



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 1 Week 4

21st February, 2020

February

Wednesday 26th

Ash Wednesday, 9.30am
Mass

March

Sunday 1st

First Sunday of Lent

Monday 2nd to 7th

Catholic School Week

Tuesday 3rd

School Tour Kindergarten
2021, 7pm

Friday 6th

Year 2 Science Incursion

Monday 9th

Year 5 Bushwalk

Tuesday 10th

P&F Meeting

Friday 13th

Cross Country

Sunday 15th

Parish Mass—Year 6

A reading from the holy Gospel according to Matthew

Love your enemies.

Jesus said to his disciples: 'You have learnt how it was said: Eye for eye and tooth for tooth. But I say this to you: offer the wicked man no resistance. On the contrary, if anyone hits you on the right cheek, offer him the other as well; if a man takes you to law and would have your tunic, let him have your cloak as well. And if anyone orders you to go one mile, go two miles with him. Give to anyone who asks, and if anyone wants to borrow, do not turn away.

'You have learnt how it was said: You must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you; in this way you will be sons of your Father in heaven, for he causes his sun to rise on bad men as well as good, and his rain to fall on honest and dishonest men alike. For if you love those who love you, what right have you to claim any credit? Even the tax collectors do as much, do they not? And if you save your greetings for your brothers, are you doing anything exceptional? Even the pagans do as much, do they not? You must therefore be perfect just as your heavenly Father is perfect.' Ref: Liturgyhelp.com

Something to ponder

Take some time to quietly re-read the text of today's gospel and then spend some time in reflection on how you might be able to put its message into practice. What can you do to 'love your enemies'?

© Greg Sunter Ref: Liturgyhelp.com



Ash Wednesday 26th February

Parents, relatives and friends are invited to join with the students from Kindergarten to Year 6 for Ash Wednesday Mass commencing at 9.30am.



Gold Coin Fundraiser

Thank you to everyone for supporting our fundraiser for those affected by the recent Bushfires. We collected \$375 and this money will be donated to Vinnies along with other schools from the Diocese.



School News

Parent Reading Information Session - Assisting Children with Reading

When: Wednesday, 4th March 2020 at 7.00pm

Where: OLOL Library



The session will briefly outline what happens when children learn to read and define the roles of the reader and the helper. You will be provided with examples of the types of errors children commonly make and prompts that will assist children to problem solve during the reading of a text.

If you are or are planning to volunteer for reading, attending this session is highly recommended.

Kindergarten 2021 Enrolments

Our Lady of Lourdes Primary School is now taking Kindergarten enrolments for 2021. Please download the enrolment form from the school website www.ololbhills.catholic.edu.au, complete the forms and return them to the school office with all the required documentation including originals. Please note that we cannot accept a Driver's Licence as proof of residence. A utility bill is the preference. Families will be interviewed in May by a member of the leadership team.

New families may have a tour of our school on:

- * Tuesday, March 3rd, 2020 at 7pm
- * Thursday, April 2nd, 2020 at 10.00am
- * Tuesday, April 28th, 2020 at 10.00am

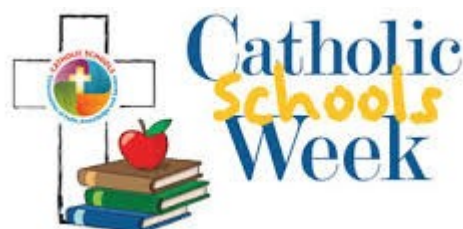


Please email the school office on: ololbhills.parra.catholic.edu.au advising us of your preferred session date.

Executive Director Summer Reading Challenge

During the school holidays students in our Diocese took part in the Executive Directors Summer Reading Challenge. Congratulations to these students who were selected runners up in this challenge. They each received a certificate and \$30 gift voucher.

- Shanya Don Peter
- Sarah Kenna
- Sophie Patel



Catholic Schools Week 2020

This year, from 1st –7th March, 2020, Our Lady of Lourdes will join with Catholic schools across NSW and the ACT to celebrate Catholic Schools Week (CSW).

