

ST MONICA'S PRIMARY SCHOOL

PO BOX 274 -32 FRANCIS STREET, RICHMOND 2753 P: (02) 4570 3700 E: stmonric@parra.catholic.edu.au

WEBSITE: WWW.STMONICASRICHMOND.CATHOLIC.EDU.AU

PRINCIPAL: (ACTING) ASSISTANT PRINCIPAL: PARISH ADMINISTRATOR: MRS MELISSA BEGGS MRS ANEEMARIE BOND FR GAYAN THAMAL

Week 8 Term 1 Tuesday 16th March 2021

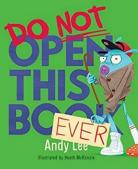
Dear Parents and Caregivers,

Welcome to Week 8.

Last week we celebrated a very successful Catholic Schools week and discussed with the students their ideas about what schooling in the next 200 years

would be like. Please take some time to read some of their thoughts in the newsletter this week. We also celebrated our love of reading with our school book fair.

Thank you for your generous support. Yesterday at our school assembly the children were shown a number of books that the school was able to purchase for the school library as a result. One book's title was "Do not open this book ever!" which is one of a series of books by the author Andy Lee. The children have been challenged to write me a persuasive argument if we are to



open this book and read it. You may like to assist your children formulate their arguments. I look forward to some robust reasons and being 'persuaded' to read our newest book.

Open Days

Our Open days for prospective new parents are continuing and the dates and times are below Open Day | 17th March 2021 5:30pm - 7pm Open Day | 26th March 2021 9am -10:30am When I speak with new parents to the school it is always lovely to hear that they have heard what a fantastic community we have here, and that St Monica's school was recommended to them from friends and family. Thank you for your continued positive support of our school.

Harmony Day / Say NO to Bullying



This coming Friday St Monica's will be celebrating Harmony Day and Say NO to Bullying day.

We have a variety of activities planned across the day and we invite all children to come to school wearing something orange as this colour that Is chosen to signify communication and meaningful conversations about inclusiveness, respect and belonging for all Australians.

The children will also be talking about how they can 'fill someone's bucket". This concept discusses how each of us

carries an invisible bucket. The choices we make each day help us fill others' buckets and being kind to others also brings us happiness and meanness makes us all feel bad.

Wishing you a wonderful fortnight ahead

Mrs Melissa Beggs Principal

"By receiving forgiveness in the Sacrament of Reconciliation, that is the heart of our process of conversion, we spread forgiveness. Having received forgiveness, we can offer it through attentive dialogue and giving comfort to those experiencing sorrow and pain."

What's Happening at St Monica's...

Diary Dates			
Thursday March 18	School Cross Country Kindy & Stage 1 Fun Run		
Friday March 19	Harmony Day Wear Orange Mufti		
Monday March 22	Lots of Socks Day Wear multi coloured or odd socks Second Hand Uniform Shop Open 2.30-3.30pm		
Wednesday March 24	Second Hand Uniform Shop Open 8.30-9.30am		
Thursday March 25	Stage 3 Canberra		
Friday March 26	Stage 3 Canberra Easter Morning Tea Notes due Easter Raffle Tickets due		
Monday March 29	Assembly 2.10pm		
Tuesday March 30	Easter Morning Tea & Raffle drawn		
Wednesday March 31	Last Day Term 1		
Thursday April 1	Pupil Free Day – No school for students		
Monday April 19	School Returns for Term 2		



Happy Birthday to the childre birthday over the next 2 wee	
Jenna C – S3W	Oliver B – S3G
Jayden V – S1W	Nickolas A – S3B
Thomas C – S2B	Sophia B – S2B
Hannah C – S1W	Amelia O – S1B
Matilda B – S3G	

Canteen

Wednesday March 17	Paula Sciberras	
Friday March 19	Jenny Grech & Josette Semaan	
Monday March 22	Josephine Dahdah	
Wednesday	Catherine Chadevski &	
March 24	Louisa Berry	
Friday	Jeanette Rogers &	
March 26	Charlene Scicluna	
Monday	Beverly Owens &	
March 29	Jenny Hopper	
Wednesday	Janina Zahra &	
March 31	Natasha Josevski	
Thank you 🞯		

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.

