



St John Vianney's Parish School

NEWSLETTER

I WILL SHOW YOU THE WAY TO HEAVEN

TERM 3

AUGUST 15 2018

Number 12

Greetings and Blessings to all!

*St John Vianney's Parish School is a learning community where we endeavour to provide a broad range of experiences which foster a sense of **curiosity, inquiry and enthusiasm** for learning and skill **development**. During the past weeks many of our students have been engaged in various events and experiences ranging from sporting events, public speaking, incursions and excursions. In this newsletter we would like to share with you the learning experiences and achievements of our students..... I hope you will feel as proud of them as we do! **My sincere thanks to the teachers who make these stimulating experiences possible.***

VOICE of YOUTH CLUSTER FINAL

Last Thursday 9th August, **Frienczel Espino** and **Grace Boktor** from Year 6 represented St John Vianney's Parish school at the Voice of Youth Cluster Final. They competed against 6 other students from St Patrick's Blacktown, St Michael's South Blacktown and St Bernadette's Lalor Park. Each of the 8 students delivered their speeches with great poise and confidence reflecting thorough research and careful preparation.

Our **CONGRATULATIONS** to **Frienczel** who was **awarded 2nd place** for her speech titled '**Ping Pong**' which explored the benefits of activities such as table tennis for people with Alzheimer's and Parkinson's Disease. We also offer well deserved **CONGRATULATIONS** to **Grace** who entertained the audience with her speech, '**Best Friends**'.

We are so proud of these two amazing students who have worked hard, were focused, animated, well prepared and spoke from the heart. They have every reason to feel proud of their achievements.

Sincere thanks to **Mrs Dobrzynski** for her expert guidance in preparing these two Year 6 students for this event.

Blessings!

Georgina Coe
Principal

IMPORTANT AND UPCOMING EVENTS

Wednesday 22nd August
Musica Viva-Da Vinci's
Apprentice
9.30am Infants
11.30 Primary
MPR

Tuesday 31st August
Fathers' Day Breakfast
7.30am-8.30am - P&F

9.30am Fathers' Day
Assembly

11.30am Fathers' Day
Stall P&F

**OFFICE WILL BE
CLOSED ON
MONDAY
SEPTEMBER 3RD
11.30AM – 1.30pm
FOR OFFICE
STAFF TRAINING**

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St John Vianney's Celebration Day - 3rd August 2018

*Our St John Vianney Feast day celebrations were a **GREAT** success!
The teachers enjoyed a day of **FUN** with their students!*

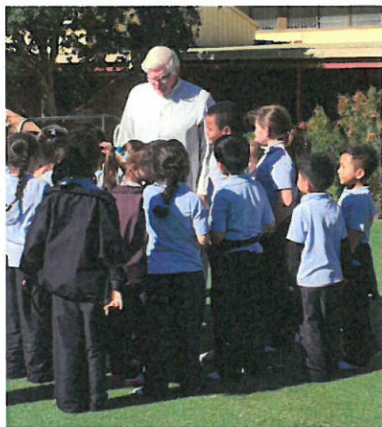
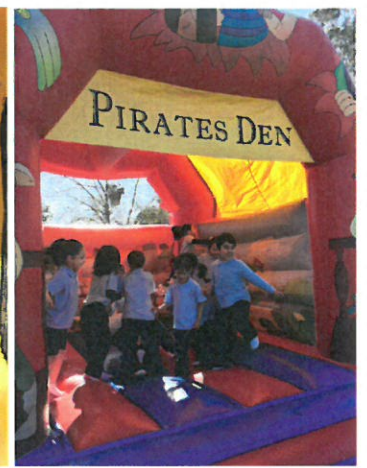
*The day began with a beautiful prayer for the Infant classes and Mass for the Primary classes. During the day the children learned more about St John Vianney in their classrooms. There was also an element of **SURPRISE!** The Grass Area became an inflatable world of three Jumping Castles - **1 Large Sports Obstacle Castle, 1 Medium Sea World Castle and 1 Small Tropical Island Castle.***

It was wonderful to see the joy and excitement on the faces of our children as they jumped, bounced, climbed and slid during their designated timeslot. It was a fantastic way to make the most of our Feast day.

