Dear Parents, Staff and Students,

Sunday 27th November marks the beginning of the Church season of Advent.

The four weeks of Advent lead us to Christmas and our celebration of the birth of Jesus. The story of his birth is very familiar to us and has been known by believers and non-believers alike for over 2000 years.

The curious energy of Advent is that we are waiting for something that already happened. We are looking for something we know is already here. It is both right now and not yet.

Christ during his life, showed that he was not seeking people who are perfectly prepared and in control of things. He was interested in people who had difficulties in their lives but who wanted a way out of these difficulties; people who were honest with themselves and of good intention.

Christ today does not expect us to be perfect but to be people of hope, who trust that his coming will have meaningful consequences in our lives. The teenaged Mary and the midwife Joseph are wonderful examples of how amazing things can occur, if we have hope and trust in God’s word.

Peace and Best Wishes

Mrs Anne Marrins - Principal

We are filled with joy
A new child is accompanied by joy.
As we move into Advent and Christmas,
we anticipate the joy of the coming of the Christ Child.
Amidst the worst that can befall us
his arrival into our world brings joy and hope.
Next Friday 25 November at 2.30pm we will be celebrating our Advent Liturgy in the Church. Parents are welcome to join us.

FEAST OF CHRIST THE KING

What a feast day we celebrate this Sunday: the feast of Christ the King! The Gospel stories give us many images of Jesus Christ: - shepherd, son, lamb of God, to name just a few. Now this week we see Jesus in all His glory as King: King of Heaven and of Earth, and yet He is not seen as a powerful or rich King but rather as a “servant king". We are also called to be of service to others. At this time of the year students and families are invited to contribute to the Christmas hampers we are assembling for those in need in our parish community.

This week’s Gospel reading tells of the two thieves crucified with Jesus. He is proclaimed as king and as a broken man on a cross. The kingship of Jesus is revealed in the moment of His deepest humiliation. Jesus seeks out and saves the lost and here in this story it is a common criminal who recognises the Kingdom that Jesus has been proclaiming. The compassionate Jesus assures the thief of salvation with the beautiful words “Today you will be with me in paradise”. Our prayer could be: “Jesus, remember me when I come into your Kingdom”

This solemnity is a relatively new one in the Church calendar. It was established in 1925 by Pope Pius XI to proclaim that Christ presides over the whole of history and that all time and all ages belong to Him. It also marks the last Sunday in the Church’s liturgical year and it is fitting that we end the year with Christ as King.

Mrs Bernadette Nolan - Religious Education Coordinator

PRAYERS & SYMPATHY

Please keep in your prayers the Senik family (Emily 3BL) whose Grandfather (Father of Emily’s Dad) passed away last night.

Eternal rest grant unto him O Lord
And let perpetual light shine upon him
May he rest in peace
Amen.

CHRISTMAS HAMPERS

The Social Justice team is organising the collection and distribution of Christmas Hampers to those in need in our Parish Community. Children are being asked to contribute an item of food to these hampers which will be presented to St Vincent De Paul at our Christmas Concert on Friday 10 December 2011. Some suggestions may include food items such as chips, biscuits, tinned food, soft drink, Christmas cake, etc with a reasonable shelf life.

Our Mission

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Teaching and Learning

MERIT CERTIFICATES

<table>
<thead>
<tr>
<th>NAME</th>
<th>CLASS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isabella Khoury, George Khattar, Majok Gat, Jacob Trinidad</td>
<td>Early Stage 1 (Kindergarten)</td>
</tr>
<tr>
<td>Sarah Cullen, Manyaa Patel, Julia Trueman, Leticia Patino-Burgos, Luke Alderton, Emilio Gonzalez, Mark Khoury, Hannah Wykes</td>
<td>Stage 1 (Years 1 &amp; 2)</td>
</tr>
<tr>
<td>Raizelle Eunice Nana, Shanice Seab, Jett St James, Tamara Nehme, Brendan Maroun, Michelle Abdulahad, Julius Palmon, Joshua Dib</td>
<td>Stage 2 (Years 3 &amp; 4)</td>
</tr>
<tr>
<td>John Hajjar, Cristian Yevenes-Hill, Janette Hanania, Naomi Borg, Shevaani Rams, Joshua John, Liam Smith, Catalina Gonzalez, Anthony Stanton, Stephanie Istephan, Chantel Marcelene, Kurt Kowalski</td>
<td>Stage 3 (Years 5 &amp; 6)</td>
</tr>
</tbody>
</table>

CONGRATULATIONS

The following children have worked really hard towards receiving 75 Star Cards

Community Service Award: Ricky Doueihi 1S, Tanya Francis 1S, Madelyn Nolan 3SK.

The following children have worked really hard towards receiving 90 Star Cards

Gold Award: Aiza Reshty ES1, Amy Grech ES1, Ricky Doueihi 1S, Jayden Dentamaro 1W, Dominic Haddad 1W, Giulio Sciamanna 1S, Sarah Cullen 1K, Marcus Dias 1K, Monica Lawlach 1S.

The following children have worked really hard towards receiving 120 Star Cards

Principal’s Award: Alexandra Boustany 1S, Shanice Seab 2V, Rudhra Iyer ES1, Jordan Sathi ES1.

