



Panania North Public School

Newsletter Content

Page 1

- Assembly
- Notes & Payments
- Awards
- Mo Bros

Page 2

- Fathering Project
- Christmas Carols

Page 3

- Movie Day
- Presentation Day
- Sentral Parent Portal
- Primary Ethics

Page 4

- Year 2 Excursion recount

Page 5

- Fun Day

Page 6

- Talent Quest

Page 7 - 10

- P&C

Page 11 & 12

Class requirements

Page 13 - 20

- Advertising

K-6 Assembly

The following awards will be presented at our K-6 Assembly to be held on Wednesday, **4 December** at **2.15pm**

Principal's Award: Rowan M (Seagulls), Aaliyah T (Seagulls), Kristina T (Penguins), Dominic K (Albatross), Sofia S (Seagulls), Aishra K (Fairy Wrens), Aarav B (Lyrebirds), Rorey F (Green Herons), Blaine F (Eagles), Matilda A (Galahs), Daniel P (Lyrebirds), Majayda E (Eagles), Holly G (Currawongs), Joshua V (Turtle Doves), Amaria L (Galahs), Jade V (Albatross), Mitchell J (Wagtails), Maya C (Corellas), Watson W (Eagles), Kaleah D (Green Herons), Rose H (Rosellas), Luke P (Turtle Doves), Annabel C (Corellas), Macy S (Corellas), Yuchen Z (Eagles), Daniel L (Eagles), Stephanie C (Turtle Doves),

Gold Principal's Award: Lily G (Wagtails), Kristina T (Penguins), Holly G (Currawongs), Kaleah D (Green Herons), Edward N (Eagles)

Principal's Badge: Lily G (Wagtails), Holly G (Currawongs), Kaleah D (Green Herons)



What's coming up

Week 8

Wednesday 4 December

- K-6 Assembly (Final 2019 Awards presented)

Thursday 5 December

- Combined SRE/SEE Service
- Thank you Morning Tea

Week 9

Monday 9 December

- Movie Day

Tuesday 10 December

- Presentation Day

Wednesday 11 December

- Carols Night

Week 10

Monday 16 December

- Year 6 Farewell Dinner

Wednesday 18 December

- Last day for students

Notes & Payments

Please be aware of the following payments/notes that are overdue, or that are coming up.

- Presentation Day - OVERDUE
- Swimming Carnival 2020
- Year 6 Farewell Dinner

Panania North Mo Bro's



It's not too late to donate!

Movember is about saving and improving men's lives through projects focused on mental health.

We are raising funds and awareness this Movember for all the dads, brothers, sons and mates in our lives. We need your help. If you are able to donate to support men's health, we would greatly appreciate it. All donations will go towards Men's mental health (Beyond Blue/Headspace).

Remember dads, brothers, sons and mates in our lives it is ok to not be ok! Link to the Panania North Mo Bro's page: <https://moteam.co/panania-north-mo-bro-s>



the fathering project

This week we welcomed John Kirkland (Sydney South Regional Coordinator) to speak to our lovely Dads about the Fathering Project. It is a fabulous initiative which aims to inspire and equip fathers and father-figures to positively engage with the children in their lives – for the benefit of kids. We appreciate the support of the P and C who see the value of this project. Thank you to the following Dads who showed interest in forming a Dads group, which will steer exciting adventures in 2020!

**Aaron (Larissa's Dad), Anthony (Elyse's Dad), Hubert (Lucas' Dad), Paul (Sophie's Dad),
Om (Amish's Dad), Ali (Daniel's Dad)**

If you would like to join the Dad's group please email me- Samantha.whyte@det.nsw.edu.au
Ben Hampton, Samantha Bruno and Louise Anthony (Committee members)

YOU ARE INVITED TO

Panania North Public School Christmas Carols

December 11, 2019 | 5PM

Panania North Public School - Front Oval
202-204 Bransgrove Rd, Panania NSW 2213

Movie Day

Our 'Day at the Movies' is this Monday, 9 December.

Students will be enjoying a picnic lunch at Paul Keating Park and a screening of the following movies:

Kindergarten:	The Queens Corgi
Years 1 and 2:	The Queens Corgi
Years 3 and 4:	The Queens Corgi
Years 5 and 6:	The Addams Family

Presentation Day

Our 2019 whole school presentation day is this Tuesday 10 December at Sir Joseph Banks High School. The event will commence at 10am sharp. We're looking forward to an outstanding day recognising the achievements of our students in academic, citizenship and sporting areas. This is a compulsory event, if you have not paid for the bus and returned the permission note please do so, before Friday this week.

Sentral Parent Portal

Semester 2 Reports have now live and accessible on the Sentral Parent Portal.

