



# NEWSLETTER

## St Monica's Primary School

PO Box 274 -32 Francis Street, Richmond 2753 p: (02) 4570 3700

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 8**

**8<sup>th</sup> September – 22<sup>nd</sup> September 2020**

Dear Parents and Carers,

Welcome to Week 8 and the beginning of the lovely spring weather.

Last weekend we celebrated Father's Day. I hope that you were able to spend time and celebrate with the fathers / grandfathers or those who take on this important role in your lives. As a school we enjoyed the opportunity to gather and celebrate in our learning spaces and these were shared on our Facebook page. A very big thank you to the P & F as they ran the Father's Day stall and despite COVID restrictions were still able to allow the children to 'shop' for their dad's. It's always lovely to see their excitement as they choose just the right gift!



Beginning this weekend and the following two weekends many of our students will receive First Communion for the first time. Our prayers and congratulations are with the children as they receive their First Holy Communion. May the Eucharist you receive for the first time, nourish and sustain you throughout your life.

At St Monica's we encourage the students to think globally and act locally. Ellie L in Year 3 has been putting her ideas together and wrote me a very persuasive piece about the use of straws and why we should stop using them. She backed her argument with facts about how long they take to break down and the damage they do to the environment and the animals. It is inspiring to see the students take up these challenges and make a difference in their world. I have included her poster "Straw no More" in this week's newsletter. You may like to discuss this over dinner sometime this week.

### NATIONAL CHILD PROTECTION WEEK 2020 OFFICIAL PROGRAM



This week is Child Protection week and the theme this year is "Putting Children First!"

There are a number of webinars available for parents and carers such as the eSafety's parent guide to popular apps - Taking a look at TikTok, Instagram, Snapchat and YouTube. Click on the link to find out more [Official Program Webinars and Events](#)

Wishing you every blessing for the week ahead.

**Mrs Melissa Beggs**

Principal

*"Rather than a problem to be solved, the world is a joyful mystery to be contemplated with gladness and praise."*

*Pope Francis@Pontifex*



Happy Birthday to the children celebrating their birthday over the next 2 weeks.....

Shelby S - KB	Charlotte C - 6B
Aiden C - 6W	Jasmine L - 1B
Tomas B - 3B	Georgia D - 6B
Indee B - 1W	Max T - 4B
Kyle C - 5W	Savannah R - 3B
Connor W - K6G	Nicholas N - 5W

## 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 September 9	Kerrile Campbell & Volunteer Needed Please
Friday September 11	Steve Chadevski & Jeanette Rogers
Monday September 14	Jenny Hopper
Wednesday September 16	Janina Zahra
Friday September 18	Kristen Albert & Jessica Hughes
Monday September 21	Jenny Hopper
Wednesday September 23	Natasha Josevski & Volunteer Needed Please
Friday September 25	Jeanette Rogers & Melissa Panich
Thank you 😊	



## NATIONAL CHILD PROTECTION WEEK: PUTTING CHILDREN FIRST

We all play a part in keeping children and young people safe and ensuring they can live and learn in a safe environment. This National Child Protection Week (6 to 12 September 2020), we pledge commitment to listening to the voices of children and young people and remaining vigilant to their safety and wellbeing.

In support of the National Child Protection Week theme, "Putting Children First", and in line with the National Catholic Safeguarding Standards, Catholic Education Diocese of Parramatta (CEDP) is committed to the establishment and implementation of child safe systems, policies and procedures.

The aim is to have in place practices that are proactive and preventative in nature, providing children and young people with school environments where they are safe, informed, participate, and where the adult community, working together with children and young people, work towards making this happen.

Recently, CEDP have moved from what was primarily Child Protection to Safeguarding, which requires us to do things differently, enabling a greater level of proactivity, children's voice and building all-round knowledge for what is safe behaviour when working with students and children. The CEDP Safeguarding team's role is to support the implementation of the Standards, to manage concerns raised about employees, Working With Children Checks (WWCC), and to provide training, education and support to the CEDP community.

By providing the community with the knowledge, support and procedures to keep children and young people safe we are equipping everyone with the tools and skills needed to be ambassadors of child safety! Throughout 2020, CEDP's Safeguarding Team have been working on many projects to align with the National Catholic Safeguarding Standards.