During lent **NO** meat or chicken products will be available on Fridays.

(Friday 19th February – Friday 1st April)



Last Day of Term 1 is Wednesday 31st March

Thursday 1st April is a PUPIL FREE DAY

School Returns For Term 2

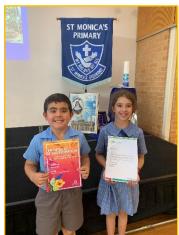
Monday 19th April



Term 1 Awards					
Week 8	Class	Catholic Values	St Monica's Award 1	St Monica's Award 2	St Monica's Award 3
	Kindergarten	Natasha Young	Anastas Nazarian	Levi Mulligan	Les Horkings
		Joshua McGregor			
	Stage 1	Tenielle Refalo	Hannah Cahill	Oliver Gent	Maddison Finch
		Izabella Pace	Christian Bugeja	Archer Hagelburg	John Micaleff
	Stage 2	Braxton Matthews	Lucas Ornatowski	Luke Wilkinson	Felicity Rogers
		Lily-Rose Brown	Pippa Hodder	Jack Laws	Chelsea Fitton
	Stage 3	Lucas Reimer Alan Pederson	Charlee Render	Nickolas Andary	
		Ashleigh Tyrpenou	Jazz Sciberras	Jordan Semaan	
	K-6 Gold				







Congratulations Sydney Barglik for coming Runner Up in the Executive Director's Summer Reading Challenge.

Sydney received a \$30 gift voucher.



FEEDBACK and COMPLAINTS

St Monica's Richmond staff always welcome feedback and ideas from the parent community. If you have any feedback, concerns or complaints please do not hesitate to contact your child's class teacher or Mrs Beggs through the school office (4570 3700) or via the school email address

stmonric@parra.catholic.edu.au.

The school follows the CEDP Complaints Handling Policy. <u>https://www.parra.catholic.edu.au/About-Us/Policy-Central</u>

Attendance What are my responsibilities regarding attendance!

CEDP promotes daily school attendance. Going to school every day is the single most important part of your child's education.

If your child is sick or absent you are required to notify their school on the first day of absence if at all possible. All explanations to the school must be provided within **7 days** from the first day of any period of absence.



Absences can be explained using one of the following methods:

- 1. Online: log the absence directly using the Skoolbag App
- 2. Email: the school at stmonric@parra.catholic.edu.au
- 3. Note sent with your child

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. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

/hen your child misses just	they miss weeks per year	and years over their school life
day per fortnight (a) ⊗ (☉) (F) (a) ⑦ ((☉) (F))	4 weeks	Over year missed
day per week ⊛ ⊗ ⊛ ① € ⊛ ① ⊛ ⊗ ② ⑦	= 8 weeks = :	over 2.5 years missed

Second Hand Uniform Shop Hours:

Monday 2.30-3.30pm and Wednesday 8.30-9.30am.

We are looking for donations for the uniform shop, if you have any items that you no longer need please hand them in at the office or the uniform shop during opening hours.

Lots of Socks - World Down Syndrome Day 2021

Sunday 21 March is World Down Syndrome Day. It is a day that promotes discussion about the acceptance of all our differences as what makes us fantastic as an individual.

Next Monday March 22nd as a school we are going to be wearing our most amazing, colourful or mismatched socks with your school uniform to celebrate 'Lots of Socks!'

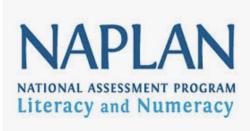
Donations can be made via the QKR app, the event will **opened on March 15th and will close on March 26th**. Alternatively, donations can be made using the following link.<u>https://www.downsyndrome.org.au</u> We are no longer



able to accept cash donations at school. Money raised will be donated to Down Syndrome NSW to help support families and people of all ages who have Down syndrome.

