This week our school attended the Ash Wednesday Mass. As we commenced the Lenten season we were asked to reflect on ourselves and how we can be better people. How can I be a better ambassador for Christ?

During Lent we are asked to fast, pray and give to those in need. Spend some time talking about this with your children. What can they do during Lent to be more like Jesus?

We have chosen to fast
Not with ashes but with actions
Not with sackcloth but in sharing
Not in thoughts but in deeds

We will give up our abundance
To share our food with the hungry
We will give up our comfort
To provide homes for the destitute

We will share where others hoard
We will free where others oppress
We will heal where others harm
Then God’s light will break out on us
God’s healing will quickly appear
God will guide us always

Please keep in your prayers the Year 3 children who are currently preparing to receive the Sacrament of Reconciliation.
Dear Parents

In recent weeks a number of people have been issued with parking infringements as drivers continue to ignore the 2 minute restrictions that apply in Woodland Street. Everyone is reminded that the area from the church gate down to the second house past the junior playground is a restricted 2 minute drop off zone from 8.00am – 9.00am and 3.00pm to 4.00pm. Each time someone ignores these restrictions they are placing the safety of our children at risk as other drivers are forced to continue to circulate looking for a safe pick up point. **IT IS TIME WE ALL PUT SAFETY BEFORE CONVENIENCE!**

**WALKER LEARNING APPROACH**

On Thursday 7th March Kathy Walker will be facilitating a parent information session to explain the Walker Learning Approach.

This is a great opportunity to be informed of the approach teachers are implementing at St Vincent de Paul. We urge you to put this date in your diary with more details to follow. The night begins at 7.00pm and concludes at 8.30pm.

**UPDATE CONTACTS**

As part of our school’s duty of care, it is imperative that all student records are accurate and up to date. However, if over the holidays there have been any changes to any contact details i.e. work or mobile numbers, change of address, student details, etc. Please contact Julie/Annie immediately so that any necessary amendments can be made ASAP.

**ASTHMA/ ANAPHYLAXIS PLANS**

Parents are reminded to check that they have an up to date Asthma or Anaphylaxis plan lodged with the school and that medication at the sick bay is current and not close to expiry date, if their children requires this medical attention.

Asthma is a condition that can be serious and may require emergency treatment while at school. It is important therefore, to have up to date information about the management of your child’s asthma. Please help us to responsibly care for your child while at school by completing and returning the plan as soon as possible.

**WORKING BEE 16TH MARCH**

Advance notice: Our first working bee will be held on Saturday 16th March from 9.00am – 12.00pm, it would be great to have a strong turnout of helpers to complete a number of important tasks around the school so please put this date in your diary and come along to lend a hand.
AWARDS INFORMATION

Please find listed below the names of those children receiving awards at Friday's Assembly 22nd in the Hall at 11.30 am.

<table>
<thead>
<tr>
<th>PREP BLUE</th>
<th>ANDREA RAMETTA</th>
<th>ALESSIA SANTALUCIA</th>
<th>THREE GOLD</th>
<th>AMELIA MARINO</th>
<th>SEBASTIAN LA BRUNA</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREP GOLD</td>
<td>JACOB NGUYEN</td>
<td>JULIA TORCASO</td>
<td>FOUR BLUE</td>
<td>MARK CAPUTO</td>
<td>MAX JOHNSTON</td>
</tr>
<tr>
<td>PREP GREEN</td>
<td>SOPHIE WALKER</td>
<td>MIKEY LA VERDE</td>
<td>FOUR GOLD</td>
<td>ISABELLA COOK</td>
<td>EAMON WHELAN</td>
</tr>
<tr>
<td>ONE BLUE</td>
<td>PJ NOONAN</td>
<td>OLIVIA CANNIZZARO</td>
<td>FIVE BLUE</td>
<td>JOHN HARRINGTON</td>
<td>LIANA LEMMO</td>
</tr>
<tr>
<td>ONE GOLD</td>
<td>INDY WATSON</td>
<td>HARRISON CARDAMONE</td>
<td>FIVE GOLD</td>
<td>LACHLAN HEYWOOD</td>
<td>OLIVIA SPITALERI</td>
</tr>
<tr>
<td>TWO BLUE</td>
<td>LUKE HALLO</td>
<td>ALESSIA TORCASO</td>
<td>SIX BLUE</td>
<td>ADRIAN SARDO</td>
<td>HANNAH RUTHERFORD</td>
</tr>
<tr>
<td>TWO GOLD</td>
<td>JAMES CAPUTO</td>
<td>HARRY JOHNSTON</td>
<td>SIX GOLD</td>
<td>MOLLY ALEXANDER</td>
<td>CHARLIE FOWLER</td>
</tr>
<tr>
<td>TWO GREEN</td>
<td>CHANTAL VITALE</td>
<td>JOSHUA TEN DAM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THREE BLUE</td>
<td>MADISON OSTROWSKI</td>
<td>DANIEL NETTLETON</td>
<td></td>
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</tr>
</tbody>
</table>
NEWS FROM VISUAL ARTS

Artist in Residence

We have artist Debbie Qadri working with the students in term one. Debbie will be taking each class for one session to create a clay piece which will be combined to create a whole school mosaic. Our theme is the Moonee Ponds Creek. The students will create flora and fauna in clay to be part of the mosaic. **It is very important that each student has an art smock for this activity.** Students may need these washed after the session.

