



# Our Lady of Lourdes Primary

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**Term 3 Week 6**

**30th August, 2019**

## 2019 Dates to Remember

### Term 3—August

#### **September**

#### Sunday 1st

Father's Day

#### Tuesday 3rd

2.20pm K-6 Assembly

UNSW Competition  
Digital Technology

#### Thursday 5th

9.30am Year 3 & 4 Mass

Reconciliation 6P

Kindy Excursion Calmsley  
Hill City Farm

#### Tuesday 10th

UNSW Competition :  
Writing

#### Thursday 12th

9.30am Year 2 Mass

Reconciliation 4L

#### Sunday 15th

9.30am

Parish/Family Mass Year 5

### ***Father's Day Prayer***

*Dear God, thank You for the gift of our Fathers  
and Grandfathers!*

*Thankyou for their encouragement, their guid-  
ance and their provision for us.*

*Thankyou for their patience, understanding  
and sense of humour. Please bless our Fathers  
and grandfathers with Your Spirit of wisdom,  
counsel and fortitude.*

*May they feel Your love in their hearts,  
Your peace in their minds and Your joy in their  
spirits this day!*

*We ask all this in the name of Your Son, Our  
Lord Jesus Christ, through the intercession of  
the good Saint Joseph, whom You chose to be  
His Father on earth.*

*Amen*



### **The Season of Creation**

The Season of Creation is an annual celebration of prayer and action to protect creation. The season begins September 1st, the Day of Prayer for Creation and runs through October 4th, the Feast of St. Francis, who is the patron saint of ecology. The theme of this year's celebration is 'the web of life'.



### **Year 5 Family/Parish Mass**

Our next Family/Parish Mass will be celebrated on Sunday, 15th September, at 9.30am. All families, especially Year 5, are welcome. Mass will be followed by morning tea in the Parish House.



# School News

## Fathers Day

*Thank you* to everyone who assisted with the Father's Day breakfast. It was great to see so many in attendance despite the wet weather. *Thank you* to all those who prepared the Father's Day stall and helped serving on the stall. We really appreciate the support and efforts of our wonderful parents.



## Jersey Day

*Thank you* to all the children who participated in Jersey Day. Jersey Day is all about promoting awareness of The Organ and Tissue Authority and the Donate for life network.



## Voice of Youth Speaking Competition

On Wednesday, three students from Year 6 represented Our Lady of Lourdes in the Lower Hills Cluster, 'Voice of Youth' competition. The participating schools were St Angela's, Castle Hill, St Michael's, Baulkham Hills, St Paul the Apostle, Winston Hills and Our Lady of Lourdes. All the contestants spoke with confidence and enthusiasm on a variety of topics. Our representatives and their topics were Emily Fogg – 'Pollution: What it has done and we can do!' Charley Tacey – 'Reducing our Plastic' Milana Pivcevic – 'Animals shouldn't perform in Circuses!' We are extremely proud of our students and congratulate them on their speeches. They were extremely well written and delivered with perfection! Fantastic work children! Congratulations to Emily Fogg who was awarded 2nd place.



## Uniform

Students are to commence wearing summer uniform Week 1, Term 4. We will monitor the weather and determine if this needs to happen sooner.

## Office update

From Monday 2nd September, 2019 Mrs Attard, Finance Secretary will be on leave until the end of term. Mrs Grewcock will be replacing Mrs Attard during this time.

## Golden Jubilee Raffle

Could all raffle tickets sold or unsold for the for the parish golden jubilee raffle please be returned to the office as soon as possible please.

## Social Skills

### Fairness Fair go for all makes a happy school

- ◆ School Rules
- ◆ Playground rules



## Did you know

Your child's best learning time is the start of the school day  
just a little bit late doesn't seem much but

He/she just missing,	That equals ..	Which is ...	and over 13 years of schooling that's ...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour 40mins per week	Over 2.5 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 and a half years
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years



# Year Two Excursion

On Friday the 23rd of August Year Two went on an excursion to Ryde Schoolhouse Museum. First of all, like any other excursion we went on a bus to get to Ryde. Then we hopped off the bus and Miss Burgin and Mrs Pollard counted all of us. The schoolhouse was built in 1877. When we went inside the grounds we met our first teacher and she handed out dress aprons for the girls to wear and the boys a little collar to wear around their necks. Then she made us stand in two lines and then we were called out to go and hold a piece of silk ribbon and we started maypole dancing. After that we did an exercise outside using dumbbells and we did some other activities like fly, skipping, rolling hula hoops and throwing quoits. Before we did the maypole dancing we had recess.