Let's show that being different is a good thing and something to be celebrated.

Thank you for your support!

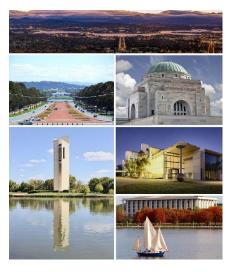


NAPLAN AT ST MONICA'S

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3, 5, 7 and 9 participate in the annual

NAPLAN tests in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. Our school will be participating in NAPLAN Online between **11 and 21 May 2021**. The NAPLAN online **PRACTICE** tests will be conducted on **Wednesday 24/3/2021 (Year 5)** and **Thursday 25/3/2021** (Year 3).

On Monday, students in Years 3 and 5 brought home information regarding the NAPLAN schedule and the preparation of BYOD devices. This important information was also sent out via the Skoolbag app.



STAGE 3 CANBERRA EXCURSION

Our Stage 3 Canberra excursion is fast approaching. Just a reminder that all orders for McDonald's need to be placed via the QKR app by **this** Wednesday, March 17th. Unfortunately, late orders can not be accepted. This is an optional opportunity.

Parents/Carers of Stage 3 students are **required** to complete a Personal Health Declaration (PHD) for students in accordance with the **Work Health and Safety Act 2011** related to visiting National Attractions. Upon entering attractions, teachers will be asked to sign attesting that

each student has a completed PHD. The form will be sent out next week and students will not be able to depart unless teachers have received these as they will not be

able to enter attractions without it. Thank you for your support in ensuring our students are able to participate in this excursion in a 'COVID Safe' way for all!



ST MONICA'S NUMERACY CORNER

As mentioned in last fortnight's newsletter, games that encourage the use of numeracy skills will be included in the newsletter on a regular basis. These can be played with siblings or other family members and are a great alternative to television or device time. Have a go at this week's games..

Enjoy! *Mrs Bond*

CROSS OUT

FOCUS: Addition

An activity for two to four players.

Equipment

Two regular dice, paper and pencil

- Each player writes all the numbers from 2 to 12, on a piece of paper.
- Player A rolls the two dice, adds both numbers together and then crosses out the total on their piece of paper.

For example, student rolls a two and a three. On this roll, the player may cross out 5 (2 + 3). If the same player is rolls 4+1, they skip their turn as they have already crossed out the number 5.

• Player B then rolls the two dice, adds both numbers together and then crosses out the total on their piece of paper.

The first player to cross out all the numbers is the winner.

MULTIPLICATION SNAP!

The rules of Multiplication Snap are simple...

- Use an ordinary pack of cards
- Distribute the cards equally between two players.
- Each player puts out a card without looking what it is.
- The first player to give the correct product gets both. For example, the correct answer below is $8 \times 5 = 40$.

The winner is the one with the most cards at the end of the game.

Decide before the game starts on the values of these cards. To being with, we recommend: o Ace is 1

o Jack is 11 o Queen 12 o King 13 o Joker 20

CHALLENGE:

o Ace is 15 o Joker 100







Congratulations to Mr & Mrs Hulett and family on the birth of their baby daughter. May she bring abundant love and joy to your home.



FROM THE REC

Holy Week at St Monica's.

With the end of term quickly approaching, the staff and students are beginning to prepare for Holy Week. Each class will respond to an assigned Station of the Cross through art, music, prayer, reflective writing, photos and frozen statues. The students will then be allotted a time to go and pray the Stations of the Cross, listening to the Scripture, reflecting on the meaning of that Station for their life and then joining together in prayer. We will post pictures on our Facebook page so you can have a sense of what we experienced.

ES1 and Stage 1 will be joining with their buddies, other Stages with go in roll class groups. If the opportunity arises, please consider taking your child/children to at least one of the Holy Week ceremonies in the Parish. You will need to register on the Parish website due to Covid restrictions. These ceremonies only take place at this most sacred time of the Church's Liturgical year and are significant to our Catholic identity.

