

SCHOOL TIMETABLE

8:20am
Morning supervision

8:30am-8:45am
Bag Unpacking

8:50am
Morning bell

10:40am—11:10am
Recess

12:50pm-1:30pm
Lunch

3:00pm
Dismissal

3:00pm—3:30pm
Afternoon supervision

STAFF DEVELOPMENT DAYS

Friday 23 November
(Term 4, Week 6)

Thursday 20 December
(Term 4, Week 10)

Friday 21 December
(Term 4, Week 10)

Tuesday 4 December
PBL Product Launch
and End of Year
Learning Celebration
(Time to be advised)

Tuesday 18 December
9:00am
Awards Ceremony
11:15am End of Year
Mass/ Graduation
followed by luncheon
(Year 6 students/ family only)
1:30pm
Guard of Honour for all
students leaving St Monica's



Monica's Matters

Web: www.stmonicasparra.catholic.edu.au
Email: stmonicasnparra@parra.catholic.edu.au

Phone: 8832 4100
Fax: 9683 4984

Dear Parents, Staff and Students,

This week we welcome 20 students and their teachers from Hamamatsu Nittai Junior High School, Hamamatsu City, Shizuoka Prefecture, in Japan. This is a fantastic opportunity for these students and our own students to develop and extend their understanding of our different cultures.

The students attend English lessons, provided by a visiting teacher, each day until lunch time and then in the afternoon they join our students and experience the learning at St Monica's.

Thank you to our Japanese teacher Kiyoka Kubo for organising the tour and for parents at our school generously hosting students in their homes.



Last Friday we held our walkathon at Lake Parramatta in perfect weather. It was a wonderful event with our students participating enthusiastically throughout the morning. Special thanks must go to all our wonderful parents and volunteers who were able to assist: *Tiff Cooper, Trish Forsyth, Layse Andrade, Hugo Andrade, Cathryn Crowle, Carmel Hossack, Jane Crame, Lisa Wylie, Vanessa Talty, Joe Jammo, Jelena Salic, Dalia Sadek, Rebecca Hekeik, Will Makko, Amira Makko, Victoria Elias, Rebecca Essey, Adela Nicula, Neveen Toma, Nesreen Rofaie, Wendy Wang, Xiyu He, Nana Yue, Filiz Unver, Sarah Bavell, Kimberly Graham, Kathy Basha, Ben Roberts and Charles Lukasik.*

So far **76** students have returned their sponsorship money and we have so far raised **\$2763:00**. Thank you!

This Friday we will have the first of two lucky draws for the students that have returned their sponsorship money.

Nutrition and exercise – the way forward for a healthy lifestyle

We all know that nutrition and exercise are key to healthy living for people of all ages, young and old. But when it comes to children and teenagers, sometimes getting the balance right can feel like an uphill battle for parents.

Where to start

The Healthy Kids website – With more than one in five kids in NSW overweight or obese, the NSW Ministry of Health, NSW Department of Education, Office of Sport and the Heart Foundation (NSW Division) joined forces to develop an online resource for parents and kids alike on nutrition and exercise. This website is designed to be a "one stop shop" of current and credible information, resources and support materials about healthy eating and physical activity.

[Click here to view the Healthy Kids website https://www.healthykids.nsw.gov.au/default.aspx](https://www.healthykids.nsw.gov.au/default.aspx)

In recognition of National Nutrition Week last month, here are some useful resources that tackle questions and tips around childhood and adolescent nutrition.

Healthy Kids Association – for a range of information about nutrition for children and teenagers. Under the 'Parents' tab there is also a useful information sheet with ideas for packing a healthy lunchbox for your child.

Nutrition Australia – for fact sheets on nutrition for children, adolescents and adults.

Tryfor5 – A Nutrition Australia campaign that provides a range of tasty and nutritious recipe ideas as well as cooking tips.

Physical activity is also important for children and young people and earlier this year, the NSW Government launched its Active Kids Program enabling parents and carers to apply for a \$100 voucher per calendar year for each student enrolled in school. The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year. If you haven't registered for your voucher yet, it's not too late. Registering online takes only a few minutes and will give you \$100 off your child's sport, fitness and active recreation activities this year.

To use the voucher, simply give your voucher details to an approved Active Kids Provider.

