



UPCOMING EVENTS:

2014 - TERM 3

AUGUST

Wed 6th	Book Week Performance—Infants 9.45am & 11.30am
Thurs 7th	Year 6—Canberra Excursion
Fri 8th	Year 6—Canberra Excursion
Tues 12th	Blacktown Zone Athletics Carnival ICAS—Mathematics
Wed 13th	Voice of Youth—Final P & F Meeting—6.30pm
Fri 15th	Year 4 Excursion to Elizabeth Farm Kindergarten Excursion to Taronga Zoo Year 3 Excursion to Lessons Afloat
Mon 18	P & F Exec Mtg—3.45pm
Tues 19th	Stage 2&3 Netball Gala Day
Wed 20th	Voice of Youth—Cluster Final

St Michael's Church
Orwell Street
Blacktown South

MASS Times: Sat. Vigil - 6.00pm
Sun, 8am, 9.30am, 6pm
Weekdays: 8am
Wednesday Evenings - 7.30pm
1st Friday 7.30pm
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St Michael's Primary School

Blacktown South

NEWSLETTER

2014 - ISSUE 11

5th August 2014

From the Principal

Dear Parents and Friends,

STAFF DEVELOPMENT DAY—Friday, 29th August 2014

This is a pupil free day

One of my goals this year was to support our leadership team through a renewal program based on some significant moments in the Gospels. Last Friday, Sr Venera Nicholossi and Sr Patty Andrews guided us through the second moment, "*Pushing out into the deep water*". This is a small part of our meditation that you might find useful.

"The sea can offer us an 'end of the day' reflection known in Jesuit terms as the ex amen. This is an exercise that if done faithfully can lead us to 'find God in all things and all things in God'. As you look back over your walk (around the lake, sea, park, playground) notice the trail of your footprints. Is there anything you regret in the path you have walked today or anything you would want to handle differently tomorrow?"

If so simply let it rest there between you and God, without judging yourself or anyone else.

As you bring your prayer and reflection to a close, gather up the treasures of your discovery of the day (your walk around the ...), store them away in your heart, and then let the incoming tide wash everything else away. Tomorrow you will walk on virgin sand."

We won't see a lot of each other this week, as Monday I will be learning more about reading and writing. Then I have the great pleasure to join the Year 6 team on the pilgrimage to Canberra. In professional learning this week Mrs Samojlowicz and Miss Cox will be advancing the work of the maths core team. Week after week our colleagues present professional learning at the highest level. Each week our opportunity to 'dig deeper' in our understanding is supported. The most important aspect of this work is the opportunity for you to use this knowledge and skill in working within your grade teams. The key to our success in this work is that every step we take has been planned by you. Congrats!

Are you following me on Twitter? It's a great resource, why not check it out. I follow Pope Francis. Here is some of his wisdom to conclude "Laffan Out Loud":

Some keys to happiness

- ◆ Let everyone be themselves
- ◆ Give yourself tirelessly to others
- ◆ Walk softly
- ◆ Be available to your kids and family
- ◆ Find a day of rest
- ◆ Work towards empowering young people
- ◆ Move on
- ◆ Respect others opinions
- ◆ Actively strive for peace

"Love One Another"

John Laffan
PRINCIPAL



LOVE ONE ANOTHER

From the Acting Assistant Principal

Parent Assessment and Reporting Survey

Once again, thank you to all those parents who took the time to fill out our Assessment and Reporting Survey. To date we have had over 50 surveys returned. These surveys will help shape the direction of our Assessment and Reporting for 2015 and beyond. Here is a selection of responses that I would like to share with you.

Some ways of informing me about my child's growth are:

- ◆ Communicating by writing something in the diary on a weekly basis
- ◆ Emailing between parents and teachers
- ◆ Parent/Teacher interviews
- ◆ Providing feedback to parents at the end of every term
- ◆ Sending home children's workbooks on a regular basis to provide comments and feedback to children on what they are doing
- ◆ Possibly adding teacher comments to each subject area of school
- ◆ Home/school communication book
- ◆ Parent/teacher meetings in a timely manner when the need arises

Some of the strengths/challenges in communicating student's needs and growth are:

