One night I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky. In each scene I noticed footprints in the sand. Sometimes there were two sets of footprints, other times there were one set of footprints.

This bothered me because I noticed that during the low periods of my life, when I was suffering from anguish, sorrow or defeat, I could see only one set of footprints.

So I said to the Lord, “You promised me Lord, that if I followed you, you would walk with me always. But I have noticed that during the most trying periods of my life there have only been one set of footprints in the sand. Why, when I needed you most, you have not been there for me?”

The Lord replied, “The times when you have seen only one set of footprints in the sand, is when I carried you.”

Mary Stevenson

Please pray for the Dingle family after the tragic passing of Glenn. He will be greatly missed by our school community.
Dear Parents,

Prime Minister Kevin Rudd and Education Minister Bill Shorten last week announced that the National Catholic Education Commission (NCEC) has agreed to join the Better Schools Plan.

Ten months after negotiations commenced, the Prime Minister and Minister Shorten have sought to address the major concerns of Catholic education in recent weeks.

Minister Shorten, in particular, has worked closely and constructively with Catholic education to address many of our concerns and we now feel assured that Catholic school autonomy will not be threatened by the new arrangements. The new arrangements will also ensure Catholic education systems have the flexibility to distribute funding according to identified local need.

Catholic education is confident that these arrangements will deliver funding increases over time.

Importantly, this plan represents the first time Catholic school students with a disability and other additional learning needs will be funded equally, regardless of the school they attend.

More information will be communicated in future newsletters as to the details of how this will impact our school becomes clearer.

**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.

**Mission Fete**

On Friday 9th August, we will be holding our Mission fete. The fete will begin at 12 noon and will end at 1 pm. Each class is running a stall and children will be rostered on to serve at the stalls during the fete. All items will cost 50c or $1, bargain prices! There will be cupcakes, lollies, games, haunted house, chocolate, more lollies, slime, mystery balloons, more games and prizes to be won! The money raised will go towards assisting the indigenous communities in Chile, where our Columban missionaries help the people learn woodworking skills, improve the diet of families and assist in providing educational opportunities for children.

So save up those coins because it’s going to be lots of fun for a great cause!
Asthma tips for Parents and Carers this Winter

Winter can be a hard time for people with asthma as cold weather, coughs, colds and the flu can bring on more symptoms and attacks.

- The common cold is caused by a virus and it is important to try not to cough and sneeze near other people, and to wash hands properly to prevent passing on the infection. The flu is different to the common cold and can be a much more serious viral infection.
- People with asthma are recommended to have an annual influenza vaccination (the flu shot). Preventing the flu protects people with asthma, as those with asthma are often unwell for longer and have a much harder time recovering from the flu.
- Make sure your child's asthma is well-controlled; this will help them to bounce back quicker from a cough or cold and will help prevent asthma attacks when they are unwell.
- Some medications and herbal remedies that we use for colds and flu can make asthma worse. Speak to your doctor or pharmacist about any concerns you may have.
- Antibiotics are not normally prescribed for the common cold, or influenza, as these medications will not help a cold get better. Effective medications may include paracetamol and decongestants; however seek advice from your doctor or pharmacist before purchasing them for your child.
- Suggested remedies for the flu and the common cold are: rest, staying hydrated by drinking plenty of water, staying away from cigarette smoke, using steam inhalation, gargling with salty water for a sore throat and seeking medical advice if concerned at any time.

For more information on the common cold, medications and references used in this article please see the Better Health Channel (State Government of Victoria) - [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and the NPS website - [www.nps.org.au](http://www.nps.org.au).

Contact The Asthma Foundation of Victoria on 1800 ASTHMA (1800 278 462) or [www.asthma.org.au](http://www.asthma.org.au).

Good Afternoon Everyone,

Last Term, the Year 3's were investigating hazards around our school. We discovered that cars are parking around the entrance of the Junior Yard (next to the Tennis Courts) in the morning and afternoon when students are walking or riding into school. This is very dangerous for students because they could be badly injured. We would like to announce to you that we have made a 'School Hazard Action Plan' to solve this problem.

People who pick up and drop off students are asked not to enter or park in the school yards during the following hours:

- 8:00 am – 9:00 am
- 3:00 pm – 4:00 pm

Please pass this message onto your family members or anyone else that drops you off or picks you up from school. Remember that this is very important in keeping us all safe.

Thank you for your time - Mia, Charlotte, Milla, Matthew and Daniel

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

[Image of parking signs and VicRoads logo]
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.

CLOSURE DATE FOR TERM 3

Please put this date in your diary for next Term - Wednesday 21st August

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.

Cross Country:

Congratulations to Ned Mulkearns for a great race at the Victorian State Cross Country Championships in July, finishing 23rd out 120 students. A wonderful effort, Ned.

Netball:

Congratulations to our Year 6 mixed Netball team who finished on top of the ladder in our Essendon District Competition last term. They then represented our district and recently played Our Lady of Nativity in a hard fought game and coming from behind, they won 11 - 9.

