#### St Mary's Catholic Primary School

Cnr Byng and Park Street / PO Box 8007 ORANGE NSW 2800 Ph: 6362 7926 stmarysorange@bth.catholic.edu.au www.stmarysorange.catholic.edu.au



### 1st March 2023 Term 1 Week 5

#### **Our Vision**

With Jesus Christ as our inspiration and guide, St Mary's Catholic Primary School Orange is a Professional Learning Community that works in collaboration with family, church and community to celebrate high levels of learning for all.

#### **Second Sunday in Lent - Year A**

Each week in Lent, we open a little more to the light.

On the mountain, the face of Jesus shines like the sun as he is proclaimed the Beloved One of God! Jesus is indeed the Light of the World - the revelation of God's love for us.

We welcome the light of Christ into our midst as we walk this Lenten journey.



Jesus took with him Peter and James and his brother John and led them to a high mountain by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah talking with him. Then Peter said to Jesus, 'Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.' While he was speaking, suddenly a bright cloud overshadowed them, and from the cloud, a voice said, 'This is my Son, the Beloved; with him, I am well pleased; listen to him!' When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, 'Get up and do not be afraid.' And when they looked up, they saw no one except Jesus himself alone. As they were coming down from the mountain, Jesus ordered them, 'Tell no one about the vision until after the Son of Man has been raised from the dead.'

God of transcendent light, shine in our hearts and illuminate for us the sacred in all creation, that we may treasure your mystery within ourselves, one another, and all living things on earth. Amen.

#### Altar Servers in Year 5 & 6

Did you know that students can train to become an altar server?

We have six students in Years 5 & 6 who completed their training last year. All recommend registering into the upcoming training program.

Here are some of the reasons why they enjoy being an altar server...



"You meet new friends from St Mary's and other schools"

"You get to have a pizza party"

"You get to have a role at school Masses and other events"

"It's a good experience and you learn lots of things."

"It's community service and you get to know other people who go to church and help out others" "You get thanked by old people"



For more information contact Nicola Connors (REC)







## Mini Vinnies - Exploring Laxmi's Daily Life

This week Mini Vinnies were issued with their own Project Compassion Passport. We also learnt about Laxmi from Nepal and compared her daily life with our own lives. We discovered that their school doesn't have interactive whiteboards and her home does not have water taps, and she has to use a large water bottle for drinking and cleaning.



## **Christian Leadership Awards**

Cruz Woodley
in recognition of
"Community and Common Good"

Elka Schwenke
in recognition of
"Community and Common Good"



#### From the Principal:

#### Thought for the week:



Progress, not perfection. The mind is a powerful thing.

When you fill it with positive thoughts, the world starts to change. Everyday might not be good but there is something good in every day. Faye Howard

Dear parents and carers,

I hope you have enjoyed a wonderful week in this gorgeous sunshine and the break from homework as we take a collective pause during Wellbeing Week at school.

#### Parent/ teacher interviews... 3 way interviews?

In the coming week, times will open up for you to book a parent/teacher interview with your child's teacher. Generally the times will be from 3:30 - 5:30 on Monday 27 and 28 March in the school hall. The timetable will be released to you via Compass and you can then secure your appointment. Year 5 times will vary slightly (Monday and Wednesday of Week 9) and Year 1 will have additional times in Week 8. As always if these times do not work for you please contact the office to make an alternative appointment.

Over the years I have seen and been involved in various iterations of parent/ teacher interviews. It is my professional opinion that the interviews are most effective when the child attends the meeting. These are called 3 way interviews. After all, it is the child's learning that we are discussing. It is a very powerful thing for a child to see that their parents/carers and their teachers are invested in them, and are working together for his/her best interests.

In some cases, I completely understand that a private conversation may be necessary, but this could perhaps be at a different time? I will leave that for you to discern. In the meantime can I encourage you please to involve your child in this formal interview process, where student goals will be discussed and feedback about your child's learning and progress at school is shared.

#### Safety online

This week we have been working through some situations with the students around on-line safety. I am aware that many of the students have Kids Messenger, which seems to be safe if it is closely monitored by parents. Can I ask you please to take some time to scroll through the Kids Messenger Feed if your child has one? I must strongly discourage access to Tik-Tok and Snapchat for our students as these Apps are not designed for children under 13+. Even then I would question how positive the influence of these apps have on our young people.

