



10th October 2017

STAYING IN TOUCH

Dear Parents and Friends,

Welcome back to Term 4.

We begin with our PatR reading and comprehension tests for children in Years 2-6.

These tests will support us in measuring the level of student achievement in our major 2017 goal.

17th & 18th October: Next week we see our Year 1 students attending the Penrith Lakes Education Centre.

We ask for your prayers for Mrs McKay, Mrs Petersen and Mrs Mastrosa who are recovering from recent illness.

UNIFORM SHOP:

Our Uniform Shop will be **CLOSED** until further notice due to a joint decision between the School and the Catholic Education Diocese of Parramatta ("CEDP") to hand over to an outside company. This change to our uniform shop is consistent with quite a number of other schools within our Diocese who are also working with this new organisation called School Locker. We understand that School Locker will be able to supply not only uniforms but school equipment, including learning technology devices.

We do believe that this decision is a positive step forward to ensure that our whole school focus will be able to be on our students' educational growth.

We would like to assure you that we are working closely with School Locker to ensure that the high quality of garment will continue to be sold at affordable prices.

We also will continue to learn from you through your feedback which we will pass on to our supplier. Therefore, at this time, we are unable to sell uniforms or take orders and apologise for any inconvenience this may cause our families. As soon as the shop is open and ready to recommence, families will be advised. It is our intention to carry on offering pre-loved uniforms to our school community and we are currently working out how this will operate within our school.

Thank you for your understanding.

BOOK COVERING:

If you are able to assist in book covering could you please see one of the Year 6 Teachers. All equipment needed will be supplied.

MEL'S TASTY BITE CANTEEN:

Mel's Tasty Bite Canteen has a new updated Summer Menu Price List. Please use this new price list.

Love One Another,
John Laffan
PRINCIPAL



AUSTRALIA'S YOUTH PRESENTS

A SELF DEFENCE KARATE AND SAFETY AWARENESS PROGRAM

For boys and girls
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SELF DEFENCE ONLY IS TAUGHT

CLASSES DIVIDED BY AGE
AND EXPERIENCE

FROM BEGINNER TO
BLACK BELT

DEVELOP SELF CONFIDENCE

IMPROVE CONCENTRATION

BUILD COORDINATION

BUILD SELF ESTEEM

IMPROVE STUDIES

MAKE FRIENDS



Only \$14.00 Per Week
With a \$2.00 Rego per term
No Extra Grading Fees!

Location: Metella Road Public School
Metella Rd., Toongabbie

Classes are every Friday for 9 Weeks (Every School Term)

New and Returning Registration: Friday, 13 October, 2017

New Students can also join on: Fridays, 20 Oct., 27 Oct.

New and Returning
Students

Ages 4-6

Class Time 4:15 to 4:55 PM

New Students

Ages 7-16

and Returning Students

Class Time 5:00 to 5:40 PM

Returning Students please see website at www.karate-kids.com.au for class times.

REGISTRATION WILL BE ACCEPTED UP TO THE THIRD WEEK OF TERM. NO PRE-REGISTRATION IS NECESSARY,
JUST TURN UP 10 TO 15 MINUTES BEFORE CLASS TIME ABOVE IF POSSIBLE..... SEE YOU THERE!
FOR FURTHER INFORMATION, CONTACT MATT KLEIN ON 9904-5667

SCHOOL CANTEN 2017

ST MICHAELS PRIMARY SCHOOL



~ BURGERS & ROLLS ~

Grilled Chicken (G) Lettuce & garlic aioli	\$4.50
Big Beef (A)	\$4.50
Fresh beef patty, onion, bbg sauce, beetroot, tomato & lettuce	\$4.50
Cheese (A)	\$4.50
Fresh beef patty, cheese & tomato sauce	\$4.50
Sweet Chilli Fillet (A)	\$4.50
Chicken fillet, lettuce & sweet Chilli sauce	\$4.50
Hot Chicken Schnitzel (G)	\$4.50
Chicken Schnitzel, lettuce & Mayo	\$4.50
Baked Fish baked crumbed fish, lettuce & tartare sauce	\$4.50

~ FROZEN TREATS ~

Frozen Juice Cups (G)	\$1.50
Street Ice Cream	from \$2.00
Bulla Ice-Cream	from \$2.00
Home Ice-Cream	from \$1.50

~ FOOD CODING ~

G	Green - Fill the Menu
A	Amber - Select carefully
GF	Gluten Free

~ HOT BAR ~

Garlic Bread Roll (G)	\$2.50
Garlic, parsley, margarine & salt	
Spinach & Ricotta Roll (A)	\$3.50
Baked spinach & ricotta in filo pastry	
Oven Baked Wedges (A)	\$4.50
(with sweet chilli sauce & sour cream)	
Fish Fingers (A)	\$3.00
5 x Baked Fish fingers	
Chicken Nuggets (A)	\$4.50
6 x Baked chicken breast nuggets	
Fish & Wedges (A)	\$4.60
Baked Fish & baked wedges	
Yummy Drummy's x 3	\$3.60