- ◆ I am really happy that I can book an appointment with my child's teacher when needed
- ◆ An approachable, knowledgeable and informed teaching staff
- ◆ Fostering a "family environment" with all school children and their parents
- ◆ Apart from Parent/Teacher meetings and Reports there is no communication. Maybe each term we should reflect in some way
- ◆ More communication is needed between parents and teachers on a regular basis
- ◆ Assessing children's online work using technology
- ◆ Supporting and identifying the individual learning needs of students
- ◆ Problems need to be communicated to parents earlier
- ◆ The understanding of an effort grade needs to be better explained

ICAS Computer Test

A special congratulations is in order for Anthony Siderides of Year 4D who was ranked No. 1 in the state in the Year 4 ICAS Computer test. Anthony will receive the University of New South Wales medal. What a wonderful achievement Anthony, we are extremely proud of you.

Respect

In speaking to our K-2 children yesterday about the importance of respecting each other, I would like to share with you the following reflection that gives 10 simple points to always remember about respect.

- ◆ Speak to people. There is nothing as nice as a cheerful word of greeting
- ◆ Smile at people. It takes 72 muscles to frown and only 14 to smile
- ◆ Call people by name. The sweetest music to anyone's ear is the sound of their own name
- ◆ Be friendly and helpful
- ◆ Be cordial. Speak and act as if everything you do were a genuine pleasure
- ◆ Be genuinely interested in people
- ◆ Be generous with praise, cautious with criticism
- ◆ Be considerate of the feelings of others, it will be appreciated
- ◆ Be thoughtful of the opinions of others. There are always three sides to an issue - yours, the other persons and the right one
- ◆ Be prepared to give service. What counts the most in life is what we do for others

Best wishes

Tom Crowley

ACTING ASSISTANT PRINCIPAL

Office News

Term 3 School Fees

Term Three school fee invoices have been issued and payment is due by 19th August.

If you have not received your invoice please contact the school office.

If you have any concerns regarding payment of school fees please contact Robyn Hoogenvert to make an arrangement.

Enrolments for 2015

We are still taking enrolments for 2015. If you have not enrolled your pre-schooler for Kindergarten 2015 or know of family or friends who are interested in sending their child to St Michael's, please download enrolment form from website or collect one from the office.

Medication Conditions

If your child's medical condition changes or your child no longer suffer with a medical condition please advise the office so that we can keep details up to date.

RE News

In Sunday's gospel, the abundant response of God is the miraculous feeding of more than five thousand people with twelve baskets full of leftovers.

In the gospel, as it became late in the day, the disciples wanted Jesus to send the people away to the nearby villages so that they could buy food for themselves. But Jesus is moved with compassion for the people. So it is compassionate care that moves Jesus to act. He had tried to get away from the crowds to spend some private time mourning the death of John the Baptist. He was entitled to be frustrated and angry with them for intruding on his grief. Instead, when they tracked him down, he went ashore and healed them and taught them. When it came to the evening he went one step further in his compassion and made sure that all were fed.

The words and actions of Jesus in this miraculous feeding event foreshadow the events of the Last Supper: he *took* the bread and fish, *gave thanks*, *broke* the bread, and *gave* it to the disciples to distribute. This event is a Eucharistic one just as much as the Last Supper. It was a true act of love by Jesus.



Anne Easton

RELIGIOUS EDUCATION COORDINATOR

Sport

Swimming

Huge congratulations to Lily Hardman who recently competed at the National Championships. At which she made finals in the following events:

- 200m Individual Medley
- 100m Breaststroke
- 100m Backstroke
- 100m Freestyle
- 50m Backstroke

We are all immensely proud of Lily and her achievements in the sport of swimming and we look forward to keeping up to date with her swimming progress as she moves to High School next year.

Athletics

The Zone team competes on Tuesday the 12th of August and we wish them best of luck in their individual events. Notes are due back to Mr. Phillips (Team Manager) as soon as possible

Netball

The Stage 3 (years 5 and 6) Gala Day is on Tuesday the 19th August and we wish the following girls the best of luck and thank you to Mrs. Samojlowicz for helping to organise Netball this year.

