It’s funny how without any formal planning, some weeks carry a recurring theme. As I look back over the last week in particular what jumps out at me is the power and importance of communication. On Tuesday we held our first Community Conversation which was well attended and saw parents, students and staff sharing ideas and thoughts that relate directly to our school. There will be a second Community Conversation on Wednesday May 13th at 7pm for anyone who missed out; invitations for this will go home shortly. I will share the outcomes of these conversations once the second one has been held.

Continuing with the theme of communication, the year 3/4 students have displayed their beautiful war memorial which sends a poignant visual message to all who view it. During the week, three of our staff members attended professional learning around social and emotional intelligence in children; once again the importance of up skillng children to be effective, respectful communicators was a focus. And on the technology front, we are pleased to say that our new website is up and running! Even though in its early stages of development we are excited by its potential; have a look! Speaking of IT, as you know there is a St Mary’s School Facebook page. This is not run by the school and even though it can be a good forum to ask a question regarding the school community, I have to caution people by saying please don’t take the advice given on the page as official. As with any casual conversation, advice, whilst well meaning, can be inaccurate and lead to confusion. I can’t stress strongly enough that a quick phone call to the office can quickly clear up any questions. There has also been recent discussion around the rules we use for footy during recess. To avoid confusion, I have revisited the school rules with the staff and students and I have included a copy in this newsletter; perhaps they could be displayed on the fridge at home.

We recently took ownership of a new school banner (displayed in the office foyer), it promotes our school and is a visual reminder of the heart of St Mary’s, “Love Above All” which is so eloquently fleshed out in our mission statement. Our mission statement is copied over the page and I encourage everyone to reread it as it reminds us of our obligations as members of the school community, that “Love above all” should drive all of our communications with each other.

Remember that as the teachers head off on the annual two day professional learning this week, that the school will be closed. These two days are extremely valuable as they allow the staff to reflect deeply and plan the important next steps in the education of the children. Part of our reflection will include thoughts around how we communicate with others in a Catholic context. I’d like to share this self-reflection with you: As adult role models do we, look for the positives in every situation or are we quick to point out the negative? Are we responsible users of social media and mindful of its potential for harm? Do we resist gossip and furthermore speak up when
You’re

INVITED

To

St Mary’s

COMMUNITY CONVERSATION!

What is this? A chance to gather with other parents, children and teachers to chat about the things that are important to you and your family regarding what we do at school. It’s a chance to make suggestions, share ideas, be heard and chat!

When? Wednesday May 13th @ 7.00pm
Where? St Mary’s School Hall

RSVP? Yes please! Either ring the office or add your name to the list of attendees (in the office foyer)

We ALL really hope to see you there!
### Week Four

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Monday, 4th May</td>
<td>3.30pm</td>
<td>• Staff Meeting</td>
</tr>
<tr>
<td>Tuesday 5th May</td>
<td>9.15am</td>
<td>• Grandparents Morning - Prep</td>
</tr>
<tr>
<td></td>
<td>1.20pm</td>
<td>• Mother’s Day Stall</td>
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<tr>
<td>Wed, 6th May</td>
<td></td>
<td>• SCHOOL CLOSURE – Staff Professional Development</td>
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<tr>
<td>Thursday, 7th May</td>
<td>1.20pm</td>
<td>• SCHOOL CLOSURE – Staff Professional Development</td>
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<tr>
<td>Friday, 8th May</td>
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</table>

### Week Five

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday, 11th May</td>
<td>3.30pm</td>
<td>• Staff Meeting</td>
</tr>
<tr>
<td>Wednesday 13th May</td>
<td>7.00pm</td>
<td>• Naplan Grades 3 and 5</td>
</tr>
<tr>
<td>Thursday 14th May</td>
<td>11.40am</td>
<td>• Naplan Grades 3 and 5</td>
</tr>
<tr>
<td></td>
<td>1.00pm</td>
<td>• Community Conversations</td>
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<td>• Craftpower Incursion - Gr ½</td>
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<tr>
<td></td>
<td></td>
<td>• Naplan Grade 3 and 5</td>
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<tr>
<td>Friday, 15th May</td>
<td></td>
<td>• School Assembly</td>
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<td></td>
<td></td>
<td>• Interschool Sports St Mary’s V’s Ruskin Park</td>
</tr>
</tbody>
</table>

