



Term 1 Week 7

13th March, 2020

March

Sunday 15th

Parish Mass—Year 6

Tuesday 17th

2.20pm K-6 Assembly
Year 2

Friday 20th

National Day of Action
against Bullying and
Violence (NDA).

Year 1 Park Walk

Thursday 26th

Year 6 Physio Visit

Friday 27th

Fun Run K-6

April

Wednesday 1st

4L C.A.R.E.S excursion

Thursday 2nd

Year 3 Science Excursion

4L C.A.R.E.S excursion

10am School Tour

Kindergarten 2021

Sunday 4th

Palm Sunday

Tuesday 7th

2.30pm Principal &
Citizenship Awards

Thursday 9th

Holy Thursday

Last Day of Term

A reading from the holy Gospel according to John

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied:

'If you only knew what God is offering
and who it is that is saying to you:

Give me a drink,

you would have been the one to ask,

and he would have given you living water.'

'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied:

'Whoever drinks this water

will get thirsty again:

but anyone who drinks the water that I shall give

will never be thirsty again:

the water that I shall give

will turn into a spring inside him, welling up to eternal life.'

'Sir,' said the woman, 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water. I see you are a prophet, sir. Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.' Jesus said:

'Believe me, woman, the hour is coming

when you will worship the Father

neither on this mountain nor in Jerusalem.

You worship what you do not know;

we worship what we do know;

for salvation comes from the Jews.

But the hour will come – in fact it is
here already –

when true worshippers will worship

the Father in spirit and truth:

that is the kind of worshipper

the Father wants.

God is spirit,

and those who worship

must worship in spirit and truth.'

The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.'

Many Samaritans of that town had believed in him on the strength of the woman's testimony, so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'

Ref: Liturgyhelp.com



GOSPEL REFLECTION

This was a life changing conversation between Jesus and the Samaritan woman. It happened at a well – an important hub for the daily life of the community.

- What would you identify as your well – a gathering place where good conversations can be had?
- Can you recall a conversation you have had with another that has been life- changing for you?
- What do you think prevents conversations from being life-giving and life-changing?

Ref: CEDP Lenten Reflections

PROJECT COMPASSION GO FURTHER TOGETHER

What an amazing couple of weeks we have had with our Project Compassion Fundraising. So far we have collected \$174. The Social Justice team are building a scene on the library window showing the money collected by our generous families during this Lenten Season.

Year 6 Family/Parish Mass

Our next Family/Parish Mass will be celebrated next Sunday, 15th March, at 9.30am. All families, especially Year 6, are welcome. Mass will be followed by morning tea in the Parish House.



School News

National Day of Action against Bullying and Violence (NDA)

On Friday 20th March Our Lady of Lourdes will join with other Australian schools to celebrate National Day of Action against Bullying and Violence (NDA). The NDA 2020 marks the 10 year anniversary of Australia's key anti-bullying event for schools. The theme for 2020 is Take Action Together. The students participated in extra activities and lessons about this very important issue.



School Fees

School FEES Effective immediately we will **no longer be accepting cash payments** for school fees. For payment options please refer to the front page of your school fee statement. Your assistance in this matter is greatly appreciated.

School Assembly

Whole school assembly will be held next Tuesday, 17th March at 2.20pm in the church. All are welcome to attend. At this assembly all students who participated in the Executive Director's Summer reading challenge will receive a participation certificates.



Why is my child's Teacher out of Class?

Like professionals in other fields, all teachers are required to keep up to date with current thinking on best practices and new developments in all curriculum areas. From time to time teachers are required to attend professional development opportunities to learn about changes to curriculum, new methods of teaching and learning and other ways of integrating technology. These sessions sometimes occur during the day, after school or in the school holidays. Teachers are also given time at the beginning of the year to conduct assessments to pinpoint your child's learning needs. Some teachers also have additional responsibilities which benefit the whole school. At times, teachers are also required at diocesan events etc. Teachers also have entitlements such as sick leave, long service leave, maternity leave, bereavement leave, jury duty, consequently, there will be times when your child's teacher is absent from the classroom. On these days the teacher's program and day book is followed. Teachers on a grade work closely together allowing the grade partners to liaise with the substitute teacher so that good teaching and learning continues and routines are kept. We thank you for your support in this area.

UNSW International ICAS Competitions and Assessments 2020

Each year students from Years 3-6 have the opportunity to complete the UNSW International ICAS Assessments. The subjects available are: Digital Technologies, Science, Writing, Spelling Bee, English and Mathematics. These assessments will be completed at school but are optional. A cost of \$15.95 is required per assessment. For further details, please see the attached page.



