

St Joseph's School Newsletter



Week 10 Term 2, 2012
Friday 29 March

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“WE ARE ONE”

IMPORTANT DATES

TERM 2

Mon 2 July: 9.45—11.45 Family Fun Day (BluEarth) Reports to go home **with an adult.**

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

Fri 6 July: LAST DAY OF TERM 2

TERM 3

Mon 23 July: Term 3 begins

Sun 29 July: St Augustine's College, Kyabram, students arriving.

Dear Parent/Carer,

I am writing this in Perth as I am currently attending Professional Development sessions at the Catholic Education Office examining the results of the survey that was completed earlier this year by parents, staff and students. The knowledge that the data has provided is good solid evidence which will be used to drive whole school improvement this year and extremely important for our 2013 planning. I would like to take this opportunity, once again, to acknowledge and thank all community members who took part in the survey as your valuable input has given me the endorsement from a parents' perspective of the things we as a school are doing well and information about the areas that we need to improve on. On Monday we had our School photos taken by Fotoworks and once again I would like to thank all our parents and carers for getting in the orders and payments so promptly. The children all looked wonderful in their school uniforms and neatly styled hair. On Wednesday the students were involved in a Motor Cross exhibition at the school and from all accounts it was quite exciting and exhilarating. Next week Miss Sally, Miss Edith, Miss Jean & Miss Zabrina will be coordinating the NAIDOC week celebrations so I hope many of you are able to come along to support them and to be involved. A program of events will be sent home so you will be aware of the range of activities that the staff have prepared. On Monday 2 July Miss June (BluEarth) & Miss Grace (PACE) will be organising our second Family Day for the year. We would like you to come along and take part in the Blu-Earth sessions (or just watch and enjoy) The times for individual classes are: K/PP 7.45-8.45; Yr1/2 8.45-9.45; Recess Break Yr 3/4 10.15-11.15; Yr5/6/7 11.15-12.15 and then there will be a shared b-b-q lunch. I hope you can join the students and staff to celebrate another wonderful and fulfilling term. School Reports will be given out to the parent/carer of each child on Monday 2 July, they will not be sent home with the students. If you are unable to be at school on Monday please make a time to meet with your child's teacher to receive their Report. I hope you all have a wonderful weekend.

God bless,
Miss Andrea

The Rainbow Prayer

Dear Loving Lord, Creator of all, you created us all in your own image, one image - many colours, one image - many cultures.

You made us come together like a rainbow, separate parts but coming together in one creation. Help us to see the beauty you have created in each and every one of us.

Dear Loving Lord, we are your creation, hear the cries of your people.

You gave us ears to hear and eyes to see, open our eyes to what you want us to see, help us always to look to you to see the wisdom of your ways.

Dear Loving Lord, Creator of all, you gave us hearts to love and minds to reason.

Help us to understand our differences and grow in love for each other.

Help us to come together as the rainbow comes together, many colours, shining as one creation over all the earth as you intended us to be. In the name of your dear Son, Jesus Christ. Amen.

(written by Robyn Davis, NATSIAC Member, Diocese of Bendigo)



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.

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.



Yr 5/6/7 Broome Camp Update

Date Change

Camp will be from 20-24 August (Monday - Friday) instead of 20-25 August as previously announced.

Payment

Thank you to those parents who have paid their camp contribution of \$250.00. **PAYMENT IS NOW OVERDUE.** We would appreciate payments to be finalised this term so we can finalise numbers with Broome Camp School ASAP.

Camp Fundraising

Friday, the last day of school is **FREE DRESS DAY** for a gold coin donation. Also, students need to bring money for a cake stall at recess. Year 5/6/7 families will be selling **CUPCAKES, COOKIES or SLICE** to sell at the canteen for **RECESS**. Other families that wish to donate cakes are most welcome!

Fundraising activities include, raffles, money boards, car washing, selling food and drink at the Blue Light Disco and Wyndham Crocs home games. Each 5/6/7 is also expected to sell a box of chocolates distributed in Week 1 of Term 3. We are also seeking donations of items to raffle off and sponsorship from local businesses.



COLES SPORTS FOR SCHOOLS IS ON AGAIN!!!

Well Done everyone for collecting so many tokens, keep them coming!