[Click here to view the Active Kids website https://sport.nsw.gov.au/sectordevelopment/activekids](https://sport.nsw.gov.au/sectordevelopment/activekids)

If you're looking for some ideas or inspiration around physical activity for your child, the Healthy Kids website and the NSW Office of Sport are good places to start.

[Click here for more information about Junior Sport https://www.healthykids.nsw.gov.au/parents-carers/junior-sport.aspx](https://www.healthykids.nsw.gov.au/parents-carers/junior-sport.aspx)

[Click here to view the Office of Sport website https://sport.nsw.gov.au/findaclub/sport](https://sport.nsw.gov.au/findaclub/sport)

If you want to plan ahead for the Summer holidays and you're considering the idea of a sports camp, you can find some useful information via the Australian Sports Camp website.

[Click here to view the ASP website https://australiansportscamps.com.au/school-holiday-programs/sydney/](https://australiansportscamps.com.au/school-holiday-programs/sydney/)

Yours sincerely,

Louise O'Donnell
Principal



Year 2 attended a Lace Tying class on Thursday 8 November

2019 Term 1 Dates

Staff return —

Tuesday 29 January 2019

*Tuesday 29 January and Wednesday 30 January are **Staff Development Days**
(MAI Testing for Years 1-6 will be held on these two days)*

Stages 1-3 (Years 1-6) return Thursday 31 January 2019 (8:50am-3:00pm)

Friday 1 February—Swimming Carnival (Wentworthville Pool)

ESI (Kindergarten) commence

Monday 4 February 2019 (9:00am-2:30pm)

Early finish time is for new families only so that they can become familiar with the afternoon drive through procedure.

Term 1 ends

Friday 12 April 2019

2019 Swimming Carnival (Wentworthville Swimming Centre)



2019 Swimming Carnival notes have been sent home with students in Years 1-5. Please complete the second page indicating how your child will travel to Wentworthville, the events they will be participating in and if you are able to assist on the day of the carnival. Please return the note to your child's teacher.

The note is also on the school website. Go to Community—School Notes—Sports

The 2019 Swimming Carnival will be held on the second day back at school, Friday 1 February.

Walkathon—money due by Friday 30 November

A reminder that all sponsorship money is due back at school by **Friday 30 November**.

We will be having two raffles at school for all those students who return their sponsorship money.

**First Raffle
Second Raffle**

**Friday 16 November (Week 5)
Thursday 22 November (Week 6)**



Sausage Sizzle—Thank you

Thank you to the following parent volunteers who were able to assist at last Friday's sausage sizzle: Charles Lukasik, Paul Hossack, Ben Roberts, Tiff Cooper, Trish Forsyth, Will Makko, Amira Makko, Dalia Sadek, Victoria Elias and Rebecca Essey.

Parent Handbook—Thank you

A sincere thank you to Mr Chandra & Mrs Williams (Jessica S2 and Joshua ES1) for kindly printing our 2019 Parent Handbook and Merit Awards.

Tennis Lessons



Mr Davidson advises that the last tennis lessons for 2018 will be held on **Thursday 6 December** Week 8.

Working Bee—Saturday 15 December (Week 9)

7:00am—11:00am

Can you spare an hour or two to come and support the school?

A great opportunity to become involved in St Monica's Community, especially if your work commitments during the week prevent you from visiting our school.

A flyer will be sent home closer to the date for you to complete and return if you can assist on the day.



School Attendance

Our School Attendance Rate for

Term 4 Week 4 was 91.0%

We all know that consistent attendance is vital for student success in their learning.

Congratulations to those classes meeting the Diocesan 90% target for attendance.



Week 3—92.9%		Week 4—91.0%	
ES1	90.6%	ES1	87.1%
Year 1	100%	Year 1	100%
Year 2	100%	Year 2	92.3%
Year 3	93.3%	Year 3	93.1%
Year 4	87.5%	Year 4	87.5%
Year 5	91.3%	Year 5	94.1%
Year 6	85.9%	Year 6	83.9%

Important Message

New School Banking Day **WEDNESDAY**

Due to a change in school banking guidelines, our new school banking day will be **WEDNESDAY**.

Students are requested to bring their completed bank deposit books to school on **Wednesday mornings**.

Last day for student banking this year will be Wednesday 12 December.



SUBWAY lunch **Friday 30 November**

Students and staff will have the opportunity to purchase SUBWAY for lunch on **Friday 30 November**.

An order form will be sent home soon with all the details.

Please note that this will be a pre-order lunch.