If you require access or have not yet created an account, please email the school and we will send you the individual access code for your child/ren.

Primary Ethics

One Year of Primary Ethics Classes at Panania North Public School!

Ethics classes have now been running for a year at Panania North! We had two classes this year; Stage 1 and Stage 2. Stage 1 have been talking about ... Stage 2 have discussed topics such as getting even, intention, logic puzzles and beauty on the inside and outside.

It has been amazing to see the students developing their discussion skills, including learning to view ethical issues from different angles, carefully listening to what others have to say, respectfully disagreeing with others if their opinion differs, building on other students' ideas, and being able to reasonably support their argument.

If you are interested in enrolling your child in ethics classes next year, please contact the school office. For more information about Primary ethics, please visit www.primaryethics.com.au.

Sadly, our Stage 1 ethics teacher David will be leaving at the end of this year. We would like to take this opportunity to thank David for volunteering his time to teach ethics this past year. This means that in Term 1 next year, we will be running one Stage 3 ethics class, and we will need new ethics teachers for other stages.

Ethics classes can be taught by parents, carers, grandparents or other family, or other members of the community. If you, or someone you know, may be interested in becoming an ethics volunteer, please visit www.primaryethics.com.au/volunteer, and register your interest in teaching at Panania North.

Ethics classes are held at 11.30am-12.10pm and 12.10-12.40pm each Thursday. Training includes online modules and a comprehensive 2-day workshop as well as ongoing classroom support. All lesson materials are provided.

If you have any questions, please feel free to contact our ethics coordinator, and volunteer ethics teacher, Kylie Tyler on 0423 320 063 or kyliectyler@yahoo.com.au.

Year 2 excursion to Fairfield City Museum and Gallery

On Thursday 21st November, Year 2 went on excursion to Fairfield City Museum.

My favourite part was the cabin. First, we went to an old school. There was a teacher and he walked around with a cane that the kids use to get hit on the hands with.

We got to use nib pens with an ink well.

Second, we went to an old house. They didn't have house numbers they use to name their houses. The house was named the Cabisham. There was a lot of weird stuff there, like old creepy dolls.

Third, we went to an old laundry. There was a pot to boil water in and a pot with cold water with a washing board. Then we got to hang out the washing using old dolly pegs.

Forth, we went to the blacksmith and he made us a butchers hook. We had to stand behind a screen and watched the blacksmith heat up the metal and bend it using a hammer and anvil. This was Mrs Gibbs favourite part. We got to keep the butchers hook. Then we had lunch.

Fifth, we went to the shack. the shack was made from wood and metal. It was very hot inside and there was no air conditioning. Sixth, I got to dress up as an olden times person. Some people said i looked like a spy.

Last we got to play olden times games, we played knuckles, quoits and skipping. It was a hot day but a great day.

A recount by Owen C Year 2 Galahs



Year 6 Fun Day 2019



SO MUCH FUN



2019 Talent Quest



**It's so great to see
all of your skills
and talents! We're
so proud of you all!
Keep up the good
work**





PANANIA NORTH
PUBLIC SCHOOL

School Banking

Banking News

Banking for 2019 has now come to an end with today been the last banking day.

2019 was a hard year with a change of banking days we lost quite a few bankers and volunteers but we are slowly building the numbers back up.

Thank you to all our fantastic volunteers without you we would not be able to run the program.

If you're interested in volunteering next year please contact the P&C via our email address

pnpssc@gmail.com

Throughout 2019 we ran a competition where the class that has banked the most often will win a class pizza party! The winner is..... Turtle Doves!

Banking will resume in week 2 of term 1.

Thank you for your ongoing support!

Kind regards,

The Banking Team

Position Vacant!

We are looking for a Banking Coordinator for 2020!

The School Banking Co-ordinator is a volunteer and helps to facilitate the program at our school. The role includes collecting deposits from students, facilitating the Rewards Program, rostering of volunteers, report to the P&C and deposits the money at their nearest Commonwealth Bank branch.

**Happy Faces
Early Learning
Centre**



233 Horsley Road, Panania (09) 792 1220



by Cindy Morphis



THE BUTCHER'S PANTRY
Fresh, Service, Variety, Gourmet Quality



P&C Update!

What a busy semester we have had!

The P&C would like to thank our fantastic community for all their support over the last semester. We have had quite a few fundraisers going on but the community has still stepped up and donated generously.

Throughout term 3 we ran a fundraiser called 10c for Technology. We raised \$193.30 and this money will be donated to the school to help them purchase film making equipment.

The Eagles raised \$79.95 and were all rewarded with a \$3 canteen voucher!

