



MARONITE COLLEGE OF THE HOLY FAMILY NEWSLETTER

23-25 Alice Street, Harris Park, 2150

Tel: 9633 6600 Fax: 9689 1662

Term 1 – Week 6: Friday 8th March 2019

MESSAGE FROM THE PRINCIPAL – Sr Irene Boughosn

The College has been working behind the scenes to resolve the issues with the parent portal. As a result, the system has been reset with login details all recreated. Letters will be issued to the eldest child of every family with new login details for the Parent Portal. These letters will be issued starting Monday next week.

This week we commenced the celebration of Masses in our Chapel led by our College Chaplains. Masses will be celebrated every Tuesday during lunch and Thursday morning at 8am. Staff and students participated in the liturgy and benefited immensely with the opportunity to pray and reflect especially during this important season of Lent.



Last but not least on Thursday, 7th March we had a visit from the Premier of NSW, The Hon. Gladys Berejiklian. She was welcomed the traditional Lebanese way. Although her visit was short it was enjoyed by all. It is an honour that Politicians are always wanting to visit our College.

In God's love

Sr Irene Boughosn
PRINCIPAL

HEAD OF PRIMARY MESSAGE

Parent communication regarding your child is always welcomed at our school. Office staff will ask questions so that they can direct your enquiry to the most suitable person. The process that we have in place ensures issues are heard and investigated by the most appropriate person. Any issues that you would like to raise about your child should first be directed to the class teacher. The class teacher can then work with parents to discuss and resolve any of the concerns raised. If the teacher feels a resolution has not been met they will then advise the Stage Coordinator and if necessary, the Head of Primary. Whilst some parents may feel that escalating their concerns directly to the Principal is appropriate, this may not result in the best outcome.

I would also like to remind parents that at no time should they approach another student either at school or outside the College grounds regarding an issue relating to their child. These issues must also be raised with office staff so that the situation can be referred to the most suitable staff member.

Sport at MCHF

Sport and physical activity are essential elements of a child's development. They are both components of the Personal Development, Health and Physical Education curriculum. All primary schools are mandated by Government policy to cover all elements of the PDHPE syllabus. The syllabus includes teaching and learning activities related to Safe Living, Interpersonal Relationships, Growth and Development, Personal Health Choices and Active Lifestyle as well as strands related to physical activity which include Dance, Gymnastics, Games and Sport.

This year all Primary grades will be involved in the swimming program which is also a component of the PDHPE syllabus. Years 4-6 will be participating in swimming lessons this term while Kindergarten to Year 3 will attend their lessons at the end of Term 3.

Mr Bechara has recently organised the purchase of new resources that will be used to assist in the teaching of gymnastics and sporting games in the Primary Department. The resources included items such as a balance beam, foam balls and skipping ropes. I know the students will enjoy utilising this equipment during their lessons.



Stage 3 Stem Groups

This term Ms Mallia is challenging a group of Stage 3 students with STEM based activities. Their latest challenge was to design and construct a Bucket Tower using minimal resources. The aim was to make the 'bucket' descend at least 1cm once marbles were placed inside. Students used their problem solving and engineering skills to ensure the 'bucket' did not simply drop to the ground.

2019 Premiers Reading Challenge

The Premier's Reading Challenge began on Monday this week. All students at MCHF are encouraged to participate so that they can develop a love of reading while

experiencing quality literature. The following link assists in helping children login, search books and add them to their Student Reading Record. Happy reading! <https://online.det.nsw.edu.au/prc/teacherNotes.html>

Mr D. Day
Head of Primary

HEAD OF SECONDARY MESSAGE



Our Lenten journey commenced this week as we celebrated Ash Monday with a Mass at OLOL Co-Cathedral. The journey has also commenced with spiritual initiatives and programs commencing in the Chapel with Masses, prayer and reflection sessions led by Sr Cynthia. Our students are encouraged to make the most of these opportunities which we are blessed to have in our College.

The visit of the NSW Premier, The Honourable Gladys Berejiklian, was a proud moment for the College. I was most proud to see the efforts and cooperation of the staff and students who were superb in welcoming the Premier to the College. We are a very hospitable College community which is something we are proud of.



