Upcoming Events

Health Family Challenge Begins...
4th November
What can you do to eat a little more healthily, be a little more physically active and help your communities?

Wednesday Fun & Fitness
Every Wednesday @ 8am on the basketball court.

NOVEMBER:
VIC WALKS to SCHOOL
How many times can you come to school in an active way DURING NOVEMBER?

Look out for our Walking School Bus
Friday 15th Nov
WALK / RIDE 2 SCHOOL DAY
Thursday 21st Nov
Tuesday 26th Nov

Dress Up Your Shoes Day
19th Nov

St Mary’s
HEALTHY FAMILY CHALLENGE

Daylight savings is here.
Summer is coming!

It’s a great chance to get your family members to
‘become a little more active, eat a little healthier and make themselves and their community a little happier & livelier’.
‘Will your family take the challenge?’

Now in its fourth year, the ST. MARY’S HEALTHY FAMILY CHALLENGE is here again and we throw down the challenge to our families to be involved. Challenge calendars will be sent home at the end of next week – Friday 1st November. After that it is up to you!

All you have to do is find some ways to fit a little physical activity into your daily routine, to eat and drink a little more of the ‘good stuff’ and to join in with some community celebrations and activities.
You will receive some tips with your calendar...and don’t forget the children are also a font of knowledge!

You will find more information about various events in this newsletter as well as on the notice boards around the school. Look out for them and get involved. It’s easy...just ask any of the 70 families who participated last year!

Marg Masseni
Student Wellbeing Leader
**IN YOUR SHOES**

In Your Shoes is a recycling collection program which aims to divert reusable shoes from landfills while at the same time distributing them to disadvantaged individuals and communities. The In Your Shoes program assists students to learn about both sustainability issues and social responsibility.

Shoes collected through the In Your Shoes program are picked up by Kids Off The Kerb and delivered to their warehouse in Thomastown where they are processed and then distributed. Importantly, disadvantaged young people are able to assist throughout the entire process, and where possible, gain employment and other opportunities. Once collected and sorted, Kids Off The Kerb organizes for the shoes to be either donated to local Melbourne charities or exported to overseas communities.

Last year we collected OVER 200 pairs of shoes...let’s see if we can top that this year.

**DRESS UP YOUR SHOES DAY**

**19th November**

Dress up your shoes with bright laces, ribbons, bows, whatever you can think of to make them stand out.

For the privilege of wearing your ‘Dressed Up’ shoes.....bring a pair of unwanted but clean, wearable shoes to donate to IN YOUR SHOES.

**See what you can do,**

**2 shoes from you,**

and we’ll soon get to our target!!!

**HEALTHY FAMILY CHALLENGE**

**SCHOOL BASED ACTIVITIES**

**GET OUT AND GET ACTIVE**

Did you know?

...5-12 year olds need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.

...Screen activities should be limited to no more than 2 hours a day.

...Walking and riding to school is a great way to get fit and to prepare for a day of learning AND it helps the environment. Fewer cars on the road make the roads around services and schools safer.

**Walking School Bus**

- Friday 15th Nov
- Thursday 21st Nov
- Tuesday 26th Nov

**Fun & Fitness**

- Wed 6th, 13th, 20th & 27th November

**Lunchtime Games**

- 15th November

**Take advantage of our initiatives**
A Thought for the Day....Never doubt a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. (Margaret Mead)
Go to http://www.quotationspage.com for more inspiring quotations.

Our Awards:
Support Social & Emotional Learning

Aussie of the Month
For consistently demonstrating great behaviour and the values we promote at St Mary’s
SEPTEMBER 2013
Mia Micallef for becoming more confident in expressing herself and for being a responsible student
Mark Misquitta for making better choices in and out of the classroom and for improved quality in the content of his work
Kiani Howell for being a friendly and reliable member of Prep S. She is always willing to be of help to those around her

Market Fresh
‘Fruit & Vegie Tasting’
Incursion for all students
7th November

FREE HEALTHY BREAKFAST
& FUN & FITNESS
in the School Hall / Basketball court
27th November
(RSVP required – more info to come)

Choose a Healthy Option!
Here's a cool fact: Your body is nearly 70% water. The water in your body helps carry nutrients and oxygen into cells, it helps moisturize the air in your lungs, it helps protect your vital organs and helps regulate our body temperature. It is often an easy and quick fix to a headache, too! Headaches often occur due to dehydration. Drink more water and have less headaches! The bottom line is: Drink more water! It is essential to your health. And when you are healthy and energetic it is easy to be kind!

It is important to keep offering healthy lunch box choices in a variety of ways, as children learn to eat what is familiar to them. Remember that it may take time to change your child’s food preferences to more healthy choices.
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