



# Good Shepherd Primary School Newsletter

**Fifth Sunday in Ordinary Time**

**Term 1**

**Week 3**

**Tuesday, 11th February, 2020**



Our school scripture focus this year is *"Blessed are the pure of heart"* from Matthew's Gospel.

Well what does that mean to be pure of heart? In our lives it would mean;

- Someone who doesn't make fun of other people
- Someone who is generous with their time and gifts
- Someone who gives without showing off
- Someone who treats others with respect and dignity; and
- Someone who sees the best in everything and everybody.

Today we have fine examples of how to behave, in our school leaders. Today our school leaders received their badges and with the badges there is a lot of responsibility.

Angelo Dela Paz, Cyrille Raposas, Ethan Escandor, Shantel Santana and all the sports captains have been voted by students and staff as outstanding examples of young leaders. We congratulate them and their families today for their achievement.

**Good Shepherd Primary School**  
134 Hyatts Road  
Plumpton NSW 2761  
Telephone: 9836 7100

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

Principal:  
Mrs Patricia Carr



**Good Shepherd Parish**  
136 Hyatts Road  
Plumpton

Telephone: 9832 4461

Email:  
[parishof@tpg.com.au](mailto:parishof@tpg.com.au)

Parish Priest:  
Fr Vincy D'Costa  
ofmcap

*Patricia Carr*

Tricia Carr  
Principal



**Open Day at our School**

**Sunday 1st March**

**10.00 am—1.00 pm**



Term 1 concludes:  
Thursday, 9th April

Term 2 commences:  
Monday, 27th April

Term 2 concludes:  
Friday, 3rd July

## Upcoming Events

Wednesday, 12th February:	Meet the Teacher BBQ (4.30 pm-6.30 pm Good Shepherd School)
Thursday, 13th February:	Blacktown Zone Swimming
Tuesday, 25th February:	School Photos
Wednesday, 26th February:	Ash Wednesday (9.00 am Mass Good Shepherd Church. Years 3—6 attending).
Friday, 28th February:	Staff Development Day (Pupil Free Day)
Sunday, 1st March:	Catholic School Week commences, starting with Bookfair (Good Shepherd School)
Sunday, 1st March:	Open Day at our School (10.00 am—1.00 pm)
Thursday, 12th March:	Year 2 Excursion to Hambleton Cottage Excursion
Friday, 20th March:	National Day Against Bullying

## OPEN DAY AT OUR SCHOOL!!

Good Shepherd Primary School invites current and prospective families to come and explore the school's facilities at an Open Day on **Sunday, 1st March, 2020** from 10:00 am—1:00 pm. Learning Spaces will be open, staff will be available to meet and greet, and a community barbeque will be provided. Hope to see you all there!



**School Commencement time: 8.30 am**

**School Dismissal time: 2.50 pm**



### Communication between Parents and Staff for 2020

Just a reminder that the direct line of communication if you need to discuss concerns/issues etc regarding your child is:

Email, phone call or letter addressed to your child's teacher stating your concerns and requesting an interview if required.

Following this, you can request an interview with your child's Year Grade Leader.

2020 Year Grade Leader are as follows:

Kinder: Mrs Yvonne Davies  
Year 1: Mrs Trish Conner  
Year 2: Mr Paul Battikha  
Year 3: Mrs Joan Bellenger  
Year 4: Mrs Beulah Frankson  
Year 5: Ms Elizabeth Le Breton  
Year 6: Mr Ian Byrne

If you need to take further steps, after speaking with the Year Grade Leader, an email, letter or phone call to our Assistant Principal, then to the Principal.

Dear Parents & Carers, please note if someone else will be collecting your child **early or during school hours**, on your behalf, you need to inform the school **in writing or by email to:** (goodshepherd@parra.catholic.edu.au) **PRIOR TO PICKUP**. Thank you for your cooperation in this matter.

### **Privacy Consent**

Dear Parents & Carers,  
If you do not give consent for the use of your child's image and/or works to be published in our School Newsletter or on our website, **please notify the school in writing**. If you do not want your child to sell raffle tickets, please also inform the school office. Thank you.

### **2020 Term Dates**

Term 1 concludes: Thursday, 9th April

Term 2 commences: Monday, 27th April  
Term 2 concludes: Friday, 3rd July

Term 3 commences: Monday, 20th July  
Term 3 concludes: Thursday, 24th September

Term 4 commences: Monday, 12th October  
Term 4 concludes: Wednesday, 16th December

### **2020 Staff Development Days (Pupil Free Days)**

Term 1: Friday, 28th February

Term 2: Friday, 5th June

Term 3: Friday, 25th September

Term 4: Thursday, 17th December and Friday, 18th December

### **Staff Development Day—Term 1 2020**

Each year Staff participate in professional development to support them in their roles as educators. The focus of these days is aligned to Good Shepherd School's goals. Staff will use information they have gathered about the children to design learning programs for the children that will best meet their needs. These Staff Development Days are **PUPIL FREE DAYS** and Term 1's will take place on **Friday, 28th February (Week 5)**. Our thanks to parents for organising care for their children on these days. COSHC will be able to offer spaces for care on these days. Please see attached application form.

