



# NEWSLETTER

## ST MONICA'S PRIMARY SCHOOL

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E: [stmonric@parra.catholic.edu.au](mailto:stmonric@parra.catholic.edu.au)

WEBSITE: [WWW.STMONICASRICHMOND.CATHOLIC.EDU.AU](http://WWW.STMONICASRICHMOND.CATHOLIC.EDU.AU)

PRINCIPAL: MRS MELISSA BEGGS  
ASSISTANT PRINCIPAL: MRS JACQUI VAN DER BURG  
PARISH ADMINISTRATOR: FR GAYAN THAMAL

Term 3 Week 6

25<sup>th</sup> August – 7<sup>th</sup> September 2020

Dear Parents and Carers,

Last week as a school we celebrated National Science Week. Over this time, we were entertained, informed and challenged by our students to make a difference in our world. The showcase on Friday demonstrated the children's engagement in the learning and many parents commented that the discussions they had with their children over the week and while working together were very informative and educational!



This week we also were able to re-open our playground equipment with the addition of our new bridge and wobble walker. The children have greatly enjoyed reconnecting with this space and navigating the new equipment. Kindergarten have even been busy retelling the "Three Billy Goats Gruff" under the new bridge.

This project was made possible through the Local Schools Community Fund.

We are very grateful to our Federal Member for Macquarie, Susan Templeman and the Commonwealth Government for the opportunity to upgrade our equipment and to be able to offer the students of St Monica's a wonderful new play space.



As you are also aware I returned to school last week from my Long Service Leave to attend the wedding of my eldest daughter Heather. As for so many this year our plans and preparations were thrown into chaos as we scrambled to be with her before the

Queensland borders were unexpectedly shut to NSW. Despite this our families consider ourselves blessed to be able to be part of such a special and joy filled day that celebrated love and hope in a future together. Thank you for all your good wishes and I hope you 'forgive' my proud parent moment as I share one of my favourite photos.



This week we will celebrate as a school the Feast Day of St Monica on August 27th. St Monica is the patron saint of mothers and wives. She was an exemplary woman who never gave up hope and her faith in God among all the tribulations in her family life. May we take inspiration from St Monica in our daily lives and remain hopeful and strong in our faith.

Wishing you every blessing for the week ahead.

**Mrs Melissa Beggs**

Principal

*"May the Holy Spirit make us grow constantly in knowledge of God so that we might spread His love and His truth in the world."*

*Pope Francis@Pontifex*



Happy Birthday to the children celebrating their birthday last week and over the next 2 weeks....	
Charlotte H-H	Stavros A
Alexander P	Jacinta Z
Georgie S	Jackson T
Emily S	Amelie D
Massimo R	

## CANTEEN ROSTER

Thank you to the following parents who will be working in the canteen this week. We appreciate the time and effort you give to our students. If you are unable to attend your rostered day please contact Michelle via the school office on 4570 3700 on a Monday, Wednesday or Friday.

Wednesday August 26	Natasha Josevski
Friday August 28	Marriana Gelevski & Louisa Cremen
Monday August 31	Jenny Hopper
Wednesday September 2	Martine Kershaw & Kerry Robinson <b>Hot Dog Day</b>
Friday September 4	Paula Sciberras & Josette Semaan
Monday September 7	Melissa Panich
Thank you 😊	



### Hot Dog Day

Yrs K-2  
Wednesday 2<sup>nd</sup> September

Yrs 3-6  
Wednesday 9<sup>th</sup> September

**\$3.50**



## GENERAL BUSINESS

The second-hand Uniform Shop is open every Thursday morning 8.30am-9.30am located on Bourke Street in the old cottage.



### Reminder for the Tell Them From Me (TTFM) Partners in Learning Parent Survey

Dear Parents and Carers,

Please be reminded that the *Tell Them From Me* Partners in Learning Parent Survey is available through the link attached below and can be accessed on your computer or mobile device. We would appreciate your time in completing it as the closing date is this Friday 28 August.

