



ST. PATRICK'S PRIMARY SCHOOL

5 WATTLE STREET, ST. ARNAUD VIC 3478 PH 03 54951038

tjohns@spstarnaud.catholic.edu.au



"St Patrick's Primary School respectfully acknowledges the Traditional Owners of the land, the Dja Dja Wurrung people, who are represented by the Dja Dja Wurrung Clans Aboriginal Corporation, pays respect to the ongoing living cultures of first Peoples."

Principal's Report

Stephanie Alexander Kitchen and Garden

Project: St Patrick's was lucky to receive a sponsored 24 month membership to get started on our Kitchen Garden journey. The students have been enjoying these sessions on a Tuesday, with lots of delicious recipes being prepared. Over the weekend we purchased some fruit trees, herb and berry plants to get us started on our journey. Thanks to Greentime Nursey for supplying us with our plants and donating 2 boxes of mushrooms for us to grow.

Book Week: Next week is Book Week! The 2023 theme is "*Read, Grow, Inspire*"

Students are encouraged to dress up as their favourite book character and come along for a day of literacy based activities on Wednesday 23rd August. Parents will be welcome to come and watch the parade and our annual staff performance at 9am.

"AS PARTNERS IN CATHOLIC EDUCATION AND OPEN TO GOD'S PRESENCE, WE PURSUE THE FULLNESS OF LIFE FOR ALL. ST PATRICK'S CATHOLIC PRIMARY SCHOOL IS COMMITTED TO THE SAFETY AND WELL-BEING OF ALL STUDENTS."



Mass Time:

Sunday 20th August - 10:30am

Livestream into church

Fr. Gerry Prunty 0419247779



Important Dates:

Tuesday 22nd August
Visit to Kinder

Week 7

Book Week! Get your costume ready!!!
Wednesday 23rd of August is our Book Week Parade. Come dressed as your favorite character!

Friday 25th August
Whole school visit
Town Hall for
"Professor Bunsen"

Thursday 31st August
Prep excursion to
Coates Hostel

Friday 15th September
Final day of Term 3

Hot Chocolates: Each Wednesday the Grade 6's have been making and selling hot chocolate as a way to raise funds for their participation in this years ENERGY BREAKTHROUGH! Please remember to pop a gold coin in your child's bag on a Wednesday and help support the seniors with their money making quest!

Book Fair: Thank you to all of our students, staff, family and friends for supporting our annual Scholastic Book Fair! We had a terrific result this year. Through your generosity, we have acquired almost \$900 to spend on school resources.

We hope everyone is enjoying their new books! The Book Fair is designed to give kids access to more books they want to read, from relevant new-releases to classic award winners. As your children grow, book fairs make it easy to be sure their home libraries grow with them!

100 days brighter: Last Thursday the Prep class celebrated become 100 days brighter by attending 100 of school. Students came dressed in bright colour and completed activities all about the number 100.

Big Childcare: Throughout the week we learnt that the Big Childcare program will cease operating as of the 15th of September. Many of our families utilise this service and enjoy the benefits it provides to working parents. Belinda and her team have been an asset to our families and the whole community and we thank them for all they have done during their time at Big Childcare.

ART ROOM SHOUT OUT!: Students have been exploring fibres and wool during our art sessions. Our wool supply is looking a little low, if you have any wool or ribbon or colourful string, or strips of patterned fabric, that you're not using, we would appreciate it being donated to our art project for this term.

Drink Bottles: Please make sure that drink bottles contain only water. Cordial or juice are NOT acceptable. Thank you for your co-operation with this.

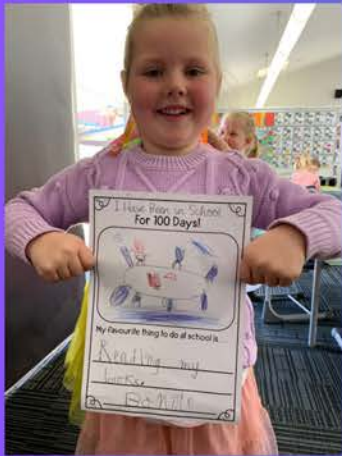
AROUND THE ROOMS

GRADE 3



This Term, our Grade 3 students have embarked on a journey of discovery, exploring the wonders of our remarkable country, Australia! Empowered with atlases and the internet, these enthusiastic learners have shown an eagerness to learn about the diverse features that define our states and territories. They have conducted research and completed an information report, laying a solid foundation to deepen their understanding. I am truly impressed by their positive attitude towards learning and their genuine appreciation for the incredible landscapes our nation offers.

AROUND THE ROOMS



On Thursday, the 3rd of August, our Prep students celebrated their 100th day at school. To mark the occasion the children came dressed in bright clothes to highlight the fact they are now '100 days brighter' and participated in a range of 100-based activities and tasks!