Check out [www.parra.catholic.edu.au/About-Us/Building-Child-Safe-Communities](http://www.parra.catholic.edu.au/About-Us/Building-Child-Safe-Communities) - after all, what's more important than the knowledge to help keep children and young people safe!

## WHAT ARE MY RESPONSIBILITIES REGARDING ATTENDANCE!

Schooling in Australia is compulsory, and the NSW government has produced an information sheet to assist parents understand their responsibilities and support if help is needed to ensure that your children are accessing their right to an education every day.

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

For further information please click on the following link.

[School Attendance](#)



## Tea Towel Fundraiser



I hope that you have all received your St Monica's 2020 tea towels from our recent fundraiser. Mine is sitting proudly in my kitchen. Of course I also have one to keep! 😊

Many thanks to our P&F committee for organising this and in particular Mrs Anna Seymour who kept us all organised and on track from the beginning to the end of the project!

Enjoy!

Melissa Beggs



## You are a Star!

### HAWKESBURY WASTE 2 ART PRIMARY SCHOOLS COMPETITION RESULTS.

Hannah C 1B and Samuel C KB were awarded 2nd Prize (Hannah) and 3rd Prize (Samuel) for the K - 2 age category. They were generously awarded art packs supplied by The Hawkesbury Regional Gallery which they love.

Winners were announced by The Mayor earlier this month and the children's creations were displayed at Windsor Library for the past 2 weeks. The competition encouraged the children to create art using recyclable materials that would otherwise end up as waste. The competition invited submissions from children who attend primary schools in The Hawkesbury. It was coordinated by The Hawkesbury Council Events Team.

Hannah created a Fish Mosaic she called 'Fishy' and Samuel created 'Waddles The Penguin'.



Hawkesbury Events  
2ND PLACE | STAGE 1  
Hannah  
"FISHY"



Hawkesbury Events  
3RD PLACE | STAGE ONE  
Sam  
"WADDLES THE PENGUIN"



# Congratulations!

Term 3 Awards					
Week 8	Class	Catholic Values	St Monica's Award 1	St Monica's Award 2	St Monica's Award 3
	KB	James M	Tenielle R	Oliver G	Alex Z
	1B	Eliana G	William C	Izabella P	Sahana C
	1W	Emma M	Oliver D	Indee B	Michael C
	2B	Fearne I	Chad H	Summah B	Pippa H
	2W	Richie D	Monique S	Halle S	Annalise A
	3B	Hayley C	Ellie L	Bastian C	Joel S
	4B	Archer B	Michaela L	Zachary W	Aaliyah B
	4W	Jonathon P	Olivia W	Emily S	Dylan R
	5B	Charlee R	Oliver B	Kane C	Evie R
	5W	Alayna V	Lincoln A	Georgie S	Christian S
	6B	Lawson D	Madeline S	Aaron C	Emily H
	6W	Stavros A	Zoe H	Bryton M	Morgan C





## SCHOOL LEAVERS

We are planning for the 2021 school year and to help us with this please let the office know if your family will not be continuing at St Monica's in 2021. A reminder to families that a term's notice (10 school weeks) in writing **MUST** be given to the principal before the removal of a student or a full term's fees will be payable. The notice can be given any time during the term for the next term and where appropriate notice has been received, a pro-rate credit will be calculated. Where a term's notice has not been given to the principal, the term's school fees will be charged for your child/children.



## WALK TO SCHOOL SAFELY DAY-SEPT 11



Fast Facts:

**WHAT:** National Walk Safely to School Day

**WHEN:** Friday 11th September 2020

**WHERE:** In all primary schools across the Australia

**WHY:** This national initiative aims to encourage children to lead a healthier, more active lifestyle by simply including a walk at the beginning, at lunchtime and at the end of each day. The event also promotes reduced car-dependency, greater use of public transport, cleaner air, improved diets and road safety to primary school children throughout Australia.



Dear parents,

The Premier's Reading Challenge has now finished for 2020.