## 2020 Parent Group Our New Committee Members!

Last night at our Annual General Meeting of the Parent Group, we had elections for office bearers for 2020.

Congratulations to the following parents who were elected to take Executive Parent Group positions for 2020.

President: Mrs Jenny Gotts  
Vice President: Mrs Felicia Jane  
Secretary: Mrs Rhea Allen  
Treasurer: Mrs Ramona Alameh

We appreciate the time and effort in the many ways they support our school and work for the benefit of our children.

Many thanks to our 2019 committee members—Mrs Gotts, Mrs Jane, Mrs Allen & Mrs Shaw for their dedication and support throughout 2019.



### No Nut Products to School ...

As you are aware Good Shepherd Primary School has adopted a **nut free** policy to protect its students. Due to the presence of children who have anaphylactic reactions, nuts represent a considerable threat to the well-being of some of the school community. An anaphylactic reaction can be fatal. **Could parents please further assist us by making sure that their children do not bring any nut products to school eg peanut butter, Nutella and other nut spreads, chocolate bars with nuts in them like Snickers, some muesli products, some cake or biscuit products—the list is extensive. If parents could check the labels carefully before buying products for school lunches, it would be greatly appreciated.**

If your child has an allergy and he/she does not wear a wrist band at school, please contact Mrs Doran in the School Office. (Wrist Bands are also available for asthma and diabetes).

### Updated Action Management Plans for Medical Issues

If your child is taking regular medication including Asthma or is Anaphylactic or allergic, please note at the beginning of each year **we require updated information and Action/management plans for these medical issues.**

As part of keeping our children safe, it is vital that we maintain the most current information. Please take the time to update this information as soon as possible.

### Pastoral Care & Student Management Policy and the Countering Discrimination, Harassment & Bullying—Policy

Dear Parents & Carers, for information on the above policies, and other policies, please refer to our School Website—About Us—Policies & Procedures. Please note our Parent Handbook is on our School Website under "Enrol Now" for your convenience.

### Complaints/Grievances Forms

Parents, please note if you would like to make a complaint/grievance in regards to any school matter, you can pick up a form from the school office. All matters will be attended to under strict confidentiality.

### Student Absences

Dear Parents,  
Just a quick reminder that **ALL student absences need to be explained. This is a legal requirement.**

### Unexplained Attendance letters

Your child may bring home a letter asking for an explanation for your child's absence from school. **Would you please complete and return back to your child's teacher promptly.**

### Children Absent from School due to illness

In the event of your child being absent from school due to illness, **please inform the school office by phone or email. It is necessary that a written note of explanation be forwarded to the class teacher on the day of your child's return to school.** We need to receive this note within seven days of the last day of absence. Prolonged absences from school due to illness should be supported by a medical certificate.



### Canteen News

Please see attached 2020 Canteen Menu. There is also a new cashless payment system for your child's canteen online orders—details attached.

Even though our canteen is using a different app called "Cashless" for online payments at the canteen, **your children are still able to purchase with cash, money, coins & notes on a daily basis. Lunch orders that the children bring in to school (not ordered online) can be done with cash as well.** Thank you for your cooperation in this matter.

### Birthday Cakes

We love to celebrate your child's birthday. If you wish to bring something simple to share, please send cup cakes or donuts only—no lollies or drinks. **Large birthday cakes that require cutting are not recommended.** Due to food allergies throughout the school, please ensure cakes are nut free. If your child has any food allergies, please supply some alternatives that can be left at school for when cakes etc are brought in eg bag of lollies. Please do not send hot food or takeaway food.



### Summer Uniform

By now all students should be wearing their Summer School/Sports Uniform. **Please remember our "No Hat, No Play" policy and ensure that your child has their school hat each day.** All clothing and hats should be clearly labelled with your child's name and class. Thank you.

## Peace & Joy Awards

The Good Shepherd School Community would like to congratulate the following students for their hard work and dedication throughout the past week. These awards are presented for cooperation, respectfulness, responsibility, care, compassion, fair go and integrity.

KB	Giselle Gajjar	KG	Ayva Juneja
KR	Selena Alhamwi		
1B	Robin Altun	1G	William Allen
1R	Alexander Heffernan	1W	Kendrick Oakes
2B	Aanah Patel	2G	Taylor Gale
2R	Savannah Attard	2W	Maxwell Siasaga
3B	Kristopher Jayden Leonardo	3G	Charlotte Russell
3R	Andrei Bichescu	3W	Jerome Aloisio-Malatai
4B	Alexandra Barbor	4G	Daniella Duquilla
4R	Roza-Elloise Frias	4W	Andrail Adriano
5B	Armando Montales	5G	Charvi Barmalli
5R	Abbey Irmisch	5W	Mikayla Tato
6B	Alexander Zeya	6G	Matt Byrone Sincero
6R	Janina Imlay	6W	Mariam Tungul

### Contact Details

Parents, it is vital that all contact information including phone/mobile numbers, emergency contacts, home address, email address are kept up to date. Please contact the School Office if any changes need to be made. Thank you.

