Dear Families,

At the recent P&F Annual General Meeting, a new executive team was elected. I would like to congratulate the following people on their election:

Co-Presidents: Samantha Owens and Tara Thomson
Secretary: Tony Donnelly
Assistant Secretary: Mardi Mantell
Treasurer: Miranda Want
Assistant Treasurer: Position Vacant
Fete Co-ordinator: Position Vacant

Sub-Committee Representatives:
Alison Reimer (Fundraising)
Mardi Mantell (Grounds)
Katie O’Sullivan (Parent Representative Council)

As you can see, we are still in need of an Assistant Treasurer and a Fete Co-ordinator. Please refer to details of both positions elsewhere in this newsletter.

I would like to thank the outgoing President Vicki Muscat for her outstanding leadership of St Monica’s P&F over the last three years. Her dedication and hard work have been much appreciated by teachers, children and parents.

**Morning Bus 5087:**
This morning I spoke to the Manager of Busways Mulgrave depot about the continual late arrival of this bus. He assured me that following a number of phone calls from parents, Busways has lodged an application with Transport NSW to alter the drop off time to enable the bus to arrive earlier. This process may take some weeks, as it was explained that the bus company cannot make changes without approval of Transport NSW.

Cameron Lievore
Principal
FROM THE REC........

Teaching Children to Pray.

Children aren't going to learn heartfelt prayers until we pray heartfelt prayers in front of them. So regularly after dinner, have a mini-prayer session where you do pray for something important for your family: a family member who needs God, a financial situation, a personality conflict. Something. When they hear you praying for someone, they learn how to do it, too!

Teach Different Types of Prayer

Here at St Monica’s, children learn different types of prayer. We encourage children to branch out in prayer. Different variations for this exist, but here’s one I’m working on. Look at your hand. If you notice, you have five fingers. Have the children hold up their hands, and for each type of prayer they can lift up a finger until their whole hand is up. I’d like to start with the first 2 this week, and in the following newsletter I will include the other three.

1. Praise
Thank God for Who He is, for something about Him, for something He has made.

2. Thanksgiving
Thank God for something that He has done for you today. Encourage the children to make this as specific as possible. Not just, “Thank you for my mummy,” but “Thank you for giving me a Mummy who comes to my netball/football game,” or “Thank you for Mummy who hugs me.”

Give these two a try. There is no better Religious Educator for your child than you.

Leanne Ryan
Religious Education Co-Ordinator.

SPORTS IN SCHOOL AUSTRALIA (SISA)

A reminder to parents that payment for the Sports in School Program being held each Monday is $45.00 per child for the first and second child. Subsequent children are free. This fee is to be paid by April 4th, 2014.

SWIMMING CARNIVAL Years 2-6
Friday 21st February

Our Swimming Carnival will be held for students in Years 2-6 this Friday at Richmond Pool. Parents are reminded that permission notes should have been returned by now. Students are unable to attend if signed permission notes have not been received.

DATE & VENUE: Richmond Pool, Friday 21st Feb.
TIME: 9.00am departure from school for 9.30am start.
RETURN: In time for afternoon buses
COST: $8.00 to cover pool entry and bus hire.

If you decide to stay at the pool, at the end of the day with your child, please keep them out of the water until all other St Monica’s students are on the bus. This way we can ensure the safety of all students.

St Monica’s P & F Association WANTED

Fete Coordinator - 2014

Are you great at Organising?
Do you communicate well?
Are you a people person?
Do you like a challenge?
Are you cool under pressure?

Can you do this job? We are in need of a person in 2014 to head our fete committee. The St Monica’s Fete is one of the largest fetes held in the Hawkesbury and one of the most successful, raising much needed funds for the Parish of Richmond and St Monica’s Primary School.

If you think you would like to take on this role please contact either;
Fr Walter (Parish Priest) on 4578 1410 or email frwalter@parishofrichmond.org.au
OR
Mr Lievore (School Principal) on 4588 5405 or email StMonRic@parra.catholic.edu.au

Assistant Treasurer (P&F) required

The position requires the office-bearer to assist the Treasurer and act on their behalf during their absence from meetings. The assistant treasurer will have an active role leading up to the School / Parish Fete and on Fete Day. The Assistant Treasurer will take on the role with the potential of taking on the Treasurer position in the future. If you are interested in nominating for this position on the P&F, please forward your details to Mr Lievore.
**IMPETIGO: (School Sores)**

We have been notified of students within our school currently having Impetigo.

**Time from exposure to illness:** 1-3 days

**Symptoms:** Small red spots change into blisters that fill with pus and become crusted, usually on the face, hands or scalp.

