Dear Parents and families,

Welcome to term 3! I trust you all had a restful and enjoyable holiday break.

Last Sunday was the 15th Sunday in Ordinary Time in the church’s calendar. The Gospel tells the parable of the sower, where the sower scatters some seeds. Some seeds fall on the path and are eaten immediately by birds. Others fall on rocky ground; they spring up quickly but wither and die as there is no soil for the roots to grow into. Other seed falls amongst thorns and is choked. Other seeds fall on fertile land and produce a healthy crop. The word of God is like the seed. It needs rich soil for it to grow. We can be that rich soil! Being open and willing to accept and learn from God’s word, and living our life accordingly, is an important part of being a disciple of Jesus.

Next week we will celebrate Grandparents & Special Friend’s Day on Wednesday 26th July. This is always a wonderful celebration in our community and I’m sure that this year will be no exception! Mass will be at 9:30am followed by classroom visits and morning tea. Could all families please bring a plate of morning tea to share.

On Friday 28th July we will participate in National School’s Tree day by planting trees at Lake Lascelles. Participating in this important event is a way we can show that we are Stewards of Creation. Being a Steward of Creation means not only caring for our environment here and now but also ensuring we do our bit to leave a productive earth for future generations to inherit. Permission notes for this are attached today.

Our school is also hosting the Northern Zone Catholic Primary Principals meeting on Friday 28th July. Thanks to Mel & Kat who are organising the catering for this day.

Wishing you all a wonderful week! Cynthia
**Junior Red Cross & Mission Group news**
Thanks to everyone for their support of Footy Colours Day at the end of last term. $64.40 was raised for the Junior Red Cross & Mission Group. These students will be active in service activities in the coming weeks by cleaning the church, watering and cleaning the courtyard at the Memorial Hall & visiting Corrong Village. Courtyard duties are a way we can support the Catholic Social Teaching principle of stewards of Creation. Visiting the folk of Corrong is a way we can show our elderly that they are still an important part of our community. Our visits support the principles of Solidarity (we are all one big family) and Human Dignity (everyone is special).

**Fresh Fruit Friday**
Thank you to those parents who have indicated they can help with Fresh Fruit Friday this term. We are still looking for a parent for Friday 15th September and Friday 22nd September. Please let the office know if you can help out. Thanks!

**School Advisory Council**
The School Advisory Council met last night. Agenda items included reviewing the School’s Reporting Policy & participating in an ‘Integrity in the Service of the Church’ workshop. During this workshop Advisory Council members looked specifically at Principles 3 & 4, namely Church workers are committed to safe and supportive relationships and Church workers reach out to those who are poor, alienated or marginalised. We identified ways that we already demonstrate these principles in our school community and discussed possible ways we could further improve in both of those principles. Improvement suggestions were a greater focus on Social Justice and implementing the ‘Respectful Relationships’ program.

A reminder that School Advisory Council members are always open to suggestions from families. Please talk to one of the Advisory Council members if you have an idea that you would like considered.

School Advisory Council members: Fr Alex Lim, Cynthia Maiden, Wayne Huf (Chairperson), Travis Horman, Anna Heath, Bruce Landrigan, Mel Seipolt, Amanda Cook & Julie Grace.

**Corrong visit**
Our next visit is set down for Tuesday 25th July. Lana, Jacey, Coco, Emily & Marni are going with Donna. Thanks Donna!

**Upcoming dates for your calendar:**
- Wednesday 2nd August: parking at Field Days. Thanks to Wayne for organising & all those who are helping out.
- Thursday 3rd August: Catering at Field Days. Thanks to Rex for organising & all families for their contribution & help.
- Sunday 13th August: Confirmation & 1st Eucharist Mass 11am followed by a shared lunch.
- Thursday 31st August: Father’s Day breakfast.
- Friday 1st September: Southern Mallee Lakes Athletics Carnival in Rainbow for all students.
Room 1
This week we have written recounts about our holidays. Our focus for our recount was to include a personal comment. We have also been working on narratives. The Children have been working on writing kick offs of stories, which could also been known as the complication or problem.

