



# Christ the King, North Rocks

**Term 3, Week 4**
**10th August, 2017**

 2 Statham Avenue, North Rocks 2151  
 Email—northrocks@parra.catholic.edu.au

 Phone 8846 2700  
 Website—http://www.ctknorthrocks.catholic.edu.au

## **Term 3, Week 4**

### **Friday 11th August**

- \* Band 7.45am + lessons throughout the day
- \* **Voice of Youth Final 9am** (Parents from Yr 6 invited to attend)
- \* **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**

## **Term 3, Week 5**

### **Monday 14th August**

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

### **Tuesday 15th August**

- \* **ICAS—Maths 7:45am for 8am start** (registered students 3-6 only)
- \* Uniform Shop 8am—12:30pm
- \* **FEAST OF THE ASSUMPTION—**
- \* **Whole School Mass 9am**
- \* **PE : Year 2, Year 1 [Gr1], Year 5**

### **Wednesday 16th August**

- \* **Writing Club 8am** in Year 4
- \* **Lunch Orders**
- \* **PE: Yr3, Kindy**
- \* **Maths Club 1:30pm** in Year 3
- \* **Chess 3.00-4.00pm**
- \* **Extraordinary Parish meeting 7:30pm** in the Library

### **Thursday 17th August**

- \* **Choir 8am**
- \* **HILLS ZONE ATHLETICS—Good luck to all competitors**
- \* **PE: Year 1 (Gr2), Yr 4, Yr 6**

### **Friday 18th August**

- \* Band 7.45am + lessons throughout the day
- \* **Lunch Orders**
- \* **Voice of Youth Cluster final**
- \* **BOOK WEEK—Guest Speaker : Stephen Michael King**

Dear Parents,

St Matthew's Gospel this Sunday is a "miracle" story- a story of faith and belief. During times of stress, upheaval, unhappiness and sadness our faith or beliefs can be strained and often questioned. This is the case in this week's Gospel that recounts the Apostles bad weather experience on the lake with Jesus. Their faith in our Lord was put to the test when he encouraged several of them to have faith and follow his instructions. We are being reminded in this dramatic scene that even though we may seem to be getting nowhere and look like being overwhelmed, we will be safe if we do not lose faith in Jesus.

Communication between families and school is an integral component in the educational partnership we share in with your children. Your child's classroom teacher is the first point of contact should you have any concerns or questions pertaining to your child's learning and well being. If you require further clarification and you would like to discuss the matter with myself, it is important you make contact with me via email or by phone for clarification or to arrange an appointment. Meeting with your child's teacher or myself is a far more productive decision than sharing any grievances or concerns on social media regarding other students, staff members or school protocols or procedures. Social online media is a great communication tool that needs to be used appropriately by adults and modelled in a mature manner in our community for our young students. Your co-operation and understanding in these matters will be greatly appreciated by all concerned.

On Tuesday the feast of St Mary MacKillop was celebrated across our nation. Mary MacKillop, the patroness of our country and diocese, plays a significant role as the patroness of our schools. The children enjoyed the presentation of Young Mary brought to us by Troubie Productions. The theatrical performance outlined the life story of Mary MacKillop, from a young girl growing up in Penola, through to establishing a life of service to the community as the founder of the Josephite nuns. Thanks to Mrs Burley for organising this great learning experience for our children and staff about one of our nation's most cherished Australians- St Mary MacKillop of the Cross.

This year, you would already be aware of the Diocesan approach to deal with student absenteeism and the best way our schools can support our families in these matters. The initiative "Every Learner Every Day" is designed to maximise each of our student's attendance at school each day. Throughout this year we have endeavoured to distribute information regarding this Diocesan initiative through emails and our weekly online newsletters. The diocesan goal for 2017 is to reach an average 90% attendance rate for all our students across our eighty odd schools. On Tuesday a number of our families received a letter for their children whose attendance rate has fallen below the diocesan targeted ninety percent. The letter is a generic letter issued on behalf of the Diocese to notify parents that their child's attendance rate has dropped below the prescribed diocesan expectation. The notification identifies the number of days your child has been absent and also offers parents support and assistance if required regarding any absentee issues families may be experiencing. If you require further clarification or you have any questions regarding your child's absentee records or this initiative, please contact me to discuss these matters. Thank you for your understanding.

