Advent

As we hurtle towards the end of the year, things seem to get busier and busier, and before we know it, Christmas will be upon us! A Week from this Sunday we commence the season of Advent. It's important to stop and reflect on the true meaning of this season. We wait in anticipation for the coming of the Lord, the birth of Jesus.

We Wait in Joyful Hope

God of life, our hearts desire the warmth of your love and our minds are searching for the light of your Word. Increase our longing for Christ our Saviour and give us the strength to grow in love, that the dawn of his coming may find us rejoicing in his presence and welcoming the light of his truth.

We ask this in the name of Jesus the Lord.
Amen

Giving Tree

As we wait in joyful hope for the coming of the Lord may we also bring some hope and joy to those in need. In recalling our blessings and joys of this year, let us open our hearts to those who are not so lucky by offering a gift to the Giving Tree.

The Giving Tree is one of the most special things we do as a whole school. This tree will be set up in the front entrance from Monday December 2nd.

Please give thought to placing an offering to those in need under the tree; maybe a toy, a small gift or even some food or a blanket. [Further details attached in main newsletter]
Dear Parents,
St Vincent de Paul School has signed up for VicHealth's Walk to School 2013, a month-long activity that encourages children to walk to and from school every day in November. Walk to School encourages children to make walking part of their daily routine to improve fitness, friendships, the environment and their confidence. Children can keep track of their walks, with the help of a parent or teacher, using the Walk to School cart in each classroom. Walk to School is free, it's fun and helps get cars off our roads. It has been wonderful to see the extra walking teams before and after school taking up the challenge, keep up the great efforts and we will see which class scores the most 'walking trips' by the end of November.

Due to increasing enrolment numbers, maternity leaves and some restructuring of roles within the school our staffing will see some changes in 2014. St Vincent de Paul School community extends a warm welcome in 2014 to Daniel Igoe, Alyssa Panozzo and Travis Carrick who join our teaching staff for next year.

Working Bee: Friday 22nd November 4.00 – 7.30pm. To begin moving equipment back into the new learning areas. A team of able bodied helpers are needed so if you can spare a few hours, your assistance is much appreciated. Sorry for the limited notice.

The GIVING TREE:
Please make your presence felt for the poor and needy. One of the most special things we do as a whole school is the Giving Tree. This tree will be set up in the front entrance of the school from Monday December 2nd. The idea is to bring something along - maybe a toy, a small gift or even some food or a blanket - and place it under the tree. Then take a hanging ‘thank-you’ tag in return, as a reminder of your thoughtfulness.

Please DO NOT wrap the gift! [St Vincent de Paul Society cannot accept wrapped items.]

Closer to Christmas Day these gifts will be given to St. Vincent de Paul Society to be distributed to those in need in our community

LATE ARRIVALS:
All parents are reminded that children are expected to be at school by 8.45am ready for line up in the junior yard, increasing numbers of late arrivals is causing regular class interruptions that impact on the start of the day. Late arrivals need to be signed in at the office. Your assistance and cooperation with this matter is greatly appreciated.

LIBRARY BOOKS
Library borrowing has ceased.
We would appreciate all books being returned as soon as possible as it is an enormous job to stocktake all books.
The children still have use of their Classroom Library until the end of the year.

Many thanks for your co-operation.
Jeanette Pearson and Liz Piccione
YMCA HOLIDAY PROGRAMS

YMCA operates school holiday programs in your area.
Bookings for the summer holiday open on Tuesday 19th November 2013.

For more information or to make a booking visit: www.childrensservices.ymca.org.au
CCB/CCR rebates apply to our holiday program too!!

INVITING OSHC FEEDBACK

YMCA actively encourages feedback, comments, ideas and suggestions regarding the Before or After School Care service provided at the school. We continually strive to improve all aspects of the service, and value your say in the process.

If you have any feedback regarding the Before or After School Care service at your school, please email us on childrensservices.vic@ymca.org.au

ST COLUMBA’S ENROLMENT FOR 2015

Applications for Year 7 2015 at St Columba’s can be lodged by contacting the College Registrar Peter Bray on 9331 9128 or brayp@columbia.vic.edu.au to request that an application form be sent. Application can also be downloaded from the College website at www.columbia.vic.edu.au
Please note that applications for Year 7 2015 close on Friday 28th February 2014.