Term 3 also saw the kids practicing and practicing their spelling words so they could do well in their Spell A Thon test! We would like to congratulate all the children that took part in our Spell A Thon.

We had 3 prizes -

1st prize went to Joshua C from the Green Herons. Joshua raised \$610

2nd prize of a \$75 Kids voucher went to Maximiliano A from Lyre Birds. Maximiliano raised \$480

3rd place went to Liliana A from Fairy Wrens. Liliana raised \$424

The P&C awarded a special prize to Noah M. Noah raised \$360 and was presented with a canteen voucher.

This was a fantastic fundraiser! We raised \$6721.70! This is a fantastic outcome. The P&C would like to thank all the support of the teachers especially Mrs Thomas. This money raised through this fundraiser will be used for upcoming P&C projects.

Then the kids came ready for a challenge when the P&C organised for ObstaCool to come to the school. All kids that participated received a wrist band and ice block! The ice block was well received upon completion as it was a hot day!

This was another great fundraiser! We raised \$3267.45! This money will also be used for upcoming P&C projects.

If you are interested in helping the P&C spend all of our funds, if you have some great ideas on where you think the money should be spent you are more than welcome to become a member of the P&C and attend our meetings which are held once a month. We love having new faces and ideas!

The P&C have 2 more fundraisers before the year ends!

The Christmas Carols Shop will be open from 5pm on the 11th of December during the Christmas Carols. The P&C will be selling chicken souvlaki, chicken souvlaki wraps, cold drinks, lollies and slushies.

The Christmas raffle books have gone home to each child. The tickets are \$2 each and are due back on Tuesday the 1st of December. Please return any money, sold and unsold books.

The raffle win be drawn throughout the night of the Christmas Carols!

We have been very lucky to have lots of support from our local business community for our Christmas celebrations.

Happy Faces Early Learning Centre in Panania has sponsored the P&C Christmas Shop.

SpinBella Photography, The Butcher's Pantry and Pedal Patch have all donated amazing prizes for our raffle!

We are extremely grateful for the support of these businesses.

The Christmas Shop is our busiest event of the year. This means that we need lots of volunteers to help set up, serve, cook the BBQ and pack away. A note went home last week calling for volunteers if you are available to help please fill out the form and return it to the school office. If you didn't get the note you can just send an email to pnpnpc@gmail.com and let us know you're available. We promise that all volunteers will not miss out on seeing their children perform!


Thank you again for all your ongoing support

The P&C Committee



PANANIA NORTH PUBLIC SCHOOL

CHRISTMAS CAROLS



Bring your family and your picnic blanket and enjoy a night of Christmas Carols and special Christmas performances.

DEC. 11 • 5PM



THE P&C WILL BE SELLING COLD DRINKS,
DINNER FROM THE BBQ AND LOLLIES!
ALL MONEY RAISED GOES TOWARDS THE
FUNDING OF P&C PROJECTS FOR THE SCHOOL

PROUDLY SPONSORED BY
HAPPY FACES EARLY LEARNING
CENTRE, PANANIA



PANANIA NORTH PUBLIC SCHOOL P&C
ASSOCIATION CHRISTMAS SHOP

PRICE LIST

CHICKEN SOUVLAKI STICK \$3

CHICKEN SOUVLAKI WRAP \$8

(LETTUCE, TOMATO, TZATZIKI & SAUCE)

CHICKEN SOUVLAKI COMBO \$10

(WRAP & WATER OR CAN)

CAN OF DRINK \$3

BOTTLE OF WATER \$3

SLUSHIE \$3

LOLLY BAGS \$2

PROUDLY SPONSORED BY
HAPPY FACES EARLY LEARNING
CENTRE, PANANIA

PANANIA NORTH PUBLIC SCHOOL P&C
ASSOCIATION

CHRISTMAS RAFFLE

1st prize

Photography Gift Certificate valued at \$600

Kindly donated by SpinBella

2nd Prize

Scooter valued at \$200

Kindly donated by Pedal Patch

3rd Prize

Meat Tray valued at \$120

Kindly donated by The Butcher's Pantry

RAFFLE DRAWN • DEC 11

ALL TICKETS \$2
EFTPOS AVAILABLE

PANANIA NORTH PUBLIC SCHOOL P&C ASSOCIATION

SLUSHIE

\$3.00 each

AVAILABLE AT THE CHRISTMAS CAROLS

11TH DECEMBER | 5:00 PM TO 8:00 PM

P&C CHRISTMAS SHOP

PROUDLY SPONSORED BY HAPPY
FACES EARLY LEARNING CENTRE,
PANANIA

Early Stage 1 Class Requirements for 2020 (Kindergarten)

