

WEEKLY REMINDERS

Week 4 Term 1 2020



Gracious and loving heavenly father, I pray today that I show love to my neighbors. Help me to not just speak love, but to show love, and be love. Let me share your love with others in deed and truth. Amen.

[Based on 1 John 3:18]
DailyPrayerGuide.net

May your week be
FILLED WITH
good thoughts,
KIND PEOPLE
and
happy moments.

Simple Reminders
SIMPLEREMINDERS.COM

HEALTHY LUNCHBOXES

Please be reminded that all children's lunchboxes need to contain **healthy food options** every day. Potato chips, lollies and other snack foods are not permitted. We thank all families for supporting student wellbeing by cooperating with our school policies!

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP **1-6!**

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> Apple Banana Mandarin Orange quarters Passionfruit halves (with spoon) Watermelon, honeydew, rockmelon chunks Pineapple chunks Grapes Plums Nectarines, peaches, Apricots Strawberries Cherries Kiwifruit halves (with spoon) Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> Fruit salad Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SHACK PACKS/CUPS</p> <ul style="list-style-type: none"> In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGIES</p> <ul style="list-style-type: none"> Corn cobs Carrot sticks Capiscum sticks Green beans Cucumber sticks Celery sticks Snow peas Tomatoes (e.g. cherry and Roma tomatoes) Mushroom pieces <p><i>Can serve with either:</i></p> <ul style="list-style-type: none"> Hommus Tomato salsa Tatziki Beetroot dip Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> Coleslaw and potato salad (reduced fat dressing) Mexican bean, tomato, lettuce and cheese salad Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> Grilled or roasted vegetables Wholemeal vegetable muffins or scones Vegetable slice (with grated zucchini and carrot) Popcorn <p>SOUP (in small thermos)</p> <ul style="list-style-type: none"> Pumpkin soup Potato and leek soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (frozen overnight) Custard <p><i>Tip:</i></p> <ul style="list-style-type: none"> Freeze the night before to keep cool during the day <p><i>Can serve with either:</i></p> <ul style="list-style-type: none"> Cheese cubes, sticks or slices Cottage or ricotta cheese Cream cheese Tatziki dip <p><i>Can serve with either:</i></p> <ul style="list-style-type: none"> Fruit Wholegrain cereal, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Tinned tuna or salmon in springwater Lean roast or grilled meats (e.g. beef, chicken, kangaroo) Falafel balls Lean meat or chicken patties Tinned tuna or salmon patties Falafel balls Lean meat or chicken patties Lean deli meats (e.g. ham, silverside, chicken) Boiled eggs Baked beans (canned) Tofu cubes Hommus dip Lean meat or chicken kebab sticks Peanut butter* <p><i>Can serve with:</i></p> <ul style="list-style-type: none"> Wholegrain sandwich, roll, pita or wrap bread with salad Rice and corn cakes Wholegrain wheat crackers Side salad <ul style="list-style-type: none"> Vegetable frittata Skinless chicken drumsticks Savoury muffins or scones (e.g. lean ham, cheese and shallots) Homemade pizzas with lean roast or deli meats and vegetables <p><i>Can serve with:</i></p> <ul style="list-style-type: none"> Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches <p><i>Tip:</i> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, noan, bagels, foccacias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> Pasta dishes Rice, quinoa or cous cous dishes Noodle dishes Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> Homemade pizzas Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) Vegetable based muffins Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> Fruit loaf Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> High fibre, low sugar cereal (e.g. muesli) English muffins Crackers Crispbreads Rice cakes Corn thins Wholemeal scones Pikelets Crumpets Hot cross buns (no icing) 	<ul style="list-style-type: none"> Take a water bottle (for refilling throughout the day) <p><i>Tip:</i></p> <ul style="list-style-type: none"> Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>



WEEKLY REMINDERS

Week 4 Term 1 2020



Two-Way Interviews (Parent/Teacher)

Two-Way (Parent/Teacher) Interviews for Kindy to Year 6 will be held over two weeks: from **Tuesday 3rd to Friday 13th March**. At St Emile's, we use an online booking system for all two and three-way interviews. Online bookings opened on Friday 14th February at 9am and will close on Thursday 27th February at 9am.

Please follow this link www.schoolinterviews.com.au and enter this code: **tu9ey** to complete your booking(s).

Popular time slots tend to fill up fast, so please book early to avoid disappointment. If you require assistance, please call the Front Office on 9256 9696.