THANK YOU Mrs Cox for the Jumping Castles!

Most importantly, we thank St John Vianney for the many life lessons he has provided us through his faith and life "Showing us the Way to Heaven".





Year 4 Bingo Recycling Excursion

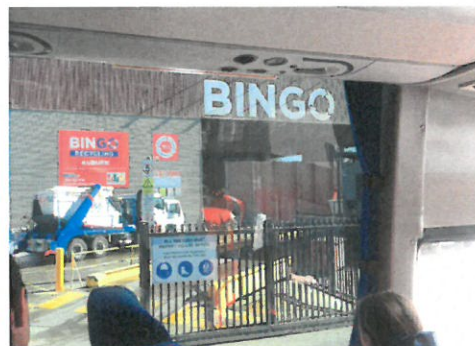
In Week 1 of this term, Year 4 began a special unit of project-based work on recycling, sustainability and waste reduction. As one of our entry events, Year 4 travelled to the Bingo recycling centre at Auburn.

We were very lucky as we were allowed to drive our bus through the main recycling plant and see the tractors and front-end loaders that helped move the waste, the big conveyor belt that is used to sort the different types of material, as well as the storage bays for the material when it is captured.

The Bingo staff took us through a number of lessons where we asked the question: 'Can we recycle a house?' And the answer was a big YES! We were able to take apart a model house piece by piece and divide the waste according to different materials. We also found out how many people we could fit inside!!

We made flow charts showing where different material comes from and what it can be recycled into. It was good working in groups to do this! We also used recycled material to plant some seeds in mini green-houses which were fun to make - they looked like a Starbucks Latte! We even got to talk to one of the Bingo truck drivers on the two-way radio. We ordered a big take-away from Hungry Jacks.

On the way home we stopped off at Prospect Reservoir for lunch and saw one of Sydney's main water storage areas as well as how the land is specially used for that purpose.



Year 3 Science Incursion

The day started with a **BANG!** Tuesday... One of the best days at school ever! Year 3 were lucky enough to spend the whole day at school doing experiments and seeing demonstrations from Ranger Jamie and Ranger Sid. We learnt so much about heat and how it affects the three states of matter - solids, liquids and gases.



The day began watching Ranger Jamie demonstrate how heat would pop a balloon. He even put water in some and when they popped we got soaked! After that, he showed us all how adding fire to 'rocket fuel' would cause a gas and create heat.



Following on from this the Year 3 classes split up and we moved to the grass area to compete in the Science Olympics with Ranger Sid. We formed two teams and went against each other to answer questions about the states of matter and gain points for our team. While the other class learnt that water

has more density than oil so the oil floated on top of the water. When we added Mentos to the mixture it created heat and bubbles, it was so cool!!

We then had an ice challenge where we had to work in groups to find a way to melt a pile of ice the fastest.

Our class were all so clever, quickly realising that stomping on the ice was the best way, because it caused friction and therefore melted the ice really fast. Ranger Jamie was so impressed with our wisdom. My favourite part of the day was next. We put soda water into sealed bags and Ranger Jamie explained that when we shook it, a gas formed and caused the bag to expand. Can you guess what happened next? Yes! It went POP! All over us! By the end of the experiment we were so drenched.



After we dried off a bit, we moved to the slime making station. This was a lot of fun! We used cornflour and water to create a very interesting mystery matter slime, it was a solid when we punched it, but when we moved our fingers through it slowly, it became a liquid... So weird! The last activity was when we moved to make our rockets. We were shown how adding bicarb soda to vinegar would create a reaction where a gas is made. It expanded a water bottle so much it felt as hard as glass!!! Ranger Jamie jumped on the bottle and suddenly... it exploded! The whole bottom of the bottle shot off, it was incredible to see.

