By The Way

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

29th June 2017

DIARY DATES

Friday 30th June
Last day of Term 2

Monday 17th July
Term 3 Begins

Mon/Tues 24/25 July
Year 4 CARES Visit

Wed/Thurs 26/27 July
Confirmation Parent Information Evening, 7.30pm

Tuesday 8 August
Feast of Mary MacKillop Mass, 9.15am

Sat/Sun 12/13 August
Confirmation Enrolment Masses

Thursday 17 August
Swinging Summertime Rehearsal & Performance

Friday 18 August
PUPIL FREE DAY

Thursday 31 August
Fathers' Day Stall

Friday 1 September
Fathers' Day Breakfast and Prayer, from 7.00am

Friday 8 September
P & F Film Night

Monday 11 September
Confirmation Rehearsal

Wednesday 13 September
Confirmation Mass, 7pm

Monday 18 September
Footy Fever Day

Thursday 21 September
Grandparents' Day

Friday 22 September
Last Day of Term 3

Monday 9 October
Term 4 Begins

Wednesday 18 October
Kinder Orientation Morning

Wed-Fri 18-20 October
Year 5 Camp to Berry

Sunday 22 October
OLOW SCHOOL FETE

13 – 17 November
Swimming Lessons for Kinder to Year 4

Monday 27 November
Christmas Concert

Thursday 30 November
Swimming Carnival

Wednesday 6 December
Year 6 Graduation Mass

Thursday 7 December
Thank You Afternoon Tea

Friday 8 December
Awards Ceremony
Year 6 Social

Monday 11 December
Thanksgiving Mass, 9.15am

Friday 15 December
Last Day of School

Dear Parents, Carers, Students & Friends,

As we approach the mid-point of the year and with holidays just around the corner, I thought I would share some thoughts about using these holidays well.

Australian families are increasingly time-strapped. The busy-ness of life can make it difficult for adults and children to participate in enjoyable activities or to just 'hang out' as a family. Do you engage regularly in activities that involve play and laughter or are all your interactions with children of a managerial nature?

School holidays offer families a chance to unwind away from the normal routines. They also provide the window of opportunity for parents to spend some enjoyable time with children. There are many theories about promoting healthy parent-child relationships and strengthening families. It is, however, easy to overlook a simple, cheap way of forming family relationships – spending enjoyable time together.

American family researcher John DeFrain has found that the happiest childhood memories that adults hold have two common threads. First, childhood happiness always centres on activities experienced together as a family. Second, the most pleasurable childhood times almost always centre on simple, inexpensive activities.

During the holidays do something fun and enjoyable with your children. It doesn't have to be expensive but it should be something different, something fun and something that involves laughter and play. Money can't buy happiness, but loving family relationships can create it.

Student Led Conferences

Over the last two-weeks, hundreds of parents have visited our school along with their children to participate in our Parent/Teacher/Student led Conferences. Students shared their goals for Literacy, Numeracy and Learning Behaviours that were developed in Semester 1 and presented how they had achieved or are working towards achieving these goals.

The conferences were highly successful – thank you for your participation and ongoing support. At any time you can request additional meetings with your child's teacher to discuss or provide relevant information to assist with meeting their learning needs. Just call the office to make an appointment.

As we finish Term 2, may I extend my thanks to our dedicated staff for their work this term, to the students who have worked hard and achieved great successes in their learning and to you, the parents for your ongoing support and trust you have in us as experienced educators.

Enjoy the holidays, keep safe and keep smiling!

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 2 WEEKS 8 & 9

Gemma Lewandowski, Eva Curry, Thomas Reeks, Mario Della Scala, Millie Brace, Justin Bailie, Lily Callaghan, Patrick Urquhart, Joey El-Sissa, Vera Sen, Ivy Hooke, Hunter Grima, Benny Tabor, Henry Starr, Chloe Riley, Logan Sultana, Max Tuisovivi, Abby Hurst, Caleb Vanegas, Jayden Miles, Thomas Renny, Harrison Bennett, Sophia Lusk, Cody Mortimer, Jye Walsh, Owen Tait, Lucas McClenahan, Dylan Babbage, Jack Sykes, Jessica Crambrook, Kieran Smith, Clarice Sagun, Talisha North

READING RECOVERY

Congratulations to Nicholas Babbage in Year 1 who recently graduated from the Reading Recovery Program.

We would also like to acknowledge the wonderful Reading Recovery specialist teachers, Mrs Hensen and Ms Glynn for all the wonderful work they do each day with our students. We are very blessed!

PRAYERS URGENTLY NEEDED

Please keep in your prayers Mrs Joanne Whiteley, mother to Jessie Yr 6; Madison Yr 8 and Isaac Yr 12, who is very sick.

May the Lord bless you and keep you;
the Lord make his face shine on you and be gracious to you;
the Lord turn his face toward you; and keep you safe.

KINDERGARTEN 2018 ENROLMENT AND SCHOOL TOURS

Over the last month Mrs Veling and Miss Mizzi have been hosting regular tours of our school coinciding with the official enrolment period. These tours have provided many families with the opportunity to view the learning and teaching environment that typically occurs each day.

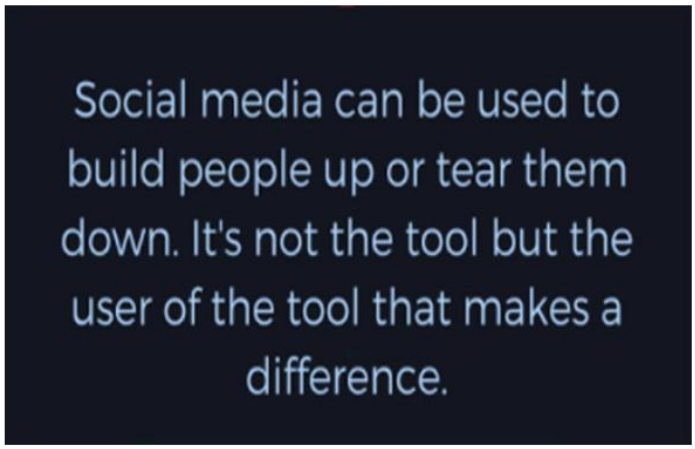
Please inform family and friends that first round interviews and offers for Kindergarten 2017 are currently underway. Enrolment places in Years 1-6 are also being processed. Enrolment packs are available by contacting the school office on 4777-7200 or by emailing an enquiry to olow@parra.catholic.edu.au. Please return enrolment applications for Kindergarten 2017 as soon as possible.