### School Closure Days

- **Thursday 7th & Friday 8th May** – Staff Professional Development
- **Monday, 8th June** – Queen’s Birthday
- **Monday, 2nd November** (Day before Cup Day) – Reporting

(One other day for Staff Professional Development to be confirmed)

---

### Love Above All

**In our faith**
**In our words**
**In our actions**
**In our striving**
**In our sharing**
**In our hoping**

“Love never gives up, never loses faith, is always hopeful and endures.” 1 Corinthians 13: 7-8
Uniforms

All St. Mary’s students are required to wear the full correct school uniform. We believe that the wearing of uniforms promotes the children’s pride in their school and self-discipline. Uniform items can be purchased or made at little cost. The uniform shop at St. Mary’s carries all uniform items, including school and library bags. There is a small amount of second hand uniforms available in the shop.

Children are expected to have a school bag with the St Mary’s School logo.

*Please ensure that your children bring their correct school bag.

**Girls’ Winter Uniform**
- Navy tunic or tailored pants
- St Mary’s polo shirt
- Navy socks or tights
- Black polished shoes
- Navy gloves and scarf (optional)

**Boys’ Winter Uniform**
- Navy Trousers
- St Mary’s windcheater
- Navy socks
- Black polished shoes
- Navy gloves and scarf (optional)

Length of dresses and tunics *not be above the knee* (no jeans, jean style or cargo pants)

**Girls’ Winter Sports Uniform**
- Navy track suit pants
- St Mary’s windcheater
- Navy unisex sports shorts or navy skort.
- St Mary’s polo shirt
- White St. Mary’s sports socks or plain white socks and runners

**Boys’ Winter Sports Uniform**
- Navy track suit pants
- St Mary’s windcheater
- Navy unisex sports shorts
- St Mary’s polo shirt
- White St. Mary’s sports socks or plain white socks and runners

In line with our school uniform policy, girls may choose to wear navy tights *OR* short navy socks with the winter tunic.

---

**Headbands for Sale**

- 3 styles in school colour
- Samples and order forms available in the office.
- $5 each

**Headband Order Form:**

Name ___________________________ Class _________

Style A. (select quantity) ___  Style B. (select quantity) ___  Style C. (select quantity) ___

$ 5.00 each

Amount Enclosed $ ______ (Exact money only/Cash Only/No change given)

---

**St Mary’s News**

Please label your children’s uniforms. Any no name items will be resold as second hand uniform items at the uniform shop!
ST MARY’S MASS TIMES MOUNT EVELYN
Saturday 6.00pm & Sunday 10.30am & 5.00pm

SCHOOL FEES
All families have been sent a statement for 2015 and fee agreement forms. If you have not received yours please check your child’s bag or contact the office.

Forms must be return signed by the fee payer/s

St Mary’s BSB/ACCOUNT Details
Please see below our BSB details for online transfers
St Marys Primary School
BSB 083-347
Account Number 676054930

Please clearly state your eldest child name and surname when processing your payment

ST MARY’S
NEW WEBSITE
Check out our new website
The newsletter and other items are uploaded every week for your convenience.
(Weekly newsletters will no longer be emailed)

Also including this week
Uniform Order Form
Tuckshop Menu & Car Park Rules

www.smmountevelyn.catholic.edu.au

UNIFORM SHOP - NEW OPENING TIMES
Opening hours
Tuesday Afternoon 3.00pm - 3.30pm & Thursday Morning 8.30am - 9.00am

Order forms available at the office. Payment of cash or cheque MUST be included with your order.

St. Mary’s Coffee Morning
Every Monday Morning At The Church
St Mary’s Recess Footy Rules:

These rules are aimed at providing the best opportunity for safe and fair play.

Year 1/2 students:
1. Play takes place on the front half of oval.
2. Play takes the form of “Kick to kick” only.
3. No tackling.

