

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 4, 2022.

#### **FUTURE DATES**

Monday 15th August Feast of The Assumption - Liturgy in hall commencing at 9am - All Parents Welcome

Friday 19th August School Professional Photo Shoot.

Monday, 22nd August Staff Development Day - PUPIL FREE DAY - <u>No supervision</u> provided - please contact OOSH on 9676 7293

Friday August 26th 9:00 Book Week Assembly followed by sharing books and morning tea on the playground - All parents welcome

Last day of Term 3 Friday, 23rd September Staff Development Day -No staff on premises on this day - please contact OOSH on 9676 7293



<u>360° Virtual</u> <u>Tour of OLOL</u>





Dear Families of Our Lady of Lourdes,

In these two weeks we celebrate the feast day of Saint Mary of the Cross MacKillop and the Feast of the Assumption that honours Mary as Mother of the Church. Two ordinary women who, firm in their faith in God, strived to answer God's call. Both these women bore witness to God's love and shared their faith with others.

Monday, 8th August, was the anniversary of the death of Saint Mary of the Cross MacKillop. When we look back at the significance of her life we are reminded of her strength and courage. She believed in the healing power of her faith in God. Through God's love Saint Mary transformed the lives of ordinary people by reaching out to others in need.

On the Feast of the Assumption on the 15th August it is appropriate to reflect on Mary's words to Elizabeth. What a magnificent example she is to each of us. Mary leaves no doubt that she loves to praise God in all circumstances. She remembers God's mercy, power and faithfulness. She brings encouragement, support and love.

Thank you to those parents who were able to join us for our liturgy on the occasion of the Feast of St Mary of the Cross MacKillop last Friday. Your presence as we celebrate our faith life is greatly valued by staff and children. I also warmly invite you to our liturgy in the hall to celebrate the Feast of the Assumption next Monday at 9:00am.

> God Bless Keiran Byrnes

## 10th AUGUST, 2022



bag

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 2022**

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 2022 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 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 BOOK WEEK 2022



*This year we will celebrate Book Week with a special assembly and Book Week activities on Friday August 26th.* 

The day will begin at 9:00 am with an assembly and Book Week parade to which all parents are warmly invited to attend. Students are invited to dress as a favourite book character. Parents are reminded that costumes should be appropriate - no pretend guns or knives - and that book characters chosen should also be appropriate from texts with suitable themes for primary school students.

The assembly will conclude at approximately 10:30 with parents invited to bring a picnic rug and share morning tea and a favourite book with their child. At the conclusion of morning tea students will move into cross stage groups to engage in literacy activities. In the afternoon students will once again be involved in cross stage teams for our annual trivia quiz. We hope that many parents will be able to join us for this special celebration.

Margaret Ferguson - Assistant Principal

# Photo Shoot Friday 19th August, 2022



We will be updating professional photos for our school website and promotional materials. These photos will focus on learning and various school activities. Please ensure your child is in full school uniform and well groomed.

## Winter Uniform: Kindergarten, Year 1, Year 3, Year 4, Year 5, Sport uniform: Year 2 and Year 6

Please ensure that your child wears their complete uniform and is well groomed everyday. Below are great examples of children wearing their uniform proudly.







# Tell Them From Me (TTFM) Partners in Learning Survey

Please find below further details about the feedback provided by parents in the 2022 TTFM survey.

## Parent Survey Inclusive School

We asked: Do teachers help students develop positive friendships, help students who need extra support and take an active role in making sure all students are included in school activities?

**You said:** You rated inclusive school 7.6 out of 10

We say: You rated our school above the norm for the Diocese. We firmly believe teachers have an active role in making sure all students are involved, including those students who need extra support. We will continue to work to be inclusive of all students.

## Parent Survey Parents Support Learning at Home

We asked: Does someone in your home discuss with your child how they are doing in class, what their challenges are, and the importance of school?

**You said:** You rated parents support learning at home 7.7 out of 10

We say: You rated our school above the norm for the Diocese. When parents show a genuine interest in their child doing well at school it makes a difference to positive student outcomes. Partnership between school and home is critical.

### Parent Survey Safety at School

We asked: Are behaviour issues dealt with in a timely manner and does your child feels safe at school?

**You said:** You rated safety at school 8.0 out of 10

We say: You rated our school above the norm for the Diocese. We think our clear expectations of Respect, Responsibility and Readiness to learn helps to maintain positive behaviour in the classroom and on the playground.