Canteen

Please note the menu online at Mel's Tasty Bites is currently incorrect. Mel's Tasty Bites are working to amend. Please refer to canteen menu attachment for correct. A reminder that children from Years 1-6 who order drinks or ice blocks must take their lunch bag to the canteen to get their items, as they are not sent in the lunch basket with the hot food.

Social Skills

Respect feeling good about yourself and others

- ♦ Valuing others / being friendly / being a good friend / encouraging others

Thanks for
being such
a good
Friend!



**Mathematics in
the home - see
Attachment for
more ideas.**

Gilroy Catholic College Enrolments for Year 7 2021

Applications close Friday 27 March 2020. First Round Offers will be sent out Monday 6 April 2020

Families who wish to enrol for Year 7 2021 and currently have a student attending Gilroy will need to complete an application form.

Application Packages are available from the College office or you can download the forms from the College website: gilroy.catholic.edu.au - click on How to Enrol

For all enquiries contact the College office on 8853 8200 or the Registrar Mary McBain mmcbain@parra.catholic.edu.au



How can you promote a healthy
attendance culture in your school?
Visit www.parra.catholic.edu.au/everylearnereveryday
to find out more.

every learner
every day ✓



P & F News

LOLO Fun Run

The OLOL Fun Run Friday 27th March, 2020 . Sponsorship form's will need to be returned by **25th March** to the Childs classroom teacher with raised sponsorship money from each child. There is \$30 REBEL sport vouchers given to the top 10 Fundraising students.

Interested in helping on the day? If you are available on 27th March we are looking for parent helpers on the day. Please email lololbhp@gmail.com to let us know if you're available!"

Goodluck and have fun !

Regards OLOL P&F Team.

Parish News

Arrupe Foodbank– Week 4

A reminder the foodbank is currently in desperate need of non-perishable items. Each week during Lent we are asking for a donation of a different food to donate to JRS Foodbank.

Week 1: Basmati Rice

Week 2: Tuna in Oil

Week 3: Cooking Oil

Week 4: Tinned Tomatoes

Week 5: Long Life Milk

Week 6: Pasta or Spaghetti

There will be a box at the back of the church and the goods collected will be Jesuit Refugee Service Parramatta. For more information on this Social Justice website: www.jrs.org.au



donated to the Service see the

Youth Group

Y5-8: This Friday the 20th of March, come to the Downey Room from 7-8:30pm for our third group of the term! Come along for a night of food, games, and activities. This week we will be exploring the theme of faith, and particularly different ways in which we can engage with Scripture.

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



HILLS OLLIES Netball Club



We are looking for players turning 7 or 8 in 2020 to join our club!

Hills Ollies is a club focused on fun, teamwork and friendship. We would love you to come and join us in the 2020 season!

For details, please contact either:

Nikki at olliesnetball.registrar@gmail.com

Jacqui at olliesnetball.secretary@gmail.com

Or visit our website - lololnetballclub.com

UNSW INTERNATIONAL COMPETITIONS & ASSESSMENTS FOR SCHOOLS 2020 YEARS 3, 4, 5, 6

This year all UNSW Competitions will be completed online, with the exception of the Year 3 and Year 4 Writing, which will be completed on paper.

ICAS have launched an online direct payment facility for parents. **This year payment for these assessments will be done online only. Please do not send any cash to school with your children.**

Access details for parents

Your school access code is: **XMN153**

Your parent page link is: <https://shop.unswglobal.com.au/pages/pps>

After the Parent Payment closing date, ICAS will send the school the names of the students who have registered for each assessment.

	Exam Sitting Dates	Parent Payment Closing Date
ICAS Science	Monday 17 August to Friday 21 August 2020	Monday, 10 August 2020
ICAS Writing*	Monday 17 August to Friday 21 August 2020	Monday, 10 August 2020
ICAS Digital Technologies	Monday 24 August to Friday 28 August 2020	Monday, 17 August 2020
ICAS English	Monday 24 August to Friday 28 August 2020	Monday, 17 August 2020
ICAS Mathematics	Monday 31 August to Friday 4 September 2020	Monday, 24 August 2020
ICAS Spelling Bee	Monday 31 August to Friday 4 September 2020	Monday, 24 August 2020

*Offline assessments only available for Years 3 & 4 (AU)