Catholic Schools Week is about forging and strengthening connections between everyone who has a stake in our schools – students, staff, families, priests, parishioners, and members of the wider community – by showcasing our activities and actions.


During Catholic Schools Week, we take the opportunity to highlight not only the best of what we do, but also what happens in our schools every day.

For that reason, we invite you and your family to join us at Our Lady of Lourdes on Tuesday, 3rd March to celebrate with our school. We will celebrate with :

- 10am - Liturgy Kindergarten to Year 6
- 10.30am - Parents visit classrooms
- 11.10am - Morning tea with the students.
Coffee and tea will be provided.

Merit Awards

Congratulations to the following students who received Merit Awards at this week's assembly.

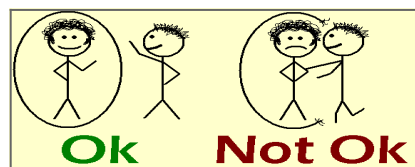
Class	Students' Names	
KM	Lucas Pintabona Noah Santos Olivia Rizk Alice Noonan	
KO	Ruby Eyles Nicholas Essey Sophia Agudo Joshua Haywood	
1H	Elisa Khoury Palash Parikh Harry Simon Ashley Thackeray	
1M	Elijah Joummaa Chloe Kim Fadi Nasrallah Evie Regan	
2P	Tatum Kriesch Chase Bennett Jaen Moon Abigail Petersen	
2Y	Corran Bennett Jacob Grech Harper Saab Imogen Khamo	
3D	Zara Pintabona Isaac Adams Nelson Soriano Yuna Shin Kiara Moodley	

Class	Students' Names
3S	Harlow Wayne Vittoria Lamb Curtis Badaoui Ava Cetinic Jonathan Au-Yeung
4G	Kobe Berenger Tyler Angeles Joanna John Britto Jaya- prabhu Selena Chiha
4L	Natalie Gooding Chantelle Soto Braith Sharbean Joseph Savarino
5C	Hendrix Badaoui Estelle Johnsson Andrew Qummou Noah Jeong Arthur Essey
5F	Alexandra Waring Benjamin Mathews James Phegan Peter Alam Madison Bardella
6B	Victoria Batty Stella Puletua Tamara Christie Jaden De Guzman
6M	Lara Alam Darcy McCormack Nehansa Udunuwara Alexander Haga

Social Skills

Respect and Integrity - showing good manners and communication skills

- ◆ ◆ Friendly voice
- ◆ ◆ Personal space
- ◆ ◆ Stand tall



School News

Hills Zone Swimming Carnival

On Friday 14th February, 28 students from Our Lady of Lourdes attended the Hills Zone Swimming Carnival at Mount Druitt Swimming Centre. We had some excellent results at the carnival with many students selected for Diocesan Swimming Carnival. Well done to all our competitors. Congratulations Ruby Smith who was named Junior girl Champion.

Diocesan Swimming Carnival

Congratulations to the following students Ruby Smith, Sarah Kenna, Aaron Chevalier, Murdoch Lau, Charlie Baldacchino, Sebastian Martanego, Archie Chan, Natalie Gooding, Madison Mooney and Murray Rankin who represented our school yesterday at the Diocesan Swimming Carnival at Blacktown Swimming Pool. We had some fantastic results with a number of students qualifying to compete at the MacKillop Trails. These students include:

Ruby Smith - 50m freestyle, 50m backstroke, 50m breaststroke, 50m butterfly, 200m IM

Sarah Kenna - 50m backstroke

Aaron Chevalier - 50m butterfly, 200IM, Junior Boys Relay

Murdoch Lau - 50m butterfly, Junior Boys Relay

Charlie Baldacchino - Junior Boys Relay

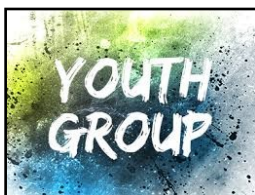
Sebastian Martanego - Junior Boys Relay

A big congratulations to Ruby Smith as she was also named Junior Girls Age Champion Runner Up.