11 Year Seniors

GS Salihah Khan
GA Ashleigh Southam
WA Fattu Allieu
C Flavia Aya
WD Sonia Hashimi
GD Sarah Smith
GK Avigalle Mendoza
RES Alisha Depares
RES Angeli Giannakopoulos

12 Year Seniors

GS Ashleigh Witteveen
GA Samantha San Luis
WA Elizabeth Grills
C Lily Hardman
WD Anica Milic
GD Takeiah De Luca
GK Adfeet Aguer
RES Sinead Beavis
RES Jerissa Valmeo

Touch Football

Trials for the Stage 3 (years 5 and 6) Gala Day in week 9 are being held this Wednesday the 6th of August and next Wednesday the 13th of August at lunch time on the school oval. These trials are open to girls and boys and thank you to teachers Mr. Xuereb and Mr. Spicer for their help along with parents Mr. Lewis and Mr. Eato

Elliott McKimm, Jeff Phillips & Jade Robinson

PE/SPORTS TEACHERS

Library News

Book Week**Dress up parade**

On Thursday 28th August (that is only 3 weeks away) we will be holding a Book Week dress up parade, where we ask students to come dressed as a favourite book character. We do not expect parents to go out and buy special clothes for this event. Try to use something already available. Maybe have a craft afternoon where you make things together.

Book Fair

From Tuesday 26th until Thursday 28th August, we will be holding a Book Fair with a range of lovely books available from Central Coast Book Suppliers.

Premier's Reading Challenge

Congratulations to the following students who have completed their challenges

Samantha Goyena	1R	Ronash Alves	2S
Matthias Barrett	4C	Ashley Galea	6T
Owen Walker	6A		

Well done to all of you.

Here are the numbers of students from each grade who have completed the challenge.

Kinders	5
Year 1	4
Year 2	1
Year 3	10
Year 4	11
Year 5	5
Year 6	2

I know there are more keen readers at St Michaels. If you have started the challenge, keep reading and recording. The challenge finishes on 22nd August so you have only 3 weeks to go.

Judy Buhagiar

LIBRARIAN

Uniform Shop

Pre-Loved Winter Rain Jackets

We have many pre-loved winter rain jackets that have been kindly donated by families in recent months. We are selling these at a discounted price of \$10. There is a range of sizes and varying conditions. First come, first served.

Uniform shop is open **Wednesdays 8:15 –11:00am** or orders can be placed via the office or class room teacher by cash or cheque. If you have any questions, please contact Amanda on 9622 9910.

Canteen News

Please find on the back page of this newsletter this terms Canteen Pricelist. The cheapest ice block is 60 cents or Jelly Joys 30 cents. There are no 20 cent Ice Blocks as they are not made anymore.

Please remember to put amount enclosed on lunch bag or envelope.

Monday and Thursday volunteers please phone Geny on 9621 2558 or the school if you are unable to make your rostered day.

Thank you for your support.

Jan Crawford

CANTEEN MANAGER

P & F News

Hello again,

Busy, busy, busy. Firstly, remember that our next P&F meeting is on Wednesday, 20th August. If you would like to nominate any subjects that you would like to discuss at the next meeting please send your subject via email to:

stmichaelspandf@gmail.com or simply write a note and put it into the P&F box, which is located in the student foyer. These items will be discussed whether you can make the meeting or not. Please send your agenda items by Friday, 15th August. Please remember everybody is welcome and your thought and opinions are always taken on board.

Have you purchased your Entertainment Book yet? If not there is still time to purchase a hard copy or a digital copy. For just \$65 you save hundreds of dollars. To order one, grab a form from the front foyer or contact Jackie Coleman on 0414775082.

Finally, the Spring Fair is only 11 weeks away. There will be a mufti day on Thursday, 18th September for the Spring Fair. More information soon.

Remember to add these dates to your diaries if you haven't already done so.

Father's Day Stall – Wednesday, 3rd September

Mufti Day - Thursday, 18th September

Spring Fair – Sunday, 19th October

Until next time,

Susan Perry

P&F President

CatholicCare Social Services

CatholicCare Social Services - Diocese of Parramatta (CCSS) aims to serve the community of the Catholic Diocese of Parramatta by overseeing the provision of high-quality social services operating according to the principles of Catholic Social Teaching.

