

NEWSLETTER



11th September 2017 Term 3 Week 9

St Canice's Catholic Primary

Phone: 4780 6800

Email: stcanices@parra.catholic.edu.au

Website: stcaniceskatoomba.catholic.edu.au

Facebook: St Canice's School Katoomba



St Canice's Catholic Primary School
Katoomba 2017

Growth through love and learning

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Dear Parents and Carers

On Sunday the Gospel Reading was from Matthew 18:15-20. There are many messages we can gain from this reading, but the one that touched me was "Problem Solving". At St Canice's we talk a lot about problem solving related to our work – especially mathematics. But the Gospel reading talks about Relational Problem Solving.

We all know how to move forward if we have done something wrong – *Say sorry and then change our behaviour.* Jesus gives us a way to solve the problem when something wrong has happened to us.

1. Speak to the person who has done something wrong to you (if that doesn't work)
2. Get some other people to help the person to understand what he/she has done wrong and ask for it to stop. (if that doesn't work)
3. Ask someone in authority to help (like the teacher), (if that doesn't work)
4. Walk away from the person until things change.

This is the sort of thing we do here at St Canice's to help students solve problems. Nearly every time the relationship problem is solved before the last step. But sometimes people need a break from each other to allow time to heal and to think.

Mr Mark Geerligs
Principal

St Mary of the Cross MacKillop Parish

Presbytery Contact Ph: 02 4782 2804

Fax: 02 4782 6090

Website: marymackilloppupperbluemountains.org.au

Mass Times

Friday: Katoomba 12 noon Mass

Saturday: Katoomba 9.30 am Mass **Saturday Vigil:** Leura 5pm Mass

Sunday: Wentworth Falls 8am Katoomba 10am Leura 5pm

Rosary: Monday Katoomba 8.30 am, Tuesday Leura 4.45pm,
Wednesday Wentworth Falls 9.30 am, Friday Katoomba 11.30 am.
Saturday Katoomba 9 am.

Enrolling Now for 2018

News from the Principal

Welcome to the last newsletter for Term 3.
The last day for students is Friday 22nd of September.
We hope you and your family have a safe and fun break.

Gold Awards

There will be a Gold Award Assembly on Friday 22nd of September.
All students who can receive a Gold Award, will need to have their silvers handed in to their Teacher before the end of day on Monday 18th September.

Pupil Free Day

Monday, 9th October is a pupil free day. Term 4 Week 1 will commence for students on **Tuesday 10th of October**.
All students are to wear summer uniform.

Summer Uniform

St Canice's uniform maybe ordered at any time throughout the year by visiting www.wabellschoolwearshop.com
Abel Schoolwear is located at Unit 5 Coombes Drive Penrith.
Opening hours are 8.30am till 4.30pm
Monday to Thursday,
Friday 8.30am till 1.30pm
Phone 4731 2388.
All items of uniform should be clearly and regularly labelled with your child's name.

Summer

Girls

Blouse	sky blue with emblem
Culottes	navy blue
Jumper	navy blue with school emblem
Hat	navy blue with school emblem
Socks	short navy blue - no ankle socks
Shoes	black

Boys

Shirt	sky blue with emblem
Shorts	navy blue
Jumper	navy blue with school emblem
Hat	navy blue with school emblem
Socks	short navy blue - no cut off ankle socks
Shoes	black

Sport

Girls	royal blue skort or shorts
Boys	royal blue shorts

Girls & Boys

Shirt	sky blue polo shirt with school emblem
Socks	short white - no ankle or cut off socks
Shoes	appropriate sport shoes

Sport News

Term 4 Gymnastics

Next term all students K-6 will be participating in Gymnastics lessons on a Tuesday. All students will be required to wear full sports uniform every Tuesday, including the first day of term (10th October 2017). Gymnastics lessons are run by FitSchool FitKids and provide opportunities to develop team work and gross motor skills.



Kindergarten 2018

Orientation morning is on Wednesday 11th October in the school library from 8:40am – 10:30am.
If you have not enrolled your child in Kindergarten 2018, it is not too late. See the office staff for enrolment forms.

Tidy Playground

Thank you for all your work helping us keep our playground tidy. The amount of rubbish has been reduced over the winter period. Please try to reduce the number of packet wrapping for your children's lunch. Each packet treat is another piece of rubbish that has the potential of polluting our wonderful streams oceans and rivers.



Fathers Day Stall

Thank you Sr Colleen, the volunteers and those who donated for making the Fathers Day Stall a success.
The children were excited to pick their gifts to give to the special men in their lives and in the process \$580 was raised.
We hope everyone enjoyed celebrating Fathers Day.



