Dear Parents and Friends of St Paul’s,

Pentecost Sunday – This Sunday is Pentecost Sunday. Ten days after the Ascension of Our Lord, the Holy Spirit was received by the Apostles. The Holy Spirit gave the Apostles the strength to proclaim the Good News to the World as it was 2000 years ago. This took a great deal of bravery as many of the early believers were killed for spreading the Word. It is testament to the strength of the Holy Spirit that there are millions upon millions of believers today. But we too are like the scared Apostles at times. The Year Six children are learning that they are sealed with the Holy Spirit at Confirmation and like the Apostles, they are being called to believe and be examples of the Word proclaimed. We are asking them to understand that it can be easier to not believe these days. We can follow a path of selfishness but the right path takes real courage. As Catholic parents we too must reflect and act accordingly as we are the most important influences on how our children respond to others.

Family Week Mass – Tomorrow at 10am we are celebrating the Family Week Mass. All the children will be attending and we would love you to join us if you can make it. Each year Centrecare, a Catholic organisation that assists families throughout Melbourne, encourages schools to organise Liturgies to pray for all our families.

Confirmation – Next Wednesday evening at 7pm, Mr Paul Spence will again work with families and children as they prepare for the Sacrament of Confirmation. In just four weeks the majority of Year Sixes will receive the Sacrament and Archbishop Denis Hart will be the Principal Celebrant. We ask you to pray for the children.

Mothers’ Day – Last week we held a number of special Mothers’ Day events. Thank you to all the mums that organised the Mothers’ Day Stall. Special mention goes to the children in Senior G who presented a moving Mothers’ Day assembly. Lots of mums attended and I am pretty sure there weren’t too many dry eyes in the audience!

Walk to School Day – Next Friday is National Walk to School Day. Mrs Pat will send home details next week. I understand that there will be a lovely piece of fresh fruit waiting at school for all that walk. You don’t have to walk all the way – parents can park in the nearby streets – for example the Murray Road end of Champ Street and walk the rest of the way. Join in the fun.

Childwise Parent Seminars – Included in this week’s newsletter is some more information about Parenting Seminars run by Childwise over the next five Mondays. They are held in Ivanhoe and there is a small cost. Some of the topics look particularly interesting and may be of value to parents.

Gardens – More work was completed in the passive area over the weekend. Our resident photographer Pete, who helps out at the school on Mondays and Fridays, has another shot of the Garden area. Thanks again to Frank, Tony and of course, Pete.

Interschool Sport – This week the seniors will play Our Lady Help of Christians. Details inside. Last week one of the boys, Nicholas Fraser, had an accidental fall and broke his right wrist. We wish him a speedy recovery.

Inservice Day – This coming Monday is our second Inservice Day for the year. We will be working on the new AUSVELS curriculum and reporting to the new standards. There are no classes for the children.

Happy with the win last week. Hoping the Cats can keep the run going. Good luck to all your teams (except the Pies).

All the best, Paul

From Paul’s Desk

Holy Spirit, come into our hearts. Bring the brightness of your light, the warmth of your love, and the fullness of your truth so that our lives may be pleasing to you in every way.

Amen.
**Sports News**

**Interschool Sports**
St. Pauls will be travelling to Our Lady’s Help of Christians East Brunswick this week. Netball will be held at the school. (Nicholson Street East Brunswick)
Tee-Ball will be at Balfe Park (John Street) and Football at Fleming Park. (Albert Street)

**Year 4**
The year four students will take part in The Schools FFA 5-a- side Gala day in Glenroy next Friday 24th May.

**Brunswick Junior Football Club**
The Brunswick Junior Football Club the home of the Mighty Dragons has kindly donated footballs to the school.
William Khouri and Joshua Dries our Senior Students are members of the football club and would love more students to sign up. If interested please contact the club.

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**Prep Art LEAFY ANIMALS**
As part of the Prep Integrated Unit on Seasons, the Prep children tried their hand at creating something that reflected the season of Autumn. Using different tones of red, orange and gold, the colours that predominantly mark the stunning autumn displays in parks and gardens, the children got busy in their art classes colouring, cutting and then mounting leaves onto a pastel rubbing background. Using only fallen autumn leaves the children were also given the opportunity to create an animal of their choice. As seen in the photos included, bushy tailed foxes, hooting owls, leaping frogs, fluttering butterflies, waddling penguins and scurrying squirrels were among the animals that came to life! Hard to believe Preps are capable of such great art pieces, don’t you think!!! Well done Preps!
Signora Adele

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**RockBody Fitness**

**BoxFit**

BoxFit is a new and exciting group fitness class that will be held in the multipurpose room on Tuesday mornings from 9.15am—10.15. BoxFit is a mixture of boxing and circuit class and is guaranteed to kick start your morning and burn off all that unwanted weight you’ve gained over the Christmas break!