Miss Candice has a box for us to put them into, in the canteen.

SO KEEP COLLECTING....

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.



Healthy Food Choices

GREEN FRUIT AND VEGIES: WHY ARE THEY SO GOOD?

GREEN FRUIT AND VEGETABLES INCLUDE:

Broccoli, cucumbers, peas, snow peas, beans, kiwi fruit, zucchini, brussels sprouts, avocados, grapes, pears, celery, apples, asparagus, spinach, limes, capsicums,...

Have any other green ones been left out?

GREEN FRUIT AND VEG ARE GOOD FOR YOU BECAUSE:

They are rich in antioxidants, particularly Lutein, beta-carotene and Zeaxanthin, which are nutrients which may help protect you against age-related eye disease like cataracts, as well as cancer.

Reference: Victorian government, 2007. *Fruit and vegetable types*. Accessed online at: http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/fruit_and_vegetable_types?open

REDFRUIT AND VEGIES: WHY ARE THEY SO GOOD?

RED FRUIT AND VEGETABLES INCLUDE:

Radishes, strawberries, grapes, tomatoes, watermelon, raspberries, papayas, cherries, guavas, red lentils, kidney beans, tamarillos, boysenberries, mulberries, capsicum, apples,...

You may be able to think of even more!

RED FRUIT & VEG ARE GOOD FOR YOU BECAUSE:

They contain Lycopene, a nutrient that is thought to be important for fighting prostate cancer and heart disease, and other nutrients that help protect against cancer.

Reference: Victorian government, 2007. *Fruit and vegetable types*. Accessed online at: http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/fruit_and_vegetable_types?open

ORANGE FRUIT AND VEGIES: WHY ARE THEY SO GOOD?

ORANGE FRUIT AND VEGETABLES INCLUDE:

Oranges, tangerines, mandarins, nectarines, pumpkins, apricots, peaches, carrots, lentils, paw paw, sweet potatoes, tangelos, rock melon, mangoes, capsicum,...

Are there any others you can add to this list?

ORANGE FRUIT AND VEG ARE GOOD FOR YOU BECAUSE:

They are rich in antioxidants, including the carotenoids, which give this group their bright colour. They also contain a wide range of other nutrients including terpenes and flavonoids. All these nutrients act as antioxidants to help protect you against cancer and heart disease. A particular type of carotenoid known as lutein, is thought to be important to help prevent two of the most common causes of age-related blindness - cataracts and macular degeneration.

Reference: Lincoln, C. 2007. *Colour me healthy - with fruits and vegetables*. Accessed online at: <http://www.sanitarium.com.au/article/article.do?articleId=241>

YELLOW FRUIT AND VEGIES: WHY ARE THEY SO GOOD?

YELLOW FRUIT AND VEGETABLES INCLUDE:

Capsicum, button squash, pineapples, yellow beans, bananas, yellow tomatoes, sweet corn, grapefruit, lemons,...

Can you think of any that have been missed?

YELLOW FRUIT AND VEG ARE GOOD FOR YOU BECAUSE:

They contain high amounts of antioxidants, including Carotenoids, which give them their bright colour. They also contain a wide range of other nutrients including terpenes and flavonoids, which all act as antioxidants to help protect you against cancer and heart disease. A particular type of carotenoid known as lutein, is thought to be important to help prevent some common causes of age-related blindness - cataracts and macular degeneration.

Reference: Lincoln, C. 2007. *Colour me healthy - with fruits and vegetables*. Accessed online at: <http://www.sanitarium.com.au/article/article.do?articleId=241>

WELL DONE

to everyone who participated in Active After School Sports this term. It will be back in

Term Three, Week 2!!

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

Student of the Week

Term 2 Week 9

Yr 5/6/7



Robbie Johnson

Yr 3/4



Abilene Lee Tong
Using Her Manners

Yr 1/2



Leah Tinning
Enjoying Class Activities

K/PP



Tyler Moore
Always using her Manners

PATHS Kid of the Week

[Promoting Alternative Thinking Skills]



Tarneisha Oscar
K-PP PATHS KID

CAUGHT
BEING GOOD



Cheering For
Her Team
Mates



JENNIFER CARTER
Caring For Others