

# THE HOLY HERALD

## HOLY SPIRIT SCHOOL NEWSLETTER



Term: 4 | Week 5 | Date: November 17, 2021

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[hs-info@ww.catholic.edu.au](mailto:hs-info@ww.catholic.edu.au)

### MESSAGE FROM THE PRINCIPAL

The traditional African proverb "It takes a village to raise a child" has been widely quoted when examining the partnerships required to raise healthy, happy and well adjusted young people who can function independently within society. Such partnerships start with you, their parents and your immediate and extended families. Once your child reaches school age, the school community becomes part of this partnership. Previous to this, your friends, their children, perhaps your parent group all make up parts of a community who help to raise your child. As children get older it is sporting groups, their own friends and their parents and people they work with.

Our village is being filled and influenced by a variety of different beliefs, values, expectations and experiences constantly and not all of them are positive. Mixing with a variety of people is important for all individuals as it teaches not only tolerance and patience but also resilience. As a school community our village focuses on embedding the values of compassion, honesty, gratefulness, inclusion and sustainability. We need to ensure that we live out these values with all people we encounter in our community. At times it is not easy to justify why a staff member is spending so much time focusing on one child, however if it were your child who needed that extra support or attention I'm sure that you as a parent would be appreciative.

Our job in our small village is to include everyone, it is part of our mission as a Catholic school. Put simply it is what we do. We do not do it because we are required to, we do it because it is who we are and what we are about. Next time you as a parent question why they (staff and even myself) are behaving in a particular way with one child or even a group of children please remember that as part of their school village we are trying our utmost to ensure that each individual succeeds academically, physically, socially and emotionally.

Your part in our school village is to support us with the education of your child/children and I thank each of you for the support you provide. Education is a profession however, you will find that individuals who work in education and see it as a vocation do so because they love working with children. They love seeing that 'aha' moment or the grin on a face when something has been mastered and they will stand and watch that 6th attempt on the monkey bars just so they can witness the joy and exhilaration on the child's face who has finally reached the end.

As we enter the busy and at times frantic last weeks (yes, there are only 5 weeks) of school, I encourage you to voice your concerns should any arise as help and assistance can only be provided if problems are known.

Thank you for your continued support of our community and enjoy the week ahead.

### **STAFFING:**

- Our Wellbeing Practitioner Morgan, has resigned from her position from Centacare effective immediately. For the remainder of the year, we will have Mahalia Scholz working with us on alternate Thursdays and Fridays. Mahalia works across the other Catholic schools in Albury and has worked with us before.
- Mr Simon Goss won't be returning as a staff member at Holy Spirit School. Simon is leaving for personal reasons. I would like to thank Simon for the many contributions he has made to Holy Spirit over the past 19 years as a classroom teacher and creative arts specialist.

**STUDENTS LEAVING:** Please contact our school office as soon as possible if you plan on leaving the area next year or are thinking of changing schools as we are in the process of finalising class numbers/structures. Also, if you know of families moving into the area with children planning to attend Holy Spirit in 2022 please ask these families to contact the school.

**CANTEEN DAYS:** A reminder that our Canteen is closed for the remainder of this year. In its place, we will be having Special Food Days held each week (no set day more likely on a Wednesday). All money raised from these special lunch orders will go towards purchasing new school sports representative uniforms, including netball dresses, football shorts and League Tag shorts. When possible, please support our school fundraising project as the students will benefit from our new purchases. If you have not already downloaded the QKR app to purchase lunch orders, please refer to the QKR! Guide at the end of this newsletter to download the app and set up an account - It's quick and easy!

**SCHOOL FEES:** A reminder that 2021 school fees are due for final payment by Friday 3rd December as per the Diocesan School Fee Agreement.

Matt Kean  
Principal

# RELIGIOUS EDUCATION

***Please support!***

## [St Vincent De Paul- Christmas Appeal 2021](#)

As in previous years, Holy Spirit School have been invited to participate in the Christmas Appeal 2021. This year, individuals and families have been identified as needing special support over the Christmas period.

If anyone would like to donate **new unwrapped** toys for all ages up to 12 years of age, boxes are available in the office that items can be placed in.

· Gifts should remain unwrapped with appropriate age and gender details attached or written on the packaging.

· Should food items be donated it is important that they are well inside the 'best by' and particularly the 'use by' dates (a legal requirement).

