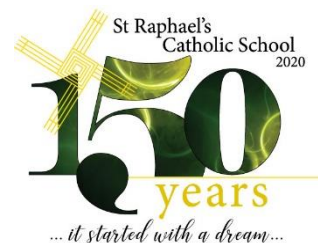




# St Raphael's Catholic School

Term 1, Week 3/A Newsletter  
10 February 2020



Dear Parents,

The Leadership Mass held last Wednesday marked the start of our 150<sup>th</sup> Year with tremendous participation from students, staff and parents. Blessing the Badges of Office and having parents attach those badges to the uniforms of our student leaders is a privilege to watch and we all share in the celebration of this unique relationship.

Additionally, Anniversary Badges were blessed and distributed to all students. These badges are a memento of this anniversary year and students are encouraged to wear them on their uniform for the year ahead.

The Swimming Carnival on Thursday was characterised by very strong participation rates and strong leadership performances by our sports leaders. Parental support is crucial for successful carnivals – there is little mystery why your children are so highly involved when you give such excellent example. The hospitality personnel were kept busy providing drinks and refreshments for teachers and parent helpers. Balancing a K-12 Carnival appropriately is hugely demanding and we aim to provide challenge and excellence for gifted swimmers as well as fun and carnival for the whole school family – thank you and congratulations to organizer, Mr Luke O'Reilly.

The Year 7 Welcome BBQ is being conducted in the Heritage Courtyard tomorrow evening. All Year 7 students and their families are warmly invited to attend to welcome and meet up with families new to the school in particular.

Student Bus Safety presentations commence today for students in the Primary Department. On a matter of safety: Safe morning delivery of children needs the consideration and co-operation of motorists. Go 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 8:30am 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.

*Michael*

Michael Gallagher  
Principal



Don't light your lamp and hide it under a bowl  
(Matt 5: 13-16)

*Lord, You are the Light of the world!  
Give us your love and truth  
That we might shine our light for the World  
Amen*

## What's On This Week!!

### Monday 10

Bus Safety Presentations for Primary Students

### Tuesday 11

Bus Safety Presentations for Primary Students  
Year 7 Welcome BBQ @ 6pm  
*Happy birthday to Ella Kilby*

### Wednesday 12

*Happy birthday to Maria Kollas & John van Rheede*

### Thursday 13

*Happy birthday to Olivia Edwards & Elsie Meyers*

### Friday 14

*Happy birthday to Wyatt Thomson*

Happy birthday to Jebediah York, Ava Broad & Connor Frazer who celebrate their birthday's this weekend.

## Faith & Life

### 150<sup>th</sup> Anniversary Badges

As you would be aware last week all students received a 150th Anniversary commemorative badge. The students are able and encouraged to wear them every day. For the younger students we are encouraging them to write

their name on the back of the badge just in case it falls off so it can be returned to the correct owner.

### Dates for Calendar

- Wednesday 25<sup>th</sup> February  
- Ash Wednesday Mass
- Saturday 29<sup>th</sup> February  
- Staff Commissioning Mass @ 6pm
- Friday 6<sup>th</sup> March  
- Heritage Day Fete (with 150 years focus)

## Curriculum News

### Second Step Program Primary

As part of Health Education this year, children from Kindergarten to Year 6 are participating in the Second Step Program. This program is based on social-emotional learning and is designed to equip the children to be better able to learn and to deal with their emotions in different classroom and social settings.

Over the period of the program, the children will bring home information and activity sheets (or it may come in the form of an email) to allow you to support them in their learning of these topics at home. Please do not feel that these need to be filled out by the children and returned to school each day. However, we are finding many positives with the program already and encourage your support with follow up from home.

*Kylie McNamara*

### Yr 7 River Trip

The Year 7 River Trip was so much fun! When we arrived at the river, we swung off the rope into the water to cool down. After practicing our strokes on land we launched the canoes and set off on our adventure. It was super fun way to talk to get to know your partner and the people around you. We had a few rest stops and much needed swims at lovely beaches along the way. When we finished the trip we helped load up the trailers and went back to school on the bus. Thank you to all the teachers and guides who made it a great 2<sup>nd</sup> day at school at my new school.

