



Dear Parents and Friends of St Mary MacKillop School,

Congratulations on choosing a quality Catholic Education for your child. One of the important points of difference between our school and other local schools is our faith identity as being Catholic.

For Catholics, the season of Lent is an incredibly important time. Yesterday, your child was able to come together, in a faith filled community, to celebrate the commencement of Lent and their ongoing relationship with their God as part of their schooling. We participated in a beautiful Ash Wednesday liturgy which combined our faith traditions, scripture, prayer and community celebration. Thank you to those who were able to attend and to Mrs Gillard, Mrs Mitchell, Mrs Joseph, Mr Carroll and the Year 4 team for leading us.



Great Work Kinder, One and Two Team !!!!

I am continuously impressed by the commitment and dedication of the teachers in our school. Just recently I was approached by the team of teachers from Kindergarten, Year One and Year Two with an idea to better support the partnership of home and school at St Mary MacKillop. They wanted to give up a night at home relaxing with their families to host an information night for our parents. Mindful about not boring the parent audience to sleep, they met over a number of afternoons to work out precisely what needed to be shared based on occasional experiences of parent confusions from last year. Also mindful of not disrupting families too much, they decided to make the meeting no longer than 30 minutes and also timed it to link with the Year 3 sacramental meeting taking place in the parish (so that parents didn't have to have an extra night out at a meeting this week).

Most impressively, they did all of this as an authentic team which supported one another, complimented each others talents and added value to all those around them. There was no need for myself or Mrs Rowan to speak, our trust was absolutley with the team, because we knew that they had all of the skills and understanding to share what was important with our parents.

On behalf of the families in Kinder, Year One and Year Two - thank you to Mrs Gray, Mrs MacDonald, Miss McNally, Mrs Harman, Miss Jones, Mrs Eisenhuth, Miss Franklin and Mrs Gillard. You are fantastic.

After school dismissal

The staff at St Mary MacKillop have committed to ensuring that our process for dismissing our kids in the afternoon is as safe as possible for the children. In particular, we are insisting that children who do not catch a bus home or wait for a 'late pickup', are escorted by their teacher across the pedestrian crossing to the park for dismissal in the afternoon. This ensures that the teacher knows that every child is getting home safely and that all children can safely exit the school grounds. Please help us to make this happen for your child and everyone else's child so that we can all be safe.

The safety of your children MATTERS!



Road Safety

Please pick up your children from the **PARK side** of the road.

Staffing News

This year we have had the pleasure of welcoming Mrs Bizzanelli and Mr Etherington onto our staff team to support Year 1E, 2G, 4J and 6M. They have been teaching classes for up to a full day each week to allow the regular classroom teachers to undertake other duties in the school including leadership, library and technology. Please make them feel welcome.

I wrote two weeks ago to inform you that Mr Carroll has let me know that he will be leaving us on Friday 23rd February 2018

We have advertised for a replacement music teacher and are currently interviewing applicants for this position and will keep you informed as we know more. Please rest assured that we will minimise disruption for your child and their learning.

Attendance is the key to your child's success!!!

Throughout this year I will be raising the importance of children being **at school** and **on time** every day. It makes sense that for your child to succeed at school and continue to build on their learning, they need to be in the classroom.

Please be aware that current legislation requires that any absence from school other than due to illness, needs to be approved by the school principal. If you are seeking leave for your child, please apply in writing through the school office.

**You miss
100%
of the shots
you don't take.**
- Wayne Gretzky

Together We Grow.

Mr Scott Buchan - Principal

News from the Assistant Principal

Classroom Catering, our canteen provider, organised Pancakes for the children on Shrove Tuesday and kindly donated a portion of the cost of each order to Project Compassion. The total amount donated on our behalf was \$187. A wonderful contribution towards our Social Justice Initiative. Thank you to classroom catering and all who participated in this event.

