



Innovative Learning In A  
Changing World

# Our Lady of Lourdes Catholic School News 'n' Views

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**Term 1**

**Week 5**

**24<sup>th</sup> February, 2016**

## FUTURE DATES...

### FEBRUARY

**Friday 26<sup>th</sup>**

2:00pm Assembly

6:00pm-8:00pm Family  
Picnic and Dance Night

### MARCH

**Friday 11<sup>th</sup>**

Kindergarten 2017  
Open Morning

## NO NOTES SENT HOME MONDAY

## NOTES SENT HOME TODAY

- ❖ Kindergarten –  
Year 2 Safety  
Book

Respect  
Responsibility  
Readiness to  
Learn

## Dear Parents

*Would you believe we are now almost half way through the term?*

*This is now a good time to remind you that absences from school affect your child's learning. Already this year I have had many requests for leave for holidays and cruises. If you have asked me for this you would have received a phone call. I can't know what I do about how absences from school affect learning and achievement without sharing it with parents, along with a request that further absences from school are carefully considered, before tickets are booked. The school year is structured with breaks at weekends and between terms to minimize clashes between family time and school time.*

*At the moment there are quite a few children arriving habitually late to school which also worries me. Learning starts right from the bell and late coming disrupts the whole class not just the child who is late. We can give you lots of assistance if you are having trouble getting your child to school if they are reluctant to attend.*

*Thank you to the majority of parents who are braving the carpark crush each day leaving plenty of time for your child to arrive at school and settle into the playground before the bell goes to start our day of learning in the classroom.*

*I'm looking forward to seeing many of you and your beautiful children at Friday night's family picnic. (I promise I won't talk about school absences!)*

## EVERY DAY AT SCHOOL COUNTS

Missing even 1 day  
can make a difference

1 day off  
school each  
fortnight

=  
Missing  
more than a year  
of learning  
over 12 years

Each day's learning builds  
on what has been learnt before



Good attendance starts in Kindergarten  
It's where good habits begin



Kind regards,

**Lesley Studans**



## LENTEN VEGETARIAN RECIPES

### BAKED SPINACH ZITI

#### Ingredients

- 500 g Pasta (spiral/penne)
- 1 can diced/whole tomatoes
- 1 tsp chili flakes
- 2 onions diced
- 3 sticks celery diced
- ½ bulb of garlic diced (or 2 tbps garlic paste)
- 1 large bunch of spinach chopped roughly
- ½ cup thickened cream
- Salt and pepper to taste

#### Method

Boil the pasta till it is almost fully cooked (about 8mins in boiling water). You must keep the pasta slightly undercooked because the final cooking process will bring it to completion later. Drain and keep cool.

In a medium size nonstick pan, slow fry in 3 tbps of oil on a medium heat: onions, celery and chili flakes till the onions are cooked and the celery has lost its colour. Keep the ingredients moving in the pan to avoid the onions caramelising.

Stir in the garlic and tomatoes and cook till the tomatoes are broken down and the garlic is translucent. There should be a gravy forming with the tomato juice. Add ½ cup of water to the pan to de-glaze the base.

Simmer the sauce for 10 mins to intensify the flavours. Add salt and pepper to taste.

Add the spinach to the pan and let it wilt. Continue to stir the gravy mix and spinach for 1-2mins. Add the thickened cream and stir to combine. Add more salt/pepper if necessary.

Add pasta to the pan and bring it to a high heat so the sauce is bubbling and the pasta is heating up again. This will cook the pasta to completion. Continue to stir the pasta for 1-2 mins without letting it burn on the edges.

In an oven-proof dish place the mixed pasta inside and bake for 10-15mins at 200°C (180°C fan forced) this will complete the cooking process for the pasta. For an optional garnish, add some basil leaves and serve with salad.

Serves 4-6.

## The News in RE

During the 40 days of Lent the children will learn about the importance of prayer,



repentance and penance as a way of purifying our hearts in preparation for our new life in Christ born on Easter Sunday. In this Year of Mercy, Pope Francis reminds us that acts of mercy can also cleanse our hearts. In his 2016 Lenten message Pope Francis stressed that “works of mercy can reawaken our conscience and challenge our indifference to the poor.” The Catholic Church gives us seven corporal works of mercy:

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Shelter the homeless
- Visit the imprisoned
- Comfort the sick
- Bury the dead

Participating in the annual Caritas Australia Project Compassion appeal is just one way that we can participate in these corporal works of mercy. This year Project Compassion celebrates the power of learning and the many ways in which Caritas Australia is working with local partners around the world to provide vital learning and renewed hope to children, women and men most vulnerable to extreme poverty and injustice.

This theme of Learning more, creating change is explored through six feature stories for the six weeks of Lent. These stories demonstrate how education, training and sharing knowledge empowers individuals and communities to transform their futures and create lasting change. As Pope Francis says “*Education is an act of hope*”.

Our goal at Our Lady of Lourdes for the 2016 Project Compassion appeal is to raise \$1000. Your donations to Project Compassion will allow Caritas Australia, the Catholic Agency for International Aid and Development, to work towards a more just and fair world. Each class will house a Project Compassion box and there will be a box in the school foyer for parents and visitors. You can also donate online via the website

[www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion)

Miss Amanda Bentley  
REC



## Our Lady of Lourdes Opening School Mass

Thursday 18th February

