

Keeping In Touch

2 February 2023



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News from Michelle

Dear Students and Families,

Welcome to the new school year for 2023. It has been wonderful to welcome back our students and families from 2022 and we also extend a special welcome to our new families to the St Mary MacKillop community this year.

It's being an exciting week with Kindergarten starting on Wednesday and the students have had a very settled start to their school life. Congratulations to the Kindergarten team and to all of our families who have worked together to ensure that the transition to school has been as calm as what it has been so far.

This year, sport days will be as follows:

Monday: Year 3, Year 4 & 1M

Tuesday: Kindergarten, Year 2 & 1G

Friday: Year 5 & Year 6

We look forward to welcoming in our new School Leaders at our Opening School Mass on Thursday 16th February where everyone is warmly welcome.

Mr Buchan is currently on leave and has been happy to hear that all of our students have settled into their new classes so well. While Mr Buchan is away Mrs Leesa Gillard is our Acting Assistant Principal and Mrs Michelle Jarrett is our Acting Religious Education Coordinator and I am proud to be Acting Principal of this wonderful community. Please feel free to contact any of us if we can assist you in any way.

Mrs Michelle O'Leary
Acting Principal

First Week of 2023!



PIC•COLLAGE

PIC•COLLAGE

Dear St Mary MacKillop Families,



I hope you all had a wonderful holiday with your family and a great start to the year. All the teachers are looking forward to a great year of learning with your children and are looking forward to seeing you at the Welcome BBQ next week.

As we begin the 2023 school year there are just a few friendly reminders about attendance and learning and safety in the afternoons.

Attendance

Please send your child/children to school on time each day. Regular attendance at school is essential for a smooth start to the day and academic progress. Students should be within the school grounds by **8:42am** in preparation for the commencement of the school day:

Monday to Friday **8:42am** (First Bell – Warning)

8:45am (Second Bell – Commencement of Class)

The school gate is locked at 8:45am and any students arriving after 8:45am need to be taken to the office by a parent who is required to sign them in and obtain a late note.

Afternoon Dismissal

To allow a quick, orderly and safe dismissal of an afternoon we ask that ***all parents who are collecting their children at 3pm please wait in the park across the road and not at the front gate.***

The front gate needs to be kept clear for all students exiting the grounds and to load children on to buses.

If you are collecting your child from waiters this can be done at 3:10pm – again to keep the front gate clear free from obstructions for the children catching buses home. Children on waiters sit behind the bus lines on the school playground.

Thank you for working with us to keep all students safe of an afternoon.

Mrs Leesa Gillard

Acting Assistant Principal

Leaving Students

A term's notice (10 school weeks) in writing must be given to the Principal before the removal of a student or a full term's fees will be payable. The notice can be given any time during term for the next term. Where appropriate notice has been received a pro-rata credit can be calculated based on a pro-rata 40 week year. **One exception is that notice in writing will be accepted at any time during Term 4 in relation to the following years' enrolment i.e. the notice period of 10 school weeks will be waived in this circumstance. If you know your child will be leaving at the end of the year, please advise the school as soon as possible.**

Regular Attendance And Absences

Please send your child on time each day. Regular attendance at school is essential for progress. If your child is unavoidably late, a **parent must take them to the office** for a late note. If your child is going to be away from school for more than two days please contact the school office. A note is required explaining all absences. It is necessary to notify the Principal by letter if a child has to miss school for any length of time e.g. holidays, transfers, sickness. If a child is absent for one day please send a note to the child's teacher on the child's return or submit an absent note through the Compass Parent Portal.

There are new Government guidelines for schools to follow when marking the school rolls. These guidelines require parents who are taking their children on holidays, during the school year, to complete a request of 'Exemption from School Attendance' form. These forms are to be completed prior to your holiday. If you are taking your child on leave for more than 5 days a copy of your travel itinerary is required with the application. The school principal can only approve up to 50 school days leave. Longer periods require the approval of the Director of Schools and the Catholic Education Commission.



