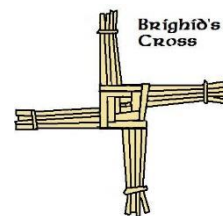




St Raphael's Catholic School

Term 4, Week 7/A Newsletter
25 November 2019



Dear Parents,

Last weekend marked the end of the Church year with the feast of Christ the King with the message that Christ has no body now but yours – hands to serve and soothe, heart to love, feet to share the journey, voice for those who can't be heard. It's a real challenge in a society as secularised as ours, but bolstered by the knowledge that the same power that raised Christ from the dead is living in us. The underlying goodness of our life is important for the world.

Next week is the first Sunday of the new Church year – Advent is the preparatory time for Christmas celebration.

First Reconciliation for Year 2 children is on Thursday evening after their day of reflection on Tuesday. These Sacramental times can and should be rich occasions for the families and individual children. Thank you to teachers and parents for all that is invested in preparing the children.

At this time in our community you'll see white ribbons being worn and displayed. This is an anti-domestic violence campaign that we whole heartedly support at St Raphael's. Today Year 10 students are participating in a program called "Lovebites" and focuses on making and keeping relationships healthy.

Air quality awareness is important under current climatic conditions. Be assured that we not only monitor but we make arrangements for the children that will minimise the impact on them. If your child suffers from asthma, please ensure that the school is made aware and that puffers are current and where they need to be.

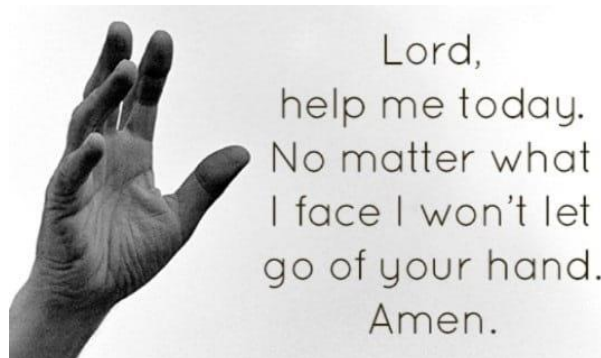
Waterproofing our children is a matter of upmost importance and we do this through Swim Safe K-6. While that may seem bizarre is such drought conditions, we are setting the children up for their long term future ... and this drought will end. As we enter the second week of Swim Safe, please be aware of the exhaustion factor and maybe routines need to be adjusted / relaxed for a bit.

Reports on learning progress in Semester 2 are currently being developed for students K-10. Feedback about good work and growth is important for parents as well as students. The Primary Department of our school holds

its Special Awards Assembly next Friday 6th December as part of this feedback and affirmation.

Michael

Michael Gallagher
Principal



Sometimes in the rush of life, the prayer which most often escapes our lips is: God help me!

'God help me' is not a desperate, 'I hope this works' kind of prayer. It's a prayer of quiet, resolute confidence, knowing that when God is brought into the picture, there's no telling what he might accomplish.

What's On This Week!!

Monday 25

K-6 Swim Safe
Yr 10 Lovebites Program

Tuesday 26

K-6 Swim Safe
Yr 2 Reconciliation Retreat

Wednesday 27

Happy birthday to Aaron Dhrygck & Maddison Tremble
K-6 Swim Safe
(Don't forget your winter PJ's for swimming in)
Elective Dance Acro Workshop
P&F Special Lunch Order Day

Thursday 28

Happy birthday to Alizah Walker
K-6 Swim Safe
Yr 2 First Reconciliation
VET White Card

Friday 29

Happy birthday to Trent Beath-Pearce

K-6 Swim Safe

Yr 12 Standard English Excursion to Sydney Lyric Theatre

Happy birthday to Armelle Dhrygck, Zoe Doorey & Bentley Williams who celebrate their birthday's this weekend.

Faith & Life

Altar Servers' Roster

Sat 30 - Laura Price & Mathew Graham
Sun 1 - Harriet Perry & Laura Bennett
Gooloogong – Volunteer please

First Reconciliation

Year Two will be making their Sacrament of Penance this Thursday evening. They have been preparing for this momentous occasion of forgiveness since the beginning of the term and will participate in a mini retreat on Tuesday in readiness for their First Reconciliation this Thursday evening. We pray for God's blessings to be upon them at this time.

Curriculum News

Swim Safe

We have made it through the first week of Swim Safe and already teachers are celebrating the improvements the children are making in the pool. **Safety is paramount around water and this Wednesday the children are asked to bring in a pair of winter pyjamas so that they can get a feel for swimming whilst fully clothed.** This is of course, to help children survive in water in case of an accident. Please ensure that your child has winter pyjamas as well as their swimmers **packed in a strong bag** (to hold the extra wet clothing) for Wednesday's Swim Safe lessons.