Tomorrow our Yr 6 parents will be conducting a fundraising BBQ for all our children at CTK. All funds raised tomorrow will be used to fund our senior student's graduation activities at the end of the year. Thank you to the the Yr 6 Graduation organising committee for facilitating tomorrow's event. We look forward to a most delicious lunch on Friday!

Tony Hughes



## 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 7.45am.** 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.



## SAUSAGE SIZZLE DAY

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

**TOMORROW, Friday 11<sup>th</sup> AUGUST**

Please note : **NO lunch orders ARE AVAILABLE TOMORROW**

## CELEBRATING GIFTS AND TALENTS

Best of luck to Monique Brown (Yr 6) who is competing at the NSWPSA Basketball Championships in Canberra next week. We look forward to hearing of your achievements.

## 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  
Josha 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.**

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

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





### **CELEBRATING GIFTS AND TALENTS**

*Congratulations to* Chris M (Year 6) who competed in the GKR World Cup Karate Tournament on the Gold Coast last weekend. Chris entered 3 events over the weekend, starting with a Team event where his team placed 5th.

He also entered two individual events. Chris received a Silver Medal in Kata and a Gold Medal in Kumite. He is now the World Champion for his age and division. We are so proud of this amazing achievement – his dedication to training and competing is outstanding and he should truly be proud of his achievements. Congratulations Chris

---

### **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](http://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 5 - Tuesday 15th August  
8am—12.30pm**

---

## **FATHER'S DAY EVENTS**

### **Father's Day Wrapping Morning**

Would you be available to assist in the bagging of the Father's Day gifts? This will take place on **FRIDAY 25th August**, after morning school drop off, **from 8:45am onwards**, in the staffroom. The gifts do not need wrapping this year, items will be placed directly into gift bags (no sticky tape required!!).

### **Father's Day Stall**

Father's Day Shopping Day will be **THURSDAY 31 AUGUST**. The children will be able to choose from a variety of gifts. More information regarding the Father's Day stall will be coming home soon.

### **Father's Day Breakfast**

On **FRIDAY 1st September** we will be celebrating fathers and father figures in our lives at Christ the King.

**MARK THIS DATE IN YOUR DIARY**

Invitations and information will be coming home soon.



## RECONCILIATION: BELONGING TO A FORGIVING COMMUNITY

In Year 2 we have been learning about the Church's sacraments as sacred actions by which we are welcomed to community, reconciled and invited to share the special presence of Jesus. We have been learning about the parable from Luke's Gospel, 'The Lost Sheep' (Luke 15: 1-7) and how Jesus is teaching us through this parable about the Sacrament of Reconciliation.



Cameron L

This parable is teaching us when we sin, it is like we are the sheep who turned away from the shepherd. When we ask God for forgiveness, it is like when the shepherd has found the sheep. God is always willing to forgive us and welcome us back into his kingdom.

Next year, Year 2 will be having their first Reconciliation, which is when you tell your sins to God and a priest and you ask for forgiveness.

Because Year 2 are not able to go to reconciliation yet, they have been asking God to help them by praying, trying to be more honest and truthful, attend mass on the weekends, be forgiving to our family and friends and to try not to sin again.

Sometimes Year 2 finds this hard, but we know that with God's help we can achieve anything.



Lucas H





Marina A



Mackenzie M



Claire R



Talia R



Lucy H



Addison W



## 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>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

*Please join the Christ the King community in prayerfully reading the Gospel of Matthew for Week 5.*

Week	Monday	Tuesday	Thursday	Wednesday	Friday
	<b>August 14, 2017</b>	<b>August 15, 2017</b>	<b>August 16, 2017</b>	<b>August 17, 2017</b>	<b>August 18, 2017</b>
5	Matthew 14:34-36 Jesus Heals Sick People in Gennesaret	Matthew 15:1-9 The Teaching of the Ancestors	Matthew 15:10-20 What Really Makes People Unclean	Matthew 15:21-28 A Woman's Faith	Matthew 15:29-31 Jesus Heals Many People

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*

### The Assumption of the Blessed Virgin Mary

Next Tuesday 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*



## 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.



## Kindergarten's Excursion to Calmsley Hill Farm

*On Tuesday 1<sup>st</sup> August, Kindergarten were very excited to go on their very first excursion. We travelled by bus to Calmsley Hill Farm.*

