



# Christ the King, North Rocks

Term 3, Week 3

3rd August, 2017

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## Term 3, Week 3

### Friday 4th August

- \* **SCHOOL CENSUS DAY**
- \* **SCHOOL PHOTO DAY**  
Family Photos from 8am in the Library  
(or Yr 6 if it's raining)
- \* **Band 7.45 All students + lessons throughout the day**
- \* **Lunch Orders**
- \* **HEALTHY EATING AFTERNOON**
- \* **TEA 2pm in the Library**
- \* **Kindy Mum's Night out 7pm**

### Sunday 6th August

Feast of the Transfiguration of the Lord

- \* Year 2 at Sunday Mass 10am

## Term 3, Week 4

### Monday 7th August

- \* **Sport Program: All Children in Sport Uniform**
- \* **Lunch Orders**
- \* **COOL KIDS MUSIC 3pm—4pm**

### Tuesday 8th August

- \* **SCHOOL PHOTO CATCH-UP DAY (Yr 4 + Yr 3 grade photos)**
- \* **Uniform Shop 8am—12:30pm**
- \* **PE: Year 2, Year 1 [Gr1], Year 5**
- \* **Mary MacKillop Production (School Incursion—CTK students only)**

### Wednesday 9th August

- \* **Writing Club 8am in Year 4**
- \* **Lunch Orders**
- \* **PE: Yr3, Kindy**
- \* **Maths Club 1:30pm in Year 3**
- \* **Chess 3.00-4.00pm**

### Thursday 10th August

- \* **Choir 8am**
- \* **PE: Year 1 (Gr2), Yr 4, Yr 6**

### Friday 11th August

- \* **Band 7.45 All students + lessons throughout the day**
- \* **NO LUNCH ORDERS TODAY**
- \* **Yr 6 BBQ fundraiser lunch day**
- \* **Yr 2 grade assembly 2:15pm (in Year 2 classroom)**
- \* **Yr 2 Mum's Night out 7pm**

Dear Parents

The readings this Sunday are heavily focussed on God's love for us. To enjoy the unconditional love of God, we need to seek forgiveness enabling us to restore us to life and keep us safe in our Heavenly Father's care. Part of this love shared by God with all of us we are asked to join him, to be missionaries very much like the Apostles are asked in this week's Gospel as they shared their love and concern for the thousands that joined Jesus to hear him preach. In our mission the love of God encourages us to hear the cry of those in our everyday life who are reaching out to us for love, friendship, compassion and help. Let us strive in our daily lives to share God's love with others and be missionaries like Christ in reaching out to those less fortunate than us.

In recent weeks I have read several articles around the benefits of multiculturalism in our schools. At Christ the King we are fortunate to be part of a multicultural community that allows our students, staff and families to learn and share in the cultural diversity and customs of various ethnic backgrounds. As a Catholic Christian community we are encouraged to be understanding and supportive of all our community's cultural backgrounds as we work, learn and worship in collaboration united as one parish and school. Our children therefore require the maturity and support of the adults around them at both home and school, to establish a community of collaboration, respect and understanding that unites all our ethnic backgrounds within our community. As adults whether in the roles as teachers, parents or mentors we need to convey to our children that God made us in his own image and in doing so, assist them in understanding that no one culture or ethnic group is better than the other. A spirit of co-operation, tolerance and appreciation of our community's cultural diversity is an ongoing responsibility of all of us and something we should all experience and embrace.

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Last Friday we celebrated **Grandparents** with a beautiful liturgy, open classrooms and concluding with morning tea and a performance from the band. It was a great community day to see many of our student's grandparents participate in the celebrations with their grandchildren. There were many smiling faces both young and old enjoying the morning's activities. Thankyou to all the grandparents who attended and the parents and family who made it possible for our senior members of our families to attend. Thank you to Mrs Burley for co-ordinating the day and to the teachers for their support. Thank you also to Mrs Walsh for sharing with us, her reflection of 'Being a Grandparent'. A community thank you also to the families who provided morning tea and to Mrs. Trofa and our Cuppa Crew who organised and facilitated morning tea. Congratulations and thank you to everyone who contributed to making the morning a great community experience.

*Principal's address continued on next page.....*



Last week I mentioned a few concerns I had about the hair styles of some of our boys. In fairness to all concerned, today I would like to review what hair ties, ribbons and accessories are permissible for our girls to wear. Below are several photographs of what hair accessories are available from the uniform shop and what is permissible for the girls to wear in their hair. Please refrain from allowing your daughters to wear large bows and other coloured items that are not shown below. Your co-operation in this matter will be appreciated and expected.



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Tomorrow is Census day for all schools across the state. This data-gathering day is a significant process that assists in the distribution of state funding for our schools. The data collected forms the basis of Recurrent Per Capita grants provided to the Diocese each year by both the Australian and State Governments. Part of the process involves schools providing a head count of the student population and details of students absent tomorrow regardless of the reason for their absence. Students are expected to be at school tomorrow as is the expectation each day. It is most important that if your child is absent from school tomorrow you must follow this up immediately on Monday next week with a written explanation for their absence.

Tony Hughes  
Principal

# SMILE

## **SCHOOL PHOTOS : TOMORROW, FRIDAY 4<sup>TH</sup> AUGUST**

**Year 4 & Year 3 Individual photos on Friday 4<sup>th</sup> August**

**Year 4 & Year 3 Grade Photos on Tuesday 8<sup>th</sup> August**

**Students absent on Friday 4<sup>th</sup> August will have their Individual photo taken on Tuesday 8<sup>th</sup> August but will miss out on being in the Grade photo (except Year 4 & Year 3)**

***Please take the time to read the relevant information on the MSP Photography payment envelope and remember these helpful points:***

- Family photo sessions (siblings only at school) begin at 8am in the Library for those families available. In the event of wet weather, Family photos will be taken in the Year 6 classroom.
- **EVERY CHILD MUST HAVE THEIR OWN ENVELOPE ON PHOTO DAY** even if they are not ordering a photo package.
- **DON'T** seal envelopes inside each other for more than one child. You can pay for all children in one envelope (please indicate this on the envelopes) however each child must have their own envelope on photo day.
- **CORRECT PAYMENT ONLY—NO CHANGE WILL BE GIVEN** Cash only on the day.  
*Please note: the school office does not hold cash and therefore will not be able to supply any change.*
- Credit card payments can be made online (please follow instructions on envelope) or by calling MSP Office staff prior to photo day. **Your child will still need to HAVE their envelope with them on photo day.**
- Parents are asked to ensure that children wear their full school winter uniform i.e. no jewellery, maroon hair ribbons, neat hair, no nail polish, no make-up, clean shoes, practise smiling.
- **School Photo** envelopes have been sent home **AND ARE ONLY TO BE RETURNED ON PHOTO DAY.**
- **Pre-named Family Photo envelopes** (only for siblings at school) have been sent home.
- *For the convenience of families we are having early morning family photo sessions between 8am-8.45am in the Library. Family photos will then continue during the recess and lunch periods.* We ask that you let your children know if they are having a family photo to avoid confusion on the day. In the event of wet weather, Family photos will be taken in the Year 6 classroom.
- Please ensure your child has their **OWN** photo envelope with full correct payment (and Family Photo envelope if applicable) **ON THE DAY.**
- Specialty photos (Choir, Band, Cool Kids Music, Captivate, School Leaders) will be taken on Friday 4<sup>th</sup> August. Ordering details for these photos will be sent home at a later date.



## Mark In Your Diary

⇒	<b>BOOK PARADE</b>	Tuesday 29th August
⇒	<b>SACRAMENT OF CONFIRMATION</b>	Wednesday 30th August
⇒	<b>FATHERS DAY LITURGY</b>	Friday 1st September
⇒	<b>BAND CAMP</b>	16th / 17th September
⇒	<b>LAST DAY OF TERM 3</b>	Friday 22nd September
⇒	<b>TERM 4 BEGINS</b>	Monday 9th October
⇒	<b>FEAST OF CHRIST THE KING</b>	Friday 24th November
⇒	<b>YEAR 5 CAMP</b>	Wed 29th Nov—Fri 1 Dec
⇒	<b>CHRISTMAS CONCERT</b>	Friday 8th December
⇒	<b>YEAR 6 MOTIV8 FUN DAY</b>	Monday 11th December
⇒	<b>YEAR 6 GRADUATION MASS</b>	Tuesday 12th December
⇒	<b>CTK SWIMMING CARNIVAL</b>	Thursday 14th December
⇒	<b>THANKSGIVING MASS / AWARDS CEREMONY / YEAR 6 FAREWELL / FAMILY PICNIC</b>	Friday 15th December

## ADVANCED NOTICE : STAFF DEVELOPMENT / PUPIL FREE DAY

This term, teaching staff will be involved in a professional learning day on **Monday 21st August**. On this day the staff will be working on our Religious Education and formation goals and how they impact on the children's learning throughout 2017. Please put this date in your calendar it is a pupil free day where there are no classes.