The survey is an important part of our whole school evaluation and planning process. As we value the role of parents and carers within our school community we greatly appreciate your feedback. The information you provide will be used to maintain our commitment to working together in partnership to further improve student learning and wellbeing at St Monica's School, Richmond.

Please note the survey is anonymous and takes approximately 20 minutes to complete.

<http://tellthemfromme.com/parent>

## LOST PROPERTY



### **Is your child's missing jacket, jumper here?**

With the weather chilly in the mornings and heating up during the day children are taking their jackets and jumpers off and walking away.

We have **NUMEROUS** jackets/jumpers with no names in our lost property.

As uniforms are expensive and even more so if you need to keep replacing them because they are lost, we cannot stress enough the importance of putting your child's name on their clothing, so it can be returned to them.

At the end of the term all unclaimed clothing with no names will be given to the second hand clothing supply.

## **UNWELL CHILDREN**

If your child is sent home from school unwell with **flu like symptoms** as of Monday 24th August they will be required to obtain a medical clearance or a COVID-19 test.

The attached note will be sent home with your child on the day they are unwell.

If you have any questions please contact the office.

Dear Parents and Carers,

Your child has been sent home unwell from school displaying flu like symptoms. In line with current NSW Health regulations and CEDP protocols we ask that your child not return to school until they are symptom free.

In addition, you will need to supply on return to school an email or hardcopy of the negative COVID-19 result or a medical certificate stating that they are fit to return to school.

If your child or a member of your family were to return a positive result to a COVID-19 test, please notify the school immediately and follow all directions given by NSW health.

Thank you for your support and understanding of the current health rules.

Melissa Beggs

## **ESAFETY WEBINARS FOR PARENTS/CARERS**

CEDP would like to invite you to join the following free webinar for parents and carers about  
**"Tech, teens and time online".**

Parents and carers must register for the course on the secondary site via the following link:  
7th September 2020 session - [link to register](#)

If you have any further enquiries please email [safeguarding@parra.catholic.edu.au](mailto:safeguarding@parra.catholic.edu.au).





Dear parents,

Congratulations to the following students who have joined their peers in successfully completing the 2020 reading challenge.



**Year 1**

Indee Natalia Christian Nicky Gracie Indiana Hannah Emma Sahana Tilly Michael  
Amelia Maeve Izabella Olive Jessica Amelie Layla Addison Angus Maddi  
Noah Reagan Reuben Eliana Jayden Nate Isla Jasmine

**Year 2**

Richie Monique

**Year 3**

Mikeila Abie Nicholas Phoebe Joel Lily-Rose Tom Jordan Hayley Seth Lily Savannah  
Chloe Ayla  
Alexander Flynn Alex Alyssa Addie Joshua Bastion Rowdy Lucas Felicity

**Year 5**

Harry

Your time is running out to be included in the 2020 list of students who have successfully completed the challenge so don't forget to log your books today!.

All classes have received their usernames and passwords and should be able to log on to the website (below) to fill in their book titles.

<https://products.schools.nsw.edu.au/prc/home.html>

*(Please advise your class teacher or myself if you are having any difficulties)*

**Remember the 28th August is almost here and you must log your books by this date!**



**"Happy Reading!"**  
Melissa Beggs  
Principal



## Term 3 Awards

Week 6	Class	Catholic Values	St Monica's Award 1	St Monica's Award 2	St Monica's Award 3
	<b>KB</b>	Levi H-T	Nikolai J	Valentina X	Zoe N
	<b>1B</b>	Jayden V	Noah S	Maeve C	Natalia M
	<b>1W</b>	Gatleen K	Nate J	Jessica P	Amelie D
	<b>2B</b>	Hope C	Heath B	Ceanna H-T	Joshua R
	<b>3B</b>	Ellie J	Nicholas S	Tomas N	Alyssa G
	<b>4B</b>	Rohan S	Rowan H	Ariyah G	Sophie Z
	<b>4W</b>	Emily S	Alara P	Nathan S	Lachlan E
	<b>5B</b>	Lucas R	Maximo L- P	Maddison B	Oliver M
	<b>5W</b>	Cameron F	Jezebel Y	Seanna S	Eamon K
	<b>6B</b>	Corbyn F	Aaron C	Jesse H	Madeline S
	<b>6W</b>	Aidan E	Rhianna M	Georgiana Z	Aiden C

