



St Patrick's Marist College

151 Kirby Street, Dundas NSW 2117 - Visit our Website: www.stpatricks.nsw.edu.au



Star of Peace

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Number 2

17th February, 2016

From the Principal

Dear Parents, Staff, Students and Friends,

We are reminded as we begin the Lenten season that Lent is a time of reflection, a time of renewal and repentance and a time for prayer. It is a time of preparation for the most important time of our church calendar, Easter. We understand, that we are here in community because of the death and resurrection of Jesus Christ. We work each and every day to encourage our students to be witnesses to Christ, to be Christ like and to understand that they are the faces of Jesus. In this year of Mercy and time of Lent let us all work at being a person of compassion to others and to ourselves.

The first few weeks of school have been extremely busy this year. Year 12 Retreat, High Achievers Assembly, Swimming Carnival and celebrating Ash Wednesday and our Commencement mass.

Each of these events have taken significant time and planning and I thank all of the staff involved for the many hours of preparation and planning. This year's Swimming Carnival was an enormous success. The student's engagement and enthusiasm and the colour house parades created a great atmosphere. This year the house parades were exceptional and I was so excited to see so many students from each house involved. I thank Ms Liska for her organisation of the day.

Our Commencement Mass began with our Year 7 students entering with the Year 12 House Leaders and their Homeroom Patrons. We were blessed with the presence of 5 ex-students from the original Harrington Street College to help celebrate our commencement of a new school year here at St Patrick's Marist, Dundas and all that this means for each of us. One of the highlights of our Commencement Mass was the presentation of rosary beads and house badges to each Year 7 student to represent our Marist call to be like Mary, a person of prayer and faithfulness and the importance of community and belonging.

Yesterday I visited our first Year 12 group on retreat. The feedback from students was overwhelmingly positive. The opportunity to step away from everyday life and take time to reflect on ourselves and our faith is immeasurably important and one that most of us struggle to do. This time is so important for our Year 12 students as they begin their final 3 terms of a 13 year journey. It is always wonderful to hear about deepening friendships and the forging of new ones through this experience. In every school I have had the pleasure of working in, the Year 12 Retreat is not only a highlight, but one that makes a significant impact on student's faith journey. I thank Mr Paton for his organisation and for all of the teachers that have given up their time to accompany and work with our students.

Last week we held our inaugural Parent Learning Forum. I am pleased to say we had just under 100 parents in attendance. The night provided opportunities for parents to hear about our goals and priorities for 2016, some of our key strategies in working with our students and to ask clarifying questions in relation to learning in the College. Ms Ellison also spoke about the change to illness and misadventure processes which are now online. I thank all of the parents in attendance and for their valuable feedback to help us bring better clarity and stronger partnerships.

A reminder that our P & F Annual General Meeting is coming up next Wednesday evening, the 24th February at 7:30pm in the Staff lunch room. Please enter the College through gate D. I would also like to remind parents that our Cocktail Evening is this coming up Friday the 11th March. I look forward to seeing you there.

It is very important that we always have the correct contact information for our parents and guardians. By now, students should have returned this information. If you have any changes to these details can you please contact the College immediately and let us know.

We have had an ongoing and very frustrating problem with our morning bus from North Rocks. We have contacted the bus company on a number of occasions re the ongoing lateness. It would help our efforts if all parents with students who catch the 606 could contact Transport NSW directly to make your own concerns known. This can be done at www.transportnsw.info.

Mrs Angela Hay
Principal

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KEY DATES

Monday, 22nd February
Year 10 Information Evening

Wednesday, 24th February
P&F Annual General Meeting

Wednesday, 2nd March
Year 7 Camp

Monday, 7th March
Open Day 4.00pm - 6.00pm

Friday, 11th March
P&F Cocktail Evening

Monday, 14th March
Year 7 Vaccinations

Thursday, 17th March
St Patrick's Day Liturgy

Friday, 18th March
Year 7 Formation Day

Thursday, 24th March
Easter Liturgy

The Mission *of Marist schools is to lead young people in the way of Mary, to know and love God in the belief that they all can become good Christians and good Citizens.*

Assistant Principal



COLLEGE BLAZERS

The College has been made aware that some blazers recently purchased from Lowes Carlingford have been sold with an incorrect embroidered pocket. The name of the College across the top of the emblem is missing (see image of the correct pocket). Lowes have indicated that if a parent has purchased a blazer with an incorrect pocket, then they are to return it to the store as soon as possible so it may be sent off to have the embroidery re-done. There will of course be no extra charge to the parents.