*Please ensure all of your child's belongings are labelled with their name.
Please note that equipment will need to be replaced at the end of every term.*

Equipped pencil case for tray with

- HB pencils
- Scissors (8cm blade, pointy tips)
- Glue stick (please replace as needed)
- Packet of textas
- Packet of wind up crayons
- Paint shirt
- Library bag
- Headphones

Additional Requirements

- 4 x whiteboard markers
- 2 x boxes of tissues
- 2 x Durable Plastic Wallets (home reader)
- 2x Packet of wet wipes
- Hand Sanitiser

Stage 1 Class Requirements for 2020 (years 1 and 2)

*Please ensure all of your child's belongings are labelled with their name.
Please note that equipment will need to be replaced at the end of every term.*

- Equipped pencil case for tray with:
 - HB pencils
 - 1 wooden ruler (thin width) marked in centimetres with 0 marked at end point
 - Scissors (8cm blade, pointy tips)
 - Glue stick (please replace as needed)
 - Packet of textas
 - Packet of wind up crayons
 - 2 x Packets of coloured pencils
 - Paint shirt
 - Library bag
 - Headphones
- Small pencil case for the desk with:
 - 3 x HB lead pencils
 - 1 x Sharpener with catcher
 - 1 x eraser
 - 1 x glue stick
 - 2 x coloured pencils
- 4 x whiteboard markers
- 2 x boxes of tissues
- 2 x pocket envelopes (home reader and homework)
- A4 display folder with sleeves (assessment folder)
- A4 exercise book (homework)
- 2 x Wet wipes
- Hand sanitiser

Stage 2 Class Requirements for 2020 (years 3 and 4)

Please ensure all of your child's belongings are labelled with their name.

Please note that equipment will need to be replaced at the end of every term.

Pencil case

- HB pencils
- Scissors (8cm blade, pointy tips)
- Glue stick (please replace as needed)
- Packet of textas
- Packet of wind up crayons
- Packet of Sharpie Markers
- Paint shirt
- Library bag

Additional Requirements

- 4 x whiteboard markers w/ Eraser
- 2 x boxes of tissues
- 2 x Durable Plastic Wallets A4 (homework)
- 2x Packet of wet wipes
- Hand Sanitiser
- Headphones for Computer (not ear buds)
- Novel/Book of Interest (suited to their ability)
- Display Folder with Plastic Sleeves
- USB Drive
- Macquarie dictionary and thesaurus (mandatory)
- BYOD Device (more information provided at meet the teacher night)

Stage 3 Class Requirements for 2020 (years 5 and 6)

Please ensure all of your child's belongings are labelled with their name.

Please note that equipment will need to be replaced at the end of every term.

- Small to medium pencil case
- Red, blue pens
- HB pencils
- Sharpener
- Ruler
- Scissors
- Glue sticks
- Correction tape (no liquid)
- Geometry set (includes protractor and pair of compasses)
- 8GB USB
- 2 boxes of tissues
- 2 packets of wet wipes
- 4 whiteboard markers
- 2 Highlighter pens
- BYOD (more information provided at meet the teacher night)
- Lap pad / Lap tray (not essential)

ADVERTISEMENTS

The school often publishes information on behalf of Community groups - parents need to decide the appropriateness of activities involving their child. It is the responsibility of each parent to research the bona fides of any organisation, in which you wish your child to be involved.

MOBILE CAR WASH AND DETAILING



Jim Mantzikopoulos

0426421035

jim.mantzi@jimsdetailing.net.au

www.caredetailing.com.au

131 546

Premium Wash

SEDAN / UTE / HATCH: \$60
SMALL SUV / WAGON: \$65
4WD / LARGE UTE: \$70



- Exterior Hand Wash
- Chamois Dry
- Dashboard & trims dusted
- Seats, carpets, mats and boot vacuumed
- Windows & mirrors cleaned inside and out
- Wheels cleaned & tyres dressed

Mini Detail

SEDAN / UTE / HATCH: \$75
SMALL SUV / WAGON: \$90
4WD / LARGE UTE: \$105



- Exterior Hand Wash
- Chamois Dry
- Windows Cleaned Inside & Out
- Dashboard Wipe Down
- Seats, Carpets, Mats & Boot Vacuumed
- Interior Deodorized
- Door Jamb Wipe Down
- Tyre Shine

Interior Deluxe Detail

SEDAN / UTE / HATCH: \$185
SMALL SUV / WAGON: \$205
4WD / LARGE UTE: \$225



- Exterior Hand Wash
- Chamois Dry
- Windows Cleaned Inside & Out
- Wheels Cleaned & Tyres Dressed
- Seats, Carpets, Mats and Boot Vacuumed & Shampooed / Steam Cleaned
- Interior Trims, Plastics and Console Detailed & Dressed