DIGITAL SOCIAL SKILLS

Michael Grose has written a very interesting article on the use of social media. He included some good parenting tips. The full article from *Parenting Ideas Insights "Digital Social Skills"* is attached to this newsletter for you to read.

Screen time and technology use are a part of life for most children aged 6-11 years; so it is important for us to help children to develop healthy screen time habits. Screen time for school-age children is about choosing quality programs and apps and developing healthy screen habits.

Did you know that current Australian statistics reveal that 1 in 6 primary school aged children have their own device and use it every day? Michael Grose urges parents to "start conversations with children about using social media at a young age to prepare them to be savvy users when we're not around."



NEW CANTEEN OPERATOR

After putting the canteen operation out to tender (which is the CEDP policy every 2 years) we are pleased to announce that we have a new canteen operator – Healthy Canteens Australia Pty Ltd. They will begin on the first day of Term 3. We are very lucky to have been able to retain the services of Ms Charlene Glass as canteen manager and look forward to working with her again. Attached is the new menu and procedures on how to register with the new on-line ordering company – Flexischools.com.au.

ATHLETICS CARNIVAL

What a fantastic day! Thank you to all our staff, students and parents for making our Athletics Carnival such a fun and competitive event. The primary students performed their best across both field and track events, while our Infants children enjoyed a day full of games and novelty events. We were blessed to have a sunny day and also so many parents who volunteered their time to assist on the day.

Congratulation to the BEDE (Blue) team led by our sports leaders Declan Cremen and Jayden Roots for winning the team trophy at the OLOW Athletics Carnival. A special thank you to Miss Reynolds and Mrs Irvine who planned and organised such a successful day.

The following students have made it through to the Zone Athletics Carnival on 10th August:

Declan Casey, Holly Clark, Milaya Cleary, Declan Cremen, Emilia Di Prinzio, Jade Elford, Sienna Gahagan, Ava Grech, Zoe Grech, Hayden Jenkins, Sebastian Hayward, Emma Jones, Will Pearson, Marshall Pereira, Harrison Phillips, Zachery Phillips, Archie Prendergast, Sophie Procter, Tiare Raukawa, Charlize Risse, Kyan Roach, Benjamin Robinson, Blake Skinner, Cara Smith, Tianna Stansfield, Layla Starr, Isaac Steele, Jake Thompson, Tailyn Tupaea, Joshua Vanegas, Dominic Vella, Sophie Wade, Toby Witjes.

ATTENDANCE

At Our Lady of the Way, we continue to promote student attendance – EVERY LEARNER, EVERY DAY. Student time on task is important to learning. Every day your child is out of school, for whatever reason, their learning achievement suffers.

(To 27th June) OLOW Attendance Level was:

School Name	School Attendance Level %
Our Lady of The Way Primary Emu Plains	92.2%

Scholastic Year	Sch Yr Attendance Level %
K	94.3%
01	92.8%
02	91.2%
03	91.8%
04	91.1%
05	93.7%
06	88.6%

At OLOW, we are focusing closely on regular [daily] and timely [arrival on time] attendance of all students. Our challenge is to meet a minimum target of 90% attendance every day. However, 100% is the ideal. It is great to know that we have so many families who try to ensure their children attend school every day. Congratulations to each grade that reached above the CEDP minimum target of 90%.

***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.*

FIRST HOLY COMMUNION @ OLOW PARISH

Congratulations to all the children who received their first Eucharist over the last two weekends. We welcome them fully into our Parish Community and we thank everyone that assisted in the preparation that led to their special day, particularly Fr Mick, the parents and the Parish Sacramental Team.

Jesus Christ is truly present in our midst. For Catholics, the Eucharist, or Holy Communion, (one of the three Sacraments of Initiation) is the most profound way we encounter the real presence of Jesus Christ. The word 'communion' means to be united with and the word 'Eucharist', comes from a Greek word meaning 'thanksgiving'.

Congratulations to:

Keira Blazek, Isabella Bradley-Labra, Ava & Mason Eekman, Cooper Hartstonge, Sophie Jones, Mia Kuster, Taylor Latham, Brianna Mangan, Lincoln Mayer, Isabelle Moran, Noah Pascoe, Archie Prendergast, Isabelle Roots, Scarlett Storr, Benny Tabor, Emilie Brett, Holly Clark, Taylah Cowley, Finbar Cullen, Lewis Edwards, Grace Foster, Lucienne Heffernan, Ella Keigan, Adrienne Moffitt- Bourke, Asha Morris, Kees Muller, Breha Pearson, Harrison Phillips, Thomas Renny, Marcus Skinner, Ariella Stroud, Samuel Thompson, Sophia Torresan, Aimee Woods.

STAGE 3 OPEN HOUSE – PROJECT BASED LEARNING EXPERIENCE

This term, our Stage 3 students have been working very hard on their Design and Make Project Based Learning task. Their Driving Question was: *'How can we as young architects design and build a new city which caters for the growing population of Western Sydney?'*

The students have been working in groups to plan the layout of their city and construct the buildings. The students had the opportunity to present their plans and their new cities to our parent community, Year 3 and 4 as well as our special guest Mr Masters on Wednesday 28th June.

The parents, students and their teachers were very impressed with how well they worked together developing their 21st century skills and how they good explain in detail the processes used to design and make a city.

We received this email from a proud parent.

Dear Stage 3 students and teachers,

Thank you very much for the invitation to visit your design spaces today. Wow! I could see that you have learnt lots along the way - much more than Mathematics, Science, Geography and English skills.

I really loved:

- How you were able to tell me about the task and how yours met the requirements of the project
- Your thoughtful plans - where to put parts of the city together, how the transport system would work, why you might have certain buildings
- Your persuasion in tempting me to want to live in the place that you designed

I loved, loved and loved:

- The actions, ideas and 21st century skills that you were most proud of.collaboration, persistence, getting to know new people, discovering new talents, supporting each other, knowing when you were off task and what to do about this, expectation of meeting the requirements, challenging each other's ideas and your passion for a way of learning that obviously allows you to be the best you can be.

