Swimming Carnival 2014

The annual AGHS swimming carnival was held at Knox Grammar Aquatic Centre on Friday 14th Feb 2014. The carnival was attended by Year 7 students and competitive swimmers of AGHS. All students who attended and participated enjoyed themselves and swam exceedingly well. The Zone swimming carnival will take place on Wednesday 12th March which will again be another chance for AGHS to showcase the swimming talent we have at the school.

The age champions of the 2014 AGHS swimming carnival are
12 years – Erica Pitman (67 points)
13 years – Annie Sweatman (64 points)
14 years – Rebecca Rogers (72 points) Rebecca also recorded the highest overall point score for the carnival so WELL DONE.
15 years – Linnea Stevens-Jones (58 points)
16 years – Amy Parnell (44 points)
17 Years – Annabelle Rogers (66 points)

All of these girls and many others have been selected to represent the school at the zone swimming carnival to be held on 12 March at Ryde Aquatic Centre. Well done girls!

The house captains and vice captains also deserve a big THANK YOU for their organisation of their houses. There were plenty of cheers for all the competitors and the house war cry was the loudest it has ever been. Well done to all the house captains and vice captains

Bates - Tess Boyle and Bethany Dance
Gilmore – Samantha Patten (C) and Tara Peirce (VC)
Chisholm – Sally Hawkins (C) and Erin Hitchcock (VC)
Turner - Sophie Toyer (C) and Imogen Williams (VC)

The teaching staff who attended the carnival also deserve a big thank you without your help the day would not go ahead.
Swimming Carnival
Year 7 must be congratulated for their participation and enthusiasm in their first swimming carnival at Asquith Girls. It was a wonderful day for all. I extend my congratulations to the event organiser and the Sport Leaders for making this day a memorable experience for Year 7. Well done all.

Building strong relationships
We are building strong relationships with our community. In the last three weeks, Year 8 students, the Deputy Principals and I had an amazing experience speaking to Years 5 and 6 students from our feeder primary schools. We shared with them vision and programs of Asquith Girls HS. It was wonderful to see such positive attitudes towards our school and hear their desire to be an Asquith Girl. On behalf of our AGHS community I would like to thank all participating Years 5 and 6 teachers and my Principal colleagues for their strong support. Last but not least, I want to thank all Year 8 students for being true ambassadors of our learning culture.

Year 7 Camp

Open Night

International Women’s Day Breakfast
On March 7 our International Women’s Day Breakfast was an acknowledgement that 70% of the worldwide poverty stricken population are women and although women perform 2/3 of the world’s work, they earn less than 10% of the world’s wages. We should all endorse Australia’s National Committee for UN Women theme for International Women’s Day: Ending Poverty for Women and Girls through Economic Empowerment. As a learning community I believe we should never lose sight of the fact that ‘empowered women who have equal access to education and work means more prosperous economies and a better future for all’. UN WOMEN

Congratulations to the IWD Team for their efforts and due diligence towards this important event.

Exhibiting our school’s values
Our students look superb in their full school uniforms. I thank you for your support in ensuring our uniform code is adhered to. If you have any questions about school uniform, please refer to your daughter’s diary.
Attendance
Our school days start at 8:40am and finish at 3:00pm on all days except Tuesday where students finish at 2.30pm. It is important for students to be at school every day and on time. Students who arrive at school late due to unforeseen circumstances must have a signed note from their parent/caregiver and sign through the front office. It is also expected that students have a signed note if they have been absent. It is advisable, whenever possible, to make doctor appointments outside school hours to minimise interruption of learning.

Because of their specific curriculum patterns, Year 12 students have a flexible timetable. Due to this fact they have been granted the privilege of arriving to school late or leaving early. In both cases students must sign in upon arrival and sign out when departing from school. When students have study periods between lessons they are expected to be in the Library. No student is to leave the school grounds without parent’s/caregiver’s written approval.

The school is driven by strong values and students are expected to demonstrate them at all times. These values should be reflected in the behaviour, attitude and actions of all students both within the classroom, in our learning environment, representing the school and when travelling to and from the school.

Assessment Information Forums
Thank you to all parents and caregivers for their positive feedback in relation to Years 7-12 assessment booklets and information evenings. All students now have a copy of an Assessment Booklet and an Assessment Calendar. These documents outline the nature of all assessment tasks scheduled over the year, along with the dates when each task will be held. I encourage all students and parents to go through the documents and discuss the expectations and important due days. It is important students start the new academic year well organised and prepared for their school commitments.