Parish News

JRS Need your support—Please see attachment.



For youth in the Parish of Baulkham Hills;

Y9-12: This Friday the 28th of February, come to the Old Church from 7-9pm for our first youth group of the term! Come along for a night of food, games, and activities, as we kick off our new series on person-hood – this week focusing on body image! We look forward to seeing you there!

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

Children's Rosary movement at Our Lady of Lourdes



Every Monday afternoon at 3:30pm a group of children comes together to pray the Rosary. The Rosary is led by them. All children and parents are invited. Bring your Rosary beads and spend half an hour in prayer with Our Blessed Mother.

Place: OLOL Parish Centre

When: 3:30pm, Monday - school term only

Contact: anitamolina@hotmail.com

[For more information go to www.childrensrosary.org](http://www.childrensrosary.org)

Become a
**Bennies
Girl**



Mount St Benedict
College

449C Pennant Hills Rd, Pennant Hills



Open Day

Sunday 1 March, 10am - 2pm

Bookings online

www.msb.nsw.edu.au



Parents Representative Council

SUPPORT | CELEBRATE | EDUCATE



**MENTAL
HEALTH
FIRST AID**
Australia

UNDERSTANDING MENTAL HEALTH

Learn the skills to make a difference

Out of every 30 students in Australia, 7 are dealing with mental health issues

2 will ask for help **5 will suffer in silence**

This presentation will focus on giving parents information on how they can identify and help the 5 that suffer in silence. Learn how to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received, or the crisis resolves. Mental health problem is a broad term that includes developing mental illness, symptoms of a diagnosable illness, substance misuse, and adverse life events which are having an impact on functioning.

Depression, Anxiety, Behavioral disorders, Mood Disorders, Personality Disorders, Suicide, Drugs, Eating Disorders, Self-Injury, Panic Attacks, Stress, Substance Abuse



Our guest speaker for the evening is:

JANE ARMSTONG

Mental Health First Aid Instructor

Register FREE now: www.prc.catholic.edu.au



Monday, 2nd March 2020

Doors open: 6:15pm for 7:00pm (2 hours)

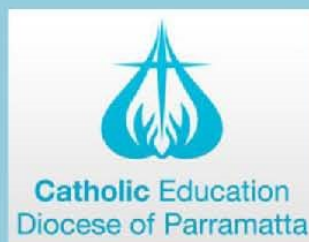
PRC Annual General Meeting

(will be held prior to guest speaker)

AGM will take approximately 20 minutes

St John Paul II Catholic College

85 Hambledon Rd, Schofields NSW 2762



Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!

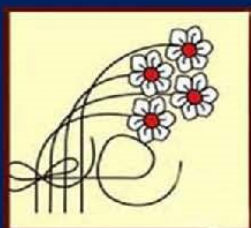
www.prc.catholic.edu.au



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THANK YOU TO OUR SPONSOR

Floral Expressions

For details on the School fundraising program

Call Charles Lukasik on 02 9683 1116



Strive for Higher Things at Catherine McAuley Westmead



Enrolling now for 2021 - Applications close 27th March 2020

OPEN EVENING Wednesday 4th March 2020 4pm - 7pm

Catherine McAuley Westmead, 2 Darcy Rd, Westmead | www.mcauley.nsw.edu.au



OPEN DAY
Sunday, 8 March 2020

10.00am – 2.00pm

You are warmly invited to join us for Open Day 2020.

Principal's Welcome at 10.00am and 12.00pm

Bookings can be made by visiting the College website www.olmc.nsw.edu.au

A work of the Sisters of Mercy Parramatta since 1889



YEAR 7, 2022
ENROLMENT
INFORMATION
EVENING
Tuesday, 24 March

MERCY

COMPASSION

JUSTICE

DIGNITY

EXCELLENCE

HOSPITALITY

STEWARDSHIP

SERVICE



Jesuit Refugee Service Australia

24 Roslyn Street Elizabeth Bay NSW 2011
PO Box 522 Kings Cross NSW 1340
T: +61 2 9356 388
W: www.jrs.org.au
E: jrsinfo@jrs.org.au

Dear Supporter,

This Lent as we remember the enormous sacrifice our Lord made on Good Friday please consider showing compassion to those in need.

