Acts of Kindness

It was a joy to witness the willingness of our students to give and to share with others as we celebrated ‘St Vincent de Paul Day’ on Tuesday 15th October.

The Spirit of Generosity shone through during the weeks leading up to the day when families donated so many items, on the day when we prepared the donations to be collected or delivered, and the spirit goes on as items continue to be donated almost a week later. Thank-you for your generous support.

Prayer of the Beatitudes

Lord Jesus, you said; ‘Blessed are the poor in spirit: The kingdom of heaven is theirs.’

We pray: Give us the spirit of poverty and humility.

Lord Jesus, you said; ‘Blessed are those who mourn: they will be comforted.’

We pray: Teach us to share the tears of our brothers and sisters.

Lord Jesus, you said; ‘Blessed are they who hunger and thirst for righteousness, for they will be filled.’

We pray: Give us souls that thirst for justice and love.

Lord Jesus, you said; ‘Blessed are the merciful, for they will receive mercy.’

We pray: Open our hearts with love for our brothers and sisters.

Lord Jesus, you said; ‘Blessed are the pure in heart, for they will see God.’

We pray: Enlighten our eyes to see you in others.

Lord Jesus, you said; ‘Blessed are the peacemakers, for they will be called children of God.’

We pray: Make us instruments of your peace and joy.

Lord Jesus, you said; ‘Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.’

We pray: Make us strong in striving for what is right and true.
Dear Parents,

Thanks to everyone that supported the St Vincent de Paul Day actions last week by providing donations and assistance for the different groups being provided for. The generous support of families matched with the actions of each class to raise awareness of needs within our community, resulted in excellent outcomes for all involved. It is wonderful to see the example of St Vincent de Paul living strong in the actions of our school community.

It is great to see increasing numbers of students walking, riding and skateboarding to school now that the weather is improving. This is also a great time to remind everyone that safety comes first so always wear a helmet when on your bike / scooter / skateboard to ensure your safety in the event of an accident. Young children should be supervised when learning the correct and safest way to get to and from school and gradually encouraged to become independent as they reach the older grades. Do not forget to have a read of "Street Talk", a new feature appearing in this week’s newsletter.

SKOOLBAG UPDATE

Please do not forget to complete and return the tear off slip which you can find within the Newsletter if you wish to cancel your paper copy of the Newsletter. Thank you to the numerous parents who will in the future no longer require a paper copy, the trees say thank you as well!

SKOOLBAG UPDATED INFORMATION YOU NEED TO KNOW

We have had numerous calls regarding tear off slips which are included in the newsletter occasionally. A hard copy of the form will be provided to you if you are unable to print off a copy yourself. You will need to contact the school whereby a copy will be passed on to your child to take home, or come into the school and collect a copy.

SOCCER CLINIC

The Melbourne Heart Soccer Clinic advertised for Thursday 31st October is limited to those students registered to attend the After School Care Program on that day. Families wishing to access the program must be registered with the YMCA OSHC service.

ROAD CLOSURE NOTICE

Location: The Crossway, Strathmore

Date of works: 12th – 14th November

Description of works: Replacing Poles

Traffic management setup: Road Closure’s & Detour Routes

VOLUNTEER NEEDED

Many thanks to Paula Detering who has looked after our CDF Student School Banking for numerous years. Paula will no longer be at St Vincent’s next year and a volunteer is required to take over the Student Banking.

Please contact Mr. Grant if you are interested in taking on this role.
Maths Puzzles

Well done to everyone that had a go at solving the Maths puzzles in the last newsletter. The answers are below. Look out for more puzzle fun in week 5!

Raymond and James – Year 6 Mathematics Leaders

**Prep – Year 2 – letters and Numbers**

The letters were worth their place in the alphabet.

CAT = 3 + 1 + 20 = 24

ANT = 1 + 14 + 20 = 35

FROG = 6 + 18 + 15 + 7 = 46

**Year 3 – Year 6 – How many marbles?**

64 marbles were originally in the bag.

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**OCTOBER**

30th Mass – Year Four

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**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

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**DECEMBER**

2nd Prep Orientation 2014

4th Planning Day – School Closure

9th Father and Daughter Night

10th COLLECTION OF BOOK ORDERS – PARISH CENTRE

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
ATHLETICS

Congratulations to the following students who competed at the Western Zone Athletics last week. A great effort to get to this level.

11 year old Girls Relay Team: Julia Marchese, Isabelle Swift, Charlotte Goddard, Helena Porter

Isabella Swift 200 m
Adrian Sardo Shot Put
Davis Alexander Triple Jump
Matthew Doody Discus

Congratulations to Daniel Mammoliti (Year 6) who won the 200m and came second in the 100m. Daniel will run at the State Event next Tuesday. Good luck Daniel!

