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 17
10th October 2013

St Vincent de Paul Primary School

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CARING FOR
ONE ANOTHER

Fairness is not giving everyone the same, but giving everyone what they need!!

ST VINCENT de PAUL DAY

We are very fortunate as a community to have our parish and school named after one of the most inspiring of saints, Saint Vincent de Paul.

As the feast day of St. Vincent de Paul fell during the school holidays [27th September], our school community will celebrate with a ‘St. Vincent de Paul Day’ next week, on Tuesday 15th October.

We will begin our celebrations with a whole school Mass at 10.00 am. We invite all family members and parishioners to join us in this Liturgical Celebration to celebrate the life and work of our Parish Saint, St. Vincent de Paul.

Throughout the day, ‘Acts of Kindness’ will be undertaken by grades in an effort to reach out to, and be of service to, the poor and needy in our community. It is hoped that through these acts of kindness our children will not only appreciate what they have, but also recognise that part of their Catholic mission is to care for others by following the example given by St Vincent de Paul and their eyes can be opened to the many ways they can do this. Please support the children’s efforts by donating what you can. Ideas for how you can help are outlined on the attached note.

Vincent de Paul was a priest whose kindness touched the lives of many people. He was known as the saint of the poor. His tireless dedication and trust in God still inspires people throughout the world. The St. Vincent de Paul Feast Day activities are among ways of living out our commitment to acting for justice, living the values of faith, hope, humility and resilience [encompassed and articulated in the School Vision Statement] and living more fully the words of St Vincent de Paul:

“Let us seek out the poorest and most neglected and recognise before God they are most special…….”

St. Vincent De Paul School Prayer

God of love, you gave St. Vincent de Paul courage and wisdom to help the poor and care for children.

Help us to care for others and always have faith in you.

Amen

St Vincent de Paul, pray for us.
Dear Parents,

Congratulations to Frances Williams for putting together an amazing Art Show held at the end of last term. The wonderful work on display is a credit to each of our students as well as the careful and thoughtful instruction given by Frances in Visual Arts sessions throughout the year. Well done everyone. Welcome back to Shane Byrne who returns to St Vincent’s this term and thanks to Nat Bishop, Jo Power, Anne-maree Milne and Jo Pringle (Leadership Team) for undertaking extra roles and responsibilities during the past six months.

Planning for 2014 is well under way with careful consideration being given to the placement of children and teachers as an essential part of this process. If parents have any special areas of consideration they would see as significantly impacting on their child’s learning, they are asked to submit these in writing to John Grant, via the office, no later than Friday 21st October. Parents of any children not returning to St Vincent’s next year are also asked to notify the school by this date as we have a number of families waiting for places in all year levels.

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 8.30 am and after 3.45 pm 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.
- Late arrivals after 9.00 am must be signed in at the office by a parent or guardian, all students should be at school in time for the 8.45 am bell and line up in the junior yard.
- 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, SKOOLBAG APP or by contacting the school directly. Information published outside these approved channels on social media is not supported or endorsed by the school.

SUMMER UNIFORM

As we have now commenced Term Four, parents are reminded that children are required to wear the school hat during recess/lunchtime and outdoor activities, that ‘no hat no play’ rule will commence next week so please check that your child has the correct school hat with them each day. The wearing of summer uniform also commences this term but as the weather can still be quite cool families are given the option to transition into summer uniform anytime between now the start of November. Given that lost property is over flowing again now is a good time to check on missing items and ensure that all clothing is clearly labelled.

FOOTY / SOCCER / T BALL JUMPERS: Any student in Year 5 or 6 that has not yet returned the school jumpers from interschool sport or the battle of the Saint games is asked to do so IMMEDIATELY. There appears to be a number that have not made it back to school so please check.
SOCIAL MEDIA AND MESSAGING TOOLS

Internet usage and children using social media sites and apps such as 'kik, facebook and instagram' continue to present parents with some very challenging areas that require careful supervision. Feedback from teachers indicates an increasing number of children from Year 3 to 6 are accessing these communication tools with very little adult supervision. The consequences of publishing comments, chats and messages via these social tools is being done so with little understanding of the potential harm caused. Parents must make themselves aware of these tools being used by their children and need to closely monitor what comments are circulating. These are not harmless innocent communication tools when the content of what circulates is hurtful and deliberately targeted about other children. If your child has access to an ipad, ipod, computer or smart phone then as the adult responsible you should be checking carefully what this devise is being used for. Do not assume that all usage is innocent chat, CHECK!!! There are age limits that apply to the downloading of these apps/web sites, a simple check on the internet would suggest that access for primary school aged children should be extremely limited.