Some ideas for food items include Christmas pudding, tea, coffee, milo, fruit cake, jam, pancake mix, cereal, dried fruit, biscuits, pasta, pasta sauce and vegemite.

The boxes will be collected at school by St Vincent de Paul in Week 10.

Thanks for your support.

## [Important dates for your calendar](#)

26th November— Friday 2pm - Year 2 First Reconciliation

27th November– Saturday 5:30pm—Year 2 First Reconciliation

18th December—Saturday School Mass - **6pm will need to check date**

**First Sunday of Advent—28th November**

Regards,

Jo Davies

Religious Education Coordinator



# IMPORTANT DATES



## 2021 DATES

- **Kinder 2022 Snapshot Sessions (Attendance highly encouraged):** *A reminder that parents will only be able to stay for 10 minutes at drop off.*  
Thursday 18th November - 9:30-11 am  
Wednesday 24th November - 9:30-11 am
- **Kinder 2022 Orientation (Attendance expected. Please advise if unable to attend) - Friday 3rd December 9:30-11am**
- **Xavier High School Orientation - Wednesday 24th Nov**
- **Years 3 & 4 Swimming:** Mon 29th Nov to Fri 3rd Dec
- **Kinder-Year 2 Swimming:** Mon 6th Dec - Fri 10th Dec
- **Year 6 Fun Day:** Friday 10th December
- **Orientation Day for Years 1-6 (for 2022) - Monday 13th December - 9:30-11 am**
- **Year 6 Graduation:** Monday 13th December
- **Last Day of Term 4 (STUDENTS) - Tuesday 14th December**

## 2022 DATES:

- **MAI (Yr 1-6) - Tuesday 1st & Wednesday 2nd February**
- **Years 1-6 students resume:** Thursday 3rd February
- **Best Start (Kinder):** Tues 1st - Fri 4th February
- **Kinders start school:** Tuesday 8th February (To be confirmed at Orientation on 3rd December)



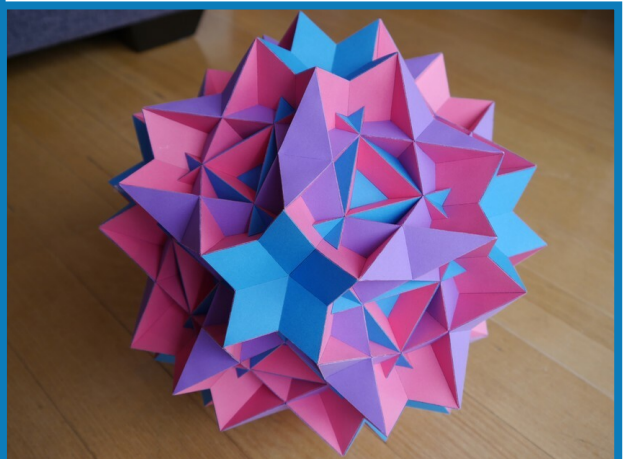
# MERIT AWARDS

<b>Kinder</b>	Caitlyn S, Ivy L, Ryder B, Zoey F
<b>Year 1</b>	Paige M, Morgan P, Jackson K
<b>Year 2</b>	Rocco B, Robyn S
<b>Year 3</b>	Adele B, Isabella G, Hunter M, Indi H, Grace L, Isabella T, Saxon P, Levi G, Eva S, Precious V
<b>Year 4</b>	Abigail L, Milli O, Ganeev S, Charlie T



## MATHS FACT

How do you say this word -  
"rhombicosidodecahedron". You can  
say things like "Do you have a  
rhombicosidodecahedron I can borrow?"  
It is a special kind of *polyhedron*.



# HOLY SPIRIT SCHOOL NEWS

## YEAR 6 BBQ



Year 6 Students enjoyed having a BBQ as part of their lunch during their Virtual Excursion to Canberra.

## REMEMBRANCE DAY



Students celebrated Remembrance Day in their class due to Covid regulations. This was a display in the library where the students shared books to learn about Remembrance Day



**KEEP CONNECTED**





# HOLIDAY ACTIVITIES

Have you secured your spot at **Albury's Number One** holiday program yet?

We cater for children from 4 to 12 years old and provide an array of daily sporting and creative arts activities such as;

- Gymnastics / Free G (Parkour)
- Netball, Basketball, Lacrosse, Futsal, Scooter Boards, Ultimate Frisbee
- Creative Arts – Dance, Teddy Bear Workshops, Painting, Clay Creations, Coding

To view our full program, please visit

<https://www.pcydnsw.org.au/albury/school-holidays>

All children must be current club members, only \$10 per year.