### Writers Packs

Grade	Name
1B	Hannah Cahill
3B	Lily Rose Brown
3B	Jake Young
5W	Nicholas Nott







## You are a Star!



Morgan C Yr 6 and Maddison B Yr 5 had a wonderful day representing St Monica's at the Arndell Interschools Competition last week. Morgan won 5 blue ribbons for Pole Bending (she had the fastest time overall on the day), Pony Bounce, Rider and she was the Primary Champion for Sporting. Maddison won second place overall in Pole Bending and taking home place ribbons in her events. It was a long, long day in a very heavy ground, but the girls had a blast.

*Congratulations to the children who received a Blue Awards Morning Tea today.*

Kindergarten – Valentina X, Nikolia J, Maddison E, Samuel C, Rose H, Sybella X, Rylan A, Lucas W,



Year 1 – Jasmine L, Hannah C, John M, Reagan G, Natalia M, Isla L, Jayden V, Maddison F



Dear Parents and Carers,

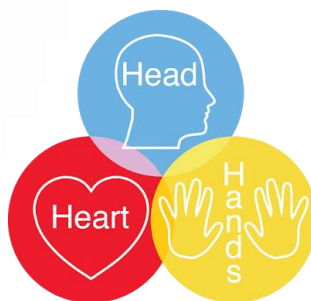
Catholic Education Diocese of Parramatta recently wrote to you about a hope-filled new approach to sharing our faith with students. As you may be aware, recently the Daily Telegraph published an article about this Draft New Curriculum for Religious Education.

Unfortunately, this article presented a very limited interpretation of this new approach to Religious Education. Be assured that the new approach is firmly based in the traditions of Catholic thought, doctrine and teachings, focused on sharing our faith with students as well as encouraging them to become attentive, intelligent, reasonable and responsible adults.

The new curriculum has emerged from a two-year development phase involving staff, students and parents from 37 schools, ongoing dialogue between Catholic Education Diocese of Parramatta, school and Diocesan leaders, with input from parents and clergy. It is on track for implementation across 2020 to 2021.

More information about the Draft New Curriculum is available [here](#), which also includes a number of podcasts you may wish to listen to which explain, in detail, the Curriculum Dispositions and Rationale. Thank you for your continued support of our caring and faith filled learning community.

Melissa Beggs  
Principal



## Father's Day Stall

On **Thursday 3<sup>rd</sup> September** the P & F Fundraising Committee will be holding its annual

### **Father's Day Stall.**

This is an opportunity for the children to select a gift for their fathers, grandfathers, or significant male carer in their lives. This is a small fundraiser for the school, but the main focus of the event is to create a memorable experience for the children. There is no obligation.

All gifts are **\$5.00 each**. It would be greatly appreciated if children could please bring the exact money and a plastic/reusable bag to put their gift in. *There will also be "Grandfather Gifts" available to purchase.*

### **Please Note:**

Extra gifts will be available to purchase on Friday 5<sup>th</sup> September

**Please also note:** there will be **no IOU's**.

Thank you for your ongoing support.

The P&F Committee





## Vegie pasta soup

### Ingredients

- 1 tbsp olive oil
- 1 large brown onion, diced
- 1 tsp dried Italian herbs
- 2 garlic cloves, crushed
- 3 medium potatoes, peeled & diced
- 2 carrots, diced
- 2 celery sticks, diced
- 1 large zucchini, halved, cut diagonally 1cm thick
- 1.5L reduced-salt vegetable stock
- 1 cup pasta, preferably wholemeal

### Method

Heat oil in a large saucepan over medium heat. Add the onion and herbs and cook for 3 minutes until it starts to soften. Add the garlic and cook for 1 minute.

Add the vegetables and stir through. Stir in the stock, bring to the boil and reduce heat to low. Simmer uncovered for 10 minutes. Add pasta and cook for approximately 10 minutes or until the vegetables are soft and the pasta is cooked through. Add more water if required.

