



# Saint Mary's Catholic College

SOUTH BURNETT

## NEWSLETTER

Week 02 Term 04

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### *From the Principal*

How often today do we hear young people described as being 'wrapped in cotton-wool' to protect them from the world? Sadly, this all too common situation means that many young people lack the persistence necessary to keep going when things get tough and they give up at the very first hurdle. That is why teaching students to develop grit is important. The following extract comes from an article by Steve Francis MScM, BEd, DipT and discusses some useful tips for building resilience in young people.

**What is grit?** According to Angela Duckworth, Associate Professor of Psychology at University of Pennsylvania, "Grit is a disposition to pursue very long-term goals with passion and perseverance." The research on grit is compelling. Students with high levels of grit are more successful. However according to Duckworth, grit is as much a personality trait as it is a learned behaviour. For some students developing grit is easier than for others.

Teaching grit fits well with Dr Carol Dweck's concept of encouraging a *growth* mindset instead of a *fixed* mindset. According to Duckworth and Dweck real success does not necessarily correlate with intellectual ability. It requires hard work, determination, and self-control – so-called non-cognitive traits that enable students to reach their full potential. Real growth happens when students work at the edge of their competence. Students who are not challenged lose out on the sense of confidence that comes from mastering a challenge and they may come to believe that accomplishment should be effortless.

However, it is important to get the balance right between struggle and frustration. Overcoming barriers can quickly turn to frustration if the student doesn't have the prerequisite skills, the learning leap is too far or they don't make the connection between their prior learning and the new learning situation they are facing. It takes time, persistence and some experimenting to plan rich learning opportunities that challenge but don't frustrate students.

### **We can help students develop grit and a growth mindset by...**

**Praising the behaviour you want to see** – recognise when students are struggling and praise their persistence. Instead of praising intelligence and saying "You are so smart", praise the behaviour you want to see, "You tried really hard on that!" or "You didn't give up even when it was hard!"

**Not accepting "I don't know" as an answer.** Encourage young people to have a go and take a risk.

**Letting students know that learning involves struggle** - Too many students equate struggle with stupidity; they think that feeling confused or overwhelmed during a lesson means that it's too difficult. However, confusion and struggle are a natural and necessary part of true learning, and learning to accept struggle as part of the process can help students stick with lessons when the going gets tough.

**Encouraging self-awareness** – help students to become aware of their self-talk (that little voice inside our heads). The first step in replacing thought patterns or self-talk that are not helping us is to become aware of them. Self-awareness is an important component of emotional intelligence.

**Providing and promoting alternative language** to support students when they feel challenged. Instead of saying "It's too hard!" – try replacing it with "This is a tough one but I'm determined it won't beat me!" OR "This might take work but it's worth it!"

Instead of allowing young people to give up by saying "I'm not good at this" – encourage them to try adding "Yet!" to their statement so it becomes "I'm not good at this ... yet!"

God Bless



**Mrs Angela Myles**  
College Principal

## *Head of Primary News*

### Welcome

We welcome Tracy Robinson on board as the Year 5 teacher for the rest of Term 4. This will provide more stability in the Year 5 classroom as we head towards the end of 2016. We keep Mrs Katie Mangan in our prayers, for a full recovery back to good health.

### Swimming

Thank you to the parents who are sending in the forms to help out with the water familiarisation sessions in Week 5 and Week 6. Please complete the yellow form if you are intending to help out. This can be returned to the office. Also, please remember to circle which time you will be able to help at the pool. Thank you for supporting our students. Please remember the swim caps. Students are not permitted in the water without a swim cap (Brisbane Catholic Education BCE mandate).

The program is different this year as we move from swimming lessons to water familiarisation and water safety for students Prep to Year 6. With the hot weather fast approaching the covered pool of the Nanango aquatic centre will be much appreciated. This is also of great benefit if the weather changes and we have wet weather.

