



St Raphael's Catholic School

Term 1, Week 2/B Newsletter
3 February 2020



Dear Parents,

Welcome to the 2020 school year – the 150th year of Catholic Education in Cowra. I hope your break away from the school routine was refreshing for everyone. A particular welcome to those who are new families joining our school family.

February 1st (last Saturday) was the feast day of St Brigid – the patron saint of the Brigidine sisters who conducted our school for 94 years. We are deeply indebted to the Brigidine sisters and pray that they are richly rewarded for their dedication.

A Catholic school has two main jobs – to be clearly Catholic and to be an excellent school. Being Catholic means doing the work of the Church (bringing the God to people in ways that are real and relevant). Conducting an excellent, Christ-centred school is the way we are doing that.

New faces among the staff members in 2020:
Ms Michelle Coombes is Art teacher for the Secondary Department for 2020 and is warmly welcomed into the school family. Mrs Amanda Edwards again takes up a teaching role in the Primary Department.

New roles among the staff members in 2020:
Mrs Nicole Twohill-Scott is in the new role of Family Educator for 2020 and 2021. Mrs Cassie Bennett is appointed to a Curriculum Coordination role in the Secondary Department as is Mrs Therese Johnstone in the Primary Department. Miss Renae Downes has taken up the role of Wellbeing Coordinator in the primary Department, while Mr Darrel Coleman will be her assistant for 2020.

Thank you to those parents who have contributed time to maintaining our vegetable gardens and orchard throughout the summer break. Additionally, the construction of the new climbing wall in the southern playground has been completed.

Student Leaders of this year are the focus of our prayers at the Leadership Mass on Wednesday of this week (Feb 5th). Responsibilities of the student leaders are well underway and already our leaders demonstrate great promise for the year ahead. Their representation of St Raphael's at a couple of Australia Day events was executed with dignity and pride. On a proud note, we congratulate Kate Price (Yr 12 School Captain) on the well-earned award of Young Citizen of the Year.

Guardian Angels (from Year 6) for Kindergarten students will soon begin to spend time with their new companions. In the past, close links made here have become long-standing friendships, with gifts given on special occasions and time spent together out of school. Such friendship is a lovely gift to share.

Thank you to the Parents and Friends Association and Year 1 parents who assisted the families of Kindergarten students to get past the emotional time of delivering the children to their first day of school. The "Survival Pack" at morning tea was a really nice touch.

Details of the annual Swimming Carnival are included in this newsletter is being conducted on February 6th (weather permitting). Fitting in events for thirteen year groups within just one day is a logistical challenge in which we try to achieve a balance for the children.

The school website is an excellent source of current information, particularly the calendar that is directly linked to the live calendar we use to organise school events – put it on your favourites and stay up to date:
<https://www.straphaelscowra.catholic.edu.au>

It is lovely to see the growth in maturity that has happened among the students since December. Even after a relatively short time away the development is quite evident and ever so rewarding.

Michael

Michael Gallagher
Principal



Prayer

Brigid, you were a woman of peace,
You brought harmony where there was conflict.
You brought light to the darkness.
You brought hope to the downcast.
May the mantle of your peace cover those who are troubled and anxious,
And may peace be firmly rooted in our hearts and in our world.
Amen.

What's On This Week!!

Monday 3

Happy birthday to Thomas Bryant

Tuesday 4

Happy birthday to Nakisha Williams

Wednesday 5

K-12 School Opening Mass – 9:30am @ Church
(Please note that the School Office will close for the School Opening Mass from 9:30am – 10:30am on Wednesday 5th February)

Happy birthday to Ariella Ryan-Hartwig

Thursday 6

St Raphael's Catholic School Swimming Carnival
(Further information is provided in this newsletter)

Friday 7

Happy birthday to Laura Price

Happy birthday to Alisha Azzopardi, Ella Meeuwisse, Tristen Ryan-Hartwig & Charlie Smith whose birthday's fell on the weekend, and to Jarreau Emseis who celebrates his birthday this Saturday.