Year 3/4 students:
1. Play takes place on the front half of oval.
2. Play takes the form of “Kick to kick” or “Marks up” only.
3. No tackling.

Year 5/6 students:
1. Modified matches can be played.
2. Play takes place on the back half of oval.
3. No tackling.
4. 3 “taps” for holding the ball.

ANZAC DAY AT ST MARY’S

As part of our study of Anzac Day 3-4C decided to construct a war monument out of cardboard. We wanted to remember and honour men and women from the St Mary’s Community who served in all wars. We found out that many people at St Mary’s had family and friends that served in wars. We have placed their names on our monument.

We also placed poppies our windows to remember the fallen soldiers.

We hope they are never forgotten. The ANZACS had great courage and they were brave and some never grew old.

We really hope there will be no more wars in the future. We hope and pray and act for LOVE ABOVE ALL and PEACE FOR ALL.

Written by James Trimboli & Jorja Rose
Sunday, 3 May 2015: Fifth Sunday of Easter - Year B

Gospel

Jn 15:1-8

A reading from the holy Gospel according to John

All who live in me, and I in them, bear much fruit.

From the gospel story imagine we are a branch on a strong, healthy tree. Only by staying close to Jesus will we get the strength we need to live good lives.

Help your children to identify ways that they can grow even closer to Jesus.

God, you have made us living branches of Christ the true vine. May we glorify you by our words and deeds. We make this prayer through Christ our Lord. Amen

Community Prayer

- No class Masses this week due to the school closure days.

Important news for First Communion children and their families

- On Thursday 21st May we will be having a family night at 6:00pm in the hall. All first Communion candidates and their families need to attend.
- First Communion is coming up very soon, Sunday 31st May. Please keep all candidates in your prayers as they prepare for this sacrament.
ST MARY’S YOUTH MASS
Sunday 17th May at 5.00pm

You are all welcome to join us at the St Mary’s Youth Mass. We look forward to sharing this Mass with lots of School children and their families.
If you would like to participate please fill in the form below and return it back to the school office by Friday 8th May.

Thank you and Kind regards, Laura Nation and Ronnie Pritchard.

ST MARY’S YOUTH MASS

Please circle what you would like to participate in:

- Welcome Parishioners and hand out the bulletin
- Prayers of the Faithful
- Offertory Procession
- Collection
- Choir
- Readings (grade 5/6 children only)

Name: ____________________________ Grade ___________

Parents Name: ____________________

Mobile: __________________________

There will be a BBQ on the evening for everyone ……..Gold coin donation required …………………
FACEBOOK  A reminder that there is a St Mary's parent Facebook group (St Marys Mt Evelyn - parents). This group is run by the parents for the parents not by the school. It’s very handy if you need to ask for lost spelling words or find out which days uniform shop is open if you forget!

ST MARY’S FOOD BANK
MONEY DONATIONS REQUIRED FOR NEXT FOOD BANK COOK-UP
Donations of any amounts will be greatly appreciated. Please send your donation to office in a sealed labelled envelope.
If you know of anyone from St Mary’s Primary school that may need some help with a meal for their family, please contact the office.
HELPERS REQUIRED AND FOR ALL ENQUIRIES PLEASE CALL Karla 0418 271 755

Mother’s Day Stall
Tuesday 5th & Wednesday 6th of May
1.00pm – 3.00pm
Nothing over $5.00
Helpers required, please leave your name at the office...

SCHOOL DISCO
FRIDAY MAY 22nd 2015
Junior Disco (Prep’s, grade 1 & grade 2) - 4:30 pm to 5:30 pm
Senior Disco (Grade 3, 4, 5 & 6) - 5:45pm to 7:00pm

Entry per child $5.00
(Includes: entry, 1 glow product and cordial drink)
Extra glow products can be ordered for $4.00 each
Hot Dogs can be ordered for $2.00 each
SCHOOL DISCO ORDER FORM
FRIDAY MAY 22\textsuperscript{nd} 2015

\textbf{Junior Disco} (Prep’s, grade 1 & grade 2) - 4:30 pm to 5:30 pm
\textbf{Senior Disco} (Grade 3, 4, 5 & 6) - 5:45pm to 7:00pm

Entry per child $5.00
(Includes: entry, 1 glow product and cordial drink)
Extra glow products can be ordered for $4.00 each

Hot Dogs can be ordered for $2.00 each

ORDER FORMS MUST BE RETURNED BY MONDAY 18\textsuperscript{th} MAY 2015

SCHOOL DISCO ORDER FORM
(ONE FORM PER CHILD PLEASE)

Child’s Name: …………………………….. Class: ………………….

