FROM THE PRINCIPAL

Dear Parents and Friends of St Vincent’s,

On Tuesday we were visited by Ross Fox, Director Catholic Education Canberra and Goulburn. It was great to have Ross in the school and it was a good opportunity to discuss our school’s progress. Ross visited the classrooms, had morning tea with the staff and met with Fr Michael and Richard Milczarek, School Council Chairperson. One of the main topics addressed was our school performance and how we are working to show:

Proving is good, Improving is better.

Ross spent time with Year 6 leaders speaking with them about their learning. During morning tea it was lovely to hear Ross comment on how articulate and engaged all of our students were in their learning. Ross made many positive comments about our school during his visit and I would like to congratulate our students and staff for making our school such a great place to be! Everyone deserves to be very proud of our wonderful school.

I wish to congratulate Lisa Harris and Luke Maher on successful Contract Renewals. The process involves Lisa and Luke writing a critical self-review and a survey. Survey results provide a senior officer from CE and myself with the data needed to develop a report with recommendations and commendations which are then discussed with Lisa and Luke. I thank the many staff and parents who completed the survey. Lisa and Luke are to be applauded for their leadership, loyalty and passion for all things education. On a personal note I wish to commend both Lisa and Luke for their strategic thinking and capacity to make decisions for the benefit of the school. We look forward to working with them both for the next four years and growing St Vincent’s to be a high performing school.

Next week I will be on the school registration panel for St Joseph’s Primary School in Boorowa. Following this I will be taking two weeks long-service leave and using the time to visit family overseas where I will be celebrating the 90th birthday of our favourite aunty who still lives in the village town in Campania (an hour out of Naples). During my absence, Lisa Harris will be taking up the role of Acting Principal.

To all Fathers, I wish you the happiest of days this Sunday. I hope many of you are able to join us for breakfast on Friday morning. Classrooms will be open from 8.40 to 9am for you to walk through.

Thanking you all for your ongoing support of St Vincent’s which I truly appreciate.

Lina Vigliotta
lina.vigliotta@cg.catholic.edu.au
SCHOOL FEES REMINDER

A reminder to families that Term 3 school fees are now due. If you are experiencing difficulty, please contact the school.

FOOTY FEVER FUN FOOD DAY

Another successful day on Wednesday with the whole school getting into the spirit of Footy Fever Fun Food day. The pictures show just a little of the joy that we all had. Over 160 orders were taken and fresh cupcakes baked and iced! A huge thankyou to Bronwyn, Louise, Susan and Heidi for their work to deliver hot food to students and staff. I also want to share with the community how very proud I am of the Year 6 students who in their Leadership roles served students on the day. Hospitality students helped serve hotdogs, meat pies with a squirt of sauce, while Health and Wellbeing students led a range of ball games on the oval encouraging all students to join in the games and show off their kicking skills.

SPORTS NEWS

BELCONNEN PSSA ATHLETICS


Well done to all!

Congratulations to Harry M (Yr 5)-1500m, Amelia G (Yr 5)-shot put, Ella K (Yr 5)-100m & 200m and Lara D (Yr 5)-high jump, who have all qualified for the ACT Athletics to be held at Bruce on Tuesday, 19 September.
Dear Parents and Friends,

Sabbath Week in schools is often spoken of as the “Week off Homework” and whilst this is an important part of the week it is not the only component. Sabbath Week is a time for families to rest, recuperate and re-energise. I personally look forward to Sabbath Week where there are no meetings, it’s an opportunity to make things a little low key for the week, a time for Reflection and to leave work that little bit earlier to be able to go for a walk with my family. This week, I even went one step further and didn’t set my alarm in the morning! Allowing our bodies to wake up naturally has proven benefits such as helping your body get off to a relaxing start to a more energised day!

If you do need an alarm though, there are some tips and tricks to help your body wake up without the shock of sudden activity:

- Try and wake up to music rather than a loud beeping sound
- Don’t get up straight away. Breathe deeply, loosen and stretch out your arms and legs from your fingers to your toes
- Think of a positive thing that you will be doing that day
- If you can, step outside for a minute. Sunshine is one of the best ways to tell your body to wake up
- Make sure you eat breakfast! Foods that are low in fat and high in protein will provide energy that lasts a long time.

The other thing you can try is to go on a Sabbath Walk. A Sabbath walk is a walk without any purpose. For a period of time walk slowly – preferably outside in nature – without trying to get anywhere. Let your senses guide your walk; allow yourself to smell, touch or thoroughly observe whatever is available to you. Do not hurry, as there is no place to go. Take your time.

(Taken from Sabbath Rest: Restoring the sacred rhythm of rest. Wayne Muller)

I always feel refreshed during and after Sabbath week, as it allows me to catch up on bits and pieces and think about slowing down a little. Normally I am so busy rushing around trying to get things done; I sometimes miss out on the wonderful things that are happening around me.

