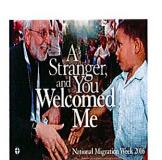


Good Shepherd Primary School Newsletter

Migrant and Refugee Week



Term 3 Concludes:

Thursday, 22nd September

Term 4 Commences:

Monday, 10th October

- Religious Education Snippets
- MEGA Fun-A-thon
- Sports News
- Parking Disruption this coming Thursday
- Sick before coming to school
- Father's Day Stall, Liturgy & Morning Tea (in the Upcoming Events Calendar Page

Term 3 Week 6

Tuesday, 23rd August, 2016

Dear Families,

This week is **Migrant and Refugee Week**. It culminates with Mass on Sunday, where we pray for all those in our world that are refugees or migrants. We often see and hear of refugees in the media though we truly cannot understand nor appreciate the hardship these families face unless we have 'been in their shoes'. Even though my own family are migrants to Australia and 'did it tough', they certainly did not have to endure the horrors and hardships that many migrants do in this current day. Here are some words of inspiration from Pope Francis.

In our time, migration is growing worldwide. Refugees and people fleeing from their homes challenge individuals and communities, and their traditional ways of life; at times they upset the cultural and social horizons which they encounter. Increasingly, the victims of violence and poverty, leaving their homelands, are exploited by human traffickers during their journey towards the dream of a better future. If they survive the abuses and hardships of the journey, they then have to face latent suspicions and fear. Today, more than in the past, the Gospel of mercy troubles our consciences, prevents us from taking the suffering of others for granted, and points out ways of responding which, grounded in the theological virtues of faith, hope and charity, find practical expression in works of spiritual and corporal mercy.

During your family prayer time this week, perhaps use this prayer.

"Merciful Father,

Look with mercy on our brothers and sisters who live as migrants and refugees. May they find welcome and a home away from home here in the vast Australian land.

Bless those who work and minister to help the migrants and refugees. May setbacks and oppositions not discourage them in their endeavours. Assure them of your merciful love and reward them with your abundant love. Help us, O Father, to be as merciful as you. May we offer them the welcome and assistance they desperately need. May your mercy help us to create a world where no one is a stranger and excluded.

We ask this through your merciful son Jesus. Amen."

Have a wonderful week.

Booke

Bianca Cooke.

Last Friday a letter was sent home informing you that Mrs Carr will remain at St Joseph's Kingswood until the end of the term. I am sure you join with me to wish Mrs Carr every success. No doubt Mrs Carr will drop in and visit in the upcoming weeks. Thank you to Mr Byrne and Mrs dela Paz for continuing to assist me in the leadership of our great school.

Bianca Cooke Acting Principal

UPCOMING EVENTS

Term 3, Week 6, 2016

Wednesday, 24th August: Wakakirri

Friday, 26th August: Diocesan Athletics Carnival (Athletics

Centre, Rooty Hill)

Thursday, 1st September: Father's Day Stall-Parent Helpers

required

Friday, 2nd September: Mega Fun-a-thon

9.45 am—10.30 am Father's Day Liturgy (Good Shepherd Church) 10.30 am Father's Day Morning Tea

(Good Shepherd School)

11.00 am onwards—Mega Fun-a-thon

- All Welcome.

Thursday, 22nd September: Last Day of Term 3 for Students

Friday, 23rd September: Staff Development Day (Pupil Free Day)

Social Skill of the Week

"Cover your nose when you sneeze and then wash your hands"

Peace & Joy Awards

The Good Shepherd School Community would like to congratulate the following students for their hard work and dedication throughout the past week. These awards are presented for cooperation, respectfulness, responsibility, care, compassion, fair go and integrity.

KB	Travis Sansom	KG	Matilda Sonter
KR	Sophia Costigan	KW	Skye Ocampo
1B	Luke Attalla	1G	Raphael Santos
1R	Sedeece Peniata	1W	Isabella Gutierrez
2B	Stella Haufano	2G	Satya Patel
2R	Jayden Fernandez- Zamora	2W	Melody Cuasay
3B	Duncan Fraser	3G	lesha Singh
3R	Not Published	3W	Maddison Schmutter
4B	Nicholas Gama	4G	Cooper Jones
4R	Eric Makkar	4W	Nabil Kayrouz
5B	Jok Job	5G	Tiana Zammit
5R	Samantha Thomas	5W	Kisna Pental
6B	Zion Palu	6G	Not Published
6R	Jemma Gill	6W	Katelyn Calima



Silver coin Roundup

Grand Total—\$1,785.85!!

