Cognitive Development

Young children are

- Curious and keen to explore and learn about their surroundings
- Yet to understand 'danger' and what to do to keep safe
- Often easily distracted but can also be really focused on what is important to them
- Still developing their ability to judge the speed and distance of moving vehicles and what these mean
- Inexperienced as road users and can be confused by sudden changes in the traffic environment
- Still developing their understanding of sound and direction and what these mean

They also

- Understand cause and effect differently to adults when in traffic
- Interpret what they may see in their peripheral vision differently to adults
- Can say safety words and slogans but are not yet able to apply them independently

Children's behaviour can't be explained in terms of just one developmental area. It is the **interaction** of the cognitive, social/emotional and physical aspects of their development that puts young children at risk in and around traffic.

Adults are responsible for the safety of young children!

www.kidsandtraffic.mq.edu.au

KIDS and TRAFFIC
Early Childhood Road Safety Education Program

IN PARTNERSHIP WITH
TRANSPORT FOR NSW AND
MACQUARIE UNIVERSITY

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RELIGIOUS EDUCATION NEWS

Opening School Mass:

You are warmly invited to attend our Opening School Mass that we will be celebrating next Monday, February 12 at 9:15am. The theme of our Mass is 'Building on Strong Foundations'. We will reflect on the qualities of honesty, forgiveness, peace, justice and love, which we believe are the building blocks of a good and faithful life.

Following our Eucharistic celebration we will welcome our new community members and our Year 6 Student Leadership Teams and Student Representative Council members will receive their badges.

Ash Wednesday:

On Wednesday February 14 we begin the season of Lent with Ash Wednesday. Our students from Years 3, 4, 5 and 6 will be attending the Parish Mass at 9:00pm. Our Kinder, Year 1 and Year 2 students will be sharing a liturgy together in the Church at 11:30am. Thank you to our Year 1 team for organising this liturgy.

You are all very welcome to attend either or both of these celebrations.



Project Compassion:

The season of Lent marks the time of the year when our minds turn to those who need our compassion and love. Caritas is a social justice organisation who host the program Project Compassion to highlight those in our world who are in need of our support. On Ash Wednesday all children will receive their own Project Compassion box which they can use to save money to help support Project Compassion.

Parish Sacramental Program:

For those of you who are presenting your children for the Sacrament of Reconciliation, a reminder of important dates are below:

Reconciliation Sacramental Program			
Parent Information Evenings	Tuesday Thursday	February 13 February 15	7:30pm 7:30pm
Enrolment Mass	Saturday Sunday	February 24 February 25	6:00pm 8:00am & 9:30am
Lessons	Week 1 - Monday Week 2 - Monday	March 5 March 12	
Rite of Reconciliation Liturgy	Wednesday	March 22	7:30pm

Children in Year 3 are beginning to look at the Sacrament of Reconciliation as part of their Religious Education program. A note was sent home to all Year 3 students on Tuesday regarding the Reconciliation Program. Students in Years 4 - 6 who wish to make their Reconciliation this year MUST attend the Information evening next week.

Our Eucharist and Confirmation Sacramental Programs are as follows:

Eucharist Sacramental Program			
Parent Information Evenings	Wednesday Thursday	May 9 May 10	7:30pm 7:30pm
Enrolment Mass	Saturday Sunday	May 12 May 13	6:00pm 8:00am & 9:30am
Lessons	Week 1 - Monday Week 2 - Monday Week 3 - Monday	May 21 May 28 June 4	
Rehearsal Group 1	Wednesday	June 20	7:30pm
Mass Group 1	Sunday	June 24	11:30am
Rehearsal Group 2	Wednesday	June 27	7:30pm
Mass Group 2	Sunday	July 1	11:30am

Confirmation Sacramental Program			
Parent Information Evenings	Wednesday Thursday	August 1 August 2	7:30pm 7:30pm
Enrolment Mass	Saturday Sunday	August 11 August 12	6:00pm 8:00am & 9:30am
Lessons	Week 1 - Monday Week 2 - Monday Week 3 - Monday	August 20 August 27 September 3	
Rehearsal	Monday	September 17	7:30pm
Rite of Confirmation Mass	Wednesday	September 19	7:30pm

Carole Day

Religious Education Coordinator

GENERAL NEWS

LOST PROPERTY

The Bus Company has dropped off some jackets that children have left on the bus. Please contact the office if your child has lost any jackets recently.



