



**ST MICHAEL'S
COLLEGE**

... a friendly learning Catholic community

weekly news

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IMPORTANT DATES

Tuesday April 18
First day of term 2

Wednesday April 19
Cross Country

Friday April 21
College Assembly

Monday April 24
Year 11 & Year 12 Legal Excursion
ANZAC Day Service

Tuesday April 25
ANZAC Day

Wednesday April 26
Year 12 Math A & B Excursion
Year 5 Visit – St Kevin's

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Message from the PRINCIPAL



Dear Parents, Carers and friends of St Michael's,

I would like to welcome all of our families back to St Michael's for a busy, exciting and challenging term 2.

I would like to thank all of our families who had to make swift changes last term as we dealt with the threat of ex-cyclone Debbie and her flooding rains. While it was a difficult and disruptive time for all, I am pleased that our community got through this event safely. We need to keep all of those who suffered loss and damages in our ongoing prayers.

On Thursday, Miss Radcliffe and myself will take Year 12 students on our second Street Retreat. At our previous Street Retreat, we worked with the St James College "Jimmies" Street Van. As well as providing food and company, the Jimmies van has a set of books available for Street People to read. Our Street Retreat students have called for a Jimmies Van Book Drive to get more books for the Street People served by the St Jimmies van. We are asking that students collect any unwanted novels and other good reads for us to take with us on Thursday afternoon. Please send them in via your child's pastoral class by Thursday morning at the latest.

Over the holidays, our new bus received its St Michael's logos. Upgrading our aging bus and purchasing a new 12-seater van were an important part of our strategy to offer our students greater opportunities to be involved in activities and events across the wider community.



We are also continuing our move towards making our Tuckshop food and drinks healthier in line with the Queensland Government's Smart Choices program. Parents and carers can find more information on this program at: <http://education.qld.gov.au/schools/healthy/docs/smart-choices-strategy.pdf>

We began this journey late last year working with our wonderful tuckshop staff, our College Board and QAST (Queensland Association of School Tuckshops). This is the third school that I have helped bring in line with community expectations and each time we walk a fine line with some people wanting to keep the unhealthy options, some people disappointed that we don't go far enough for them, and most people grateful that we are working on this for the benefit of our students.

We have already had one external audit by QAST and will have a second audit sometime this term to ensure that our food and drinks meet the expected standards. It is important that parents and carers understand that like most things in schools, this is a process as we move toward healthier options. We are not pretending for one minute that this is our finished product, but will continue to work toward improving our healthy options.

At this early stage, working with QAST we have divided food and drinks into the two options (green – have plenty of these types of foods and drinks; and amber – select carefully from these types of foods and drinks). As per the policy, we have done our best to remove any red foods and drinks from our menu. NB* The "have plenty" is the wording from the Queensland Government policy and means to choose from across this range of options, and not to eat lots and lots of these things. All food and drink is expected to be consumed in moderation.

St Michael's College respectfully acknowledges that we are on the sacred lands of the Kombumerri clan of the Yugambah people.





I would expect that this draft menu (below) will continue to be modified in light of our QAST external audit and as we look into different food and drink options.

Yours in Christ
Michael Nayler
Principal

St. Michael's Canteen – Healthy Choices Guide



Have plenty - these foods and drinks:

- are excellent sources of important nutrients;
- are low in saturated fat and/or sugar and /or salt;
- help to avoid an intake of excess energy.

Sandwiches		Burgers	
Chicken & Mayo	\$3.50	Beef Burger (97% fat free patty)	\$4.50
Chicken, Cheese, Lettuce & Mayo	\$4.00	Chicken Burger/with cheese	\$4.50
Chicken, Avocado & Mayo	\$4.00	Sweet Chili Chicken Burger	\$4.50
Ham, Cheese, Lettuce & Tomato Salad	\$4.00		
	\$3.50	Sushi	
		Mon, Wed & Fri Only	\$3.00
Lavish Rolls	Half	Hot Food	
Chicken Chippy Wrap	\$3.00	Vegetarian Falafel Wrap	\$4.50
(lettuce, mayo, cheese & chilli sauce)		Sweet Chili Chicken wrap	\$4.50
		Pasta Bake	\$3.50
Salad Tubs		Tortellini in Pasta Sauce	\$4.50
Chicken Caesar Salad Small	\$3.50	Quesadilla	\$2.00
Chicken Caesar Salad Large	\$5.00		
Fruit Salad Tub	\$3.00	Bottle water	small \$1.00 large \$2.00
		Breakfast 8.00am to 8.45am	
Turkish Bread		Raisin toast with or Without Butter	\$2.00
Chicken, Avo, Sundried Tomato & Cheese	\$4.80	Ham & Cheese Muffin	\$2.00
1/2 Chicken, Avo, Sundried Tomato & Cheese	\$3.00	Muesli, Fruit & Yoghurt	\$3.00
		Toasted Sandwiches	
Full B.L.T. (bacon, lettuce & tomato)	\$4.00	Cheese	\$2.00
1/2 B.L.T. (bacon, lettuce & tomato)	\$2.50	Ham & cheese	\$3.50
		Chicken & Cheese	\$4.00
Toasted Sandwiches			
Cheese	\$2.00		
Cheese & Tomato	\$3.00		
Ham & Cheese	\$3.50		
Ham, Cheese & tomato	\$4.00		
Chicken & Cheese	\$4.00		

Select Carefully - these foods and drinks:

- have some nutritional value;
- have moderate amounts of saturated fat and/or sugar and /or salt;
- can, in large serve sizes, contribute excess energy.

