



NEWSLETTER

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Important Dates

Date	Event
24/08/18	FINAL Camp Instalment due
28/08/18	Stage 2 Assembly – 2.15pm
30/08/18	Stage 1 Assembly – 1.10pm
31/08/18	Father's Day Breakfast – 7.30am
04/09/18	Zone Athletics Carnival
05/09/18	Basketball Gala Day Years 5-6
06/09/18	Kindergarten Transition – 9.10am Early Stage 1 Assembly – 2.15pm
10/09/18	Stage 1 Incursion – World of Maths

Important Dates Continued...

Date	Event
11/09/18	Stage 1 Incursion – World of Maths
12/09/18	Early Stage 1 Excursion – Calmsley Hill Farm Excursion
13/09/18	Kindergarten Transition – 9.10am Stage 1 Assembly – 1.10pm
14/09/18	Book Character Parade
17/09/18	Stage 3 Excursion – Narrabeen Camp
18/09/18	Stage 3 Excursion – Narrabeen Camp
20/09/18	Stage 3 Anti-Graffiti Incursion Stage 2 Cricket NSW Woolworths Cup Kindergarten Transition – 9.10am Early Stage 1 Assembly – 2.15pm
21/09/18	Principal's Assembly – 9.30am

UNIFORM SHOP MONDAYS – 8.45AM TO 10AM

UNIFORM SHOP THURSDAYS – 2.30PM TO 3.30PM

SCHOOL BANKING EACH WEDNESDAY

FROM THE PRINCIPAL

NAIDOC Day

Our school's NAIDOC Day was celebration of Aboriginal and Torres Strait Islander cultures and a wonderful opportunity to recognise the contributions of Indigenous Australians in various fields. The day was our school's way of recognizing and showing respect to the original custodians of the land. So many wonderful activities were organised throughout the day's celebration including a whole school assembly where the schools Aboriginal dance group performed.

This year's theme 'because of her, we can' recognises the role Aboriginal women play as pillars of aboriginal society, and continue to play - active and significant roles at the community, local, state and national levels.

management ensured that we held the best NAIDOC Day in recent memory.

Visit the school website for more photographs from the day.

EDUCATION WEEK

Last week we celebrated Education Week. The Education Week theme and of course the nine core values were on display during Open day and the WestPoint performances to the highest possible standard. Our students were on show for all to see just why I believe; we believe that the students of Quakers Hill are exceptional individuals and the best children in NSW.



It was also a time to reflect on why public education is quite simply the best educational system available to the children of NSW. Make no mistake, public education delivers powerful teaching and learning opportunities and life experiences. This is the reason my own two children attended a public primary and now a public high school, and I am proud of the experiences and values that they are embedding into the core beliefs.

Our students and teachers have worked tirelessly (practising every week) to provide us with an array of different and wonderfully entertaining performances which included dancing, singing, and band performances.

Our performance groups - the Bollywood dance groups, the senior and junior choir, and band group were also captivating on the day, capturing the attention and imagination of the audience.

As leaders, trailblazers, politicians, activists and social change advocates, Aboriginal and Torres Strait Islander women fought and continue to fight, for justice, equal rights, our rights to country, for law and justice, access to education, employment and to maintain and celebrate our culture, language, music and art.

They continue to influence as doctors, lawyers, teachers, electricians, chefs, nurses, architects, rangers, emergency and defence personnel, writers, volunteers, chief executive officers, actors, singer songwriters, journalists, entrepreneurs, media personalities, board members, accountants, academics, sporting icons and Olympians, the list goes on. They are our mothers, our elders, our grandmothers, our aunties, our sisters and our daughters.

NAIDOC Day 2018 was simply the most respectful, amazing day celebrating our traditional custodians. The Aboriginal Education committee's organization and

Education Week showcased the depth and breadth of student learning, the excellent teaching and the wonderful support provided by our school administrative and support staff who work in offices, classrooms, libraries and on school grounds. This year our parents were treated not only to the open classrooms, but also able to view the school's future focused learning environments, the technology and coding embedded in each classroom. Parents were also provided with a series of rotating workshops, professionally led by Miss Ryan, Miss Byrne, Miss Hansell and Miss Alexander.

A huge thank you to Mrs Meiring and her team for organising such a wonderful event.

Our students and teachers have worked tirelessly (practicing every week) to provide us with an array of different and wonderfully entertaining performances which included dancing, singing, and band performances.

Our amazing Open Day and our performances were a perfect example of the how as a school we imagine-believe-create the possibilities for our students, ensuring that our school is and always will be the outstanding educational place of learning. Always providing wonderful culture of learning and working together so that our children have the very best education possible in the academic, cultural, leadership, sporting and creative arts arena. It is this culture that makes our school so unique, so special and allows us to achieve outstanding results and continue to build on the outstanding reputation that our school has.



