



Celebrating 90 years

St Cecilia's Catholic School, Balgowlah

59 Seaview Street, Balgowlah 2093
Phone: 9948 3069

Website: www.scbdbb.catholic.edu.au

E-mail: scb@dbb.org.au

Number 8 20 March, 2019

School Prayer

At St Cecilia's Catholic School we are committed to learning together within an environment that reflects the Gospel values. God of Love, Bless our school. Teach us to respect others and your Creation. Encourage us to be our best. Inspire us to treat others the way we want to be treated. Lead us to help people in need. Be with us as we celebrate the many gifts you have given us. St Cecilia, pray for us

Core Value: *Respect*

School Rule: Respect yourself, others and the environment

Scripture: Each one of you is part of the body of Christ and you were chosen to live together in peace: Colossians 3:15

Story: The Ten Commandments: Care for your appearance

Principal's News



ST CECILIA'S CATHOLIC SCHOOL

**ENROLLING
NOW FOR 2020**

DISCOVER WHAT A CATHOLIC EDUCATION CAN OFFER YOUR CHILD.

A rigorous curriculum underpinned with the Catholic values of Respect, Service, Justice, Hope and Celebration.

School tours can be arranged by appointment.

ST CECILIA'S CATHOLIC PRIMARY SCHOOL 59 Seaview St Balgowlah NSW 2093
TEL 02 9948 5370 EMAIL scb@dbb.catholic.edu.au

scbdbb.catholic.edu.au

Lenten insights

"A man had a fig tree planted in his vineyard . . ." ([Luke 13:6-9](#)). The parable of the fig tree is an opportunity for family discussion about taking responsibility for our lives. [Read it here](#). Our gifts and opportunities and freedoms are not just for our own benefit. They enable us to change the world for the benefit of all. How do we model this lesson as parents?"

walkingtheway.dbbcso.org



Dear Parents

ENROLLING NOW FOR 2020

Enrolments for 2020 are now open. If you have a young child ready to start school in 2020 it is important to collect an enrolment package from the office and return it at your earliest convenience. Be sure to spread the word to family and friends, we conduct tours every Wednesday at 10:30am through until the end of May. No need to book an appointment.

90 YEAR ANNIVERSARY OF OUR SCHOOL

This year St Cecilia's celebrates 90 years of educating children. We are seeking the help of a parent who is a graphic artist who might be interested in helping us merge the logo of the Good Samaritan Sisters with the logo of the Augustinian order to better reflect who we are in the year 2019. We are keen to retain our rich heritage whilst modernising it to be more relevant in the 21st century.





HEAVEN ON EARTH 9 MAY

This year we are excited to have Fr Paul facilitate our Heaven on Earth parent formation morning. It is a time for parents to come together for gentle meditation, interactive discussion, engaging resources and coffee and cake to revive the spirit. It will be held in the school hall from 9 to 10:30. Please consider this as an opportunity for you to unwind and replenish your own spiritual nourishment. All parents, grandparents and parishioners are invited.

PARISH COLOUR RUN

Family Colour Fun Run Sunday 31 March 2pm – 4.00pm at St Augustine’s College Oval

The North Parish Community Centre at Manly Vale is now 20 years old and needs refurbishment including painting, new carpets and bathroom renovations. The Parish needs the support of the North Harbour Community to help fund this refurbishment. A fundraising **Colour Fun Run involving the whole family** is planned for 31 March. Be sure to save the date it promises to be lots of fun. Click [here](#) for more information.



In Omnibus Glorificetur Deus
In all things may God be Glorified.

Fran Taylor
Principal

Religious Education



STAGE 3: LENT TO EASTER MODULE

In this module students will explore the Paschal Mystery as they tap into an understanding of the life, death and resurrection of Jesus as they journey through the Season of Lent to Holy Week, culminating in Jesus’ resurrection and the joy of the Easter Season.

During Lent, students will investigate how they can have a change of heart as they focus on forgiveness and compassion as shown in the Parable of the Prodigal Son.

During Holy Week, students will explore the two Gospels read on Passion (Palm) Sunday. They will be invited to compare the feelings of triumph and joy to those of desolation and despair and to anticipate the great joy of the Resurrection. They will discover that in our lives as in Jesus’ life, we all experience both pain and joy and that our belief in Jesus always gives us hope.

For their continuing journey into the Easter Season students will focus on the great joy and hope that Jesus’ resurrection brings to Christians. They will be invited to see that with God’s grace, they can grow in faith, hope and love.