Mr W. Waddell
Assistant Principal - Pastoral

TEACHING AND LEARNING

High Achievers Assembly

It was with great pride that we welcomed back our High Achievers of 2015 who received an ATAR of 90 or above. Our Assembly recognised and acknowledged the dedication, hard work and passion that underpins success in any area, including academics. Both Georgia Allan and Sam Hermon addressed the College on behalf of all fellow High Achievers and thanked the College, their teachers and peers in supporting them through the HSC journey.



Georgia Allan	93.45
Christy Baek	98.15
Aiden Furolo	94.45
Samantha Go	90.55
Brendan Hawken	93.95
Sam Hermon	95.85
Connor Hoang	96.35
Rebecca Hofmann	91.55
Mario Juric	90.15
Tanya Kazzi	91.25
Brandon Kwok	94.10
Courtney Muir	94.10
Chloe Nakad	91.15
Lachlan O'Brien	90.60
Angelo Panambalana	90.05
Michael Rhodes	93.55
Lewis Rudd	93.70
Alan Sper	98.50
Peter Wooden	97.50
Sarah Young	99.40



The College Dux of 2015, determined by the ATAR was awarded to **Sarah Young**.

Second Place Aggregate was awarded to Alan Sper and Third Place Aggregate to Christy Baek.

Also acknowledged on the day was Chris Kim (Year 11) who achieved 100% in the Mathematics (2 Unit) Accelerated course. This placed him 7th in the State. Brodie Naughton achieved 99% in the General Mathematics (2 Unit) course which placed him 12th in the State.

STUDY SKILLS

MANAGING WORKLOAD

As the year begins, so do the demands of managing assessment tasks and homework for each subject. Below is a great way to approach the management of your exams and assignments. Of course everyone works differently, so you may choose to take some of these ideas and modify them to suit your own existing routine.

Step 1 – Wall or Term Planner: Always have a wall or term planner. Where it can be seen at a glance what is happening that term without having to look through your whole diary. Write the due date for tasks on the planner – highlight tests in one colour and assignments in another colour and cross off each day as you go.

Step 2 – Effective Diary Use: Start changing the way you use your school diary. The way this system works is that every time you are told about an assignment, a test, or something that will take a few days to complete or something that is not due for awhile, quickly do the following:

- Write in the due date
- Using red pen in your diary, write in the task on the day it is due eg. English Essay Due today. For lots of students this is as far as their planning process takes them! It is not enough.
- Also write it on a wall calendar so you can see clearly what work is coming up.
- **CHUNK DOWN THE WORK**
- Now stop for a moment and think about what will be involved in that task. Break it into chunks. See the techniques under 'Chunking and Planning' below.
- **PLAN when you will do the work**
- In your diary write down when you will do each section – put a plan in your diary of what you will do and when you will do it! You may not be able to stick to this perfectly, but at least you have a starting point and you are more likely to do it if you actually have steps written into your diary. It is a good idea to write the long term work at the bottom of each diary page. Make your plan realistic, don't put unreasonable amounts of work into unrealistic time frames. Many students do this in pencil so it is easy to change if necessary.

Step 3 – Keep Track and Reschedule: Each day when you come home, complete what you can of what has been scheduled for that day. Highlight the work you have completed. Look at the work you didn't complete. Decide when you will now do that work. Maybe it will be tomorrow or maybe later in the week or next week. Write it in as homework in your diary for when you will do it and cross it off today's list. This means that you don't need to keep looking back to see what you haven't done, you have rescheduled the work for when you will do it.

Techniques for 'Chunking' & Planning Work

First step: Write down absolutely everything you need to do! Then use one of the techniques below.