FATHERS' DAY

On Friday 31 August, the school and our P&C are holding a Father's Day breakfast commencing at 7am. We are hoping every Dad, Granddad and special friends of our students will come along and enjoy breakfast and take part in some fun activities. Last year's event was a fabulous morning, so I look forward to seeing all of our dad's and carers on the day sharing in a brekky and a cup of coffee.

August's core value is INTEGRITY - Being consistently honest and trustworthy.

Bert Lo Campo – Principal

VOLUNTARY CONTRIBUTION - \$50 per child/family / \$11 Book Pack – INVOICE REMINDER

Within in the next week families will receive a **voluntary contribution** invoice/reminder. Please note that this is a reminder notice only for the voluntary contribution. The provision of quality education relies, not only on the quality of the teaching staff, but also on the quality of the resources, which we use to educate the children. We are fortunate to have an enthusiastic, talented and committed office and teaching staff at Quakers Hill and, while they are keen to use the best resources available, they are well aware of the current economic climate and the hardships many families are experiencing.

We do not ask our parents to purchase textbooks rather; we are using duplicated copyright-free material, stencils, interactive whiteboard lessons and overheads prepared by the teachers. This, of course, takes far more time and preparation, but also increases the amount of paper usage. We use approximately 70, 000 copies per month. Whilst we are always careful with the amount of paper used, we do not limit the amount requested by each teacher, as is often the case in some schools. Added to the expense of the paper usage we must also carefully maintain the machines we use and buy the necessary inks and toners used in them.

This year the school introduced a **voluntary** \$11 school pack as part of our voluntary contribution.

Please note that this will be the only **voluntary** fee parents will be asked to pay. However, I encourage all our parents to support this contribution. Thank you so much to those families that have already paid the **voluntary** contribution. My guarantee is that every last dollar of all money raised will go directly back into your child's education, ensuring that our students are provided with the very best learning opportunity and resources. The staff and students of Quakers Hill are always humbled by your generosity and amazing support.



Families have received their 2018 invoice with the above voluntary contributions as well the cost for organised stage activities/excursions in order to help our families plan for payments. Comments from our families were extremely positive and supportive of the advanced notice of excursions and incursions in terms of budget planning for the year. It has been humbling to see so many of our families taking up the option to pay the invoices in full. Thank you so very much.

Payments for planned activities can be made as regular instalments or as individual payments or as an upfront payment. Payments can be made through the school's online payment system (preferred) and now directly from your mobile and tablet devices or by using the envelope system. Parents will receive notes in regards to excursions and incursions closer to the dates of each planned activity and a reminder of payment and due date.

STUDENT ABSENCES

Quakers Hill uses an electronic system to monitor student attendance. As part of this system letters are generated for students who have unexplained absences. These letters are sent home and I ask that you return the note to your child's teacher explaining the reason for your child's absence. On occasions, you will receive an attendance letter asking for an explanation of absence and which you believe you have already explained. If this occurs, please return the letter anyway with an explanation. Sometimes our electronic system has made a mistake and of course there are times when human errors are made. I do apologise for the inconvenience this causes, but I am sure that you'll understand that it is far better to be safe than sorry and follow up on unexplained absences.

A positive attitude towards punctuality and full attendance at school are most important in ensuring the best possible learning opportunities for all students. Children who attend school regularly are usually more successful and happier than those with frequent full or partial absences. We realise, that on occasion, events occur beyond your control and students are absent from school, however, we ask for your support to ensure that your child is at school by 9.05am each day.

If you have any concerns over your child's attendance please arrange an appointment to speak to your child's teacher.

What is a justified reason for being absent from school? Justified reasons for absences may include the student:

- having an unavoidable medical or dental appointment (preferably, these should be made after school or during holidays)
- being required to attend a recognised religious holiday
- being required to attend an exceptional or urgent family circumstance (such as attending a funeral)
- being sick, or having an infectious disease.

HOW CAN YOU TELL IF A CHILD IS GIFTED?

All children have talents and gifts, many are clever and quick. But a gifted child is in another league. How can you tell if a child falls under the definition of a *gifted child*? This list of characteristics is a useful tool for identifying if a child is truly gifted.

COGNITIVE

Very observant.
Extremely curious and enjoys learning new things.
Intense interests.
Excellent memory.
Long attention span.
Enjoys intellectual activity.
Excellent reasoning skills.
Critical and sceptical.
Highly-developed powers of abstraction, conceptualisation, and synthesis.
Quickly and easily sees relationships in ideas, objects or facts.
Flexible thinking.
Elaborate and original thinking.
Excellent problem-solving skills.
Learns quickly and with less practice and repetition.
Unusual and/or vivid imagination.
Enjoys books and movies meant for older children.