I would like to inform you that Lowes are currently out of stock of the St Mary MacKillop School Hat due to an issue with suppliers. Lowes changed suppliers at the end of 2017 and expected to have the school hat in stock for the beginning of the 2018 school year however there has been an unforeseen delay. We will keep you updated with the progress as we are informed by Lowes,. In the meantime, if this causes a disruption for your family, please contact the classroom teacher. Thank you for your patience.

Teachers are holding Open Classroom this afternoon where they will be handing out a curriculum overview for each year group. If you are unable to attend open classrooms this afternoon a copy of the curriculum overview will be sent home with your child on Friday afternoon.

If you need to contact me please phone the office or by my email,

mrowan2@parra.catholic.edu.au

Margaret Rowan

The Season of Lent

The Season of Lent began on Ash Wednesday. This season offers us all a chance to grow in our relationship with God through regular prayer and works of mercy. In our busy world, Lent provides us with an opportunity to reflect upon our lives, to pray more deeply, experience sorrow for what we have done and failed to do, and to come back to God with a change of heart.

During Lent we look for a renewal of our lives and we seek the meaning of Jesus' self-less love, so that we might reflect that love to others. We have to work hard to resist temptation and to change some of our bad habits. We know that this will not be easy but we are encouraged by the works of mercy that Christ gave us:



Feed the hungry

Welcome the stranger

Clothe the naked

Comfort the sick

Visit the imprisoned

During Lent Christ is asking us: who might we feed, welcome, clothe, comfort or visit? Let us show Mercy to those who are most in need.

Social Justice Initiative



Yesterday the season of Lent began with Ash Wednesday, which also marks the beginning of the annual Caritas Australia Project Compassion appeal. The theme for Project Compassion 2018 is "For A Just Future" and focuses on a variety of countries (Nepal, Cambodia, Jordan, Australia, Mozambique and the Philippines) and the issues faced in each country. The campaign also highlights how Caritas Australia is working together with vulnerable people, helping them to develop their strengths and create change in their own communities.

The six stories Caritas share with us for the six weeks of Lent reveal some of the ways lives can be transformed when we follow Jesus' instruction to "Love one another." The call of Jesus shakes us out of preoccupation with ourselves. Christ asks us to acknowledge in our lives that we are all members of the one human family. Each one of us is equally worthy of respect and compassion.

For more than 50 years, Caritas Australia has been privileged to work together with our neighbours – our most vulnerable sisters and brothers in Australian communities and in many other countries. Through working with partner agencies in those communities, Caritas, has developed the strength to combat poverty, promote justice and uphold the dignity of every person.

This week all classes received a 2018 Project Compassion box to place on their prayer space in their classroom. Over the next few weeks the students will be encouraged to give generously to those less fortunate than themselves to empower people to build a just future for themselves, their families and their communities. It would be appreciated if you could support your child(ren) in putting their compassion into action this Lent by supporting the 2018 Project Compassion Appeal. **A Just Future starts with your support!**

Project Compassion: First Week of Lent - Janaki from Nepal



Janaki is a young entrepreneur from Nepal, who has turned her life around. Growing up in a world of poverty and disadvantage, coupled with a forced marriage at the age of twelve, she was in a very vulnerable position. Even more so when her husband died just two years into their marriage. With the help of a Caritas Australia supported program she is now running her own successful sewing business and has become an inspirational community leader.

Please donate to Project Compassion 2018 and empower vulnerable young people like Janaki in Nepal to build a just future for themselves, their families and their communities.

Project Compassion: Second Week of Lent - Rattanak from Cambodia



Rattanak is a skilled young barber, living an independent life in rural Cambodia. But it wasn't always that way. As a child he contracted polio and also became deaf. Like many people who are deaf or hard of hearing, Rattanak faced isolation, with a lack of opportunity to escape poverty. After joining the Deaf Development Program run by Caritas Australia's partner, Maryknoll Cambodia, his life was transformed and he is now supporting himself, his wife and baby.