Many thanks to the families who brought in their silver coins for the Silver Coin Roundup recently. We are pleased to report the winning

class was KR, followed by 4G in second place and KB in third place. A big thank you to the Parent Group for organising this event as the money raised goes towards much needed resources for the school.

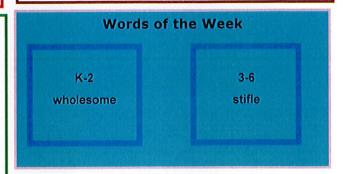


Religious Education News:

The Catholic Church celebrates Migrants and Refugees Week from the 22nd- 28th August. Pope Francis clearly states that international migration and refugee policies must be rooted

in MERCY. He challenges not only governments and organisations, but individuals as well, to act compassionately towards others and accompany those who seek a better life in a new country, "Today, more than in the past, the Gospel of mercy troubles our consciences, prevents us from taking the suffering of others for granted and points out a way of responding which, grounded in the theological virtues of faith, hope and charity, find practical expression in works of spiritual and corporal mercy." Bishop Vincent acknowledges the presence of migrants and refugees in our society and recognises the important role we play in helping them settle. Let his words, "I encourage you to enact the culture of encounter, welcome and acceptance in practical, personal and communal ways", change our hearts and minds in a positive way.

Mrs Debbie dela Paz





MEGA Fun-A-Thon

This year we are having a **MEGA Fun-A-Thon.** It will be held here at school and the children will be participating in so many FUN

activities including: Skipping, Zumba, Earth Ball, Thong Toss, Parachute Tug-o-War and much more. It will be an actioned packed day with MEGA FUN.

Friday, 2nd September is the day! The proceeds raised this year will go towards resources for the school to be determined at a later date. This is a great community event that promotes fitness and the children thoroughly enjoy the day. Please support your children, obtain sponsors and come along and assist on the day, if you are able. This would be much appreciated.



Sick before School

Parents if your child is sick in the morning before coming to school please **do not** send them. It is much better that they are resting and recuperating at home than in Sick Bay. With the colder weather here, many little accidents are happening in Kinder and Year One. Could

you please pack a spare pair of underwear and pants/socks/stockings for your child/ren. Thank you for your cooperation in both of these matters.



Birthdays

Happy Birthday to the following students who celebrated their birthday this week: Tevita Ma'asi, Cloey Nguyen, Abigail Lanumata, Macsimos Agpoon, Nixon Baduria, Ella Cutajar, Imarosa Tungul and Divine Vaifale.



Father's Day Stall

Dear Parents & Carers, just a reminder that the Father's Day Stall is on Thursday, 1st September. Gifts range from \$1.00 to \$5.00. Please remind your child/ren to bring their money in on that Thursday. Thank you, the Parent Group.

Staff Development Day—Term 3 2016

Each year Staff participate in professional development to support them in their roles as educators. The focus of these days is aligned to Good Shepherd School's goals. Staff will use information they have gathered about the children to design learning programs for the children that will best meet their needs. This Staff Development Day is a <u>PUPIL-FREE DAY</u> and will take place on **Friday, 23rd September, 2016**. Our thanks to parents for organising care for their children on this day. COSHC will be able to offer limited spaces for care on this day. To make inquiries of COSHC, please telephone COSHC on 0409 121 980. Please also see flyer attached.

School Fees for Term 3 2016

Parents, accounts for Term 3 school fees have been mailed out and were due **Monday, 22nd August, 2016**. Any family having difficulty completing term payments and who wish to make payments by instalments using cash, Centrelink or BPay etc., please contact the School Office for an appointment with Mrs Gabby Smithard to set up a new arrangement.

Kindergarten 2017 Enrolments

Enrolment Application forms for Kindergarten 2017 are now available from the School Office and on our Website. **Very limited places** left, so please call in (or download from our School's Website) an Enrolment Application. Parents, if you already have a child at Good Shepherd, you will still need to submit an Enrolment Form for any siblings for 2017.



Sports Update

Athletics: a team of 39 students attended the Blacktown zone Athletics last Tuesday. Some outstanding results with 15 students qualifying for the Diocesan Athletics on Friday,

26th August. Special mention to Mitchell Holmes and Liam Mahood who were both Runner-Up Age Champion in their respective age groups. Mitchell was Junior Runner-Up and Liam, Senior Runner-Up. Good luck to all these students as they do their best for the Diocesan Carnival.

