

OUR LADY OF LOURDES Seven Hills

Respect, Responsibility, **Readiness to Learn**

7 Grantham Road Seven Hills 2147 p: 02 8869 6800 e: OLOLSHills@parra.catholic.edu.au

Parish Priest: Father Henry Duc Phone: 9622 2960

OOSH: Ben Irmisch Phone: 9676 7293



Newsletter Term 3 Week 10, 2022.

FUTURE DATES

Last School Day for students Term 3 TODAY Wednesday 21st Septembe

Thursday, 22nd September PUBLIC HOLIDAY - NATIONAL DAY OF MOURNING

PUPIL FREE DAY Friday 23rd September NO SUPERVISION ON PREMISES PLEASE CONTACT OOSH TO ARRANGE CARE FOR YOUR CHILD/CHILDREN ON 9676 7293

PUPIL FREE DAY Monday, 10th Oct NO SUPERVISION ON PREMISES

Term 4 commences for students Tuesday, 11th October STUDENTS RETURN IN FULL SUMMER UNIFORM

Friday, 21st October Year 6 cake stall School Disco - details to follow next term 5pm - 6.30pm K-2 7pm - 8.30pm 3-6

Tuesday, 25th Octobe 7pm Parent Group AGM ALL WELCOME

Wednesday, 26th October 2023 Kindergarten Information evening for parents from 6.30pm - 8pm in Kindergarten classroom

Friday, 28th October Mission Mass & Mission to Busk Stage 2 Touch Football Gala Day

PUPIL FREE DAY Monday, 7th November NO SUPERVISION ON PREMISES



Click here to view a 360° Virtual Tour of OLOL



Term 3 has been incredibly successful. Children have worked

hard on their learning with a wide variety of rich learning experiences being provided by their dedicated teachers. There have also been many opportunities for the community to celebrate as a faith and learning community. These last few weeks have been no exception.

First Eucharist is a special occasion - a further step in becoming one with Christ and united with the People of God. This was the case for many of our students these past two weeks. As Fr Henry reminded us the Eucharist is our spiritual food that nourishes our soul. The Eucharist strengthens us and inspires us to grow with Jesus throughout our lives.

Today we hosted our Creative Arts Showcase. This was an opportunity for many students to show their many and varied talents. The performance was very entertaining and a great way to finish the term. My thanks to Mrs Willemse for all the time and effort put into organising this.

Just a reminder that this Wednesday 20th September was the last day of Term 3 for students. Thursday 21st September will be a public holiday and Friday, 22nd September will be a Staff Development Day. The focus of this day is for the faith formation of staff to strengthen our relationship with God through reflection, discussion and prayer. As this day will be held at an external site it is important to be aware that no school staff will be onsite on Friday. If you need supervision for your children on this day please contact Ben at Lourdes OOSH on 9676 7293

Term 4 will commence on Tuesday 11th October and students are to return in full summer uniform. Please check uniform expectations including grooming in this newsletter.

My best wishes to you all for a safe and happy holiday.

God Bless. **Keiran Byrnes**

21st SEPTEMBER, 2022



facebook

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Click on the image above to see our **OLOL Seven Hills Facebook Page for** the latest photos and updates. Like and Follow! Or visit our school website below:





Enrolments for 2023

The school is accepting applications for enrolment. **Enrolment applications are** available online on the school website or collection at the School Office.

If you have any relatives or friends considering enrolling their child at OLOL in 2023 encourage them to submit their enrolment application. We have limited spaces available in 2022. If you are an existing family with a younger child ready for school in 2023 it is important that you submit your application. For further enquiries contact Beth in the school office on 8869 6800.

OUR LADY OF LOURDES SEVEN HILLS Children to Return to Term 4 in Summer Uniform

Children are required to wear full school uniform at all times including appropriate haircuts and limited jewelry. Parents' support is essential to ensure their child wears correct school uniform each day.