### After School Supervision

Just a reminder that school finishes at 2:50 pm. Please ensure that your children have been collected **before 3:15 pm each afternoon.**

There are many children who have not been collected before 3:15 pm which creates issues with supervision & safety for the children. If you are late collecting your children from school it impacts on the children, the staff and the running of the school. Please ensure that you have made suitable arrangements to have your children collected by 3:15 pm.

If there is an emergency and you are running late to collect the children, please telephone the school office on (02) 9836 7100. Thank you.

### Visitors to our School

Any visitors to our school are required to enter via the Office to sign in electronically. Upon your exit, please ensure you sign out. This requirement also stands for visits to the **Uniform Shop, Canteen or to the Music Room inside the School premises.** This is a requirement for the continuing safety of all in our community, and complies with child safety and WHS requirements.

### Label Uniforms

Please label your child's uniform **especially their hats, drink bottles, school bags, jumpers** as many items are ending up in lost property! Names can be written on with a laundry pen, embroidered, or you can use iron-on labels. All unlabelled uniforms are washed and re-sold in the uniform shop. By failing to label your child's uniform, you are spending money unnecessarily when you need to replace these items.

### School Photos

Dear Parents, School photographs are scheduled for **Tuesday, 25th February** and will be taken by Advancedlife Photography. **Students are to wear their normal School Uniform (not Sports Uniform).**

**Online ordering is preferable as this will reduce administration and potential security issues related to the return of cash and envelopes on photo day.**

Should you have any queries concerning school photos please email advancedlife—email is [enquiries@advancedlife.com.au](mailto:enquiries@advancedlife.com.au).

The 9 Digit Online Order Code for Good Shepherd is ...

**BP8 5JQ VNW.**



### \$100 Creative Kids Vouchers Go Live

As parents begin planning for the year ahead, they can now access Creative Kids vouchers, providing them with \$100 for every school-age child to help cover the cost of enrolment for creative and cultural learning activities. Parents can use one voucher for every school-age child per year to help meet the cost of structured creative and cultural activities, such as music lessons, languages, coding, drama and theatre, photography and graphic design. Minister for Finance, Services and Property Victor Dominello said the NSW Government's Creative Kids program builds on the success of the Active Kids program, which is back this year, helping to reduce the cost of registration for sport and organised physical activity. Please visit website <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

# Term 1 Class Captains

KB	Emma Bourne	Cruz Schwalger
KG	Ariella-Rose SangYam	Vita Robertson
KR	Hannah Muller	Peter Abraham
1B	Harlow Pinot	Robin Alto
1G	Ana Setefano	Liam Stone
1R	Emma Xuereb	Alex Rizeq
1W	Tadeana Goodwin	Gabriel Dela Cruz
2B	Vanessa Bradley	Krishan Chand
2G	Taylor Gale	Aleksander Milosevski-Vlaoski
2R	Abigail Milag	Kamal Kamal
2W	Emalyn Shaw	Aiden Lees
3B	Lillian Dunn	Ethan Ong
3G	Kassandra Nuval	Nikil Kumar
3R	Jasmine Hoang	Euan Gozon
3W	Sherene Zaballa	Rimoun Khoury
4B	Samantha Zacharia	Samuel Craig
4G	Maheen Seghal	Nixon Baduria
4R	Roza-Elloise Frias	Vlad Anastasiel
4W	Kirsten Labial	Tevita Langi
5B	Denise Nicolas	Benji Reyes
5G	Dominic Sultana	Kristina Labeeb
5R	Shruthi Lal	Matthew Chen
5W	Emmanuella Momoh	Lebron Manalo
6B	Precious Johnson	Mat Alampayan
6G	Peighton Laurente	Reuben-Marcel Frias
6R	Janina Imlay	Ethan Baxter
6W	Abuol Mawien	Ronan Cruz

## Sincere Condolences

Please keep in your prayers, Sr Paula's mother who recently passed away. May God hold her in the palm of His hand.



## Baby News

Congratulations to the Lonesborough Togahai family (Rolsena 5B & Angel 2B) on the birth of a new baby girl, Rose Petal. May you enjoy many happy days together with the newest addition to the family.