OCTOBER

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

4th
SCHOOL CLOSURE DAY
5th
MELBOURNE CUP
6th
Mass – Year Three
8th
Whole School Sports Day
13th
Mass – Year Two
Parent Association AGM -7.00 pm
Parish Education Board – 7.30 pm
14th
Prep Parent Information Night - 7.30 pm
19th
Prep Orientation 2014
20th
Mass – Year One
27th
Mass – Year Prep

DECEMBER

2nd
Prep Orientation 2014
4th
Planning Day – School Closure
10th
COLLECTION OF BOOKS ORDERS
11th
Parent Helper Morning Tea
13th
Graduation – Year Six – ALL STUDENTS FROM ALL GRADES TO ATTEND
17th
Picnic/Billycart Derby
18th
WHOLE SCHOOL MASS – 10.00 AM
  ASSEMBLY – YEAR 6
END OF YEAR 1.30 PM
Maths Puzzles

Try and solve these mathematical problems the winners will be announced at the end of Week 3 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 – Year 6 Mathematics Leaders

Prep – Year 2 – Letters and Numbers

In a secret code, letters stand for numbers.

In this code, the word BEE is worth 12 points.

The word DOG is worth 26 points.

How many points the following words are worth:

CAT   ANT   FROG

How do you know?

Challenge

Make up a code like this one and write more problems using the code.

Year 3 – Year 6 – How many marbles?

Jane is given a bag of marbles. She gives half of the marbles to Ava and a quarter of what is left to Rosie.

Rosie now has 8 marbles.

How many marbles were originally in the bag?

Hint – Work backwards.
St Vincent De Paul Day  Acts of Kindness – Tuesday 15th October

Our patron saint, St Vincent de Paul, was a Catholic priest who devoted himself to serving the poor and caring for children in need. He is the patron saint of all works of charity. As a Catholic school, and one devoted to honouring St Vincent de Paul, we devote one day per year to doing acts of kindness for the less fortunate. Each year level has committed themselves to working on a special project as an Act of Kindness on Tuesday 15th October. We ask that all school families support us by donating goods for any one of the following projects, or maybe more than one if you can.

With thanks, Anne-maree Milne

<table>
<thead>
<tr>
<th>Year level</th>
<th>Project</th>
<th>Support needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation</td>
<td>Collecting donations for babies and newborn children of asylum seekers living in the Strathmore community that are being supported by our parish community and the local St Vincent de Paul Society.</td>
<td>Donations of baby products, clothes and other items to support two newborn babies.</td>
</tr>
<tr>
<td>Year One</td>
<td>Collecting donated books and making special bookmarks – to be prepared and given to needy children.</td>
<td>Donation of new or pre-loved books in good condition.</td>
</tr>
<tr>
<td>Year Two</td>
<td>Collection of toiletry products to be made into gift packs and distributed at the soup van in Maidstone and homeless shelters.</td>
<td>Donation of toiletry products – toothbrushes, toothpaste, soap, combs, brushes, shampoo, powder, etc</td>
</tr>
<tr>
<td>Year Three</td>
<td>Collection of ‘regular’ consumables children and adolescents require for their entertainment and learning while in hospital donated to Koala Kids at the Royal Children's Hospital. See details below.</td>
<td>Donation of colouring, activity and sticker books, pages of novelty stickers, novelty stamps, packets of colouring pencils, markers, pens, crayon, UHU glue sticks, children’s/teen’s magazines. These items must be new/unused as the health/safety of the children is of utmost priority.</td>
</tr>
<tr>
<td>Year Four</td>
<td>Collection of clothing for babies and young children to be donated to the Good Samaritan Inn. See details below.</td>
<td>Donation of new clothes for babies or young children. These children may be in a situation where they have only the clothes they are wearing so items such as socks, singlets, t-shirts, pyjamas, undies, jocks, tracky pants will be welcomed to help families in crisis.</td>
</tr>
<tr>
<td>Year Five</td>
<td>Coordination of collection and sorting of non-perishable food donations and blankets to be donated to the poor and needy in local communities, via St Vincent de Paul Society.</td>
<td>Donation of items of food such as tinned vegetables and fruit, dried pasta, rice, soup, tinned spaghetti, etc, and blankets.</td>
</tr>
<tr>
<td>Year Six</td>
<td>Making sandwiches to be distributed at the soup van in Maidstone.</td>
<td></td>
</tr>
</tbody>
</table>
* KOALA Kids provides the small things that make a difference to children, adolescents and their families, whose lives have been affected by cancer. The items we have chosen are simple and relevant to the needs of children who are so sick and spend so much time away from school however still require ‘regular’ consumables for their learning in hospital. If you are interested in finding out more about KOALA Kids and all the wonderful things they do, go to: http://www.koalakids.org.au/