Please contact your child's class teacher if you are unable to find a time that suits you.

Wednesday Morning Cuppa

The P&F are hosting a morning tea every Wednesday this term. It will be held in the Hall from 8:45-9:30am.



Football Carnival Cancelled

Please note that the Year 6 girls Football Carnival scheduled for Thursday 27 February has been postponed to later in the year.

This was a decision made by the WA Football Commission.

Blue Form - Update to Family Details

Thank you to all the families who have already returned the Blue Form - (Update to Family Details) to the office. A reminder that these were due back on, **Friday 7th February**. If you haven't returned this very important form, you are asked to ASAP, thank you.

Ash Wednesday Mass

To celebrate the beginning of Lent, our Whole School Ash Wednesday Mass will take place this Wednesday 26th Feb. All parents are welcome to attend. A cup of tea will be available at the conclusion of Mass.

EAL/D

Do you and your family speak English as a second language?
Would you like assistance at St Emile's for improving you and/or your children's English?
Please follow the link below for more information.

[EAL/D Parent Information](#)

Important Dates

Saturday 22nd February

6.30pm Sacramental Commitment Mass

Sunday 23rd February

9am & 5pm Sacramental Commitment Masses

Monday 24th February

9am to 12pm House Swimming Trials

Tuesday 25th February

5pm P&F AGM & School Board Annual Community Meeting

Wednesday 26th February

9am Ash Wednesday Mass
10am Cuppa in hall

Friday 28th February

8.45am Year 5 Assembly

Monday 2nd March

Labor Day Public Holiday

Tuesday 3rd March

Two Way Interviews Begin
7.45am Family Photos in Hall
School Photo Day 1

Wednesday 4th March

School Photos Day 2

Wednesday 4th March

School Photos Day 2

8:45am Cuppa in the Hall

Tuesday 10 March

1.10pm to 2.40pm Year 6 Growth and Development Parent Workshop

Thursday 12th March

7.15am -8am Interschool Swimming Training @Riverton

Friday 13th March

8.45am Year 3 Assembly

Tuesday 17th March

7.15am -8am Interschool Swimming Training @ Riverton

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School Lunches Online

Every Wednesday, School Lunch Online provides fresh and healthy lunch options to St Emile's such as sushi, lasagne curries and much more. Parents are able to order online (before 8am on Wednesday mornings) and the lunches are delivered to school, and then distributed to classrooms by parent volunteers.

Every Friday, Subway lunches are also available through School Lunch Online and there are some new filling options to choose from. Orders must be submitted by 4pm, Thursday afternoons.

In order to ensure that lunch orders are delivered to the right class, please update your child's class to their 2020 class on School Lunch Online.

For more information about School Lunch Online please [click here](#).

Car Park Reminder

Please be mindful in the carpark when returning in Week One as there will be new families who will be learning the ropes and may not yet be familiar with our drive through and parking procedures.

Your patience and cooperation is appreciated.

For more information please click below.

[2020 Important Reminder--Drive Through, Drop Off and Pick Up of Students](#)

MOPS

The St Emile's Mother's Group will commence again on **Monday 24th February** and run every fortnight throughout the term (and subsequent terms).

Monday 24th February
Monday 9th March
Monday 23rd March
Monday 6th April

Sonia Pinto has kindly volunteered to be the coordinator again this year.

A new start time is being proposed **10.00am -12.00pm**. If you are interested in finding out more, Please contact Sonia directly: soncoutho@gmail.com
The start time will be confirmed asap.

All the lovely Mums that joined last year very much enjoyed a year of friendship and fun.

Walking/Riding to School

All families whose children walk or ride to school unaccompanied need to complete a form from the Office, thank you.

Uniform Shop

The uniform shop is open Tuesday and Thursday mornings from 8am-9am.

Kindy in 2021

Enrolment interviews for Kindy 2021 are held in the first two weeks of Term Two.

If you have a child whose birthday falls between 1/7/2016 - 30/6/2017, please complete an enrolment form so that an interview time can be arranged.

Sacramental Enrolment Forms and Commitment Masses in 2020

The Sacramental Enrolment Forms for 2020 are now available from the Church. The Sacramental Commitment Masses will be the weekends of the **15th and 16th February and the 22nd and 23 February 2020**. Please put these dates in your calendars as it is an expectation that if your child is receiving a Sacrament in 2020 that you attend one of the masses on these weekends:

[Sacramental Dates for 2020](#)

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After-School Soccer Coaching Clinics (Term 1)

All Pre-Primary to Year 3 children were given a registration form for an After-School Soccer Coaching Clinic starting Tuesday the 18th February (3.10pm – 4.10pm). We will conduct it on the school grounds.

