



# Our Lady of Lourdes Primary

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Baulkham Hills South  
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Term 2 Week 2

10th May, 2019

## 2019 Dates to Remember

### Week 3 May

Sunday, 12th  
Mother's Day

Monday, 13th  
Students wear winter  
uniforms

Tuesday, 14th  
Naplan Year 3 & 5

Wednesday 15th  
Year 6 Excursion Mary  
Mackillop Museum  
Naplan Year 3 & 5

Thursday 16th  
9.30am Parish Mass Kinder  
& Year 6  
Reconciliation 6P  
Priest Visit Year 4  
Naplan Year 3 & 5  
3.45pm Athletics Field  
Events

Saturday 18th May  
6pm Confirmation  
enrolment mass

Sunday 19th May  
9.30am Year 6 Parish  
Family Mass  
Confirmation enrolment  
mass

### **The Gospel reading for Sunday is John 10:27-30**

*I give my sheep eternal life.*

Jesus said:

'The sheep that belong to me listen to my voice;

I know them and they follow me.

I give them eternal life;

they will never be lost

and no one will ever steal them from me.

The Father who gave them to me is greater than anyone,

and no one can steal from the Father.

The Father and I are one.'

Ref: [Liturgyhelp.com](http://Liturgyhelp.com)

### **A Mother's Day Prayer**

*Lord Jesus,*

*we come before You*

*and lift up in prayer all mothers,*

*grandmothers, stepmothers and mothers to be*

*who gave the gift of life.*

*We give you thanks for their presence,*

*talents and gifts which they share in our church,*

*community and world.*

*May all mothers know of Your loving*

*and gentle presence*

*and may they always turn towards You*

*in times of joy, sorrow and glory.*

*We ask this in Your Name.*

*Amen.*

### **Year 6 Family/Parish Mass**

Our next Family/Parish Mass will be celebrated on Sunday, 19th May at 9:30am. All families, especially Year 6, are welcome. Mass will be followed by morning tea in the Parish House.

### **Confirmation Program**

#### **Enrolment Mass**

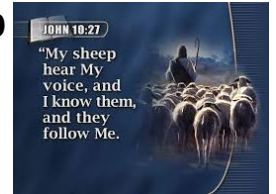
Confirmation program enrolment masses will be held on Saturday the 18th and Sunday the 19th May at 9:30am.

### **Family Day Liturgy - Thursday 23rd May**

In May, we celebrate International Family Day in every country in the world. Bishop Vincent has declared this celebration an awareness and fundraising for Catholic Care, the organisation in our diocese which offers many services in support of families.

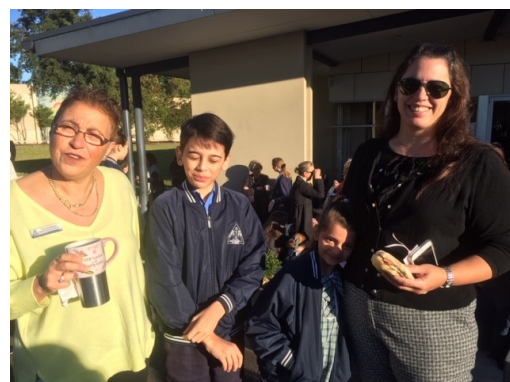
All parents, relatives and friends are invited to our Family Day Liturgy to be held on the 23rd of May, commencing at 10:30am. We will be also celebrating the feast of Mary, Help of Christians who is the patroness of Australia.

Parents are invited to stay and have morning tea with their children at the conclusion of the Liturgy. Tea and coffee will be provided for the adults. This will be a mufti day for the children and we are asking for a gold coin donation in support of Catholic Care.



## Mothers Day Breakfast

Thank you to the P&F and all the volunteers who organized and prepared the lovely breakfast for all our mothers and Grandmothers. We hope you have a wonderful day on Sunday. Thank you also to the P&F volunteers for organising the Mothers Day Stall. Thank to the generous families who donated prizes for the raffle.



## Important Dates

Important dates for school celebrations, please attached sheet

## Mathematics

Mathematics in the home - see Attachment for more ideas.

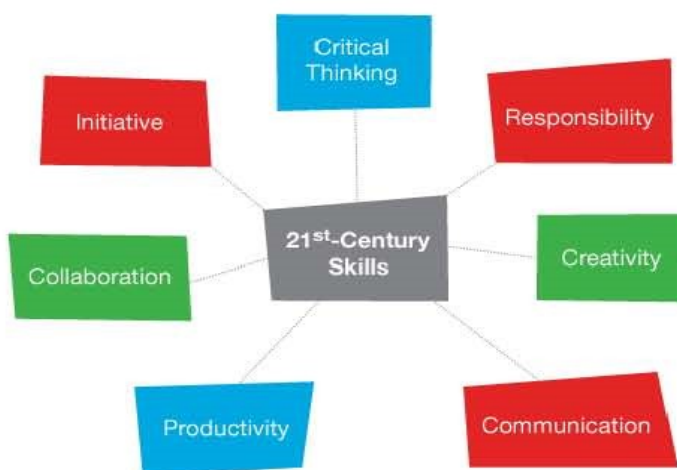


## Project Based Learning

Recently our year three and four teachers attended Professional learning on Project Based Learning (PBL).

PBL is a mode of instruction where students investigate and respond to an authentic question, problem or challenge. The focus is on students developing 21st Century skills. It begins with a driving question and ends with a presentation and reflection. What the students create will show their understanding and mastery of content and skills.

Years Three and Four will be engaging in some PBL units in various Key Learning Areas.



## Naplan

The National Assessment Program - Literacy and Numeracy (NAPLAN) assess literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3 and 5 participate in the annual NAPLAN tests in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy. This year the NAPLAN will be online for all assessments except the Year 3 Writing. The timetable is: Tuesday, 14th May Language Conventions and Writing Wednesday, 15th May Reading Thursday, 16th May Numeracy.

