Our Lady of Lourdes Primary

5 Canyon Road, Baulkham Hills South Telephone: 8841 3700

Email: ololbhills@parra.catholic.edu.au www.ololbhills.parra.catholic.edu.au

Term 4 Week 6

22nd November, 2019

2019 Dates to Remember November

<u>Saturday 23rd</u> 6pm First Holy Communion

<u>Sunday 24th</u> 9.30am First Holy Communion

Monday 25th
SchoolAid Fire Recovery
Appeal (non mufti)

<u>Tuesday 26th</u> Year 6 Spelling Bee 7.30pm P&F AGM Meeting

<u>Saturday 30th</u> 6pm First Holy Communion

December
Sunday 1st
Frist Sunday of Advent
9.30am First Holy
Communion

Monday 2nd
Swimming program K-4,
Week 1

Wednesday 4th Gilroy Orientation

Thursday 5th
Parent Volunteer
Afternoon tea

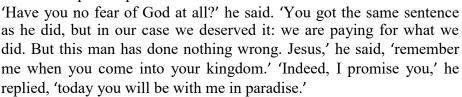
Monday 9th
Swimming program K-4,
Week 2

Thursday 12th
7pm Year 6 Graduation
Mass

The Gospel Reading for this Sunday is from Luke 23:35-43 Lord remember me when you come into your kingdom.

The people stayed there before the cross watching Jesus. As for the leaders, they jeered at him. 'He saved others,' they said, 'let him save himself if he is the Christ of God, the Chosen One.' The soldiers mocked him too, and when they approached to offer him vinegar they said, 'If you are the king of the Jews, save yourself.' Above him there was an inscription: 'This is the King of the Jews.'

One of the criminals hanging there abused him. 'Are you not the Christ?' he said. 'Save yourself and us as well.' But the other spoke up and rebuked him.



(Ref: Liturgyhelp.com)

The Sacrament of First Eucharist

The Sacrament of First Eucharist will be celebrated at Our Lady of Lourdes Church over two weekends. The first celebration will be on Saturday 23rd November at 6:00pm and Sunday 24th November at 9:30am. The second celebration will be on Saturday 30th November at 6:00pm and Sunday 1st December at 9:30am.

Rehearsals for this special day will take place on Thursday, 21st November and Friday, 22nd November in the church commencing at 4:00pm until 5:00pm.

Congratulations to all students, especially Year 3, who will receive the Eucharist for the first time. Please keep these students and their families in your prayers.

Christmas Concert - Monday 16th December

On Monday, the 16th December, we will gather to celebrate Christmas at Our lady Of Lourdes. Parents, relatives and friends are invited to join in the celebration which will begin with a performance by our school band at 6pm in the piazza.



This year, Andrew Chinn, Australian religious songwriter and singer, will be visiting our school to lead an Advent/Christmas Concert with our children. Andrew's songs, such as "These Hands", "Rainbow", "An African Blessing" and "Rise Up!" are used in classrooms and liturgies around Australia, New Zealand, USA and Canada.

1

School News

Student Representative Council 2020

This week, Year 5 commenced the process of electing the Student Representative Council (SRC) for 2020.

We would like to congratulate the following students who progressed to the final round.

Noah Ranola Lara Alam

Callum Goracz Matilda De Celis Lachlan Compton Tahlia Moodley

Elliot Lines Nehansa Undunuwara

Sean Angeles Stella Puletua Alastair Mathew Souria Pathak

For more information about the process we follow with the students, please see the attached policy.

69%

Naplan

Year 3

In May, Year 3 and Year 5 students took part in NAPLAN - National Assessment Program - Literacy and Numeracy, a national testing program to assess the literacy and numeracy learning of students in all Australian Schools. We are extremely proud of our students' wonderful results and congratulate them on their efforts and hard work.

Year 5

	School	State
Reading	88%	75.7%
Writing	95.8%	83.5%
Spelling	93%	74.5%
Grammar and Punctuation	93%	76.7%

% in bands 4 to 6 and above

	School	State
Reading	87.1%	68.2%
Writing	70.1%	51.8%
Spelling	88.9%	67.3%
Grammar and Punctuation	83.3%	62.2%
Numeracy	85.2%	60.8%

% in bands 6 to 8 and above

Parent Volunteers Afternoon Tea

Volunteers help at Our Lady of Lourdes in many ways; reading, literacy groups, excursions, sports carnivals, P&F, fundraisers, book covering and in so many other ways. As a way of saying 'Thank You', the children and staff would like to invite you to our special afternoon tea for parent volunteers. Thursday, 5th December 2.15pm in the Open Learning Area. For catering purposes please RSVP the form attached and return it to the school as soon as possible. Alternatively, email the school at ololbhills@parra.catholic.edu.au . We look forward to this opportunity to thank you for all your hard work and efforts during 2019.

