Dear Parents
Once again Insight SRC is conducting a survey on behalf of the Catholic Education Office, Melbourne and our school. Seventy randomly selected parents will receive an envelope containing instructions and the survey with this newsletter. You can choose to complete it online or a paper copy.
The online version is open from now until Friday 22nd August, the paper version needs to be returned to the school office sealed in the supplied envelope also by Friday 22nd August as they need to be returned to Insight SRC by Monday 25th August. Any surveys returned after this date cannot be included. Participation in this survey, while strongly encouraged, is completely voluntary. If you receive a survey and you do not wish to participate you can return it immediately to school and we can offer it to another family. If you haven’t received a survey and you would like to complete one we have a few spare copies so please contact the school office and we will send you one. All staff and our Year 5/6 students will also complete a survey prior to the 22nd August.
For those parents who recently completed the survey on “Enhancing Catholic School Identity Project” again thank you but this survey is not as onerous or time consuming however your responses are valued and appreciated. We are seeking the support of our parents as we believe our parent voice is important to help shape the ongoing improvement of our school. The main aim of the survey is to identify factors that contribute to the organisational health of your child’s/children’s school and provide valuable information about what is going well and not so well and the ways in which this may be improved and built upon. We are consulting families to gather your input to shape the future development of our school. Please remember your individual responses will remain confidential and can only be accessed by Insight SRC. Feedback will be provided to us, based on the collective answers of all parents who participate in this survey.

FEAST OF ST MARY MACKILLOP:
As a school we will again be celebrating this Feast Day on Friday 8th August with St. Leo’s, Altona North. All St. Leo’s children and staff will join us for mass at St. Mary’s at 10.00 am. Parents are most welcome to join us at this celebration. We will then have a shared morning tea with the staff from St. Leo’s and then from 11.30 - 12.30 pm, the children from both schools will join in some shared activities. We will then all return to the church briefly with St. Leo’s children and staff returning back to St. Leo’s by 1.00 pm.

To celebrate the feast of St Mary MacKillop, you are invited to visit the Mary MacKillop Heritage Centre, 362 Albert Street, East Melbourne on Saturday 9th August between 10.00 am. and 4.00 pm. You can tour the Museum, pray in the Chapel where Mary prayed, visit the Gift Shop and enjoy refreshments in the peaceful surroundings. A guided MacKillop Walking Tour of Fitzroy and East Melbourne will be available at 11.00 am.

FOOTY TIPPING:
No one correctly picked all 9 winners in Round 18 so the jackpot this week is $20.00. With 5 rounds to go there are 10 people within 5 points of the lead. Good Luck!

David Kelly.
Principal.

PRINCIPALS AWARDS:
Congratulations to the following children who received Principals Awards on Monday:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREP H</td>
<td>Andrew Sougleris</td>
</tr>
<tr>
<td>PREP S</td>
<td>Isabel Rodrigues</td>
</tr>
<tr>
<td>1/2H</td>
<td>Marcus Kruger</td>
</tr>
<tr>
<td>1/2K</td>
<td>Michael Morda</td>
</tr>
<tr>
<td>1/2D</td>
<td>Harrison Nugent</td>
</tr>
<tr>
<td>3/4M</td>
<td>Nicky Yeager</td>
</tr>
<tr>
<td>3/4S</td>
<td>Ava Steinhardt</td>
</tr>
<tr>
<td>3/4L</td>
<td>Dylan Caruana</td>
</tr>
<tr>
<td>5/6C</td>
<td>Destiny Mizzi</td>
</tr>
<tr>
<td>5/6V</td>
<td>Dibanchi Teshomi</td>
</tr>
<tr>
<td>5/6G</td>
<td>Brianna Mercuri</td>
</tr>
</tbody>
</table>

ALTAR SERVICE ROSTER
Saturday 2nd August at 6.30 pm
Justin Nguyen, Joaquin Munoz and Grace Bosnar
Sunday 3rd August at 9.00 am
Rowan Cucanic and Faith Kissassi

St. Mary’s Altona Newsletter
“Caring Catholic Community in Education”
EDUCATION IN FAITH

FIRST EUCHARIST

* Our Shared Family Meal and Practice Session date needs to be in your diaries: Wednesday 20th August, 6.00 pm.