Exterior Deluxe Detail

SEDAN / UTE / HATCH: \$205
SMALL SUV / WAGON: \$225
4WD / LARGE UTE: \$245



- Exterior Hand Wash
- Chamois Dry
- Windows Cleaned Inside & Out
- Premium Quality Sealant Wax Application for Protection
- Wheels Cleaned & Tyres Dressed
- Clay Bar Treatment for Removal of Contamination on Paintwork
- Single Stage Cut & Polish for Removal of Light Scratches & Swirl Marks whilst adding Deep Gloss
- Seats, Carpets, Mats & Boot Vacuumed

Full Detail

SEDAN / UTE / HATCH: \$295
SMALL SUV / WAGON: \$320
4WD / LARGE UTE: \$345



- Exterior Hand Wash
- Chamois Dry
- Windows Cleaned Inside & Out
- Premium Quality Sealant Wax Application for Protection
- Wheels Cleaned & Tyres Dressed
- Clay Bar Treatment for Removal of Contamination on Paintwork
- Single Stage Cut & Polish for Removal of Light Scratches & Swirl Marks whilst adding Deep Gloss
- Premium Quality Wax Application for Protection
- Seats, Carpets, Mats and Boot Vacuumed & Shampooed / Steam Cleaned

Cut and Polish

SEDAN / UTE / HATCH: \$175
SMALL SUV / WAGON: \$195
4WD / LARGE UTE: \$215



- Exterior Wash
- Chamois Dry
- Clay Bar Treatment for Removal of Contamination
- Machine Cut and Polish (Removes Light Scratches, Swirl Marks & Adds Gloss to Paint Work)
- Machine Wax for Sealing Paint Work
- Tyre Shine

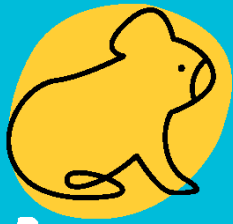
WHY CHOOSE JIM'S?

Fully Insured up to \$10,000,000 Cover • Police Checked • Professionally Trained • 100% Satisfaction Guaranteed
• Competitive Prices • Quality Products

**Excessively dirty vehicles may incur a surcharge*



All Prices Include GST



educoe

Learning Naturally



**"I promise to see you as whole,
right from the beginning.
As capable and competent."**

— Extract from our philosophy.

**An early childhood service
that helps your child
learn and grow through
authentic experiences.**

**At Educoe, relationships are at the very heart
of all we do.**

Our Primary Caregivers are invested in building trust and developing secure relationships with your child. They are attuned and responsive to your child's needs, helping your child to develop a strong sense of well-being. You'll see your child developing in new ways, finding happiness and growth through relationships with their peers, their interests and their achievements.

About our centre

- Qualifications matter to us.
We know, quality educators = quality education.
- We offer a range of rich programs with a focus on success for life.
- Our curriculum focuses on connections, so each child is supported to build responsive and sensitive relationships with each other.
- Nutritious meals are prepared by an onsite chef.
- We know families are the experts in their child's life. We focus on family partnerships and education, because continuity of care is key!
- We value the bond with our local community, because children thrive when they understand that they belong to something bigger.
- Our environment immerses children in nature so they can explore their responsibility as eco-citizens.
- We value the use of open ended resources, because passive toys make active learners.

Enrolments are open, we welcome your interest!

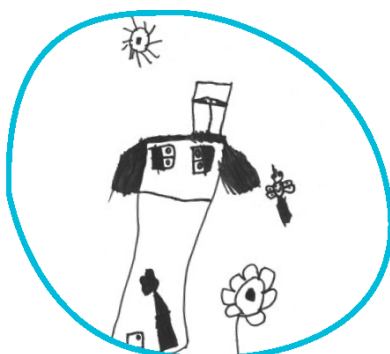
3 Rowland Street
Revesby
NSW 2212

m 0426 438 449
p 9792 4476
e info@educoe.com.au

Let's get social
f **@**
educoe.com.au



**We're running
when you need us!**
7:30am-6pm
Monday to Friday
50 weeks of the year




**For all your
little wombabies!**
We take children from
6 weeks to 6 years old

LEARN TO PLAY BASKETBALL EAST HILLS

A FUN AND FRIENDLY WAY FOR KIDS OF
ALL AGES TO LEARN BASKETBALL!

- EXPERIENCED COACHES
- SESSIONS AT INDOOR COURT
- ALL SKILL LEVELS WELCOME

TUESDAY EVENINGS AT
EAST HILLS GIRLS HIGH SCHOOL
LUCAS RD, PANANIA

REGISTER FOR A
FREE
TRIAL SESSION



CITY HOOPS

WWW.CITYHOOPS.COM.AU

E: PLAY@CITYHOOPS.COM.AU



WE TAKE EM OUT

SO YOU WONT HAVE TO!