84.4%



2020 Staff

Numeracy

At the end of the year we say farewell to Mrs Peters, Miss Scott and Miss Burgin.

- *Mrs Peters* has been at our school for over 20Years as a classroom teacher and for many of those years she has been the Religious Education Co-ordinator. We thank her for her wonderful contribution to Our Lady Of Lourdes and wish her well for the next chapter in her life.
- *Miss Scott* has been at our school for the past 5 years, we thank her for her hard work and dedication as a kindergarten teacher and Sports Co-Ordinator. We wish her all the best in her future endeavours.
- *Miss Burgin* started at our school from the beginning of term 3. We thank her for her hard work in year 2 this year and wish her all the best in her teaching career.

In 2020 we welcome to our teaching staff *Ms Rebecca Boidin, Miss Bernadette Magann and Mr Thomas Fitzsimons*. We also welcome back *Mrs Fox* and *Mrs Zarb* who are both returning from maternity leave.

Strength and Disability

Students from Kindy to Year 12 are invited to enter Strength in Disability competition, the aim of which is to increase the positive awareness of people with disability. Entrants from Kindy to Year 12 can enter a drawing, painting, short story or poem. The competition closes on Tuesday, 10 December and winners will be announced on Monday, 16 December. For further details please see flyer attached



Library Volunteers

Mrs Bryant is desperate for help with the library stocktake and general reorganization of library resources during the week beginning 25th November. If you are able to assist at any time, please contact Mrs Bryant via her email: ebryant@parra.catholic.edu.au Your help will be greatly appreciated.



Year 6 Spelling Bee

The finals for the Year 6 'Spelling Bee' will be next Tuesday, 26th November at 12pm in the Open Learning area. **Parents are welcome to attend.**

Our 2019 Spelling Bee Finalists



Georgia Thompson, Sarah Saliba, Emma McMillian, Claire Hwang, Sarah Thomas, Joaquina John, James McNally, Alexa Lucas, Lauren McGirr, Bridgette Ryan

SchoolAid - Fire Recovery Appeal

SchoolAid is an organisation that empowers young philanthropists by providing in-school support and a crowdfunding platform to enable young people to raise money for charitable causes.

SchoolAid is calling for support to assist those impacted by the ongoing and devasting bush fires raging across the country. It will use the funds to support those in most need of assistance.

On Monday 25th November students are asked to make a donation to support this cause as we feel that it will give the students an opportunity to make a difference.

Please note - This will not be a mufti.



Responsibility through play - Peaceful playground people

- Approaching a group / joining in
- Including everyone



P & F News



The Annual General Meeting of the OLOL Parents and Friends Association will be held on Tuesday 26th November, 2019 at 8:00 pm. All four core positions of the OLOL Parents and Friends Association will be declared vacant and an election will take place to determine the new nominations. Attached is a brief description of the duties of the Office Bearers. Please note the AGM will follow the General Parents and Friends Meeting beginning at 7:30pm.

Parish News

For Youth in the Parish of Baulkham Hills;

Y5-8: Next Friday the 22nd of December, come to the Downey Room from 7-8:30pm for a massive end of year Christmas Party! Feel free to dress up for a night of food, games, and activities, as we celebrate the end of the year! We look forward to seeing you there!

Youth Mass: From 6-7pm each Sunday at St. Michael's, we want to bring ministries together to provide an engaging experience of liturgy for youth. To do this we need more young people for ministries such as welcoming, offertory, reading and collection, for more information please contact the Youth Minister (details below).

If you have any questions or concerns please contact the Youth Minister Paul Fam, on 0407 773 174, or send an email through to youth@parishofbaulkhamhills.org.au





Harry Potter Day - Year 6

Last Tuesday, Year 6 participated in a 'Harry Potter Day'. The day had been planned as part of their Literacy Unit and the novel currently being studied in class, 'Harry Potter and the Philosopher's Stone'. The students dressed up as characters from the book and participated in a variety of activities. Some of the activities were quizzes, puzzles, writing and artwork. The students also had an opportunity to perform the scripts they had written. After a busy, funfilled day at Hogwarts School, the children relaxed while watching the film in the afternoon. Thank you to our parent helpers who assisted on the day.

Some of the children's thoughts and explanations from the day were -

We had been counting down the days and finally it was the here...