Please donate to Project Compassion 2018 and help deaf youth in Cambodia to build a just future, and live in

communities that uphold everyone's dignity.

A Just Future starts with your support! You can donate through Project Compassion boxes at school, by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.

Scripture Bags

Scripture and prayer are an important part of the life of a Catholic school and this year we have revamped our Class Scripture Bags to more closely align with our whole school Religious Education goal of **improving all students understanding of scripture.**

The class Scripture Bag offers a link between home and school through scripture and prayer. We hope that when your child brings home this bag that you will gather together as a family, and use the contents of the Scripture Bag to read scripture and pray together. We also invite you, as a family, with your child to write a reflection on the scripture or a prayer in the prayer journal.

The Scripture Bag consists of:

- A St Mary MacKillop Prayer card
- A battery operated tea light
- Student Scripture and Prayer Journal
- Pope Francis' Five Finger Prayer
- Rosary Beads and how to pray the rosary prayer card
- God is With Us - A prayer book for Families
- Exploring Scripture Kit (A piece of scripture appropriate to each grade and the resources to retell the story)

The Scripture Bag will consist of some resources for prayer and an Exploring Scripture Kit, which will contain a piece of scripture and the resources needed to retell the story.

The Scripture Bag is a very special and sacred bag. We know that you, with your child will take care of it and see that it is *completely and safely* returned to school. If there is an accident or mishap with the Scripture Bag please let the class teacher know so that the issue can be rectified to ensure every child/family is given the same prayerful opportunity.

Thank you for joining with the St Mary MacKillop Community in prayer.

2018 Sacramental Program – Reconciliation

The 2018 Sacramental Program began on Tuesday night (7pm, 13th Feb) with a Parent Information session. A reminder that the Commitment Masses for First Reconciliation are this weekend; Saturday 17th and Sunday 18th Feb. You can attend any of the masses at St Nicholas:

Saturday 17th Feb at 6pm

Sunday 18th Feb at 7am, 8:30am, 10am or 6pm.

At the Commitment Mass you will need to present your completed Enrolment Form that was handed out at the Parent meeting on Tuesday 13th February.

All children who wish to receive the Sacrament of Reconciliation **must** be enrolled in the program.

All enquires to Colleen Nichols (Sacramental Coordinator) at St Nicholas Parish House 47212509.

Email: sacramental@stnicholasofmyra.org.au



Opening School Mass and Year Six Leadership Ceremony - 9:15am Friday 23rd February

Please join us for our Opening School Mass on Friday 23rd February at 9:15am. At our mass we will gather as a school community to pray for God's blessing on the school year and welcome Kindergarten and the new students across the grades to St Mary MacKillop Primary School. We will also induct the Year 6 students into their 2018 leadership roles.

We look forward to seeing you as we celebrate our Catholic Faith together.



Mr Carroll's Farewell Prayer - 2:15pm Friday 23rd February

There will be a farewell prayer for Mr Carroll at 2:15pm on Friday 23rd February in the hall. At this time the school community will pray that God will bless Mr Carroll with happiness and success in his new endeavours. All in the community are warmly invited to attend.

Please note that there will be **NO ASSEMBLY** on Friday 23rd February

Mrs Gillard

Religious Education Coordinator

Afternoon Pick Up

Please pick up all children at 3pm across the road in the park. Do not come into the playground to collect your child or take them from lines as this creates safety issues for our children.

The teacher on duty will bring any children who are not collected from the park by 3.05pm up to the school playground onto our waiters line.

If your child is on waiters, they can be collected from the playground between 3.10pm—3.30pm

Thank you for caring for our staff and kids.



Skool Bag App Instructions

For iPhone and iPad users:

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "install".
4. The app is FREE to download.
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

For Android users:

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).