*Makayla Curtis – Year 7*



## Administration

### 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](https://apps.transport.nsw.gov.au/ssts/#/howToApply)

Bus applications need to be processed by 28<sup>th</sup> February otherwise your child might not be allowed to travel on the bus until the application is complete. Bus passes for completed and approved applications are being distributed to students this week through the school.

In addition to this, if you live further than 1.7km from the nearest school bus stop you may be eligible to apply for a school drive subsidy. You can now only apply for one child per family, not multiple students.

Please follow the link for all information:

<https://apps.transport.nsw.gov.au/ssts/#/schoolDriveSubsidy>

### Book Club

Scholastic Book Club catalogues have been sent home with students and orders are due back to school by this Friday 14<sup>th</sup> February. Please make sure your child's name and class is clearly marked on the order. If you are giving any of the books as gifts, please clearly mark them as **gifts to be collected from the school office** and we will contact you when they have arrived.

## Wellbeing

### Primary Wet Weather Routine

On wet weather days, Primary and Infants children will be supervised in St Brigid's Hall between 8:30am and 8:50am. At that time, children will be collected from the hall by their Homeroom teacher and taken to their classroom.

Students will have recess and/or lunch in their classrooms during rain episodes under the supervision of teachers.

**Primary/Infants students who are being picked up will need to be collected from the Kindergarten room by a parent or guardian. Students will not be dismissed to walk to cars in the rain without supervision for their own safety.**

Children who walk home, or ride a bike go straight outside and leave.

All other children catching buses are to assemble in St Brigid's Hall to wait for the arrival of their bus.

### Secondary Wellbeing

The most important meal of the day is.....  
We all know that the answer is breakfast. But, is it?

If it were then we should take special note of what we are eating for breakfast. The breakfast cereal industry is booming thanks to the very famous saying above and the breakfast cereal industry is also full of sugar. Coco Pops is made up of 36% sugar whilst NutriGrain is 26% sugar. Further to this both big brands have their share in the development of the food pyramid! Interesting how the big corporations can design the pyramid and tell us what to eat and market their foods to fit the pyramid!

After eating foods high in sugar the body then burns this as fuel rapidly which results in blood sugar falling rapidly lower than what it was previously. In turn, this results in feeling lethargic and not being able to concentrate. Students are feeling this way midway through lesson 1 and they still have lesson 2 to go before they can eat



their morning tea. We would like to hope that our children are feeling alert and ready to learn after a 'nutritious' breakfast.

What should we eat then for breakfast? Porridge, muesli, whole grain breads with avocado or eggs and or a smoothie with some fresh berries and fruit. These examples contain less sugar than the high sugar breakfasts such as Up and Go and provide a more nutritious start to the day. A more nutritious diet will obviously result in healthier growth and development both physically, cognitively and emotionally.

Handy hint: Involve your children in making a meal at least once a week.

### Attendance and Punctuality

Secondary school starts at 8.45am! Please be aware of this change for 2020 and do what you can as a parent to ensure your child is ready and prepared to attend school each day, arriving by at least 8.40am. Being prepared and on time are great habits to get into and as we all know habits are a little difficult to break.

Steve Carroll - Secondary Wellbeing

### Canteen Update

This week's roster is as follows:

Tues 11	Wed 12	Thurs 13	Fri 14	Mon 17
Charlene Williams	CLOSED	Ammie Broad	Rachel Frazer Jessica Newcombe	Briony Woodhouse

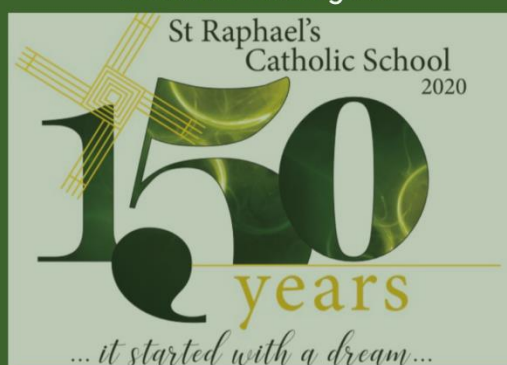
*\*Please note that Noodle Snacks have been discontinued and are no longer available from the Canteen\**

Thank you to the 5 new families that have volunteered their time to the Canteen roster this year. Unfortunately, we have also lost some regular helpers due to other commitments so are again urging parents and carers to please consider where you may be able to help. Please indicate your availability on the form at the end of this newsletter and return it to the school with your child as soon as possible. Thankyou.