Harry Potter Day!

As we wandered into school, dressed in Robes of Hogwarts school colours and as other wizards and witches, a bundle of activities awaited in the Learning Centre. Before we could go off on our adventure, we had to be sorted into our House Colours. GRYFFINDOR...

HUFFLEPUFF... SLYTHERIN.... RAVENCLAW!!!

With great excitement, we waffled off to the joy filled and magical activities. Potion Making, Wand Permits, Cooking cookies, Calligraphy and even a Ministry of Magic ID station was set up, the Year 6 teachers and parents had out done themselves. It was fabulous. We had admirable creations that we could send home to show our parents, or even eat within five seconds. But what better way to end an amazing day than to watch the movie, Harry Potter and the Philosopher's Stone. Our expectations were exceeded as we went home feeling exhilarated.

Keira Culnane

Wow! It is an understatement, Harry Potter Day and all the activities that were planned for us. We started by being sorted into houses; Ravenclaw, Slytherin, Hufflepuff or even Griffindor. Everyone was ecstatic to feel the joy of the Sorting Hat. We had 5 stations; Potion making, Wand Permit, Ministry of Magic, Cookie Making, and even Calligraphy. What to do first? Well, why not start at the potion station. This activity used up our creative thinking and encouraged us to be original with what we did. We then moved to the Ministry of Magic Identity Card Station. Everyone had fun with the paint messing around and still managed to make a great mess. Another station was cookies when we had a good laugh but also had something else to eat. Calligraphy was when we wrote to a person about the Harry Potter Day so far. Finally, we did wand permit and wand making. Wand making was new to all of us and we all wished for this day not to end. It was a most enjoyable day for all. Thank you, Mrs. McAllister, Mrs. Peters and all the other helpers for making such a great day.

Georgia Thompson

On the 19th of November, Year Six participated in Harry Potter Day. There were a variety of different activities to do. One exciting activity was sorting us into our house colours. We sat on a stool and selected a piece of paper to reveal our house. The first activity for my group was calligraphy, where we wrote a letter to a close friend or family member using Harry Potter font. The next station was Wand Permit, we filled out a form to describe our wand and then created it with paper and sequins. Next, was potion making. We wrote the ingredients and purpose of the potion. Ministry Of Magic Identity Card was next where we filled out a form and put our fingerprints on a piece of paper to identify us. Lastly, was the cookies. We made yummy cookies with icing, chocolate and liquorice, we got to eat them too!

After all the groups had finished at all five stations we got to relax and cool down whilst watching Harry Potter and The Philosopher's Stone. Overall, it was an amazing day and I am sure everyone had loads of fun. A big thank you to all the parents and teachers who worked so hard organising and supervising the day.

Lily Bigley

On Tuesday, the 19th of November, Year Six was involved in Harry Potter Day. We participated in many activities including making biscuits, writing letters with quills, and many more. At recess and lunch we all got to eat the biscuits that we made during the activities. We presented our plays in the afternoon and they were spectacular. The plays were all about the different chapters of the first Harry Potter book. The highlight of the day was definitely the play because we got to pretend that we were some of the characters from the story of Harry Potter. The characters we dressed up as were mainly, Harry Potter, Hermonie Granger and Draco Malfoy. Everybody had a great day dressing up as their favourite character in the story of Harry Potter.

James McNally and Benjamin Hyde

On the well-awaited date of 19th November, Year Six students from across the two classes walked unknowingly into one of the best experiences of their lives. Harry Potter Day! This fantastic day was issued to enlighten our grade about the wonders of J.K Rowling's award-winning series. This day could not have occurred without the tremendous amount of help from our teachers; Mrs Peters, Mrs McAllister, Miss Jackson, and Miss Fink, along with our phenomenal parent helpers; Mrs Coorey, Mrs G, and Mrs Lau. A great thanks - for all their help with our Calligraphy, Wand Permits, Potion Making, Cookie Decorating, and Ministry of Magic I.D Cards. Without their assistance, we couldn't have had this fiction-full-fun day!

Sarah Thomas.



Religious Education in the Classroom Year 4

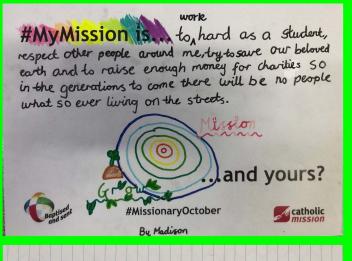
Term 4: Week 6

Mission: Serving Others with Jesus

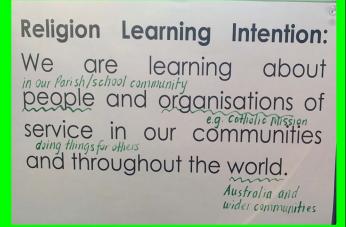
During Term 4, we have been exploring the concept of service and how this relates to Jesus' mission for the Catholic Community. Students have been looking in depth at ways in which Christians can serve other people in our local community and those in other countries, through organisations such as Catholic Mission.