Religious Education News



Religious Education News

Welcome to the 2023 school year and a special welcome to all our new families who are joining our St Mary MacKillop community. We are blessed to have such a kind, generous, supportive and faith driven community who 'never see a need without doing something about it.' Each and every one of you hold a special place in making this community the amazing and inspiring place that it is. I offer the following prayer as we begin the 2023 school year together:

***Blessed are you, Lord God,
Creator of body and mind and heart;
you have sent the Spirit of wisdom and knowledge
to guide your people in all their ways.***

***At the beginning of this new school year
we implore your mercy:
bless the students, teachers, and the community of St Mary MacKillop,
that together we may grow in faith, hope, and love
as we learn from you and each other
how to follow your Son Jesus.***

***Expand the horizons of our minds,
that we may grow in wisdom,
understanding, and knowledge;
deepen our commitment to seek the truth of your ways;
and enliven our faith to reach out to those in need.***

Glory and praise to you, Lord God, in the Church and in Christ Jesus forever and ever.

St Mary MacKillop.....pray for us

Amen

Opening School Mass and Year Six Leadership Ceremony: 9:15 am Thursday 16th February

Please join us for our Opening School Mass on Thursday 16th 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 2023 leadership roles. We would also like to invite the Parents and Carers of the Year 6 students to stay behind after the Mass has finished to assist the students in pinning their leadership badges on to their uniform.

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

Religious Education News - Continued

2023 Sacramental Program - Confirmation

Preparation of the Sacrament of Confirmation will commence in Term 1 and enrolments are open on the St Nicholas of Myra website, stnicholasofmyra.org.au, and will close on Wednesday 8th February 2023.

The website contains the requirements and commitments for parents and children and the dates of the Parent Information Evening, Commitment masses, Family sessions, Practice afternoon, a 2nd Rite of Reconciliation for candidates and Confirmation masses.

To be eligible for Confirmation, **children must be in Year 5 or above and must be baptised, have received 1st Reconciliation and 1st Holy Communion.**

Please note the first parent information session is on Tuesday 14th February at 7pm.

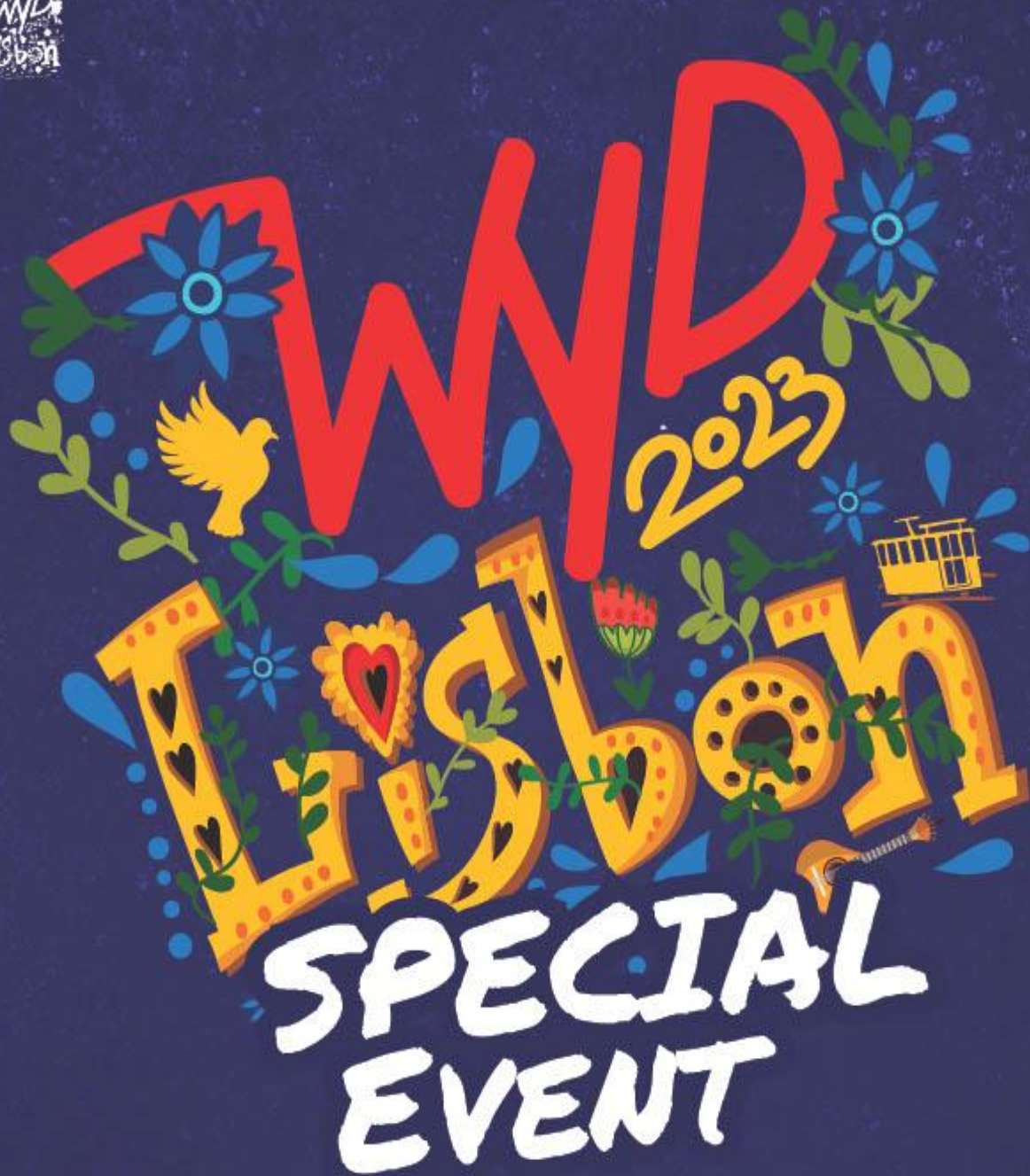
All enquiries to Rodney Howard (Sacramental Coordinator) at St Nicholas Parish House 47212509. Email: sacramental@stnicholasofmyra.org.au