TRADITIONAL CHUNKING

- For a few minutes, brainstorm. This means write down everything you can think of that you might have to do as steps to complete the task.
- Now put all the steps in order: what needs to be done first.
- Finally, see if any of the steps can be broken down further into smaller chunks.
- Completing one chunk at a time is much more achievable as it does not seem so huge and overwhelming. It also allows you to set goals along the way to complete certain steps by certain times.

CHIPPING AWAY

- Next to each brainstormed step for the task, estimate how long you think this step will take (better to allocate too much time than too little).
- Looking back from the due date, next to each step put roughly when you would like to have it completed by then write the first few steps into your homework diary.
- Once these are completed, reassess when you would like to complete the remaining steps by (are you currently ahead or behind?).
- Now write the next steps into your homework diary and keep repeating this process.

WORKING BACKWARDS

- Make the decision to aim for completion a few days before the deadline so you will have some spare time up your sleeve.
- Work backwards from the due date. First think of everything you need to do to meet the deadline and how long you think each task will take. Write this down.
- Now decide what you need to get done a few days before your new deadline. What about a few days before that? The week before that? Schedule out what you will need to do in the time available to you to meet the deadline.
- Be flexible and prepared to adjust either your schedule or what you plan to do in order to meet the deadline. Sometimes you may have to make the sacrifice of an early morning or extra work at night in order to stay as close as possible to your plan.
- Always do your plan in pencil – it is guaranteed to need changes as you are really just guessing how long each task will take.

The Salami Technique

Imagine trying to eat a whole salami at once. Impossible! But slice the salami up and suddenly it is much more palatable and manageable. Many students make the mistake of diving into a large piece of work before having carefully thought through the steps and processes that need to take place to successfully complete the task. Or even worse, they simply don't start the task for ages as it all seems too overwhelming.

- Simply break the task down into the specific stages and manageably sized steps that will be necessary in order to complete the task.
- See if you can subdivide the steps any further (or slice them any thinner!).
- Slice or subdivide large, tough tasks into smaller, easily accomplished parts.
- Tackle them one by one.

The advantage of this is that you can develop a more realistic time estimate of exactly how long each step is likely to take. This helps you in your scheduling and planning of the steps.

In addition to this, it also gives you some mini-goals and tasks to complete. 'Do History project' is a bit difficult to get your mind around but 'Go to the library and find resources for assignment', or 'Read through notes from class and choose research topic' or 'Brainstorm ideas for History topic' are specific action oriented steps that are much easier to pick up and run with.

Yet another advantage of this technique is that as you knock over each step you will feel like you are getting somewhere and you can clearly chart your progress as you work your way through each step.

Assignment Planner

1. Read carefully through the criteria for the assignment. Do you understand what you need to do or do you need to go and ask some more questions.
2. Think about what steps you will need to take to complete the task.
3. Determine how long each of the steps will take.
4. Decide when you will do each step in order to complete the assignment by the due date and tick when you have completed each step. Keep the planner prominently displayed on your desk so you can keep track of where you are in the process.

Mr J. Scanlon
Assistant Principal
Innovative Teaching and Learning

Director of Studies

ILLNESS AND MISADVENTURE

CHANGES TO POLICY AND PRACTICE

If a student is unable to sit for, or complete an assessment or examination due to illness, leave or other unforeseen circumstances, they are required to complete an online form and supply a parent letter (for Years 7-10) or Medical Certificate (for Years 11-12)

The College has a series of forms on our website under the "Our Community / Assessment" menu. ([Assessment Link](#))

Approved Leave:

1. An application for 'Exemption from Attendance at School' form must be completed and submitted to the Principal prior to the leave.
2. Once written confirmation is provided from the College, the student must complete the online 'Assessment Variation' form (specific to approved leave)
3. Once the form is submitted the Director of Studies will liaise with the relevant Leader of Learning to determine the most appropriate path of action students will then be notified of the outcome via email

Illness /Misadventure:

1. Parent/Guardian must contact the Leader of Learning - Pastoral and the relevant Leader of Learning - Curriculum.
2. A parent letter (for Years 7-10) or Medical Certificate (for Years 11-12) or evidence of misadventure must be obtained and handed to the Director of Studies on return to school. Alternatively, this can be emailed to the Director of Studies (tellison@parra.catholic.edu.au).
3. The student must complete the online 'Assessment Variation' specific to:
 - Illness
 - Misadventure
 - Illness prior to examinations
4. Once the form is submitted the Director of Studies will liaise with the relevant Leader of Learning to determine the most appropriate path of action students will then be notified of the outcome via email.