FOR GENERAL PEST & TERMITE CONTROL



RESIDENTIAL & COMMERCIAL

SPECIALIZING IN RODENTS, COCKROACHES, SPIDERS,

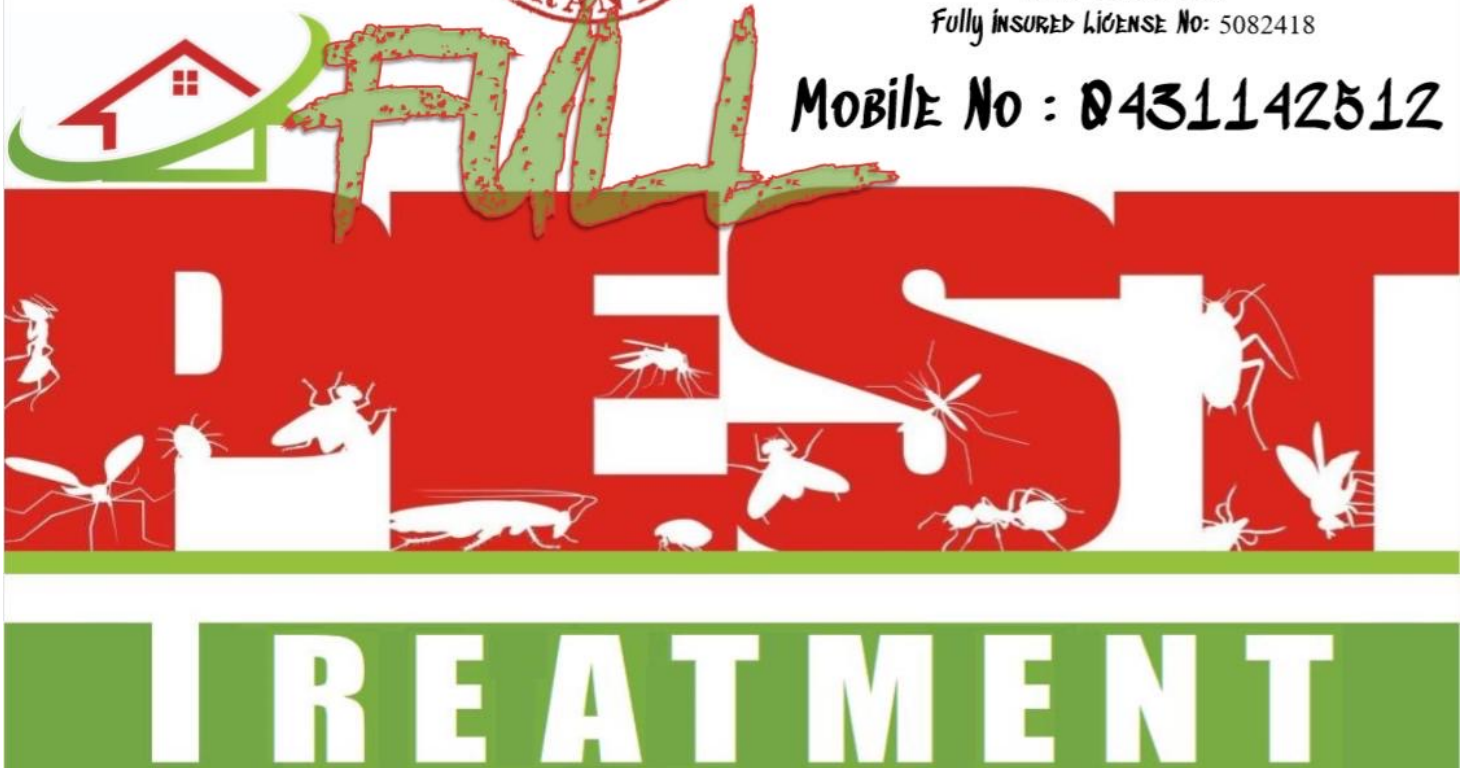
TERMITES, ANTS

TERMITE INSPECTIONS

BIRD PROOFING

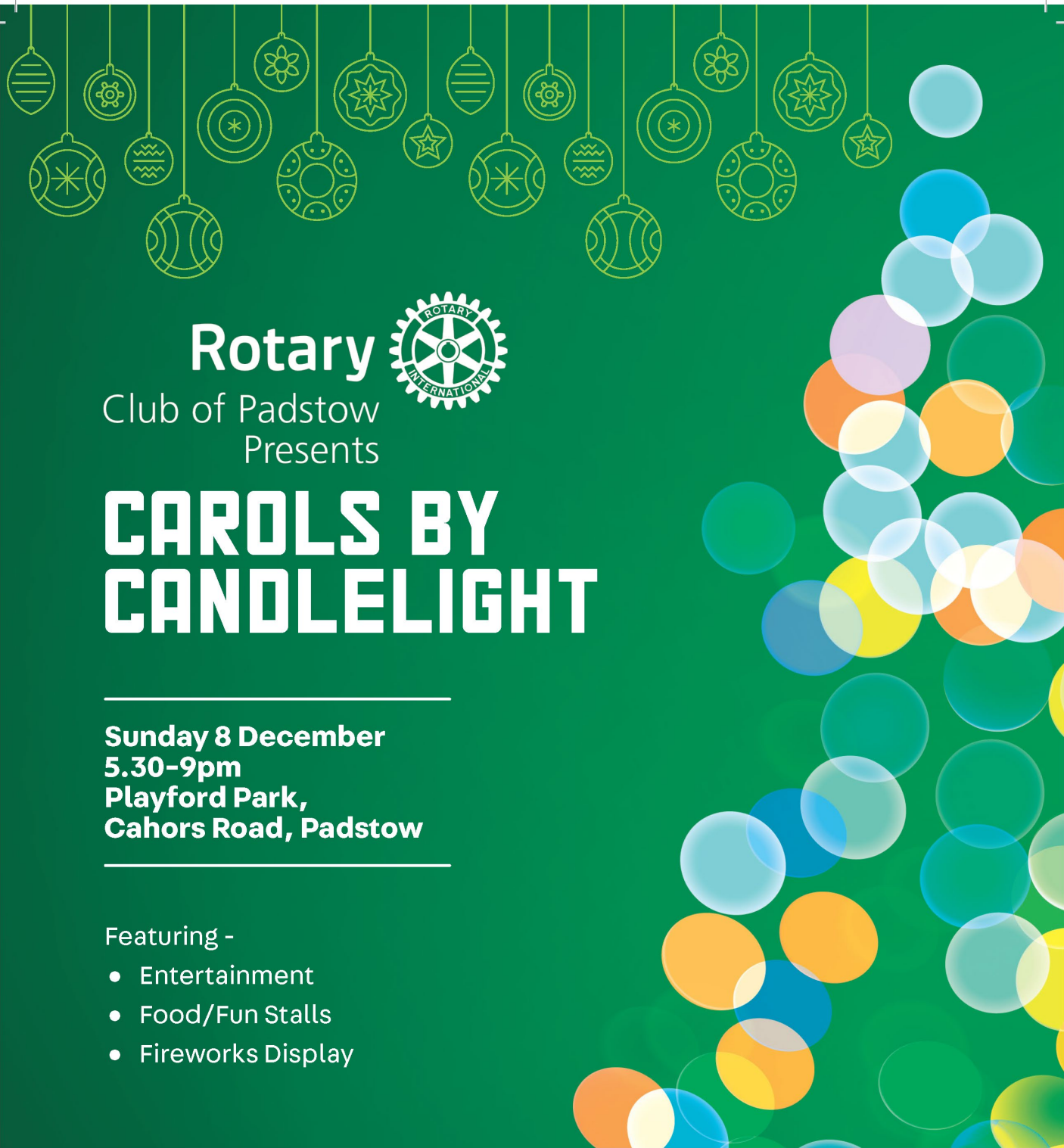
Fully INSURED LICENSE NO: 5082418


MOBILE NO : 0431142512



Panania Village Market 14th December

Please come and visit The Rotary Club of Padstow's Panania Village Markets on Saturday 14th December. The market offers a wide range of quality stalls including Art & Crafts, Baby & Children's Apparel, Books, Bric a Brac, Candles, Fashion, Gifts, Honey, Jams, Jewellery, Food, Plants & Herbs, Records, Cd's & DVD's, Toys and a knife and scissor sharpening service & lots more, all at a wheelchair friendly Outdoor Market. Stalls will operate from 9.00 am to 1.30pm, located around the Panania Library, corner of Anderson Ave and Tower St Panania. Please come along and support our local market. Our first Panania Market for 2020 will be held on Saturday 8th February 2020. A project of the Rotary Club of Padstow Inc."