Art Show 2013

2013 is an Art Show year. Students select which of their art pieces they wish to put in the show, this means that I will be keeping their art work at school to allow them to choose closer to the show. Due to building works the Art Show may be in a different area of the school this year.

Donations of Materials

Families have always been generous donating materials to use in our art sessions, such as: Paper towels, tissues, plastic tubs with lids, grout, plaster, fabric samples, wall paper samples etc.... These donations can be left at the art room

Please keep them coming!

PREP ENROLMENT FOR 2014

Preparation is now underway for enrolment for Prep in 2014. It is very important for existing families that they collect the enrolment package **NOW AVAILABLE AT THE OFFICE** and return with all necessary documentation by **FRIDAY 22nd MARCH.**

OPENING SCHOOL MASS

The Opening School Mass will be celebrated on Thursday 21st February at 10.00am. It is always a very special celebration and it is great to see the whole school community gathered together. At the Opening School Mass the Prep children will be formally welcomed and the student leadership team and staff will be commissioned and blessed by Fr Peter. All Parents are welcome to attend.

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.

PERSONAL PROPERTY

Parents and children are advised that any items of personal property (especially toys/games/cards) brought to school is done so at your own risk. Items lost, damaged or that go missing are the responsibility of the individual that brings them to school.

CROSSWAYS KINDER

Three year old kinder Wednesday 1–3pm and Friday 8.45–10.45am places are now available. Please contact Robyn Leslie on 9379 8752
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.

The School Start Bonus which was previously received by EMA families has been discontinued as a separate payment from 2013. However, additional funding has been incorporated into the EMA meaning that parents of children in Prep and Year 7 will receive boosted EMA payments of $200 and $300 respectively in those years.

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 29 January 2013 (Instalment One) and 15 July 2013 (Instalment Two).

PAYMENT AMOUNTS 2013

- INSTALMENT ONE – PREP $140
  YEAR 1 – 6 $105
- 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 28th February 2013.

LATE APPLICATIONS CANNOT BE PROCESSED
The Walking School Bus™ is a fun, safe and active way for children to travel to and from school.

St Vincent de Paul's has two routes, which are safety audited by Moonee Valley Council.

1. From Loeman Street playground on Tuesday mornings
2. From Napier Park playground (no set day at this stage)
3. OR you can develop a new route

One less car at the school gate is better for everyone’s health and safer for all children entering and leaving school.

So, if you would like to avoid the traffic and have your children join us in walking to school contact Julie Stanley on 0424 496 712 or email juliestanley1@optusnet.com.au. Additional parent helpers also required as we need minimum of two parents walking with the children.

SCHOOL COUNSELLOR SERVICE

Following the success of this program over the past two years St Vincent de Paul is pleased to offer the services of a School Counsellor again this year.

The name of the School Counsellor is Jaimi Corsaletti and she will be available at the school on Tuesdays between 8:00 a.m. and 4:30 p.m.

The School Counselling Program is a confidential service offered free of charge to all students (the cost of this service is met by the school).

The School Counsellor will be available to discuss child-related issues such as:

- Behavioural concerns, both at school and at home
- Emotional problems such as anxiety, grief, depression, low self-esteem
- Family issues, such as separation/divorce, parenting difficulties, parent-child or sibling relationships
- Peer and social issues including bullying, peer relationships and social skills
- Developmental and academic concerns where appropriate.

Counselling may involve a number of therapeutic methods including play and art therapies, individual/small group/class programs, skills training, as well as consultations with parents and teachers.