SUBJECT CHANGES

Parents and students are advised that if they wish to change subjects. The cut-off date is Friday 19th February. This request should be made in writing, signed by the parent/guardian and handed to Ms Ellison (Director of Studies).

Years 9 and 11 students were given ample time to prepare for and make subject choices regarding their subjects, during the lengthy subject selection process last year. Year 10 students should be aware that changing electives after one year is not recommended, and students should be completing 200 hour courses at Stage 5. Year 12 students must consider the number of units they have, particularly when an ATAR is required.

Students wishing to change classes or subjects must:

1. See the Director of Studies with a note form their parents requesting the change
2. Get relevant Leader of Learning and class teachers to sign the form
3. Get the forms signed by the Bursar (office)
4. Return completed form to the Director of Studies

If approved, confirmation will be a new timetable.

Please note students cannot change classes until they receive a new timetable specifying the new class allocation.

Cut off dates for each year groups are:

- Year 12 – end of Week 5 (Term 4)
- Year 11 – end of Week 4 (Term 1)
- Year 10 – end of Week 4 (Term 1)
- Year 9 – end of Week 4 (Term 1)

Ms T. Ellison
Director of Studies

Pastoral

YEAR 11

I would like to congratulate your daughters and sons on a very positive start to their Senior schooling. Year 11 Preliminary HSC Courses run for three terms and students must develop effective study habits and assessment preparation skills in order to fulfil their potential in the HSC.

Senior students are expected to complete work every night, there is always something to do! Organisation skills are essential at this stage of your child's schooling. The Diary is a great tool to help your daughter or son to stay organised and monitor their own work. It is also an important means of communication between staff and students and a way for parents to support their children by monitoring their study habits closely and signing the diary every week.

I would like to highlight the importance of attendance and punctuality. Your support in ensuring your daughter or son is at school each day and on time is appreciated. Poor or inconsistent attendance patterns correlate strongly with poor results.

I encourage parents to talk with your child about their aspirations for Year 11 and 12 and beyond and to work to their potential while being mindful of the stress that can come with senior study for both the student and their parents.

I wish you all the best for 2016 and please do not hesitate to contact me at the College if I can be of assistance.

Mr P. Quigley
Leader of Learning - Year 11 Pastoral

YEAR 8

KEEPING TRACK

Keeping Track is on again this term for Year 8 students. It is on every Wednesday afternoon in B110 from 3.20pm to 4.15pm.

Keeping Track is an opportunity for students in Year 8 to receive assistance from teachers and Year 12 leaders for learning in managing homework, assessment tasks and class work. Students are encouraged to take advantage of this opportunity to ensure that they are 'on track' and meeting the demands placed on students in their junior years.

Please see Mrs Papoulias for a permission note.

Mrs A. Papoulias
Leader of Learning - Year 8 Pastoral

Leukaemia Foundation

**WORLD'S
GREATEST
SHAVE**

Colour For Cancer



BRING A
\$2 COIN
& get creative
with your curls

When: Tuesday 23rd February

Place: St Patrick's Marist College

Time: Recess and Lunch

Cost: Gold coin donation to get your hair coloured

Donate online: <http://my.leukaemiafoundation.org.au/stpatsmaristcollege>

Help us reach our goal of raising over \$1000

Money raised will help the Leukaemia Foundation to look after people with blood cancers and pay for research to find better treatments and cures.



MS MEGA SWIM

On the 30th of April I will be taking part in the Sydney MS 24 Hour Mega swim at the Homebush Aquatic centre alongside 14 other teammates. We will be participating to fundraise for people that live with multiple sclerosis. It is a chronic disease that attacks the central nervous system (the brain, spinal cord and optic nerve) and they are sadly unable to do the everyday things in life. Multiple sclerosis is a lifelong disease for which a cause and cure are yet to be found. The money you donate provides vital funds to help people living with multiple sclerosis access the services, support, treatment, and information they need to continue to live full and uncompromised lives. Together let's be the change.

