The Blessing of Winter

As the days and night grow colder and frostier, and the grumblings and mumblings about the cold weather grow louder and more persistent, let us give thanks for the many quiet blessings of this season.

We give thanks for the blessing of winter:
Season to cherish the heart.
To make warmth and quiet for the heart.
To make soups and broths for the heart.
To cook for the heart and read for the heart.
To curl up softly and nestle with the heart.
To sleep deeply and gently at one with the heart.
To dream with the heart.
To spend time with the heart.
A long, long time of peace with the heart.
We give thanks for the blessing of winter:
Season to cherish the heart.  Amen
Michael Leunig

May Christ dwell in your hearts through faith.
May we be planted and grounded in love and grow in all ways into Christ.
Dear Parents

All families are reminded that bookings for student learning conferences/parent teacher interviews close next Monday 17th June. Please ensure you have logged on to the web page www.schoolinterviews.com.au to make your bookings. The school event code is Y74FN. Each interview is scheduled for 10 minutes and families are asked to respect this time limit as over run interviews then significantly impact on those that follow, teacher have been instructed to keep all interviews within the time schedule.

All parents are advised NOT TO PARK OR DRIVE in any part of the parish property school yard BETWEEN 8.00AM-9.00AM and 3.00PM-4.00PM. This presents a high risk for children accessing the school yard before and after school. Your cooperation with this will help to ensure the safety of all children.

Parent are advise that builders will be commencing work onsite at the school from Monday of next week, they will be accessing the building site via a temporary entrance off Rosebank Ave. The additional traffic associated with trades people onsite will mean everyone will need to be extra vigilant about parking and drop off zones rules. Council are aware of the likely problems and have been asked to have an increased presence to fine those drivers in this area. It is noticeable that those parents that arrive at the pickup area in Woodland Street after 3.40pm find it much easier to safely collect their children.

PLEASE NOTE

END OF TERM 2 WILL BE 1.30PM ON FRIDAY 28TH JUNE.

CLOSURE DATE FOR TERM 3

Please put these dates in your diary for next term.

- Monday 15th July
- Wednesday 21st August

GENERAL REMINDERS

- Mobile phones and ipods/ipads are not to be brought to school by students unless a note is provided to the class teacher explaining the specific reasons why this rule should be varied.
- Parents are responsible for supervision of their children if they are on the school property before 8.30am and after 3.45pm including when netball training and tennis coaching are occurring. Children should not be left unsupervised at any stage.
- Parents are asked not to enter classrooms before, during and after school unless a teacher is present.
- Check lost property for any missing items of clothing and ensure labels are clearly marked on all uniform items.
- Please ensure all family members are aware of the correct pickup arrangements at the end of the day.

TENNIS COURT PARKING

All parents are advised not to park in the tennis court yard inside the back gate between 8.00am – 9.00am and 3.00pm – 4.00pm. This presents a high risk for children accessing the school yard before and after school. Your cooperation with this will help to ensure the safety of all children.
COOK BOOKS
Copies of our school cookbook “Food Safari – a legacy of recipes” are available to be purchased for $25 from the school office at any stage. This is an excellent publication that could be used as family resource or as a great birthday gift with a real individual touch for anyone that loves cooking.

REMINDER
Supervision of the children in the junior yard commences at 8.30am and concludes at the end of the day 3.45pm. Children needing supervision outside these times should access the Before and After Care Programs. Parents are also reminded that playground equipment is not to be used by children before and after school as a safety measure considering the large number of children in this space during these times. Your support with these reminders is greatly appreciated.

SOCIAL MEDIA SITES
Please note that the school does not use or publish information using social media sites such as Facebook or Twitter. Information relating to the school can be found on the school web page or by contacting the school directly. Information published outside these approved channels on social media is not supported or endorsed by the school.

HEALTHY FRUIT:
The Year 4 students have discovered in our Health Unit this term that eating two pieces of fruit per day is a sure way to great health. They now want to spread the word and promote healthy eating throughout the entire school. Luckily for them, the people at La Manna supermarket have offered to donate two pieces of fruit per child per day for an allocated week this term.

Below is a schedule of the week when your child will be receiving their free (seasonal) fruit this term:

May 6th - Prep Blue, Green and Gold
May 13th - Year One Blue and Gold
May 20th - Year 2 Blue, Green and Gold
May 27th - Year 3 Blue and Gold
June 3rd - Year 4 Blue and Gold
June 10th - Year 5 Blue and Gold
June 17th - Year 6 Blue and Gold
Thanks to the Year Four children for planning and organising this whole school healthy fruit focus.