UNIFORM SHOP

Thank you to Victoria Good who is continuing to assist with our Clothing Pool. The uniform shop will be open on Monday mornings from approximately 8.30am. Access to the clothing pool is limited to this time only.

Alternatively, parents can complete the attached 2nd hand clothing request and once a week we will try and fill your request. There are times there may not be items in the size that you require, but we will try and help as much as we can.

The request form is attached to the end of this Newsletter and is also available on the OLOW website. Parents just print the form out, fill it in and send it to the office.

SCHOOL SPORTS SOCKS

Due to delays from our supplier, there is an additional 2 week wait for delivery of our OLOW Sport Socks. We will advise you when they have arrived. In the meantime, children are able to wear plain white socks.

GUITAR LESSONS

Guitar lessons for beginners have started on Friday morning at 8.15am. Children interested in these lessons from Year 2-6 are welcome. There is no cost involved.

Elizabeth McGregor

Music Teacher



RACE FOR GRACE

Mrs Casey (Declan -Yr 3 and Oliver -Yr 1) alongside her amazing team at the Grace Ward have put together this amazing fundraiser to help many new born children all over NSW, ACT and surrounding Islands who need lifesaving surgery.

Miss Reynolds and her family as well as many other families are gearing up to raise many for the Grace Ward at Westmead Children's hospital, this is something that is very close to our hearts. We will be racing for Grace, as the Grace Ward at Westmead Hospital is looking at raising money for much needed resources including special cots for new borns who need surgery. These cots cost \$10,000 each and we would love any contributions either big or small to help raise much-needed money for the Grace ward. Go Team Molly!

<https://raceforgrace2018.gofundraise.com.au/page/KirstyMaree>



**RIDING
FOR 24 HOURS
FOR 24 BABIES
FOR 24 FAMILIES**

**RACE
for GRACE**

**24 HOUR CYCLE CHALLENGE
21-22 March 2018** STARTING
at 1600hrs

**The Children's Hospital at Westmead
GALLERIA Main Level**

**SPORTS STARS
GUEST RIDERS
Exciting
CHALLENGES**

REGISTER TO CYCLE OR SPONSOR NOW
<http://raceforgrace2018.gofundraise.com.au>

proudly supporting
**grace
centre**
for newborn intensive care
the children's hospital at Westmead



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SCHOOL CANTEEN



healthycanteens
.com.au

Canteen News & Updates

A New Year

A new term brings a fresh start.

And Healthy Canteens would like to remind you of a few things that help us get your child's lunch to them as fast as possible.

- Please clearly write your child's name & class on the lunch order bag.
- Change will be taped to the bag, if the change exceeds \$10 we will ask your child to come to the canteen to collect.
- If insufficient money is in the bag, we will talk to your child to discuss and adjust the order accordingly to another yummy choice.



Lunch Orders

Lunch orders need to be at the canteen by 9am. Late orders may mean we don't have enough time to cook your delicious lunch.

There are some items we do not put into the lunch baskets for safety reasons.

If you order any : **Frozen / Cold Treats**

Your child must take their lunch order bag to the canteen at the start of the play period. They can stand at the side of the window and will be served first.

If you order any : **Cup of Noodles**

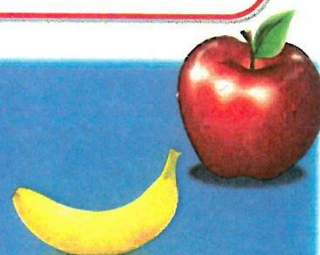
These are not put in the lunch baskets. Your child must collect noodles from the canteen at the start of the eating period.

Helpful Tips

Order Ice Cold Treats with a lunch order and your child can skip the lines, by bringing the bag straight to the front of the canteen line for

* Express Service *

Did you know you can place a recess order any day, just remind your child to collect the recess order directly from the canteen.



- Why not try Online Ordering ? Its so quick and easy, you will love it. Gone are the days of you searching to find the correct cash. Your child will still receive their lunch order in the class basket just like everyone else's.