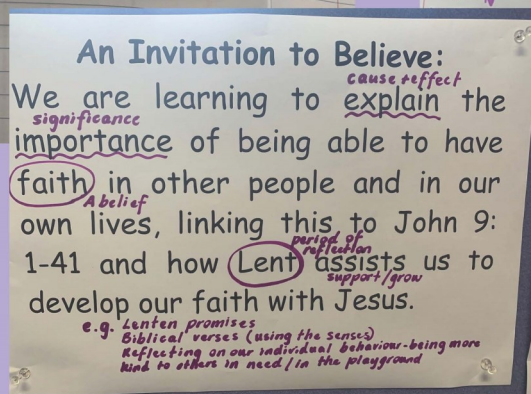
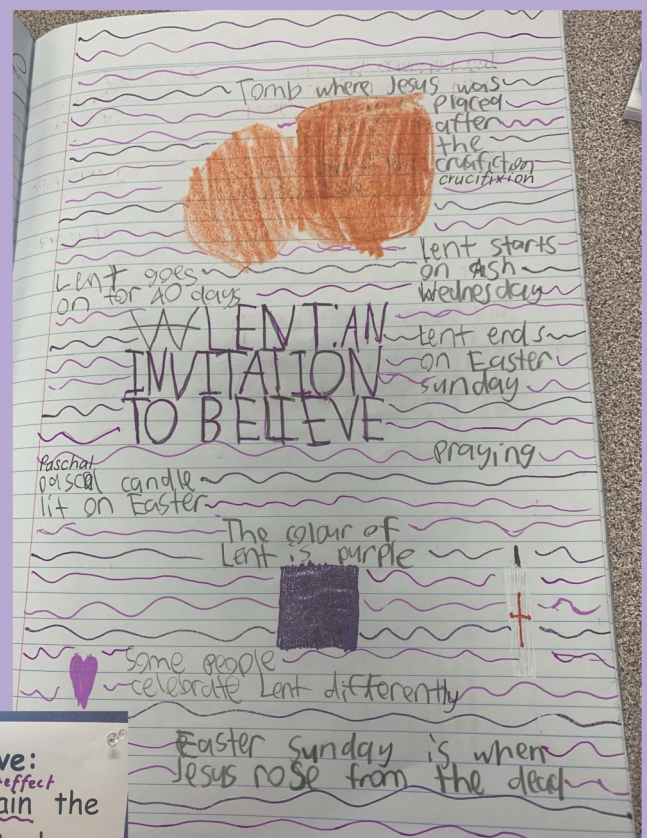
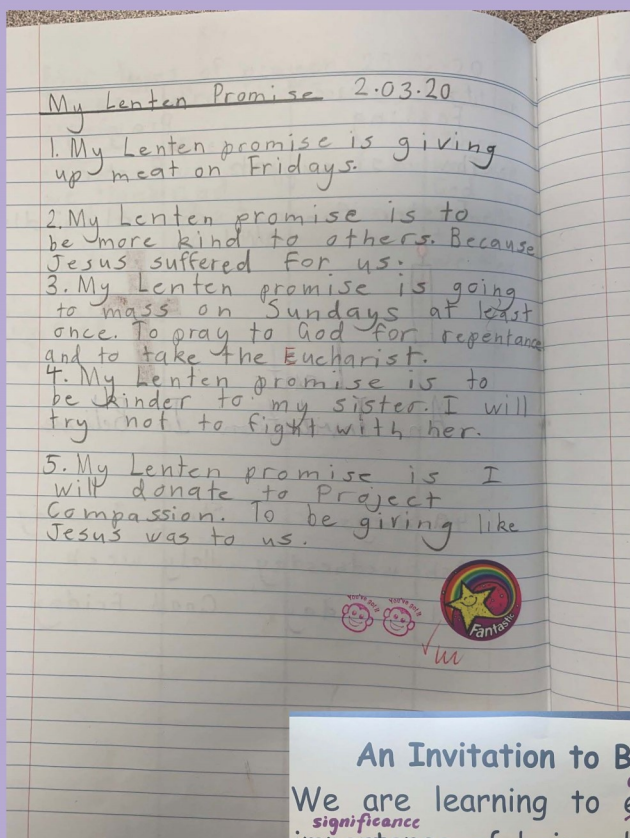
If you have any questions, please contact Mrs Neylan.
rneylan@parra.catholic.edu.au

Religious Education in Year 4

Term 1: Week 7

At the start of Term 1, we were actively looking at how we talk and listen to God during our daily lives. This allowed us to communicate specifically and effectively during prayer and with others in our class and wider community.

Our current unit is, **Lent: An Invitation to Believe**, which significantly focuses on the story of 'Jesus Cures the Man Blind from Birth' (Jn 9:1-41). In class we deconstructed the passage using the three Senses; Literal, Spiritual and Application. This enabled us to understand a deeper meaning of the story and how we can apply this message to our own lives. In class, we have been completing Lenten promises, identifying significant features of the Lenten season and how Lent challenges and invites us to develop our relationship with Jesus.