Swimming lessons have been a big part of Saint Mary's primary sport over the past 10 years or so. In the past, when our numbers were small, and the health and safety regulations were not as strict as they are today, teachers were taking their own classes for swimming lessons, getting in the water etc. More recently, we have had Mrs Jenny Lutz an experienced and qualified swim coach, employed at Saint Mary's as a school officer, prepare lessons and teach swimming to the children P-6.

However, Mrs Lutz is no longer able to provide the services of a swim coach over that extended period of time (all day, every day for ten days) to 250 students. Increased numbers, more mandated regulations of WHS and BCE have meant if swimming is taught, then the services of a qualified swim coach need to be employed. Swim coaches cost between \$35 and \$45 per hour. As you can imagine the costs sky rocket to pay a swim coach to teach swimming to 250 children all day, every day over eight to ten days.

Ultimately, though, we are directed by and begin with the school curriculum documents. It is not mandated that swimming strokes be taught to students Prep to Year 6. With more concepts having to be taught across the 9 key learning areas it is not required (or cost effective) to offer swimming lessons daily for 8 days or weekly for eight weeks.

If there is a specific swimming lesson as part of a specific PE unit, (relating more to secondary) the PE teacher, if a qualified swim coach, can direct that specific lesson.

There will be a **Parent Volunteer Session** with Mr Turnbull on **Wednesday, 19<sup>th</sup> October from 9am** in the College Boardroom. Parents need to have completed this session to be able to volunteer at the College.

### Prep to Year 6 Assemblies

Our P-6 assemblies are now in the bottom courtyard on Fridays. This now **starts at 2.25pm**. The final school bell goes at 2.55pm. Children will bring their bags down to assembly and leave from the courtyard.

Enjoy the final 8 weeks of this term and then like Mr. Finnegan we 'begin again' in 2017. It's a very busy term culminating in our Christmas Concert on the Thursday evening of the last week of school.

Take care

*Ms Pam Radcliffe*  
Head of Primary

## *Head of Secondary News*

### Presentation Night – Thursday, 27<sup>th</sup> October

The Annual Awards Night will be held on Thursday, 27<sup>th</sup> October in the Maryknoll Centre from 6pm to 9pm.

Awards for Prep to Year 6 will be presented first followed by Year 7 to Year 12 Academic and Sporting Awards. Major Awards will be given, followed by a light supper.

All students receiving an award will receive an email informing parents that they are required to attend.

The details of the awards are not given as it dilutes the sense of expectation surrounding either Academic, Sporting or Major Awards.

If you have any queries or cannot attend, please inform the College office on 4160 0900.

Kind regards  
Mr Sean Erwin  
Head of Secondary

## *APA News*

### Equestrian News

Jayde Novak has again performed very well at the Australian Interstate School Equestrian championships.

In addition to being the Vice-Captain of the Queensland Team, Jayde competed in Sydney in a variety of events, including Dressage and Hack Show Horse.

Riding her beautiful chestnut horse Ollie, Jayde came 6<sup>th</sup> in Australia in Show Horse, and 7<sup>th</sup> in Dressage, with the Queensland Team coming 3<sup>rd</sup> overall.

It was a great effort for Jayde and Ollie, who had to overcome the many difficulties associated with so many horses and riders confined to the competition area for a full week in Sydney.

Congratulations Jayde.

Kind regards  
Mr John Dalton  
APA



## *APRE News*

### Adore for 24

Dear Parents,

From Wednesday 19<sup>th</sup> to midday Thursday 20<sup>th</sup> of October the School will lead the students in Eucharistic adoration over a period of 24 hours. Each class will have half hour sessions which in which there will be scriptural meditations, reflection times and silent prayer. Adore 24 will take place at Saint Mary's Church on Albert Street and the students will walk down under the supervision of their class teacher.

Adoration is an ancient Catholic tradition that continues to this day. It is a time where the Blessed Sacrament (the host) that is consecrated at the Mass is exposed in a monstrance and placed on the altar. It is a chance to be still before our Lord. This links in with St Benedict's invitation to "listen with the ears of our heart" to the voice of our Lord. St John Paul II prayed for an increase in the devotion when he asked priests, religious and lay people "to continue and redouble their efforts to teach the younger generations" the meaning and value of Eucharistic adoration. Brisbane Catholic Education's RE curriculum document says: a true test of a school's authenticity or authentic identity and culture is to the extent which the Church is present at the school and the school is present at the church.

