Historical Context – Bread
For thousands of years, bread has been a staple part of the human diet in many cultures. It is no accident that the image of Jesus as bread makes such a significant appearance in the gospel of John. For the Jews, like other Ancient Near Eastern cultures, bread was a vital mainstay of their diet. In the Bible, the word ‘bread’ often simply means all food – it was that important! For many, regular access to bread did equate to life. Bread also played a crucial role in religious practices, especially the Passover meal.

Living the Gospel – The Body of Christ
Christ is present in the Eucharist in many forms: in the people gathered; in the celebrating priest; in the Word proclaimed; and in the consecrated bread and wine – the Body and Blood of Christ. We not only receive the Body of Christ through Eucharist, we are called to be the Body of Christ because of what we have received; and we receive the Body of Christ because we are already part of the Body of Christ.

Dear Parents, Carers, Staff, Students and Friends,

August?!! Where are the months going? One of the students commented to me yesterday – time flies when you’re having fun! At least in all of the busy-ness we are still enjoying ourselves.

Another huge thanks to those who contributed to our Grandparents Day last Friday – organising, catering, photographing, entertaining. A highlight on our calendar which brings out the importance of family and community. Our students were very excited to welcome our many visitors and proudly shared their learning at our Showcase afternoon.

Father’s Day is our next community celebration. Check out the information in next week’s newsletter. Dads, Pops and special mates are asked to put Friday 31st August in the diary for our celebration of you!

IMPORTANT DATES

<table>
<thead>
<tr>
<th>AUGUST</th>
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<td>Mon 6th</td>
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<td>Tues 7th – Fri 17th</td>
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<td>Wed 8th</td>
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<td>Thurs 9th</td>
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<td>Mon 20th – Fri 31st</td>
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A reminder that next Monday 6th August is a pupil free day for all students.

Teachers will be participating in professional learning for our Religious Education curriculum.

Thanks for a great week!
God bless you! 😊

To - Anne

Attachments:
- Learning Conversation appointment slips
- Our Diocesan Newsletter
- School Photo’s

Advance notice:
- Sun 26th Aug First Communion @ 10.30am

School Concert

Tickets for our 2018 concert will be available for purchase from the school office from Tuesday 7th August! This year the concert performance will take place at the Hamilton PAC.

To ensure the fair distribution of tickets and to give everyone an equal opportunity to see the children perform, we ask for your cooperation and consideration of which show you will purchase tickets for.

To allow those parents/relatives/friends who are not able to attend during the day, we would ask that if you are able to do so, could you please purchase tickets for the Matinee. We understand that this might mean family groups cannot attend together but it would be appreciated if we can distribute tickets relatively evenly across the performances.

The cost of tickets is $10.00/adult and $5.00/16 & under. The general rule is, regardless of age, if the child needs a seat, you will need to purchase a ticket.

- Initially there will be a limit of 5 tickets per family per performance.
- All tickets will be pre-sold; none will be available on the night.
- Tickets are available from the school office from Tuesday 7th August.
- If by Monday 27th August we still have unsold tickets they will then be released to those who would like extra (place your name on the waiting list at the office if you require extra).
- Ticket purchases will be on a ‘first come, first serve’ basis until each of the shows are sold out.
- Seat numbers will be allocated and you can select your seats when you purchase.
- On the day/night of the performance, you will present your ticket and sit in the seat indicated on your ticket.

Learning Conversations

Appointment slips are being sent home with today’s newsletter for Learning Conversations, which will be held on Tuesday 14th and Wednesday 15th August. These meetings of parents, students and teachers are an opportunity to share the celebrations of learning so far and focus on the goals ahead. Please remember to bring your child along to the appointment with you. Fifteen minutes is allocated for each student, please indicate to the teacher at the beginning of your time if you wish to take a few minutes at the end of the conversation for a chat without your child present.

School Improvement Surveys

Thanks to those families who have already taken the time to complete the surveys sent home to a random selection of parents earlier this week. A reminder to please return completed Insight SRC surveys as per the instructions in the envelope, no later than Wednesday 8th August. There is also an option to complete the survey online, details in the envelope.

Enrolments

Thank you to those parents who have completed enrolment application forms for Prep 2019. If you are still to hand in your form please support our planning by applying by 10th August.

Welcome

Over the last couple of weeks we have welcomed two new students to St Mary’s. Welcome to Ollie Tarrant (Gr 2) and Alex Gunning (Gr 5) and their families. We hope that your time with us is full of amazing learning. Students have been most welcoming to both Ollie and Alex!