The following children have worked really hard towards receiving 150 Star Cards

Diamond Award: Rafka Boustani 1S, Tanya Khattar 1K, Chanel Joseph 1K.

INTER-DIOCESAN MACKILLOP SPORT TRIALS 2012

Notes went home this week for children in Year 4 and Year 5 (2011) interested in trialling for the Inter-Diocesan Mackillop Sport Trials for 2012. If your child is interested in trialling for a sport and didn’t receive a note, please send them to see Mrs Chehade ASAP.

Please note that parents are solely responsible for taking their child to trials, training sessions and games.

All notes need to be returned no later than Term 4, Week 8 (2/12/11).
This term for HSIE, 3BL have been learning about rainforests and the layers found within a rainforest. Now we are completing a research assignment about a layer of our choice. Here are some of the things we have learnt so far:

I’ve learnt that the understorey is the second bottom layer and it only gets 2-15% of sunlight each year. 
By Joe Salloum

The forest floor only gets 2% of sunshine and is home to lots of insects and amphibians. By Elaine Miranda

The biggest animals in the forest are found on the forest floor, which is the smallest layer. Some of these animals include jaguars, leopards, snakes and fish (if there is a pond or river). By Emily Senik

The canopy layer is the primary layer of a rainforest because it forms an umbrella over the understorey and forest floor. By Hannah Azar

Two types of frogs that live on the forest floor are the green tree frog and the poison dart frog. By Christian Zebec

The animals are used to the dark and not the sun in the understorey. Some of the animals are poisonous eyelash viper, giant leaf frog and the huntsman spider. By Andrei Dela Cruz and Jarrod Chetcuti

There are thousands of animals and plants in the canopy layer and it is located under the Emergent layer (the top layer). By Amy Strachan

I didn’t know that some trees could only survive by depending on another tree, for example the strangler fig tree. By Gabriela Gonzalez

The margay is part of the cat family and is similar to the ocelot, it is found in the understorey of some forests. By Rachel Diversi

I learnt that the canopy filters out 80% of the sunlight it gets and it is the most diverse layer of the rainforest. By Shevaani Rams

I discovered that the canopy is home to lots of different animals and is just under the top of the rainforest, where most of the branches are. By Justin Khattar

70-90% of fauna life in a rainforest is found in the canopy. By Alexandra Cotton and Suren Hagobian

The poisonous eye-lash viper only lives in Central and South American rainforests and is found in the understorey. By Maroun Ateyeh
SUGAR & TOOTH DECAY

Sticky foods that cling to children’s teeth and foods that are high in refined sugars contribute to tooth decay. Highly refined sugar foods are often high in fat as well as sugar, and eating more of these types of foods will leave less room in the stomach for healthier foods such as breads, pasta, rice, potatoes, milk and cereals.

Carbohydrates such as pasta, rice, potatoes and vegetables and natural sugars from fruit and milk are healthy sources of energy.

“No Added Sugar” on the food label means that no extra sugar has been added during the manufacturing process. It does not mean that the food is low in sugar, the food may still be high in natural sugar (such as 100% fruit juice).

HAVE A SECOND THINK ABOUT COLA DRINKS

- Cola drinks have a high sugar content, which can lead to dental decay and can lead to increased weight in your child.
- They also contain caffeine which can be addictive and may make your child dehydrated.
- Instead choose water, 100% juice diluted 50:50, low fat milk, non caffeine soft drinks or low joule cordials.

From the Hawkesbury Child Nutrition Project

DIARY DATES 2011

Term 4

November

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Week 7</td>
<td>Monday 5 Reports/Work Samples Folders</td>
</tr>
<tr>
<td></td>
<td>Wednesday 7 Gymnastics ES1 &amp; Stage 3</td>
</tr>
<tr>
<td></td>
<td>Thursday 8 Gymnastics ES1 &amp; Stage 3</td>
</tr>
<tr>
<td></td>
<td>Friday 9 7.00pm Christmas Concert ES1/S1</td>
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</tbody>
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December

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Week 9</td>
<td>Monday 12 6.00pm Yr 6 Graduation Mass &amp; Dinner</td>
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<tr>
<td></td>
<td>Thursday 15 10.00 End of Year Mass</td>
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<tr>
<td></td>
<td>11.00am Morning Tea</td>
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<td></td>
<td>12.00 noon Awards Presentation</td>
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<tr>
<td>Friday 16</td>
<td>LAST DAY OF TERM 4 FOR STUDENTS</td>
</tr>
</tbody>
</table>

NOTES HOME

1. Catholic Out of School Hours Care

PLAYGROUP—CHANGE OF VENUE FOR NEXT FRIDAY

Next Friday 25 November, Playgroup will meet at Wentworthville Pool on Darcy Road at 9.30pm. In case of wet weather please contact Therese Touma on 0434 285 105.

HOW DO YOU KEEP LUNCHES COLD IN SUMMER?

Cooler Bags will keep things cool especially if you have a frozen item as well. Everything will have defrosted by recess or lunchtime.

- Use Frozen bread (but not the fillings)
- Freeze a water bottle and keep it next to the sandwich
- Pack a frozen yoghurt in the lunchbox
- Quarter and freeze an orange or a slice of well drained pineapple.