Diocese of Parramatta



CATHOLIC CARE
Social Services

SEASONS FOR GROWTH – BEREAVEMENT SUPPORT PROGRAM

CCSS Solo Parent Ministry is running the **Seasons for Growth** Program for adults commencing on **Tuesday 5th August 2014**. This small group Program runs for five consecutive Tuesdays and is open to anyone grieving the death of their spouse or partner. See Notice Board for Flyer. **Venue:** CCSS Centre 51-59 Allawah St Blacktown. **Date/Time:** 5 Tuesdays from 05th August -10.00am – 1.00pm. **Cost:** \$80.00. Information and Registration- Ph. 9933 0205 or email: soloparentministry@ccss.org.au

STEPPING BEYOND: SUPPORT FOR THOSE SEPARATED OR DIVORCED

Come along to STEPPING BEYOND on the last Tuesday of each month at CCSS Centre, 51-59 Allawah St, Blacktown, at 7.30pm. **Venue:** CCSS centre 51-59 Allawah St, Blacktown. **Time:** 7.30 – 9.30. **Cost:** \$5.00. **Registration:** soloparentministry@ccss.org.au or Ph. 99330205

SEMINAR - MANAGING FAMILY FINANCES

CCSS Solo Parent Ministry is holding a Seminar for anyone interested in gaining greater understanding on how to manage on reduced finances. This Seminar will cover topics on tracking your spending; prioritise your finances, Money Plans and how to make your money work for you. The night is held on Tuesday 12th August, 7.30pm-9.30pm at CCSS Centre 51-59 Allawah St Blacktown. Guest Speaker: Trish Nowland (CCSS Financial Counsellor). Further details and Registration PH: 9933 0205 Email: soloparentministry@ccss.org.au

From the Bishop's Office

Renaming of Terra Sancta College

Terra Sancta College will now be renamed St John Paul II Catholic College, Nirimba from the commencement of Term 1 in 2015 (not Term 3 in 2014 as previously announced). This will allow for the current Year 12 students to graduate under the Terra Sancta College name and the community more time to prepare for the change.

Sydney Welsh Choir in Concert at St Finbar's: 10 August

For the Joy of Singing! A full concert conducted by Viv Llewellyn with Welsh hymns, sacred music, songs from the shows as well as a baritone soloist and narrator.

Date: Sunday 10 August 2014, starts 2pm.

Venue: St Finbar's Church, 46 Levy St, Glenbrook.

Cost: Suggested donation: \$15 adults, \$10 concession. Refreshments available at interval.

Inquiries: Judy Burrett tel (02) 4754 1780.

'Keeping our Young People Safe': 16 August

Catholic Youth Parramatta and the Office for Safeguarding & Professional Standards will be hosting a mandatory training program for all youth and young adults who are working with young people in the Diocese of Parramatta. A new Youth Safety Manual will be released, unpacked and facilitated by both teams. New games and team-building activities for youth ministries across the Diocese will be showcased throughout the program. There is no cost and lunch will be provided. Please ensure that all designated young adults in your parish attend.

Date: Saturday 16 August 2014, 10am-4pm.

Venue: Novotel Parramatta.

RSVP by Wednesday 13 August: James Camden – Director, Catholic Youth Parramatta, tel (02) 8838 3428 or jcamden@parra.catholic.org.au

'Cake & Cuppa' with the Poor Clares: 17 & 30 August

Come along to an open afternoon 'Cake & Cuppa' with the Poor Clare Sisters at their new property at North Richmond. Spiritual accompaniment is readily given and there is a self-contained Guest Hermitage available at present.

Date: 17 and 30 August 2014, from 2pm-4pm.

Venue: The Poor Clare Monastery, 96 Brahma Rd, North Richmond, tel (02) 4571 4610, pclares@tpg.com.au

Christian Meditation: 17 August

You are invited to a Christian Meditation Introduction & Renewal Day at St Benedict's Monastery. Program includes presentations, Introduction to Christian Meditation, two periods of meditation, Eucharistic Celebration and information exchange. BYO picnic lunch. Tea & coffee provided. Books & CDs for sale.

Date: Sunday 17 August 2014, arrive 10am for 10.30am, concludes about 3pm.

Venue: St Benedict's Monastery, 121 Arcadia Rd, Arcadia, tel (02) 9653 1159.

Accommodation: Self-catering accommodation may be available in the monastery guest house – contact Br Terry 0438 282 318.