Please reinforce with your child that if you wouldn't say it to or share it with to someone in person, then it is definitely not appropriate for social media. Please see resources from <a href="http://nsw.childsafetyhub.com.au/downloads/">http://nsw.childsafetyhub.com.au/downloads/</a> which may assist with your conversations with your children.

**Finally,** a huge congratulations to all of our students currently representing St Mary's in a wide variety of sports. We are so proud of your efforts and your outstanding sportsmanship!

Enjoy the weekend when it arrives, Gayle Stratton

Read the Child Safety Handbook BUSHFIRE SAFETY BEACH SAFFTY IMPORTANT UPDATES: ROAD BURAL **BOATING** FRE S SAFETY SAFETY RESCUS Child Safety HANDBOOK A RESOURCE FOR PARENTS, CARERS AND TEACHERS Proudly brought to you by NSW Police Legacy PERSONAL NEW FIRE ONLINE DANGER SAFETY LIGHT RAIL SAFETY

## Child Safety Handbook link

POOL

SAFFTY

ROAD

SAFETY

8-91

## School wide Positive Behaviour for Learning (SPB4L) St Mary's Orange - SCHOOL UNIVERSALS

As learners at St Mary's we are expected to:

BE SAFE BE RESPECTFUL BE RESPONSIBLE

The aim of SPB4L at St Mary's, is to actively teach and model positive behavioural expectations through consistent, reasonable and proactive strategies that will foster positive relationships with students, staff and parents.

BE SAFE We will keep our hands and feet to ourselves We will follow the rules of the game

BE RESPECTFUL We will use kind words We will follow teacher directions

BE RESPONSIBLE We will include others and play fairly We will engage in our learning

St Mary's SPB4L Behaviour Matrix
Wellbeing Week

No homework week, instead students are encouraged to connect with family by playing a board games together, reading a book, going for a walk, a bike ride or simply enjoying time outside in the sun.

Mindful Monday
Talk to God Tuesday
Wellness Wednesday
Thoughtful Thursday
Friendship friday

#### The Winning House this week:

#### **Mackillop**

The House that wins each week, gets 10 minutes extra play after lunch on a day next week and they get the privilege of wearing a <u>plain</u> t-shirt in the colour of their house tomorrow.

Please can we ask that t-shirts have no logos or designs.





## ST MARY'S CATHOLIC PRIMARY SCHOOL

We offer:

a warm, welcoming and inclusive family environment

contemporary learning spaces and rigorous engagement in curriculum a spectacular setting on 11 acres of

beautiful grounds

#### **School Tour Dates**

Wednesday 1st March 10am - 11am Tuesday 7th March 3.30pm - 4.30pm Wednesday 8th March 10am - 11am Saturday 11th March 10am - 11am Tuesday 14th March 3.30pm - 4.30pm

#### TO BOOK A TOUR

Telephone: 0263627926

www.stmarysorange.catholic.edu.au

#Bright Futures Start Here



## **NAPLAN 2023**

#### Year 3 and 5 NAPLAN schedule is 15th - 27th March.

Students will need to bring in their headphones and chromebooks (fully charged) each day during this period. It would be worthwhile to check in with your child that their headphones are working correctly and we cannot share these.

Students sit four tests: Writing, Reading, Conventions of Language and Numeracy. Please read the NAPLAN information for parents brochure in this newsletter.

Please review the information on the following pages in regard to the NAPLAN tests this year. We are obliged to share this with you.

If you have any questions feel free to contact the school.

Kind regards,

Rachel Cranney **Assistant Principal** St Mary's Catholic Primary School Orange T: (02) 63627926

w: http://www.stmarysorange.catholic.edu.au

Catholic Education Diocese of Bathurst works on the Country of Wiradjuri, Gamilaraay and Wailwan peoples. We pay respect to their Elders, celebrate their continuing culture and acknowledge the memory of their ancestors.