In Reading we have been reading ‘Fearless’. Our Vocabulary words are fearless, squashed and frightening. In Reading Groups we have been working hard on segmenting words (breaking them down into sounds). We have also worked on words that rhyme, both generating them and identifying them in texts.

In Mathematics we have been working on the Count On strategy which is when you pick the largest number and count on the smaller amount individually for example 5 + 2, 5, 6, 7. The Cyan group have been working on using ten as a reference. The Purple group have been working on counting on from 5 meaning knowing a group of five and counting on the single ones to get the total. The Magenta group has been working on making simple money transactions.

Miss Cook

Room 2
Integrated Studies
This term’s topic for Integrated Studies is Australian Flora and Fauna. Students will be investigating Australian animals and plants through a variety of learning experiences across the curriculum. The major curriculum area will be science, particularly biological science. Students will be distinguishing the difference between living and non-living things and grouping them on the basis of observable features. The first experiment students will conduct is to grow a plant and observe how it grows throughout the term. They will also examine the life cycles of living things and how they depend on each other and their environment to survive. Students will also look at the structural features and adaptations that help living things to survive in their environment and how the growth and survival of living things are affected by the physical conditions of the environment.

Other curriculum areas in which students will explore Australian animals and plants will be reading and writing. Students will have the opportunity to read and research Australian animals and plants and also write information reports on them.

We look forward to all the exciting new learning experiences students will be involved in this term.

Mrs Jochinke

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 last Friday:

Room 1:
- **Isabella**: drawing a map from a bird’s eye view
- **Ava**: drawing a map from a bird’s eye view
- **Luca**: always listening carefully and following instructions

Room 2:
- **Macey**: demonstrating a positive attitude to all aspects of school life
- **Charlotte**: being a super speller

Playground raffle winners:
- **Lana**: playing a happy game of hopscotch
- **Dakota**: picking up rubbish
- **Abby**: playing a happy game of hopscotch

What I love most about school is: that I like sport.

If a Genie granted me one wish I would wish: to be an Olympian.

My favourite TV show is: Australian Ninja Warriors

The best thing about my friends is: they play with me and help me when I’m hurt.

One day I hope to be really good at: being an Olympian with running.

If I were the principal of this school I would have an afternoon nap time.

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A COMMUNITY OF FAITH AND LEARNING
Fibre

Why is fibre important?

Dietary fibre is important for our digestive health and regular bowel movements.

Fibre also helps you feel fuller for longer, can improve cholesterol and blood sugar levels and can assist in preventing some diseases such as diabetes, heart disease and bowel cancer.

How much fibre do you need?

<table>
<thead>
<tr>
<th>Gender (over 18 years)</th>
<th>Acceptable intake</th>
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<tbody>
<tr>
<td>Males</td>
<td>30 gms per day</td>
</tr>
<tr>
<td>Females</td>
<td>25 gms per day</td>
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Eating a variety of plant-based foods will help you get enough fibre each day. This includes:

♦ choosing wholegrain, wholemeal and/or high fibre varieties of grain-based foods like bread and pasta
♦ enjoying a variety of wholegrains, such as rice, oats, quinoa, polenta
♦ having two pieces of fruit and five servings of vegetables a day.

You can also boost your fibre intake with a small handful of nuts and seeds as a snack, adding legumes to a meal or by adding a sprinkle of bran to cereal, muesli or yoghurt. http://www.nutritionaustralia.org
Five types of sugar—which is healthier? (there is not much between them!)

1. **White granulated sugar** is one of the world's purest foods. It's 99.9 per cent sucrose, refined from the natural sugars that occur in the sugar cane but with all impurities completely removed.

2. **Caster sugar** has the same composition as granulated sugar, but the crystals are smaller so it dissolves quickly. It's best for baking, especially light sponges and meringues.

3. **Icing sugar** is white sugar ground to a fine powder so it dissolves quickly and makes smooth icing.

4. **Raw sugar and coffee sugar crystals** are made from cane juice and are golden in colour. In nutrition, they are virtually identical to white sugar - at 99 per cent sucrose, they have a few minerals but not enough to give a great health advantage over white sugar.