The following information and images provide clarity about school expectations upon the return of students to school in Term 4, 2022.

Boys hair is to be kept neat and tidy, off the collar, of consistent natural colour, of gradual even grade and all extremes of fashion are to be avoided. Some examples of "styles" that are unacceptable include: ridges, lines, undercuts, steps, bowl cuts, any excessive shaping with gel, and any shaving cuts. The school reserves the right to make rulings on the acceptability of any student hairstyles.

Girls hair is to be of consistent natural colour. Hair that is longer than shoulder length is to be tied back from the face. Hair is to be off the face and out of the eyes. Ribbons, hair slides etc, if worn should be in the uniform fabric or blue. No nail polish is to be worn to school.

Girls Summer

- blue check dress with navy piping & navy tab
- navy school jacket with school crest
- navy jumper with school crest (optional)
- navy (ankle) sock
- black shoes (lace up/velcro)
- navy broad brim hat or cap with school crest
- navy bag with school crest

Boys Summer

- school classic blue short sleeve shirt with school crest
- navy (blockers) shorts
- navy jacket with school crest
- navy jumper with school crest (optional)
- navy (ankle) socks
- black shoes (laceup/velcro)
- navy broad brim hat or cap with school crest
- navy bag with school crest



Girls and Boys summer uniform Samples of acceptable school shoes



Girls and Boys - Sports

- navy polo shirt with classic blue trim & school crest
- navy shorts with OLOL embroidery
- navy school jacket with school crest
- navy track pants with OLOL embroidery
- white (ankle) sports socks
- predominately white sand shoes (lace up/velcro)
- navy broad brim hat or cap with school crest
- navy bag with school crest

Other items available...

excursion/library bag

• scrunchies and head bands

All items of school uniform & school bags are available from Oz-Fashions and can be ordered through the QKR app.



Girls and Boys sport uniform Predominately white sandshoes and correct length white socks



OUR LADY OF LOURDES PRIMARY



7 Grantham Road, Seven Hills T 8869 6800 www.ololshills.catholic.edu.au



Scan QR code to register your interest

Enrolling Now for Kindy 2023

Out and About

Purpose of Staff Development Days

School staff development days are used by schools to build on the knowledge and skills of our teachers, school leaders and school administrative support staff through a targeted professional learning program.

Professional learning is important in building the capabilities of all staff to ensure a highly skilled and professional workforce. School staff development days improve the learning outcomes of students by:

- providing targeted professional learning activities aligned to school strategic directions
- enabling whole school planning and enhancing teacher quality, school leadership and management practices
- implementing legislative and policy requirements.

Professional learning requires:

- all staff to participate in a cycle of continuous professional learning which contributes to whole-school improvement, including ongoing student progress and achievement
- all teachers and school leaders to participate in professional learning to fulfil their requirements when gaining or maintaining accreditation at the relevant career stage
- all staff complete relevant mandatory training to comply with legislative and school requirements, ensuring the safety and optimal functioning of the school.

Examples of school staff development day programs may include:

- analysing student and school data to identify student needs and provide a focus for teaching
- induction and mentoring programs to support teachers new to their school
- analysing school welfare support initiatives to meet student welfare needs
- using evidence-informed approaches to enhance teaching and learning programs, assessments and classroom practice
- developing programs to help students with special learning needs.

Speed zones

School zones operate on all notified school days, including school staff development days. They are effective from 8:00 to 9:30 am and from 2:30 to 4:00 pm. For more information visit the <u>School</u> <u>zones</u>