## NAPLAN Information for parents and carers 2023

#### Why do students do NAPLAN?

NAPLAN is a national literacy and numeracy assessment that students in Years 3, 5, 7 and 9 sit each year. It is the only national assessment all Australian students have the opportunity to undertake.

As students progress through their school years, it's important to check how well they are learning the essential skills of reading, writing and numeracy.

NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national standards and over time.

NAPLAN is just one aspect of a school's assessment and reporting process. It doesn't replace ongoing assessments made by teachers about student performance, but it can provide teachers with additional information about students' educational progress.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are achieving important educational outcomes in literacy and numeracy.

## Your child will do the NAPLAN tests online

Schools have transitioned from paper-based to computer-based assessments. All Year 3 students will continue to complete the writing assessment on paper.

Online NAPLAN tests provide more precise results and are more engaging for students. One of the main benefits is tailored (or adaptive) testing, where the test presents questions which may be more or less difficult depending on a student's responses.

Tailored testing allows a wider range of student abilities to be assessed and measures student achievement more precisely. A student's overall NAPLAN result is based on both the number and complexity of questions they answer correctly. Your child should not be concerned if they find questions challenging; they may be taking a more complex test pathway.

#### What does NAPLAN assess?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum.

Students sit assessments in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. The questions assess content linked to the Australian Curriculum: English and Mathematics.

All government and non-government education authorities contribute to the development of NAPLAN test materials.

To find out more about NAPLAN, visit nap.edu.au.

#### **Participation in NAPLAN**

NAPLAN is for everyone. ACARA supports inclusive testing so all students have the opportunity to participate in the national assessment program.

Adjustments are available for students with disability who have diverse functional abilities and needs.

Schools should work with parents/carers and students to identify, on a case-by-case basis, reasonable adjustments required for individual students with disability to access NAPLAN. Adjustments should reflect the support normally provided for classroom assessments.

To help inform these decisions, you may consult the NAPLAN public demonstration site, the Guide for schools to assist students with disability to access NAPLAN, or our series of videos where parents/carers, teachers and students share their experiences in using NAPLAN adjustments.

In exceptional circumstances, a student with a disability that severely limits their capacity to participate in the assessment, or a student who has recently arrived in Australia and has a non-English speaking background, may be granted a formal exemption.

Your school principal and your local test administration authority can give you more information on adjustments for students with disability or the process required to gain a formal exemption.





## What if my child is absent from school on NAPLAN days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule.

## What if my school is closed on NAPLAN days?

Schools with compelling reasons may be given permission to schedule tests after the 9-day test window.

#### What can I do to support my child?

Students are not expected to study for NAPLAN. You can support your child by reassuring them that NAPLAN is a part of their school program and reminding them to simply do their best. Some familiarisation and explanation of NAPLAN is useful to help students understand and be comfortable with the format of the tests. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

ACARA does not recommend excessive preparation for NAPLAN or the use of services by coaching providers.

See the types of questions and tools available in the online NAPLAN assessments at nap.edu.au/online-assessment/public-demonstration-site.

#### **NAPLAN** timetable

The NAPLAN test window is 9 days. This is to accommodate schools that may have fewer devices.

The NAPLAN test window starts on Wednesday 15 March and finishes on Monday 27 March 2023. Schools are advised to schedule the tests as soon as possible within the testing window, prioritising the first week.

## How is my child's performance reported?

Individual student performance is shown on a national achievement scale for each assessment. This scale indicates whether the student is meeting expectations for the literacy and numeracy skills needed to participate fully in that year level.

A NAPLAN individual student report will be provided by your child's school later in the year. If you do not receive a report, you should contact your child's school.

#### How are NAPLAN results used?

- Students and parents/carers may use individual results to discuss progress with teachers.
- Teachers use results to help identify students who need greater challenges or extra support.
- Schools use results to identify strengths and areas of need to improve teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review the effectiveness of programs and support offered to schools.
- The community can see information about the performance of schools over time at myschool.edu.au.

#### Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at nap.edu.au/TAA
- visit nap.edu.au

To learn how ACARA handles personal information for NAPLAN, visit nap.edu.au/naplan/privacy.

