

# St Joseph's School Newsletter



"WE ARE ONE"

Week 9 Term 2, 2012  
Friday 22 March

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## IMPORTANT DATES

### TERM 2

Tue 26 June FOTOWORKS School Photos

Mon 2 July to Fri 6 July: **NAIDOC WEEK CELEBRATIONS** (more information to be sent home)

Fri 6 July: **LAST DAY OF TERM 2**

Mon 11 July: 9.45—11.45 Family Fun Day (BluEarth) Reports to go home with an adult.

### TERM 3

Mon 23 July: Term 3 begins for Staff & students

Mon 30 July: Yr 3 & 5 Bishops' Religious Literacy Assessment

St Augustine's College students visiting

Fri 3 August: **8.00am Assembly**

## PRAYER FOR TODAY

### *National Prayer*

Gracious God,  
You have blessed  
this ancient land  
with many gifts,  
especially its people.  
We thank you for the  
Year of Grace, a time to  
start afresh from Christ.  
You invite us to contemplate  
the face of Jesus your Son,  
that we may experience  
a new wave of grace,  
and that the light of Christ  
may burn more brightly  
in our lives.

Attune our hearts and minds  
to the presence of your  
Holy Spirit, that our Church  
may be transformed,  
our relationships be healed,  
and our nation grow in  
compassion and justice.

With the intercession  
of St Mary MacKillop,  
who showed us new ways  
of living the Gospel,  
we make our prayer through  
Christ our Lord. Amen.

Mary, Help of Christians,  
pray for us.

*Dear Parent/Carer,*

*What a lovely way to end an extremely busy and exhausting week (especially for our Yr5/6/7s) by presenting five of our students with rewards for attending school every single day in Term 1. This is a super achievement & I hope in Term 2 we have many, many more students who achieve this milestone. The students who were rewarded with a 100% attendance record for Term One prize today were Nancy Nulgit, Robin Johnson, Leticia Jarlot, Jerome Hamilton and Krishanna Callaghan (temporarily relocated). It is important for our students' educational and social development that they attend school on time, every day and I encourage parents and carers to put in that extra effort to get them here by 7.30am every morning. Every child who arrives at school by 7.45am puts their name on a raffle ticket (at the canteen) and at the end of the week we draw out names for a "Free Lunch & Snack Voucher". The children can then decide when they redeem the voucher from the canteen. We would like families to work with their children to get all school aged children to school every day, to give them the best possible chances to succeed with their education.*

*We had an enjoyable and fun filled Sports Carnival on Wed and Thu with all our children performing well and competing in a spirit of fairness and co-operation. Well done to all the competitors for making the day such a wonderful occasion. I was extremely proud to be there with the students and teachers.*

*God bless  
Miss Andrea*

## 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.



# TERM ONE SUPER STAR ATTENDERS!



JEROME HAMILTON



LETICIA JARLOT

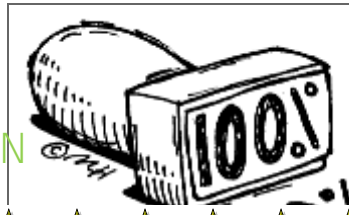


NANCY NULGIT



ROBBIE JOHNSON

KRISHANNA CALLAGHAN



## COLES SPORTS FOR SCHOOLS IS ON AGAIN!!!

We are off to a great start collecting tokens keep them coming. Miss Candice has a box for us to put them into, in the canteen.

**SO KEEP COLLECTING....**

## PLEASE KEEP DOGS OFF SCHOOL GROUNDS.

For the welfare and safety of our students at all times there will be NO dogs allowed on school property at any time. Please leave your dog(s) at home when dropping off and picking up your children as we have students who are allergic to or afraid of dogs. If any dogs are found wandering on school property and do not leave when 'shooed'



away, the ranger will be called to remove it.

Thank you

for your cooperation.

# Healthy Food

# CHOICES CHOICES

## WHAT'S IN FRUIT & VEG THAT MAKE THEM SO GOOD FOR US?

- **Vitamins and minerals:** to give us healthy skin and hair.
- **Low in fat, salt and sugar.**
- **Dietary fibre:** helps to keep us 'regular'.
- **Phytochemicals (plant or nature's chemicals):** these nutrients can act as antioxidants, protecting body cells from damage, which help to protect us against some diseases like Stroke, heart disease and cancer.

Reference: Better Health Channel. 2007. [Fruit and vegetables - benefits](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Fruit_and_vegetables_benefits?OpenDocument). Accessed online at: [www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Fruit\\_and\\_vegetables\\_benefits?OpenDocument](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Fruit_and_vegetables_benefits?OpenDocument)



## SNACK ON FRUIT!

- Melon balls (made with melon baller).
- Fruit jelly cups: chopped fruit set in low joule jelly in cups.
- Frozen fruit like strawberries or melon on hot days.
- Fruit kebabs: chunks of chopped fruit skewered on straws or iceblock sticks.
- Fruit cones: chopped up fruit in small icecream cones, topped with dollop of low fat yoghurt.

## SNACK ON VEGIES!

- Rice cakes spread with low fat cream cheese and topped with grated/chopped vegies.
- Low fat cheese/vegie mini muffins or scones.
- English muffin 'pizza': with tomato paste, chopped veg, lean ham and low fat cheese on top.
- Finger food: e.g Broccoli florets, pea pods, butter beans, etc.
- Baked spuds with different vegie toppings like, baked beans and low fat cheese or tuna mornay with corn and zucchini.

## FRUIT & VEGIES: WHY IS IT IMPORTANT TO COLOUR YOUR PLATE?

It's the nutrients (goodness) in each fruit and vegetable that give them their colour. You could say that the colouring of fruit and vegetables is like a 'code' for the nutrients they contain. Each different colour of fruit and vegetable contains different nutrients, which provide us with different health benefits. So, eating a 'rainbow' (range) of different coloured fruit and vegetables each day helps protect us from a variety of health problems (e.g heart disease, age-related eye disease (cataracts), some cancers, and some infections)

## 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.

**IT'S NOT OK**.....because going to school is a legal requirement and there fines can be imposed.

# Student of the Week

## Term 2 Week 8

Yr 5/6/7



**Cassius Nulgit**  
Taking the Next Step

Yr 3/4



**Tara Johnson**  
Great Data Work in Maths

Yr 1/2



**Charlotte Bradley**  
Kind and Caring

K/PP



**Jade Hardtville**  
Writing and hearing  
Sounds

# PATHS Kid of the Week

[Promoting Alternative Thinking Skills]



**Montaya Thompson**  
**K-PP PATHS KID**

CAUGHT  
BEING GOOD



**CAMERON  
TIMMS**  
Helping Little Kids  
Play Nicely



**JASON CARTER**  
Caring For Others