

Term 1 Week 5

Tuesday February 21, 2016



St Monica's Primary School NEWS UPDATE



WEBSITE: www.stmonicasrichmond.catholic.edu.au

32 Francis Street, Richmond 2753
Phone: 45885405 Fax: 45885605
Parish ~ Phone: 45781410

Principal: Mr Cameron Lievore
Assistant Principal: Mrs Jacqui Van Der Burg
Parish Administrator: Fr Clifford D'Souza

Diary Dates	
Thursday February 23	Second Hand Uniform Shop Open 8:30-9:30am Year 3 Excursion
Friday February 24	Diocesan Swimming Carnival Parish Mass Year 2
Monday February 27	School Assembly 8:50am -Prayer Yr 4
Tuesday February 28	Nude Food Day Staff Meeting 3.30pm
Wednesday March 1	Ash Wednesday Mass Yrs 3-6 9am K-2 – Liturgy of the Word
Thursday March 2	Second hand uniform shop open 8:30-9:30am
Monday March 6	School Assembly 8:50am - Prayer Year 3

YEAR 3 BLUE MOUNTAINS EXCURSION

Year 3 will visit Scenic World this Thursday 23rd February. The bus departs promptly at **8am** and will return by 3pm. Children are to wear their sports uniform with school hat (a raincoat and jacket may be required for the cooler weather). They will need to take their recess, lunch and water bottle in a small backpack.

Please be at school no later than 7:50am to leave at 8am sharp!

*If your child hasn't returned their permission slip, please do so by tomorrow.

CAKE RAFFLE ROSTER WEEK 5

Week 5 – Thursday February 23			
KW	Lily Collins	KB	Bastion Coffey
1W	Aaliyah Borg	1B	Luella Bourke
2W	Kyle Chadevski	2B	Isabella Bugeja
3W	Charlotte Ballard	3B	Leo Berry
4W	Zac Camenzuli	4B	Joshua Brown
5W	Alec Buchert	5B	Lucas Breden
6W	Mickayla Bugeja	6B	Emily Benfield
K-6 Gold	Jaxson Crocker		

NUDE FOOD RECIPE

Sugar-free breakfast muffins

Breakfast is often a meal eaten on the go in busy households. To avoid skipping breakfast or snacking on high-sugar breakfast bars, try making a batch of sugarless banana muffins which you can freeze and defrost when needed.

makes: 12 | prep: 0:10 | cook 0:20

Ingredients

- 2 apple (peeled, grated)
- 150 g butter
- 2 banana (ripe, medium)
- 1 1/2 cup wholemeal self-raising flour
- 2 eggs
- 2 tsp baking powder

Method

1. Preheat oven to 180°C 160°C fan-forced). Line a muffin tray with paper cases.
2. Put apple and butter in a saucepan and cook for 5 minutes until soft, then peel and mash bananas with the back of a fork (the riper they are, the better).
3. Mix all ingredients together in a bowl. Spoon the mixture into the paper cases and bake for 20 minutes. Allow to cool before serving.

Notes

This recipe uses fruit for sweetness but contains no additional sugar and no refined sugar. Wholemeal flour increases the fibre content and provides slow-release energy.





OUR LADY OF MERCY COLLEGE PARRAMATTA

Open Day

Discover what a Mercy education can do for your daughter at the OLMC Parramatta Open Day on

Sunday March 12, 2017 10am – 2pm

Principal's welcome at 10.00am and 12.00pm

Expanding beyond what we know we can be

www.olmc.nsw.edu.au



MERCY COMPASSION JUSTICE DIGNITY EXCELLENCE HOSPITALITY STEWARDSHIP SERVICE



By Your Side

CATHOLIC CARE SOCIAL SERVICES Solo Parent Services

Younger Widowed Support Group



Has your spouse or partner died and are you searching for someone who understands the enormity of your loss and the impact this is having on your life and your children?

Do you long to connect with others who have experienced a similar loss?

Are you unsure of how to assist your children through their grief? Would you like support as you deal with your changed circumstances?

We welcome you to our Monthly Support Group

VENUE: 38 Prince St, Blacktown (CNR First Ave)

DATE: 3rd Tuesday of each Month (Feb – Dec)

TIME: 7.00pm – 9.00pm

COST: \$5.00

REGISTRATION

Solo Parent Services

PHONE: Rita – 8822 2222

EMAIL: soloparentservices@ccss.org.au

Visit www.ccss.org.au www.facebook.com/CCSSParramatta

STEPPING BEYOND

A Support Group for
Separated or Divorced Adults



STEPPING BEYOND is a Process/Personal Exploration Group. It is a monthly gathering for men and women who are separated or divorced. Through facilitated group interaction opportunity is given to individuals to address issues that arise as a result of changed life circumstances and ongoing adjustments. Emphasis is on personal awareness and self-development.

Date: Last Tuesday of each month - (Jan–Nov)
New Time: 7pm to 9pm
Fee: \$5.00
Venue: CCSS Centre Blacktown
38 Prince St (cnr First Ave)
Blacktown

Facilitators: Rita Chater
Philippa Ford

BOOKINGS ESSENTIAL
Solo Parent Services
Phone 8822 2222
soloparentservices@ccss.org.au



Focus Questions for Personal Exploration and Sharing

- How well are you "stepping beyond"?
- What do you want to "step beyond"?
- What are you currently "stepping beyond"?
- What is stopping you from "stepping beyond"?
- What have you learnt as you keep "stepping beyond"?



CatholicCare Social Services SOLO PARENT SERVICES

BEREAVEMENT SUPPORT PROGRAM—BLACKTOWN

For men and women who grieve the death of their spouse or partner.



Introduction and Overview 01st Feb 2017

7 Wednesdays fortnightly: 15th Feb – 10th May 2017

This Program is aimed at those who are widowed, to further understand and come to terms with the many ways in which grief impacts on their lives. An opportunity to ask questions, explore and learn more about the ways in which grief unfolds and how best to deal with the unsuspecting challenges and difficulties of the uncharted waters of this long and painful journey.

WHEN WE ARE LISTENED TO WITH EMPATHY, WE ARE CONSOLED IN OUR GRIEF, OUR LONELINESS IS ALLEVIATED AND CONNECTIONS ARE CREATED AMONGST US.

Eight Workshops

Introduction and Overview of Program

Images and Frameworks for the Grieving Process

Social Effects of Grief

Is it Grief or Depression?

Physical Effects of Grief

Dealing with Intense Emotions

Seasons and Tasks of Grief

Continuing Bonds with the Deceased and Closing Ritual

VENUE: 38 Prince St (cnr First Ave)
Blacktown

DAY/TIME: 10.30 am – 12.30 pm
Introduction and Overview 01st Feb 2017
Seven Wednesdays Fortnightly
15th Feb - 10th May

FEES: \$5.00 per Session

FACILITATOR: Rita Chater

BOOKINGS ESSENTIAL

Contact Rita
Ph. 8822 2222

soloparentservices@ccss.org.au