### **Tip:**

- **Send soup to school in a thermos.**
- If you have difficulty in finding pasta, try making the recipe with pearl barley, pearl couscous, rice noddles or buckwheat noodles.

# Lunchbox Treat



## What to pack for Crunch&Sip®



### **Grab and go**

A whole carrot, celery stick or apple is perfect for older kids - no chopping required!

### **Chopped**

Fill a container with chopped vegetables or fruit such as cucumber or capsicum sticks, broccoli bits or chopped melon. Don't forget a fork for juicy vegetables and fruit!

### **Canned**

Fresh is the preferred choice but canned vegies, or fruit canned in juice or water is OK sometimes. Don't forget to pack a spoon!

### **Finger foods**

Pack sugar snap peas, cherry tomatoes, corn kernels, grapes or strawberries in a container.

### **Dried**

Dried fruit like sultanas or apricots are allowed for Crunch&Sip® but should be limited. This is because dried fruit clings to teeth and is a concentrated source of sugar, increasing the risk of tooth decay.

### **Water**

A clean bottle filled with plain water.

### **Not allowed**

All other foods and drinks **are not permitted** for Crunch&Sip® including:

- other drinks (e.g. fruit or vegetable juices)
- fruit or vegetable products (e.g. fruit leather, popcorn, fruit or vegetable breads)
- fruit canned in syrup or jelly or with artificial sweeteners
- flavoured or marinated canned and bottled vegetables

## Tips!

### **Be prepared**

Make sure the vegies and fruit you pack for Crunch&Sip® are low mess and quick and easy to eat. Pre-chopped vegies are ideal and can be prepared ahead of time. They will stay fresh if stored in an airtight container with a wet paper towel in the fridge.

### **Bite sized pieces for little ones**

Chop small whole fruit and vegetables like grapes and cherry tomatoes into halves or quarters for younger children to reduce the choking hazard.

### **Hygiene**

Wash vegetables and fruit. Make sure that your child's water bottle is cleaned regularly and clearly marked with their name.

### **Crunch the rainbow**

Choosing different coloured vegetables and fruits keeps it interesting and is also good for health! Go red with tomatoes or strawberries, green with snow peas or pears, orange with capsicum or a mandarin, purple with purple carrots or grapes, and white with cauliflower or bananas.

### **Take the veg pledge**

Research shows that while most kids eat enough fruit, only 6% consume enough vegetables. Sending vegetables for Crunch&Sip® is a great way to develop healthy habits and boost this statistic!