We finally had to say goodbye to our ranger friends, but not before having a whole group silly photo. Although I went home very exhausted, I was smiling from ear to ear. It was such a wonderful day of learning and one that I will remember very fondly for years to come.



Woolworths Cricket Blast School Cup

On Monday the 13th August 60 children from Years 5 and 6 participated in the Woolworths Cricket Blast School Cup at Blacktown International Sportspark. During the day the children played 4 games in which they had to bat, bowl, field and wicket keep. The children put into practice all the skills that they had learnt during our lunch time training sessions by scoring lots of runs, taking wickets and cheering or giggling.

This day would not have been successful without the help of Mrs Balintec (our photographer), Mrs Brook and the following parents Mrs Norris, Mrs Sinclair, Mrs O'Keefe, Mrs Vella, Ms Scott, Mrs Tecala, Mrs Boktor, and Mr Paul who gave up their time to supervise a team. Thank you so much for your generosity and guidance that you shared with the children.

My biggest thanks goes to our Year 5 and 6 students who shared their good manners and sportsmanship with all the teams that they meet.

Mrs Tierney





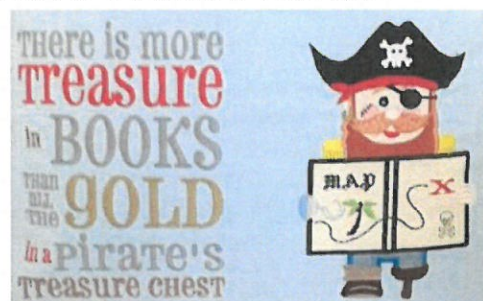
Find Your Treasure!

It is nearly Book Week!!!

St John Vianney's will be celebrating the amazing world of books and literature across **three weeks**, starting next Tuesday 21st August, with a very *special writing focus*.

The theme for this year's Book Week is 'Find Your Treasure!' and schools across the state will be engaged in all sorts of literary mayhem.

BOOK WEEK 2018



Our own students will find things a little bit different when they turn up to school next Tuesday 21st August. They may spot some interesting and curious changes that we hope will inspire some very creative writing - and ultimately lead to some treasure being found!

Parents too will be invited to take part in their own writing as well! Details around this will be sent home soon.

Across the next few weeks, students will have opportunities to engage with some of the Children's Book Council of Australia's Shortlisted books for this year's Books of the Year: <https://www.cbca.org.au/short-list-2018>

On Friday of Week 7, our Book Week celebrations will culminate with a Book Character Costume Parade and grade presentations in our MPR showcasing some of the work that each grade has done.

It would be great to see parents come along to join us and even come sporting your favourite book character costume!

Regards
Mr Stennett
Literacy Coordinator



Dear Parents and Carers,

*Children love board games. Not only are they entertaining, but board games are great for helping children to improve their concentration, memory, develop **numeracy skills**, social skills and language.*

You can make a board game that combines your child's love of play with some of the subjects they are learning at school – and the wonderful thing is it is fun for the whole family!

What you will need:

- A large piece of paper or cardboard
- A die
- Coloured counters
- Thirty to 40 small cards
- Felt-tipped markers

Method:

- Work with your child to design a simple game map, with a starting line, a finishing line and progress squares in between.
- Sit down with your child and decide on three or four different topics that will form the basis for the questions in the game.
- Next, get your child to fill in each square on the game map with a word or symbol representing each of the topics.
- Now, without your child seeing, write 10 questions that cover each topic on the small cards. If you have younger children, it is a good idea to make some cards with easier questions to allow them to participate and feel included.
- Now it's time to play! Encourage everyone in your family to join in the fun.
- Each player has a turn at rolling the die, and the person who gets the highest number goes first. That player then rolls the die, and using their counter, moves forward along the board to the corresponding square.
- The person to the player's left then picks the top question card from the corresponding topic pile and reads it out aloud.
- If the player answers the question correctly, they remain on their square until their next go. If the answer is not right, they must move back one space.
- The winner of the game is the first to cross the finish line.