2023 World Youth Day Fundraiser – Friday 10th February

On Friday 10th February (Week 3), the students are invited to wear mufti to school to support the initiative from Catholic Schools Parramatta Diocese (CSPD) in assisting our pilgrims to attend World Youth Day 2023 (WYD23). A QKR code will be added to the App to allow a donation from families to support this initiative. A note with further details will be sent through Compass to all families.

Mrs Michelle Jarrett
Acting Religious Education Coordinator



DIOCESAN MUFTI DAY

Supporting all student pilgrims

Friday 10 February, 2023

Dates for your Diary

Term 1 2023

Thursday 2 February	6:30pm-8:30pm	Twilight Swimming Carnival	Glenbrook Pools
Friday 3 February	2:20pm	Whole School Assembly	School Hall
Thursday 9 February	3:30pm - 4:30pm 4:30pm - 6:30pm	Open Classrooms Welcome BBQ	
Friday 10 February		World Youth Day Fundraiser Mufti Day	QKR App
Friday 10 February	9:00am	2nd Hand Uniform Shop Open	Uniform Shop near Kindergarten
Friday 10 February	2:20pm	Whole School Assembly	School Hall
Tuesday 14 February	7pm	Confirmation Parent Meeting	St Nicholas of Myra
Thursday 16 February	9:15am	Opening School Mass and Yr 6 Leadership Ceremony	School Hall
Friday 17 February	2:20pm	Whole School Assembly	School Hall
Monday 20 February		Zone Swimming Carnival	
Wednesday 22 February	9:15am	Ash Wednesday Liturgy	School Hall
Friday 24 February	2:20pm	Whole School Assembly	School Hall
Thursday 2 March	9:00am	Whole School Cross Country	School Grounds
Friday 3 March	2:20pm	Whole School Assembly	School Hall

Class News



Kindergarten's First Day

Kindergarten had such a wonderful first day of school for 2023. They had a great day learning new routines and how to become a respectful, safe learner. It was exciting to see them develop wonderful friendships.

The highlight of their day would have been spending time with their buddies. They had so much fun.





St Mary MacKillop Primary School Canteen Menu Term 1 2023

Sandwiches & Wraps

All Sandwiches are made on wholemeal bread

Upgrade to Wrap	\$0.80
Vegemite, Jam or Cheese	\$2.50
Tuna or Egg	\$3.50
Ham, Chicken or Roast Beef	\$4.20
Salad Sandwich	\$4.20
Lettuce, Tomato, Cucumber, Beetroot and Carrot	
Salad with Tuna or Ham	\$4.50
Salad with Chicken or Roast Beef	\$5.00
Extras including; Toasting,	\$0.60
Cheese, Avocado, Sprouts	