AIR POLLUTION AND ASTHMA

School age students and young children with asthma can often have breathing difficulties when exposed to air pollution. Air pollution can occur:

**Outdoors** — smog (made up of nitrogen oxides and ozone), bushfires, cigarette smoke.

**Indoors** — formaldehydes/resins (some building materials), volatile organic compounds (found in paints, furniture, cleaning products), cigarette smoke, poorly maintained gas appliances.

The most important way to reduce the impact of air pollution on your child’s asthma is to avoid the pollutant completely if possible.

- Stay indoors on high smog days, close windows and external doors
- Make sure you have a bush-fire plan if you live in a bushfire prone area
- Make sure your child’s asthma is well controlled and that you and your child know what to do if their asthma gets worse
- Make sure your gas appliances are serviced regularly by a registered or licensed gasfitter and that there is adequate ventilation in rooms containing gas appliances
- Choose building items, furniture, paints and wood items that are certified to emit low levels of formaldehyde and volatile organic compounds.

For more information about air pollution and asthma, contact The Asthma Foundation of Victoria on 1800 ASTHMA (278 462) or visit [www.asthma.org.au](http://www.asthma.org.au).

POSITION AVAILABLE - ENROLMENT OFFICER and BURSAR

St Aidan’s Preschool, Strathmore seeks to fill the position of part time Enrolment Officer and Bursar. This is a contract position for 2014. The successful applicant will be:

Friendly and professional  A good communicator  Organised and efficient  Community-minded

The role includes some of the following tasks:

Processing enrolments  Liaison with Committee and teachers  Communication with families  Collection and processing of payments  General administration

We are able to pay a small amount per term

The work takes approximately 2-3 hours per week

For a job description and details about remuneration, please contact
Revd Sophie Watkins, by Friday, November 8, at staidansstrathmore@bigpond.com

POSITION VACANT – Cleaner wanted for St Aidan’s Preschool

Enquire via email on :- info@staidanspreschool.com.au
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:**
YMCA Children’s Services
Curriculum Day

The Children’s Services OSHC team are looking for expressions of interest from families to run a Curriculum Day here at St Vincent De Paul Primary.

When: Monday 4th November 7:30am – 6pm.

What: We will have a full range of activities planned for the whole day to keep the kids active and entertained.

Please supply lunch and snacks for the day – breakfast will be served until 8:30am.

Cost: $53 – note that we need a minimum of 12 children in order to run the day.

Register your details with the Children’s Services OSHC team ASAP!

Did you know?

YMCA is an approved child care provider.

To see if you’re eligible for a reduction in Before or After School Care fees, please contact Centrelink on 136 150 or visit http://www.humanservices.gov.au/

You may be eligible for the following Government benefits:
Child Care Benefit (CCB), Child Care Rebate (CCR), and Jobs, Education and Training (JET) Child Care Fees Assistance.
**PARISH EDUCATION BOARD NOMINATIONS:** Parents wishing to Nominations for the PEB can do so by completing a nomination form available at the office between 1st November and 8th November. Listed below is some basic information about the role of the PEB, please consider nominating for the three places available.

**PEB purposes**

The purposes of the PEB are to:

(a) act as an advisory body to the parish priest and principal, on matters concerning education in the parish
(b) act as a forum for discussion on matters concerning education in the parish primary school
(c) provide a link between the parish priest, principal, teachers and parishioners in relation to the provision of Catholic education in the parish community
(d) promote community development by fostering a strong interrelationship between parish and the parish primary school, Catholic secondary colleges and pre-schools.

**PEB responsibilities**

The responsibilities of the PEB are to:

(a) promote the Catholic ethos of each school and to support the Religious Education programs
(b) provide advice on the development and review of school policies
(c) plan for the future of each parish primary school and its ability to accommodate future enrolments
(d) provide advice on budget planning and finance-related matters
(e) contribute to the selection process for school principals
(f) ensure the appropriate provision of faith development and RE programs for children attending Government schools
(g) foster adult education in faith.

