Advent is a season of past, present and future.

**In terms of the past**, Advent prepares us for the celebration of the historical coming of Jesus Christ at Christmas. The first coming of Jesus has already happened. God is with us. The more deeply we contemplate this mystery the more we enter into the grace of ‘God-with-us’.

**In terms of the present**, Advent reminds us that God speaks to each of us now, through our own personal histories, our own experiences and daily living. Christ is always with us in our humanity, and whenever two or three are gathered together in his name.

**In terms of the future**, Advent points us towards the time when Christ will come again. The main focus is on hope, which gives meaning to our lives. Advent is a time of hope and trust that God, through Jesus, will make all things new. We look toward the day when all will be complete and all will be brought to glory in Christ.

*Now we watch for the day,*  
*hoping that the salvation promised us will be ours*  
*when Christ will come again in his glory.*
Dear Parents,

The End of Year Picnic will be taking place this year with children going to Woodlands Park on Tuesday 17th December from 10.30am to 2.30pm. We will be combining a chance to play at the park, share a lunch together and cheer on the Year Five Bill Cart Derby which will commence at 12.00 noon. Parents are most welcome to come along – bring a picnic rug and join in the fun. Children will be returning to school at around 2.30pm weather permitting.

At this time of the year we frequently have parents anxious about teachers and class grouping for next year. Mostly these fears are unfounded. The teachers, based upon their knowledge of the children, allocate them a class using a detailed process. Factors that the school rates highly in this exercise are not necessarily the same as parents. You need to trust that your child will be placed in an appropriate group, as attempting to intervene on your child’s behalf is often counter-productive to his/her interests. Inevitably some parents and children are disappointed but it is worth remembering that resilience is built in children through the lessons of disappointment and how these are handled.

Thanks to the parent helpers that turned out to help at our recent working bee and moving day, your assistance with these activities is always very much appreciated.

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 is set up in the front entrance of the school. 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.

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**PARENT HELPERS MORNING TEA**

We would like to invite all those parents who have helped the school in some way over the year to a morning tea. This will be held on **WEDNESDAY 11TH DECEMBER AT 11.00AM IN THE KIRINARI CENTRE.** This is our way of saying THANK-YOU for the variety of ways you support the school.

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**GRADUATION CEREMONY**

**FRIDAY 13TH DECEMBER COMMENCING AT 6.00PM**

It is an expectation that **ALL STUDENTS** attend this ceremony and need to wear their summer school uniform except for Year Six students who are asked to wear Confirmation quality clothing. Students will be seated in their class group and need to meet their class teacher in the **CHURCH NO LATER THAN 5.45PM.** Year Six students will process into the Church. Following the ceremony students will be dismissed from a location outside the Church. Please ensure you inform your child’s teacher that you have taken your children.

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**END OF YEAR MASS**

Whole school End of Year Mass of Thanksgivings will be held on Wednesday 18th December at 10.00am. All parents are invited to join with us at this Special Celebration.
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@columba.vic.edu.au to request that an application form be sent. Application can also be downloaded from the College website at www.columba.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.

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.

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.

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

DECEMBER

9th  Father and Daughter Night
10th  COLLECTION OF BOOK ORDERS – ****AMENDMENT**** HALL NOT 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

2014 UNIFORM SHOP OPENING HOURS

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

TERM DATES 2014

Term One
Wednesday 29th January – Friday 4th April

Term Two
Easter 18th-21st April
Tuesday 22nd April – Friday 27th June

Term Three
Monday 14th July – Friday 19th September

Term Four
Monday 6th October – Wednesday 17th December

PLEASE NOTE:
SCHOOL CLOSURE DATES FOR 2014
Friday 14th February – Student Testing
Wednesday 26th March – School Review

ST VINCENT DE PAUL PARISH

PROGRAM FOR SACRAMENTAL PREPARATION 2014

RECONCILIATION:
Parent meeting: Thursday 20th February at 7.30pm
Commitment Masses: Saturday 22nd February and Sunday 23rd February
Celebrations: Wednesday 12th March and Thursday 13th March at 7.00pm

CONFIRMATION:
Parent meeting: Thursday 1st May at 7.30pm
Commitment Masses: Saturday 3rd and Sunday 4th May
Celebrations: Friday 30th May at 7.00pm and Saturday 31st May at 6.00pm

FIRST HOLY COMMUNION:
Parent meeting: Thursday 31st July at 7.30pm
Commitment Masses: Saturday 2nd August and Sunday 3rd August
Celebrations: Saturday 30th August, Sunday 31st August, Saturday 6th September and Sunday 7th September
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.

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)

<table>
<thead>
<tr>
<th>Cancellation of paper copy of newsletter</th>
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<tbody>
<tr>
<td>NAME:</td>
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<td>CHILD NAME:</td>
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<td>CHILD CLASS:</td>
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</table>
T'is the season to be green!