Thank you again for the opportunity. A big thanks to your teachers for leading the way with this too – I'm sure lots of planning and collaboration has gone on behind the scenes!

THANK YOU

A big thank you ***Mrs Sharryn Fisher,*** *grandmother of Noah and Layla Pascoe who supplied the lovely indoor plants for our new office.*

WOOLWORTH'S EARN & LEARN is on again this year.

26th July 2017 – 19th September 2017

Spend $10 and get a sticker. Have your family and friends collect stickers for you. Send the stickers to school. We then collect fabulous new learning resources.

HOLIDAY IDEAS FOR YOU AND THE FAMILY

Holiday ideas to do with children and young people:

* Ask children about their favourite activity and take your cues from them.
* Take older children on a date, one-on-one.
* Plan an outing in advance and use public transport if that is not your normal mode.
* Start and finish reading a novel to older children.
* Take a photo of you and / or your child reading and tweet about it.
* Have a TV/iPad Free day – play a board game, play cards or listen to some good music.
* Visit the library or local park.

CHANGES TO AFTERNOON PICK UP

We have noticed a large number of children are being picked up late. We are having problems with these children sitting in the gutter waiting for parents, running around the school and generally being unsafe.

From Term 3 Week 1 all children, whose parents or relatives are not at school at bell time, will be asked to wait at the canteen and then move to the office gate (Troy Street) with a teacher on duty. This teacher will supervise them until 3:10pm when the side gate will be locked. The students that are still left will be asked to wait in the office foyer until they can be collected.

If you are running late, please phone the office so we can notify your child so they don't become anxious.

OLOW SCHOOL FETE – SAVE THE DATE
SUNDAY 22nd OCTOBER

Planning for our school fete is well underway. Both Tara Cremen and Kiery Pascoe have been doing lots of 'behind the scene' work. It is going to be a great community event!

Our next P&F/Fete meeting will be on
Wednesday 19th July 7pm at O'Donoghue's Irish Pub
ALL ARE WELCOME TO ATTEND

IT MAY NOT BE SPRING BUT YOU CAN STILL HAVE A CLEAN UP

Over the Winter break, we ask you to dig out all your pre-loved (in good condition) BOOKS, DVD's, CD's and TOYS that you would like to donate to the fete. These can be brought to the school office at any time. Please ask your relatives and friends – I'm sure they will be able to help out as well.

FROM THE ASSISTANT PRINCIPAL

Effective Feedback to Enhance Student Learning

The way in which teachers give feedback to their students has changed dramatically over the years. As students, we all remember the smiley stamp or gold star and the teacher comment that said “Well done” or “Good job”. Teachers would spend countless hours making sure that they had sighted each page in a student's workbook and added lovely comments, stamps and stickers. Sadly, many students very rarely even looked at the extensive comments or used the suggestions offered to improve their learning.

In recent years, much research has gone into the use of assessment and effective feedback to improve student performance. Our classrooms are now driven by goal setting and the assessment cycle which looks at how we assess and support students throughout the learning process, rather than just at its conclusion. Feedback to students is an essential element of this assessment process. As teachers, we now know that spending hours after school marking books is nowhere near as effective as conferencing with the child and providing them with verbal feedback and a where to for future learning. In the contemporary classroom, student work is no longer just in their books. Teachers have developed ways to provide feedback to students in Google Docs and other digital platforms.

At Our Lady of the Way, students set personal learning goals and teachers use this to provide effective feedback for growth. For every learning experience we set Learning Intentions and form Success Criteria with our students so that they know what they need to focus on to be successful. We know that effective feedback is SPECIFIC and TIMELY and therefore ensure that there is set time for teachers to be able to conference with individual or groups. Feedback comes in many forms: *teacher to student, student to teacher and student to student*. A wonderful example for effective feedback is in Years 5 and 6 through their project-based learning:

- Student to Student feedback: Students have learnt to be ‘critical friends’. Prior to final presentations of projects they share with their critical friends who provide feedback to their peers for further improvements.
- Teacher to Student feedback: Teachers have focus groups and check-in with groups on a regular basis to make sure they are on track. Wonderings are posed and teachers support future learning and growth.
- Student to Teacher feedback: Students act as critical friends to the teachers about the projects so that future learning opportunities can be improved.

As teachers, we use feedback in our work too. We conduct learning walks in both our school and other CEDP schools and act as critical friends to each other. Learning is a process and effective feedback is a valuable tool in improving that learning.