Sympathy

Our sympathy is extended to the family of Pat Healy, uncle of John Healy, following his death earlier this week. Pat was always one of the first parishioners to make a positive comment whenever he saw our students at mass or at special events. Please keep the Healy family in your prayers.

Canteen

At this stage we are considering the continuation of Canteen for the rest of the year as we are unable to fill the roster with parent volunteers. If you value the canteen service and can help out for a day or two this term and next please put your name on the roster at the office – either in person or a phone call.

St Mary’s Principal Appointment Panel

Dear St Mary’s School community,

Just to inform you that we are still in the process of the appointment of a new school principal for 2019. We feel the need to readvertise the principalship, casting a wider net in order to attract a broader range of applicants. Given that we have ample time to negotiate the appointment of a suitable principal we decided to take this further option.

Fr Paddy

On behalf of the Appointment Panel.
Parish News

MASS TIMES – 2017

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<tr>
<th>Location</th>
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<td>Hamilton</td>
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<td>Glenthompson</td>
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<td>Penshurst</td>
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<tr>
<td>Macarthur</td>
<td>Sunday 8.30am</td>
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Canteen Roster

08/08/2018  Cass Young
15/08/2018  Jodi Nicholson
22/08/2018  Sarah Tarrant & Lisa Comtesse

- Can you help with our Canteen Roster?
- Please note that if there are no parent volunteers there will be no lunch orders available on that day.
- If you are interested in finding out what is involved, please contact the office.

Library News

BOOKS! BOOKS! BOOKS!

Book Fair – Each year we have a Book Fair to coincide with Book Week (a national event held each year).
- Our Book Fair is scheduled to take place during Week 5 - week commencing Monday 13th August, 2018.
- This is an ideal time to begin purchasing books for Christmas gifts.
- Further details will be included in next week’s newsletter, so keep a lookout!

Book Week – This annual event commences on 18th August this year and runs through to 24th August, 2018.
- Several book related events will take place during this time.
- A Book Fair as mentioned above is one such event.
- Another event that the students love and look forward to is a Book Week Parade, where they dress up as their favourite Book character or as a character related to the theme.
- This year’s theme is ‘Find your Treasure’.
- This year is a concert year, so our ‘Book Week Parade’ will combine with our ‘Concert themed out of uniform day’ on Friday, 17th August, 2018.
- This means the students can choose to dress out of uniform in the theme of our concert or in theme of this year’s Book Week or as a book character.

- Remember, taking part is encouraged but it is not compulsory and it is not a competition. It’s for fun!
- Again, further details will be in next week’s newsletter, so keep reading!

Happy Reading!
Kerry Stevens (Teacher/ Librarian)

Pastoral Care

Hello again, this week I have reproduced an article on Gastroenteritis, taken again from The Royal Children’s Hospital Melbourne website https://www.rch.org.au/kidsinfo/fact_sheets/ which I thought might be of interest.

Gastroenteritis (gastro)
Gastroenteritis (gastro) is a bowel infection that causes diarrhoea (runny, watery poo) and sometimes vomiting. The vomiting may settle quickly, but the diarrhoea can last up to 10 days.
Gastro can be caused by many different germs, although the most common cause of gastro is a viral infection. Most children do not need to take any medicine for gastro; however, it is important that they drink plenty of water to avoid becoming dehydrated.

Signs and symptoms of gastro
• feel unwell, and not want to eat or drink
• vomit in the first 24 to 48 hours (usually before diarrhoea begins)
• have diarrhoea, which can last up to 10 days
• have some stomach pain
• have a fever If your child has gastro, they may:

Care at home
The main treatment is to keep your child drinking fluids often. It is very important to replace the fluids lost due to the vomiting and diarrhoea.
Gastrolyte, HYDRAlyte, Pedialyte and Repalyte are different types of oral rehydration fluid that can be used to replace fluids and body salts. These are the best option if your child is dehydrated. They are also available as icy poles, which children are often happy to have.
If your child refuses water or oral rehydration fluids, try diluted apple juice. You can also give your child their usual milk; however, some children may not feel like drinking milk if they have gastro.
Do not give your child over-the-counter medicines that reduce vomiting and diarrhoea, as the medicines may be harmful for children.
Children with gastro are infectious, so wash your hands thoroughly after contact with your child, particularly before feeding and after nappy changes. Keep your child away from other children as much as possible until the diarrhoea has stopped.