These ten days of swimming will have been very helpful for your child to develop water safety awareness and strengthen swimming techniques. However, **PARENTS OF NON SWIMMERS, PLEASE NOTE: It is of utmost importance for your child to continue to experience swimming in a safe environment. Make it a priority to ensure your child continues to develop swim and survive skills. Simply taking your child to the pool and spending time with them in the water can make a huge difference to their water safety skills.** Also Pool staff have names of swim instructors and dates for holiday swim safe lessons if you would like to keep your children moving forward with their swimming skills during the summer.

Colour Explosion - Fundraising Pizza Award

2 Green was the class who raised the most sponsorship during our recent St Raph's P&F Colour Explosion fundraiser which means they win free pizza **compliments of Dominos.** So this Friday the 29th November, 2 Green children do not need to bring any

food for lunch because they will be dining on pizza. They have had some great discussions and have very excitedly nominated their favourite toppings.

A First for St Raphael's

School Based Apprenticeships and Traineeships allow students to commence an apprenticeship or complete a traineeship while at school. A School Based Apprenticeship or Traineeship combines paid work, training and school; and as well as an industry recognised national qualification students gain credit towards the HSC.

Last week Ethan Thomson signed his traineeship papers becoming our first St Raphael's SBAT student. Ethan can look forward to an exciting final two years of his schooling.



Advantages of school-based apprenticeships and traineeships:

More flexibility and variety

The variety provided by SATs can have enormous benefits for young people who prefer hands-on learning to traditional schooling pathways.

Head start in a career

Young people employed as school-based apprentices and trainees develop workplace skills, knowledge and confidence and have a competitive edge when applying for jobs. A SAT can lead directly to full-time employment once a student has left school.

Nationally recognised qualification

All school-based apprentices and trainees participate in vocational training that contributes to a Certificate II, III or higher vocational qualification which can count towards the student's QCE.

An opportunity to learn and earn

School-based apprentices and trainees are paid while they learn workplace skills, gain confidence, and adapt to a work environment. It gives the student the opportunity to put skills learnt at school and the training organisation, into practice in a real work environment.

Contributing to the community

Employers who take on school-based apprentices and trainees can make a real difference by motivating young people to work towards their future goals and giving them realistic exposure to the industry or sector.

Employer satisfaction

Employers and supervisors often experience a great deal of satisfaction during the process as they help individuals mould new skills and gain confidence in a work environment.



Wellbeing

Canteen Update

This week's roster is as follows:

Tues 26	Wed 27	Thurs 28	Fri 29	Mon 2
Lisa Mallon	CLOSED	Tammy Zarb	Rachel Frazer Melinda Curtale Jessica Newcombe	Sally Buncher Jacque Perry

Donna Stokes – Canteen Manager

Positive Learning Behaviour

★★★WELL DONE★★★

Congratulations to the following students who have achieved the next level on the Behaviour Management Programme.

Level 7

Billy Brown	4 Green
Tahne Egan	4 Green
Jay Kennedy	4 Green
Lucas Shepherd	4 Green
Jamie Zarb	4 Green
Brianna Goricki	5 Green
Zoe Doorey	5 Gold
Brianna Goricki	5 Gold
Layla Healey	5 Gold
Ryan Hudson	5 Gold
Bronte Keen	5 Gold
Drew Langfield	5 Gold
Harriet Perry	5 Gold

Silver

Abigail Partridge	3 Gold
Maddy White	3 Gold
Willo Muddle	3 Green
Luc Bruncher	4 Gold
Evie Green	4 Green
Charlie Harris	4 Green
Sara Rush	4 Green
Trent Beath-Pearce	5 Green
Brodie Whitty	5 Green
Skyelah Gumbleton	5 Gold
Deakin Horton	5 Gold
Tobie Hubber	5 Gold
William Leatherland	5 Gold
Mia Lewis	5 Gold

Level 9

Bella Bonnin	3 Gold
Dominic Bryant	3 Gold
Stevee Hinton-Besant	3 Gold
Sam Kollas	3 Gold
Oliver Tydd	3 Gold
Will Allan	3 Green
Georgia Campbell	3 Green
Lucas Davies	3 Green
Kayli Hurst	3 Green
Sam Tydd	3 Green
Holly Wilson	6 Gold
Mackinlee Charnock	6 Gold

Gold

Lyla Louttit	3 Gold
Jack Ousby	3 Gold
Layne Horton	3 Green
Charli Raynolds	3 Green
Maddison O'Reilly	6 Green
Phillipa Richmond	6 Green

Your Teachers are very Proud of You!



St. Raphael's Catholic School
Parents & Friends Association



St Raphael's P+F

Special Lunch Order

Wednesday 27 November 2019

Name: _____

Class: _____

\$5 each – please select...