Test	Scheduling requirements	Duration	Test description
Writing	<ul> <li>Year 3 students do the writing test on paper (on day 1 only)</li> <li>Years 5, 7 and 9 writing must start on day 1 (schools must prioritise completion of writing across days 1 and 2 only, with day 2 only used where there are technical/logistical limitations)</li> </ul>	Year 3: 40 min Year 5: 42 min Year 7: 42 min Year 9: 42 min	Students are provided with a 'writing stimulus' (sometimes called a 'prompt' – an idea or topic) and asked to write a response in a particular genre (narrative or persuasive writing)
Reading	<ul> <li>To be completed after the writing test</li> <li>To be completed before the conventions of language test</li> </ul>	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Students read a range of informative, imaginative and persuasive texts and then answer related questions
Conventions of language	To be completed after the reading test	Year 3: 45 min Year 5: 45 min Year 7: 45 min Year 9: 45 min	Assesses spelling, grammar and punctuation
Numeracy	To be completed after the conventions of language test	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Assesses number and algebra, measurement and geometry, and statistics and probability

Last Friday representatives from St Mary's school participated in the Paul Kelly Cup which is an AFL program aimed at allowing students to engage with the sport. In the lead up to the event students were lucky enough to be guided through training sessions where they were showcased the skills needed in the game such as kicking, marking, handballs and defending. These skills were were showcased by all of the students throughout the day.

The sportsmanship displayed by the St Mary's community on the day was exemplary, with many from our girls team even playing an extra game to gift another school enough numbers. The improvement seen throughout the day was extraordinary and the enjoyment of the students was evident by the smiles on their faces.

Everyone involved had a wonderful day, I would like to thank Mrs Katie Frew for organising the event, Mr Ben Benton and Katie Morrison for coaching the teams and the representatives from various organisations such as the Orange Tigers' Football Club for hosting the day.



Congratulations to both our Giants and girls teams which progressed to the next round. This will be played in Orange this Friday between schools from surrounding communities.

## School fee concessions for Health Care Card and Pensioner Concession Card Holders

The Catholic Education Diocese of Bathurst offer a fee concession to assist low income families experiencing financial hardship.

The new concession is available to eligible Health Care Card (HCC) or Pensioner Concession Card (PCC) holders in 2023.

Eligible families will receive a 30 per cent concession to reduce the Single School Fee and Capital Works Levy.

To be eligible, the parent or carer must hold an eligible and current card and be responsible for the payment of school fees. The HCC or PCC concession is applied after applying the sibling discount.

The parent or carer must also be willing to enter into a regular direct debit payment plan to pay the remaining fees by the end of the year. Should circumstances arise where additional fee relief is needed, the normal fee concession application process is available at your school.

Parent or carers may apply directly to the school for a HCC or PCC concession by completing a simple application form and providing their card with the appropriate code to the school. A small number of cards may not be eligible for the concession.

Bishop Michael McKenna strongly urges families to remember that no child will be denied a Catholic school education due to financial hardship.

If you are finding it difficult to pay your family's schools fees, please contact your school principal to access assistance.

### **Bathurst Diocesan Community Sport**

Dear Parents,

Keep up to date with sporting events and achievements across the Bathurst Diocese. Search CEBD community sport or use the following link.

https://sites.google.com/bth.catholic.edu.au/cedbsportcommunity/





## Kindergarten & Year 1 Sports Morning &

## Kindy, Year 1 & Year 2 Easter Hat Making Friday 31<sup>st</sup> March 2023

10:00 am - 12:30 pm

Parents, carers and family members are warmly invited to attend the Kindergarten and Year 1 Sports morning on Friday 31<sup>st</sup> March 2023. The students will participate in their Sports, Houses beginning with a March Past at 10:00 am on the Infant's playground. This will be followed by games and non-competitive running races.

Children are asked to wear their sports uniform, joggers, and school hat on this day. Please ensure your child also has a labeled drink bottle as well.

The Sports, morning will conclude at 11:10 am.	
+++++++++++++++++++++++++++++++++++++++	+

If you would like to, we would love you to join us after the Sports, morning for a picnic with your child/children on the Infant's playground.

After the Picnic Morning Tea, parents, carers and family members are invited to come to the Kinder, Year 1 & 2 classrooms to make Easter Hats with their child. No need to bring in any materials as they will be provided. Time 11:40 am-12:30 pm.