* All clever, creative, classy and colourful ‘patches’ (for Eucharist Patchwork), need to be completed and returned to class teachers by Friday 8th August.

ST. MARY OF THE CROSS FEAST DAY
Next Friday 8th August we will celebrate the Feast Day of Mary MacKillop with a special Mass. This will be the 3rd year that students from St Mary’s and St Leo’s Altona North come together to celebrate this special feast day. ALL parents, friends and parishioners are invited to celebrate Mass with us at St. Mary Help of Christian Church at 10.00 am.

God of love, open our eyes to see your hand at work in the splendour of creation, in the beauty of human life. Touched by your hand our world is holy. Help us to cherish the gifts that surround us, to share your blessings with our brothers and sisters, and to experience the joy of life in your presence.
We ask this through Christ, our Lord, Amen

PLEASE PRAY FOR:
* All members of our community who are sick or in need of our prayerful support.

Olive Chodowski REL

“God is all powerful and can do all things.”
St. Mary of the Cross MacKillop.1873

NORMIE THE GNOME
Normie the Gnome is awarded to the House Team who keeps their part of the yard the cleanest. This week’s winner is:

RED TEAM

TUCKSHOP HELPERS - Week beginning 4th August

<table>
<thead>
<tr>
<th>Day</th>
<th>Helper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Pauline Luppino</td>
</tr>
<tr>
<td>Thursday</td>
<td>Marylinda Abate</td>
</tr>
<tr>
<td>Friday</td>
<td>Julie Whatman</td>
</tr>
</tbody>
</table>

Manager: Eva Coppola  Tel: 9315 0799

BOOK WEEK, LITERACY & NUMERACY WEEK

During the week starting Monday 18th August we will be celebrating Book Week, Literacy & Numeracy Week. There will be LOTS of activities happening at school and PLENTY of things for children to do with their parents at home so EVERYONE can join in.

An outline of EVENTS will be sent home….. but ADVANCE NOTICE is our DRESS UP DAY and assembly on Monday 18th August. Prior to this day ALL classes will read the story, WACKY WEDNESDAY by Dr. Suess and students and staff will join in the fun and dress in a ‘WACKY’ way on this day…..yes…. it is SO ‘wacky’ that our Wacky Wednesday will happen on a Monday. More to come!

Five ways to build your child’s literacy skills from Prep to Year 4

The 1st of 5 WAYS…… 4 to come!

1. SHARING A BOOK AT HOME
Together with your child, you can enjoy sharing reading. Children love to hear a story read aloud.

*Try reading with different voices, lots of emotion, invented sound effects and funny faces. Change the tone in your voice, vary the loudness or softness of your voice.

*Have fun and enjoy it.

*It is a good idea to practise reading before sharing a book.

Listen to your child talk about the story and the pictures.

*Try asking your child which parts of the books he or she found exciting, funny or different.

*Give your child the chance to choose a book to read.

*Try reading to your child and, at other times, ask your child to join in reading the book.

*Let your child hear how hill and home start with the same sound or how trouble and bubble rhyme.
PREMIER READING CHALLENGE
MEET our LATEST CHAMPS
Congratulations …… see photos of ALL our Champs so far ……in the TRI Centre….come on everyone GET READING!

<table>
<thead>
<tr>
<th>YEAR LEVEL</th>
<th>NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/ 6V</td>
<td>Isabella Kirby</td>
</tr>
</tbody>
</table>

Well Done you have earned your house team a BIG 150 points!!

