



ST MONICA'S PRIMARY SCHOOL

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PRINCIPAL:

MRS MELISSA BEGGS

(ACTING) ASSISTANT PRINCIPAL:

MRS ANEEMARIE BOND

PARISH ADMINISTRATOR:

FR GAYAN THAMAL

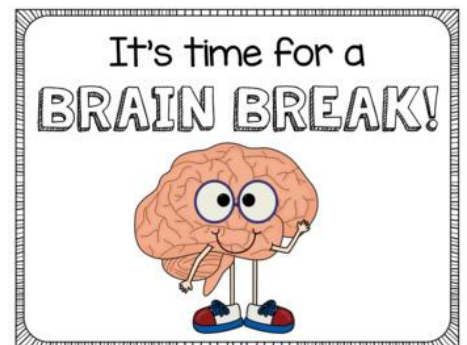
Week 4 Term 3

Tuesday August 3, 2021

Dear Parents and Carers,

Welcome to Week 4 of Term 3 and once again we are speaking in a remote learning environment. From all the staff thank you for your continued support of your children's education. Below are some reminders to help you continue to engage your children in their learning and to maintain a balance for everyone in your household.

Give your children regular 'brain breaks'. On a regular school day, we don't have students sitting in chairs for hours - we move to different spots and have different sorts of activities. 'Go Noodle' has a great YouTube channel that kids can groove along to.



- Remember to have some time outside in the fresh air. It's great for overall wellbeing.
- Stay in contact with us. If your child is having trouble with something, if you are struggling to complete the work due to your work from home commitments, your child is feeling upset - reach out to us via phone or email.



- This will not be forever. Some students might not get as much done as they would at school. When we all return, your child's teacher will assess where they are and set next steps.
- **You are doing a great job!**

I have also included some books online to read together as many children in the coming week or weeks might be in a situation where they need to have a Covid test.

[A COVID test story](#)

I have also included some stories about lockdown, Windows is a video and the other two are books to be read. You may like to read and watch these as a family.

[Windows by Patrick Guest and Jonathon Bentley](#)

[Worrying / Winnie and Wilbur Stay at Home](#)

As always if you are concerned about any aspect of schooling please contact myself, your child's teacher or the office.

We are here to assist you.

Take care and stay safe

Melissa Beggs

Principal

Condolences

We wish to extend our deepest sympathy to Mrs Lauren Sultana and her husband Dylan on the stillbirth of their baby boy Hudson last week.

We know you join with the staff both past and present in sending them our love and support.

Please keep Mrs Sultana and her family in your prayers.

If you would like to send a card to Mrs Sultana please send them to the school office and we will pass these on to her.



"The eternal God is your refuge and his everlasting arms are under you"

Deuteronomy 33:27

NEWSLETTER



Happy Birthday to the children who will be celebrating over the next 2 weeks

<i>Jack J – S2 Blue</i>	<i>Ellie L – S2 White</i>
<i>Abigail C-T – S2W</i>	

Feast of St Mary MacKillop of the Cross

On the 8th of August, we celebrate the feast of St Mary of the Cross Mackillop.

Many of you are very familiar with the story of Mary Mackillop and the amazing qualities she demonstrated to the people of her era. By the time of her death in 1909 she was renowned as a woman of great vision, of heroic character and outstanding holiness.

So what was so amazing about this woman?

In an interesting article written by Mary Cresp rsj she described that it was Mary’s personal virtues that made her so special rather than her achievements.

This statement is worth contemplating. In a world that focuses heavily on results, financial success and position in society, sometimes the importance of being a good and decent human being, willing to show generosity, service, compassion and forgiveness is overlooked or not spoken of.

Another significant feature of Mary’s life was her belief in the dignity of all humans, especially through the provision of education.