Tatiana Seruvatu
Team captain of Team Swimamazin Juniors
8 Xavier

Business Manager

2016 SCHOOL FEE INFORMATION

For Parents and Carers

We have been advised, that due to the change in delivery times from Australia Post, there may be a delay in some parents receiving their Term 1 Fee Statement. This could be an extra 1-3 business days in most cases. As previously advertised the fees are due on 7th March 2016.

Payment options include Cash, Cheque, EFT, BPay and Direct Debit.

A Flexible Payment Plan (FPP) is offered to Parents and Carers for the 2016 School Fees. The FPP is an alternative to our current payment terms and offers families the choice to pay their annual fees weekly, fortnightly or monthly over a six month period from March to August. The preferred payment method for FPP is Direct Debit. A Direct Debit form will be included with your Term 1 Statement and all forms need to be returned to the Catholic Education Office by 28th February 2016.

Alternatively you may elect to pay the FPP by BPAY; however Parents and Carers will need to set this up directly in BPAY via their bank so that the first payment occurs by 7th March 2016 to be a valid arrangement. If the first payment via BPay does not occur by 7th March 2016, a reminder notice will be issued.

Families in demonstrated financial hardship are asked to contact Ms Rolla Van Zeeland on 9638 5644 or via email rvanzeeland@parra.catholic.edu.au if you have any queries regarding your account or if you wish to discuss payment arrangements with the Principal.

The costs associated with Excursions/Incursions and Sport Fees have been included in the 2016 School Fees. Parents and Carers will need to pay separately for Camps, Retreats, Walkathon and Lenten appeals.

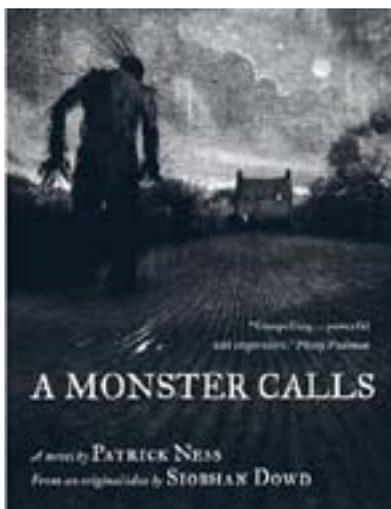
Please be advised that the BPay account as listed on the School Fees statement is only for payment of School Fees. Any money paid to this account goes directly to School Fees as listed on the School Fee statement. Please do not use this account for payment of any other items or fees.

NEWSLETTER DISTRIBUTION

Our College Newsletter is distributed digitally to the College community by email fortnightly. The Newsletter is also published on the College Website and through the Skoolbag App. Please contact Mrs Cathy Le Mottee on 9638 5644 or clmottee@parra.catholic.edu.au if you have any queries regarding the College Newsletter.

Mrs Fran Hawton
Business Manager

BOOK REVIEW



“A Monster Calls” by Patrick Ness

A Monster Calls is the tale of a 13-year-old boy, Conor, who is visited by a monster made of yew tree while his mother is gravely sick. But this is not the monster that Conor has been expecting. Instead of the monster from his nightmares, this monster tells Conor three stories to help him understand his mother’s terminal illness as well as the emotions that have built up within him.

The graphic novel version of this text features breathtaking illustrations by Jim Kay. Although the topic of this story is dark, the illustrations add a detailed aspect to the text. The illustrations show the monster almost growing out of the pages of the book.

The text itself is accessible for readers of a variety of ages. The topic of the text is dark and mournful but shares important and relevant themes with its readers.

This book is recommended for readers from Year 7 to Year 10. Students could relate this text to any of the topics studied in English this term – Identity (Year 7), Characterisation (Year 8), Conflict (Year 9) and Horror through the Ages (Year 10).

Miss E. Gray

Assistant Leader of Learning - English

YEAR 11 STANDARD ENGLISH EXCURSION

“On Thursday 4th February, all Year 11 English Standard students went on an excursion to see a performance of the Australian play ‘Jasper Jones’ at the Belvoir Theatre, Surry Hills. The play is an adapted version of the novel by Craig Silvey, which we will be reading in Term 2 as part of our Close Study of a Text module. The play included ideas such as isolation, acceptance and the feeling of being an outcast, which also link to our current Area of Study: Belonging.