**How Adore for 24 at St Mary's will look:** each year level will walk to the church and back and fill in the following hours.

Wednesday, 19 <sup>th</sup>		Thursday, 20 <sup>th</sup>	
Period 1	Year 9	9.00am	Year 11
Period 2	Year 10	9.55am	Year 12
Morning Tea		Morning Tea	
Period 3	Year 5	11.15am	Year 4 and 4/5
Period 4	Year 7	11.45am	Year 3
Lunch		12.15pm	Year 2
Period 5	Year 8	Lunch	
Period 6	Year 6	1.15pm	Year 1
		1.45pm	Prep

The Eucharist will remain exposed throughout the afternoon and night; parishioners will fill in these hours. Students are also invited to come back after school if they wish to spend extra time in adoration. If they are interested in this they are to see me for a permission form. You are also invited to come and be a part of Adore for 24 and to fill in our after school hours.

Kind regards  
Mr Martin Perrett  
APRE

## *Library News*

### Book Fair

Due to unforeseen circumstances, the planned Book Fair for next week has been cancelled. We thank you for your support of the Fair earlier this year and hope to bring you another exciting fair next year.

### Returns Process

This term is perhaps the busiest one for the library! Retrieving all take-home readers, textbooks and library books becomes critically important as we get ready for end-of-year finalisation. All students will be given printed records of all their current loans and overdues in a systematic way this term. As usual, they will receive first, second and final reminders followed by a letter posted home and finally invoicing by the office failing return of overdues. **Please note that no refunds can be given once invoiced, even if the books are found.**

**Please note,** Years 9-11 students do not need to return their laptop at the end of the term (it appears on their list for their information only). Year 12 students will be notified of the end-of-year laptop processes by the IT technician.

For your information, here are the dates when everything is due back this term:

**Friday 6<sup>th</sup> November** – Prep-Yr 6, Yr 10-12

**Friday 13<sup>th</sup> November** – Yr 7-9

I have informed students that it is very important to:

- notify library staff immediately if their books are lost or damaged.
- ensure they are returning the exact textbook they were given at the beginning of the year by checking the details recorded in their diaries.

We thank you for any support you can give us with the return of resources.

Yours in reading  
Mrs Katie Mangan  
Teacher Librarian

## *Year 7 to Year 10 Teaching and Learning Leader News*

### Year 7 to Year 10 Assessment Calendars

Assessment calendars will be distributed to Year 7 to Year 10 students during homeroom this week. Calendars will also be uploaded onto MySite for student convenience.

These calendars can be used as a useful study tool and are essential for students to stay up-to-date with important deadlines and to manage their assessment progression throughout the term.

Please don't hesitate to contact your child's homeroom teacher if you have not received one or require additional copies.



Kind regards  
Mrs Angelique Arden  
Year 7 to Year 10 Teaching and Learning Leader

## Homework Club News

Homework Club will resume in week 2 of Term 4 (Thursday, 13<sup>th</sup> October 2016).

Kind regards  
Ms Sonia Robertson  
Year 7 to Year 9 Student Wellbeing Leader

## Music News

### Approaching Events

- Friday, 14<sup>th</sup> October, 1pm to 3pm – Senior Music and Orchestra workshop with composer, Rob Davidson (Topology) – Please note time change!
- Thursday, 20<sup>th</sup> October at 6pm - Music Tuition Program Evening (Maryknoll Centre)
- Friday, 21<sup>st</sup> October at 7pm - Topology/The Australian Voices/SMCC production: "The Singing Politician" (Maryknoll Centre)
- Tuesday, 25<sup>th</sup> October, 6.15am – "Singin' in the Rain" excursion (Year 10 and 11 Elective Music)
- Thursday, 27<sup>th</sup> October at 6pm - Annual Presentation Evening (Senior Vocal Ensemble, College Orchestra (not String Immersion, as previously stated))
- Thursday, 3<sup>rd</sup> November at 5:30pm - Annual Celebration of the Arts (Maryknoll Centre) (selected soloists, Senior Vocal Ensemble, Senior Primary Choir, College Orchestra, String Immersion, Year 10 Rock Band)
- Thursday, 26<sup>th</sup> January 2017 – South Burnett Regional Australia Day Awards Evening (Senior Primary Choir)