Through participation and involvement in the module as well as in the whole school **‘Holy Week Liturgy’** and the Stage 3 Resurrection Liturgy, students will gain an awareness of the stories, actions and symbols of Lent and Easter.



ST PATRICK’S DAY GIFT FUNDRAISER - FRIDAY 15 MARCH

Thank you to all students who participated in our St Patrick’s Day Celebrations. The students all enjoyed learning about St Patrick and they enjoyed wearing their touch of green. Special thanks to our Liturgy Captains for sharing some activities for the students to do on the day.

FIRST RECONCILIATION

Please pray for our Year 3 students and their families as the children prepare to make their First Reconciliation on one of the following days:

- Tuesday 28 March at 7pm at St Kieran’s Church
- Tuesday 2 April at 7pm at St Cecilia’s Church
- Wednesday 3 April at 7pm at St Kieran’s Church

WEDNESDAY PARISH MASS

On Wednesday **3 April both 2B and 2W** will participate in the Parish Mass. All parents are welcome to join us.

‘FAMILIES COME GATHER’ MASSES

Our next **Families Come Gather** Mass will be on **Sunday 24 March**. **Year 4** students and their families will be involved in this Mass. Year 4 parents, please check your email for the ‘SignUp Genius’ link to volunteer for Mass roles.

PRAYER ASSEMBLY

Thank you to **Year 3** for their beautifully reflective Prayer Assembly. The message from the story of Zacchaeus is an important one for us all to remember, particularly during Lent. Our next Prayer Assembly will be held on Monday 8 April. This assembly will also be when we present our Core Value Awards for the term.

CELEBRATING LENT

Here are some more suggestions for putting Lent into practice at home and deepen your family's faith one day at a time:

Day 11: Practice hospitality by welcoming a friend, relative, co-worker, or neighbour to your table for a simple meal today or a chat over tea or coffee.

Day 12: Pick out one snippet of scripture or part of the Mass and think about it through the week. Invite your children to do the same.

Day 13: Find ways to compliment/express gratitude for every one of your family members.

Day 14: Don't answer the phone/messages during meals. Practice the spiritual discipline of "Be where you are, and do what you're doing" throughout the meal.

Day 15: Talk to your children and point out how so many of the commercial messages they hear are full of empty promises that will not satisfy. Be aware of how you are susceptible to those empty promises, too.



SOCIAL JUSTICE: PROJECT COMPASSION

Throughout Lent, students are encouraged to continue to donate to **Project Compassion**. Our Social Justice leaders are completing a weekly tally to track the school's fundraising progress. Money raised will contribute to the many wonderful programs supported by Caritas

<http://www.caritas.org.au/projectcompassion>

WALKING THE WAY



Walking the Way is a school-based initiative in the Catholic Diocese of Broken Bay, designed to encourage parents in their sacred task of accompanying their children on their journey with God. There are four elements: Book & video / E-Bulletin / Parent gatherings / Annual retreat. Click here to view <http://walkingtheway.dbbcsso.org/archive-2019-year-c.html>

School News

WEEKLY AWARDS

We congratulate this week's Awards' recipients.



Week 7	Respect Core Value	Merits
KB:	Rafferty R	Olivia O and Lola L
KW	Aiden C	Matisse M and Dylan H
1B:	Mia L	Thomas W and Matthew D
1W:	James C	Patrick dSS and Zander E
2B:	Eloise K	Annika W and Oliver T
2W:	Harrison F	Oscar L and Samuel S
3B:	Lachlan S	Rose F and Alyssa W
3W:	Lachlan F	Kingston W and Alexander F
Yr 4	Oisin M and Jake C	Yasmina H, Oli T, Oscar P and James S
Yr 5/6	Madeleine E and Taylor R	Sophie H, Billie O and Isabella S

UPCOMING DATES

March

Fri 22nd 2.30pm Millie Smith clothing

Sun 24th FCG Mass Yr 4

Wed 27th Polding Swimming

NAPLAN Online readiness trial Yr 5

Fri 29th 9am Pop up Play

Sun 31st Parish Colour Fun Run

April

Mon 1st NAPLAN Online readiness trial Yr 3

Mon 8th 2.30pm Prayer/Core Value Assembly 2W

Tues 9th Stage 2 Soccer Gala Day

Thurs 11th Stage 3 Soccer Gala Day

6.30pm Drama evening

Fri 12th 9.30am Holy Week Liturgy

11.30am Cross Country

End Term 1

Mon 29th Term 2 Commences

2.30pm ANZAC Day Liturgy

May

Wed 1st 2.30pm Resurrection Liturgy

Mon 6th Parent/Teacher interviews this week for Kindergarten

2.30pm Prayer Assembly – 3W

Tues 7th 9am Pop up Play

Wed 8th Northern Beaches Cross Country

Thurs 9th 9am Heaven on Earth

Fri 10th P&F Trivia Night

Mon 13th Mother's Monday

DRAMA

There will be a drama performance night on Thursday 11 April at 6.30pm in the school hall. All drama students will be reciting an individual poem which they have been working on in class. Newsletters containing further information will be handed out next week. Please continue to practise at home and bring folders to class each week. Your co-operation is much appreciated.