The experience of viewing the live performance was fantastic and highly engaging. The actors portrayed the characters wonderfully, incorporating a range of emotions in their performance to heighten the response for the audience. All of the students really enjoyed the performance and we felt really lucky that we were able to see a live performance. I also found the experience to be helpful in understanding the plot events of the book, which will assist me when I read it more closely next term.

Thank you to all the English Standard teachers who accompanied us to the performance: Ms Duffy, Mrs Franke, Ms Gray and Mr Lindsay. Thank you also to Mrs Pett (Leader of Learning – English) for organising this amazingly enriching opportunity.



Alexandra Bywaters (11ENS2)
Textiles Teacher

PERFORMING ARTS

The new teachers in the Music Department have already been very busy this year, with two musical performance events that took place in Week 3: the HSC High Achievers Assembly and the Commencement Mass. Congratulations to the College Concert Band and elective music students who performed with great confidence and musicality on both occasions.

Drama and Music students are now working towards performances for Open Day on Monday 7th March. Between 4pm and 6pm there will ongoing music performances in the music block and the courtyard, as well as Commedia dell’Arte performances in the La Valla Theatre. We look forward to sharing this exciting showcase of entertainment with you!

St Pat’s has Talent!

Any student who is musical and sings or plays an instrument is welcome to talk to Ms Andrews and Miss Su (the new music teachers) about joining a musical group. Auditions for the College Concert Band, new Stage Band, new Vocal Group and new Percussion Ensemble will be held over the next two weeks. Check the Performing Arts noticeboard for further information.

Music Tuition Program:

Any students wishing to commence private or group instrumental lessons can collect a permission form from Ms Andrews in the music block. There are still some places available and instruments to hire. Lessons are offered on the following instruments: Voice, Guitar, Bass Guitar, Drums, Piano, Saxophone, Flute and Strings. Please direct all inquiries to Ms T Andrews by email at: tandrews2@parra.catholic.edu.au.

Drama News:

The Drama staff have already been out and about with their senior students, viewing 'Onstage' outstanding HSC Band 6 performances from the 2015 year, and an excursion to 'Life Without Me' which is a contemporary Australian play the students are studying for their core component. The drama students had a wonderful time at both excursions!

Auditions for The Tempest:

'The Tempest' is the College's 2016 Shakespeare production. Auditions are open to all students in Years 7-11 and will be held on Tuesday 23rd and Wednesday 24th February at lunchtime in the Drama Green Room. Interested students need to rehearse one character from the script extract sheet which is available from the Performing Arts noticeboard. Please see Mrs R. Lyons for further information about this exciting upcoming play or email at: rlyons1@parra.catholic.edu.au

Ms T. Andrews
Leader of Learning - Performing Arts



YEAR 10 COMMERCE / FOOD TECHNOLOGY

The year has started with an exciting and very busy term for the Year 10 Food Technology and Commerce students. This term, we joined the two subject classes to complete a cross curricular assessment task that allowed the students to use their knowledge of their courses in a more practical and engaging way. The students have been assigned a term long task where they are required to produce a business plan for a Food Truck business, prepare and serve food samples and pitch their idea to a panel of investors.

The Commerce students will be contributing their knowledge of workplace employment, legislation and staffing requirements and the Food Technology students are required to demonstrate their practical and menu planning skills and knowledge of the food service industry. All four classes have started their projects with great enthusiasm and positivity which has allowed each group member to successfully contribute their ideas.

As part of this project, we were excited to have the first Food Truck in Sydney come to our College. On Friday, Stephanie and the team from Cantina Movil & Cherry Hwy came to St Patrick's Marist to give the students an insight into the industry, why and how they started a food truck business and the success they have had over the last 7 years. The students were able to ask numerous questions that would help them to develop a concept for their own Food Truck before tasting the amazing food and ice cream. Students were also fortunate enough to jump on board the truck and

experience first hand how Cantina Movil prepare, cook and serve the food to their customers and explore the facilities on board. The students should be commended for their fantastic behaviour and interest on the day and we are looking forward to having Cantina Movil back next year.