NO LATE ORDERS WILL BE ACCEPTED.

Shoe Lace Tying

Tips for Shoe Lace Tying

- ◆ Spend ten to fifteen minutes on shoe lace tying practice at any one time.
- ◆ Make sure the shoes fit correctly. If the shoe is already fitted, there's no need to overtighten the laces, making it easier to learn.
- ◆ Sit comfortably and practice with a shoe on a table, instead of bending down to your feet.
- ◆ Position yourself behind your child—sit behind your child so you have the same perspective.
- ◆ Master each step before progressing to the next.
- ◆ Make sure the child's shoe laces are untied every night when they remove their shoes. This will ensure that they can't take a shortcut and try to push their foot into a shoe that's still tied. ***It also prolongs the life of the shoe.***



Staff Development Day

A reminder that our next Staff Development Day will be held on **Friday 23 November 2018** (Week 6).

Students do not attend school on this day.





Term 3 Bronze Bee Awards



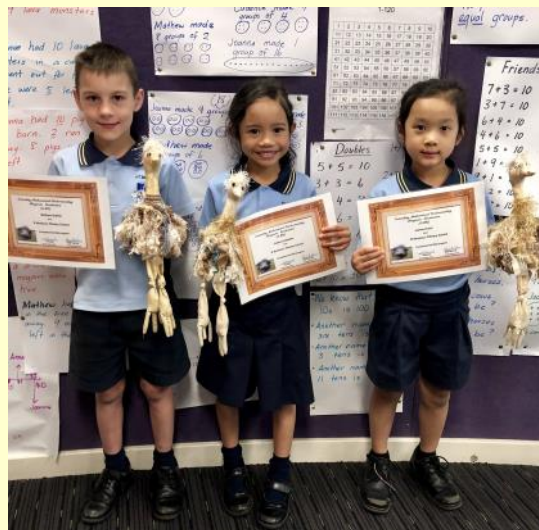
Term 3 Platinum Bee Awards



Term 3 Silver Bee Awards



Term 3 Gold Bee Awards



Mrs Mason's EMU Graduates



SPIDER ICE CREAM SUNDAES YEAR 6 FUNDRAISER



Thursday 22nd November 2018

For those who are not sure what this is, it is a cup of soft drink with a blob of creamy vanilla ice cream which makes the drink fizz up and even more delicious!!

\$2.00 each

Money to be brought on the day!!

There will be various flavours available.
*(Drinks and ice cream may
contain artificial colours and flavours)*

All funds raised will be going towards the
Year 6 Fun Day so any Year 6 parents
available to help would be greatly appreciated.

Please contact the Stage 3 teachers if you are able to help.

HAPPY BIRTHDAY

Happy birthday to the following students and staff who celebrate birthdays in November

Elijah Corera	Emma Sadek	Alexander Azar	Gabriel Bucur	Gene Kneipp
Yiannis Keranis	Summer Ierfino	Neelesh Govender	Yashni Chowdhary	Dominic Scurtu
Jericho Crame	Laeticia Hossack	Olivia Nguyen	Kenzh Munda Cruz	Evan Michael
Ryan Clark	Manson Lu	Grace Lim	Mia Henderson	Isabella Smith
<i>Staff: Miss Bagnall and Ms Kubo</i>				

MERIT AWARDS

Congratulations to the following students who have recently received Merit Awards.



- ES1: Jaein Moon, Lana Salic, Rafaella Santos, Philopateer Toma, Victoria Youssef
- Year One: Jared David, Zachary Dy, Christopher Sadek, Olivia Szymanski,
- Year Two: Ava Cong, Lukas Lozancic Babic, Onur James Unver,
- Stage 2: Andrew Clark, Ruby Knight, Abbi Meale, Aaliyah Assaf, Ashton Dardagos, Ruby Graham, L'Lyse Puyat, Madeline Smith, Elizabeth Toman
- Stage 3: Leonardo Macorig, Giselle Mondinelli, Amy Makko, Aidan Pospischil, Reema Santos, Matilda Cooper, Neelesh Govender, Veronica Sadek

Reminders ...

