Dear Families,

While enjoying a rewarding week at St James we ask that you keep the families impacted by the disaster in Nepal in your prayers.

Cluster Day

The St James school hall was suddenly filled with Year 6 boys wearing unfamiliar faces and different uniforms. On Thursday the 23rd of April, St James took part in a cluster day. The cluster was made up of four schools in our area including: St Finbar’s, St Mary’s Hampton and St Joan of Arc. There were four amazing activities such as: Team Building, Basketball, Games and General Knowledge. The day also lets us meet boys that we were going to high school with. It was a great day and a big thank you to Mr Buckley for organising it. By Paddy B & Grace T.

Enrichment Electives

All students had the opportunity to choose from a number of activities today to enrich their learning, giving them the chance to learn and work with other students and teachers. Day one was a great success with one highlight being: the Baking with Purpose group (Annie Kay) making ANZAC biscuits and delivering them to the elderly residents of ANZAC House. It was terrific to see parents taking groups: Jane Gale (Drama) and Tony Pastore (Chess). Thank you to Miss Liston for the purposeful organisation.

Enrichment Program: STAR Writers

Students who applied to join the writing elective will begin a partnership with year 8 & 9 students next week from Star of the Sea. These students will be working with Mrs Dods and Mr Buckley together with Mr Peter Farrar (Star teacher and parent of Julia). We are very excited about this initiative and look forward to the students learning from one another. It is another example of the wonderful partnership we share with Star that began 132 years ago with the Presentation Sisters.

St Anthony's

Marg Bart, Principal of St Anthony’s Noble Park and students, Emmanuel, Taki & Epona visited to thank our community for fundraising to enable their Year 5/6 students to visit Canberra for the first time on a school camp. Last year, the 2014 Year 6 Social Justice Captains led an initiative that raised the funds through the sale of cupcakes and pre-loved toys. Thanks to Michelle Sweeney from Star and her Year 9 students who also assisted. Our contribution was approximately $600. They showed a presentation of what they experienced and learnt on camp. Victoria S & Sarah Q (two of last year’s Social Justice Captains) from Star were present when we received a display of gratitude.

Parent Calendar

Please remember to refresh your parent calendar (app on mobiles) to ensure you are receiving the changes.

Cross-Country

Country training will begin tomorrow morning from 8am in Kamesburgh Gardens. A message was sent through Caremonkey earlier this week and advertised at assembly. All students from Years 3-6 are welcome to attend and must be accompanied and supervised by an adult. A staff member will organise the training. Last year we finished first in HOLT country and we encourage as many students as possible to participate.

Digital Contemporary Learning Night

Last week we facilitated our first Digital Contemporary Learning Night with up to 200 parents/students present. Lucy F began the proceedings with a presentation on Creativity and then groups rotated through three activities together, led by Year Six group (Annie Kay) making ANZAC biscuits and delivering them to the elderly residents of ANZAC House. It was terrific to see parents taking groups: Jane Gale (Drama) and Tony Pastore (Chess). Thank you to Miss Liston for the purposeful organisation.

Students who applied to join the writing elective will begin a partnership with year 8 & 9 students next week from Star of the Sea. These students will be working with Mrs Dods and Mr Buckley together with Mr Peter Farrar (Star teacher and parent of Julia). We are very excited about this initiative and look forward to the students learning from one another. It is another example of the wonderful partnership we share with Star that began 132 years ago with the Presentation Sisters.

St Anthony’s

Marg Bart, Principal of St Anthony’s Noble Park and students, Emmanuel, Taki & Epona visited to thank our community for fundraising to enable their Year 5/6 students to visit Canberra for the first time on a school camp. Last year, the 2014 Year 6 Social Justice Captains led an initiative that raised the funds through the sale of cupcakes and pre-loved toys. Thanks to Michelle Sweeney from Star and her Year 9 students who also assisted. Our contribution was approximately $600. They showed a presentation of what they experienced and learnt on camp. Victoria S & Sarah Q (two of last year’s Social Justice Captains) from Star were present when we received a display of gratitude.

