Feast of the Assumption

Mary, our Mother, your total giving of yourself reminds us that we hold in trust from God our Father all our accomplishments and talents and gifts trusted as we are to offer them in his service, and bring happiness and well-being to our brothers and sisters.

Your yes to God’s invitation to be the mother of his son reminds us that prayer is not just words but is from the heart.

We ask you to pray to Jesus for us that the Holy Spirit may live fully in us, too, so that we may pray in the way that each of us finds best.

So may we be prepared to join you in saying yes to God our Father, that Jesus may be born anew in our hearts.

Amen.

Dear Parents, Carers, Staff, Students and Friends,

Next Tuesday is the Feast of the Assumption and we will be celebrating Mass with Monivae at 9.50am. We are very pleased to be able to join with the Monivae community to share in this celebration, and thank Danny Franc and Fr Peter for their organisation.

As I write, our 5/6s are continuing to enjoy their camp to Melbourne and Ballarat! This has been an action packed few days and I thank Elise and Annie for their thorough and meticulous planning of this event. There will be some tired students and adults this weekend!

We welcome Jo-Anne back on Monday after a well-earned break! I would like to thank all our amazing staff for the way they have supported me over the past four weeks. Their kindness, generosity and professionalism has been greatly appreciated.

Thank you for your support of our school.

Enjoy a wonderful weekend with your family.

Terrielynn

IMPORTANT DATES

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<tr>
<th>AUGUST</th>
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<th>SEPTEMBER</th>
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<tr>
<td>Mon 14th</td>
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<td>Footy and Father’s Day</td>
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<td>Tues 15th</td>
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<td>Parish family dinner – Gr 5</td>
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<td>Wed 16th</td>
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<td>Gr 3/4 Camp</td>
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<td>Fri 18th</td>
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<td>Parish family dinner – Gr 6</td>
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<tr>
<td>Thurs 24th &amp; Fri 25th</td>
<td>Learning Conversations</td>
<td>PSG meetings</td>
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<td>Thurs 31st</td>
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<td>Pupil free days</td>
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<td>Fri 1st</td>
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<td>PJ Day &amp; hot chocolate</td>
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<td>Parish family dinner – Gr 4</td>
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<td>Parish family dinner – Gr 6</td>
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<td>Art Show</td>
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Advance notice:
- Thurs 24th & Fri 25th August
  Pupil free days
- Fri 1st Sept
  Fathers & Footy Day

Attachments:
- Library News ‘ Book Fair’
- Hamilton Woolworths & WDHS Fundraiser Disco

Prayers
Please keep the Bowie family in your prayers following the recent sudden death of their much loved brother-in-law and uncle, Darren Templeton. Darren and his wife Kylie were parents here at St Mary’s when their daughters attended school, completing Gr 6 in 2004.

Learning Conversations
Learning Conversations are scheduled for MONDAY 14th and WEDNESDAY 16th August. We are very much looking forward to catching up with families.

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.

Father’s Day Lunch
On Friday 1st September 2016 we will be celebrating fathers and football with a pie lunch at school! The P & F will be preparing pies/pasties/party pies/sausage rolls for dads (or a special friend), students and staff. To order lunch return your order form to school by Monday 28th August 2016.

Lunch for students and staff will cost $5.00 and includes a fruit box. Please include payment with your order. Lunch for dads is on us!

No late orders can be accepted as we need to pre-order food. Dads need only return their form with one of their children.

Dads are invited to join us for lunch at 1.30pm wearing the scarf, beanie or footy jumper of their favourite team. Students are invited to wear their footy colours to school too for a gold coin donation for Fight Cancer Foundation. Following lunchtime activities our assembly will include a focus on Fathers’ Day.

Mini Vinnies
Vinnies 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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<th>MASS TIMES – 2017</th>
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<tr>
<td><strong>Hamilton:</strong></td>
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<td>Dunkeld:</td>
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<td>Glenthompson:</td>
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Assembly

Assemblies are held every second Friday starting at 2.40pm.

Our next assembly will be **Friday 1st September**
All welcome!

Canteen Roster

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<tr>
<th>Date</th>
<th>Name</th>
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<tr>
<td>16/08/2017</td>
<td>Cass Young</td>
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<tr>
<td>23/08/2017</td>
<td><strong>Volunteer needed</strong></td>
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<tr>
<td>30/8/2017</td>
<td><strong>Volunteer needed</strong></td>
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Please note that if there are no parent volunteers there will be no lunch orders available on that day.

Uniform Survey

Could all parents please return their Uniform Survey by Monday 14th August.
**Victorian Government Reportable Conduct Scheme**

From 1 July 2017, the Victorian Government has legislated for the introduction of a Reportable Conduct Scheme (RCS) to improve oversight of how organisations respond to allegations of child abuse and child-related misconduct by employees and volunteers. The RCS seeks to ensure that organisations providing services for children and young people prioritise their safety and wellbeing. It forms part of the broader child safety framework and complements initiatives already in place in all schools. Our school is now implementing the RCS.