Emma Mizzi
Assistant Principal

RELIGIOUS EDUCATION NEWS

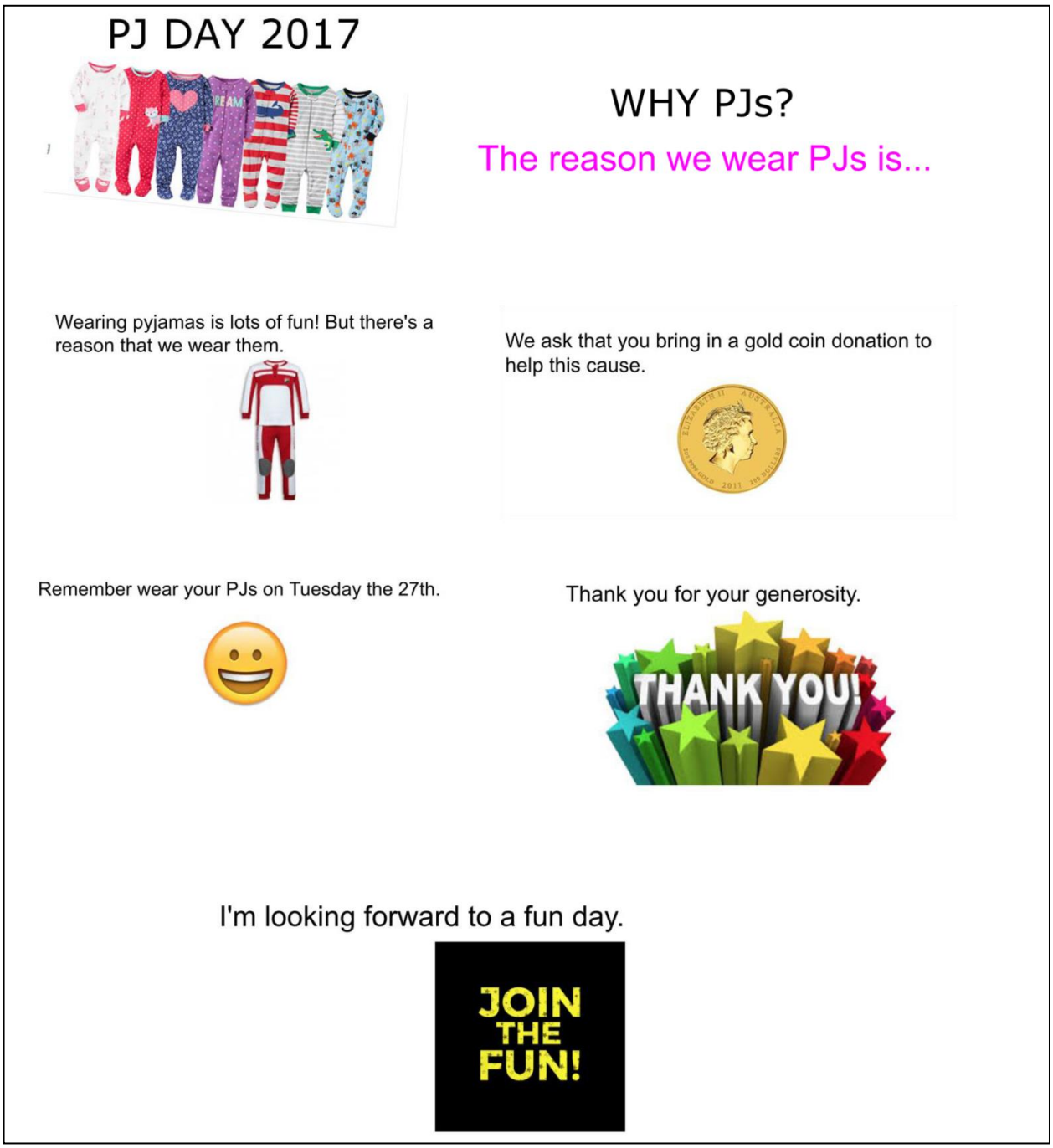
Penrith Community Kitchen Food Drive:

Once again our community has proven to be so generous when it comes to social justice issues. Thank you so much for your donations to the Penrith Community Kitchen food drive. The Outreach Team will be delivering the items early next term.

Pyjama Day – St. Vincent de Paul Winter Appeal:

Thank you so much for helping your children to support our Pyjama Day on Tuesday. A total $556 was raised, which will be passed on to a member of the St. Vincent de Paul Society to be used to support their Winter Appeal.

Thank you to Asha Morris for the great presentation she prepared and shared with grades to promote Pyjama Day.



Feast of the Sacred Heart Mass:

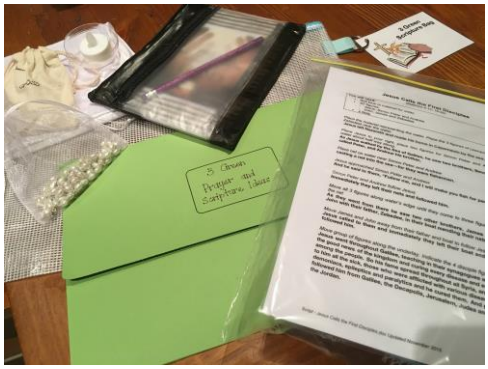
Thank you to our Year 5 teachers and students who prepared for us a beautiful Eucharistic celebration for the Feast of the Sacred Heart.

Fr. Mick set us a challenge to reflect on how Jesus loved others – what this truly meant and how we can do the same. He asked us to think about whether we could leave Mass and try to be a little better, a little more loving because of being present and sharing the Mass together.

Term 2 Reconciliations and Masses:

Year 4 will be attending the Sacrament of Reconciliation tomorrow, Friday 30 June. You are very welcome to attend.

Scripture Bags:



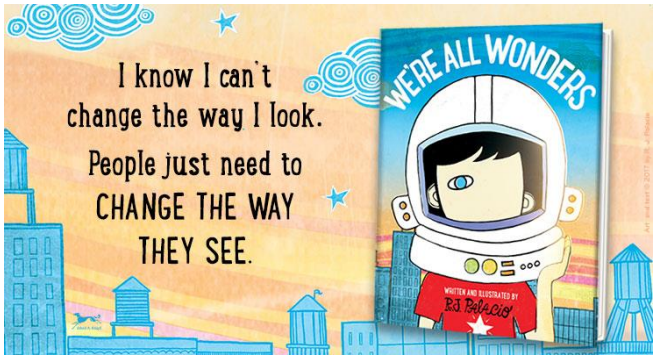
Once again I am extending an invitation to you to share your experiences with the Scripture Bags.

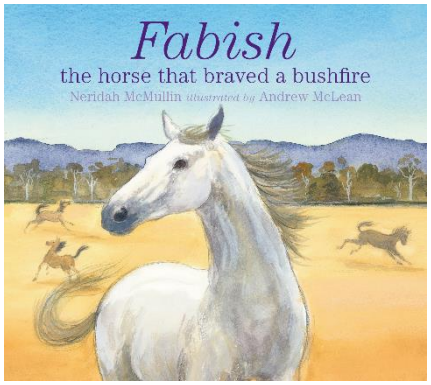
If you would like to share your thoughts with me, would you mind sharing an email with me – my address is cday3@parra.catholic.edu.au. Looking forward to hearing your thoughts.

