Dear Parents,

Last week, staff were deeply involved in reflective time on being people of hope in today’s world, in today’s church and specifically to each other in our STM community. Thank you to our wonderful families for supporting us in our further development.

School Nurse
The Visiting Primary School Nurse will be visiting our school in early term 4. Each Prep student received today a School Entry Health Questionnaire. Parents are asked to complete these forms and return them to school by next Friday 5th September.

Parents of students in Years 1-6 who wish to refer their child for a health related concern are able to collect a form from the office. We ask these be returned by next Monday as well.

Vinnies School Sleepout
All children met today who are sleeping out on Friday night. They were provided with a list of items to bring.

The Year 6 leaders spoke at last weekend’s Masses and the parishioners were very generous in their support.

Parents are asked to bring children to the gym to sign them in at 6.30pm on Friday evening and to collect and sign them out at 7am on Saturday morning.

Thank you to the families who have provided food to assist with catering; it is another way you can donate to the cause.

If you are able to offer any of the following items, it would be greatly appreciated:

- Box of Cereal—Corn Flakes, Rice Bubbles, Weet Bix
- Spreads for toast—margarine, vegemite, honey, jam
- Milk

Any donation is most gratefully accepted.

If anyone has a spare toaster we could borrow for Saturday’s breakfast, it could be left at the school office.

Could all sponsorship money be brought to school by next Friday 5th September please.

Thank you for your support.

Parish Education Board Report
The extension option of the Outside School Hours Care partnership with Camp Australia is due in December. Before re-signing, the Board is asking any families who would like to comment on the services, to please contact the school office in writing.

Have a happy week ahead.

Mrs. Pat McConville
Principal

The following article describes a way to teach children how to enjoy quiet time. In this busy life we lead, quiet time is a very special time.

Tips for Quiet Time
1 Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
2 Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
3 Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
4 They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.
5 After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.
6 The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
7 Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.

Michael Grose Parenting Ideas Insights.

Calendar

August
29—School Mass, led by 5/6N at 12.15pm.
29—Vinnies Sleepout, commencing at 6.30pm.

September
2—PA Meeting, 7.30pm
4—Fathers’ Day Liturgy, 7.30pm
7—Fathers’ Day.
MORNING TEA AFTER 9.15 AM MASS THIS FRIDAY
This Friday – 29th August – there will be morning tea after the 9.15 am Mass in the Parish Community Centre, hosted by some of the Year 4’s in 3/4N. All welcome! This is a regular occurrence on the last Friday of each month.

MARIA NEWBIGGIN
Maria Newbigin (our former Parish Pastoral Associate) is well enough to attend Mass here next Sunday - 31st August – at 10 am. After Mass we will have a Morning Tea which will provide Parishioners with the opportunity to meet Maria again, thank her for her time and work in this Parish, and wish her well in dealing with her illness. Please bring a plate of food to share.

A DATE FOR THE DIARY!!
The Parish will be holding a Car Boot Sale on Saturday 15th November. Please put this date in your diary now – and more details will be available soon!

HOODWINK
Hoodwink.....Year 6 Musical Production.....a medieval musical based on the legend of Robin Hood!
Wednesday 17th & Thursday 18th September – 7:30pm

Ticket booking online from Wednesday 3rd September.
Mastercard/Visacard bookings can be made online via the following website
www.trybooking.com

HOODWINK HELP NEEDED
We are currently looking for some transport help for Thursday 18th September. Our sets and props need to be loaded on Thursday night at approx 9:30pm from the Peninsula Community Theatre in Mornington and returned to STM either at that same time or the following morning. We need a large covered truck, if possible, or a couple of large trailers with covers. (Parts of our sets/props are not waterproof). The large parts of the sets include 6 pieces of portable stage (each 1m X 2m) and large stage flats measuring approximately 1.2m X 2.1m. There are multiple other items as well. Please contact the school if you are able to help or if you know someone who could help us. Any assistance would be greatly appreciated.

Kathy Shaw
kshaw@stmmtlza.catholic.edu.au

HOODWINK ... READ ALL ABOUT IT ... !
For Term 3, the Year 6’s have been focusing on production. We have been given a green (production colour) folder to store our newsletters and our scripts. Every Wednesday, between little play and big play, we have a production practice in the multi-purpose room. At production practice we start off by laying down silently on the floor and listening to a large variety of music. We then practice our singing and the choreography. Lately, we have been acting the play without reading our lines off our scripts. It looked challenging, but the first time we attempted it we finished about 15 pages without our scripts. It was extraordinary! Congratulations to all the Year 6’s

We have been placed into character role groups. Every Year 6 is sent a timetable through their iPad. The table shows when each character has extra rehearsals, depending on which group they’re in. Extra rehearsals have a duration of 20 minutes so that each character can practice parts and scenes of the play that they’re part of.

This year’s production is going to be great and has amazing potential.

