

St Joseph's School Newsletter



"WE ARE ONE"

Week 2 Term 3, 2012
Friday 3rd August

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Dear Parents & Carers

Firstly I would like to congratulate our 100% Star Attenders for Term 2 - Chloe Birch, Tor Hart-Iida, Keon Morgan, Montaya Thompson, Larz Trust, Deklan Garcia, Erin Victor and Destiny Garcia. Well done students and parents, I am so pleased that you have been at school every day in Term 2. So much has been happening this week at school. We have had a group of very special visitors staying with us from St Augustine's College, Kyabram in Victoria and I would like to officially welcome them to our beautiful St Joseph's School. Mrs Megan Kelsey, Mr Michael Flenley, Mr Glen Hart, Ellen Doolan, Olivia Sorbello, Bethany McLeod, Kaylee Browne, Tanya Sutton, Sam Spedding, Tommy Coyne and Ben Shellie. We hope they enjoyed staying with us as much as we loved having them here, helping us around the school and enjoying our beautiful sights. On Monday Yr 3-7 and the St Augustine's students went over to the WDFS and were involved in an informative morning at the Careers Expo. Our Upper Primary students then went over to Ngnowar Aerwah to wash cars and raise money for the Camp. Thank you to all our community members who are supporting the students in their fundraising activities. The team from Touch West spent the afternoon with our Yr 3-7 students and from all accounts it was a fun, learning experience. Active After School Communities (AASC) began again this week with Mr Damien & Mr Danny. Please remember that students need to bring their shoes if they are involved in AASC. We will be attending Mass on the feast of our first Australian saint, St Mary of the Cross, on Wednesday 8 August at 8.00am and we invite you all to celebrate with us led by our senior students. Next Wednesday we will be attending Mass for the Assumption of the Blessed Virgin Mary when it is a chance for us all to celebrate the heavenly birthday of Mary. It will be a joyful experience so we hope you are able to join us in the Church in the next couple of weeks as the students and staff appreciate your presence and participation.

God bless
Miss Andrea

THE YEAR OF GRACE

A Year of Grace is the Australian bishops' gift to the Church to celebrate and renew our faith and life as Catholics. It began at Pentecost 2012.

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*"This
Grace is
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tion to be something. At its heart it is a call and an invitation to 'be', and become more and more, a disciple of Jesus. It is a call to really come to know him more deeply and to love him more completely – in other words to put him at the heart of our lives where he really belongs." (Archbishop Timothy Costelloe, 2012).

During this Year of Grace we are invited to pray with Icons. This is prayer without words, with a focus on being in the presence of God rather performing in the presence of God. It is an experience of touching and feeling what is holy. Icons are not simply art: they are a way into prayer of the soul. Icons are doorways into closeness with God.

IMPORTANT DATES

TERM 3

8th Aug: Mary McKillop Mass
8am

10th Aug: School Assembly
12:15pm

15th Aug: Assumption of Mary
Mass 8am

17th Aug: Andrew Chinn Con-
cert at St Joseph's School
Kununurra

Student of the Week

WEEK 1

Gigi Hooper-Birch
Welcome Back!



Year 5/6/7

Dallas Edwards
Great group work



Year 3/4

Madison Haji-Ali
Impressive Reading



Year 1/2

Larz Trust
Excellent Writing



K/PP

PATHS Kid of the Week

[Promoting Alternative Thinking Skills



MARGIE HAMILTON
K-PP PATHS KID



JADE HARDTVILLE
Caring for the Environment

Year 5/6/7 Broome Camp Update

20-24 August (Monday - Friday)

Money & Forms: Thankyou to those families who paid and returned their forms last term. If you have not already please pay \$250 contribution towards camp and return completed medicals/swimming permission form.

Fundraising:

- Chocolates will be on sale from the Office and children will be bringing them home to sell.
- A raffle is on sale in the office, 50c a ticket!!!
- Guess the lollies in the jar (see Miss Candice)

Well Done to everyone for
**RAISING MONEY, SO FAR WE'VE
RAISED....**

\$1827.30

TERM 2 100% STAR ATTENDERS

Chloe Birch TOR hart-tiida keon morgan
montaya Thompson Iarz trust Deklan Garcia
erin victor destiny garcia

IT'S NOT OK TO STAY AWAY

School attendance is the responsibility of parents and caregiver.