Netball: today, Tuesday 23rd August, six Good Shepherd teams were competing at the Diocesan Netball Gala Day. Students from Years 2—6, both boys and girls, are playing at Jamison Park, Penrith against other schools in the Diocese. A big thank you to parents and supporters who are assisting with coaching and umpiring on the day.

Uniform Shop



Uniform Shop Good Quality Second-Hand Uniforms. Opening Hours:

Wednesdays & Fridays 8.30 am—9.00 am
Please note all students must continue wearing their full
Winter Uniform for Term 3. Please note the girl's winter
school tights & socks are "bottle green" if wearing black
school shoes. If your daughter is wearing brown shoes,
then it is worn with fawn tights/fawn socks. The School's
Uniform Shop has supplies of the fawn tights/socks. Thank
you. The new school uniforms will be phased in over a 2
year period commencing 2017. Boys Summer and Winter
School & Sport uniforms will be available at the start of
2017.The Girls Winter School & Sport uniforms will be
available at the start of 2017, the Girls Summer School
uniform will be available late 2017.



The Write a Book in a Day Team would like to THANK YOU VERY MUCH for your generosity and support of our recent cake stall. We raised \$623 for The Westmead Children's Hospital. Also, a big thank you to everyone who baked or brought in goodies for us to sell and to everyone who helped us on the day.



Canteen News

Two Meal Deals to choose from at \$5.00 each (This deal concludes Friday, 26th August.)

Meal Deal 1

Egg & Lettuce Sandwich, Bottle of Water & Orange Wedges.

Meal Deal 2

Traveller Pie, Juice Popper & Snappy Ice Block Both Meal Deals are \$5.00 each

Orders to be placed by **8.30** am daily. Online Ordering: To order online please visit www.flexischools.com.au. Please note Chocolate Chip Pancakes are no longer available—only plain can be ordered.



Parking Disruption this Thursday 25th August

Please be aware that this coming Thursday, the 25th August, the Church Carpark will not be available for parking in the afternoon. The Church Carpark will be used by schools in the

local area to attend a police seminar at Plumpton High School.

All families are encouraged to park in the Hall Carpark or across the road at Plumpton shops. Thank you for your cooperation. Mrs Bianca Cooke

Premier's Reading Challenge and Help required for Covering Books

Dear Parents, just a reminder that the Premier's Reading Challenge finished las Friday, 19th August so all reading logs must be handed in. Thank you.

Helpers required to assist with covering books We are urgently requiring helpers to assist with covering books. If you can spare any amount of time, please leave your name and number at the School Office. Your help will be greatly appreciated. Thank you. Mrs Platts/Resource Centre.



Applications for Leave

Leave of 1—9 days should be requested by parents/carers in writing by email or a written note to the Principal. This letter of request should be addressed to the Principal prior to commencing the leave period indicating the specific reason or purpose for the request of leave.

If the leave is for 10 or more school days, this will require a formal application for leave by completing an Application for Extended Leave form. An interview is also required with the Principal prior to taking leave for 10 or more days.

School Terms for Term 3 and 4 2016 (includes Staff Development Days)

Term 3 concludes: Thursday, 22nd September (Friday, 23rd September is a Pupil Free Day)

Term 4 commences: Monday 10th October

Term 4 concludes: Friday, 16th December (Monday 19th December and Tuesday 20th December are Pupil Free Days)

Pastoral Care & Student Management Policy 2016 and the Countering Discrimination, Harassment & Bullying— Policy

Dear Parents & Carers, for information on the above policies, please refer to our School Website—Our School—Policy & Procedures—Good Shepherd Primary Policies and the Catholic School Community section.

Children Absent from School

Parents, if your child is away from school, please notify the school office by telephone or email. Upon their return to school, please supply a letter to your child's teacher stating the reason for their absence.

Lost Property & Change of Underwear

As the weather is cooler, please check that your child's clothing has their name on it as there are many items that end up in the Lost Property Bin. Please re-check any items that you pick up in the Lost Property Bin as they may have another child's name on it. If you accidentally pick up another child's clothing, please return it to the Lost Property Bin. Also it would be a good idea to put an extra pair of underwear, socks/stockings in your child's backpack, as with the weather being cooler, little accidents can happen. Thank you.