Build your own Sub Roll

\$5.50

One choice of Meat with any fillings and sauces

1. Choose your Meat;
Chicken Breast, Ham, Tuna, Meatball, Roast Beef
2. Choose your Fillings
Carrot, Cheese, Tomato, Lettuce, Cucumber, Beetroot
3. Choose your Sauce/Dressing
Caesar, Garlic Aioli, Sweet Chilli, Tomato, BBQ, Mayo

Salads

	Small	Large
Garden Salad	\$4.50	\$5.20
Lettuce, Tomato, Cucumber, Beetroot and Carrot		
Garden Salad with Ham or Tuna	\$5.20	\$6.00
Garden Salad with Chicken	\$5.20	\$6.00
Chicken Caesar Salad	\$5.50	\$6.00
Extras - each		\$0.70

Burgers & Wraps

Chicken Tender Wrap	\$5.50
With Lettuce & Mayo	
Chicken Burger	\$5.00
With Lettuce & Mayo	
Cheese Burger	\$5.00
Beef, Cheese & BBQ Sauce	
Veggie Burger	\$5.00
With Lettuce & Mayo	

Hot Food

Macaroni & Cheese	\$5.00
Butter Chicken & Rice	\$5.00
Beef or Vegetable Lasagne	\$5.00
Fried Rice	\$5.00
Traveller Pie	\$4.60
Sausage Roll	\$4.00
Spinach and Ricotta Roll	\$4.00
Party Pies	2 for \$3.00
Garlic Bread	\$2.50

Drinks

Bottled Water - 600ml	\$2.00
Plain Milk - 300ml	\$2.20
Juice Popper	\$2.60
Flavoured Milk - 300ml	\$3.00
Juice Bomb Sparkling Juice	\$3.00
Up 'N' Go	\$3.20

Snacks

Laughing Cow Cheese	\$1.20
Carrot Sticks	\$1.20
Piece of Fruit	\$1.50
Boiled Egg	\$1.20
Popcorn	\$2.00
Custard Cup	\$2.00
Red Rock Crips	\$2.00
Grainwaves	\$2.00
Riviana Fruit Cup	\$2.00
Banana Bread Slice	\$3.00

ORDER ONLINE

For a detailed menu, and online ordering, please visit spriggyschools.com.au



Cut-Off time for all orders is 8:30am

St Mary MacKillop, South Penrith

150 Fragar Road, South Penrith NSW 2750

Ambrose School Age Care provides fun, engaging programs before and after school. Our programs include games, sport, art, craft, and free-time facilitated by Ambrose educators experienced in the nationally approved learning framework, My Time Our Place. Children love Ambrose as the programs are developed around their interests and ideas

They're also a great way to make friends, develop social skills, and most importantly – have fun!



Our Opening Hours

Before School Care: 6.30am – 8.45am

After School Care: 2:30pm – 6.00pm

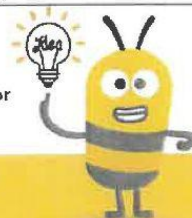
Pupil Free Day: 6.30am – 6.00pm

Our fees Government subsidy (CCS) available depending on each family's eligibility.

Session	Time	After 85% Child Care Subsidy*	After 50% Child Care Subsidy*	Advertised Fee No Child Care Subsidy
Morning	6.30am – 8.45am	\$4.23	\$11.55	\$22 per session
Afternoon	2.30pm – 6.00pm	\$6.06	\$16.54	\$31.50 per session
Pupil Free Day - Standard Fee - Early 'Bee' Special	6.30am – 6.00pm	\$14.43 \$ 12.51	\$39.37 \$34.12	\$75 \$65

*Child Care Subsidy (CCS) can provide up to 85% of the cost of your childcare fees. External party charges for in-service workshops and excursions may apply.

All educators working directly with the children hold a valid working with children check and there is always an educator rostered who is qualified in first aid, asthma, anaphylaxis and CPR.



To enrol now - please complete the enrolment form [here](#)

Or contact the service on

Email: stmarymackillop@ambrose.org.au Phone: 0492 367 298

Learning for life

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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FOOD ALLERGY AWARENESS PRODUCTS

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

Save the Dates



Ready



Respectful



Safe



Xavier College Open Night
Tuesday March 7, 2023
4pm-6pm. Prospective 2023
students and families are
welcome to attend.
Tours and application forms
available on the night.