Mrs Arze Derjani
Numeracy Coordinator





2018 ICAS SPELLING COMPETITION CONGRATULATIONS

HIGH DISTINCTION

Roslind Cabiguen

DISTINCTION

Adia Aniano	Gabrielle De Guzman
Jaeda Liao	Myron Nicolas
Lachlan Rull	

CREDIT

John-Paul Abouchaaya	Avria Bergado
Aayana Chaudhary	Ayurvi Chaudhary
Abinav Chennupati	Jared Cruz
Tiana Cutajar	Cyanne Dela Cruz
Cypher Dela Cruz	Sabine Escueta
Keira Hamilton	Lara Hendrickson
Tyarah Jimenez	Alanna Jomon
Aniya Jomon	Maria Kanesh
Marcus Liao	Jayden Liu
Jerrell Marticio	Chanel Morales
Thomas Nourdine	Romeo Olegario
Airabelle Quiazon	Nathan Shafig
Ysabella Sibucan	Daniel Sinclair

NAPLAN Online Readiness Test

In preparation for the 2019 NAPLAN Online, all CEDP schools will complete a NAPLAN Online Readiness Test in Term 3 of 2018. **ALL Year 3 and Year 5 students at St John Vianney's will be participating in the NAPLAN Online Readiness Test during Week 6 (27/8 – 31/8).**

Your child **WILL NOT** need any academic preparation for the school readiness test. This is **NOT** a test of their literacy and numeracy skills, but an opportunity for the students to experience the online test format. The school readiness test is a '**practice run**' for schools to assess their technology ahead of NAPLAN Online. The readiness test is **NOT** an assessment of student ability. **NO RESULTS will be collated or sent home.**

For more information please refer to;

<https://sites.google.com/parra.catholic.edu.au/2017cedpnaplanonlinereadiness/information-for-parents>

<https://www.nap.edu.au/online-assessment/FAQs>

RELIGIOUS EDUCATION NEWS

The Assumption of the Blessed Virgin Mary

August has brought us a number of important feast days and the 15th August will be the Feast of the Assumption. This feast day commemorates Mary's body and soul being assumed into heaven and is also a time for us to reflect on the kind of life and person that Mary was and learn from her example.

In the Gospel of Luke we see Mary say *yes* to the angel Gabriel who asked her to bear the Son of God. She was chosen by God to take on the responsibility of being the mother of our Saviour. This took Mary by surprise but she responded by saying *yes*, "**Be it done unto me according to thy word.**" Mary did not have an easy life. She watched her son strive to teach the Jewish people the message of God against powerful critics who opposed him. She witnessed his pain as Jesus, her only son, was accused of crimes he didn't commit and was tortured and crucified but throughout these difficult times, Mary stayed faithful and found strength in God.

Let Mother Mary, be our example of trust, faith and obedience when we are faced with challenges that test our own trust and faith in our all-loving God.



Father's' Day Assembly Led by Year 3

When: Friday 31st August 2018
Time: 9:30am

Where: Multi-Purpose Room

Please join us for morning tea after the assembly.

FIRST HOLY COMMUNION



Let us keep the following children in your prayers as they prepare for their First Holy Communion.

Jessica Laidlaw, Jordan Laidlaw, Bernadette McIntyre, Roslind Cabiguen, Samuel Vella, Denzel Crisostomo, Brandon Duff, Alyssa Forster, Chelsea Hidalgo, Thomas Nourdine, Giannah Zano, Caleb Dacayo.

May they come to know Jesus, the Bread of Life, in a more intimate way and be nourished by Him in their daily lives.

Laura Rutherford

Religious Education Coordinator

Return & Earn Container Recycling

We now have a recycling cage for all eligible containers under the NSW Government's Return & Earn scheme. Containers that are eligible include aluminium cans, plastic & glass bottles and poppers.

Containers must be empty, uncrushed and have the original label attached. Wine, spirits, cordial and milk containers are generally not eligible. (Please refer to the below image.)