**Strive for Higher Things at Catherine McAuley Westmead**



**Enrolling now for 2021 - Applications close 27th March 2020**

**OPEN EVENING Wednesday 4th March 2020 4pm - 7pm**

Catherine McAuley Westmead, 2 Darcy Rd, Westmead | [www.mcauley.nsw.edu.au](http://www.mcauley.nsw.edu.au)



# Attendance

MON

TUE

WED

THU

FRI

every learner every day 

## ABSENCES ADD UP!



## DID YOU KNOW



**1 IN 6**

PRIMARY STUDENTS ARE NOT  
ATTENDING SCHOOL REGULARLY!

## EACH DAY MISSED:

- ▶ Puts your child behind and makes it harder for them to catch up
- ▶ Can lead to lower achievement in reading, writing and numeracy
- ▶ Can lead to gaps in learning and social connections

## WHAT PARENTS CAN DO



## GOOD HABITS BEGIN EARLY



Good attendance starts in Kindergarten and sets students up for success in their school life

## SCHOOLS ARE THERE TO HELP



If you're having attendance issues with your child, speak to your school about ways to address it.

every learner  
every day 



Catholic Education  
Diocese of Parramatta

# News from the Catholic Education Office

## **McCarthy Catholic College, Emu Plains**

From the beginning of the new school year, McCarthy Catholic College will be known as Penola Catholic College Emu Plains. As you may know, McCarthy Catholic Trade Training Centre will become the McCarthy campus of CathWest Innovation College from 2020. Penola Catholic College will continue to serve students from Year 7 to Year 12.

The Penola Catholic College name recognises the strength that this proud learning community draws from values and example of St Mary of the Cross MacKillop. Penola is the place where St Mary of the Cross MacKillop and Father Julian Tenison-Woods started a school, beginning their work of extending the opportunities of education to thousands of Australian children and young people.

This decision follows a process of reflection at a school level. Catholic Education Diocese of Parramatta is so proud of the reputation the College is developing for learning and teaching in the Penrith and Lower Mountains areas.

The history of the College and the McCarthy name will continue to be recognised and acknowledged at Penola Catholic College, as well as at the McCarthy campus of CathWest Innovation College. The dedicated College staff are committed to supporting the school community in this period of renewal. Further information will be provided to the community in the weeks ahead. If you require information about enrolments, please contact the College on (02) 4728 8100.

## **New eSafety Website Launched**

The eSafety Commission has spent the last 18 months working alongside various experts to create, refresh and streamline eSafety's content. Every page on their site has been updated with tailored advice, resources and support to ensure it helps Australians have empowering and positive experiences online.

Almost a third of the website features exciting new material, including the section for young people, guided by young people. Not only is this a great resource for students, but the topics can help with online safety conversations in Australian classrooms.

Over 300 of the site's resources, including our popular education resources, have been refreshed and re-branded and are easier to find using our new filter feature. Now, you can search by education level and topic to ensure you find what best resonates with your specific school context and classroom needs. The site has also had some of its older resources scrapped — with new research and technology, they have become outdated and are no longer relevant.

The new online safety hub presents an incredible opportunity to reach a broader range of Australians and make them aware of eSafety's resources and services. Click the link to visit the new site: <https://www.e?safety.gov.au/>

## **NSW Police Legacy Digital Child Safety Handbook**

A new edition of this valuable safety resource is now available online. The current edition has been updated with digital/online safety, light rail safety, metro train safety, dental health, diabetes, etc. It is recommended that school principals bring this important information source to the attention of their school community.

The Child Safety Handbook App has also been produced by NSW Police Legacy and includes everything we need as a community to protect our most valuable and vulnerable resource – our children. From preventative measures at home to safety outdoors, from cybersafety to dealing with peer pressures, this App is a resource for every family and school community. The app can be downloaded via the Apple store, Google Play or Amazon Kindle.

Link to the digital handbook - NSW Police Legacy Child Safety Handbook

Here is also a link to the [childsafetyhub.com.au](http://childsafetyhub.com.au) website with assets that can be used - <http://nsw.childsafetyhub.com.au/downloads/>

## **\$100 Creative Kids Vouchers Go Live**

As parents begin planning for the year ahead, they can now access Creative Kids vouchers, providing them with \$100 for every school-age child to help cover the cost of enrolment for creative and cultural learning activities. Parents can use one voucher for every school-age child per year to help meet the cost of structured creative and cultural activities, such as music lessons, languages, coding, drama and theatre, photography and graphic design. Minister for Finance, Services and Property Victor Dominello said the NSW Government's Creative Kids program builds on the success of the Active Kids program, which is back this year, helping to reduce the cost of registration for sport and organised physical activity. Go to [www.service.nsw.gov.au](http://www.service.nsw.gov.au) for further information.

