



Term 4 Week 2

Wednesday 18th October 2017

Website: [www.stmarysrydalmere.catholic.edu.au](http://www.stmarysrydalmere.catholic.edu.au)

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## DIARY DATES

### TERM 4 2017

**Saturday** St Mary's Rydalmere Fete  
**21st October** 9:30–2:30

**Tuesday** Kindergarten 2018  
**24th October** Transition session 2  
9:00-10:30

**Thursday** Tech Session for Parents  
**26th October** K-2 9:00–10:00am

**Thursday** Tech Session for Parents  
**26th October** 3-6 3:30–4:30pm

**Friday** Primary School  
**27th October** Eisteddford @ Plumpton 9:30-12

**Saturday** Confirmation Prep  
**28th October** 3:30-5:15pm

**Monday** Staff Development Day  
**30th October**

**Tuesday** Kindergarten 2018  
**31st October** Transition session 3  
9:00-10:30

**Wednesday** Band Demonstration  
**1st November** 11:15am

**Thursday** Primary School Leadership  
**2nd November** Awards 6:00pm

**Friday** Confirmation 7:30pm  
**3rd November**

**Monday** Kindergarten 2018  
**6th November** Orientation Day  
9:00-11:00 & 12:30-2:30

## PRINCIPAL'S MESSAGE...

Dear Parents,

Welcome back to the last Term of 2017... and what an exciting Term it promises to be! Our Parish & School Fete is just 3 days away and final preparations are underway. We look forward to seeing you and your whole family this Saturday!



**Saturday 21<sup>st</sup> October 2017**  
**9.30am - 2.30pm**

JOIN US FOR A GREAT FAMILY DAY OUT  
WITH LOADS OF FUN, ENTERTAINMENT, DELICIOUS FOOD,  
LIVE MUSIC, RIDES AND MUCH MORE!



**ST MARY'S RYDALMERE FETE**

1 Myrtle Street, Rydalmere • [www.stmarysrydalmere.catholic.edu.au](http://www.stmarysrydalmere.catholic.edu.au)

Peace and Best Wishes.

Richard Blissenden  
Principal



**BOOK CLUB**

The current Book Club brochure Issue 7 2017 has been sent home with all students. **ORDERS FOR ISSUE 7 CLOSE 27.10.2017**

To order and pay for Book Club by credit card visit [www.scholastic.com.au](http://www.scholastic.com.au). Please order and pay via the website. No orders are to be sent to the school office. Books will be delivered to the school and distributed to students. Any questions, please contact Kris Muir—Book Club Organiser.

**KISS & PICK UP**

We are asking for more volunteers for our Kiss & Pick Up service in the afternoon. Unfortunately, without more parent help we will be unable to continue offering this service. If you are able to assist, please see the ladies in the office.

Thank you.

**SCHOOL FEES**

Final school fee invoices for 2017 are now **OVERDUE**. Can you please make arrangements to pay outstanding amounts as soon as possible. If you have any queries regarding your fees, please contact Susan in the office.


**AUSTRALIAN GIRLS CHOIR OPEN DAY**

Congratulations to girls who recently took part in the AGC assessment workshop at school. By now you should have received your personalised assessment report—either posted to your home or via your school. Everyone is welcome to come along to an Open Day on either Saturday October 28 (Miranda) or Sunday October 29 (Beecroft or Waverley), which will give girls the opportunity to try a complimentary class and attend an information session. Ph 1800 338 142 for more information or visit [www.ausgirlschoir.com.au](http://www.ausgirlschoir.com.au).

**LIBRARY HELP NEEDED**

We have some great new books that need to be contacted. If you can help please come and see me in the library Monday—Wednesday. Contact supplied. Any help will be greatly appreciated.

Lia radocchia  
Teacher—Librarian

 **Nutrition Snippet**


## The simplest way

...to reduce cancer risk with wholegrains.

New evidence shows that eating wholegrains every day significantly reduces your bowel cancer risk.\*

Delicious wholegrains you can incorporate into your family's diet include:


- wholemeal or multi-grain bread, muffins and crumpets;
- wholegrain or whole-wheat breakfast cereals or muesli;
- wholemeal or mixed grain crispbread;
- brown rice, rice cakes, wholemeal pasta, corn, oats, quinoa, rye, spelt, millet or amaranth;
- barley (not the pearl variety) or cracked wheat (bulgur).




