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

A Life of Service. Our prayer journey this week invites us to walk with Jesus in service. Jesus showed us through his life that it is possible to both serve and to lead. Whether it is in the classroom, our staff room, the office or our home, we are called by Jesus to serve to others. Catherine McAuley, founder of the Sisters of Mercy, understood well the union of service and leadership. Catherine and her sisters were known for their hospitality; the simple cup of tea became a symbol of welcome and service. Through this simple gesture of welcome, even today, the sisters are able to gently convey a recognition of their calling to service.

I invite you to think about the symbolism of your coffee cup, teacup or glass as a sign of your willingness to put hospitality before business, others before self and to listen for Jesus’ call to service, as we journey this week in his footsteps.

World Teachers’ Day was celebrated last Friday at the College with morning tea and messages of appreciation from staff and parents. Thank you to the parents who acknowledged the great work and dedication our teachers do each and every day. Without the dedicated staff we have our College would not be the lovely place it is. When was the last time you said thank you to your child’s teacher?

The Wondai Races were held recently and I wish to thank the P and F for a wonderful day of fun, fellowship and community building. Approximately 90 people attended, including 20 from Guardian Angels, Wynnum. Check out South Burnett online for some excellent photos of the Wondai Cup and guests who attended. It is hoped the P and F can do something similar next year.

Parent Drop Off in the morning. Please feel free to take your child to their classroom if you need to but please allow the teacher to conduct their day by leaving after saying a quick goodbye. Hanging around outside the classroom after drop off makes it difficult for the teacher to begin the day and upsets class routine. I thank you for your cooperation in this matter.

Yesterday we had the SWPBS Phase 2 Launch. Special guests included Uncle Eric Law, Father Michael Carroll, Lesley Lavercombe and Melissa Graham from BCE. The SWPBS committee is in its second year of existence and includes Ms Radcliffe, Mr Turnbull, Mr Richard, Mrs Foody-Versace, Mrs Mathews, Mr Toms, Mrs Mazzer and Mrs O’Rane and me. When you enter the Benedictine Square you will see the new metal chequer plate lettering with the 5 B's proudly displayed. Father Caroll blessed the lettering after Uncle Eric welcomed everyone present on behalf of the Wakka Wakka people upon whose land we stand.

I wish to thank Ms Radcliffe and the whole SWPBS committee for their wonderful work during the past two years. We have had some very valuable and fruitful discussions over the past two years and the Benedictine values of our College are now firmly entrenched.

God bless and have a lovely week.

Sean Erwin
Acting Principal
From the Deputy

Parking for Presentation Evening
If you are coming to presentation evening tomorrow night, parking is available on Kent, Fitzroy, Power and Carinya Streets, in our big car park on Carinya Street and our lower car park on Power Street which will be lit up. Please do enter the top College car park.

Aim at arriving at 5.45pm.

We are looking forward to the great celebration!

Mr Marty Perrett
Acting Deputy Principals

APRE News

Saint Mary’s Presentation Evening is Thursday 31st October.

Members of the school’s Sacred Space Committee would appreciate help to decorate the hall during the day ready for the evening’s celebrations.

Could you please deliver any plants and flowers before school on Thursday morning, to the outside of the Mary Knoll Centre. If anyone wants to stay and help arrange them it would be most appreciated.

If you have flowers in your garden just bring them in an old bucket and we can then arrange them into vases. Thank you for your help with this.

Mrs Bron Langford Martoo
Year 12 homeroom teacher

Saint Mary’s Presentation Evening

Please note that the following events will be held on Thursday 31 October:

- Mass for All Saints Day at 9.00am
- Saint Mary’s Presentation Evening at 6.30pm
- Saint Mary’s Church, 12 Power Street

Lannah Sowden, Julian Seng

Rapid Readers

Congratulations to the following students who have received Lexile awards:

- Red award (5 books) – Savannah Reed
- Bronze award (10 books) – Tiffany Kerkow, Lannah Sowden, Julian Seng

Curriculum Corner

Year 7/8 Orientation Day

Tuesday, 3rd December

An orientation day event for Year 8s in 2014 has been planned for Tuesday, 3rd December. This will include new Year 8s to the college in 2014 as well as our present Year 7s. The day will provide opportunities for students to socialise and meet some of their new teachers. Students will participate in activities for the day including sport, Science, Workshop, Art and Drama in various specialist rooms.