Helpful Tips



Place lunch orders from your iPhone, iPad or mobile device!

flexischools

- Online Ordering
- Available 24 / 7
- Convenient for Parents
- Special Deals Available Online

Register today :

Flexischools.com.au



healthy canteens
.com.au

healthy canteens menu

Fresh Is Best

SANDWICHES WHITE, WHOLEMEAL, GLUTEN FREE

Vegemite or Jam or Honey E	\$ 1.50
Cheese E	\$ 1.70
Ham E	\$ 2.20
Egg or Egg & Lettuce E	\$ 2.50
Ham & Cheese E	\$ 2.70
Salad E	\$ 2.70
Chicken E	\$ 2.90
Tuna E	\$ 2.90
Ham & Salad E	\$ 3.00
Ham, Cheese & Tomato E	\$ 3.00
Chicken & Cheese EH	\$ 3.20
Chicken, Lettuce & Mayo E	\$ 3.30
Ham, Cheese & Salad E	\$ 3.30
Chicken, Cheese & Tomato E	\$ 3.50
Chicken & Salad E	\$ 3.70
Tuna & Salad E	\$ 3.70
Gluten Free Bread Add	\$ 1.00

WRAPS

Cheese Rocket Melted Cheese E	\$ 2.00
Chicken Pizza Rocket Cheese, Sauce E	\$ 3.00
Ham Pizza Rocket Cheese, Sauce E	\$ 3.00
Salad E	\$ 3.70
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
Caesar Lettuce, Bacon, Egg, Cheese, Croutons E	\$ 3.80
Ham & Salad E	\$ 4.00
Ham, Cheese & Salad E	\$ 4.50
Chicken, Lettuce & Mayo E	\$ 4.50
Sweet Chilli Chicken O	\$ 4.50
Sweet Chilli Chicken Tenders, Lettuce, Mayo	
Chicken Salad E	\$ 4.50
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
Chicken Caesar E	\$ 4.90
Chicken, Lettuce, Bacon, Egg, Cheese, Croutons	
SUSHI ROLLS	
Tuna Corn E	\$ 3.40
Teriyaki Vegetarian E	\$ 3.40

SALAD BOWLS

Garden E	\$ 3.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Caesar E	\$ 3.90
Lettuce, Bacon, Egg, Cheese, Croutons, Caesar	
Sweet Chilli Chicken Tenders E	\$ 4.80
Lettuce, Tomato, Sweet Chilli Mayo	
Ham E	\$ 4.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Tuna E	\$ 4.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Chicken E	\$ 4.80
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Chicken Caesar E	\$ 4.90
Chicken, Lettuce, Bacon, Egg, Cheese, Croutons, Caesar	
Extras Egg, Cheese E	\$ 1.00

* The Canteen uses Real, Natural, 100% Breast Chicken for all of our Sandwiches, Wraps and Salads

PASTA - RICE - NOODLES - NACHOS

Macaroni & Cheese E	\$ 4.00
Butter Chicken With Steamed Rice E	\$ 4.00
Lasagna Beef E	\$ 4.00
Pasta Bolognese Spiral pasta E	\$ 4.00
Chinese Chicken Fried Rice E	\$ 4.20
Honey Soy Chicken With Steamed Rice E	\$ 4.20
Stir Fry Noodles With Beef & Vegetables E	\$ 4.20
Nachos With A Beef & Cheese Sauce E	\$ 4.50

PIES & SAUSAGE ROLLS

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	\$ 4.20

HOT FAVOURITES

Chicken Breast Nugget Premium O	\$ 0.70
Fish Finger O	\$ 0.80
Mini Spring Roll Vegetarian SDR	\$ 0.80
Hash Brown O	\$ 1.00
Corn Cob E	\$ 1.20
Chicken Wing Hot & Spicy E	\$ 1.20
Sweet Chilli Chicken Tender O	\$ 1.70
Garlic Bread O	\$ 2.00
Cheese & Bacon Roll O	\$ 2.40
Potato Wedges O	\$ 2.50
Hot Dog With Tomato Sauce O	\$ 3.00
Cup Noodles* Chicken - Beef - Oriental O	\$ 3.00
Pizza Bacon & Cheese or Ham & Pineapple O	\$ 3.20
Cheese Pizza Homemade with Pizza Sauce E	\$ 3.50

Hot Food

BURGERS & ROLLS

Sweet Chilli Tender Chicken, Cheese, BBQ O	\$ 3.50
Chicken Breast Fillet, Lettuce, Mayo E	\$ 4.20
Cheeseburger Beef, Cheese, Tomato Sauce E	\$ 4.20
Aussie Beef Tomato, Lettuce, BBQ Sauce E	\$ 4.20
Fish Fillet Lettuce, Mayonnaise E	\$ 4.20
Vegetarian Lettuce, Mayonnaise E	\$ 4.20
Chicken & Cheese Breast Fillet, BBQ Sauce E	\$ 4.70

EXTRAS

30c: Tomato, Beetroot, Cucumber, Carrot
40c: Sauce Portion - BBQ or Tomato
50c: Cheese