☐ Pizza (2 Slices Per Serve)

☐ 2 x BBQ Meatlovers

☐ 2 x Ham + Cheese

☐ 1 x BBQ Meatlovers + 1 x Ham + Cheese

☐ 2 x Gluten Free Ham + Cheese

☐ Chicken Caesar Salad

No options available – all ingredients to be included.

Chicken, croutons, cheese, bacon, egg, lettuce + dressing.

Please attach form to paper bag

and return by Monday 25 November. Strictly no orders on the day. Thank you for supporting the P+F.

Community Connections



This Christmas, The Ray White Group will continue its popular tradition of giving with the return of 'A Little Ray of Giving'.

This inspiring Christmas campaign will see Ray White Emms Mooney Cowra partner with the Cowra Information & Neighbourhood Centre Inc. to help disadvantaged people who may need a little extra light in their festive season.

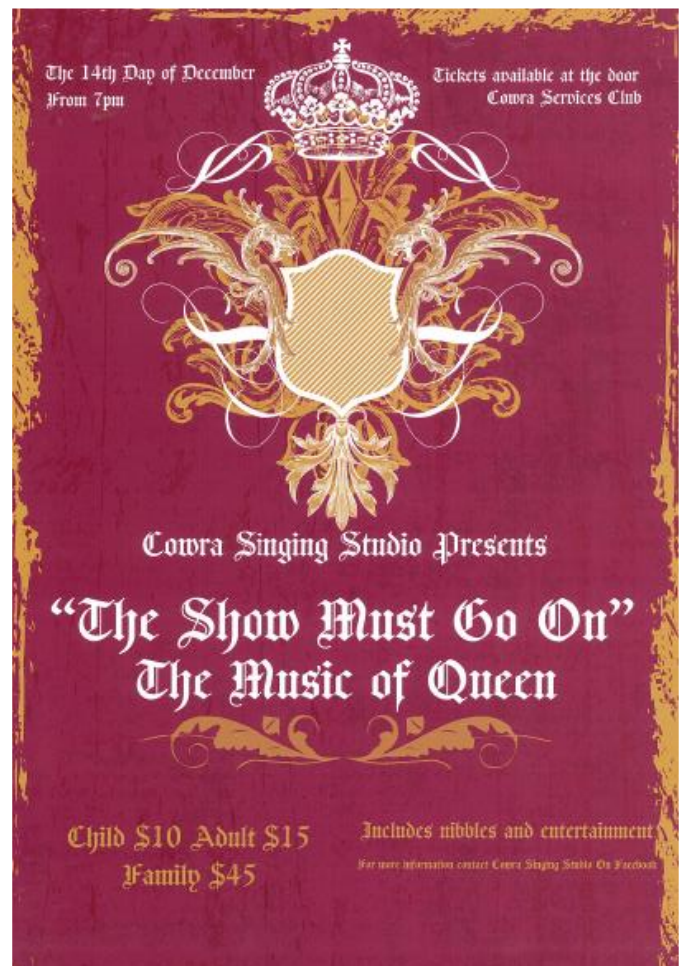
The Ray White Emms Mooney team are calling on the local community to embrace the giving season and to dig deep for children and families who need it most.

When you see our Christmas tree go up, we urge everyone who is able to bring a gift in for those families who are less fortunate. Gifts could include something that is suitable for a child 0-12 years of age, non-perishable hampers or a monetary donation to go to the Neighbourhood Centre.

The gift drive is a way to help put a smile on the face of anyone who may need some extra cheer at this time of the year, and it's as simple as can be.

All you need to do is drop your gift under the tree in our office reception area before the 19th December, no need for wrapping.

In line with this Ray White Emms Mooney will be having a colouring in competition that is open to all children up to the age of 12 years with entries closing on the 16th December. Entry forms are available at Ray White Emms Mooney, 45 Kendal St Cowra.



All NSW school-enrolled children are now eligible for their 2019 **\$100 Active Kids voucher**. The voucher can be used with any approved Active Kids provider, to help cover costs towards registration, participation or membership fees for sport, fitness and active recreation.

How to claim your voucher

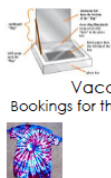
- 1 Visit [service.nsw.gov.au](https://my.service.nsw.gov.au) and login to your MyServiceNSW Account
- 2 Click on the Active Kids icon found in your **SERVICE** tab
- 3 Fill out the requested information (you will need your current Medicare card)
- 4 Print a copy of each voucher or email it to yourself

How to use your voucher

- 1 Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number
- 2 If you can't find a provider you can search <https://my.service.nsw.gov.au/MyServiceNSW/ActiveKidsSearchProvider>