Building Child Safe Communities - Forms For All Volunteers

'Building Child Safe Communities' is an initiative developed by Catholic Education Diocese of Parramatta that enhances our commitment to ensuring the safety and wellbeing of all students in our care. It is now a requirement that all volunteers complete an online undertaking form that confirms expectations in relation to behaviour whilst volunteering at schools. This undertaking form also seeks to determine the suitability of volunteers and contractors by requiring them to declare that they do not have a criminal history involving children.

Volunteers – please access the form via the Catholic Education Diocese of Parramatta public webpage <http://www.parra.catholic.edu.au>, then click on 'Child Protection Training Forms' (halfway down page on the right hand side).

Then click on '**Volunteer Form**' (halfway down page).

You will receive a confirmation email once the form has been submitted. Your details are maintained confidentially in a central database and a copy of your confirmation is emailed to the location where you are volunteering.

If you would like to be a parent helper at sports carnivals, reading groups, gala days, excursions etc you will need to complete the form.

Second Hand Uniform Shop

Our second hand school uniform shop is open the last Friday of every month from 2pm - 3.15pm.

Girls summer and winter dresses \$5 each

All other items \$2.

School Banking

School banking has commenced for 2018. School banking encourages your child to develop regular savings habits by giving them the opportunity to deposit money into their Youthsaver account at school each week. If you are interested in school banking and your child does not already have a Youthsaver account you can apply online at commbank.com.au/schoolbanking or visit any CommBank branch.



School Contact Information

St Mary MacKillop has migrated to a new digital phone system which in turn means our phone number has changed. The new school phone number is **02 4724 3200**.



Phone Number Change

The old phone number is still in effect and will be for the next 12 months, however, when we call you the new contact phone number will be shown on your caller id.

Swimming Carnival

A very big thank you to all our students, parents and teachers who attended our school swimming carnival at St Marys Ripples on Monday. We had 65 students participate on the evening and have 23 students progressing to the **Nepean Zone Carnival at Glenbrook Pool on Tuesday 20th February**. A google survey form will be made available to our community over the coming week, inviting for feedback regarding how we conduct our school carnivals.

School Cross Country

The School Cross Country will be held on our school playground on **Thursday 8th March**. Notes will be coming home soon with more information and inviting any parents who wish to assist with time keeping and ribbon writing.

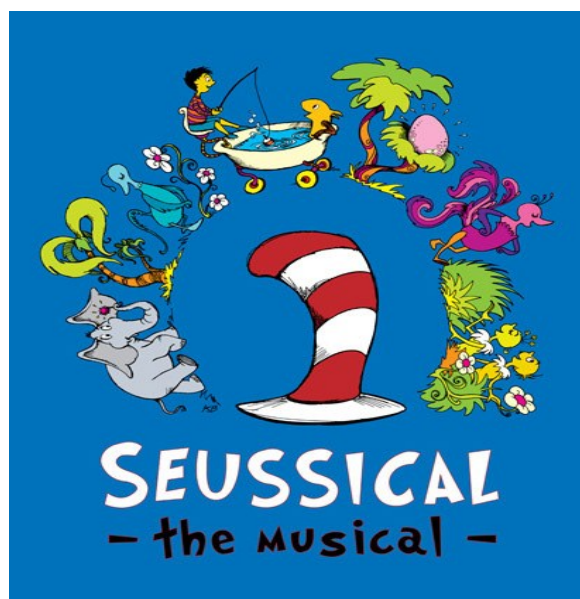
Parramatta Representative Teams

A huge congratulations to Mikayla Castillo, 6M, who has been selected to represent the diocese in Basketball. Mikayla will travel to Wollongong on Friday 2nd March to participate in the MacKillop Trials. Well Done Mikayla!

Last Friday William and Austin of 5M trialled for the Parramatta Diocese Cricket Team, with over 60 boys from our local catholic primary schools. Both boys made the top 16 which is a fantastic achievement! We are very proud to announce that William was successful in being selected for the Parramatta Rep side! He will travel to Wollongong on Friday 23rd March for the combined Parramatta, Sydney, Wollongong



The girls auditioned successfully and will show off their creative flair in April. We wish them well!