Complaints/Grievances Forms

Parents, please note if you would like to make a complaint/ grievance in regards to any school matter, you can pick up a form from the school office. All matters will be attended to under strict confidentiality.

Can you spare a little time to help our School's Parent Group???

Dear Parents & Carers, parent helpers are urgently needed for the Father's Day Stall on Thursday, 1st September and also for the Uniform Shop—one hour per week on a Friday morning. Please see the flyer attached for all information and inquiries. Thank you in advance.

Contact Details

Parents, it is vital that all contact information including phone/ mobile numbers, emergency contacts, home address, email address are kept up to date. Please contact the School Office if any changes need to be made. Thank you.

Excursion & Incursion Notes

Dear Parents, quite a few of these notes are either lost or misplaced and numerous replacement copies are being requested. When your children bring these notes home, please keep them in a safe place.

St Agnes Catholic High School—Invitation to all Year 6 Parents

Peter Regan, Acting Principal of St Agnes Catholic High School, wishes to extend an open invitation to all Year 6 parents to attend one of our "Instructional Walkthroughs". These walkthroughs give parents an opportunity to witness the way students are taught in our classrooms and how teachers engage with their students.

The following time slots have been allocated for parents to visit our school during week 8.

Monday 5th Sept - 9.30-10.30am

Tuesday 6th Sept - 11am-12noon

Thursday 8th Sept - 9-10am

Friday 9th Sept - 11am -12noon

Below is a link that was recorded during Catholic Schools Week that showcases our walkthroughs and includes feedback from some parents. It is a great tool to make available to prospective parents.

https://www.youtube.com/watch?v=aHdkxu2eetg

Good Shepherd Primary School

134 Hyatts Road, Locked Bag 1001, Plumpton NSW 2761 - Pone: 9832 1509 - Fax: 9832 8984 Email: goodshepherd@parra.catholic.edu.au - Website: www.gsplumpton.catholic.edu.au





b I V V O N O C R looking beyond the horizon

Entries close 15 September, check out our website www.parra.catholic.edu.au as well as bluyonder.wordpress.com and

GET (REATING!



Captivate's Got Talent Auditions Auditions are open to students in Year 6 and above, (Year 5 available for Dance only).

CAPTIVATE's Got Talent is a talent mentoring program in which students get the opportunity to work with industry professionals. This is held in the holiday break at the end of Term 3 and students need to audition to take part. If they are successful they receive two days of mentoring and get the opportunity to perform their auditioned piece in concert. Prizes are awarded on the concert night.

CEDP students are welcome to audition in the categories of Music, Dance and Drama, in any style (including classical, pop, contemporary, commercial, composed or self-devised)

DATES

Auditions - Tuesday 13 September, 2016 from 4-7pm Mentoring - Monday & Tuesday, 26 & 27 September, 2016 (9am - 2pm, during school holidays) Performance - Friday 30 September, 2016 at 7pm

LOCATION

Auditions, mentoring and performance will all take place at Nagle College, 58A Orwell Street, Blacktown South

HOW DO I JOIN?

You can get more information and REGISTER TO AUDITION HERE at https://goo.gl/MVYPvn

Auditions take place between 4 and 7pm on Tuesday 13 September. Students can choose from the available time slots on the registration form.



CAPTIVATE System Learning
Catholic Education Diocese of Parramatta
T 02 9840 5649 F 02 9407 7023

E captivate@parra.catholic.edu.au W www.captivate.catholic.edu.au

12 Victoria Road (Locked Bag 4) North Parramatta NSW 1750



win an iPad mini

Create a new design for the Executive Director's educational blog bluyonder and have the opportunity to win an iPad mini 4.



Entries close 15 September, check out our website www.parra.catholic.edu.au as well as bluyonder.wordpress.com and

GET (REATING!



Captivate's Got Talent Auditions Auditions are open to students in Year 6 and above, (Year 5 available for Dance only).

CAPTIVATE's Got Talent is a talent mentoring program in which students get the opportunity to work with industry professionals. This is held in the holiday break at the end of Term 3 and students need to audition to take part. If they are successful they receive two days of mentoring and get the opportunity to perform their auditioned piece in concert. Prizes are awarded on the concert night.

