Dear Families,

Book Week is one of those celebrations that give us an opportunity to highlight the importance of reading in a fun and enjoyable way. What wonderful celebrations we had last week! Few would argue that reading is not important. After all, being literate is the basis of all learning across all key learning areas at school. Access to quality literature plays an important part of developing each child’s literacy skills. Mrs Duval, our wonderful teacher-librarian, spends a great deal of time developing our library collection to ensure that all children have access to quality picture books, novels and non-fiction texts. I would like to thank her for co-ordinating our Book Week celebrations and for making the week so enjoyable for the children. My thanks also to the parents and children who were so creative in putting together costumes as part of Wednesday’s book character parade. It was a privilege to welcome so many grandparents and parents to our Grandparents’ Liturgy and open classrooms last week. As I said at the end of the day, the attendance of so many families was a great example of the community spirit that is evident at St Monica’s. I received many positive comments about how welcoming the children were and what a wonderful experience it was for grandparents to be able to spend time at school with their grandchildren. I thank Mrs Ryan, our Religious Education Co-ordinator for preparing our liturgy. On Thursday last week, St Monica’s participated in the Voice of Youth Cluster Final. The Voice of Youth is a public speaking contest that requires children in Year 6 to research, prepare and deliver a 3 minute speech on a chosen topic. Harry H (6W) and Georgia H (6W) were chosen to represent St Monica’s where they competed against speakers from St Matthew’s, Windsor, Chisholm, Bligh Park and St John’s, Riverstone. It is a pleasure to inform you all that Harry H (6W) won the Cluster final and now goes on to represent our school at the Diocesan semi-final. Congratulations to Harry for delivering a very entertaining speech.

Cameron Lievore
Thank you to all of the families who participated in last Tuesday’s (August 19) Nude Food Day. With your help we can teach the children that a healthy body=a healthy planet. Year Five had the highest number of participants, so they were rewarded with yummy fruit salad for crunch and sip. Let’s try and beat the number of participants for our next Nude Food Day on Tuesday, September 9.

Mrs Kellyanne Kemble

NUDE FOOD RECIPE

Rice Paper Rolls

Ingredients
- 150g rice vermicelli noodles
- 300g cooked chicken, chopped
- 2 medium carrots, peeled & grated
- 6 chopped spring onions
- 150g bean sprouts
- 12 round rice paper sheets
- 1 teaspoon of each: soy sauce, fresh lime juice, sweet chilli sauce
- 1 teaspoon of each: finely shredded fresh mint & coriander

Dipping Sauce (optional)
- 1 tablespoon seasoned rice vinegar
- 1 lime (juiced)
- 1 tablespoon caster sugar
- ¼ cup fish sauce
- 1 – 2 teaspoons minced chilli

Method
Combine all dipping sauce ingredients in a separate bowl and set aside. Place noodles in heatproof bowl and cover with boiling water. Set aside for 5 minutes. Drain. Cook chicken in frypan until golden brown. Gently mix the noodles, chicken, vegetables, soy sauce, lime juice, sweet chilli sauce, mint and coriander until just combined. Soak a rice paper sheet in a dish of warm water for 10 seconds. Drain on tea towel and transfer to a clean work surface. Spoon the noodle mixture down the centre. Fold in sides and roll to enclose filling. Repeat with remaining rice paper sheets and noodle mixture. Rolls will keep in a container for school lunches the next day. Best refrigerated.

CAKE RAFFLE

WEEK 7 - Thursday August 28th 2014

<table>
<thead>
<tr>
<th>Kinder White</th>
<th>Isabell V</th>
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<tbody>
<tr>
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<td>Eden X</td>
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<td>3 Blue</td>
<td>Isaac S</td>
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<tr>
<td>4 Blue</td>
<td>Alyssa T</td>
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<tr>
<td>5 White</td>
<td>Molly W</td>
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<tr>
<td>5 Blue</td>
<td>Ruby S</td>
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<tr>
<td>6 White</td>
<td>Samuel W</td>
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<tr>
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WEEK 8 –Thursday September 4th 2014

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<tr>
<td>1 Blue</td>
<td>Noah T</td>
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<tr>
<td>2 White</td>
<td>Sarah Z</td>
</tr>
<tr>
<td>2 Blue</td>
<td>Elysia Z</td>
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<td>Kieran S</td>
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<tr>
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<td>Paige S</td>
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<td>Samuel A</td>
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<tr>
<td>4 Blue</td>
<td>Benjamin Z</td>
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<td>Jarrod S</td>
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<td>Timothy A</td>
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<tr>
<td>6 Blue</td>
<td>Morgan S</td>
</tr>
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HAPPY BIRTHDAY:

To students celebrating their birthday during the next two weeks:
- Jack L (5B)
- Emily D (KB)
- Caitlin L (6B)
- Jett T (KB)
- Lillie M (4B)
- Sophie B (5W)
- Stavros A (KB)
- Lily V (3B)
- Alyssa T (4B)
- Massimo R (KB)

PRIVATE VEHICLE CONVEYANCE

If you’re not close to public transport and need to drive a student to a bus stop or school, the Private Vehicle Conveyance (PVC) Subsidy can provide twice-a-year payments to help you cover the expenses. The Transport for NSW is launching an online service for families who wish to apply for the PVC subsidy. PVC Online will improve the process for families, making it simpler with rapid confirmation to give families more clarity and
Having difficulty getting your child to school?