**NAPLAN**  
NATIONAL ASSESSMENT PROGRAM  
Literacy and Numeracy

## **Student Data Validation**

CEDP has been in the process of validating important student data. Since December many families have not completed this student data survey. Next week the families who have not yet completed this survey will be sent an email about this. We encourage all parents who receive the email to complete the survey as soon as possible.

## **Bus Changes**

School travel advice commencing from 26<sup>th</sup> May 2019. As the new Sydney Metro Norwest will open on 26<sup>th</sup> May, 2019, there will be some changes to Hillsbus public routes. We advise all students to check their services before travelling. Students can travel on the Metro with their existing SSTS Opal cards. Route 600 has been updated, please find attached. For more details about the coming changes, please visit [www.transportnsw.info](http://www.transportnsw.info)

## **Parking**

We have been informed that the Council Parking Rangers were around the school this week and will be visiting frequently. This has been in response to complaints of illegal and dangerous parking in Canyon Road, the Commuter Council car park across Windsor Road and in Torrs Street. The rangers have indicated that they will fine anyone not complying with the law.

I understand that parking around the school is limited but for the safety of our children I encourage drivers to be patient. I also ask parents to consider the fact that 3:10 pm can get extremely busy as everyone is in a rush to collect their children and leave, but by around 3:20pm to 3:30 pm more car spaces become available outside the school in Canyon Road. Some parents might want to consider waiting and coming to school after the initial rush at 3:10 pm. Any children remaining at school around this time will be waiting on the seats in front of the library or in the office area. Your children are safe and supervised during this time.

Due to traffic conditions, it might not be practical booking afternoon activities elsewhere at 3:30 pm (as some parents tell me that is why they are in a hurry) as it is always going to be a rush and difficult to leave the school area to get to a 3:30 pm activity on time without parking or driving dangerously. Please see attached flyer for parking rules.

## **Sporting News**

### **Diocesan Cross Country**

On Tuesday 7th May, over 40 students from OLOL attended the Diocesan Cross Country at Eastern Creek Raceway.

All students did their best on what was a very challenging course. We had some excellent results on the day, OLOL was the overall winning team for the 8/9 years boys 2km and the 12/13 years boys 3km.

A big congratulations to the following students who will be attending the Mackillop Cross Country on the 14th June.

Aaron Chevalier

William Cetinic

Paul Mejalli

Joshua Cetinic

Holly Gersbach

Antonia Baranowski

Keira Culnane

## **Canteen News**

Mel's Tasty Bites are now registered and awarded as "Healthy Canteen Operators in NSW". New menu and price list effective Monday 13th May. Please find attached the menu, this can also be downloaded via [www.melstastybites.com](http://www.melstastybites.com)

## **Winter Uniform**

Children are to wear winter uniforms commencing Monday 13th May



## **School Fees**

School Fees were due 29th March, 2019. If you have not paid already, could you please finalise your account as soon as possible.

## **Woolworths Earn and Learn**

Our Lady of Lourdes Baulkham Hills will be taking part in the Woolworths Earn and Learn "Shop For Your School" program. The program runs from 1st May and until 25th June 2019. Any stickers should be sent to Mrs Bryant in the Library.





## **Photo Day**

This year photo day will take place on Thursday, 30th May. Please note that no money or envelopes should be sent into the office before photo day, all envelopes should be directly be handed to the photographers. Each envelope is personalised with students name and unique ordering code. If a student loses their envelopes, their opportunity to order online will be lost. They will need to collect a spare envelope and hand this in on photo day. No change will be given on the day, therefore it is vital that parents hand in the envelopes that have the correct money enclosed. Each child needs his/her own envelope if ordering . Credit card orders are strictly online. Family envelopes can be collected from the office.

## **Youth in the Parish of Baulkham Hills**

Y5-6: On this Friday the 17th of May, from 7-8:30pm at the Downey Room join us for a jam packed night of games and activities! This evening we will be kicking off for our second session this term, encouraging you to bring a friend along for a night of small group competitions and games, as we explore the Holy Spirit! 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](mailto:youth@parishofbaulkhamhills.org.au)

## **LOLO Parents and Friends News**

### **Mother's Day Breakfast and Stall**

Thursday was such a great celebration for all the special women in our lives. The Mother's Day Breakfast was a great success with over 300 people joining us for a delicious breakfast including bacon and egg rolls and our very own granola bar! A big thank you to Bianca and Josh Pratt who coordinated this special morning for all of our LOLO families. Thanks must also go to all the parents who arrived extra early and helped make this such a lovely start to the day.

The Mother's Day Stall and Raffle was also lots of fun. The children purchased over 800 gifts for their chosen ladies and had so much fun making the all-important decision of which present to buy. This event could not happen without a lot of assistance and we are so grateful to the many parents who gave up their time to run the stall on the day. The biggest thanks must go to Anna Chevalier and Meredith Nolan. They selected a beautiful range of gifts and their amazing organisation prior to the day made it all run so smoothly. Congratulations ladies and a huge thank you!

As you can see from the list below we ended up with an amazing prize pool for our Mother's Day Raffle! Thank you to all of our generous families and businesses that donated to our raffle. Congratulations to all of the lucky prize winners listed here:

## **LOLO Parents and Friends News**

### **P&F Meeting**

Our next meeting is on **Tuesday 28<sup>th</sup> May** at the top of the Open Learning Centre. Come along from 7:15pm to grab a cuppa and catch up with other parents. The meeting will start at 7:30pm. At the conclusion of this meeting we will be having our **Fete meeting**. Anyone with great ideas is encouraged to come and join us on this night to share your suggestions so we can carry on the tradition of having an awesome school fete.