Families, we are asking you to donate your eligible containers so that we can raise money for Operation Christmas Child. This is an initiative of a Christian organisation called Samaritan's Purse. Operation Christmas Child provides Christmas gifts to children living in impoverished circumstances around the world. Please help us to fill our recycling cage so that we can support this worthwhile cause.

ARRIVING LATE TO SCHOOL

The school day at St John Vianney's begins at 8:55am and finishes at 3pm.

Morning supervision begins at 8:30am.

It is expected that ALL students be at school on time.

The adult who brings the student to school MUST come to the office to fill in the late note entering the arrival time and the reason for the late arrival.

Please DO NOT drop your child at the gate if you are late. Students are NOT permitted to fill in the late note.

Students whose parents/carers do not complete a late note at the office will be recorded as 'Absence Unexplained' in our records.

Have You Changed Your Contact details???

We always need up to date information in case of emergency or other safety reasons.

Have you changed: Phone numbers? Email address?

Home address? Emergency contacts?

Please let the school office know ASAP so we can update family records.

NAMES ON CLOTHING and OTHER ITEMS

Please remember to **CHECK** and **CLEARLY LABEL ALL ITEMS OF CLOTHING** (jackets, ties, hats etc) with **YOUR CHILD'S NAME** and **CLASS**. Items such as **DRINK BOTTLES** and **LUNCH BOXES/BAGS** should also be **CLEARLY LABELLED**.

School hats, tracksuit pants and jackets should be washed regularly, repaired if needed (or replaced) and relabelled **CLEARLY**.

I know how costly uniforms are and we all need to continue encouraging the children to be more responsible for the care of their belongings. **A clearly marked item can be quickly identified and returned to its owner!**

Thank you to the parents who are already diligent in ensuring their child's items can be easily identified and returned when lost because they are clearly labelled.

Your co-operation and support concerning these two matters is greatly appreciated!

LIBRARY NEWS **2018 Premier's Reading Challenge**



Congratulations to the following students who have completed the Premiers Reading Challenge for 2018.

Leisel Lacson, Alyssa Guillermo, Leon Lacson, Kodie-Leigh Scott, Tyarra Jimenez, Breannan Scott, Tyenna Jimenez, Hendrix Layson, Annabelle AbouChaaya, John-Paul AbouChaaya, Jerome Chin, Hayley Gunnion, Angelique Papachristou, Grace Chandler, Talia Gomez, Charlotte-Grace Bayada, Amber Chin, Matthew Buttigieg, Nathan Abreu, Brenda Abreu, Celestine Cabiguen, Manny Cabiguen, Khushi Singh, Annabelle Muljono, Angelina Shafiq, Levi Knight, Anika Krishnaswamy, Pedrito Gatbonton, Dean Sultana, Roman Santos, Rahn Albeos, Adrienne Sultana, Ryan Shobin, Khushi Singh, Sanvi Nepal, Nina Isakov, Sophia Miranda, John Carlo Simon, Adia Aniano, Gian Portelli, Adriel Dolores.

Well done!

Mrs Kersivien

SCHOOL FEES ~ TERM 3

Thank you to all those families who have finalised their school fees.

Fees are payable by **Wednesday 29th August**. Please contact Mrs Fletcher, before the due date, if you are unable to finalise your account.

MEDICATION

If your child requires medication during the day, e.g. antibiotics, please send a note to the office together with the medication, details of dosage and time to be administered. If medication is required for a period of 5 days or more, a form will be sent home for completion. Just a reminder that **NO MEDICATION** is to be in your child's school bag. All medication must be kept in the office as we need to record all medication given to students.

The School's First Aid Officer requires updated copies of all Asthma Management Plans and Anaphylaxis Action Plans so that we are prepared to help your child in case of an emergency.

Newsletter – stjohnvianneysdoonside@parra.catholic.edu.au

You can subscribe to the newsletter through our school website and this will be emailed directly to you or view it on the SchoolBag App.