I am proud to announce that we have had 109 students complete the challenge this year. Well done to the following students who have completed the challenge in the last fortnight. Ellie Yr 3, Anthony Yr 4, Olivia and Lucas Yr 5



A big thank you to the parents, grandparents, teachers and students who all encouraged each other and met the goal set!

Congratulations to Kindergarten, Year 1 and Year 3 who all had 100% of their class complete the challenge.

Certificates of completion will be sent to the school in Term 4 and we look forward to presenting them to the students and encouraging even more to 'have-a-go' in the 2021 challenge.



Happy Reading  
Melissa Beggs







# Lemonade Stall



Our lemonade stall was a HUGE success. Thank you to The Gardening Team and all the children who helped set up from 8am this morning. Also, to Mrs Bolton for juicing the lemons. The set up looked amazing and the lemonade tasted yum too! The children (and staff) thoroughly enjoyed it.

## Don't forget to pack Crunch&Sip® every day...

Crunch&Sip® is a set time for children to eat vegetables or fruit and drink water in the classroom.

WATER



VEGIES



FRUIT



[crunchandsip.com.au](http://crunchandsip.com.au)




Crunch&Sip®




We are excited to announce we will be offering vacation care for the upcoming September/October school holidays at the end of Term 3 at **St Matthew's COSHC Windsor**.

Please find attached the booking form. We have also attached the enrolment form if this is the first time you are booking care at St Matthew's COSHC. Forms are to be returned to COSHC by close of business Wednesday 16 September 2020.

We look forward to providing this service to our families.


**catholic out of school hours care**

## Spring Vacation Care 2020 Program WEEK 1 — St Matthew's

Monday 28th September 2020	Tuesday 29th September 2020	Wednesday 30th September 2020	Thursday 1st October 2020	Friday 2nd October 2020
<b>SPRING HAS SPRUNG IN CENTRE THEME DAY</b>	<b>TINKERING WITH TECHNOLOGY</b>	<b>WHEELS SAFETY DAY IN CENTRE THEME DAY</b>	<b>GLAMP-OUT IN STYLE IN CENTRE THEME DAY</b>	<b>NINJA WARRIOR OBSTACLE COURSE</b>
 <p>Hello Spring! Join us for a day of sunshine, gardening and the outdoors. Learn about plants, animals and our ecosystem.</p>	 <p>From Trash to Treasures, we prove that old goods can be transferred into new pieces. We will also have a tinkering station where children can take apart old technology.</p>	 <p>Grab your bikes, scooters and helmets to get ready for a thrilled and fun filled day on the track while learning about all of the road. <b>Please bring your bike, scooter and a HELMET!</b></p>	 <p>Relax and take a load off in style while glamping with your friends, enjoy a picnic lunch and eat S'mores by the camp fire.</p>	 <p>Race your friends on our obstacle race tracks, test your balance and ninja skills on the ninja obstacle course.</p>
Bring: Morning tea and lunch in labelled paper bags, water bottle, hat and enclosed shoes . Cost: \$55	Bring: Morning tea and lunch in labelled paper bags, water bottle, hat and enclosed shoes . Cost: \$55	Bring: Morning tea and lunch in labelled paper bags, water bottle, hat and enclosed shoes . Cost: \$55	Bring: Morning tea and lunch in labelled paper bags, water bottle, hat and enclosed shoes . Cost: \$55	Bring: Morning tea and lunch in labelled paper bags, water bottle, hat and enclosed shoes . Cost: \$55

Children must wear sun-safe clothing with sleeves & collar, enclosed sports shoes & socks & a sun-safe hat (legionnaire or bucket hat with wide brim) for all outdoor play  
COSHC will supply breakfast and afternoon tea each day. COSHC is an allergy aware space—please do not bring nuts, egg, sesame, Nutella,

