



## MARY IMMACULATE PRIMARY

~ NEWSLETTER ~

**Term 2 Week 5: Monday 28th May 2018**



Dear Parents / Caregivers,

I am delighted to announce that commencing 2019 Mary Immaculate will again have four Kindergarten classes instead of the three we currently have. This has been due to the extra demand for enrolments at our school. This extra demand has come because of the word-of-mouth support for the school in the Quakers Hill and broader community. This is great recognition for the work of all members of our school in the development and wellbeing of the young people in our care. Parents seeking enrolment for their children often tell me of the welcome they immediately feel here. As I take them throughout the school, they are amazed at the learning focus and happiness of the students and teachers. They are delighted to see that their children will be at a school that is so well resourced and maintained. The classes are innovative and conducive to collaboration and excellence.

The extra classes moving through the coming years will mean we will need to modify some of our learning areas to accommodate the extra students. This will be easily achievable as the school did previously have a student population of over 800. At this stage, the fourth Kindergarten class will be based in the room next to KM. Next year we will have just over 600 students. I am delighted that we will be able to offer more places to families who want Catholic Education for their children.

Bishop Vincent is committed to enabling as many families as possible to be invited into our schools. He speaks of this being part of our core mission - to bring families into a loving faith community. Pope Francis calls on our Church to be places of welcome. At MIPS we are achieving just that. I am proud to lead this community with Fr Ruben.

With appreciation of your ongoing support,

Stephen Dowd, Principal



## SCHOOL FEES 2018

### Term 2 Statements arriving this week

Families will be receiving Term 2 Statements. Term 2 fees are due on June 6th 2018. Please finalise your school fees before this date. Should you wish to setup a flexible payment plan or are experiencing difficulty with fees, please contact the School via email: [cnalletamby@parra.catholic.edu.au](mailto:cnalletamby@parra.catholic.edu.au) or 9933 7800.



### SACRAMENT OF CONFIRMATION 2018

#### ONLINE REGISTRATION FORM AVAILABLE NOW!

Our parish invites students in year 5 and above to register for our Confirmation program. Students must have completed the sacrament of First Eucharist to be eligible to participate. To register log onto our parish website ([www.maryimmac.org.au](http://www.maryimmac.org.au)), locate and click the Confirmation "Register Here" button on the front page of the site.

### STAGE 3 GIRLS SOCCER GALA DAY

- ♦ This Tuesday 29th May - Jamison Park,  
South Penrith



### ICAS SCIENCE COMPETITION

- ♦ This Tuesday 29th May

### WHOLE SCHOOL ASSEMBLY

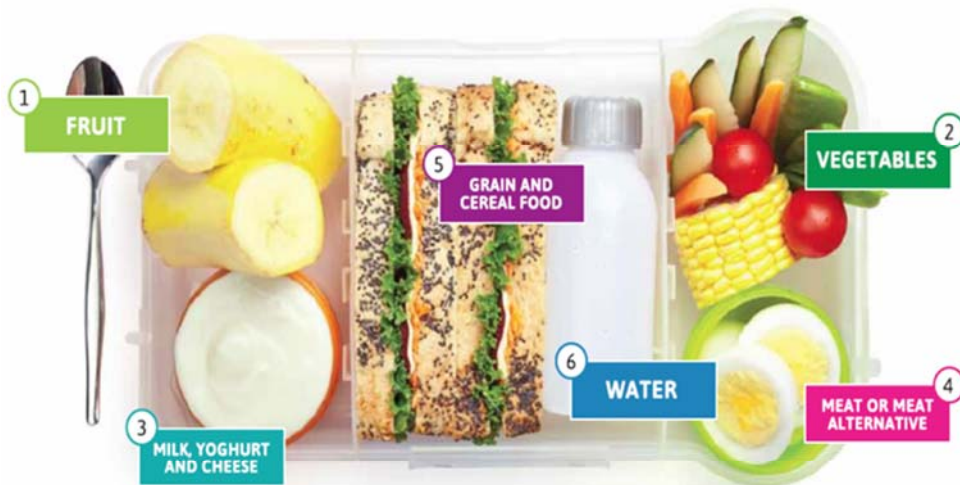
- ♦ This Friday 1st June - 2:45pm MPA

### SACRAMENT OF FIRST EUCHARIST Year 4 Students

This Saturday 2nd June & Sunday 3rd June -  
Mary Immaculate Parish  
All Welcome to attend



# FOR A HEALTHY LUNCHBOX **PICK&MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Healthy Together Achievement Program to support a whole-school approach to healthy eating. Healthy Together Victoria is improving the health of Victorians, funded by the Victorian Government.