Burgers	
Chicken & Bacon Burger	\$4.50
Cheese Burger	\$4.00
Hot Food	
Sausage Roll - small	\$2.50
Sausage Roll - large	\$3.00
Potato Pie	\$3.50
Cruiser Pie	\$3.50
Garlic Bread	\$2.00
Pizza Pockets	\$2.50
Dim Sims	\$0.80
Pork Riblet Roll	\$3.50
Minute Noodles	\$2.50
Nachos / Cheese & Salad	\$3.50
Drinks	
Flavoured Milk	small \$2.50 large \$3.50
Up N Go (Choc / Vanilla)	\$2.50 \$3.50
Ice Break (320ml)	\$3.50
Classic Juice	\$2.00
Orchy Orange/Apple Juice	\$3.00
Poppers	\$1.50
Ice Cream	\$1.00 to \$3.00
Frozen Yoghurt	\$2.00
Frozen Fruit Cup	\$1.00
Breakfast 8.00am to 8.45am	
TOAST:	
With Vegemite, Jam (2 Slices)	\$2.00

Occasionally - these foods and drinks:

- are delicious and fun to eat;
- are high in saturated fat and/or sugar and /or salt;
- contribute to excess energy.

Select carefully - these foods and drinks:

- have some nutritional value;
- have moderate amounts of saturated fat and/or sugar and /or salt;
- can, in large serve sizes, contribute excess energy.

Have plenty - these foods and drinks:

- are excellent sources of important nutrients;
- are low in saturated fat and/or sugar and /or salt;
- help to avoid an intake of excess energy.

Message from the ASSISTANT PRINCIPAL RELIGIOUS EDUCATION



Welcome back to term 2 for all our families and may I wish you all a very Happy Easter. In the Church calendar, the Easter season extends for six weeks beyond Easter Sunday. The sixth Sunday of Easter is May 21, which is followed the next week by the Feast of the Ascension of the Lord and the following week is Pentecost Sunday.

The essence of the Easter message is that in the midst of suffering there is always Hope. Jesus suffered on the cross but His resurrection on Easter Sunday conquered sin and death. During our life, most of us experience times of suffering, dark times when we wonder if all will ever be right again. Our Christian faith gives us hope and sustains us until we rise again and bounce back often to a new way of living.

During our staff prayer, we reflected on the following words from Pope Francis

Time and time again, Jesus bears us on his shoulders. No one can strip us of the dignity bestowed upon us by this boundless and unfailing love. With a tenderness which never disappoints, but is always capable of restoring our joy, he makes it possible for us to lift up our heads and to start anew. Let us not flee from the resurrection of Jesus, let us never give up, come what will. May nothing inspire more than his life which impels us onwards!
(The Joy of the Gospel 3)

Mrs Margaret Petherbridge
APRE



Australian Government

Department of Education and Training

2017 Student Residential Address Collection

This notice is from the Australian Government Department of Education and Training (the department), to advise you that the department has requested your child's school provide a *statement of addresses*, in accordance with section 21 of the *Australian Education Regulation 2013* (the Regulation).

A *statement of addresses* contains the following three pieces of information about students at the school:

- Students' residential address (**not student names or other identifying information**)
- Students' level of education (i.e. whether the student is receiving primary or secondary education)
- Students' boarding school status (boarders or day students)

Authority for and Purpose of Collection

Consistent with previous practice, and following the *2016 Australian Bureau of Statistics National Census of Population and Housing (Census)*, it is timely that information held by the department is updated in order to ensure that Australian Government funding calculations for your child's school are accurate.

Under section 21 of the Regulation, a *statement of addresses* **must not explicitly identify an individual student**. Accordingly, all information in the *statement of addresses* provided by your child's school to the department is de-identified.

Use and Disclosure of Information

It is important to ensure the *statements of addresses* are accurate, and the department may from time to time carry out audits of *statements of addresses* to verify their accuracy. In the event of an audit, the department's contracted auditors may seek to compare a school's *statement of addresses* with student enrolment information held by the school for the purpose of verifying the information. The department's contractors will not use the information for any other purpose.

Any further use and disclosure of information relating to the *statement of addresses* will occur in accordance with section 65 of the Regulation.

Contact

If you have any questions regarding this notice, you can contact the department by:

- Email: seshelpdesk@education.gov.au
- Phone (free call): SES helpdesk on 1800 677 027 (Option 4)

For further information about the department, including the department's privacy policy, please go to: <https://education.gov.au>.

Opportunity through learning

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