**12 Tebbutt St, Windsor | Open: 6:45am—6:30pm | 0418 170 921 | coshcostmatthewswindsor@parra.catholic.edu.au**


**catholic out of school hours care**

## Spring Vacation Care 2020 Program WEEK 2— St Matthew's

Monday 5th October 2020	Tuesday 6th October 2020	Wednesday 7th October 2020	Thursday 8th October 2020	Friday 9th October 2020
<b>PUBLIC HOLIDAY</b>	<b>YOUTUBE CHALLENGE DAY IN CENTRE THEME DAY</b>	<b>OUR COSHC KITCHEN RULES COSHC RUN WORKSHOP</b>	<b>COSHC GOT TALENT IN CENTRE THEME DAY</b>	<b>SCIENCE CAMP IN CENTRE THEME DAY</b>
	 <p>You've seen all the YouTube challenges online, now get ready to do them yourselves. Be prepared to do anything from 100 layers challenge to the try not to sing challenge.</p>	 <p>Let's beat it to eat it. You don't want to miss out on this food filled day, practice your culinary skills and taste your way through the cultures of the world.</p>	 <p>Talent shines in all different ways, and today is the day to come take the stage to blow us away! This is our call to musicians, dancers, actors, comedians and all with hidden talents! Now is your time to be a star.</p>	 <p>Grab your lab coats and get ready to be scientists for the day. Chemistry, biology, paleontology and more... You might get messy today!</p>
	Bring: Morning tea and lunch in labelled paper bags, water bottle, hat and enclosed shoes . Cost: \$55	Bring: Morning tea and lunch in labelled paper bags, water bottle, hat and enclosed shoes . Cost: \$60	Bring: Morning tea and lunch in labelled paper bags, water bottle, hat and enclosed shoes . Cost: \$55	Bring: Morning tea and lunch in labelled paper bags, water bottle, hat and enclosed shoes . Cost: \$55

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COSHC will supply breakfast and afternoon tea each day. COSHC is an allergy aware space—please do not bring nuts, egg, sesame, Nutella,

**12 Tebbutt St, Windsor | Open: 6:45am—6:30pm | 0418 170 921 | coshcostmatthewswindsor@parra.catholic.edu.au**



**Child Information** (As listed on your enrolment form)

Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ School Year: \_\_\_\_\_

Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ School Year: \_\_\_\_\_

Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ School Year: \_\_\_\_\_

Are children currently enrolled in COSHC for Before/After School Care? YES / NO **If this is the first time booking for St Matthew's COSHC please complete and return an enrolment form with your vacation care booking form.**

If YES, which COSHC Service do they attend? \_\_\_\_\_

**I hereby give permission for my child/ren to participate in the excursions and incursions on the dates I have indicated on this booking form:**

Preferred Contact Number: \_\_\_\_\_

Preferred Email Address: \_\_\_\_\_

Parent/Carer Name: \_\_\_\_\_

Parent/Carer Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Please initial the box for each child, for each day of care that you require**

Child's Name	Mon 28th \$55	Tues 29th \$55	Wed 30th \$55	Thu 1st \$55	Fri 2nd \$55	Total \$
						\$
						\$
						\$
Child's Name	Mon 5th	Tues 6th \$55	Wed 7th \$60	Thu 8th \$55	Fri 9th \$55	Total \$
						\$
						\$
						\$
CLOSING DATE FOR PAYMENT IS WEDNESDAY 23rd SEPTEMBER 2020						TOTAL: \$

## Parent / Guardian Permission

(Please read and initial every statement)

I understand that failure to make the full Vacation Care fee payment by **WEDNESDAY 23rd SEPTEMBER 2020**, will result in my child/ren's position at Vacation Care being cancelled without notice.

I understand that **no changes to bookings will be accepted After WEDNESDAY 16TH SEPTEMBER 2020.**

I agree to abide by all policies and procedures of Catholic Out of School Hours Care.

I accept that children will be supervised at all times, and that all travel between the Centre and excursion venue will be in privately booked buses with seatbelts.

I understand that excursions are compulsory for all children booked in on that day to attend and that the number of participants will not exceed the licensed number.

I understand that "Excursion and Incursion Risk Assessments" have been completed prior to the event and are available to me upon request.

I understand that the ratio's that COSHC adheres to is 1:15 for onsite days and 1:8 for all excursions (water based excursions are 1:5). Additional educators will be rostered where it is deemed to be necessary, based on the activity risk assessment.

**I accept that it is my responsibility to ensure we are at the Centre by 8:00am on excursion days. I understand that the bus will not wait, and I will need to make alternative care arrangements for my child/ren if we arrive late.**

I understand that I am required to sign my child in and out of the program each day. Written notification is required to allow another person to collect my child if they are not listed as an authorized contact.

