Dear Parents,

Spirit-Fire Retreat

A parent asked me on Monday afternoon how my first day as Acting Principal was. In response to the question I said that it was great day, but I’m now going on two days retreat to refresh myself. Even though the timing wasn’t perfect, I set off to Santa Teresa Spirituality Centre at Ormiston for a two night retreat with Giovanna Di Marco and Cameron Anderson. The retreat was the culmination a three year program of spiritual formation conducted by Brisbane Catholic Education. It was a wonderful experience of entering into stillness and silence, spending time in contemplation and prayer and enjoying the opportunity to strengthen friendships with colleagues from a number of schools in the Brisbane region. At the conclusion of my message I have included a prayer by Michael Leunig which challenges us to stop thinking, empty our minds and reach to heart of our souls. I did a lot of this over the last couple of days.

Q.C.M.F

Firstly I’d like to acknowledge the efforts of so many to plan and facilitate another very successful Catholic Music Festival at Villanova College last weekend. This year, our Senior Choir led by Mrs Christa Cloete and accompanied by Mrs Paula Roberts, received a Gold Award which was brilliant. To add to this success our Senior Strings Ensemble conducted by Mrs Tricia Reck was awarded Gold as well, which is a superb result for our school. I’d like to congratulate all members of these musical groups and their leaders for their hard work and dedication, which led to such excellent performances.

Year Five Camp

Our Year Five students and their teachers are currently enjoying camp at Midginbill Hill which is located near Murwillumbah, Northern N.S.W. While experiencing camp in a picturesque setting, the students will have the opportunity to learn a variety of new skills while bonding as a group.

I’d like to thank Stephanie Daigle, Peta Thompson, Luke Thomson, Tony Shaw and Kerri Isaac, for dedicating this time for the benefit of the children. I look forward hearing heaps of great stories on their return.

Behavioural Expectations

In recent days I have been reminding the students of some of our school rules and procedures that help to ensure that the school is a safe and happy place for all.

Firstly it is very important that as soon as your child is dropped off at the pick-up line that they walk immediately to the shed so that all children can be supervised from 8.15 onwards. Secondly we have been reminding the students of the importance of wearing their school hat every time they leave the classroom. We have a No Hat No Play rule so children without hats will have to sit in the shed until they bring their hat to school. Additionally we are regularly reminding the children of the importance of taking responsibility for their belongings. Our pile of lost property continues to grow, which is a concern. There are a number of named items that need to be collected by the children from Lost Property, so if you know that a jumper or hat is missing please encourage your child to check in lost property which is located outside the Learning Centre under the hall.

I hope you all have a great weekend. Let’s hope the Broncos can stampede the Panthers tomorrow night in Penrith.

John Bates

A Prayer by Michael Leunig

Let us pray for wisdom. Let us pause from thinking and empty our mind.

Let us stop the noise. In the silence let us listen to our heart.

The heart which is buried alive.

Let us be still and wait and listen carefully. A sound from the deep, from below. A faint cry.

A weak tapping. Distant muffled feelings from within. The cry for help.

We shall rescue the entombed heart. We shall bring it to the surface, to the light and the air.

We shall nurse it and listen respectfully to its story.

The heart’s story of pain and suffocation, of darkness and yearning.

We shall help our feelings to live in the sun.

Together again we will find relief and joy.
CALENDAR

Thu 22 Aug  Fete De-Brief Meeting 7.30pm
Wed 28 Aug  School Photos
Thu 29 Aug  School Photos
Fri 30 Aug  Zone Athletics Carnival/Disco Yrs 5-7
Mon 2 Sep  Science Fair
Wed 4 Sep  Spring Concert
Sun 8-Thur 12 Sep  Yr 7 Trip to Canberra
Thu 12 Sep  P&F Meeting 7.30pm
Wed 18/Thu 19 Sep  Parent /Teacher Interviews
Fri 20 Sep  Last day Term 3