For enquiries contact Raluca:
0414 144 971
Email: ralucalazarescu20@gmail.com
Cost: $10
New Service for Families

Dear parents and carers, my name is Ryan Montoya-Val, a provisional psychologist, and I am excited to begin working with St. Paul’s. I will be working at St. Paul’s on Thursdays and Fridays and will be providing an on-site service that is free of charge.

If you have any concerns about your son or daughter’s academic progress, behaviour, or social/emotional wellbeing, please fill in a referral form (available from the front office), and I will get in touch with you for a confidential discussion about supporting your child, and to arrange an initial consultation.

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Dear Families

**IMPORTANT NOTICE**

Dear Families,

St Paul’s Coburg will be conducting Pupil Free Day
For Monday the 20/05/2013
Academy for KIDS will be operating on Monday the
20/05/2013
We will be open from 8am till 6pm.

Academy for KIDS
Will be conducting an Incursion/Excursion
A day of Camp Academy for KIDS
Children will experience a day of Camping
Learning skills in Camping, Obstacle Courses Orienteering,
Tent Making and a Barbecue at Coburg Lake

COST $75.00 PER CHILD less with CCB and
50% CHILDCARE REBATE TO THE PARENT

If you need any further information
Please contact Vivien 0405323357

vivienmahomet@optusnet.com.au
“Jesus breathed and said-
‘Receive the Holy Spirit’”
(John 20:22).

25-26 May 2013

WEEKEND RETREAT ON THE BREATH OF THE
SPIRIT FOR HEALING AND GOOD HEALTH

through

Meditation on the Breath of God
Posture Meditation
Relaxation Meditation

with Fr. Gilbert Carlo SVD & Jen Quested

25th May 2013, from 1.00pm - 4.00pm
and those who wish to stay overnight until 4.00pm Sunday 26th May 2013

Suggested donation for the weekend: Live in: $125, Concession -$110,
Live out: $90, Concession - 75, Saturday only 1pm -4pm: $20; Concession -$16,
Sunday only: 9am – 4pm: $ 50; Concession-40.Bookings essential.

Meditation brings serenity, peace and joy. Modern society with all its dissipating forces
at work, distances us further and further away from inner peace and joy. In turn, we suffer
from stress-related diseases. Meditation tunes up, calms down, energises and heals our
body, mind and soul.

At: Janssen Spirituality Centre, 22 Woodvale Road,
Boronia, Victoria 3155. Tel: 03 9762 6625
Email: enquiries@janssencentre.org
Session 6: How to Raise a Virtuous Child - Character Training - Part One. (Mon 20th May)
You will be shown how to teach your children respect for Property, Peers & Siblings, Parents, Authority, Age, Nature, Self. Dad and Mum, you cannot lead your children any further than you have come yourself. You will learn what character really is.

Session 7: How to Raise a Virtuous Child - Character Training - Part Two. (Mon 27th May)
This session carries on from the last session. Can you imagine a classroom filled with children who are courteous, polite, kind, gentle, full of selfcontrol, not rude, badly mannered or impolite? Learn how you can work towards this. You will also be shown how children can "interrupt" politely.

Session 8: How to Bring Correction to your Child. (Mon 3rd June)
This session combines two presentations. The 'Discipline Flow Chart" that is explained in the teaching session and the "Five Laws of Correction" found in the workbook chapter. The flow chart will help parents grasp the principles being taught. Learn the difference between "goal incentives" and bribes. You will also learn the difference between 'childishness" and "foolishness", and that encouragement and skills training are a very important part of correction.

Session 9: How to Set Boundaries & Freedoms. (Mon 17th June)
In this session a funnel illustration will be used to show what it is like to parent outside the funnel. We can allow our children too many choices that are not age appropriate. The result is that a child becomes "wise in their own eyes" or "too big for their boots".

Session 10: Odds & Ends. (Mon 24th June)
When you give your child a command, do they respond with "yes Mum or yes Dad"? First time obedience is achievable. What is it like in your family? You will also learn about the "5 minute Naming" and the "appeal process".

Where: Community Hall at Ivanhoe Uniting Church, 19 Seddon St, Ivanhoe (parking at rear)
Melway Ref: 31 F7
* Each weekly session meeting is approx. 2 hours and costs $15.