* Cup of Noodles are not put in lunch baskets *
Your child must collect noodles from the canteen

(E) EVERYDAY FOODS (O) OCCASIONAL FOODS (SDR) SPECIAL DIETARY REQUIREMENT

MEAL DEALS

Choose One Main Item
Choose One Drink
Choose One Fruit or Popcorn



healthy canteens
.com.au

AVAILABLE EVERYDAY - CHOOSE 1

	Garden Salad Lettuce, Tomato, Cucumber, Beetroot, Carrot	\$ 5.2
	Ham & Salad Sandwich	\$ 5.2
	Ham, Cheese & Tomato Sandwich	\$ 5.2
	Chicken Breast Nuggets x 4	\$ 5.2
	Hot Dog With Tomato or BBQ Sauce	\$ 5.2
	Sausage Roll	\$ 5.4
	Pizza Homemade Cheese Pizza or Cheese & Bacon Pizza	\$ 5.4
	Sweet Chilli Chicken Tenders x 2	\$ 5.4
	Vegetarian Spring Rolls x 4	\$ 5.4
	Salad Wrap Lettuce, Tomato, Cucumber, Beetroot, Carrot	\$ 5.4
	Sweet Chilli Chicken Tender Roll Cheese & BBQ Sauce	\$ 5.5
	Meat Pie	\$ 5.5
	Sushi Roll Tuna or Teriyaki Veg	\$ 5.5
	Chicken Breast Nuggets x 6	\$ 6.0
	Pasta - Rice - Noodles - Nachos One \$4 Item From Section	\$ 6.0
	Any Salad Bowl One Item From The Section	\$ 6.5
	Any Burger or Wrap One Item From The Section	\$ 6.5



Bottle Water 600ml or
Just Juice Popper or
Flavoured Milk (Add 50c)



Apple or
Banana or
Mandarin or
Popcorn



If your fruit is unavailable, it will be replaced with another fruit

\$4
Tuesday
Only

SUPER TUESDAY DEAL

Choose One Sandwich

Honey Jam
Vegemite Cheese
Ham Egg

Or Something Hot

Chicken Nuggets x 3 Garlic Bread
Sweet Chilli Tender



Bottle Water
or
Popper



Popcorn



Crunch & Sip \$2.30

Only Available Before 9am



Bottle Water 600ml
Plus Choose One Of

- Apple
- Banana



FRESH FRUITS

Apple <i>E</i>	\$ 1.00
Mandarin <i>E</i>	\$ 1.00
Banana <i>E</i>	\$ 1.00

Watermelon Bowl Regular <i>E</i>	\$ 1.80
Watermelon & Grapes Bowl Regular <i>E</i>	\$ 2.00
Fruit Salad Bowl Large <i>E</i>	\$ 4.00

Fresh Fruit

Frozen Orange Wedges <i>E</i>	\$ 0.30
Frozen Grapes Bowl Regular <i>E</i>	\$ 2.20
Grapes in a Bowl Regular <i>E</i>	\$ 2.20

COLD

Milky Max Custard Low Fat Chocolate <i>E</i>	\$ 1.70
Corn Flakes <i>E</i>	\$ 2.20
Coco Pops <i>E</i>	\$ 2.20
Nutri Grain <i>E</i>	\$ 2.20
Up N Go 250ml Chocolate, Vanilla <i>E</i>	\$ 2.80
Plain Milk 300ml <i>E</i>	\$ 1.70
Oak Milk 300ml Chocolate, Strawberry <i>E</i>	\$ 2.40

FRESH

Apple <i>E</i>	\$ 1.00
Banana <i>E</i>	\$ 1.00
Mandarin <i>E</i>	\$ 1.00
Watermelon Bowl <i>E</i>	\$ 1.80
Watermelon & Grapes Bowl <i>E</i>	\$ 2.00
Grapes in a Bowl <i>E</i>	\$ 2.20
Fruit Salad Bowl Large <i>E</i>	\$ 4.00

Breakfast

HOT	
Toast Assorted Spreads <i>E</i>	\$ 1.00
Hash Brown <i>O</i>	\$ 1.00
Fruit Toast <i>E</i>	\$ 1.00
Cheese Rocket Wrap <i>E</i>	\$ 2.00
Cheese & Bacon Roll <i>O</i>	\$ 2.40
Hot Chocolate <i>E</i>	\$ 1.60