JSC-FOOTY FUN DAY

WHEN: FRIDAY 29TH AUGUST
STUDENTS - WHAT TO DO:
*Enter the footy competitions before footy fun day (MORE info next week)
* Come dressed in your footy clothes e.g hat, jumper, scarf
*Have your face painted at school for 50 cents. (8.15 – 9.00 am)
*Get ready to sing your club song
*Order a Footy Fun Day lunch (forms to come)
*Bring ‘gold coin’ to donate for Win Naing - our school’s sponsor child

Footy Fun Day Assembly: - 11.30 – 1.20pm

Gwenda Burnett
Deputy Principal & Literacy Leader.

UNIFORM SHOP OPEN
WEDNESDAYS 8.30 – 9.00 AM AND 3.00 – 3.30 PM
If you are unable to visit our shop, order forms can be collected from the School Foyer and complete with payment left at the School Office. Orders will be filled on the next open day and can be left for collection at the School Office or sent to your child’s classroom.
Leah Byrne Co-ordinator

Parents and Friends News
Cocktail Party & Silent Auction

Last chance to grab some tickets to our fabulous, fun filled event
Ticket sales for the Cocktail Party close at midnight tonight.
There will be NO tickets sold after this date

OR on the night as this is a catered function.
So, if you haven’t purchased your tickets jump online and transfer your payment via direct deposit (BSB: 633 108; Account: 1340 95405) using your surname as the reference. Please return the RSVP slip to school with the full names of everyone attending on Monday at the absolute latest.
A HUGE thank you to all the businesses and families in our school community who donated money, goods and services to our Cocktail Party & Silent Auction. The hampers are all made up, so donations are now closed.
Thank you to the following sponsors for their donations which we’ve collected this week: Big W Altona Meadows, Masters Home Improvement Williams Landing, McKenzie Foods and The Wondersnack Company,

DOING IT RIGHT
Many children have been seen Doing It Right around the school last term and during this week. They have been caring and compassionate, thinking about others, helping others, displaying resilience, risk takers, working well in the computer lab, listening well and being ready to learn, handing in money that was found, using good manners and loads of other great things.

Prep H: Stella,
1/2H: Shannon, Jesse, Ava
1/2K: Sofia, Ava, Caitlyn, Rafael, Anna, Tyson, Michael, Zed, Lachlan, Jett, Bridie, Erin, Sam, Cooper, Chloe
1/2D: Caitlin, Eliza, Nikita, Eleanor,
3/4S: Michael,
5/6C: Daniel, Blake
5/6V: Marcus, Angelique, Stella, Madison,
ATHLETICS TRIALS – HELPERS NEEDED – PLEASE....
On Monday 11th August we will run our trials to select the St Mary’s District Athletics Team members.
Trials will be held at the Athletics Track – Sugar Gum Drive starting at 9.15am and concluding by 1.15pm.
Equipment will be set up from 8.15am.
If you are able to help at these trials it would be appreciated.
Please complete the form on the school website NEWS:
Notes and Forms and return it to me by Wednesday 6th August

PARENTING/IDEAS MAGAZINE – ISSUE 12
Available on the school website: WELLBEING:
Resources for Parents.
Great articles about SEPARATION ANXIETY, RAISING CALM CHILDREN, BUILDING CONFIDENCE IN THE SCHOOLYARD in children on the AUSTISM SPECTRUM and much more.

HEALTH & WELLBEING NEWSLETTER
FEELING GREAT (our Health and Wellbeing Newsletter) was distributed this week. If you missed your copy it is able to be accessed from the school website.
WELLBEING: Health and Wellbeing Newsletter: JULY
Margaret Masseni (Wellbeing and PE / Sport Leader)

UNDERSTANDING ADOLESCENT BOYS!
Dr Ian Lillico
It gives parents and teachers strategies to help boys in their growth into adults and compares childhood adolescence.
Date: Monday 25th August, 2014
Time: 7.00 – 9.00pm
Place: CBC St. Kilda
11 Westbury Street, St. Kilda East
Cost: $15.00 per person (at the door) NO EFTPOS
Includes Free Tea/Coffee from 6.30pm
Secure your Place!
Email: rick@critical agendas.com.au
Include your NAME and No. Tickets required.
(No obligation). Collect and pay for tickets on the night.
Enquiries: 0433 616 771.