TERM FOUR
Tue 8 Oct  School resumes Term Four
Thu 10 Oct  P & F Meeting 7.30pm
Sat 26 Oct  End of Year Parent Function
Thu 7 Nov  P & F Meeting 7.30pm
Thu 28 Nov  School Concert & Rehearsal at venue

News from the Assistant Principal - Religious Education

Family Mass – 18th August

Thank you

It was wonderful to see the families of Mt Carmel joining together last Sunday to celebrate our Family Mass together. Thank you to those families who could attend. Thank you to all of the children and parents who read at Mass, some of those readings were challenging and the children did a fantastic job. Thank you also to the very talented Mt Carmel teachers who sang and joined the band and to those who gave up their time to attend Mass. It was a great celebration shared by many.

Assembly Monday 26th

Please join us for Assembly on Monday the 26th of August. Assembly will be led by our three PREP classes. The PREP classes have been working hard on their Father’s day celebrations, which will be the theme at Assembly. Good luck to the PREP classes who will be joining with their Dad’s after school to celebrate Father’s day with a pizza and play afternoon in PREP.

Grade 5 Camp

Our Year 5 children and their teachers are having a wonderful time on Camp at Midginbill Hill, NSW this week. We look forward to welcoming them back tomorrow afternoon!

Have a great weekend!

Emma Ponti
Acting APRE

Student of the Week

Prep A Bridget Hale
Prep A Patrick Holmes
Prep B Felix Mar Fan
Prep B Jacob McInerney
Prep C Ryan Lam
Prep C Christian Ibrahim
1A Alex Holmes
1B Sophie Cummins
1C Ben Preston
2A Nikhil Matthews
2B Tom Cotter
2C Betty Angeli
3A Lucy Walter
3B Charlotte Poole
3C Jorge Makras
4A Lucy Kreutzer
4B Evie Henderson
4C James Panizza
6A Bridgett Dabinett
6A Georgia Ganim
6B Angeliki Samios
7 Lara Johnson
Resource Centre News

Book Week Thank You

I have to say a huge thank you to the wonderful Teachers and Mt Carmel Children (and their supportive parents) who joined in the Book Week dress up fun on Monday. It was just fantastic looking out at Assembly at spacemen, aliens, characters from nursery rhymes, folk tales, Billie B Browns and Zac Powers, some favourite classic characters, fantasy figures and heaps of book sleuths. What a terrific way to kick of Book Week.

We have also had some great Book Week author visits. I will have a full write up next week, but all the visiting authors commented on the beautiful behaviour of Mt Carmel children. Everyone benefits from this – the children get so much more out of these sessions and the authors leave our school energised rather than drained. I could not have been prouder! A huge thank you also goes out to Mrs Allan, who has earned a sainthood by keeping the Resource Centre ticking along while I flitted between classes and author sessions.

The fun has continued with lunchtime activities and there will be a special Pastoral Care sharing session of the 2013 Children’s Book Council of Australia winning Picture Book of the Year - The Coat.

The Book Fun Continues with the GREAT BOOK SWAP

You can start sending those Book Swap books in for the Great Book Swap, which is being held on Friday 30th of August. All this involves is your child donating a book that they no longer want with a gold coin donation (wrapped up in a plastic bag listing their name and class. They then get to pick the same type of book from the books donated by other students. All money raised goes to the Indigenous Literacy Foundation. If you would like further information, you can email me at tmhalstead@bne.catholic.edu.au and I will send the more detailed note through.

CBCA Winning Books

As part of our preparation for Book Week, the students in Prep, Year 1 and Year 2 have been voting on the nominated books. Here are our school results compared to the official CBCA results for the Early Childhood Book of the Year category. As you can see, we featured two of the three official books which just shows what great “judges” we have here at Mt Carmel!