### Topology and The Australian Voices! – \*\*\*Only 1 week to Go! Get Your Tickets Now!\*\*\*

"The Singing Politician" is a fabulous professional QPAC-style show, full of political commentary communicated through amazing music. It is sure to be the basis for much discussion afterwards! Kingaroy concert-goers will have the rare chance to hear professional musicians from contemporary chamber group, Topology, as well as The Australian Voices (directed by Gordon Hamilton) - one of Australia's only professional choirs. The performance of "The Singing Politician" will be held in the Maryknoll Centre on Friday 21 October, 7pm. The visiting musicians will be workshopping student compositions this week as part of their "Top Up" program in preparation for the combined Topology/TAV/SMCC Show. This is such a coup for a regional school of our size. Don't miss out! You can book tickets at [topologymusic.com](http://topologymusic.com) or purchase them at the door on the night. Quote "CHOIR" to receive a \$10 discount on tickets.

### Year 10 Music

The Year 10 Music class is preparing two songs to entertain the crowd at the annual Celebration of the Arts on Thursday 3 November at the Maryknoll. The group has been learning how to collaborate on a sizable music project, and their contribution to the project has formed part of their assessment in Term 3. This project has demonstrated to the class that, in a band, everyone is valued and all members contribute to the collective success of the performance.

The poster is for a performance titled "THE SINGING POLITICIAN" by "TOPOLOGY & THE AUSTRALIAN VOICES". It features a photograph of a large choir and a band performing on stage. The text on the poster includes the date and time "FRI 21 OCT 7PM" at "ST MARY'S CATHOLIC COLLEGE HALL, 10 Kent St Kingaroy QLD 4610". It also lists ticket prices: "ALL TICKETS \$20 TILL 18 SEP ONLY!" with specific rates for Full (\$30), Concession/Student (\$27), Group of 2 (\$50), and Group of 4 (\$96). There are two quotes: "A fascinating and artistically absorbing musico-political event" from Limelight Magazine, and "It is simultaneously quite serious, quite moving and absolutely hilarious." from James Morrison. A small portrait of a man is also visible in the bottom right corner of the poster.

### Music Tuition Program Evening – Thursday 20 October

Thank you to all of the parents and carers who have sent in RSVPs to the Music Tuition Program Evening. If you are unsure if your son or daughter is involved in this event, please contact your child's Music Tutor for clarification. As I assemble the program for the evening, I am reminded of the depth of student talent within the College, and the dedication of our Music Tutors to their students.

We have so much to celebrate in our Music Programs! Please support us as we give your children the opportunity to show all they have achieved over the past year.

Yours in music  
Mrs Jane Iszlaub  
Music Coordinator

## *Tuckshop News*

### Friday Specials

Available both Morning Tea and Lunch

- 😊 Mini Spring Rolls (4) - \$3.50
- 😊 Pulled Pork and Gravy Rolls - \$3.50

Grainwaves are no longer available.

**Price Rise:** Frozen Jewels (grapes) are now \$1.00 effective immediately.

**Please note:** Due to supplier issues some stock will not be available for purchase. We will substitute where necessary.

Thank you for your understanding.

**\*\*\* There are no pies or sausage rolls sold on Fridays \*\*\***

### Volunteers

If you would like to volunteer in the tuckshop, you can do so by calling Monday, Wednesday and Friday to discuss how to volunteer.

Please ensure that you have the current 2016 Menu. If you have misplaced your menu, they are available from the College office.