*We had a wonderful day meeting our farmer tour guides, patting and looking at many of the animals. We even had a chance to milk a cow and go on a tractor ride.*

*After lunch we watched some shows including a whip cracking show, a working dog show and a sheep shearing show.*

*We had a fantastic day learning about farm animals.*







## Nat Bertie's Lunchbox Recipe Ideas: Week 4

### **Educational Eating – Carbohydrates**

Our bodies need carbohydrates to function and the metabolisms (chemical processes) in the body are designed to operate using glucose (sugar found in carbohydrates). The body is an amazing organism and has the ability to convert fats and protein into glucose when it is required. Carbohydrates contribute to many important roles in the body, such as:

- Providing fuel for the brain
- Providing quick energy for muscles
- Providing fibre to assist in waste elimination
- Regulating the breakdown of protein and fat
- Fighting infections\*
- Promoting growth of body tissue (bones, skin etc)\*
- Lubricating joints\*

*\*along with protein and fats*

It is the nature of the carbohydrates consumed, that is essential for optimal health and wellbeing. They are classified, as either simple or complex carbohydrates, which depend on their molecular structure:

#### **Simple carbohydrates**

**Refined** – white sugar, fruit juice and corn syrup etc

**Unrefined** – whole fruit, raw honey, raw maple syrup and freshly squeezed juices etc

#### **Complex carbohydrates**

**Refined** – white bread, white rice, pasta, chips and biscuits etc

**Unrefined** – vegetables, legumes, brown rice and whole grains (properly prepared and not processed) etc

Sugar (fructose) in food is naturally occurring in vegetables, fruit, legumes, wholegrains, etc. Fructose found in these unrefined carbohydrates contain fibre, vitamins, minerals and enzymes that assist with the slow absorption of sugar into the bloodstream. If we only consumed a diet high in these unrefined carbohydrates, as people did 100 years ago, then an individual would consume about 15g (4 teaspoons) of fructose a day.

It's the massive doses of fructose (found in packaged/processed food), our culture is exposed to, that makes it dangerous. The most recent data collected by the Australian Bureau of Statistics found that Australians consume an average of 105g of sugar each day. Of this, 60g (15 teaspoons) was made up of simple/complex, refined carbohydrates. Sugar-sweetened beverages were revealed as the greatest source of added sugar in the Australian diet. Followed by sugar and sweet spreads, cakes, biscuits, pastries and batter-based products. Many people are aware of the common names for sugar (white sugar, brown sugar, cane sugar and powdered sugar etc) but it's the 56 names of hidden sugars listed in the ingredients of processed foods that people may be unaware of such as high fructose corn syrup, fructose, corn syrup, sucrose, dextrose, lactose, malt extract, rice extract, maltodextrin, honey, maple syrup and golden syrup etc.

The Week 3 article acknowledges the importance of eating a diet full of healthy fats from a variety of sources. Accepting the notion that fat is vital for our bodily functions and understanding that sugar interferes with the proper functioning of our body will support families transition from a diet high in processed foods to diet full of nutrient dense wholefoods.

### **Fat and Sugar Burning**

When an individual consumes healthy fats, proteins and unrefined carbohydrates, the body has the ability to utilise glucose, from these foods after it has been absorbed slowly into the bloodstream. Every cell in the body can use the glucose to promote energy and optimal health. In this fat burning state, if some glucose gets stored (as fat) for fuel to use at a later time, the body can easily convert the stored fat back to glucose when it is required. Glucose in the body can be utilised at any time when an individual consumes healthy fats, protein and unrefined carbohydrates for energy, rather than refined carbohydrates.

If foods high in simple and refined carbohydrates are consumed, the body's ability to burn fat is immediately switched off. The body is unable to utilise excess glucose, particularly fructose, which can not be utilised by any cell in the body. Excess glucose and fructose is quickly absorbed into the bloodstream and is converted to fat that accumulates in the liver. It is also stored as adipose (fat) tissue around the body such as stomach, thighs and hips etc. This makes it difficult to lose weight and may contribute to weight gain in both adults and children. Excess body weight is not the only issue







associated with refined carbohydrates. These foods are a major contributor to improper function throughout the body. They increase inflammation and negatively impact other physical, behavioural, mental and emotional health concerns.