SOCIAL AND EMOTIONAL TRAITS

Interested in philosophical and social issues.
Concerned about fairness and injustice.
A perfectionist.
Energetic.
Well-developed sense of humour.
Usually intrinsically motivated.
Relates well to parents, teachers and other adults.

LANGUAGE

Extensive vocabulary.
May read early.
Reads rapidly and widely.
Asks 'what if' questions.

ASYNCHRONOUS DEVELOPMENT

In average children, intellectual, physical and emotional development progress at about the same rate – that is, in sync. An average three-year-old has similar intellectual emotional and physical maturity to most other three-year-olds. In gifted children, the development of these areas is out of sync. They do not progress at the same rate.

A gifted three-year-old child's developmental profile could look like this:

Intellectual ability - age 6
Physical ability - age 3
Emotional maturity - age 2

Or this:

Intellectual ability - age 7
Physical ability - age 3
Emotional maturity - age 4

Or any other combination of the three, although the intellectual ability is always advanced.

The higher a child's IQ, the more out of sync their development is likely to be.

Acknowledgement: Carol Bainbridge in About Parenting.

Opal Card

Please help us supply appropriate bus services by reminding students to tap on and tap off with their School Opal cards.



This email is being forwarded to you by Busways, the bus operator that provides your school bus services, regarding student use of the School Opal card.

One of the more significant changes created by the recent introduction of the School Opal card is the need for students to tap on and off when they travel to and from school.

Opal data gathered by tapping on and off is used to determine demand for bus services. If students don't tap on and tap off, services may be cancelled due the lack of recorded patronage.

With this in mind, we ask for your assistance in reminding your students that tapping on and off at the beginning and end of each trip is one of the conditions of using a School Opal card.

Your assistance helps us ensure we are able to provide the appropriate level of service to your students.

Thank you in advance for your assistance.

Positive Behaviour for Learning (PBL) News

As part of our School Plan this year, Quakers Hill PS is focussing on new initiatives with PBL.

PBL addresses the diverse academic and social needs of every student and supports their overall wellbeing. It enables schools to establish a continuum of support that meets the needs of every student. PBL is team driven, using a problem solving approach and it establishes positive social expectations for all in the school community.

Caught You Being Good Cards (CYBG cards) are continuing to be used on the playground to reward positive behaviour choices. Students are 'caught' following the expectations and rewarded with a CYBG card. They fill out the card and place it in their house box during lunch or recess located under the Cola. Mrs Pearce draws out names from the house boxes at the K-6 assembly on Wednesday mornings and prize winners will receive an ice block.


Our students and teachers have been focussing on:


- Placing rubbish in the bins
- Sitting while eating
- Right Place, Right Time – playing in correct areas during recess and lunch.

Teachers have been super impressed with how well the students have been displaying these expectations and our house CYBG boxes are full! We encourage parents to discuss these expectations with their child(ren).

WHAT TO DO

CONGRATULATIONS! You got caught following our school expectations:




Quakers Hill Public School

Caught You Being Good

WE ARE SAFE - RESPONSIBLE - PROUD - LEARNERS

Name _____

Class _____



Remember to place your ticket in your house/ PBL box.



House captains to tally and report on the winning house for the week!

DERRIWONG 863	KERRIBEE 842
WARRIMOO 771	BABBILLA 734

School Uniform



Boy's school uniform consists of the royal blue shirt and grey pants with white socks and black shoes. Girls have the choice of wearing either the school dress (preferred option) or the royal blue shirt with skorts and white socks and black shoes.

The yellow polo shirt is now the school's Friday sports shirt and is worn with royal blue shorts for boys and royal blue skort for girls (with the school's emblem) and sneakers with white socks.

During the winter months our students also have our wonderful micro-fibre track top and pants. Our girls can choose to wear the school dress (with the school microfiber/bomber jacket). In 2014, the school has added long grey pants for boys and blue slacks for girls for the winter months.

For the winter months the school has added new bomber style jackets, these are replacing the older fleecy jackets. The bomber jackets are extremely warm and a great look. QHPS beanies are also available from the uniform shop. These have been added to the list of school uniform after many parent requests. Please note, that only QHPS crested beanies are to be worn at school.

We have an amazing school array of school uniform for our amazing students. Only school branded clothing, purchased from the uniform shop is to be worn to school. Please ensure that your child is always in our school uniform.