**The Parish Education Board (PEB)**

**Membership**

1.1 The PEB shall be composed of at least nine (9) members who appreciate, value and share the educational mission and ethos of the Catholic Church. It shall consist of:

(a) the parish priest (ex officio)
(b) each school principal (ex officio)
(c) each deputy principal (ex officio) or an elected teacher from each school
(d) three (3) parents of children attending the parish primary school elected by the parents of the relevant school
(e) three (3) parishioners nominated by the parish priest
(f) other persons co-opted for a period of time to serve a particular need on the education board. i.e. Hall Committee, Family Support Group, Maintenance Committee, Parents Association.
EATING SAME FOOD AS PARENTS ‘HEALTHIER FOR CHILDREN’

Some interesting new research has explored the extent to which family meal occurrence, meal patterns and perceived meal enjoyment could predict the quality of children’s diets. The general consensus to date is that sitting together around the dinner table is one of the biggest predictors of good eating habits in children. However what this research showed is that the clear predictor of healthy eating among children was eating the same food as the rest of the family and it didn’t matter if it was eaten together or even at different times.

Researchers from Scotland looked at the eating habits of 2,332 children aged around 5 years, and what they found was that children that ate the same meal as the rest of the family ate more fruit and vegetables than those given “child-friendly” alternatives.

Other meal habits the researchers looked at were infrequent meal times, snacking between meals, an unpleasant atmosphere during meal times and not eating at the dinner table. Although avoiding these habits are important in establishing good eating patterns in children it was eating the same food as the parents that counted the most.

So what can we all learn from this? Well, for most of us it can be a natural coping strategy to create a child-friendly version of whatever it is that we are eating when children refuse to eat the family meal, and often the child-friendly version is nutritionally inferior. There is no doubt that eating together as a family unit has positive benefits not just from a nutritional point of view, but to allow good communication and bonding within the family. However for younger children giving them the same food as everybody else may be a better strategy than trying to make them sit at the dinner table and behave properly for extended periods of time.

And for us parents, we need to realise how our eating and food choices can impact our children’s long-term health and maybe next time you are out at a restaurant, offer your children some choices off the main menu rather than just assuming they will only eat off the kids menu. They may just surprise you!

Michele Pink   Good Health Nutrition & Dietetics   Accredited Practising Dietitian
Common Sense on Digital Life  (Family Tip Sheet)

DIGITAL LITERACY AND CITIZENSHIP IN A CONNECTED CULTURE

© 2012 www.commonsense.org

What’s the Issue?

We may think of our kids’ online, mobile, and technological activities as “digital life,” but to them it’s just life. In their world, being able to connect and communicate 24/7 from just about any location is normal – and expected!

Between kindergarten and fifth grade, kids go through rapid growth in learning about many topics, including digital media technologies. From playing games on their mum or dad’s cell phone, to learning how to point and click a mouse, to navigating online by themselves, kids this age are participating in a connected culture.

Why Does It Matter?

Young children need to learn early how to make good choices so they can take advantage of the powerful technologies available to them. And to make these good choices, kids need parental guidance.

The stakes are high because our kids’ technological abilities can be greater than their maturity and judgment.

Having unrestricted access to information and people can result in gaining a wealth of information and experiences. But it can also mean accessing inappropriate content and making inappropriate contact with others. The difference between a great experience and an iffy one lies in the decisions kids make. Just as kids learn to eat properly, swim safely, or drive a car carefully, they need to know how to live in the digital world responsibly and respectfully. Their ultimate success depends on their abilities to use digital media to create, collaborate, and communicate well with others. Those who master these skills in using digital tools will benefit from the digital world’s awesome power.

Common sense says

Use bookmarks and safe search. Teach your child to bookmark his or her favourite sites. This way, your child is less likely to go somewhere online you don’t want. Use safe search options on Web browsers, such as Google or Bing, to make sure your child can search safely.

Consider using filtering and blocking software. Some parents find these tools to be useful to help protect younger children from accessing inappropriate content.

Have older siblings help. Have your older children help teach your younger children how to be responsible and safe online. Let the older ones know that you want them to help you protect their little brothers or sisters online.

Share wisdom. Kids often don’t understand the implications of their actions. But we do. So we have to remember to extend our basic parenting wisdom to the digital world. We teach kids to choose their words carefully, play nicely with others, and respect their teachers. Now we have to extend those lessons to a vast, invisible world.

Pass along your values. As a parent, you can translate your values into the digital world and help kids understand the implications of their actions. Often times the same rules that apply in the real world apply online, such as “be nice to others,” “don’t say mean things,” and “think critically about information.”

Seek balance. It’s hard to know how much freedom to give kids. We want them to explore, enjoy, communicate, and create. We also want to be sure they are protected. If our kids are going to thrive with digital media, we must balance the negative with the positive, privacy with protection. As our children grow, they need more independence and privacy. But parents have to be sure their kids know how to be safe and responsible before letting them loose.