Faith & Life

St. Brigid: A Woman for Our Time

On Saturday February 1st we celebrated the feast day of St Brigid. Being a Brigidine school, St Brigid holds special significance for us. Looking at her life, and at some issues that confront and challenge us, it seems only right that Brigid would hold such significance.

Brigid saw Christ in every person, especially in the guise of the poor person. Those concerned with justice issues are challenged by her response. A sense of justice impelled her to share: "what is mine is theirs".

Her life inspires unity and reconciliation. In a world of much fragmentation, with many divides, there is a search for unity, a search for connection, a search for a sense of the whole family, human and natural.

The stories and legends about Brigid depict her as a woman of energetic action which is summed up in the phrase: "...hers is a legacy not of words, but of a lifetime of ministry."

Condensed from "Rekindling the Flame: A pilgrimage in the footsteps of Brigid of Kildare by Rita Minehan CSB

Curriculum News

Primary Curriculum Matters

Welcome back to our new school year. We especially welcome any new students and their families to St Raphs and look forward to a positive and productive year of learning for all.

We've had a very hot but smooth start to 2020 and as the children are beginning to settle into their new

classes, teachers will be sending home information regarding the routines and requirements of their particular grade.

Firstly, a general reminder for sport, homework and bus safety.....

Primary Sport

During Term 1, Primary Sport will include developing fundamental movement skills and later will focus on track and field events in preparation for the School Athletics Carnival. Primary Intensive Swimming will again be conducted in Term 4.

Primary Sports Uniforms are usually required to be worn on:

Wednesday for Kindergarten

Tuesday for Year 1

Thursday for Year 3-6 (primary)

Friday for Year 2

Of course this week, sport will be on Thursday as we will be attending our annual swimming carnival.

Note: Kindy will be staying at school on Thursday and will not be attending the swimming carnival.

Sometimes other events may occur on particular sports days which may mean there will be a temporary change of sport uniform day. If so, notifications will be given to parents via the newsletter and St Raphael's School facebook page.

Primary Homework

Homework for Year 1 to 6 will officially begin in Week 3. Year 2 to 6 homework will generally consist of reading and multiplication and division revision. Year 2 to Year 6 students will once again be following the Accelerated Reader program. A reading log and an appropriately leveled reader will be sent home with your child.

Reading improvement essentially helps your child's learning growth across all subject areas. Therefore, regular reading homework is strongly encouraged.

Bus Safety Talks

Your child's safety is of utmost importance. In the coming weeks students from Kinder to Year 5 will attend bus safety sessions presented by The Cowra Bus Service. Students will board the bus and discuss and practice safe behaviour when using bus travel.

Please Note: The students are not allowed to walk between the buses when crossing the road and are strongly encouraged to cross the road at the clearly marked pedestrian crossing. For the safety of our precious children, we urge all parents to model this road safety rule.

Chickens for Missions

This term, Year 2 will once again be hatching chicks to sell at our annual Heritage Day Fete. Donations of fertilized eggs would be greatly appreciated.

Summer Reading Challenge

The Summer Reading Challenge closes on the 6th February. For those students who spent time reading in the holidays, please ensure your Summer Reading Log is complete and submitted to be in the chance to win an iPad!

Swimming Carnival

The St Raphael's Catholic School Swimming Carnival will be held this Thursday 6th February 2020. Secondary Students are to arrive at the pool by 8.45am. Primary Students will walk down from school at the normal school start time.

ALL STUDENTS IN THE 200 I.M and 50m Butterfly events need to be at the pool before this as these are our first events and will start at 8.30am sharp. Warm-up lanes are available from 8.00am.

The carnival will conclude at 2.45pm and all students will return to school to be dismissed at the regular time.

Call for volunteers!

If you are free on Thursday 6th and would like to help out, please contact Mr Luke O'Reilly via email loreilly@bth.catholic.edu.au or by phoning the school and letting the office know you are available. All volunteers will be supplied with lunch and refreshments.