Rotary 
 Club of Padstow
 Presents
**CAROLS BY
 CANDLELIGHT**

**Sunday 8 December
 5.30-9pm
 Playford Park,
 Cahors Road, Padstow**

- Featuring -
- Entertainment
 - Food/Fun Stalls
 - Fireworks Display

Co-partners



Platinum Sponsors



Gold Sponsors



Silver Sponsors



兒童 國語及粵語班

每學期\$105 九堂
週一至五班 3:40pm-5:40pm
週六 10:00am-12:00pm
1:30pm-3:30pm

中英雙語教學
經驗教師
規範課程
小班教學

學前普通話 幼兒班(3-5歲)
週六 一小時課程

以遊戲、兒歌、手工等互動形式，寓教於樂中培養學前幼兒的中文學習啟蒙。



小學生普通話班及粵語班(K-Y6)
兩小時課程

全面提高學生聽、說、讀、寫能力，鼓勵學生增加對中華文化的了解和認同。

享新州學齡兒童Creative Kids Program津貼

0412 461 390 Vivian
0420 206 464 楊傳道
info@innerjourney.org.au
www.innerjourney.org.au

微信：



恩典基督教會

74 Cahors Rd Padstow NSW 2211



「心路」生命事工

Mandarin and Cantonese Language Classes

\$105 per term (9 lessons)

Monday to Friday 3:40pm-5:40pm

Saturday 10:00am-12:00pm, 1:30pm-3:30pm

Registered Creative Kids Provider

Preschool (3-5 yrs) 1 hour Mandarin Classes

Practise language and develop cognitive skills through play-based learning.

Primary school (K-Y6)

2 hour Mandarin or Cantonese Classes

Focuses on listening, speaking, reading and writing skills, and fosters a deeper understanding and appreciation of Chinese culture.



Classes taught in English and Chinese
Experienced and qualified teachers
Standard curriculum
Small class sizes

0412 461 390 Vivian
0420 206 464 Pastor Michelle
info@innerjourney.org.au
www.innerjourney.org.au

Wechat :



「心路」生命事工

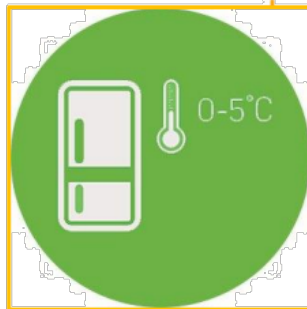
Grace Christian Church
74 Cahors Rd Padstow NSW 2211

Organised by Inner Journey Ministry Incorporated

The simplest way

... to keep food safe in summer.

Foods such as meat, fish, poultry and eggs; cooked pasta, noodles and rice; and dairy items such as milk, yoghurt, custard and cheese need to be kept very cold.



- Use a cooler bag and ice brick or frozen water bottle to keep food cold in the lunch box.
- Freeze items such as sandwich bread, milk poppers, and home-made muffins. They will be thawed and ready to eat at lunch time and keep other lunch box items cold.
- If preparing lunches the night before, store in the fridge or freezer.
- Don't store food in an insulated bag in the fridge, it stops the cold air reaching the food.
- For food that has just been cooked, cool it in the fridge overnight before packing.

healthylunchbox.com.au

The simplest way

... to make healthy party food.

Celebration season is upon us – but party food doesn't have to be unhealthy. Fruit and veg are bright and colourful and make the perfect ingredient for special party foods. Try these fun ideas:

- Watermelon fruit salad bowl
- Pita bread Christmas trees
- Frozen yoghurt pops
- Watermelon cookie cutter shapes
- Banana and strawberry candy cane

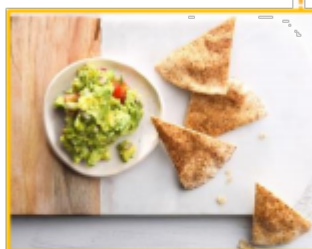


healthylunchbox.com.au

The simplest way

... to pack a picnic.

Summer is a great time to enjoy picnics with friends and family. We find it easiest to pack some different kinds of breads and crackers such as baguettes, wholemeal rolls, Lebanese bread, rice cakes and corn thins in the picnic basket and then a range of fillings in an esky for everyone to create their own lunch. Try these delicious fillings:



- [Hummus](#)
- [Kale and basil pesto](#)
- [Guacamole](#)
- Different types of cheese (cheddar, labneh, cream cheese)
- Sliced veg (e.g. tomato, capsicum, beetroot, lettuce)
- BBQ chicken

healthylunchbox.com.au

The simplest way

... to pack a Christmas lunch box.

This bright and colourful Christmas themed lunch box is delicious and ticks off all 5 food groups. It includes:



- [Chicken and couscous salad](#)
- A yoghurt tub
- Diced watermelon
- Cucumber and cherry tomatoes
- [No bake cookies](#)
- Water

For more recipes, ideas and lunch box inspiration visit healthylunchbox.com.au

healthylunchbox.com.au