Dear Parents and families,
Welcome back to school. We hope you all had a great holiday break.

October is Mission month. This is celebrated every year in every country wherever there are Christians committed to building a better world for all of God’s people, a world where everyone has all they need to live a dignified and fulfilling life. Missionary activity is, fundamentally, a going out of oneself in love, a reaching out to see God in everyone and to share God’s love with each person we meet – especially our poor and marginalised. Jesus’ mission of creating a world where all can live a fully dignified life is still far from completion. Therefore, the whole month of October has been dedicated to reflecting on the central mission of the Church to help all Christians in their commitment to Christ’s mission of love, mercy, forgiveness, peace and justice for the world.

The theme this year is ‘Healing a nation through education’ with a special focus on Myanmar. Myanmar is the largest country by area in mainland Southeast Asia and is bordered by China, Bangladesh, India and Thailand. It has a diverse population of around 53 million people with approximately 135 separate ethnic groups. One quarter of the population in Myanmar is living in poverty.

Our school has always been a great supporter of Catholic Mission through money raised by the Junior Red Cross & Mission Group. We thank all families for your support of the fundraising activities organised by this group throughout the year. Our major fundraiser for this year is our Dance-a-thon, to be held on Friday 19th October. We hope students have been busy gathering sponsors during the holiday break. Parents and family members are invited to come along and bust some moves also!

Mass to celebrate Mission Month will be held with Fr Anthony on Monday 22nd October at 10am in the church. All family members and parishioners are warmly invited to attend.

Wishing you all a wonderful week!

A COMMUNITY OF FAITH AND LEARNING
STOMP Dance
STOMP Dance Company will be here next week to work with the students. The week will culminate in a ‘Dance-a-thon’ on Friday 19th October, beginning at 1:45pm. The Dance-a-thon is the major fundraiser for the Junior Red Cross & Mission Group for this year. Students are asked to seek people to sponsor them to participate in the event. Last year our Skip-a-thon was a huge success and we hope everyone will support our Dance-a-thon just as much! Parents are welcome to join us on Friday 19th October in the Mary MacKillop Room to see our dance skills in action and show us their own dance moves!

Taco lunch
A big thank you to Carley & Emma for organising the delicious Taco lunch that we enjoyed on the last day of term. Thanks too to the many parents and family members who joined us for lunch.

Children’s Week celebrations

School Advisory Council AGM
This meeting will be held on Tuesday 16th October. There are 3 positions open for nomination. Wayne Huf has completed his term on School Council. We sincerely thank Wayne for his contribution to our School Advisory Council over the last 4 years, particularly in the role of Chair for the last 3 years. Mel Seipolt has completed her first term and is able to be renominated for a second term. We thank Mel for her work as Treasurer to the Working Parties over the last 2 years. We have one vacant position that we were unable to fill for this year. Please give careful consideration to nominating. Our school can only function well with a strong and committed School Advisory Council.

Holiday happenings
There was plenty happening over the holiday break at school.

♦ The school was sprayed for spiders on the first day of the holidays.
♦ New split systems were put into both classrooms. These have ceiling vents so will ensure a greater spread of heating and cooling in the rooms.
♦ Mal & Az replaced the broken tiles outside Room 2; thanks fellas!
♦ Az created a ledge to cover the bag hooks. These were flagged as an eye risk during our OH&S check earlier this year; thanks Az for sorting this risk for us!
♦ Thanks to the Hogans who kept an eye on our veggies and fruit trees.

Thank you
A big thank you to Marge for putting library books on to our system and to Jacki for covering them, you are greatly appreciated by us all for your willingness to help at any time.
**JUNIOR TENNIS**

Commencing on Thursday 18th October at 4.30pm for Under 16’s and Grade 1 onwards at the Hopetoun Tennis Courts.

Subscription is $120 per family

Junior subscription per member $35.00

Hope to see you there!!

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**Drink Bottles**

A reminder to ensure your child brings a drink bottle to school each day.

The school does have a number of school drink bottles for sale for $10. Please see Julie if you wish to purchase one.

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**eSmart Tip - Room 1 students**

Ask permission to go on ipods or ipads unless you know your family rules.

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**Nude Food Day**

**EVERY Thursday**

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**Day** | **Reminders**
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Friday 19th October | Dance -a-thon 1.45pm
Monday 22nd October | Mission Week Mass 10am
Friday 2nd November | Parent Meeting 2pm

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**A COMMUNITY OF FAITH AND LEARNING**
Room 1

Welcome back everyone, I trust that you all had a restful and enjoyable holidays.