Event Nomination

All students will be nominating for their events at school during Week One! Should there be any changes to this, please see Mr O'Reilly or Mrs Atkinson BEFORE THURSDAY to let them know.

POOL ENTRY \$2 (or bring season pass)

Lunch + Water

All students are to bring a nutritious recess and lunch to the carnival. The pool canteen will be available to the students during the day also. Please ensure your children have plenty of water and encourage them to drink it throughout the day.

Uniform

Either School Sports Uniform or house colours must be worn for the carnival. Get into the spirit and support your house. Big Hats and coloured zinc are a sure winner for a hot day, however the pool has asked us that the students do not bring zinc to the pool (apply it at home). Get creative but **please no crepe paper** or other items that will be a nuisance to the pool staff.

Raphael -	Red
Kibreda -	Blue
Xavier -	Yellow

HATS and SUNSCREEN, Please check and double check that your child has sunscreen and a hat and encourage them to apply/reapply it and wear it all day long.

Novelty Events

This year we will once again be holding novelty events in and out of the water. There are plenty of opportunities to get wet and to keep active throughout the day, but don't miss your championship event!

Primary Students Eastern Region Carnival

If your child is successful in winning a place in our St Raphael's Team they will be invited to represent the school at the Eastern Regional Carnival. The Eastern Region Carnival is **on Thursday 20th February, in Cowra.**

Secondary Students Diocesan Carnival

If selected in our School Team your child will have earned the privilege to represent our school at the Diocesan Carnival on **Tuesday 10th March in Dubbo.**

Infants

Kindergarten will not be attending the swimming carnival.

Year 1 & 2 will be attending the carnival but only between recess and lunch. They will eat recess at school, change into swimmers and walk to the pool after recess. They will participate in novelty events in and out of the pool, followed by lunch in the pool grounds and walking back to school. Additional information will be available from the class teachers.

Swimming Club 8 Year Olds

If your child turns 8 in 2020 and regularly participates at Cowra Swimming Club in 50m races, they are eligible to compete in carnival. Please contact Mr O'Reilly to nominate your child in carnival events and discuss further. No nominations will be taken on the day.

Polding Summer Trials

Any Primary student who has been successfully selected to travel to Lismore to represent the Bathurst Diocese at the Polding Summer Trials and would like to be eligible for selection in the St Raphael's Swim Team travelling to Bathurst for the Eastern Swimming Carnival. Your times (Swimming Club) will need to be given to Mr O'Reilly before Tuesday 4th February.

Order of events

8:30am - 200m Individual Medley

(17yrs + to 8 yrs)

50m Butterfly (17yrs + to 8 yrs)

50m Freestyle (17yrs + to 8 yrs)

50m Backstroke (8 yrs to 17yrs +)

50m Breaststroke (8 yrs to 17yrs +)

100m Freestyle (8 yrs to 17yrs +)

Year 12 Race

Staff Vs. Secondary Vs. P&F Vs. Primary

2:45pm - Conclusion

Administration

Student Medication

A reminder that teachers and school staff members are not permitted to administer any medication to children without signed, written permission and exact instructions regarding dosage and frequency. The necessary form is available from the school office.

Student Photos

From time to time the school may place photos of your children in the newspaper, newsletter or associated publications to mark their success in various aspects of school life. If you have any objections to this practice, please contact the Principal to discuss the matter; otherwise the school will presume it has your permission to publish the photos and names of your children.

School Bus Passes

For all enquiries regarding school bus travel, please search Transport NSW (School Travel Pass) or follow the link www.transport.nsw.gov.au/ssts/#/howToApply

Morning Arrival of Children

Safe morning delivery of children needs the consideration and co-operation of motorists. Please move to the front of the available drop-off zone to enable others to park and deliver their children as well. Please deliver the children and move away from the delivery zone carefully and promptly. Between 8:30 and 9:30am the zone is "No Parking" so you cannot leave your car. If you want to come into the school then park outside the zone and walk. Please remember that no parking is allowed in Poignand Avenue.

