FROM THE PRINCIPAL

Dear Parents and Friends of St Vincent’s,

We were very lucky to have a fine day (no frosty morning either) for our Athletics Carnival on Tuesday. It was a very successful day with all events running smoothly. The senior students did an excellent job on the day motivating their house colour to join in the war cries and cheering their team mates on during the individual races. Thank you to all our wonderful students who participated to the best of their ability all day, demonstrating pride, passion, persistence and positivity.

At present there are two events still to run. Final results will be published in next week’s newsletter. Thankyou to staff members Lynne Hellyer, Sam Beattie and Luke Maher for organising this event for our children. A huge thank you to all our parent helpers for your continued support. We are so lucky to be a school that has such committed and devoted parents. It’s greatly appreciated.
Last Friday, Sonia Mattiske and I had the pleasure of accompanying students to the NAIDOC Mass at St Christopher’s Cathedral, Manuka. This year’s NAIDOC theme was ‘Our Languages Matter’ and it aims to emphasise and celebrate the unique and essential role that Indigenous languages play in cultural identity. This week is a time to celebrate a unique and beautiful culture and to work towards building a real and lasting justice for all people in Australia.

Congratulations to our Kinder students, who on Wednesday celebrated 100 days in Kinder – it was a party that will be remembered for at least another hundred days!

Wishing everyone a great week and thanking you for your ongoing support and encouragement.

Lina Vigliotta
lina.vigliotta@cg.catholic.edu.au

Canteen News

Unfortunately, Bronwyn has had few helpers in the canteen on a Friday. This has resulted in a huge workload to provide over 160 lunches in a very short time. At the Community Council meeting on Tuesday night the following actions were discussed and agreed upon:

- Classes on the roster will be sent an email reminder the day before. Volunteers will be offered a free lunch voucher for the child in the class allocated to that day.
- Commencing on 9 August, all orders made through Flexischools will be due on Wednesday at 5pm. We trust that as your family sets its meal plans for the week it will become a usual practice to order your children’s lunch order for the Friday online. This change allows Bronwyn to tally total orders on the Thursday, shop for groceries and supplies and cook enough ‘specials of the week’.
- Paper bag orders will continue to be accepted, although ordering through Flexischools is preferred.

Thankyou for supporting the goodwill of our school canteen. This is a non profit venture and we are committed to retaining canteen as a service to our families.

The beginning of August is HATS ON again

Welcome back to Term 3. It’s hard to imagine that sun protection is once again required in Canberra during such a cold part of the year. August is fast approaching, and although still cold, it is the month we start to witness a rise in UV levels in Canberra, levels that warrant sensible sun protection during at least some periods of the day. The beginning of August is the time to start implementing our school’s sun protection policy, so it’s Hats On again!

Fresh Taste Presentation

TODAY at 2.30pm

Before you collect your children from school this afternoon please join us in the School Library to listen to expert nutritionist Lisa Donaldson. A deliciously healthy afternoon tea available to participants.
We are very proud to be entering a St Vincent’s Winter Sports team into the ACT/Southern New South Wales Interschools competition this Thursday and Friday at Perisher for the second year. Thanks to the families of these students for supporting their attendance, and we wish Bronson, Sean-Hope and Daisy every success in their events on the slopes.

In today’s digital environment, the internet can be viewed as a valuable tool for education, research and entertainment. Young people today tend to go from one screen to another, but how much is too much? Time spent in the ‘screen world’ has parents concerned that their kids may be missing out on real life experiences. Therefore, it is vitally important to a child’s wellbeing for parents to regulate a child’s internet use.

Internet addiction can cause significant psychological and social problems for children in years to come. The true effects on future generations is not yet known, but there are strategies that parents can implement now.

This month, Dr Michael Carr-Gregg discusses what causes internet addiction, who is most at risk and what parents can do to regulate the amount of time their kids spend online each day. We hope you enjoy reading this month’s edition and we always welcome your feedback.