Safety concerns
Parents/Caregivers are asked to ensure the safety of our girls. I have witnessed that parents picking up their children from Baldwin Street, stop across the road from the school’s entrance. This imposes hidden dangers as students are running across the road, in front of parked buses and outside the driver’s visibility of an oncoming vehicle. Parents are asked to pick-up the girls from the school side footpath. I also ask parents not to make a U turn in front of the school gates. I would appreciate your cooperation in ensuring your child’s safety.

School Contributions
I would like to take this opportunity to thank all families that have made the payment towards their contributions. This enables our school to effectively plan for improvement to our learning environment and allocate resources for educational courses and programs for your daughters. The school offers different payment options to support our families with their financial commitment. Should you wish to discuss these options with me please ring the school during open school hours.

I strongly encourage you to support your daughter’s education through personal participation in school events and your attendance at the P&C meetings.

I wish you all a wonderful autumn season.

Elizabeth Amvrazis
Principal

Volleyball Knockout
On Wednesday 26th February the first round of the Volleyball Knockout was held at Ryde Secondary College. After some early nerves the girls quickly settled down to win convincingly 3 games to Zero. The girls are keen to train twice a week for round 2 which will be against the winner of Pennant Hills/Cheltenham Girls.

Congratulations to Annabelle Mawhinney, Shona Watt, Maddison James, Jasmine Mandy, Madison Williams, Lily Mugridge, Natalie Letzner and Elyse Horne.

Also BIG thanks to Mrs Mawhinney for helping to drive the girls.

Well done girls.

Mrs Carter
2014 Spirit Week
Beginning Monday 17th February was Spirit Week at Asquith Girls H.S. which involved the whole school's participation throughout the course of the week. The aim of the event was to raise school spirit which proved to be successful by Friday or also known as “Freaky Friday”. Spirit Week consisted of five themed days filled with fun and excitement for both the student body and staff members. The tradition of hiding the spirit stick and musical bells was included in each day's fun.

Monday had the theme of 'Movies' where students were welcomed in the morning by the “Paparazzi” taking pictures as they ‘strutted their stuff’ down the red carpet. The school bells continued the theme of “Movie Monday” with the soundtracks of many hit movies guiding the girls to their classes. The day concluded with lunchtime spent in the hall watching a variety of Short Films that Pixar had to offer.

“Disney Tuesday”, being one of the highlights of the week, saw a large number of teachers dress up in their favourite Disney character. The student involvement was enormous with Tiaras and Mouse ears dominating the Disney accessories. The competition during the Assembly that day saw Ms Hanks take home the award for “Best Dressed” and the CAPA Staff win the award for “Best Dressed Faculty”. The Prefects “Frozen” video and the musical bells added to the excitement of the day.

It was SRC’s turn on Wednesday with the theme being “Wacky”, giving students and teachers the opportunity to go all out with their hair and accessories. Creativity amongst the students was evident whether their ideas stemmed from a celebrities look or just colourful hairspray to lighten the day. During lunchtime, the SRC held a barbecue for the school which was quite successful.

Thursday brought the school a “Warrior” theme which corresponded with the Leadership Team’s theme of 2014. Warrior Thursday was a success in bringing out the pride, spirit and enthusiasm out of the school. Students were encouraged to wear wall paint stripes on their cheeks to promote the theme. During lunchtime, Asquith Boys visited the school to verse the Girls in a friendly Oz tag match. The girls put up a strong fight but unfortunately the boys stole the game. Nevertheless, school spirit was greater than ever.

The final day of the week brought us “Freaky Friday” which consisted of the Teacher’s dressing as Students while the Students dressed as their favourite Teachers. It was surprising how many students resembled various teachers and how young a few of the teachers looked when dressed in the uniform.

Overall, the week was a giant success in raising school spirit and enthusiasm. This year’s spirit week brought new traditions which will hopefully be continued in the coming years. Congratulations to everyone involved!

Alana, Emily and Leila
Media and Events Prefects
**From the Deputy**

Another couple of weeks have gone by and what a fast-paced Term 1 this is! Year 7 parents & caregivers were welcomed at a BBQ and information evening on Wednesday 12 February at 5:30pm. Thank you to all of the staff and SRC involved in cooking the wonderful BBQ and providing valuable school information to the new parents and students of the school.