CEDP students are welcome to audition in the categories of Music, Dance and Drama, in any style (including classical, pop, contemporary, commercial, composed or self-devised)

DATES

Auditions - Tuesday 13 September, 2016 from 4-7pm Mentoring - Monday & Tuesday, 26 & 27 September, 2016 (9am - 2pm, during school holidays) Performance - Friday 30 September, 2016 at 7pm

LOCATION

Auditions, mentoring and performance will all take place at Nagle College, 58A Orwell Street, Blacktown South

HOW DO I JOIN?

You can get more information and REGISTER TO AUDITION HERE at https://goo.gl/MVYPvn

Auditions take place between 4 and 7pm on Tuesday 13 September. Students can choose from the available time slots on the registration form.



CAPTIVATE System Learning
Catholic Education Diocese of Parramatta **T** 02 9840 5649 **F** 02 9407 7023

E captivate@parra.catholic.edu.au W www.captivate.catholic.edu.au

12 Victoria Road (Locked Bag 4) North Parramatta NSW 1750



Good Shepherd Primary 6

Term 3, 2016





Eat Fresh: Healthy Body, Healthy Mind!



SANDWICHES

AVAILABLE IN WHITE OR MULTIGRAIN WRAP ADD 0.50c TO SANDWICH PRICE

Bread and Butter	\$1.00
Vegemite, Jam or Devon	\$2.00
Tomato or Cheese	\$2.00
Tuna or Egg	\$3.00
Leg Ham, Chicken or Salmon	\$3.50
Salad Sandwich	\$3.50
Lettuce Tomato, Cucumber, Beetroot 8	ጿ Carrot
Salad with Devon or Cheese	\$3.90
Salad with Tuna or Ham	\$4.00
Salad with Chicken or Salmon	\$4.50
EXTRAS - Including Toasting	\$0.40

SALAD	Bowl	Box
Fresh Fruit Salad Cup Garden Salad - With Devon or Ham - With Salmon or Chicken Chicken Caesar Salad Italian or Balsamic Dressing	\$2.50 \$3.00 \$3.50 \$4.00 \$4.50	\$4.00 \$4.00 \$4.50 \$5.00 \$5.50 \$0.40

SNACKS	
Piece of Fruit Cookies, Delights, Popcorn JJ Noodles, Jumpy's Riviana Fruit Cup Gingerbread Man 97% Fat Free Pauls Screw Top Yoghurt Fruit Yoghurt Cup Banana Bread—Slice	\$1.00 \$1.00 \$1.50 \$1.50 \$1.60 \$2.00 \$2.00 \$2.50

DRINKS	
Juice - Poppers	\$1.50
Plain Milk 300ml	\$1.50
- with Sippah Straw	\$2.20
Pop Top Juice	\$2.00
Bottled Water 600ml	\$2.00
Flavoured Milk Lite 300ml	\$2.20
Iced Tea	\$2,20
Quench Mineral Water	\$2.20

ICE BLOCKS	
Cool Stix	\$0.50
Frozen Juice Cup/ Icy Mony	\$1.00
Vanilla Ice Cream Cup	\$1.20
Paddle Pop	\$1.60
Slushie Cup	\$2.00
Streets Paddle Pop Cup	\$2.20



(Crunch and Sip \$2.00)

Piece of Fruit and a Bottle of Water

HOT FOOD AVAILABLE EVERY DAY

Chicken Nuggets	\$0.70EA OR 6 For	\$4,00
Party Pies	40 ,, 4=, 1 = 1 : 1	\$1.00
Corn on the Cob		\$1.00
Hash Browns (3)		\$1.50
Garlic Bread		\$2.00
Cheese and Bacon Roll		\$2.50
Chicken Fingers x 8		\$3.50
Vegetarian Wrap with Let	tuce & Tomato	\$4.50
Lentil Wrap with Lettuce 8	\$4.50	
NEMO WRAP	x Tomato	\$4.50
Crumbed Fish Fillet, Lettu	ice & Mayo	Ψ //
Chillipea Light Lines, Ferra	ice or indy	

SUSHI ROLL (available Tue, Wed, Thur) Gluten and Dairy free (available without seaweed) Teriyaki Chicken, Chicken Schnitzel, Tuna All served with cucumber