ICAS

## INTERNATIONAL COMPETITIONS FOR AUSTRALIAN SCHOOLS MATHEMATICS



When: Tuesday 15th August 2017.  
Time: **Arrive by 7.45am for an 8.00am start** as assessment takes 55-60 minutes.  
Where: Year 5  
What to bring: 2B Pencil, eraser, sharpener.

## IMPORTANT

- The assessment paper will be sat for **ONLY** on the allocated day above.
- **Students to arrive at 7.50am.** Competition will begin at **8:00am SHARP** to enable students to complete their paper by 8:45am.
- There will be **NO MAKE UP DAY** for students who forget to attend or who are absent from school on the scheduled subject day.

## PARISH NEWS

### EXTRAORDINARY PARISH MEETING WEDNESDAY 16<sup>TH</sup> AUGUST 7:30 PM

An invitation is extended to all adult parishioners to attend this evening which will be an opportunity to gather and hear from the Diocesan Office for Safeguarding and Professional Standards on the Church's response to the revelations of the *Royal Commission into Institutional Responses to Child Sexual Abuse* as well as to share our own reactions to these events and to discuss how we as a parish can also respond. This meeting will take place in the CTK School library from 7:30 to 9:30 PM including light refreshments. Whilst this evening together will be looking at our responses it is not the appropriate forum for individual disclosures of abuse. If you personally have information about abuse that has not been reported please contact the **Office for Safeguarding and Professional Standards** on 8838 3419. Anyone with concerns or allegations of a criminal nature are encouraged to report them directly to NSW police through **Crime Stoppers** at 1800 333 000.

## Happy Birthday in August to:



Kinder *Matthew S*  
*Sienna A*  
*Layla B*  
*Jack R*  
*Abigail M*

Year 1 *Hugo A*  
*Peter A*  
*Matthew R*  
*Olivia K*

Year 2 *Giselle L*  
*Karylle W*  
*Phillip A*  
*George D*

Year 3 *Sophia R*  
*Louis R*  
*Christian E*

Year 4 *Sophia M*  
*Thomas C*  
*Jessie L*  
*William P*  
*Max R*  
*Ava B*

Year 5 *Antonia S*  
*Joshua C*  
*Teja F*  
*Alessia G*  
*Ida H*  
*Marie B*  
*Mickey B*

Year 6 *Nicholas R*  
*Rebecca K*  
*Antonios B*  
*Ashleigh C*  
*Ella D*  
*Brianna C*  
*Grace D*  
*Makayla M*  
*Luca S*

## Christ the King Primary School North Rocks has a new phone number.

For the remainder of 2017 your call will be automatically diverted to the new number and forwarded straight through to the School Office.

Please update your School  
Contact information with this  
new number : 02 8846 2700



## RELIGIOUS EDUCATION NEWS

### Gospel of Matthew — daily prayer and reflection

At Christ the King School we greatly value daily prayerful reading of Holy Scripture.

We acknowledge the significance that reading the narrative of Jesus Christ sequentially has in developing a deep faith and love of Jesus. This is also an opportunity to reveal the true mission and message of Jesus Christ, assisting each of us to recognise and accept our call to live and spread the Gospel values within a contemporary world.

The students at Christ the King School will be reading an online Bible, Bible Gateway at [www.biblegateway.com](http://www.biblegateway.com) and using the Contemporary English Version. This online version has been approved by the Bishop's office, which has been chosen as it uses appropriate language for Primary aged students. You are welcome to use the online Bible or your own Bible at home. Each week in the Christ the King School Newsletter and the Christ the King Parish Bulletin, the weekly readings will be published.

*This week the school community read these readings from the Gospel of Matthew.*

Week	Monday	Tuesday	Thursday	Wednesday	Friday
	<b>July 31, 2017</b>	<b>August 1, 2017</b>	<b>August 2, 2017</b>	<b>August 3, 2017</b>	<b>August 4, 2017</b>
3	Matthew 13:18-23 Jesus Explains the Story about the Farmer	Matthew 13:24-30 Weeds among the Wheat	Matthew 13:31-33 Stories about a Mustard Seed and Yeast	Matthew 13:34-35 The Reason for Teaching with Stories	Matthew 13:36-43 Jesus Explains the Story about the Weeds

*Please join the Christ the King community in prayerfully reading the Gospel of Matthew for Week 4.*

Week	Monday	Tuesday	Thursday	Wednesday	Friday
	<b>August 7, 2017</b>	<b>August 8, 2017</b>	<b>August 9, 2017</b>	<b>August 10, 2017</b>	<b>August 11, 2017</b>
4	Matthew 13:44-50 A Hidden Treasure, A Valuable Pearl, A Fish Net	Matthew 13:51-58 New and Old Treasures, The People of Nazareth Turn against Jesus	Matthew 14:1-12 The Death of John the Baptist	Matthew 14:13-21 Jesus Feeds Five Thousand	Matthew 14:22-33 Jesus Walks on the Water

We hope you all take this opportunity to join us as a Catholic community in prayer and reflection of the Gospel of Matthew.

*Monica Burley, Religious Education Coordinator*

## St Mary of the Cross - Mary MacKillop Feast Day 2017

As part of our celebration of this Feast Day, the students will be involved in an incursion, 'Young Mary' – a Troubie Production on Tuesday 8th August.

The cost of the incursion was included on your school fee account as part of the Excursion / Incursion fee.

### Young Mary

**St Mary MacKillop** was determined, compassionate and steadfast even as a child. This play introduces us to *Young Mary* and we participate in her many fun filled and spirited childhood adventures. We have lots of fun playing games with Mary, and hearing about her pet cow Blorac and her dad Alexander. Then, as she grows, we bear witness to the determination of a hard-working young woman who sets out to eliminate poverty and provide a fair education for all.

This funny, compassionate and entertaining play keeps its young audience involved through great stories, audience participation and moral decision making. They relate wholeheartedly to St Mary MacKillop and also gain insight into her famous quote:

**"Never see a need without trying to do something about it."**  
*St. Mary MacKillop*







### **The Assumption of the Blessed Virgin Mary**

On Wednesday August 15, 2017 we will be celebrating  
The Assumption of the Blessed Virgin Mary.

This is a solemnity that celebrates when Mary was taken up, body and soul, into  
the kingdom of heaven.

As this is a Holy Day of Obligation, the whole school will be attending the Parish  
celebration at 9:00 am.

We warmly invite our families to join us.

*Mrs Monica Burley, Religious Education Coordinator*

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### **UNIFORM SHOP open every Tuesday from 8am to 12:30pm**

Parents are most welcome to place an order through the office. FULL PAYMENT details with all  
orders.

The Uniform Shop can accept Eftpos (credit & debit [not American Express]), cash and cheque (payable  
to Christ the King).

**The Uniform Shop Price List is available on the Christ the King School website.** Go to  
ctknorthrocks.catholic.edu.au and click on the 'Parents' tab then click on Handbook, School Office and  
then Uniform Shop / Clothing Pool. On this page you will find the price list to download.

**NEXT TRADING DAY : TERM 3, WEEK 4 - Tuesday 8th August  
8am—12.30pm**



## **SAUSAGE SIZZLE DAY**

**PRE-ORDERS ONLY— ORDER FORM has been sent home. Copy available at end of this newsletter.  
FOR CATERING PURPOSES, LATE ORDERS WILL NOT BE ACCEPTED**

The Year 6 Graduation Committee will be hosting a delicious sausage sizzle for the children:

**NEXT Friday 11<sup>th</sup> AUGUST**

Our \$5.00 meal deal includes: A freshly cooked sausage in a roll and  
a 600ml bottle of water and a packet of potato chips (served at lunch time)  
Additional sausage sizzles available to order \$3 each (indicate on order form)

Please return the complete order form with payment in an envelope marked "Sausage Sizzle"  
to the office by **TOMORROW, Friday 4<sup>TH</sup> AUGUST.**

**Please note : NO lunch orders available on this day**



### **BAND NEWS**

Congratulations to both the Performance and Training/Concert Bands on their performance  
last week at Grandparents Day. We hope all the grandparents enjoyed seeing them  
perform. Also, Congratulations to Olivia S. and Joshua K. for receiving Band Member of  
the Week.