Trish Collier

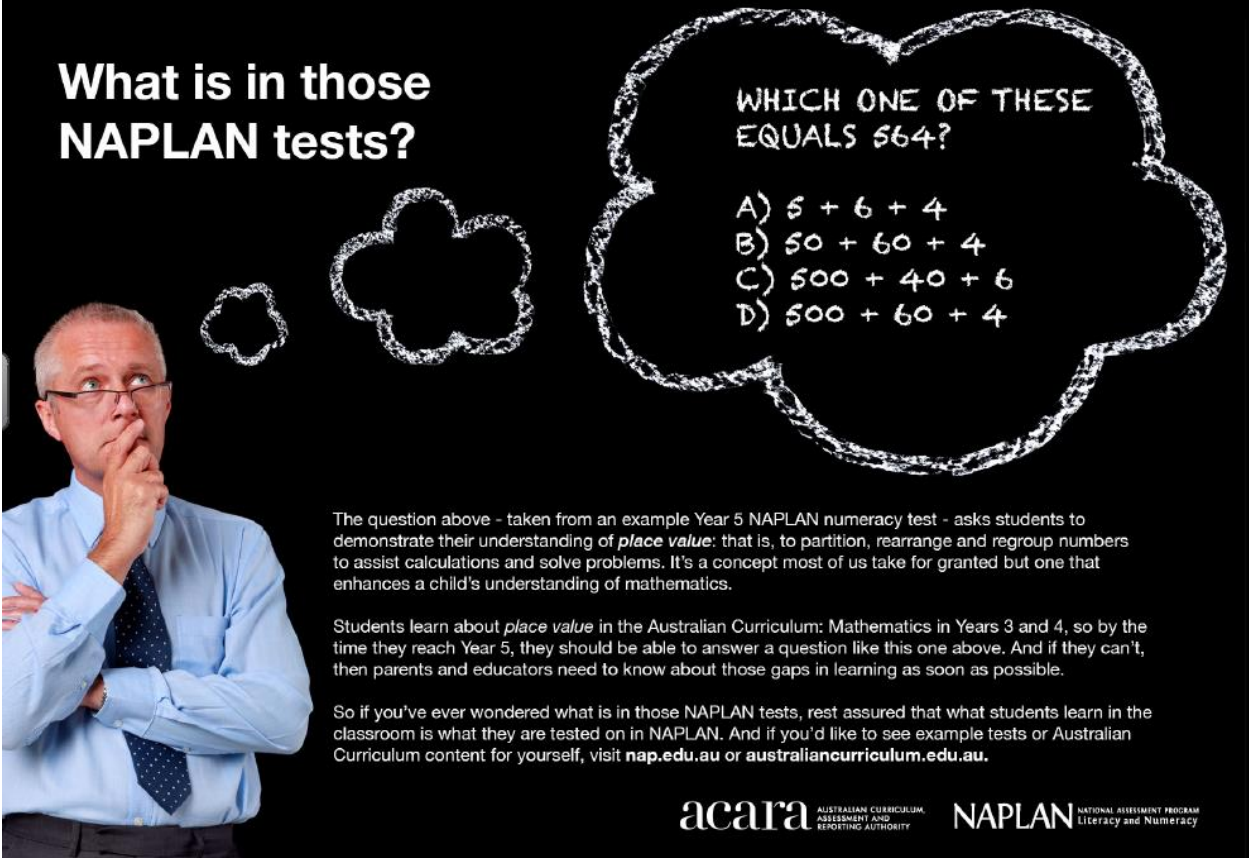
Stageworks Drama Teacher

ChiFUNese

Click [here](#) for information regarding Term 2 ChiFUNese at St Cecilia's. Contact admin@chifunese.com for enrolments.

CHESS

Places are still available on Tuesday before school. Click [here](#) for information.



What is in those NAPLAN tests?

WHICH ONE OF THESE EQUALS 564?