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free Glow Product</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>Extra Glow Product</td>
<td>$4.00 x .....</td>
<td>$</td>
</tr>
<tr>
<td>Entry Fee:</td>
<td>$5.00</td>
<td>$5.00</td>
</tr>
<tr>
<td>Hot Dog:</td>
<td>$2.00 x ......</td>
<td>$</td>
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</table>

TOTAL ORDER AMOUNT $ ……………
Total enclosed
WAGZ CAFE has joined
the team at
Top of the Town Pet Supplies & Shannon’s Dog Grooming
so pop in to redeem this coupon and receive
50c off
every cup of coffee purchased.
*One cup per coupon.
3 York Road, Mt Evelyn (next to Subway)
- 9736 1677

HAVE FUN, GET FIT!!
Womens Fitness and Boxing.
$20 p/w for up to 6 classes.
Morning Classes.
Call NOW!!
www.edgemartialarts.com.au
(03) 9736 2919

CROSS COUNTRY OPEN DAY
Come and run with us at our inaugural Cross Country Open Day.
Run the same course as you will run at the BMAC Championships in June 2015.
Events for all the family, including senior and non-member events.

Open Age races
- 3000m / 1000m / 300m Under Agencie
- 3000m and 5000m Open Age races
- Marked and Marshallled courses
- Excellent viewing of all races from the elevated position of Race Control.

Womens Cross Country
www.yarravaleathletics.org.au

BBQ CATERING
with STIPS
Race Site for all Runners
Classic Cross Country Course
SPASANJALI
Rejuvenating your Body & Spirit

NOW that the holidays are back at school, why not take the time to unwind and enjoy a little time out and spoil yourself. We would like to offer all Mt Evelyn parents a discount of 15% on any massages, facials, mini facials and pedicures.

To take up this offer, please be aware that your child attends St Mary’s Primary School to receive the 15% discount.

GIFT VOUCHERS AVAILABLE FOR Valentine’s Day and other Special Occasions

For all appointments and enquiries, contact us on:

PH 9736 1290
e Hersfeld Rd, Mount Evelyn
spasanjali@bigpond.com

sknstitut

DON’T LOSE THIS NOTICE
TERM 2
ENROL NOW
KEYBOARD LESSONS AT SCHOOL IN-SCHOOL TIME

YOUR CHILD DESERVES THIS CHANCE THIS IS YOUR OPPORTUNITY
Enrol NOW in...............
PIANO ON KEYBOARD LESSONS
$16.50 HALF HOUR lessons

* Convenient – in school time
* Inexpensive
* Learn with Friends
* All equipment provided
* INDIVIDUAL tuition

ONE FREE LESSON
IF YOU ENROL NOW
Phone 9761 9058

THE LEGEND OF SLEEPY HOLLOW
DONT LOSE YOUR HEAD

PERFORMANCES
7:30 PERFORMANCES MAY SEVEN, EIGHT, NINE

TICKET SALES
ADULTS - FIFTEEN CHILDREN - TEN FAMILY - FORTY
TRYBOOKING.COM/126574

MOUNT LILYDALE MERCY COLLEGE
120 ANDERSON STREET, 98354022

MT EVELYN COMMUNITY HOUSE
‘DIFFERENT JOURNEYS’

Information session
Join Mel and Merrin over morning tea, while they share a parent’s perspective on living and supporting children with autism:

“Ever feel you are on a rollercoaster that you can’t get off?
The exhaustion is so overwhelming and something you didn’t sign up for when you decided to have children.
Suddenly you find yourself as a medical expert, legal spokesperson, bureaucratic official, education consultant, just to name a few.
Welcome to our world.
We are not experts and we have made plenty of mistakes, but we take pride in the little things,
The resilience of our family and the growth of our children constantly serving as a reminder of how far we have all come.
We’d like to share this crazy journey with you. You may relate or not, but it’s a chance to hear 2 parents’ perspective on living and supporting children with autism.”

