**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."

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**Number 12**

18th July 2013

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**CARING FOR ONE ANOTHER**

On Tuesday the Year Six children experienced their third Reach Workshop. As part of the workshop, the children reflected on challenging times in their lives and the life lessons they learnt from them. The following statements are a selection of the life lessons articulated by the children.

"If you love someone so much they won’t leave you, they’ll still be in your heart."

"Let people know if something’s wrong."

"Stay positive."
"Have fun."
"You’re not alone."

"You can achieve anything if you try."

"Don’t listen to what people say when they’re mean to you."
"Live life to the fullest."

"Family will always be there for you."

"If you’re going to say something to someone, say something positive, not negative."

"When there’s a problem, go talk to your parents."
"Remember happy memories."

"Keep believing."
"Never give up."

"Don’t take anything for granted."

"Go with what your heart says."

"Tell somebody what you’re feeling."

"Say what you believe."

"You should let people know when you need help."

"Find out what makes you happy."

"It’s good to have someone to rely on."

"I truly believe that every person, especially young people, have unlimited potential and that we all have a unique 'voice' which wants to be heard.

Deep down, we just want to be ourselves, and when young people are given the opportunity to express their real selves they can achieve whatever they want, and have all the love, happiness and success they require.

Very often this process starts simply by someone believing in them."

*Jim Stynes (founder of the Reach Foundation)*
Dear Parents,

Welcome back to Term Three. The School Building Project is in full swing with a large area of the back entrance to the school buildings now fenced off while construction takes place. Year Three Blue and Three Gold are accessing their classroom via the pathway behind the Prep Classrooms and all students are using the Hall and Junior Toilets while construction is underway. It is hoped that we will return to normal access in early November, providing the weather is kind to us. Thanks to the teachers and students for their co-operation during this period of interruption.

GENERAL REMINDERS

- Supervision of the children in Junior Yard commences at 8.30 am and concludes at 3.45 pm. 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.
- All parents are advised **not to park or drive** in any part of the Parish Property / School Yard **between 8.00 am – 9.00 am and 3.00 pm – 4.00 pm**. This presents a high risk for children accessing the school yard, before and after school. Your co-operation with this will help to ensure the safety of all children.
- 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 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.
- Please observe all parking restrictions that are in place in the streets surrounding the school.

THANKS: Thanks to Rocky Cannizzaro from 1st Class Line Marking for marking out and painting a chess board and bat tennis courts for lunchtime activities in the Senior Playground.

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If you park near the school please follow the parking restriction signs. These are designed to improve safety for everyone, especially our children.

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VicRoads

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Children Crossing

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VicRoads

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Victoria
Mission Fete

Our Mission Fete will be held on Friday 9th August in the senior yard. Our Social Justice leaders have been busily organizing the activities for each year level with great enthusiasm. Fr Dan Harding from the Columban’s has asked us to raise money to assist his missionary work in Chile with the indigenous Pehuenche Indians community. He is currently in Chile and will visit the school on his return to tell us about his work. Watch out for more information over the next few weeks, and kids, start saving! Social Justice Group

CLOSURE DATE FOR TERM 3

Please put these dates in your diary for next term.

- Wednesday 21st August

SPORTS NEWS

Sport days – Term 3 and 4

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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.

CONGRATULATIONS
Welcome to the Dean family on their new arrival Joshua.

PREMIER’S READING CHALLENGE

Congratulations to the following students who have completed the reading challenge:

Prep Gold: Scarlett Pitt
Prep Green: Isabella Curran
Prep Blue: Aislin Leahy
1 Blue: Drew Shannon
2 Blue: Mikaela Bates, Vincent Caridi, Ava Curran

When you have finished the reading challenge please email me alisonmammon@student.optusnet.com.au so that I can verify the books.

Happy Reading
Alison Mammon
Reading Challenge Co-ordinator
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 a family resource or as a great birthday gift with a real individual touch for anyone that loves cooking.

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

Dear families,

Thank you for your participation in this year's Woolworths Earn & Learn Program!

We have a grand total of 15,000 points to go towards purchasing resources for our children!

We will keep you updated with the resources we purchase.  THANK YOU
BOOK WEEK
Book Week this year is going to be held on August 19th – 23rd.
Our guest author is Lee Fox. She will be speaking to the students on Friday 23rd.
Unfortunately due to the school renovations we will not be able to hold our parade this year.