**Do I need to keep my child home?:** Yes, until treatment starts. Sores should be covered with a watertight dressing.

**How can I help prevent spread?:** Careful hand washing.

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**CRUNCH & SIP / NUDE FOOD**

As you are now aware we have been promoting healthy eating at St Monica’s through Crunch and sip. Crunch and Sip has become a success thanks to the parents and students who bring in fruit, vegetables and water every day. This year we will be introducing Nude Food Day, which will occur twice a term with the first being held on Tuesday 25th February.

Nude Food Day is a fantastic opportunity to teach children about how their actions can impact the environment and their health. Focussing on the positive message of nude food = healthy body + a healthy planet. We want your children to be empowered to choose healthy, rubbish free food for their lunches and snacks. Nude Food Day is all about sharing the love of healthy, environmentally friendly meals.

**Step 1.** Choose healthy foods for recess and lunch. **No pre-packaged foods.** You could try one of the recipes from our newsletter if you want an idea.

**Step 2.** Pack your food and drinks in reusable containers or paper. **No plastic packaging.**

To help promote our first Nude Food Day we will be running a colouring-in competition. Children will collect an entry from their teacher and bring it in by Tuesday 25th February. Results will be announced on assembly.

Mrs Kellyanne Kemble

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**NATION NUDE FOOD DAY RECIPES**

**One Cup Fruit Slice** - serves 10

- 230g wholemeal self-raising flour
- 200g desiccated coconut
- 100g brown sugar
- 100g chopped dried apricots
- 250ml reduced fat milk

**METHOD:** Pre-head oven to 180c, Grease a 20 x 30cm slab tin. Mix all ingredients together evenly. Press into tin. Bake for 23-30 minutes or until brown. Cool and cut into 20 squares. Place in container in lunchbox.

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**CAKE RAFFLE**

**WEEK 4 – Thursday February 20th**

<table>
<thead>
<tr>
<th>Kinder White</th>
<th>Ashton Bailey</th>
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<tbody>
<tr>
<td>Kinder Blue</td>
<td>Jacinta Anderson</td>
</tr>
<tr>
<td>1 White</td>
<td>James Apap</td>
</tr>
<tr>
<td>1 Blue</td>
<td>Jayanna Andary</td>
</tr>
<tr>
<td>2 White</td>
<td>Clayton Bailey</td>
</tr>
<tr>
<td>2 Blue</td>
<td>Heidi Allen</td>
</tr>
<tr>
<td>3 White</td>
<td>Harry Abdoo</td>
</tr>
<tr>
<td>3 Blue</td>
<td>Jaime Attard</td>
</tr>
<tr>
<td>4 White</td>
<td>Kate Ballard</td>
</tr>
<tr>
<td>4 Blue</td>
<td>Bianka Ambasha</td>
</tr>
<tr>
<td>5 White</td>
<td>Tiarnie Allen</td>
</tr>
<tr>
<td>5 Blue</td>
<td>Liam Beirne</td>
</tr>
<tr>
<td>6 White</td>
<td>Amy Balmforth</td>
</tr>
<tr>
<td>6 Blue</td>
<td>Sahra Bigeni-Stubbings</td>
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</tbody>
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**WEEK 5 – Thursday February 27th**

<table>
<thead>
<tr>
<th>Kinder White</th>
<th>William Berthon</th>
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</thead>
<tbody>
<tr>
<td>Kinder Blue</td>
<td>Stavros Apostolatos</td>
</tr>
<tr>
<td>1 White</td>
<td>Chanel Bastin</td>
</tr>
<tr>
<td>1 Blue</td>
<td>Lauren Attard</td>
</tr>
<tr>
<td>2 White</td>
<td>Aimee Bawcombe</td>
</tr>
<tr>
<td>2 Blue</td>
<td>Kevin Ambasha</td>
</tr>
<tr>
<td>3 White</td>
<td>Ryan Carr</td>
</tr>
<tr>
<td>3 Blue</td>
<td>Jonathon Apap</td>
</tr>
<tr>
<td>4 White</td>
<td>Samuel Andary</td>
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<tr>
<td>4 Blue</td>
<td>Leo Galis</td>
</tr>
<tr>
<td>5 White</td>
<td>Bianca Azzopardi</td>
</tr>
<tr>
<td>5 Blue</td>
<td>Victoria Benfield</td>
</tr>
<tr>
<td>6 White</td>
<td>Timothy Allen</td>
</tr>
<tr>
<td>6 Blue</td>
<td>Alexandra Apap</td>
</tr>
</tbody>
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**Savoury Muffins – serves 12**

- Olive oil spray
- 450g wholemeal flour
- 4 teaspoons baking powder
- ½ teaspoon black pepper
- 100g reduced fat feta cheese
- 50g parmesan cheese
- 2 eggs
- 200ml reduced fat milk
- 2 teaspoons low fat natural yoghurt
- 50g fresh spinach leaves
- 150g sun dried tomatoes

**METHOD:** Preheat oven to 215c. Spray a 12cup muffin tray with olive oil spray. Mix all ingredients in a large bowl. Stir in the flour, baking powder and pepper into a large bowl. Stir the feta and parmesan. In a spare bowl, beat the eggs and milk, and stir through the yoghurt, spinach and sundried tomatoes. Combine the wet and dry ingredients and stir until just mixed. Spoon the mixture evenly into the greased muffin pans. Cook for 12-15min, until well risen and golden, and a toothpick or skewer inserted into the middle comes out clean. Place in containers for lunch or recess.
To students who will celebrate their birthday over the next two weeks.