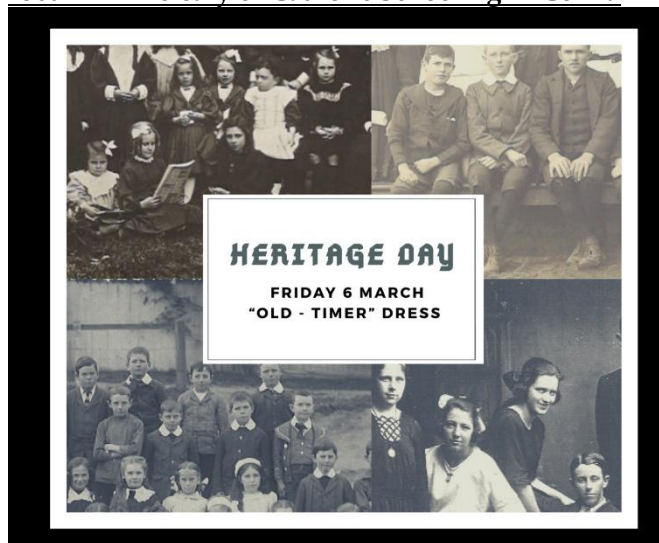
Donna Stokes – Canteen Manager

## "Year 7 sausage sizzle" Meet & Greet

Tuesday 11 Feb @ 6pm  
Convent courtyard



### 150th Anniversary of Catholic Schooling in Cowra



"Heritage Day" is coming up in Week 6 during Catholic Schools Week on Friday 6<sup>th</sup> March. This year we are embracing our fabulous 150<sup>th</sup> anniversary and asking our school families and community to get on board and dress up "old-timer". This will include parents who plan on visiting during the day. Staff will get on board as well. Dress-up ideas: all sorts of hats, hair ribbons, layers, waist-coats, long skirts, ties, bow-ties, pinafores, long socks & boots, neutral colours ... whatever you wish! You have four weeks notice ... time to raid nan & pops cupboard. Be creative and let's have a lot of fun!!



Feeling swamped with assessments?

Need help with your homework?

Research tasks to complete?

Need a quiet place to study?

## The Study Centre @ St Raphael's is the answer!!

Term 1 2020  
Weeks 4 - 9

**WHO** Students from Yr 2 - 12  
**WHERE** S17 (Computer Lab 3)  
**WHEN** 8:00- 8:45am Tuesday and  
Thursday only

### Specialised Assistance

#### Week 4 Tuesday

Mr Michael Gallagher - Maths / RE / Science  
Mrs Michelle Steele - Would you like a chat before class?

#### Week 4 Thursday

Mr Nick Dawes - Mathematics, ICT  
Mrs Jenny White- reading, spelling, grammar, writing, comprehension

Any questions/issues, please contact Mrs Amy O'Reilly

# Community Connections

liveBetter  
community services

## WOODSTOCK PLAYGROUP

For all children throughout the area who are under school aged!

**DATE:** Now FORTNIGHTLY on a THURSDAY  
*Every week during the school term!*

Come play, learn and engage, as we explore crafts, games, stories and music together.  
Great way to meet new adult friends and socialise your child!  
Very friendly and welcoming group!!

**DATE:** EVERY SECOND THURSDAY in the  
school term! Starting on the 6<sup>th</sup> of February

**TIME:** 10am - 11:00am

**AT:** Woodstock Public School Library

**RSVP:** To Kim Henry on 0418 115 383

**HOPE TO SEE YOU THERE!**

Call LiveBetter on 1800 580 580 (Monday to Friday)  
or visit [livebetter.org.au](http://livebetter.org.au)

liveBetter  
community services

## PLAY-TIME COWRA

Subtitle for all ages and families.