<table>
<thead>
<tr>
<th>CBCA Results</th>
<th>Our School Results (Prep – Year 2)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Winner</strong></td>
<td><strong>Winner</strong></td>
</tr>
<tr>
<td>The Terrible Suitcase by Emma Allen  (Illus. Freya Blackwood)</td>
<td>Too Many Elephants in this House By Ursula Dubosarsky (Illus. Andrew Joyner)</td>
</tr>
<tr>
<td><strong>Honour Books</strong></td>
<td><strong>Honour Books</strong></td>
</tr>
<tr>
<td>Too Many Elephants in this House By Ursula Dubosarsky (Illus. Andrew Joyner)</td>
<td>It’s a Miracool by Christine Harris (Illus. Ann James)</td>
</tr>
</tbody>
</table>
LEARNING CENTRE CORNER

If your household is anything like mine it is usually about this time of a long term that my children and I have cracks forming in our homework/after school routines. Children (particularly in the lower grades) often tire by about Week Seven. It is usually about this time of the term that I need to remind myself of the effective practises that can help children’s energy levels to ease the likelihood of “homework struggle”.

Some years ago when my son was in Year One I received advice in terms of balancing energy levels to help in homework completion. The strategies were simple, effective and really helped us out as my six year old was often too tired and cranky towards the end of each term to complete school work after school hours.

These are some of the simple strategies I still implement that have the similar positive effect in terms of homework completion.

• A 5-10 minute physical activity that requires resistance and/or pulling or pushing prior to starting. For example, jump on trampoline for 10 minutes, stop on the way home from school and do a couple of laps of a park on the scooter, skip for 5 minutes.
• Crunchy food (apples, carrots, popcorn) prior to starting.
• A drink of water or milk through a straw is helpful in lifting energy levels.
• If you stop to get a few groceries on the way home ask your child to push the trolley, help with lifting bags into car and into the house.
• During homework time allow time to learn spelling words or maths facts through star jumping them or small ball throwing and catching for each letter or fact.
• Ask your child about their energy levels, do they need a break to jump on the trampoline or skip?

Often I implement these strategies into my afternoon routine when my children become reluctant to complete homework. Of course, trial and error will occur as ever child is different and some children find homework harder than others. However, if you are finding it harder to get your child to engage in afternoon homework expectations give these strategies a go; they may help make the homework journey through to the end term go a little smoother!

Kerry Kearns and Leanne Croft

Outside School Hours Care

We offer some suggestions and children can choose to participate or be involved in other tasks:

Monday      Skill stick fun, My grandmother went to the market, Weaving activity, Jelly spike ball games, Cup catch.
Tuesday     Create a fantastic mobile, Thumb wrestling, Crimping art, Active after school sport activities, Dinosaur feet.
Wednesday   Create a picture frame, Lean and leave, You decorate your own creation, Cricket activity, High stepper.
Thursday     Fathers day craft, Moving to the music, Design your own craft fun, Badminton game, Rainbow play balls. Hand ball games.
Friday       Multi coloured pom-poms, Heads down thumbs up, Kids free craft activity, Red hot letter, Hula hoops, Skipping with a partner.
Grace Pitt, Coordinator

Our Lady of Mount Carmel OSHC

The organisers of “Give Love and Get Art” exhibition for Caritas Australia and their major sponsor PW Dancewear warmly invite you to this year’s art exhibition showcasing 140 artworks for sale in a variety of mediums: sculptures, mixed media, oils, acrylics, airbrushed acrylics, watercolours and pencil. The exhibition will be in the beautiful new facilities at St Rita’s College, 41 Enderley Rd Clayfield on Sunday 15th September between 9am – 3pm, with the auction of 16 donated art works being held at 2pm. Entry is $10 p/p which includes light refreshments, entertainment and art demonstrations. Raffle prizes are also up for grabs with the major prize being a $1000 Virgin Airlines voucher. Please visit their website to pre-bid on the 16 fabulous auction pieces, as well as details relating to the exhibition

www.giveloveandgetart.com

“What Makes Love” by Marie Gatt, year 9 St Rita’s College student
**P&F Update**

**Uniform shop**
The Second Hand Uniform shop is open 2.30 to 3.00pm every Friday. The shop is 100% stocked by the kind donations of Mt Carmel families—there is a white basket at the back of the school office if you have any uniforms that you are finished with. If parents have any concerns about correct sizing we are more than happy to swap over for another size. Currently the shop has good supplies on brown shoes, girls’ checked shirts and checked hair ties. We are located at the back of the school downstairs from the After School Hours room.