Hayden Tangye  Harry Lawson
Georgia Estreich  Emma Palamara
Noah Tamayo  Jordan Ryke
Anthony Vella

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**Canteen Roster**

Thank you to the following parents who will be working in our canteen this week. We appreciate the time and effort you give to our students. If you are unable to attend on your rostered day please contact Lyn on 45885405.

<table>
<thead>
<tr>
<th>Date</th>
<th>Canteen Roster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 19</td>
<td>Lisa Xerri &amp; Kathryn Cauchi</td>
</tr>
<tr>
<td>Friday 21</td>
<td>Agnes Tomaszewski &amp; Catherine Chadevski</td>
</tr>
<tr>
<td>Monday 24</td>
<td>Elizabeth Seward &amp; Julia Houchin</td>
</tr>
<tr>
<td>Wednesday 26</td>
<td>Linda Myers &amp; Kath Purvis</td>
</tr>
<tr>
<td>Friday 28</td>
<td>Rebecca Fitzsimons &amp; Nicole Davidson</td>
</tr>
<tr>
<td>Monday 3</td>
<td>Rebecca Duncan &amp; Renee Hodgson</td>
</tr>
</tbody>
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**BEREAVEMENT SUPPORT FOR THOSE WHO ARE WIDOWED**

CCCSS Solo Parent Ministry is commencing two Bereavement Support Programs within the next few weeks. Seasons for Growth is a five week Program that commences on 19th Feb at Glenbrook, between 10.30 and 12.30. If we do not have a required number for this Program we will postpone it for a couple of weeks. The other Program is an 8 Session Bereavement Support Program that runs every fortnight at Blacktown between 10.00 and 12.00 and commences on 4th March (This was postponed due to lack of numbers on 4th Feb). Both of these Programs provide education and personal support within a small group setting, assisting those who grieve the death of their spouse to better understand the process of grief and to be supported in moving forward gently but assuredly in the midst of deep pain and loss. See Flyers on Notice Board. For further details and registration for both of these Programs contact Eileen or Rita on 9933 0205 or soloparentministry@ccss.org.au

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**BREAKTHROUGH – OVERCOMING RELATIONSHIP GRIDLOCK**

All couples go through periods where their relationship is strained. Stress, sleep-deprivation, demands from family and work can starve your marriage of the positive energy it needs and deserves. Soon, you find yourselves arguing more often, making up with less enthusiasm and becoming someone even you yourself don’t like. If this sounds like you, or someone you love, it’s time to do something about it! The SmartLoving breakthrough Workshop is a practical solution-focussed event for all stages of marriage. Drawing on contemporary research and catholic theology, this workshop will arm you with skills and insights to transform your relationship into the thriving, joy-filled encounter that it is meant to be.

Sunday March 23, 2.00pm to 5.00pm @ Holy Family School Hall, 32 Willowdene Ave, Luddenham. Donation at the door. Afternoon tea provided. Bookings essential, call Jess 02 93196280, info@smartloving.org

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**Safety tips for parents**

Your child's safety depends on you

**Back to school safety tips for parents and carers**

**Drop off and pick up by car**

Make sure your children are in an appropriate child restraint that is fitted and used correctly.

Stick to the 40km/h speed limit in a school zone as children are about and can be unpredictable.

Look out for buses pulling out – watch for wig wag lights.

Always park and turn regularly around schools and avoid dangerous manoeuvres like U-turns and three-point turns.

Always give way to pedestrians particularly when entering and leaving driveways.

Drop the kids off and pick them up on the school side of the road in your school's designated drop off and pick up area. Calling out to them from across the road can be dangerous because they may run to you without checking traffic.

It’s safest for the kids to get out of the car on the kerb side of the road to be away from passing traffic.

Walking together to and from school

Plan your trip to school so you are using pedestrian crossing areas where possible.

Always hold your child's hand until up to the age of eight. Young children need your help to spot danger like vehicles coming out of driveways. They can also be easily distracted and wander into traffic.

Drop off and pick up your child near the school gate and avoid calling them from across the road.

Talk to your children about Stop, Look, Listen and Think every time they cross the road.

• Stop one step back from the kerb.

• Look for traffic to your right and turn right.

• Listen for the sounds of approaching traffic.

• Think whether it is safe to cross.

Young children can learn these safe pedestrian habits from you and continue them later on when they are old enough to travel alone.

For more information visit roadsafety.transport.nsw.gov.au