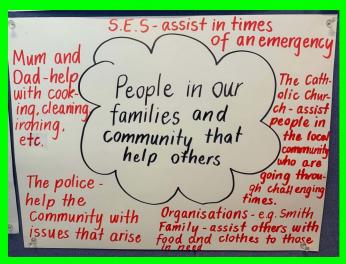
Students have also identified examples of this in the Holy Bible, in particular, Jesus Washing the Disciples' Feet and his teachings shown in The Parable of the

Good Samaritan.



Jesus Washes the Disciples' Feet (Jn 13:1-15)												
LITERAL SENSE	SPIRITUAL SENSE	APPLICATION										
• Jesus	· love thy neighbour	· Always follow Jesus										
• God	· God is the source of our hope	· Follow the light of God										
• Disciples	· Reconciliation	· You can be blessed and forgiven by and										
• Judas	Making peak with God and our neighbour	· Treat others the way you want to be treated										
Simon Peter	· Baptism	There is always light at the end of the turnel										
• Devil	· Jesus is God	· Always be kind, caring and loving										
• before festival of the Passover	· Disciples are us	· Do not betray others										
Supper	· All human life is	· Preach about God										





Mathematics in the home #16

Ways to help your child learn mathematical ideas at home:

Set the table for dinner

- Practice one to one correspondence:
- Match the number of knives / forks / spoons to the number of people to be seated
- Ask questions like:
- "How many knives/forks will be needed if 4 or 6 people are eating?"
- "How many chairs will be needed for the number of people to be seated?"
- "How many chair legs will there be altogether at the table?"
- "When will the dinner take place?" Mark a date and time on the family calendar
- Make requests like: "I'd like us to plan a dinner three weeks from today. What will that date be?"
- "How many days are left until the dinner date?"
- Possible answers could include: "A week", "A fortnight", "A month", "Three days to go."

Other ways to help your child include:

Use everyday opportunities to make mathematics visible

- Remember your child's learning may look different to yours.
- There can be a number of ways to solve a mathematical problem.
- Don't say "That's wrong", say "How did you get your answer?"
- Encourage your child to talk through their thinking
- Allow your child time to think don't rush in and give them the answer wait and listen.











Reference: Swan, Paul (Dr) Early Mathematical Experiences



Our Lady of Lourdes, Baulkham Hills School Captains and Student Representative Council Election

Purpose

The purpose of this policy is to have clear procedures to elect our School Captains and Student Representative Council.

Implementation

- Principal or Assistant Principal address year 5 on the role of School Captains / SRC
- Year 5 students nominate, on paper, two boys and two girls who they would like to represent them on the SRC
- Students may nominate themselves
- The six students with most nominations become the candidates for School Captain / SRC
- Each candidate presents a speech on how they could contribute to the role of SRC and the qualities they would bring to this position
- Each Year 5 student is given a voting form with the candidates' names which they order in preference from 1 to 6
- The preferential voting system is used
- The 3 candidates with the most votes become the SRC (3 boys and 3 girls)
- The candidates with the most votes become School Captain (1 boy 1 girl)
- The names of the SRC are given to the parish priest, staff, school, and the school community via the school newsletter
- The Principal / A P has the right to overrule any nominees they feel would not be suitable for the position

Parent Volunteers Afternoon 7ea



WHEN: Thursday, 5th December 2019

Volunteers help at Our Lady of Lourdes in many ways; reading, literacy groups, excursions, sports carnivals, P&F, fundraisers, hospitality events, book covering and in so many other ways. As a way of saying 'Thank You', the children and staff would like to invite you to our special afternoon tea for parent volunteers.