Parent Calendar

Please remember to refresh your parent calendar (app on mobiles) to ensure you are receiving the changes.

Cross-Country

Cross-Country training will begin tomorrow morning from 8am in Kamesburgh Gardens. A message was sent through Caremonkey earlier this week and advertised at assembly. All students from Years 3-6 are welcome to attend and must be accompanied and supervised by an adult. A staff member will organise the training. Last year we finished first in HOLT country and we encourage as many students as possible to participate.

Digital Contemporary Learning Night

Last week we facilitated our first Digital Contemporary Learning Night with up to 200 parents/students present. Lucy F began the proceedings with a presentation on Creativity and then groups rotated through three activities together, led by Year Six students. It was a highly successful evening and we thank Mr Johnson for his expert facilitation and the many families that attended.

School Captains Film Night

Our School Captains Film Night will be held tomorrow afternoon in the school hall from 4-6pm. Students will need to be dropped off by an adult and signed out at the completion. A gold coin donation is asked upon entry and drink/sausage can also be pre-paid upon entry to be served at 5pm. The event has been on the Parent Calendar and has been communicated through Caremonkey. Thank you to Sophie, Paddy, Jade & Grace for their hard work.

NAPLAN 2015 Timetable

What is NAPLAN? The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7, and 9. All students in these year levels are expected to participate in tests in Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. All government, and non-government education authorities have contributed to the development of NAPLAN materials. Why do students do NAPLAN tests? NAPLAN tests are one aspect of the school’s assessment and reporting process, and do not replace the extensive, ongoing assessments made by teachers about each student’s performance.

Peace and blessings,

Simon Millar – Principal of St James

---

**2015 TERM DATES**

<table>
<thead>
<tr>
<th>Term 1</th>
<th>29 January—27 March</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 2</td>
<td>13 April—26 June</td>
</tr>
<tr>
<td>Term 3</td>
<td>14 July—19 September</td>
</tr>
<tr>
<td>Term 4</td>
<td>6 October—16 December</td>
</tr>
<tr>
<td>School Closure Days</td>
<td>2 June</td>
</tr>
<tr>
<td></td>
<td>17 August</td>
</tr>
<tr>
<td></td>
<td>2 November</td>
</tr>
</tbody>
</table>

---

**Enrichment Electives**

- **ASSEMBLY DATE**
  - 6 May Year 4J
  - 13 May Year 4D
  - 20 May Year 3C
  - 27 May Year 3D
  - 3 June Year 2
  - 10 June Year 1C
  - 17 June 1N
  - 24 June Prep

---

**Parent Calendar**

- **CROSS-COUNTRY**
  - Cross-Country training will begin tomorrow morning from 8am in Kamesburgh Gardens.

---

**STAR Canteen Closed**

- NO LUNCH ORDERS

---

**NAPLAN 2015 Timetable**

<table>
<thead>
<tr>
<th>Test</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Language Conventions</td>
<td>Tuesday May 12</td>
<td>9:15am</td>
</tr>
<tr>
<td>Writing</td>
<td>Tuesday May 12</td>
<td>11:30am</td>
</tr>
<tr>
<td>Reading</td>
<td>Wednesday May 13</td>
<td>9:15am</td>
</tr>
<tr>
<td>Numeracy</td>
<td>Thursday May 14</td>
<td>9:15am</td>
</tr>
<tr>
<td>Make-up test</td>
<td>Friday May 15</td>
<td>9:15am</td>
</tr>
</tbody>
</table>

---

**ST JAMES NEWSLETTER**

St James Catholic Primary School
St James Close Brighton VIC 3186 | TEL 03 9596 4766 | FAX 9596 1035
WEB http://www.stjamesbrighton.catholic.edu.au EMAIL info@stjamesbrighton.catholic.edu.au