# News from the Bishop's Office

## Positions Vacant:

Volunteers - CatholicCare Mamre Creche

More details at: [parracatholic.org/employment](http://parracatholic.org/employment)

Retired Priests Care Coordinator (Part-time) - Broken Bay Diocese

Clergy Development Officer (Part-time) - Broken Bay Diocese

For more details, please contact Kelly Paget on 02 8379 1612 or [kelly.paget@bbcatholic.org.au](mailto:kelly.paget@bbcatholic.org.au)

## Plenary Council 2020

The Plenary Council invites people to continue to participate in the journey towards the Council sessions in 2020 and 2021. The "Listening and Discernment" phase recently opened and a guide has been developed to encourage groups to take part in communal discernment on the National Themes for Discernment.

Learn more about the Christian practice of discernment and download the guide, "Let's Listen and Discern", at [www.plenarycouncil.catholic.org.au](http://www.plenarycouncil.catholic.org.au)

## CatholicCare Blacktown Neighbourhood Aid Volunteers Needed

Blacktown Neighbour Aid, a program with CatholicCare, is looking for volunteers to support our senior clients in the Blacktown area to remain living independently in their own home. If you feel you would like to make a positive difference to other's lives in this way, please contact the Manager, Deb Woolacott on 0418 114 055 or email [deb.woolacott@ccss.org.au](mailto:deb.woolacott@ccss.org.au).

## Australian Church Bushfire Response

Bishop Vincent Long OFM Conv and the Australian Bishops have asked that special collections be taken up on Australia Day weekend to support bushfire-affected communities. Money raised from this collection will support the Vinnies' bushfire appeal. Parishioners wishing to donate individually and receive a tax-deductible receipt can donate at [www.vinnies.org.au](http://www.vinnies.org.au). Thank you to those who have already contributed to support affected communities.

We are also called to pray for those affected, especially those who have lost loved ones, for those fighting the fires and for an end to the ongoing crisis. Prayers and other resources can be found at [www.parracatholic.org/bushfires](http://www.parracatholic.org/bushfires).

## Country Care Link Volunteers Needed

Open Support, a not-for profit, community service organisation is in need of volunteer drivers for their Country Care Link program, which is a transport service for regional NSW families, couples and individuals when in Sydney for medical appointments and hospital stays. For more information or to receive a volunteer information pack, please email [volunteer@opensupport.org.au](mailto:volunteer@opensupport.org.au), call 02 8382 6437 or visit [www.opensupport.org.au](http://www.opensupport.org.au).

## Catholic Mission Camino 2020 Pilgrimages

Catholic Mission is organising two pilgrimages to walk the Camino Portugués (17 days) from 11 to 27 May 2020 and the Camino Francés (16 days) from 19 September to 5 October. Each pilgrimage will offer small groups lead by an experience guide. For more information, please contact Sr Veronica Rosier OP on 0451 387 906 or visit [www.catholicmission.org.au/camino2020](http://www.catholicmission.org.au/camino2020).

## Upper Blue Mountains Parish Adoration Chapel

St Mary of the Cross MacKillop Parish in the Upper Blue Mountains has opened an Adoration Chapel at St Canice's Church, Katoomba. If you would like further information or would like to sign up for a weekly hour of adoration before the Blessed Sacrament, please call the parish office on (02) 4782 2804.

## LIFTED Live featuring Gen Bryant: 13 February

Youth, young adults and families are invited to a celebration of our local Church 'alive and brilliant' at CYP's LIFTED 2020 Launch on Thursday 13 February at WEST HQ, Rooty Hill from 7.30pm to 10pm. Live music, worship and plans unveiled for young people and acclaimed Catholic singer-songwriter from Melbourne Gen Bryant on-stage. Register your interest now at <https://parracatholic.org/liftedlive/>

## Institute for Mission Themes of Faith: Starting March 2

The Themes of Faith program invites participants to share conversation and reflection in small groups. Each group is accompanied by a mentor with a focus on different key life/faith theme each time. Sessions, arranged in two blocks of 5 Monday evenings, start on 2 March. To register, visit <https://www.ifm.org.au/tof> and for more information, contact Donnie or Fr Paul on (02) 9296 6369 or [donnie.velasco@ifm.org.au](mailto:donnie.velasco@ifm.org.au) or [paul.roberts@ifm.org.au](mailto:paul.roberts@ifm.org.au)

## Institute for Mission Reflective Ministry Program: Starting March 10

If you are serving in any ministry or hoping to get involved, this program gatherings will nurture your relationship with God and further equip your purpose and serving! Sessions start on Tuesday 10 March and will run every Tuesday night for twelve weeks. To register, please visit <https://www.ifm.org.au/reflective-ministry/> or for more information, contact Sr Grace on (02) 9296 6369 or [grace.roclawska@ifm.org.au](mailto:grace.roclawska@ifm.org.au).