Students may be referred by school staff, parents or other professionals (e.g. family doctor), or students may refer themselves. **Written parental consent is required for all children prior to commencement of counselling.**

Anyone wishing to access this program should email an expression of interest to John Grant via: principal@svstrathmore.catholic.edu.au
NETBALL CLUB NEWS
The St Vincent de Paul Netball Club is currently looking for:

- 1 x Under 9 player to join a team of Year 2’s (you must have turned 7 last year). This can be a girl or a boy.
- 1 x Under 11 player to join a team of Year 4’s
- 1 x Under 13 player to join a team of Year 6’s.
- 3 x Under 15 players to join a team of Year 8 and Year 9’s from Strathmore High and St Columba’s students.
- A coach for our Under 11 team
If you know of anyone, please contact Kim Bosio as soon as possible on 0415 649 791 or via email on bosio.kim@gmail.com

INTERCHURCH COUNCIL EASTER EVENT 18TH MARCH-22ND MARCH 2013
This event is conducted by the Strathmore Interchurch Council and held every two years. Over the 5 days local primary school children in yr 3-4 are given a 60 minute presentation on the real meaning of Easter. Yr 3 & 4 students from our school will be attending.

We have been approached by the Parish to help with this event for the following: making sandwiches and biscuits and helping serve the children a drink and biscuit. Additionally, any parents of yr 4 students are invited to join in the presentation by performing as an apostle. The times of the sessions are 9am and 1pm daily. A number of helpers are required as this is a big event. If you can help in any of these ways, please contact Michele O’Brien on 0419986597 asap. Thanks

AVE MARIA COLLEGE ENROLMENT APPLICATIONS 2014
A reminder that Applications for Year 7 2014 close on 1 March 2013.
Late applications are considered in order of receipt.
To organise a copy of the College Prospectus or for further information, please contact the College Registrar, Mrs Sandra Macriyiannis on 9337 1666.

TENNIS COACHING
Welcome to Beyond Tennis at St Vincent’s Tennis Club!
We, Sevvy and Connie are the New Head Coaches at St Vincent’s Tennis Club and want to provide an innovative experience for those of all ages and abilities through our Coaching Programs. At Beyond Tennis we believe everyone should be given the chance to excel in their own individual ways, irrespective of age and ability! Smiles are put on our faces when our pupils achieve the smallest of changes but yet, have a big effect in their own individual way!

Our range of Tennis Coaching Programs includes:

- Private Lessons
- Semi Private Lessons
- Group Lessons
- Lunchtime Lessons
- Squad Lessons
- Holiday Workshops
- Function Parties (Birthdays, Hens & Bucks)

Discounts offered if more than 1 Coaching Program is selected. For more information, please contact us at info.beyondtennis@gmail.com or Sevvy on 0421486830 or Connie on 0402 322 181.
ST BERNARD’S JUNIOR FOOTBALL CLUB REGISTRATION DATES

Sunday 10th Feb 11am – 1pm  Friday 22nd Feb 4:30pm – 6:00pm

St Bernard’s College Oval

NEW players need to bring a COPY of their birth certificate.

Fees – 1st child $220; 2nd child $130; Family $400.

EFT is the preferred payment method. Bendigo Bank BSB 633 000 Acc 147706535

Please insert your surname so we know who the payment is from and bring your internet banking receipt on the day.

ST BERNARD’S COLLEGE YEAR 7 2015-ENROLMENT INFORMATION EVENINGS

Important Dates for Year 7 2015 Enrolments

Tuesday 19th March 2013  Information Evening for Family Surnames A-L
                          (New and Current Families) – Auditorium 7.30pm-9.00pm

Wednesday 20th March 2013 Information Evening for Family Surnames M-Z
                         (New and Current Families) – Auditorium 7.30pm-9.00pm

There is no need to book for these evening. For more information please contact College Registrar – Mr John Nocci 9289 1103 or email inocci@sbc.vic.edu.au

COLLEGE TOURS (9.15am-10.45am)

February  Monday 25th
          Thursday 28th
March      Tuesday 5th
          Wednesday 13th
April      Thursday 18th
          Monday 22nd
May        Wednesday 8th
          Wednesday 22nd
June       Wednesday 5th
August     Monday 12th
          Monday 19th
          Monday 26th
September  Monday 2nd
          Monday 9th
          Monday 16th
Should we hide their vegies?

“How do I get my kids to eat more vegies?” would be the most common question that I am asked as a parent and dietitian, and to be honest, there is no simple answer. We often read articles in magazines about amazing ways to hide vegies into different meals and whilst I am in favour of making common meals that kids love more nutrients dense by adding extra vegetables, I am not in favour of only exposing our children to hidden vegies.

I can remember when I was a kid; I didn’t like fruit and vegetables very much. I can remember gagging on my cold peas and sculling a glass of water straight after eating them to wash it down. It wasn’t a very pleasant experience, and to be honest, to this very day I still don’t like peas and rarely if ever serve them up to my family! However for someone who didn’t love fruit and vegies as a kid I still survived and thrived, and now base the majority of my diet around fruit and vegetables.

I have mentioned before that it can take up 10-20 times for a child to finally accept a new food and often it is us who give up after 3-4 failed attempts, mainly because it can be so disheartening and frustrating to keep getting the food that you have lovingly prepared been thrown back in your face – literally!!