CREATIVE ARTS EXTRA CURRICULAR ACTIVITIES

Please find a list below of some of our extra- curricular activities held at St Mary MacKillop in break times/ after school and teacher contact information if you have any queries for your children:

Stage 3 Dance Troupe

Mrs Paine and Mrs Harman will continue to lead a Dance Troupe with our Year 5 and 6 students which begins this week. Interested students are invited to join and will rehearse during break times on a weekly basis. The students will prepare for a performance at our school fete in early term 2 and also the 10th anniversary of Captivate. This will be held during late Term 3 in Olympic Park with rehearsals throughout the year. If you have any queries, please contact Mrs Paine or Mrs Harman through the office.

Primary and Infants Choir

Both Choirs will start back next week in preparation for our first performance, the St Mary MacKillop School Fete. Both choirs rehearse on a weekly basis during Lunch or Recess.

Any student who participated in the Primary/Captivate choir in 2017 will be invited to join this year.

Students who would like to join from Years 3-6 will be invited to audition next week.

The Infants choir is open weekly to students from K-2 (no audition necessary). Please note contact staff for both groups: Infants choir will be lead by Mrs Mathewson and the Primary Choir with Mrs Meehan.

Orchestra

The School Orchestra resumed this week and Mr Russek and I were so excited with the sound, enthusiasm and commitment of all 36 students!!!! This Orchestra will meet Tuesday afternoons from 3pm and is lead by Mr Russek, assisted by fellow staff members. Invited students, who have string lessons with Mrs Bray and Mr Russek need a plastic sleeve folder and their own instrument. Students can be picked up from the hall area at 4pm. If you need to contact anyone regarding the orchestra, please contact Mrs Meehan through the school office.

Strings Program

Over the last two weeks, students have begun or resumed string lessons with Mr Russek and Mrs Bray. Please note these lessons are now full until the commencement of Term 2. Students are reminded to bring their instruments on the following day:

Mr Russek (Violin/Viola)

Tuesdays > Years 3, 4 and 5

Wednesdays > Year 6

Mrs Bray (Cellos/Double Bass)

Thursdays



Bittersweet Farewell

In my last notice for our school newsletter, I would like to say thank you. Thank you for your well wishes and support in my extremely hard and last minute decision to take up a Creative Arts teaching position at All Saints Grammar. But more than that, thank you for your continued dedication for Creative Arts at St Mary MacKillop. It is an extremely important domain for the children and this school is so fortunate to have a staff and parent community that is so dedicated to supporting any program that is put forward.

Please know that myself, the Leadership Team along with staff are committed to continuing the high standard of the Arts which has been evident at South Penrith for many, many years. I will forever remember the incredible support of Mary Mac families who have supported so many endeavours whether it be for our Orchestra, Dance Troupe, Choirs, Eisteddfods, Performance Nights, Christmas Carol evenings, Dance-athons, 5 Captivate seasons and who can forget The Wizard of Oz and The Lion King Jnr.

While heading to my next teaching adventure, I look forward to celebrating the successes of your children at numerous events in the future.

Yours Creatively, with a heavy heart,

Mr Brad Carroll



We would like to welcome all of our families to the 2018 school year!

Just by way of introduction your P&F executive team for this year is

PRESIDENT - Veronica Neal

VICE PRESIDENT - Paul Bortolazzo

SECRETARY - Fiona Bryant

TREASURER - Michelle Darwen

MAJOR FUNDRAISING - Catherine Watson

GENERAL FUNDRAISING - Natalie Borg

PARENT REPRESENTATIVE COUNCIL - Sonya Peters

We look forward to seeing many of you at the Welcome BBQ this evening!

Our first meeting for the year will be Tuesday 6th March at 7pm in the school hall and everyone is welcome to attend.

We look forward to a great year of building community spirit together !