Stage 3 Learning Showcase

On Monday 18th of September at 11:20am—11:50am the students in Stage 3 will be showcasing their major assessment projects focussing on the Gold Rush Era of the 1800's. Within this project student's have produced a Gold Fever google presentation, a Goldfields Diorama and a poster / brochure about the Eureka Stockade. The showcase will be a celebration of the children's achievements.

Further to the showcasing of their projects on this day, students will also be taking part in an exciting Colonial Celebration Day.

Children are encouraged to dress up in 1800's period clothing.



Stage 1 Rouse Hill History Excursion

Years 1 & 2 will be visiting Rouse Hill House and Farm on Friday 22nd of September.

Departure Time: 8:30am

Return time: 3:30pm

As these times are outside school hours, please arrange for your children to be dropped off and picked up on the day as they will not be back in time for afternoon buses.

Permission slips for this excursion are due by Friday 15th of September



Found Items

If you lost a set of house keys or a bangle at the Winter Disco, please see Office staff.

St Columba's Orientation Day

The St Columba's orientation day for Year 7 2018 will be held on Friday 10th of November.

St Canice's New Phone Number

St Canice's Primary School has a new digital phone number.

The number **4780 6800**, is now replacing 4782 1260.

A redirection will be in place for 18 months to allow time for our community to update and familiarise.



Preschool Storytelling

Miss Sally invites all Preschooler's to hear fun and exciting storytelling on Tuesday's from 9am in the Library.

Everyone is welcome.



Head Lice

We have had a number of reports of those little beasts "Head Lice" throughout the school.

We ask that you check your children for signs of infestation and if nits or lice are found that you treat them before the children return to school.

There are numerous treatments available and your pharmacist will be able to assist you with any questions.



Joseph's Fine Chocolates of Leura, proudly presents :

"Cello & Chocolate"

amazing CONCERT & amazing DESSERT



*A Collection of
Cello Solos for the
mellow sound
of the lower strings*

*including "Didgeeridoo"
& Marais - La Folia*

GEORG MERTENS - cello solo

SATURDAY 16 Sept 7.³⁰ pm

@ The Gingerbread House

Cnr. Warath & Lurline St. KATOOMBA

CONCERT & DESSERT \$ 55 (Child \$ 45)
CONCERT ONLY \$30 / Ch \$20

BOOKINGS essential: ph. 02 4782 6958

*Tickets include: hot chocolate shot on arrival ~
dessert at intermission ~ take home cello chocolate*

for program / online booking visit: www.georgcello.com

See Georg on Youtube - more than a million hits !



Cello Solos for the love of lower strings

Georg Mertens would like to offer a FREE ticket for his cello students, worth \$20.

Adults can book tickets and order the program with or without dessert online at <http://www.georgcello.com/cello.htm> or at the gingerbread house, Katoomba on 4782 6958.

Extra dessert for the children can also be ordered.

It would be a great experience and instructive for your child.

It will also be the launch of Georg's new CD. For this night the CD will be available to purchase for \$10 instead of \$20.

Every CD will be dated and signed

https://www.youtube.com/playlist?list=PLa4x_CYYDVRWdy8M5Lw5hiSzde21w1u0r

Wentworth Fall Football Club 7aside 2017 / 18

8—15 year old Soccer comp Friday afternoon

6th October \$ 50 per player

Time slots for games 4pm—5:30pm with 15 minute halves

For more information please see office

Or contact Michael at Wentworth Falls Football club at smichaeldoowrag@hotmail.com





School Calendar

September

Week 9

Tuesday	12th	Student Banking Preschool Storytelling	8.45am
Wednesday	13th	Writers Club S2 & S3	1:20pm
Thursday	14th	Music and Italian Ukulele	1:20pm
Friday	15th	My School Lunch Box Assembly S3W Mass Yr 2 String Ensemble	8.50am 12noon 3pm

Week 10

Monday	18th	My School Lunch Box Stage 3 Learning Showcase	11:20am
Tuesday	19th	Student Banking Craft with Sr Colleen African Beat	8.45am
Wednesday	20th	Writers club	1:20pm
Thursday	21st	Music and Italian Choir	1.20pm
Friday	22nd	My School Lunch Box Gold Award Assembly Mass 2SB Stage 1 excursion NO String Ensemble	8:40am 12pm 8:30-3:30

Our School Bell Times

8.40am School Begins

10.40 Recess

1.10 Lunch

2.50 End of Day

Change of Home or Emergency Contacts

If you have any changes to your home or emergency contact numbers, please contact the school Office as soon as possible. In cases of sickness or emergency, it is important that we have the correct contact details for your child(ren).