# Woolies Earn & Learn 2017

This year we are participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school and all we need you to do is shop for your groceries at Woolworths.

**From Wednesday 26<sup>th</sup> July to Tuesday 19<sup>th</sup> September** or while stock lasts, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it's complete, the Sticker Sheet can be dropped into the Collection Box at the school office or place them into the office bags or at your local Woolworths.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit [woolworths.com.au/earnandlearn](http://woolworths.com.au/earnandlearn)

## CTK CELEBRATES BOOK WEEK

### **Escape to Everywhere**

This year the Book Week theme is '**Escape to everywhere**'. Every book you read can magically take you to different places. We have some exciting activities this term to celebrate Book Week.

**Library Competitions** – great prizes to be won.

Creative Writing Activity where you can open a portal to another place, write about a world where you step into.....

Escape to everywhere logo design competition

Escape to everywhere book review. Chose your favourite book to escape into and write a review about it. Remember, don't give away the ending!

Templates for all these competitions are in the library. Students can visit the library Monday to Thursday after eating time at 1.30 pm.

**Guest speaker - Stephen Michael King Friday 18<sup>th</sup> August.** Stephen is an acclaimed author and illustrator who will inspire our students to read, write and illustrate. There will be an opportunity for students to purchase some Stephen Michael King titles, found at the end of this newsletter and order form or pick one up from the office. **For signed copies, orders must be received by TOMORROW, FRIDAY 4TH AUGUST.** Books ordered after this date will not be signed.

**Book Week Parade Tuesday 29<sup>th</sup> August, 2017.** Once again students at CTK can dress up as their favourite book character. Please don't go to any expense, this is a fun activity that helps to highlight the pleasure of reading. Students are welcome to stay in their costume all day if appropriate; otherwise a change of clothes should be brought to school. The parade will occur on the back oval from 9.15 am. Parents and others are welcome to watch students parade.

### **Premier's Reading Challenge 2017**

Students have until Friday 25<sup>th</sup> August, 2017 to enter the books they have read for the PRC into the website. All passwords have been issued, please have your child see me if they are having trouble completing the challenge or entering their books.



# PBS4L

## Positive Behaviours to Support Learning



## At CTK we... Learn and Let Others Learn

We believe at CTK that it is important to care for self and others by learning and letting others learn. We believe this is important in our classrooms, on our playgrounds and in the library, everywhere in our school.

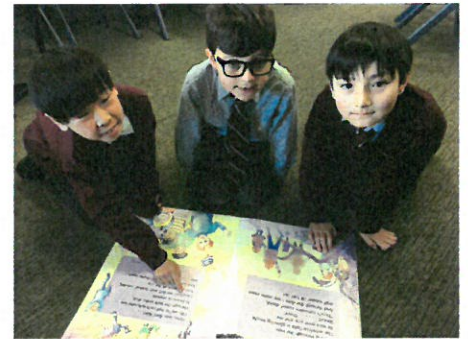


# How do we learn and let other learn?



## Working individually

When we work individually we need to stay focused on our own learning and let our friends do the same. We need to make sure we have all the equipment we need and understand our work so everyone in our class is having success. By doing this we are showing everyone that we respect ourselves and others.



## Working in small groups

When we work in small groups we need to make sure that we are respecting the other members of our group. We all need to all be responsible for contributing to the work and getting the task completed. We need to use quiet voices to share our ideas and be an attentive listener to the other members of the group.



## Working as a whole class

When we work as a whole class we need to be excellent attentive listeners. We need to take turns in talking and we put our hand up when we want to share our ideas. We need to be looking at the person who is talking, so that we are telling them that we are listening. We also need to keep our hands and feet still.



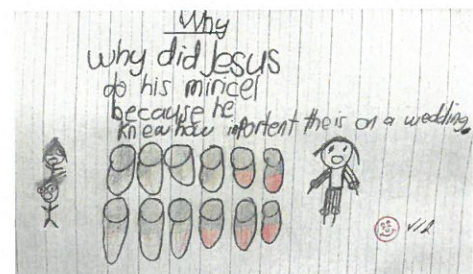
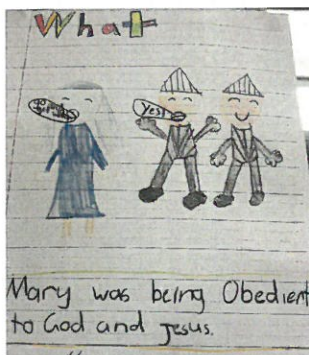
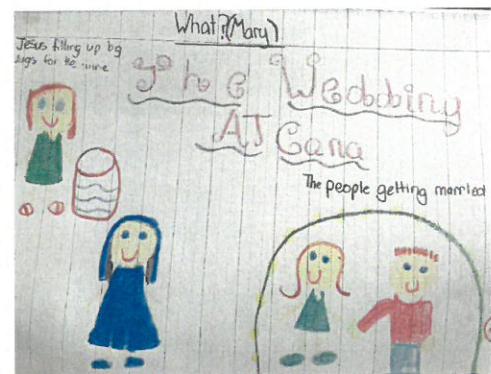
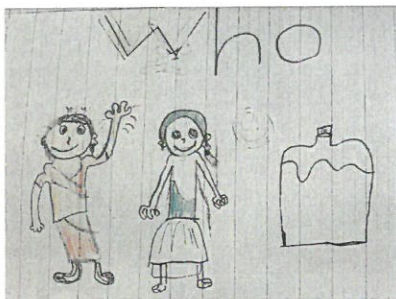
# A sneak peak into Year 3

Term 3 is off to a busy start for Year 3 and we would love to share some of our learning with you!

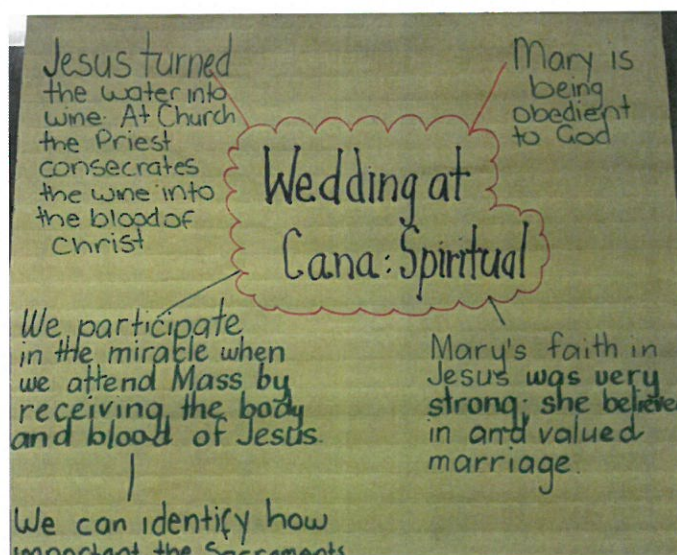
## RELIGION

We have been learning about the key events in Mary's life and the different ways she responded to God's call. We have looked closely at the Wedding at Cana Scripture, where Jesus performed his first miracle.