A) $5 + 6 + 4$
B) $50 + 60 + 4$
C) $500 + 40 + 6$
D) $500 + 60 + 4$

The question above - taken from an example Year 5 NAPLAN numeracy test - asks students to demonstrate their understanding of *place value*: that is, to partition, rearrange and regroup numbers to assist calculations and solve problems. It's a concept most of us take for granted but one that enhances a child's understanding of mathematics.

Students learn about *place value* in the Australian Curriculum: Mathematics in Years 3 and 4, so by the time they reach Year 5, they should be able to answer a question like this one above. And if they can't, then parents and educators need to know about those gaps in learning as soon as possible.

So if you've ever wondered what is in those NAPLAN tests, rest assured that what students learn in the classroom is what they are tested on in NAPLAN. And if you'd like to see example tests or Australian Curriculum content for yourself, visit nap.edu.au or australiancurriculum.edu.au.

acara AUSTRALIAN CURRICULUM, ASSESSMENT AND REPORTING AUTHORITY NAPLAN NATIONAL ASSESSMENT PROGRAM Literacy and Numeracy

Student Voice

WELLBEING WEEK

Last week we celebrated Wellbeing Week at St Cecilia's. All students received a copy of a grid that offered them many different activities to complete with their family or by themselves. We went around to all the classes from Year 3 and up and asked them about the sorts of activities they did over the week. These activities included board games, family time, science experiments, sport, going to the park with family, chess, listening to music, cooking, painting, reading with siblings and much more.



Wellbeing Week gives students time to think about themselves and not having to follow a schedule and just have free time to themselves instead. We understand that this is important because it helps with students' social and emotional state of mind. It positively impacts their own day and the way they talk to others, how they feel inside and also helps them focus and be calmer and relaxed.

During the week, the Wellbeing Team also held a paper aeroplane competition at school. It was designed as something for students to do at school so that they could take some time to simply relax while creating their plane designs and testing them. Every class from K-6 competed. The winners from each class went up against the other class finalists in the hall on Friday afternoon. Overall the point of Wellbeing Week was to take some time to focus on 'you' while also having fun with your family and friends. It is all about enjoyment and trying to avoid worrying about normal day to day things.

Here are the finalists from each class for the paper aeroplane competition

- KW: Sebastian C
- KB: Isabella C
- 1W: Hudson V
- 1B: Lewis W
- 2W: Sam S
- 2B: Josh M
- 3W: Oscar M
- 3B: Jack B
- 4: Seb C and Oisin M
- Stage 3: Sienna H and Milly R

Parent Network News

PARENT INFORMATION GUIDE: Click [here](#) for the 2018 booklet. The 2019 version will be available shortly.

PRESIDENT'S REPORT

Hi Parents!

Just a short one from me this week...

You've seen in the past few weeks information about the Parish Family Colour Run. Please remember to sign up to participate in the run, and help out on the day if you can! Your Class Parents have shared additional information, but it is sure to be a fun day and we'd love to have St. Cecilia's families there supporting the parish. The flyer is [linked](#) for more info! Sponsorship booklet [here](#).

Have a great rest of your week!

Class Parents

A huge thank you to all the class parents for helping kick-off a fabulous 2019 at St Cecilia's. If we have any new families, who are unsure if they're on the contact list, then please don't hesitate to email Rachel Keeling at rachmbarry@gmail.com so we can make sure you receive correspondence from your child's nominated *Class Parent*.

Parish Family Colour Fun Run

As Jamie mentioned the Parish Family Colour Fun Run is fast approaching. Please join us there for a fun day out for the family and to support the parish.

Details: Sunday 31st March 2-4pm at St Augustine's School.

The students can add to the festivities of the day by organizing a dress-up theme with a group from their class or all come in one colour. Classes may choose to raise funds as a group and in this case the prizes could be donated to our sister school in Central Australia that the St Cecilia's kids send a package to annually.

All participants must register

<https://www.trybooking.com/BBCXJ>

Raising sponsorship money is optional. If students or classes wish to raise funds they can register by going to this link: https://app.schoolfundraising.com.au/users/sign_up (When completing the sign-up form under the title 'school' parents need to put- The Catholic Community of North Harbour)

Students who raise just \$10 will receive a reward for their efforts. Over this amount students will be able to order their chosen prize from the sponsorship booklet (see attached).

Volunteer for Meals on Wheels

St Cecilia's assists our local Meals on Wheels program each Monday morning. It involves driving and accompanying the Year 5/6 students to deliver meals to recipients in our local area. It generally takes only 1.5hours (11.40am - 1.10pm). **We encourage you to sign up and support this social justice initiative.** <https://www.signupgenius.com/go/30e0949aaae2ca6f94-meals1>

Volunteer for GIFT Cook-offs

GIFT (Giving in Faith Together) organises fortnightly cook-offs to provide meals for families in need in our community. Year groups from schools in our parish come together at different times, see below. Ingredients are ordered

and delivered to the kitchen beforehand and meals are frozen for collection/distribution at a later date. Please volunteer for this important social justice initiative.