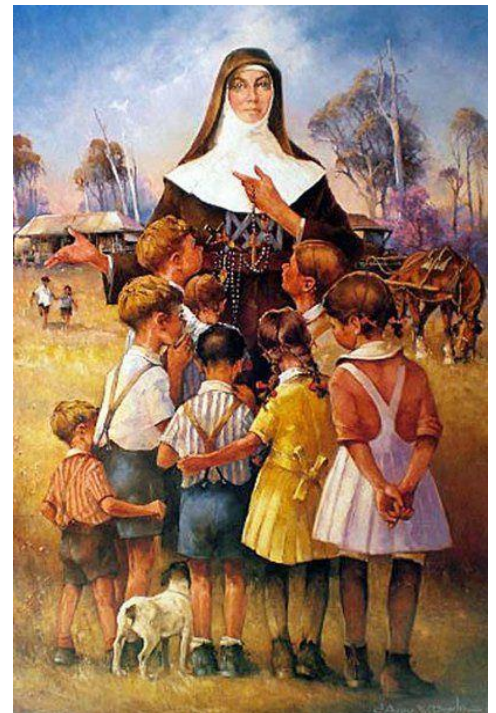
Learning about God, oneself, the world and each other, is such a powerful privilege and one that we can often take for granted in Australia. Providing quality learning experiences in the family and in the school can often help students to recognise their moral obligation to learn.

A well known saying by St Mary Mackillop that reflects this moral obligation is:

“Never see a need without doing something about it.”

Her dedication to the poor and marginalised was a key element of her ministry and one that we can emulate in our own way. Allowing our children to begin to take on small responsibilities around the home and the school begins to empower them to recognize that they CAN contribute, in very significant ways, to the family, the school and society. Sometimes parents can feel that children are too young to do chores, to look after their own possessions and to take on tasks to assist them. I can understand that at times it is in fact easier to do things for them, however, imagine the seeds for service parents can sow and the sense of self efficacy that can be developed in our children, through these experiences. Self efficacy is the strength of one's belief in one's own ability to complete tasks and reach goals.

The life of St Mary Mackillop is as significant today as it was to the people of her time. She taught us that life is precious and the impact we can have on our world, is in essence, only brief. Using her wise words, “We are but travellers here”, let us work together to make a positive impact on those around us each and every day.





2021 NSW PREMIER'S READING CHALLENGE

Premier's Reading Challenge

Hello readers!

**The Premier's Reading Challenge final date for 2021
has been extended to Friday September 3rd!**



This is great news for all our readers!

Don't forget you can access books through the Storybox library and choose books online. Ask your teachers for the username and password if you can't remember it!

Hawkesbury library also has online access for books so jump online and see if you can find some books to keep reading.
The link is here [Hawkesbury Library E-Reading](#)

Of course, you can always access books through our own online library through our school website. Go to the heading Learning and then to school library.

Let's see how many students at St Monica's can complete the challenge!
We have 45 already and 41 more who are nearly there!

Keep reading everyone.
Mrs Melissa Beggs
Enthusiastic Reader!

NEWS FROM THE PARISH

SACRAMENT OF FIRST EUCHARIST – IMPORTANT CHANGES

Group Classes will not be returning this term in preparation for sacrament of First Eucharist – **Parents and Children will need to continue to work through booklets at home in preparation for sacrament of First Eucharist.**

Please contact Irene Galea at sacraments@parishofrichmond.org.au should you require additional support or are struggling with new process.

CEREMONY DATES for weekend of 28th & 29th August will be rescheduled to weekend of 16th & 17th October

CEREMONY DATES for weekend of 11th & 12th September will go ahead as scheduled unless restrictions are extended

REHEARSAL AND RECONCILIATION for First Eucharist : Tuesday 7th September at 4.00pm or Thursday 9th September at 6.30pm – All children and parents must attend one of these ceremonies

SCHOOL WELL-BEING COUNSELLING SERVICE

The wellbeing of children and young people in Catholic Education Diocese of Parramatta schools is of paramount importance. A sense of well-being and connectedness in schools promotes optimal development of the person and contributes to academic success. Access to counselling services can be made by contacting your child's classroom teacher who will then put forward a referral.

Our school counsellor is at St Monica's every Tuesday and Wednesday during the term and this continues during Remote Learning.

HEALTHY EATING IDEAS AT HOME

INFORMATION ON HEALTHY LIFESTYLES FOR CHILDREN AND FAMILIES



Follow the **Healthy Children's Network** Facebook Page



Healthy Children's Network
Penrith, Blue Mountains, Hawkesbury & Lithgow

[HTTPS://WWW.FACEBOOK.COM/HEALTHYCHILDRENSNETWORK/](https://www.facebook.com/HealthyChildrensNetwork/)

FUN ACTIVITIES FOR KIDS



You may have seen our [Healthy Holidays Guide](#) that we promoted during the last school holidays? This guide isn't just for the holidays, but is a fantastic resource with lots of activities to keep kids learning through the lockdown such as [design a menu](#) or build a lunch box using our online interactive [Lunch Box Builder](#).