### The Wedding at Cana at a literal level:



### The Wedding at Cana at a spiritual level:

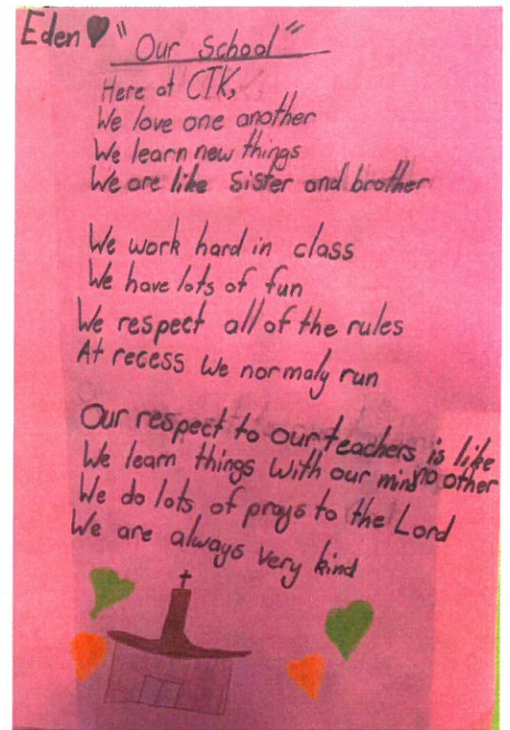
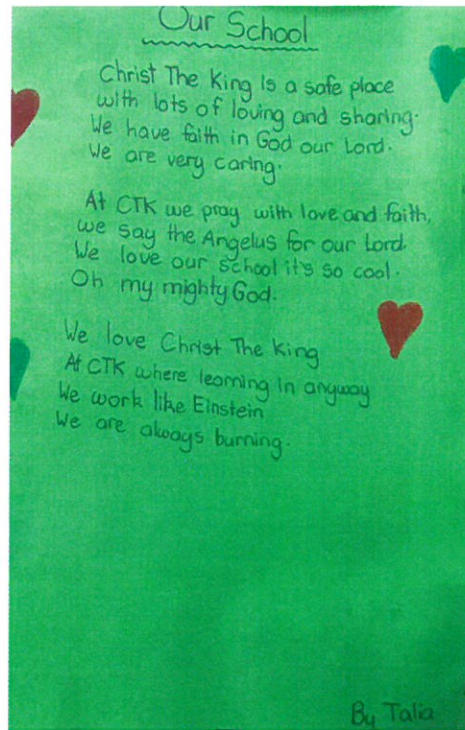




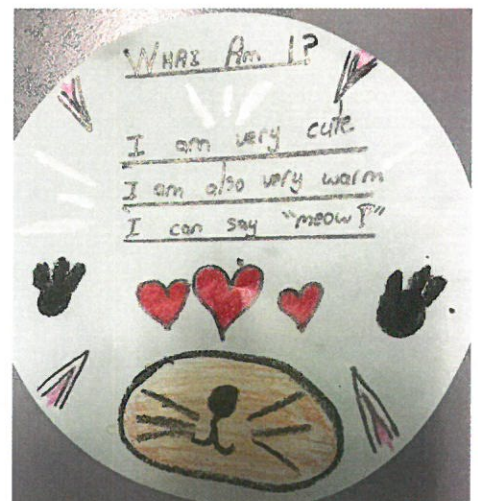
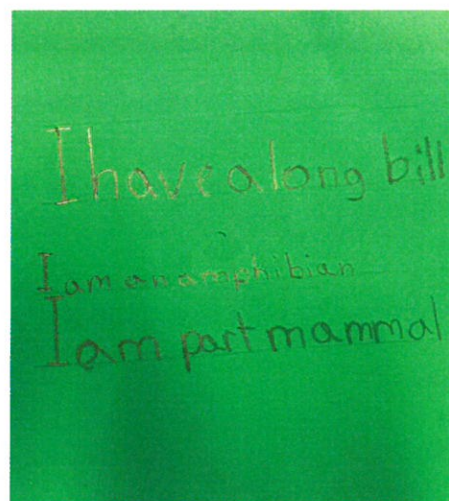
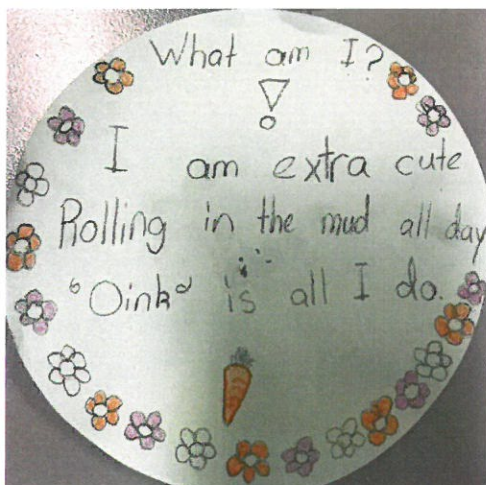
## ENGLISH

We have been learning about different forms of Poetry. We have enjoyed creating our own Haiku's and Rhyming poems that we got to share with our grandparents at Grandparent's Day.

**Rhyming poems: take a look at our poems about CTK!**



**Haiku poems: can you guess what our poems are about?**





# MATHS

In Maths we have been working hard to use our known times tables facts to work out facts we don't know. This is called multiplicative thinking. Our teachers are so proud of the progress we are making!

In my basketball club there are between 20 and 50 players. I know there are 3 times as many girls as boys. How many girls and how many boys might there be in our basketball club?

Can you see a pattern?

Possible Solutions

Boys	Girls (x3)	Total
5	15	20
6	18	24
7	21	28
8	24	32
9	27	36
10	30	40
11	33	44
12	36	48

Boys	4 5 6 7	8 9 10 11 12	
Girls	5x3=15 6x3=18 7x3=21		
Total:	8x3=24 9x3=27 10x3=30 11x3=33 12x3=36 13x3=39 4x3=12		
	Boy	Girl	
1. 20	5	15	
2. 24	6	18	
3. 28	7	21	
4. 32	8	24	
5. 36	9	27	
6. 40	10	30	
7. 45	11	33	
8. 48	12	36	

$3 \times 8 = 24$   
 5 boys 24 girls  
 $5 + 24 = 29$   
 $5 \times 10 = 50$   
 10 boys and 30 girls 40  
 $10 + 30 = 40$   
 $3 \times 7 = 21$   
 7 boys and 21 girls  
 $7 + 21 = 28$   
 $3 \times 6 = 18$   
 6 boys and 18 girls  
 $6 + 18 = 24$   
 $3 \times 11 = 33$   
 11 boys and 33 girls  
 $11 + 33 = 44$   
 $3 \times 12 = 36$   
 12 boys and 36 girls  
 $12 + 36 = 48$   
 $3 \times 9 = 27$   
 9 boys and 27 girls  
 $9 + 27 = 36$   
 $3 \times 10 = 30$   
 10 boys and 30 girls  
 $10 + 30 = 40$   
 $3 \times 13 = 39$   
 13 boys and 39 girls  
 $13 + 39 = 52$

- More girls  
 - Less boys  
 Estimate:  
 Boys: 21  
 Girls: 63  
 (20 + 20)  $3 \times 20 = 60$   
 (1 + 1)  $3 \times 1 = 3 = 63$  ← can't be answer  
 Estimate:  
 Boys: 8  
 Girls: 24  
 together: 32 ✓  
 $3 \times 9 = 27$   
 9 and 27  
 boys: 9  
 girls: 27  
 together: 36 ✓

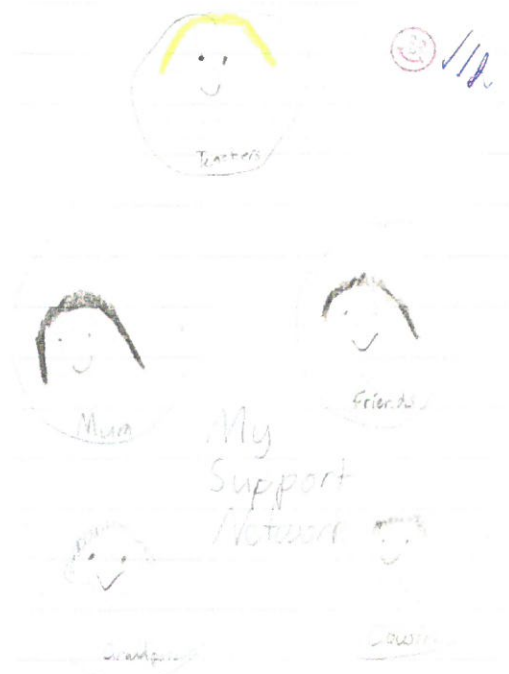


## PDH

In PDH we have been learning about what medicines are, how to safely store them, and who we can go to for help if we need medicine. We created our own support networks.