### ***Carbohydrates to Eat***

It is recommended that individuals consume a macronutrient dense diet of unrefined complex carbohydrates, consisting of:

- Mostly a rainbow of in season above ground vegetables, with an emphasis on leafy greens;
- Occasionally eating whole grains, legumes, brown rice;
- Occasionally including a variety of starchy root veg such as sweet potato, parsnips, yams, etc; and
- Fresh seasonal fruit (simple carbohydrate), always in their whole form.

### ***Carbohydrates to Avoid***

Refined carbohydrates are considered 'bad', as they are manmade concoctions that are stripped of healthful nutrients. During digestion, refined carbohydrates deplete the body's own reserves of vitamins, mineral and enzymes. These sugars will sabotage cells, tissues, organs and systems of the body, as they are quickly absorbed into the blood stream and contribute to illness and disease. Refined sugars are found in most packaged/processed food in the supermarket including commercial breakfast cereals/drinks/biscuits and bread, white pasta and rice, lollies, chocolate, cakes, biscuits/crackers/chips, flavoured and fruit yoghurt, flavoured milk, tinned fruit/vegetables, condiments (salad dressings, sauce, olives, mayonnaise, peanut butter/Vegemite, jam, Nutella, etc), deli meats, low or no fat products, poppers/juice, cordial, soft/energy/sports drinks and muesli/health bars etc.

### ***Tips 'n' Tricks – Transition from refined sugar to natural sugar***

As refined sugar is removed from the diet, as well as poor quality fats, protein, additives and preservatives, inflammation through the body will begin to reduce. So will the dependence for sugar. Children's food fussiness will lessen as taste buds return to normal function. They will be more open to trying healthful carbohydrates sources found in above ground vegetables and leafy greens and appreciate the natural sweetness from these foods.

- **Keep obvious refined sugar products (lollies, cakes, biscuits etc) out of the house;**
- **Replace foods with refined sugar in them with foods containing natural sugar;**
- **Choose whole fresh fruit over juice, dried, dehydrated or other processed fruit products;**
- **Begin to reduce the number of days you eat white flour products** – replace these with wholegrain products, above ground vegetables, protein and fat;
- **Replace white flour with wholegrain flour, coconut flour, nut meal (at home);**
- **Eliminate sugary drinks** – soft drinks, sports drinks, juice/poppers, flavoured milk. Choose water and flavour it with a squeeze of citrus fruit, berries or cucumber slices;
- **Avoid flavoured yoghurt** – add fresh fruit and a drizzle of honey to natural/Greek full fat yoghurt;
- **Start cutting back on the amount of refined sugar filled foods that are being consumed** – once you are aware of the amount of sugar in packaged food, that you and your family are consuming, begin to slowly reduce the number of days sugar filled processed food is being consumed. Aim for three days a week and reduce it even further;
- **Make sure the family is eating three meals a day** – filled with healthy fat, protein and appropriate carbohydrates. This will reduce those cravings for refined sugar products;
- **Have fat/protein snacks available** – Having fat/protein filled snacks prepared in the fridge allows individuals to grab these rather than resorting to the need for sugar. Things like boiled eggs, dips/veg sticks, nuts (at home), avocado, olives, leftovers, meatballs, drumsticks, etc;
- **Try, try again** – encourage (set a rule) fussy eaters to try (one bite) everything on their plate filled with appropriate carbohydrates (vegetables), protein and healthy fat at each meal without a complaint;
- **Do not use food as bribery, punishment or a reward** – develop the attitude that food is nourishing to our body and is not a bargaining tool. Instead, use extra time spent with family as a reward like playing board games, a head massage, going for a bike ride, etc.







## Recipes – Naturally Sweetened

These naturally sweetened recipes can be used to transition from a diet containing refined sugar to one using natural sugars. It's important to remember that natural sugars contribute to inflammation in the same way as refined sugar does. This can leave the body susceptible to illness and disease, regardless of the fibre, vitamins and minerals it contains. The body can acquire its vitamin/mineral needs from the array of vegetables and other unrefined carbohydrates, protein and healthy fat that nature provides and these foods can be eaten in abundance. When trying to work towards optimal health, individuals would benefit from consuming naturally sweetened foods in their whole form and occasionally.