We recommend at least four serves of wholegrain or wholemeal foods every day. One serve equals 1 slice of wholegrain bread or ½ cup of cooked porridge.

\*Report available online: [wcrf.org/colorectal-cancer-2017](http://wcrf.org/colorectal-cancer-2017).  
For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

 **Health**  
Western Sydney  
Local Health District



 **Nutrition Snippet**

## The simplest way

...to make tasty tabouli.

**Serves: 6 | Preparation: 10mins | Cooking: 30-60mins**

**Ingredients**

- ½ cup uncooked bulgar\*
- 2 cups reduced-salt chicken or vegetable stock, hot
- 2 bunches Italian flat leaf parsley, chopped
- 1 bunch mint, chopped
- 3 shallots, chopped
- 3 Roma tomatoes, chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice

**Method**

1. In a large bowl, pour the boiling stock over the bulgur. Let sit for 30-60 minutes until softened and then strain through a fine mesh sieve. Cool.
2. Combine the bulgur, parsley, mint, shallots and tomatoes in a large bowl. In a small bowl, combine the olive oil, lemon juice and pinch of salt. Pour over the bulgur mix and toss to mix well.



\*Bulgar is a cereal made from whole wheat partially boiled then dried. It can be substituted with couscous or quinoa.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

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 **Health**  
Western Sydney  
Local Health District



## St Mary's Newsletter....

### UNIFORM

We will officially change over to the Summer Uniform from next Monday and either summer **or** winter uniform may be worn until then.

### FETE RIDE WRIST BANDS

These are now available for pre-purchase for \$25. Pre-sales close on Friday at 3:30pm. Pre-purchased bands will be available for collection on Saturday morning from 9:00am. They will also be on sale on the day of the Fete for \$30. The Wrist Band **DOES NOT** include the Haunted House or Side Show but includes all rides shown on the flyer.

### HOLIDAY CHALLENGE WINNERS

Congratulations to Oscar Libbert (KA), Michael Kim (1F), Ela Torres (2MV), Kayla Ghaloub (3S), Daniel Bietola (4K), Mia Northwood (5K) and Ben Fairall (6W) who were our winners of the recent Holiday Bingo Challenge. Each winner received a \$10 Fete Cash Voucher. We hope everyone enjoyed the challenge.



## **BIRTHDAY CELEBRATIONS**

October 18	Alessandro Brownlie
October 20	Isla Ballout Johan Xie
October 21	Daashan Wu Samuel Calveley
October 22	Francesca Cimillo
October 23	Cooper Twyford Lachlan Williamson
October 26	Isabelle Pericaud Olivia Ribera Isabella Ribera
October 28	Bianca Bietola
October 29	Kingston Luburic

*We would like to wish all of these children a very happy birthday!!*

### JULIE OWENS CHRISTMAS CARD COMPETITION

Congratulations to Misha Kim (Yr 2) and Heidi Waddell (Kinder) whose designs for our Local Federal Member of Parliament's Christmas Card Competition have been chosen as finalists in this year's competition. The winner is chosen by public vote and you can vote via this link <https://www.surveymonkey.com/r/VKKNXJ6> Vote for your favourite by clicking the button at the top of your preferred artwork, enter your details and then click 'Done' at the bottom of the page. Voting closes this Sunday, 22 October 2017.



**Catherine McAuley  
Westmead**

### **Enrolments for Year 7 2019**

Catherine McAuley Westmead is now accepting enrolments for Year 7 2019. The closing date for Year 7 2019 applications 1<sup>st</sup> round offers is Friday, 6<sup>th</sup> April 2018.

Parents and their daughters have the opportunity to tour the school campus at one of our upcoming school tours specifically for Year 7 2019 applicants, but open to any year group.

**Wednesday 18<sup>th</sup> October and Monday 6<sup>th</sup> November  
2017  
9.15 – 11am**

These mornings will provide parents and students with the opportunity to tour our school on a normal school day. You will be able to view our school grounds and facilities, go into classrooms and meet our students and teachers. Enrolment packs will be available on the day.

Please contact our School Reception on 9849 9100 to book a place on a school tour.

**Save The Date** – The Catherine McAuley Westmead School Open Afternoon will be held from 4.00pm – 7.00pm on Tuesday 13<sup>th</sup> March 2018.