I understand that my children may be required to participate in activities that may be physically and emotionally demanding. My children's participation in any activity is not compulsory. COSHC staff will duly exercise their Duty of Care.

I agree to support the centre in implementing the Sun Protection Policy by my child/ren wearing Sun-safe clothing with sleeves & collar, sun-safe hat and sports shoes & socks.

I understand that all programs will continue in the event of inclement weather unless notified. I understand that should the scheduled venue need to change due to inclement weather, the backup venues COSHC will use are the Movies, Bowling and Sydney Aquarium/Wildlife World.

I understand that COSHC will take no responsibility for lost property. This includes all electronic devices.

I give permission for my child/ren to have their face painted and hair sprayed as part of the centre program throughout the holidays.

Parent 1 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent 2 Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# DESIGN A BOOKMARK

A Competition for Primary School Children

## Entry Form

### Terms and Conditions

The competition is open to children in classes K-6 who are residents of Hawkesbury LGA or attend a local Hawkesbury School.  
Limit one submission per person.

All entries must be the original work of the artist.  
Please do not use digitally generated or copyrighted images and/or text. The design should focus on books and/or reading.

Artwork must fit the template space provided (16cm x 5.5cm).  
Any 2D medium can be used (pencils, crayons, markers, etc.)  
NO 3D embellishments (Glitter, glue, stickers, etc.)

Please include your name, school & class and contact details on this form but DO NOT write names or any other identifying marks on the bookmark itself.

Entries will be judged on creativity, originality and printability.  
A Winner and Runner-up will be chosen from each stage (K-2, 3-4, and 5-6). They will be notified by Friday 16 October

Competition runs from 3 August - 25 September 2020.  
Entries must be received by 5pm Friday 25 September.

The winning designs will be professionally printed into bookmarks and launched during Book Week 2020 [17-23 Oct].  
They will be made available at Hawkesbury Central Library, Windsor and Richmond Branch Library.

All submitted entries become the property of Hawkesbury Library Service and the designs can be on social media and other promotional material.

I agree that:

- The attached bookmark is my own original art
- I followed the terms and conditions
- A parent/guardian is aware I have entered this competition
- My design will become property of HLS and can be used on social media or for marketing purposes.

NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

YEAR: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_

PARENT/GUARDIAN CONTACT: \_\_\_\_\_

#### Privacy Notice

Council is bound by the provisions of the Privacy and Personal Information Protection Act 1998, in the collection, storage and utilisation of personal information provided in this form. Accordingly, the personal information will only be utilised for the purposes for which it has been obtained and may be available for public access and/or disclosure under various NSW Government legislation



#### Hawkesbury Central Library

Deerubbin Centre (Ground Floor)  
300 George Street WINDSOR NSW 2756  
(02) 4560 4460  
Monday-Friday 9am-7pm  
Saturday 9am-1pm Sunday 2pm-5pm  
(Closed public holidays)

#### Richmond Branch Library

29 West Market Street RICHMOND NSW 2753  
(02) 4560 4270  
Monday-Friday 9.30am-6pm Saturday 9am-1pm  
(Closed Sundays and public holidays)

# 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: [simonric@parra.catholic.edu.au](mailto:simonric@parra.catholic.edu.au)

Address: 32 Francis Street RICHMOND

Phone: 4570 3700



# HAVE A BLAST!

OUTDOORS  
NON-CONTACT



**YOU COULD  
PLAY WOOLWORTHS  
CRICKET BLAST  
FOR FREE!**

Claim your voucher today

## BE PART OF THE CREW!

Get into Woolworths Cricket Blast. It's a fun and active program for kids of all abilities - whether it's your first time with a bat or you're a backyard cricket star!

- ✓ It's easy to join a crew and make awesome new friends.
- ✓ Wear the colours of your Big Bash heroes.
- ✓ Parents warm up, you can join in too!



## JUNIOR BLASTERS

AGES 5-10 | 60 MINS | 6+ WEEKS

Learn new skills, including catching, throwing and teamwork, through fun game based activities.