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab





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-

Week 1

- Thursday 19/12/19
- Friday 20/12/19

White clay decorations, Hula hoop relay
Christmas craft, water bucket relay

Week 2

- Monday 23/12/19
- Tuesday 24/12/19

Christmas silhouette painting, Styrofoam baubles
Christmas party lunch

Week 3

- Thursday 2/1/20
- Friday 3/1/20

Begin the process of making an OOSH movie
DIY bubbles & wands
Outdoor water play

Week 4

- Monday 6/1/20
- Tuesday 7/1/20
- Wednesday 8/1/20

DIY and traditional board games
Mulan 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

Week 5

- Monday 13/1/20
- Tuesday 14/1/20
- Wednesday 15/1/20

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,

- Thursday 16/1/20
- Friday 17/1/20

Tie dye t-shirts, sock wrestling, heat activated beads
Salt art, balloon pop

Week 6

- Monday 20/1/20
- Tuesday 21/1/20
- Wednesday 22/1/20

Beyblades competition, craft with natural loose parts
Excursion - Forbes biscuit factory,
water park & sausage sizzle lunch
Ice experiments - fizzy ice, salt ice, hula hoop team challenges

- Thursday 23/1/20
- Friday 24/1/20

OOSH Comedy show, Physical challenge circuit
Australia day party- backyard cricket
fairy bread & lamingtons

Week 7

- Monday 27/1/20
- Tuesday 28/1/20

Public Holiday Service Closed
Pupil free day Vacation care will be provided if viable
Technology and movie day



GET READY FOR SECONDARY SCHOOL



Be positive and enthusiastic
to help get your child looking
forward to high school



Organise their school uniform



Arrange books, stationery and
a school bag - remember to
label all belongings



Learn about the new school
routines - these might be very
different from primary school



Help your child become
familiar with travel to and from
school, including a plan for
public transport if required



Talk to your child about
their timetable, subjects and
where their classrooms are.
Keep a few copies of the
timetable handy



Encourage good study habits
and create an environment
where all interests - such as
sports, tv and music -
are balanced



Remind your child that nerves
are normal. Encourage them
to talk about any concerns
they have



Encourage your child to keep
in touch with their primary
school friends and to make
new ones



Have an emergency safety
plan - be clear about who
your child should contact
and how

Adapted from Victorian Department of Education



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



Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

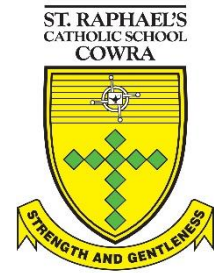
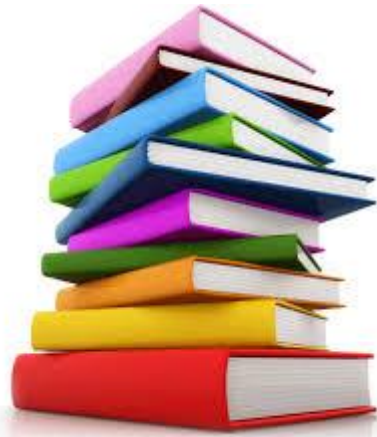
... to make healthy party food.

Celebration season is upon us - but party food
doesn't have to be unhealthy. Fruit and veg are
bright and colourful and make the perfect ingredient
for special party foods. Try these fun ideas:

- Watermelon fruit salad bowl
- Pita bread Christmas trees
- Frozen yoghurt pops
- Watermelon cookie cutter shapes
- Banana and strawberry candy cane



healthylunchbox.com.au



Wanted - Books For Children!!

As part of our **2018 Indigenous Immersion Experience**, the students were asked, as a result of their experiences, to identify a local project that they could undertake. An area of need that the students identified was the nation-wide literacy gap amongst Aboriginal and Torres Strait Islander people. As a group they decided to adopt a local project that was launched in 2018 to encourage reading to and with our local children.

To mark Indigenous Literacy Day 2018 Jan Chivers (Facilitator of Early Childhood and Community Programs, Orange Cowra Aboriginal Strengthening Service, Centacare Bathurst) launched **"The Book Box Project"**. In 2019, to mark Indigenous literacy day, Jan gave many of these books away to the children who attend Yalbillinga and her community playgroups.

Our 2018 Indigenous Immersion Experience students are asking for donations of interesting second hand books, in good condition, suitable for children of all ages. If you have books that you are happy to donate, they will be gratefully received!

We will have a donation box at St Raphael's School Office if you would like to donate to this wonderful project.

"The Book Box Project" involves creating "Book Boxes" for families to borrow, or take books from, at various community organisations such as Yalbillinga Day Care Centre, play groups and the Erambie Outreach Centre to encourage the value of reading and literacy amongst children of all ages and assist in Bridging the Gap in Literacy amongst Indigenous people. Our students would like to assist to replenish the book supplies for this invaluable initiative.

If you have any books that you are no longer using, please consider sending them in to help our students support **"The Book Box Project"**.

Kind Regards,

The Students of the 2018 Indigenous Immersion Experience
St Raphael's Catholic School
Cowra