TERM 3 CALENDAR

Thursday	August 16	8.30am – 3.00pm Leadership Team Planning Day NRL Clinic
Friday	August 17	2.15pm Merit Assembly - MPR
Monday	August 20	Book Week - 'Find Your Treasure' Captivate Full Dress Rehearsal, Quay Centre, Sydney Olympic Park, Homesbush
Monday to Friday	August 20-24	NAPLAN Online Readiness Test Week – Yrs 3 & 5
Tuesday	August 21	WHOLE SCHOOL WRITING DAY 6.30pm Captivate Performance #1 Quay Centre, Sydney Olympic Park, Homebush
Wednesday	August 22	NRL Clinic MUSICA VIVA K-6 6.30pm Captivate Performance #2 Quay Centre, Sydney Olympic Park
Thursday	August 23	9.15am Parish Mass ~ Yrs. 3-6 NRL Clinic
Friday	August 24	2.15pm Merit Assembly MPR
Wednesday	August 29	NRL Clinic
Thursday	August 30	9.15am Parish Mass ~ Yrs. 3-6 NRL Clinic
Friday	August 31	7.30am-8.30am Fathers- Day Breakfast 9.30am Fathers' Day Assembly – led by Yr. 3 11.30am Fathers' Day Gift Stall NO MERIT ASSEMBLY
Monday	September 3	11.30AM-1.30PM OFFICE CLOSED - OFFICE STAFF TRAINING
Wednesday	September 5	NRL Clinic
Thursday	September 6	9.15am Parish Mass ~ Yrs. 3-6 NRL Clinic
Friday	September 7	BOOK WEEK CELEBRATION DAY
Thursday	September 13	9.15am Parish Mass ~ Yrs. 3-6
Friday	September 14	2.15pm Merit Assembly MPR
Thursday	September 20	Penrith Lakes Excursion Year 5 Woolworths Cricket Blast School Cup Yrs. 3&4
Friday	September 21	2.15pm Merit Assembly MPR
Wednesday	September 26	Calmsley Hill Farm Excursion Kindy
Thursday	September 27	9.15am Parish Mass ~ Yrs. 3-6
Friday	September 28	9.30am Student of the Term – MPR Noodle Stall – P&F NO MERIT ASSEMBLY LAST DAY OF SCHOOL

SCHOOL RESUMES FOR ALL STUDENTS ON MONDAY 15TH OCTOBER

HAPPY HOLIDAYS!

MERIT CERTIFICATES
Congratulations to the following Students:

KBLUE

Noah Angelo
Justin Nasifi
Arya Neupane
Nikolas Pino-Undzillo
Valentina Matura
Sophia Belista

KGOLD

Jai Forster
Sophia Olegario
Gabriel Crisostomo
Charlotte-Grace Bayada
Nathan Abreu
Natasha Kuhu

IBLUE

Brooke Shaw
Nicholas Borg
Lilliana Broadfoot
Scyanna Du Ross
Gisele Fernandes
Eliza Arranz

1GOLD

Romeo Marasigan
Aaliyah Gray
Hrishi Koduri
Levi Knight
Sabrina Santiago
Elijah Yumol

2BLUE

Prudence Baay
Jamae Abadiano
Sebastian Gaspi
Skye Garcia
Nathan Leonardo
Phoenix Marsters-Barber Sio

2GOLD

Zedrique Calonzo
Caetlynn Dolores
Lachlan Fajardo
Josephine Lopez
Oliver Franjic
Annabelle AbouChaaya

3BLUE

Zyra Broadfoot
John-Paul AbouChaaya
Nathan Shafig
George Sokar
Denis Pamplona
Geneika Fadlen

3GOLD

Lucas Ocampo
Aidan Feliciano
Carmen Sokar
Roslind Cabiguen
Thomas Nourdine
Marcus Liao

4BLUE

Cryztle Espino
Jerome Chin
Jayden Liu
Gian Portelli
Chanel Morales
Angelica Icaca