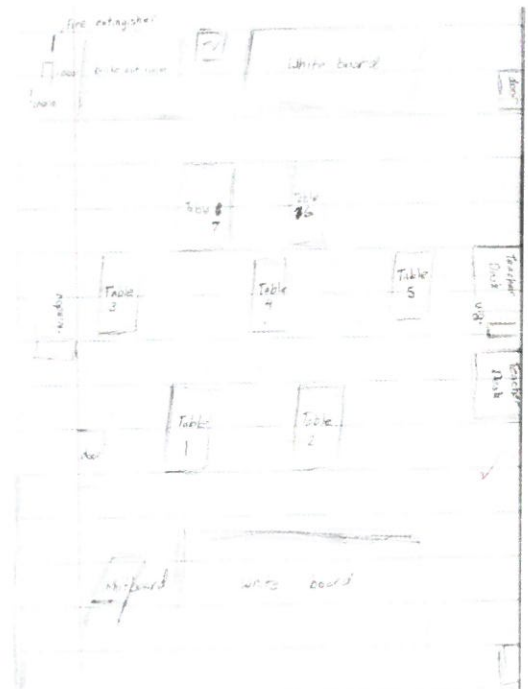
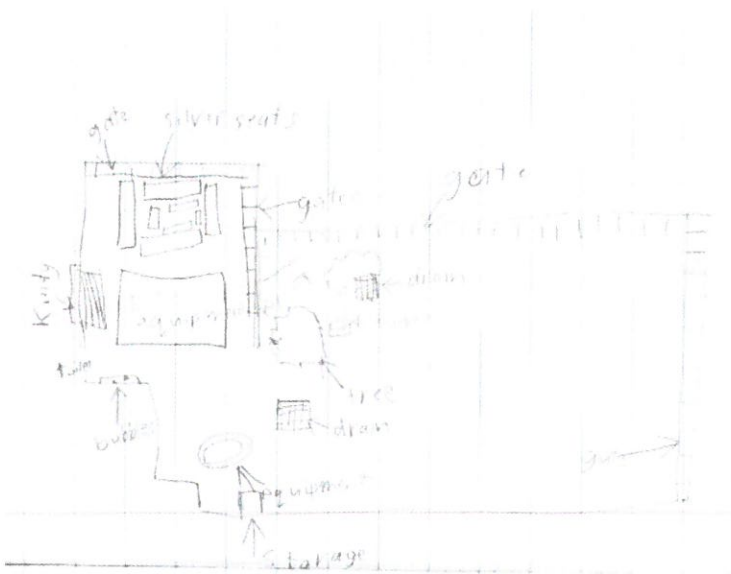


A drug is a chemical substance. It can have a positive or negative impact on the body. Medicinal drugs can cure diseases and treat illnesses. Illegal drugs are dangerous substances because they can control people and ruin lives.



## SCIENCE INQUIRY

This term we are looking at built environments, their purpose and how they can be improved. We created diagrams of our classroom and the Kindergarten playground and then brainstormed ways we could improve each space.





## Stage Two Soccer Gala Day



Yesterday was the Stage Two Soccer Gala Day, at Jamison Park, Penrith. Two boys teams and one girls team from Year 3 and Year 4 attended the Gala Day. Each team played 7 games over the course of the day and cheered each other on as spectators whenever they could. The teams played very well all day, scored some very impressive goals and showed great sportsmanship and teamwork. They were all great representatives of Christ The King. Congratulations to the girls team, who were the overall winners in their pool!



Thank you to Mr Sabbagh, Mrs Younis and Mr Moutzouris for being our official team managers on the day, as well as all other parents who helped out or came to watch the games. Thank you to Joey Massoud (Yr 6) who volunteered as a referee for the day.







## Nat Bertie's Lunchbox Recipe Ideas: Week 3

### **Educational Eating – Healthy fats**

There is a common misconception that 'fat makes people fat'. This trend began over 50 years ago when people believed fat was unhealthy and embraced the no/low fat dietary trends. In the 1940's, a pathologist examined heart health risks based on dietary and lifestyle habits. He falsely concluded that saturated fat caused heart disease, triggering global changes to healthy food guidelines and convincing individuals not to consume a diet with substantial healthy fats. This trend and a reliance on the convenience of packaged foods has caused a global deficiency in dietary fatty acids and an increase in sugar addiction as sugar has replaced fat in convenience foods. Today's society must be re-educated and understand that the key is to consume a balance of good quality fats. The difference between a good quality fat and a bad fat, is the way they are processed, not their inherent nature.

Consuming good quality fats is vital for all functions of the body, as it cannot produce the essential fatty acids that are fundamental for life (Omega 3 and Omega 6). Saturated fat in particular, supports the proper function of the liver, heart, lungs, bones (to assimilate calcium), healthy hormone production and the immune system. Other roles of fat include:

- Its structural component in every cell wall in the body (includes cholesterol)
- Losing weight
- Absorbing fat soluble vitamins (A, D, E and K)
- Keeping individuals fuller for longer
- Storage for later use, as energy
- Brain health
- Detoxification
- Making food taste delicious
- Protecting organs

Individuals need to consume a balance of fats to maintain proper bodily functions:

#### **Saturated Fats**

- Highly stable for cooking (baking, roasting, frying, BBQing)
- Do not go rancid easily
- Store at room temperature
- Solid or semi-solid at room temperature

#### **Found in:**

- Good quality grass fed/pasture raised animal products
  - the fat/skin from beef, poultry, pork and lamb
  - good quality full fat dairy
  - eggs
- Coconut and coconut oil

#### **Monounsaturated Fats**

- Relatively stable for cooking (sautéing is suitable)
- Do not go rancid easily
- Store at room temperature
- Liquid at room temperature

#### **Found in:**

- Olives/olive oil
- Avocado/avocado oil
- Eggs
- Nuts-hazelnut, almond, macadamia, etc (including their oil)

#### **Polyunsaturated Fats**

- Unstable for cooking (use these as a dressing for salad/veg, dips etc)
- Go rancid easily
- Store in the fridge
- Always liquid
- Never heat or use in cooking

#### **Found in:**

- Flax seeds/flax oil
- Nuts and seeds including their oil (Walnut/hemp/pumpkin)
- Oily fish and fish oil
- Wheat Germ
- Cold pressed oils-sunflower, sesame, safflower, peanut, blackcurrant seed, evening primrose

### **Fats to avoid**

Dysfunction can occur in the body when individuals consume fats/oils that have been misleadingly recommended for their heart health, cholesterol and blood pressure lowering abilities. These include a variety of vegetable oils that have been extracted from seeds using a chemical process that involves heating the seeds and using a petroleum solvent to extract the oil. The oil is reheated using acid to remove the wax that was produced in the initial process and subsequently treated with more chemicals to improve the colour and assist in separating the different oil parts. The final step is to chemically deodorise the harsh smelling oil and make it palatable. Vegetable oils remain in a liquid state at cold temperatures, unlike saturated fats such as butter, coconut oil, animal fats and undergo an additional chemical process known as hydrogenation so they set in the fridge (margarine, spreadable butters and substitutes). Trans fats are the toxic by product of this process and are easily absorbed by the body, interfering with the vital role fatty acids play. Adulterated, highly processed and toxic oils are on all supermarket shelves, sold in clear plastic bottles. These toxic oils include: canola, vegetable, safflower, corn, sunflower, rice bran, soy, peanut, cotton seed and grape seed etc.







Many of these oils are found in most processed and packaged foods including pastries, cakes, salad dressings, dried fruit/nuts/seeds, margarine, spreadable and butter substitutes, artificial cheese, store bought condiments, biscuits/breads/crackers, chips/popcorn, sauce and most items in the middle supermarket isles. They are also found in fast foods/take-away foods and other packaged foods of convenience. They may be listed in the ingredients as trans fats, hydrogenated fats, partially hydrogenated fats or as the individual chemically processed oils mentioned above.

### **Tips 'n' Tricks**

Incorporating a wide variety of healthy fats into the diet and eliminating trans fats and other adulterated fats will have a huge impact on achieving optimum health. To do this you can:

- Purchase oils in dark bottles/tins that are labelled as being 'extra virgin' in nature or 'cold pressed';
- Purchase full fat butter usually sold in blocks. Read the ingredients label carefully to ensure it contains no nasties. It should contain dairy products;
- Make your own homemade spreadable butter by adding 250g room temp butter and ¼-1/2 cup of your preferred healthy oil of choice to a bowl. Combine with a stick blender (or food processor if making in bulk). It will harden to a just soft spreadable consistency when stored in the fridge;
- Choose fattier (cheaper) cuts of meat and fish, like chicken thighs and other meat with fat marbled through;
- Use more saturated fat when cooking- frying eggs, soups/stews, sautéing/roasting food;
- Increase consumption of eggs, olives, raw nuts (if tolerated and not at school) and avocado;
- Eat full fat dairy products (not pre sliced/grated cheese as these contain nasties). Choose natural or Greek yoghurt and add a drizzle of honey or fresh fruit as a natural sweetener;
- Use healthy fat filled condiments like homemade mayonnaise and dips/guacamole and healthy fat based sauces, as an accompaniment for meals/snacks;
- Make your own salad dressing to drizzle over salads or vegetables; and
- Recognise that constant hunger (within an hour or two after any meal) in kids and adults is a major sign that not enough good quality fats are being eaten throughout the day. Add more fat to meals/snacks!