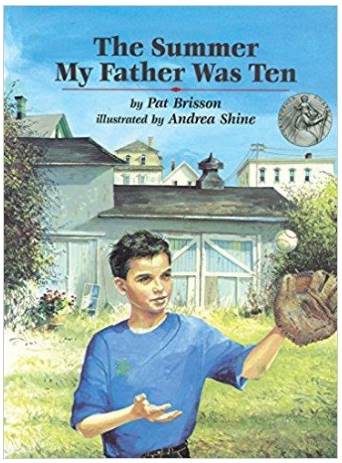
Carole Day
Religious Education Coordinator

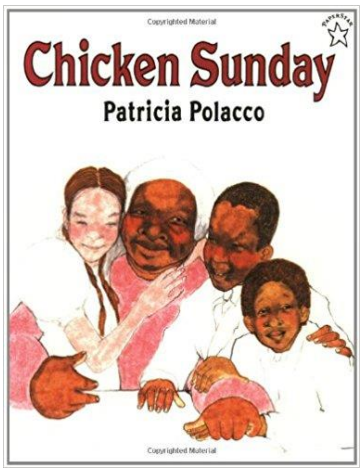
LIBRARY NEWS

Some GREAT books we have shared this term









- The holidays are the perfect time to locate those missing library books and home readers. Please have a good look as there are many missing books
- Please send your child back to school with a library bag. Recycling a plastic bag is perfect
- A big thank you to all those parents who have assisted with covering of books. It has been such a wonderful help

Happy Reading
Susan Masters – Library Assistant

MUSIC NEWS

CAPTIVATE STRING ENSEMBLE

OLOW was proud to have three students from Year 5 represent the school as part of CEDP String Ensemble (Years 5-8). Sarah Budge, Paige Hawkes and Abbey Flanagan attended rehearsals during Term 2 to learn the music - "Medieval Dance" and "Game of Thrones". Unfortunately due to a hand injury Sarah was unable to perform in the showcases but we know that her participation in the lead up was to be commended and she will be ready for Captivate next year. Sarah and Paige beautifully performed three times over the last two weeks at Nagle College and were proud of how well they played.

When asked about the experience, Sarah said "I was proud to be selected to be part of the Strings Orchestra out of many children". Paige commented that she enjoyed being challenged and learning more about music and Abbey shared "It was really great playing with and meeting others from many schools in the orchestra"

Congratulations on your commitment to playing the violin and sharing your love of music with others.

SPORTS NEWS

CONGRATULATIONS TO KYAN ROACH

Kyan Roach from Year 6 has been selected in the U12 Australian World Cup Baseball Team. He flies out to Taiwan 23rd July for two weeks to compete in the World Cup against the world's best teams. Day one they will be up against the USA, and day 2 they play Korea, the two highest ranking teams. There will be eight games in total, then the finals if they make it. Australia is currently ranked 8th in the world.

Kyan has also just been notified that he has been awarded Penrith Valley Junior Sports Star for the month of March. He now has to attend a formal awards night in September where he is in the running for Penrith Valley Sports Star of the year for his achievements. Kyan has been interviewed by the Gazette and a story covering everything will be in this week's paper.

Congratulations Kyan, we wish you a very successful trip!

GENERAL NEWS

SCHOOL FEES REMINDER

Thank you to the families who have finalised their school fees for Term 2. These fees were due on Monday 12 June 2017.

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 pvion@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.

School fees can be paid by Bpay, Postbillpay, Direct Debit, cash, EFTPOS Credit Card or cheque.

Ms Pascale Vion
Senior Finance Officer

CANTEEN NEWS

Below is the new Canteen price list which will apply from Term 3.

OUR LADY OF THE WAY EMU PLAINS

SCHOOL CANTEEN

Fresh Choices

SANDWICHES WHITE, WHOLEMEAL, GLUTEN FREE

Vegemite or Jam or Honey *E*	$ 1.50
Cheese *E*	$ 1.70
Ham *E*	$ 2.00
Ham & Cheese *E*	$ 2.50
Egg or Egg & Lettuce *E*	$ 2.50
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 *E H*	$ 3.20
Chicken, Lettuce & Mayo *E*	$ 3.30
Ham, Cheese & Salad *E*	$ 3.50
Chicken, Cheese & Tomato *E*	$ 3.50
Chicken & Salad *E*	$ 3.80
Tuna & Salad *E*	$ 3.80
Gluten Free Bread	$ 1.00

WRAPS

Cheese Rocket Melted Cheese *E*	$ 2.00
Pizza Rocket *E*	$ 3.00
Ham or Chicken, Cheese, Pizza Sauce	
Chicken, Lettuce & Mayo *E*	$ 4.20
Salad *E*	$ 3.80
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
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*	$ 5.00
Chicken Breast, Lettuce, Bacon, Egg, Cheese, Croutons	

SUSHI ROLLS

Tuna Corn *E*	$ 3.50
California Crab *E*	$ 3.50
Teriyaki Veges *E*	$ 3.50

* The Canteen uses Real Breast Chicken, pulled fresh daily for all of our Sandwiches, Wraps and Salads

SALAD BOWLS

Garden *E*	$ 3.60
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Ham *E*	$ 4.60
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Caesar *E*	$ 4.00
Lettuce, Bacon, Egg, Cheese, Croutons, Caesar	
Tuna *E*	$ 5.00
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Chicken *E*	$ 5.00
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Chicken Caesar *E*	$ 5.20
Lettuce, Bacon, Egg, Cheese, Croutons, Caesar	
Extras Egg *E*	$ 1.00

Hot Food

PIZZA & PASTA

Pizza Bacon & Cheese *O*	$ 3.20
Cheese Pizza Homemade with Pizza Sauce *E*	$ 3.50
Macaroni & Cheese *E*	$ 4.00
Lasagna Beef *E*	$ 4.00

RICE & NOODLES

Butter Chicken With Steamed Rice *E*	$ 4.00
Chinese Noodles Chicken & Vegetables *E*	$ 4.00
Chinese Fried Rice Vegetarian *E*	$ 4.00

PIES & SAUSAGE ROLLS

Party Pie Low Fat *O*	$ 1.20
Sausage Roll Low Fat *O*	$ 3.20
Meat Pie Low Fat *O*	$ 3.50

HOT FAVOURITES

Chicken Breast Nuggets Premium *O*	$ 0.70
Vegetarian Spring Rolls Mini *SDR*	$ 0.90
Corn Cob *E*	$ 1.20
Hash Brown *O*	$ 1.00
Garlic Bread Loaf *O*	$ 2.00
Cheese & Bacon Roll *O*	$ 2.50
Potato Wedges Tomato or BBQ Sauce *O*	$ 2.50
Hot Dog With Tomato Sauce *O*	$ 3.00
Cup of Noodles Chicken or Beef *O*	$ 3.00
Cup of Noodles Oriental (Vegetarian) *SDR*	$ 3.20