The Good Samaritan Inn in Melbourne is a crisis accommodation for homeless women and children, many of whom are escaping domestic violence.

The staff and their large band of volunteers provide the ordinary basic needs that so many of us take for granted—shelter, safety, a meal, and most importantly a listening ear.

If you would like to know more about the mission of the Good Samaritan Inn, go to: http://www.goodsams.org.au/what-we-do/good-sams-and-good-neighbours/homelessness/the-good-samaritan-inn/

*The St Vincent de Paul Society provides assistance to all people in need, including migrants and refugees, people experiencing homelessness and people living with health issues. They provide food, clothing and household goods to help people who can’t afford to meet these basic needs. St Vincent de Paul Society organize five soup vans across Melbourne, bringing nutritious meals to people who are struggling. To learn more about the vital work done by the St Vincent de Paul Society, go to: www.vinnines.org.au/st-vincent-de-paul-society-victoria-vic
A new app to improve communication to all families.

The Skoolbag app is NOW available on both iPhone/iPad and Android. We will be asking **ALL** parents to install our Skoolbag Communication 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. Please find **attached** to this newsletter, instructions on how to upload the Skoolbag App.

Looking to the future we would like to reduce the number of newsletters printed to avoid the wastage of paper. Below is a tear off slip which we would like you to fill out if you would like to receive the newsletter via our App or website only. (no paper copy will be given to your child to bring home)

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**Cancellation of paper copy of newsletter**

NAME: __________________________________________________________

CHILD NAME: _____________________________________________________

CHILD CLASS: ____________________________________________________
Skoolbag is a mobile App for St Vincent de Paul Primary School to allow us to communicate directly to parents. It works both on smartphones and smart devices (such as iPads and Android Tablets). Skoolbag delivers school notices directly to parents.

This App will be used to receive:

- Free Push notification alerts
- School Newsletters
- School Documents
- School Events

**HOW TO INSTALL SKOOLBAG ON YOUR SMARTPHONE**

Simply search for 'St Vincent de Paul Strathmore' in the Apple App Store.

Select install on your phone, wait for the App to install.

Open the App make sure you select "OK" to allow push notifications. This will allow us to update information to you for bus arrival times, cancellations of sports days due to inclement weather etc.

Click "More" then "Setup" and select the year level which you would like to receive notifications for.

**HOW TO INSTALL SKOOLBAG ON YOUR ANDROID**

Simply search for ‘St Vincent de Paul Strathmore’ in the Google Play Store.

Select install on your phone, wait for the App to install.

Open the App make sure you select “OK” to allow push notifications. This will allow us to update information to you for bus arrival times, cancellations of sports days due to inclement weather etc.

Click “More” then “Setup” and select the year level which you would like to receive notifications for.
Parents: Do you know what your children do Online?

The Internet and mobile phones have changed the way we communicate – it has drastically changed the way our children communicate.

This information session will explore the issues and implications arising from new technologies, particularly in terms of child safety and wellbeing. Parents will be provided with a firsthand look at what your children can access online. If you want to have a better understanding of what your children do and want to be better informed then you cannot afford to miss this session.

Areas that will be covered include:

- The Internet - Challenges for Parents
- Learn about online communication, downloading, gaming, Social Networking and web surfing
- Facebook privacy and issues
- How mobiles are changing the way your children communicate
- Cyber Bullying
- Survival Tips for Parents

Presented by Tony Richards from www.ITmadeSimple.com - tony@itmadeSimple.com

Tony Richards has had a long and varied involvement with ICT in education. He has worked across a large range of environments, including time as a primary classroom teacher, technology advisor, network manager and developer, Distance Education Technology project manager, executive officer with the ICTEV subject association, new media specialist with the Australian Children’s Television Foundation, Director of Information Technology with Northern Territory DET, consultant with Optus, blogger, podcaster on the Ed Tech Crew and in 2011 graduating as a Google Certified Teacher.