8 WAYS TO GET KIDS TO EAT A VARIED DIET
1. Enjoy a variety of foods. Serve up a variety of healthy foods each day. These include fruit and vegetables, legumes (such as dried peas, beans and lentils), wholegrain cereals, low fat dairy, lean meat, fish and skinless chicken. Low fat or skim milks are not suitable for children under two years of age. However, for children over two years, low fat milk is recommended.
2. Shop healthy. If you haven’t got a healthy variety in your kitchen pantry or cupboard, you can’t put it on the table. Try avoid having “sometimes” foods such as confectionary in the cupboard as children will then see them as “everyday” foods.
3. Go for quality, not quantity. Children serves may be small. It all depends on their age and appetite. Variety is the important ingredient.
4. Stick to three meals and two snacks every day. Growing children need to be fed regularly and often.
5. Begin their day with a healthy breakfast. It improves concentration, assists learning and builds stamina.
6. Give your children choices. Offer kids a few healthy choices. For instance, ask if they want an apricot or a plum, beans or broccoli, an egg or tuna sandwich.
7. Lunch boxes that go crunch. Skip the chips. Fruits and vegetables make a great snack or lunch box addition. Try corn on the cob, carrots, small Lebanese cucumbers, green beans, cherry tomatoes, onion, stone fruit, grapes or berries.
8. Frozen fruits. Frozen fruits are great for snacks or dessert. Try frozen grapes, bananas, mango wedges or even dried fruit like sultanas.

Source: www.goforyourlife.vic.gov.au

ARE YOU OR DO YOU KNOW SOMEONE THAT IS EXPECTING AND MAY BE WILLING TO HELP?
“Looking for Mums to be! My name is Gabrielle Papadopoulos and I am a first year midwifery student looking for pregnant women that are less than 35 weeks to interact and learn with through the Continuity of Care program of Australian Catholic University. If you are interested in helping a student midwife, please contact Gabrielle Papadopoulos on 0434526913, or e-mail me on S00163113@myacu.edu.au for more information. Thank you.

ILLUSTRATE LIKE A PRO
To celebrate Childrens Book Week, Hobsons Bay Libraries is offering an illustration workshop with popular illustrator Sue deGennaro, who is known for beautiful books such as The pros and cons of being a frog, Button boy, The princess and the packet of frozen peas and more. Students and their families are invited to attend this fabulous workshop.
The Friends of Altona Libraries, 2014 Illustration Competition will be launched at the event.
Wednesday 20th August, 4.30 – 5.30 pm, Altona Meadows Library and Learning Centre.

MSJ NEWS
MSJ 2015 - Limited places are available for 2015. Further information can be found at our website www.msj.vic.edu.au or by contacting the College Registrar at registrar@msj.vic.edu.au.
MSJ Open Mornings - 9.30 – 10.30am (Thursday) 28th August, 11th September, 13th November 2014
MSJ Open Day 2014
Sunday 12th October, 11.00 am – 2.00 pm

OUT OF SCHOOL HOURS CARE AT ST. MARYS
Camp Australia
WE MAKE KIDS SMILE!
Phone: 1300 105 343 / (03) 9398 4065
www.campaustralia.com.au
1731 Malvern Road, Glen Iris, Victoria 3146
info@campaustralia.com.au
Fax: (03) 8610 2044
For Out of School Hours Care at St. Marys (CAMP AUSTRALIA) bookings or cancellations please contact them direct.

St. Mary’s Altona Newsletter
“Caring Catholic Community in Education”

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