As a College, we understand the importance of bringing the families of our students into the classroom and to experience the amazing work they are involved in. We would like to take this opportunity to extend an invitation to any parents or family members of the year 10 Commerce and Food Technology students that would be interested in being on the panel of investors for the presentations. If you are interested in participating in all or one presentation sessions during the 29th March – 8th April 2016, please contact Mrs Olivia Matti at the College on 9638 5644 or via email at omatti@parra.catholic.edu.au.

Olivia Matti & Fiona Beauman
Food Technology Teachers

Daniel Moussa & David Bonora
Commerce Teachers



Commencement Mass



The first Marist Brothers arrived in Australia on the 'Star of Peace' on 21st February, 1872. On the 8th April, 1872, school commenced at St Patrick's. Our Newsletter is named, 'Star of Peace', as it too, hopefully, brings peace and good news to our community.

Canteen Menu



**ST PATRICK'S
MARIIST COLLEGE**

~ FOOD CODING ~

- G Green - fill the menu
- A Amber - select carefully
- R Red - only occasionally
- GF Gluten Free



HEALTHY START

~ HOT FOOD ~	
Bacon Roll (A)	\$3.50
Egg Roll (G)	\$3.50
Bacon Egg Roll/Wrap (A)	\$4.00
Breakfast Meal Deal (A) <i>Egg & bacon roll or wrap & a small flavoured milk</i>	\$5.50
<i>Toasted banana bread & a small flavoured milk</i>	\$5.50
Toasted Sandwiches (G)	
Cheese	\$3.50
Ham & cheese	\$3.80
Ham, cheese & tomato	\$4.00
Toast (G) <i>Jam or honey</i>	\$2.00
~ COLD FOOD ~	
Fresh Fruit Salad (G) (GF) <i>Seasonal Fruit & Yoghurt</i>	\$4.50
Yoghurt & Muesli (G) (GF)	\$4.00
Yoghurt & Berries (G) (GF)	\$4.00
Fruit (G)	
<i>Fruit available daily</i>	\$1.00
<i>Fresh Fruit Salad</i>	\$4.00
Cereal & milk (G) Assorted	\$2.50



HOT DISHES

~ HOT MEALS ~	
Special Fried Rice (G)	\$4.50
Butter Chicken (A) <i>With rice</i>	\$5.50
Mongolian Beef (A) <i>With rice</i>	\$5.50
Sweet & Sour Pork (A) <i>With rice</i>	\$5.50
Stir Fry Vegetarian Noodles (G)	\$5.50
~ PASTA ~	
Lasagna (G)	\$5.50
<i>Homemade beef</i>	
<i>Homemade vegetarian</i>	
Pasta (G) Penne	\$5.50
Vegetarian	
<i>Chor grilled vegetables & salsa</i>	
Penne Boscataia (A)	\$5.50
<i>Mushroom, ham, cream sauce</i>	
Fettuccine Chicken (A)	\$5.50
<i>Sun-dried tomatoes, chicken, cream sauce</i>	
Spaghetti Bolognese (G)	\$5.50
WE CAN ALSO CATER THE ABOVE DISHES GLUTEN FREE	
~ PIES ~	
Lean Beef Pie (A)	\$3.50
Lean Sausage Rolls (A)	\$3.30
Lean Shepherd's Pie (A)	\$3.80
Spinach & Ricotta Roll (A)	\$3.50
~ HOME MADE PIZZA SLAB ~	
Margherita (G)	\$4.00
<i>Cheese & Tomato</i>	
Vegetarian (G)	\$4.50
<i>Olives, eggplant & roast capsicum</i>	
Hawaiian (G)	\$4.50
<i>Ham & Pineapple</i>	