**THURSDAY 30 APRIL**
FIRST EUCHARIST INFORMATION NIGHT 7PM YEAR 4 CLASSROOM PARENTS & CHILDREN

**FRIDAY 1 MAY**
CROSS COUNTRY TRAINING KAMESBURGH GARDENS 8 – 8:30am
STAR CANTEEN CLOSED - NO LUNCH ORDERS
SCHOOL CAPTAINS MOVIE NIGHT 4 – 6:00pm

**THURSDAY 7 MAY**
MUSICAL SOIREE 7pm
Dear Families,

It was lovely to see such a wonderful turn out to our Year 1/2 Family Faith night last week. I always love watching children and their parents working together. The working ‘buzz’ in the room was evidence of the successful evening. It is lovely to meet the parents of children across the school and it was my pleasure to work amongst you all.

This evening I look forward to meeting the parish and school families preparing for their First Eucharist. The evening starts at 7pm in the Year 4 area and it would be lovely to see children and their parents.

Dates to put in your diary:

- Eucharist Information Night: Thursday 30th April, 7:00pm
- Reflection Day and Family Faith Night: Thursday 28th May, 7:00pm, Year 4 area
- Sacrament of First Eucharist: Sunday 14th June, 11:30am, STAR of the Sea Auditorium

Concluding our Caritas Lenten Project Compassion drive, we will have a Year 5 & 6 cake stall. Year 5 will be next week (a date to be announced) and Year 6, the following week. Then the Social Justice Leaders will count our funds, let the community know and ask Imelda to send the money off to Caritas for us.

Cathy Ferrari and the Faith Team
( Nina Farrar, Cathy Busch, Nancy Ohlert, Elly Dillon and Jo Fraser)
Sister Clare Mahon (Presentation Sister) has kindly offered tickets to the St James Community in the hope of lifting the spirits of the children, following the damage to our Church. Razzamatazz is a family friendly Comedy show which runs for 60 minutes with no interval, starring Marty Putz and Jonas Jost.

If you are interested in attending, please see the office. Unfortunately we cannot cater to all, so first in, first served.

Keep up to date with events by accessing the School Calendar via the St James Website

www.stjamesbrighton.catholic.edu.au / News and Events / Parent Calendar

We also recommend you adding it to your phone to increase communication and your knowledge of school events.

On your mobile device, choose one of the links below, appropriate to your device:
ical - http://bit.ly/1NhICVD (iPhone + iPad + mac mail) OR
xml - http://bit.ly/1xzO5OZ (android + outlook) OR
html - http://bit.ly/1BoYuv7 (universal) OR
raw id - stjamesbrighton.catholic.edu.au_tb4G0hJla3avgtbIv7outbk@group.calendar.google.com (universal)

Please note that the following link may be required for iPhones if having to install ical:
http://smallbusiness.chron.com/adding-other-peoples-google-calendars-iphone-32458.html

If you are experiencing any difficulties when installing the calendar, please firstly ask another parent who has successfully added the calendar before contacting the school office (we will consult our computer technician).

We hope this increases your knowledge of school events.
ITALIAN DAY
TUESDAY 19 MAY

It’s time to celebrate the passion and vibrancy of the Italian culture!

Get into the spirit and dress up with Italian flair! I tri colori green, white and red are the national colours of Italy, so wear them loud and proud on Italian Day! Alternatively you could get really creative and dress as your favourite Italian hero.

Captain Nutrition will make pasta on stage in the ‘Spectacular Spettacolo’ show called “Tasty Tunes”. Be sure to plan an Italian colours themed menu for the lunchbox.

Lots of exciting activities are planned focusing of Italy’s culture and love of food and or course, there will be gelati for everyone!

(Please contact Ange in person or phone 95964766 this week if there is a problem with food allergies).

Please encourage your child to get involved to make this day another huge success!

