ST VINCENT DE PAUL PRIMARY SCHOOL
NEWSLETTER

"As a Catholic School, St Vincent de Paul School is a place where an individual is part of a caring, nurturing and supportive community which continues to develop in people, the faith, qualities and values in the Gospel."

Number 14
15th August 2013

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CARING FOR ONE ANOTHER

St Vincent de Paul Primary School

Feast of the Assumption
of the Virgin Mary
15th August

Rev 12:1
A great sign appeared in heaven:

a woman clothed with the sun,
and the moon beneath her feet
and on her head a crown of twelve stars

‘My being proclaims the greatness of the Lord. My spirit finds joy in God my saviour.’ Luke 1:46

The Assumption of Mary is the day we remember the ascension, the going up of Mary, body and soul to heaven.

We pray we are willing to say ‘yes’ to God’s calling and are able to fulfil our role as lovingly.

Hail Mary

Hail Mary full of grace, the lord is with you;
Blessed are you among women and blessed is the fruit of your womb, Jesus.
Holy Mary, mother of god, pray for us sinners, now and at the hour of our death.

Amen
Dear Parents,

Welcome back to our Year 5 class who spent the last three days on camp at sunny Anglesea. It was great to see the level of enjoyment and engagement that each student showed while involved in a range of activities throughout the three days of camp. The children’s behaviour and the co-operation shown to all involved in the camp were outstanding. Thanks to the staff that attended the camp and gave willingly of their time to make this learning experience possible for the Year 5 children. Our school is very lucky to have staff that does not hesitate to take on the responsibility of activities such as camps.

Thanks to all families for supporting the Mission Fete last week. The activities run by children from all year levels were fantastic and managed to raise a substantial amount of money that will now be used to support the work of the Columbian Mission Society in Chilli.

SKOOLBAG APP

Within the coming weeks, St Vincent de Paul Primary will be introducing a new app to improve communications to all families.

The Skoolbag app will be available on both iPhone and Android. We will be asking parents to install our Skoolbag School App.

We are heading in this direction because the newsletter has, overtime, become increasingly larger in size and the paper usage has reached an unmanageable level.

Not only is this for newsletters, but it will also be used to provide you with updates on, for eg - bus arrival times from excursions, cancellations of sport days due to inclement weather etc. These notices will be sent to you through push notifications.

Over the coming weeks, we will pass on further information as to the commencement date and instructions regarding downloading the Skoolbag App.
Mission Fete

Last Friday on the 9th of August we held the Mission Fete. It was an extremely successful event, with $2325.85 being raised for the Missions. There were crowds of people around to be seen having a great time.

Some of the highlights were the delicious cupcakes, the terrifying Haunted House and all the fantastic and fun mini games. There was no shortage of yummy treats either.

Thank you everyone for your great support in helping us raise an amazing amount of money for the people in Chile.

Social Justice Leaders      Claudia, Penelope, Jacob, Kristyn and Mrs Milne

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Donation box at office      “Let’s help Luca”

Hello, my name is Luca. I am Adalia Divincenzo’s (6B) six month old, baby cousin. I have recently been diagnosed with cancer (Neuroblastoma) and am currently receiving treatment to help me overcome this illness. I am asking for any donations to help raise money for my medical expenses. Any donation left in the box at the office will be greatly appreciated.
LOST PROPERTY – PLEASE, PLEASE, PLEASE, LABEL YOUR CHILD’S CLOTHING AND LUNCH CONTAINERS

The Lost Property Cupboard which is located beside Year 2 Green is overflowing with named and un-named clothing and plastic food containers.

The Admin staff are no longer responsible for returning named items to the Orange Tray as it must be the responsibility of the child to look after his/her clothing and containers.

PARENTS – PLEASE TAKE THE TIME TO CHECK THAT YOUR CHILD’S CLOTHING AND PLASTIC FOOD CONTAINERS ARE CLEARLY LABELLED.

PLANNING FOR 2014

As part of planning for next year, parents that have accepted, or are planning to accept enrolments at another school, are asked to notify John Grant in writing by the end of Term 3. We have families waiting for places in a number of year levels and therefore require an indication if children are not returning in 2014.

SPORTS NEWS

Athletics:

Trials for our school Athletics team (Year 4, 5 & 6 students) will be held on Friday 16th August from 11.30 – 1.30 pm at Cross Keys Oval.

Netball:

Congratulations to our Year 6 Mixed Netball Team.

The team played in the Western Metro Regional Finals in Geelong on 8th August.