The team will now play in the Western Metro Regional Finals in Geelong on 8th August. We wish our team well: Lucy Bush-Butler, Maddison Bosio, Ned Cook, Ella Goddard, Ava Lugli, Tayissa Moravski, Madison Pane, Olivia Rawson, Sarah Sullivan, Gabe Sulzberger, Georgia ten Dam.

PREMIER’S READING CHALLENGE

Congratulations to the following students who have completed the Premier’s Reading Challenge:

Prep Gold: Darci Anderson; Rydah Anderson;
Prep Blue: Jesse Bates; Benjamin Murphy; Heath Isaacs; Alessia Santalucia
Prep Green: Sophia Walker
1 Gold: Sienna Gauci
2 Blue: Laura Overman
2 Green: Liam Dennerley
3 Blue: Finn Shannon; Caitlin Rafter
3 Gold: Chelsea Murphy

Once you have read the required amount of books and have entered these online, please send me an email so that I can verify the books. Enjoy 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
OUR NEW MURAL IS FINISHED!

Our special mural project is finished. Students Samuel, Hannah, Sarah, Ben, Emily and Jacob have worked very hard to finish our depiction of the Moonee Ponds Creek area. We hope that the school community will enjoy it for many years to come. Thanks to the wonderful work of these talented students, we have a new painting to look at.

BOOK CLUB

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

LIBRARY

Book Week 2013 is from 19th - 23rd August. 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.
Welcome back to Term 3! Try and solve these mathematical problems, the winners will be announced at the end of week 5 so don’t forget to post your entry in the boxes at the office. Everyone who enters wins a prize!

GOOD LUCK!!! Raymond and James – Yr 6 Mathematics Leaders

**Basketball puzzle**

A basketballer scored 9 points in two games. What might her score in each of the games be? Find as many different answers as you can.

TIP: Draw a picture or use counters to help you.

**How many squares?**

Look at the picture below. How many squares are covered? Can you find two different ways to solve this puzzle? Explain your answers.
More food myths busted

About a year ago I wrote about 3 food myths that I commonly get asked about. With so much media hype around food, nutrition and dieting trends, understanding good nutrition can be confusing. So here are a couple more myths and the real truth behind them.

Myth: To lose weight you should avoid eating fruit as it contains sugar

Fact: Yes fruit contains sugar but this is very different than sugar found in sweet cakes, biscuits and lollies. The vast majority of fruits have a low glycaemic index which means they are absorbed slowly and steadily. Fruits are a power pack of essential nutrients, fibre and antioxidants while being relatively low in calories, making them an excellent choice as part of a healthy diet. One average serve of fruit contains about 70 calories, compared to an average muesli bar which contains on average 140-160 calories! Of course you can’t eat unlimited fruit if you are trying to lose weight. In fact you can’t eat unlimited quantities of anything even if it is a healthy choice if you are trying to lose weight - you need to restrict your overall calories. Stick to 2 pieces of fruit per day and you won’t go wrong.

Myth: Frozen vegetables are less nutritious than fresh

Fact: Frozen vegetables are snap-frozen on the day they are picked. This is an excellent means of preserving most of the nutrients. In comparison fresh vegetables may have been picked several days (or even longer) beforehand & often transported miles (if not grown locally) before sitting on the shop shelf and then in your fridge at home before being consumed. The longer they are left after picking the more nutrients they lose. I am not saying that you shouldn’t buy fresh. Nothing beats the taste and goodness of fresh fruit & vegetables, but having some frozen vegies on hand for those unexpected times can be quite handy and doesn’t mean you are missing out on the goodness that vegetables offer. To get the most out of your fresh produce, opt for locally grown where possible, buy from a shop with a large turnover and use them as quickly as you can after purchase.

Myth: Brown sugar is healthier than white sugar

Fact: It is important to remember that sugar is sugar regardless of whether it is white or brown. Unlike some other foods such as breads and pasta, the brown version of sugar is not healthier. Brown sugar is just white sugar with some of the molasses still present. All sugar whether white or brown provide extra calories with very little nutrition which can quickly add up when you are trying to lose weight. A little bit is ok but don’t be fooled into thinking one is healthier than the other!

Michele Pink
Good Health Nutrition & Dietetics
Accredited Practising Dietitian

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## CALENDAR 2013 - ST VINCENT DE PAUL

### 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
- **4th**: Fathers Day
- **7th**: Mass - Year Four
- **8th**: 1st Communion
- **9th**: Mass - Prep & Six
- **11th**: Parish Education Board Meeting - 7:30 pm (Staffroom)
- **16th**: Art Show
- **20th**: **END OF TERM THREE (STUDENTS DISMISSED AT 1:30PM)**

### OCTOBER
- **4th**: **TERM FOUR BEGINS**
- **15th**: St Vincent de Paul Feast Day Activities
- **20th**: Parish Education Board Meeting - 7:30 pm (Staffroom)
- **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