WHERE: Open Learning Area

If you can attend, please fill in the RSVP form below and return it to the school as soon as possible. Alternatively, email the school at ololbhills@parra.catholic.edu.au

Thank you

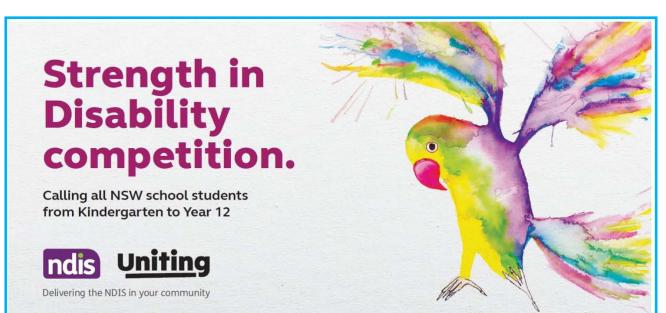
Steve Haskins

I/we will be able to attend the Parent Volunteers Afternoon Tea on Wednesday, 12th December at 2:15pm

Name/s:

Class:

Child's Name:



We're inviting NSW school students from Kindergarten through to Year 12 to submit a piece of artwork or writing inspired by the theme 'Strength in Disability'.

The competition is a great opportunity to celebrate and elevate the status of people with disability within your school community, in the lead up to International Day of People with Disability on December 3rd.

Send in your most creative painting, drawing, poem or short story for a chance to win a prize.

- Competition closes 5pm December 10th 2019
- Winners announced December 16th 2019
- Total value of prizes is \$7,200

Visit uniting.org/strength-in-disability to get involved.

T&Cs can be viewed at campaigns.uniting.org/strength-in-disability

Get in touch 1800 864 846

ask@uniting.org uniting.org





Delivering the NDIS in your community



WANT TO SEE WHAT CHEER IS ALL ABOUT? **ALL AGES WELCOME**

Come and Try for FREE!

5pm - 7pm Friday 22nd November Friday 6th December

2020 Full and Semi Competitive Team Placements Saturday 14th December

10/10 Hudson Avenue. Castle Hill Contact us for more information: admin@cheerenergyaustralia.com.au 0426 767 469



Bennies 3SIG

Tuesday 26 November

6pm – 9pm



RSVP: www.msb.nsw.edu.au/forms/bennies-festival



449C Pennant Hills Rd, Pennant Hills



Parents and Friends Association Meeting - Term 4

Tuesday 26th November, 2019 7:15pm for a 7:30pm start

Agenda

- Welcome Prayer
- Apologies
- Confirmation/Acceptance of previous minutes
- Business arising from previous minutes
- Correspondence In/Out
- President's Report
- Treasurer's Report
- Past P&F Events
- Upcoming P&F Events
- General Business

The OLOL P&F AGM will be held at the conclusion of the Term 4 meeting.



OLOL Parents and Friends Association Annual General Meeting Tuesday 26th November, 2019, 8:00pm

The Annual General Meeting of the OLOL Parents and Friends Association will be held on Tuesday 26th November, 2019 at 8:00 pm. All four core positions of the OLOL Parents and Friends Association will be declared vacant and an election will take place to determine the new nominations. Attached is a brief description of the duties of the Office Bearers. Please note the AGM will follow the General Parents and Friends Meeting beginning at 7:30pm.

You are invited to cast your nomination for any of the Core positions. Your nomination will need to be seconded by one other person. All sub-committee positions will also be voted on at this meeting.

Please complete the form and enclose it in an envelope marked "Confidential" to the attention of "The Principal, Nominations for the OLOL Parents and Friends Core Group.", and hand deliver to the school office, or scan and email to the Principal at shaskins@parra.catholic.edu.au, no later than Tuesday 26th November 2019 at 3:30pm.

Duties of Core Group Office Bearers

President

- · Presides as Chairperson at all meetings
- Ensures the smooth running of all meetings
- · Ensures the meetings run on time
- Prepares the agenda for General Meetings/Annual General Meetings in collaboration with the other members of the Core Group
- · Liaises with the Principal and Parish Priest to prepare the agenda for the Core Group Meetings
- Liaises with the Principal and Parish Priest at all times

Vice-President

- · Assists the President in his/her duties as required
- Presides as Chairperson at meetings in the absence of the President

Secretary

- Takes minutes of all meetings
- . Ensures minutes are signed by the Chairperson at the next meeting
- Receives and deals with correspondence
- Maintains copies of correspondence, bulletins and minute books
- Gives notice of the agenda to all members

Treasurer

- · Receives all monies and keeps accurate records of monies received
- Obtains and keeps receipts for all monies paid by the Parent body
- · Banks all monies received
- Presents at each General Meeting a statement of accounts showing receipts and expenditure for the period together with the current balance
- · Presents at the Annual General Meeting an audited statement of accounts
- Presents at the Annual General Meeting an anticipated set of accounts for the year ahead (as approved by the Core Body) for approval or amendment by The Parent Body

The core group is also responsible for the organisation and hosting of, but not limited to the following events:

- Welcome BBQ
- · Kindy first day morning tea
- Mothers Day Breakfast
- Fathers Day Breakfast
- · Grandparents morning tea
- Teacher Appreciation lunch
- Christmas BBQ

Also, it is strongly recommended that a member of the Parent Body be elected at the AGM to represent the school on the Parent Representative Council of the Parramatta Diocese.

