From the Principal

In recent weeks, I have heard several teachers express their concerns about young people spending excessive amounts of time online and also playing violent video games. Much has been written about the impact of excessive screen time and violent video games on young people. Some studies have found that the more children play video games, the less likely they are to do well in school. A Yale University study has found that while not all games are evil, boys who play violent video games are more likely to engage in serious, real-world types of aggression (www.heraldsun.com.au/news). Renowned author, Dr Leonard Sax, also argued violent video games were more damaging than watching equally violent TV. The justification for this is that watching television has someone else perpetrating the violence, whereas in video games the violence is inflicted by the player (www.heraldsun.com.au/news).

As parents, there are a few simple things that you can do to reduce the negative impacts in this area:

- Before buying the game, go to a store and play the game yourself.
- Check if games involve some of the characters trying to harm others. If they do, how frequently does this happen e.g. more than twice every 30 minutes? Is the harm rewarded in any way? Is the harm portrayed as humorous and are realistic consequences of the game absent?
- If you answer yes to any of these questions, and your children are still young, perhaps you should consider buying a different game.
- Limit the amount of screen time the young people in your household have each day. Screen time refers to the amount of time spent watching TV & DVDs, playing computer games and using computers for other purposes. It also refers to telephones for texting and social networking.
- Australia’s Physical Activity Recommendations recommend that 5-18 year olds accumulate no more than 2 hours of screen time a day for entertainment (excluding educational purposes). Guidelines for children under five recommend children younger than 2 years do not spend any time viewing TV or other electronic media and for children 2-5 years less than 1 hour per day (www.sahealth.sa.gov.au).
- Keep devices out of children’s bedrooms.

Technology has brought significant benefits into all our lives and it can certainly enhance educational outcomes for young people. We must always remember however, that it is our role as parents and teachers, to help our children learn how to achieve a healthy balance in their lives.

Staffroom for Improvement

QT Mutual Bank is giving every Queensland school an opportunity to win a $20,000 staffroom makeover.

Voting for your school is fun, quick and easy. The more you play and the more players you get to join, the greater our chances to win!

Visit staffroomforimprovement.com.au now to register your interest.

God Bless

Mrs Angela Myles
College Principal
### Head of Secondary News

Important dates for Year 12 students:

- **8th August** – Release of provisional statements: Check your personal and enrolment details. Tell your school if any information is missing or incorrect.
- **30-31st August** – QCS Test.
- **16th September** – Last day to submit evidence of learning from workplace, community or self-directed learning projects for QCE credit.
- **16th September** – Last day to submit applications for QCE credit transfer for interstate and international courses of study.
- **28th October** – Release of provisional statements: Check your personal and enrolment details. Tell your school if any information is missing or incorrect.
- **18th November** – Final day for Year 12 students: You must stay at school up to this day to be eligible to receive a QCE and OP.
- **23rd November** – Schools publish subject achievement indicators (SAIs): Check you’ve been placed in the correct position compared with your classmates – if you see an error, talk to your school immediately.
- **16th December** – QCAA posts QCEs, Senior Statements, Statements of Results, QCIA and Tertiary Entrance Statements to Year 12 students.
- **17th December** – QCAA publishes Year 12 results and OPs in student learning accounts on the Student Connect Website.

God bless  
Mr Sean Enwin  
Head of Secondary

### APRE News

**Relationships and Sexuality Education (RSE)**  
In 2013 Brisbane Catholic Education (BCE) initiated the Relationships Sexuality Project (RSE). It involved several phases, the first being an audit into the current status around RSE in schools and colleges of the archdiocese.

It is important to note that relationships and sexuality education is primarily the responsibility of parents.

Our College has nominated to be part of a pilot program to implement RSE through the subject Health and Physical Education (HPE) which is in line with the national educational context.

Fortunately, BCE has invested a lot of time and money in supporting the HPE curriculum with a Catholic Perspective on RSE. Please read the letter found at the link below to get a picture of how, why and what the College will be involved in.

It is imperative that students at a Catholic School are informed on the Christian Catholic perspective on many issues so the students can enter into discussions or make decisions with an angle or starting point that promotes the dignity of the human person. What our teachers cover in HPE might not change a lot, as there has always been curriculum around the human body. However, teachers now have at their fingertips, suggestions and support from Brisbane Catholic Education that not only promotes the dignity of the human person, but also ensures the content and message is consistent across Brisbane Catholic schools. For more information please got to [Key Messages for Parents](#).

If you have any queries or concerns please contact me at the College.

Kind regards  
Mr Martin Perrett  
APRE

### Office News

There is a large number of unnamed school jumpers, tracksuit jackets and pants in lost property. Please come to student services to collect your lost property.