EXTRAS

30c :	Tomato, Beetroot, Cucumber, Carrot
40c :	Sauce Portion (BBQ, Tomato)
50c :	Cheese, Pineapple

BURGERS

Chicken *E*	$ 4.20
100% Natural Breast Fillet, Lettuce, Mayonnaise	
Chicken & Cheese *E*	$ 4.50
100% Natural Breast Fillet, Cheese, BBQ Sauce	
Aussie Beef *E*	$ 4.20
Gourmet Beef, Tomato, Lettuce, BBQ Sauce	
Cheeseburger *E*	$ 4.20
Gourmet Beef, Cheese, Tomato Sauce	
Fish Fillet *E*	$ 4.20
Lettuce, Mayonnaise	
Vegetarian Lettuce, Mayonnaise *E*	$ 4.20

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

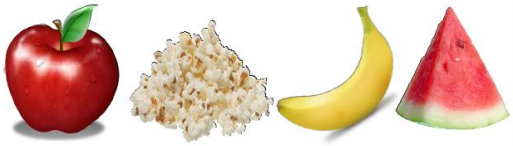
healthycanteens.com.au

CHOOSE ANY ONE OF THESE ITEMS

Garden Salad Lettuce, Tomato, Cucumber, Beetroot, Carrot	$ 5.0
Chicken Breast Nuggets x 4	$ 5.0
Hot Dog With Tomato or BBQ Sauce	$ 5.0
Sausage Roll	$ 5.2
Vegetarian Spring Rolls x 4	$ 5.2
Ham & Salad Sandwich	$ 5.2
Pizza Homemade Cheese Pizza or Cheese & Bacon Pizza	$ 5.3
Caesar Salad Lettuce, Bacon, Egg, Cheese, Crouton, Caesar	$ 5.3
Salad Wrap Lettuce, Tomato, Cucumber, Beetroot, Carrot	$ 5.3
Meat Pie	$ 5.4
Chinese Fried Rice Vegetarian	$ 5.5
Sushi Roll Tuna, California or Teriyaki Veg	$ 5.5

Bottle Water 600ml or
Just Juice Popper or
Fruit Shoot Pop Top or
Flavoured Milk (Add 60c)

Apple or
Water Melon or
Banana or
Popcorn



$4
Monday
Tuesday
Wednesday

Choose One Sandwich :

Honey	Jam
Vegemite	Cheese
Ham & Cheese	Ham
Egg & Lettuce	Egg

Or Something Hot :

Cheese & Bacon Bun	Garlic Bread
Cheese Rocket Wrap	

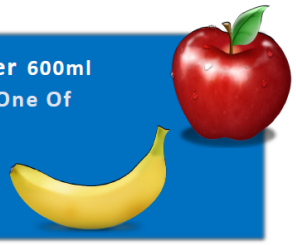
Bottle Water And Popcorn

Crunch & Sip $2

Only Available Before School Starts

Bottle Water 600ml
Plus Choose One Of

- Apple
- Banana



Breakfast

Cold

Custard Cup Low Fat Vanilla *E*	$ 1.20
Corn Flakes *E*	$ 2.20
Coco Pops *E*	$ 2.20
Nutri Grain *E*	$ 2.20
Custard & Jelly Bowl Low Fat Vanilla *E*	$ 3.00
Grapes & Custard Bowl *E*	$ 3.00

Fresh Fruits

Apple *E*	$ 1.00
Mandarin *E*	$ 1.00
Banana *E*	$ 1.20
Watermelon Bowl *E*	$ 1.80
Watermelon & Grapes Bowl *E*	$ 2.40
Grapes in a Bowl *E*	$ 2.40
Fruit Salad Bowl Large *E*	$ 4.00

Hot

Toast Assorted Spreads *E*	$ 1.00
Hash Brown *O*	$ 1.00
Fruit Toast *E*	$ 1.00
Cheese Rocket Wrap *E*	$ 2.00
Cheese & Bacon Roll *O*	$ 2.50

Fresh Fruit

Fresh Fruits

Apple *E*	$ 1.00
Watermelon Slice *E*	$ 1.00
Banana *E*	$ 1.20
Watermelon Bowl *E*	$ 1.80
Watermelon & Grapes Bowl *E*	$ 2.40
Fruit Salad Bowl Large *E*	$ 4.00
Frozen Orange Wedges *E*	$ 0.30
Frozen Fruit Bowl *E*	$ 2.40
Grapes in a Bowl *E*	$ 2.40

Snacks

Custard Cup Low Fat Vanilla *E*	$ 1.20
Jelly Bowl Add Fruit 50c *E*	$ 1.20
Custard & Jelly Bowl *E*	$ 3.00
Custard Bowl Low Fat Vanilla *E*	$ 2.50
Grapes & Custard Bowl *E*	$ 3.00
Yogo Cup Chocolate *E*	$ 2.50
Yoghurt Low Fat Vanilla *E*	$ 2.70
Watermelon Bowl Regular *E*	$ 1.80
Grapes in a Bowl Regular *E*	$ 2.40
Popcorn *E*	$ 1.00
Brownie *O*	$ 1.00
Chips *28gm Honey Soy* *O*	$ 1.80
JJ's Chicken Crackers *O*	$ 1.20
Pizza Buns *Homemade Sauce & Cheese* *E H*	$ 1.50
Healthy Snack Daily Special. Various *E*	$ 0.50
Crunchy Cup Carrot Sticks & Hummus *E*	$ 1.50
Cheese Pack Cheese & Jatz Crackers *E*	$ 1.50
Calcium Pack *E*	$ 3.00
Cheese & Jatz Crackers + Plain Milk 300ml	
Variety Pack *E*	$ 2.50
Carrot, Cheese, Crackers, Hummus Dip	

Cold & Drinks

Drinks

Plain Milk 300ml *E*	$ 1.70
Flavoured Milk 300ml Fresh *E*	$ 2.30
Chocolate, Strawberry, Vanilla	
Popper 100% Juice 200ml *E*	$ 1.70
Apple, Orange, Apple Blackcurrant	
Iced Tea 500ml Peach *O*	$ 3.00
Aloe Vera 500ml Grape *O*	$ 3.00
Water 600ml *E*	$ 1.80
Fruit Shoot 350ml Pop Top *E*	$ 1.80
Apple Blackcurrant, Summer Fruits	
Orchy 100% Juice 350ml *E*	$ 2.80
Apple, Orange	
Up N Go 250ml *E*	$ 2.60
Chocolate, Vanilla	
Hot Chocolate *E*	$ 1.50

