



St Alipius Parish School Newsletter

9th March, 2017

St Alipius: A Peaceful School.

When I was a little girl my mum would regularly throw her hands in the air and say 'Oh for a peaceful life!' (she was the mother of 11 children so life probably was pretty hectic)

When I thought about peacefulness I imagined quiet and control and harmony in my *surroundings* – that the external things in my life were calm. These days I think about peacefulness as more internal; that I work to manage my internal world; my self-talk and my appreciation of 'the moment'

When I was growing up on a farm I would spend hours lying in a paddock, watching the clouds form different shapes as they moved across the sky. Or I would climb a tree and lie still, watching ants follow each other to a mysterious destination. I had the chance to be very present in the moment, to allow my mind to unjumble all the thoughts that sometime crowd in when you are a kid.

These opportunities aren't always available to all kids today. And research tells us that the lack of time, opportunity or strategies to be 'peaceful' can impact negatively on our wellbeing and then on our learning.

At St Alipius we have made a two-fold plan to support students to be at peace with themselves and their lives and, consequently, with others.

Twelve months ago we introduced 'Peaceful Kids' - a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children.

DATES TO REMEMBER

Fri 10 th March	Whole School Prayer 9am
Mon 13th March	Labour Day Public Holiday
Tues 14 th March	Reconciliation Celebration 6.30pm at St Alipius Church
Fri 17 th March	Whole School Prayer 9am
Mon 20th March	SCHOOL CLOSURE DAY
Tues 21 st March	WHOLE SCHOOL EXPO
Thurs 23 rd & Friday 24 th March	Year 3 & 4 Camp
Mon 27 th March	Assembly – 2.30pm
Thurs 30 th Mar	2018 Enrolment Info Session
Friday 31st March	Last day of term 2.30pm finish
Tues 18th April	First day of Term 2
Wed 19 th – Friday 21 st April	Year 5 & 6 Camp
Mon 24 th April	Assembly 2.45pm
Friday 28 th April	WHOLE SCHOOL SPORTS



The program has been created to fulfill a need in schools to offer all children who suffer from anxiety, a developmentally appropriate program that gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. This program helps children to build their emotional resilience so they are better equipped to deal with the day to day stresses that life brings them. The program also involves parental involvement and commitment to supporting the strategies at home.

This year we are extending that program to allow all children to practise calming their minds. In July all staff will attend a Professional Learning opportunity to skill them in the processes of Mindfulness using the 'Peaceful Classrooms' programme.

Staff who are trained in the 'Peaceful Classrooms' program are able to lead students through daily meditations and exercises with the following aims:

- To build emotional intelligence
- To develop self-awareness
- To minimise symptoms of anxiety and stress
- To build emotional resilience
- To empower children to self-regulate
- To teach children Mindfulness exercises they can use for life
- To build a reservoir of strength to enable children to cope with life more effectively
- To teach children life long skills to manage stress and prevent stress build up

We will also be offering a parent session to support families who wish to engage in this practise that is now recognised as the most effective tool for preventing, and treating, anxiety and depression.

Dates: Parent Information Session – Thursday July 27th, 7pm
Whole School Closure Day – Friday July 28th

For further information see the website www.peacefulkids.com.au or ask Emily C, Lauren , Esse, Eileen or Roxanne about the program.