DAIRY & FRUIT

Whole Fruit Pieces <i>E</i>	\$ 1.00
Jelly Bowl Add Fruit 50c <i>E</i>	\$ 1.30
Milky Max Custard Low Fat Chocolate <i>E</i>	\$ 1.70
Yoghurt Low Fat Vanilla <i>E</i>	\$ 2.70
Watermelon Bowl Regular <i>E</i>	\$ 1.80
Grapes in a Bowl Regular <i>E</i>	\$ 2.20
Fruit Salad Bowl Large <i>E</i>	\$ 4.00

QUICK BITES

Want Wants Rice Crackers <i>O</i>	\$ 0.30
Popcorn <i>E</i>	\$ 1.00
Brownie <i>O</i>	\$ 1.00
Messy Monkeys Cheese or Burger <i>E GF</i>	\$ 1.50
Jumpys Chicken <i>O</i>	\$ 1.50
Chips 28gm Honey Soy, Sea Salt <i>O</i>	\$ 1.70
Gluten Free Salt & Vinegar <i>SDR GF</i>	
Banana Bread <i>O</i>	\$ 3.00

Snacks

OVER THE COUNTER ONLY	
Pizza Buns Homemade Sauce & Cheese <i>E</i>	\$ 1.50
Crunchy Cup Carrot Sticks & Hummus <i>E</i>	\$ 1.50
Cheese Pack Cheese & Jatz Crackers <i>E</i>	\$ 1.50
Calcium Pack <i>E</i>	\$ 3.00
Cheese & Jatz Crackers + Plain Milk 300ml	
Variety Pack <i>E</i>	\$ 2.50
Carrot, Cheese, Jatz Crackers, Hummus Dip	

ICE COLD TREATS

Frozen Juice Cup <i>E</i>	\$ 1.00
Apple, Orange, Apple Blackcurrant	
Fruity Ice <i>O</i>	\$ 0.50
Sour Snap Apart <i>O</i>	\$ 1.00
Zooper Dooper <i>O</i>	\$ 1.00
Icy Pole <i>O</i>	\$ 1.50
Billabong Chocolate or Rainbow <i>O</i>	\$ 2.00
Frozen Milkshake Made In The Canteen <i>O</i>	\$ 3.00

DRINKS

Plain Milk 300ml <i>E</i>	\$ 1.70
Oak Flavoured Milk 300ml <i>E</i>	\$ 2.40
Chocolate, Strawberry	
Quench 350ml Blue or Raspberry <i>O</i>	\$ 2.50
Up N Go 250ml Chocolate, Vanilla <i>E</i>	\$ 2.80
Iced Tea 500ml Peach <i>O</i>	\$ 3.30
Aloe Vera 500ml Grape <i>E</i>	\$ 3.30
Hot Chocolate <i>E</i>	\$ 1.60

Cold & Drinks

Popper 100% Juice 200ml <i>E</i>	\$ 1.80
Apple, Orange, Apple Blackcurrant	
Water 600ml <i>E</i>	\$ 2.00
Fruit Shoot 300ml Pop Top <i>E</i>	\$ 2.00
Apple Blackcurrant, Summer Fruits	
Apple or Orange Juice 350ml 100% <i>E</i>	\$ 2.80

** With your lunch order "Ice Cold Treats" should be collected from the canteen after the eating period **

VEGETARIAN

Mini Spring Rolls <i>SDR</i>	\$ 0.80
Corn Cob <i>E</i>	\$ 1.20
Garlic Bread Loaf <i>SDR</i>	\$ 2.00
Cup of Noodles Oriental <i>SDR</i>	\$ 3.00
Sushi Roll Teriyaki Vegetable <i>E</i>	\$ 3.40
Cheese Pizza With Pizza Sauce <i>E</i>	\$ 3.50
Nacho Dippers Tomato Salsa, Cheese <i>SDR</i>	\$ 5.00
Macaroni & Cheese <i>E</i>	\$ 4.00
Lasagna Vegetable <i>E</i>	\$ 4.00
Vegetarian Burger Lettuce, Mayonnaise <i>E</i>	\$ 4.20

GLUTEN FREE - MAIN MEALS

Chicken Nuggets <i>SDR</i>	\$ 0.80
Garden Salad <i>E</i>	\$ 3.80
Lasagna Beef <i>E</i>	\$ 4.80
Lasagna Vegetable <i>E</i>	\$ 4.80
Macaroni & Cheese <i>E</i>	\$ 4.80
Sausage Beef Roll <i>SDR</i>	\$ 4.60
Meat Pie <i>SDR</i>	\$ 4.90
Nacho Dippers Tomato Salsa, Cheese <i>SDR</i>	\$ 5.00
* The Below Items Do Not Contain Gluten, but are made in a facility that processes products containing gluten	
Hash Brown* <i>SDR</i>	\$ 1.00
Nachos* With A Beef & Cheese Sauce <i>E</i>	\$ 4.50