STUDENT AWARDS

<table>
<thead>
<tr>
<th>PREP</th>
<th>Saskia R, Sumire T, Eliza D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 1C</td>
<td>Alexis F, Oscar W</td>
</tr>
<tr>
<td>Year 1N</td>
<td>Sakura T, Leo S, Chris F</td>
</tr>
<tr>
<td>Year 2</td>
<td>Nicholas P, Reuben JO</td>
</tr>
<tr>
<td>Year 3C</td>
<td>Chilli R, Charlie B</td>
</tr>
<tr>
<td>Year 3D</td>
<td>Miller S, Isabel D</td>
</tr>
<tr>
<td>Year 4D</td>
<td>George P, Clare N</td>
</tr>
<tr>
<td>Year 4J</td>
<td>Freya P, Sienna C</td>
</tr>
<tr>
<td>Year 5</td>
<td>Georgia M</td>
</tr>
<tr>
<td>Year 6</td>
<td>Maddy C, Jade F</td>
</tr>
<tr>
<td>Bounceback</td>
<td>Donovan G</td>
</tr>
<tr>
<td>Environment</td>
<td>Millie W, Mac RW (Prep)</td>
</tr>
<tr>
<td>SRC</td>
<td>Sara B (Yr6)</td>
</tr>
<tr>
<td>Sport</td>
<td>Leni N, Grace T, Patrick B, Talia S, (Yr6) Sofia N (Yr4D)</td>
</tr>
</tbody>
</table>

On Saturday 8th of August we are raising the stakes....

Preparations are in full swing for the St James Major Fundraiser 'A Night in Monte Carlo' and glamour is on the cards...

The aim of the evening is to have fun, socialise and have a great night but also raise money for our fabulous school, so please consider if you, your business, family or friends might be able contribute to our auction items for the event.

We would love to hear from you by contacting Connie Sands on conniesands@bigpond.com or Phone: 0416 24 0767 and of course we look forward to seeing you on the red carpet.
Greetings Everyone,

The next PA meeting is still 2 weeks away... (14 May). So it does feel like it’s been awhile. Hopefully, parents have had catch-ups or planning coffee or dinners together.

There is a massive catch-up next week, namely the St James Mother’s Day Lunch! (Friday 8th May)

Hopefully, lots of our St James Mums can make it... Or catch up with us afterwards (Hotel Brighton). It is all organised, tables are shaping up and decor plans underway.

*The French Champagne Bar will kick-start proceedings with a taste of Moët and a Lucky Draw ticket.. (Why stop at one? At only $10 each with great prizes to be won)

*Table Draw ... The whole table has to be in it to win it! A 1 in 11 chance of winning

A lovely gift pack for everyone! ( also $10 each)

* We will hear from Rosie and Tilly’s Auntie Cate as she shares stories from her United Nation’s work and adventures overseas.

Apart from that... It is a wonderful opportunity to see and celebrate our St James friends. ( Payment is appreciated ASAP)

This week has shown we have a stable of stars here at St James.. Yr 6 mum Carolyn Holbrook was on Q&A, a certain B.Gale was on Channel 9 and Mr & Mrs Nekic were featured on The Block!!!

Some other stars are parents who chipped in with ensuring that the post mass gathering for Father Michel went smoothly... Thanks to Jane K, Kuppy and Prue in the kitchen and all families who shared a plate. Look out soon for the Walkathon information sent out by Fran, Kris and Katrina.

We are also having a Cancer Morning Tea on in May.. Thanks to Konji and Georgia.

( Check PA calendar for dates)

Don’t forget the uniform room has second hand pieces that can be in excellent condition or used as back ups... Now is a good time to clean out if you find you have pieces that are too small for your child... They will always go to good use. (There are quite a lot of jumpers in lost property too)

That’s it for now..

Jane Gale
PA President

Sssssssshhhhh!

Kids and Dads

It’s still a SECRET!

All students are asked to bring in $6 by Wednesday 6th May

Enjoy a cuppa and help raise money for a worthy cause

Tuesday 26th May
straight after drop off in the Parish School Hall

Information regarding the raffle and donations will be included in next week’s bulletin.

Looking forward to having a cuppa with you all.