If you have any items you'd like to agenda for the next meeting please send them to [ololbhpf@gmail.com](mailto:ololbhpf@gmail.com) by Friday 17<sup>th</sup> May to be included for our next meeting. Also, if you are unable to attend the fete meeting that evening and would still like to have input or volunteer to run a stall please e-mail us at the same address and share your ideas or tell us where you would like to assist. The next P&F Meeting Agenda and previous meeting minutes links will be provided in next week's newsletter.

## **Fun Run**

The annual LOLO Fun Run was held on Friday 12th April after being postponed due to the rain. The entire school community had a great day down at Yattendon Oval.

We thank family, friends and everyone who sponsored the children for the day. Through generous donations the Fun Run raised \$11,920.75. Congratulations to the top sponsorship winners who will be announced and presented with their prizes at the next full school assembly.

The P&F water station and fruit stick ice blocks were a welcome relief for all students at the end of the obstacle course. This could not have been a success without wonderful help from parents - thank you for your time to help prepare and run the day to ensure it was a great day for all.

Thank you to everyone for participating in the LOLO Fun Run. We look forward to next year's Fun Run!





### **Mother's Day Breakfast and Stall**

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Atrium Florist Hamper	Georgia	6M
Atrium Florist Floral Arrangement	Joseph	3Y
Guess Watch	Abbie	6M
Oroton Earrings	Ben	4L
Melissa Evans Hair Pack	Sophia	2P
AFL Swans v Geelong Tickets	William	4G
Pink Earrings	Emma	5C
Chrissy Cookies Cookie Platter #1	Mason	2G
Chrissy Cookies Cookie Platter #2	Peter	3S
Chrissy Cookies Cookie Platter #3	Maeve	3Y
\$50 David Jones Gift Voucher	Harper	1H
Bread Board & Bowl Set	Hendrix	4G
Dreams Perfume Set	Elyssia	4G
Perfume	Cooper	3S
Mum Pamper Pack #1	Ruby	3Y
Mum Pamper Pack #2	Prinze	2P
Mum Pamper Pack #3	Michaela	2G
Mum Wallet Pack	Harper	1H
Mum Home Pack	Mejalli Family	
Wine Glasses	Jasper	5M
Tea for One	Maelys	6P
Wooden Plaque	Annabelle	4L
Handmade Blanket	Lavinia	2G

-The OLOL P&F Team

## STAGE 2 PBL INTRODUCTION DAY: THE THREE Cs: COLLABORATION, COOPERATION and COMMUNICATION

Year 3 have had an unbelievably ,amazing time learning the skills of PBL (project based learning).We have learnt so much and we're really looking forward to trying PBL. I have learnt heaps about the 3 Cs:

Cooperation, Collaboration and Communication.I now know that cooperation is working together, collaboration is helping each other and to communicate is speaking to each other nicely.

My group and I have been trying to follow the three Cs.

I am also learning about the critical friends framework. I've found it very useful and our class is doing it now. We've also discovered that feedback is giving comments to each other.

Thank you so much.

By Alina



The PBL (project based learning) was an **AWESOME** experience for year 3. We all had a great day, and learnt a lot of stuff such as what our team roles were. The day also improved our teamwork skills. It was pretty hard to do the stuff but that really helped us to use the three C's. We also learnt about the team roles.



We now know that a **learning manager** does stuff like:

- Gathers team
- Guides learning
- Gives instructions



The **team manager** makes sure everyone cooperates. The **project manager** looks after resources.

Overall it was a fantastic day and we learnt so many new things.

By Sarah K.



### **Recap of the Day**

- Cup tower
- Writing for critical friends
- Teamwork video- ants and crabs
- The learning pit video

### **What did you learn**

I learnt the three Cs - collaboration, cooperation and communication. I learnt how to work as a team in the ruler game. We communicated well

and succeeded.

### **Positive points**

- It was very fun and I'd love to do it again.
- I thought it was very helpful and i learnt a lot of important things.
- I thought it was brilliant how the games taught us things

### **What are you excited about PBL:**

- I am excited to work with my group even when we are stuck and I don't know what to do.
- To create a project

I also want to thank the teachers on behalf of year 3 & 4 for preparing this very special day for us, that we will never forget.

By Ruby



### Recap of the Day:

- Learning what PBL was
- Watched a video about teamwork - penguins
- Learnt the 3 C words
- Wrote on post-it-notes what we know and need to know about the 3 C words
- Played a game called helium stick



### What did you learn:

We learnt the 3 C's - communication, cooperation and collaboration and what they meant. I also learnt about teamwork and how to work as a team. We also communicated, collaborated and cooperated well with each other and succeeded.

### Positive points

- It was very fun and I can't wait to start the project.
- I found it very helpful and I learnt of important things.

What are you excited about for PBL

- Working with my group
- Sharing my ideas
- Creating a project



Thank you to all our teachers for preparing this special day for us that we will never forget.

By Amelia

### Recap of the Day:

- Critical friends framework
- Questions of what we did throughout the day - what we learnt too
- For the birds video



### What did you learn:

- I learnt the 3 C's and what they meant - collaboration, communication and cooperation
- How to work as a team (teamwork) e.g. using communication and discussing ideas and including everyone doing a role/job. We also succeeded.

### Positive points

- It was very enjoyable and fun
- I thought it was very helpful and brilliant, I loved how we got to do activities based on working as a team.
- I also loved that we got to watch videos based on teamwork too.



### What are you excited about for PBL:

- I am excited to work as a team, even when we are stuck and don't know what to do, we will always try our best and reach our goals.
- I am also very excited to go into the learning

Thank you to all our teachers for teaching and preparing this special day for us, year 4 and year 3 are very grateful.