St Mary MacKillop School Fete – May 6, 2018

TRASH AND TREASURE – If you're doing a clean out, consider setting aside anything that is no longer useful for you but in good condition to donate it to our Trash and Treasure Stall. Donations will be welcome from the start of the 2018 school year. **Electrical items cannot be accepted.**

GARDEN STALL – Our Garden Stall will be a green thumb's delight, but we need your help to get started. If you have any plants you could start taking cuttings from and/or empty pot plants/containers, get in contact with us. We would love all of the support we can get.

RIDES, RIDES AND MORE RIDES – Once again we will have some amazing rides and inflatables at this year's fete. Ride passes will be available for purchase at early bird prices from week 4. Every family will receive a letter next week about prices and ways to purchase the ride bands online or through the office.

DONATIONS FOR RAFFLE – We are in need of donations for our fete raffle and chocolate wheel, if you have anything in mind that would help raise some funds for our school, let us know today! We have some great raffle prizes on offer, raffle tickets will be sent home next week, so start thinking of who you can sell them to: family members, friends, sporting teams you or your children are in, your workplace...

SPONSORS – We would like to express our gratitude to our sponsors who have already come on board. Outback Steakhouse and Uphire Equipment Specialists, who have shown amazing generosity to our school. We still have sponsorship opportunities available, starting at just \$250, get in contact now!



Feel free to get in contact anytime for anything fete related at smmpfete2018@gmail.com or

0408 971 675.

Dates for Your Diary Term 1 - 2018

<i>DAY</i>	<i>DATE</i>	<i>TIME</i>	<i>EVENT</i>
Thursday	15 February	3:30pm - 5:30pm 5:30pm - 7pm	Open Classrooms P&F Welcome BBQ
Friday	16 February	2:20pm	Whole School Assembly
Tuesday	20 February		Nepean Zone Swimming Carnival - Glenbrook Pools
Wednesday	21 February		Year 6 & Year 1 Science Incursion
Friday	23 February	9:15am - 10:30am 2:15pm	Diocesan Swimming Carnival - Blacktown Pool Opening School Mass & Year 6 Leaders Badge Ceremony Mr Carroll's Farewell Prayer No Whole School Assembly Today
Tuesday	27 February		Year 2 Science Incursion
Thursday	1 March	12:30pm	Representatives from St Dominics College and Caroline Chisolm High School visiting Year 6 Students
Friday	1 March	9:15am	Year 1 Liturgy
Tuesday	6 March	7pm	P&F Meeting - All Welcome to attend
Thursday	8 March		School Cross Country

Is this safe?



PEANUT AND TREE NUT ALLERGY AWARE SCHOOL



- DO NOT **SHARE** FOOD
- **WASH HANDS**
AFTER SNACK AND MEAL TIMES.
- **ASK QUESTIONS** IF YOU ARE UNSURE
OF "SAFE" FOODS.
- READ **ALL** INGREDIENT LABELS.

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A PEANUT
FOOD ALLERGY AWARENESS PRODUCTS

www.beyondapeanut.com
1-877-ALRG-TIP (257-4847)

Thank you
for helping us
provide a safe environment
for our friends with food allergies!



McCarthy Catholic College
EMU PLAINS

MCCARTHY CATHOLIC COLLEGE

75 Mackellar Street, Emu Plains

Enrolling now for 2019

Open Evening: Tuesday 6 March 2018

Time: 4.00pm to 7.00pm

Meet the Principal, staff and student leaders

Tours of the College facilities

Trade Training Centre information

Enrolment packages available

Presentations at 4.15pm, 5.00pm and 5.45pm

Enquiries: 4735 3211

Like us on Facebook: McCarthyCC

Website: www.mccarthyemuplains.catholic.edu.au



Xavier College Open Night

Prospective Students and Families are welcome to attend the college on Tuesday 6 March 4pm - 6pm.

