From the Principal

Dear Parents, Carers and Friends of Saint Mary’s,

Saint Mary’s has had some wonderful events and successes over the past week, including:

- Fraser Coast Equestrian Challenge: Congratulations to Gabe Crane (Yr 11) – Champion Rider (all ages) & Patrick Frohloff (Yr 5) - Champion Horse (all ages) and to our entire equestrian team on some fantastic results. Thanks to Mr Dalton and all of our equestrians’ parents for their support for our team.

- Secondary Athletics Carnival: Congratulations to our team who took out the percentage trophy. This is a huge result as it shows that Saint Mary’s students, although small in number, put in a huge effort. Thanks to Mr Medlen and Mrs Roberts who looked after our team at the carnival.

- P-6 Celebration of Learning Breakfast: Thanks to all of our P-6 students, staff and parents for this celebration of our students’ great work. It was wonderful to get to chat with so many parents and carers over breakfast. Thanks to Ms Radcliffe, our Leadership Team and teachers for organising and helping with this event.

- Digital Citizenship staff twilight and parent evening: This was an extremely informative evening for all involved. Unfortunately, only one parent came to this evening despite many parents and carers asking for an evening around students’ safe and ethical use of technology.

Just a few of the great insights shared by presenter Michael Cini were:

**Online shopping:** check that the website starts with https as the “s” indicates that it is a secure site.

**Digital footprint:** All of us need to be aware that we leave behind a digital footprint when we access the internet. This also occurs when others upload information, images etc about us even via things like using toll roads. This information will last for generations and possibly forever. We all need to be careful about what information is uploaded as it may be used by prospective employers and viewed by our children and grandchildren.

**Cyberbullying:** A 50 second clip that all parents/carers and students should see about not publishing anything online that you wouldn’t say to someone’s face: https://www.youtube.com/watch?v=bdQBurXQOeQ

**Posture:** the importance of correct posture and using 90° angles (e.g. between back and legs / at knees) to limit damage to the back and other joints from long term laptop use.

**Limiting screen time:** (computer, iPad & TV) for children: The American Academy of Paediatrics discourages any media use by children younger than age 2 and recommends limiting older children’s screen time to no more than one or two hours a day. Too much screen time has been linked to:

**Obesity.** The more TV your child watches, the greater his or her risk is of becoming overweight. Having a TV in a child’s bedroom also increases this risk. Children can also develop an appetite for junk food promoted in TV ads, as well as overeat while watching TV.

**Irregular sleep.** The more TV children watch, the more likely they are to have trouble falling asleep or to have an irregular sleep schedule. Sleep loss, in turn, can lead to fatigue and increased snacking.

**Behavioural problems.** Primary students who spend more than two hours a day watching TV or using a computer are more likely to have emotional, social and attention problems. Exposure to video games is also linked with an increased risk of attention problems in children. Watching excessive amounts of TV at age 4 is linked with bullying at ages 6 through 11.

**Impaired academic performance.** Elementary students who have TVs in their bedrooms tend to perform worse on tests than do those who don’t have TVs in their bedrooms.

**Violence.** Too much exposure to violence through media — especially on TV — can desensitise children to violence. As a result, children might learn to accept violent behaviour as a normal way to solve problems.

**Less time for play.** Excessive screen time leaves less time for active, creative play.

Dates to Remember

**Friday 6th September**
- Yr 4/5 Excursion— Jondaryn Woolshed
- Blue Light Disco 6-8.30pm— Kingaroy Town Hall

**Sunday 8th September**
- WB Secondary All Schools’ Touch Carnival (Murgon SHS)

**Tuesday 10th September**
- Whole of School Assembly - 8.45am

**Wednesday 11th September**
- SET Planning Meeting with parents—3.15pm

**Friday 13th September**
- Yr 12 Movie Night 3.30—5.00pm

**Sunday 15th—Tuesday 17th September**
- WB Boys Cricket Trials (Bundaberg)

**Saturday 14th-Monday 16th September**
- WB Girls Cricket Trials (Bundaberg)

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awarded the highest possible honours at the recent Fraser Coast Equestrian Challenge. Gabe was awarded the Champion Rider of the Competition, and Patrick Frohloff was awarded for the Champion horse.

