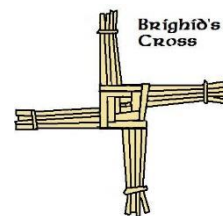




St Raphael's Catholic School

Term 4, Week 8/B Newsletter
2 December 2019



Dear Parents,

Last Thursday evening students in the Sacramental program made their First Reconciliation. We all understand that becoming fitter, stronger, better takes time, endurance and many small steps of improvement. Reconciliation is the Sacrament that supports us as we grow better and stronger. It is one of the three "growing Sacraments" – those that we use regularly and repeatedly for healing and improvement (the other two are Eucharist and Anointing the Sick).

Children being physically active in their daily lives sets up an excellent habit for their future. I have recently witnessed a significant increase in the number of students riding bikes or scooters to school rather than being delivered and collected at the gates. Of course this is an activity that needs to be allowed with consideration of age and stage of maturity. I strongly encourage you to consider this as an option for your children with a couple of provisos; that students know and practice road rules and that they are kitted correctly and safely.

Emergency procedures are rehearsed regularly at school. Today we participated in a "Lockdown" drill. Hopefully we'll never have to use such strategies for real but, if we do, we are well prepared.

The two weeks of Swim Safe K-6 has concluded and the associated fatigue is now, I hope a thing of the past. The sustained exposure to water challenges brings massive gains in skill level. That children have become more confident and capable in the water is a wonderful asset for them. Thank you to Mrs McNamara for leading such an important aspect of the children's life and to all the teachers, swimming instructors and parents who gathered to make it happen so well.

Within the next two weeks' students who have attained Silver and Gold levels in positive behaviours for learning will be participating in some privileged activities by way of recognition of their positive attitude and contribution throughout the year.

Last week our new VET students undertook their White Card training that enables them to do Work Placement during Stage 6 - yet another stepping stone from "Kindy to Career."

Michael

Michael Gallagher
Principal



Advent comes from the Latin word meaning 'coming'. Jesus is coming, and Advent is intended to be a season of preparation for His arrival. It is a time to celebrate the coming of the King and to spend time reflecting on God's compassion and love.

*Father, in this season of Advent
we prepare our hearts for your coming.
You are the vine, we are the branches.
Come and tend us, prune us, clean us.*

*Discard in us everything that does not bear fruit,
nourish in us everything that bears much fruit.*

*As we celebrate your coming as a vulnerable baby,
our hearts await your glorious return
as the eternal King.*

*Nurture in us expectant hearts, O Lord.
Cultivate in us a deep longing for more of you.
Until that Day when you burst through the heavens,
and flood our horizons with your glorious splendour.
For yours is the kingdom and the power and the
glory, throughout all ages and generations.*

Amen.

What's On This Week!!

Monday 2

Happy birthday to Dominic Bryant & Henry Mitchell

Tuesday 3

Yr 4 Geography Excursion @ Lachlan River
Secondary Elective Dance Excursion @ Civic Centre

Wednesday 4

Happy birthday to Darby Hubber, Angus Ousby,
Arheeshay Ryan & Harrison Sheehy
Yr 6-7 2020 Transition #4
Yr 10 HSC AMOW (All My Own Work Session)
DaVinci Taster for Yrs 7, 8 & 9

Thursday 5

5 Gold to Bilyara

Friday 6

Australian Catholic Youth Festival @ Perth
The Rite Journey (TRJ) Homecoming
Primary Special Awards Assembly @ 2pm

Happy birthday to Cameron Forsyth, Emily Savage &
Connie Hinton-Besant who celebrate their birthday's
this weekend.

Faith & Life

Altar Servers' Roster

Sat 7 - Emma Haslam & Ellie Thirkell
Sun 8 - Volunteers Please

Curriculum News

Library News



K. Skinner - Library

Thank you to all the students who have been keeping their borrowing records up to date by returning books and re-borrowing when needed. We have had a busy year of reading. Could all books be returned by this Friday 6th December.

Primary Homework Expectations

Teachers have witnessed great improvements in reading across the school and this is due to the many children and parents remaining dedicated to their home learning commitments. Week 8 will mark the final week of formal homework. While resting is important, students are encouraged to continue with reading to the end of term and throughout the holidays.

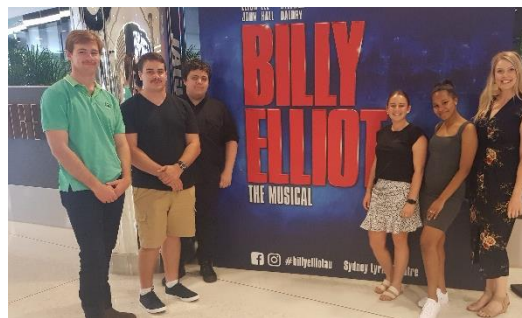
Elective Dance

Year 9 & 10 elective dance students will be heading to the Cowra Ballet School Matinee performance on Tuesday. We will be leaving school at 12.30pm and

walking to the Civic Centre. Students will return in time for normal bus/pick up routine.