CANTEEN MENU

SANDWICHES			
Bread rolls (add extra)			\$0.50
Roast chicken			\$3.50
Roast chicken with salad			\$4.00
Ham & salad			\$4.00
Ham			\$3.00
Tuna			\$3.00
Vegemite			\$2.50
Cheese			\$2.50
Cheese & salad			\$3.50
Mediterranean roll (w/Tuna, olives & tomato paste)			\$3.00
Egg & lettuce			\$3.00
Jaffle: Ham & cheese			\$3.50
Jaffle: Cheese			\$3.00
SALAD PACKS			
Salad with Avo, Feta & Olives			\$4.50
Chicken & salad			\$4.50
Ham & salad			\$4.50
Tuna & Salad			\$4.50
Egg & salad			\$4.00
Salad bowl			\$3.50
WRAPS			
Roast chicken, avocado, lettuce & mayo			\$4.50
Roast chicken & salad			\$4.50
Chicken tender wrap with lettuce & mayo			\$3.50
\$3.50	HOT DOG DAY		
	K-2 - First WEDNESDAY of each month 3-6 - Second WEDNESDAY of each month		
Hot dog with sauce			
HOT FOOD			
Chicken Nuggets	3 for \$2.00	6 for \$4.00	
Gluten free nuggets	3 for \$2.00	6 for \$4.00	
Hash browns			\$1.50
Fish fingers	3 for \$2.00	6 for \$4.00	
Corn on the cob			\$1.50
Hot roast chicken roll			\$3.50
Pie -Traveller (Large)			\$3.50
Nacho dippers with salsa & cheese			\$3.50
Potato Pie			\$4.00
Lite sausage roll			\$3.00
Spinach & cheese roll			\$3.00
Pizza – Cheese & bacon			\$3.50
Lasagne			\$4.00
Macaroni & cheese			\$4.00
Mamee chicken noodles			\$3.00
BURGERS			
St Monica's cheese burger with tomato sauce			\$4.00
St Monica's beef burger with lettuce & tomato			\$4.00
Fish burger with lettuce & mayo			\$4.00
Chicken burger with lettuce & mayo			\$4.00

		Apples	
		\$1.00	
Extra Fillings			
Mayonnaise			\$0.30
Lettuce, tomato			\$0.30
Tomato sauce			\$0.30
Cheese, egg or avocado			\$0.50
FRUIT & JELLY			
Jelly cup			\$1.00
Jelly & custard			\$1.50
Custard cup			\$1.00
Seasonal fruit cups (ONLY Term 1 & 4)			\$1.00
RECESS MENU			
Garlic bread			\$1.00
Cheese & bacon roll			\$2.00
Pasta cups (ONLY Term 2 & 3)			\$2.00
Carrot & cucumber with vegetable dip			\$1.00
Banana muffin			\$1.00
Chocolate muffin			\$1.00
Vegemite & Cheese Scrolls			\$0.50
To provide the best canteen service for the children, it is necessary for all orders to be handed in at the canteen before 9am. Thank you.			
SNACKS			
Red rock deli chips – Honey & soy			\$1.50
Smith's salt & vinegar (Gluten free)			\$1.50
Popcorn			\$1.00
Want Want Rice Crackers			\$0.30
Eucalyptus drops			\$1.00
ICE BLOCKS			
Quelch – 99% Fruit juice			\$1.00
Zooper Doopers			\$1.00
Zing (yoghurt & fruit)			\$1.00
Frozen apple/blackcurrant cups			\$1.00
Jelly joy sticks (Gluten free)			\$0.30
DRINKS			
Popper juice Apple or Orange			\$1.50
Spring water			\$2.00
Chill J (Raspberry, orange passion)			\$2.50
Flavoured milk Strawberry or Chocolate			\$2.50
Cup of plain milk			\$1.00
Please Note: RECESS & LUNCH ORDERS ARE TO BE IN SEPARATE BAGS			