By Jasmine





## Important Dates For School Celebrations

18.5.19	Confirmation Program Enrolment Mass
19.5.19	Confirmation Program Enrolment Mass Year 6 Family/Parish Mass
23.5.19	Our Lady Help of Christians Feast Day (actual Feast day is on the 24.5.19) and International Family Day Liturgy - 10:30am
16.6.19	Year 4 Family/Parish Mass
26.6.19 27.6.19	Confirmation Practice Confirmation Practice
27.6.19	The Sacred Heart of Jesus - Mass (actual Feast Day is on the 28.6.19)
4.7.19	Confirmation 7:00pm
5.7.19	Confirmation 7:00pm
29.7.19	Reconciliation - Parent Meeting - letters sent home to Year 3 parents
10.8.19 11.8.19	Reconciliation Enrolment Reconciliation Enrolment
18.9.19 19.9.19	Reconciliation - 5:00pm - 6:30pm Reconciliation - 5:00pm - 6:30pm
14.10.19	First Communion - Parent Meeting- letters sent home to Year 3 parents
19.10.19 20.10.19	First Communion - Enrolment First Communion - Enrolment
21.11.19 22.11.19	First Communion - Practice First Communion - Practice
23.11.19 24.11.19	First Communion First Communion
12.12.19	Graduation Mass
13.12.19	Year 6 Outing
16.12.19	Christmas Concert - Andrew Chinn
17.12.19	End of Year Mass

## Mathematics in the home # 6

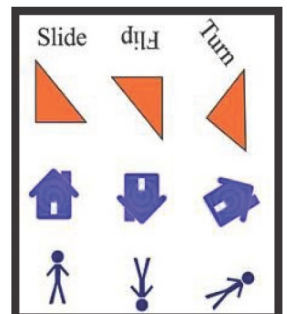
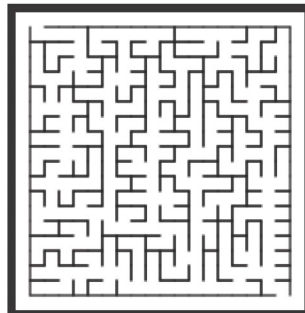
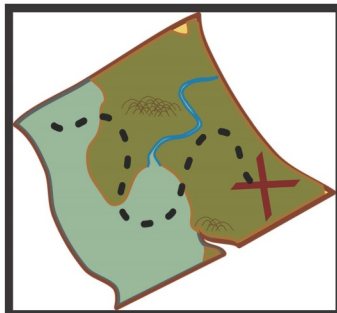
**Ways to help your child learn mathematical ideas at home:**

- Do jigsaw puzzles together
- Makes mazes and maps ... treasure map for birthday party
- Build things using construction kits, cards, dominoes and block .. view objects created from different positions ... front, side and top.
- Draw their construction from different points of view
- Experiment with graphics programs and manipulate by flipping, rotating, sliding and turning
- Discuss why some shapes and objects are used more than others.
- Discuss the properties of different shapes e.g., this will roll because it is round.

**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.



# Parking Rules & Penalties

**Council's Compliance Officers enforce parking signs at your school.**

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance. **When an offence is detected, you will be fined.**



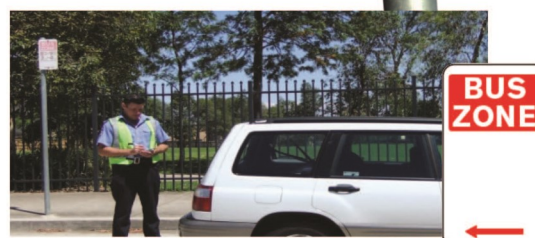
## **NO STOPPING**

**You must not STOP at any time.**

Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$337 and 2 demerit points



## **BUS ZONES**

**You must not stop your vehicle in a Bus Zone unless you are driving a public bus.**

Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$337 and 2 demerit points



## **NO PARKING**

**You can stop only to drop off or pick up passengers or goods** and you must not stop for more than 2 minutes and The driver must stay within 3 metres of your vehicle. Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$187 and 2 demerit points



## **DRIVEWAYS**

**You must not park your car over or block access to a driveway.** You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.

## **SCHOOL ZONE**

Penalty from \$337 and 2 demerit points



# There are now increased penalties and demerit points associated with all offences in School Zones.

	<b>NO PARKING</b> You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.	Penalty from \$187 and 2 demerit points
	<b>NO STOPPING</b> Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.	Penalty from \$337 and 2 demerit points
	<b>BUS ZONE</b> You must not stop your vehicle in the indicated zone unless you are driving a public bus.	Penalty from \$337 and 2 demerit points

<b>Double parking</b>	\$337 & 2 demerit points
<b>Stop on path or nature strip</b>	\$337 & 2 demerit points
<b>Stop on / near marked pedestrian/children's crossing</b>	\$448 & 2 demerit points
<b>Approach children's crossing too quickly to stop safely</b>	\$561 & 4 demerit points
<b>Illegal U turns</b>	\$448 & 4 demerit points
<b>Stop across driveway</b>	\$337 & 2 demerit points
<b>Drive using a hand held mobile phone</b>	\$448 & 5 demerit points
<b>Parallel park close to (within 3 metres) double centre line</b>	\$337 & 2 demerit points

**FINES CURRENT AS OF JANUARY 2019**

For a complete list of school zones offences visit [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au)

# Scholastic Book Club 2019

Today your child will bring home a Book Club brochure for Term 2 (Issue 3) orders.

## **ISSUE 3 ORDERS TO BE COMPLETED BY MONDAY 20TH MAY**

We are always encouraging the children to read more and this is an opportunity for you to purchase books for your home library.



**All orders will be done online** and as a bonus, all orders earn 20% back in rewards for our school. Book orders will be returned and distributed at school. **NO MONEY IS TO BE SENT TO SCHOOL, ALL ORDERS MUST BE COMPLETED ONLINE**

For any **new parents**, please see the Book Club LOOP brochure below for details on setting up your Book Club order and payment.