Green smoothies are all the go at the moment, and after acquiring a Vitamix earlier this year I must admit I am a big fan. Nothing makes you feel quite as healthy as a green smoothie. With the bulk of the smoothie being vegetable based with a little fruit for taste you have a winning combination of serious nutrients that is not too high in calories. We generally have ours in the morning but it really doesn’t matter, they can be great in the afternoon as well for a pick me up especially if this is the time that you would normally finding yourself picking before dinner. Try adding some protein powder for some extra nutrition and you can use it as a meal replacement which can be good at this time of year when you may find yourself eating out or socialising more than normal.

Just because you are trying to lose weight or eat healthy doesn’t mean you can’t socialise at this time of year. Your life doesn’t have to stop nor should it have too. Try to focus on the other aspects of socialising such as the people you are with and the location rather than focusing solely on the food and wine. Look at your diary and work out what functions are absolutely necessary to attend and those that are not. Remember you don’t have to suddenly catch up with everyone before Christmas, try and put off some catch up’s to the New Year when things are calmer, that way you can space out the events a little more. Also don’t arrive to your function hungry. Eat a healthy snack or try a green smoothie (see recipe below) beforehand to help take the edge off your hunger.

When eating out try a Miso soup, or some lean protein with stir-fry vegetables, or a garden salad with the dressing on the side (no creamy sauces). If you are going to a party where the food is provided, eat lightly during the day and plan an extra activity session so that you can burn up some extra calories. Lastly set yourself a limit for alcohol or offer to be the driver for the night. Choose mineral water, plain chilled water or diet soft drink instead and ask for it to be served in a wine glass. Not only is alcohol high in calories, but it acts as an appetite stimulant encouraging you to eat more. Additionally the ‘knock on’ effects of drinking too much alcohol can result in some poor food choices late in the evening or next day!

It is important not to get too uptight and take a relaxed approach, for some individuals weight maintenance may be more the goal at this time of year rather than weight loss. Whatever approaches you decide to take just make sure that you don’t undo all the good work that you have done all year.

Best wishes and Merry Christmas to you all

Kale Green Smoothie

Ingredients

Handful of kale or spinach
½ cucumber
Juice of half a lemon
Handful of mint
1 cup of fresh pineapple or any other sweet fruit you may have
½ a stalk of celery
1 cup of chilled water or coconut water
Handful of ice cubes

Method

Put all the ingredients including the ice-cubes into a high powered blender and blitz until smooth

Serve with a slice of lemon and a few extra ice cubes.

In Good Health

Michele Pink

Accredited Practising Dietitian

Michele Pink BSc, MND, APD, AN
Accredited Practising Dietitian

51 Loeman Street, Strathmore VIC 3041, P: 03 9379 8339, M: 0433 001 231,

E: michelepink@goodhealthnutrition.com.au
St. Vincent de Paul Primary School
Chess Club - Term 1, 2014
Term Starts 3rd February

Term 1 commences on Monday 3 Feb.

Date: 3/2 – 31/3 (no 10/3)
(8 week - Programme)

Time: Monday Lunch Time For term 1,
and then Term 2 2-4 Wednesdays

Cost: $10.50 per lesson - $84.00 for the term

PLEASE NOTE: If chess lessons coincide with swimming or school camp,
please deduct the cost of these lessons from the total amount.
Students will not receive a refund for classes missed but students commencing after
the first week do not pay for the earlier lessons.

Cheques should be made payable to “Chess Ideas (Australia) Pty. Ltd.” or we accept
payment by MasterCard, and Visa either by phone, 9532-8370, fax, 9532-8360, email
admin@chessideas.com.au or post. (Please complete the form below and return with
game). PAYMENTS CAN NOW BE DONE ONLINE at
www.chessideas.com.au

If your child has a medical condition we should know about please ring our office

Play Chess at home against the computer.
Click on “play chess”. It’s fun!

CHESS REGISTRATION TERM 1, 2014
St. Vincent de Paul Primary School

NAME OF CHILD: ___________________________ GRADE: __________

CONTACT PARENT/GUARDIAN: ___________________________ Ph. #: __________

SIGNATURE OF PARENT/GUARDIAN: ___________________________

Credit Card Details:

NAME ON CARD: ___________________________ CARD TYPE: __________

CARD NUMBER: ___________________________ EXPIRY DATE: __________

CCV #: ___________________________

Please enclose $84.00 and send to: ‘Chess Ideas (Australia) Pty. Ltd.’ PO Box 3158, Ripponlea Vic 3185, or
phone 9532 - 8370 or fax 9532 - 8360 with credit card details between the hours of 9:30 a.m.
and 2:30 p.m.

WANT TO FIND OUT ABOUT TOURNAMENTS? Fill in your e-mail details for us.