## Parent Survey School Supports Learning

We asked: Do you feel teachers have high expectations for your child to succeed, show interest in your child's learning, expect your child to work hard and do their best work?

**You said:** You rated school supports learning 7.8 out of 10

We say: You rated our school above the norm for the Diocese. It seems we really are on the same page. Like you we want your child to succeed in their learning.

# The Feast of the Assumption Liturgy

# MONDAY 15TH AUGUST, 2022 - 9AM

On Monday 15th August, we will have a liturgy in the school hall to celebrate the Feast of the Assumption This will begin at 9am. All parents are invited to attend. This will be led by Years 5 & 6.

The Catholic Church celebrates the Feast of the Assumption of the Blessed Virgin Mary. On this Feast, Catholics traditionally celebrate Mary going to heaven. The tradition is that 'God took Mary, body and soul, to heaven after her life on earth had come to an end'. We look forward to seeing you there.



# WHS Fire Drills



To ensure the safety of students during a fire emergency, our school has a simple, step-by-step evacuation plan that explains to every staff member and students, what to do during a fire. These drills are carried out regularly each term. This term we have a Split-Areas Fire Drill scheduled which will prepare us for a potential fire in the middle of the school.

# Science Kaleidoscope Incursion Stage 2

# **Our Science Incursion**

In our science incursion we learnt about matter which has 3 different states: liquid solid and gas. We mainly learnt about gas. One of the experiments we did was he put dry ice in a cup and then poured some warm water on it and it didn't even melt! It just turned into gas. Another experiment we did, the guy got a volunteer and they put their hand on it and one was colder than the other. The one that was cold was made of metal and he explained that metal gets colder guicker and the plastic gets colder slower. After he explained about the metal he put ice on both and the one that was quicker melted faster and the one made of plastic melted slower because the metal one also gets hotter faster. We also did an experiment with plasma! The man running the incursion brought out a plasma ball that he called a toy. He explained that the plasma ball can generate plasma like what is in lightning! After that he pulled out a bottle that had to screw in the side e and brought out a tesla coil and put it near the bottle, it made a little fire! Then he brought a large bottle out that had screws in the side of it and we saw a massive fire (don't worry, it was controlled).

That Was Our Incursion

## **Our Science Incursion**

In our Science Incursion we learned about matter. We had someone from Kaleidoscope come over and teach us about the three states of matter. These states are called Solids, Liquids and Gases. We also learned more about atoms. We had some different experiments, like dry ice turning into gas and the ice didn't even melt! Then we had two of the same square plates. They were exactly the same except one was metal which made it cold and one was plastic which made it warmer so we put ice on it and the metal one warmed it quicker! We also got to see an experiment with plasma! The guy got one bottle and put two screws with it and then got his toy plasma ball and put them together and it made plasma inside of the bottle. Another cool thing he did with the dry ice is he put them in little containers of warm water and then POP! They went flying. Then he did one with carbon dioxide where he put it in a bottle and then put a balloon on the top and then, because the carbon dioxide had nowhere to go, it filled up the balloon and the balloon popped! Then he brought out mercury and then poured it into a heart-shaped chocolate mould, put it in a cooler and then it froze.

Tatjana Paku

# Science Kaleidoscope Incursion Stage 2





# Science Kaleidoscope Incursion Stage 2



# **Kindergarten Farm Excursion**



On Monday August 1st, Kindergarten went on an excursion to Calmsley Hill Farm! The children experienced a variety of activities and were introduced to many different animals. On arrival students were greeted by Farmer Jack and Farmer Georgia! They were our tour guides for the day.

After recess the children went on a guided tour around the farm. They were introduced to animals like; Maggie the Cow, Coco the Camel, Jonah the Koala and Sally the Sheep. We were lucky enough to take a ride on a tractor and walk through the nursery.

We then watched different shows which gave us an insight into what happens day to day on the farm. We watched the whipping, dog and sheep shearing shows. The children had a great day and are looking forward to learning more about farm animals during our Investigations unit!



# 100 Days Smarter!



On Tuesday August 2nd, Kindergarten celebrated 100 days of being at school. We called it 100 days smarter! Throughout the day children enjoyed different activities with the theme of 100.