## Good Shepherd Primary School

134 Hyatts Road, Locked Bag 1001, Plumpton NSW 2761 - Phone: 9836 7100

Email: [goodshepherd@parra.catholic.edu.au](mailto:goodshepherd@parra.catholic.edu.au) - Website: [www.gsplumpton.catholic.edu.au](http://www.gsplumpton.catholic.edu.au)





# **GOOD SHEPHERD PRIMARY SCHOOL**

134 Hyatts Road, Plumpton 2761

Mail Address: **Locked Bag 1001 Plumpton NSW 2761**

**Telephone: (02) 9836 7100**

email: [goodshepherd@parra.catholic.edu.au](mailto:goodshepherd@parra.catholic.edu.au)

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5th February, 2020

Dear Parents and Carers,

Good Shepherd Primary School recognises that email is a fast and convenient way to communicate with your child's teacher.

We wish to remind you that teachers read their emails at various times throughout the school day. Further, teachers are generally not expected to respond to emails from parents and students outside of normal working hours. In the case of a genuine emergency please contact the school office during business hours on email: [goodshepherd@parra.catholic.edu](mailto:goodshepherd@parra.catholic.edu) or phone Ph. 9836 7100.

If you wish to contact your child's teacher, please continue to direct your emails to [goodshepherd@parra.catholic.edu.au](mailto:goodshepherd@parra.catholic.edu.au) which will then be triaged, as per usual practice.

We appreciate your assistance and understanding.

If you have any questions about the above, please feel free to contact the school office on Ph. 9836 7100.

Kind regards

Tricia Carr  
Principal

# CANTEEN MENU



## HOT FOOD

- CHICKEN NUGGETS  
4 FOR \$3.00  
6 FOR \$4.20
- PARTY PIE  
• CORN ON THE COB \$1.20
- GARLIC BREAD \$1.20
- SAUSAGE ROLL - LITE \$2.00
- SPINACH & RICOTTA ROLL \$3.50
- MEAT PIE - LITE \$3.50
- HOT DOG & SAUCE \$4.00
- HOT CHEESE ROLL \$3.50
- PIZZA WRAP \$3.00
- \$4.00

## BURGERS

- CHICKEN BURGER \$4.50
- SWEET CHILLI BURGER \$4.50
- BEEF BURGER \$4.50
- VEGGIE BURGER \$4.50

## ICE BLOCKS

- FROZEN LITE CORDIAL CUP \$0.50
- FROZEN JUICE CUP \$1.00
- QUELCH STICK \$1.00
- JUICE POUCH \$1.00
- MOOSIE POUCH \$1.20
- SLUSHIE CUP \$2.00
- ICE CREAM CUP \$2.00



FOR A MORE DETAILED MENU AND TO ORDER ONLINE, PLEASE VISIT [CASHLESS.SCHOOL](http://CASHLESS.SCHOOL)  
LUNCH ORDER CUT OFF IS 9 AM

## PASTA & RICE

- MACARONI & CHEESE \$4.50
- BUTTER CHICKEN & RICE \$4.50
- PASTA BOLOGNESE \$4.50
- LASAGNE \$4.50
- VEGETABLE LASAGNE \$4.50

## SALADS

- GARDEN SALAD \$4.00
- WITH HAM OR TUNA \$4.50
- WITH SALMON OR CHICKEN \$5.00
- CHICKEN CAESAR SALAD \$5.50
- ADD ONS \$0.60  
EGG, CHEESE, AVOCADO, SPROUTS, BACON, CROUTONS

## WRAPS

- CHICKEN CAESAR WRAP \$4.80
- SWEET CHILLI CHICKEN WRAP \$4.80
- CHICKEN TENDER WRAP \$4.80
- TOASTED HAM/CHEESE WRAP \$4.80

## SUSHI

AVAILABLE TUES, WED & THURS

- CHICKEN & CUCUMBER \$3.50
- TUNA & CUCUMBER \$3.50
- CHICKEN TERIYAKI \$3.50
- VEGGIE SUSHI \$3.50

## SANDWICHES

- VEGEMITE, JAM \$2.00
- TOMATO, CHEESE \$2.50
- TUNA OR EGG \$3.00
- HAM, CHICKEN OR SALMON \$3.50
- SALAD SANDWICH \$3.50  
WITH LETTUCE, TOMATO, CUCUMBER, BEETROOT & CARROT
- SALAD W/ CHEESE \$4.00
- SALAD W/ TUNA OR HAM \$4.20
- SALAD W/ CHICKEN OR SALMON \$4.50
- EXTRAS (INCLUDING TOASTING) \$0.60

## SNACKS

- PIZZA MUFFIN \$1.00
- CHEESE STICK \$1.00
- CARROT STICKS \$1.00
- PIECE OF FRUIT \$1.00
- BOILED EGG \$1.00
- POPCORN \$1.00
- CUSTARD CUP \$2.00
- DIP SNACK BOX \$2.50
- FRUIT SALAD \$2.00  
SMALL \$2.00  
LARGE \$3.50
- BANANA BREAD SLICE \$2.50
- RED ROCK DELI CHIPS \$1.50
- GRAINWAVES \$1.50