REMINDER

ART SHOW 2013
SAVE THIS DATE!
TERM 3
WEDNESDAY, SEPTEMBER 18TH
AS YEAR ONE ARE USING THE HALL THE ART SHOW WILL TAKE PLACE IN THE CORRIDORS AND KIRINARI CENTRE
PREMIER’S READING CHALLENGE

Congratulation to the following students who have completed the Premier’s Reading Challenge:
Taylor Watson 2 Green
Mia Mammone 2 Green

When you have met the challenge, please email me so I can verify your reading list.
If you have returned consent form and have not received your user name and password please email me and I will forward these to your ASAP.
Finally, it is not too late to join, just pick up a consent form from the office.

Happy Reading, Enjoy your reading
Alison Mammone

EDUCATIONAL MAINTENANCE ALLOWANCE

Changes to the Education Maintenance Allowance

The EMA continues to help families on lower incomes with financial assistance to cover the cost of educational expenses including textbooks, stationery, uniforms and excursions for their child up until the age of 16.

From 2013, the Victorian Government is restructuring the EMA to better target financial support to families on lower incomes. Payments made direct to parents will increase for eligible recipients at all years up to age 16, with additional increase for parents’ students in Years Prep and 7 in recognition of the additional costs at these transition points.

In 2013 the annual EMA payment for families with children in primary school (Year 1-6) will receive a payment of $150. Families with children in secondary school (Year 8 until the age of age16) will receive an annual payment of $250.

NEW EMA PAYMENTS OPTION

From 2013, on the EMA application form you can choose to have your EMA payment;
- Paid by direct deposit (Electronic Funds Transfer) into your nominated bank account or
- Paid by cheque which will be posted to the school for collection OR
- PAID TO THE SCHOOL TO BE HELD AS CREDIT WHICH YOU CAN USE TOWARDS EDUCATION EXPENSES

ELIGIBILITY:

To be eligible for the EMA in 2013, you must:
- Be either a parent or guardian of a primary or secondary school student up the age of sixteen and
- be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004 (the parent or guardian must be the holder of a valid Health Care Card or valid Pension Card) or be a Veterans Affairs (TPI) pensioner or be a temporary foster parent.

The eligibility criteria must be met as at the 15 July 2013 (Instalment Two).

PAYMENT AMOUNTS 2013

- INSTALMENT TWO - PREP $60
  YEAR 1-6 $45

Contact the School office for an EMA application form and to lodge your application. The closing date for EMA application form to be submitted to the school is 2nd August 2013.

LATE APPLICATIONS CANNOT BE PROCESSED
Palms Australia is a Catholic organisation that has been sending volunteers to developing countries for over 50 years.

Pope Francis calls Catholics back to Core Values. Volunteering to share your skills is a great place to start. Palms global volunteers mentor and exchange skills in countries across Asia, Africa and the Pacific. Positions exist in education, health, administration, agriculture/farming, trades and other areas.

Learn more at www.palms.org.au or email sarah@palms.org.au or call 02 9518 9551

WOOLWORTHS EARN & LEARN 2013

Woolworths Earn & Learn is back, and St Vincent de Paul will be taking part. Last year with your fantastic support we raised over 30,000 points for our school and were able to purchase excellent resources to support our children’s learning! This year we have set a target of 40,000 points so get collecting!

It’s simple to participate. From Monday 8th April to Sunday 9th June 2013, when you shop at Woolworths you can collect Woolworths Earn & Learn Points from the checkout operator. There’ll be one point for every $10 spent (excluding liquor, tobacco and gift cards). Once your Woolworths Earn & Learn Points sheet is complete, place it in the Earn & Learn Collection Box at school, located outside the front office.

Thank you for your support!

WINTERY CIRCUS WORKSHOPS

Cold, windy and rainy, winter is the perfect time to warm up with the Westside Circus Holiday Program. Kids between 3 and 12 are invited to come and try tumbling, juggling, trapeze, acro-balance and many more circus skills that will brighten those gloomy days. The program is suited to both beginners and those with previous circus skills.

Place: 2/29 Cameron St, Brunswick 3056
Cost: $30 per session
When: July 2nd, 3rd, 9th, 10th and 11th

3 day Circus Skills Program - Super Spin Bunch!
Run away with the circus these school holidays! Keep out of the cold in this three day circus program for 6 - 8 year olds. This is a great opportunity for kids to learn some fabulous new skills and then work together to put on a show for their family and friends.