### ***Chocolate Chia Pudding (serves 2 - 4)***

By Nat Bertie, photo by Michelle Wagner (my sister)

#### ***Ingredients***

1 cup preferred full fat milk (dairy, coconut, etc or water)  
4 Tbsp. chia seeds (any colour)  
4 Tbsp. unsweetened cocoa powder (or raw cacao)  
3 Tbsp. raw honey (or pure maple syrup)  
½ tsp natural vanilla extract or vanilla powder



#### ***Method***

Combine all the ingredients in a food processor until smooth.  
The ingredients can also be combined in a bowl using a spoon. It will have a seedy texture using this method.  
Pour about ¼ cup into small containers.  
Set in fridge for 2-4 hours, or overnight.  
Store in fridge for 4-5 days.  
Berries & toasted coconut, to serve

The seeds can be soaked in the milk/water for 20-30mins prior to blending, to soften the seeds.

### ***Raspberry Bread***

By Nat Bertie (adapted from Wholefood Simply), photo by Michelle Wagner (my sister)

#### ***Ingredients***

1/2 cup preferred full fat milk  
1/2 cup honey (or pure maple syrup)  
6 eggs  
1 tsp natural vanilla extract  
1 cup coconut flour (purchase from a health food shop/Woolworths/online)  
1/2 tsp baking powder  
1 cup raspberries (or blueberries), fresh or frozen



#### ***Method***

Preheat oven to 175°C.  
Grease and line a loaf tin. Mine measures 19.5cm x 9.5cm.  
Place the milk, honey, eggs and vanilla into a food processor\* and blend until the mixture is smooth and well combined.  
Add the coconut flour and baking powder and blend until the mixture is smooth and well combined.  
Working quickly, add the raspberries and mix them through by hand. The mixture will thicken quickly as the flour absorbs the moisture.  
Scrape the mixture into your prepared tin, smooth the top and bake for 50 minutes or until an inserted skewer comes out clean.  
Cool in the tin for 15 minutes before gently transferring to a cooling rack to cool completely.  
Store in fridge or freeze individual slices.

\*placing ingredients in a bowl and using a stick blender works too.







## Banana muffins with Chocolate Icing

By Nat Bertie, photo by Michelle Wagner (my sister)

### Ingredients

5 overripe bananas  
 1 cup coconut flour (purchase from a health food shop/Woolworths/online)  
 10 eggs  
 2 Tbsp. honey (optional)  
 ½ cup melted, coconut oil/butter/ghee  
 2 tsp bicarb soda  
 2 tsp natural vanilla extract or vanilla powder  
 Preferred milk or water to thin mixture out if required



### Method

Preheat oven to 180°C (mine is fan forced).  
 Line muffin/cupcake tray with liners.  
 Place all the ingredients into a food processor and blitz until smooth.  
 Alternatively, place ingredients in a bowl and blitz with a stick blender till smooth.  
 Fill liners ¾ full.  
 Bake for 25 mins or until skewer comes out clean and muffins are dark golden.  
 If the weather is hot, store in fridge for 5 days, or freeze some.  
 Allow to cool and top with chocolate icing (see below).

### Chocolate Icing

#### Ingredients

2 ripe avocados  
 1 cup unsweetened cocoa powder (or raw cacao)  
 ½ cup honey (or maple syrup)  
 1 tsp natural vanilla extract or vanilla powder  
 Small amount of full fat milk/water to thin it a bit if required

### Method

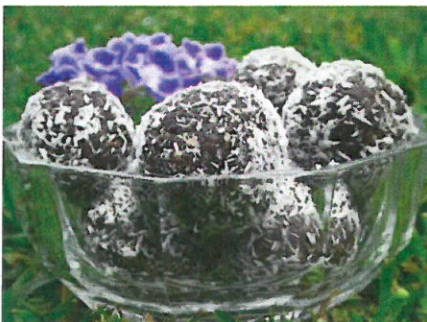
Place all the ingredients into a food processor and blitz until smooth.  
 Alternatively, place ingredients in a bowl and blitz with a stick blender till smooth.  
 Store in the fridge for 4 days.  
 Use as an icing on any cake/slice or serve as a chocolate mousse.

## Chockie Date Bliss Balls

By Nat Bertie, photo by Michelle Wagner (my sister)

### Ingredients

120g seeds, sunflower (pepitas also suitable)  
 200g medjool dates (or dried pitted dates soaked in boiled water for 10 mins then drained/dried thoroughly)  
 2 tsp natural vanilla extract, or 1/3 vanilla bean.  
 65 grams desiccated coconut  
 20 grams cocoa powder (or raw cacao powder)  
 1 tsp coconut oil, optional



### Method

Place seeds (and vanilla bean, if using) into a food process and blitz till it looks like crumbs.  
 Add remaining ingredients and blitz until the mixture comes together, forming a sticky crumb.  
 Using hands, roll into tablespoon sized ball shapes\*.  
 Roll in extra coconut if desired.  
 Place bliss balls into the fridge to firm up slightly if needed, 30mins.  
 Store in fridge for 5 days, or freeze some.

