Dear Parents,

Like many of the dates relating to school that we are able to plan ahead, the two closure days have been available to you since each family received the school calendar in December last year. Hopefully, if you don’t use the school calendar as your “frequently viewed” calendar you transferred important dates to your diary. We have several families who have planned ahead and taken advantage of the short weeks for family holidays to include one or both weeks.

For forward planning for next year the term dates for 2014 are
Term 1: 29 January (Years 1 – 6), 30 January for Beginners to 4 April
Term 2: 22 April to 27 June  (Term 2 starts on Tuesday 22 April as Monday 21 April is a public holiday for Easter Monday. Please note: Friday 25 April is ANZAC Day.)
Term 3: 14 July to 19 September
Term 4: 6 October to 18 December

Planning for next year is starting to take shape. Fr Bill, Judy Harris and I have been interviewing applicants for the two vacancies for 2014. By the time applications closed last Thursday we had received over 80 applications. As the positions are short term, not ongoing, the majority of applicants were graduates but some were from experienced teachers. I should be able to announce the names of these new teachers next week.

Anne Furlong returns next week after her Long service leave. Thanks to Fung Daniels who has been assisting in the office during Anne’s absence.

Last night parents of Year 5 & 6 students met to plan the events for year six graduation. These include a dinner prior to the Graduation Mass at 7.30 on December 10th. The Graduation Mass is open for any families to attend. We find that year 5 students and buddies in particular like to attend.

Coming home today are two flyers from Fr Bill about praying the Rosary and Mass. Please have a read of them and keep them for reference for when you think you may be able to act on some of the suggestions they make. October traditionally is the month of the Rosary so you may wish to incorporate some aspects of praying the rosary into family life now.

**Reminders:**
- Book pick up day is 20th November
- Carols for all students and families Tuesday 3rd Dec 6.00 pm in the Church

Recent Extra Curricular Activities: Rooms 1, 2 & 3 students, teachers and parents walked to Woolies at Devon Plaza as part of their unit of study about food. They looked at what effects our food choices, identifying unusual fruit and vegetables and comparing the health content of different products.

Have a good week and enjoy the long week end.

Maria McIntyre

**WEEKLY PRAYER**

Father,
All-Powerful and ever-living God, today we rejoice in the holy men and women of every time and place. May their prayers bring us your forgiveness and love. We ask this in the name of Jesus Christ our Lord. Amen.
OUT OF SCHOOL HOURS CARE NEWS

♦ A reminder that there will be NO program running this Friday or Monday.
♦ We are completely booked out on a Tuesday so please ensure you call the office before telling your child/ren that they are in OSH care. The only way we will be able to help is if we have children away.
♦ I am currently working on the program for Vacation Care. I hope to have bookings open 18th November with bookings closing 13th December.
♦ Due to our increasing numbers I will be sending home a form to confirm bookings for 2014. It is important these are returned as we have a lot of beginners who will be needing care.

Have a great week.

Stacey & the OSHC Team

Room 1, 2 and 3 Excursion
Rooms 1, 2, & 3 walked to Woolworths. Looking at “Healthy Choices for Healthy Living” and what effects our food choices. This included food packaging, marketing strategies, understanding where food comes from, identifying unusual fruit and vegetables and comparing the health content of different products. It was great to have so many adult helpers as the small groups enabled terrific conversations to take place.

“We realised that Corn Flakes are healthier than Milo”.
“We looked at free range chicken drumsticks”.
“We saw a piece of cheese that looked like a piece of pizza with lots of sugar inside them”.
“We tried to pick the healthy cereals that don’t have lots of sugar in them”.

REMINDER – Jump Rope for Heart
All monies raised should be forwarded to the school by Thursday 31 October 2013.

LOST
Sports Hoodie labelled Ella Garniss
It would appreciated if you could check your child/ren’s hoodies if it was picked up by mistake.

ASSEMBLY PRESENTATION
MONDAY 11TH NOVEMBER, 2013
ROOM 9

Haywood, Declan, Chantelle, Olivia, Harry, Jayke, Enrique, Nicky, Aban, Paige, Eloise, Basil, Joseph, Matthew, Michael & Sam

Achieving Together in Faith
Ten Tips for a Happier Meal Time!

1. Smuggle vegies into yummy meals
Reduce mealtime tension by hiding some ingredients and knowing that your children’s nutritional requirements are being met. You can also increase the variety of vegies on the menu. Ignore the wowzers! There’s nothing wrong with hiding bits and pieces here and there for the greater nutritional good.

2. Chop things small
Prepare ingredients wisely. Vegetables chopped finely are less able to be identified and picked out. Reduce the amount of preparation as your kids get more comforta-

3. Keep it colourful
Keep dinners bright and enticing (like their toys). Kids are extremely visual.

4. Kids love flavour
Don’t dumb flavours down, increase them! You may be surprised to find that your children enjoy similar flavours to you! Make a meal that the whole family can enjoy

5. Variety
Present a wide range of meals and keep the kids at ease with trying new things. This keeps them used to leaving their comfort zone and avoids the “I don’t eat that” battle.

6. You get what you get!
They must TRY dinner. They don’t have to like it, but they must try it. Don’t cook twice in a night. If they genuinely don’t like it, give them a banana, buttered bread or move straight to yoghurt. They won’t starve.

7. Patience
Food fads and phases pass. Understand your child’s current stage of development.

8. Plan ahead
Know what’s for dinner ahead of time, so the kids don’t start pestering for unhealthy options. Make double batches of food on good days and eat portions from the freezer on bad days. Keep 4-5 master lists if planning isn’t your thing.

9. Look at your own diet
Kids copy you, so lead your family. They notice if you offer them apple then sneak off to the kitchen for Tim tams. Start eating the daily diet you want your kids to enjoy.

10. Create happy mealtimes
Use dinnertime to keep in touch with your family. It’s a great chance for conversation, but if sitting and watching them make a mess drives you crazy, find a simple task to do nearby. Do the dishes, knit, sew – anything that takes your eyes off them, but leaves your mind available. Please, no mobiles or gadgets!

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Vision Portraits

Ss Peter & Paul’s School
Sunday 17 November 2013

Sessions times are available from 9am and take approximately 20 minutes. Opportunity to purchase High Resolution Digital files in your session, so don’t forget to bring your cash, cheque or credit card.
Hurry, bookings close Friday November 8th.

For session time assistance contact your Primary School Volunteer Melanie Smith on 0400 755 554

YOUR $15 GOES DIRECTLY TO US FOR FUNDRAISING!