## Book Club LOOP

**LOOP** is the Scholastic Book Club  
**Linked Online Ordering & Payment** platform.



It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to **scholastic.com.au/LOOP**  
or  

### Follow these **easy** steps!

- 1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.
- 2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.  
Note: You can order for multiple children at once if they attend the same school.



Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)  

LOOKING FOR MORE PRODUCT INFORMATION?

- 3 Click on **ORDER** and enter the item number from the Book Club catalogue.
- 4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

*That's it!* There's no need to return paper order forms or payment receipt details to your school.



## School Travel Advice

For trip planning visit [www.transportnsw.info](http://www.transportnsw.info) or call 131 500.

For current Hillsbus school and route services visit [www.cdcbus.com.au](http://www.cdcbus.com.au) or call 02 8889 7000.

Conditions of Carriage: Students must have a valid Opal card, term pass or pay a cash fare. Students must tap on and off every trip. Further details about the SSTS are available at: [www.transportnsw.info](http://www.transportnsw.info)

Key: L> Bus turns left; R> Bus turns right

### OUR LADY OF LOURDES B'HAM HILLS

Bell Times

Effective 26/05/2019

Morning: 08:55

Afternoon: 15:10

#### MORNING BUSES

Route	Time	Bus Route
		Nil

#### AFTERNOON BUSES

Route	Time	Bus Route
2551	15:22	<b>EX WINDSOR RD TO WINSTON HILLS &amp; WEST BAULKHAM HILLS</b> via Windsor Rd, R>Churchill, L>Voltaire, R>Lanham, R>Nestor, L>Caroline Chisholm, R>Langdon, R>Gooden, R>Tamboura North, L>Myallie, L>Cropley, L>Seven Hills Rd, L>Baulkham Hills Rd, R>Marina, L>Seven Hills Rd, R>Merindah to Kangara
600	15:22	<b>EX WINDSOR RD (OPPOSITE SCHOOL) TO CASTLE HILL</b> via Route 600
600	15:30	<b>EX WINDSOR RD TO PARRAMATTA</b> via Route 600
601	15:31	<b>EX WINDSOR RD (OPPOSITE SCHOOL) TO ROUSE HILL</b> via Route 601





**Sport :** Selection Trial - 2019 NSWPSSA Athletics Representative Team

**Date:** Thursday 8 August 2019

**Venue:** Sydney Olympic Park Athletic Centre, Homebush

Application for invitation to the NSWPSSA Selection Trials for the 2019 School Sport Australia Track & Field Championships.

**This trial is not for participation at the NSWPSSA State Athletics Championships held on 6 and 7 November 2019. Students will need to qualify for these championships through their school and association representative pathway.**

In 2019 the School Sport Australia Track and Field Championships will be held in the Northern Territory.

Due to extreme heat conditions in Darwin during November/December when the National Track and Field Championships are traditionally held, this year's SSA event will be held from the 18-23 September 2019.

In order to select a NSW representative track & field team for this event, the NSWPSSA will be holding a special selection trial.

Participation at these trials will be via a formal application to NSWPSSA and athletes **MUST** compete at this event to achieve selection in the 2019 NSW representative team.

An entry fee will be applicable to successful athletes.

## **Age eligibility:**

Participants must be in at least their tenth year (turning ten during the year of competition) in order to compete at a School Sport Australia Championship as per School Sport Australia policy.

**There are no events at the SSA 12 Years & Under Championships for competitors under ten or turning thirteen.**

All athletes must apply using the form provided and include a verifiable official time, distance or height that meets the minimum qualifying requirements listed below, for each event he/she is applying for.

Completion of this application does not guarantee the right to compete at these trials as there are strict entry limits for all events. The convener will consider all applications and send invitations and further information electronically to successful athletes.

**Please note:**

**Any athletes who attend on the day without a formal invitation or approval will be unable to compete.**

## **Notes on Qualifying Times, Distances & Weights**

- For throws, the implement weight should be added eg 500g, 2kg etc.
- All official times, distances or heights must have been achieved at a school, PSSA or official athletics event after August 1, 2018 and must be verifiable. Please submit the name of a school or athletics official who can verify submissions and/or supply a link to an online verification source such as a PSSA or Little Athletics website e.g. regional or state championships results.

### **Important information:**

- **Late applications will not be considered.**
- Any student competing at the selection trials must be available to attend the School Sport Australia Track and Field Championships in Darwin everyday between Wednesday 18 and Monday 23 September 2019 inclusive.
- Only students invited to the Selection Trial will be considered for the state team and these students must compete at the trial to gain a position.
- No special consideration will be given to athletes who can not attend due to clashes with other sporting or personal commitments.
- No medals will be awarded at this event.
- Successful applicants will be notified via email, with all successful students listed. If you do not wish for your child's name to be published on this list please indicate on application form.

## Events

**Able bodied events** will be separated into 10 years, 11 years and 12 years in the following events:

Category	Event name
Track:	100m, 200m, 800m and 1500m
Field:	Discus, High Jump, Long Jump and Shot Put

**Multi Class events** will be separated into 10 years, 11 years and 12 years in the following events:

Category	Event name
Track:	100m, 200m and 800m
Field:	Discus, Long Jump and Shot Put

**Entry limits** (solely at the discretion of the NSWPSA Convener)

Able Bodied Entries	Multi Class Entries
Track events – maximum of 18 competitors	Track events – maximum of 9 competitors
Field events – maximum of 15 competitors	Field events – maximum of 10 competitors

## NSWPSSA Able Bodied Qualifying Times, Heights and Distances

Athlete results must equal or better the times, distances or heights listed below to be considered:

Event	10 years Girls	10 years Boys	11 years Girls	11 years Boys	12 years Girls	12 years Boys
100m	15.00	14.50	14.50	14.00	14.00	13.50
200m	31.00	30.00	30.00	29.00	29.50	28.00
800m	02:50.00	02:45.00	02:45.00	02:40.00	02:40.00	02:30.00
1500m	5.50.00	5.45.00	5.35.00	5.25.00	5.30.00	5.15.00
Long Jump	3.60m	3.90m	3.90m	4.00m	4.10m	4.20m
High Jump	1.20m	1.30m	1.25m	1.35m	1.35m	1.45m
Shot	8.30m (2kg)	9.20m (2kg)	8.50m (2kg)	9.50m (2kg)	8.20m (3kg)	9.50m (3kg)
Discus	24m (500g)	27m (500g)	25m (750g)	27m (750g)	26m (750g)	30m (750g)

**Important: Late applications will not be considered.**



## APPLICATIONS

To be considered for the **Selection Trial for the 2019 NSWPSSA Athletics Representative Team** complete either the online entry application via links below or complete and submit paper entry forms at the end of this information package.

Please note a separate online form must be completed for each event an athlete is applying for.

**Applications close: 5pm Wednesday 26 June 2019.**

**Important: Late applications will not be considered.**

**Able Bodied Application:** [http://bit.ly/Able-bod\\_application](http://bit.ly/Able-bod_application)

**Multi Class Application:** [http://bit.ly/MClass\\_Application](http://bit.ly/MClass_Application)

Should you have any questions regarding these trials or have difficulty submitting an application please contact:

Jason Wilesmith

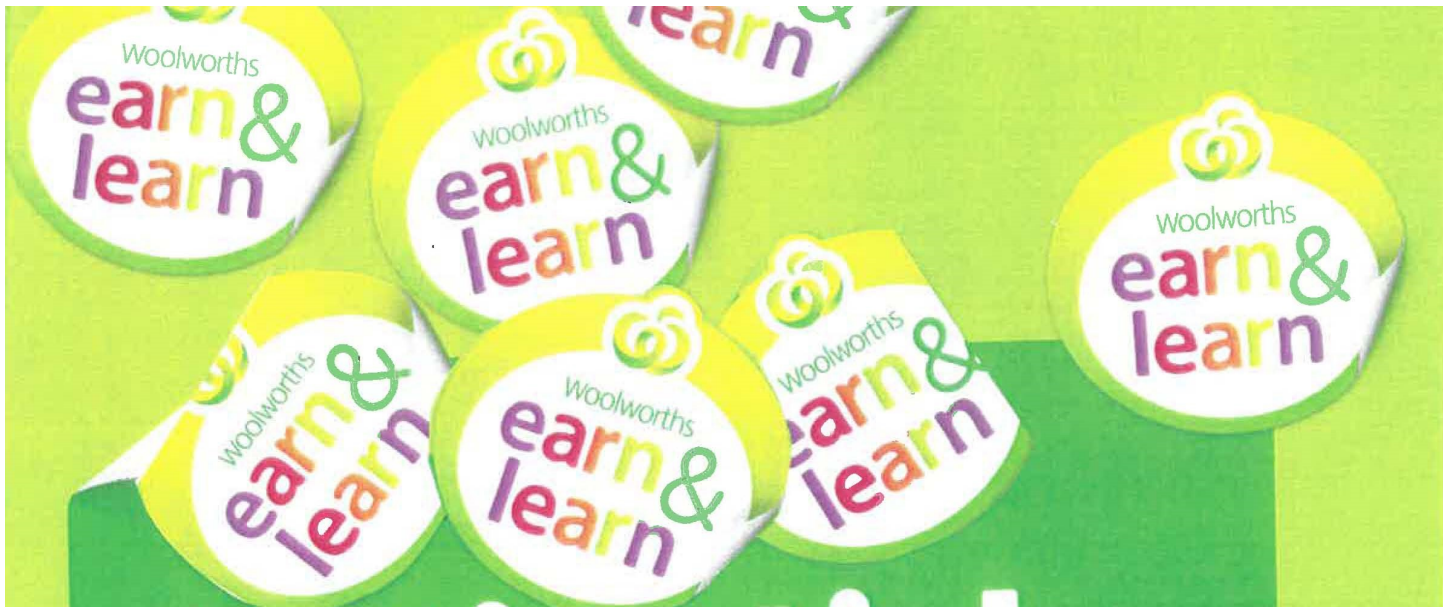
R/Executive Officer

NSW Primary Schools Sports Association

Senior Education Officer | DoE School Sport Unit

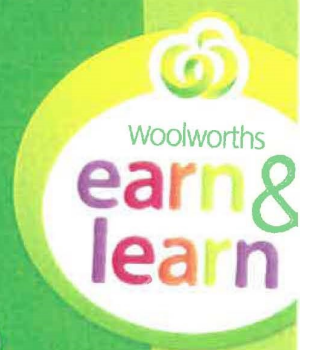
Ph: 02 9707 6927

Email: [jason.wilesmith@det.nsw.edu.au](mailto:jason.wilesmith@det.nsw.edu.au)



# Let's stick together with Earn & Learn

1 May to 25 June 2019



*That's why I pick Woolies*



# SCHOOL CANTEEN

## OUR LADY OF LOURDES PRIMARY SCHOOL

# 2019



### ~ 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	
Breads (G) White or wholemeal	\$1.50
Gluten Free Sliced	\$0.60
White Roll	

Extras	
Cucumber, tomato or lettuce (G)	\$0.60
Ham (O)	\$0.70
Avocado (G)	\$1.00
Boiled Egg (G)	\$1.00
Hummus (G)	\$1.00

Lunch Bag	\$0.20
Spoon or Fork (without a lunch order)	\$0.10
Sauce Portions	\$0.30