Sentral Parent Portal letters were issued during Week 4 and 5 and if you have received the confirmation letter, please sign the authorisation slip and send it back to school to allow us to activate your account. The Parent Portal allows parents to view their daughter/ward’s attendance, reports and a variety of other functions. If you have not received this letter outlining the access procedures, please contact the school as soon as possible.

Another reminder that all health care plans for students are required to be updated annually. If your daughter has a health concern that requires a plan (eg asthma, diabetes, anaphylaxis), it is most important that the school receives this promptly so we are able to best look after her.

Year 7 Camp was again a wonderful success. Thank you to all the staff that were involved in organising and running the camp. The Year 7 cohort enjoyed getting covered in mud at ‘Mud World’ and also learnt to work collaboratively on the high ropes and abseiling challenges. From all accounts, the students thoroughly enjoyed the weather, food and the opportunity to strengthen their new friendships that they have made during the first few weeks of high school.

On 7 March, we have the International Women’s Day Breakfast which is a prominent event on the school calendar each year. As a school, we are looking forward to meeting with members of the community and celebrating the success of women in past and present society.

On 8 March, AGHS will be conducting the Enrichment Test for current Year 6 students that will be attending the school next year. This test will support the decision making process for the allocation of students into the enrichment class for 2015. The test will begin at 9:00am in the hall. Please arrive at the hall 30 minutes prior to the test for registration.

With a busy few weeks ahead for the school, including extra-curricular activities, inter-school sporting events, the submission of assessment tasks and sitting of examinations across multiple year groups, we please ask that you all continue to take care of each other and please contact the school with any concerns you may have.

*Mr Robinson  
Deputy Principal*

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**Maths On THursday**

A quiet place to complete your Maths HW  
Get free help from a Maths teacher  
Available to Years 7-10  
In the Library every Thursday 3:10-4:15pm  
See you there … Bring a friend!!

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2014 - Asquith Girls HS - developing high achieving young women who are responsible and independent leaders and learners
P & C News

It turned out to be a beautiful afternoon on the school oval for our barbeque for the Years 5 & 6 Open Night on Tuesday. The weather turned favourable, and the oval looked a treat! The P&C team worked like clockwork, and we had everything sorted in a timely manner, and presented a welcoming face for visitors to the school. I understand the tour of the school was very well received, and the staff and students did a great job presenting the faculties.

It was great to meet some of the new Year 7 parents last month at the Year 7 meet and greet, and we would really appreciate some more new parents becoming involved in the P&C. The demands of P&C involvement are much less than what you may have experienced in primary school, so do not think a bigger school means a bigger P&C role. Rather, the opposite is more often the case. Please come along to our next meeting to see what happens in your daughters’ school, and just keep abreast of what the P&C is doing.

It’s extraordinary to think that term 1 will be drawing to a close in a few short weeks. Our next meeting is Wednesday March 12th, at 7:30pm in the staff common room. Please visit the meetings tab on our web site to find a map to the common room. We look forward to seeing you there.

Michael Ficker P&C President
Email: President@AGHSPandC.org.au
Web: www.AGHSPandC.org.au

Dates for the Diary:
P&C Meeting 7.25pm
Wednesday 12 March 2014

AGHS P&C UNIFORM SHOP
~ Now Open Mondays 8-9am ~

We Sell: 2nd Hand Uniforms plus
New Cooking Apron/Cap
New School Cap & Socks

New Poly-Cotton Jumpers In Stock
Poly-cotton school jumpers have arrived at last!
Sizes 14-22 in stock NOW - $60 each

We also have limited stock of
new sports shirts, track pants & jackets

Donations of 2nd Hand Uniforms gratefully received - Thank You!

IMPORTANT DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enrichment Test</td>
<td>Saturday 8 March</td>
</tr>
<tr>
<td>Year 7 Reports issued</td>
<td>Monday 10 March</td>
</tr>
<tr>
<td>Talent Fest Heats commence</td>
<td>Wednesday 12 March</td>
</tr>
<tr>
<td>P &amp; C Meeting</td>
<td>Wednesday 12 March</td>
</tr>
<tr>
<td>Talent Fest Finals</td>
<td>Wednesday 2 April</td>
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</tbody>
</table>

Anti-Racism Contact Officer

The NSW Department of Education and Communities (DEC) rejects racism in all its forms and is committed to the elimination of racial discrimination.