- Does your child often say they do not want to go to school?
- Is your child absent for more than 1 day a fortnight or often attending for only part of the day?
- Does your child often complain of physical symptoms on school days, such as: stomach pain, headaches, nausea, tiredness and can’t go to school?
- Does your child say they can’t or don’t need to go to school on certain days e.g. sports carnivals, excursions, camps or avoid subjects, exams and/or assessments?

School avoidance is not uncommon however it can be difficult to manage and it can easily develop into a major concern for parents, students and schools. We know the earlier it is recognized and responded to the better the outcome for the student in the long term. This parent information meeting, presented by the Catholic Education Office – Student Wellbeing Team, is for parents who are concerned about their child’s school attendance and want information and support to respond and manage their child’s anxiety and school avoidant behaviour.

Where: Bede Polding College – Rifle Range Road Windsor South
When: Tuesday 9th September, 7pm
RSVP: 4577 6455 (Bede Polding Office)

BEREAVEMENT SUPPORT PROGRAM - SPRINGWOOD
CCSS Solo Parent Ministry will be running an eight session Bereavement Support Program in Springwood for men or women who have suffered the death of their spouse or long term partner. Sessions held on every second Wednesday commencing 3rd September from 10:30am – 12:30pm at the Baptist Church Hall, 313 Macquarie Rd, Springwood. Each fortnight a different aspect of grief will be discussed, with some input reflection and sharing about how grief is affecting you and how you are working through it. The first topic is “The Physical Effects of Grief”. Details and Registration: soloparentministry@ccss.org.au or Phone 99330205.

SUPPORT GROUP FOR YOUNGER WIDOWED PEOPLE
In response to requests and inquiries the CCSS Solo Parent Ministry will be starting a new Monthly Support Group for younger widowed people. We will trial this group for 12 months, and it will be held on the 2nd
Tuesday of each month beginning Tuesday 9th September. **Venue:** Catholic Care Social Services Centre, 51-59 Allawah St Blacktown. **Time:** 10.30am-12.30pm **Cost:** $5.00. **Details and Registration:** PH: 9933 0205 or Email: soloparentministry@ccss.org.au

If space permits, could you also include our Stepping Beyond Notice below.

**STEPPING BEYOND: SUPPORT FOR THOSE SEPARATED OR DIVORCED**

If you have been separated or divorced and would benefit from regular shared discussion evenings with others who are in a similar situation to you, come along to STEPPING BEYOND on the last Tuesday of each month at Catholic Care Social Services Centre, 51-59 Allawah St, Blacktown, at 7.30pm.

**Venue:** CCSS centre 51-59 Allawah St, Blacktown. **Time:** 7.30 – 9.30. **Cost:** $5.00. **Registration:** soloparentministry@ccss.org.au or Ph. 99330205

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**SIDS STAMPEDE FUN**

The SIDS Stampede Fun Run is September 7. 2014.

The Hawkesbury’s first half Marathon.

I wish to inform you that last year we had a very successful event. We had 650 local families and friend participate in our event. We donated an impressive $30,000 to the Children’s Hospital, Westmead. This is something the Hawkesbury can be extremely proud of.

**TEE BALL & LITTLE LEAGUE**

Hawkesbury Baseball Club
Bensons Lane, Richmond

**SEASON STARTING SOON**

We are looking for children born in 2003 to 2009 to finalise our summer teams

For further information lease contact Rod on 0414 733 859 or email rod.tuckwell@hotmail.com

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**INTERNATIONAL DAY OF PEOPLE WITH DISABILITY (IDPWD)**

International Day of People with Disability (IDPWD) is held on 3 December each year. It is a United Nations sanctioned day that celebrates progress in breaking down barriers, opening doors, and realising an inclusive society for all. Disability organisations, businesses, governments and the community come together at events across the country to mark the occasion and celebrate the achievements and contributions of people with disability.

You are invited to register an event to celebrate the International Day of People with Disability, 2014.

We hope you will consider holding an event and/or forwarding the e-card to your networks and stakeholders to encourage event registrations.

Thank you.

**International Day of People with Disability Team**

Community & Sector Engagement Section
Disability and Carer Policy
Department of Social Services  p 1800 440 385

**How to register an event:** Information on how to nominate can be found at http://www.idpwd.com.au/3-december/

**Closing date:** 9 November 2014

**Contact:** Email idpwd@dss.gov.au or phone 1800 440 385