Last term I ran mindfulness classes from 2.45 to 3.15, if you are either interested in continuing them or would like to join us please call me on 0400994032. Many thanks and hope to see you then.

Kind regards, Lisa Gonnet
Schools Pastoral Care worker
0400994032

Assembly

Assemblies are held every second Friday in our Learning Street @ 2.40pm.
Our next assembly will be Friday 10th August.
All welcome!

THE SPORT CATCH UP

Hooptime – Grade 3/4

Last Thursday, five teams of keen basketballers headed off to HILAC for the annual Hooptime competition. The day resulted in mixed success on the court, some making it to finals and some winning one or two games. Two of the biggest successes of all for the day were the huge smiles on the faces of all of the children competing and the pride Mrs. Haeusler and Mrs. Schurmann felt at the terrific sportsmanship and behaviour displayed by each and every one of the children on the day. A huge thank you to Matt Dunn, Jess Beattie, Ross Milne, Casey Rook, Deb Fitzgerald, Lisa Cleaver, Erika Murphy, Hayley Piper, Jo Sobey, Megan Jackson and Kylie Tonissen for generously giving their time to take on coaching and scoring roles. Without your support, days such as this would not go ahead. A huge thank you also to Miss. Couchman for her amazing organisation of the teams and ensuring that the day was easy for those teachers who attended.

Again, congratulations kids, you were awesome in every way.

School Swimming

The swimming program for Grades 3 and 4 will be from Tuesday 7th of August to Friday 17th of August (Weeks Four and Five of Term Three). The program will run at the Monivae Pool by three fully qualified AUSTSWIM teachers and will consist of nine 45 minute lessons. The times for the lessons are from 11.30am-1.30pm. The cost of the Grade 3/4 swimming program will be $55 per student and this will be included on your school account.

The swimming program for Grades 5 and 6 will be from Monday 20th of August to Friday 31st of August (Weeks Six and Seven of Term Three). The program will run at the Monivae Pool by two fully qualified AUSTSWIM teachers and will consist of ten 35 minute lessons. The cost of the Grade 5/6 swimming program will be $45 per student and this will be included on your school account.

The swimming program for Prep–Grade Two will be from Monday 3rd of September to Friday 7th of September (Week Eight of Term Three). The program will run at HILAC from 11.30-1.30. Each group will have 30 minute lessons. The cost of the Prep–Grade Two swimming program will be $40 per student and this will be included on your school account.

Hooptime Grade 3/4

Bing! Bing! There went the Basketball through the hoop. On the 26th July on Thursday, sections of 3/4 went to Hooptime. Which is junior Basketball. My team was called the ‘Sonics’ which is from the section of rookies. My team mates were Grie Haeusler and the scorer was Kylie Tonissen. Our first game we played Gray St, we lost that game but we did okay for rookies. Our second game we played Tarrington and we won. Mrs Schurmann was pretty excited about that. Our last game we played Macarthur and we won again, then we went and watched some semis and a Grand final. Unfortunately, no teams from St. Mary’s won the Grand final.

Michaela Tonissen

2018 CHRISTMAS EXPO.

GOURMET GIFTS

For those of you, who may not have cooked a Christmas cake before attached is a tried and tested recipe found on the gourmet gift stall for many a year

CHRISTMAS CAKE

Ingredients:
1kg mixed fruit (i.e. sultanas, currants, raisins, cherries, mixed peel)
125g chopped nuts (i.e. almonds, walnuts)
200g margarine
1 heaped cup of brown sugar
4 eggs
½ cup brandy, rum or sherry
1 tablespoon of marmalade
1½ cups plain flour
½ teaspoon baking flour
½ teaspoon mixed spice
½ teaspoon nutmeg

Method:
Place dried fruit and nuts in a large bowl and sprinkle with alcohol; leave overnight stirring occasionally. Cream butter and sugar, add marmalade and eggs, one at a time beating well after each. Sift flour, baking powder and spices, add to batter and mix gradually. Fold in fruit and nuts, mix well but gently (not in mixmaster). Grease and line an 8” cake tin or desired tins, lined with foil or baking paper. Bake in slow oven 150C for approx. 3 hours. Leave in tin to cool.

This will do one big square cake tin (23cm) or 2 small ones.....after a couple you could make them in your sleep!

Some people brush some cream sherry or brandy over the top once it’s cooked for extra moisture.