Inquiries: Ann Bergman (02) 9498 2625, anniebergman@hotmail.com or Ann Lomas (02) 9456 4775, atlomas@bigpond.com

Australian Catholic Historical Society Colloquium: 17 August

This month's topic is 'The role of Sydney Catholic girls' (select) schools in the development of a Catholic middle class'. The speaker is Dr Janice Garaty, historian, ACHS Councillor and member of the Australian and NZ History of Education Society. Admission free, no membership required.

Date: Sunday 17 August 2014, starts 2.30pm.

Venue: Crypt Hall of St Patrick's at Church Hill, Grosvenor St, The Rocks.

Inquiries: Dr John Carmody, President ACHS, (02) 9417 2082, john.carmody@sydney.edu.au

Holy Hour for Vocations: 21 August

Everyone is welcome to join the Holy Hour for Vocations on the 3rd Thursday of each month for an hour of adoration, prayer, music and quiet time. To find out more about priesthood in the Catholic Diocese of Parramatta contact Fr Warren Edwards – Vocations Director: tel 0409 172 700, vocations@parra.catholic.org.au

Date: Thursday 21 August, from 7pm-8pm.

Venue: Blessed Sacrament Chapel, St Patrick's Cathedral, 1 Marist Plc, Parramatta.

Vocation Discernment Afternoon: 24 August

All young men who feel God might be calling them to the priesthood are invited to the Catholic Diocese of Parramatta's Vocation Discernment Afternoon. To find out more about priesthood in the Catholic Diocese of Parramatta contact Fr Warren Edwards – Vocations Director tel 0409 172 700 or email: vocations@parra.catholic.org.au Visit: www.parra.catholic.org.au/vocations and www.parra.catholic.org.au/holyspiritseminary Date: Sunday 27 July. Starts at 2pm and concludes with pizza at 6pm. Venue: Holy Spirit Seminary, 31-33 Allen St, Harris Park.

'Marriage – A Vocation to Love': 24 August

The second diocesan Faith in Marriage Conference is organised by CatholicCare Parramatta. Incorporating the Ray Reid Memorial Lecture about the blessing and graces of marriage, this conference is for married couples, engaged couples and any individual interested in marriage.

Program: Opening & Blessing, Most Rev Anthony Fisher OP; Ray Reid Memorial Lecture, Dr Ryan Messmore; Keynotes Prof Neil Ormerod and Ms Jo Lamble. Speakers will share their insights, observations and experiences for building and enriching marriages.

Date: Sunday 24 August 2014, 9.30am-4.30pm.

Venue: Edith Angel Hall, Our Lady of Mercy College, Ross St, Parramatta.

Registration: \$25 per person (\$50 per couple) includes lunch, morning and afternoon tea and is payable prior to the Conference. To register tel (02) 9933 0222, marriage@ccss.org.au

Brisbane Water Lunch Cruise: 7 October

Travel to Gosford with the Social Group from Our Lady Queen of Peace Parish at Greystanes to board the MV Lady Kendall for a 2½ hour cruise. Enjoy morning tea and lunch on board while taking in the scenic views of Brisbane Water. Bus departs 8am at 20 Virgil St and 8.05am at the bus stop opposite OLQP Church, 198 Old Prospect Rd, Greystanes.

Date: Tuesday 7 October 2014.

Cost: \$60 includes coach, cruise, morning tea, and fish & chips lunch.

Bookings: Book now, places filling fast. Payment in full required at time of booking with Marie (02) 9896 7046, 0414 782 358 or Frances (02) 9636 5548, 0421 027 119.

Faith at the Fiddler: 28 August

A forum for young people aged 18-35 to come together to discuss issues of faith and spirituality in the warm and friendly atmosphere of Sydney's most famous pub. This month's speaker is Fr Brendan Purcell. Topic: 'From Big Bang to Big Mystery – Human Origins in light of Creation and Evolution'. An initiative of the Diocese of Parramatta and Catholic Education Parramatta.

Date: Thursday 28 August 2014, 5pm-7pm.

Venue: The Mean Fiddler, cnr Commercial & Windsor Rds, Rouse Hill.