It is our aim to work with all of our school community and ensure Asquith Girls High School is free of racism and is a productive, safe and enjoyable experience for all students.

Any concerns in relation to racism must be directed to the school’s Anti-Racism Contact Officer (ARCO) Ms Valladares. All complaints will be dealt in accordance with DEC procedures.

Information about the role of the ARCO and parent access to them is available on the DEC website.


2014 - Asquith Girls HS - developing high achieving young women who are responsible and independent leaders and learners
Career Department Information
Research has shown that parents can have a significant influence in the career planning of their children. In fact, the research indicates that parents are the most influential factor. However, parents often feel under prepared for this task due to the complex nature of tertiary education and careers.

This is a reminder to all parents that if you wish to see all the career-related activities and opportunities that are offered to high school students, then you should regularly access the mhscareers website (www.mhscareers.com). This enables Year 10, Year 11, and especially Year 12 parents and students to be informed about all the work and further education options and opportunities available post school.

This site is available for all students (and their parents and caregivers) who attend registered schools. Asquith Girls High School is a registered school.

Enter mhscareers in google.

To enter the site, parents need to put in parent and use the password “14cairns”. Students put in student and use the same password.

The site allows parents and students to increase their knowledge in many ways.

- Firstly, parents and students can register to receive weekly email alerts that inform them of most career activities such as open days, scholarship opportunities, employment recruitment programs, information nights, etc. Click onto Contact Us and click on register in the NSW section. After completing this, you will receive a regular email telling you of all the activities that are relevant to a school leaver and career planner.

- Secondly, it includes links to many sites relevant to young career planners such as career quizzes, universities, TAFE, private colleges, defence force, police, nursing, apprenticeships, etc. (the list goes on). This can be found in the POST-SCHOOL section.

- Finally, you can use the information for job searching, resume construction, career advice, and much more.

This site should prove very useful to both parents and students throughout this year.

Eric Sekula
Careers Adviser AGHS

NSW Junior Dance Ensemble
Congratulations to Arabella Glaesel of Year 8, who successfully auditioned for the ‘NSW Junior Dance Ensemble’. We can’t wait to see your performances throughout the year.

Lawn Bowls
During the last school holidays, Louise Cronan, Year 8, was selected for the NSW Junior Lawn Bowls team. She attended a three-day State Training Camp and is looking forward to State competitions in the future. Well done Louise. Louise is pictured in the front row.
Music News

Music Camp
Organisation for the 2014 Music Camp is now underway and will involve all students in the Wind Ensemble, Concert Band, Stage Band and Vocal Ensemble. Information regarding the Music Camp was emailed directly to parents, however, if you did not receive this information, please contact Mrs Manton at alex.manton@det.nsw.edu.au

The three day camp will be held at Galston Crusader’s Centre and students will have the opportunity to participate in a variety of musically rich activities including rehearsals, sectionals, tutorials with professional tutors and a workshop with professional musician Shaun Barlow on beatboxing and improvisation. Music Camp will also include a variety of social activities throughout the camp which are run by our fantastic Year 12 students.

I look forward to your daughter’s involvement in Music Camp. If you have questions regarding camp, please email Mrs Manton.

Music Ensemble Fees
All members of the extracurricular music ensembles including Wind Ensemble, Concert Band, Stage Band, Vocal Ensemble and Junior Choir are reminded that payment for Term 1 is now due. Please pay your fees to the front office. Fees are as follows:

<table>
<thead>
<tr>
<th>Ensemble</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Membership for Wind Ensemble, Concert Band or Stage Band</td>
<td>$70 per term</td>
</tr>
<tr>
<td>Additional Membership for either Wind Ensemble, Concert Band or Stage Band</td>
<td>$20 per term</td>
</tr>
<tr>
<td>Vocal Group or Junior Choir</td>
<td>$30 per term</td>
</tr>
</tbody>
</table>

Drama Club
Year 8 Drama Club will be commencing on Tuesday 4th March at 2:30pm-4:00pm. If you daughter would like to be involved, students are to see Mrs Sekula in the Creative Arts Staffroom.

Talent Fest
Our annual Talent Fest is just around the corner with the first heat commencing on Wednesday 12th March with heats running for 2 weeks. Students are encouraged to attend the heats which are held during lunchtimes in the school hall. Entry to each heat is 50cents with the final being held after the Cross Country on the 2nd April after lunch. Best of luck to all contestants!