Both Gabe and Patrick were Age Champions in a competition that drew 240 riders from the Fraser Coast, North and South Burnett, and the Sunshine Coast to Caboolture. For Gabe, it was the sixth year in succession that he has attained the honour. This year, he won 9 of the 12 events he contested, including campdrafting, sporting events, hacking and dressage.

Gabe will this week be competing in the National Camprafting Final at Kilkiivan after successfully qualifying in events throughout the year.

Patrick has earlier this year been awarded Queensland Champion for Dressage.

The Saint Mary’s team of ten riders competed in events, hacking and dressage.

Other results for Saint Mary’s riders included:
- Cherie Baldacchino: 1st in Campdrafting and 5th in Dressage;
- Naomi Baldacchino: 3rd in Campdrafting, and 5th in Dressage and Ridden Hack
- Jade Novak: 2nd in Led Hack, 3rd in Jumping, Stockman’s Challenge, Rider Class, and Ridden Hack,
- Shara Burger: 1st in Led Hack, 3rd in Ridden Hack, and 4th in the Stockman’s Challenge
- Bonnie Winch: 2nd in the Led Hack, and 3rd in jumping
- Monice Hurlbutt: 3rd in the Ridden Hack, and 5th in Led Hack

Library Corner

Premiers Reading Challenge
This P-6 challenge ends this Friday. Please encourage your children to complete their record sheets and hand in to their class teachers asap.

Unfortunately, any entries after this date cannot be processed as data has to be entered on a strict timeline.

Book Week Competition
It was not an easy job for the judge to choose winners of our Book Week ‘Draw your favourite character’ competition. There were many wonderful entries from a variety of year levels. Students have been presented with prizes on assembly.

ASD – AUTISTIC SPECTRUM DISORDER WORKSHOPS.
A Positive Partnerships workshop for parents and carers of school age students with an ASD, is scheduled for Kingaroy on Wednesday 23 & Thursday 24 October 2013. Details of the venue will be forwarded when available. For more information please contact Pam Radcliffe or Jenny Lutz here at Saint Mary’s Catholic College – 4162 2011.

SACRAMENTAL PROGRAM.
There will be a Parent information session in the Media Room of the library of Saint Mary’s Catholic College. This first session is a session about the sacraments, specifically Reconciliation and the expectations of parents when supporting their child entering this initiation process. (for children 7 years & older).

The candidate does not need to attend at this stage. There will be one repeated session.

Monday 16th September at 1.30 in the Media Room and repeated that night at 6.30pm in the Media Room of Saint Mary’s Catholic College.

Please bring $15 and a photo of your child.

This is for the workbook and certificate and the photo for the pin board in the church.

The Sign On Mass will be Saturday 21st September 6.30 Mass or Sunday 22nd September at 10.00 Mass. This is when the Parents and their child commit to the Sacrament of Reconciliation and the 8 week preparation course.

There will be an activity afternoon Saturday 9th November 2.00pm to 4.00pm in the Saint Mary’s Parish Hall. The celebration of the Sacrament of Reconciliation will be Saturday 16th November at 4.00pm in Saint Mary’s Church. This is followed by the Parish Mass at 6.00pm should the candidates and family wish to attend.

Please contact Pam Radcliffe 4162 2011 for more information. Confirmation and Eucharist will be in June 2014 with preparation to begin in February/March 2014.

Ms Pam Radcliffe
Curriculum Support Teacher
Prep to Year 6

I WILL NOT BE ABLE TO DO MATHS TUTORING THIS THURSDAY (5 SEPT)
Best regards,
Miss Kaitlyn Tucker

Library Corner

This is for the workbook and certificate for the pin board in the church.