This coming week we look forward to a number of events and activities. Year 7 students will be completing their learn to swim program and the College will be hosting its annual Bullying Awareness Week with a range of activities and initiatives occurring during the week to promote the College to be an anti-bullying environment. I encourage parents/guardians to have open discussions regarding the importance of anti-bullying and reporting during this week to ensure we continue to educate our students on this ongoing and important issue.

Have a great week!

Mr E. Asmar
Head of Secondary

CONGRATULATIONS

All Rounder Awards – Angela Hobeich (Kindy Rose), Alexander Mekary (1 Green), Heavannah Nehme (1 Green), Charbel Moubarak (1 Green), Bianca Maroun (1 Green), Sally Zeydan (1 Green), Josie Afram (5 Ruby), Mary-Therese Nassim (5 Rainbow)

Bronze award –

Silver award –

Principal's Award – Never Give Up! Believe. Achieve. Succeed.

THIS AND THAT



Year 10-12 students undergoing a workshop on Drama Essay writing skills (Above-Left).
Ms Zaferis and Ms Mankoo doing a presentation on Cyber Bullying for year 8 (Above-Right).



Thank you to Mrs Hasham for coming to discuss the new Sentencing Reforms to Ms Esber's HSC LEGAL STUDIES CLASS. The College is lucky to have one of our mums as the Community Corrections Manager for Corrective Services NSW. Mrs Hasham was able to bring to life criminal scenarios to the students, enabling them to decide on an adequate punishment. We thank her for her time in creating a memorable lesson.



Year 10 Food Technology students research current food trends and their influences. This week they made a char grilled vegetable stack with halloumi cheese!!

DATES TO REMEMBER

- Year 7 Swimming Programme – 11th-13th March
- Bullying Awareness Week – 11th-15th March
- Year 9, 11 & 12 Textiles Excursion – 13th March
- St Joseph's K-12 Mass – 15th March

College Tour Dates... For tour bookings, please complete the booking form available at <http://www.mchf.nsw.edu.au/college-tours/>

- *Term 1 Tour – Wednesday 27th February (Done)*
- Term 2 Tour – Wednesday 29th May
- Term 3 Tour – Wednesday 28th August
- Term 4 Tour – Wednesday 20th November (*Term 4 is also an orientation for new parents and students*)

PARENT CORNER



Parents are not permitted to enter the College buildings without signing in at the Main Office, even if your child is guiding you. This will be considered as a breach of security at the College.

PLEASE DO NOT PARK IN THE DROP OFF / PICK UP ZONES!
THESE ZONES ARE FOR DROPPING OFF OR PICKING UP
YOUR CHILD/CHILDREN ONLY!

BYOD Link and Code –

<https://www.jbeducation.com.au/byod/>
School Code: MCHFBYOD2019

Events: <http://www.mchf.nsw.edu.au/events/>

For E-newsletter email admin@mchf.nsw.edu.au

W: <http://www.mchf.nsw.edu.au/>

F: <https://www.facebook.com/mchfparramatta/>

Twitter: https://twitter.com/MCHF_Parramatta

COMMUNITY HUB



(Above-Left) Boxing for fitness! Fitness class is held every Tuesday Morning from 9-10am. It is run by Parramatta Council, with a special trainer, and is absolutely free.



(Above-Right) Come and join our friendly English Conversation course, with a professional TAFE teacher, every Wednesday from 1-3pm. Learn new things and make new friends while you talk.

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Come and play Junior Rugby League

Boys & Girls aged 4.5-11 years old are welcome

Registration held Fridays Nights 6-7pm

Training Friday Nights 6-7pm

Games Played Sundays

Address: Nemesia Street Park, Nemesia Street, Greystanes

Single Player \$100

This includes: Training
Shirt/Socks/Shorts/Beanie
Government Active Kids rebate for \$100
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Contact: Karen - 0416 211 490 / Laura - 0427 087 344 /
Tony - 0414 351 221

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If you would like to place an advertisement in our College Newsletter, please contact Georgette -

Phone: 9633 6600 Email: gbaini@mchf.nsw.edu.au

Price: \$10 per newsletter
\$100 per term or
\$360 for the year



MCHF IS LOOKING FOR SPONSORSHIP FOR OUR 2019 WALK-A-THON

**MONEY RAISED WILL GO TOWARDS THE BUILDING OF
AND RESOURCES FOR OUR COLLEGE**

If you are a big-hearted, generous person, please contact Georgette on 9633 6600 or Email: gbaini@mchf.nsw.edu.au



Maronite College of the Holy Family

Lent Canteen Price List 2019

Lunch Orders are to be handed in at the canteen BEFORE 9am

This menu is for the first *and last weeks* of Lent

Friday Specials will remain the same throughout Lent

If your child would like a vegetarian meal on any other day, please *place an order*.