Strictly Ballroom
All Creative Arts students in years 9-12 have been invited to attend a matinee performance of “Strictly Ballroom” on Wednesday 21st May. Students are encouraged to pay as soon as possible to secure their ticket.

New York Tour
All students attending the CAPA New York Tour are reminded to hand in all paperwork as soon as possible. More forms will be emailed to you shortly. Please ensure you answer ALL questions as the Department of Education is extremely particular about their paperwork. You will feel like you are answering the same questions multiple times, and we appreciate your patience in this paper-heavy process.

The next instalment of $1500 is now due and the final pay date is Thursday 3rd April 2014.

CONTACT DETAILS

Have you changed jobs, moved house or changed phone numbers (including work and mobile) or have a new email address?
Please make sure your details are up to date so we can contact you when your child needs you.
Changes must be advised in writing. Change of Details forms are available from reception.

2014 - Asquith Girls HS - developing high achieving young women who are responsible and independent leaders and learners
Student Wellbeing

Student Motivation and Engagement
Last year nearly all students from years 7 -11 participated in a motivation and engagement survey. The results of this survey have prompted teachers to try a variety of motivation and engagement strategies in their classes. This is just one of the actions the school is taking to help tackle the issue of student disengagement. A number of welfare programs have also been put in place this year to increase the levels of student motivation and engagement. It is hoped this coordinated approach will improve student outcomes and be reflected in future results when students are surveyed again later in the year.

The Welfare Team
2014 Year Advisers and Assistant Year Advisers

<table>
<thead>
<tr>
<th>Year</th>
<th>Advisers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 7</td>
<td>Ms Ridley &amp; Ms Overhall</td>
</tr>
<tr>
<td>Year 8</td>
<td>Ms Palma &amp; Ms Prosser</td>
</tr>
<tr>
<td>Year 9</td>
<td>Ms Horne &amp; Ms Bird</td>
</tr>
<tr>
<td>Year 10</td>
<td>Ms Horler &amp; Ms Young</td>
</tr>
<tr>
<td>Year 11</td>
<td>Ms Ebrahimi &amp; Ms Lowe</td>
</tr>
<tr>
<td>Year 12</td>
<td>Ms Key &amp; Mr Bell</td>
</tr>
</tbody>
</table>

Head Teacher Female Students – Ms Gough
Learning Support – Ms Ridley
School Counsellors – Ms Meehan and Mr Bazzo

Welfare Programs
Several activities which address student wellbeing in a number of areas have been planned for this year. This term Year 8 students have the opportunity to attend a free health seminar by ‘FreshEd’ which will explore being sun smart and skin care. Your daughter will receive further information to take home about this initiative. Year 10 students this term have the chance to hear from Senior Constable Julie Jones, our region’s School Liaison Police Officer, on the topic of safe celebrating.

Student Health
The school recently had a report of a student with Hand Foot and Mouth Disease. Please read the summary below and/or the fact sheet provided and remind your daughters about the importance of hygiene.

Hand Foot and Mouth Disease
Time from exposure to illness:
3 to 5 days.

Symptoms:
Mild illness, perhaps with a fever, blisters around the mouth, on the hands and feet.

Do I need to keep my child home?
Yes, until the blisters have dried.

How can I help prevent spread?
Careful hand washing, especially after wiping nose, using the toilet and changing nappies.

Hand, Foot and Mouth disease

Last updated: 1 July 2012

What is hand, foot and mouth disease?
Hand, foot and mouth disease is generally a mild illness caused by the coxsackie virus. It is not a serious illness and is not at all related to the foot and mouth disease that affects animals. It mainly occurs in children under 10 years of age but can also occur in older children and adults.

What are the symptoms?
- Coxsackievirus infection may cause no symptoms at all or only very mild symptoms
- When symptoms do occur, they include blisters that start as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the hands and feet. In infants, sometimes blisters can be seen in the nappy area. Blisters usually last for seven to 10 days
- Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may be off their food for a day or two
- Very rarely, the coxsackieviruses can cause other illnesses that affect the heart, brain, lining of the brain (meningitis), lungs, or eyes.

How is it spread?
- Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters
- It usually takes between three and five days after contact with an infected person before blisters appear. The virus can remain in faeces for several weeks.

Who is at risk?
- The viruses that cause hand, foot and mouth disease are common and adults, including pregnant women, are often exposed to them without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers can pass the infection onto newborn babies who rarely can have severe disease
- Outbreaks may occur in child care settings.