Here is a fantastic link explaining the important role of cholesterol in our body <http://www.doctor-natasha.com/what-should-my-blood-cholesterol-be.php>

### **Recipe – Chicken and Vegetable Soup**

By Nat Bertie (adapted from Pete Evans), photo by Michelle Wagner (my sister)

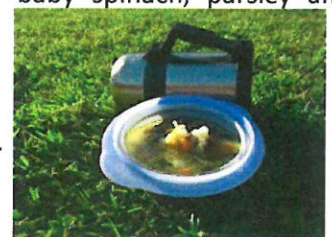
#### **Ingredients**

2 tablespoons coconut oil, butter, duck fat, tallow (or other good quality cooking fat)  
 2 medium onions, chopped  
 6 garlic cloves, minced  
 2 large carrot, chopped  
 2 celery rib, halved lengthwise and cut into 1cm thick slices  
 2 Tbsps. ginger, finely grated  
 8 fresh thyme sprigs  
 1 bay leaf  
 1 good quality, whole raw chicken  
 Enough water to completely cover the chicken and vegetables  
 1-2 Tbsps. Himalayan/sea rock salt  
 600g pumpkin (or sweet potato), peeled and diced into 2 cm cubes  
 2 zucchinis, diced into 2 cm cubes  
 400g baby spinach  
 Sea salt and freshly ground black pepper (to taste)  
 1 bunch fresh flat-leaf parsley, finely chopped

#### **Method**

- Place a large soup/stock pot over medium/high heat and coat the base with the oil.
- Add the onion, garlic, ginger, carrots, celery, thyme, and bay leaf. Cook and stir for 3 mins.
- Add the chicken, water, salt.
- Bring to the boil then simmer for 40 mins.
- Remove the chicken and allow it to cool, then shred it. (The chicken skin can be blitzed (using a stick blender) with some of the liquid and returned to pot. Alternatively, it can be laid on a lined baking tray, sprinkled with salt and grilled/baked in the oven on high until dark golden and eaten as a snack).
- Add the pumpkin and zucchini and simmer for 3-5 mins.
- Remove from heat, add the baby spinach, parsley and shredded chicken.
- Season with salt/pepper
- Serve in a thermos for school.
- Store in the fridge for 4-5 days.

Any vegetables can be used in this recipe





## PREMIER'S READING CHALLENGE 2017

The PRC finishes on the 25th August 2017. All reading records must be entered onto the website by this date. I will then have one week to validate all student records. Student passwords have been issued this week.

Log in and enter the books you have read

1. Go to the PRC website NSW (just type premier's reading challenge into your web browser and make sure you are on the NSW site) and click on the log in tab on the left side of the page
2. You will be directed to the following page. Log in using you username and password. Please note the password is case and space sensitive, login exactly as the details show.

### Login page

Secure <https://sso.det.nsw.edu.au/sso/Ui/Login?goto=https%3A%2F%2Fonline.det.nsw.edu.au%2Fprc%2Flogin.html%3Fssosource%3Dlogin>

classM landing | [FACES](#) | [Google Search](#) | [Google Mail](#) | [Google Drive](#) | [YouTube](#) | [Log On - Cf Anywhere](#) | [IT Form](#)

NSW DEPARTMENT OF EDUCATION

Log in with your DoE account

User ID

Enter your user ID

Example: jane.citizen1

Password

Enter your password

Log in

[Forgot your password?](#)

Have trouble logging in?

[Help for DoE/TAFE staff](#) | [Help for TAFE students](#)

ACCESSIBILITY | COPYRIGHT

3. If this is the first time you have logged into the PRC site, you will be asked to accept the usage policy for the Department of Education. Click OK to continue

<https://extranet.det.nsw.edu.au/web/extranet/aup>

ending | [FACES](#) | [Google Search](#) | [Google Mail](#) | [Google Drive](#) | [YouTube](#) | [Log On - Cf Anywhere](#) | [IT Form](#)

Logged in as Thom

Home > Acceptable usage policy

### Acceptable usage of the Department's portal services

DEC Portal gives you access to departmental resources and services. For the purpose of this engagement you will be required to adhere to the policies and procedures DEC staff members are obligated to follow. Failure to comply with DEC's policies and procedures may result in disciplinary or legal action. Below are some of the relevant policies

- [Code of conduct](#)
- [Employer Communications Devices Staff Use policy](#)
- [Enterprise Data Policy](#)
- [Social Media Policy](#)

It is forbidden to use the Department's email and online systems to seek out, access or send any material of an offensive, obscene, pornographic, threatening, abusive, unlawful or defamatory nature.

Personal information will only be accessed, collected and used in accordance with the NSW Privacy and Personal Information Protection Act 1998 and related [departmental policies](#).

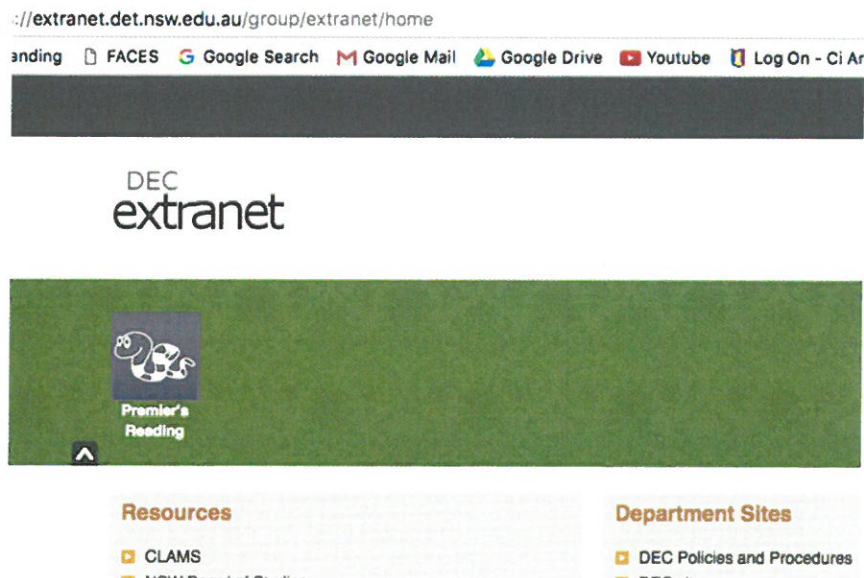
The Department conducts surveillance and monitoring of its email and online systems to ensure the ongoing confidentiality, integrity and availability of business and education systems. Monitoring will be conducted in accordance with NSW Workplace Surveillance Act 2005 and relevant Department policies.

Proceeding beyond this point indicates you agree with these conditions.

OK



4. Click the Premier's Reading icon which will take you to the PRC page.



Once you have logged on you should be able to see your child's name at the top right of the page. You may be prompted to complete a brief survey.

On the left of the page click on the Student Reading Records tab and the **Personal Student Reading Record for your child should open.**

Using your child's paper spersonal reading record (in their diary or homework book) enter the PRC ID into the correct box then click add. The book should enter. If you do not know the ID you can enter the book by title or author.

Once the required number of books have been entered a box will indicate that you have finished the challenge. I will then need to validate the record and certificates will be issued at the end of Term 4.