Congratulations to: Lucy Bush-Butler, Maddison Bosio, Ned Cook, Ella Goddard, Ava Lugli, Tayissa Moravski, Madison Pane, Olivia Rawson, Sarah Sullivan, Gabe Sulzberger, Georgia ten Dam.

LIBRARY

Next week is Book Week! The theme for this year is “Read Across the Universe”.

It has been decided that on the Friday 23rd August, all the children will be allowed to dress up in their favourite book character or something connected to the theme. They might like to come as an alien, an astronaut, a planet or even Buzz Lightyear!

Due to the renovations there will not be a parade but each class will choose one person to win a prize for being the best dressed person.

On the same day, we will have Author Lee Fox visit the school and talk to the children.
PREMIER'S READING CHALLENGE

Congratulations to the following students for completing the Reading Challenge:

Prep Gold: Anthony Nesci; Matthew Nesci; Julia Torcaso; Luca Mancini
Prep Green: Kate Hannan; Ari Weidman; Mia Mardini; Aislin Leahy
Prep Blue: Alexander Verginis; Ianthe Verginis;
1 Blue: Keira Daquino
2 Blue: Alessia Torcaso
3 Blue: Tiana LoGiudice
4 Blue: Max Johnston

1 Gold: Amaya Mannarino; Joshua Hannan
2 Gold: Harry Johnston
3 Gold: Gabrielle Morabito

The final date for books to be entered and verified is 12th September 2013.

Books cannot be entered or verified after this date so please ensure you email me prior to this date to ensure your child's books are verified and completed so that they receive their certificate from Premier Naphine.

Happy Reading - Alison Mammone alisonmammone@optusnet.com.au

ART SHOW 2013

SAVE THIS DATE!

TERM THREE - WEDNESDAY, SEPTEMBER 18TH

AS YEAR ONE ARE USING THE HALL, THE ART SHOW WILL TAKE PLACE IN THE CORRIDORS AND KIRINARI CENTRE

BOOK CLUB REMINDER

Please check and highlight the return date for Book Club orders. LATE ORDERS CANNOT BE PROCESSED.

CLOSURE DATE FOR TERM 3

Please put this date in your diary for next Term - Wednesday 21st August
Well done to all those that participated in the Maths Puzzles! Everyone that had a go will receive a prize. The answers are below.

Look out for some new puzzles in Week 7!

*Raymond and James – Yr 6 Mathematics Leaders*

### Basketball puzzle

Possible scores in both games are shown in the table below. Did you find them all?

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### How many squares?

12 squares were covered.

Some solutions were:

\[
4 + 4 + 4 = 12 \quad 3 \times 4 = 12 \quad 4 \times 3 = 12 \quad 3 + 3 + 3 + 3 = 12
\]

or draw in the squares!
CARD CALCULATIONS

Developing Mathematics Through Playing Cards

Look out for your Card Calculations pack which has been sent home tonight with the eldest child in each family. Card games can be very useful for reinforcing and developing mathematical ideas and procedures previously introduced to children. They are fun and create a context for developing children’s mathematical reasoning.

We hope you enjoy the games and would love to hear your feedback on how you have used them in your household or other games you play. Please email or leave feedback at the front office.

Have fun!

Joanna Pringle Mathematics Coordinator  jpringle@svstrathmore.catholic.edu.au

CALENDAR 2013 - ST VINCENT DE PAUL

AUGUST

10th  Book Week
24th  SCHOOL CLOSURE DAY
23rd  Book Week Author Visit- Lee Fox (NO PARADE THIS YEAR)
31st  1st Communion

SEPTEMBER

1st  1st Communion
     Fathers Day
4th  Mass – Year Four
6th  "Up in Lights" Performing Arts Showcase – Choir and Performing Arts Group
7th  1st Communion
8th  1st Communion
9th  District Athletics
11th  Mass – Prep & Six
     Parish Education Board Meeting – 7.30 pm (Staffroom)
18th  Art Show
20th  END OF TERM THREE (STUDENTS DISMISSED AT 1.30PM)

OCTOBER

7th  TERM FOUR BEGINS
15th  St Vincent de Paul Feast Day Activities
23rd  Parish Education Board Meeting – 7.30 pm (Staffroom)
     Mass – Year Five
30th  Mass – Year Four

NOVEMBER

5th  Melbourne Cup
6th  Mass – Year Three
13th  Mass – Year Two
20th  Mass – Year One
27th  Mass – Year Prep

DECEMBER

4th  Planning Day – School Closure
Best oils for cooking

Oils are a major part of our diet, we use them for cooking, baking, stir-frying, dressings & marinades, but choosing the right one can be confusing. When choosing an oil, you want to consider two main points; the health benefits & the smoking point.