*Simone Holmes & Anne Moran*

**P&F meeting dates**—P&F meeting dates for the rest of 2013:
- Thursday 12 September, 7.30pm
- Thursday 10 October, 7.30pm
- Thursday 7 November, 7.30pm

Note that the November meeting has been changed from 14 November because of a clash with Reconciliation evenings for Years 2 and 3.

Kim Broadfoot, P&F President
pandfmtcarmel@gmail.com

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**SIGN ON DAY:** Souths Little Athletics.

Saturday 24th Aug 2013  Time: 9am to 12pm

**Venue:** Griffith University, Sports Drive Mt Gravatt

*This will be our new venue for this season only*

Interested in playing cricket this summer? The Carina Cricket Club is looking for boys and girls to register now for the 2013/14 season, commencing in Term 4, for "Milo" In2Cricket Skills Program (aged 5-8yrs) and Junior cricket teams (u9 to u16). For further information about sign days (major sign on 24 and 25 of August 2013) or to register online please see www.carinacricket.com.au or email Keri Campbell, Carina Cricket Registrar at registrar@carinacricket.com.au

**Calling all Prep, Year 1,2,3 & 4 students!!**

Holland Park Junior Cricket Club is starting Milo In2CRICKET up again this summer and they want you to be a part of it. If you’re keen to play cricket this summer then please grab a flyer from the school office or visit playcricket.com.au

**BRISBANE JETS SWIMMING CLUB**

Langlands Park Swimming Pool Panitya St, Stones Corner
Saturday 7 September 8am - 11am  Sausage sizzle
(bring birth certificate if you are signing on for the first time)

Enquiries: admin@brisbanejets.org.au

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**Tuckshop News**

<table>
<thead>
<tr>
<th>Fri 23 Aug</th>
<th>Marita Fox  Margaret Vitanza Melanie Bingham Martina Noyle Therese Oates Christine Poole</th>
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</thead>
<tbody>
<tr>
<td>Wed 28 Aug</td>
<td>Susan Flynn  Christina Jones Glenys Piunti Bronwyn Aboud</td>
</tr>
<tr>
<td>Thu 29 Aug</td>
<td>Annie Johnson  Wendy Wallis Susie Hill</td>
</tr>
<tr>
<td>Fri 30 Aug</td>
<td>Diana Thiele  Sasha Baker Christy Grigson Sue Littleton Liz Carroll Cath McCahon</td>
</tr>
<tr>
<td>Wed 4 Sep</td>
<td>Ornella Lazzarini  Paula Roberts Janelle Tsockallos Christine MacDonald</td>
</tr>
</tbody>
</table>

*Please call Kelly on 3395 5236 if you cannot work on your rostered day.*

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**Canossa Kindergarten**

**“Pirates & Princesses” Fete**

Saturday 7th September 2013

10am to 2pm

Food, rides, stalls, prizes and much more............
Regina Caeli Catholic Parish
Sacrament Preparation
Information Evening

Tuesday September 3, 2013
at 7.30 pm

Venue: Regina Caeli Parish Hall
~ Parking enter via ~
Green's or Waverley Rd Camp Hill

Parents are invited to attend an
Information Evening
for children who may be involved
with Regina Caeli Sacrament preparation
during 2013-2014.
Round 1 preparation for Reconciliation is Term 4, 2013.
Round 2 will be available in February next year
on a needs basis.
Sacraments of Confirmation and First Eucharist
will be conferred to in Term 2, during June 2014.[date tbc]

All children year 2 and upwards
and with the recommendation of parents are invited to be part
of Regina Caeli Sacrament preparation.