How is it prevented?
- Good hygiene is the best protection: wash hands with soap and water before going to the toilet, after eating, after wiping noses, and after changing nappies or soiled clothing
- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks)
- Thoroughly wash any soiled clothing
- Ensure the mouth and nose are covered when coughing and sneezing. Wipe the nose and mouth with tissues, dispose of used tissues and then wash your hands.

How is it diagnosed?
The doctor can diagnose hand, foot and mouth disease based on the symptoms. Laboratory tests are not usually necessary.

How is it treated?
Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin. If the headache is severe, or if fever persists, consult a doctor.

What is the public health response?
Hand, foot and mouth disease is not notifiable. Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried.

To help prevent spread, parents should report the illness to the director of the childcare centre or school principal.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au
**NSW School Immunisation Program**

Each year NSW Ministry of Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school based vaccination program.

In 2014 the following vaccines will be offered:

- Varicella (Chickenpox) vaccine - 1 dose for all Year 7 students who have not previously received Varicella vaccine or had chickenpox disease.
- Diphtheria, tetanus and pertussis (whooping cough) vaccine - 1 booster dose. This dose was previously recommended at 15 years of age. Your child will only be offered this vaccine in Year 7.
- HPV vaccine (Human Papillomavirus) - a 3 dose course.

Doctors recommend vaccination against HPV to prevent cervical and other cancers. Vaccination of all Year 7 students (& Year 9 boys only) is ideal because the immune system gives a strong response to vaccines at this age.

*Parent Information Kits* have been sent home to parents/guardians in week 4. To consent to the vaccination of your child, parents/guardians are advised to read all the information provided, complete the Consent Forms and return them to your child’s school by Thursday March 8th. Please ensure your child eats breakfast on the day of the school vaccination clinic.

Parent/guardians who do not want their child vaccinated for any reason, just need to return the parent information kits unopened with your child’s name, class and a parent/guardian’s signature. This ensures the school knows parents/guardians have received them.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child’s name) on the Consent Form, as this is required to record the student’s information on the National HPV Register and for female students only, link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at the clinic. Parents / guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this record of Vaccination.

**Immunisation Coordinator**

Tanja Green
### The Canteen Menu

#### HOT FOOD

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter chicken</td>
<td>$3.50</td>
</tr>
<tr>
<td>Cheese/herb bread (v)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Chicken Burger + sauce</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken tenders + sauce</td>
<td>$3.00</td>
</tr>
<tr>
<td>Creamy tomato pasta (v)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Fantastic Noodles</td>
<td>$3.00</td>
</tr>
<tr>
<td>Fried Rice</td>
<td>$3.00</td>
</tr>
<tr>
<td>Garlic bread (v)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Lasagne or Bolognai</td>
<td>$3.50</td>
</tr>
<tr>
<td>Pie + sauce</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pizza slab (veg or H/P)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Sausage roll + sauce</td>
<td>$3.00</td>
</tr>
<tr>
<td>Spinach Roll (v) + sauce</td>
<td>$3.00</td>
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#### * ORDERS ONLY

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Fried rice (v)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Grilled beef burger*</td>
<td>$4.00</td>
</tr>
<tr>
<td>Nachos*</td>
<td>$4.00</td>
</tr>
<tr>
<td>Soup* + hot cheese roll</td>
<td>$3.00</td>
</tr>
<tr>
<td>Toasted Sandwich from</td>
<td>$3.00</td>
</tr>
<tr>
<td>Vegie Pie (v)*</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

All orders for recess or lunch must be in 1 hr before required

<table>
<thead>
<tr>
<th>Sandwiches / Wraps</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandwiches/Rolls from</td>
<td>$3.00</td>
</tr>
<tr>
<td>Sushi (M, T, W, Th, F)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Gourmet Turkish from</td>
<td>$4.00</td>
</tr>
<tr>
<td>Wraps</td>
<td>$5.00</td>
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#### EXTRAS

<table>
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<th>Item</th>
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</thead>
<tbody>
<tr>
<td>Sauces</td>
<td></td>
</tr>
<tr>
<td>Tomato, sweet chilli, mayo,</td>
<td></td>
</tr>
<tr>
<td>bbq</td>
<td>$0.10</td>
</tr>
<tr>
<td>Fork/spoon</td>
<td>$0.10</td>
</tr>
<tr>
<td>Container with lid</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