CHICKEN SAL	AD RIC	E PAPER	ROLLS	\$3.50
			2	for \$6.00

•		
	AVAILABLE MONDAY ONLY SAUSAGE ROLL—LITE TRAVELLER PIE—BEEF SALSA WRAP Chicken Schnitzel, Melted Cheese, Mild Salsa	\$3.00 \$3.50 \$4.50 a Sauce
	AVAILABLE TUESDAY ONLY HOT DOG WITH SAUCE LASAGNE	\$2.80 \$3.90
	AVAILABLE WEDNESDAY ONLY CHICKEN BURGER HOMEMADE SPAGHETTI BOLOGNESE	\$3.80 \$4.00
	AVAILABLE THURSDAY ONLY HOMEMADE MACARONI AND CHEESE BEEF BURGER WITH SALAD Add Cheese	\$4.00 \$3.80 \$0.40
	AVAILABLE FRIDAY ONLY PANCAKES (2) Plain or Chocolate Chip BEEF NACHOS	\$3.50 \$4.00

PLEASE NOTE

- Recess orders are to be **PICKED UP FROM THE CANTEEN.**
- ◆ All ICE CREAMS ordered with lunch are given out when the LUNCH BAG IS RETURNED TO THE CANTEEN.

Order Your Lunch Online

Orders can be placed before 8:30am at: www.flexischools.com.au





Friday 12th August 2016

Dear Parents and Carers,

Good Shepherd Catholic Primary School: Pupil Free Day

As families are aware, **Friday 23**rd **September, 2016** is a Pupil Free Day at Good Shepherd **Catholic Primary School**. Catholic out of School Hours Care at Good Shepherd is able to offer limited places for care on this day. Places will be allocated on a first come, first served basis, priority given to families already enrolled at the service.

Opening Times: 7:00am to 6:00pm

Flat Fee: \$50.00 per child for the day, prior to Child Care Benefit deductions. Families that already attend COSHC on Fridays will have their regular fee deducted from the \$50.00 fee.

How to secure a position for Friday 23rd September, 2016

Simply complete the tear off slip below and return to the school office or COSHC to secure your position. Families new to COSHC will be required to complete an enrolment form

No further applications will be accepted after 1:00pm on Friday 16th September, 2016.

Please note: A minimum number of enrolment applications on 23rd September, 2016 will be required for all day care to proceed – if this number is not reached, care will not be available on the pupil-free day.

Further enquires are to be directed to the COSHC Supervisor on 0409 121 980 or COSHCgoodshepherd@parra.catholic.edu.au

PUPIL FREE DAY REQUEST FORM - Friday 23rd September, 2016

I will require all day care on the Pupil Free Day, Friday 23rd September, 2016 at COSHC Good Shepherd. I accept that if I book care for my children and they do not attend on the day, your usual Friday COSHC fees will still apply.

Child's Name:	School Class:		
Parent / Carer Name:			
Signature:	Date:		
I am new to Catholic out of School Hours	Care. Please send me an enrolment form.		





Youth Activity Program 5.30pm to 8pm

Friday evenings School Terms

Mt Druitt Learning Ground Bidwill Square Bidwill

For ages 10 to 16 years

Term 3

22, 29 July and 5, 12 Aug 2016

Music Workshop Learn DJ Light & Sound, Promoting, Poetry and Song Writing

With RAP4CHANGE

19, 26 Aug and 2, 9, 16 Sept 2016

Curious Works Film Photography and Animation

Term 4

14, 21 Oct plus*28 (Performance fundraiser at West Tradies)

Curious Works Film photography and Animation

4, 11, 18, 25 Nov and 2, 9 Dec 2016

TERM 3 & 4 Activities:
Art, Visual art, Screen printing and Design in 4 to 6 week blocks......

All participants must be registered by a parent or guardian. Enrolment forms can be completed on the first night. Limited spaces.

YAP is a free program with meal and drinks provided for ALL ENROLLED PARTICIPANTS

Registrations and Enquiries

Call Steve on 0415 740 208 or Debbie on 0417 420 620

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

Mobile Blood Service visiting: Plumpton Marketplace

Cnr Hyatts & Jersey Road, Plumpton

Thursday 15 September 12.30pm – 6.00pm Friday 16 September 9.00am – 2.30pm Saturday 17 September 9.00pm – 2.30pm

<u>Drink up!</u> Have 3 or 4 glasses of water or juice in the hours before you donate <u>Eat!</u> Have a good sized breakfast or lunch <u>Please bring photo I.D. with you</u>