Kind Regards  
Mrs Michelle Binding  
Student Services
**Sport News**

Congratulations to those students who attended the Wide Bay All Schools Touch on Sunday, 28th August. We had two sides compete; an Under 13s mixed and an under 15s mixed. Both teams represented the College admirably and participated in a competition that had schools from Noosa, Bundaberg, Gympie and others closer to home. The Under 15s side hit their prime in their game against Gympie State High School when they became more confident in the team mechanics but unfortunately went down 3-2. The Under 13s similar to the 15s, took time to warm up but after bringing home a win against James Nash State High School they secured a spot in the semi-finals against Kingaroy State High School. The semi-final was a nail biting drop off (meaning it went into extra time) and unfortunately Kingaroy State High School took home the win by getting to the try line first. The final score was 3-2.

Yours in sport
Mr Scott Collier and Miss Ellen Inwood
Sports Coordinators

**Music News**

**Approaching Events:**
- Friday, 2nd and Saturday, 3rd September - SB Musical Comedy Society's 'Little Shop of Horrors' (Kingaroy Town Hall)
- Friday, 8th September – Kingaroy Art Gallery Opening (special guests, Dame Quentin Bryce AD CVO and Mr Michael Bryce AM AE), selected student performers
- Friday, 30th September 5:30pm – Wondai Art Gallery Opening Night (part of Cherbourg & South Burnett On Show), selected students
- Thursday, 20th October, 6pm - Music Tuition Program Evening (Maryknoll Centre)
- Friday, 21st October, 7pm - Topology/The Australian Voices/SMCC production: 'The Singing Politician' (Maryknoll Centre)
- Thursday, 27th October, 6pm - Annual Presentation Evening (Senior Vocal Ensemble, Senior Chamber Orchestra, String Immersion)
- Thursday, 3rd November, 5:30pm - Annual Celebration of the Arts (Maryknoll Centre)

**Art Gallery Performances – Kingaroy and Wondai**
It is lovely to receive further invitations from local Art Galleries to send our advanced performers to provide background music for Opening Night events. Since these are not formal concerts, the students are under no pressure to be note-perfect, and can relax and enjoy the experience. Students can nominate to participate in these events by speaking to me directly.

**String Immersion (Yr3)**
What's the best way to teach the notes on a violin to a bunch of active Year 3 students? Violin races, of course! Throw in a few rounds of violin hopscotch and the students quickly become experts on the notes of the D major scale.

**'Little Shop of Horrors' - last shows this weekend!**
In spite of my vested interest as Musical Director, I highly recommend getting tickets to see our community theatre group's production of this cult classic musical. As I mentioned in the last newsletter, Saint Mary's is well-represented in the cast and crew, including SMCC parent, Mrs Amanda Reinbott, whom I neglected to include on last week's list! (Apologies, Amanda, aka Publicist *Skip Snip*)

Show Times:
- Friday, 2nd September at 7:30pm
- Saturday, 3rd September at 2:00pm and 7:30pm

The entire set, cast and crew relocates to the Brolga Theatre in Maryborough for one final show on Saturday 10 September.

**Topology and The Australian Voices**
Saint Mary's Music students will have the rare chance to work with professional musicians from contemporary chamber group, Topology, as well as Gordon Hamilton and The Australian Voices - one of Australia's few professional choirs. The visiting musicians will be workshopping student compositions as part of their "Top Up" program in preparation for the combined
Topology/TAV/SMCC Show, ‘The Singing Politician’, to be held in the Maryknoll Centre on Friday 21 October, 7pm. This is such a coup for a regional school of our size. You can find out more and book tickets at topologymusic.com.

**Year 7 Indonesian Music Project**
The students of Year 7 have spent the past six weeks exploring the music of Indonesia. This unit gives students the opportunity to stretch their music composition muscles, to develop music notation skills and to engage with art forms within the Asian region. The students are now highly skilled at notating rhythms clapped to them, are becoming great at Musical Maths, and are able to play their own Indonesian melodies on the piano. (Some students have been using an iPad piano app, as seen in the photo.) Well done, Year 7s!

**A letter received in response to the Senior Primary Choir performance at the Queensland Catholic Music Festival (Saturday 13 August 2016):**
To the lovely singers of the Saint Mary’s choir that performed at QCMF:

Thank you for such a wonderful performance. I was at QCMF watching choirs on Thursday night and all day on Saturday, and I think I enjoyed your performance the most of all. I loved how much energy you put into watching your conductor, singing with great gusto and giving the audience some great entertainment. Well done on learning such complicated choreography, especially for This Old Man. I LOVED this arrangement – and your faces were so alive. I can only imagine the long hours of practice that you have put it to these pieces, and it certainly has paid off.