Georgia Sagadiellis
(Elisa Yr 5, Adam Yr 1N)

Konji Bodnar
(Layla Yr 5, Vaughn Yr 3)
Sleep, the goodness of sleep...

At every age sleep is essential for restoring our physical and mental health. Before the development of electricity, we slept when the sun was down and this could be more than 10 hours. Nowadays we get a lot less sleep and this affects our mental and physical functioning throughout the day.

There are two main stages of sleep, namely, Rapid Eye Movement (REM) sleep and Non-Rapid Eye Movement (NREM) sleep. REM sleep makes up about one quarter of your night’s sleep. This is the time when it is thought that we dream, as the brain shows significant electrical activity during this period. Our eyes dart around under our lids as if we are watching a movie. Sleep researchers have established that babies have a greater proportion of REM to NREM sleep, suggesting that dreams are important for the developing brain. NREM sleep includes dozing and drowsiness, the loss of awareness of one’s surroundings, a decrease in body temperature, breathing and heart rate, increased relaxation of muscles and growth and repair of cells. As you can see both phases of sleep are important for physical and mental performance.

Lack of sleep causes fatigue, poor concentration and memory function, decreased mood, impaired judgment and reaction time, and decreased physical coordination. New parents are particularly affected by lack of sleep, losing on average between 450 and 700 hours of sleep during their child’s first 12 months of age. Parents are also affected by illness of their children, increased pressures to work later into the evening after the children have gone to bed, and shift work among other things.

Children and adolescents require more sleep than adults due to the physical and mental demands of rapid growth and development at these times. Most primary aged children will have a bed time of no later than 8pm, allowing them to sleep through until sunrise. Some children will naturally wake early in the morning feeling refreshed and energetic. This is a good indication that they are receiving enough sleep. Adolescents are more likely to stay up later watching programs on television, browsing the Internet, reading or studying and then sleep in quite late on the weekends. Researchers indicate that despite the claims adolescents are “lazy”, it is important to allow them to sleep in due to several reasons. Adolescents have a range of hormonal changes occur which can affect their sleep cycle (time when their body naturally wishes to be asleep) and they require sleep to support rapid changes and growth in physical and mental functioning at this time.

Tips for bedtime include routine i.e. “bath, book, bed”. This assists the sleep cycle in being regular and assists more restorative sleep. Also try keeping electronic devices and other distractions out of the bedroom. Positive framing may help encourage your children to sleep “You are so lucky you get to go to bed and sleep now, making you feel refreshed for swimming tomorrow”.

Tess Sibbel
Psychologist, MAPS

www.betterhealth.vic.gov.au
NURSE-ON-CALL 1300 60 60 24
Program Update – Week 03!  Week beginning 27/04/15

What a fun start to the term! We have played lots of games including some of our favourites: Poison Ball, Silent Ball and Noodle Wars. We have also made some fantastic crafts and tried our hand at a few Autumn Acrostic Poems! Pop in anytime to see all the great stuff we do or have a flick through the program reflection journal.

**Film Night:** Please note that children booked into OSHClub for Friday 1st May will have the opportunity to attend the St James Film Night. There is a form that I need you to sign (similar to the disco). Any questions please pop in and see me!

Please don’t forget to answer our Parent Feedback question in the reflection journal on the sign-in desk. Thanks to those who already have!

*What do you think your child’s favourite thing to do at OSHClub is?*

**Just a Few Reminders:**

For any bookings please log in to your account online at www.oshclub.com.au. Any issues with your online account please contact the St James account manager, Ambika, directly. You can email her at ambika@oshclub.com.au or phone her on 03 8564 9027.

For any on the day bookings please call the program phone on **0412 570 934** and leave a message or send a text.