Under the Reportable Conduct Scheme, there are five types of ‘reportable conduct’ which a school must report in relation to staff, volunteers and contractors:

- sexual offences committed against, with or in the presence of a child
- sexual misconduct committed against, with or in the presence of a child
- physical violence against, with or in the presence of a child
- any behaviour that causes significant emotional or psychological harm to a child
- significant neglect of a child.

More information about the RCS is available at the website of the Commission for Children and Young People, which is the organisation responsible for overseeing the Scheme:


At St Mary’s Primary School, if you have a concern about the conduct of any adult who works or volunteers in our school, please report this to the Principal as soon as possible. If you have a concern about the conduct of the Principal, the protocol is to report such concerns to the Director of Catholic Education for the Diocese of Ballarat.

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**LINK UP!**

Thank you to those parents who have already generously provided food for our freezer this year. Your generosity is greatly appreciated and can make such a difference to families during their time of need.

Currently our supplies are quite low and we are looking for the freezer to be filled up again! Food needs to be clearly labelled and dated in disposable containers. You can place it in the freezer in the multi-purpose room yourself, leave at the office or with Terrielynn or Jo-Anne. For more information, offers of assistance or to let us know of families who need assistance please call the office.

**PASTORAL CARE**

Hello again, for the next few weeks I will be sharing some information regarding body image, this came about because I have had a couple of parents talk about their concerns.

There are many ways that parents can foster positive body image and strong self-esteem in their children. If you are at all concerned about your child’s body image, self-esteem or eating behaviours, consult with your doctor or dietician for information and referral.

Your body image is how you think and feel about your body, and what you imagine it looks like. This may have nothing to do with your actual appearance. Poor body image can have a range of negative effects, including disordered eating, compulsive exercise, depression, anxiety and low self-esteem. Relationships, social functioning, mood and activity choices can be seriously affected by low self-esteem. Feeling embarrassed about physical appearance can cause some people to decrease social interactions. This can create feelings of loneliness and isolation, and increase fears of rejection, leading to further lowered self-image.

**Be a good body image role model**

The most influential role model in your child’s life is you. Parents can encourage their children to feel good about themselves by showing them how it’s done.

Suggestions include:

Children learn eating behaviours from their parents, so make sure you include plenty of fresh fruits, vegetables, lean meats, low-fat dairy products and unprocessed cereals in the family’s diet. Go easy on takeaway, fried foods and sugary snacks. Try to include these as ‘occasional’ foods, rather than labelling foods as good or bad.
Avoid dieting and do not encourage your child to diet either. Dieting can be dangerous as it can cause symptoms such as dehydration, weakness, fatigue, nausea, headaches and constipation, and can lead to inadequate vitamin and mineral intake. It is also a key risk factor in developing an eating disorder. Studies also show that most people who diet regain the weight, or gain additional weight, within a couple of years. Talk to your children about the dangers of dieting.

Be aware of the impact of negative body talk around your children, about your own body or other people’s. Work on modelling a healthy acceptance of your own body shape. Don’t complain about ‘ugly’ body parts or, at least, don’t share your opinions with your child.

Accept other people’s body sizes and shapes. Don’t put a lot of emphasis on physical appearances or your child will too. Instead, try to talk to your child about all the different aspects that make up a person, such as personality, skills and outlook on life.

Exercise regularly, and keep the focus on health and fun. Have at least one family activity per week that involves some kind of exercise; for example, bushwalking, dancing, playing backyard cricket, going for a walk or swimming.

Be critical of media messages and images that promote thinness or masculine ideals. Encourage your child to question and challenge Western society’s narrow ‘beauty ideal’.

If you have any real concerns please see your G.P

Have a good week.

Kind regards Lisa Gonnet
Schools pastoral care worker
0400994032

Lost Property
We have a few platters left here from Grandparents day which will need to be collected, please have a look in the teacher’s staff room if you think one may be yours.
Please also check the lost uniform basket as it is full.

Sacramental Student Program
Catechist sessions begin on
Sunday 13th Aug at 10:30am Mass.

Footy Colours Day
1st SEPTEMBER
This day is to celebrate our dads and to raise money to support kids living with cancer, so they can continue their education whilst having treatment.

We are asking for a gold coin donation for the day and to come dressed in your Footy, Rugby or Soccer team colours.

We have plenty of giveaway prizes for:
- Colouring competition
- Longest Kick
- Handball competition.

Cost for Longest Kick and Handball Competitions is 50 cents each.

Dads and special visitors are encouraged to participate, as we have prizes for them as well.
Hopefully, we will also have some footy games, with House Teams V’s Dads.

We will also have raffle tickets for vouchers from some local cafes, restaurants and hotels.

Heaps of fun for all. We can’t wait!

Hugh and Imogen Fitzgerald.

Spare clothes
With being such a wet month could all Preps please leave a spare set of underwear and tights in their bag, as we have had a number of students go home with wet and muddy clothes.

Jokes of the Week

Q: How did the skeleton know it was going to rain?
A: He could feel it in his bones

Q: How do monsters like their eggs?
A: Terror Fried!!

Q: Why are ghost’s bad liars?
A: Because you can see right through them!!

By Chase Turnbull & Sam Handreck