Place: 2/29 Cameron St, Brunswick 3056
Cost: $80
Dates: 9th - 11th July (performance on the 11th July)
**Please Note: Participants in Super Spin Bunch must attend all three sessions

To enrol contact Ruby on 9383 2299 or info@westsidecircus.org.au, or alternatively enrol online at www.westsidecircus.org.au/registration.html
Maths

Well done to all those that participated in the Maths Puzzles! Everyone that had a go will receive their prize next week. Some of the answers are below.

Look out for some new puzzles in Week 11!

*Raymond and James – Yr 6 Mathematics Leaders*

**Prep – Year 2 – Triangle Shapes**

Some of the shapes you could make using all or some of the triangles include:

- a rectangle, a parallelogram and an irregular hexagon.

**Year 3 – Year 6 – Where Are They?**

Well done Grace Hengel who sent along the following shapes that she was able to find and recognise on the isometric paper.
Vitamin D Alert!

Winter is definitely upon us and with that in mind it is timely to think about Vitamin D levels. Historically we haven’t paid much attention to Vitamin D as we have always assumed that our daily requirements would have been met via our exposure to sunlight; however we now know that more than half the people in Australia and New Zealand are deficient. In particular 20-to 39-year olds have the lowest levels of vitamin D, followed by the elderly and those that predominately stay indoors or cover up completely.

So why is this so important? Low vitamin D levels are now being linked to many health problems such as osteoporosis, osteoarthritis, heart disease, diabetes, depression, altered immunity, some autoimmune disorders such as multiple sclerosis and some cancers, although further research in this area is required.

Vitamin D is rarely obtained from food. Foods that contain vitamin D are oily fish, eggs, fortified milks and margarines. I have recently been told that there are newly available vitamin D mushrooms on the market (cultivated mushrooms exposed briefly to a beam of light to stimulate vitamin D production), however most Australians will only get about 25% of their vitamin D requirements from food. Listed in this table are some food sources of Vitamin D.

<table>
<thead>
<tr>
<th>Food Source</th>
<th>Vitamin D (mcg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 large poached eggs</td>
<td>0.8</td>
</tr>
<tr>
<td>100g grilled salmon</td>
<td>7.0</td>
</tr>
<tr>
<td>1 cup fortified milk</td>
<td>2.5-5.0</td>
</tr>
<tr>
<td>100g vitamin D mushrooms</td>
<td>20</td>
</tr>
<tr>
<td>1 tablespoon margarine</td>
<td>0.8</td>
</tr>
</tbody>
</table>

Therefore in order to meet our requirements we do rely on daily exposure to sunlight. Recommendations say we need about 10 minutes of sun exposure in summer and 20 minutes per day in winter. Unfortunately in winter this is a little harder given the colder, wet and darker days, so taking a vitamin D supplement might be what you need especially if your levels are low. Experts believe we need about 25micrograms (1000IU) per day to maintain healthy blood levels for adults and about 400IU for children, however if your levels are low i.e. below 50nmol/L then you may need a higher dose. If this is the case please get expert advice.

If you are concerned or feel you may be at risk of low vitamin D levels then it may pay to get your blood levels tested and be aware that winter is a time where you may need to pay a little more attention to your vitamin D levels for optimal health.

Michele Pink
Good Health Nutrition & Dietetics
Accredited Practising Dietitian
CALENDAR 2013 - ST VINCENT DE PAUL

JUNE
14th  Inter-School Sports (Home)
19th  Mass – Year Two
     Parish Education Board Meeting – 7.30 (Staffroom)
24th  Learning Conferences
25th  Learning Conferences
26th  Mass – Year One
27th  Inter-School Sports (Home)
28th  END OF TERM TWO (STUDENT DISMISSED AT 1.30PM)

JULY
15th  TERM THREE BEGINS – SCHOOL CLOSURE DAY
16th  STUDENTS RETURN
24th  Mass – Year Prep
31st  Mass – Year Six

AUGUST
1st   Communion Parent Meeting
3rd   Commitment Mass 1st Communion
4th   Commitment Mass 1st Communion
12th  Year Five Camp
14th  Year Five Camp Return
19th  Book Week
21st  SCHOOL CLOSURE DAY
23rd  Book Week Author Visit - Lee Fox
31st  1st Communion

SEPTEMBER
1st   1st Communion
     Fathers Day
4th   Mass – Year Four
7th   1st Communion
8th   1st Communion
9th   District Athletics
11th  Mass – Prep & Six
     Parish Education Board Meeting – 7.30pm (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
23rd  Parish Education Board Meeting – 7.30pm (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