Detailed information via a letter will be sent home soon including a program for the day. New Year 7s in 2014 will also be invited to spend the day with the current Year 6 class so that they can familiarise themselves with the school and their cohort.

Music News

On the 7th of November at 6:30pm, the school is hosting an ‘Instrumental Music’ evening to showcase the talents of our private instrumental students who have been working hard throughout the year. All members of the community are welcome to attend - musically inclined or not!

Mr Michael Scanlan
P-12 Music Teacher

Weekly STUDY strategies

On exam day, to be the very best you can be, don’t forget your M.A.R.B.L.E.S! Concentrating on the letters in the word marbles will help you maintain your focus:

- Make sure EYES are on the problem
- Avoid distractions
- Read the question twice
- Break the problem down
- Look for keywords
- Use the scratch paper
- Write the answer
- Check your work
- Leave time to review

On exam day, to be the very best you can be, don’t forget your M.A.R.B.L.E.S! Concentrating on the letters in the word marbles will help you maintain your focus:
M - Metacognition (don’t let your mind wander)
A – Attitude (have a ‘you can do it’ attitude)
R – Respect (have respect for yourself as a student and value your teacher’s teaching)
BL – Body Language (be confident and focused but not arrogant and aggressive)
E – Effort (when things get tough, increase your efforts)
S – Sync (when exam/test day arrives, all the pieces of the jigsaw need to fit together perfectly—you need to flow in what you do)

Assessment Calendars
If your child has not brought home an assessment calendar, please contact their homeroom teacher.

Mrs Melanie Burr
Librarian/Middle-School Coordinator

College Office News
Additional Travel Assistance
Conveyance Allowance
In some areas it is necessary for parents to make private arrangements for getting their children to and from school or to and from a transport service. In these cases a conveyance allowance may be paid to assist with the cost or travel. Parents must apply for conveyance allowance during the current year of travel. Retrospective claims for travel in previous years cannot be approved. Additional assistance may be available to parents of non-state school students living outside the greater Brisbane area. Additional assistance may also be available for parents of students who live in drought-affected, or in isolated areas.

Some families attending Saint Mary’s may be eligible for:
Class D Conveyance Allowance
Payable for students living outside the greater Brisbane area and attending non-state schools, if the students are:
• Conveyed by private motor vehicle to school, or
• Conveyed by private motor vehicle more than 3.2 kilometres to the nearest point from which another form of transport is available which can transport the student to school.

For primary school students (Years Prep-7), the distance to the nearest school of the type attended must be more than 3.2 kilometres. For secondary school students (Years 8-12), this distance must exceed 4.8 kilometres.

The class D allowance is not available for a student for whom class A or class C is payable, or for a student who lives within 1.6 kilometres of the route of a kilometre-based school bus service on which a student is eligible to travel at no cost to a school of the type attended. This allowance is paid on a per vehicle basis. Current rate is $10.25/week or Class I.

Families who reside more than 16 kilometres from the nearest State School and nearest approved bus service which can transport the student to a State School and reside more than 50km from the Kingaroy Post Office may instead of Class D Allowance be eligible for Class I (Isolated Area Fares), the reimbursement for which is a sliding scale.

If you think you may be eligible to claim on the these allowances please ask at the office for the forms.