Please note that yellow polo shirts are to be worn on Friday sports day only and school hats are also to be worn at all times. Our uniform can be purchased from the P&C uniform shop located in school grounds, at the old hall.

Bikes and Scooters

It is wonderful to see so many children riding their bikes and scooters to school. Please remember that all children who ride their bikes or scooters to and from school **must wear a bike helmet.**

Morning Assembly

Morning assemblies are a time that teachers pass on the day's information and any quick notices. It is also a time to quickly settle our wonderful kiddies and ready them for the mornings teaching and learning sessions. These assemblies happen every morning. Our school encourages parent involvement in the school; it is an important philosophy that is embedded within our ethos. However, I ask that mums, dads and caregivers stand quietly at the **back of the assemblies** away from the kiddies, allowing the teacher to lead the assembly. It is also important that once the assembly is dismissed that parents do not follow their child's class to the classroom. Please say goodbye to your child prior to the morning assembly commencing.

MORNING STUDENT ARRIVAL TIMES

The school's supervision roster starts from 8.40am. Teaching staff is not available to ensure the safety of children in the playground prior to that time.

We well understand that many parents have commitments at work which require them to leave before 8.40am. However, there is available within the school a Before and After School Care service which operates from 6.30am every school morning. Alternatively, you may be able to make arrangements with friends or neighbours for the supervision of your children. Some families in the school with working parents take turns to take each other's children to school. As well, many employers will be sympathetic to parents with responsibilities for caring for children and will allow some flexibility in parents' working hours. By law, employers are restricted from treating an employee detrimentally on the grounds of their status as a carer.

Whatever arrangements you make, please understand that you remain legally responsible for your child prior to 8.40am when supervision begins. I would therefore ask that you ensure that your child is not left unsupervised at the school before 8.40am anymore.

AFTERNOON LATE PICK UP

School concludes at 3.15pm. Whilst we understand that from time to time parents are running late to pick their children up from school, we do ask that students are collected in the afternoon on time. If you know that you are running late on a particular day, we do ask that the school is notified.

Parents will be contacted for children who are not collected by the time the final school bus leaves the school. If parents are unable to be contacted, students

will be admitted to before and after school care. Please note that this will incur a cost from the before and after school care providers.

SMARTPHONE APP

Quakers Hill is lucky to have a wonderful smartphone app, providing our families with calendar events, photos and instant notifications. Quakers Hill was instrumental in helping with the design and trial of this wonderful communication tool some 3 years ago. The schools continued input have helped to shape the app to what it is today. For this reason, our school is able to offer the smartphone app free of charge.

Recently the school's smartphone app has been updated to include documents and forms. The documents section of the app provides parents with school policies and DEC information, while the forms section provides parents with online forms that are emailed directly to the school email. The forms section currently offers parents an online method of providing the school with absence notes, request for a meeting with the teacher and notification of change of details.

These 2 additions will continue to be populated in time, so keep an eye out for future changes. **I strongly encourage** all of our families to download the app from either the app store or Google play store – username: quakershill password: community.

All relevant information in regards to the app can be found at;

<http://www.quakershil-p.schools.nsw.edu.au/e-learning/smartphone-app>

LOST PROPERTY

Lost uniform items that are left in the playground are sent to lost property. Where an item is clearly labelled, the item can be returned to the owner. Unfortunately, many items are either unlabelled or the name is unable to be read.

We would appreciate it if all items of clothing are labelled with your child's class and first and last name, particularly jackets, jumpers and hats.

The lost property bin is located outside the 5H and 4HD classrooms (rooms 7 and 8) at lunchtime, for children to look for their items. Any items not claimed after a period of time are donated to the Clothing Pool or to Stewart House.

PEANUT ALLERGY (Anaphylaxis) - Please help

Peanut allergy is an increasingly common food allergy, especially in children. The allergy is seen in about one in

50 children and one in 200 adults and it is the allergy most likely to cause anaphylaxis (severe allergic reaction) and death.

Signs of the allergy usually appear in the first few years of a child's life. Children can become highly sensitive or reactive to peanuts through a number of ways apart from simply eating peanuts.

Speak to your child about the importance of not sharing their lunch, and if a nut based lunch is consumed, the importance of washing their hands.

If the child does become sensitive or reactive to peanuts, and subsequently eats the food, it can cause a serious allergic reaction. Highly allergic individuals can have an anaphylactic reaction even to the smallest amount of peanut. Ingested peanuts can cause the most life-threatening reactions. However these can also be triggered by skin or eye contact with the food or even inhalation of food particles containing peanut.

For this reason, I would ask that you avoid sending your child to school with recess or lunch with peanuts or nut-based products. Please talk to your child about the importance of washing their hands.