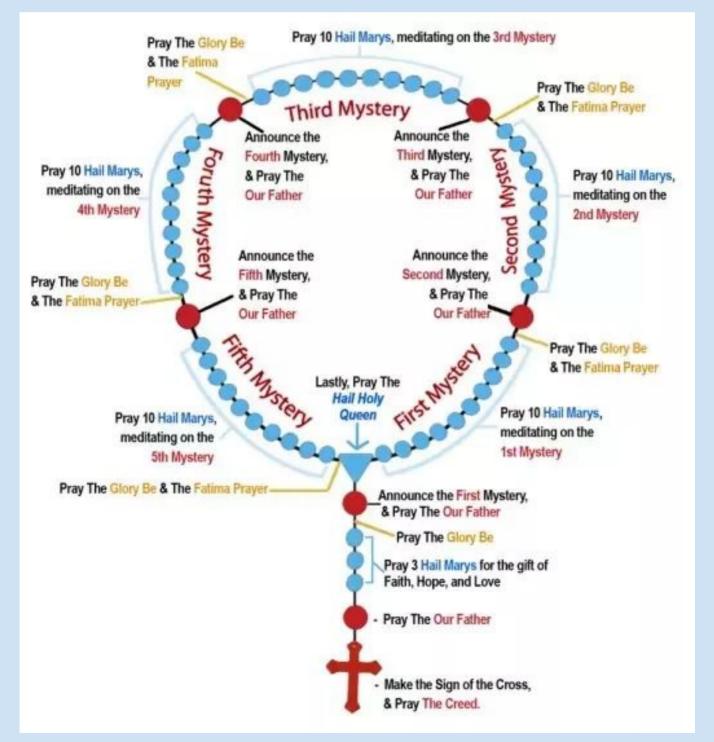
Margaret Ferguson - Assistant Principal

RE NEWS October - Month of The Rosary

October is the Month of the Rosary. We encourage you to pray the Rosary as a family.

Mary is the model of how to love Jesus. She lived her life with her eyes fixed on him. By reflecting on how she loved her son, we can learn how we also can love him and know him.

Praying the Rosary is a wonderful way to communicate with our spiritual parents – our Heavenly Father and our Mother Mary. When we pray the Rosary, we are calling on our spiritual parents to comfort, guide and inspire us. So when family relationships get tense, the Rosary is a powerful way to unite with our heavenly family.



RE NEWS First Holy Communion Candidates

The word 'communion' means to be united with; Catholics believe that in Holy Communion we are united in a special way with Jesus Christ.

At his last supper, Jesus said of the bread that he shared among his followers, "Take and eat, this is my body." When we receive Holy Communion, This is the way we are sharing in the body and blood of Christ.

Congratulations to the following children who have recently made their First Holy Communion.

Group 1 11/9/22	Group 2 18/9/22
Joshua Daniel Blackshaw Scarlett Bong Marijana Gluvic Peyton Lily-Marie Lanfranca Oscar Laskowski Elisabeth Helen Reardon Lourdes Ann Sadipoor Indie Rose Scanlan Rafael Williams	Isaac Abdelahad Nataliya Abdelahad Mia Awkar Kiyana Grace Cassaniti Lillian Chebat Jude Feliciak Eloise Goco Lachlan Greentree-Davis Hayley Greentree-Davis Julian Martinez Aaliyah Moussa Alexander Nowak Summer Rose Sindel Benjamin Spadaro

RE NEWS First Holy Communion Candidates







On Wednesday 21st September, we were so thrilled to hold our second ever Creative Arts showcase. It was a wonderful chance for the students of Our Lady of Lourdes to share their gifts and talents with the school community.

Congratulations to the students in the School of Rock Band, the School Choir, the Dance Fever dancers, our 4 amazing Pianists and the students selected from each class to play in the Percussion group. Your performance with the choir of "Sweet Child o' Mine" was just an amazing moment I will never forget. It's such an honour teaching Creative Arts to the students of Our Lady of Lourdes and it was very special to share the great things we learn with you all. Thank you!

Stay tuned on Facebook for photos and videos of the Concert.