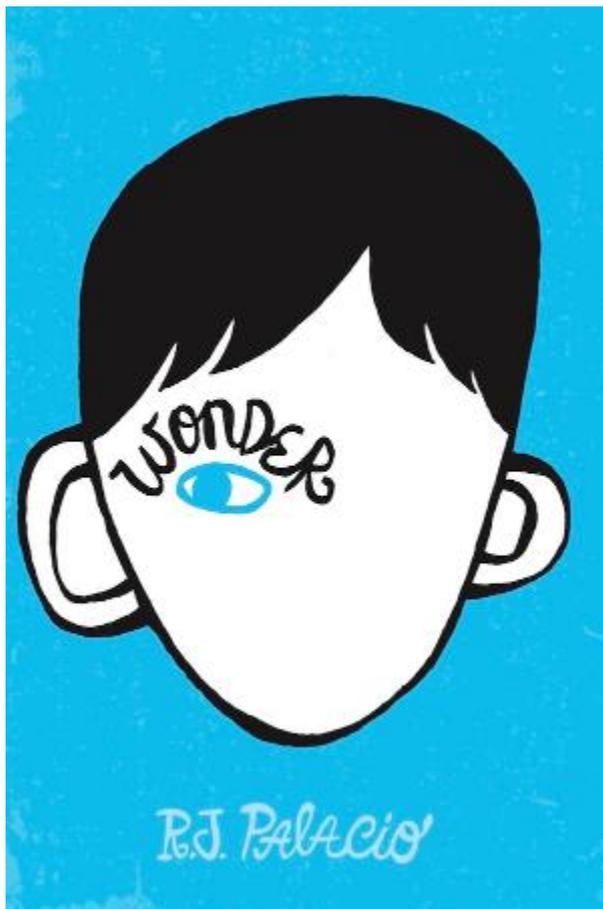
On Tuesday February 28th, our student's in year's 3- 6 shared with Father Peter the preparation of the Ashes in readiness for Ash Wednesday.

STAFF PROFESSIONAL DEVELOPMENT SCHOOL CLOSURE DAY – MARCH 20th

We don't make these requests lightly and acknowledge the inconvenience they cause to some families. We commit to ensuring that this day will build our capacity to provide a richer whole-school approach to writing. Please put this day in your diary.



Moet is back working hard this term. He is looking forward to having Monday off.



The Grade Five/Six Learning Community are currently reading *Wonder* by R.J. Palacio.

Wonder is about an eleven year old boy named August who has a genetic disorder and starts school for the first time.

While we are reading this book as a class, we are learning just how hard it can be for a person who was born to stand out in more ways than one. We are learning a lot about empathy.

We highly recommend this book for year four children and up. It's great for adults too.

There is a copy in the Library if you are interested.

We score *Wonder* ★★★★★

Sustainability news



Last Friday each of the 3 / 4 Learning Communities eagerly gathered at McKenzie Reserve to take part in Schools Clean Up Day. This is run each year in conjunction with Clean Up Australia Day and was a great chance for the students at our school to play a practical role in the clean up of a public area. The children did a fantastic job and in the process discovered a large array of rubbish including lots of plastic, glass, paper, fast food wrappers and even a discarded mobile phone.

As a follow up we have been looking at ways of cutting down on waste. Some ideas have included giving away unwanted clothes, repairing things, composting food and buying items with less packaging.

Introducing Sho Sensei

Hello! my name is Shoichiro! Please call me Sho. I work at St Alipius School and St Columba's School as a Japanese assistant teacher. I am going to try my best to help all students learn as much about Japanese language and culture as possible. I hope that many people will love Japan!

Can you host Sho sensei?

Would you like to host Sho Sensei at your house for a term? He would like to experience living with different families and have lots of different experiences while he is in Australia.

Please email Adam about the possibility of hosting for Term 2, 3 or 4. acameron@saballarat.catholic.edu.au or to contact Sho Sensei shosensei@saballarat.catholic.edu.au



If you can't host Sho Sensei, are you doing something with your family that he could join you for a new experience? Going to watch an AFL game? A trip to the beach? Going to the Wildlife Park or Zoo?

ALTAR SERVERS – Training Update

If you are a current altar server or interested in becoming one this training session is for you!

When: 3.45pm, Tuesday 14th March

Where: St Alipius Parish Church

An afternoon fruit platter will be provided
RSVP or contact Rachel for any further information.

Email: rachelallan17@gmail.com Note: Altar Servers should have celebrated the

Sacrament of Eucharist – There will also be further training later in the year.



SAVE THE DATE!