Enquiries: 02 4777 0900

Address: 1170 Ninth Ave, Llandilo NSW 2747

Website: www.xavierllandilo.catholic.edu.au

After School Drama

CLASSES START
WEDNESDAY
7TH FEB

Wednesdays

FREE TRIAL
CLASS!

Enrolment required

St Mary MacKillop School Hall

SUPERVISION AVAILABLE FROM 3PM UNTIL 5.15PM IF REQUIRED

@ 3.15pm SUPER KIDS (K-Yr2)

@ 4.15pm COOL KIDS (Yr3-Yr7)

To enrol

www.kidscanact.com.au

ENQUIRIES:- Mrs Cathie Parkes - 0414 475 158

CANTEEN MENU

2018

EVERY DAY HOT FOOD

CHICKEN MUFFETS - 4 OR \$5.00	6 OR \$6.20
PARTY PL	\$1.20
CORN ON THE COB	\$1.20
SALAD BREAD	\$2.00
PIZZA SPINNI	\$3.50
SPINNI & 2 PIZZAS OR PIZZA & SPINNI	
CHICKEN TACOS	4 FOR \$5.50
WELL SHRED	\$4.50
CHICKEN CHASER WRAP	\$4.50
WELL WRAP	\$4.50
WELL TOASTED WRAP	\$4.50

DAILY SPECIALS!

MONDAY

SAUSAGE ROLL	\$3.00
TOMATO & P.F.F	\$3.00
PIZZA ROLL	\$4.20

TUESDAY

WELL SOLENOSET	\$4.20
WELL TOASTED WRAP	\$4.50
PIZZA ROLL & CHICKEN RINGS	\$5.50

WEDNESDAY

WELL WRAP	\$4.50
SALETT FILLER CHICKEN WRAP	\$4.50
ALL TEN SALAD & PIZZA WRAP	\$5.50

THURSDAY

WELL BURGER	\$4.20
WELL CHICKEN & P.F.F	\$4.50
PIZZA ROLL & CHICKEN	\$4.50

FRIDAY

SALETT ROLL	\$5.20
SALETT CHICKEN BURGER	\$4.50
CHICKEN BURGER	\$4.50

SANDWICHES

WELL WRAP	AVAILABLE IN WHITE OR CHICKEN
WELL BURGER	ADD \$0.50 TO SANDWICH PRICE
WELL BURGER	\$2.00
TOMATO, CHEESE	\$2.50
TUNA OR P.F.F	\$3.00
WELL CHICKEN OR SALMON	\$3.50
SALAD SANDWICH - LETTUCE, TOMATO, CUCUMBER, BEETROOT & CARROT	\$3.50
SALAD WITH TUNA OR CHEESE	\$3.95
SALAD WITH TUNA OR P.F.F	\$4.20
SALAD WITH CHICKEN OR SALMON	\$4.50
EXTRAS - INCLUDING TOASTING	\$0.40

SUSHI ROLLS

CHICKEN & CUCUMBER	\$3.50
TUNA & CUCUMBER	\$3.50
CHICKEN TERIYAKI	\$3.50

AVAILABLE TUESDAY, WEDNESDAY & THURSDAY

SALADS

CUP OF FRESH FRUIT SALAD	\$2.00
GARDEN SALAD	\$4.00
WITH P.F.F OR TUNA	\$4.50
WITH SALMON OR CHICKEN	\$5.00
ADD TO YOUR SALAD BOX	
100% FRESH, NOODLE, DRESSING, PIZZA, PASTAS, SAUCE	\$0.50
CHICKEN CHASER SALAD	\$5.50

CRUNCH BOX

CUCUMBER STICKS, CARROT STICKS, CHERRY TOMATOES, CHEESE, DIP & CRACKERS	\$4.00
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BENTO BOX 1 \$5.00