## DRINKS

- JUICE - POPPER \$2.00
- PLAIN MILK (300ML) \$2.00
- WITH SHIPPAH STRAW \$2.50
- POP TOP JUICE \$2.50
- BOTTLED WATER (600ML) \$2.00
- JUICE BOMB SPARKLING JUICE \$2.50
- FLAVOURED MILK (3 FLAVOURS) \$2.50
- UP 'N' GO \$2.50



### BENTO BOX ONE

CHICKEN BREAST SLICE,  
1/2 SANDWICH, MINI MUFFINS,  
ORANGE WEDGES, & POPCORN

\$5.00 EACH

### BENTO BOX TWO

BOILED EGG, CORN ON COB,  
HUMMUS DIP, TORTILLA CHIPS,  
AND CARROT OR CUCUMBER STICKS



CLASSROOM CATERING SUPPORTS A FOCUS ON EVERYDAY HEALTHY FOOD & DRINK OPTIONS. THESE ARE MARKED WITH A BLUE DOT •

CLASSROOM CATERING IS FULLY COMPLIANT WITH THE NSW HEALTHY SCHOOL CANTEEN FOOD & DRINK BENCHMARKS



# Welcome to the Cashless App!

The canteen is happy to announce that we are now using the Cashless App for recess and lunch orders as of Term 1, 2020



## What is the Cashless App?

The Cashless App makes school life easier for parents, starting with the canteen. Parents can order and pay for recess and lunch for their kids from the Cashless website and app. Simple!



## Can I still pay with cash?

Yes! You can still purchase with cash at the canteens!

## How do I get started?

Just go to [www.cashless.school](http://www.cashless.school) or download our mobile apps to get started!



## How much does it cost?

Your first 3 orders do not incur any fees, so feel free to try it out!

After that there is a simple low fee of \$5 per child per term. We don't like hidden fees either, so this covers all transactions, top ups & purchases.

## What do I do with my Flexischools account?

Simply contact Flexischools to advise you are closing your account and you would like your remaining funds refunded.





# catholic out of school hours care

Friday 30<sup>th</sup> January 2020

Dear Parents and Carers,

## Good Shepherd – Plumpton Catholic Primary School: Pupil Free Day

As families are aware, Friday 28<sup>th</sup> February 2020 is a Pupil Free Day at **Good Shepherd Catholic Primary School**. Catholic Out of School Hours Care at COSHC Good Shepherd – Plumpton is able to offer limited places for care on this day. Places will be allocated on a first come, first served basis, priority given to families already enrolled at the service.

**Opening Times:** 7:00am to 6:00pm

**Flat Fee:** \$55.00 per child for the day, prior to Child Care Benefit deductions.

Families that already attend COSHC on Fridays will have their regular fee deducted from the \$55.00 fee.

### How to secure a position for Friday 28<sup>th</sup> February 2020.

Simply complete the tear off slip below and return to the school office or COSHC to secure your position. Families new to COSHC will be required to complete an enrolment form

No further applications will be accepted after 1:00pm on Friday 14<sup>th</sup> February 2020.

Please note: If your child would normally attend Before &/or After School Care on Friday and do not attend on this Friday, they will be marked as absent and normal fee charged.

Further enquires are to be directed to the COSHC Supervisor on 0409 121 980 or [coshcgoodshepherd@parra.catholic.edu.au](mailto:coshcgoodshepherd@parra.catholic.edu.au)

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### PUPIL FREE DAY REQUEST FORM – Friday 28<sup>th</sup> February 2020.

I will require all day care on the Pupil Free Day, **Friday 28<sup>th</sup> February 2020**, at COSHC Good Shepherd Plumpton. I accept that if I book care for my child/ren and they do not attend on the day, my child/ren will be marked absent and the daily fee will still apply.

Child's Name: \_\_\_\_\_ School Class: \_\_\_\_\_

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

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

I am new to Catholic Out of School Hours Care. Please send me an enrolment form.

# BEREAVEMENT SUPPORT PROGRAM

For men and women who grieve the death of their spouse or partner

**Information session and overview of the Program**

**Thursday 6<sup>th</sup> February 2020**

**Time: 10am–11am**



**Followed By 7 Weekly Sessions**

**Thursday 13<sup>th</sup> February to 26<sup>th</sup> March 2020**

**Time: 10am –12pm**

This Program is aimed at those who are widowed, to further understand and come to terms with the many ways in which grief impacts on their lives.

An opportunity to ask questions, explore and learn more about the ways in which grief unfolds and how best to deal with the unsuspecting challenges and difficulties of the uncharted waters of this long and painful journey.