**DATE:** EVERY TUESDAY in the school term.

- Come join us with your child/ren as we play, laugh and learn!
  - Stories - Games - Music
  - Morning Tea - Group Time

**DATE:** Starting Tuesday 4<sup>th</sup> February

**TIME:** 11.00am - 12.00pm

**AT:** Family Connections Office  
Shop 6/119 Kendal St  
Cowra

**RSVP:** to Kim Henry on  
0418 115 383



Call LiveBetter on 1800 580 580 (Monday to Friday)  
or visit [livebetter.org.au](http://livebetter.org.au)

liveBetter  
community services

## New Parents Group Cowra

Best suited for: Parents of babies 0-12 months

Every Tuesday during school term!

- Come meet other new parents
- Share your experiences, moments and triumphs
- Guest speakers coming to discuss health, learning and what is recommended for you and your baby
- A place to come, get out of the house and relax

**DATE:** STARTS TUESDAY 4TH FEBRUARY

**TIME:** 10am - 11am

**AT:** Family Connections Office,  
Shop 6/119 Kendal St, Cowra

**RSVP:** To Kim Henry on  
0418 115 383



Call LiveBetter on 1800 580 580 (Monday to Friday)  
or visit [livebetter.org.au](http://livebetter.org.au)





# Cowra Golf Club



## 6 WEEK JUNIOR PROGRAM



OPERATION **36** GOLF

**Starting 25<sup>th</sup> February- 5th April**

Tuesday 4-5pm or Sunday 10-11am  
with the opportunity to play 9-holes following the clinic on 3 Sundays

**Weekly 1 hour clinics utilising the new  
Operation 36 Academy curriculum**

**\$90 per child**



FOR DETAILS CONTACT THE  
PRO-SHOP

(02) 6342 1211  
tperfect@pgamember.org.au



Cowra Uniting Church

## Wesley Centre

**Saturday 14<sup>th</sup> March, 2020**

# Lego Exhibition



**& Competitions**

& display by Cowra Model Aircraft Club



**9.30am - 3pm**

**\$5 (or \$10 per family) entry -**



**Morning teas - BBQ lunch**



**Competitions - \$4 per entry**

Competition Sections - Preschool (original & set presentation)

- Years K - Yr 2
- Primary (original & set presentation)
- Best Family display - any age.