4GOLD

Lucy Ciappara
Alanna Jomon
Nicholas Perez

5BLUE

Thomas Donevski
Sienna Tecala
Dante Sio Ngaha
Adyn Manansala
Adam Mercieca
Ethan Micallef

5GOLD

Kevin Zhou
Irish Raymundo
Chelsea Hidalgo
Avria Bergado
Gabrielle DeGuzman
Jeremy Portelli

6BLUE

Mariya Dacruz
Edward Paul
Deborah Angelo
Frienczel Espino
Abinar Chennupati
Xavier Talione

6GOLD

Justin Franswah
Cyanne Dela Cruz
Jairo Arispe
Angelique Papachristou
Gabriel Olegario
Naomi Girgis

PARENTS & FRIENDS NEWS

Term 3 Dates

Date	Time	Event
Friday 31 st August	7:30 am – 8:30 am	Fathers' Day Breakfast
Friday 31 st August	After recess	Fathers' Day Stall
Friday 14 th September	9:15 am	P & F Meeting
Friday 28 th September	Lunch time	Noodle Day

Fathers' Day Breakfast

To celebrate Fathers' Day we will be holding a breakfast before school on Friday 31st August from 7:30am – 8:30am.

Notes and order forms will be sent home this week with your child.

*Serving time for the breakfast will be between 7:30am and 8:30am and **you will need to pre order your breakfast.***

All orders and money need to be returned to school by Tuesday 28th August.

Please note children cannot attend the BBQ without an adult.

If anyone can volunteer to help during the morning please write your details on the order form.

Fathers' Day Stall

The Fathers' Day stall will be held on **Friday 31st August** after recess. **All gifts are \$7 each and cards \$1 each.** We have a wonderful variety of gifts to suit all Dads and Grandfathers.

Volunteers to assist with selling the gifts on the day would be greatly appreciated. If you can spare some time please complete the volunteer section of the Fathers' Day Stall flyer and return it to school. Alternatively you contact us in person, via Facebook or email.

Chocolate Fundraiser

We will be holding our annual chocolate fundraiser this term. **This year we will be asking families to sell a Cadbury Funpack containing a mixture of Freddo Frogs & Caramello Koalas.** Chocolates will be sent home shortly to all families participating in this fundraiser.

P&F Meeting

Our next P&F meeting will be on Friday 14th September at 9:15 am in the staff room. Come along for a chat and morning tea and find out what is happening at SJVs and share your ideas. We would love to see you there.

Stay In Touch through our **"SJV Parents & Friends"** Facebook page

Clothing Pool

The clothing pool, located in the old canteen (near MPR entry), **will be open on the following dates in Term 3 from 8:45 am to 9:15 am. Friday 7th September & Friday 28th September.**

We are in desperate need of any uniform items, summer or winter, in good condition. Please leave items at the school office.

Thank you for your interest and support,

Teneille Shaw and Maryanne Vella



Kindercare Learning Centre located in Doonside is a privately owned centre offering a variety of services including Long Day, Before & After School Care and Vacation Care for ages 0-12 years. Full Government subsidy and eligibility offered.

Our centre is open 7am to 6pm all year round. Our Before School Care operates from 7.00am – 8.45am.

Our After School Care operates from 3.00pm to 6.00pm.

For further enquiries, or **to make the switch** please contact Jackie De Abreu on (02) 9622 8214 or visit our website www.kindercare.com.au




FUNDRAISING RAFFLE FOR WYD 2019

1st Prize: Mazda2, 5 Door Automatic, Registered
Supplied by Penrith Mazda (02) 4732 2777

2nd Prize: COSMOS \$2000 Gift Card
Donated by Cosmos - can be used on any Cosmos coach tour for travel in 2019. This value prize cannot be used towards any WYD 2019 pilgrimage. The value cannot be transferred to cash.