Don't forget, you can use your NSW Creative Kids vouchers. This will give you \$100 towards your fees. To apply for your voucher, please visit

<https://www.service.nsw.gov.au/.../apply-creative-kids...>

Remember, every dollar you spend with PCYC Albury, you are helping to continue our work with at-risk youth to break the cycle of disadvantage through crime prevention, vocational education, youth capacity building and social responsibility programs to change their life outcomes

Phone: 02 6021 7437

[www.pcydnsw.org.au](http://www.pcydnsw.org.au)

Cnr Keene St & Andrews St  
Albury NSW 2640



**READY, SET,  
GO TO PCYC**



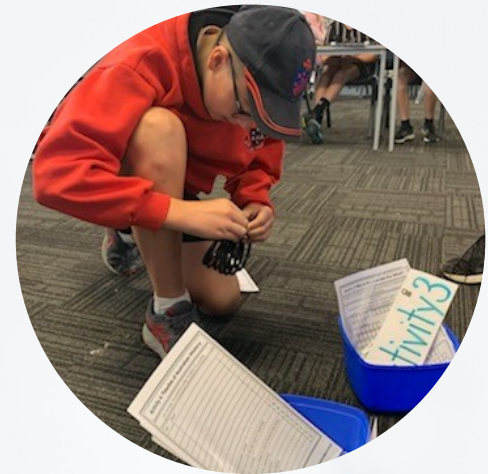
**SCHOOL HOLIDAY  
ACTIVITIES**

**WIN A WHOLE WEEK  
OF SCHOOL HOLIDAY  
ACTIVITIES FREE**





# VIRTUAL EXCURSION TO CANBERRA



**Last week Year 6 students completed an Escape Room to unlock all their knowledge on Parliament. They visited Old Parliament House, The National Gallery, Royal Mint, War Memorial and Questacon.**

**A great time was had by the students.**





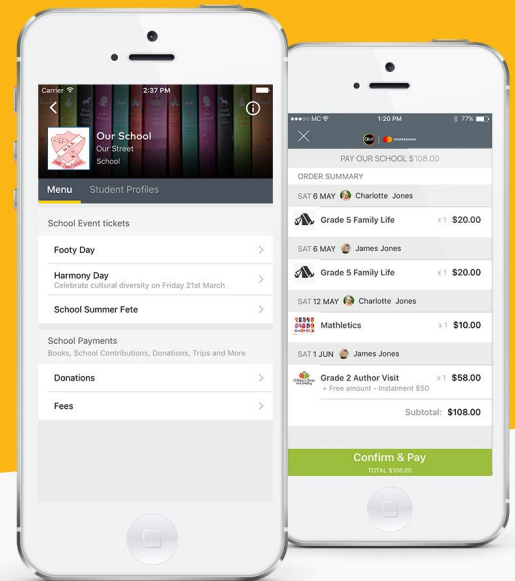
masterpass

For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by Mastercard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:

- Order and pay for your child's lunches, reducing the need to bring cash to school;
- Pay for a variety of school items;
- See your receipts on the app and get them sent by email if required.



Getting started is easy - try it yourself today

### Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



### Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

### Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

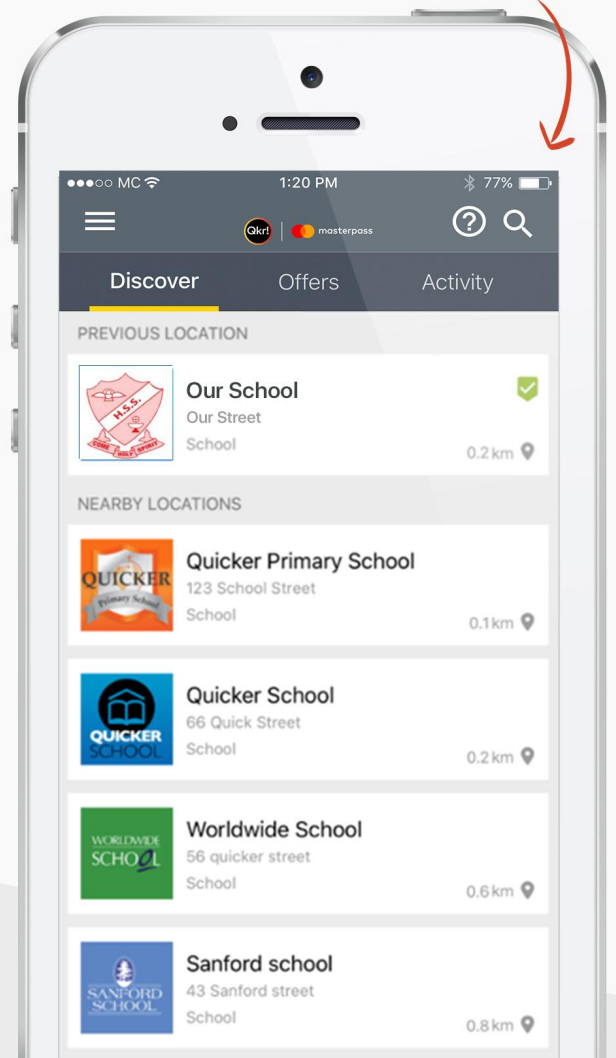
### Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