MTB are NSW Healthy School Canteen Approved Operators

### FOOD CODING

E	Everyday / O Occasionally
Gf	Gluten Free

### ~ 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 & Tzatziki Dip	

\* All Salads are Served with Lebanese Bread

### ~ WRAP BAR ~ (E)

Served in Lebanese Bread	1/2	Full
Grilled Chicken & Salad	\$3.00	\$5.80
Ham & Salad	\$3.00	\$5.80
Tuna & Salad	\$3.00	\$5.80

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

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

### ~ BREAKFAST ~

Scrambled eggs on Toast (1) (E)	\$1.50
Egg & Cheese Roll (E)	\$2.50
Bacon & Egg Roll (O)	\$3.00
Hash Brown (O)	\$1.20

Toasted Sandwiches (E)	
Cheese 1/2	\$1.00

Raisin Toast (2) (E)	\$2.00
Toast (2) (E) Jam or Honey	\$2.00

Fruit (E)	
Fruit available daily	from \$1.00
Fresh Fruit Salad Cup (E) (Gf)	\$2.50

Look out for our Weekly Specials!

### ~SWEET TREATS ~

Warm Banana & Custard (E)	\$2.20
Pikelets w/ Jam (3) (E)	\$2.20
Custard & Fresh Fruit (E)	\$2.20
Homemade Muffins (O) 80gr	\$2.00
(Banana or Blueberries)	

## CELEBRATE YOUR BIRTHDAY AT SCHOOL!

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

[www.melstastybites.com](http://www.melstastybites.com)

## CRUNCH & SIP

before 9am - **\$2.00**



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

# SCHOOL CANTEN

## OUR LADY OF LOURDES PRIMARY SCHOOL

# 2019



### ~ BURGERS & ROLLS ~

Grilled Chicken Burger (E)	\$5.00
Marinated chicken breast, lettuce & Aioli mayo	
Veggie Burger (E)	\$5.00
Veggie pattie, lettuce and tomato	
Chicken Pattie (O)	\$5.00
Breast Fillet Pattie, lettuce & mayo	
Big Beef (E)	\$5.00
Homemade beef patty, fried onion, beetroot, tomato & lettuce (Choice of sauce)	

### ~ MEXICAN BAR ~

Beef Nachos (O)	\$5.50
Corn Chips, seasoned beef, lettuce, cheese, tomato, sour cream & avocado	
Naked Vegetarian Nachos (E)	\$5.50
Steamed Rice, seasoned beans, lettuce, cheese, tomato, sour cream & avocado	
Naked Nachos (E)	\$5.50
Rice, beef or Chicken, lettuce, cheese, tomato, sour cream & avocado	
Fully Loaded Wedges (O)	\$5.50
Baked wedges covered with beef or Chicken, cheese, sour cream & avocado	

### HOME MADE PIZZA - (E)

Cheese	\$4.50
Vegetarian	\$4.50
Bbq Chicken	\$4.50

### ~HOT BAR~

Baked Chicken Nuggets (O)	\$0.70
Hot Dog w/Sauce (O)	\$4.00
Beef Sausage Roll (O) 120gr	\$3.80
Oven Baked Wedges (O)	\$4.50
Served with sour cream & sweet chilli	
Mamee Cup Noodles (O)	\$3.00
(Beef or Chicken)	
Hot Cheese Roll (E)	\$3.00

### ~ COLD DRINKS ~

Harvey Juice 250ml (E)	\$2.60
Orange, apple, orange & mango	
Water	
Spring Water 600ml (E)	\$2.00
Chilli J (E)	\$2.60
Blackcurrant, Raspberry, Grape, Orange Passio, Watermelon	
~MILK~	
Oak Lite - 250ml (E)	\$2.60
Chocolate or Strawberry	

### ~ FROZEN TREATS ~

Queich 99% Fruit Stick 70ml (E)	\$1.00
Frozen Fruit Sticks (E)	\$1.50
Frozen Orange Qtr (E)	\$0.50
Mony (E)	\$1.50
(Lemon Ice, Red Berry Blast)	

### ~ SNACKS ~

Sliced Watermelon (E)	\$1.50
Yoghurt & Fruit (E)	\$3.50
Fruit Salad (E)	\$3.50
Cheese & Rice Crackers (E)	\$2.50
Fruit (Seasonal) (E)	\$1.00
Red Rock 28gr (Sea Salt) (O)	\$2.00
Grain Waves 22gr (Sr Crm) (O)	\$2.00

### ~PASTA, RICE & MORE~

Butter Chicken & Rice (E)	Sml \$4.00	Lge \$6.00
Curry Chicken & Rice (E)	Sml \$4.00	Lge \$6.00
Beef Ravioli Napolitano (E)	Sml \$4.00	Lge \$6.00
Chicken Snit, Mash & Gravy (O)	Sml \$4.00	Lge \$6.00 (Tuesday Only)
Macaroni Cheese (O)	Sml \$4.00	Lge \$6.00 (Thursday Only)
Spaghetti & Sauce Nachos (O)	Sml \$4.00	Lge \$6.00

**PLEASE USE FLEXI SCHOOLS  
ONLINE FOR LUNCH ORDERS!**

[www.flexischools.com.au](http://www.flexischools.com.au)

MTB are NSW Healthy School Canteen  
Approved Operators

### FOOD CODING

E Everyday / O Occasionally  
GF Gluten Free

### HOME-MADE WEEKLY SPECIALS

#### MONDAY

Lasagna (E)	\$6.00
Layers of Homemade Bolognese sauce & pasta and cheese	

#### WEDNESDAY

Spaghetti Bolognese (E)	\$6.00
Homemade Bolognese sauce tossed with spaghetti	

#### TUESDAY

Burrito (E)	\$6.00
Beef (Lettuce, Shredded cheese, tomato & sour cream)	
Chicken (Lettuce, Shredded Cheese, tomato & sour cream)	

#### THURSDAY

Vegetarian Fried Rice (E)	\$5.00
Steamed rice tossed with fresh vegetables & soy sauce	