Thursday night (April 1st) in the evening is the Mass of the Last Supper,

Friday morning (April 2nd), Stations of the Cross, and Friday afternoon, 3pm is Veneration of the Cross.

Saturday evening is the Vigil Mass

Easter Sunday morning, 7:30am, 9:30am.

Leanne Ryan

Religious Education Co-Ordinator

CONDOLENCES

We wish to extend our deepest sympathy to Mrs Teresa Valenti on the recent passing of her father. We know you join with the staff both past and present in sending her our love and support.



Please keep Mrs Valenti and her family in your prayers.

Catholic Schooling in 200yrs

Teacher's asked the children what they thought school would be like in 200 years. Here are some of their responses......

I think teachers will be computers and we will have special brain chips. I don't think our school will still be here, because they might have destroyed it. I think we will be able to upload our minds onto the computer so that information can be loaded onto our brain. Lily-Rose S2W

In 200 years we would live in space on Mars and we would be taught by electronics. Also we would work on iPads and computers and everything would be using technology. We would all have food microchips that will help us eat at special times of the day, e.g. when it's lunch, we would put in the lunch chip.

Lily S2B

The school will have flying computers Jude KW

The school will have alien teachers Marlowe KW

Watch this space for Stage 1 & 3 responses in the next newsletter......

Easter Morning Tea & Raffle 2021



On **Tuesday 30th March** we are having an **Easter Morning Tea** for the children. The morning tea will consist of a hot cross bun or cookies and a popper. The cost is \$2.50.

We are also having an **Easter Raffle.** Each grade will have a raffle with 1st, 2nd and 3rd prize. The tickets are 50c each and families participating in raffles will be sent home a book of tickets, totaling \$5 per family.

Please see the note sent home today with the eldest child in the family.



PARKING IN THE PARISH CARPARK

Parking in the Parish Carpark for school drop off or pick up is not permitted. The carpark can be a hazard to the children when busy. Please consider arriving at school for pick up a little earlier or a little later to stagger the flow of traffic around the school zone.

We appreciate your understanding in this matter.

2021 TERM 2: SACRAMENT OF CONFIRMATION

Year 5 - must have completed the Sacrament of Penance & Sacrament of Eucharist

20 & 21 February 2021: Enrolment Forms available at all weekend Masses until 28 March 2021

1 April 2021: Enrolment Forms Due -

No Enrolment Ceremony will be held due to Covid Restrictions <u>Enrolment Forms are to be returned electronically</u> or via office by Thurs 1 April.

Enrolment Prayer Ceremony will take place instead during Group Session Week 1

Thursday, 22 April 2021: Parent Night starting at 7.00pm St Monica's, Richmond

Sunday 25 April 2021: Sacramental Groups begin - 4 week duration

Sunday 16-21 May 2021: Reconciliation will be available during final Group Session Week 4

Wednesday 26 May 2021 Confirmation Ceremonies – under normal conditions & Thursday 27 May 2021 under 2m²rule (limited guests will apply)

commencing at 7.00pm St Monica's, Richmond

Plus:

Monday 24 May 2021 <u>Additional Confirmation Ceremonies</u> to be held if 4m²rule applies Tuesday 25 May 2021 <u>commencing at 7.00pm St Monica's, Richmond</u> & Friday 28 May 2021:

All Enquiries: Irene Galea sacraments@parishofrichmond.org.au

The Parish of Richmond



St Monica's school and Parish work closely together and support each other in every way possible.