HOT BAR

Gourmet Burger (A)	\$5.00
<i>Fresh beef, onion, bbq sauce, beetroot, tomato & lettuce</i>	
Chicken Caesar Burger (A)	\$5.00
<i>Grilled chicken, Caesar dressing, bacon, crouton & cos lettuce</i>	
Cheese Burger (A)	\$5.00
<i>Fresh beef patty, cheese, fresh tomato & tomato sauce</i>	
Veggie Burger (G)	\$5.00
<i>Chickpea & lentil pattie, yoghurt, avocado, beetroot, alfalfa & cheese</i>	
Peri Peri Portuguese Burger (A)	\$5.00
<i>Portuguese chicken, peri peri sauce & lettuce</i>	
Chicken Burger (A)	\$5.00
<i>Fresh chicken pattie, lettuce & mayo</i>	
Hot Chicken Schnitzel Roll (A)	\$5.00
<i>Chicken schnitzel, lettuce & mayo</i>	
Sweet Chili Chicken Tender Roll (A)	\$5.00
<i>x 2 sweet chili chicken, lettuce & mayo</i>	
Oven Baked Wedges (A)	\$4.00
<i>With sweet chili and sour cream</i>	



COLD BAR

~ WRAPS (G) ~		
	Single	Double
Sweet chili chicken, salad & cheese	\$3.50	\$5.50
Chicken Caesar, croutons, bacon, cheese & Caesar dressing		
Falafel, tabouli, cucumber, lettuce & hommus		
Chicken tandoori, yoghurt, cucumber & lettuce		
Chicken schnitzel, tabouli, hommus, tomato & lettuce		
~ SUSHI (G) (GF) ~		
Chicken Teriyaki (G)		\$3.50
Tuna (GF) (G)		\$3.50
Crab cucumber roll (GF) (G)		\$3.50
Vegetable (GF) (G)		\$3.50
Vietnamese rice paper roll (G)		\$4.00

BREAKFAST MEAL DEAL

\$5.50



OR



+



EGG & BACON
ROLL

EGG & BACON
WRAP

A 300ML
FLAVOURED
MILK

BREAKFAST MEAL DEAL

\$5.50



OR

\$5.00



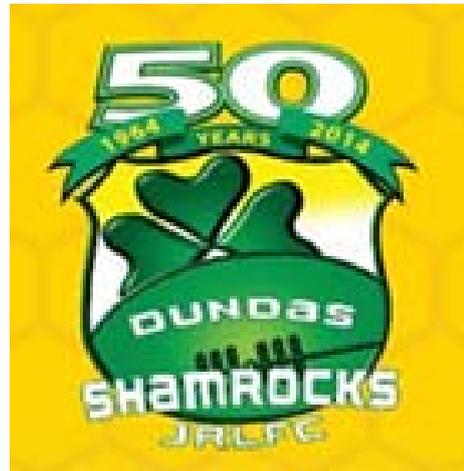
CHEESE & TOMATO
TOASTED SANDWICH &
A 300ML FLAVOURED MILK

TOASTED BANANA
BREAD & A 300ML
FLAVOURED MILK



NORTH ROCKS RUGBY UNION CLUB

The 2016 season is about to start and we still have vacancies for boys who are turning 14 this year, in our Under 14 age group. So if you would like to join our local, family orientated club, please contact Steve Taylor on **0414 946 865** for more information or have a look online at www.northrocksjuniorrugby.com



SHAMROCKS DUNDAS JRLFC

**Come play Rugby League
Registering now for 2016**

Play in the Combined ICC/Balmain Competition

Play in a Safe, Friendly, Family Environment.

Games Played on Sundays - **LOOKING FOR U12s
and U13s PLAYERS**

Contact 9874 9033

Enquiries: shamrocksdundas@bigpond.com



ROSELEA FOOTBALL

IT'S NOT TO LATE TO REGISTER

We still have spots in most age groups

MINIROOS- (Non-Competitive) Under 6, 7 and 8.

JUNIORS – Under 9 to Under 18

SENIORS – Under 18 to All Age and Over 35s & 45s

“Mixed” Competition played Saturdays

“Girls only” Competition (from Under 6’s to Senior Teams) played Sundays.

All games played in the local Gladesville-Hornsby district.

CONTACTS

Dave Stanger (Minis, U6- U8): 0405 322 958

Ray Anjoul (Junior VP, U9- U18): 0411 594 794

Rohan Primrose (Girls VP): 0418 475 171

Stuart Harvey (Seniors): 0412 990 531

www.roseleafotballclub.com

THE FRIENDLY PLACE TO PLAY FOOTBALL