Welcome back to school for Term 3, I hope you all enjoyed a relaxing and refreshing holiday and are ready for another busy term to come.

You will have noticed that we have been busy during the break with new drains installed to the courtyard, the vegetable garden planter boxes constructed, and the new fence around Bruce’s native habitat garden almost finished.

The cleaners have also worked very hard, with rooms, carpets, lino and toilets sparkling clean.

Literacy & Numeracy activities are included in this newsletter with a Fancy Dress Day planned for August 1st. Start planning your costumes now!

Everyone is very excited about the School Concert at the end of term. Students in Grades 3-6 have already commenced rehearsal with Mr O’hara, Miss Turner and Mrs Mizis and some of our parents have started planning for costumes. Any parents who can assist with creating, collecting and organising costumes are encouraged to contact Natalie McLaren.

Work also begins this term for the Recumbent Bike experience in November. Fiona Themann and David Meyer will provide more information as available.
Assistant Principal’s Report
Sandra McOrist

Welcome back to everyone, there have been lots of things happen over the holidays throughout the school and the grounds. If you have been here this week you may have seen the two new drains adjacent to the P-2 equipment, they are fabulous as there is no longer huge puddles of water after it rains. We have also covered the grates with shade cloth to stop debris filling the drains.

Just a few reminders:

- Parents are not permitted to park in the staff car parks. We understand that it may be difficult to find a park but driving through the lane and going into Cashmere St will usually find you one.
- If you are going to be late collecting your child please ring the school and inform us, children can become distressed if you are not there in the afternoon.
- If you have any concerns regarding your child please see the classroom teacher first, either before or after school.

Office News
Office Hours, 8.30am – 4.00pm Monday to Friday

Cash Payments to the Office
All monies sent to school must be put in an envelope detailing the following:
- Child’s name and grade
- Reason for the money
- Amount

No loose money is to be put in the cash box. Please feel free to use the school envelopes. They are available near the cash box.

School Photos – Tuesday 20th August
School Photo envelopes went out earlier this week and need to be returned to the office by Friday, 16 August. Should you require any extra envelopes or a family photo envelope please collect these from the office.

Scholastic Book Club
Issue 5 order forms that were sent home recently are due back to the office by Wednesday 31st July by 9.00am. No late orders will be accepted.

Please note, that orders sent before this date will now be sent to Scholastic as received (except cash which will be processed on the final day). The office will now process orders a couple times a week (for credit and cheque payments only) so the earlier the order, the earlier the children will get their book.

OSHC News
Camp Australia manages the Before & After School Care program. All bookings, absences and payments need to be made through the Camp Australia website.

Do not leave messages on the school answering machine.

<table>
<thead>
<tr>
<th>Customer Service</th>
<th>8.00am - 6.00pm</th>
<th>Monday to Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Website</td>
<td><a href="http://www.campaustralia.com.au">www.campaustralia.com.au</a></td>
<td>1300 105 343</td>
</tr>
</tbody>
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**SPELLING RULES**

In many words, the vowels will trick you by saying any one of the various vowel sounds. Sometimes the letter “y” will say a vowel sound.

- **they**, **said**, **cyst**, **was**, **some**
- **eight**
- **breakfast**
- **knife**

**Sustainability News**

Next Friday July 26th is Schools Tree Day. Students will be planting trees, shrubs and ground covers to increase the native habitat around the school. Some parents are needed to assist with digging holes, assisting students and mulching. All plants will be native flora and we are seeking donations of suitable plants, as well as some tree guards and small stakes. Any parents who can assist are asked to contact Leonie Isaacs or Chloe Jungworth.

http://www.vinc.net.au/index.htm

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**Asthma tips for Parents and Carers this Winter**

Winter can be a hard time for people with asthma as could weather, coughs, colds and the flu can bring on more symptoms and attacks.

- The common cold is caused by a virus and it is important to try not to cough and sneeze near other people, and to wash hands properly to prevent passing on the infection. The flu is different to the common cold and can be a much more serious viral infection.
- People with asthma are recommended to have an annual influenza vaccination (the flu shot). Preventing the flu protects people with asthma, as those with asthma are often unwell for longer and have a much harder time recovering from the flu.
- Make sure your child’s asthma is well-controlled; this will help them to bounce back quicker from a cough or cold and will help prevent asthma attacks when they are unwell.
- Some medications and herbal remedies that we use for colds and flu can make asthma worse. Speak to your doctor or pharmacist about any concerns you may have.
- Antibiotics are not normally prescribed for the common cold, or influenza, as these medications will not help a cold get better. Effective medications may include paracetamol and decongestants; however seek advice from your doctor or pharmacist before purchasing them for your child.
- Suggested remedies for the flu and the common cold are: rest, staying hydrated by drinking plenty of water, staying away from cigarette smoke, using steam inhalation, gargling with salty water for a sore throat and seeking medical advice if concerned at any time.