Reminder to Parents

Parents and visitors are reminded that, if entering the school grounds to attend classroom activities, etc, they are required to sign in at the Office on arrival, and sign out on departure.

Second Hand Uniform

We have a small collection of second hand uniform available for sale from \$5 per item. Please call into the Office for assistance.

Blue Mountains Basketball Association

Registration Day

When: Saturday 16th September 2017

Where: Katoomba Sports and Aquatic Centre

Time: 11:30am—1:30pm

All Ages Welcome

You can also nominate online at www.bmbasketball.com.au under "contact us". You can nominate as an individual or a team.



Subscribe to the Parent Calendar and Newsletter

www.stcaniceskatoomba.catholic.edu.au
Select "Current Community" click on Newsletter

Mountain Majik Futsal Club

Registration of teams and individuals
welcome

Competition held at Katoomba Sports and Aquatic Centre

Wednesday Afternoons Juniors:
5—9 year olds

Thursday Afternoons Juniors: 10
- 16 year olds

Cost is \$140 per player plus

All players must be registered with Football NSW (Sept to August)

Registration fee is: \$40 for winter 2017 players and

\$43 for non playing winter 2017 players

\$31.15 Summer 2017/18 Competition only

Contact Susan Kondek
0419 434 725

Summer Competition begins Wednesday 11th October and

Thursday 12th October and finishes at end of March 2018

No games during the School Holidays



Painted Face Masks

with Naomi

Learn about masks from different cultures around the world, then create a painted mask in your own wonderful style!

ALL MATERIALS SUPPLIED

Bookings Essential



Wednesday
27th September

BLUE MOUNTAINS
LIBRARY

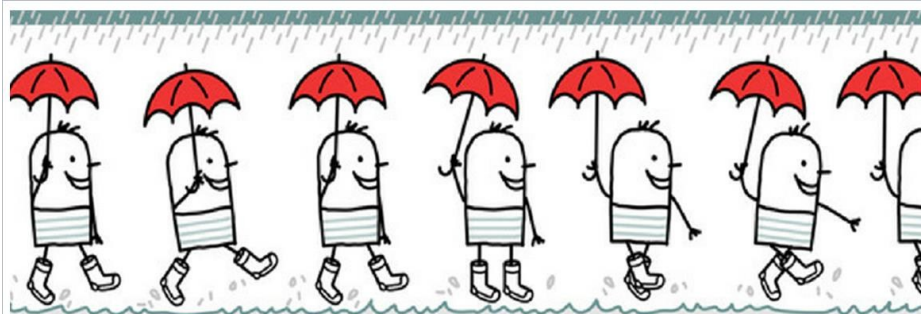
blue mountains
City Council

@ Katoomba Library

10:30am - 12 noon

6yrs - 12yrs

\$6.00 per child



Fun with Animation

Learn the basics of creating an animation, including stop-motion technique.

with Naomi

ESSENTIAL: Please bring an iPhone/iPad, preloaded with the FREE 'iMotion' app!



Tuesday 3rd October

@ Katoomba Library

10:00am - 12 noon

10yrs - 18yrs

\$6.00 per student

BLUE MOUNTAINS
LIBRARY

blue mountains
City Council

Bookings Essential

The simplest way

...to food shop on a budget.

Here are our five top tips to save money while shopping for your fruit and veg.

1. Create a weekly menu plan (you can download a menu planner from eatittobeatit.com.au).
2. Write a shopping list based on the menu plan.
3. Compare prices using 'unit pricing' (per kilo/100grams) if available.
4. Buy fruit and vegetables that are in season, or pick the canned/frozen option if cheaper.
5. Limit your purchases of processed pre-prepared snacks and meals.



For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.

The simplest way

...to create a tasty snack with hummus.

Serves: 6 | Preparation: 5 mins | Cooking: 0 mins

Ingredients

- 1 x 420g can chickpeas, rinsed and drained
- 1 clove garlic, crushed
- ½ teaspoon ground cumin
- 1 tablespoon lemon juice
- 1 tablespoon tahini
- 1 tablespoon olive oil
- 2 tablespoons water, optional
- Vegetable sticks, to serve.



Method

1. Place chickpeas in a food processor with garlic, cumin, lemon juice, tahini and oil.
2. Blend to a smooth purée. Add a little water if it needs thinning.
3. Serve with vegetable sticks or cut some whole grain pita bread into triangles and bake in the oven until crisp.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.