Yr 12 Excursion

On the 29th of November, our Year 12 students travelled to Sydney on an overnight excursion to see Billy Elliot the Musical at the Sydney Lyric Theatre. It was an incredible theatrical experience and the students had a wonderful time.



Administration

Secondary Bell Times for 2020

Please note a change to Secondary School Bell Times for 2020, a copy of which is attached to this newsletter.

School Fees

Thank you to all those who have finalised their school fees for this year. As per the CEDB policy, all school fees are to be paid in full by the end of the school year unless a payment plan is in place.

No family will be denied a catholic education because of financial hardship. If there are any concerns please contact the Principal to discuss.

Canteen Update

This week's roster is as follows:

Tues 3	Wed 4	Thurs 5	Fri 6	Mon 9
Jodie Toohey	CLOSED	Ammie Broad Tammy Zarb	Adilee Allan Jessica Newcombe	Carol Lynch Tracey Gunnyon

Donna Stokes – Canteen Manager

School Contact:

11-15 Liverpool St Cowra 2794

P.O. Box 7, Cowra 2794

Tel: 6342.2940

Email: straphaels@bth.catholic.edu.au

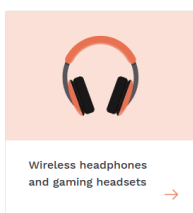
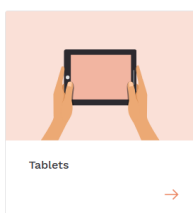
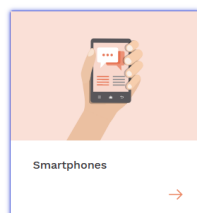
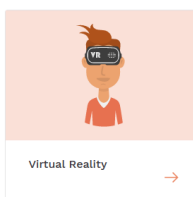
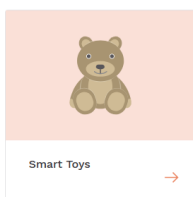
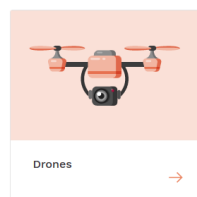
Website: www.straphaelscowra.catholic.edu.au

Community Connections

The Office of eSafety is your go-to resource for up to date information on all things Cyber, Tech and Online. With a section geared specifically towards parents, it provides terrific advice on how to ensure young people have safe experiences online. A feature on the site just in time for Christmas is how to be smart and secure when choosing tech gifts for children and young people. To explore this resource further, go to <https://www.esafety.gov.au/parents>

Gift Guide

Be smart and secure when choosing tech gifts for children and young people.



COWRA REGIONAL ART GALLERY

2020 SUMMER ART WORKSHOPS FOR CHILDREN

Thursday 23rd January 2020

Woven Art Workshops with Libby Murray

7-9 years Workshop participants will create a small wall hanging using natural and man-made materials.

10-12 years participants will create a circular placemat/mat or wall hanging using natural and man-made materials.

Session 1: 10:00am to 12:30pm for 7 to 9 years. Session 2: 1pm to 3:30pm for 10 to 12 year olds.

Limit 10 participants per session, \$20pp

Friday 24th January 2020

Cardboard & Paper Sculptures with Libby Murray

7-9 years Workshop participants will learn a variety of paper sculpture techniques to create a hanging paper garland and/or sculpture.

10-12 years participants will use a variety of techniques to create a 3D cardboard name or portrait sculpture.

Session 1: 10:00am to 12:30pm for 7 to 9 year olds. Session 2: 1pm to 3:30pm for 10 to 12 year olds.

Limit 10 participants per session, \$20 pp

Bookings: contact the Gallery 6340 2190

Contact the Gallery for registration forms (one per child). All workshops are designed for the age groups mentioned and class sizes are restricted. All materials are provided. Please register early as all payments must be made to secure a place. Tutor: Libby Murray. When: 23rd & 24th January 2020

Where: The Nguluway Room (formerly Multipurpose Room) 77 Darling St

The Cowra Regional Art Gallery is a Cultural Facility of Cowra Council



Nutrition Snippet

The simplest way

... to pack a Christmas lunch box.