Afternoon Departure of Children

For those parents and carers wishing to pick up their children from the church carpark at the end of the school day, please note that the back school gate is not unlocked until 3:15pm. Your patience is appreciated.

Commonwealth Privacy Act

The Commonwealth Privacy Act requires schools to issue Collection Notices to parents each year so that the school may obtain and use information to assist in providing schooling for your child. However, be assured that the type of information your school requires and the use the school makes of it, will be the same as it has always been. The collection notice is attached to this Newsletter.

In addition, the school is regulated by a Catholic Education Office Privacy policy that is available from the school upon request or on the Catholic Education Commission (NSW) website:

<http://www.cecnsw.catholic.edu.au>

School Fee Discount

If you have a child attending another Catholic school within the Diocese, you are entitled to have them included in your discount of school fees (tuition & school capital works levy). If this is applicable to you please fill in the form at the end of this Newsletter and return it to school by this Friday, 7th February.

Wellbeing

Secondary Wellbeing

It has been a fantastic start to the school year! Good habits are at the forefront for making the most of 2020.

I am more than aware that most teenagers will be on board for this recommendation and that is "get more sleep". William Shakespeare was quoted as saying "sleep is the chief nourisher in life's feast". Sleep is very important and we all need quality sleep to remain healthy and ready for learning.

Many studies have proven that sleep affects our behaviour, our mental health, our physical health and our cognitive ability. Sleep is vital to regenerate all of our bodies systems and have them functioning at full capacity.

Students need between 7 and 9 hours of sleep each night. This is each night and the numbers cannot be averaged over the week. We all know that a night without sleep can take two or more days to recover from. Our children are the same!

Good habits need to be made. Rituals around sleep need to be made. In my home we have a ritual of putting devices on the office desk before bed. We also keep all charges here and this is where they remain until the following morning. We also have a ritual around screens before bed. Gaming and devices are not to be used 30 minutes prior to sleep. Music, reading, a shower and or some quiet relaxing activity before bed can also help. Eating during this time is not recommended as the body then will concentrate on digestion as opposed to sleep. Teenagers physiologically have a hard time getting to sleep as they don't produce the hormone to make them sleep until much later in the evening. We as parents need to help them sleep as much as possible and limit their online world.

Handy hint: unplug the modem each night as you go to bed!

Peer Support

At the end of 2019 all of our Year 9 students were instructed on how to become a qualified peer support leader. This training led to all of our current Year 10 cohort of 2020 leading our new Year 7 leaders through the peer support program.

The program is structured so that all Year 7 students will have one lesson per week being taught by specialist teachers. Term 1 will be dedicated to the peer support program where initially the focus will be on welcoming and transition. The framework for this program is to further develop relationships between the current Year 7 group. It also allows the Year 7 group to develop relationships with the Year 10 group. Year 7 have all now met and worked with our Year 12 leaders and the entire Year 11 group and I do hope that they feel comfortable with their new school environment. The peer support program will then focus on Resilience and building our student's ability to deal with a range of various issues.

Steve Carroll – Secondary Wellbeing Coordinator

Canteen Update

Welcome to a new school year! Our canteen runs on a voluntary basis and provides freshly prepared food on Mondays, Tuesdays, Thursdays and Fridays. As well as fuelling the children for their school day activities, the canteen provides a service for busy parents by taking lunch preparation off the home agenda and a treat for children on their special days. A copy of our summer menu is attached to this newsletter.

In order to maintain this busy service, we rely on the families of our students to volunteer their time to helping in the canteen. Please see the note at the end of this newsletter and consider how you, or your family members may be able to contribute to our canteen community by filling out the attached form and returning it to school with your child.