5. **Brown sugar** contains 95 per cent sucrose and 5 per cent molasses, which adds a lovely toffee flavour and moistness but no great nutritional benefits over white sugar. The same applies to muscovado, demerara, rapadura and black sugars which are often preferred for baking. There's a little potassium, calcium, magnesium and other minerals but they're not present in great quantities.

Use only small amounts of sugar to enhance the flavour of nutritious foods - a spread of jam on grainy bread, a sprinkle of sugar over high-fibre cereal or a sugar syrup to poach fresh fruit. But watch the large intakes that come from soft drinks, juices, confectionery, chocolate, ice creams and pastries.

www.foodwatch.com.au
Hopetoun P-12 College
SRC Primary Social

Theme: Masquerade

Friday 28th July 2017
5.30- 7.30pm

Dress in your favourite outfit & mask
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.

**Nude Food Day**
**EVERY**
Thursday

**Magnetic Holders**
A reminder that we have A4 magnetic holders for sale available at the office.

**Scarves**
With the cooler weather upon us a reminder that the school has navy scarves for sale for $5 each.

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<table>
<thead>
<tr>
<th>Day</th>
<th>Reminders</th>
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<tbody>
<tr>
<td>Wednesday 26th July</td>
<td>Grandparents &amp; Special Friends Day</td>
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<tr>
<td>Friday 28th July</td>
<td>National School's Tree Day</td>
</tr>
<tr>
<td>Wednesday 2nd August</td>
<td>Field Days Parking</td>
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<tr>
<td>Thursday 3rd August</td>
<td>Field Days Catering</td>
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A COMMUNITY OF FAITH AND LEARNING
Vision Statement
St. Joseph’s School is a Child-Safe School. It is a learning community 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 provide 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 send in an absent note on the day your child returns to school. 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.

Please ensure your child’s pie warmer is clearly marked with their name to avoid confusion at lunch time.

Grounds: July B Landrigan & P Hallam

A COMMUNITY OF FAITH AND LEARNING
The Patchewollock Music Festival committee invites young local musicians to ‘Show Case’ their talents at the coming festival, held on the weekend of October 20th/21st/22nd 2017.

Over the past festivals, a number of local youth have enjoyed the opportunity to perform on stage, so we would like to extend a invitation to the musical students of St Joseph’s Catholic Primary School Hopetoun to perform this year.

Acts can perform solo or in small groups, of up to 6 members.

There is limited amount of space on our stage and a limited amount of time between each act, so it is necessary keep the groups to small numbers to enable as many acts to perform in the time slot available. This will be held on the Saturday 21st, in the early afternoon.

The Blackboard Stage held on the Saturday 21/10/2017 starting midday, is also another opportunity for anyone to perform, encouraged by the Festival Committee.

Interested Musicians, please email the Festival Director Mr Robin Yetman, at vivianey@activ8.net.au

During early September when the program is finalised, we will contact all inquiries, either by telephone or by email.

Patchewollock Music Festival is a FREE entry event with fun for the whole family. For further information about the festival please visit our website and facebook page.

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HOPETOUN P-12 COLLEGE
Healthy Active Kids & Shake Rattle and Read Dates Terms 3 & 4 2017

**Term 3**
July 17 – Play to Learn (Room 10 – main building)
July 24 – Play to Learn (Room 10 – main building)
July 31 – Play to Learn (Room 10 – main building)
August 7 – Play to Learn (Room 10 – main building)
August 14 – Play to Learn (Room 10 – main building)
August 21 – Shake Rattle and Read (Library)
August 28 – Healthy Active Kids (Stadium)
September 4 – Shake Rattle and Read (Library)
September 11 – Healthy Active Kids (Stadium)
September 18 – Shake Rattle and Read (Library)

**Term 4**
October 9 – Healthy Active Kids (Stadium)
October 16 – Shake Rattle and Read (Library)
October 23 – Healthy Active Kids (Stadium)
November 6 – Shake Rattle and Read (Library)
November 13 – Healthy Active Kids (Stadium)
November 20 – Shake Rattle and Read (Library)
November 27 – Healthy Active Kids (Stadium)
December 4 – CHRISTMAS PARTY (STADIUM)