School Tours
Booking for School Tours can be made by ringing Peter Bray or again via the website.

FREE COME AND TRY DAY
MILO T20 BLAST CRICKET
WINDY HILL, BREWSTER STREET ESSENDON
Friday November 29th and December 6th 2013 6.00pm – 7.30pm

MILO T20 Blast is a new program that has been designed to allow boys and girls (Aged 7-12 years) the opportunity to play modified cricket matches in a T20 atmosphere.
MILO T20 Blast is the perfect progression for boys and girls who have participated in the MILO in 2CRICKET program, but want to develop their skills further playing real games before joining traditional junior club cricket.
The format allows parents and coaches to interact with participants throughout, ensuring the skills of the game are taught in an explosive, action packed 90 minutes.
The program is professionally delivered and each participant receives a KFC T20 Big Bash League team pack to ensure they can emulate their heroes on the field.
To enquire about how your child can get involved visit www.t20blast.com.au or contact Darren Driscoll from Cricket Australia on 0414 689 045.
Register your child’s interest in participating at the FREE Come and Try Day by emailing Darren.Driscoll@cricket.com.au

FRIENDS OF NAPIER PARK INC.
The annual Christmas Carols and Street Party in Napier Park will be held on Saturday 14th December at 7.30pm.
Everybody is welcome to come along and celebrate the festive season, with friends, family and neighbours. Come early, bring a torch, chair, food and drink, and meet on the Noble Avenue side of Napier Park. The street will be closed to traffic from 5pm.
Inquiries: Mark Roberts 9379 7164.
SPORTS NEWS
Our School Athletics Sports Day was held on the 8th November in cool and at the end, wet conditions. We managed to complete all events except the relays. Congratulations to all the students for their enthusiasm and active participation in all aspects of the day. We definitely have some very talented runners, jumpers and throwers in our school. The final results saw PARKER HOUSE win by one point with WALSH HOUSE winning the team spirit award. Well Done Parker House!
A very BIG Thank You to all the parents who helped with the running of this event.

Congratulations to Daniel Mammoliti (Year 6) on his fantastic effort at the State Athletics Competition last month. He finished 6th in the 100m and 7th in the 200m sprints.

This year the "HOUSE CHALLENGE" was introduced by the House Captains. It was a lunchtime competition between Houses. The Year 5 and Year 6 students played netball and the Year 3 and Year 4 students played Hoopball. It was great to see so many students playing the games at lunchtime. After the round robin competition was completed WALSH HOUSE were the winners. Congratulations to all the Wash Members who helped their team to win.

CURRENT SCHEDULE OF SCHOOL FEES & LEVIES

SCHOOL FEES FOR 2014 (Billed over 3 Terms)

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(This is a Family Fee)

PLUS
INDIVIDUAL STUDENT LEVY
(Covers classroom requisites and excursions)

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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 9!

Raymond and James – Yr 6 Mathematics Leaders

Prep - Year 2 - Car Colours
Of the last for cars there were 3 white and 1 yellow.

Year 3 - Year 6 - Basketball Blitz

a) Miranda scored 39 goals in games 4 to 6.
b) Miranda scored 17 goals in game 7.

PARKING CHANGES AND PERMIT ZONES

Moonee Valley Council is conducting a review of all parking conditions in the streets around our school. Already you may have noticed 'Permit Zone' signs appearing in the local area under the normal restriction signs. These permits will be issued to local residents which exempt them from the timed restrictions displayed on the sign above the permit zone; anyone without the relevant permit must park in accordance with the time restrictions that apply to that area. A more detailed plan of how parking will be affected will be sent out once the discussions with council are made formal.

How much activity should we really be aiming for?

Although the majority of my job is advising people what and how much to eat, I often get asked how much exercise should we be doing? Funnily enough the recommendations on exercise keep changing; generally in the direction of increasing the amount of exercise we should be doing each day to compensate our sedentary lifestyle.