This week's roster is as follows:

Tues 4	Wed 5	Thurs 6	Fri 8	Mon 10
Karen Campbell Lisa Mallon	CLOSED	Kathryn Keefe Carrie Simunic	Leanne Twigg Jessica Newcombe	Tammy Zarb Tracey Gunnyon

Donna Stokes – Canteen Manager



St. Raphael's Catholic School
Parents & Friends Association



Old Pencils Please!

Your P&F team are hard at work again creating wonderful resources for the school. They are currently chasing old pencils. Any colour, shape or size would be greatly appreciated – and they will need LOTS! These pencils will be turned into a masterpiece for the outdoor play area, similar to the picture below. Please bring any old pencils to the school office.



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



150th Anniversary of Catholic Schooling in Cowra

Welcome to our 150th school year! 2020 marks 150 years since the beginning of Catholic schooling in Cowra and is a year of acknowledging our past and looking forward to leaving a legacy for the future.

We are what we are today because of the great people and great work by those who have worked and prayed here before us. It is out of respect, gratitude and admiration that we undertake these celebrations.

To open 2020 and to commence our fabulous year of celebration we invite our parent community to join us for a cocktail

party in the MSLC in Week 6.

Please place this date in your diaries.



Details for our year of events will be publicised in this newsletter and on our social media pages, so watch this space for more information as the events unfold. A brief timeline of the events so far is as follows:

Term	Event
Term 1	Leadership Mass (Feb) 150th Calendar & pins available / distributed
	Cocktail Party (Tues 3 March)
	Catholic Schools Week (Mar 8-14)
	Parish Debutante Ball (March 27)
Term 2	Reunion Weekend (June 5,6,7,8)
Term 3	Cowra Show exhibit
	Liturgy Conference
	Old-time Ball (Oct)
Term 4	Chapel rededication / Year in Review

CANTEEN HELP NEEDED

Dear Parents/Guardians,

Welcome to a new school year!

Our canteen runs on a voluntary basis and provides freshly prepared food on Mondays, Tuesdays, Thursdays and Fridays. As well as fuelling the children for their school day activities, the canteen provides a service for busy parents by taking lunch preparation off the home agenda and a treat for children on their special days.

I am asking for our new family and existing family members to put their hands up to help for just one day a term (or more if you can manage). You would be required from 10.00 am to about 2.30 pm you will be supplied lunch and you may make yourself a cuppa as needed. Everyone in your family is very welcome e.g. Dad's, Nan's, Pop's Aunt's and Uncle's. I understand that many of our families help with reading and other things around our school, but it would be very much appreciated if you could give the canteen just one day a term. Children love to see their parents and family members at school. Please don't have any fears about canteen work we have lots of fun and it is a good way to get to know other parents at the school and make new friends. The infants are really cute as they come up with their 20 cents or \$1 and say "what can I buy with this?"

I am really hoping that all our new (and existing) families will be able to help this year. I am looking forward to meeting you. Please fill out the slip below as soon as possible if you are able to help and send it in to the office or please ring me on 0427 501 508. **Volunteers already active on the roster don't need to fill out this form.**

Yours Sincerely,

Donna Stokes - Canteen Manager



Canteen Volunteer

Name:.....

Phone:

A list of all other helpers names & numbers go home to the other volunteers for swapping. Due to privacy reasons please circle yes or no (if no your number will be left off).

Day of the week available:

.....

Once / Twice A Term / Weekly / Fortnightly /
Every Third Week (Please circle)

Youngest Child's Name & Class

.....

E-mail address for roster to be sent to:

.....



School Fee Discount

If you have a child attending another Catholic school within the Diocese, you are entitled to have them included in your discount of school fees (tuition & school capital works levy). If this is applicable to you please fill in this form and return it to the school by this Friday, 7th February.

School Fee Discount

Family Name:.....

Students Name:.....

Which school other children are attending:

.....

Names of other children:

.....

Parent's signature:

Community Connections

Have you heard about Go4Fun Online??

Is your child...

- Aged 7-13 years old?
- Above a healthy weight?
- In need of support to improve eating and activity habits?