Orange CYMS Junior Soccer Club is inviting all new and returning players to register for the 2023 season



## **NOW OPEN ONLINE**

www.orangefootball.org.au/cyms-juniors
Then follow the link to register online

U5 - U12 fees are \$160 U12 - U16 fees are \$170 Early bird discount (\$15) will finish on 5th March Active Kids Voucher Accepted (have number ready to enter online)

Shirt and shorts will be supplied for the season Socks available for purchase from Sports Power Orange 10% off soccer items (shin pads, boots, socks) for our players at Sports Power Orange

Hoodies can be purchased during registration

#### **ENQUIRIES:**

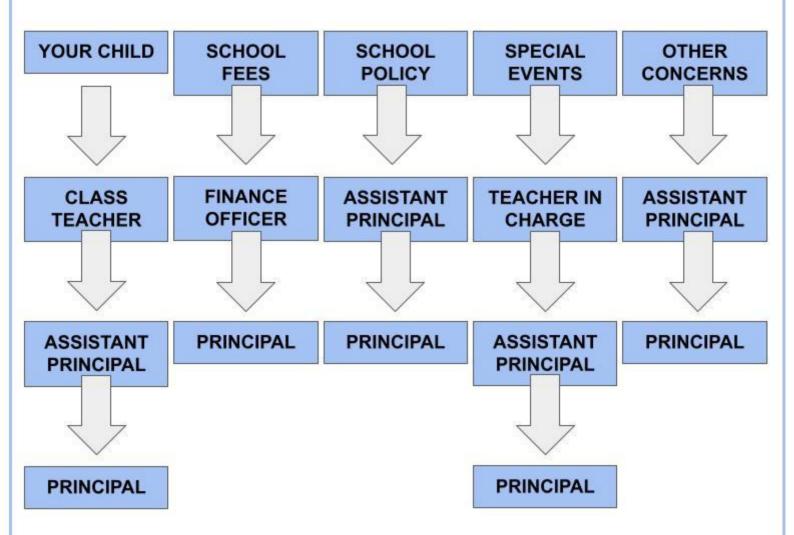
registrar@cymsjuniorsoccerclub.com

WWW.FACEBOOK.COM/ ORANGECYMSJUNIORSOCCERCLUB

#### CHART OF 1ST CONTACT FOR PARENT COMMUNICATION

WHO DO I TALK WITH?

PARENT / SCHOOL COMMUNICATION
DIRECTORY



PRINCIPAL: Gayle Stratton

ASSISTANT PRINCIPAL: Rachel Cranney

RELIGIOUS EDUCATION COORDINATOR: Nicole Connors

PRIMARY COORDINATOR: Sally Curran

FINANCE OFFICER: Nicole Downey

It is essential to ring and make an appointment with any of the personnel concerned. This will ensure full and undivided attention, 02 63627926

#### WHAT TO DO WHEN.....

#### Your child is absent from school

Parents have seven days to provide an explanation please enter into this into the Compass Portal

#### Your child is going to an appointment during school hours

Parents have to sign the child out of school on the Compass Portal in the front office. Office staff will arrange for your child to meet parents at the office. Parents are not permitted to enter the classroom. A Leave Pass will be issued to the parent taking the child to the appointment.

#### Your child arrives late to school

Parents are required to escort their child to the front office. Parents are to complete a Late to School Notice on the Compass Portal. The child takes the notice to the class. Parents are not permitted to enter the classroom.

All absenteeism are recorded on the Class Roll which is a legal and binding document. The Principal is only permitted to grant 15 days Leave per year per child. This does not include absenteeism due to sickness. Any child requiring more than 10 days' leave must apply for an exemption through the school office.

#### You would like to speak with your child teacher

Contact the office staff to request a meeting either face to face or on the phone with your child teacher, please note that meetings will generally be after 3pm . Counselling requests are organised through Mrs Belmonte.

#### You have Lost Property

Please label your children belongings clearly and to check the lost property cupboard located behind the admin building.