Come by and have a chat anytime! See you soon,

Steph
2 X ST JAMES RIDE TO SCHOOL DAYS
26 May - Grade 4,5,6 and Foundation, 5 classes
13 Oct - Grades 1,2,3 - 5 classes
Sarrah yro-moorabbin-sd2-oic@police.vic.gov.au
Booked from 9-3.30 for both days, will run normal timetable and do Bike special activities in Sustainability classes

The Yarra Ranges
Children's Writers Festival
MAY 2015

David Walliams & Andy Griffiths
headline

Stories Up High
Featuring author talks, exhibitions, movies, storytelling, competitions, cooking, writing, gardening, reading and train rides.

Other exciting events include:
First ever exhibition of Andy Griffiths’ “Secret Stuff”, Creative writing and cooking at Shannon Bennett’s The Pig and Whistle, Storytime on Puffing Billy, Opera Australia present Hansel & Gretel... and much more!

www.storiesuphigh.com.au

MAY 2015
It was a chilly afternoon on the 24th of April. The St James footballers went off to play their first Winter Sport football match. We played against St Columba’s. They were a tough team but had good competition. Both teams were really good sports and played really well. Thankyou to John Rohan for coaching the team, also thankyou to Mrs Ferrari for taking us. Thank You to Maddy for being a great captain for this week. Some of the stars of the match were Lizzy, for going all out and taking some great tackles. Danielle, for doing a great job taking the marks. Mikayla, for doing a fantastic job for her first time in ruck. Thomas, for powering on when he got injured. Jade, for bouncing back when she injured her finger. Well done to all of the footballers and good luck for next week.

Maddy C - Year 6

As part of Electives, some students baked Anzac biscuits and offered them to the residents at Anzac House in Brighton today.

In commemoration of Anzac Day, Mrs Hyslop has been inspiring some great artwork with each Year level.

Living, Loving & Learning
St James raised money (over $600), after seeing an online request on a plausible website.
Our Social Justice Leaders asked if we could support a school that couldn’t afford to go to Canberra.
Yesterday at Assembly, St Anthony’s presented our School Captains with a beautiful Thankyou Poster and also elaborated on the meaning of ‘Democracy’ to our students.
Thank You St Anthony’s.
Looking for a Babysitter??

Hi my name is Ginger Lynch

Lives: locally in Brighton
Age: I am seventeen years old DOB: 19/11/97
Mobile: 0401062225
Email: lyncgi@starmelb.catholic.edu.au
Education: I am currently in year 11 at Star of the Sea College - Brighton
Availability: I am available immediately. I am able to babysit a part time position, afterschool hours during the week and I am also available on weekends and during school holidays.
Attributes: I am a responsible, hard working, friendly and I love children. I recently did work experience at St. James Primary School as my ambition is to be a teacher when I’m older.
Experience: I have babysitting experience with looking after my baby cousins and looking after children in my old street where the kids where aged 5-14, as well as part time work in a bakery and football umpiring.

Taekwondo Club

at St James Primary School
Mon 4-5 & Wed 3.45-4.45 pm
2015
First 2 lessons free
ph Sophia Heares 0419 876 187
Email: Fx.Fitness@intermode.on.net
Www.Fx.Fitness.com

N.B. 4-5pm Monday (blue 3 levels and up plus all teens and seniors)
Wednesday 3.45 – 4.45pm all levels to blue 2.

The incentive you were looking for, to clean up those Autumn leaves!

We are studying waste management and recycling in term 2 and I would like to set up a composting system at the school. To make successful compost, you need a ratio of 25 parts of Carbon to one part Nitrogen. As schools produce a lot of green, moist waste (nitrogen) we will be in need of brown, dry materials (Carbon) to get the Carbon: Nitrogen ratio correct. Brown, dry materials include dry leaves, grass, straw, hay and leaf litter. I would very much appreciate it, if you could donate any brown, dry materials to the school for the children to learn about composting. Carbon also includes paper and cardboard, but we will probably have enough of that and it can also be put in the recycled bin at home.

Please leave any Carbon materials in heavy duty garbage or garden bags against the fence near the Year 4 classrooms.
Thank you!
Gwen Michener (Sustainability Teacher)