To help put this into perspective, here are two interesting studies. The first study looked at comparing the energy demands of modern sedentary office workers with the early settlers of 150 years ago. Seven men simulated the lives of the settlers by living in 'Old Town Sydney', an historical theme park based on life around the early 1900s. They had to avoid all modern technology as much as possible and their energy levels were recorded. The second group continued with their modern lifestyle working in a predominately sedentary job.

The results were outstanding but not surprising. The men in the historical group were on average 1.6 times more active than the modern man. In walking terms that is equivalent to walking an extra 8km per day! In fact the two men that were most active actually walked an extra 16km per day. This highlights how things have changed over time and the impact that this has on energy balance and ultimately weight control. To drive this point home further, if we consider this from a body fat perspective, if you walked 16km per day every day for a year this would equate to 25-30kg of body fat expended.

The second study investigated over 200 overweight and obese women aged 21-45 years that were recruited from a hospital based weight loss research centre and studied over 24 months. Calorie intake was controlled to be between 1200-1500kcal/day. What the results showed is that in order to maintain a weight loss of >10% of initial body weight, individuals need to be performing about 1800kcal of energy expenditure or 275min/week. This equates to a 40min brisk walk 7 days a week or 5-6 sessions in the gym burning around 300-400 calories.

So what does this all mean? Well the reality is that walking for 30-40min three times per week is nowhere near enough to really have an impact on weight control if that is your goal. It is definitely better than nothing and will offer some health benefits, but if you are really trying to lose weight then you need to be aiming to exercise most days if not all. For example if you were to walk briskly (not stroll) for 40min every day for one year and change nothing else then you could potentially lose 5kg! No doubt when it comes to weight control, I truly believe that 80% of your success is attributed to what you eat, however I think this helps us realise not to underestimate the importance of moving much more than we do.

Michele Pink
Good Health Nutrition & Dietetics
Accredited Practising Dietitian
Congratulations! Everyone is doing so well with more of us walking and riding to school. Here are a few tips to make it easier and safer to do:

1) Plan the night before, talk to the kids, and make sure uniforms and lunch boxes are ready to go so there is less of a rush
2) Plan your route and make sure you practice a couple of times so you know how long it will take
3) Ensure that if your kids are going to go by themselves that they always stick to the route you have planned for them. (Every now and then it doesn’t hurt to follow them just to make sure they are doing what you have practiced)
4) If kids are riding or walking in a group make sure they know to stick to the footpaths, to be no more than 2 abreast and to check for cars constantly. Sometimes they can get distracted by each other so keep reminding them
5) Point out the houses of families, friends and school families so the kids know where they can go in case of an emergency
6) Make sure your phone number/s are written down and left in the kids’ schoolbag. This means that, if needed, it is simple to find and no-one has to remember
7) If you are walking with younger children, sometimes you can play a game of them telling you the house numbers as you go past houses on the way. This keeps them alert to driveways and is an extra chance to do some reading and maths
8) Make the effort to walk or ride a few times in a week so that it becomes a normal way of getting to school
CHURCH IN AUSTRALIA

The Catholic Church in Australia, in its submissions to the Royal Commission into Institutional Responses to Child Sexual Abuse and in its communications with both the Catholic and broader communities has made the following commitment:

The leaders of the Catholic Church in Australia recognise and acknowledge the devastating harm caused to people by the crime of child sexual abuse. We take this opportunity to state:

1. Sexual abuse of a child by a priest or religious is a crime under Australian law and under canon law.

2. Sexual abuse of a child by any Church personnel, whenever it occurred, was then and is now indefensible.

3. That such abuse has occurred at all, and the extent to which it has occurred, are facts of which the whole Church in Australia is deeply ashamed.

4. The Church fully and unreservedly acknowledges the devastating, deep and ongoing impact of sexual abuse on the lives of the victims and their families.

5. The Church acknowledges that many victims were not believed when they should have been.

6. The Church is also ashamed to acknowledge that, in some cases, those in positions of authority concealed or covered up what they knew of the facts, moved perpetrators to another place, thereby enabling them to offend again, or failed to report matters to the police when they should have. That behaviour too is indefensible.