### **UNIFORM**

#### **Uniform expectations**

The school uniform is a distinguishing symbol of belonging to St Mary's Catholic Primary School and it is expected that students wear it with pride at all times. The assistance of parents and staff is sought in maintaining a high standard of dress and presentation by all students.

Students not wearing the correct or incomplete uniform are required to provide a note from a parent or carer giving reasons why and letting us know when the uniform will be corrected.

If students continually choose to wear the incorrect uniform or ignore our dress code a parent meeting will be requested.

Uniforms	Summer	Winter
Sport Uniform Girls and Boys	Navy polo shirt with school logo Navy shorts White socks Joggers	Navy polo shirt with school logo Navy track pants Navy Sports Jumper with logo White socks Joggers
Regular Uniform Girls	Pink checked dress Navy Shorts White Shirt White socks Black shoes	Maroon tunic or trousers Maroon Jumper Fawn long-sleeve shirt School tie Knee-high fawn socks, or fawn tights Black shoes
Regular Uniform Boys	School blue short-sleeve shirt Grey shorts Grey socks Black shoes	Maroon Jumper School blue long sleeve shirt Grey trousers and socks School tie Black shoes

Hat – Navy bucket hat with school logo

Black shoes - leather, polishable, classic style, low heel - no black joggers

Socks - no sportlet or cutaway styles

Shorts - no cargo, corduroy, jeans type, Brand name or polycotton / cotton shorts

Trousers - grey poly / viscose serge trousers only

#### In addition to the uniform we ask that:

- Students maintain acceptable hairstyles. Extremes of hairstyle are not permitted, including rat's tails, mohawks, coloured hair and haircuts or undercuts less than a 'two 'and stripes etc shaved into their head. Hair gel is to be kept to a minimum. Hair that is collar length or longer is to be tied back with a maroon, brown or dark blue ribbon.
- No coloured tights with the girls dress
- Bracelets, bangles, necklaces or anklets are not worn, with the exception of a religious medal on a fine chain that may be tucked into the uniform.
- One small signet ring is worn.
- Nail polish is not worn.
- One set of earrings is permitted. Plain sleepers or plain studs only.

Students who wear inappropriate accessories will be asked to remove such items, take them to the office and collect them at the end of the day to take home.

## Term 1 2023 Calendar Of events

Wednesday

Thursday

Friday

Finish 15th December 2023

Monday

Tuesday

Week

Term 4 2023

Monday 9th October 2023

6	6/3 2024 Kinderg enrollments of		7/3	8/3 Dio Swimming-DUB  JSCHS (Yr 6) Orientation Day		imming Ribbons standing 1:45pm	10/3 Yr 4 Assembly 12:30 parents welcome Bathurst Winter Sports Trails Netball trails
7	13/3		14/3	15/3 NAPLAN Writing	16/3 NA	3 PLAN Reading	17/3 NAPLAN Language Conventions St Patrick's Day (wear a touch of green)
8	20/3 NAPLAN Mathematics Parent Teach Interviews Year 1 only	 er	21/3 Harmony Day — Parent Teacher Interviews Year 1 only	22/3	23/3	3	24/3 Cross Country Yr2-6 @school Yr 3 Assembly-Parents welcome 12:30 pm
9	27/3  Parent Teacher Interviews  K - Year 6		28/3  Parent Teacher Interviews All grades except Year 5.	29/3  Athletics Carnival Years 2 -6 @ James Sheahan ALL DAY —	30/3 Polding Swimming- Homebush		31/3 Cross Country 1500m final- track event @Anzac Park  K/1 Sports carnival 10am-11:10am BYO Picnic M/Tea K,Yr 1 & 2 Easter hat making 11:40 am-12:30 pm  Yr 5 Assembly 12:30-Parents welcome
10	3/4 HOLY WEEK		4/4 Holy Week Celebrations In the Hall 9:05am Parents Welcome	5/4 PSSA Swimming	Eas	SA Swimming ster Raffle lat parade 5pm	7/4 GOOD FRIDAY School Holidays commence
2023 NSW School Term information							
Term 1 2023 Tuesd		uesday 31st January 2023			Finish Thursday 6th April 2023		
			Wednesday 26th April 2023 (Monday 24 April is a Pupil Free Day)			Finish 30th June 2023	
		Tuesday 18th July 2023 (Monday 17th is a Pupil free Day)			Finish 22nd September 2023		