Cyberbullying: the new Children's eSafety Commissioner

The Office of the Children's eSafety Commissioner (the Office) was established on 1 July 2015 to handle complaints about cyberbullying material targeted at Australian children.

The Office can investigate complaints about material considered likely to have a seriously threatening, intimidating, harassing or humiliating effect on the child. Where possible, the material should be reported to the social media service first, before it is complained about to the Office. To consider a complaint the Office will need evidence of the cyberbullying material.

Parents, along with schools and the government have a role in ensuring children are protected online. The Office will work with social media services, parents and schools to ensure serious cyberbullying material is removed.

What to do if your child is being cyberbullied

If your child is being cyberbullied advise them to:

- avoid retaliating or responding
- collect the evidence—keep mobile phone messages and print emails or social networking conversations
- block the bully and change their privacy settings
- report the abuse to the social media service

If your child continues to be cyberbullied and you believe it is having a seriously threatening, intimidating, harassing or humiliating effect, we encourage you to assist your child in [making a complaint](#) on the Commissioner's website.

More information on the [role of the Office](#), how to [deal with cyberbullying](#) and how to [lodge a complaint](#) is available on the website.

The [Kids Helpline](#) provides a private and confidential, telephone and online counselling service for young people. Encourage your child to speak to them if they are in need of counselling support. The Kids Helpline also manages [Parentline](#), a confidential telephone counselling service providing counselling and support for parents and care-givers.

If you believe your child is in **immediate danger**, call 000.

Kindergarten Enrolments

Enrol now for 2019 don't miss your opportunity to enrol in our great school.



Quakers Hill Public School prides itself in delivering quality programs to students in a warm, caring learning environment. Our teachers are professional, caring and committed to teaching students a broad and balanced curriculum across the key learning areas (KLAs). We pride ourselves on catering for the individual learning needs of all children.

If your child is turning 5 before 31 July 2019 they can enrol at Quakers Hill Public School for 2019. Please collect an enrolment package from the office and return it as soon as possible. Proof of age and residency status will be required.

RETURNING TO SCHOOL 2019

Wow the year has flown by and it is that time in the school's organisation for 2019, when we begin to start planning and looking at student enrolments. It is extremely important that the school has a good idea of its anticipated numbers for the 2019 school year. These anticipated numbers need to be sent to the Department of Education so that anticipated staffing and budgets can be organised.

Please indicate below if your children are returning to Quakers Hill next year, but not starting on 31/01/2019.

Or if your children will be enrolling in another school.

Your support with this information, especially if returning after the start of the school year, is very much appreciated.

Please tick

My child/ren _____ Class _____
 _____ Class _____
 _____ Class _____
 _____ Class _____

will be attending Quakers Hill in 2019, but will not be returning until

Date _____

Reason _____

will not be returning to Quakers Hill in 2019 & will be enrolling at:

_____ *New School*

Name: _____ Date _____

Signed: _____

QHPS Digs Deep for Farmers.

On the 7th August, the school put an invitation out to our school community to provide donations to help support the drought affected farmers in central NSW.

To say we were overwhelmed with the response would be an understatement. Students and their families generously brought in a range of supplies to help relieve some of the strain that farmers are experiencing. We had some students get donations from their neighbours and the wider community, and the size of the response shows the kindness and generosity of the entire Quakers Hill community. Some of the comments and conversations I have had with parents and community members were the most telling, and as one community member said "The farmers give us so much, it's time we gave back to them".

The response and sentiments shared are such a credit to everyone at Quakers Hill Public School and we should be proud of the difference we have made. As a community, we managed to fill two 4 Wheel drives, a station wagon and an additional trailer with supplies that will go directly to the farmers.



The Country Women's Association is guiding Apex/Sydney District 4WD clubs to the communities that are in the most need, and our donations will be taken to Cobar via Tottenham, Bobadah and Nymagee; all of which are about 7hrs drive West of Quakers Hill.

If you would like to follow the delivery please search @CommunityDroughtRelief on Facebook and "Like" the page *Road Trips for Drought Relief*.

Well done QHPS, you should be very proud of the community we are part of.

Jared Madden - Assistant Principal

Blacktown City Family SportsFest 2018

Saturday, 25 August 2018 | 12:00 PM to 04:00 PM



Blacktown Leisure Centre Stanhope and Blacktown Tennis Centre Stanhope are gearing up to host another annual Blacktown City Family SportsFest!

The 2018 SportsFest will offer sports clinics, interactive sporting displays, and appearances from sporting personalities and much more fun.