OLOL Parents and Friends Association Sub-Committee Positions and Responsibilities

OLOL Parents and Friends PRC Representative

This vital position acts a conduit to understand key programs and activities that are happening throughout the diocese and how they may relate to Our Lady of Lourdes School and Parish.

Key activities involve:

- Representing our School at PRC General Meetings once a term. (4 meetings per year).
- Relaying any relevant information for these meetings in particular parent workshops to OLOL Parent Community via the weekly OLOL Newsletters.
- Attend and provide written reports at the OLOL Parent Group Meetings held each term. (4 meetings per year).

OLOL Parish Liaison Officer

This role requires active participation in the Parish and Parish Community with the primary responsibility of working collaboratively with the Parish Priests, Parish Staff, Pastoral Council, School Principal and the SRC Executive on ways of making the Family Ministry stronger.

Key activities include:

- Attend Parish Community meetings as required (4 per year).
- Act as the primary liaison officer between the Parish Priest, Parish Staff and the OLOL Executive Staff and OLOL Principal.
- Provide opportunities for the formation of families e.g. talks, discussion groups, faith and spiritual formation.
- Link families who connect with the Parish i.e. through the sacraments to the life of the Parish.
- Attend OLOL Parent Group Meetings each term and providing a written report for each of these meetings. (4 meetings per year).

OLOL Social & Fundraising Coordinator

This role is vital in the planning, management and execution of events and activities which address the twin objectives of fostering school and community spirit together with raising money. This role requires support from the school community.

This role reports directly to the OLOL Parent Group President and final decisions lay with the core group in conjunction with the school principal.

Key activities include forming a Social & Fundraising Committee, where the coordinator will plan, manage, delegate and oversee ALL social & fundraising activities for the year, in conjunction with the OLOL Parent Core Group, including but not limited to the following 'standard events':



OLOL Parents and Friends Association Annual General Meeting Tuesday 26th November, 2019, 8:00pm

Parameters for P&F Annual General Meeting

Nomination forms will be made available fourteen days prior to the annual AGM.

Nominations

- Nominations must be handed to the school office or scanned and emailed by 3:30pm on the day of the AGM
- Members of the P&F exec are not to second nominations
- Nominees who are absent from the AGM must accept before the AGM commences in writing, or in person, to accept the nomination, if elected
- People must be in attendance at the AGM to vote
- If a position attracts no nominees it is opened to the floor at the AGM, if there are still no nominees
 it is opened to the school community. If more than one person volunteers from the school
 community, a name will be selected randomly by the Principal and Assistant Principal
- Sub-committee nominations will be taken from the floor. If more than one person nominates themselves a secret ballot will take place

Voting

- . The quorum for an AGM shall be members, not including ex officio members
- · Voting is open to parents, guardians of pupils of the school and parishioners of the parish
- . If there is more than one nomination for a position, voting is done by secret ballot
- The Principal and Assistant Principal will conduct each election and declare the results. If one of them
 is absent another school exec member will assist
- In the event of a tied vote, a name will be selected randomly

Hand-Over

After the AGM a hand-over will occur for each role as per the hand-over document for each role. This handover will be scheduled at a suitable time as close to the finalisation of Core Group roles as possible.



OLOL Parents and Friends Association Annual General Meeting Tuesday 26th November, 2019, 8:00pm

Nomination Form

<u> </u>	3 N S N	3 X X	(name), h	ereby put forward	myself for a position
on the Core Group of the	Our Lady of L	ourdes Primai	ry, Baulkham Hill	s Parents and Frier	nds Association.
wish to nominate mysel	f for the follov	ving position(s):		
President	<u> </u>	0 0 0	46 SE SE AS	28 5g	
Seconded	3 10 10 S	- X - 3 - X	<u> </u>	20	
Vice President Seconded		- 			
Secretary Seconded		\$ 65 85 \$ 60 85			
Treasurer Seconded	- 3 13 - 33	- 20 - 20 - 20 - 20 - 20 - 20 - 20 - 20	3- 3-6-2		

Please complete the form and either enclose it in an envelope marked "Confidential" to the attention of "the Principal, Nominations for the OLOL Parent Body Core Group." and hand deliver to the school office, or scan and email to the Principal at shaskins@parra.catholic.edu.au, no later than Tuesday 26th November, 2019 at 3:30 pm.





