Dear Parents and Members of our School Community

Presently we have small groups of year 3 students going over to the church on Wednesday afternoons for a month to do their First Reconciliation. Beginning next weekend and running for a series of weeks we have small groups of year 4 students making their First Eucharist on either Saturday night or Sunday morning at 9.30am mass. This is a new way the Parish is allowing our students to make the Sacraments, keeping the Sacrament real, involving more of the parish and making the candidates less anonymous than they would be if 60 plus candidates were doing the Sacrament all at the same time.

Please click on the link below to see some background on First Eucharist from Catholic Australia. Last night the candidates for First Eucharist and their parents had a successful workshop in the Albert Lynch room. We take this time to wish all Sacramental candidates all the very best as they take the next step in their faith journeys and keep them in our prayers.


Collingwood came out all fired up on Friday night but unfortunately did not direct their aggression at the ball and the Kangas got a much needed win. This week the Pies have a struggling West Coast at the MCG. Let’s hope the Pies don’t play West Coast into form as well.

Eagles supporters may wear a scarf or beanie on Monday if they beat the Pies.

Until next week
God Bless

Darren McDonald
Principal

Dear Parents,

Our Term is progressing along very smoothly as our activities continue to increase. On Friday last week I accompanied our Head boy and girl, Oliver Norris and Ella Biancuzzo to the Opening Mass for the Catholic Performing Arts Festival. The Performing Arts Festival has 25,000 participants for schools all over Western Australia. Our students represented our school impeccably and I wish all those students (especially those from St Benedict’s) well throughout the festival. During Week 4 our Parish will host the festival, throughout the Liturgical Choral section, I encourage you to try to attend, should your schedule allow.

Our Sacramental program continues this term, to date we have facilitated our Confirmation Information evening last Tuesday and our parent/child workshop yesterday evening. I thank Mr Fonseca, Miss Lewis, Miss Houghton, Miss Marshall and all the other staff who have contributed to our Sacrament program this semester.

This Friday our Football and Netball teams will be versing Our Lady of Fatima at their school. We wish our players well and know that as usual they will conduct themselves in the manner expected of them.

Finally, I would like to draw your attention to a parent night next Tuesday the 2nd August, which focuses on the development of the human person facilitated by Catholic Marriage and Fertility services. They will provide key information about how to tackle the conversation often referred to as the ‘birds and the bees.’ It should be an informative evening and I encourage all those interested parents to attend. Please RSVP to me, by the end of the week.

If you have any questions about the information above, please don’t hesitate to see me at the school.

Regards,
Ben Will, Assistant Principal
Year 2 White began term 3 with the Guideline “The Lord’s Meal”. Focussing on the Eucharist so we can support the children in Year 4 as they prepare for their First Holy Communion. The children have been talking about their souls and how each person has a unique soul that reflects how special they are. The children have found ways that a person’s soul helps them to love others. To express this, they created a collage “I Have A Soul, I am Alive”. Afterwards they then drew a picture of what their own soul might look like and how our souls guide us to do good.

Year 1 Blue News

What a great start to Term 3 we are having in Year 1. Students have been busy investigating with many new exciting learning centres. The students love our Science Table. We have been exploring Chemical Change. This is understanding that everyday materials can be physically changed in a variety of ways. Last week we looked at what happens when salt, sugar and jelly crystals are mixed with water. Can you change these materials back once they have been mixed?

**What Year 1 students love about investigations:**

**Will:** “It is fun and you get to play in your class and with your friends in the other class”

**Noah:** “I like investigations because you can make stuff at the craft table”

**Lawson:** “I like investigations because it is fun to work in both classes”

**Xavier:** “I like to draw cool pictures during investigations”

**Valerie:** “I think investigation time is great because you can learn lots of new and fun things”
To all our St Benny’s families,

Firstly, we would like to extend a huge Thank You to Nanci Gangemi of the Mundijong IGA, who very generously donated ALL supplies for the Election BBQ this year. Our ability to raise over $2000 was due in no small part to her generosity.

In Gala news, we are pleased to report that ticket sales are still going strong! If you wish to put together a table, please do so as soon as possible to avoid disappointment. As ticket sales are happening online this year, we have emailed additional information last week to assist everyone in booking seats that are situated together – please ensure you check ticket numbers before finalising payment. Exciting updates on the event will happen through our Facebook page, so please follow the link:

https://www.facebook.com/StBenedicts.Gala2016/

Have a wonderful week!
Tanya Dowse-Kerr
P&F President

**SPORTS CORNER**

**Athletics and Fuelling our Little Champions**

Our faction sports carnival is coming up in week eight. This carnival is for children in Pre-Primary through to Year six. As we think about healthy food for learning we can also think about fuel for sport.