Please fill in and return the attached form to the school.

☐ Yes - I would like to register for the session at 7:00 pm 29th of October

☐ No - I cannot attend the session but would like to get more information emailed to me (please provide email address).

Contact Details

Name: ____________________________

Contact Phone: ___________________ Email: ____________________________
Can Gluten-Free Help For Weight Loss?

A gluten-free diet a decade ago was considered fairly rare and the choices of foods available were minimal. This made it extremely difficult for those having to follow a gluten-free diet. However, in only 10 years, the number of individuals embracing a gluten-free diet (GFD) appears much higher than the projected number of celiac disease patients, fueling the increasing growth of the gluten-free market, which is now one of the biggest growing categories in supermarkets.

However, with all this gluten free hype has come a lot of confusion about what gluten is and who will benefit from taking gluten out of their diets. Gluten is a protein found in wheat, rye, barley, triticale and oats. For some individuals eating or drinking anything containing gluten can cause different types of undesirable reactions. The most extreme of these is an auto-immune condition known as coeliac disease. Individuals with coeliac disease must follow a strict gluten-free diet for life to manage their condition. Diagnosis for coeliac disease is made via a blood test and small bowel biopsy. However some individuals who don’t show a positive diagnosis for coeliac disease and have more mild gastro symptoms do show improvement when gluten is removed from their diets. These individuals we suspect are non-coeliac gluten sensitive.

The real confusion comes about when people are using a gluten-free diet as a means to lose weight. This was made evident to me the other day when a friend offered me a lolly. After declining their offer, they said ‘don’t worry it’s ok, it’s gluten free!’

Over the past 5 years foods containing carbohydrates have actually being given a bad rap when it comes to weight loss, which has created a fad diet mentality of having to go ‘carb free’ to lose weight. Unfortunately in today’s food supply the majority of carbohydrate containing foods that we do eat are highly processed, high GI, and our portion sizes are way too big; so yes these foods are not good for our waist line, however that doesn’t mean all carbs are bad.

Where people are getting confused is that they now think that gluten-free means carb free, and is therefore a healthier option. Gluten-free products have just had the grain that contains the gluten replaced with another grain that doesn’t, such as rice, corn, quinoa, potato flour, buckwheat etc. All these grains are sources of carbohydrates and eating too much of them will increase your weight. Therefore having a gluten-free cookie doesn’t mean you are having a carb free cookie which somehow won’t increase your weight. If you want to lose weight you need to reduce your overall calorie intake and keep your portions of carbohydrate containing foods (gluten-free or not) to a reasonable amount.

The reason gluten-free products are not quite the same as regular products is that the gluten gives the product it’s elasticity and this can be hard to replicate with non-gluten containing grains. Therefore some processed gluten-free products need to be held together with more oil and butter to produce an acceptable tasting product which can actually make them higher in fat and calories.

Therefore whilst the growth of the gluten-free market is great for those suffering from coeliac disease and non-coeliac gluten sensitivity, it is not an answer to weight loss. For those wanting to lose weight, my advice would be to stick to the naturally occurring gluten free products such as fruits, vegetables, nuts & seeds, low fat dairy, lean meats and include a small amount of wholegrain products each day.

Michele Pink  
Good Health Nutrition & Dietetics  
Accredited Practising Dietitian
Information required to determine the *Index of Community Socio-educational Advantage* (ICSEA) for schools

This notice is from the Australian Curriculum, Assessment and Reporting Authority (ACARA), to advise you that ACARA has requested your child's school to provide ACARA with information about you and your child. Your school may disclose to ACARA information such as your child's gender, date of birth, country of birth, background language, residential address, parental occupation and parental education.

This information is disclosed to ACARA under the *ACARA Act 2008* for one or both of the following purposes:

- formulating national reports consisting of aggregated data on school performance; and
- assisting government to formulate policies in relation to education matters.

ACARA will not disclose this personal information to any third party. If you do not want your school to provide this information to ACARA, please advise your school within seven (7) days of receiving this notice.

Further information about ACARA can be obtained from the ACARA website at www.acara.edu.au.
YMCA St Vincent de Paul
OSHC

SOCCER CLINIC!
Melbourne Heart staff are running a soccer clinic at our OSHC!

Date: Thursday 31st October
Time: 3.45 – 4.45pm

Bookings essential!
Drop into OSHC or telephone 0420 383 456.