For more information on the common cold, medications and references used in this article please see the Better Health Channel (State Government of Victoria) - [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and the NPS website - [www.nps.org.au](http://www.nps.org.au).
National Literacy and Numeracy Week (NLNW) represents a collaborative approach by all Governments and school communities to highlight the importance of literacy and numeracy skills for all children and young people.

The week aims to recognise locally the achievements of students and the work of teachers, parents and members of the community who support young people to develop stronger literacy and numeracy skills. During NLNW we will be getting involved in a range of literacy and numeracy activities including:

- All students will complete ‘Reach for the Stars’ activities in class
- All students will partake in ‘Read for Australia’ by reading the same story, at the same time as other students throughout Australia.
- Students will pair up with a buddy from another year level to read with
- Students will come dressed as their favorite book character and share their favorite book with their peers (Thursday 1st August)

THURSDAY 1ST AUGUST
COME DRESSED AS YOUR FAVOURITE BOOK CHARACTER!!

Students are invited to come to school dressed as their favorite book character and share their favorite book with their class. Students are encouraged to bring the book they are dressed up as so they can complete activities. Here are some ideas:
ST BRENDAN’S PARISH SACRAMENT PROGRAM 2013
FOR CATHOLIC CHILDREN WHO ATTEND GOVERNMENT
AND INDEPENDENT SCHOOLS

FIRST RECONCILIATION PROGRAM is for children in grade 3 upward. It is an eight weeks program beginning at 10.15a.m in St Brendan’s School on 8th September 2013 to 10th November 2013.

THE SACRAMENT OF RECONCILIATION WILL BE CELEBRATED
TUESDAY, 12 NOVEMBER 2013 AT 7P.M

If you wish to enrol your child in the program or if you require more information, please contact: Carol Harris, Pastoral Associate, at St Brendan’s Presbytery on 03 9376 7378 (Tuesday to Friday); or Mobile 0438 576 743 or by Email: carolharris@iprimus.com.au

Kinder Karate Classes

Here at Flemington Primary School Gym on Wednesdays at 11.00am. Specialised intensive 30 minute sessions designed at 4 year old level to help develop confidence, self esteem, self defence strategies and safe techniques.

Inherent in our philosophy is respect, control and discipline with a view to enhance a balance of a strong mind and a strong body.

We use modern coaching principles and we do not condone violence. We procure the very best from our students by encouraging them all the time with positive reinforcement. 2 free sessions for everyone and a FREE Karate uniform on joining for all new students. (a genuine $80 saving)

Come along and try and have fun at the same time!
Call Amelia on 0407320333 or visit www.artofdefence.com.au

Flemington Community Centre – New Program

Master the Art of Cooking on a Budget

Master the Art of Cooking on a Budget Tuesday 6.30pm – 8pm
Flemington Community Centre in partnership with The Flavour Exchange will host a series of three exciting, budget friendly cooking classes.

Good friends, good food, good times.

Session 1 (South east Asian): 8 and 12 August
Session 2 (Middle Eastern): 27 August and 3 September
Session 3 (Mexican): 10 and 17 September

Fee per Session:
Full Fee $40, Early bird $35, Commission $35

10 Week Program
4-12 Yr Old Boys & Girls
Supported by Football Federation Australia’s Small-Sided Games

1st Session, 20th July 2013

Visit www.kickingoals.com.au to complete online registration form prior to above date to reserve a spot in the program.
For more information contact Brain on 0414 930 425

Program Details:

Term 1: 29th July – 21st Sept 2013
Day: Saturday
Time: 9:00 – 10:30am
Venue: Pooraka Park, Northville Vale (Rod Rohin: 28C3)
Program: $160 (10 Weeks)
Gear: $100 (Inc. Uniform, Ball, Bag, Skin Pads, Water Bottle, Certificate)*
(Cash Only Payment accepted on Registration Day)

*Please note Gear is mandatory for participation. If you cannot purchase individual items can be purchased separately.