\$3.00

Scrambled eggs on Toast (1) (E) \$1.50

Egg & Cheese Roll (E) Bacon & Egg Roll (O)

Hash Brown (O)

~ BREAKFAST

\$1.00

Toasted Sandwiches (E)

Cheese 1/2

\$2.00

Toast (2) (E) Jam or Honey

& Tzakiki Dip

Raisin Toast (2) (E)

OUR LADY OF LOURDES PRIMARY SC	~ SUPER SALAD BAR ~	Greek Salad (E) (GF) \$5.00	Tomato, cucumber, Spanish onion, pitted olives & feta	Chicken Caesar (E) \$5.00	Grilled Chicken, Cos lettuce, croutons, egg, Caesar dressing	Chicken Buster (E) \$5.00	Grilled chicken, tabouli & hummus	Garden Salad (E) \$4.80	Lettuce, tomatoes, cucumber, carrot, capsicum & sprouts	Health Pack (E) \$5.00	Tasty Cheese fingers, carrot sticks, rice crackers, hummus &		* All Salads are Served with Lebanese Bread				~ WRAP BAR ~ (E)	Served in Lebanese Bread % Full	Grilled Chicken & Salad \$3.00 \$5.80
OUR LADY OF LOU	~ SANDWICH BAR ~	Vegemite, Jam or Honey (E) \$2.50	Margarine spread	Chicken (E) \$4.20	Grilled Chicken, Lettuce & mayo	Cheese Tomato (E) \$3.50	Cheese & tomato	Ham (E) \$3.80	Cheese & tomato	Tuna (E) \$3.80	Mayo, cucumber, Spanish onion, sweet chilli	Cheese (E) \$2.80	Sliced tasty cheese	Salad (E) \$3.60	Lettuce, carrot, tomato, cucumber, beetroot, onion	Egg (E) \$3.80	Mayo & lettuce	Curried Egg (E) \$3.80	Mayo, curry & lettuce

" WKAP BAK " (E)	į	i
Served in Lebanese Bread	z,	3
Grilled Chicken & Salad	\$3.00	\$5.8(
Ham & Salad	\$3.00	\$5.80
Tuna & Salad	\$3.00	\$5.80

Look out for our

\$1.00

Fresh Fruit Salad Cup (E) (GF)

Fruit available daily from

Fruit (E)

Weekly

Specials!

~ TURKISH BREADS/FOCACCIAS (E) - \$7.00

\$1.50 \$0.60

Breads (G) White or wholemeal

Gluten Free Sliced

White Roll

Vegetarian – Eggplant, sun-dried tomatoes, roasted capsicum, olives & feta cheese Mediterranean - Ham, artichokes, roasted capsicum, olives & feta cheese Chicken - Grilled Chicken breast, roasted capsicum, pesto & tasty cheese

> \$0.60 \$1.00 \$1.00 \$1.00

Cucumber, tomato or lettuce (G)

Extras

Boiled Egg (G) Hummus (G)

Avocado (G)

Ham (0)



\$2.20 \$2.20

Homemade Muffins (O) 80gr

(Banana or Blueberries)

Custard & Fresh Fruit (E)

Pikelets w/ Jam (3) (E)

\$2.20

Warm Banana & Custard (E)

~SWEET TREATS ~

CELEBRATE YOUR BIRTHDAY AT SCHOOL!

\$0.20 \$0.30

Spoon or Fork (without a lunch order)

Lunch Bag

Sauce Portions

Bucket on our MTB website or ask one of our friendly staff at our Order your Quelch Ice block MTB Canteens!

MTB are NSW Healthy School Canteen

Approved Operators

www.melstastybites.com

Everyday / O Occasionally

Gluten Free

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FOOD CODING

CRUNCH & SIP before 9am . \$2.00







Bottle of Water 600ml plus a choice of a Apple, Banana or Orange



(Thursday Only) (Tuesday Only)