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Load image into Gallery viewer, Library Corner

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P-3 Winner – Austin Kelly
Highly Commended – Flynn O'Connor, Adi Howard, Sienna Reid
Yr 4-6 Winner – Jade Jacob
Highly Commended – Fletcher Brown, Lachlan Watson, Isla Airs
Yr 7-10 Winner - Richelle Bethke
Highly Commended - Bianca van der Merwe

Lexile Awards
Congratulations to the following students who have received Lexile awards!

Blue award (5 books) – Julian Seng
Bronze award (10 books) – Rosie Clancy
Silver award (25 books) – Matt Trehbin
Congratulations to Flynn O'Connor and Samuel Erwin for graduating from the Take-Home reader program. They are now Lexilers!

Curriculum Corner
7-10

Character Strengths

Weekly STUDY Strategies

- Maximise strengths of character – use your special talents with effort to build even stronger abilities.
- Try applying yourself to think through a puzzling situation or designing a new study timetable.

"Thinking is the hardest work there is, which is probably why so few engage in it" Henry Ford

Mrs Melanie Burr
 Librarian/Middle-School Coordinator

Sports News

SPORTS REPORT-SEPTEMBER
The college has had some good results lately.

- Nick Schmidhauser won his 800m at the Wide Bay Primary Athletics Trials, and now heads to the State Titles. Good luck, Nick.
- Two other Primary students-Llyeton Brown and Emily Haak were successful in making the South Burnett Primary Cricket teams. Well done.
- Last Friday, our Secondary Athletes won the percentage shield at the South Burnett titles. We nominated 53 but only 26 attended. Of these, 10 look like being selected to go to the Wide Bay titles.

Some highlighted results include-
Matt Harch - 2 Seconds
Clare Adcock - 3 Firsts, including 3 records
Chris McCarthy - a First and a Third
Carissa Jensen - a First
Kiara Wright - a Second and 2 Thirds
Rahab Murray - a Second and a Third
Pacey Clegg - a Third
Jackson Kelly - a Third

Erin Newman - a Third
Matt Patrioni - a Second

Next weekend four of our teams are off to the Wide Bay All Schools touch titles in Murgon. It's on Sunday if you want to come and support. Mrs Johnston, Mr Perrett, Mr Cook and I will be taking the students.

We have nominated teams in four divisions this year:
Primary Boys, Primary Girls, Year 8 Mixed and Open Girls. This is a great opportunity for your child to increase their skills and knowledge of the game of touch and play at a higher level. Thanks to the Open Boys who have been training for the last few weeks but are now unable to play due to other commitments. We did not nominate an Open Boys team this year as we did not have enough players.

On the 15th September there is a 10–a-side League day at Taabinga SS. We look like having four teams but will confirm this week. On the same day Mr Perrett is looking at taking a group of students to Toowoomba to watch the Lions soccer team play. Stay tuned.

Mr Allan Medlen
Sports Coordinator

PHOTOGRAPHY FINALISTS
Several students entered the Australian Catholic University's Annual High School Photography Competition called The Pixel Prize. We are delighted to announce that some of our students were selected as finalists. Only 100 photos are chosen for the final exhibition.

Jerusha Schofield, Lilly Heinrich, Jorja Smith, Tatyana Hinchliff, Shania Stewart and Tehaleh Brydon have all had photos selected. Opening night is Friday 4th October at the Brisbane campus of ACU at 6:30. Winners will be announced on the night.

Congratulations for making the final of this international competition!

Mrs Bronwyn Langford Martoo
Art Teacher

From the Guidance Counsellor

Overload of screen time ‘causes depression in children’
British children who spend most time in front of televisions and computer screens have lower self-esteem and greater emotional problems, according to a study published today by Public Health England.

The report found that excessive “screen time” – more than four hours a day – was linked to anxiety and depression and was responsible for limiting a child’s opportunity for social interaction and physical activity.