Fleeing a home that is no longer safe is one of the most difficult decisions a person can make. It's one made that much harder when you are forced to live below the poverty line in a country you wish to make your home. Unfortunately it's a reality facing many people seeking asylum in Australia—people who often find it difficult to afford basic food, goods and groceries.

Jesuit Refugee Service provides food and essential items to people in this situation through our foodbank. There are roughly 120-140 people who come through our door for this support each month, representing over 350+ family members. The JRS foodbank offers a dignified experience for the people we serve by allowing people to do their own 'shopping' from our stocked shelves and fridges. People select what they want and need from us, in this way we provide a 'hand up' rather than a 'hand out.'

But we need your help.

Our stocks are low and so we are reaching out to the community to support us this Lent. We would like to invite your church to join JRS in our Lenten foodbank program: "6 Weeks of Lent - Give 6 Things". We have identified six staple items that are most frequently requested as shown on the attached flyer. Each week parishioners are encouraged to bring in the one designated item to deposit in a collection basket at church. Individual pictures of the six items are provided so that the collection basket can advertise what item is being collected each week.

Week 1	Basmati Rice
Week 2	Tuna in Oil
Week 3	Cooking Oil
Week 4	Tinned Tomatoes, Red Kidney Beans or Chickpeas
Week 5	Long Life Milk
Week 6	Pasta or Spaghetti



Jesuit Refugee Service Australia

24 Roslyn Street Elizabeth Bay NSW 2011

PO Box 522 Kings Cross NSW 1340

T: +61 2 9356 388

W: www.jrs.org.au

E: jrsinfo@jrs.org.au

Thank you for your generosity; just one item a week makes such a difference. Your contribution is helping JRS accompany, serve, and advocate for these families.

Additionally, if your church would like to be added to our donation roster, please contact Amelia Savage on the email address provided above.

Kind Regards,
Jesuit Refugee Service.



Help us keep these shelves stocked...

6 WEEKS OF LENT GIVE 6 THINGS

This Lent, donate 1 item each week to give to refugees living in this community.

WEEK 1:

Basmati Rice



WEEK 2:

Tuna in Oil



WEEK 3:

Cooking Oil



WEEK 4:

Tinned Tomatoes/Red
Kidney Beans/Chickpeas



WEEK 5:

Long Life Milk



WEEK 6:

Pasta or Spaghetti



SCHOOL CANTEEN

OUR LADY OF LOURDES PRIMARY SCHOOL



~ BURGERS & ROLLS ~

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

~ MIXED BAR ~

Beef Nachos (O) (H)	\$5.50
Corn Chips, seasoned beef, lettuce, cheese, tomato, sour cream & avocado	
Naked Vegetarian Nachos (O)	\$5.50
Corn Chips, seasoned beans, lettuce, cheese, tomato, sour cream & avocado	
Butter Chicken & Rice (E) (H)	Sm \$4.00 Lge \$6.00
Chicken breast sautéed in a butter chicken sauce & served with steamed rice	

HOME MADE PIZZA – (E) (H)

Cheese	\$4.50
Vegetarian	\$4.50
Bbq Chicken	\$4.50
Ham & Cheese	\$4.50

~HOT BAR~

Chicken Nuggets (O) (H)	\$0.80
Chicken Nuggets x 4 (O) (H)	\$3.00
Chicken Nuggets x 6 (O) (H)	\$4.20
Hot Dog w/Sauce (O) (H)	\$4.00
Hot Cheese Roll (E)	\$3.00
Cup Noodles (O)	\$3.00
(Beef or Chicken)	