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

**COMBO DEAL – WHEN YOU SPEND  
\$4.00 OR MORE**



**\$1.50**  
600ml





# Our Lady of Lourdes Baulkham Hills

## Uniform Price List

DESCRIPTION	PRICE
<b>Unisex</b>	<b>Price</b>
Bomber Jacket	\$65.00
<b>Boys Summer</b>	<b>Price</b>
Short Sleeve Shirt	\$25.00
Navy Shorts	\$25.00
Socks – Grey Turnover	\$5.00
<b>Boys Winter</b>	<b>Price</b>
Unisex Long Sleeve Shirt	\$30.00
Navy Trousers	\$30.00
Velcro Tie - Stripe	\$18.00
Socks – Grey Turnover	\$5.00
<b>Girls Summer</b>	<b>Price</b>
Summer Dress	\$55.00
Scrunchy	\$5.00
Soft Headband	\$5.00
Hard Headband	\$5.00
Socks – Grey Turnover	\$5.00
<b>Girls Winter</b>	<b>Price</b>
Winter Tunic	\$55.00
Unisex Long Sleeve Shirt	\$30.00
Tights – Grey	\$15.00
Velcro Tie - Plain	\$18.00
Scrunchy	\$5.00
Soft Headband	\$5.00
Hard Headband	\$5.00
Curly Ties – Grey, Navy, Sky	\$5.00
<b>Sports</b>	<b>Price</b>
Short Sleeve Sport Polo	\$33.00
Long Sleeve Sport Polo	\$33.00
Sport Shorts	\$25.00
Sport Trackpant	\$45.00
Sport Jacket	\$55.00
Socks – White Turnover	\$5.00
<b>Accessories</b>	<b>Price</b>
Backpack	\$45.00
Excursion Bag	\$15.00
Library Bag	\$15.00
Sun Hat	\$15.00
Raincoat – Navy or Yellow	\$25.00
Art Smock	\$15.00

## **DELIVERY**

Delivery is every Tuesday and Friday during the school term.

Orders must be placed on the QKR app by 4:00pm Monday and Thursday for delivery the next day

Any further enquiries please contact Elle

[elle@ozfashions.com.au](mailto:elle@ozfashions.com.au)

0421 216 414



**ORDER FORMS** – email [elle@ozfashions.com.au](mailto:elle@ozfashions.com.au)

**Our Lady of Lourdes Baulkham Hills Primary School - Uniform Order Form**

**Parent's Name:**

**Child's Name:**

**Class:**

**Contact No:**

**Email:**

**UNIFORM ORDER DETAILS**

Unisex	4	6	8	10	12	14	16		Qty	Price	Total
Bomber Jacket										\$65.00	
Boys Summer	4	6	8	10	12	14	16		Qty	Price	Total
Classic Blue- S/S Shirt										\$25.00	
Navy Shorts										\$25.00	
Socks – Grey Turnover	9-12/		13-3/		2-8/		6-11/			\$5.00	
Boys Winter	4	6	8	10	12	14	16		Qty	Price	Total
Classic Blue – L/S Shirt (Unisex)										\$30.00	
Navy Trousers										\$30.00	
Velcro Tie - Stripe	S-Pre tied/		M-Pre tied/		L-Pre tied/		L-Self Tie/			\$18.00	
Socks – Grey Turnover	9-12/		13-3/		2-8/		6-11/			\$5.00	
Girls Summer	4	6	8	10	12	14	16		Qty	Price	Total
Summer Dress										\$55.00	
Scrunchy	O/S /									\$5.00	
Soft Headband	O/S /									\$5.00	
Hard Headband	O/S /									\$5.00	
Socks – Grey Turnover	9-12/		13-3/		2-8/		6-11/			\$5.00	
Girls Winter	4	6	8	10	12	14	16		Qty	Price	Total
Winter Tunic										\$55.00	
Classic Blue – L/S Shirt (Unisex)										\$30.00	
Tights – Grey	4-6/	6-8/	8-10/	10-12/	12-14/	14-16/				\$15.00	
Velcro Tie - Plain	O/S /									\$18.00	
Scrunchy	O/S /									\$5.00	
Soft Headband	O/S /									\$5.00	
Hard Headband	O/S /									\$5.00	
Curly Ties – Grey, Navy, Sky	O/S/									\$5.00	
Sports	4	6	8	10	12	14	16		Qty	Price	Total
Sport Polo – S/SL										\$33.00	
Sport Polo – L/SL										\$33.00	
Sport Shorts										\$25.00	
Sport Trackpant										\$45.00	
Sport Jacket										\$55.00	
Socks – White Turnover	9-12/		13-3/		2-8/		6-11/			\$5.00	
Accessories									Qty	Price	Total
Backpack	O/S /									\$45.00	
Excursion Bag	O/S /									\$15.00	
Library Bag	O/S /									\$15.00	
Sun Hat	XS(52cm)/		S(54cm)/		M(56cm)/		L(59cm)/			\$15.00	
Raincoat – Navy or Yellow	4-6/		8-10/		12-14/					\$25.00	
	Colour		Colour		Colour						
Art Smock	4-6/				8-10/					\$15.00	
Grand Total										\$	

**PAYMENT DETAILS**

<b>Option A. Credit Card</b>	<input type="checkbox"/> VISA	<input type="checkbox"/> MasterCard	\$
Card No:			
Expiry Date:			
Name on Card:			
<b>Option B. Direct Transfer</b>			
*If you choose to use this method we need a remittance receipt to process your order*			
Account Name: OZ Uniforms PTY LTD			
BSB Number: 062 174			
Account Number: 1046 6652			
Bank: Commonwealth			

**DELIVERY**

Tuesday and Friday during the school term.  
Orders and payment must be placed by 4:00pm the day before delivery.

Any further enquiries please call Elle 0421 216 414