The smoke point is the temperature where the oil begins to smoke. At this point the flavour & nutritional quality start to deteriorate and the oil is more prone to bursting into flames. The smoke point determines what the oil can be used for. A high smoke point is ideal for deep frying whereas an oil with a low smoke point would be better used as a dressing. Some manufacturers indicate on the label if the oil is ideal for high, medium or low temperature cooking.

The health benefits of using olive oil are well known. This stems from the Seven Countries Study which showed that while 40 percent of the calories consumed in Crete (Greece) were from fat, the incidence of heart disease was one-thirtieth the incidence in Finland, which had a similar level of fat intake. The main difference was the source of fat in the diet. The Cretans used mainly olive oil whereas the Finns used mainly animal sources of fat.

Olive oil should be staple in most pantries. The best ones to buy are cold-pressed, extra virgin olive oils in a darkish bottle or can. Cold-pressed refers to the technique whereby the oil is extracted by simple pressure and without the use of heat or chemicals. ‘Extra virgin’ and ‘virgin’ come from the very first press; virgin is slightly more acidic than extra-virgin. They contain the highest content of phytonutrients which are linked with lowering heart disease and breast cancer, whereas ‘olive oil’ and ‘light olive oil’ contain very little or no phytonutrients as they have been removed by processing. That is why they have a lighter colour and flavour.

All fats supply the same amount of kilojoules or calories so it is important not to get tricked into thinking that some are lower in calories which can be the case when labels such as ‘light olive oil’ is used. The light/lite in this instance refers to the colour or flavour.

So what oils should you keep in your pantry? Choice magazine did a review on all the different oils, keeping in mind their nutritional and health qualities as well as their usefulness in cooking. What they found is that some good all-purpose oils were Grapeseed and Sunflower oil. Both offer good heart protective factors as well as having a high smoke point. Canola is another good all-purpose oil. Canola is lower in saturated fats than any other oil as well as containing a powerful amount of heart healthy omega-3 and monounsaturated fats as well. The flavour is relatively neutral making it good for cooking and it has a relatively high smoke point.

The nut oils have a much stronger flavour so are good for stir-frying and salad dressings. Nut oils are sensitive to heat and light so best kept in the fridge. Olive oil is best used on lower heats such as grilling, stewing and slow cooking. It also works best on salads, marinades and Mediterranean dishes.

Michele Pink
Good Health Nutrition & Dietetics
Accredited Practising Dietitian
Safe – Green – Smart
How We Travel to School

Green Travel Plan Update:
The draft Green Travel Plan (GTP) is currently with Council for review. We hope to have approval for the plan by the end of August and ready for a grand launch before the end of Term 3.
The plan outlines the school’s vision, principle aims, targets and an action plan to meet the key objectives of Council’s Better Moves Around Schools Program which are:

- To increase the number of students walking and/or riding to school.
- Create a safe environment around the school during drop-off and pick-up times through the reduction in car trips and improved driver behaviour.
- To build a school culture that supports sustainable travel by motivating, encouraging and educating students and their families on the benefits of walking and riding to school.

Thank you to the parents and students who provided wonderful input at the workshops held earlier this year and to the Parish Education Board for their involvement. Without these contributions we wouldn’t have a plan.

Environmental Information: Leaving the car at home really does reduce your carbon footprint! Our cars and the way we use them are responsible for nearly a fifth of all household greenhouse gas emissions. This represents a whopping 16% of Australia’s total greenhouse gas emissions. Half of our car journeys are less than 3 km. The best transport for that length of journey is not a car, bus or train – It’s our feet! Try walking.

Traffic and Parking Information:
Children’s crossings: Stopping your vehicle on or too close to a children's crossing may mean that a child entering the crossing can’t see or be seen by an approaching car.

When a child's crossing is in operation (i.e. when the flags are displayed), you must not stop:

- on a children’s crossing
- within 20 m before the crossing
- within 10 m after the crossing.

This means that stopping momentarily to let a child out or pick a child up is an offence. These restrictions do not apply when flags are not displayed and the crossing is unattended.

However, if there is also a 'No Stopping' sign at the approach to the crossing, you must obey it at all times.

Safety Tips: Crossing the road

- Walk straight across the road – don’t jay-walk.
- Keep checking in both directions to make sure the way is clear.
- Do not cross the road from between parked cars as drivers may not see you.
- Try not to cross near trees or bushes because drivers may not see you.
- Avoid crossing near a bend or crest in the road. Give yourself a good chance to see vehicles coming from both directions.
- Avoid crossing on roundabouts, as they are very busy and complex and cars are not required to give way to you, unless there is a pedestrian crossing.