~ SNACKS ~

Custard Bowl (A)	\$2.00
Yoghurt & Fruit (G)	\$3.00
Smiths Chip (A)	from \$2.00
Red Rock Chips (A)	from \$2.00

PLEASE USE FLEXI SCHOOLS
ONLINE FOR LUNCH ORDERS!

www.flexischools.com.au

~ MEXICAN BAR ~

Beef & Bean Nachos (G)	\$5.00
tender beef, beans in a zesty taco sauce served w/ corn chips, lettuce, tomato, sour cream	
Chicken & Bean Nachos (G)	\$5.00
tender chicken, beans, in a zesty taco sauce served w/ corn chips, lettuce, tomato, sour cream	

~ MILK ~

Oak - 300ml (A)	\$2.50
Chocolate, Strawberry, Vanilla Malt	
Up n Go 250ml (A)	\$2.50
Chocolate, Strawberry	

~ COLD DRINKS ~

Harvey Juice (G)	\$2.50
Orange, Apple, A&B, O&M	
Coconut Water (G)	\$3.00
Original, mango, pine-lime	
Water (G)	
Spring Water 600ml	\$2.00
Flavoured Mineral Water (A)	\$2.50
Orange, Apple & Rasp, Lemonade, Lime	

COMBO DEAL -

WHEN YOU SPEND \$3.00 OR MORE



\$2.00
(300ml)

OR



\$1.50
(600ml)

WEEKLY SPECIALS

MONDAY

Thai Green Chicken Curry (G)	\$4.50
tender chicken, vegetables coriander, coconut milk served with steamed rice	

TUESDAY

Spaghetti Bolognese (G)	\$4.50
Homemade Italian passata with mince & herbs	

WEDNESDAY

Beef Lasagna (G)	\$4.50
Homemade Italian passata with mince, cheese in layers of pasta	

THURSDAY

Chicken Mushroom Boscaiola (A)	\$5.00
chicken, cream, mushrooms & penne	

FRIDAY

Lean Beef Pie (A)	\$3.50
Lean Shepherd's Pie (A)	\$3.50
Lean Beef Sausage Roll (A)	\$3.50
Hot Dog w/ Sauce (A)	\$3.80



Mel's Tasty Bites
Healthy Canteen Operators & Catering Services

SCHOOL CANTEN 2017

ST MICHAEL'S PRIMARY SCHOOL



~ SANDWICH BAR ~

Vegemite, Jam or Honey (A)	\$2.40
Margarine spread	
Chicken (G)	\$4.00
Lettuce & mayo	
Cheese Tomato (G)	\$3.50
Cheese & tomato	
Ham (G)	\$3.80
Cheese & tomato	
Chicken Schnitzel (G)	\$4.00
Hummus & tabouli	
Cheese (G)	\$2.50
Sliced tasty cheese	
Salad (G)	\$3.60
Lettuce, tomato, cucumber, beetroot, onion & alfalfa	
Egg (G)	\$3.60
Mayo & lettuce	
Curried Egg (G)	\$3.60
Mayo, curry & lettuce	
Tuna (G)	\$3.80
Mayo, cucumber, Spanish onion, sweet chilli	

~ SUPER SALAD BAR ~

Greek Salad (G) (GF)	\$5.00
Tomato, cucumber, Spanish onion, pitted olives & feta	
Chicken Caesar (G)	\$5.00
Grilled Chicken, Cos lettuce, croutons, egg, Caesar dressing	
Chicken Buster (G)	\$5.00
Grilled chicken, tabouli & hummus	
Garden Salad (G)	\$5.00
Lettuce, tomatoes, cucumber, carrot, capsicum & sprouts	
Bean Salsa (G) (GF)	\$5.00
mixed beans, vegetables, fresh chilli & Lime	
Thai Beef Noodle (G)	\$5.00
Vermicelli noodles, marinated Thai beef, crisp vegetables & fresh herbs	
Noodles w/ Asian Vegetables	\$5.00
Vermicelli noodles, fresh vegetables & herbs	

~ SUSHI & HEALTH BAR (G) (GF) ~

Tuesday & Thursdays Only

Chicken Teriyaki Sushi	\$4.00
Tuna & Cucumber Sushi	\$4.00
Teriyaki Beef & Cucumber Sushi	\$4.00
Rice Paper Roll (Veg or Chicken)	\$4.00
Inari Bites (Tofu & Rice)	\$4.00

~ HOME-MADE PIZZA SLABS ~

Wednesdays Only

Margarita (G)	\$4.00
Cheese & Tomato	
BBQ Chicken (A)	\$4.00
Chicken, onion, capsicum & bbq sauce	
Vegetarian	\$4.00
Olives, eggplant, & roast capsicum	

~ TURKISH / FOCACCIA BREADS ~

Chicken Schnitzel (G)	\$5.50
Chicken schnitzel, roast capsicum, pesto & cheese	
Mediterranean (G)	\$5.50
Artichokes, roast capsicum, olives & feta cheese	
Vegetarian (G)	\$5.50
Eggplant, tomatoes, roast capsicum & cheese	