We are continuing our work on Narratives, this week we will be working on writing a captivating beginning to our stories. Over the course of this term we will be getting students to learn to write the first 300 high frequency words, therefore I encourage you to get your child to practice writing the words on their word cards at home to help them learn how to spell these words.

Our reading strategy for the beginning of this term is predictions and re-prediction. This strategy requires you to get your child predict what the text will be about prior to reading it. They can also re-predict and alter their prediction during reading, or just simply anticipate what might happen next in the text. Encourage your child to explain why they made the prediction, showing what evidence they used from the text to create their prediction.

Here are some questions you can ask your child to help them with their predictions.

Before Reading:
- What do you predict this story will be about?
- Who do you think this story will be about?
- Where do you think this story will be set?

During Reading:
- Who do you think the main character is?
- What do you predict the problem in this story will be?
- How do you predict the problem will be solved?
- What do you think will happen next?

After Reading:
- Were your predictions correct? Why/Why not?

Miss Cook

Room 2

Welcome back everyone, I hope you all enjoyed the break!

This Term in Integrated Studies we are exploring Chemical change and the three states of matter (solid, liquid and gas). These can be related to water and its three forms ice (solid), a cup of water (liquid) and steam (gas). Students will be conducting experiments this term following procedures which will allow them to observe which products have reversible and irreversible changes.

In writing, and closely linked to Integrated Studies, our current text type is Procedure - a text that instructs us how to make or do something. So far this week we have followed instructions to make a Frog in a Pond and developed a procedure on how to make a sprinkle sandwich and a toasted cheese sandwich. It is vital that steps in procedures are written in the correct order and that they make sense to someone else who reads it. We have discussed how procedures are 'bossy' texts that order the reader to do something. To further assist your child at home with this text type you could look at some recipes or board games and talk about the language they have used to provide instructions.

Miss Dalton

If you have any questions about what is happening in your child's class please contact their teacher for the relevant area of concern.
Congratulations to the following students who received awards at assembly on the last day of term:

**Room 1:**
- **Harry:** for working hard and maintaining his concentration when doing his spelling testing
- **Toby:** for being able to use his knowledge of doubles to assist him when solving worded fraction problems

**Room 2:**
- **Saige:** for increasing her fluency and accuracy of a familiar text read over the course of the week

**Playground raffle winners:**
- **Isabella:** playing a friendly game of footy
- **Axel:** playing a friendly game of footy
- **Ava H:** playing happily in the sand

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*Star of the Week*

**Belle**

- **Favourite school subject:** Maths
- **What's your favourite colour?** Navy blue
- **Favourite thing to do when you are bored:** Watch television or read
- **What's the most exciting thing you’ve done at school so far?:** Going to Melbourne to see the Lion King
- **If you could do anything or go anywhere in the world right now what would it be?:** The beach in Geelong

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A COMMUNITY OF FAITH AND LEARNING
Fruit juices

Many people think fruit juice is a healthy drink that can contribute to the recommended serves of fruit per day. However, nutritionally speaking it doesn’t come close to the nutritional value of eating a piece of fruit.

So, what’s the difference?

A piece of fruit provides essential vitamins and minerals and because of its high-fibre content can satisfy hunger for longer when you eat it. When you drink a glass of fruit juice, you get all the energy (kilojoules) from the natural sugars in the fruit, some of the vitamins and very little of the fibre and nutrients from the skin and flesh. Exposure to heat and light when the juice is extracted from fruit leads to a loss of vitamins and minerals – all of which you benefit from when you eat a piece of fruit.

What about juice that claims “no-added sugar”?

Sugar provides nothing else other than energy (kilojoules). Foods containing added sugars are recommended to be occasionally eaten and in small amounts. Foods naturally high in sugar such as fruit and dairy provide other nutrients from the other parts of the food. In the case of fruit, the predominant natural sugar that occurs is fructose, as well as a combination of other sugars such as glucose and sucrose. The Australian Guide to Healthy Eating recommends we eat two pieces of fruit every day for the antioxidants, vitamins, minerals and fibre – not the sugars. The sugar in fruit juices comes directly from juicing the fruit. When selecting a fruit juice, choose one with the highest percentage juice to ensure that is all you are getting, no added sugars or flavourings. Fruit drinks, as opposed to fruit juices, have much less fruit juice in them as they only need to contain 5mL of fruit juice per 100 ml to be called a fruit drink, except if it is a passion fruit drink, which only requires 3.5mL of juice per 100mL. The rest of the content is made up of water, added sugar and/or flavouring.