So why it is those vegies are so difficult to get children to eat. If we think of this from an evolutionary basis it might help us to understand this better. Back in the hunter-gatherer days children were naturally cautious of new foods and relied on their parents to teach them which foods were safe to eat. They did this by watching what their elders ate and being repeatedly exposed to the food. Now even though our food supply today is vastly different, our genes are still the same and children are still programmed to be suspicious of new foods. In addition children tend to be more cautious of bitter tasting foods rather than sweet foods, mainly because in nature bitter foods are sometimes poisonous. Vegetables tend to fall into the more bitter category.

On top of this, our behaviour at meal times can make things worse. If we rely only on giving our kids vegies hidden in meals this won’t give them the exposure they need to learn to stop rejecting vegies and start accepting them. Also if we threaten them with not getting dessert if they don’t eat their vegies this sends the message, vegies are something that must be tolerated rather than enjoyed.

Now don’t think it is all smooth sailing at meal times in my house, my kids screw their noses up at certain meals, pick the vegies out that they don’t like and sometimes just plainly refuse to eat their dinner. Whilst I try not to make too much fuss about it, I keep serving up the rejected foods with other meals. The main rule in our house is that they need to try something from every colour; they don’t have to eat all of it, just try it. Also we encourage them to have just 3 more mouthfuls rather than forcing them to eat the whole meal. I do rely a lot on adding vegies to different meals such as pastas, casseroles and soups for example. To me this helps take the pressure off mealtimes, and you know they have had some vegies. However this doesn’t mean we shouldn’t offer a side serve of vegies or some salad and encourage them to try it. The focus of mealtimes is to create a relaxed atmosphere, expose them to lots of different natural unprocessed foods, and gradually over time allow them to develop a more adult palate.

The point is to relax and allow your kids to develop a taste and enjoy healthy foods over time. Put a family meal on the table, not different meals for everyone and whilst inevitably there will be some tears, unpleasant moments and some foods they will never really like, over time they will become more adventurous provided you show them the way.

Michele Pink

Good Health Nutrition & Dietetics
Accredited Practising Dietitian

Michele Pink BSc, MND, APD, AN
Accredited Practising Dietitian

51 Loeman Street, Strathmore VIC 3041, P: 03 9379 8339, M: 0433 001 231, E: michelepink@goodhealthnutrition.com.au
CALENDAR 2013 - ST VINCENT DE PAUL

TERM 1

FEBRUARY
15th
Hockey – Year Five
Station of the Cross – Year One
Prep, New Families and Year 6 BBQ

16th
District Tennis

21st
Opening School Mass 10.00am ALL WELCOME
Reconciliation Parent Information Meeting – 7.30pm (Hall)

22nd
Stations of the Cross – Year 2
Assembly Year 6 – 11.30am

23rd
Commitment Mass – Reconciliation

24th
Commitment Mass – Reconciliation

25th
Whole school Swimming – Oak Park

MARCH
1st
Station of the Cross – Year Three
Assembly Year Five – 11.30am

4th
District Swimming

6th
Mass Year Six

7th
SCHOOL PHOTOS
Kathy Walker Parent Information Night – 7.00pm-8.30pm

8th
Gala Sports Day – Year 50
Stations of the Cross – Year 6

11th
LABOUR DAY HOLIDAY

12th
Year Six Camp
Open Day School Tours

13th
Mass Year Five
Open Day School Tours

14th
Reconciliation

15th
Year Six Return from camp
Gala Sports Day – Year 5
Stations of the Cross – Year 4

17th
St Patrick’s Day

19th
Regional Swimming

20th
Mass Year Four

21st
Station of the Cross – Year Prep

22nd
PREP ENROLMENT APPLICATIONS CLOSE
Assembly Year Four – 11.30am
Stations of the Cross – Year Five

28th
END OF TERM ONE (STUDENTS DISMISSED AT 1.30PM)

APRIL

16th
TERM TWO BEGINS

24th
Parish Education Board Meeting – 7.30 (Staffroom)

ANZAC DAY

MAY

2nd
Confirmation Parent Meeting

4th
Commitment Mass Confirmation

5th
Commitment Mass Confirmation

31st
Confirmation

JUNE

1st
Confirmation

28th
END OF TERM TWO (STUDENT DISMISSED AT 1.30PM)

JULY

15th
TERM TWO BEGINS

AUGUST

1st
Communion Parent Meeting

3rd
Commitment Mass 1st Communion

4th
Commitment Mass 1st Communion

12th
Year Five Camp

14th
Year Five Camp Return

SEPTEMBER

1st
1st Communion

7th
Fathers Day

8th
1st Communion

20th
END OF TERM THREE (STUDENTS DISMISSED AT 1.30PM)