Keep an open mind. We don’t see the world the way our kids do. And we don’t help our kids when we judge their lives through the lens of a non-digital world. It’s important for us to understand that our kids will spend much of their lives in a connected world, where everyone creates and communicates. We need to help them to enjoy it and learn from it.
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

Topic: Do u know what your kids r up 2 online
When: Tuesday 29th October
Location: Parish Centre
Time: 7:00 pm

Presented by Tony Richards from www.ITmadeSimple.com - tony@itmade-simple.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: ________________________________
Following in his footsteps: Every year we celebrate the life of St Vincent de Paul by donating things to people in need. Both Year 4 and Preps collected baby things for new parents who may not be able to afford these things for their children. We also collected clothes for primary aged children and cans of food.

by Isabella Bleazby and Kassidy Lo Giudice, (Year 4)

Koala Kids

Koala Kids help kids with cancer. I hope people help out Koala Kids like the Year 3’s did. Mandy talked to us about how boring it is to sit on a hospital bed for hours and hours. Koala Kids provide teachers with materials so the sick kids can learn in hospital. If you think going to hospital is fun, think again! These children have a fight of their lives on their hands. by Sam Koster (3 Blue)

Mandy Mandie is the director of Koala Kids. Koala Kids collect small things for kids with illness and who are stuck in the hospital for a very long time. Koala Kids donate these things to the hospital so the kids have something to do while they are there. Sometimes they donate lolly pops to the hospital so once the kids have had their medicine they can suck on a lolly pop to get the horrible taste out of their mouths. Thanks to everyone that works at Koala Kids.

By Claudia Passalacqua (3 Gold)

On Tuesday the 15th of October the whole school went to church to celebrate St Vincent de Paul day. Before the year 5’s left for church they looked at videos of St Vincent and all the special things he does. That day all the students participated in activities such as Book marks, Pin picture, Colouring in sheets, Making truffles and Doing activities on the computer. The grade fives took a big part of St Vincent de Paul day by being the leaders by collecting all the items and sorting them. Thank you to all the people that donated.

BY ALLY KEATING AND ISAAK WARBURTON!
On St Vincent de Paul Day, the Year 6’s participated in making truffles for the parishioners to have for morning tea and to take home. The Social Justice leaders organised a Mass for St Vincent de Paul Day which the whole school attended. At the Mass we celebrated his life and reflected on how his courage, wisdom, faith and love helped him to support the poor.

By Julia and Claudia (Year 6)

Prep’s collected baby clothes and other items to give to two Sri Lankan families who live in a house in Strathmore. One family recently had a baby boy and the other family is expecting a baby soon. The whole school went to Mass. We heard the story of St Vincent de Paul and we coloured in pictures of him. St Vincent de Paul got captured by the pirates. He helped the homeless people. By Eleanor, Noah S and Alexander (Prep)

For St Vincent de Paul Day Year one’s decided to make bookmarks and donate books to the poor. We brought our preloved books from home. We made bookmarks and wrote a message then drew pictures and coloured the front in. The books will be given to children who don’t have beautiful books like we do.

By Cooper Marin and Avril Kelly (Year One)

Year 2’s donated toiletries like soap, shampoo, toothbrushes, toothpaste and deodorant. On St Vincent de Paul Day we sorted all the toiletries into groups then we put the toiletries into bags. Each bag had a selection of toiletries for someone to use. The bags of toiletries were distributed to poor and homeless people by the St Vinnie’s soup van. By Elliot M, Lachlan C, Tara W, Alessia T, Mikaela B and Sienna S (Year 2)
As the weather improves and we get to enjoy some welcome spring sunshine everyone has pep in their step. A great way to enjoy these days is to leave the car at home and walk, cycle or scooter to school.

**TOP 8 WAYS TO BE ACTIVE AND SAFE AROUND SCHOOL**

1. Leaving the car at home often means stress levels are lower because you don’t have to fight the heavy traffic around the school.

2. Walking or cycling is a great way to catch up with your kids. It is amazing the information they give you when there are no distractions.

3. Research shows that getting children to make their own way to school really prepares them for the independence they will need for high school.

4. Walking and cycling keeps the parents a little fitter as well as the kids. It is a great example to the kids of modeling healthy habits.

5. If you are worried about not being ready on time perhaps just try it a couple of days a week when you think everyone is feeling fresh (Monday’s is often hard because everyone is still in weekend mode)

6. If you have to drive perhaps park 3 or 4 blocks away so you get a bit of incidental exercise but less stress.

7. While you are walking you get to teach the children about road safety and explaining what drivers can actually see and what they can’t.

8. If you start the children in good habits walking with you in the junior years by the time they reach the senior years they may be able to fly solo. (This happens sooner than you think)

- Give it a try – your kids will love it!!

This page will be a regular part of the newsletter. If you have any ideas or themes you would like explored in future newsletters please submit to the school office under “Street Talk”