Dear Parents, Carers, Staff, Students and Friends,

Next Tuesday is the Feast of St Mary of the Cross – Mary MacKillop. Being a ‘local’, we can identify closely with the way Mary chose to live her life and use her time and talents to help others, especially children and the poor. This fits perfectly with the work we do here at St Mary’s and is reflected in the many experiences that the students are involved in here at school. As always, we thank you for your support of all our programs.

Our community is in the midst of Sheepvention fever! This is a wonderful event in our town and the Preps and their Gr 6 Buddies are very much looking forward to their excursion on Monday. Our Gr 5/6s are also very excited about heading off on camp on Wednesday. A huge thank you to Elise and Annie for all their hard work in organising and attending the camp, as well as to the parents who have generously agreed to attend. We wish you all safe travels!

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

Terrielynn

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**IMPORTANT DATES**

**AUGUST**
- Mon 7th: No country buses
- Wed 9th – Fri 11th: Gr 5/6 Camp – Melb & Ballarat
- Thurs 10th: Sacramental Meeting
- Mon 14th: Learning Conversations
- Tues 15th: Feast of the Assumption mass 9.50am
- Wed 16th: Learning Conversations
- Fri 18th: PJ Day & hot chocolate
  - Parish family dinner – Gr 4
- Thurs 24th & Fri 25th: Pupil free days
- Thurs 31st: PSG meetings

**SEPTEMBER**
- Fri 1st: Footy and Father’s Day
  - Parish family dinner – Gr 5
- Thurs 7th & Fri 8th: Gr 3/4 Camp
- Fri 8th: Parish family dinner – Gr 6
- Thurs 14th: Art Show
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

Attachments:
- School Fees
- Uniform Shop survey
- Our Diocesan Community

Learning Conversations
Learning Conversations are scheduled for MONDAY 14th and WEDNESDAY 16th August. Times will be sent home on Monday. Thanks to those families who put in their preferred times.

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 utmost 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 children know how they are getting home each day.

Enrolments
If you have a child ready for Prep in 2018 please contact the Office for an enrolment form. We would appreciate it if existing families could submit their 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.

Parish News

MASS TIMES – 2017

<table>
<thead>
<tr>
<th>Location</th>
<th>Times</th>
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<tbody>
<tr>
<td>Hamilton</td>
<td>Saturday 6pm</td>
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<td></td>
<td>Sunday 10.30am</td>
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<td>Dunkeld</td>
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<td>Glen Thompson</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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Assembly
Assemblies are held every second Friday starting at 2.40pm.
Our next assembly will be Friday 11th August
All welcome!

Parents and Friends

Canteen Roster
09/08/2017  Cass Young
16/08/2017  Volunteer needed
16/08/2017  Volunteer needed

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

St Mary’s Parish First Communion
The parish sacramental program for First Communion candidates will begin with the Parent Meeting on Thursday August 10th at 7-8pm in the Dunworth Centre. The Catechist program will begin on Sunday 13th Aug during 10:30am Mass. Noreen McLeish 043853165.
Pastoral Care

Welcome. This week we complete the sleep article by looking at good sleep habits.

**Good Sleep Hygiene Can Help Promote Good Sleep - What is Sleep Hygiene?**

“Sleep hygiene” - this can be defined as habits that can help us to sleep or stop us from sleeping. If you or someone you know is having trouble sleeping you can try to change or include some of the things on this list and see if it helps.

- No TV/computer games 1 hour before bed.
- No TV s in bedrooms
- Monitor mobile phone use in bed
- No coke/caffeine, high sugar or high spicy food 3-4 hours before bed
- Ensure relaxing and regular bed time routine - special time with children, relaxation techniques such as breathing
- No vigorous exercise 1 hour before bed - it raises the body temperature
- Finish eating 2-3 hours before bed - digestion competes with sleeping - hot milk is OK
- Make sure the bedroom is comfortable (temperature, light, noise)
- Set bedtimes and wake times - try and keep these regular
- Learn to relax - deal with worry and stress
- Use a sleep diary to check how many hours you are sleeping - Are you sleeping enough?
- Convince children that it is important to sleep well - Reward them for complying with bedtime rules

I hope you have found something of interest/help in this. Please do not hesitate to call if you would like more information.

Wishing you a wonderful week.

Kind regards Lisa Gonnet  
Schools pastoral care worker  
0400994032

School Fees

School fees have been sent home with today’s newsletter. Please contact Helen at the office if you have any queries.

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**The Sport Catch Up**

**Hoop Time - Grade 5/6**

The Grade 5/6 Hoop Time players had a great day on Monday!! Thank you to Jo Bowie, Jacinta Donaldson, Suzi O’Brien, Kylie Pearce, Darren Fitzgerald, Erin Cooper, Mardi Mailes, Tahlia Wormald and the Perkins Family. Also a big thank you to Annie Forrest who supported the students on the day. Please read the students reports below:

On Monday the 31st of July the senior Hoop Time was held at HILAC. We are in the All Star Girls team. We won our first 3 games but then lost to Hamilton North. Overall we came second which meant our team got into the semi-finals. We won that and qualified for the Grand Final! Unfortunately we lost even with the superstar coaching by Jo Bowie! Our team consisted of Felicity, Emily, Caitlin, Macey and of course us, Molly and Keely. Thank you to everyone on the day including the coaches, umpires, scorers and the great coordinators (who give us the day off!)

Molly and Keely

Thump, thump! My heart was beating fast!! On the 31st of July St Mary’s Mercury participated in Hoop Time at HILAC. This team included Amy Gardner, Abbek, Charles, Chris, Zeehen and myself. We played four games and even came a draw in one of our games! Our coach was Thalia Wormald and our scorer was Ted Wormald. Thank you to all the coaches and scorers for giving up their time for us. We had a fantastic day!

Amy Shelley

The All Star Boys had a great day at Hoop Time! We played 5 games overall, we won 2 games, lost 2 games and played a ‘fun game’ where the points weren’t counted. We won against Hamilton North Team 1 and College Team 2 but lost to Hamilton North Team 3 and College Team 1. We ended up coming third. Our team consisted of Noah, Hugh, Rafael, Clay and myself. We would like to thank Erin for coaching us, Darren for being the assistant coach and Mardi for scoring all day!

Bailey Cooper

**Hoop Time - Grade 3/4**

Last Thursday saw the end of a long wait for five very excited Hoop Time teams. Competition day had finally arrived, and what a great day it was.

ST. Mary’s entered five teams in total, an All Star Boys team, All Star Girls team, two Future Star teams; The Mavericks and The Meteors and a Rookies team, the ST. Mary’s Mustangs. Every team did our school proud displaying great sportsmanship, excellent team work and fantastic listening skills as they took on all the tips given to them by their coaches. As the day went on the teams experienced mixed results with some wins, losses and draws (final results below), despite the final
score the competition was close, hard fought and fair.

The children should all be very proud of their efforts on the day. A special congratulations to our All Star Girls who took out the grand-final over Gray St with an impressive final score of 8-2. Our Rookie team took a couple of games to settle into a sport they had little or no experience with, but by the end of the day were playing like true professionals and had some enviable wins under their belts.

A huge thank you to all those who volunteered to coach or score, and also to those who came along to support our amazing sports stars.

**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  
**TIMES:** 4.15pm - 5.30pm  
**COST:** Free to all participants

Unfortunately the Grade 5/6 students will be on camp, but we encourage all other students who are interested to attend this fantastic opportunity.