570	201	"PASTA, RICE & MORE ™	e (E) Sml \$4.00 Lge \$6.00		no (E) Sml \$4.00 Lge \$6.00	Chicken Smr, Mash & Gravy (U) Smi 34.00 Lge 36.00 Macaroni Cheese (O) Sml \$4.00 Lge \$6.00	ichos (O) Sml \$4.00 Lge \$6.00				PLEASE USE FI	ONLINE FOR LU		www.flexisch					MTB are NSW Health	Approved O		בטטטפֿב	00/ monage = 1	٠			
	4	~PASTA, I	Butter Chicken & Rice (E)	Curry Chicken & Rice (E)	Beef Ravioli Napolitano (E)	Macaroni Cheese (0)	Spaghetti & Sauce Nachos (O))	\$1.00	\$1.50	\$0.50	\$1.50		\supset			\$1.50	\$3.50	\$3.50	\$2.50	\$1.00	\$2.00	\$2.00	
	ROES PRIMARY SCHOOL			ato, sour cream & avocado	0	steamen nick, seusonea beans, rettack, cheese, tomato, sour cream & avocado Naked Nachos (E) \$5.50	sour cream & avocado		Baked wedges covered with beef or Chicken , cheese, sour cream & avocado		~ FROZEN TREATS~	Quelch 99% Fruit Stick 70ml (E) \$1.00	Frozen Fruit Sticks (E)	Frozen Orange Qtr (E)	Mony (E)	(Lemon Ice, Red Berry Blast)			~ SNACKS ~	Sliced Watermelon (E)	Yoghurt & Fruit (E)	Fruit Salad (E)	Cheese & Rice Crackers (E)	Fruit (Seasonal) (E)	Red Rock 28gr (Sea Salt) (O)	Grain Waves 22gr (Sr Crm) (O)	
	IMAR	2	\$5.50	ttuce, cheese, tom	55.50	ns, rettuce, cneese, \$5.50	e, cheese, tomato,	\$5.50	beef or Chicken, ch			\$4.50	\$4.50	\$4.50			\$0.70	\$4.00	\$3.80	\$4.50	reet chilli	\$3.00		\$3.00			
100L SANTEEN	ROES Pr	~ MEXICAN BAR ~	Beef Nachos (O)	Corn Chips, seasoned beef, lettuce, cheese, tomato, sour cream & avocado	Naked Vegetarian Nachos (E)	Naked Nachos (E)	Rice, beef or Chicken, lettuce, cheese, tomato, sour cream & avocado	Fully Loaded Wedges (O)	Baked wedges covered with		HOME MADE PIZZA – (E)	Cheese	Vegetarian	Bbq Chicken		~HOT BAR~	Baked Chicken Nuggets (0)	Hot Dog w/Sauce (O)	Beef Sausage Roll (O) 120gr	Oven Baked Wedges (O)	Served with sour cream & sweet chilli	Mamee Cup Noodles (O)	(Beef or Chicken)	Hot Cheese Roll (E)			
のにらめ	OF LOU		\$5.00	Aioli mayo	\$5.00	\$5.00		\$5.00	eetroot,					\$0.60	\$0.60	\$0.50			\$2.60			\$2.00	\$2.60	nge Passio, Watermelon		\$2.60	
	OUR LADY OF LOU	~ BURGERS & ROLLS ~	Grilled Chicken Burger (E)	Marinated chicken breast , lettuce & Aioli mayo	Veggie Burger (E)	Chicken Pattie (0)	Breast Fillet Pattie, lettuce & mayo	Big Beef (E)	Homemade beef patty, fried onion, beetroot,	tomato & rettuce (Choice o) sauce)			EXTRAS	Tomato, cheese, onion	Shredded Cheese	Sauce Portions (Tomato or Bbq)		~ COLD DRINKS ~	Harvey Juice 250ml (E)	Orange, apple, orange & mango	Water	Spring Water 600ml (E)	Chill J (E)	Blackcurrant, Raspberry, Grape, Orange Passio, Watermelon	~MILK ~	Oak Lite - 250ml (E)	Chocolate or Strawberry

PLEASE USE FLEXI SCHOOLS ONLINE FOR LUNCH ORDERS!	www.flexischools.com.au		MTB are NSW Healthy School Canteen Approved Operators	FOOD CODING	E Everyday / O Occasionally	GF Gluten Free
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Chicken (Lettuce, Shredded Cheese, tomato & sour cream)

Beef (Lettuce, Shredded cheese, tomato & sour cream

Burrito (E)

Layers of Homemade Bolognese sauce & pasta and cheese

Lasagna (E) MONDAY

HOME-MADE WEEKLY SPECIALS

Steamed rice tossed with fresh vegetables & soy sauce

Homemade Bolognese sauce tossed with spaghetti

Spaghetti Bolognese (E)

WEDNESDAY

Vegetarian Fried Rice (E)

THURSDAY

ADD A 600ML WATER FOR AN EXTRA \$1.00 WHEN **PURCHASING A WEEKLY SPECIAL ONLY!**