All children, especially those participating in sport, should start their day with a nutritious breakfast. Breakfast provides young athletes with a source of carbohydrate, protein and other nutrients. Protein is used for the growth and repair of muscle tissues. Carbohydrates are the fuel of choice for the body and brain, powering muscles for activity and helping children to concentrate on the field and in the classroom.

A wholesome lunch and regular snacks throughout the day give children on the go a chance to re-fuel, a bit like putting petrol in the car when the gauge is low. Meals and snacks should be based on nutritious foods like wholegrain breads and cereals, fruit, vegetables, tinned tuna, skinless chicken, lean red meats, beans, peas, lentils, seeds, eggs and dairy.

Making sure that your child drinks enough water is as important as keeping them well fed. Active kids can forget to drink water unless reminded, leading to dehydration. Even moderate dehydration can impact on a child’s mental and physical performance.

The amount of fluid that children need each day varies according to body size, weather and activity level. Fluid needs are higher on hot days and during and after exercise. All children at an athletics carnival should have a water bottle close by.

Sports drinks are increasingly being consumed by children and teenagers as they are perceived to enhance sports performance and provide better hydration than water. Sports drinks do provide some benefit to people participating in endurance and high intensity activities involving long periods of sweating, such as marathon running. However, for the average child engaged in routine physical activity, the use of sports drinks is unnecessary.

Drinks containing caffeine, such as energy drinks and coffee, are not appropriate for children. Cordial, fruit juice, energy drinks, sports drinks, and soft drink are high in sugar and bad for teeth. Water is the best choice for little athletes.

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**Canteen Volunteers List**

**Term 3**

<table>
<thead>
<tr>
<th>Manager</th>
<th>Jodie Budiselic - 0403 330 828</th>
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<tbody>
<tr>
<td><strong>Week 3</strong></td>
<td>3 August Help Needed Pls</td>
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<td><strong>Week 4</strong></td>
<td>10 August Help Needed Pls</td>
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<td><strong>Week 5</strong></td>
<td>17 August Help Needed Pls</td>
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<tr>
<td><strong>Week 6</strong></td>
<td>24 August Help Needed Pls</td>
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**LATE ARRIVALS**

All late arrivals must be signed in through the front Administration Office by a Parent or Guardian.

Parents / Guardians please access the Administration through the front door on Alness Street.

School commences for PP - Yr 6 at 8.45am each day.
St Benedict’s School Choir in Catholic Performing Arts Festival in Week 4.

Our School Choir will be performing in the Liturgical Choral Section of the Festival on Tuesday 9th August in the 1.15pm - 2.15pm session in our own Parish Church. All St Benedict's community is invited to attend and support our Choir.

The children will be rehearsing, as usual, at 8.00am sharp every Thursday morning in the Music Room. Please ensure that your child is on time, as it is very difficult to polish our performance if we don’t have the full choir present.

As I am Coordinator of this section in the Festival, it will be held in our Church from Monday 8th to Wednesday 10th August from 10.00am to 2.20pm. I am looking for volunteers to help with crowd management, manning the door and secretarial work on the 3 days. Many hands make light work and you will hear a vast selection of Primary School Book Club.

Issue 5 of book club has been sent home today. All orders for this issue must be completed by Friday 5th August. If you wish to order online you may use the LOOP system. Please note that if you do use LOOP DO NOT send the order form to school as this will result in a doubling up of orders.

If you do not wish to order on line please send your completed order form with correct money or cheque made out to ‘Scholastic Australia’ to the class teacher by the due date.

Thank you.

Mrs Noonan
Illness
It is the season for all types of illnesses, besides the common cold and flu.
If your child is sick in any way please keep them at home.
We have several children with low immune systems who need protecting as well as trying to stop the spread of germs and illness amongst the other students and staff.

Uniform Shop
Open each Thursday from 8.30 - 9.30am.
St Benedict’s Running Club

Run Club is continuing in Term 3 for

St Benedict’s Primary School

Term 3
Week 2 - 9

SPOTS ARE LIMITED!

Earlybird registration opens NOW!

When: Every Tuesday
July 26 – Sept 13
8 sessions
Year: 1 to 6
Time: 7.30 – 8.15am
Where: Shirley Strickland Reserve, Ardross

*Coaches will walk kids back to school

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<thead>
<tr>
<th></th>
<th>Earlybird</th>
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<td>Register &amp; pay by</td>
<td>June 21 - June 30</td>
<td>July 1 - July 18</td>
<td>July 19 - July 23</td>
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<td>Cost</td>
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<td>$80</td>
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Click on the link to register online:
http://goo.gl/forms/C0hHYHKfMrKbyS2l1

“Let us build your child’s confidence by improving their running technique and fitness level”

T&C’s apply