#### Ice blocks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Calyppo</td>
<td>$1.00</td>
</tr>
<tr>
<td>Frozen yoghurt</td>
<td>$2.00</td>
</tr>
<tr>
<td>Icy twist</td>
<td>$1.50</td>
</tr>
<tr>
<td>Paddlepop (flavours)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cyclone</td>
<td>$2.00</td>
</tr>
<tr>
<td>Paddlepop thickshake</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

---

### TERM 1, 2014

Open from 8.20am daily

Separate Breakfast menu - includes cereal, melts, fresh yoghurt & fruit

#### SALADS#

**ORDERS PREFERRED**

- Fruit, Garden, Greek, Tuscan
- Brown Rice Salad $3.50
- Garden Salad with Ham or Chicken or Egg, Chicken Caesar, Thai Beef, Asian Chicken, $4.50

# Please check which salads are available when you order

#### SNACKS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana bread</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chips</td>
<td>$1.20</td>
</tr>
<tr>
<td>Friand</td>
<td>$2.50</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td></td>
</tr>
<tr>
<td>from $1.00</td>
<td></td>
</tr>
<tr>
<td>Gingerbread kid</td>
<td>$1.50</td>
</tr>
<tr>
<td>Muffin</td>
<td>$2.00/$3.50</td>
</tr>
<tr>
<td>Yoghurt (96% fat free)</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

#### DRINKS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cans</td>
<td>$2.50</td>
</tr>
<tr>
<td>Diet coke (600ml bottle)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Iced Tea (bottle)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Juice 350ml</td>
<td>$3.00</td>
</tr>
<tr>
<td>Juice box</td>
<td>$1.50</td>
</tr>
<tr>
<td>Milk (flavours)</td>
<td>$2.00/$3.00</td>
</tr>
<tr>
<td>Milk (plain)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Milk 1L (lite)</td>
<td>$2.50</td>
</tr>
<tr>
<td>Mt Franklin water</td>
<td>$2.00</td>
</tr>
<tr>
<td>Pump Water - mini</td>
<td>$1.50</td>
</tr>
<tr>
<td>Pump Water - flavours</td>
<td>$3.50</td>
</tr>
<tr>
<td>Soy milk UHT/Up &amp; Go</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

#### GLUTEN FREE/LACTOSE FREE ITEMS AVAILABLE

**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**

- **SCIENTIFIC CALCULATOR $30**
- **MATHS GRID BOOK $2.50**
- **VISUAL ART DIARY $10**
SINGLE PARENTS

FAMILY BBQ

Are you looking for activities to do with your children? Do you want to make friends with other single parents who share similar experiences to you?

Then come along to the Single with Children family BBQ!

Join us for a day of fun at Lake Parramatta Park and sausage sizzle. This is a beautiful location with walking trails alongside the lake, children's play equipment and enough open spaces to throw a ball. There is even a cafe on site for the adults who really need a coffee to get through the day.

WHERE: Lake Parramatta Lake, St. North Parramatta
WHEN: Sunday 30th March
TIME: From 10:30 am, sausage sizzle starts at 11:30 pm
WHAT TO BRING: Bring picnic rugs and air folding chairs, BYO snaks/salads etc.
COST: Nil: Non-members $2.50 for a sausage sandwich and drink, (free for members - 1 per child/child)
WHO'S INVITED: All single parents and their children. Non-members welcome and if you join on the day - receive $5.00 off membership.
RSVP: By Friday 22nd March - Lauren Bennett 0416044400

For information call 1300 380 496 or go to www.singlewithchildren.com.au

Single with Children is a non-profit social organisation operated by the Single Parent Family Association. We provide social activities every week for both male and female single parents as well as their children.

ARE YOU A SINGLE PARENT?

Every week Single with Children provides fun and exciting activities especially for single parents and their children (many activities are subsidised or even free)

It's a great way to meet and get to know people in your area.

To find out more and get a FREE copy of our social calendar, contact us today.

