11th September, 2015

**Dates for your Diary**

**Thursday 17th September** – Last Day of Term 3pm.

**Thursday 17th September** – Science Night 6.30pm

* **Friday 18th September** – School Closure Day – Staff First Aid

**Term 4**

* **Monday 5th October** – School Closure Day - Staff at Inservice in Melbourne

**Tuesday 6th October** – Start of Term 4

**Wednesday 7th October** – Life Education Van

**Wednesday 21st October** – Walk to School/Day for Daniel Breakfast.

**Monday 2nd November** – School Closure Day for Report Writing

**Tuesday 3rd November** – Melbourne Cup Holiday

**Monday 23rd November** – School Pre Advent Christmas Concert

Thank you to Jo and Paddy Walsh for trimming the rose bushes around the school and planting some new plants near our Art Room. Also for retrieving the balls off the roof of the hall.

**Science Night**

Our Science Night is coming up on Thursday 17th September at 6.30pm. Come along and join in the variety of experiments with your child. This is an interactive night of fun and discovery. Our theme is Physical Motion.

**Life Education Van**

We will be having a visit from the Life Education Van on Wednesday 7th October. The Life Education Van has been coming to schools all over Victoria for the last 35 years.

The cost will be $5 or $12 for 3 or more children. Maybe you experienced the program when you were at school. The program consists of modules focusing on issues around food and nutrition, personal safety, physical activity, cyber safety, safety with medicine and legal drugs; tobacco, alcohol and caffeine.

By taking a comprehensive approach to drug and health education our modules help children to develop relationship skills, positive communication (both face to face and online), problem solving and decision making skills.

**Congratulations to Nicola and Aluel**

We would like to congratulate Nicola Efandis for winning first place in the Latrobe City Walk to School October 2015 Poster Design Competition. Aluel Maluk was placed second for her design. Nicola’s artwork will feature on all Latrobe City posters used to promote Walk to School October 2015 in Latrobe City. Well done girls.

Joanne Johnson
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|        | Playgroup 9.00am | First Aid Training for all students |          | END OF TERM 3pm  
Science Night 6.30pm | Staff First Aid Course |          |
| 20     | 21     | 22      | 23        | 24       | 25     | 26       |
| School Holidays |          |          |           |          |        |          |
| 27     | 28     | 29      | 30        | 1st Oct  | 2      | 3        |
| School Holidays |          |          |           |          |        |          |
| 4      | 5      | 6       | 7         | 8        | 9      | 10       |
|        | School Closure Day | Term 4 begins | Life Education  
Van – all classes |          |        |          |
Our next meeting will be held in Term 4 on Tuesday 13th October at 9am in the staff room.

**Tuck Shop:** Thank you to all those wonderful people who helped in the tuckshop this term. If you are interested in helping in the tuckshop for Term 4 please see Amie Cook or Karen Davis.

**Year 3/4 Camp**

Our Year 4 and Year 3 children attended Camp Allambie and even though the weather was not the best they all had a wonderful time.

**Year 5/6 Camp**

Year 5/6 students attended the Forest Edge Camp. It was cool weather but no rain in the days.
Thank you to all the Fathers, grandfathers, uncles and special friends that came along to our Fathers’ Day Liturgy and Activity Afternoon, it was a very successful afternoon.

Check out the other Fathers’ Day photos in the Multi Purpose room.

**Yoga Classes**

The wonderful students at St Kieran’s have now completed their 8 week yoga, health and well-being program. The students have been fantastic! It was something new and challenging to most, which sometimes made it hard to keep a straight face!

Over the term the children learned to be mindful of their bodies and their breath. They learned different breathing techniques, and would then notice how that made them feel. The students did well to learn some of the challenging physical poses (and made up some new ones!), helping them with their body awareness and strength.

Each lesson would focus on a different value, with respect for each other and ourselves being the main theme throughout.

The younger year levels enjoyed playing physical games which would tie in with our value/focus for the week, while the senior classes enjoyed more group and partner work, learning to work well with others whilst being aware of the differences in our bodies. All levels enjoyed our ‘Mexican wave’ activity which required focus and perseverance.

We would usually end our sessions laying back in a relaxation, learning to let go and give our bodies and minds some much needed stillness. Students would then notice how they felt afterwards.

Apart from the obvious physical benefits of gaining strength, balance and flexibility, yoga can help children to understand themselves (and therefore others) better for true happiness, developing confidence to help them at school, and gain tools to help them in their everyday life.

Hopefully the students enjoyed it as much as I did! It was a pleasure getting to know them all, and to watch them grow each week. Thank you.

Lian

**Life Skills Group**

**Walk to School October**

We want to encourage children and their parents to start walking to and from school on the first day of Term 4 (October 6th) and keep it up each school day throughout the month. Latrobe City is offering a major prize of $5000 to the school with the highest amount of participating students. There will also be 34 x $30 student participation lucky draws. You can walk, ride or even scoot. Part of the way is okay too! You can download The Walk to School app which makes it easier for students and families to record their walks to and from school on the go to keep track of your walks. As St Kieran’s was one of the first four schools in the Latrobe City to register for Walk to School October, we received a $500 prize which we have chosen to use to support our Breakfast program. Kaedan and Liam Cook are pictured receiving the certificate from Cr Peter Gibbons, on behalf of St Kieran’s.