If you have any concerns about your child, please contact the school counsellor for further information.

To find out more, go to http://svdp.act.schooltv.me/newsletter/internet-addiction

Keeping the date free
Let’s all come together and celebrate all those wonderful fathers in our St Vincent’s community.

To all those fathers, grandfathers and all male role models out there, please come along with your children to our Family Fathers’ Day BREAKFAST. It will be held on FRIDAY, 1 September (Week 7). There will also be the opportunity to have a look through your child/children’s class rooms from 8.40 – 9.00am.
Dear Families,

There have been number of events happening in and around the school of late. I feel so lucky in my role to be able to work with all of the teachers and students in a number of different areas. Here are just some of the happenings I have been lucky to be part of.

**Athletics Carnival**

It is always a risk having an Athletics Carnival in winter, but the Gods were on our side and we were gifted with a beautiful day. There were smiles all round and it was pleasing to see the students wanting to participate in more events.

**ICAS Competition Results**

Congratulations to the following students who participated in the ICAS Science and Digital Technologies competitions. The students received the following awards and these will be presented at tomorrow’s Assembly.

**Science:** Hilmi K (Participation) Bronson M (Participation) Sean’Hope C (Participation)
Marcelo F-D (Credit) Alizzandra T (Participation) Lucca P (Participation)

**Digital Technologies:** Joshua N (Participation) George B (Participation) Alizzandra T (Participation) Lucca P (Participation)

**Maths Olympiad and Maths Games Challenge**

Yesterday’s questions weren’t easy and our Olympiads were certainly challenged. I had a go at completing both of the papers yesterday, it can be difficult to answer the tricky problems in a 30-minute timeframe! Kudos to the students who always give their best!

**CBCA Story writing Competition**

Congratulations to all students who have submitted an entry in the story writing competition. It has been a worthwhile process with students having to design a front or back cover for their book, write the story and then bind it in an aesthetically pleasing way! I look forward to dropping these into the bookshop this afternoon. The winners will be announced later this year.

Have a wonderful weekend,

Lisa
lisa.harris@cg.catholic.edu.au

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**AWARDS**

We congratulate the following recipients of this week’s awards

**KINDER YELLOW:** William O, Matthew C, Aurelia R

**YEAR 1 BLUE:** Petra F, Kalari B

**YEAR 2 YELLOW:** Siddhak A, Lucas K

**YEAR 3/4 BLUE:** Eliza B, Jonathan R

**YEAR 3/4 YELLOW:** Janani B, Jude K

**YEAR 5 BLUE:** James H, Amelia G

**YEAR 5 YELLOW:** Emma L, Will H

**YEAR 6 BLUE:** Aliei A, Matilda H

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**BIRTHDAYS**

Happy Birthday to the following students celebrating their birthday over the coming week:

Rushil F, Reuben W, Luke I
You are Called…’

Jesus said to them, “Come with me, and I will teach you to catch people.” At once they left their nets and went with him.

(Matthew 4:19-20)

Amalgamation of Aranda and Page Parishes

You may or may not be aware that a merging process has begun of the two parishes of Aranda and Page. The decision on the amalgamation of the two parishes will be made by the Council of Priests on the 31 August, 2017. The Archbishop will be visiting the two parishes on Wednesday, 16 August at 7pm at St Matthew’s Church, Page. If you would like to hear more about this process, please come along on the 16 August.

Mini-Vinnies Winter Woollies

Tomorrow, the Mini Vinnies team will be holding a special day for the St Vincent de Paul Society. It is a ‘Winter Woollies’ day, where we are hoping to collect lots of **adult scarves, gloves, warm socks, beanies and even blankets** for the homeless and those doing it tough in Canberra this winter. Please, if you are able, send your child along tomorrow in their PJ’s with a gold coin and a donation of any of the above items you may have in the cupboard at home.

Class Mass

Next Friday, our Year 1 and Year 2 children will be attending the Friday morning Mass at 9:30am. Please note that all members of the school community are very welcome to join us at these celebrations.