By Jay McCarthy-Rivero & Heath Brain

Hi. I'm Levi Hart. I'm in Year 6 and I'm currently participating in the 2014 Year 6 production. This year our musical production is called Hoodwink. It is intriguing, tricky and funny too. It is about the cruel sheriff and his deputy and guards charging unfair taxes to the poor villagers. Luckily Marian and her maidens are giving money and food to the villagers without the Sheriff knowing, but that’s not the only help they’re getting. Their mysterious hero Robin Hood and his merry band are making an ingenious scheme to stop the horrible Sheriff. Though, it would be a lot easier if the extremely hungry friars would stop thinking of their stomachs for once, and help them.
The choreography and acting is progressing greatly. It’s obvious that a lot of people have been practising their lines because our progress so far is efficient and fun. A lot of us enjoy it very much. We have our Year 5 friends helping us too working as ushers, stage hands and prompters, and also some working on the technical things as well.
And that’s what I have to say about Production. I, and a lot of other people, are excited and for good reason.
The 2014 production is going to be AWESOME.

By Levi Hart
Parents Association

All Welcome! - Parents Association Meetings
The PA meets on the first Tuesday of every month, with School holidays being an exception. Anyone and everyone is welcome. Meetings begin at 7.30pm in the staffroom. Contact talk2josie@hotmail.com for more information.

Father’s Day Stall
Stall: 9am Friday 5th Sept (Helpers needed)
We are looking for volunteers to help wrap gifts in the gym at 9am Thursday 4th September (BYO scissors, tape)
We also require helpers to assist with selling the gifts at the stall on Friday 9am—12pm and afterschool.
All gifts will be $5 and any extra gifts will be available for sale in the gym after school.
Thanks
Ange and Kate

Cadbury Chocolate drive!
Cadbury chocolate money is now overdue. Can you please return money & any unsold chocolates to the office. Thank you for supporting our fundraiser.
Kath McCreesh 0418394955

Avery and Line Photography - Sunday 19th October
$15 outdoor photo sessions. Booking information available in the coming weeks.
See attached flyer for more information.

Entertainment Book – NOW ON SALE!

Want to know what’s coming up?....

Parents Trade Night – Early November. Do you sell a product or goods? We would love to hear from you!
We are inviting all consultants or retailers to come along on the night, set up a table and promote their goods.
Email talk2josie@hotmail.com. Please note, Thermomix and Arbonne stalls are already taken.

Annual Fun Run – Back by popular demand! If you are able to assist with this please email Josie

Christmas Ham Fundraiser – Need a ham for Christmas?! We will be running a ham drive from an award winning free range peninsula butcher. They won Best ham on bone 3 years running at the Melbourne show! 2 sizes available. Look out for information coming up soon on how and when to order – don’t miss out!

Sincerely
Josie Palancian
President
STM Parents Association

TERM 3 SOCIAL CATCH UPS

Year 3, 4, 5 & 6 Dinner
Friday 5th Sep - Le Hoang
Mornington Racecourse Market Car Park Duty

Please find the car parking rosters for the coming markets here. Together, this small contribution of our time is raising approximately $14,000 annually for the continual improvement of our school and the programs provided to our children.

PLEASE ADVISE DANIEL FERLIN ON 0410 184 494 WITH YOUR CONFIRMED ATTENDANCE VIA TEXT (INCL YOUR NAME) ASAP.

IF YOU ARE UNAVAILABLE FOR YOUR ROSTERED MONTH, PLEASE ORGANISE ANOTHER FAMILY TO TAKE YOUR PLACE AT LEAST A WEEK IN ADVANCE OF THE MARKET, AND ADVISE DANIEL OF THE CHANGE ASAP.

All Markets:
- Arrive at 7:45 am (all weather event)
- You will be told by the Market Leader when you can leave. This is typically around 12:30pm but can alter depending on how busy the market is.
- Enter via the main gates of Racecourse on Racecourse Road, Mornington
- Park in the designated area (Market Staff will be at the gate to assist you)
- Sign in with the Team Leader (for record keeping and Work Cover). Team Leaders must collect a black folder from the school office the Friday prior to attending the market, and return it the following Monday.
- Receive your safety vest
- Market Staff will take you to your location in the car park where you will direct cars accordingly and finish at approximately noon. (On slower days Market Staff will advise if you can leave earlier)

Daniel Ferlin
0410 184 494
daniel_ferlin@hotmail.com

**Please confirm attendance ASAP**

### Rosters for September 1st

**Canteen:** Jo Gorka 9-1pm Michaela Webster 9-1pm Svetlana Ciro

**Counting:** Niamh Hislop, Emma Smith, Kelly Parrish, Laura Harbour

Susie Power-Reeves
Thank You

### Rosters for October 12th

**Canteen:** Russie (Team Leader)

**Counting:** McEvoy

### Rosters for November 9th

**Canteen:** Hamod (Team Leader)

**Counting:** Alindoro

**Team Leaders:** Batten, Hislor, Lancia, Owen, Porto, Biazzuro, Snow, Vaughan, Verhofstadt

### Rosters for November 15th

**Team Leaders:** Bradbury (Team Leader)

**Team Leaders:** Clutterbuck, Cummins, Faulkner, Firth, Fitzpatrick, Higgins, D & A, Hunt, McKernan, Mirabella, Muccignat, Piva, Rosenblum