Dear Parents, Carers, Staff, Students and Friends,

Where have the last two weeks gone! Already, we are about to farewell July and welcome in August! It may have something to do with all the amazing events and activities that we have going on here at St Mary’s.

A most heartfelt thank you to all our community for contributing to the wonderful celebration of Grandparent’s Day last Friday. The comments I have heard have been so very positive about our beautiful students and school. Such an important community event.

I wonder what awaits us in Week 3?!

Thank you for your support of our school.
Enjoy a wonderful weekend with your family.

Terrielynn

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Terrielynn
Advance notice:
- Mon 7th August  No country buses running due to Sheepvention
- Mon 14th & Wed 16th August  Learning Conversations
- Thurs 24th & Fri 25th August  Pupil free days
- Fri 1st Sept  Fathers & Footy Day

Learning Conversations
Learning Conversations are scheduled for MONDAY 14th and WEDNESDAY 16th August. A timetable will be set up on Monday morning in the office area for parents to fill in their preferred times. This will be available until Thursday 3rd August and then times will be sent out to families with the newsletter next Friday.

Head Lice
It has recently come to our attention that some children are not passing on the notes that we hand out informing families of cases of head lice in the school. The school does its upmost to ensure that families are made aware of such cases in an effort to break the cycle of outbreaks. We would appreciate it if you could spend some time reiterating to your child the importance of this form of communication. It would also be beneficial if you could check your child’s hair regularly, just in case a note has been missed.

Bus Travel
The end of the day is a very hectic time as children make their way home. The time we have to get all the children where they need to be, is very limited. At times, children can be confused about their arrangements and this causes unnecessary worry for the children and the staff. To assist with this, could you please ensure that your child know how they are getting home each day. We will be sending home the green note for bus travel to make sure we have the most up to date information for the bus list. Please return these forms as soon as possible so that we can plan effectively for next year.

If you know of other families who are interested in visiting our school and having a conversation about learning at St Mary’s please invite them to contact the school to make an appointment.

Vinny's Winter Appeal
This term we will be promoting our Winter Appeal. We are asking you to bring in tinned food (for example tinned ham, baked beans, tinned fruit). We are also looking for a few cloth shopping bags to put these in.
You can also bring in essential items such as toothbrushes, toothpaste, soap, shampoo etc. So make sure to stock up on essential items and tins over the holidays! Sienna and Tayla

PJ Day & Hot Chocolate!
On Friday 18th August we are having our PJ day and selling hot chocolates. If you wear your PJs to school you will be asked to donate a gold coin to the St Vincent de Paul Winter Appeal. If you would like a hot chocolate it is also a gold coin donation. Caitlin & Emily

Parish News

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Assembly
Assemblies are held every second Friday starting at 2.40pm.
Our next assembly will be Friday 11th August
All welcome!

Parents and Friends

Social Night – 12th August, 2017

In order for this event to proceed tickets need to be purchased by Monday 31st July, 2017 from the school office. Thanks for your support of this event.
Canteen Roster

02/08/2017 Jenny Taylor  
09/08/2017 Cass Young  
16/08/2017 Volunteer needed

Please note that if there are no parent volunteers there will be no lunch orders available on that day.

Library News

Book Sale –
Late last year the Fiction section of our Library collection was weeded and culled. As a result, we have many old novels / fiction books ready for sale.

Next Wednesday, 2nd August, 2017 our Library Monitors will run a one day only second-hand book sale in our Library Resource Centre Learning Space at Recess and Lunchtime. All items will be under $2.

If you are sending money along with younger children, please ensure it is in a secure envelope/money bag with the child’s name on it. Thank you.

There is no pressure to buy. Funds raised go towards purchasing items for our collection.

Everyone is welcome. We hope you will come along and purchase some of these inexpensive, well-loved books.

Happy Reading, Kerry Stevens (Teacher/ Librarian)

ICAS

We have received the student’s results for Digital Technologies which was the first of the 2017 International Competitions and Assessment for Schools.

Some students were old hands having taken part in these competitions many times before, while we also had some first time participants which was great to see.

Below are the results for the individual students. Congratulations to these students who undertook this difficult competition and did their best. Well done, we are proud of your efforts!

Merit certificates
Will Baker  Thomas Marziale

The students received their certificates at today’s assembly.

Pastoral Care

Good Morning, week 2 and here is the second part of the sleep article, I hope it is useful.

How much sleep do we need?

Sleep researchers believe there is no one magic number for ‘sleep need’ and there are a lot of individual differences in what children and adolescents need to sleep to be at their best. But below is a guide of the best evidence we have so far.............

- Babies under 1: 14-18 hours throughout the day and night
- Toddlers: 12-14 hours per 24 hour period
- Primary school: 10-12 hours per day
- High school: 8-10 hours per day
- Adults: 7-9 hours per day

What happens when we don’t get enough sleep?

Many things can be effected when we do not sleep enough such as:

- Behaviour - aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour
- Emotion - Moody, depressed, anxious, stressed, uneasy, unconfident, irritable
- Planning - poorly organised, poor time managers, repeating grades, forgets lessons
- Concentration - inattentive, lack of concentration, falling behind in school
- Creativity - not working at full potential
- Problem solving - poor behaviour control and difficulty in social situations
- Complicated thinking - struggles with maths, sciences, languages, abstract concepts
- Motor coordination - less sporty, more accidents, clumsier
- Weight - being obese and overweight is more likely with less sleep
- Health - poorer immune system - sicker more often
- Learning - it is thought that sleep, particularly dream sleep or REM sleep, is necessary for storing certain types of memory, particularly more difficult memories such as mathematical concepts and language.
If you have any major concerns about your child/ren's sleep patterns please see your G.P.

Kind regards Lisa Gonnet
Schools pastoral care worker
0400994032

THE SPORT CATCH UP

Hoop Time
Well done to the Grade 3/4 Hoop Time players yesterday! They represented the school wonderfully and had a lot of fun doing so! A very big congratulations to the All Star Girls who won the grand final 8-2!!! A full report will feature in next week’s newsletter. Thank you to Jess Beattie, Julian Gardner, Monique Sobey, Matt Dunn, Georgie Dunn, Lia Mailes, Lisa Cleaver, Karren Ewing, Marie McDonald, Casey Rook, Lachlan Underwater, Tahlia Wormald, Brett Holmes. Also a big thank you to Lisa Schurmann who supported the students on the day and Chris Minney who coached the remarkable rookies!

The Grade 5/6’s get their chance to take the court on Monday!

TOYOTA GOOD FOR FOOTY CLINIC

The AFL in conjunction with Toyota and their local dealers (Taylor Motors - Hamilton) are pleased to invite all primary school aged children to an interactive football clinic including various climbing, jumping and kicking inflatable’s (weather / wind permitting) along with handball activities. Also included will be a competition with prizes galore if any of the participants can kick a football into the back of a Toyota ute, supplied by Taylor Motors.

Every participant will receive a soft touch footy and Taylor Motors will also be providing a free BBQ at the end of the clinic, for all participants, regardless of the weather.

WHEN: Wednesday 9th August 2017
VENUE: Melville Oval, Hamilton