Important Dates – Term 3

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<tr>
<th>First Eucharist Dates</th>
<th>Prayer Celebration Dates</th>
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<tbody>
<tr>
<td>Retreat – Wed 13 Sept (9am – 3pm)</td>
<td>The New Commandment – 1 Blue – 25 August</td>
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<td>First Eucharist – Sunday 17 Sept (10am)</td>
<td>Unity in the Body of Christ – 3/4 Yellow – 8 September</td>
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Peace and best wishes,
Luke Maher
Religious Education Coordinator

FROM THE PARISH

Children’s Liturgy will be held during 10am Mass, on Sunday 6 August in the Parish Centre. All welcome.

**CANTEEN**

Order your children’s lunches online – www.flexischools.com.au

**This Week’s Specials are:** Roasted Tomato with Chorizo Soup-$1.00
Lasagne and salad-$4.00

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<thead>
<tr>
<th>DATE</th>
<th>CLASS 9.00am-2.00pm</th>
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<tr>
<td>28 July 2017</td>
<td>Year 5 Yellow</td>
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<tr>
<td>4 August 2017</td>
<td>Year 3/4 Blue</td>
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**PLEASE NOTE:** Commencing Wednesday, 9 August all orders made through Flexischools will be due on WEDNESDAYS AT 5PM.
WOOLWORTHS EARN AND LEARN IS BACK

Start collecting stickers from Wednesday, 26 July until Tuesday, 19 September.

For every $10 that is spent, you will receive one sticker.

Once your sticker card is full, place it in the collection box in the Front Office.

All sticker sheets will count towards St Vincent’s purchasing school resources from Modern Teaching Aids.

Sticker Sheets can be downloaded from woolworths.com.au/earnandlearn

Thank you for your support

COMMUNITY NOTICEBOARD

WESTS Magpies Basketball
Summer 2017/18 team trials
All Welcome!

* don’t forget your runners and a drink bottle *

Under 10 girls and boys (born 2006 and later)
Wednesday 2nd August 2017 5:00pm - 6:00pm, Belconnen Basketball Stadium

Under 12 girls and boys (born 2007/2008)
Wednesday 2nd August 2017 5:00pm - 6:00pm, Belconnen Basketball Stadium

Under 14 boys (born 2005/2006)
Thursday 3rd August 2017 6:00 - 7:30pm, Kingsford Smith School gymnasium

Under 14 girls (born 2006/2004)
Tuesday 1st August 2017 4:30pm - 5:30pm, Belconnen Basketball Stadium

Tuesday 1st August 2017 7:00pm - 8:30pm, Aust. Institute of Sport

Monday 31st July 2017 7:00pm - 8:30pm, Aust. Institute of Sport

Wednesday 2nd August 2017 6:00pm - 7:00pm, Canberra High School gymnasium

Tuesday 8th August 2017 7:00pm - 8:30pm, Aust. Institute of Sport

wests.basketball@gmail.com
Parents and Carers are invited to Bringing Up Great Kids—a parenting program developed by the Australian Childhood Foundation for Parents and Carers of children aged 2—13 years.

This course will give you insights and skills needed to:

- Promote positive and nurturing relationships between parents and children
- Explore the management of stress in your parenting role
- Encourage the development of your child’s positive self-identity
- Develop the ability to contain strong emotion and to think through the responses to your child, rather than give ‘knee-jerk’ reactions
- Overcome some of the obstacles that are getting in the way of being the kind of parent you would like to be
- Create opportunities for positive exchanges with your children.

The course is offered 3 hours per week for a 4 week period.

DATES:  Mondays 7th, 14th, 21st & 28th August 2017
TIME: 6pm—9pm
VENUE: 57 Hicks Street, Red Hill
Fee: $100 (concessions available)
Fee includes light supper & course materials

Bookings Essential
Contact
1800 068 698
Free Call