Search for our school name

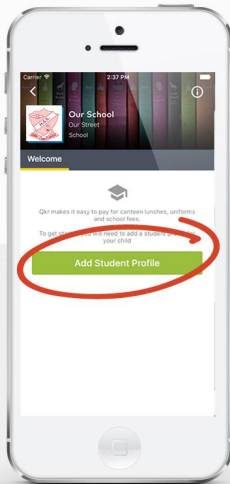




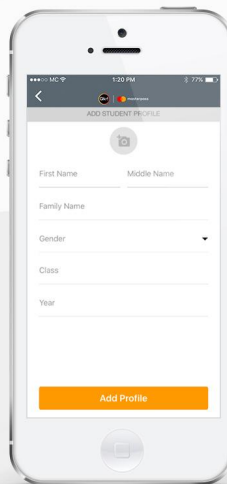
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## Add your children's details in Student Profiles

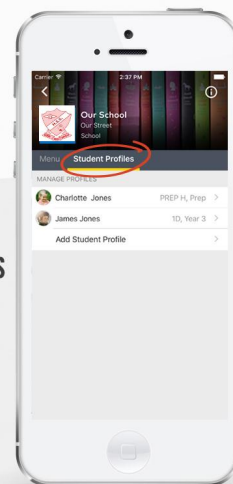
Select  
'Add student profile'



Add each  
child's details

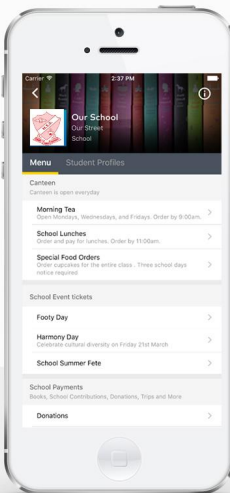


Manage each  
child's details in  
Student Profiles

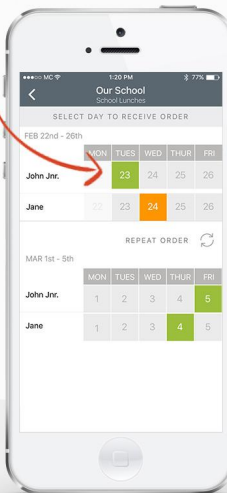


## Order meals

Select a menu  
from our canteen

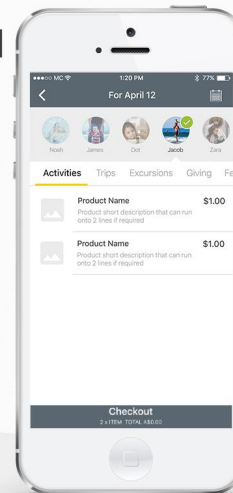


Tap the green  
box to view  
your receipt  
or to cancel  
an order



Select a date  
for a child and  
order a meal

Tap 'Repeat  
order' to  
copy all paid  
orders from  
one week to  
the next



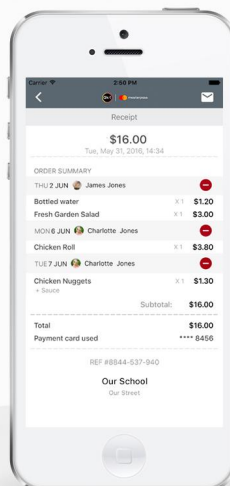
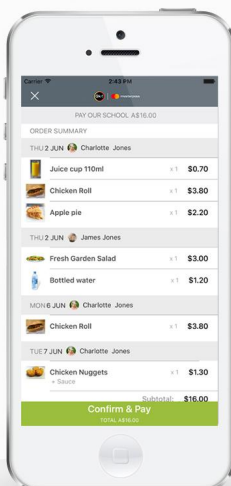
Tap to change  
the date you  
are ordering for

Tap to change  
the child you are  
ordering for

Tap 'Checkout'  
then confirm and pay

## Making payments

Add up to 5 cards to your wallet



At checkout select which card to  
pay with.