2024 ENROLMENTS

FOR GIRLS YEARS 7-12
OPEN NIGHT TOURS:
Mon 13th to Wed 15th March 2023

.....
Join us to see for yourself why girls are so
happy to learn at Caroline Chisholm College.
.....

Tours of the college: 3:30 - 6:30pm
BOOKINGS ESSENTIAL

Limited places available in other years
.....

Further information and bookings can be made
via our website and Facebook page.
www.cccglenmorepark.nsw.edu.au

90-98 The Lakes Drive Glenmore Park
Enrolment packages can be obtained by
contacting the college on: 4737 5500

CAROLINE
CHISHOLM
COLLEGE





Follow us



OPEN NIGHT



Tuesday 7 March 2023 4pm - 7pm



Enrolling now for Year 7 2024
Self-guided & guided
tours available
no bookings required

Your local 7-12 co-educational Catholic School
Walking in the footsteps of Saint Mary MacKillop

  @PenolaEmuPlains P: 02 4728 8100 www.penolaemuplains.catholic.edu.au



123 Magic & Emotion Coaching Parenting Program

Building positive relationships between parents and children



Want to learn how to manage challenging behaviours and ways to encourage more positive behaviours from your children?



Looking for advice, tips and strategies on how to help your children identify and manage the emotions driving their behaviour?

123 Magic & Emotion Coaching is a FREE 4 week parenting program that teaches carers positive parenting skills that produce quick results.

The 123 Magic & Emotion Coaching course helps parents and carers learn:

- How to manage challenging behaviours in your child
- How to use positive parenting skills with your children
- How to help your children manage their emotional responses

REGISTER NOW



PROGRAM DETAILS

WHEN: Wed 8th Feb - 1st March

WHERE: Online via ZOOM

TIME: 6:30pm - 8:00pm

COST: FREE



Contact 4720 6500 or groups@gatewayfamilyservices.org.au



Parenting Adolescents Parenting Program

Building positive relationships between parents and adolescents



Want to better understand the adolescent brain and what impact it has on your child's communication and behaviour?



Looking for advice, tips and strategies on how to build positive and nurturing relationships with your adolescent children?

Parenting Adolescents is a FREE 6 week parenting program that promotes caring and respectful relationships between parents and their teens.

The Parenting Adolescents course will help parents and carers learn:

- How to better understand your adolescent's brain and behaviour
- What teens are communicating via their behaviours and attitudes
- Strategies to build a mindful, attuned and nurturing relationship

REGISTER NOW



PROGRAM DETAILS

WHEN: Mondays 13th Feb - 20th Mar

WHERE: Online via Zoom

TIME: 7:00pm - 9:00pm

COST: FREE



Contact 4720 6500 or groups@gatewayfamilyservices.org.au

Go4Fun is coming to Penrith

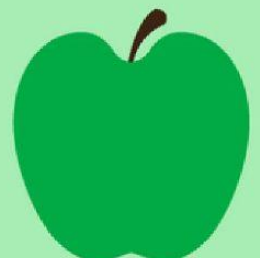
Starts 2 February 2023 | Thursdays | 5pm to 7pm
Nepean Aquatic Centre | Pool program



Healthy
active
happy
kids

Go4Fun is a free 10 week healthy lifestyle program for 7-13 year old children and their families to become fitter, healthier and happier!

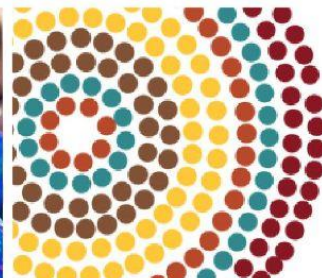
To check your eligibility and register:
visit, go4fun.com.au or call 1800 780 900





NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES

In partnership with Koolyangarra Aboriginal
Child and Family Centre



**"We look at healthy eating
and staying active on the
program. We also bring
families together!"**

Reece, Aboriginal Go4Fun Leader

**Enquiries and to register call
Kooly on 02 4706 0280**

FREE!

Help your family to get healthy, active and happy with Aboriginal Go4Fun. Aboriginal Go4Fun is a ten week healthy lifestyle program for kids aged 7-13 who are above a healthy weight and their families. A parent or carer is required to attend each session.

For more information visit go4fun.com.au