Mrs Clare Willemse

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Parent Group Annual General Meeting

The next **Parent Group Annual General Meeting** will be held in Term 4, Week 3 on **Tuesday 25th October at 7pm** in the library. You are all very welcome to attend. If you would like to be more involved in the school community, would like to meet other parents and be part of some of the decisions about the school, we are always happy to welcome new and enthusiastic parents to join the team. A description of all the roles is included below. The group meets once each term. If you would like to nominate yourself or somebody else, or you are just interested in hearing more about the parent group, come along on **Tuesday, 25th October** to be part of it.

All parents are invited to attend.

Parent Group Annual General Meeting



The executive roles are outlined below.

President

- \star Chairs all meetings and ensures the smooth running of the meetings.
- ★ Prepare the agenda for General/Annual General Meetings with the other Executive Committee members
- ★ Liaise with the Principal to prepare the agenda for any of the Executive Meetings and liaise with the Principal at all times.

Vice President

- \star Assist the President in their duties as required.
- \star Preside as Chairperson at meetings in the absence of the President.

Secretary

- ★ Take minutes of all business conducted and ensure all minutes are signed by the President.
- ★ Receive and deal with correspondence, maintain copies of correspondence, bulletins and minute books.
- \star Give notice of the agenda to all members.
- ★ Maintain a register of members

Treasurer

- ★ Receive all monies and keep accurate records of monies received.
- \star Obtain and keep receipts for all monies paid by the association.
- ★ Bank all monies received.
- ★ Present at each General Meeting a statement of accounts showing receipts and expenditure during the current month, together with the current balance.
- ★ Present at the AGM an audited statement of accounts

Publicity Officer

- ★ Promote and publicise the events organised via the school newsletter and handouts.
 This includes notification of the meetings and calling for agenda items.
- \star Assists other members of the Executive Committee.

NETBALL NEWS

Congratulations to the boys and girls who attended the Parramatta Diocesan Netball Gala day at Penrith on Tuesday 13th September. This year, five teams took part in the gala day: Junior Boys, 9 Yr Girls, 10 Yr Girls, 12 Girls and one mixed senior team. All five teams played with amazing sportsmanship, pride and resilience. Thank you to all the parent helpers, teachers and students from Nagle college who assisted on the day.













Diocesan Education Mass

On Thursday 8th September, Ms Byrnes, Javiar, Anika, Christina, Sienna and Mrs Bou Serhal attended the annual Diocesan Education Mass celebrated by Bishop Vincent. Mass was followed by the Agency Mass expo to highlight the work of Mission Agencies in the Diocese of Parramatta

The Mass for the Parramatta Diocese was a welcoming experience. We are very fortunate to have attended such a beautiful celebration of Catholic Education. Representatives from all schools in our Diocese attended. As it was the Feast of the Nativity all hymns were reflective of the divine grace of Our Lady. The church's decor was beyond stunning and the phenomenal hymns produced by the amazing students of Catherine McAuley, really stood out.

As well as a great spiritual experience the missionary expo provided us as students, with the awareness of world wide problems such as refugee support and food donations. There were a wide variety of both primary and high schools which were all just as respectful and reverent as each other.

A huge thanks to the parish of St Patrick's Cathedral, Bishop Vincent and Ms Byrnes as well as the parent helpers for making this experience possible.



Javiar, Anika, Christina and Sienna.



Congratulations to students who received Gold and Mary MacKillop Awards

Kinder Loki Power, Eva Manugunta, Dorothy Steele, Aran Sriram, Ayan Bhattacharya, Lannah Zahra

- Year 1 Mary Garas, Mila Moussa, Shivang Ballupet-Prasad, Clare Nguyen, Amaya Chand, Annabelle Lo
- Year 2 Riya Jamindar, Orlando Martinez, Raadira Panjwani, Soane Kama
- Year 3 Harrison Winter, Andrew Touma, Summer Sindel, Lourdes Sadipoor, Tatum Leusden, Ellie Reardon
- Year 4 Lachlan Somauroo, James Touma, Indie-Rose Scanlan, Edward Zhuang, Sabareesh Srisrankaran, Joshua Jeganathan
- Year 5 Mahaa-Lini Mahendrarajah, Amelia Laus, Kavash Kandpal, Christina LaGuidara, Annie Bhatt, Bianca Fiorenza
- Year 6 DeAsia Fatafehi, Antonio Touma, Chris Yata, Laumanu Kama, DJ Leota, Leo Culili