~ COLD DRINKS ~

Harvey Juice 250ml (E)	\$2.60
Orange, apple, orange & mango	
Water	
Spring Water 600ml (E)	\$2.00
~MILK~	
Plain Milk (E)	\$2.00
Oak Lite - 250ml (E)	\$2.60
Chocolate or Strawberry	

~ FROZEN TREATS ~

Quech 99% Fruit Stick 70ml (E)	\$1.00
Frozen Watermelon (E)	\$2.00
Frozen Orange (E)	\$2.00
Monny (E)	\$1.50
(Lemon Ice, Red Berry Blast)	

~ SNACKS ~

Sliced Watermelon (E)	\$1.50
Yoghurt & Fruit Cup (E)	\$3.50
Fruit Salad (E)	\$3.50
Cheese & Rice Crackers (E)	\$2.50
Fruit (Seasonal) (E)	\$1.00
Warm Banana & Custard (E)	\$2.50

**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
H	Halal

MONDAY 2 FRIDAY ONLY

MONDAY

Oven Baked Wedges (O) (H)	\$5.00
Served with sour cream & sweet chilli	

WEDNESDAY

Spaghetti Bolognese (E) (H)	\$4.00 Small / \$6.00 Large
homemade Bolognese sauce tossed with spaghetti	

FRIDAY

Macaroni Cheese (O)	\$4.00 Small / \$6.00 Large
pasta baked with cream, cheese, parsley & herbs	

TUESDAY

Chicken Schnitzel, Mash & Gravy (O) (H)	\$4.00 Small / \$6.00 Large
homemade schnitzel with mashed potato & gravy	

THURSDAY

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

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



\$1.50

600ml

SCHOOL CANTEEN

OUR LADY OF LOURDES PRIMARY SCHOOL



~ 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	\$0.80
White Roll	

Extras

Cucumber, beetroot, tomato or lettuce (G)	\$0.60
Ham (O)	\$1.00
Avocado (G)	\$1.00
Boiled Egg (G)	\$0.80
Hummus (G)	\$0.80
Lunch Bag	\$0.20
Spoon or Fork (without a lunch order)	\$0.10
Sauce (Tomato, Bbq, Mayo, Sweet Chilli)	\$0.40

~ SUPER SALAD BAR ~

Greek Salad (E) (GF)	\$5.00
Tomato, cucumber, Spanish onion, pitted olives & feta	
Chicken Caesar (E)	\$5.00
Grilled Chicken Breast, Cos lettuce, croutons, egg, Caesar dressing	
Ham Salad (E)	\$5.00
Lettuce, tomato, cucumber, beetroot, carrot, Italian dressing	
Garden Salad (E)	\$4.80
Lettuce, tomatoes, cucumber, carrot, beetroot w/Italian dressing	
Health Pack (E)	\$5.00
Tasty Cheese fingers, carrot sticks, rice crackers, hummus & Tzakiki Dip	
Tuna Salad (E)	\$5.00
Lettuce, tomato, cucumber, beetroot, carrot, Italian dressing	

~ 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
Salad & Cheese	\$3.00	\$5.80

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

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

~ BREAKFAST ~

Egg, cheese & avocado Roll	\$3.00
Hash Brown (O)	\$1.20
Bacon & Egg Roll (O)	\$3.00
Toasted Sandwiches (E)	
Cheese 1/2	\$1.00
Toasted Lebanese Bread (E)	
Cheese 1/2	\$1.00
Fruit (E)	
Fruit available daily from	\$1.00
Yoghurt & Fruit (E)	\$3.50
Vanilla Yoghurt (E)	\$3.00
Fresh Fruit Salad Cup (E) (GF)	\$2.50
Sliced Watermelon (E)	\$1.50

~ SWEET TREATS ~

Warm Banana & Custard (E)	\$2.20
Pikelets w/ Jam (3) (E)	\$2.20
Custard & Fruit (E)	\$2.50
Homemade Muffins (O) 80gr (Banana or Blueberries)	\$2.00

Look out for our
Weekly
Specials!

CRUNCH & SIP

before 9am - **\$2.00**



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

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