### Donation of Goods

If you are able to donate any of the following items during the year, it would be greatly appreciated. Below are the main ingredients we use, however, any donations are more than welcome.

Self Raising Flour  
Desiccated Coconut  
Plain Flour  
Brown Sugar  
Caster Sugar  
Small Tinned Pineapple Slices  
Small Tinned Corn

These can be dropped into the tuckshop on Monday, Wednesday, Friday or to the College Office.

### Ordering and Payment

We now have two options for ordering: online and the paper bag system. For Prep to Year 5 students it is recommended that you use either of these systems.

**Online Ordering System QKR (Quicker):** Your child's online order will be sent to the tuckshop where it will be printed out. The orders are filled and placed in the class baskets. Their baskets are collected at morning tea and lunch. You are not required to send in a paper bag once you have ordered online.

**Paper Bag System:** Your child's order will be placed in the tuckshop baskets in their classroom in the mornings. The baskets are delivered to the tuckshop and orders are filled. Their baskets are collected at morning tea and lunch. Please do not use sticky tape or staples when using paper bags for ordering. It makes it difficult to get the bags undone without tearing. Plastic bags are not suitable for ordering as it is very difficult to place your child's order inside them. Bags can be purchased from the tuckshop for .05c each.

Year 6 to Year 12 students are more than welcome to use either system. If using the paper bag system, students place their bag orders at the tuckshop before school.

**Do you know....**

That you can now order online using QKR! QKR (Quicker) is an app that you can use on your phone, iPad or computer. If you would like assistance to use our online ordering system, call into the College office and see Briony Hoare or pop into the tuckshop and I will be able to assist you.

Have a great holiday!  
Mrs Michelle Davis  
Tuckshop Convenor



**AFA PRESENTS**  
**2016/17 SUMMER SEASON**  
**SOUTH BURNETT**  
**KINGAROY STATE HIGHSCHOOL**  
**FUTSAL - FIVE A SIDE INDOOR SOCCER**  
Nominations now **OPEN!**  
Competitions Start September  
3 years to adults, Male and Female of all skill levels welcome  
**GRAB 5 MATES AND START PLAYING TODAY!**

*Love this futsal* Team and Player Registrations Now Open  
E: [kingaroy@australianfutsal.com](mailto:kingaroy@australianfutsal.com)  
[www.qldfutsal.com](http://www.qldfutsal.com)  
ph: 0437 093 694 or 0413 300 648

**WHAT WE OFFER**

- Junior Competitions
- Senior Competitions
- Kindy Futsal Programs
- Gol Brasil Futsal School
- Representative Opportunities
- Referee & Coaching Courses
- Schools Tournaments
- International Tours

## *Dates to Remember*

### **Friday, 14<sup>th</sup> October**

ASTI Graduation Mass  
Kingaroy Blue Light Disco

### **Monday, 17<sup>th</sup> October**

*Pupil Free Day – No School*

### **Tuesday, 18<sup>th</sup> October**

P&F Meeting 7.00pm

### **Thursday, 20<sup>th</sup> October**

Domestic Violence Presentation Year 11 & 12  
Music Tuition Program Evening 6pm

### **Friday, 21<sup>st</sup> October**

Whip Cracking Demonstration

### **Monday, 24<sup>th</sup> October**

Prep A Excursion

### **Wednesday, 26<sup>th</sup> October**

Immunisation Clinic  
Board Meeting 5.30pm

### **Thursday, 27<sup>th</sup> October**

Annual Awards Ceremony 6pm

### **Monday, 31<sup>st</sup> October**

Prep B Excursion

### **Tuesday, 1<sup>st</sup> November**

Whole School Assembly

### **Thursday, 3<sup>rd</sup> November**

Prep 2017 Orientation Day 1 Group A  
Celebration of the Arts 5.30pm in Maryknoll Centre

### **Tuesday, 8<sup>th</sup> November**

Indigenous Graduation  
Community BBQ 5.30pm

### **Thursday, 10<sup>th</sup> November**

Prep 2017 Orientation Day 1 Group B

### **Tuesday, 15<sup>th</sup> November**

Family Mass  
Year 12 Valedictory Dinner 5pm Kingaroy Town Hall  
P&F Meeting 7pm