Parish Mass Times St Monica's

Saturday: 6.00pm (Must book online) Sunday: 7.30am, 9.30am, 5.30pm (Must book online) Monday, Wednesday, Friday: 9.00am St Gregory's Saturday: 9am (Must book online) Sunday: 8am & 9am (Must book online)

Parish Clergy

Fr Gayan Thamel <u>frgayan@parishofrichmond.org.au</u> Fr Thomas Bui <u>frthomas@parishofrichmond.org.au</u>

Parish Co-ordinator of Ministries Martin Crew <u>martin@parishofrichmond.org.au</u>

Pastoral Care of the Sick Co-ordinator Mary McGuiness <u>mary.mcguiness@parishofrichmond.org.au</u>

Parish Administration

Teshana Laferla & Kara Hargrave admin@parishofrichmond.org.au

Sacramental Co-ordinator

Irene Galea sacraments@parishofrichmond.org.au





CANTEEN MENU

	SANDWICHES			
Bread rolls (add extra)		\$0.50	AT SEC.	
Roast chicken	· · · · · · · · · · · · · · · · · · ·	\$3.50		
Roast chicken with	salad	\$4.00	Apples	
Ham & salad		\$4.00		
Ham		\$3.00	\$1.00	
Tuna		\$3.00		
Vegemite		\$2.50		
Cheese		\$2.50	Extra Fillings	
Cheese & salad		\$3.50	Mayonnaise	\$0.30
Mediterranean roll (w/Tuna, olives & tomato paste)		\$3.00	Lettuce, tomato	\$0.30
Egg & lettuce		\$3.00	Tomato sauce	\$0.30
Jaffle: Ham & cheese		\$3.50	Cheese, egg or avocado	\$0.50
Jaffle: Cheese		\$3.00	FRUIT & JELLY	
	SALAD PACKS		Jelly cup	\$1.00
Salad with Avo, Fet	ta & Olives	\$4.50	Jelly & custard	\$1.50
Chicken & salad		\$4.50	Custard cup	\$1.00
Ham & salad		\$4.50	Seasonal fruit cups (ONLY Term 1 & 4)	\$1.00
Tuna & Salad		\$4.50	RECESS MENU	+
For & colod		\$4.00	Garlic bread	¢1.00
Egg & salad Salad bowl		\$4.00	Cheese & bacon roll	\$1.00
Salad Dowl		\$3.50		\$2.00
	WRAPS		Pasta cups (ONLY Term 2 & 3)	\$2.00
Roast chicken, avo	cado, lettuce & mayo	\$4.50	Carrot & cucumber with vegetable dip	\$1.00
			Banana muffin	\$1.00
Roast chicken & sa		\$4.50	Chocolate muffin	\$1.00
Chicken tender wr	ap with lettuce & mayo	\$3.50	Vegemite & Cheese Scrolls	\$0.50
¢2 50	HOT DOG DA	Y	To provide the best canteen service for the	children, it
\$3.50			To provide the best canteen service for the is necessary for all orders to be handed	
	K-2 - First WEDNESDAY of	each month	is necessary for all orders to be handed	in at the
\$3.50 Hot dog with sauce	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/	each month		in at the
Hot dog with	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month	each month	is necessary for all orders to be handed canteen before 9am. Thank you	in at the
Hot dog with sauce	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD	each month AY of each	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS	in at the
Hot dog with sauce Chicken Nuggets	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD 3 for \$2.00	each month AY of each 6 for \$4.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy	in at the \$1.50
Hot dog with sauce Chicken Nuggets Gluten free nugget	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD 3 for \$2.00	each month AY of each 6 for \$4.00 6 for \$4.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free)	in at the \$1.50 \$1.50
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD 3 for \$2.00 ts 3 for \$2.00	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn	in at the \$1.50 \$1.50 \$1.00
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD 3 for \$2.00	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers	in at the \$1.50 \$1.00 \$0.30
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob	K-2 - First WEDNESDAY of 3-6 - Second WEDNESDA month HOT FOOD 3 for \$2.00 3 for \$2.00 3 for \$2.00	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$1.50	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn	in at the \$1.50 \$1.50 \$1.00
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r	K-2 - First WEDNESDAY of 3-6 - Second WEDNESDA month HOT FOOD 3 for \$2.00 ts 3 for \$2.00 3 for \$2.00 	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$1.50 \$3.50	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops	in at the \$1.50 \$1.00 \$0.30