For further details contact
Fr John Garrah
at the parish office:
81 Waverley Rd Camp Hill, 4152
p: 3398 3697
e: reginacaeli@bne.catholic.net.au
or
Jeannine Schneider  m: 0414 836 071
ENROLMENT IN THE SACRAMENTAL PROGRAM FOR 2013/14
OUR LADY OF MT CARMEL PARISH
CLOSING DATE TOMORROW - 23 AUGUST!

Thank you to those who have already enrolled their child/children in the Sacramental Program. A friendly reminder to anyone else who is considering enrolment in the Sacramental Program for 2013/14 at Our Lady of Mt Carmel that they close tomorrow Friday 23 August.

All children in Grade 2 and 3 were given a letter outlining details of the next Sacramental program to prepare them to continue their Initiation into the Church through the Sacrament of Reconciliation in 2013 and Confirmation and Eucharist in 2014.

The preparation will commence in Term 4 at Our Lady of Mt Carmel Parish, Coorparoo. The enrolment form is due back at the Parish Office no later than Friday 23 August. (Late enrolments cannot be accepted.)

For any questions at all regarding this program, or if you need another set of enrolment forms, please contact me on 3397 1587 (Tues-Fri) or email - mtcarmel@bne.catholic.net.au

Kate McGuckin, Parish Secretary

LAFFY'S MT GRAVATT TENNIS CENTRE PHONE: 3343 5766

LAFFS TENNIS - FREE RACQUET OFFER

Enrolment forms for TENNIS COACHING FOURTH TERM 2013 have been distributed and are to be completed and returned to the office by the due date: THURSDAY, 5th SEPTEMBER 2013.

FREE RACQUET OFFER: Any NEW pupil signing on for these lessons will receive at no charge a JUNIOR TENNIS RACQUET (value $34.95).

LADIES TENNIS: Any mother interested in getting back into tennis, contact our office, as we conduct socials, fixture days and cardio fitness workouts with our Master Club Pro. PHONE: 3343 5766

PRO SHOP SALE: All rackets in our Pro Shop are on sale at 25% off!!! If you need a new racquet and have been putting it off then now is the time to come on in and grab a bargain. We also stock footwear, clothing and a wide range of accessories too!!~

HOT SHOTS: An interactive training program for 4-7 years old.

Conducted Saturday morning ... FREE JUNIOR RACQUET FOR ALL NEW PLAYERS. BOOKINGS: 3343 5766

ADULT TENNIS - FRIDAY EVENING: SOCIAL 7.30pm – 10.30pm All sets organized and supper provided

SUNDAY MORNINGS: 8.30am – 11.30am. Organised tennis for players of fixture standard

SCHOOL HOLIDAY CLINICS:

1) COACH AND PLAY WORKSHOPS – 2 days. Monday and Tuesday the 23rd & 24th of September, Wednesday and Thursday the 25th & 26th of June and Monday & Tuesday the 30th of September & 1st of October

2) ADVANCED TACTICS WORKSHOPS – 2 days. Wednesday and Thursday the 2nd and 3rd of October. Must qualify for playability criteria.

CLASS SIZES LIMITED BBQ LUNCH INCLUDED BOOKINGS AND ENQUIRIES ON 3343 5766
SCIENCE FAIR – MONDAY SEPTEMBER 2nd

Monday 2nd
The Mt Carmel Science Fair will be taking place on Monday 2\textsuperscript{nd} of September. The children are encouraged to come dressed as their favourite Scientist for the day. There is no gold coin donation for the dress up.

CSIRO will also be coming out to present shows to the children and we will finish our day with a whole school assembly. Parents in the Mt Carmel community will be speaking to the children about their role as scientists. Please feel free to join us at 2pm for the Assembly. There will be no student of the week awards at this week’s Assembly.

We hope it will be a successful day that the children will enjoy.

Tuesday 3rd
On Tuesday the 3\textsuperscript{rd} of September the children will enjoy a Science ‘Showcase’ in the Hall. Each class will participate by creating a display or experiment.