2020 Mathematics in the home #3

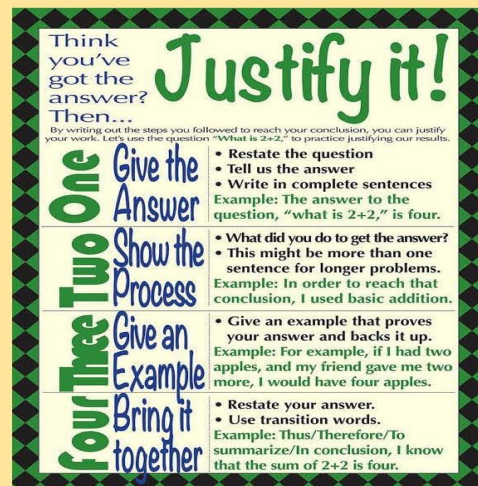
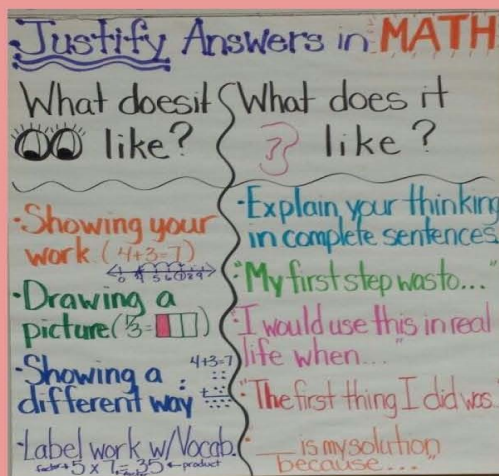
Ways to respond to your child's mathematical thinking at home: JUSTIFYING

- Is this conjecture just sometimes true, or always true?
- How do you know?
- How could we show or prove it is true?
- True or false? Why? Let's justify it.
- Convince me.....
- How can we be sure?
- Tell me what is wrong with.....
- Explain - why does this (process / rule / result) work?
- Can you go through that step by step?
- Can you explain that step by step?
- Why?
- If..... then.....?

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: <https://www.resolve.edu.au/>

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	
Gluten Free Sliced	\$1.50
White Roll	\$0.80

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, Bbg, 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 & Tzatziki Dip	
Tuna Salad (E)	\$5.00
Lettuce, tomato, cucumber, beetroot, carrot, Italian dressing	

~ WRAP BAR ~ (E)

Served in Lebanese Bread	½	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 ½	\$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

Look out for our
Weekly
Specials!

~ 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

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

CRUNCH & SIP

before 9am - \$2.00



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

WE'RE A
GREAT
HEALTHY SCHOOL
CANTEEN
2019

SCHOOL CANTEEN

OUR LADY OF LOURDES PRIMARY SCHOOL



~ BURGERS & ROLLS ~

Grilled Chicken Burger (E) (H)	\$5.00
Mariated Chicken breast, lettuce & Aioli mayo	
Veggie Burger (E)	\$5.00
Veggie patty, 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	

EXTRAS		HOME MADE PIZZA - (E) (H)		~ FROZEN TREATS ~	
Tomato, cheese, onion	\$0.50	Cheese	\$4.50	Frozen Juice Cups (E)	\$2.00
Shredded Cheese	\$0.50	Vegetarian	\$4.50	Frozen Watermelon (E)	\$2.00
Sauce Portions (Tomato or Bbq)	\$0.40	Bbq Chicken	\$4.50	Frozen Orange (E)	\$2.00
		Ham & Cheese	\$4.50	Mony (E)	\$1.50
				(Lemon Ice, Red Berry Blast)	

~ COLD DRINKS ~		~ HOT BAR ~		~ SNACKS ~	
Harvey Juice 250ml (E)	\$2.60	Chicken Nuggets (O) (H)	\$0.80	Sliced Watermelon (E)	\$1.50
Orange, apple, orange & mango		Chicken Nuggets x 4 (O) (H)	\$3.00	Fruit (Seasonal) (E)	\$1.00
Water		Chicken Nuggets x 6 (O) (H)	\$4.20	Fruit Salad (E)	\$3.50
Spring Water 600ml (E)	\$2.00	Hot Dog w/Sauce (O) (H)	\$4.00	Cheese & Rice Crackers (E)	\$2.50
		Hot Cheese Roll (E)	\$3.00	Warm Banana & Custard (E)	\$2.50
		Cup Noodles (O)	\$3.00		
		(Beef or Chicken)			
~ MILK ~					
Oak Lite - 250ml (E)	\$2.60				
Chocolate or Strawberry					

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
pasto 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	
Butter Chicken & Rice (E) (H)	Sm \$4.00 Lge \$6.00 Large
Chicken breast sauted in a butter chicken sauce & served with steamed rice	

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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

COMBO DEAL - WHEN YOU SPEND \$4.00 OR MORE



600ml
\$1.50