Get Involved in 2013...
Welcome all students to learn Chinese at Flemington Primary School

1. No Fees charge.
2. Gift: Everyone has three free color Text Books.

Time: Saturday afternoon 1:30 pm starts to 4:30 pm

Preparations: A pencil case, One exercise book

Tel: (03) 9666 6700
Mobile: 0403 088 653

New Concept Chinese

Auskick is Back

NAB/AFL Auskick Centre

Are you aged between the ages of 5 and 12? Do you want to learn football?

This year the NAB/AFL Auskick Centre is being held at Flemington Football Club. Register to find out more.

Come along to the Registration Day on Monday 16th of July 2013

Venue: Flemington Football Club, Flemington Flemington

Mobile: 0403 088 653

For more information call

Mike on 0403 088 653
Michelle on 0403 088 653
Trevor Wallwork, father of Noah and Sam is currently representing Australia in the Tour de France for amateur riders. What an experience! Here is his update for you.

So far, we have ridden through the Pyrenees and we are now in the Alps. I have climbed the high mountains, or "Col's" which feature in the Tour de France, including the Pyrenean climbs of the Hourquette d'Anzican, the Col d'Aspin, the Col du Tourmalet, and the Col du Solour - Col d'Ayisque.

After leaving the Pyrenees, we travelled to Cahors, and rode through the Lot Valley. We then left Cahors, and travelled to the Alps, where we have been based at Nyons for the past 3 nights.

On Bastille Day, the Tour de France stage raced up Mont Ventoux. This mountain is referred to as the "beast of Provence", the summit being over 1900m of elevation above sea level - which is only reached after climbing 22kms of steep road, in scorching heat. The climb commences in Forrest which was as hot as an oven. Once out of the Forrest, I was met with 6 kms of more climbing, through a barren moonscape (Napoleon had all trees removed from the summit to construct masts for his ships). Two past TdF riders lost their lives on this mountain. Climbing it is a fantastic privilege. One of our guides is a 71 year old former TdF rider named Colin Lewis. He rode on the same team as Tom Simpson, the famous English TdF rider, who died on Mont Ventoux.

We have had Matt deNeef and Wade Wallace with our group. They are very well known in Melbourne cycling & both publish the leading websites on cycling issues. Wade interviewed Colin Lewis at one of our dinners, & the interview is on his website - www.cyclingtips.com.au - it is absolutely magical!

Matt has also posted an update & photos on his website - http://theclimbingcyclist.com/climbing-the-tourmalet-hautacam-mont-ventoux-and-more/

Climbing Ventoux on Bastille Day, & riding through crowds of people was absolutely amazing. People had set up camp all along the mountain side. We had the obligatory "Priest", men in wigs, AFL footy jumpers, devil costumes, a man carrying a taxidermied pig - all adding to the insanity of the event. The next day, I did a second ride up Ventoux (why not...).

This has earnt me some significant "hard man" kudos amongst the group :).
The real privilege of the second ascent of Ventoux was when I came across Colin Lewis just before the memorial to Tom Simpson. We were joined by another rider (Ross from NZ) & all three of us dragged our weary, sweat covered bodies to the memorial. Ross & I got off our bikes and asked that people clear the memorial for a few minutes. I’m unsure if the constant stream of tourists really understood what we were saying, but it was a very touching moment to be a part of.

Of course the riding is magnificent, & the scenery is beyond comprehension (indeed, the climbs are often classified as Hors Category - beyond classification).

We have spent time with the race, and it is an amazing spectacle of organised chaos. It is a great privilege for the TdF to pass through a village, so they clean everything up, put out flowers and have a feast / celebration.

Tday we rode to a stage start of the TdF at Vaison La Romaine in Provence, & had great access to the Greenedge (Australian Team).

The trip is very busy. We have breakfast early, and are out on our bikes and away for most of the day. Once we return to the hotel, there is dinner and handwashing etc...

Tomorrow we head off to Grenoble and the famous 21 switchbacks of Alp d'Huez.

For the first time in the 100 editions of the TdF, the riders will be doing a double Alp d'Huez, and it is expected that 500,000 - 1 million people could be on the mountain.

That should be worth staying up late to watch on TV during a Melbourne winter!

I hope this little update has been enjoyable, it is very difficult to capture everything which I have done on this ride, in words (there’s also the issue of tiredness from 2 weeks in Paris, followed by a few hundred kms riding up steep mountains, but it's definitely worth it!)

Cheers
Trevor