What are the other health issues?

A significant concern of consuming fruit juice can be dental decay. Fruit naturally contains high amounts of vitamin C – also known as ascorbic acid, which can erode teeth enamel. The high concentration of sugar can also lead to dental decay if dental hygiene habits are poor. Lingering sugar on the teeth creates an ideal environment for bacteria to eat away at tooth enamel. For this reason, the Australian Dental Association recommends that parents limit their child’s fruit juice intake and dilute it down with tap water to a 50:50 mix.

So, what should my child be drinking?

The Healthy Kids Association recommends tap water be the first drink of choice second to reduced-fat milk, with one small glass (125ml) of 99% fruit juice being allowed daily for all ages.

Vision Statement
St. Joseph’s School is an inclusive community of faith and learning with Christ at its centre. St Joseph’s School will educate its students to be of service to society in the Catholic tradition of love, faith and hope.

Mission Statement
As a Christ centred school we celebrate our Catholic beliefs, values, practices and traditions.

As an educational institution we:
• Will support the development of the whole person.
• Will provide a comprehensive curriculum, which challenges all students in their pursuit of success.
• Will cater for the varied learning styles of our students.
• Will be a child safe school by providing a physical and online environment that is happy, safe and welcoming.
• Will respect the dignity of the individual and value the participation and contribution of all.
• Will work in partnership with parents, the parish and the wider community.
• Will encourage our students to make a difference in the local, national and global communities in which they live.

HOUSEKEEPING!!

Student Absence from School
A reminder that it is a legal requirement for parents to explain absences from school. We do not need to know ‘nitty gritty’ details, simply sickness, doctor’s appointment or family reasons will suffice. **Please remember to email or phone the school prior to 10am on the day of absence otherwise you will be contacted, or if a scheduled absence in advance.** Thank you.

Sunscreen
Sunscreen is provided by the school for our students, however we do encourage the children to bring their own sunscreen to school to assist with sun protection. Students are regularly encouraged by teachers to apply sunscreen throughout the day.

Hats
School hats MUST be worn at all times when students are outdoors, except for extremely windy days where hats blow over the fence. School Hats are now $15.00.

Signing out
Please remember to sign out your child at the office if you need to take them from school during the day. This is not only a legal requirement but also an important part of our emergency management plan.

P & F docket
A reminder that any purchases for P & F from IGA must be put on the P & F account (not school account). Dockets then need to be sent to school please.

Pie warmer containers
A reminder that students can bring lunch to school wrapped in foil or in a foil container to be heated in the pie warmer.

Pie warmer containers are available from the office for $10.00 for 50 containers.

*Grounds Roster October: A Decker & N Crisp*

*A COMMUNITY OF FAITH AND LEARNING*
HOPETOUN SHOW 2018

SUNDAY 14TH
OCTOBER, 11AM

LIVE MUSIC
FIREWORKS, 9PM

• Jamie & Kim’s Reptile Zoo
• Remote Control Trucks
• Mechanical Bull
• Rides
• Strawberries Galore
• Ice Cream

SHOW & SHINE,
7AM – 10AM Entry

Tickets:
Family $35
Single $15
Pensioner $10
(Senior card or Age card)
Students $10
(11-17 years)
Children $5
(5-10 Years)
Children Free
(under 5)

INFO@HOPETOUNSHOW.COM

A COMMUNITY OF FAITH AND LEARNING
Patchewollock Music Festival
19/20/21 October 2018

Youth Showcase
Saturday 20/10/2018 3-4pm

Patchewollock Music Festival encourages young musicians to perform at our festival. The Youth Show Case is an opportunity for our region’s youth to perform on stage in the Saturday afternoon time slot. Bring Your Own instruments; everything else is provided for a quality sound.

For further information and registration
Email: vivianey@activ8.net.au
Or Ph. Robin 03 5084 1230
0429 800 827

ALSO
Blackboard Stage
20/10/2018: 11.30am 5.00pm
Open age. Register names on the day from 11:30am.

FREE ENTRY TO ALL EVENTS

A COMMUNITY OF FAITH AND LEARNING