\*The mixture can also be pressed into a lined square baking tin and cut into small squares once its set.





# Woolies Earn & Learn 2017

**EARN & LEARN IS ON AGAIN!!** What a great way to source some new Educational resources for our school and all we need to do is shop for our 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 receive one Woolworths Earn & Learn Sticker for every \$10 spent. 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.

**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.





## Maths Club News!

Over the last 3 weeks, students in Maths Club have put their board games into play, as students across the school have been invited to come up and put their Maths skills to the test! The students have worked well in their groups, collaborating with one another to create board games that are unique, challenging and exciting. A big congratulations to all of the Maths Club students for the time and effort they have put into creating their board games and implementing them with students of all ages.

Samantha Roberts  
Numeracy Coordinator













Be confident



**College Tour**  
 Thursday 17 August 10:45am  
 Bookings online. Visit [www.msb.nsw.edu.au](http://www.msb.nsw.edu.au)  
*Inspiring Young Women. Transforming the Future*

4490 Pennant Hills Rd, Pennant Hills  
[www.msb.nsw.edu.au](http://www.msb.nsw.edu.au)



Mount St Benedict  
 College

The University Technology Sydney (UTS) is running a series of exciting as well as educational workshops targeting primary and early secondary school aged students in the October school holidays.

The program is called **Bright Futures** and offers a unique combination of eye-opening experiences based around subjects studied at UTS including STEM, Robotics, Creativity and Forensics.

### 3 – 6 October

Tuesday 3 October – **ABC for young entrepreneurs**

Wednesday 4 October – **Engineering workshop: Reach for the Skies!**

Thursday 5 October – **Music workshop: Composition, Percussion, Creativity**

Friday 6 October – **Becoming a master in communication**

**Full program and registration:**

**[www.bit.do/brightfutures17](http://www.bit.do/brightfutures17)**




Performing at the Farm: Peppa Pig

**your slice of Zest.**

**The ZESTFEST** — part of the Orange Blossom Festival  
 Sunday, 27 August 2017 | 10am – 7pm | Bella Vista Farm

The **ZESTFEST** — it's the biggest and **zestiest** community event! A juicy festival that brings together the best slice of our community. Enjoy rides, **zesty**-zones, live entertainment, tasty food, community stalls and the new flavoursome finale show.

**HIGHLIGHTS**  
 Food trucks, rides, finale show, zest-filled zones, Lee Kernaghan, ZestQuest Finalists, Peppa Pig and the kids passport challenge.

**GET THE JUICE**

[www.orangeblossomfestival.com.au](http://www.orangeblossomfestival.com.au) Follow Sydney Hills Events on Social Media | #ZESTFEST

**Festival Partners**






**THE HILLS**  
 Sydney's Garden Shire



# 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 are now open.** 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 25<sup>th</sup> 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 5<sup>th</sup> Oct** The 1 day workshop explores vocal skills and refresh singing techniques.

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



**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 27<sup>th</sup> 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 8<sup>th</sup> 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 session**

Solo Parent Services are running a session for our Annual Seminar on "Understanding Family Law".

The session is presented by an Accredited Family Law Specialist and will cover the following topics on the date below:

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

Venue : 38 Prince St, Blacktown Time: 7pm – 9pm Cost: \$7.00. 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: 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**

**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, King-swood 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.