Details: Steven Buhagiar – Catholic Education, Parramatta, sbuhagiar@parra.catholic.edu.au

'Life, Family & Freedom' – World Congress of Families: 30 August

At the Regional Meeting of the World Congress of Families in Melbourne His Eminence, Cardinal Raymond Burke, will give the keynote address: 'Natural Law and Conscience – Key to Freedom and to the Integrity of Marriage and the Family'. Other speakers include Most Rev Peter Elliott, Auxiliary Bishop to Southern Region, Archdiocese of Melbourne, and the Hon Bernie Finn MLC. Preregistration is essential.

Date: Saturday 30 August 2014, starts 9am.

Venue: St Patrick's Parish Hall, 16 Childers St, Mentone, VIC.

Registration: Babette Francis tel (03) 9822 5218, babette@endeavourforum.org.au

Upcoming Alpha Training Day: 13 September

In response to interest and as part of the Diocesan Pastoral Plan, *Faith in Our Future*, the Pastoral Planning Office has organised a training day for parishes interested in training lay leaders to run the 'Alpha in a Catholic Context' program in their community. Alpha is a proven and inexpensive evangelising initiative that has already been run by a number of parishes in our Diocese with great impact, assisting to grow and share the faith of their members.

Details: Daniel Ang, Director, Pastoral Planning Office, tel (02) 9831 4911.

Date: Saturday 13 September from 10am-3pm.

Venue: Institute for Mission, 1-5 Marion Street, Blacktown (downstairs in the Diocesan Assembly Centre).

Registration closes 20 August: places are limited and lunch will be provided. To register, contact the Pastoral Planning Office on (02) 9831 4911 or email to office@ifm.org.au

The Gospel of John Broken Bay Bible Conference: 12-13 September

With the theme 'Joy Made Complete', everyone is welcome to this two-day conference uncovering fresh insights into John's Gospel with prominent Australian Johannine scholars Rev Fr Francis Moloney SDB, Assoc Prof Mary Coloe PBVM and Most Rev David Walker, Bishop Emeritus of Broken Bay.

Dates: 12-13 September 2014.

Venue: Caroline Chisholm Centre, Pennant Hills.

Cost: \$50 for both days, or \$25 for one day.

Registrations close 24 August. Visit www.dbb.org.au/bible Tel (02) 9847 0448, registrations@dbb.org.au

Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Jenny Brockis



Raising calm kids

With childhood and adolescent anxiety on the rise there's a simple but powerful technique that all kids should practice. Parentingideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous 'ants in his pants'. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It's thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it's making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here's a technique that works well.

TIPS FOR QUIET TIME

- 1 Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
- 2 Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
- 3 Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
- 4 They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn't the purpose of the exercise. Get them to gently close their eyes

or look down towards the ground. Now it's time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5 After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6 The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7 Continue with the breathing exercise until you reach the end of your allotted time. When it's time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



St. Michael's Canteen List – 2014

as at 1/8/2014

Please note that our Canteen is closed every Wednesday

Green Light Foods

<u>Sandwiches (For all Terms)</u>		<u>Wraps</u>	
(Multigrain, Brown, White Bread)		Ham, Cheese & Tomato	3.60
Tuna or Chicken or Ham	2.60	Chicken, Lettuce & Mayo	3.20
Ham & Salad	3.70	Chicken & Sweet Chilli/BBQ/Sweet & Sour Sauce	3.00
Ham, Cheese & Tomato	3.60	Salad	3.20
Tuna, Lettuce & Mayo	3.00	Chicken & Salad or Tuna & Salad	3.80
Salad	3.20	Ham & Salad	3.70
Devon	2.40	Tuna, Lettuce & Mayo	3.10
Cheese	2.30	Cheese, Lettuce & Tomato	2.90
Devon & Sauce	2.60	Chicken, Cheese & Avocado	4.30
Devon & Tomato	2.70	Salmon & Salad	5.20
Chicken, Lettuce & Mayonnaise	3.20	Ham, Cheese & Pineapple	3.50
Cheese, Lettuce & Tomato	2.90	Toasted wraps extra	0.50
Cheese & Tomato	2.70		
Cheese & Lettuce	2.70	<u>Salads</u>	
Tomato	2.50	Containers of Salad & Cheese	4.20
Vegemite	1.50	Containers of Salad with Tuna	5.20
Baked Beans	2.00	Containers of Salad with Chicken Pattie	5.00
Spaghetti	2.00	Vegie Pack – tomato, carrot & cucumber sticks	3.60
Salad & Cheese	3.40	Or Celery, Carrot and Cucumber	3.60
Salad & Chicken or Tuna	3.80	<u>Extras for Containers of Salad</u>	
Salmon	4.30	Mayonnaise 25c, Ham 75c, Pineapple 40c,	
Salmon & Salad	5.20	Devon 30c, Avocado 80c	
Buttered Sandwich	1.10	Chicken \$1.20, Tuna \$1.40	
<u>EXTRAS FOR SANDWICHES & WRAPS</u>		<u>Spoon or fork or lunch bag</u>	0.05
Cheese	0.80	Orange pieces in season	0.05
Beetroot/Cucumber/Tomato/Lettuce	0.60 each	Fruit in season from	0.20
Pickles, Mustard	0.30	Apple Slinky	1.10
Toasted Sandwiches extra (sandwich maker)	0.50	Seasonal Prices from	

