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

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

<u>Please be at school no later than 7:50am to leave at 8am sharp!</u> *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	1 B	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 Breaden
6W	Mickayla Bugeja	6B	Emily Benfield
K-6 Gold	Jaxson Crocker		

NUDE FOOD RECIPE

<u>Sugar-free breakfast muffins</u>

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

<u>Method</u>

- 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.

<u>Notes</u>

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.







CCSS Centre Blacktown

Blacktown

BOOKINGS ESSENTIAL

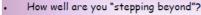
38 Prince St (cnr First Ave)

STEPPING BEYOND is a Process/Personal Exploration Group. It is a monthly gathering for men and women who are sepa-

rated or divorced. Through facilitated group interaction op-portunity is given to individuals to address issues that arise as a result of changed life circumstances and ongoing adjust-ments. Emphasis is on personal awareness and self development.

Facilitators: Rita Chater Philippa Ford





- 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"?

Venue:



CATHOLICCARE SOCIAL SERVICES

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 vith 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



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