MERIT AWARDS

Kindergarten	Zoe Qian, Anaya Chaudhary, Liana Baltazar, Cassandra Franco, Gurleen Insan, Sophia Chebat, Mahmut Yagci, Nicholas Redij
Year 1	Apadiet Ruei, Flynn Massey, Amaya Chand, Lucas Sager, Eymen Ozbay, Cadence Singh, Tyler Horvath, Cassandra Smith
Year 2	Liam Thapa, Eylem Semerci, Tishan Deo, Olivia Bong, Miya Gurung, Jessica San Diego
Year 3	Ihrah Jha, Alexander Madejski, Ryan Bandi, Mriden Arun, Jordan Un, Deon Panakkal, Ava Liaros, Miyah Awkar
Year 4	Sabareesh Srisankaran, Anthony Melki, Alexis Avia, Lachlan Osborne, Isaac Abdel-ahad, Bobby Li, Anish Parasnis, Tyson Mowbray, Abel Mathew
Year 5	Lachlan Greentree-Davis, Amber Patel, Karlos Ravic, Charlotte Martin, Laura Perkins, Natasha Kumar, Tohuia Kama, James Liaros
Year 6	Charlotte Byrne, Dylan Cortis, Jamie Hallett, Harry Sultana, Aaron Shrestha, DeAsia Fatafehi, Isley Williams, Sophia Pearce, Evren Semerci

ICE BLOCKS TERM 4 NOW ONLY AVAILABLE TO PURCHASE ON QKR! APP.



To maintain Ice Block sales during Term 4 we are using the pre-order system using the QKR! app. If you would like a zooper dooper for your child on a Monday, Wednesday or Friday starting in Week 1, you will need to pre-order by 11:00 am on the day. Zooper doopers will be sold for \$1 each.

Please do not send cash to avoid any disappointment. Ice Blocks can only purchased through the app from now on. This is available now on the Qkr! app. The first day for sales will be Wednesday the 12th of October.

You will need to set up or update a profile for each of your children on the Qkr! app so the ice block will be delivered to their classroom. A helpful guide is attached. Here is also a video for helpful guides for using the Qkr! app for purchases. https://www.youtube.com/watch?v=TjH9HjbpiE4

Thank you for your support.



Parents are responsible for:

Obtaining the relevant medication forms from the school and arranging for their completion and return

- Providing the medication in the original labeled container to the nominated staff member
- Ensuring the medication is not out of date and has an original pharmacy label with the student's name, dosage and time to be taken
- Providing a request by parents and written instructions from a medical practitioner for medication that is not obtained on prescription, indicating:
 - Name of student
 - Condition for which the medication is required
 - Guidelines for administration

BIRTHDAY CELEBRATIONS AT SCHOOL

Children wishing to share a birthday treat with their friends are encouraged bring in either wrapped lollipops or a small packet of chips. These can be distributed easily with minimal contact.



Uniforms

Uniforms online -

Parents are able to order uniforms using the Qkr! app. All uniforms delivered to school each Thursday will then be sent home via your child.

Please contact the office if you are picking up your child's uniform to ensure it has been delivered to the school.



STUDENTS ARE TO WEAR THEIR SPORTS UNIFORM ON THE FOLLOWING DAYS FOR TERM 4

KINDERGARTEN YEAR 1 YEAR 2 YEAR 3 YEAR 4 YEAR 5 YEAR 6 TUESDAY WEDNESDAY WEDNESDAY WEDNESDAY TUESDAY THURSDAY TUESDAY & FRIDAY

Water Bottles

Reminder to all parents to continue to send their children to school with water bottles.