In the morning children made a 100 days smarter crown and created a picture of what they would look like when they are 100. After recess children engaged in different rotational activities. These activities included

making a 100 fruit loop necklace, spending \$100, making a 100 cup structure, dressing up as 100 year olds and making 100 glasses. The children had an amazing day celebrating 100 days smarter!



# Parents Representative Council SUPPORT | CELEBRATE | EDUCATE



# Help your boys become respectful men



Our guest speaker for the PRC parent engagement event is:

# **Dr Andrew Fuller**

Andrew is a clinical psychologist and family therapist who works to create resilience in families, communities and schools. He specialises in how children learn and how their educational outcomes can be improved. He is the author of many parenting and wellbeing books.

#### **Register here to attend**



Andrew will talk about how we create an awareness in boys of their power to become wonderful young men who can make a difference in the world through building healthy elationships, having a sense of meaning and purpose and creating a great life for themselves.

## **Our Presentation Partners**



**IOLIC EDUCATION** ESE of PARRAMATTA

# Monday 15 August 2022

Doors open: 6:30pm for 7:00pm (2 hours) (PRC General Meeting will be held prior to guest speaker) St Dominic's, 54-94 Gascoigne St, Kingswood, NSW 2747 Check out our Facebook site Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!



# THANK YOU TO OUR SPONSOR Floral Expressions

Flowers for every occasion or just for no reason at all www.floralexpressions.com.au 02 9683 1116





**MEDICATION POLICY** 

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



THERE ARE SOME CHANGES TO THE DAYS STUDENTS WEAR THEIR SPORTS UNIFORM THIS TERM. PLEASE SEE UPDATED DETAILS BELOW STUDENTS ARE TO WEAR THEIR SPORTS UNIFORM ON THE FOLLOWING DAYS FOR TERM 3

KINDE	RGARTE
YEAR 1	I
YEAR 2	2
YEAR 3	3
YEAR 4	4
YEAR 5	5
YEAR 6	5

Ν

TUESDAY WEDNESDAY WEDNESDAY TUESDAY THURSDAY & FRIDAY TUESDAY & FRIDAY





#### 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.



# **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 have now been sent out to families.

If you have not yet 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.

## Premier's Reading Challenge

The Premier's Reading Challenge officially concludes next Friday, August 19th. To date 31 students have completed the challenge and have had their records validated. During the week, books read in the classroom, will be added to the reading records of students in Kindergarten, Year 1 and Year 2 which will result in most of the students in these grades completing the challenge and receiving a certificate at the end of the year. Parents of students in these grades may find that when they log on to complete their child's challenge record that it is already completed. This will be due to the books that have been read at school having been added.

If your child is participating in the challenge and have not yet entered the books they have read into their online reading log This needs to be done by Friday the 19th to ensure that they are included in the challenge.

Logon details were distributed to all students at the beginning of the year. If you are having any issues accessing the challenge page or entering your child's book into their reading log please contact Mrs Cividin at the school.





#### Congratulations to students who received Gold and Mary MacKillop Awards

- Kinder Xavier Kennedy, Noelle Nehme, Sophia Chebat, Oviya Adhikari, Kyan Prajapati, Amreen Kaur
- Year 1 Evan Cao, Aarit Shah, Mary Garas, Aisha Khandokar, Tyler Horvath, Mia Forest
- Year 2 Austin Guo, Jeremy Davis, Olivia Bong, Savana Smith, Cody Gonzales, Joshua Coleman
- Year 3 Joshua Magtanong, Marijana Gluvic, Alexander Madejski, Peyton Lan Franca, Oscar Laskowski Lillian Chebat
- Year 4 Joshua Jeganathan, Bobby Li, Anish Parasnis, Hayley Greentree-Davis, Isaac Abdel-ahad, Hannah Ingleby
- Year 5 Bianca Fiorenza, Laura Perkins, Anita Nguyen, Tohuia Kama, Rubie Daaboul, Avish Pragash
- Year 6 Dylan Cortis, Harry Sultana, Brodie Holley, Timothy Heenpellage, Charlotte Byrne, Sophie Shaw