This bright and colourful Christmas themed lunch box is delicious and ticks off all 5 food groups. It includes:



- [Chicken and couscous salad](#)
- A yoghurt tub
- Diced watermelon
- Cucumber and cherry tomatoes
- [No bake cookies](#)
- Water

For more recipes, ideas and lunch box inspiration visit healthylunchbox.com.au

healthylunchbox.com.au

Cowra Early Childhood Services OOSH (Out of School Hours Care)

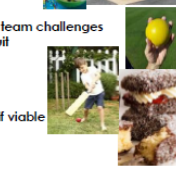
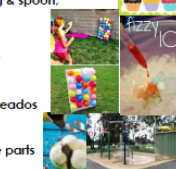
Vacation Care Program for December-January 2019-20

Bookings for the upcoming school holidays open on **Monday 25th November 2019**.

Limited positions are available for each day.
Call Admin on 63422338 to book your child's position.
Book in early to avoid disappointment.

A variety of arts & craft, dramatic and physical play experiences will be on offer to the children throughout each day with the following highlights-

- | | |
|--|--|
| <p>Week 1</p> <ul style="list-style-type: none"> Thursday 19/12/19 Friday 20/12/19 <p>Week 2</p> <ul style="list-style-type: none"> Monday 23/12/19 Tuesday 24/12/19 <p>CHRISTMAS BREAK SERVICE CLOSED 25/12/19 TO 1/1/20 INCLUSIVE</p> <p>Week 3</p> <ul style="list-style-type: none"> Thursday 2/1/20 <p>Week 4</p> <ul style="list-style-type: none"> Monday 5/1/20 Tuesday 6/1/20 Wednesday 7/1/20 Thursday 8/1/20 <p>Week 5</p> <ul style="list-style-type: none"> Monday 13/1/20 Tuesday 14/1/20 Wednesday 15/1/20 <p>Week 6</p> <ul style="list-style-type: none"> Monday 20/1/20 Tuesday 21/1/20 Wednesday 22/1/20 Thursday 23/1/20 Friday 24/1/20 <p>Week 7</p> <ul style="list-style-type: none"> Monday 27/1/20 Tuesday 28/1/20 | <p>White clay decorations, hula hoop relay
Christmas craft, water bucket relay</p> <p>Christmas silhouette painting, Styrofoam baubles
Christmas party lunch</p> <p>Begin the process of making an OOSH movie
DIY bubbles & wands
Outdoor water play</p> <p>DIY and traditional board games
Mulyan school playground excursion, 2020 birthday chart
Build a cubby - giant waffle blocks,
Painting technique experimenting
STEAM - water colour painting - Ice magic - marble races
Sport day in the park - shot put, long jump, egg & spoon,
three legged races & more</p> <p>Dream catchers, loom bands, balloon tennis
Neon racing cars & tracks, sand art, tug-of-war
Make pizza for lunch with our solar ovens,
DIY bees wax wraps,
Tie dye t-shirts, sock wrestling, heat activated beads
Salt art, balloon pop</p> <p>Beyblades competition, craft with natural loose parts
Excursion - Forbes biscuit factory,
water park & sausage sizzle lunch</p> <p>Ice experiments - fizzy ice, salt ice, hula hoop team challenges
OOSH Comedy show, Physical challenge circuit
Australia day party - backyard cricket
fairy bread & lamingtons</p> <p>Public Holiday Service Closed
Pupil free day Vacation care will be provided if viable
Technology and movie day</p> |
|--|--|



2020 SECONDARY BELL TIMES

St Raphael's mission focuses on teaching and learning for all students. To facilitate the most productive learning times, the school structure (class times) have been restructured. Below are the new bell times for 2020.

Monday, Tuesday, Thursday, Friday		
PERIOD	TIME	DURATION (minutes)
Homeroom	8.45 – 8.55	10
Renaissance Reading/Stage 6 Study	8.55 – 9.15	20
Period 1	9.15 – 10.15	60
Period 2	10.15 – 11.15	60
<i>Recess</i>	<i>11.15 – 11.35</i>	<i>20</i>
Period 3	11.35 – 12.35	60
Period 4	12.35 – 1.35	60
<i>Lunch 1</i>	<i>1.35 – 1.55</i>	<i>20</i>
<i>Lunch 2</i>	<i>1.55 – 2.15</i>	<i>20</i>
Period 5	2.15 – 3.15	60

Wednesday - (Learning Plus/Assembly)		
PERIOD	TIME	DURATION (minutes)
Homeroom	8.45 – 8.55	10
Learning plus/Assembly	8.55 – 9.30	35
Period 1	9.30 – 10.27	57
Period 2	10.27 – 11.24	57
<i>Recess</i>	<i>11.24 – 11.44</i>	<i>20</i>
Period 3	11.44 – 12.41	57
Period 4	12.41 – 1.38	57
<i>Lunch 1</i>	<i>1.38 – 1.58</i>	<i>20</i>
<i>Lunch 2</i>	<i>1.58 – 2.18</i>	<i>20</i>
Period 5	2.18 – 3.15	57