Under the current COVID 19 guidelines school bubblers have been turned off so children need to bring their own water.

Thank you for your support



STUDENT EXTENDED LEAVE

Family holidays and travel outside of school holiday period will be considered individually based on your child's attendance. If the leave is more than 5 days you are required to complete an application for Extended Leave for travel of 5 or more days. This form can be downloaded from the school website or is available at the school office.

SCHOOL FEES

Term 3, 2022 Statement of Accounts were sent out to families.

If you have not received a statement or wish to discuss a payment arrangement plan, please contact Shyamala on 8869 6800 during Office Hours.

Thank you for your support with this matter.



If your child/children will not be returning to Our Lady of Lourdes in 2023, would you kindly inform the office.

Notice in writing will be accepted at any time during Term 4 in relation to the following year's enrolment. In this circumstance the requirement of 10 weeks notice will be waived.



Our next Staff Development Days (pupil free days) at OLOL are: <u>Friday. 23rd September Last day of this term</u> <u>Monday 10th October (Week 1 of Term 4)</u> <u>Monday 7th November (Week 5 of term 4)</u>

There will be no school for students on these days. If families need to arrange care for your children on these days please contact Lourdes OOSH on 9676 7293

CatholicOutlook

Catholic Outlook, the magazine of the Diocese of Parramatta, is now available as an online version click on the link to view the magazine catholicoutlook.info/Spring22

Or click on the link below which will take you a QR code to view the latest Catholic Outlook

https://oscarportal.parra.catholic.edu.au/SiteAssets/List s/NeedToKnow1/EditForm/QR%20Code%20Catholic% 20Outlook.png



Our Lady of Lourdes, Seven Hills

Compass Parent Portal A guide for Parents





How do I access Compass?

Compass is accessible on any modern web browser (Internet Explorer, Firefox, Chrome, Safari) or by using the Compass iOS or Android apps (continue reading to learn more about the app including how to use it).

To access the parent portal, you can go to <u>https://schools.compass.education/</u> where you can search for our school's direct URL.

Compass Apps

Jsing the app you car

- · View the school news feed
- Receive messages from the school
- View your child's timetable and the school calendar
- View Learning Tasks
- Add Attendance Notes
- View academic repo



The Compass home screen

App Store

The home screen provides you with relevant alerts and news, as well as quick access to your child's profile.

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School Calendar

- Link to school events

Your Children

- To access more information click on the relevant quick link or select Profile to access detailed information about your child.

Main Menu

- Allows you to access other Compass and school resources. The Tools icon allows you to update your contact details and change your password.

News

- Recent school news items and information relevant to you. This may include newsletters, details of upcoming events.

Alerts

 Custom notifications for items that require your action or attention. These may include excursion notifications, ordering options for school photos, absence notifications, survey, and student report availability.

https://www.compass.education/guide

Entering an Attendance Note

- 1. From the Compass home screen (or from your student's profile), click the Add Attendance Note item.
- 2. From the pop-up window:
- Select the reason
- Enter a brief description of the absence
- Select the start and finish time
- Click the 'Save' button

Where possible, attendance notes should be entered prior to the absence/lateness occurring.

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SMS Link

If your child is marked as absent without prior approval you will receive a message containing a link. When you follow the link, you will have the opportunity to explain the absence.

The link will expire after you have clicked it, meaning that it cannot be used to explain unapproved absences in the future. Instead, you will receive another message containing a new link, allowing you to repeat the process.

Viewing Academic Reports

1. From the home screen, click on the 'View Academic Reports' item or navigate to the 'Student Profile' and click the 'Reports' tab.

2. A list of 'Academic Reports' will be displayed. Click the report title to download the PDF.



Privacy and Security

When you use Compass you will notice a padlock appears in your browser's address bar on the left.

