Upcoming Events

Health Family Challenge Begins...
3rd 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.

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

Look out for our Walking School Bus
Tuesday 19th Nov
WALK / RIDE 2 SCHOOL DAY

Healthy Breakfast
@school
19th Nov @ 7.30am

Dress Up Your Shoes Day
26th Nov

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Feeling Great

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 fifth 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 the week – Friday 31st October. (Earlier for Year 3/4’s) 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
26th 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 of 250!!!

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.

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](http://www.quotationspage.com) for more inspiring quotations.

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**ACTION FOR HAPPINESS**

Although our genes influence about 50% of the variation in our personal happiness, our circumstances (income, environment) affect only about 10%.

As much as 40% is accounted for by our daily activities and the conscious choices we make. So the good news is that our actions can really make a difference.

Everyone’s path to happiness is different. But a review of the latest research has found **10 Keys to Happier Living** that consistently tend to make people’s lives happier and more fulfilling. Together they spell “GREAT DREAM”.

Find out more – [www.actionforhappiness.org/10-keys-to-happier-living](http://www.actionforhappiness.org/10-keys-to-happier-living)

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**Market Fresh**

‘Fruit & Vegie Tasting’

Incursion for all students

5th November

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**FREE HEALTHY BREAKFAST**

& FUN & FITNESS

in the School Hall / Basketball court

19th November

(RSVP required – more info to come)

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**ST. MARY’S**

SCHOOL SPORTS

Friday 7th November

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**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.
CAN YOU HELP?

HEALTHY FAMILY CHALLENGE – SCHOOL BASED ACTIVITIES

Return to Mrs Masseni as soon as possible this week.

With so many activities on we do need the help of many adults (parents, guardians, older siblings, grandparents, friends). If you are able to be involved in any of the activities please complete the form below and return it to school asap.

At present, we only have three helpers for the Market Fresh Schools Programs – we need 5 more. Can you help?
Your involvement is greatly appreciated.

Marg Masseni 😊

I CAN BE INVOLVED IN THE FOLLOWING ACTIVITIES! (Please tick / circle)

- Market Fresh Schools Program: 5th Nov: Fruit preparation – 10.30 – 1pm
- School Sports: 7th Nov: Set Up 8 – 9.15am
  : Events 9.30 – 11am
  : Events 11.30 – 1pm
  : Pack Up 1 – 1.30pm
- Lunchtime Activities: 12th November: 1.30 – 2.30pm Working with other parents to run games / sports / activities for students at lunchtime. Do you have a particular talent or simply a willingness to be involved?
- Walking School Bus: 18th Nov: Supervising students on their way to school from the Altona Beach or from Mc Intyre Drive / Civic Pde with other parents
- Healthy Breakfast: 19th Nov: Set up on 18th Nov after school
  : Preparing & serving breakfast (7am – 8.30am)
  : Making muffins (Recipe provided)
- Dress Up Your Shoes Day: 26th Nov: Collecting & counting shoes (8.30 – 9am)

HELPER’S NAME: ______________________________________________________

Child’s Name & Grade: _________________________________________________

Contact Number: ______________________________________________________

Email Address: _________________________________________________________

Do you have a Working with Children Check? YES / NO
If you don’t it’s okay. They are easy to apply for and we can help you.