Go4Fun Online is a FREE 10-week program that helps children and families improve their eating and physical activity habits.

What's included:

- Fun weekly online learning & activity sessions
- Weekly personalised phone, email & sms support
- Regular mail outs containing free tools and resources
- Online community with closed Facebook group
- Weekly targets and challenges
- Progress tracking
- Rewards, prizes and freebies!!!!



For more information and to sign up for Term 1 2020, visit: go4funonline.com.au

TERM 1 REGISTRATIONS ARE NOW OPEN!!

ANZ Tennis Hotshots for Term 1 will be held on Monday, Wednesday and Thursday



afternoons and Saturday mornings. Lessons commence from 10th February for weekday lessons or Saturday lessons resume 1st February. The cost per term is \$130 (8 lessons)

Tournaments and match play are also available as well as adult lessons. Contact Helen for more information.

Cardio tennis recommences on Saturday 1st February at 8am. Cardio is a tennis based fitness program open to all ages, abilities and fitness levels and you don't need to have played tennis before. Cardio tennis is \$15 per session.

To enrol for hotshots or cardio or more information contact Helen Garratt on 0407139164, or email handlgarratt@bigpond.com

OUT OF SCHOOL HOURS

After School Care

3.00pm – 6.00pm during school terms

PCYC bus will collect children from school, Afternoon tea included

Vacation Care

8.30am – 5.30pm during school holidays

Excursions, workshops, cooking, craft and more!

Afternoon tea included

Located at Cowra PCYC - Binni Creek Rd

Pay as little as \$6.00 per day for after school care and \$9.00 per day for vacation care depending on your Childcare subsidy eligibility

Binni Creek Rd, Cowra
Cowracc@pcycnsw.org.au
 0491 053 180

Woodstock School of Rock

With experienced Facilitator Blair Gough

For more info and bookings call on 0414867333

"So much fun! I'm the drummer, my brother sings. It's heaps good!"

Teaching all areas of performance needed to 'Rock Out'

Prices vary depending on the amount of band members

Claim \$100 Creative Kids Voucher at Service NSW for Primary & High School Rockers

MUSICAL FUN FOR ALL AGES & ABILITIES

TUESDAYS WOODSTOCK

Bowling Club

- Music & Movement 0-5 yrs 9.30am
- Adults Hand Drumming 10am
- Adults Beginners Ukulele 10.30am
- Adults Ukestra 11am

WEEKLY GROUPS

Learn an instrument
Play along to favourite songs
Friendship & fun

FEES
30 minute sessions cost per person
5+ people \$10
4 people \$12.50
3 people \$15
2 people \$20
1 person \$30

WEDNESDAYS COWRA

23A Young Rd (next to West Cowra Takeaway)

- Adults & Teens Music Group 10.30am
- Beginners Uke & Drum 3.30pm
- School Age Ukestra 4pm
- Hand Drumming 4.30pm
- Adults & Teens Ukestra 5pm

Cowra Services Club

- Adults Ukestra 1pm

\$100 Creative Kids Vouchers for Primary & High School aged students, available through Service NSW

With experienced & trained Group Facilitator Simone Gough.
 For info & bookings call 0427 471 696 or email simonegough77@gmail.com
www.harmoniogroupfacilitation.com

Group Facilitation



LENTEN RETREAT FOR WOMEN



WAKE UP AND AWAKEN ONE ANOTHER

Looking for some quiet time to prepare for Easter and to reflect on the role of women in today's Church and society?

Then this weekend is for you!!

How can we, as women, contribute to a better future?
The challenge is great but
with Christ and the Blessed Mother everything is possible.



Where: Mount Schoenstatt Spirituality Centre,
230 Fairlight Road, Mulgoa 2745
When: 6pm 28 February – 4pm 1 March 2020
Cost: \$170 – twin – share
\$210 – single room (when available)
Day Participation: 9am – 5pm – \$60
Registration: For Booking Form & Payment contact:
info@schoenstatt.org.au
or Phone: 4773 8338
Essential by 14 February

CIRCLE of SECURITY



Circle of Security is a parenting program that focuses on relationships that support children to feel secure. Secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions. The program supports parents to look beyond a child's behaviour and identify the relationship need. For parents of children 0-12 years old.