7. Too often in the past it is clear some Church leaders gave too high a priority to protecting the reputation of the Church, its priests, religious and other personnel, over the protection of children and their families, and over compassion and concern for those who suffered at the hands of Church personnel. That too was and is inexcusable.

8. In such ways, Church leaders betrayed the trust of their own people and the expectations of the wider community.

9. For all these things the Church is deeply sorry. It apologises to all those who have been harmed and betrayed. It humbly asks for forgiveness.

The leaders of the Catholic Church in Australia commit ourselves to endeavour to repair the wrongs of the past, to listen to and hear victims, to put their needs first, and to do everything we can to ensure a safer future for children.

MASS OF THE ANOINTING AND LUNCHEON

All are invited to come to St Vincent de Paul Church for the celebration of the Sacrament of Anointing and prayers for the sick and senior parishioners of our community. Mass will be celebrated on Friday 6th December at 11am followed by Lunch in the Parish Centre. To help us to prepare for this celebration forms are available in the porches of the Church. Please return the form by the 29th November, to the boxes in the porches of the Church.
PASTORAL PLAN UPDATE
We have had a strong response to our recent mail out requesting parishioners to indicate their interest in supporting one or more of the programs in our Pastoral Plan. A sincere thank you to all of those who indicated their interest in participating in one or more of the programs. We have good coverage of most of the planned programs, and we are confident that we will be able to launch all eight programs early in 2014. We plan to conduct a briefing session on the Pastoral Plan and related programs for all those who have expressed an interest in participating on Wednesday 11th December at 7.30 in the Parish Centre to plan the way forward. A separate invitation will be sent to all participants with details of this initial event. Any additional participants will also be welcome at any time!
Pastoral Planning Team

CALENDAR 2013 – ST VINCENT DE PAUL

NOVEMBER
22nd
WORKING BEE 4.00PM-7.30PM
27th
Mass – Year Prep

DECEMBER
2nd
Prep Orientation 2014
4th
Planning Day – School Closure
9th
Father and Daughter Night
10th
COLLECTION OF BOOK ORDERS – ****AMENDMENT**** HALL NOT PARISH CENTRE
14th
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

2014 UNIFORM SHOP OPENING HOURS

Tuesday 28th January 9am – 1pm
Thursday 30th January 2pm – 4pm

TERM DATES 2014

Term One
Tuesday 28th January – Friday 4th April

STUDENTS RETURN: WEDNESDAY 29TH JANUARY

Term Two
Easter 18th-21st April
Tuesday 22nd April – Friday 24th June

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.
St Vincent de Paul day acts of kindness

Whilst thanks for our acts of kindness is not expected, it has been heartening to receive letters from some of the recipients of the donations made by St Vincent de Paul families expressing their gratitude. We have received letters of thanks from one of the Sri Lankan families who recently gave birth to a baby boy and one from the Koala Kids Programme director. Below are some of the thoughts expressed in these letters just to let you know that your efforts have been greatly appreciated.

 Dear children at St Vincent’s school,

 Thank-you very much for the baby clothes and nappies you gave to me for my new baby. His name is Tharun. He is a very good baby. Maybe one day you might meet him.

 From Nathan, Logini, Vivethan and Tharun

 Dear Connie

 Please convey to each of your Year 3 students my most sincere thanks for choosing KOALA Kids as the recipient of their donated goods in celebration of your recent St Vincent de Paul Charity Day.... Connie stand proud of your kids and please accept my warmest thanks on behalf of all your fellow colleagues at KOALA Kids for a wonderful awareness and ‘fun’ raising project you created.... Let’s see if we can emulate such a simple campaign in lots of schools, primary and secondary around Victoria so that more kids in cancer treatment can be touched by the huge hearts of these gorgeous kids who care and who can make a difference to the lives of those struck with this rotten illness.

 Warmest regards

 Mandy Mandie
 Programme Director
 KOALA Kids
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: ______________________________________