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Term 4 Week 1 Newsletter

## IMPORTANT DATES

What is coming up.....

### October

23- Dan Day, completing the school chook pen with many classes.

25- Grandparents Day, all welcome.

30- Retreats K-2, boys and girls program continues.

31- Celebration of Learning 4/5L, 5/6G, 5/6B

### November

01- Mrs Batemans Class Mass, all welcome.

06- Incursion to Uni, Year 6

## FROM THE ACTING PRINCIPAL

Dear Parents and Carers,

Welcome to the warmth and energy of Term 4. During the break I took some time to reflect on my experiences since joining the Saint Patrick's community. I have been overwhelmed by the welcoming hearts of the community and contemplated how this comes to fruition. It is days like the Beach-a-thon that help build the spirit of inclusion. Thank you to the members of the fund raising committee and Mary Kite who worked behind the scenes to make today so successful.



### What's for breakfast?

Your child's developing brain needs a balanced supply of fuel (sugar) and essential healthy fats (the brain is made of 60% fat) to function at its best.

### BALANCING BLOOD SUGAR

By keeping fast release sugars such as sweets, biscuits, cakes, chocolate, refined cereals and white breads to a minimum and

ensuring your child eats little and often will ensure the brain receives an even supply of fuel.

Too much sugar and your child may be hyperactive and find it difficult to concentrate, whilst too little sugar and they may feel too tired or irritable to concentrate.

### BALANCED BREAKFAST IS A KEY FACTOR

It is essential to have a good start, especially for young children, when their more structured learning is mostly carried out in the morning. Without a slow energy release breakfast, they may get too hungry or have inadequate fuel for the brain to concentrate and learn effectively.

A healthy balanced breakfast should include a mix of complex or unrefined carbohydrate (porridge, muesli, wholemeal cereals or bread or fruit) and some protein (eggs, baked beans, chopped nuts, seeds, full fat yoghurt or milk)



God bless you and your families,  
Caz Perryman

## OFFICE NEWS

School fees have been emailed out today and are due by Friday the 15<sup>th</sup> November.

As you may be aware there is a number of ways you can pay your school fees; weekly, fortnightly, monthly, by using BPAY, QKR, Direct Debit (see the office for a form) or Centrepay. Unfortunately, we cannot accept cash payments at the school office.

Please contact the school office if you require help in setting any of these payments up, or if you are having difficulty making payment towards your school fees.

## CANTEEN NEWS

Please find below how to cancel an order through Qkr, if your child is away from school on that day. Please note that you have to cancel your order before 9am.

**Q. How do I cancel food orders that have already been paid for?**

**A. To cancel a food order from your itemized receipt:**

1. Open Qkr and tap Activity.
2. Scroll down to 'Order History' and sign in with your password.
3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.
4. If your receipt contains food orders for more than one child, you will need to cancel one by one.

**OR**

**To cancel a food order from the calendar view:**

1. Open Qkr and select the relevant menu.
2. Tap on the tick icon on the date for which you want to cancel the order.
3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.

Cancelled items are shown in red on your receipt confirming they have been cancelled and a credit is available for future food orders. The value of any credits will be automatically deducted from your next Qkr food order.

Please contact your school office to cancel any other (non-food) school payments according to school policy.

## GRANDPARENTS & GRAND FRIENDS DAY



You are invited to join St Pat's students and staff at school for our Festival of Grandparents.

When: Friday 25<sup>th</sup> October 2019  
Time: Mass starts at 9.15am

We will start in the morning with a whole school Mass, followed by morning tea in the COLA. The school is providing a cuppa, muffins and biscuits for morning tea.

To mark our 150<sup>th</sup> Anniversary and to grow our connections with our generations of parents, grandparents and other elders we are seeking Grandparents and Grand Friends to facilitate activities in classrooms after morning tea. If you have a skill such as knitting, sewing, cooking, building, gardening, story writing, poetry, music ... that you could share please fill out the attached slip.

This year we are also having 'Wear Red for Daniel' on the same day. This day is about promoting child safety. You are welcome to wear an item of red along with our students.

RSVP: Please return attached slip by Tuesday 22<sup>nd</sup> October.

### Grandparents Day RSVP

We are happy to attend Grandparents Day on Friday 25<sup>th</sup> October 2019.

Family Name: \_\_\_\_\_

Class of eldest child: \_\_\_\_\_

Number of guests attending: \_\_\_\_\_

Skill to be shared: \_\_\_\_\_

Name of Grandparent/Grand Friend sharing skill: \_\_\_\_\_



### CANTEEN MENU 2019

#### Sandwiches/Rolls/Wraps:

Chicken, Lettuce & Mayo:	\$4.00
Chicken & Salad:	\$4.00
Cheese:	\$2.00
Ham:	\$3.50
Ham & Cheese:	\$4.00
Ham, Cheese & Tomato:	\$4.00
Ham, Cheese & Pineapple:	\$4.00
Ham & Salad:	\$4.00
Tuna, Lettuce & Mayo:	\$4.00
Salad:	\$3.50

#### Salad Box:

Salad Box:	\$4.00
Salad Box with cold meat (Salad box contains lettuce, tomato, cucumber, corn, carrot and wrap peas with dressing sachet):	\$4.50
Fruit Salad Box:	\$4.00
Seasonal Fruit:	

#### Burgers

Chicken, Lettuce & Mayo:	\$4.00
Sweet Chilli Chicken:	\$4.00
Veggie Burger:	\$4.00

#### Hot Food:

Meat Pie:	\$4.00
Potato Pie:	\$4.00
Party Pie:	\$0.80
Chicken Nugget:	\$0.50
Dino' Nugget:	\$0.50
Sausage Roll:	\$3.50
Lasagne:	\$3.50
Mac & Cheese:	\$3.50
Fried Rice (GF):	\$3.50
Pizza (Ham & P/Apple):	\$3.00

#### Drinks:

Chocolate Milk:	\$2.00
Strawberry Milk:	\$2.00
Poppers:	\$1.50
(Apple, ABC, Orange or Tropical)	

#### Recess Treats:

Red Rock Honey Soy chips:	\$1.00
Red Rock Sea Salt chips:	\$1.00
Mamee Rice Sticks (GF):	\$1.00
Popcorn (GF):	\$1.00
Chocolate Paddle Pop:	\$1.50
Rainbow Paddle Pop:	\$1.50
Quelch Sticks:	\$0.50
Muffins:	\$0.50

#### Extras:

Tomato Sauce:	\$0.30
Soy Sauce:	\$0.30
Brown Paper Bag:	\$0.30

Please note that we cannot put ice-blocks or ice creams into lunch order bags. Due to OH&S we cannot fill plastic bags with lunch orders.

When ordering through Qkr, please remember to bring in your lunch bag or purchase a brown paper bag for .30c at the time of ordering.