The activity is coordinated and run by Physical Education and/or Soccer Specialists; all with their Working with Children Checks. The Clinic focuses on **Maximum Participation** during **Organised** and **Fun** 8 x 1 Hour sessions. The cost for the clinic is \$80.00 per child.

If you are interested in letting your child learn and play this World Game in fun sessions and you have not yet registered, then please register online at www.play4life.com.au or complete the registration form and return it to reception by Monday 17th February. (Spare registration forms are available at reception). If you have any queries, please call Jacob Aquino on 6162 0932.

Year 5 Parents **1 to 1 Information**

Please check your SEQTA Engage under Direct Messages for the Parent Information on the 2020 One to One iPad Information.

AGM of the P&F and **Community Meeting of the** **School Board**

The AGM of the School Community will be held on **Tuesday 25th February at 5.00pm**.

All members of the school community are welcome to attend. From 6:00pm to 6.40pm there will be light refreshments and a supper.

Please let the Office know if you plan on staying for these.

We anticipate that the meeting will finish by 6.40pm.

SCHOOL PHOTO INFORMATION

*School Photos will be taken on: **Tuesday 3rd of March 2020 & Wednesday 4th of March 2020***

Class Photos/Portraits:

- ❖ Every Student will have their photo taken, whether they are purchasing photos or not.
- ❖ The school has chosen to use the online ordering system. Your child will be given an online ordering instruction slip and a unique student shootkey. Log onto www.msp.com.au and follow the prompts to place your order. If you lose your shootkey the school reception will have a copy to quote back to you.
- ❖ The expiry date for online ordering is the **10/3/20**. Any orders received after this date will incur a \$30.00 archive fee. You can email your order request through to reorders.perth@msp.com.au or call our office on 08 9240 8000

Family Photos:

- ❖ Envelopes can be obtained from Administration.
- ❖ Family photos will be taken on **Tuesday 3rd March** in the morning before school. **For family photos, it is the responsibility of the parent/guardian to take the children for the photo as it will be taken before school begins for the day. These photos will be taken in the Hall.**
- ❖ Please ensure that your family envelope and payment are handed to the Photographers on photo day.
- ❖ If you do not have the correct money we will provide any change needed when photos are delivered to school. Family photos **cannot** be ordered online.

Special/Sports Group Photos:

- ❖ If your child is in a Special/Sports photo you will receive a link and password to the online gallery after photo day. You can then view and order if required. Photos will be delivered with the school's bulk order.

Please Note: Class Groups, Individuals and Family Photos are *not* available to view online

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Term Dates 2020

(including Pupil Free Days and Public Holidays)

SEMESTER 1

Term 1

Students: Monday 3 February - Wednesday 8 April

Teachers: Thursday 30 January - Thursday 9 April

Mid semester break: Monday 15 April - Monday 27 April

Labor Day Public Holiday: Monday 3 March

Good Friday: Friday 10 April

Pupil Free Day 1 - Thursday 9 April

Term 2

Students: Tuesday 28 April - Friday 3 July

Teachers: Tuesday 28 April - Friday 3 July

ANZAC Day Public Holiday - Monday 27 April

WA Day Public Holiday - Monday 1 June

Pupil Free Day 2 - Friday 29 May

Semester break: Monday 6 July - Friday 17 July

SEMESTER 2

Term 3

Students: Tuesday 21 July - Thursday 24 September

Teachers: Monday 20 July - Thursday 24 September

Pupil Free Day 3 - Monday 20 July

Pupil Free Day 4 - Monday 31 August

Pupil Free Day 5 - Friday 25 September

Mid semester break: Monday 28 September - Friday 9 October

Term 4

Students: Monday 12 October - Friday 11 December--TBC

Teachers: Monday 12 October - Friday 18 December



ST EMILIES CATHOLIC PRIMARY SCHOOL

CAR BAY RAFFLE

WIN A RESERVED CAR BAY FOR YOUR
EXCLUSIVE USE DURING PICK UP AND
DROP OFF FOR TERM 2

\$5 PER TICKET OR 3 FOR \$10

TICKETS AVAILABLE AT THE FRONT OFFICE
DRAWN ON 3 APRIL 2020