Pay with any cards accepted  
by the school.

Once your payment is approved you  
can continue to the home page, or  
view your receipt.





# **U12 PLAYERS WANTED BOYS AND GIRLS**

## **PLAY CRICKET**

**REGISTER ONLINE AT  
[WWW.PLAYCRICKET.COM.AU](http://WWW.PLAYCRICKET.COM.AU)  
SEARCH  
NEW CITY CRICKET CLUB**

# **JOIN WITH FRIENDS PLAY TOGETHER**

- **COME AND TRY**
- **BRING A FRIEND**
- **COVID-19 SAFE  
SESSIONS**

**WHERE**  
**URANA RD OVAL**  
**TRAINING**  
**MONDAY & WEDNESDAY**  
**4:30 PM - 6 PM**  
**GAMES PLAYED**  
**FRIDAY 5 PM-7:30PM**  
**CONTACT**  
**NATHAN POWELL**  
**0400721212**

# Nutrition Snippet

## FRIDAY NIGHT FAKEAWAYS.



**Our 'fakeaways' are good for health and for the wallet!**

- Easy pizza - you have to try this recipe to believe how easy it is!
- Mixed salad - make the meal complete with this simple salad



3.5 of your 5 veg serves!

For these recipes and more visit:

**[healthylunchbox.com.au](http://healthylunchbox.com.au)**



**Cancer Council**  
Healthy Lunch Box

# Nutrition Snippet

## SENSATIONAL SUMMER VEG.



### Try these summer sizzlers:

- [Veggie and black bean tacos](#)
- [Fattoush salad](#)
- [Veggie filo cups](#)

Check out our [blog](#) to find out more about what's in season.

For these recipes and more visit:

[\*\*healthylunchbox.com.au\*\*](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box



# Nutrition Snippet

## SILLY SEASON FUN.

Get the kids to design their own seasonal creation!



**Have fun and get fruit and fibre into the day!**

Our super easy [banana pikelet](#) recipe is perfect for the kids to get creative in the kitchen!

For these recipes and more visit:

**[healthylunchbox.com.au](http://healthylunchbox.com.au)**



**Cancer Council**  
Healthy Lunch Box



# Sunsmart Snippet

## Summer sun protection



**Using 5 sun protection measures gives you the best chance of protection.**

The default is to think if you have your sunscreen on that you are right for the day, but sunscreen isn't a suit of armour. When outdoors during summer, i.e. at the beach, weekend sport, make sure you slip on long sleeve shirt, slop on SPF 30 (or higher) sunscreen, slap on a broad brimmed hat, seek shade, and slide on sunglasses.



SLIP



SLOP



SLAP



SEEK



SLIDE





# Healthy Lunch Box recipe

## Vegetable gratin



### Ingredients

Olive oil spray  
1 kg frozen chunky mixed vegetables, thawed  
1 tbsp margarine  
2 garlic cloves, crushed  
¼ tsp dried thyme  
¾ cup plain flour  
1 tsp Dijon mustard  
2 cups reduced-fat milk  
1 cup reduced-fat cheddar cheese, grated  
Salt and pepper, to taste  
1 cup fresh wholemeal bread crumbs  
2 tbsp fresh parsley, chopped

- Serves 6

### Method

Preheat oven to 190°C. Spray an 18 x 28 cm shallow baking dish with oil. Drain thawed vegetables well and set aside.

Melt the margarine in a saucepan over medium heat. Add the garlic and thyme and cook for 30 seconds. Whisk the flour and mustard into the milk and gradually whisk into the saucepan. Cook, whisking constantly, for 5 to 10 mins or until thickened. Remove from the heat and stir in ¾ cup of the cheese until melted. Fold in the vegetables and pour into the baking dish.

In a bowl, combine the remaining cheese with the bread crumbs and parsley. Sprinkle over the vegetables and bake for 20 min or until golden brown.

**For more recipes visit:**  
**[healthylunchbox.com.au](http://healthylunchbox.com.au)**



**Cancer Council**  
Healthy Lunch Box