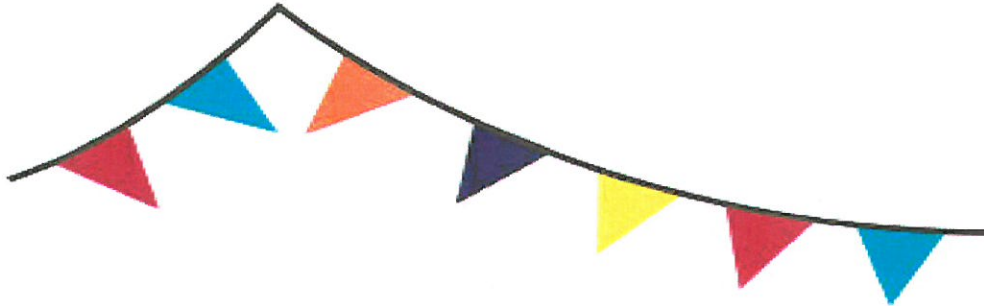
**PLEASE SEE ME OR ASK YOUR CHILD TO SEE ME (DURING SCHOOL AT LUNCH TIME) IF YOU HAVE ANY PROBLEMS.**

**Students who need some help completing the challenge should see me immediately to get the books required.**

**Mrs Sarah Cook**

**PRC Coordinator**





# SAUSAGE SIZZLE DAY

PRE-ORDERS ONLY. ABSOLUTELY NO LATE ORDERS ACCEPTED

The Year 6 Graduation Committee will be hosting a delicious sausage sizzle for the children on:

**Friday 11<sup>th</sup> AUGUST (Week 4)**

Our \$5.00 meal deal includes:

- A freshly cooked sausage in a roll
- a 600ml bottle of water and a packet of potato chips (served at lunch time)
- Additional sausage sizzle \$3

Please return the bottom part of the form filled out with your money in an envelope marked "Sausage Sizzle" to the office by **NEXT Friday 4<sup>th</sup> AUGUST.**

Name & Grade	Meal Deal \$5	Additional sausage \$3

Number of Sausage Meals (\$5 per child) \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

We thank you for your support







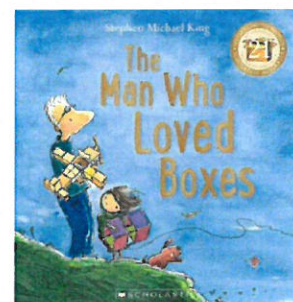
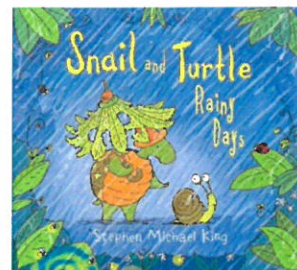
# The Children's Bookshop

6 Hannah Street  
Beecroft NSW 2119  
Phone: (02) 9481 8811  
Fax: (02) 9980 7361

## ORDER FORM

### Author Visit – Stephen Michael King

Stephen Michael King is a major figure in Australia's world of children's publishing. He has written numerous books, and has illustrated over 50 titles. His first picture book, *The Man Who Loved Boxes*, won the Family Award for Children's Books in 1996 and was shortlisted for the Crichton Award for Children's Book Illustration. Some of Stephen's titles include *Snail and Turtle are Friends*, *You, You Too*, *The Magnificent Tree* (written by Nick Bland), *Leaf and Prudence Wants a Pet*.



### Order Form:

Books for Purchase- Money/ Forms to be returned to school.			
	Title	Price	Quantity
	<i>Snail and Turtle Rainy Days (hardback)</i>	\$25.00	
	<i>Snail and Turtle are Friends (paperback)</i>	\$16.00	
	<i>The Man Who Loved Boxes 21st Anniversary Edition</i>	\$16.00	
	<i>Mutt Dog (paperback)</i>	\$15.00	
	<b>Total</b>		

Name of School: **CHRIST THE KING PRIMARY, NORTH ROCKS**

Name of Student: \_\_\_\_\_ Year : \_\_\_\_\_



- ☐ Tick the Book/s for Purchase
- ☐ Cash attached in an envelope.
- ☐ Cheque attached payable to **The Children's Bookshop**
- ☐ Please debit my credit card.

Please debit my ☐ Bankcard ☐ MasterCard ☐ Visa

☐ Diners ☐ Amex

Expiry Date:   /   CVV:

Maximum to be Charged \$ \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

Daytime Contact Phone Number: \_\_\_\_\_



# PARENT VOLUNTEERS WITHIN THE DIOCESE OF PARRAMATTA

New directive from the Diocesan Office 25<sup>th</sup> May 2016

## BUILDING CHILD SAFE COMMUNITIES – NEW FORMS FOR ALL VOLUNTEERS

**THIS FORM MUST BE COMPLETED BY ALL PARENT VOLUNTEERS INCLUDING THOSE WHO ALREADY HAVE A CURRENT NSW WORKING WITH CHILDREN CHECK.**

**Please note: Until both the ‘Volunteer Form’ and the ‘Module’ have been completed, parents will not be able to assist in any capacity as a volunteer within the school.** (The school receives notification when you complete each section).

‘Building Child Safe Communities’ is a new initiative developed by Catholic Education Diocese of Parramatta that enhances our commitment to ensuring the safety and wellbeing of all students in our care. **It is now a requirement that all volunteers and contractors complete an online undertaking form** that confirms expectations in relation to behaviour whilst volunteering or contracting at schools, Catholic Out of Schools Hours Care and Catholic Early Learning Centres. This undertaking form also seeks to determine the suitability of volunteers and contractors by requiring them to declare that they do not have a criminal history involving children.



**Volunteers** – please click on ‘[Building Child Safe Communities – Undertaking for Volunteers](#)’ by accessing the **form** via the Catholic Education Diocese of Parramatta public webpage [www.parra.catholic.edu.au](http://www.parra.catholic.edu.au), then click on the ‘Volunteers and Contractors-Click here’ image

(halfway down page on the right hand side). This image will take you to the Building Safe Communities page.

Click on the green Volunteer tab (left hand side)

Click on Step 1—Volunteer Form and follow the steps

**You will receive a confirmation email once the form has been submitted.**

- Your details will be maintained confidentially in a central database
- **A copy of your confirmation will then be emailed to the School / location where you are volunteering to be kept on file.**

A new form is required:

- For each location that you are a volunteer or contractor
  - If any of the details you have provided on the form change



**A reminder that you once you receive your confirmation email, you will need to complete the Child Protection Module.**

[www.parra.catholic.edu.au](http://www.parra.catholic.edu.au), then click on the ‘Volunteers and Contractors-Click here’ image (halfway down page on the right hand side). This image will take you to the Building Safe Communities page.

Click on the green Volunteer tab (left hand side)

Click on Step 2—Complete the Online Training Module

**Once you complete this online module the school will receive notification that it has been completed and you will be cleared to volunteer.**

### Therefore in brief :

1. To complete form go to: [www.parra.catholic.edu.au](http://www.parra.catholic.edu.au) and follow Step 1 above
2. Wait for confirmation email
3. On receipt of the confirmation email follow Step 2 above to complete Child Protection Online Module
4. Wait for confirmation email
5. The School will receive an email confirming that you have completed both steps and are now cleared to volunteer.

We thank all volunteers for their continued support of Catholic Education.



## COMMUNITY NEWS



### Catherine McAuley Westmead. Enrolments for Year 7 2019

There are two Open Mornings specifically for Year 7, 2019 enrolments to be held on: **Wednesday 18<sup>th</sup> October and Monday 6<sup>th</sup> November 2017. 9.15 – 11am**

**Catherine McAuley is now accepting enrolments for Year 7 2019.** Join us on one of our upcoming school tours especially for Year 7 2019 applicants but open to any year group.

These mornings will give interested parents and students the opportunity to tour our school on a normal school day. You will be able to view our school grounds and facilities, go into classrooms and meet our students and teachers. Enrolment packs will be available on the day.

To book places for a school tour on one of these tour mornings please contact our School Reception on 9849 9100.

**Come join in the Fun at North Rocks Carlingford Little Athletics...** The philosophy of the Little Athletics movement is summed up in the slogan:- "LITTLE ATHLETICS... FOR... FAMILY... FUN... and... FITNESS". **Registrations open 1 August 2017.** We would love to see you join in the fun at North Rocks Carlingford Little Athletics this season!

The community has become increasingly aware of the value of physical fitness, particularly in the fight against obesity. A fit body can mean an alert mind and a decrease in the incidence of many physical ailments.

Combined with FAMILY involvement... FITNESS can be...FUN in the happy environment of a Little Athletics centre.

Check out our website: <http://www.nrclac.org.au/> for registration and more information or contact us.

### OAKHILL COLLEGE BASKETBALL CLUB ENROLMENTS 2017/2018 SUMMER COMPETITION

Are you in Year 6 and enrolled at Oakhill College in 2018? Joining the Oakhill Basketball Club is a great way for any of the boys at your school that may be attending Oakhill College in 2018 to play local comp basketball in the Hills District Summer Comp at Hills Sports Stadium, Fred Caterson Reserve, Castle Hill. This is a great opportunity to get together and meet some new friends before you start at the College.

Games are played on Tuesday nights. We are placing teams together for the Summer Comp commencing Term 4, 2017 and Term 1, 2018. Players will be placed in U/14's comp competing against boys their own age.