After the first activities we then moved and waited outside a door of the 1880 classroom. Then a different teacher came outside and looked at all our hands. She looked at my hands and said "You have been looking after the twins" I replied "I don't have twins !" Then we went inside and we wrote with a slate pencil on a slate board to practise with before we started to use the pens and ink. The teacher showed us how hard they used to whack them with the cane if students were doing the wrong thing. Believe me, it was really hard ! Back in the past they had to learn running writing first.



Next we went into the 1910 classroom and we had to do a treasure hunt and needed to find 12 objects around the classroom. Once we finished the hunt we then went to do some stamping with old stamps. After we did the stamping we got the play with some older toys. I liked the knuckle bones and the string game. We also got to toast some bread and put golden syrup on it and then we ate it. Finally we had lunch and then it was time to go back on the bus back to school.

By Laura Deehan





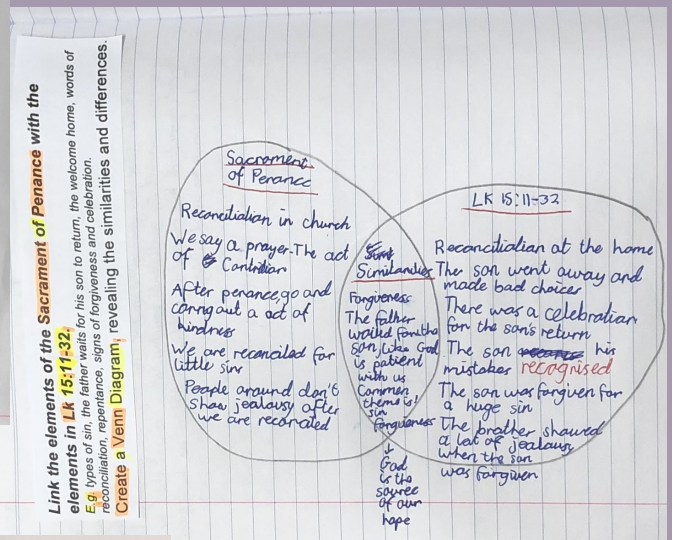
# Religious Education in Year 4

## Term 3: Week 6

In Term 3, Year 4 have been exploring God's healing and forgiveness through the Sacrament of Reconciliation. This is portrayed in the Parable of the Forgiving Father, as we appreciate that sometimes in relationships there is hurt which requires healing and forgiveness.

Parable of the Forgiving Father (Lk 15:11-32)

LITERAL SENSE	SPIRITUAL SENSE	APPLICATION
• Father	• Reconciliation	• Always say sorry
• Youngest Son	• The truth sets me free	• Always say the truth
• Oldest Son	• Making peace with God and my neighbour	• Always forgive people
• Jesus	• All human life is precious	• God will always help us
• Robe	• Love your neighbour	• Always love everyone
• Ring	• Love is a power	• Never leave your family
• Sandals	• God is the source of our hope	• Your home is the best place
• Calf	• God loves and cares for us always.	• Always care for others



**The Forgiving Father**

This parable teaches us to be grateful of what you have. Imagine if you were given your part of the money and you could do anything you want to do with it. What would you do with it? I would keep it and make sure that I don't spend it on anything that I want, only the things that I need. Don't always go asking for more money even when you had lots of money and spent it all on things that you want.

Always love everyone. Always care for everyone.

This parable of the forgiving Father is about a son who asks his father "Father, give me the share of the property." So his father gives him his money. The son goes off and spends all the money on wild living. After a while he didn't have any money left at all. So he went and hired himself to a citizen of that country. When it came to his senses, he said, "How many of my father's hired servants have food to spare and here I am starving to death! I will go back to my father and say to him; father, I have sinned against <sup>heaven</sup> and against you. I am no longer worthy to be called your son." So he got up and set off to his father.



**Reconciliation: God's Healing and Forgiveness**

Reconciliation is when you go to church and confess your sins to God. ❤️

**Reconciliation**

**Forgiveness**

Forgiveness is when you say sorry to the person you hurt.

**Sorry**

**Healing**

Healing is when you heal a relationship like forgiveness you say sorry.



### ~ 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	

<b>Extras</b>	
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 (Banana or Blueberries)	\$2.00

### 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



## ~ BURGERS & ROLLS ~

Grilled Chicken Burger (E)	\$5.00
Marinated chicken breast, lettuce & Aioli mayo	
Veggie Burger (E)	\$5.00
Veggie patty, 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 ~

Quech 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)

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## 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!**



600ml

**\$1.50**

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