# CANTEEN MENU

SANDWICHES				 <div> Paper bags \$0.10  Apples \$1.00  </div>	
Bread rolls (add extra)		\$0.50			
Roast chicken		\$3.50			
Roast chicken with salad		\$4.00			
Ham & salad		\$4.00		Extra Fillings	
Ham		\$3.00		Mayonnaise	\$0.30
Tuna		\$3.00		Lettuce, tomato	\$0.30
Vegemite		\$2.50		Tomato sauce	\$0.30
Cheese		\$2.50		Cheese, egg or avocado	\$0.50
Cheese & salad		\$3.50		FRUIT & JELLY	
Mediterranean roll (w/Tuna, olives & tomato paste)		\$3.00		Jelly cup	\$1.00
Egg & lettuce		\$3.00		Jelly & custard	\$1.50
Jaffle: Ham & cheese		\$3.50		Custard cup	\$1.00
Jaffle: Cheese		\$3.00		Seasonal fruit cups (ONLY Term 1 & 4)	\$1.00
Buttered bread		\$0.60		RECESS MENU	
SALAD PACKS				Garlic bread	\$1.00
Chicken & salad		\$4.50		Cheese & bacon rolls	\$2.00
Ham & salad		\$4.50		Pasta cups (ONLY Term 2 & 3)	\$2.00
Tuna & Salad		\$4.50		Carrot & cucumber with vegetable dip (ONLY Term 1 & 4)	\$1.00
Egg & salad		\$4.00		Chocolate muffins	\$1.00
Salad bowl		\$3.50		Pikelets (ONLY Wednesday)	\$0.50
WRAPS				To provide the best canteen service for the children, it is necessary for all orders to be handed in at the canteen before 9am. Thank you.	
Roast chicken, avocado, lettuce & mayo		\$4.50		SNACKS	
Roast chicken & salad		\$4.50		Red rock deli chips – Honey & soy	\$1.50
Chicken tender wrap with lettuce & mayo		\$3.50		Smith's salt & vinegar (Gluten free)	\$1.50
				Bread sticks (pizza & plain)	\$0.30
				Want Want Rice Crackers	\$0.30
				Eucalyptus drops	\$1.00
\$3.50				ICE BLOCKS	
HOT DOG DAY				Quelch – 99% Fruit juice	\$1.00
K-2 - First WEDNESDAY of each month				Zooper Doopers	\$1.00
3-6 - Second WEDNESDAY of each month				Zing (yoghurt & fruit)	\$1.00
HOT FOOD				Frozen apple/blackcurrant cups	\$1.00
Chicken Nuggets	3 for \$2.00	6 for \$4.00		Jelly joy sticks (Gluten free)	\$0.30
Gluten free nuggets	3 for \$2.00	6 for \$4.00		DRINKS	
Hash browns		\$1.50		Popper juice Apple or Orange	\$1.50
Fish fingers	3 for \$2.00	6 for \$4.00		Spring water	\$2.00
Corn on the cob		\$1.50		Quench (blue, green, red)	\$2.50
Hot roast chicken roll		\$3.50		Flavoured milk Strawberry or Chocolate	\$2.50
Pie -Traveller (Large)		\$3.50		Cup of plain milk	\$1.00
Pie - Snack (small)		\$2.00		Please Note: RECESS & LUNCH ORDERS ARE TO BE IN SEPARATE BAGS	
Potato Pie (ONLY Term 2 & 3)		\$4.00			
Lite sausage roll		\$3.00			
Spinach & cheese rolls		\$3.00			
Pizza – Cheese & bacon		\$3.50			
Lasagne		\$4.00			
Macaroni & cheese		\$4.00			
Mamee chicken noodles		\$3.00			
St Monica's cheese burger with tomato sauce		\$4.00			
St Monica's beef burger with lettuce & tomato		\$4.00			
Nacho dippers with salsa & cheese		\$3.50			
Fish burger with lettuce & mayo		\$4.00			
Chicken burger with lettuce & mayo		\$4.00			

# St Monica's Primary School RICHMOND

(Since 1859)



At St Monica's Primary School, our aim is to personalise learning to enable children to reach their full potential emotionally, socially, intellectually and spiritually.

Our vision challenges us to provide and support quality Catholic education that prepares each child for the future, through caring and innovative teaching.

Therefore, we believe:

- All children can learn
- Learning is dynamic and lifelong
- Children develop deep understanding when given the opportunity to engage, explore, reflect, revise and apply.

**Enrolling Now for All Grades 2021**

Email enquiries: [stmonric@parra.catholic.edu.au](mailto:stmonric@parra.catholic.edu.au)

Address: 32 Francis Street RICHMOND

Phone: 4570 3700



## Family, Fun & Fitness



# HAWKESBURY CITY LITTLE ATHLETICS

HCLA INVITES YOU TO JOIN OUR CENTRE FOR THE 2020/2021 SEASON

SEASON STARTS 15th September 2020  
SEASON FINISHES 23rd March 2021

**TUESDAY NIGHTS**  
5PM  
Tamplin Field  
Hobartville

\$100 - Tiny Tots, U6's & U7's

\$120 - U8's to U17's

REGISTER ONLINE at [www.lansw.com.au](http://www.lansw.com.au)  
from 15th August 2020

PATCH COLLECTION & UNIFORM FITTINGS  
Sunday 30th August & 13th September 2020  
12pm - 4pm

Free club  
shirt for new  
athletes.  
Free rego  
pack for all  
families.

[hawkesburycitylittleathletics@gmail.com](mailto:hawkesburycitylittleathletics@gmail.com) [www.hcla.org.au](http://www.hcla.org.au)

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Subject to change due to COVID-19  
and Government Restrictions.