~ FOOD CODING ~

G	Green – Fill the Menu
A	Amber – Select carefully
GF	Gluten Free

~ BREAKFAST ~

Bacon & Egg Muffin (A)	\$2.50
Breakfast Meal Deal (A)	
Egg & bacon muffin & flavoured milk (300ml)	\$4.50
Toasted Banana bread & flavoured milk (300ml)	\$4.00

Toasted Sandwiches (G)

Cheese	\$2.50
Ham & Cheese	\$3.00

Raisin/ Cinnamon Toast (2) (G)

Toast (2) (G) Jam or Honey	\$2.00
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Fresh Fruit Salad (G) (GF)

Yoghurt & Muesli (G) (GF)	\$2.50
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Fruit (G)

Fruit available daily (G)	\$1.00
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Cereal & milk (G) Assorted

	\$2.50
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~ HOME-MADE TREATS ~

Homemade Muffins (A)	\$1.50
(Banana, Blueberry or Apple cinnamon)	
Cafe Muffins (A)	\$3.00
(Chocolate, blueberry, Apple cinnamon)	
Mel's Banana Bread (A)	\$2.00
Fresh or toasted	
Warm Banana & Custard (A)	\$2.50

CRUNCH & SIP

before 9am - \$2.00



Bottle of Water 350ml plus a choice of a Apple, Banana or Orange



P&F



Parents & Friends Association

Facebook: St Michael's Blacktown South P&F **Email:** stmichaelspandf@gmail.com

Kristen Mobile: 0409 952 852

Leanne Mobile: 0413 546 062

Calendar of Events

2017

October

22nd – Bunnings BBQ & Cake Stall

November

15th – P&F Meeting with AGM
- Presentation from the Parents Conference

December

Christmas Concert

Bunnings BBQ & Cake Stall

We have our annual Bunnings BBQ and Cake Stall coming up on Sunday 22nd October and would greatly appreciate assistance with:

- Assisting on the BBQ
- Assisting with the Cake Stall
- Donations of items to sell at our Cake Stall

Please contact Leanne or Kris on the numbers at the top of the page if you are able to give a hand in any capacity 😊



P&F Meeting & AGM: Wednesday 15th November, 2017 at 6:30pm

We are in our final term of school for the year (wow!) and with this see's our AGM Meeting fast approaching which will involve the re-election of The P& F Exec Team and Committee. The following positions can be nominated for:

President, Vice-President, Treasurer, Assistant Treasurer, Secretary & Assistant Secretary along with General Committee Member positions.

If you are unable to attend the meeting please feel free to send nominations to myself at

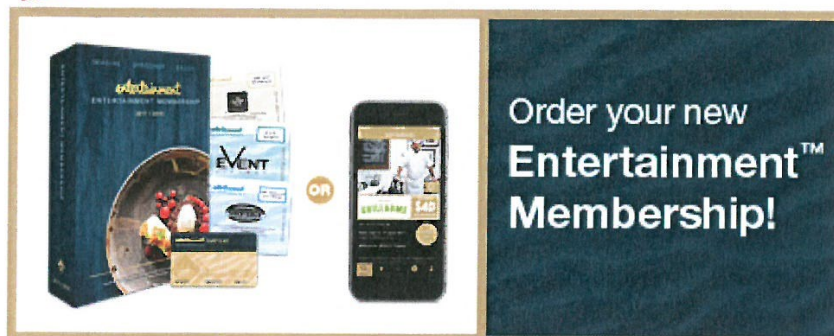
leannecash@gmail.com

PRC News: Parent Workshop Wednesday 15th November, 2017 at 5:30pm

In September our PRC rep Michelle William and one of the P&F Presidents attending a weekend at Manly for the 2017 Parent Conference – ***Future Ready, Preparing our Children for a Changing World.***

We have received a lot of great take out's from this conference as Parents along with an earlier one we attending in the year on Raising Resilient Children and would love to share these with you before our next P&F Meeting / AGM at 5:30pm

UPDATE



Help us raise some funds for the school by buying an Entertainment Membership from us. You'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time!

Cost: \$65 (for *Sydney Greater West 2017/2018*)

Purchase Digital (for your Apple or Android device) or Book:

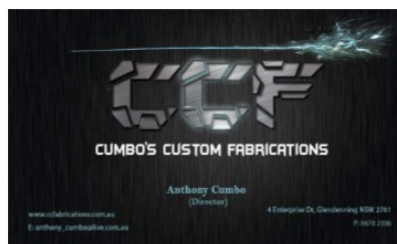
[Click here](https://www.entertainmentbook.com.au/orderbooks/2159v74) or visit: <https://www.entertainmentbook.com.au/orderbooks/2159v74>

If you purchase the Book: See Kris at Kiss & Drop or call her direct on the mobile number at the top of the page to organise.

Not sure which one? [Click here](#) or visit:

<http://www.entertainmentbook.com.au/about/Choose-your-Membership>

THANK YOU to our wonderful SPONSORS of our 2017 WALK-A-THON



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