Breakfast 8am-9am

| | |
|-------------------------------|---------|
| Plain Toast | \$ 2.00 |
| Cheese & Olive Roll | \$ 3.50 |
| Variety Cereal Pack with Milk | \$ 2.50 |
| Egg Roll | \$ 3.50 |
| Yoghurt & Muesli Cups | \$ 3.50 |
| Fruit Cups | \$ 2.00 |
| *Toasted Cheese S/W Meal Deal | \$ 5.50 |
| *Meal Deal includes | |
| 300ml Flavoured Milk | |

Sandwiches

(by order only)

| | |
|------------------------------|---------|
| Jam/vegemite/Honey/Cheese | \$ 2.50 |
| Egg & Lettuce & Mayo | \$ 3.50 |
| Tuna, Lettuce & Mayo | \$ 4.50 |
| Tuna & Salad Sandwich | \$ 5.00 |
| Salad Sandwich | \$ 4.00 |
| Cheese & Salad | \$ 5.00 |
| additional fillings 50c each | |

Hot Foods

| | |
|-----------------------------------|---------|
| Baked Fish Fingers 4pck | |
| Cheese & Spinach Rolls | |
| Savoury Scrolls | \$ 1.00 |
| Medium Zaatar Pizza | |
| Medium Cheese Pizza | |
| Vegetarian Spring Rolls 7 pck | |
| Vegetarian Lasagne | |
| Fish Burger | |
| Fresh Spaghetti Napolitana | \$ 4.00 |
| Falafel Wrap | |
| Zaatar pack with veggies & yogurt | |
| Snack pack | |
| Tomato/BBQ sauce | |

| | |
|------------------------------------|---------|
| Grilled Fish & Garden Salad | \$ 8.00 |
| Carrot & Zucchini Slice with Salad | \$ 6.00 |

Salads

| | | |
|-------------------|---------------|---------------|
| Pesto Pasta Salad | Small \$ 4.50 | Large \$ 5.50 |
| Greek | \$ 4.50 | \$ 5.50 |
| Tuna Pasta | \$ 4.50 | \$ 5.50 |

Small

Large

DAILY SPECIALS

Monday

| | | |
|--|--------------|--------------|
| Vegetable Hokkein Noodle Stir Fry | Small \$4.00 | Large \$5.00 |
| Loaded Potato skins filled with mash & veggies | | \$5.50 |
| Sushi - tuna, salmon & prawn/Rice paper rolls | | \$4.00 |

Tuesday

| | | |
|---------------------------------------|--------|--------|
| Wedges with Tomato/Sweet Chilli Sauce | | \$4.50 |
| Creamy Mushroom Pesto Pasta | \$4.00 | \$5.00 |
| Mediterranean Quiona Salad | \$4.50 | \$5.50 |

Wednesday

| | | |
|---|--------|--------|
| Thai Chilli Prawns & Rice | \$4.00 | \$5.00 |
| Sushi - tuna, salmon & prawn/Rice paper rolls | | \$4.00 |
| Potato Salad in Lemon Dressing | \$4.50 | \$5.50 |

Thursday

| | | |
|---------------------------------------|--------|--------|
| Cheese & Spinach Ravioli in red sauce | \$4.00 | \$5.00 |
| Seafood packs with salad | | \$8.00 |
| Tabouli | \$5.50 | \$6.50 |

Friday

| | | |
|---|--------|--------|
| Sushi - tuna, salmon & prawn/Rice Paper Rolls | | \$4.00 |
| Vegetarian Spring Rolls with Fried Rice | \$4.00 | \$5.00 |
| Wedges with Tomato/Sweet Chilli Sauce | \$3.50 | \$4.50 |

STUDENTS ARE ASKED

TO LINE UP IN 2 LINES AT THE WINDOWS TO BE SERVED

Some food items may change due to demand