At Mary Immaculate we want our students to make the best of their God given abilities. To achieve this we need to ensure they fuel their bodies with the best nutrition possible. With your help we can ensure our little stars shine. Here are some fantastic ideas to help maintain a healthy eating habit at school.

## FOR A HEALTHY LUNCHBOX **PICK&MIX** SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<b>FRESH FRUIT</b> <ul style="list-style-type: none"> <li>Apple</li> <li>Banana</li> <li>Mandarin</li> <li>Orange quarters</li> <li>Passionfruit halves (with spoon)</li> <li>Watermelon, honeydew, rockmelon chunks</li> <li>Pineapple chunks</li> <li>Grapes</li> <li>Plums</li> <li>Nectarines, peaches, Apricots</li> <li>Strawberries</li> <li>Cherries</li> <li>Kiwifruit halves (with spoon)</li> <li>Pear</li> </ul> <b>MIXED FRUIT</b> <ul style="list-style-type: none"> <li>Fruit salad</li> <li>Fruit kebabs</li> </ul> <b>DRIED FRUIT</b> <ul style="list-style-type: none"> <li>Dried fruit, nut, popcorn mixes*</li> </ul> <b>TINNED FRUIT/SNACK PACKS/CUPS</b> <ul style="list-style-type: none"> <li>In natural juice (not syrup)</li> </ul>	<b>FRESH CRUNCHY VEGIES</b> <ul style="list-style-type: none"> <li>Corn cobs</li> <li>Carrot sticks</li> <li>Capicum sticks</li> <li>Green beans</li> <li>Cucumber sticks</li> <li>Celery sticks</li> <li>Snow peas</li> <li>Tomatoes (e.g. cherry and Roma tomatoes)</li> <li>Mushroom pieces</li> </ul> <b>Can serve with either:</b> <ul style="list-style-type: none"> <li>Hummus</li> <li>Tomato salsa</li> <li>Tatziki</li> <li>Beetroot dip</li> <li>Natural yoghurt</li> </ul> <b>SALADS</b> <ul style="list-style-type: none"> <li>Coleslaw and potato salad (reduced fat dressing)</li> <li>Mexican bean, tomato, lettuce and cheese salad</li> <li>Pesto pasta salad*</li> </ul> <b>BAKED ITEMS</b> <ul style="list-style-type: none"> <li>Grilled or roasted vegetables</li> <li>Wholemeal vegetable muffins or scones</li> <li>Vegetable slice (with grated zucchini and carrot)</li> <li>Popcorn</li> </ul> <b>SOUP (in small thermos)</b> <ul style="list-style-type: none"> <li>Pumpkin soup</li> <li>Potato and leek soup</li> <li>Chicken and corn soup</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Calcium-enriched soy and other plant-based milks</li> <li>Yoghurt (frozen overnight)</li> <li>Custard</li> </ul> <b>Tip:</b> <ul style="list-style-type: none"> <li>Freeze the night before to keep cool during the day</li> </ul> <b>Can serve with either:</b> <ul style="list-style-type: none"> <li>Cheese cubes, sticks or slices</li> <li>Cottage or ricotta cheese</li> <li>Cream cheese</li> <li>Tatziki dip</li> </ul> <b>Can serve with either:</b> <ul style="list-style-type: none"> <li>Fruit</li> <li>Wholegrain cereal, low in sugar</li> <li>Vegetable sticks</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>Tinned tuna or salmon in springwater</li> <li>Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li> <li>Falafel balls</li> <li>Lean meat or chicken patties</li> <li>Tinned tuna or salmon patties</li> <li>Lentil patties</li> <li>Lean deli meats (e.g. ham, silveride, chicken)</li> <li>Boiled eggs</li> <li>Baked beans (canned)</li> <li>Tofu cubes</li> <li>Hummus dip</li> <li>Lean meat or chicken kebab sticks</li> <li>Peanut butter*</li> </ul> <b>Can serve with:</b> <ul style="list-style-type: none"> <li>Wholegrain sandwich, roll, pita or wrap bread with salad</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> <li>Side salad</li> </ul> <ul style="list-style-type: none"> <li>Vegetable fritata</li> <li>Skillet chicken drumsticks</li> <li>Savoury muffins or scones (e.g. lean ham, cheese and shallots)</li> <li>Homemade pizzas with lean roast or deli meats and vegetables</li> </ul> <b>Can serve with:</b> <ul style="list-style-type: none"> <li>Side salad</li> <li>Steamed or roasted vegetables</li> </ul>	<b>MAINS</b> <ul style="list-style-type: none"> <li>Wraps</li> <li>Sandwiches</li> <li>Rolls</li> <li>Toasted sandwiches</li> </ul> <b>Tip:</b> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, heidi, naan, bagels, foccacias, fruit bread and English muffins. <ul style="list-style-type: none"> <li>Pasta dishes</li> <li>Rice, quinoa or cous cous dishes</li> <li>Noodle dishes</li> <li>Sushi</li> </ul> <b>SAVORY BAKED ITEMS</b> <ul style="list-style-type: none"> <li>Homemade pizzas</li> <li>Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)</li> <li>Vegetable based muffins</li> <li>Pasta or noodle bake</li> </ul> <b>SWEET BAKED ITEMS</b> <ul style="list-style-type: none"> <li>Fruit loaf</li> <li>Wholemeal fruit based muffins</li> </ul> <b>SNACKS</b> <ul style="list-style-type: none"> <li>High fibre, low sugar cereal (e.g. muesli)</li> <li>English muffins</li> <li>Crackers</li> <li>Crispbreads</li> <li>Rice cakes</li> <li>Corn thins</li> <li>Wholemeal scones</li> <li>Pilelets</li> <li>Crumpets</li> <li>Hot cross buns (no icing)</li> </ul>	<ul style="list-style-type: none"> <li>Take a water bottle (for refilling throughout the day)</li> </ul> <b>Tip:</b> <ul style="list-style-type: none"> <li>Freeze overnight to keep foods cool in lunchboxes</li> </ul> <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: [www.heas.healthytogogether.vic.gov.au](http://www.heas.healthytogogether.vic.gov.au).