NATIONAL RIDE2SCHOOL DAY

Friday 17th March 2017

RIDE2SCHOOL.COM.AU



See the full details
on the school bag
app!



Dear Volunteers,

Thank you so much for putting your name forward to contribute to our Meal Care Program. It is so appreciated!

So far we have been able to fill the roster for the remainder of Term 1 and almost to the end of Term 2, which is fantastic. The roster is attached below and I have also included the list of volunteers who have said they are able to cook a meal at short notice.

Here is the process for our Meal Care Program:

Roster Volunteers:

- When it is your week, please cook a meal to feed a family (4-6 people).
- Place your meal into a container suitable for the freezer. The best containers are the ones with the disposable silver tray with the cardboard lid (I will purchase some and leave them in the office if you would like to come in and get one for your week).
- Please make sure you have written the date on the cardboard lid or a label so we can give meals out according to date cooked.
- Bring it into the office anytime during that week and we will place it in the freezer.

Short Notice:

- At times we may need a meal at short notice. We will notify volunteers the day before if this is required.

If you hear of anyone whom you feel may benefit from a meal going home, please email me (eclarke@saballarat.catholic.edu.au) or let your class teacher know so we can support as many people as we can in our community.

Kind Regards,

Emily Clarke

Term 2	Week Starting	Volunteer
Week 8	Mon 20 th March	Virginia Rogers
Week 9	Mon 27 th March	Katrina Bevelander
Term 3	Week Starting	Volunteer
Week 1	Tuesday 18 th April	Greg Lewis
Week 2	Monday 24 th April	Maria Rizzo
Week 3	Monday 1 st May	Lynda Calistro
Week 4	Monday 8 th May	Renae O'Brien
Week 5	Monday 15 th May	Erin Kanoa
Week 6	Monday 22 nd May	Claire Stewart
Week 7	Monday 29 th May	Carlie Bix
Week 8	Monday 5 th June	Allana Kane
Week 9	Monday 12 th June	Trish Simmons
Week 10	Monday 19 th June	Emily Clarke
Week 11	Monday 26 th June	

Volunteers who can be called on to provide a meal at short notice:

Julie Howes
 Sherree Martin
 Ebony Stewart
 Leanne Richards

Mary-Jane Sherman
 Amy Everard
 Leonie Weston

Learning Lunchboxes



A nutritious and balanced diet is important to your child's growth, development and learning. The food that goes in a lunchbox can make up to a third of your child's daily nutrient intake – and eating healthy food will help your child to concentrate during the day at school. Here are some tips so you can make sure your child is getting a healthy learning lunch every day!

1. Lunchbox balance

Try to include something from all five food groups in your child's lunchbox – fruit, vegetables, grains, protein and dairy. Try to make sure your child gets the right portions of each food group in their lunchbox – 1 serve of fruit, 2 serves of vegetables, 1 serve of protein, 2 serves of grains and 1 serve of dairy. If your child is particularly active or a little bit older, you may also like to include one extra snack. Children often like 'finger' foods, so try chopping up some veggie sticks (such as carrot, cucumber and snow peas) as a snack for their vegetable intake.

2. Get them involved

Encourage your child to get involved in packing their lunchbox – older children may be able to prepare their lunch themselves, and younger children can help with simple tasks like making sandwiches or cutting fruit. Ask your child what their favourite lunchbox food options are, and try to include these more often. They may tell you that their friends get chocolate, chips and lollies for lunch – and they want them too! Talk to your child about how eating healthy foods can help them to grow, develop and learn, and that they will have more energy when they eat well. Let them know that 'sometimes' food like chips and lollies are ok for special occasions, but it can make you unhealthy to have them every day.