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg	K-2 - First WEDNESDAY of 3-6 - Second WEDNESDA month HOT FOOD 3 for \$2.00 is 3 for \$2.00 	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$1.50 \$3.50 \$3.50	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS	in at the \$1.50 \$1.50 \$1.00 \$0.30 \$1.00
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with	K-2 - First WEDNESDAY of 3-6 - Second WEDNESDA month HOT FOOD 3 for \$2.00 is 3 for \$2.00 	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$1.50 \$3.50 \$3.50	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice	in at the \$1.50 \$1.50 \$1.00 \$0.30 \$1.00 \$1.00
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie	K-2 - First WEDNESDAY of 3-6 - Second WEDNESDA month HOT FOOD 3 for \$2.00 is 3 for \$2.00 	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers	in at the \$1.50 \$1.50 \$1.00 \$0.30 \$1.00 \$1.00 \$1.00
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie Lite sausage roll	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD 3 for \$2.00 ts 3 for \$2.00 3 for \$2.00 oll rel n salsa & cheese	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers Zing (yoghurt & fruit)	in at the
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie Lite sausage roll Spinach & cheese r	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD 3 for \$2.00 is 3 for \$2.00 3 for \$2.00 oll rel n salsa & cheese coll	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$3.00 \$3.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers Zing (yoghurt & fruit) Frozen apple/blackcurrant cups	in at the
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie Lite sausage roll	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD 3 for \$2.00 is 3 for \$2.00 3 for \$2.00 oll rel n salsa & cheese coll	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers Zing (yoghurt & fruit)	in at the
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie Lite sausage roll Spinach & cheese r Pizza – Cheese & b Lasagne	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD 3 for \$2.00 ts 3 for \$2.00 3 for \$2.00 3 for \$2.00 oll rel n salsa & cheese coll acon	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers Zing (yoghurt & fruit) Frozen apple/blackcurrant cups Jelly joy sticks (Gluten free) DRINKS	in at the
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie Lite sausage roll Spinach & cheese r Pizza – Cheese & b Lasagne Macaroni & cheese	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD 3 for \$2.00 3 for \$2.00 3 for \$2.00 3 for \$2.00 coll re) h salsa & cheese coll acon	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers Zing (yoghurt & fruit) Frozen apple/blackcurrant cups Jelly joy sticks (Gluten free) DRINKS Popper juice Apple or Orange	in at the
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie Lite sausage roll Spinach & cheese r Pizza – Cheese & b Lasagne Macaroni & cheese Mamee chicken no	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD 3 for \$2.00 3 for \$2.00 3 for \$2.00 3 for \$2.00 coll re) h salsa & cheese coll acon	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers Zing (yoghurt & fruit) Frozen apple/blackcurrant cups Jelly joy sticks (Gluten free) DRINKS Popper juice Apple or Orange Spring water	in at the
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie Lite sausage roll Spinach & cheese r Pizza – Cheese & b Lasagne Macaroni & cheese Mamee chicken no Burgers	K-2 - First WEDNESDAY of 3-6 - Second WEDNESDA month HOT FOOD 3 for \$2.00 ts 3 for \$2.00 3 for \$2.00 	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers Zing (yoghurt & fruit) Frozen apple/blackcurrant cups Jelly joy sticks (Gluten free) DRINKS Popper juice Apple or Orange Spring water Chill J (Raspberry, orange passio)	in at the