### **Thursday, 17<sup>th</sup> November**

Prep 2017 Orientation Day 2 Group A

### **Friday, 18<sup>th</sup> November**

Year 12 Last Day

### **Monday, 21<sup>st</sup> November**

Year 11 Work Experience All Week

### **Tuesday, 22<sup>nd</sup> November**

Year 7 Orientation Day  
Whole School Assembly

### **Wednesday, 23<sup>rd</sup> November**

Board Meeting 5.30pm

### **Thursday, 24<sup>th</sup> November**

2017 Prep Orientation Day 2 Group B

### **Friday, 25<sup>th</sup> November**

Year 10 and Year 11 Last Day  
Blue Light Disco

### **Monday, 28<sup>th</sup> November**

Rites of Passage 6pm

### **Wednesday, 30<sup>th</sup> November**

Carols Night 6pm

### **Thursday, 1<sup>st</sup> December**

Prep to Year 6 Swimming Carnival

### **Friday, 2<sup>nd</sup> December**

*Term 4 Completed. School finishes at 12.30pm*

**Tuesday, 24<sup>th</sup> January 2017**

*Term 1 Commences*



PRESENTS

## **SPRING STRINGS & WINDS**

## **RINGSFIELD HOUSE NANANGO**

**SUNDAY OCTOBER 16TH  
3.30PM**

An afternoon of fine music, wine & cheese featuring  
SBCO's String Ensemble and Wind Ensemble.  
Some chairs available or bring a  
folding chair or picnic blanket

**TICKETS AT THE DOOR: FAMILY \$25  
ADULT \$12  
CONCESSION \$10**

**WINE AND CHEESE PLATTERS AVAILABLE TO PURCHASE  
TEA & COFFEE, COLD DRINKS (NO BYO ALCOHOL)**

More info: E: [sbcorchestra@hotmail.com](mailto:sbcorchestra@hotmail.com)  
W: [www.sbco.com.au](http://www.sbco.com.au)  
F: [www.facebook.com/sbcorchestra](https://www.facebook.com/sbcorchestra)  
P: 0418 847067 Caz (AH preferred)







## STUDENT TRAVEL REBATES

Semester 2, 2016



### Bus Fare Assistance

- Does your child attend a school **outside the Brisbane City Council** boundary?
- Does your family spend more than **\$33/week\*** on fares to and from school (\* \$25/week if you hold a concession card)?
- Does your child travel on a **publicly available bus** not owned or associated with the school?

### Students With Disability

- Does your child have a **verified disability** that requires **transport assistance** to and from school?
- Has your school's learning support teacher assessed your child's **travel capability rating** as 'semi-independent' or more dependent?

Visit our website to see if you qualify for financial assistance to help with the cost of transport and  
**apply at [www.schooltransport.com.au](http://www.schooltransport.com.au) by 31 October 2016.**

**Late applications cannot be accepted.**

Come along to the  
**Murgon Aquatic Centre**

for Sign On!

**15th October 2016  
10am onwards**



## Murgon Orca's Swim Crew

Training with Coach Lori Hall at Murgon Aquatic Centre will commence soon. Training schedule will be available at Sign On!

**Club Nights every  
Tuesday 6pm at the  
Murgon Aquatic Centre**

For more  
information phone  
Lori 0407 670 612

MURGON AMATEUR SWIMMING CLUB INC.  
PO BOX 284  
MURGON, QLD 4605

EMAIL: [murgonswimming@gmail.com](mailto:murgonswimming@gmail.com)



MURGON ORCA'S SWIM CREW



**KID'S INSTRUCTION FLIGHT'S**  
*From Now Until The End Of Christmas*

*From Kingaroy Airport*  
**15 Minute Flight's For Just \$70**

**Call John From SEQFTA**

**Ph: 564.11822**

**[seqfta@gmail.com](mailto:seqfta@gmail.com)**