Sign up now for your Starter Pack. Returning Junior Blasters score a Returner Pack with a Backpack, Ball and choice of bonus item!



STARTER KIT



RETURNER KIT

### Your Local Woolworths Blast Centres

For more information & registration visit [www.playcricket.com.au](http://www.playcricket.com.au) click on 'Search for a Club' and enter 'Club Name';

**Freemans Reach CC**  
Don't Worry Oval  
Starts Wednesday 21<sup>st</sup> October  
Contact: George Greentree  
0408 415 045

**North Richmond CC**  
Peel Park  
Starts Wednesday 14<sup>th</sup> October  
Contact: Erin Shaw  
0490 195 444

**Pitt Town Sports CC**  
Brinsley Park  
Starts Friday 16<sup>th</sup> October  
Contact: Alicia Mavin  
0414 303 606

**Wilberforce CC**  
Woodlands Oval  
Starts Friday 16<sup>th</sup> October  
Contact: Glen Quince  
0404 869 100

Junior Blasters is for beginner cricketers aged roughly 5-10!

First session is **FREE** to Come & Try! ActiveKids Voucher can be used for all programs!  
Claim your ActiveKids voucher through [MyServiceNSW](http://MyServiceNSW), head to [www.playcricket.com.au](http://www.playcricket.com.au) and enter your voucher code.





# SCHOOL HOLIDAY ACTIVITIES



Futsal  
Dodgeball  
OzTag

Age: 5 – 12 YRS  
Time: 9AM – 3PM

\$ 30/Day OR 4 Days for \$100 OR 5 Days for \$125  
Creative Kids Vouchers Accepted!

All Participants must be PCYC Members to attend.

Book with Hawkesbury Basketball for the Sydney Flames Clinic

MON SEPT 28 | Boot Camp | Mixed Sport | Scavenger Hunt

TUES SEPT 29 | HDBA Sydney Flames Basketball Clinic

WED SEPT 30 | Ninja Warrior | Hip Hop Dance | Mixed Sport

THURS OCT 1 | Gymnastics | Parkour | Circus

FRI OCT 2 | Mixed Sport | Mini Olympics | Athletics

Netball  
European Handball  
Volleyball/Newcombe Ball



Futsal  
Dodgeball  
OzTag

Kickball  
T-Ball  
Tennis



STRICT HYGIENE AND  
DISTANCING  
MEASURES IN PLACE

## WEEK 2 OF SCHOOL HOLIDAY FUN!

TUES OCT 6 | Ninja Warrior | Mixed Sport | Hip Hop Dance

WED OCT 7 | Gymnastics | Parkour | Circus

THURS OCT 8 | Boot Camp | Mixed Sport | Scavenger Hunt

FRI OCT 9 | Martial Arts | Mini Olympics | Athletics

Netball  
European Handball  
Volleyball/Newcombe Ball

**PCYC**  
HAWKESBURY

CHILD REQUIRED TO BRING MORNING TEA,  
LUNCH AND WATER BOTTLE

SAVE TIME AND BOOK ONLINE!

[www.pcycnsw.org.au/hawkesbury/](http://www.pcycnsw.org.au/hawkesbury/)