“The greater the time spent in front of the screen, the greater the negative impact on both behavioural and emotional issues relating to the child’s development,” said Professor Kevin Fenton, director of health and wellbeing at PHE. Professor Fenton said that too much screen time limited a child’s opportunities for physical activity and face-to-face social interaction with friends and family, which are key factors in reducing childhood anxiety.

http://www.generationnext.com.au

Mr Graham Turnbull
Counsellor

Tuckshop News

Friday’s extra choice menu
Morning Tea & Lunch:
Cheese Pizza—$2.00
Lunch Only
Nachos—$5.00

PADDLE POPS ARE NOW $1.50

The new tuckshop menu was sent out recently. It is blue in colour and has the date Monday 19th August on the top right hand corner. If you did not receive one these menus are available from the College office.

Mrs Michelle Davis
Tuckshop Convenor

P & F News

Thank you to all the parents who participated in our Family Portrait Fundraiser over the weekend. It was a great weekend for photos.

We have now started selling tickets to our Spring Time Race Day Marquee at the Wondai Caulfield Cup Race Day on 19 October 2013.

Tickets are $65 per person or $700 for a table of 12. This includes entry to the races, 2 course bottomless buffet catered by OMG Catering and entry to Fashions of the Marquee (great prizes available). There will also be an auction and running of the SMCC Hobby Horse Handicap with prize money on offer. Courtesy buses will be running from Kingaroy (Carrolle Hotel), Nanango & Murgon. Be quick! Tickets are limited! For bookings and further information, call Nichole on 0409 060 266 or email leenic36@bigpond.com.au

Kind Regards
Damien Martoo
P & F President

OLD CATHOLIC EDUCATION COMMISSION

TOWARDS THE FEDERAL ELECTION 2013

*It is intended that information including the responses to NCEC questions provided by the ALP and Coalition will be available for publication.

For further information please visit
www.qcec.catholic.edu.au

Thank you for your support of this important process. Please contact your Diocesan Office if you require further information or assistance.
Hillbilly Haul
7th and 8th September 2013
Bloomins Beautiful Blackbutt Festival

Saturday 7th September – ride from Blackbutt to Yarraman and return 40km
8.00am registration for 9.00am start at Rail Trail Head
Entry fee $20.00

Sunday 8th September – Blackbutt to Lyrville and return (Main Ride) 50km
7.00am registration for 8.00am start at Rail Trail Head
Entry fee $40.00 for complete ride or $20.00 with $5.00 bus ride back from Lyrville

1st Prize:
First Prize for Sunday ride from Blackbutt to Lyrville and back
Accommodation for 2 people for 2 nights
At Crane Wines Kingaroy
Including continental breakfast, a bottle of wine, gourmet cheese platter and a barbecue pack
Package Value $350.00

... and Lucky Draw Prizes to be won...
Lucky Draw prizes for all bike ride participants (Saturday and Sunday ride)
Prize 1: Yarraman Caravan Park accommodation package for 2 people for 2 nights
Prize 2: A carton of local wine

For more information contact michael.eade@poyc.org.au or call 07 4168 1880 or visit us on the internet for registration details

https://www.facebook.com/pages/South-Enterpryse-PYC/204532727962551
or
http://poyc.org.au/Events/South-Enterpryse

ST JOSEPH’S PARISH FETE
Friday, 6 September 2013

5.30p.m till late

Bots: 85p each
Entry: 85p children $5.00 adults

Raffles: 85p Children: $5.00 Adults:

For more information contact michael.eade@poyc.org.au or call 07 4168 1880 or visit us on the internet for registration details

http://poyc.org.au/Events/South-Enterpryse

All things MUSIC

KINGAROY BLUE LIGHT

Blue Light Disco
Crazy Hair Theme
6th September 2013

Discos

KINGAROY TOWN HALL FRIDAY 6TH SEPTEMBER

Supported by

Funky Fairy Floss
Providing Fairy Floss, Popcorn & Balloons - for Fetes, Markets, Birthdays & Special Occasions

Riona & Graeme
Owner/Operator
Mobile: 0411 399 159
56 Fisher St, Kingaroy 4610

Facebook: Funky Fairy Floss