The simplest way

...to increase your fruit and veg intake.

Myth

Frozen and canned fruit and vegetables don't count towards your daily intake of fruit and vegetables.



Fact

- Frozen or canned fruit and vegetables are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegetables are usually packed shortly after picking, so there is little nutrient loss.
- Varieties with no added sugar or salt are the best choice (look for tinned fruit in natural juice rather than syrup and tinned vegetables with no added salt).

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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The simplest way

...to pack a healthy lunch box.

Everyone should aim for 2 serves of fruit and 5 serves of vegies, every day for good health. Sounds hard, but it's easier if you include fruit and veg across the day...try these simple ideas:



- **Pack vegetable sticks** – try carrots, celery, capsicum and cucumber – with hummus and vegetable based dips (like pumpkin, beetroot, spinach or red bean).
- Add a **small 150g tin of baked beans** to your child's lunch box (decant into a container your child can open).
- **Leftovers** are an exciting lunch box addition: try packing fried rice, vegie stir-fries or some vegie frittatas- they all taste great cold!
- **Make a fruit salad** – use whatever fruit you have in the house, chop in small pieces.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.

Wentworth Falls WATERWAYS FESTIVAL

SUNDAY 17 SEPTEMBER
10-2PM • FREE EVENT



- Get up close to a crayfish • Sausage sizzle
- Family walks and talks • Meet a turtle
- Go on a swamp safari • BYO picnic

Western side of Wentworth Falls Lake reserve, Sinclair Crescent, Wentworth Falls • Enquiries 4780 5788 or 4780 5521

Book now! www.waterwaysfestival.eventbrite.com.au



Kindiehill School



Blue Mountains
Grammar School



Wentworth Falls
Public School



Jamison Creek
Catchment
Community Group



saving
our
species

blue
mountain
City Council

KOOSH is limited to a maximum of 45 children. Limits apply to excursions

FULL FEES
\$48 PER DAY

KOOSH VACATION CARE September 2017 Spring School Holiday Fun

Monday 25th September	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
PJ Device Day  Wear your pyjamas, bring your iThingy, and relax on the first day of the holidays	Games Day!  Come and play some board games & outdoor games at KOOSH + Sausage Sizzle for lunch!	Excursion MOUNT VIC FLICKS  Includes Snacks & Drinks DEPARTING: 9am Extra Cost: \$25	CIRCUS in a SUITCASE!  Extra Cost: \$15.00	COOKING DAY! Sushi  Rocky Road  Extra Cost \$7.00
Monday 2nd October	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
Public Holiday KOOSH closed	Excursion CLIMBING GYM & MELROSE PARK Back by popular demand!  Departing 9am (numbers limited) Extra Cost \$15	Excursion Walk with us to the Edge Cinema to see NINJAGO!  Extra Cost: \$18 Includes Snacks & Drinks DEPARTING: 9am	YOGA Come and do some relaxing Yoga and hear some Tibetan Singing Bowls  Extra Cost: \$10	PIZZA PARTY  No need to pack lunch! Extra Cost \$7

PLEASE NOTE: CLOSED FOOTWEAR MUST BE WORN AT ALL TIMES DURING VACATION CARE!
CHILDREN MUST BRING A HAT AND LOTS OF WATER AND FOOD TO LAST THEM THE WHOLE DAY!

As well as the main activities on the program, each day at KOOSH there will be a variety of indoor and outdoor activities including free play options

Katoomba, Leura & Wentworth Falls Hospital Auxiliary

9th Annual Quilt Show

To be held at
Blue Mountains Retirement Village,
Queens Road, Katoomba.

Saturday 16th & Sunday 17th September 2017

10.00am-4.00pm

Entry: \$5.00

Beautiful quilts for you to view - some available for purchase and
Morning & Afternoon tea available.

Enter our raffle for this quilt
(drawn September 17th Sunday)
Tickets on sale during the Show.

Quilt lovingly made and
generously donated by
'The Golf Club Quilters'



Katoomba - Leura - Wentworth Falls Hospital Auxiliary
An affiliated branch of
The United Hospital Auxiliaries Of NSW Inc.
Raising funds to purchase items for patient care
and comfort at our local hospital CFN 11058





Enrol
Now

Katoomba Leura Preschool

Excellence in Community Run Preschool Education

*\$10 per day for
low income,
Aboriginal &
Torres Strait
Islander families*



4782 1639

Corner Lett & Wilson St, Katoomba
www.katoombaleurapreschool.com.au