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

Maths Puzzles
Welcome back! Here are the answers to the puzzles from the last week of Term 2.

Look out for some new puzzles in the next newsletter!

A farming puzzle

Thanks to Sam Hengel for submitting this puzzle.

Peter the farmer has 9 sheep and 4 pens. He can only put an odd number of sheep in each pen. How many sheep would be in each pen?
Answers: 3 sheep in each pen and a pen around all three pens OR 3 in one pen, 5 in one pen and 1 in one pen with one pen around all 3.

How much money?
What is the maximum number of $1 coins that can fit, lying flat in a single layer without overlapping, in a shape with an area of 4 m$^2$?

Explain how you worked out your answer.
One possible answer: The area of one $2 coin is approximately 6.25cm$^2$. Divide the area of 4m$^2$ or 40,000cm$^2$ by 6.25cm = 6,400 coins.
What's behind the label

Standing in the supermarket trying to read food labels can be a minefield. There are so many claims on food packages these days such as; 'all natural', 'high calcium', 'no-added sugar', 'cholesterol free', 'gluten free', 'low GI'; that can making choosing the right food quite confusing.

Manufacturers quite often make claims about their food which can be misleading, so it is always best to check the Nutrition Information Panel if you are not sure what a claim means. This is becoming more important to do as our reliance on eating processed foods increases. The release last month of the new Australian Dietary Guidelines showed that thirty five percent of adults' and forty one percent of kids' kilojoule intake, is currently from 'extra foods'!! This is mainly processed packaged foods not listed in the core food groups.

It is also important to realise that manufacturers target kids as 'influencers' in making food choices. That is, they rely on pestle power to get you to purchase a not so healthy food choice. Many parents feel bad if their child behaves badly when out at the supermarket. Don’t feel bad, pestle power is a real marketing tool, so if you experience this when shopping then perhaps try and shop online or without the kids. The digital age has also brought a whole new realm of marketing opportunities targeting children through fun apps that they can play and win.

Here is a list of a few claims to be aware of;

'Low Fat' – low fat foods doesn’t always mean the food has less kilojoules. Often foods labelled as low in fat will compensate for the taste by adding in more sugar than the regular varieties. So the saving on fat may not translate to a saving in kilojoules.

'Gluten Free' – The gluten free market has sky rocketed over the past couple of years, which is great if you have been diagnosed with coeliac disease or have a wheat intolerance, however unless you have been diagnosed with either of these then there is no benefit to avoiding gluten. There is a lot of confusion about what gluten free actually means. Gluten free doesn’t mean the product is healthier, it just doesn’t contain the protein ‘gluten’ in it and is made from a grain based product other than wheat, barley, oats and rye. Gluten free also doesn’t mean carb free.

'Lite or light' – If a food is listed as 'lite', it doesn’t necessarily mean the food is lower in fat, salt or kilojoules; it can refer to flavour, colour and texture as well. Light extra virgin olive oil is still 100% fat, it just means that it is a lighter flavour or colour.

'All natural' – A product with the claim natural, just means they haven’t used artificial flavours and colours. It doesn’t mean that it is necessarily lower in sugar.

'Made from 65% fruit juice' – you may see this quite often on kids snacks, implying that it’s as good as a piece of fruit. Fruit juice adds empty kilojoules from the fruit sugar without any of the other nutrients that a fresh piece of fruit supplies such as protein, fibre, vitamins and minerals. Also if it has 65% fruit juice then it means that there is 35% of something else. This is usually water, sugar or fruit juice concentrate and other ingredients such as additives and preservatives!

Michele Pink
Good Health Nutrition & Dietetics
Accredited Practising Dietitian

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Accredited Practising Dietitian
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CALENDAR 2013 - ST VINCENT DE PAUL

JULY
24th  Mass – Year Prep
31st  Mass – Year Six

AUGUST
1st   Communion Parent Meeting
3rd   Commitment Mass 1st Communion
4th   Commitment Mass 1st Communion
7th   Parish Education Board Meeting - 7.30 pm (Staffroom)
9th   Mission Fete - 12.00 - 1.00 pm
12th  Year Five Camp
14th  Year Five Camp Return
19th  Book Week
21st  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
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)

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