## TERM 3 2022 MERIT AWARDS

Kindergarten	Grace Boktor, Elijah Naim, Xavier Sadipoor, Dorothy Steele, Marlin Deo, Dante Cassaniti, Mia Tamayo, Nia Patel
Year 1	Arjun Averini, Emilia Bogicevic, Geoffrey Amaldass, Nivani Vithange, Sebastian Gluvic, Annabelle Lo, Jaxon Blackshaw, Chloe Rodrigues
Year 2	Smaksh Arora, Evelyn Zaw, Tishan Deo, Alina Monteiro, Navdev Nithin, Sophia Hlentzos, Arush Soni Isabella Chebat
Year 3	Andrew Touma, Mariana Christou, Ellie Reardon, Julian Martinez, Tilly Zhu, Morgan Leary Abhinav Valdamudi, Aaliyah Moussa
Year 4	Edward Zhuang, Sukhleen Insan, Oscar King, Kyra Prajapati, Lachlan Somauroo
Year 5	Karlos Ravic, Jot Minhas, George Safiti, Kavash Kandpal, Amelia Laus, Matthew Cadavid, Levi Dickson,Tahlia Herczeg
Year 6	Ben Albion, Kara Whybin, Antonio Touma, Javiar Bou Serhal, Masyn Buckley, Ashton McLoynes, Laumanu Kama, Rushil George, Ada Feliciak, Lucas Albion, Riley Dobbie



# THURSDAY 22ND SEPTEMBER 1:30 PM SCHOOL HALL



# 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.

Ange P 12 College	Contraction from the Mone of Septement Concernent in reference of the contract approach is a contract on equilibrium Claim for any approxim
	Factor States States Technique 1917 Marie States Frances 1918 Marie States States
m. Facily address	(The form for its relating
WHE Charlos of Science Street	Panel or a Utager allocated
- Sectors Brits ( grant diseased and	These transitioning of constant do not the a
Inter Associates Description	Althout
ni, Aurori, Scaller, Spaller, Territerenter	tar-to-set
Dife Alion	lan bid by
with channess Silveran Laword	Register Vol
national for the Analysis de Alexandro de Alexandro (agrece) de la constante la constante de la constante de la constante de la constante	Weige and beat is a set of a provide sign of the provide set of the contract of the set of the s
nin finite.	Ken Dooren Mille lee
	salastic statutes and
	the birty further of the constant on process that the second of the seco
	Exemple and a second second
	And the second second
	PERSONAL PROPERTY DESCRIPTION
(Malanana kas	- And
Welcome bad Our Lady Hills	: Clare! of Lourdes Primary School - Seven
Our Lady Hills	of Lourdes Primary School - Seven
Our Lady Hills	of Lourdes Primary School - Seven
Our Lady Hills	of Lourdes Primary School - Seven
Our Lady There is Attendance Note that in Pease cick here to review. My News	of Lourdes Primary School - Seven
Our Lady Hills There is 1 Attendance Note that in Please click here to review. My News	of Lourdes Primary School - Seven
Our Lady There is Attendance Note that in Pease cick here to review. My News	of Lourdes Primary School - Seven
Our Lady     Our Lady     There is 1 Attendance Note that in Please click here to review.      My News     Care Willerman     Care Willerman     Care Willerman	of Lourdes Primary School - Seven
Aur Lady Dur Lady There is 1 Attendance Note that an Resear click here to review. My News Care Willering 2021 Athletics Carrival Tomoror Door Parents.	of Lourdes Primary School - Seven

### 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.

il brokens	namen blev av Separat Defer af den bester New Net Defer av Separat		What is an Attenda
	in chesins		when your child is absent or
1.1.1	ne # Station Nazire Gerleerina		
the dataset Persons	år.		
Note Details			Patentially Affected Basewice
Po'Nes	No. 5120	10	NEW Set
Enders, Germanns	features) are closed approaching decises		Ball, She's Case. Televallet (100 Pr
exportent level			
e Adam Tone	$\sim$ lines ( and ) and ( and ) and ( a second secon	Adams.	
1001	INDER COMMAN OF STREET, IN		
MARK .	WOOD Name without w		



### **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

#### **Uniforms online -**

All uniform orders are placed on the 'QKR' app. Please ensure that you have updated your child's profile to ensure uniforms are sent to the correct classroom.

If you have any questions in relation to school uniforms please contact Elle from Oz Fashions on 0421 216 414.

Uniform orders placed on Tuesday will be delivered to the school on Thursday and sent home with your child. Please contact the office if you are picking up your child's uniform to ensure it has been delivered to the school.







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	4 6 8 10 12			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	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 Size											
Description	4	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.