To top it all off, entry to Blacktown Leisure Centre Stanhope will be free from 12 noon, allowing families to enjoy all that SportsFest has to offer on the day. Families can take this opportunity to check out the range of facilities on offer at the Centre.

CANTEEN MENU

Quakers Hill Public School



~ FOOD CODING ~

G Green - fill the menu

A Amber - select carefully

R Red - only occasionally

GF - Gluten Free

HEALTHY START

Fresh Yoghurt (G) (GF)	\$4.00
Seasonal Fruit & Yoghurt	\$3.50
Yoghurt & Berries (G) (GF)	
Fruit (G)	
Fruit available daily	\$1.00
Fresh Fruit Salad	\$3.50
Toasted Sandwiches (G)	
Cheese	\$3.50
Ham & cheese	\$3.80
Ham, cheese & tomato	\$4.00
Toast (A)	
Jam or Honey - 1 Slice	\$1.00

SNACKS

Orchy juice cup (G)	\$1.50
Custard (G) Low Fat	\$2.50
Jumpy's (A)	\$1.50
Ice blocks & ice creams (A)	\$1.00 - \$2.50
Banana Bread (A)	Half \$2.50 Full \$4.00

COLD BAR

Breads (G) White, wholemeal	
Wrap	\$1.00
White roll	\$1.00
Turkish/Focaccia	\$1.00

~ WRAPS BAR (G) ~

Sweet chilli chicken, salad & cheese (G)	Double \$5.00 ~ Single \$3.00
Chicken Caesar, bacon, cheese (G)	Double \$5.00 ~ Single \$3.00
Grilled Chicken Schnitzel, lettuce & mayo (G)	Double \$5.00 ~ Single \$3.00
Ham & salad (G)	Double \$5.00 ~ Single \$3.00
Cheese & salad (G)	Double \$4.50 ~ Single \$2.50

~ SUSHI (G) (GF) ~

Chicken Teriyaki (G)	\$3.50
Tuna (GF) (G)	\$3.50

~ SALAD BOX (G) ~

With chicken or tuna	Small \$3.50 ~ Large \$4.50
Chicken Caesar	Small \$4.50 ~ Large \$5.50
Garden Salad	Small \$3.00 ~ Large \$4.00

COLD BAR

~ SANDWICH BAR ~

Vegetemite (G)	\$2.00
Egg, lettuce & mayo (G)	\$3.80
Cheese & tomato (G)	\$3.80
Smoked Ham, cheese & tomato (G)	\$4.00
Smoked Ham & cheese (G)	\$3.80
Smoked Ham & Tomato (G)	\$3.80
Smoked Ham & salad (G)	\$4.20
Roast chicken (G)	\$3.60
Roast chicken, lettuce & mayo (G)	\$4.00
Roast chicken & salad (G)	\$4.20
Salad (G)	\$4.00
Beetroot, lettuce, carrot, tomato & cucumber	
Tuna (G)	\$3.60
Tuna, lettuce & mayo (G)	\$4.00
Tuna & salad (G)	\$4.20

HOT BAR

~ HOT MEALS ~

Chicken Nuggets or Goujons (A)	
x 4	\$3.00
x 5	\$3.60
x 6	\$4.20
Chicken wingettes (A) Each	\$2.50
Jaffle (G)	
Cheese	\$3.50
Cheese & Tomato	\$3.80
Low fat hot dog (A)	
No tomato sauce	\$3.30
With tomato sauce	\$3.50
With tomato sauce & cheese	\$4.00
Fish burger (A) With lettuce & mayo	\$4.50
Lean beef burger (G)	
With tomato, lettuce, beetroot & bbq sauce	\$4.80
Lean chicken burger (A) With lettuce & mayo	\$4.50
Garlic bread (A)	\$2.00
Nachos (A) With salsa & cheese	\$4.00
Chicken nuggets with mash potato (A) With 5 nuggets	\$5.00
Oven baked potato wedges (A)	\$4.00

~ PASTA ~

Lasagna (G)	
Homemade beef / Homemade vegetarian	\$4.50
Spaghetti Bolognese (G)	\$4.50
Homemade Bolognese	

HOT BAR

Vegetarian Fried Rice (G)	Sml \$4.00 ~ Lg \$4.50
Butter Chicken (A) With rice	\$4.80
Honey Soy Chicken (A) with fried rice	\$4.80

~ HOME MADE PIZZA SLAB ~

Margarita (G) Cheese & Tomato	\$3.50
Vegetarian (G) Olives & roast capsicum	\$4.00
Hawaiian (G) Ham & Pineapple	\$4.00
Chicken (G) Lean roast chicken & bbq sauce	\$4.00