IT'S NOT OK....because school enables children to build on their knowledge and skills each day, each week and each year.

IT'S NOT OK..... because children can miss out on the basic skills and may experience difficulties later with their learning.

IT'S NOT OK..... because school helps children build confidence in areas such as communication, teamwork, organisation and social skills.

LITTLE JOEYS PLAYGROUP



Come along and have some fun at Little Joeys Playgroup. Each week we have a special activity, indoor and outdoor play, a healthy snack and story time.

Where: In the Kindy/Pre-PRIMARY area AT ST JOSEPH'S SCHOOL.

When: Every Friday from 10am until 12pm. (except school holidays)

For more information contact Amanda on 0447 791 186

Healthy Food Choices

IS DRIED FRUIT GOOD FOR KIDS?

Dried fruit contains a lot of the nutrients that fresh fruit does like fibre, Vitamin A and potassium. It also contains Vitamin C and folate, although in smaller amounts than fresh fruit does. So, having a serve of dried fruit (around $\frac{1}{2}$ to 1 tablespoon) can count as 1 portion of fruit. However, dried fruits like sultanas and dried apricots contain natural sugar that is highly concentrated, due to the drying process. In addition, with some dried fruits, food companies add extra sugar to them, like dried cranberries, because they are so tart in flavour. Dried fruits are also sticky in texture, thus tend to stick to kids' teeth, which can contribute to tooth decay.

So, dried fruit does contain some important nutrients for kids, and can be used as an alternative to 1 serve of fresh fruit. However, due to its high sugar content and sticky texture, it's not a tooth friendly food, so best to be limited in the diet to small amounts.

3 useful tips:

- It's better for teeth to have dried fruit at mealtimes, rather than between meals. Then you can brush your teeth afterwards.
- Drink water after eating dried fruit to help 'clean out' your teeth from the sticky bits left.
- Buy dried fruit varieties that contain no added sugar.



VEGIE GARDENING WITH KIDS

Ever thought of starting a vegie patch? Children can learn new skills, have fun, be active, play and develop self-confidence by spending time in the garden tending plants and growing their own food. Most children enjoy being outdoors and love digging in the soil, getting dirty, creating things and watching plants grow. Many children are also more likely to eat vegies that they've grown themselves!

Try these suggestions to get children involved and interested in creating an edible garden:

- Keep it simple.
- Give children their own garden space. It doesn't have to be big - it can start in a large container or in a few pots.
- Use lightweight, easy to handle and correct size tools and garden equipment.
- Encourage children to dig in the dirt. Younger children love making mud pies.
- Grow interesting plants like sunflowers, corn, pumpkins, tomatoes and strawberries.
- Use a trellis or tepee to grow beans.

Don't forget to involve children in watering and tending to their vegies, as well as picking, preparing and eating them!

Remember, you don't have to be an expert gardener to do gardening activities with your children. Local nurseries, or hardware stores are good places for advice.

THANKYOU for your cooperation in keeping dogs at home during the school day for the welfare and safety of our students it is imperative that NO dogs are allowed on school property any time.



CONGRATULATIONS TO

*Helena Gallagher and
Jarmen, Dallas and Lazarus on the birth of
EDWARD WILLIAMS
And
Amarillo Tarniesha Oscar on the birth of
LYLA BOLAND*



THANKYOU EVERYONE for bringing in your Coles vouchers. We have handed in 3150 vouchers to Miss Candice. Hand you vouchers into the canteen or the office OR

THERE WILL BE A BOX AT COLES VERY SOON!!

PAULS SCHOOL FUNDRAISING

Thank you for sending/bringing in the coloured 'Collect A Cap' milk bottle tops. For each cap collected, the school receives 10c, which will go towards buying resources for our school. Just drop them off to Miss Candice in the canteen.