- Please send a plastic spoon/fork with your child if they require one to eat their recess or lunch. The office does not keep supplies of these items.
- Please do not send any food containing nuts to school.
- Ensure all clothing is labelled to avoid lost property.
- New School Banking Day —students are reminded to bring their bank deposit books to school on **WEDNESDAYS**. **Banking is processed on Wednesday mornings.**



Visiting students from Japan playing sport at lunchtime





Parents Representative Council

SUPPORT | CELEBRATE | EDUCATE



NEXT GENERATION SCHOOLS



What is the new normal for education?

Greg is at the coalface of designing and establishing the new normal for preschool to post school learning. He believes we need to adopt a continuum model of education, challenging educators to use time in creative and innovative ways. He'll explain how parents, teachers and enterprise partners can transform learning so that each student understands their strengths and capabilities. Greg is an educational leader with heart. He is passionate about enabling students to discover their strengths and find their purpose in this changing world.

Our guest speaker for the evening is:

Mr Greg Miller

Principal and Educational Leader

Register FREE now: www.prc.catholic.edu.au

Monday, 19 November 2018

Doors open: 6:30pm for 7:00pm start (approx. 2 hours)

(Term 4 – PRC General Meeting will be held prior to our speaker session)

at St Luke's Catholic College, Lot 1104, Frontier Ave, & Northbourne Dr, Marsden Park

Tea, Coffee and light snacks will be provided and a lucky door prize will be up for grabs!

www.prc.catholic.edu.au



www.facebook.com/PRCParra



@prcparra



THANK YOU TO OUR 2018 SPONSOR

Floral Expressions

For details on the School fundraising program

Call Charles Lukasik on 02 9683 1116



School Student Transport Scheme (SSTS) 2019 Applicants

School student applications for 2019 opened on Monday 15 October.



Students progressing to Year 3 and Year 7 **do not** need to re-apply **if** they:

- are continuing at the same school
- are residing at the same address
- have not been sent an expiry notification from Transport for NSW

Where a student meets the new distance eligibility, the system will automatically update their entitlement. If they do not meet the new eligibility, they will receive an expiry notification.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to reapply.

If you need to update your child's details or reapply, please go to:

<https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before 31 December 2018 to ensure student entitlements are updated and their current entitlement/card is not cancelled. If their application is submitted after 31 December 2018, the system will automatically cancel their card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out during December 2018 and January 2019.

For further information visit <https://apps.transport.nsw.gov.au/ssts>



PERSONALISED FAMILY FITNESS

TAEKWON-DO | BOXING | GYM | MUAY THAI | PERSONAL TRAINING | CAFE

OUR CLASSES INCLUDE:



- Taekwon-Do for Beginners (4 years & over)
- Taekwon-Do for Advanced
- Boxing for Children (9 years to 14 years)
- Boxing for Adults
- Self Defence and Fitness for Women
- Mums and Bubs

STOP THE BULLY'S



by adopting the values instilled in students of the ITF Fitness Centre.

CONFIDENCE | EMPOWERMENT | RESPECT | FOCUS | DISCIPLINE | SELF ESTEEM

OUR INSTRUCTORS:

Grand Master Michael Daher - The most highly ranked Taekwon-Do martial artist in the Southern Hemisphere.

Arnell Barotillo - Barotillo Bombers - Champion Boxer

BOOK YOUR YOURSELF OR YOUR CHILD IN TODAY

We are proud to be a family friendly centre



For all enquiries contact
Stan: 0428 300 200

T: 02 8069 4760
A: 37-39 Mary Parade, Rydalmere NSW 2116
E: info@itffitnesscentre.com.au
W: www.itffitnesscentre.com.au

Oakhill College Tour

We warmly invite all prospective students and families to attend an Oakhill College Tour on Thursday 22 November 2018.

From 9:30am-11:30am, the morning provides a great opportunity to see how the College inspires students to aspire to greatness. Explore our beautiful grounds and facilities at the College and meet the Principal, Brother Steve Hogan.

Visit <http://www.oakhill.nsw.edu.au/enrolments/book-a-tour/> to reserve your place or contact the Registrar on 9634 0802 for further information.

Term 4 Important Dates

Please make a note of important upcoming dates and events for this term.