ICAS Competition Results - Congratulations to the following students who participated in the ICAS Spelling and Writing competitions. The students received the following awards and these will be presented at tomorrow’s Assembly.

**Writing:** Hilmi K (High Distinction) Mia K (Credit) Matilda H (Credit) Delany C (Participation) Bronson M (Participation) Sean’Hope C (Participation) Marcelo F-D (Participation) Lucca P (Participation)

**Spelling:** William T (Distinction) Marcelo F-D (Distinction) Harini B (Credit) George B (Credit) Rory R (Participation) George B (Participation) Alizzandra T (Participation) Lucca P (Participation) Sean’Hope C (Participation) Hilmi K (Participation) Sheran M (Participation)

Have a wonderful weekend,
Lisa lisa.harris@cg.catholic.edu.au

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**AWARDS**

We congratulate the following recipients of this weeks awards

**KINDER YELLOW:** Leo K, Amon K

**YEAR 1 BLUE:** Jennifer T, Zara M

**YEAR 2 YELLOW:** Hunter H, Jacob R

**YEAR 3/4 BLUE:** Deng A, Elle S, Chloe P

**YEAR 3/4 YELLOW:** Peter T, Ava E, Olive H

**YEAR 5 BLUE:** Queenie P, Sasha S

**YEAR 5 YELLOW:** Riley B, Josie A

**YEAR 6 BLUE:** Harry N, Sienna P

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**BIRTHDAYS**

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

William T, Peter T, James G, Sari T
'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)

Prayer Celebration

We thank the children and teachers of 1 Blue for their peaceful and reverent Prayer Celebration last Friday. The message was clear and we all left with a great understanding of the ‘new commandment’ - to love others as we have been loved. The children shared some beautiful singing, writing and art for their theme. Thank you again for all your work.

We look forward to the next celebration which will be led by 3/4 Yellow.

St Vincent de Paul Feast Day

The Feast day for St Vincent de Paul is Wednesday, 27 September this year and as this day falls in the holiday period we will be celebrating the feast day on Friday, 22 September (Week 10). Our feast day celebrations will include Mass at 9:30am with the whole school and parish community. Our school event for the feast day will be a ‘St Vincent’s Got Talent’ show. Information has been shared with the children this week by our Year 6 leaders in the Faith and Justice team and nominations have been coming in thick and fast. St Vincent’s Got Talent will be held from 12midday to 1pm on Friday, 22 September, we look forward to all the wonderful talent on show.

Important Dates – Term 3

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<tr>
<th>First Eucharist Dates</th>
<th>Prayer Celebration Dates</th>
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<tr>
<td>Retreat – Wed, 13 Sept (9am – 3pm)</td>
<td>Unity in the Body of Christ – 3/4 Yellow – Friday, 8 September</td>
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<td>First Eucharist – Sunday, 17 Sept (10am)</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, this Sunday, 4 September in the Parish Centre. All welcome.

CANTEEN

Order your children’s lunches online – www.flexischools.com.au
Next week’s Specials are: Chicken & Creamed Corn Soup-$1.00
Macaroni Mince-$4.00

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<thead>
<tr>
<th>DATE</th>
<th>CLASS 9.30am-2.00pm</th>
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<tr>
<td>1 September 2017</td>
<td>Year 1 Blue</td>
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<tr>
<td>8 September 2017</td>
<td>Year 2 Yellow</td>
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PLEASE NOTE: Reminder that all orders made through Flexischools will be due on WEDNESDAYS AT 5PM.
WOOLWORTHS EARN AND LEARN IS BACK

Keep collecting stickers 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

BOOK FAIR

Our Scholastic Book Fair was a tremendous success. The students and their families very much enjoyed looking at the books and for many who were able to make a special purchase, they were able to take books home.

Thank you to everyone who visited our Book Fair and especially for your support in purchasing the books. Our Saint Vincent’s library has been awarded bonus points from Scholastic and we are busy choosing books we can purchase with those points. I am very excited to be able to chose new books for our library collection and make them available for the students to borrow.

Mrs Ashmore, Teacher Librarian

It’s Hard Yakka Time

*Hard Yakka* is an Australian Aboriginal expression that means *hard work*. This term can be used to refer to any task or activity we have to do that is *not* fun, exciting, or easy. Different people find different things *hard yakka*. Schoolwork and homework will sometimes be *hard yakka* and often it can be quite difficult to be persistent and give effort when doing *hard yakka*. When we try to be successful, by doing things that are not easy or fun we are “Working Tough.”

Doing *hard yakka* is one of the most difficult and important things that students who want to be successful can do.

To successfully continue working when we find a task difficult we must ensure that our thoughts are helpful rather than unhelpful. We need to use positive self-talk. Self-talk means pretty much the same thing as thinking or thoughts.

*I can do it*  
*I CAN stand this*  
*Once this is done, I can have some fun*  
*I can do hard yakka*  
*No stinkin’ thinkin’ for me*  
*Persistence pays off*