Gluten Free & Vegetarian

GLUTEN FREE - SNACKS

Messy Monkeys Wholegrain Chip Bites 20gm <i>E</i>	\$ 1.50
Cheese or Burger Flavour	
Smiths Chips 27gm Salt & Vinegar <i>SDR</i>	\$ 1.70
Piranha Rice Snaps <i>SDR</i>	\$ 2.20
GLUTEN FREE Please write GLUTEN FREE on your lunch bag	
Gluten Free Items are more expensive than regular items. In many cases, we are selling these at only slightly above cost price.	
More Gluten Free items are on the menu.	
VEGETARIAN Please write VEGETARIAN on your lunch bag	
More Vegetarian Items are on the menu.	



Place lunch orders from your iPhone, iPad or mobile device!

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- Available 24 / 7
- Convenient for Parents
- Exclusive Online Only Deals

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2ND HAND CLOTHING REQUEST

Please complete the form below and return to the school office or email to olow@parra.catholic.edu.au

Please note: We are unable to guarantee all items requested are available.

If we are able to supply items we will email you with a price and you will have 7 days to collect.

Parent's Name: _____

Child's Name: _____ Grade: _____

Parent's email address: _____

Item/s you are requesting:

e.g. Boys long sleeve shirt

Size: 8

Size: _____

Size: _____

Size: _____

Gateway Family Services Parenting Group Programs Term 1, 2018



Program	Date & Time	Location	Registration
Circle of Security <i>Learn how to be a strong, wiser & kinder parent with your kids. Suitable for parents of 0 -12 year old.</i> * NO Childcare available	Every Saturday 10th Feb - 24th March 10:00am - 12noon ** NO Childcare	Blaxland Uniting Church 72 Old Bathurst Rd, BLAXLAND (Onsite parking available)	Gateway— 1300 316 746 (free call)
	Every Monday 12th Feb - 26th March 9:30am - 11:30am ** NO Childcare	Blackheath Community Centre, - Bates Hall Cnr GWH & Gardiners Crescent, BLACKHEATH	Gateway— 1300 316 746 (free call)
123 Magic Parenting <i>Learn how to understand & manage your child's difficult behaviour. Suitable for parents with 0 -12 year olds.</i> * Childcare - Bookings essential	Every Tuesday 13th Feb - 27th Feb 6:30pm - 8:30pm * Childcare available	St Marys Public School OSHC, Cnr Charles , Hackett Dr & Gabriels Lane, ST MARYS (enter via Rear Gate in Gabriels Lane)	Gateway— 1300 316 746 (free call)
From Floundering to Flourishing <i>Helping adults identify how to maximise kids successes giving you tools to enhance and improve kid's resilience</i> * NO Childcare available	Tuesday 20th March 9:30am - 11:30am ** NO Childcare	Wentworth Falls Public School Falls Road, WENTWORTH FALLS	Gateway— 1300 316 746 (free call)
Tuning In To Kids <i>Emotionally Intelligent Parenting Learning to better talk & understand your child to help manage your child's emotions & behaviour.</i> * Childcare - Bookings essential	Every Wednesday 21st Feb - 28th March 10:00am - 12noon * Childcare available	Thrive Services 2 Station Street, KATOOMBA	Gateway— 1300 316 746 (free call)
Let's Talk about Siblings without Rivalry <i>Discussion and practical tools for parents who want to help their children live well together so you can all live.</i> * NO Childcare available	Every Wednesday 28th Feb - 21st March 7:00pm - 9:00pm * NO Childcare	Heatherbrae, Lawson 1 Benang Street, LAWSON, (located beside carpark be- hind Lawson Pub)	Gateway— 1300 316 746 (free call)
Let's Talk about Friends & Frenemies <i>For Youth aged 10-14 years utilising the resilience doughnut model to discuss strategies for social resilience in a supportive environment.</i>	Tuesday 20th March 4:00pm - 5:30pm * NO Childcare	The Clairvaux Centre, Enrich, 14 Oak Street, KATOOMBA	Gateway— 1300 316 746 (free call)

For more information and Individual Flyers go to:

www.gatewayfamilyservices.org.au or 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.