1/2 SANDWICH, CHICKEN WING, CHEESE & CRACKERS, FRUIT SELECTION & 2 MINI MUFFINS

1/2 SANDWICH, PARTY P.F.F, DIP & CRACKERS, FRUIT SELECTION & 2 MINI MUFFINS

\$5.00 BENTO BOX 2

SNACKS

PIZZA OF FRUIT	\$1.00
BOILED EGG	\$1.00
COOKIES, DELICATES, POPCORN, JIMMY'S	\$1.00
ASPER TO CHIPS	\$1.50
SCREW TOP YOGHURT	\$2.00
FRUIT YOGHURT CUP	\$2.00
BANANA BREAD - SLICE	\$2.50
WELL STACK BOX	\$2.00
CARROT STICKS, CUCUMBER STICKS, TOMATO SLICES	

DRINKS

JUICE - POPPERS	\$1.80
PLAIN MILK 500ML	\$1.80
WITH SIPPAGE STRAW	\$2.50
POP TOP JUICE	\$2.00
BOTTLED WATER 600ML	\$2.00
GLASS SPARKLING JUICE CAN	\$2.20
FRESH BOTTLED JUICE	\$2.50
FLAVOURED MILK LITE SCUM	\$2.50
UP AT GO 250ML	\$2.50

PLEASE NOTE

REGARDING ORDERING ALL FOOD IS ORDERED AT LEAST 24 HOURS BEFORE THE CATERING. ALL DELIVERIES ARE MADE TO THE CATERING. ALL DELIVERIES ARE MADE TO THE CATERING. ALL DELIVERIES ARE MADE TO THE CATERING.

To Do:

CALL WITH THE CATERING FOR THE CURRENT MEAL DEALS

\$5.00



ORDER YOUR LUNCH ONLINE BEFORE 7AM!

flexischools
FOR EDUCATION

What's On at Penrith Observatory in March

Date: 3 March

Event name: Astronomy Night: Big Bangs in the Night Sky - the Explosive and Dynamic Universe

Event details:

Speaker – Dr Martin Bell

Stars explode, black holes merge, galaxies collide, neutron stars pulse. The Universe is a ticking time bomb and it's Dr Martin Bell's job work out where the next big-bang is going to come from. Hear about some of the latest research in time-domain astrophysics, in which we aim to detect and study dynamic and explosive objects in the Universe. Take a tour of the types of objects that can create Nature's best firework displays, such as tidal disruption events, gamma ray bursts and relativistic jets from super massive black holes. Highlights will include a discussion of the recent discovery of a burst of radio waves following the cataclysmic death of two merging Neutron stars, which resulted in the detection of gravitational waves. Will also include the recent discovery of an Earth like planet around our nearest star system Proxima Centauri, which is a fairly badly behaved "flare" star and may not be capable of sustaining human life.

Includes presentation, short 3D movie, tour of the dome and viewing of the night sky through a range of telescopes (weather permitting).

\$18.00 Adult

\$12.00 Child/Concession

\$50.00 Family (2 adults + 2 children)

Children under 3 years of age free.

BOOKINGS ESSENTIAL

Time: 8pm – 10pm

Venue Address: Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington

Contact phone or website for public enquiries and bookings:

https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on

Facebook Event: <https://www.facebook.com/events/1601017533268312/>

Date: 24 March

Event name: Astronomy Night: Our Moon – Looking Lunar

Event details:

Speaker – Ms Raelene Sommer

Taking advantage of tonight's quarter Moon phase to have a close up look at our natural satellite, including its formation and structure as well as phenomena associated with the Moon such as phases and eclipses.

Includes presentation, short 3D movie, tour of the dome and viewing of the night sky through a range of telescopes (weather permitting).

\$18.00 Adult

\$12.00 Child/Concession

\$50.00 Family (2 adults + 2 children)

Children under 3 years of age free.

BOOKINGS ESSENTIAL

Time: 8pm – 10pm

Venue Address: Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington

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Facebook Event: <https://www.facebook.com/events/1654290507926755/>



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