*When we are listened to with empathy, we are consoled in our grief, our loneliness is alleviated and connections are created amongst us.*

## Topics for each Session

**Session 1:** Physical Effects of Grief

**Session 5:** Tasks of Grieving

**Session 2:** Images and Frameworks for Grief

**Session 6:** Grief /Anxiety/Depression?

**Session 3:** Dealing with Intense Emotions

**Session 7:** Continuing Bonds and Closing Ritual

**Session 4:** Social Effects of Grief

**BOOKINGS ESSENTIAL: Contact—St. Michael's Parish Office**

or

**Rita Chater—Solo Parent Services PH: 8843 2575**

email: [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au)



## VENUE:

St. Michael's Catholic Church  
Downey Room  
1-3 Chapel Lane, Baulkham Hills

## DATE:

Intro and overview - Thursday 6th February 2020 - 10am - 11am  
Followed by 7 Thursday Sessions – 13<sup>th</sup> February - 26th March

## TIME :

10am - 12pm

# School Banking newsletter.

Term 1 update.



## CommBank Bushfire Support

In light of the recent devastating bushfires, we want to share how we can help. Applications are now open for Bushfire Recovery Grants to help rebuild community facilities, schools, fire brigades and replace lost or damaged equipment. Please encourage your local community groups to apply by 31 March 2020, for grants of up to \$50,000. If you're a CommBank customer and you've been affected, we can also give you a hand with your finances. [commbank.com.au/bushfirerecovery](http://commbank.com.au/bushfirerecovery)

## 2020 Treetop Savers Adventure.

This year, the Dollarmites (Pru, Addy, Spen, Lucas and Pat) are ready to take children on a Treetop Savers adventure to the enchanted Treehouse of Savings. Here they'll discover lots of fun financial activities and rewards for saving.

Many surveyed parents think it's important to make learning about money engaging and to reward good saving behaviour\*. And this year, we're changing our School Banking rewards for the better. We're introducing new eco-friendly and reusable rewards, alongside other rewards that encourage creativity, as well as indoor and outdoor play.

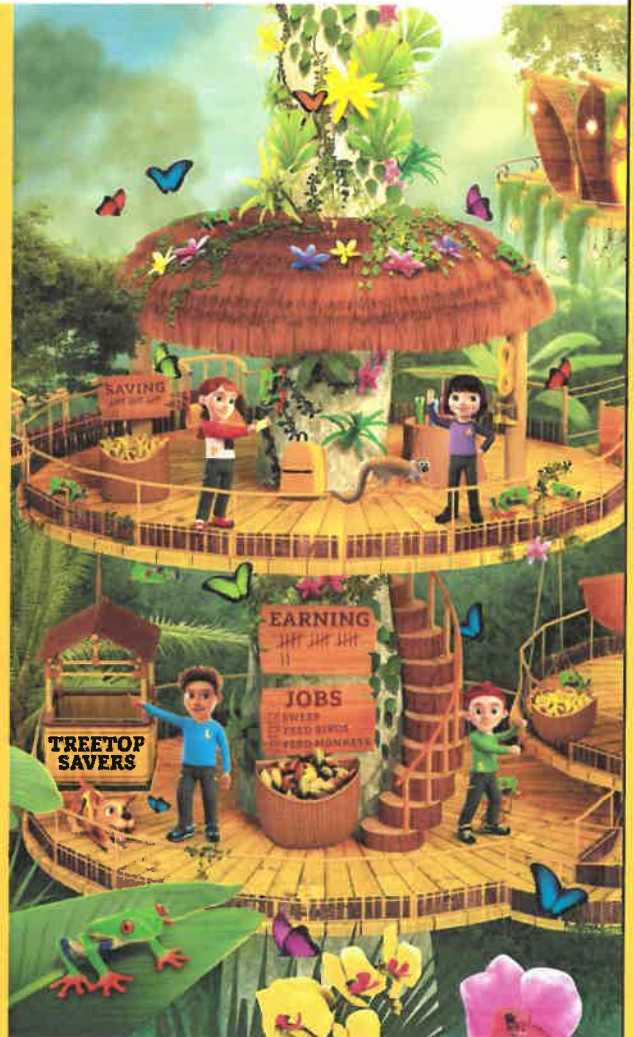
### Activity 1: Add up Addy's pocket money

Addy gets \$2 pocket money every time she does a job in the Treehouse of Savings. If she does 9 jobs, how much will she have earned?

A: \$\_\_\_\_\_.

### Activity 2: Find and count how many frogs and butterflies you can see

A: \_\_\_\_\_ Frogs and \_\_\_\_\_ Butterflies.



## Term 1 Treetop Savers rewards

When your child makes 10 deposits with School Banking, they can redeem one of our Treetop Savers rewards. Term 1 rewards are available now, while stocks last.



Terry Denton's  
Activity Book



Mini  
Soccer Ball

Any questions about the School Banking program? Ask your School Banking Co-ordinator for a parent's pack or visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

\*Parents of Australian primary school children, School Banking Research, conducted by Fiftyfive5, May-June 2018. Commonwealth Bank of Australia ABN 48 123 123 124

Answers: Activity 1: \$18. Activity 2: 10 Frogs and 11 Butterflies