STARS OF THE WEEK



Isla Hamilton



Harry Kirk



Aubrey Medlyn



Lewis Ezard



Xavier Batters



Sienna Carroll



ST PAT'S PROFILES



EADIE MEDLYN

Eadie has a dog called Blue and her favorite colour is PINK! She loves cake with sprinkles, going to her cousins place to play and eating Nutrigrain for her breakfast! If Eadie could be an animal for a day, she would choose to be a Koala!



CHELSEA GRAVENER

Chelsea would love to learn how to play the piano properly again and thinks learning the guitar would be pretty cool. She's a huge lover of sport and will watch pretty much anything (not cricket though!)

Chelsea has played netball since she was 6 years old.

Fun Fact: Chelsea played indoor soccer for Australia when she was 15 years old and travelled to Europe to play!!!!

SCIENCE WEEK ACTIVITIES

Science Week was a whirlwind of discovery and excitement! Our students had an amazing time delving into the world of science through hands-on experiments, interactive demonstrations, and engaging discussions. The highlight was a full day of immersive activities that brought science to life in our classrooms. From erupting volcanoes to undersea adventure, our students learned while having fun. Science Week was all about nurturing curiosity and fostering a love for science that will continue to inspire our students beyond the week.



UPCOMING EVENTS

CHILDREN'S
BOOK WEEK®

#CBCA2023

READ
GROW
Inspire



BOOK WEEK DRESS UP DAY! **WEDNESDAY 23RD AUGUST**



*Come dressed as your favorite character!
Parents are welcome to come and watch
the parade and our annual staff
performance at 9am.
Please join us on the blue court!*

UPCOMING EVENTS



St Arnaud Neighbourhood House Second Week School Holiday Program

This School Holidays we are doing something different

St Arnaud Neighbourhood House will be running a School Holiday Program for children aged from 5 to 12 years.



Every day (except Tuesday) something will be on:



- **Monday 25/9/2023:** Cupcake baking and decorating morning
- **Wednesday 27/9/2023:** Craft morning: making something for the show pavilion
- **Thursday 28/9/2023:** bushwalking and a BBQ lunch
- **Friday 29/9/2023:** Making scones and playing in the park

Every afternoon a movie will be played.

All children must be dropped off at St Arnaud Neighbourhood House, 34 Alma Street St Arnaud, by 10am then picked up by 3pm.

Cost: \$20.00 per child per day

(Please provide them with a packed lunch except for Thursday as we will provide lunch)

Bookings must be confirmed and paid for as there is limited places available by
15th September 2023

Contact Rachel for more details on:

03 5495 3300 or email stanh@commander.net.au



COMMUNITY NEWS



Health Promotion
EAST WIMMERA HEALTH SERVICE

DENTAL HEALTH WEEK

7TH - 13TH AUGUST

Dental Health Week focuses on the importance of taking steps to care for your teeth and gums to help you keep your teeth and smile for life!

It should not be normal to expect that you will need to have some teeth removed because of tooth decay or gum disease. After all, you do not expect to lose an arm or leg, so why expect to lose any of your teeth? There are many links between diseases in your mouth and diseases in the body, so it is very important to look after our oral health!

6 conditions have been explored with links to the mouth:

1. Heart Disease
2. Diabetes
3. Alzheimer's Disease
4. Adverse Pregnancy outcomes
5. Lung Conditions
6. Inflammatory Bowel Disease



Health Promotion
EAST WIMMERA HEALTH SERVICE

FOOD AND MOOD

THE LINK BETWEEN WHAT YOU EAT AND HOW YOU FEEL

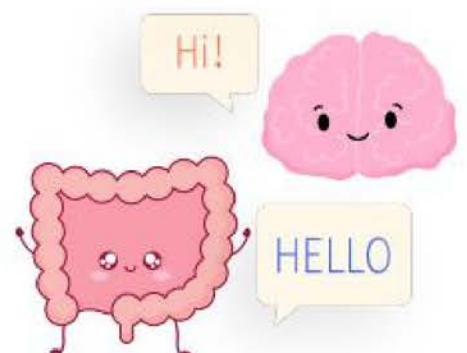
What we eat affects how our guts and brains work which can impact on our mental health.

Your brain is working hard 24/7 and requires a constant supply of fuel. That fuel comes directly from what we eat. Our gut and our brain talk to each other on what is known as the gut-brain axis. You might know this if you have ever experienced butterflies in your stomach when you're nervous.

Our diet can impact on our gut-microbiota, that is the bacteria in our guts, and can change the communication between the gut and the brain. Having more of the good kind of bacteria in your gut, from having a healthy well-balanced diet, sends good messages to the brain and can help in keeping your mood stable and reduce the symptoms of anxiety, depression and stress.

How to improve your diet to improve your mood:

- 1 Add more fruit, vegetables, whole grains, nuts and seeds to your diet
- 2 Reduce your intake of ultra-processed and discretionary foods
- 3 Consume more water daily, and make water your drink of choice



A high quality, nutritious diet can also give you more energy and improve your ability to concentrate more often!

<https://foodandmoodcentre.com.au/>