Ice Cold Treats

Frozen Orange Juice Cup 100% *E*	$ 1.00
Frozen Apple Juice Cup 100% *E*	$ 1.00
Frozen Apple Blackcurrant Juice Cup 100% *E*	$ 1.00
Fruity Ice *O*	$ 0.50
Sour Snap Apart *O*	$ 1.00
Frozen Milkshakes Made In The Canteen *E*	$ 3.00

If you place a lunch order, any "Ice Cold Treats" should be collected from the canteen after the eating period

Gluten Free & Vegetarian

Vegetarian

Mini Spring Rolls *SDR*	$ 0.90
Hash Brown *SDR GF*	$ 1.00
Corn Cob *E*	$ 1.20
Garlic Bread Loaf *SDR*	$ 2.00
Potato Wedges *SDR*	$ 2.50
Cup of Noodles Oriental *SDR*	$ 3.20
Sushi Roll Teriyaki Vegetable *E*	$ 3.50
Cheese Pizza With Pizza Sauce *E*	$ 3.50
Nacho Dippers Tomato Salsa, Cheese *SDR*	$ 4.80
Macaroni & Cheese *E*	$ 4.00
Lasagna Vegetable *E*	$ 4.00
Vege Burger Lettuce, Mayonnaise *E*	$ 4.20

+ Lots More Vegetarian Options On Main Menu

Gluten Free

Chicken Nuggets *SDR*	$ 0.80
Lasagna Beef *E*	$ 4.80
Lasagna Vegetable *E*	$ 4.80
Macaroni & Cheese *E*	$ 4.80
Nacho Dippers Beef *SDR*	$ 4.80
Nacho Dippers Tomato Salsa, Cheese *SDR*	$ 4.80
Sausage Roll *SDR*	$ 4.50
Meat Pie *SDR*	$ 4.80
Ricotta & Vege Roll *SDR*	$ 4.80
Hash Brown *SDR*	$ 1.00
Potato Wedges *SDR*	$ 2.50
Garden Salad *E*	$ 3.60
Italian or Caesar Dressing	
Piranha Rice Snaps *SDR GF*	$ 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 if you want the Vegetarian version of the item

More Vegetarian items are on the menu.

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REGISTER

1 Go to **www.flexischools.com.au** and select the **REGISTER** option and enter your email address.

2 You will be sent a registration email. Click on the link in the email to complete the registration.

3 Fill in your details on the Registration Form and click "submit".

4 Add your students, select their school and class.

ORDER

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1 Go to **www.flexischools.com.au** and select the **LOGIN** option. Click on "Start an order" for your student.

2 Select the service you wish to purchase from. You can also set up orders in advance.

3 Add each of your items. Extras and options will appear where relevant to the item.

4 Select your payment option. Pay for the one order or "top up" your account. Complete payment to place order.

COMMUNITY NEWS

KIDS CAN ACT

Monday 3rd July	Tuesday 4th July	Wednesday 5th July	Thursday 6th July	Friday 7th July
Springwood	Springwood	South Penrith Guide Hall	Springwood	South Penrith Guide Hall
8.00am - 1.00pm A Magical Far, Far Away Land	8.00am - 1.00pm Crazy Kooky Dress Ups	8.00am - 1.00pm Tashi's Amazing Adventures	8.30am - 1.00pm Ghost House	9.30am-2.30pm The Wonderful World of Dr Seuss
1.00 pm - 5.30pm Puppets & Storytelling	1.00 pm - 5.30pm Comedy Skit Day	1.00pm - 5.30pm Mask Making	1.00 pm – 6 pm The Plane Crash (For older students 10—16 years)	

For DESCRIPTIONS and PRICES **www.kidscanact.com.au** Cathie 0414 475 158

Monday 10th July	Tuesday 11th July	Wednesday 12th July	Thursday 13th July
Springwood	South Penrith Neighbourhood Centre	South Penrith Neighbourhood Centre	South Penrith Guide Hall
8.00am - 1.00pm Tashi's Amazing Adventures	8.00am - 1.00pm A Magical Far, Far Away Land	8.30am -1.00pm Ghost House	8.00am - 1.00pm Crazy Kooky Dress Ups
1.00pm-5.30pm Mask Making	1.00pm - 5.30pm Puppets & Storytelling	1.00pm - 6pm The Plane Crash (For older students 10—16 years)	1.00 pm – 5.30 pm Comedy Skit Day

JULY HOLIDAY WORKSHOPS

EARLY BIRD DISCOUNTS STILL AVAILABLE

Cathie is always happy to chat and find the right workshop.

LIKE us on Facebook

https://www.facebook.com/KidsCanActDramaStudio/

Our Lady Of The Way
Spring Fete

OUR LADY OF THE WAY
EMU PLAINS

Sunday
22nd October
10:30am - 4:30pm

* RIDES
* JUMPING CASTLE
* CAKE STALL
* GIFT BASKETS
* WATER DUNK TANK
* BBQ, HOT DOGS & TREATS
* DEVONSHIRE TEA

Parentingideas INSIGHTS

Building parent-school partnerships

WORDS **Catherine Gerhardt**

Digital social skills

Just as we teach children social skills for real life, there are important social skills for the digital world. It is imperative that parents teach children to follow a few basic rules.

The internet is a portal into some of the most amazing places, and just like any new place we visit, we are likely to make a few social stumbles. If travelling the world, every culture you visit would have its own social nuances that you are likely to have to work your way around. It would be easy to misunderstand what others say or take offence to something that was not intended.

Young people, at the best of times, are still learning social rules and developing their critical thinking skills around collective interactions. Well-meaning personalities can make all kinds of mistakes when they enter this new online culture.

As parents we want to do whatever it takes to minimise the mistakes our children make online. Netiquette is a set of general guidelines for cyberspace behaviour. Here are some basic principles parents can use to help children solve their own 'netiquette' dilemmas.