## For your Information

#### SPORTS UNIFORM Week 6

**Kindergarten -THURSDAY/FRIDAY** 

Year One - FRIDAY

Year Two - FRIDAY

Year Three - FRIDAY

Year Four - FRIDAY

**Year Five - FRIDAY** 

**Year Six** - FRIDAY

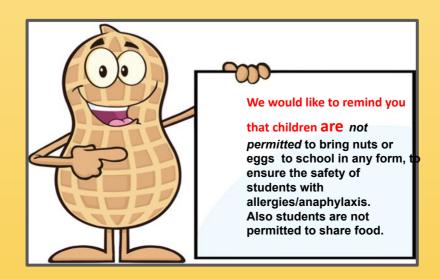
**Dear Parents/Carers** 

The Bus Pass moratorium period has now elapsed. All students are now required to either show their bus pass or pay the \$1.10 fare on boarding their school buses.

#### **2024 KINDERGARTEN ENROLMENTS**

Time to apply now!

During Terms 1 & 2 we conduct many enrolment tours and we encourage families to complete and submit enrolment applications for 2024. Forms are available on our website or from the office. Please let your friends and neighbours know that now is the time to apply for enrolment.



## PLEASE HELP US STAY WELL AT SCHOOL

#### **HAND HYGIENE**

Hand Hygiene is one very effective way to control the spread of infection and germs. Always wash your hands with soap and water, or using an alcohol based hand rub.

#### **HEAD LICE**

The child will need to be sent home immediately if head lice are detected.

Not excluded if effective treatment begins before the next day at the education or care service.

#### **COLDS & FLU**

Exclude until person is well.

Many viruses have similar

symptoms, including gastro and COVID-19. If your child is unwell you must keep them home and get them to take a rapid antigen or PCR test to make sure they don't have COVID-19.

Gastro normally begins with vomiting. Children then develop frequent diarrhoea. Often children may have tummy pain and fever, some children may have a runny nose, or a sore throat (usually caused by vomiting or dehydration).

By excluding

ONE ill person,

you can protect many
other people from
becoming ill.

#### **DIARRHOEA**

Exclude until there has not been a loose bowel movement for 48 hours.

#### **CONJUNCTIVITIS**

Exclude until discharge from the eyes has stopped, unless a Doctor has diagnosed non-infectious Conjunctivitis

#### **VOMITING**

Exclude until there has been no vomiting for 48 hours

## HAND FOOT & MOUTH DISEASE

Exclude until all blisters have dried.

Information from National Health & Medical Research Council



#### It's so easy!

- 1) Go to www.flexischools.com.au
- 2) Click "Register Now" to create account
  - 3) Top-up your balance
  - 4) Start ordering immediately

#### .How do I order my child's lunch?

Please download the Flexischools App
or sign in on your computer.
In order to search for
St Mary's Catholic Primary School - Orange,
please search the word "Orange" because there are many
St Mary's Schools.

### Load your Flexischools account for regular lunch purchases.

#### How do I order my child's uniform?

Please order uniform through Flexischools. The uniform order will be packed on the Friday morning by Parent Volunteers and it will be sent home with your child Friday afternoon.

For second hand clothing, please place an order with the office staff and the Volunteers will do their best to fill the order and we only ask for a donation to the school.







CANTEEN OPEN TUESDAY - FRIDAY

## TEENSPECIALS





Week 6 BANANA & MANGO

Week 6

GREEN FOOD FOR ST PATRICK'S DAY





Decrease our paper waste.