Entries to be at the Hall on Friday 13<sup>th</sup> - 4pm - 7pm

Contacts - Kathryn Tindall - 6341 4011  
Margaret Pengilly - 6342 1794

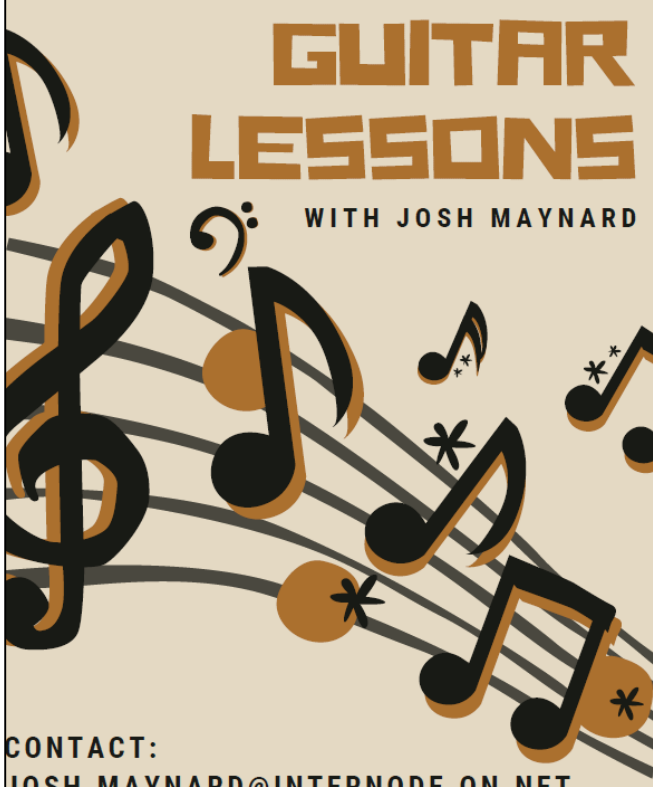


Supporting the Scripture teacher  
In the Cowra High School

Entry forms available

# GUITAR LESSONS

WITH JOSH MAYNARD



**CONTACT:**  
JOSH.MAYNARD@INTERNODE.ON.NET  
FOR MORE INFORMATION.  
PLACES STILL AVAILABLE FOR TERM 1  
2020!



## Lego Exhibition and Competitions

& display by Cowra Model Aircraft Club

Cowra Uniting Church Wesley Centre

**Saturday - 14<sup>th</sup> March, 2020**

**9.30am - 3pm**

**\$5 (or \$10 per family) entry - supporting**  
The Scripture teacher at the Cowra High School

**Morning teas - BBQ lunch -**



**Competitions - \$4 per entry**  
Entry forms available at Cowra Guardian

Contacts - Kathryn Tindall - 6341 4011  
Margaret Pengilly - 6342 1794



ENTRY FORM - Models to be at Wesley Centre

- Friday 13<sup>th</sup> 4pm - 7pm

**NAME**

**TITLE OF MODEL**

**CATEGORY**

e.g. Preschool - Original Model, or Set Presentation  
Kindy - year 2 - Original model, or Set Presentation  
Year 3 - year 6 - Original model or Set Presentation.  
Best Family Display -

**PHONE NUMBER :**



Cancer Council NSW is here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy. Developed by dietitians [healthylunchbox.com.au](http://healthylunchbox.com.au) is a one-stop shop for everything families need to know about packing a healthy lunch box.

Here's what you will find:

- an [interactive lunch box builder](#) that helps parents and kids plan and pack a healthy lunch with foods they like.
- The ability to filter [recipes](#) based on diets, easy to freeze and prep time
- Lots of [quick and easy](#) recipes and [snack ideas](#)
- Regular [healthy eating blogs](#)

You can sign up to the [Healthy Lunch Box e-newsletter](#) for ideas, updates and recipes delivered to your inbox throughout the year.

**WEP STUDENT EXCHANGE**

TXT 'EXCHANGE' TO 0428 246 633 FOR A FREE INFO PACK!

**AT A GLANCE:**

- Choose from over 25 countries
- Attend school overseas
- Live with a local host family
- Learn about yourself and the world around you
- Make international friendships
- Learn a language
- Make memories to last a lifetime!

**SCHOLARSHIPS NOW AVAILABLE!**

"THIS HAS BEEN THE MOST AMAZING ADVENTURE, THERE ARE NO WORDS!" CAITLIN, CANADA

WEP.ORG.AU INFO@WEP.ORG.AU 1300 884 733

# Rock TILL IT RAINS

Featuring performances by:

Lusi Austin  
Lisa Flanagan  
Jesse and Axl  
Josie Laver  
Weak Cordial  
Wishful Thinking

Saturday  
14 March 2020  
-  
6.30pm  
till late

Tickets available to purchase online via the following link: [www.trybooking.com/BHXGL](http://www.trybooking.com/BHXGL)

Proudly Sponsored By:

CONRON GrainCorp NSW Cowra Branch wfi LYBELL'S

Food and drinks available to purchase on the night. Bar run by the Greenethorpe Soldiers' Memorial Hall. Food stall run by the Greenethorpe Public School P & C Committee.

**School Contact:**  
11-15 Liverpool St Cowra 2794  
P.O. Box 7, Cowra 2794  
Tel: 6342.2940  
Email: [straphaels@bth.catholic.edu.au](mailto:straphaels@bth.catholic.edu.au)  
Website: [www.straphaelscowra.catholic.edu.au](http://www.straphaelscowra.catholic.edu.au)



## CANTEEN HELPERS

NAME: \_\_\_\_\_

STUDENT & CLASS: \_\_\_\_\_

PHONE NO: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DAY(s) OF THE WEEK AVAILABLE \_\_\_\_\_

- ☐ ONCE/TWICE A TERM
- ☐ WEEKLY
- ☐ FORTNIGHTLY
- ☐ LAST MINUTE EMERGENCY LIST ONLY