Science ‘Professor Bunsen’ Shop
This year we will be having the ‘Professor Bunsen’ science shop in the Science/LOTE room to display the items/samples provided on Monday the 2\textsuperscript{nd} of September and Tuesday the 3\textsuperscript{rd} of September. An order form with prices is below. If you would like to make a purchase you can pay by cash, cheques (made payable to Mt Carmel School) and credit card facilities.

Our shop hours will be open Monday and Tuesday from 7.45am – 8.30am and 3pm - 3.45pm. All orders need to be sent to the office and clearly named. All orders must be placed by Friday 6\textsuperscript{th} September. After all orders are processed, Professor Bunsen will send us the products and we will distribute them to the children (like Bookclub).

Miss Ponti
<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
<th>Price</th>
<th>Quantity ordered</th>
<th>Total</th>
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<tbody>
<tr>
<td>M05</td>
<td>Super bubble mix</td>
<td>$13.50</td>
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<tr>
<td>G20</td>
<td>Touchable bubbles in a test tube</td>
<td>$3.90</td>
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<tr>
<td>M20</td>
<td>Colour Changing putty</td>
<td>$8.50</td>
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<tr>
<td>M57</td>
<td>Glow jumping putty</td>
<td>$4.50</td>
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<tr>
<td>G43</td>
<td>Magic polymer balloons</td>
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<tr>
<td>M51</td>
<td>Blaster Balls</td>
<td>$2.50</td>
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<tr>
<td>M58</td>
<td>Melting snowman</td>
<td>$12.50</td>
<td></td>
<td></td>
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<tr>
<td>M07</td>
<td>Bomb bags</td>
<td>$0.65</td>
<td></td>
<td></td>
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<tr>
<td>M43</td>
<td>Crystal birds</td>
<td>$3.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>M59</td>
<td>Make your own slime</td>
<td>$4.95</td>
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<tr>
<td>M19</td>
<td>Silly putty</td>
<td>$2.90</td>
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<tr>
<td>M40</td>
<td>DIY Bouncing ball kit</td>
<td>$4.50</td>
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<td></td>
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<tr>
<td>M45</td>
<td>Expanding Spheres (gigantic)</td>
<td>$8.00</td>
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<tr>
<td>E45</td>
<td>Lemon clock</td>
<td>$8.50</td>
<td></td>
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<tr>
<td>P06</td>
<td>Photo luminescent paint</td>
<td>$13.00</td>
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<tr>
<td>P42</td>
<td>Glow In the dark sheet and pen</td>
<td>$8.00</td>
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<td>P10</td>
<td>Solar beads</td>
<td>$6.00</td>
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<td>P12</td>
<td>Rainbow glasses</td>
<td>$1.25</td>
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<tr>
<td>P39</td>
<td>RGB Strobe ring</td>
<td>$6.00</td>
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<tr>
<td>P44</td>
<td>Make your own microscope</td>
<td>$11.00</td>
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<tr>
<td>H16</td>
<td>Solar racer</td>
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<tr>
<td>E05</td>
<td>Solar spider</td>
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<tr>
<td>F08</td>
<td>Tornado tube</td>
<td>$2.20</td>
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<tr>
<td>G21</td>
<td>Rocket balloons</td>
<td>$4.80</td>
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<tr>
<td>F31</td>
<td>Monkey parachutists</td>
<td>$6.00</td>
<td></td>
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<tr>
<td>F35</td>
<td>Blaze Chopper</td>
<td>$1.80</td>
<td></td>
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<tr>
<td>F44</td>
<td>Multi purpose car</td>
<td>$9.00</td>
<td></td>
<td></td>
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<tr>
<td>B05</td>
<td>Crunchy Freeze dried ice-cream</td>
<td>$4.50</td>
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**TOTAL – $**

Name: ____________________________  Class ____________

**PAYMENT OPTIONS – (Circle one)**

- Visa  
- Master card  
- Cash  
- Cheque

Card Number: ____________________________________________

Name on Card: __________________________________________

Expiry Date: __________  Card Check Value: __ __ __

Amount: $____________________________

Signature: ______________________________

Cheques payable to: MT CARMEL SCHOOL