Send it in when you have a lunch order and it will be filled with the lunch order. Easy to see in the class lunch tub!

print free labels for your reusable lunch bag

Order on flexischools with your next lunch order

Orders due at 9am on the flexischool app

# **TOO**

Term	1 20	23 Vo	lunteer	Caler	ndar
week	Monday	Tuesday	Wednesday	Thursday	Friday
	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar
5		Yvette	Yvette	Lizzy	Alicia
5					Mel B
	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
_		Mel B	Mel S	Lizzy	Kate
6		Yvette		Michaela	Katie M
	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
7		Mel B		Lizzy	Mel B
7		Yvette			Lauren
					St Patrick's Day



#### **Snacks**

available at recess for cash sales

Carrot Sticks (6) (GF, DF) cut everyday	20c
Rice Crackers (GF) 4 rice crackers	20c
Popcorn (GF, DF) air popped at the canteen, plain	50c
Cheese & Crackers (GF) 4 rice crackers with 4 cheese squal	60c res
Jelly Cup (GF, DF) made onsite with 99% fruit juice	\$1
Custard Cup (GF)	\$1
Jelly & Custard Cup (GF)	\$1

Fruit Cup (GF, DF)

Quelch Ice Block (GF, DF)

diced seasonal fruit

#### **Drinks**

\$1

available at recess for cash sales

Bottled Water (GF, DF)	\$1
Just Juice (GF, DF)	\$2
Apple, Apple & Blackcurrant, or Paradise Punch	
Plain Milk (GF)	\$2

Big M Flavoured Milk \$3 (300ml) Strawberry or Chocolate (GF)

#### Salads

Tossed Garden Salad (GF) \$4 Seasonal salad full of colour, lettuce, tomato, cucumber, carrot, capsicum

Mayo, Italian or French dressing 30c

Salad Box (GF) \$4 Tiny toms, carrot, cheese, beetroot, pineapple ring & cucumber.

Salad Box with shaved ham \$5

Colourful & fun finger food

Salad Box with chicken \$5

Salad Cup (GF) \$2 Snack size salad box served in a cup

#### **Burgers**

Made with fresh white rolls

Beef & Cheese Burger \$4.50
Beef patty, cheese and tomato sauce

Salad & Beef Burger
Beef, cheese, lettuce, tomato, cucumber with Burger sauce

Chicken Burger \$4.50
Flame grilled chicken with lettuce

Cheesy Chicken Burger \$4.50

Summer Salad Chicken Burger \$5.50 Flame grilled Chicken, cheese, lettuce, tomato, cucumber & Mayo

GLUTEN FREE BURGER OPTIONS AVAILBLE ONLINE

#### **Hot Food**

Pizza Scroll \$3.50 ham, cheese with a tomato pizza sauce made in the canteen

Chickalicious Bombs (GF, DF) \$4 5 Chicken balls, made in the canteen Choose your sauce tomato or BBQ

Penne Bolognese (DF) canteen made beef bolognese served on penne pasta

Chooky Fried Rice (GF, DF) \$4.50 fried rice with chicken, ham and veg

\$4.50

\$4.50

### Wraps

Ham, Cheese & Salad \$5
Ham, cheese, tomato, lettuce, carrot, cucumber

Chicken & Salad \$5 Chicken, lettuce, carrot, cucumber, tomato Mayo optional

Salad lettuce, carrot, tomato, cucumber

Nuturing
WITHIN OUR SCHOOL ENVIRONMENT

by preparing fresh food

#### **Sandwiches**

Made with fresh wholemeal Bread Gluten Free available (+ 50c)

\$2.50

 Cheese
 \$3

 Ham
 \$3.20

 Ham & Cheese
 \$3.80

 Chicken (Mayo optional)
 \$3.20

 Chicken & Lettuce (Mayo optional)
 \$3.80

Vegemite or Jam

Salad \$4.20 Lettuce, carrot, cucumber, tomato (Mayo optional)

Cheese & Salad \$4.80
Cheese, lettuce, carrot, cucumber, tomato
(Mayo optional)

Ham & Salad \$5
Ham, lettuce, carrot, cucumber, tomato (Mavo optional)

Ham, Cheese & Salad \$5.20 Ham, Cheese, lettuce, carrot, cucumber, tomato (Mayo optional)

Chicken & Salad \$5 Chicken, lettuce, carrot, cucumber, tomato (Mayo potional)

#### **Toasties**

Made with fresh wholemeal Bread Gluten Free available (+ 50c)

Cheese \$3.50

Ham \$4

Ham & Cheese \$4.20

Ham, Cheese & Tomato \$4.50

Chicken & Cheese \$4.20



All meals made by the canteen