This is because Compass uses a technology called TLS (Transport Layer Security). This means that your Compass session is encrypted and secure. Further, Compass adheres to PCI DSS compliance obligations to ensure any credit card details are managed safely, consistent with industry credit card regulations.

We are committed to the privacy of your information.

For any other Compass questions please contact the school office on Ph: (02) 8869 6800 or E-mail: ololshills@parra.catholic.edu.au

UNIFORM ORDERS

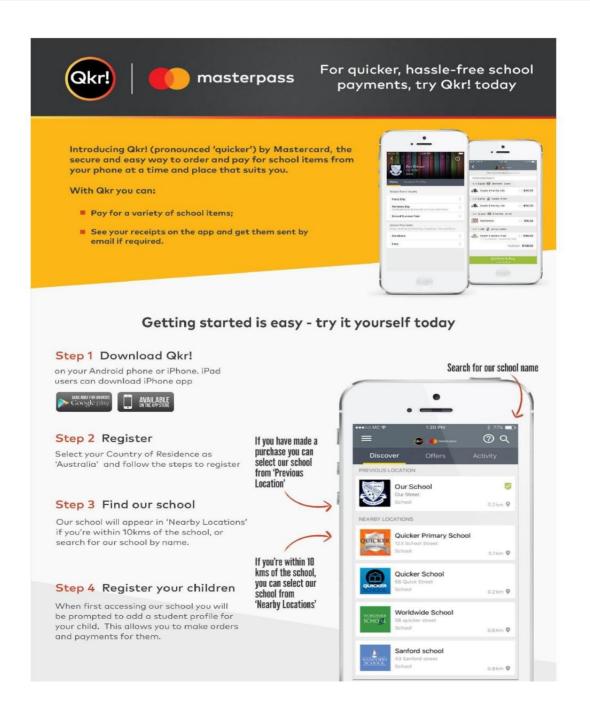
STUDENTS TO RETURN IN FULL SUMMER UNIFORM IN TERM 4

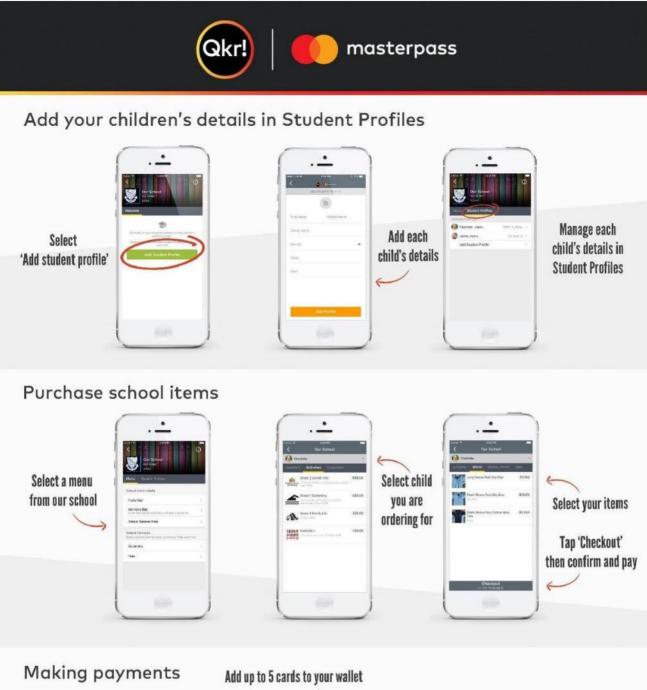
A friendly reminder that all orders are to be placed on the QKR app by MasterCard. Please follow the instructions below.

Delivery to the school is every Thursday during the school term free of charge and orders must be placed by 4pm Tuesday for delivery on Thursday.

All uniforms delivered to school will then be sent home via your child.

There will be no further deliveries this term due to the public holiday tomorrow 22nd September. The next delivery will be the 13th October, 2022.







At checkout select which card to pay with.

Pay with any cards accepted by the school.