Call 1300 300 496

Or visit our website:

www.singlewithchildren.com.au

BENEDICTINE MONASTERY ARCADIA

is holding their

49TH ANNUAL COUNTRY FAIR

121 Arcadia Road, Arcadia
9th March 2014

- Plants
- Sweets
- BBQ
- Choc. Wheel
- Raffles
- White Elephant
- Hot/Cold Drinks
- Farm Produce
- Cakes
- Fancy Goods
- Jumping Castle
- Face Painting
- Merry-go-round
- Pony Rides
- Tours of the Monastery - 11:00am / 12:00pm / 1:00pm / 2:00pm

MAJOR RAFFLE PRIZES

1st: $1000 travel voucher or computer goods
2nd: $150 shopping voucher
3rd: $75 shopping voucher

- COUNTRY DAY
- MASS TO BEGIN 10.00AM
- FETE TO BEGIN 10.30AM

RAIN OR SHINE - TELEPHONE 02 9653 1159
www.benedictine.org.au/go/countryfair

In aid of the Benedictine Missions

BENEDICTINE MONASTERY ARCADIA
121 Arcadia Road, Arcadia
Telephone: 02 9653 1159

proudly supported by
CASTLE HILL RSL CLUB
77 Ceteo Street, Castle Hill
Telephone: 02 9650 6800

9TH MARCH 2014
workshop dates

Our monthly workshops are held during the weeks listed below on the corresponding day and between 9:30 am and 11:00 am. Mentoring is held each week as arranged with your mentor, except in school holidays.

Information Sessions
Week starting 17 February 2014
Monthly Workshops
SET—Week starting 24 March 2014
DREAM—Week starting 28 April 2014
PARENTS—Week starting 26 May 2014
SKILL—Week starting 1 June 2014
EARN—Week starting 29 July 2014
CHECK—Week starting 26 August 2014
HOPE—Week starting 2 September 2014
REVIEW—Week starting 22 October 2014

Graduation Celebration
Friday 14 November 2014

Workshops are held on:
Mondays in Dine Way, NSW
Tuesdays in Dapto, NSW
Wednesdays in Illawarra, NSW
Thursdays in Wollongong, NSW
Fridays in Illawarra, NSW

RAISE Foundation
Dine Way, NSW
PD Box 564
Dine Way, NSW

PHONE 0426 9 RAISE
FAX 9928 7231
EMAIL info@raic.org.au

workshops

what do we do at the workshops?
- get out and meet other young mums
- do fun stuff like yoga, massage, self-defence
- take some time out just for yourself
- learn basic skills and gain confidence
- go to movies or events together
- talk about topics that you choose
- get into and access services
- have guest speakers visit us
- give and get support
- share your knowledge
- have lots of laughs

who are the mentors?
The mentors are volunteers from the community who are interested in helping young mums. They are older but they are fun and kind. The mentors are also mentors to the young mums too, so they understand what it's like having a baby, and they will be keen to share experiences and hear about what it's like for you. They will support you and be there for you and everything you talk about with them is confidential. The only time they might have to break confidence is if you tell them you are at risk of harm. Otherwise, everything is kept just between you.

bump

you don't have to do it alone

Bump is free
Food is supplied
Babysitting is provided

For more info call or text us now at
0426 9 RAISE

mentoring

how does the mentoring work?

Send us your application form, send us a text or give us a ring and let us know you would like to join Bump. We will arrange to meet you somewhere easy, like at your prenatal class or local park for the first time, and then you organise with your mentor when you would like to meet from then on. She will see you once a week, as per time for an hour on any day and at any time that suits you best, maybe in a cafe or playground. Once a month, you also go to the Bump workshop together, and take your baby along with you. We provide free babysitting for them on the premises while you do the workshop with the other young mums. Your mentor will tell you what to do unless you ask, and is just there to listen. They can help you do jobs, do exercises together, or just keep you company and have a chat.

2014 - Asquith Girls HS - developing high achieving young women who are responsible and independent leaders and learners
Alcohol fuelled violence in our community

Essential new information for parents, professionals and local services covering
- Alcohol issues in Australian society – what can we realistically do?
- Teenagers and alcohol

Featuring Paul Dillon – keynote speaker and bestselling author of Teenagers Alcohol and Drugs. Regarded as a key social commentator, Paul is a nationally recognised drug education specialist with 25 years experience in the field.

The night will be hosted by David Citer, Manager of the KYDS Youth Development Service.

Q&A panel featuring NSW Police, NSW Health and other industry professionals to provide insight and answer your questions.

When: Tuesday 25 March 6.45pm-9pm
Where: Hornsby RSL (main showroom)
        4 High Street Hornsby
        (Hornsby RSL supports local community initiatives)
RSVP: Please call Paul Stuart on 9477 8729
      or email pstuart@nsmi.com.au

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