- Year 2: Monday 25 March (Coordinator Derville Peach)
- Year 1: Tuesday 7 May (Coordinator Christine Boys)
- Kindy: Monday 17 June (Coordinator TBC)
- Year 3: Monday 29 July (Coordinator Gillian Hopkins)
- Teachers: Monday 26 August (Coordinator TBC)
- Years 5-6: Monday 14 October (Coordinators: Katharine Cook, Annette Paddison)
- Year 4: Monday 11 November (Coordinator Sonia Walsh)

Cook-offs are held on Mondays at 6-9pm in the Parish Kitchen at St Kieran's Manly Vale. Please sign up here to volunteer in your year group time slot... <https://www.signupgenius.com/go/30e0949aaae2ca6f94-gift>

Millie Smith Pre-loved Uniform Shop

Thank you to everyone who donated their pre loved uniforms to the Millie Smith Uniform shop. We are stocked up and ready to sell! All donations via QKR are given to charities chosen by the Social Justice committee at St Cecilia's. \$1000 has already been donated to GIFT this year to supplement the cost of the food.

The next shop open day is FRIDAY 22 MARCH

Payments via QKR!

Access to the shop at other times via the school office.

Sign up to volunteer to open and manage the shop from 2:30pm to 3:30pm on a Friday.

<https://www.signupgenius.com/go/30e0949aaae2ca6f94-mille>



The roster can be found through the school website under the School Community/Volunteering tab or click

[here](#)

2019 Canteen Menu: click [here](#)

Upcoming Volunteers:

Friday 22 March: Jo Matthews and Nazarin Gillet

Monday 25 March: Yvonne Kelly and Jude Hamer

Wednesday 27 March: Samantha Kirchner and **1 volunteer needed**

Friday 29 March: Helena McGrath and **1 Volunteer needed**



Parish News

SACRAMENTAL PROGRAM NEWS

2019/2020 Children's Sacramental Program

A copy of the 2019/2020 Children's Sacramental Program for children in Year 2 and older can be downloaded from the parish website at <https://www.northharbourcatholic.org.au/sacraments/sacramental-program/for-parents> and is available at the back of both Churches.

The program starts with a **Sacramental Program Information Meeting** for Parents on **Tuesday 7 May or Wednesday 8 May and Enrolment on Tuesday 21 May.**

Please contact Janette Davidson on 0408 866 521 or at sacraments@northharbourcatholic.org.au for more information.

Community News

VACATION CARE

Northern Beaches Council operates a very successful vacation care program for primary school aged children across the whole of the Northern Beaches. In the Autumn school holidays we will have centres open at Cromer, Forestville, North Curl Curl and also at Manly Vale Community Centre.

With the April school holidays approaching fast, we have just released the holiday [program](#) on our website, with the Autumn 2019 brochure containing lots of activities and ideas to keep children occupied. Copies of the brochure will be posted to your school this week as usual. Any enquiries to our website: [Northern Beaches Council Vacation Care](#)

Live Life Well @ School

HEALTHY LUNCH BOXES

Pack the five food groups!

Include all five food groups into your child's lunchbox and water as the best drink!

Breads & Cereals:

Wholegrain bread, pasta, noodles, wrap or crisp bread.

Vegetables: Carrot, capsicum or celery sticks, salad on a sandwich.

Meat & Alternatives: These provide protein. Try cooked lean beef or lamb, skinless chicken or turkey, egg, legumes or hummus.

Dairy: These provide protein and calcium. Try a slice of cheese, yoghurt or milk.

Fruit: Serve in a fun and creative way. Try fruit skewers or fresh cut up fruit in a container ready to eat.



Provided by Cancer Council NSW

More tips and recipes:
healthylunchbox.com.au



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Anil is very approachable and is always happy to answer any questions or concerns regarding early orthodontic treatment. If your child is not ready to start orthodontic treatment, they will receive periodic reviews (at no charge) to monitor their dental development. This will allow your child to get to know the practice and ensure that treatment is carried out at the correct time.

manlyorthodontics.com.au

Telephone 02 9977 8164 Suite 3, 39 East Espl, Manly NSW 2095 (above Garfish, opp Manly Wharf)

Terms and Conditions - This offer is for parents and children currently enrolled at St Cecilia's. The offer is valid for the greatest financial year.



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