**PENRITH OBSERVATORY SCHOOL HOLIDAY EVENTS :** Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington **Enquiries and bookings ;** [https://www.westernsydney.edu.au/observatorypenrith/penrith\\_observatory/whats\\_on](https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on)

**Date:** 2 September **Event name:** Going walkabout with the Murchison Widefield Array **Event details:** Dr Emil Lenc. Mid-2016 marked the third year of science operations of the Murchison Widefield Array (MWA) - a radio telescope situated in the Western Australian desert. Despite its humble beginnings and relatively low build cost, it has aided astronomers to perform a wealth of scientific research to date. While specifically designed for an ambitious program to look back at the early Universe and to find evidence of the first stars, it has instead turned out to be an incredibly powerful and versatile instrument. I will highlight some of the science performed over the past three years, discuss upcoming upgrades to the MWA, and how it fits in with the even more ambitious Square Kilometre Array (SKA). Includes presentation, short 3D movie and viewing of the night sky through a range of telescopes (weather permitting). \$18.00 Adult, \$12.00 Child/Concession, \$50.00 Family (2 adults + 2 children). Children under 3 years of age free. **BOOKINGS ESSENTIAL Time:** 7pm – 9pm

**Date:** 16 September **Event name:** Overcoming Engineering Challenges in Space **Event details:** Mr Nicholas Ralph. When we first ventured into space, engineering and physics was turned on its head. Battling extreme temperatures, micro gravity and radiation, the harsh reality of the true challenges behind space travel became clear. The unbound hostility of space takes no prisoners. Join us and learn how everyday devices we take for granted become deadly weapons, or totally useless, in the cold expanse of space. Includes presentation, short 3D movie and viewing of the night sky through a range of telescopes (weather permitting). \$18.00 Adult \$12.00 Child/Concession \$50.00 Family (2 adults + 2 children) Children under 3 years of age free. **BOOKINGS ESSENTIAL Time:** 7pm – 9pm

**Date:** 29 September **Event name:** Hands On Workshop - Rockets **Event details:** Build and launch paper rockets using compressed air, watch a model rocket launch. Includes presentation, short 3D movie and viewing of the Sun SAFELY through a telescope (weather permitting) \$15.00 per person (children and accompanying adults) for hands-on workshops **BOOKINGS ARE ESSENTIAL Time: 10am – 12pm**





## **HAVE YOU DOWNLOADED THE Skoolbag App YET?**

Skoolbag is the ultimate school to parent communication tool. This School Mobile App provides schools with an easy way to tell parents and carers important information as soon as it happens example: school news, event reminders, cancellations and much more.

To install it, just search for our school name "Christ the King Primary North Rocks" in either the Apple App Store, Google Play Store or on Windows.



## **HAVING ISSUES WITH THE Skoolbag app**

**If you find you are not receiving messages or have lost your alert ping**, sometimes it is just a matter of removing and re-installing the app.  
System updates sometimes cause these minor issues.



## **USE YOUR Skoolbag app TO NOTIFY YOUR CHILD'S ABSENCE FROM SCHOOL**

1. Open Skoolbag app
2. Click on eForms
3. Select Absentee Form
4. Complete all fields
5. In the last field you need to tap and then you can sign with your finger on your phone screen
6. Press Submit

This will send an instant email to the school to advise your child's absence.

This document is now legally acceptable as an Absentee Notification as the form is signed. You will not need to send in an additional note when your child returns to school.

**This eForm on the Skoolbag App is not to be used for extended Family leave.**

- Request for Family leave (1-10 days) must be emailed to the Principal. *If travelling overseas, an itinerary must accompany this application.*
- For Family leave over 10 days, an Application for Extended Leave must be submitted at least 2 weeks prior to departure. *If travelling overseas, an itinerary must accompany this application.*

---

## **CHANGES TO STUDENT LEAVE APPLICATIONS (any leave other than student sick leave) COMPULSORY SCHOOL ATTENDANCE**

The Catholic Education Office Diocese of Parramatta (CEDP) has procedures and guidelines in place to achieve high standards of student attendance in collaboration with parents. Parents are required by law to ensure that children aged between 6 and 17 attend school.

Schools are required to monitor and keep a register of student attendance and explained absences.

### **Requirements for Exemption from attendance for student absence and travel**

**1-5 days absence:** Parents must notify the school principal by mail or email (written) at least 2 weeks before leave date. **If this travel is Overseas, an Application for Extended Leave form must be completed.** Copies of travel documents must attach Overseas applications.

**5-100 days absence (whether travelling in Australia or Overseas) :** Parents must complete and submit the Application for Extended Leave form at least 2 weeks prior to commencing leave (Copies of travel documents must accompany this application whether travelling in Australia or Overseas). If approved the Principal issues a Certificate of Extended Leave. If the principal declines this application (i.e : it is not within the best interest of the child to take leave and be absent from school), a letter notifying parents that the application has been declined would be forthcoming.