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie Lite sausage roll Spinach & cheese r Pizza – Cheese & b Lasagne Macaroni & cheese Mamee chicken no Burgers St Monica's cheese	K-2 - First WEDNESDAY of 3-6 - Second WEDNESDA month HOT FOOD 3 for \$2.00 ts 3 for \$2.00 3 for \$2.00 3 for \$2.00 011 re) h salsa & cheese foll acon burger with tomato sauce	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers Zing (yoghurt & fruit) Frozen apple/blackcurrant cups Jelly joy sticks (Gluten free) DRINKS Popper juice Apple or Orange Spring water Chill J (Raspberry, orange passio) Flavoured milk Strawberry or Chocolate	in at the
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie Lite sausage roll Spinach & cheese r Pizza – Cheese & b Lasagne Macaroni & cheese Mamee chicken no Burgers St Monica's cheese	K-2 - First WEDNESDAY of 3-6 - Second WEDNESDA month HOT FOOD 3 for \$2.00 ts 3 for \$2.00 3 for \$2.00 	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers Zing (yoghurt & fruit) Frozen apple/blackcurrant cups Jelly joy sticks (Gluten free) DRINKS Popper juice Apple or Orange Spring water Chill J (Raspberry, orange passio)	in at the
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie Lite sausage roll Spinach & cheese r Pizza – Cheese & b Lasagne Macaroni & cheese Mamee chicken no Burgers St Monica's cheese St Monica's beef by tomato	K-2 - First WEDNESDAY of 3-6 - Second WEDNESD/ month HOT FOOD 3 for \$2.00 3 for \$2.00 3 for \$2.00 3 for \$2.00 0 3 for \$2.00 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00 \$3.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers Zing (yoghurt & fruit) Frozen apple/blackcurrant cups Jelly joy sticks (Gluten free) DRINKS Popper juice Apple or Orange Spring water Chill J (Raspberry, orange passio) Flavoured milk Strawberry or Chocolate	in at the \$1.50 \$1.50 \$1.00 \$0.30 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$2.50 \$2.50 \$1.00
Hot dog with sauce Chicken Nuggets Gluten free nugget Hash browns Fish fingers Corn on the cob Hot roast chicken r Pie -Traveller (Larg Nacho dippers with Potato Pie Lite sausage roll Spinach & cheese r Pizza – Cheese & b Lasagne Macaroni & cheese Mamee chicken no Burgers St Monica's cheese St Monica's beef bu	K-2 - First WEDNESDAY of 3-6 - Second WEDNESDA month HOT FOOD 3 for \$2.00 3 for \$2.00 3 for \$2.00 3 for \$2.00 3 for \$2.00 3 for \$2.00 0 3 for \$2.00 0 5 for \$2.0	each month AY of each 6 for \$4.00 6 for \$4.00 \$1.50 6 for \$4.00 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.00	is necessary for all orders to be handed canteen before 9am. Thank you SNACKS Red rock deli chips – Honey & soy Smith's salt & vinegar (Gluten free) Popcorn Want Want Rice Crackers Eucalyptus drops ICE BLOCKS Quelch – 99% Fruit juice Zooper Doopers Zing (yoghurt & fruit) Frozen apple/blackcurrant cups Jelly joy sticks (Gluten free) DRINKS Popper juice Apple or Orange Spring water Chill J (Raspberry, orange passio) Flavoured milk Strawberry or Chocolate Cup of plain milk	in at the \$1.50 \$1.50 \$1.00 \$0.30 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$1.00 \$2.50 \$2.50 \$1.00

Stepping Beyond Support Group for Separated / Divorced Adults



Living through a separation or divorce can be an overwhelming experience. Not only are the hopes and dreams for your future shattered, but this experience accompanies isolation, loneliness, challenges supporting or caring for your children, and sometimes difficulty communicating with your spouse or partner over legal matters.

Stepping Beyond Monthly Support Group is a safe environment to explore these issues. Together with trained facilitators, each month members explore their challenges and celebrate their achievements on their journey.

Due to Ongoing Covid concerns, this group will be held in person or via Zoom meetings, depending on restrictions. To join or be part of this group, registration is essential, please contact Rita on details



DATE: Last Tuesday of each Month (Feb –Nov) TIME: 7.00pm – 9.00pm NUE: 13 Buller St, North Parramatta FEE: Donation

For Further information and registration, please call Rita on 8843 2500 or email <u>soloparentservices@ccss.org.au</u>