Ms Kym Schultz
Acting Business Manager

From the Guidance Counsellor
Mental illness and substance abuse top global causes of disability: ABC News. By medical reporter Sophie Scott
Mental health problems and substance abuse cause the most disability and poor health across the world, according to a report published in The Lancet.
A team of researchers looked at the premature mortality and the years lived with a disability for more than 200 diseases in 187 countries.
Professor Harvey Whiteford, from the University of Queensland, says the report shows mental health and substance use disorders were the leading cause of disability across the globe.
Depression accounted for more than 40 per cent of disability.
Researchers also looked at illicit drug use and found opioids caused the most illness, followed by amphetamines. Drug dependence was highest in men aged 20 to 29.
Women and girls were more likely to be affected by mental health disorders while men and boys were more likely to have drug and alcohol abuse issues.
They found the largest proportion of mental health and substance use disorders were in people aged 10-29.
Researchers found that between 1990 and 2010, more Australians sought treatment for conditions such as depression and anxiety.
The amount of funding we spend on services in Australia is nowhere near commensurate with the size of the burden
Professor Harvey Whiteford
Teenagers and young adults were the most likely to be affected, and more men in particular reported problems with alcohol and illicit drugs.
Disability and illness from opioid dependence increased by almost 75 per cent over the two decades.
Researchers say nearly a quarter of the health-related disability in Australia comes from mental health disorders and substance abuse, a fact they say is significantly under recognised.
"So the amount of funding we spend on services in Australia is nowhere near commensurate with the size of the burden," Professor Whiteford said.

Bronwyn Collins says her teenage years were filled with depression and anxiety from the age of 14.
"Given I grew up in a country town, I was worried about the stigma and sharing what was going on with me with friends and family," she said.
But she has been able to turn her struggle into something positive, with a career in mental health.
"I feel that having a personal experience I can take my negative experience and turn it in something positive for someone else," she said.
And while some services may be scarce, Ms Collins says it is worth persevering to find help.
"It is possible if I can find my silver lining, then so can everybody else," she said.

Tuckshop News
Friday’s extra choice menu

Morning Tea & Lunch:
• Hot Dogs
• Hawaiian Pizza

Mrs Michelle Davis
Tuckshop Convenor

School Board News
"Dear Students, Staff, Parents and Friends,

As promised in last term’s newsletter, Saint Mary’s Catholic College Board has sent out a survey to staff, parents and carers via email requesting your input and ideas into the school’s future focus. This survey is open for two weeks until the 1st November 2013. Please collect your thoughts, ideas and solutions, and participate in our survey. Your input is greatly appreciated.

Hard copies of this survey are available at the office, if this is your preferred reply option.

The Board is seeking a fresh start, involving the local community in the ‘big picture’ of school planning to assist in setting the direction for the school. We are particularly concerned with nurturing the dignity and self worth of people, building life giving relationships and the holistic educational welfare of the students.

School Boards in the Catholic education system do not follow a business management model. Saint Mary’s College Board is advisory in its nature and is not an authority above the principal, staff or the P&F. It is not a complaints body, but rather a ‘membership’, sharing perspective, wisdom and experience.

The Board is looking to renew its vision statement and a variety of school policies. Consultation with our school community is critical to our success. We hope you will participate in this survey, which closes on the 1st November.

Thanking you in anticipation,
Lee Moller (Board Chair) and the Board Team."
Celebration of Arts Night

6 WEEK SMASHER!!

EVERY Wednesday
6 – 6:45am

STARTING ON WEDNESDAY 6th NOVEMBER!!

$10 / session
$50 for 6 weeks

Pioneer Park Nanango
Feast nourished for work... Smash a Workout Early in the Morning!!

Christian Sutton 0408 768 105 / GRIFFEPT@vivaunw.com

U.F.C - H.I.T

1hr + Boys & Girls - Activities vary depending on age

High Intensity Interval Training

Boxing Gloves Available!!
All you need to wear and come!!

Limited spots!! Call or SMS to secure yours TODAY!

TUESDAY & THURSDAY MORNINGS 7am - 7:45am
Starting Tuesday the 5th November!

ONLY $5/SESSION

No tolerance to fighting outside this session

CONTACT
Christian Sutton 0408 768 395

In conjunction with OAKOO CLARKS NABBARO