Suitable for all parents/ carers who want to be "good enough parents" and delight in their children.

Where: Cowra, Homestart Rooms, in the office building next door to St John's Anglican Church, Kendal Street (just up from the Cowra Court House)

When: Tuesdays starting 18th February, 9:30 am for six weeks

For more information or to register contact:

Kirstin Stevenson (Homestart) 0428 450 399

Jan Chivers (Centcare) 0418 366 855
(You must register to attend)

Cost: FREE Certificates of Attendance issued on completion



LET'S PLAY LEAGUE

FREE Come & Try session
with 2 NRL Players

River Park, Cowra
Tuesday 11th February
4pm-5pm

#CowraMagpies



THE SUMMER READING CHALLENGE IS COMING TO A CLOSE !

Entries To Win One of Four IPADS Closes February 6th

How Many Books Can You Read This Week?



Triple P Positive Parenting Program

" Strengthening Families "

Commencing on Monday 10th February 2020
and running weekly until
Monday 9th March 2020.

5 Vaux Street

10am – 12pm

Light Morning Tea included.

Gold Coin donation.

The Power of positive parenting

- Helping children develop
- Managing misbehaviour
- High risk situations
- Future focus

Program Outcomes

To encourage children's social and language skills, emotional self-regulation, independence and problem-solving ability.



familiesnsw
supporting families to raise children





St RAPHAEL'S CANTEN SUMMER MENU TERMS 1-4

Lunch Bags are 10c each
Cutlery for food from home is 5c each.



SANDWICHES, ROLLS OR WRAPS	
Vegemite	\$2.00
Cheese	\$2.50
Cheese & Tomato	\$3.00
Salad	\$4.50
Ham	\$3.00
Ham & Cheese	\$3.50
Ham Cheese & Tomato	\$4.00
Ham & Salad	\$5.50
Egg	\$3.50
Egg Lettuce & Mayo	\$4.00
Egg & Salad	\$5.00
Chicken & Mayo	\$4.00
Chicken & Salad	\$6.50
Tuna & Salad	\$5.50
Salmon & Salad	\$6.50

(Add 50 cents per extra filling)

Please write whether you would like a sandwich, roll or wrap. Sandwiches are made with whole meal or multigrain bread; please write which one you want.

OTHER FOOD	
Chicken Caesar Salad	\$6.50
Beetroot Salad	\$6.50
Choice of Ham/Tuna or Chicken	
Small Nachos	\$4.50
Large Nachos	\$6.50
Small Steamed Dim Sum x 1 & Noodles	\$4.50
Large Steamed Dim Sum x 2 & Noodles	\$5.50
Chicken Snitz Wrap or Burger with the lot	\$6.50
Chick Snitz Mayo/cheese & sauce/ cheese	\$5.00
Chicken Dino's (limit of 8) Each	\$0.70
Fruit Salad Bowls	\$4.50
Yoghurt & Fruit Salad Bowls	\$5.00

SAUCES	
Tomato or B.B.Q	Each \$0.50
Sweet & Sour or Sweet Chili	Each \$0.60

GLUTEN FREE	
Steamed Chicken Beetroot Salad	\$6.50
Chicken Nugget (limit of 8) Each	\$0.70
Small Chicken Stir Fry Noodles	\$4.50
Large Chicken Stir Fry Noodles	\$6.50

DRINKS	
Up & Go's (Choc, Straw & Vanilla)	\$2.00
Water	\$2.00
Chillj (100% Squeezed Fruit Juice)	\$2.50
Juice (Apple, Orange & Apple Black C)	\$2.50

COLD TREATS	
Fruity Ice Each	\$0.50
Quelch	\$1.00
Tnt's	\$1.50
Ice Cream Bucket	\$2.00
Frozen Yoghurt	\$2.50