Be kind Remember the human behind every screen. Every user is an independent person with individual thoughts and feelings. It can be easy to misunderstand another person's intentions or even be rude to others when you are not interacting with them in person and given the grace of viewing facial expressions and emotions. Perhaps the best mantra we can go back to as parents is the golden rule of "Treat others how you would like to be treated." Developing empathy and trying to see that comment, post or photo from many different perspectives takes practice. How would you feel if someone said that to you? Treating others with respect is paramount. Yes, there may be times when you might have to stick up for yourself, however it needs to be done in a responsible and respectful way.

If you wouldn't do it there, don't do it here Social standards apply to both online and offline spaces, and standards of online behaviour should be consistent with real life expectations. As parents we put many rules and expectations in place as to how we expect our children to behave in a public place. I know I expect my children to show respect, use their manners, help others out, practice kind language, etc. Online is the biggest public place your child will ever find themselves, which is all the more reason to work on exceeding those standards of behaviour.

Respect privacy With the world wide web being a public place, privacy is paramount. Learning how to protect personal information and the importance of looking at a website's privacy policy can help develop skills around internet privacy. Asking for permission before creating accounts and downloading files, strategies for identifying scams and limiting the type of information kids give about themselves or others can help set a strong foundation for their digital lives. Children do not always appreciate that they may be putting their information in jeopardy, because the warning signs are not always obvious. Respecting other people's right to privacy is also crucial; don't tell other people's stories, spread rumours or give away personal details without permission.

more on page 2 »

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at **parentingideas.com.au**. You'll be so glad you did.

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Parentingideas INSIGHTS 2

Building parent-school partnerships

... Digital social skills ...

Develop their internal filter

Parents may feel that they have some control over their child's use of technology and many use programs and apps that allow for monitoring and filtering content. Despite the best intentions, there are times when filters are re-set, not set up correctly or not even in place – for example when your child goes to their friend's house, gets online and no safety mechanisms have been established. What this means is that we need to help our children develop their internal filter, as this is the one they will always have and may need to rely on. Research is clear that the best way to teach morals and ethics is through example.

Teach them to do the right thing

Parents can nurture moral principles that will guide their children to stand up for their beliefs and act right even without us. Know what you stand for so that your child knows. Parents with clearly identified moral convictions are more likely to raise children that do the right thing. Pursue opportunities to look for moral issues and talk about them as they come up: from TV shows and news events to situations at home, school, and friends. Discuss with your child how you feel about the issue and why.

Be upstanding There will be times online when your child will have to be brave and stand up for others, when they will have to go against social pressure to do what is right. When someone they know is being deliberately upset or harassed by another person, expect your child to move from bystander to upstander, because this is the right thing to do. In most cases many people contribute to the cyberbullying. Many know about the situation, but choose not to get involved. Encourage your child to stand up, speak up and act up against online abuse. They can support the target by letting them know they are there and provide empathy. Encourage your child to report what is happening to a trusted adult; someone who they believe will listen and has the skills, desire, and authority to help.

Technology is moving forward quickly, and it continues to evolve at an unprecedented pace. Taking the time to impart digital social skills at an early age is vital for our children as they move from playground friends to social media and gaming friendships.

These simple rules apply all along the developmental spectrum. They also give us a clear understanding of what we can do as parents, to help our children manage a positive digital reputation.

Catherine Gerhardt

THINK

Using the THINK rule can go a long way in practicing digital social skills. It is a checklist of questions that children must go through before they post or comment online. Is it True? Is it Helpful? Is it Inspiring? Is it Necessary? Is it Kind? Created to emphasise care online, it applies to real world engagement as well.

TOP TIPS FOR PARENTS

1. **PRACTICE MAKES PERFECT** keep reinforcing positive digital social skills and a strong foundation will be laid.
2. **COACH** about privacy in a public place.
3. **FOLLOW** the social code of good people.
4. **MANNERS** are necessary.
5. **COMPLIMENTARY** conduct is proper.
6. We are **FREE** to follow group rules. We are not **FREE** to hurt others.
7. Encourage the **THINK** rules.

Catherine Gerhardt is a dedicated advocate of critical thinking skills in children and young people. As a parent of school aged children she understands the commitments and challenges parents face ensuring they provide the right information to young people in a way that empowers them to develop their personal and social capabilities. Catherine is a certified training provider through the Office of the Children's eSafety Commissioner.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at **parentingideas.com.au**. You'll be so glad you did.

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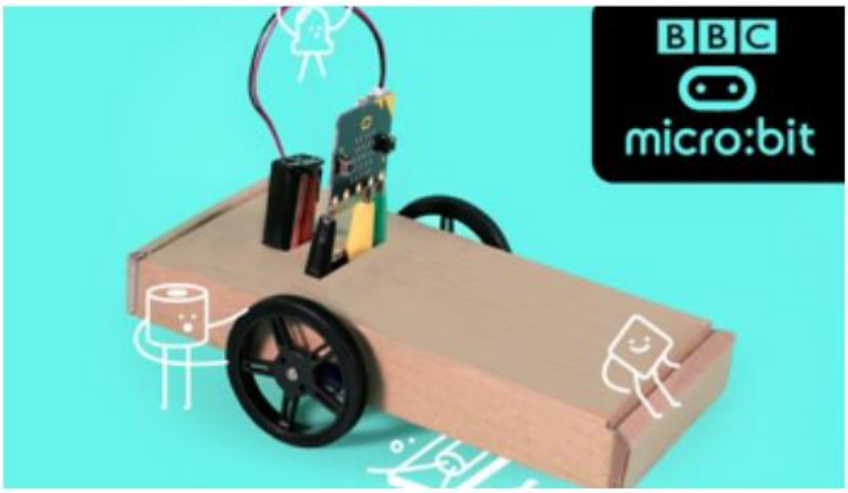

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4/7/17 Lego Mindstorms Robotics - Winmalee 1pm - 4pm

5/7/17 Family builders - Winmalee 10am - 11:30am

6/7/17 Junior Robotics - Winmalee 1pm - 4pm

7/7/17 Raspberry Pi & Minecraft - Richmond 9am - 12pm

7/7/17 Stop Motion Animation - Richmond 1pm - 4pm

10/7/17 Drone Zone - Yellow Rock 10am - 1pm

14/7/17 Raspberry Pi & Minecraft - Winmalee 9am -12pm

14/7/17 Creating with MicroBit - Winmalee 1pm - 4pm