Meet local service providers and other parents and see the activities
Mt Evelyn Community House providers.
Date: Thursday 14 May, 2015
Where: Mount Evelyn Community House, 50 Way Crescent, Mt Evelyn
Time: 10.00am – 12.00pm
FREE: Delicious morning tea provided

Please rsvp to Niccy by 8 May for catering purposes.
Mt Evelyn Community House: 9736 1177

DON’T LOSE THIS NOTICE
TERM 2
ENROL NOW
KEYBOARD LESSONS AT SCHOOL
IN-SCHOOL TIME

YOUR CHILD DESERVES THIS CHANCE
THIS IS YOUR OPPORTUNITY
Enrol NOW in …………..
PIANO ON KEYBOARD LESSONS
$16.50 HALF HOUR LESS... ONE FREE LESSON
IF YOU ENROL NOW
Phone 9761 9058

MOUNT LILYDALE MERCY COLLEGE
TRANSITION AT
MLMC
YEARS 5 & 6
MATHEMATICS, SCIENCE & ICT
TUESDAY 12 MAY AT 6.30PM
Come and pen under a KINETIC evening filled with action, activities and fun.
We welcome parents and students to visit our locations and pen with College staff and students to experience the curriculum on offer and explore the opportunities available to students.

AAnnual and Welcome: 6.45pm
Session 1: 7.00 – 7.45pm
Session 2: 8.00 – 8.45pm

Phone 9761 9058
enrol@mlmc.vic.edu.au
by Tuesday 5 May 2015
Sleeping beauties
Helping kids get the right amount of quality sleep will reap manifold rewards when it comes to their development and general wellbeing, writes Karen Fontaine.

Article contributed by Karen Fontaine

Whoever coined the term ‘sleeping like a baby’ had obviously never lived with one. Infants’ sleep patterns are notoriously erratic, and as they grow up the story remains much the same. Preschoolers kick up about napping during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children, but Australians are getting about half an hour less sleep per night than they did 30 years ago, according to a study by the University of South Australia’s Centre for Sleep Research.

Kids are going to bed later because it’s now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital media such as mobile phones, laptops and iPods means children are getting less shut-eye – with far-reaching consequences.

“With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin,” says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research. “You can go without food for a week or so but you cannot go without sleep.”

As Dr Lushington says, sleep is important for memory, “so if you want to remember things and to forget things – which is equally important – you have to sleep”.

“We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up of the brain,” he says. “In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don’t get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system.”

Most parents realise the importance of sleep, Dr Lushington says. However, “what many don’t appreciate is how important structure, namely a routine, really is”.

“Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviours, it’s not so much how long they sleep – what’s important is a regular schedule,” he says.

“Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important.”

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won’t get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

“The teen years are a period of life where it’s to be expected that you will hand over control to them: learning their own limits is part of the journey,” says Dr Lushington. “And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they’re sleeping – and how they feel during the day.”

<table>
<thead>
<tr>
<th>How much is enough?</th>
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<tbody>
<tr>
<td>To ensure your child gets the optimum amount of sleep, use the following as a guideline says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research.</td>
<td></td>
</tr>
</tbody>
</table>

| Children aged 2-5 | 11-12 hours per night |
| Children aged 6-12 | 9-11 hours per night |
| Teenagers | 8-10 hours per night |

And adhere to these rules, advises Dr Lushington:

- “On the weekends, don’t let kids stay up more than an hour or two later than they normally do, and don’t let them sleep in more than an hour or two later than normal.”
- “Give them time to unwind before they turn out the lights and don’t let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light or the TV is on, kids can’t fall asleep – which is crazy.”
- “Exercise, big meals and hot baths are not a good idea directly before they go to bed.”
- “Keep track of how they are during the day. If they look like they’re not coping or if they’re irritable, it might be that they need more sleep.”