3. Healthy swaps

Try to avoid packaged foods like muesli bars and chips – these are high in sugar, fat and salt, so are best saved for special occasions. Swap 'sometimes' foods for a healthy alternative – instead of muesli bars or fruit 'roll-ups', try to pack fresh fruit (it has less sugar and more fibre). Instead of processed meats such as ham and salami, try to include lean protein, like tuna, chicken or eggs. Instead of chips, try packing some crackers and dip or plain popcorn. Try swapping sweet treats like biscuits and cakes for fruit yoghurt or wholemeal muffins. Instead of white bread, try to include a wholegrain or high fibre

alternatives– there are lots of different options available such as fortified white, high fibre, multigrain or wholemeal.

4. Water works!

Water is the best drink to give your child to keep them going throughout the day. Fruit juices, fizzy drinks and cordial are normally high in sugar, so are also best saved for special occasions.

5. Mix it up

Variety is important – if you give your child the same thing in their lunchbox every day, they'll likely get sick of it before too long! So try to mix it up a bit – perhaps one day they could have leftover noodles or spaghetti instead of a sandwich, or they might prefer some fresh berries instead of an apple.

For more tips on packing a healthy lunchbox, visit the [Raising Children Network](#).

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WRITERS WANTED



\$1000 CASH
& YOUR CHOICE OF...



Apple iPad Air 32GB

OR



Xbox One

OR



\$500 Rebel Sport Gift Card

OR



Playstation 4

Enter Online: www.write4fun.net or
 Email To: enter@write4fun.net
 Mail To: Write4Fun P.O. Box 2734 Nerang DC, QLD 4211
 Phone: (07) 5574 3622 • FAX: (07) 5574 3644
www.facebook.com/Write4Fun



THE COMPETITION

Entry is NOW OPEN in the 2017 Schools Writing Competition! Students all over Australia are invited to enter their Poems or Short stories, and battle it out for the great cash prizes on offer. There is no theme! Entrants are encouraged to let their imaginations run wild and get their creative juices flowing to write on ANY TOPIC and in ANY STYLE. Students from ALL GRADES are welcome to enter - Kindergarten to Grade 12.

Enter online at www.write4fun.net OR email to enter@write4fun.net OR fax to (07) 5574 3644 OR post with entry form details to Write4fun P.O. Box 2734, Nerang DC, QLD 4211. **Entry is FREE and all entries must be in by Friday, 31st March 2017.**

THE PRIZES

Poetry Prize

- 1st \$1000 CASH (\$500 to YOU & \$500 to YOUR SCHOOL!) And YOUR CHOICE of a: Xbox One or PlayStation 4 or a \$500 Rebel Sport Gift Card or Apple iPad Air (32GB)
- 2nd \$250 CASH + Write4fun Gift Pack
- 3rd \$150 CASH + Write4fun Gift Pack
- 15 x Finalists Write4fun Gift Pack

Short Story Prize

- 1st \$1000 CASH (\$500 to YOU & \$500 to YOUR SCHOOL!) And YOUR CHOICE of a: Xbox One or PlayStation 4 or a \$500 Rebel Sport Gift Card or Apple iPad Air (32GB)
- 2nd \$250 CASH + Write4fun Gift Pack
- 3rd \$150 CASH + Write4fun Gift Pack
- 15 x Finalists Write4fun Gift Pack

THE RULES

- Only one entry per student - either a Poem OR Short Story.
- Entries to be typed or neatly handwritten.
- Poems must not exceed 16 lines and Short Stories must not exceed 500 words.
- Entries must be in by Friday 31st March 2017.
- Entries must be the original work of the author.
- Co-written entries will be disqualified.
- Entry form details must accompany each entry.

THE BOOK

Poems and short stories entered into the competition will be considered for inclusion into our 2017 Write4Fun anthology!

Those selected will have the opportunity to purchase the edition at a discounted rate. 1st, 2nd and 3rd prizewinners will receive a complimentary copy of the book. "We are very excited to be sponsoring this competition," stated Julia Woods, Managing Editor for Write4Fun. "Reading and writing seem to be taking a back seat these days to computer games and evolving technology! Our hope is that competitions such as these inspire the students to be creative with words once more and have fun doing it!"