\*Check your school's policy regarding the use of nuts and products containing nuts.

## TEMPORARY PARISH ADMINISTRATION ASSISTANT

The parish is seeking to employ on a part-time basis a temporary parish administration assistant to work in the parish office for 2 - 3 days a week.

If you are interested in applying a job description is available by contacting Ged at the parish office.

Email: [gerald.oblea@maryimmac.org.au](mailto:gerald.oblea@maryimmac.org.au) or 0477 151 279. Applications close on 3rd June 2018

## TAPERED THE BARBERSHOP

Shop 15, 216 Farnham Road Quakers Hill Ph: 9837 1399

Local Barbershop - Come and See Us

### TRADING HOURS

Monday	CLOSED
Tuesday	9am - 5:30pm
Wednesday	9am - 5:30pm
Thursday	9am - 8pm
Friday	9am - 5:30pm
Saturday	9am - 4pm
Sunday	10am - 3pm



Date: Friday 22<sup>nd</sup> June 2018



# Family Fun Night

Have some fun, play some games, and possible take home a Great Prize

*Seats will be limited, so be quick so you don't miss out*

- ★ Gates will open at 6:00 pm to allow you to setup and make any purchases, BINGO starts at 6:30.
- ★ See you at the Multi-Purpose Area (MPA).
- ★ Tickets are \$10 for a Family (max 2 Adults and up to 4 children) – all other single entry tickets are \$3 each, invite some friends for the same great price.
- ★ Book of 10 Games is \$10 remember the more you buy, greater the chance you have to win. Sold separately on the night.
- ★ Single Game Sheets and Daubers \$2

*This is a BYO event (no alcohol permitted) with soft drinks, poppers and water available for purchase on the night as well as complimentary tea and coffee.*

Don't forget your gold coins for additional games, Closet to the line

Remembering all money raised goes towards New Air Conditioning for the MPA/Bingo Hall



A school community event hosted by MIPS  
P&F Association

## Attendance Confirmation

I would like to order the following tickets at \$10.00 each:  
Please enclose the correct money in a sealed envelope and have it returned, with this cut out slip, to the office by Wednesday, 20<sup>th</sup> June 2018.

**Volunteers:** I can assist on the night      Yes / No  
Please Circle

**Family Name:**      **Mobile:**

**Email:**

*A member of the P&F will contact you*

Family Tickets	Family Name	Childs Class	\$10	
Single Tickets			\$3	
Additional Family Tickets	Family Name		\$10	
			Total \$	
Total No. People requested:	Number of Adults Attending:			
	Number of Children Attending:			

Please enclose the correct money in a sealed envelope and have it returned to the office. Last day tickets sales are 20<sup>th</sup> June 2018.

# Stepping Beyond

## Support Group for Separated / Divorced Adults



- Are you separated or divorced?
- Have your emotions overwhelmed you at times?
- Are you struggling with the impact this is having on your life?
- Is communication difficult with your ex-partner?
- Do you find it difficult to support your children through this process?
- Would you like support as you deal with your changed circumstances?

**If you relate to any of the above, please call PH: 8843 2530 or e-mail Rita at [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au) for more information about our Support Group.**



**VENUE:** 13 Buller St, North Parramatta

**DATE:** Last Tuesday of each Month (Jan –Nov)

**TIME:** 7.00pm – 9.00pm

**COST:** \$5.00