E: [hawkesbury@pcycnsw.org.au](mailto:hawkesbury@pcycnsw.org.au) P: 02 4505 5070

16 Stewart Street, South Windsor NSW 2756



<a href="#">Parent Connect</a> <b>With FREE childcare</b>	<b>For Dad's &amp; Mums of children aged 0–8 years</b>	<b>7th &amp; 21st September, 12th &amp; 26th October, 9th &amp; 23rd November &amp; 7th December 2020</b>	<b>10am–12noon</b>
<a href="#">Navigating Grief &amp; Loss</a> <b>WITH FREE CHILDCARE</b> <b>10 PLACES ONLY</b> <b><u>BOOKINGS ESSENTIAL</u></b>	<b>Adults experiencing loss and grief</b>	<b>Weds 26th August 2020</b>	<b>6.30 - 9pm</b>
<a href="#">Music Together</a> <b>10 PLACES FOR A PARENT (&amp; THEIR CHILD) ONLY</b> <b><u>BOOKINGS ESSENTIAL</u></b>	<b>Dads, Mums and pre-school children</b>	<b>6 weeks ongoing TUESDAYS:</b> <b>18th &amp; 25th August, 1st, 8th, 15th &amp; 22nd September 2020</b>	<b>10-11.30am</b>
<a href="#">Calm Kids</a> <b>10 PLACES ONLY</b> <b><u>BOOKINGS ESSENTIAL</u></b>	<b>For primary school kids aged 10-12years with anxiety</b>	<b>Ongoing</b> <b>4x Mondays:</b> <b>31st August, 7th, 14th &amp; 21st September 2020</b>	<b>3.30-5pm</b>
<a href="#">Kids Sleeping Well - Tactics for Parents</a> <b>WITH FREE CHILDCARE</b> <b>10 PLACES ONLY</b> <b><u>BOOKINGS ESSENTIAL</u></b>	<b>For Dads and Mums/ primary carers of children aged 0-12 years</b>	<b>Weds 2nd September 2020</b>	<b>10am –12.30pm</b>
<a href="#">Helping Your Teen with Anxiety &amp; Depression</a> <b>10 PLACES ONLY</b> <b><u>BOOKINGS ESSENTIAL</u></b>	<b>Parents/ primary carers of Teens</b>	<b>Weds 2nd September 2020</b>	<b>6.30 - 9pm</b>
<a href="#">Tackling Sibling Rivalry</a> <b>WITH FREE CHILDCARE</b> <b>10 PLACES ONLY</b> <b><u>BOOKINGS ESSENTIAL</u></b>	<b>For Dads and Mums/ primary carers of children aged 0-12 years</b>	<b>Weds 16th September 2020</b>	<b>10am –12.30pm</b>

**Richmond Community Services Inc.**

P O Box 260

20 West Market Street

Richmond NSW 2753

Tel: 02 4588 3501 (Mon, Tues, Wed 9.00 – 4.00 pm and Thurs 9.00 – 2.30 pm)

Fax: 02 4578 3322

[www.rcsi-neighbourhoodcentre.org](http://www.rcsi-neighbourhoodcentre.org)



We acknowledge the traditional Dharug owners of the place in which we work and pay our respects to the Dharug people past and present.



# 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			
Roast chicken & salad		\$4.50		SNACKS	
Chicken tender wrap with lettuce & mayo		\$3.50		Red rock deli chips – Honey & soy	\$1.50
<div> <div>\$3.50</div> <div>Hot dog with sauce</div> </div> <div> <div>HOT DOG DAY</div> <div>K-2 - First WEDNESDAY of each month</div> <div>3-6 - Second WEDNESDAY of each month</div> </div>				Smith's salt & vinegar (Gluten free)	\$1.50
				Bread sticks (pizza & plain)	\$0.30
HOT FOOD				Want Want Rice Crackers	\$0.30
Chicken Nuggets	3 for \$2.00	6 for \$4.00		Eucalyptus drops	\$1.00
Gluten free nuggets	3 for \$2.00	6 for \$4.00		ICE BLOCKS	
Hash browns		\$1.50		Quelch – 99% Fruit juice	\$1.00
Fish fingers	3 for \$2.00	6 for \$4.00		Zooper Doopers	\$1.00
Corn on the cob		\$1.50		Zing (yoghurt & fruit)	\$1.00
Hot roast chicken roll		\$3.50		Frozen apple/blackcurrant cups	\$1.00
Pie -Traveller (Large)		\$3.50		Jelly joy sticks (Gluten free)	\$0.30
Pie - Snack (small)		\$2.00		DRINKS	
Potato Pie (ONLY Term 2 & 3)		\$4.00		Popper juice Apple or Orange	\$1.50
Lite sausage roll		\$3.00		Spring water	\$2.00
Spinach & cheese rolls		\$3.00		Quench (blue, green, red)	\$2.50
Pizza – Cheese & bacon		\$3.50		Flavoured milk Strawberry or Chocolate	\$2.50
Lasagne		\$4.00		Cup of plain milk	\$1.00
Macaroni & cheese		\$4.00		Please Note: RECESS & LUNCH ORDERS ARE TO BE IN SEPARATE BAGS	
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			