~ TURKISH BREADS ~

Chicken Schnitzel Delight (A)	\$5.50
Chicken schnitzel, roast capsicums & cheese	
Chicken Delight (G)	\$5.50
Roast chicken, avocado, tomatoes & cheese	
Mediterranean Delight (G)	\$5.50
Olives, artichokes, roast capsicum & fetta cheese	
Vegetarian Delight (G)	\$5.50
Eggplant, sundried tomatoes, roast capsicum & cheese	
Ham Delight (A)	\$5.50
Smoked ham, sundried tomatoes, olives & cheese	

HOT FOOD

~ PIES ~

Lean Beef Pie (A)	\$3.60
Lean Sausage Rolls (A)	\$3.40
Lean Potato Pie (A)	\$3.80
Spinach & Ricotta Roll (A)	\$3.80

BEVERAGES

~ COLD DRINKS ~

Water (G)	
Spring water 600ml	\$2.50
Sports water	\$3.00
Milks - Low Fat - 300ml (G)	
Plain	\$1.20
Chocolate, strawberry	\$2.50
Flavoured Milkshakes (A)	\$4.00
Chocolate, strawberry, vanilla, caramel	
Flavoured Mineral Water (A)	
Lemon lime, apple & raspberry	\$3.00
Juice Poppers (A) 99%	\$1.50



get active

Participate in a non-contact Rugby League skills program in a fun & friendly environment.



Register and receive your NRL pack
PLAYNRL.COM/JUNIORPROGRAM



COME AND TRY SCOUTING FOR FREE

1ST QUAKERS HILL / DOONSIDE SCOUT GROUP

INVITES YOU TO A **4-WEEK TRIAL**

JOEYS – TUESDAY 6PM - 7PM AGES 5 – 8 YRS

CUBS – MONDAY 6.30 - 8PM AGES 8-11 YRS

SCOUTS – FRIDAY 7.30 - 9.30PM AGES 11-15 YRS

GOLLAN PARK - DOONSIDE RD, DOONSIDE

FOR FURTHER INFORMATION PLEASE EMAIL QUAKERSHILLDOONSIDESCOUTS@GMAIL.COM

GIRLS AND BOYS WELCOME ACTIVE KIDS REBATE APPROVED LEADERS NEEDED



Girls Cricket
Play for Blacktown City this summer!
REGISTER NOW!
www.blacktowncitycricketclub.com.au



**Blacktown City
Cricket Club**
Play for Blacktown City this summer!
REGISTER NOW!
www.blacktowncitycricketclub.com.au













TAPERED THE BARBERSHOP



Tue-Wed: 9am - 5.30pm, Thurs: 9am - 8pm, Fri: 9am - 5.30pm
Sat: 9am - 4pm, Sun: 10am - 3pm

PRICE LIST



 THE GENTLEMAN DELUXE \$40 (HAIR CUT, ALL FACIAL TRIM & RAZOR WORK)
 THE GENTLEMAN..... \$25
 THE CREW..... \$20
 THE YOUNG MAN..... \$22
 THE YOUNG BOY..... \$18
 THE SENIOR..... \$20
 THE PENSIONER..... \$18
 THE BEARD FROM \$5

OTHER SERVICES AVAILABLE, CONSULT WITH YOUR BARBER
EXTRA CHARGES MAY APPLY

02 9837 1399

Shop 15, 216 Farnham Road, Quakers Hill



Wesley Out of School Hours Care

Does your child need before and after-school care?

Enquire now at Wesley Out of School Hours Care with qualified staff providing engaging and fun activities as well as access to family support services.

Get in quick as places are limited.

**Phone (02) 9626 6620
or visit wesleymission.org.au**

WESLEY MISSION PROGRAM GUIDE – TERM 3

123 Magic and Emotion Coaching

For parents with children aged between 2 - 12 years

The 123 Magic and Emotion Coaching Program provides parents with a balanced approach to managing their children's behaviour while teaching their children skills to better manage their emotions, understand boundaries, and take responsibility for their own behaviour.

Bookings are required

THURSDAYS 09/08/2018 - 13/09/2018

10:00AM - 12:00PM

Kings Rd Preschool, 1-3 Kings Rd, Castle Hill

Contact: Imelda on 9626 6620

Wrapped in Angels

"Wrapped in Angels" is a unique journey of re-discovering meaning and connections in life. For children and adults alike it means creating a blanket which holds a colourful representation of their journey. Each participant walks away with a blanket that is uniquely theirs and is uniquely representative to their own understanding of love, protection, warmth and safety. No sewing skills required. Bring your own blanket or materials will be provided.