OTHER TREATS	
Grain Waves, Sea Salt Chips	\$1.50
Noodle Snack	\$1.50
Popcorn (popped in canteen) a bag	\$0.50
Black Liquice Each	\$0.30
Yoghurt Sticks Each	\$0.20
Faces 99% Fruit (gf) Each	\$0.10
Mega Snake (gf)	\$1.00

Morning Tea Snacks	
Whole pieces of Fruit	\$1.00
Slices/Muffins/Pancakes/Cheese Puffs	\$0.50
Chocolate Mouse Cups	\$0.60
Chocolate Mouse & Custard Cups	\$1.00
Apple & Custard Cups	\$1.00
Fruit Salad Cups	\$1.00
Yoghurt & Fruit Salad Cups	\$1.50

Many more items ranging from 10c to \$2.

Please note lolly treats and cold treats are only sold at lunch time. The lolly limit per student per day is as follows:- PRIMARY \$1 SECONDARY \$2
A single snake ordered with lunch is their limit.

Collection Notice

Parents/Guardians - Diocese of Bathurst

The following Collection Notice describes personal information that the school requires to provide your children with their education. It is also a requirement of the National Privacy Act that such notices be provided to individuals.

1. **St Raphael's Catholic School, Cowra.** The School collects personal information, including sensitive information about pupils and parents or guardians before and during the course of a pupil's enrolment at the School. The primary purpose of collecting this information is to enable the School to provide schooling for your son/daughter.
2. Some of the information we collect is to satisfy the School's legal obligations, particularly to enable the School to discharge its duty of care.
3. Certain laws governing or relating to the operation of schools require that certain information is collected. These include Public Health and Child Protection laws.
4. Health information about pupils is sensitive information within the terms of the National Privacy Principles under the Privacy Act. We ask you to provide medical reports about pupils from time to time.
5. If we do not obtain the information referred to above we may not be able to enrol or continue the enrolment of your son/daughter.
6. The School from time to time discloses personal and sensitive information to others for administrative and educational purposes. This includes to other schools, government departments, government agencies, statutory boards [Catholic Schools, Australia, Catholic Schools NSW, your local diocese and the parish, Schools within other Catholic Dioceses. Also government authorities such as NESA, the Australian Curriculum, Assessment and Reporting Authority (ACARA)] medical practitioners, and people providing services to the School, including specialist visiting teachers, coaches, volunteers and counsellors.
7. In addition to the agencies and purposes cited at 6 above personal information relating to students and parents may also be made available, in accordance with Australian Government requirements, to ACARA for the purpose of publishing certain school information relating to the circumstances of parents and students on the MySchool website.
8. The School from time to time may also collect and disclose personal information about current or prospective students in accordance with the Education Act or child protection legislation.
9. Personal information collected from pupils is regularly disclosed to their parents or guardians. On occasions, information such as academic and sporting achievements, pupil activities and other news is published in School newsletters, magazines [and on our website].
10. Parents may seek access to personal information collected about them and their son/daughter by contacting the School. Pupils may also seek access to personal information about them. However, there will be occasions when access is denied. Such occasions would include where access would have an unreasonable impact on the privacy of others, where access may result in a breach of the School's duty of care to the pupil, or where pupils have provided information in confidence.
11. As you may know the School from time to time engages in fundraising activities. Information received from you may be used to make an appeal to you. [It may also be disclosed to organisations that assist in the School's fundraising activities solely for that purpose.] We will not disclose your personal information to third parties for their own marketing purposes without your consent.
12. On occasions information such as academic and sporting achievements, pupil activities and similar news is published in School newsletters and magazines [and on our website]
13. We may include your contact details in a class list and School directory
14. If you provide the School with the personal information of others, such as doctors or emergency contacts, we encourage you to inform them that you are disclosing that information to the School and why, that they can access that information if they wish and that the School does not usually disclose the information to third parties.