3rd Prize: New iPhone X

4th Prize: New iPhone X

5th Prize: New iPhone X
Donated by Secure Agility

6th Prize: Apple iPad Mini
Donated by Campion College Australia

7th Prize: Cash Prize of \$500
Donated by Deloitte Touche Tohmatsu

8th Prize: \$500 Westfield Gift Card
Donated by Automated Control Solutions

9th Prize: Apple Watch
Donated by Catholic Church Insurance

10th Prize: \$100 Event Cinemas Gift Card
Donated by The Catholic Foundation

TICKETS \$2ea

DRAWN
at **LIFTED LIVE**
on **27th October 2018**






DIOCESE of PARRAMATTA

Each family will receive a book of tickets on Thursday 23rd August

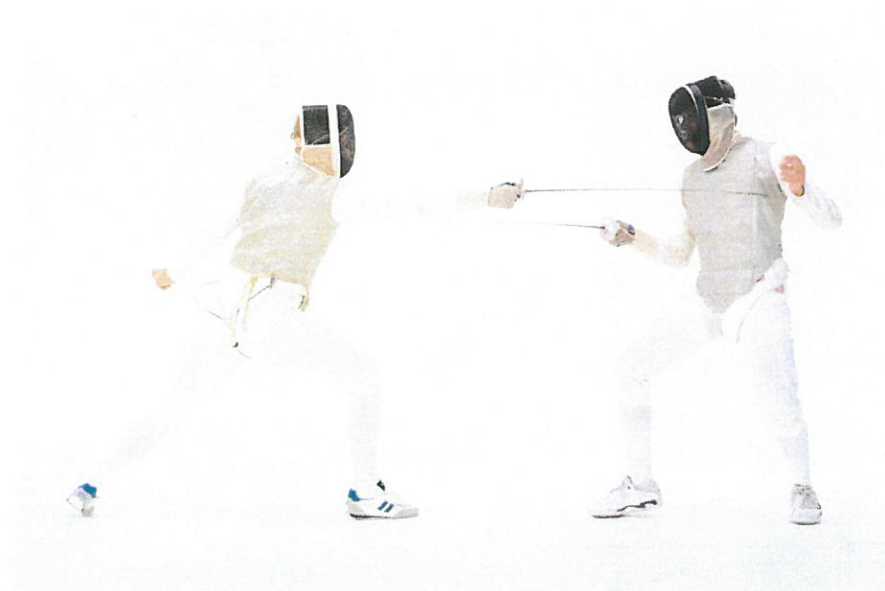
Privacy: All information collected will be securely stored and protected by the Diocesan Fundraising Office, The Catholic Foundation. Visit yourcatholicfoundation.org.au for the full disclaimer.

"DOING MORE, GOING BEYOND"

THE ART OF FENCING

Fencing is one of the most complete amalgamations of mind and body in the modern sport. Whether as a fitness regimen, a recreational hobby, or a serious competitive sport, fencing is suitable and will provide benefits for every person. The physical, mental, intellectual and emotional benefits you will gain from fencing will help you succeed in whatever you choose to undertake.

There is nothing like the excitement of real duel, clever tactics, exchange of actions, physical and mental challenges that you receive from fencing bout. Fencing requires mental discipline and flexibility rather than brute force, resulting in elegance and courtesy between fencers. It is also a solid workout which brings a numerous health benefits and can burn 400 calories per hour. There are no requirements or clear advantages for a particular body types. The skill to handle swords in association with mental abilities and fitness places people of different physical condition on a level playing field.



Fencing at St John Vianney's Primary for Fitness, Fun and Medals

Boys and girls! You also can have chance and the honour to represent St John Vianney's Primary in fencing and compete against top private schools. Fencing is often referred to as a physical game of chess as it requires both physical prowess and mental ability. Try this uniquely classic and exciting sport. Challenge your mind, fitness and character in one-to-one duels. Please contact the coach or just come to our fencing trainings at

**Hall, St John Vianney's Primary,
17 Cameron St, Doonside NSW 2767**

Tuesdays & Fridays from 6.30pm to 8.00pm

**Contact: 0423 618 885
www.fencingforfitness.com**