Once your payment is approved you can continue to the home page, or view your receipt.

Our Lady of the Lourdes Seven Hills

Uniform Size Chart

Please use the below charts as a guide for the approximate sizing of uniform items.

	Boys Short Sleeve Shirt										
Description	Size										
Description	4	6	8	10	12	14	16				
½ Chest	39	42	44	48	51	54	57				
Body Length	49	54	59	61	64	68	71				

	Boys Shorts											
Size												
Description	4	6	8	10	12	14	16					
½ Waist	22	24	26	28	30	32	34					
Length	36	38	40	43	45	47	49					

	Boys Long Sleeve Shirt									
Description		Size								
Description	4	6	8	10	12	14	16			
½ Chest	38	40.5	43.5	46.5	49.5	52.5	55.5			
Body Length	52	57	62	66	71	77	81			

Boys Pants											
Size											
Description	4 6 8 10 12 14 16										
½ Waist	24	26	28	30	32	34	36				
Length	71	77	83	88	95	100	105				

All measurements are in cms and may differ 1-2cm For all items please lay them flat and measure on a flat surface.

Chest measurement is taken from underarm to underarm.

Body length is taken from the centre back to the bottom of the hem (under collar).

Waist Measurement is taken from left to right side of waist band.

Length Measurement is taken from top of elastic waist to bottom of the hem.

Our Lady of the Lourdes Seven Hills

Uniform Size Chart

Please use the below charts as a guide for the approximate sizing of uniform items.

	Girls Summer Dress									
Description		Size								
Description	4 6 8 10 12 14 16									
½ Chest	39	40	41	44	47	50	53			
Body Length	64	67.5	71	77.5	82.5	87	92			

	Girls Winter Tunic									
Description		Size								
Description	4	6	8	10	12	14	16			
½ Chest	38.5	39.5	40.5	43.5	46.5	49.5	52.5			
Body Length	60.5	64	67.5	74	76	84	88.5			

	Girls Long Sleeve Blouse											
Size												
Description	4	4 6 8 10 12 14 16										
½ Chest	37.5	39	41	45	48	50.5	53.5					
Body Length	51	53	54.5	58	61	63.5	66.5					

Poly Cotton Jumper											
Description											
Description	4 6 8 10 12 14 16										
½ Chest	36	39	42	45	48	51	54				
Body Length	46	46	48	54	57	61	61				

All measurements are in cms and may differ 1-2cm For all items please lay them flat and measure on a flat surface.

Chest measurement is taken from underarm to underarm.

Body length is taken from the centre back to the bottom of the hem (under collar).

Waist Measurement is taken from left to right side of waist band.

Length Measurement is taken from top of elastic waist to bottom of the hem.

Our Lady of the Lourdes Seven Hills

Uniform Size Chart

Please use the below charts as a guide for the approximate sizing of uniform items.

Short Sleeve Polo								
Description	Size							
	4	6	8	10	12	14	16	
½ Chest	34	37	39	42.5	45	47	50	
Body Length	49	52	55	58	61	64	67	

Sport Shorts									
Description	Size								
	4	6	8	10	12	14	16		
½ Waist	24	26	28	30	32	34	36		
Length	32	34	36	38	40	41	42		

Sport Jacket									
Description	Size								
	4	6	8	10	12	14	16		
½ Chest	42	44	46	48	50	52.5	55		
Body Length	53	55	57	59	61	63	65		

Sport Pant									
Description	Size								
	4	6	8	10	12	14	16		
½ Waist	23	25	27	29	31	33	35		
Length	67	72.5	79	85.5	92	97	102		

All measurements are in cms and may differ 1-2cm

For all items please lay them flat and measure on a flat surface.

Chest measurement is taken from underarm to underarm.

Body length is taken from the centre back to the bottom of the hem (under collar).

Waist Measurement is taken from left to right side of waist band.

Length Measurement is taken from top of elastic waist to bottom of the hem.