Enrolment forms will be available on the Oakhill College website under "Sports / Basketball". Enrolment forms should be submitted to the Oakhill Basketball Club by return email no later than Friday 18<sup>th</sup> August, 2017.

Please note that we do our best to place all boys into an Oakhill Team, depending on the number of boys enrolled. We also welcome parents who wish to volunteer as Coaches and Managers for these teams.

For enquiries, please contact Rachel or Melissa at [oakhillcollegebasketball@gmail.com](mailto:oakhillcollegebasketball@gmail.com) or on mobiles Rachel 0407 501 007 or Melissa 0401 152 899

**OLMC 2017 SEPTEMBER HOLIDAY WORKSHOPS** - bookings essential for all workshops. Visit [music@olmc.nsw.edu.au](mailto:music@olmc.nsw.edu.au) for enquiries  
Information pamphlet available from CTK school Office.

**Spring Strings : Mon 25th Sept** Join leading instrumental practitioners in this 1 day workshop for student musicians who play Orchestral String Instruments : Violin, Viola, Cello, Double Bass

**The Big Sing : Thur 5th Oct** The 1 day workshop explores vocal skills and refresh singing techniques.

**The Big Bash : Fri 6th Oct** Drummers & Percussionists—1 day workshop for beginners to intermediate.

 **DIOCESE of PARRAMATTA** **The Life Marriage & Family Office would like to invite you to attend two exciting events :**

**FREE FAMILY EVENT** A program of Spiritual Enrichment for families on the theme of the World Meeting of Families 2018.

*Gospel of the Family : Joy for the World* Sunday 27th August 2018 1pm—3:15pm

Mass 11am. BYO Picnic Lunch. Mt Schoenstatt Family Hall—230 Fairlight Road Mulgoa NSW 2745. Register : 8838 3460 or [lmf@parra.catholic.org.au](mailto:lmf@parra.catholic.org.au)

### 2017 FAITH IN MARRIAGE SEMINAR

*Men, Women & the Mystery of Love* Dr Edward Sri St Patrick's Cathedral Hall Parramatta

Friday 8th September 7:30pm sharp

Sponsored by Parousia Media and Life Marriage & Family Office, Diocese of Parramatta

Register : 8838 3460 or [lmf@parra.catholic.org.au](mailto:lmf@parra.catholic.org.au)





**Oakhill College Year 7, 2019** Applications for enrolment into Year 7, 2019 close on Friday 18 August, 2017. Interviews will take place on Tuesday 12 and Wednesday 13 September, 2017. Parents who wish to apply for enrolment of their sons in Year 7 at Oakhill College in 2019, and who have not yet submitted an Application for Enrolment, are requested to contact the Registrar before the closing date Friday 18 August on 9899 2288 or [registrar@oakhill.nsw.edu.au](mailto:registrar@oakhill.nsw.edu.au) Applications are also being taken now for Years 8-11, 2018.



### **CATHOLIC CARE Seminar – Understanding Family Law – Two Sessions**

Solo Parent Services are running two sessions for our Annual Seminar on "Understanding Family Law".

The sessions are presented by an Accredited Family Law Specialist and will cover the following topics on the dates below:

Tuesday 08th August - Understanding the Family Law Act – Focus on Divorce/Separation and Children's needs.

Tuesday 22nd August - Understanding the Family Law Act – Focus on Property Settlements.

Venue for both Sessions: 38 Prince St, Blacktown Time: 7pm – 9pm Cost: \$7.00 per session. Registration Essential: Contact Rita at Solo Parent Services - PH: 8822 2222 or email: [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au)

## **WESTERN SYDNEY UNIVERSITY**

**Date: 5 August Event name:** Public Astronomy Night - Is anybody out there? The search for extraterrestrial intelligence: A how to guide **Event details:** Dr Ain De Horta. If you've ever wondered if there are other intelligent beings in the universe that are looking out from their home planet wondering the same, then this is the presentation for you. We will look at how we are currently searching for evidence of other intelligent beings in the universe and how we might search in the future. Includes presentation, short 3D movie and viewing of the night sky through a range of telescopes (weather permitting) **Time:** 7pm – 9pm **Venue Address:** Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington **Contact website for public enquiries and bookings:**

[https://www.westernsydney.edu.au/observatorypenrith/penrith\\_observatory/whats\\_on](https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on) **BOOKINGS ARE ESSENTIAL**

**Date: 19 August Event name:** What the shape of galaxies reveals about their upbringing – NATIONAL SCIENCE WEEK **Event details:** Dr Caroline Foster The nature of astronomical distances is such that even our nearest neighbouring galaxy is too far to explore by probe. So, much like shadow puppetry, astronomers can only see galaxies in projection on the celestial sphere. Since distinct shapes project identically in 2D, measuring the true 3D (or intrinsic) shape of galaxies is an easy problem to pose, but a challenging one to solve. After 9 decades of effort, astronomers are finally making some headway thanks to a new technology called "multiplex integral field spectroscopy". I will briefly present this new technology and outline the role that Australian researchers have played in its development. I will also show how we are finally answering the 90 years old puzzle of the true shape of galaxies. You'll be amazed at how the 3D shape of galaxies can reveal much about how they were born and have grown up. Includes presentation, short 3D movie and viewing of the night sky through a range of telescopes (weather permitting) **Time:** 7pm – 9pm **Venue Address:** Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington **Contact website for public enquiries and bookings:**

[https://www.westernsydney.edu.au/observatorypenrith/penrith\\_observatory/whats\\_on](https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on) **BOOKINGS ARE ESSENTIAL**

**Penrith Observatory's astronomy night is just one of a handful of Western Sydney University events happening during the Sydney Science Festival.**

**Sustainable Engineering – A Solar Car's Journey** Date: 10/8/2017. Cost: Free. Time: 4pm - 6pm Location: Building Z. Kingswood Campus See the documentary of their 2015 race, meet the engineers involved with the team and learn more about sustainable futures. Suitable for any ages. Bookings required

**Lifestyle, Health and Aging.** Date: 10/8/2017. Cost: Free. Time: 2pm - 4pm Location: Room G.34, Building EA. Parramatta South Campus We all, regardless of our age, want to be able to lead a life unimpeded by any health concerns. This presentation aims at pointing out the principal role we as individuals play in helping our body maintain its healthy status and avoid chronic disease. Bookings required

**The Future of Immersive Education with Artificial Intelligence and Virtual Reality Simulation.** Date: 13/8/2017. Cost: Free. Time: 9am - 4pm Location: Foyer Area, Building EB. Parramatta South Campus Cutting edge research and educational technology display. Exhibit 1. Generation of Knowledge, portrays everyday life of the Aboriginal Darug Clan. Exhibit 2. Uruk 3000 B.C. depicts the life in Uruk, the first city on Earth. No bookings required

**Stem Cell Stories: Fact or Fiction?** Date: 14/8/2017 to 18/8/17. Cost: Free. Time: 9am - 5pm. Location: Foyer Area, Building EH. Parramatta South Campus Is regenerative medicine – the idea of replacing or regenerating human organs – science fiction or science fact? And what are stem cells – how can they cure disease and injury? These are just two of the questions explored in this acclaimed exhibition showcasing the intersection between art and cutting edge science. No Bookings Required

**Making Your Future - 3D Printing and Advanced Manufacturing.** Date: 17/8/2017. Cost: Free. Time: 3.30pm - 7pm. Location: Makerspace, Building Z. Kingswood Campus In this workshop, participants will work through a 3D graphics project and see demonstrations of 3D printing, laser cutting, digital wire bending and more. Suitable for ages 16 and over. Bookings required

**Coral Fluro-Colours in Science and Art** Date: 20 August 2017. Cost: \$8.00 MAAS Members, \$15.00 Adult, \$8.00 Concession. Time: All Day Location: Museum of Applied Arts and Sciences Powerhouse Museum, 500 Harris Street, Ultimo NSW 2007 Hear Dr Anya Salih, coral fluorescence and bioimaging scientist at Western Sydney University, speak about her research into coral fluorescent genes, their role in reef biology and the incredible biotechnological discoveries based on these proteins. Using underwater film footage, night-time images of fluorescent corals and 3D imaging by laser confocal microscopes, Anya will discuss the science of coral fluorescent genes and their importance in increasing corals' resilience to climate change, their uses in biomedicine, images of cancer and even in light activated coral fluorescent genes in neuroscience. Bookings required.