Limited childcare, Bookings are required

TUESDAYS 07/08/2018 - 25/09/2018

09:30AM - 11:30AM

Doonside Public School, Kildare Rd, Doonside

Contact: Zahra on 8805 7288

Move & Groove Music Group

For children 1 - 5 years and their parents/ carers

Our Music Playschool group is an early childhood development program that utilises active music making, singing and movement to facilitate the physical, cognitive, emotional and social components essential for early child development.

Bookings are required

FRIDAYS 10/08/2018 - 14/09/2018

10:00AM - 11:30AM

Riverstone Public School (Blue Bldg), Elizabeth St, Riverstone

Contact: Jessica on 0434 074 359

Bubs in Bloom

For children 0 - 3 years & their parents/carers

Bubs in Bloom is a supported playgroup which offers children the opportunity to engage in experiences that will begin to prepare them for the transition to Pre School/Long Day Care; including following routines, developing concentration, group participation, listening skills, following instructions, independence and self – help skills, respect for others and responsibility for their belongings and for completing tasks.

Bookings are required

WEDNESDAYS 08/08/2018 - 19/09/2018

09:30AM - 11:30AM

Riverstone Public School (Cottage), Elizabeth St, Riverstone

Contact: Melissa on 0408 192 243

Drumbeat

For children aged between 8 –12 years

"DRUMBEAT" is an evidence-based social and emotional learning program that runs for 6 weeks - through the mode of drumming - facilitated by trained Wesley Family Services Workers.

Each week, facilitators coach and mentor the group participants to teach them drumming techniques while facilitating the social and emotional skills for healthy relationships and values.

This program allows children to;

- Externalise feelings and lived experiences
- Identify and develop skills to regulate emotions
- Develop skills in social and emotional learning

Limited spaces are available, Bookings are essential

THURSDAYS 09/08/2018—10/09/2018

4:00PM - 5:00PM

Riverstone Public School (Blue Bldg), Elizabeth St, Riverstone

Contact: Jerry on 0434 368 337

Play & Learn to Socialise

For children 2.5 - 5 years & their parents/carers

PALS is a Social Skills Development Program for children transitioning to preschool or primary school.

PALS is designed for children and their parents to learn constructive ways to solve relationship problems and make friends. At PALS we will be cover; Sharing & Taking turns, Managing Frustrations, Identifying feelings, Asking for Help & overcoming Fear and Anxiety.

Bookings are required

THURSDAYS 09/08/2018 - 13/09/2018

10:15AM - 11:45AM

Riverstone Public School (Blue Bldg), Elizabeth St, Riverstone

Contact: Jessica on 0434 074 359

Circle of Security

For parents with children aged between 0 - 12 years

This 8 week Parenting Program is based upon decades of attachment research to give parents relationship tools which will provide a new way of understanding your child's needs and giving them lasting security and how your own responses can best meet those needs.

According to attachment research the quality of the child's early attachment is related to the relationship with their parent/ caregiver which develops the child's internal working models influencing child's capability to regulate their emotions, manage their behaviour, have successful relationships as well as future academic ability.

Limited childcare, Bookings are required

TUESDAYS 07/08/2018 - 25/09/2018

09:00AM - 11:00AM

Quakers Hill Public School, Medlow Dr, Quakers Hill

Contact: Belinda on 0427 268 372

EFTPOS FACILITIES

The school office has an Eftpos machine and can take credit and debit card payments.

Eftpos payments can only be made between the hours of 8.30am to 2.00pm as we need to balance the money at the end of the day.

You can also pay by **cash** and by the **online payment** option on our school website. Please remember when paying online that you need to pay before 5pm for the school to see the payment the next day.



DID YOU KNOW YOU CAN PAY ONLINE?

Many families are now using the school's online payment option linked to our school website to pay for school related expenses. This is a secure payment page hosted by Westpac.

What expenses can be paid online?

- Voluntary Contributions
- Excursions
- Sport
- Creative and Practical Arts
- Sales to Students
- Other (any items not listed above)

UNFORTUNATELY, PAYMENTS TO THE UNIFORM SHOP AND P&C CANNOT BE ACCEPTED VIA THIS SYSTEM.

How do I make a payment?

Go to the school website.

Click on make a payment, found on the front page of the school website.

1. In the student and payer details, fill in all the **green asterix** items. (These are compulsory)
2. Choose a payment option.
3. Enter the amount you are paying and the payment description (Eg: the name of the excursion)
4. Enter credit card details.
5. Confirm payment details.
6. Receive online payment receipt.

Pay before 6pm for the school to receive your payment the next working day.

How do I let the school know I paid online?

Please write the receipt number on the permission note and return to the school.

**Making an online payment does not constitute permission.
Please return all signed permission notes as per normal.**