Amber Foods

<u>Hot Food (available all year)</u>		<u>Drinks, Ice Blocks, Yoghurt</u>	
		Plain Water 600ml	1.60
Spinach & Ricotta Roll	3.20	Plain Water 355ml	1.20
Bag of 5 Nuggets (only)	2.90	Just Juice 100% Assorted Poppers	1.80
Corn on the Cob	1.10	Pop Top Juice Apple/Orange/Apple & Blackcurrant	2.50
Beef Lasagne or Spaghetti Twists	4.00	Frozen Yoghurt – Strawberry/Raspberry	2.40
Macaroni Cheese	4.00	Small Plain Milk	1.30
Hot Dogs & Sauce (Tomato or BBQ)	2.80	Big M Popper Chocolate/Strawberry	2.30
Lite Meat Pie	3.40	Moove – Chocolate/Strawberry/Banana	1.80
Lite Sausage Roll	2.80	Up & Go (Vanilla, Chocolate)	2.50
Cheese & Bacon Roll	1.40	Moosie Milk Iceblocks	1.50
Chicken Burger (mayonnaise & lettuce)	4.50	Focus Water	1.90
Nachos Dippers	5.10	Tasman Juice Ice Block	0.80
		Custard Cups	1.70
Vegetarian Fried Rice	3.70	Quelech Sticks	0.60
Timbertown Potato Pie	3.70		
Pizza – Supreme/ Margarita/ Ham&Pineapple/Meat Lovers	3.50		
<u>Snacks</u>			
Red Rock Chips – Honey Soy/Sea Salt	1.30		
JJ's Chicken Crackers	1.40	<u>Sauce (Charged to all grades)</u>	
Popcorn Plain	0.80	Tomato	0.40
Jelly Joy Tubes	0.30	BBQ &/or Sweet & Sour	0.40
Cheese Sticks	0.80	Butter for Corn	0.20
Ovalteenies	1.30	Sweet Chilli Sauce	0.40
Eucalyptus lollies / Butter Menthols	1.00		
Grainwaves –Sour Cream	1.30		
Smiths BBQ chips	1.30		

All Prices are subject to price rises.

Ice Blocks are not sold at Recess.

Please **do not** order Ice Blocks in Lunch Orders**THEY MELT!!** If you are unable to provide a paper bag for your child please write order on an envelope and **add extra 5 cents** to total.

The Canteen prepares lunches on every day EXCEPT WEDNESDAY, as it is CLOSED.

The Lunch Orders should be written clearly on the front of a paper bag with the Child's Name and Class and the **amount of money enclosed in the bag.**

Parents please remember children are **not permitted** to bring more than \$2.00 spending money. Your co-operation in this matter would be appreciated.

Please let your child know if he/she has anything missing from their lunch order or does not receive their lunch order please get them to tell their class teacher or Mrs Crawford in the Canteen **on that day.**

PLEASE NOTE: CANTEEN IS CLOSED ON WEDNESDAYS

Jan Crawford
Canteen Manageress

Before 8.00am on **9622 5703** (Home) or after 8.15am on **9622 9910** (School)

M:\ADMINISTRATION\Canteen\Canteen Price List 2014 as at 1.8.14.doc