Week 5

Thursday 15 November	Tennis Lessons / Aria Music Lessons (Guitar)
Friday 16 November	Primary (Years 3-6) Sushi Making lessons

Week 6

Monday 19 November	Pow Wow 9am-10am PRC Term 4 Meeting—Guest Speaker: Greg Miller 6:30pm for 7pm start 'Next Generation Schools' St Luke's Catholic College, Marsden Park
Tuesday 20 November	Tennis Lessons
Wednesday 21 November	Aria Music Lessons (Keyboard)
Thursday 22 November	Tennis Lessons / Aria Music Lessons (Guitar) Year 6 Fundraiser—Spider Ice Cream Sundaes
Friday 23 November	STAFF DEVELOPMENT DAY—Students do not attend school today

Week 7

Monday 26 November	Pow Wow 9am-10am Bee Awards—8:50 am Assembly ES1 2019 MAI this week
Tuesday 27 November	Tennis Lessons
Wednesday 28 November	Aria Music Lessons (Keyboard)
Thursday 29 November	Tennis Lessons / Aria Music Lessons (Guitar) Stage 3 Parish Mass
Friday 30 November	Theme Lunch—SUBWAY

Week 8

Monday 3 December	Pow Wow 9am-10am
Tuesday 4 December	Tennis Lessons 9:30am-2:30pm 2019 New Students - Orientation PBL Product Launch / End of Year Learning Celebration (<i>time to be advised</i>)
Wednesday 5 December	Just Like You Workshops (Disability Awareness) Aria Music Lessons (Keyboard)
Thursday 6 December	Tennis Lessons (<i>last lessons for 2018</i>) Aria Music Lessons (Guitar) Stage 1 Parish Mass

Week 9

Monday 10 December	Bee Awards 8:50 am Assembly Just Like You Workshop (Disability Awareness)
Tuesday 11 December	Year 6 Fun Day
Wednesday 12 December	Semester 2 reports go home
Thursday 13 December	Aria Music Lessons (Guitar)
Saturday 15 December	WORKING BEE 7:00am-11:00am

Week 10

Monday 17 December	Scrub Day Whole School Mass rehearsal
Tuesday 18 December	9:00am End of School Awards Ceremony 11:15am End of Year Mass / Graduation followed by Year 6 luncheon (Year 6 students and family only) 1:30pm Guard of Honour for all students who are leaving St Monica's
Wednesday 19 December	Last day for students
Thursday 20 December	Staff Development Day (<i>students do not attend school today</i>)
Friday 21 December	Staff Development Day (<i>students do not attend school today</i>)

Tennis Lessons are held on Tuesday and Thursday mornings

1st Group 8:00am–8:30am

2nd Group 8:30am–9:00am



Please ensure your child is on time for their lesson.

Tennis lessons \$40 per student, per term. Payments directly to Mr Davidson.

If your child is interested in tennis lessons, please see Mr Davidson on the playground on Tuesday/Thursday mornings. Thankyou.

Please note that the last lessons for this year will be held on Thursday 6 December 2018.

ARIA MUSIC

Quality investment in your child's future

Would your child like to learn Guitar or Keyboard?

Please email: ariamusicschool@gmail.com Phone: 0402 780 130

Qualified, friendly teachers encourage serious musical skills in a fun learning environment. Group classes at school \$23:10 (incl GST) per lesson.
Individual tuition is also available.

Keyboard Classes!

Days: **Wednesday**
Time: 12:30pm-1:30pm
Location: The Community Room

Music Lessons have the Power!

Develops musical talent
Develops self discipline
Encourages self esteem
Enhances co-ordination & concentration
Is lots of fun!!

Guitar Classes!

Day: **Thursday**
Time: 12:20pm—12:50pm
Location: The Community Room

www.ariamusic.com.au

SCHOOL UNIFORM

Parents are required to purchase all school clothing items through **Oz Fashions.**

Oz Fashions is located at:
115-127 Parramatta Road, Granville
Phone: 9897 3121

Opening Hours:
Monday-Friday 9:00am - 5:30pm
Saturday 9:00am - 4:00pm

Parking is available on site.

<http://www.ozfashions.com.au>

Child Protection Requirements

All Parent Volunteers / Helpers are required to complete the following Child Protection requirements **prior** to assisting in the classroom or on excursions
(*'Building Child Safe Communities—Undertaking for Volunteers'*)

These can be accessed by visiting the Catholic Education Diocese of Parramatta homepage
<http://www.parra.catholic.edu.au> then scroll down to **'Volunteers and Contractors – click here'**

- **Volunteer Form**
- **Online Training Module (every two years)**

(Links are also available on the homepage of our school website www.stmonicasparra.catholic.edu.au)
Please contact the school if you require any assistance.

We thank all volunteers for their continued support.