Congratulations on your Silver award. I look forward to hearing you again next year. In the meantime, remember to share your wonderful singing to lots of people in Kingaroy.

All the best,
Elspeth Sutherland
Choral Director and Vocal Specialist

Yours in Music,
Ms Jane Iszlaub
Music Coordinator

**Tuckshop News**

**Friday Specials**

Available both Morning Tea and Lunch

- 🍗 Chicken Chow Mein - $3.50
- 🍗 Chicken Enchiladas - $3.50

**Price Rise and Discontinued Stock**

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 at the tuckshop, you can do so by calling on Monday, Wednesday and Friday to discuss how to volunteer.

**Tuckshop Menu**
Please ensure that you have the current 2016 Menu. If you have misplaced your menu, they are available from the 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 or pop into the tuckshop and I will be able to assist you.

Have great week!
Mrs Michelle Davis
Tuckshop Convenor

**Adopt-A-Cop News**

Some of you may be wondering what is an Adopt-A-Cop? What do they do? Why is there a police presence at Saint Mary's Catholic College?

One of the roles of the Adopt-A-Cop is to support, strengthen and develop positive relationships between police and members of the school community.

Primarily police are on site to:

- Assist in relevant classroom presentations (in partnership with teachers)
- Attend key college events
- Address the College assembly (on invitation)
- Attend graduations and presentation nights
- ‘Drop In’ visits at morning tea/lunch breaks
- Attend meetings when required.

Please feel free to say hello if you see me around the college grounds at any time.

If any member of the school community would like to contact me, they can do so through the College office or telephoning the Kingaroy Police Station on 4160 4900.

Warm regards
Senior Constable Todd Armstrong
Fraser Coast Equestrian News

A team of six riders from Saint Mary's competed in this event, which was held in Maryborough against 250 other riders from South East and Central Queensland.

All members of the Saint Mary's team came home with ribbons confirming their excellent results:

- Bonnie Winch: 1st Showjumping, 1st Rider Class
- Emily Wheeler: 3rd Showjumping
- Maddie Watson: 3rd Showjumping, 4th Stockman's Challenge
- Naomi Baldacchino: 1st Stockman's Challenge
- Renee Irvine: 3rd Stockman's challenge
- Molly Wernecke: 2nd Rider Class, 4th Lead Hack, 4th Sporting Events

A sincere thank you to the back-up team of Saint Mary's parents who supported these students to attend this event. It is a tremendous effort and we appreciate the way in which parents are able to take leave from work for many days to facilitate these equestrian events.

Kind regards
Mr John Dalton
APA
Dates to Remember

Thursday, 1st September
Year 5 Camp to Seaworld
Year 10A History Excursion
Father’s Day Stall 10.35am in Maryknoll Canteen

Friday, 2nd September
Year 5 Camp to Seaworld
Year 10B History Excursion
Net Team visit 6pm at St Mary’s Catholic Church

Monday, 5th September
Year 11 Graphics Excursion
Lunchtime Chess in Library

Tuesday, 6th September
Year 12 Valedictory Sausage Sizzle, Lunch time from Maryknoll Canteen
Lunchtime Chess in Library

Wednesday, 7th September
Lunchtime Chess in Library

Thursday, 8th September
Lunchtime Chess in Library

Friday, 9th September
Lunchtime Chess in Library

Saturday, 10th September
12yrs Girls WB Cricket Trials
Trivia Night 6.30pm at SMCC Maryknoll Centre

Sunday, 11th September
12yrs Girls and Boys WB Cricket Trials

Monday, 12th September
WB Athletics
12yrs Girls and Boys WB Cricket Trials
13-19yrs WB Track and Field Trials
Lunchtime Chess in Library

Tuesday, 13th September
Year 6 Reflection Day
Year 12 Valedictory Sausage Sizzle, Lunch time from Maryknoll Canteen
13-19yrs WB Track and Field Trials
WB Athletics
12yrs Boys Cricket Trials
Lunchtime Chess in Library
Community BBQ 5.30pm

Wednesday, 14th September
Lunchtime Chess in Library

U15 T20 Cricket

Thursday, 15th September
Under 8s Day – Emergency Services visit Period 1 & 2
Lunchtime Chess in Library

Friday, 16th September
Benedictine Awards 2pm
Term 3 Completed

Monday, 19th September
Queen’s Birthday Public Holiday

Tuesday, 20th September
Term 4 Commences

Monday, 10th October
Book Fair Starts

Tuesday, 11th October
Book Fair
Whole School Assembly
Community BBQ

Wednesday, 12th October
Book Fair

Year 9 Arts Excursion to QPAC
Thursday, 13th October
Book Fair Finishes

Friday, 14th October
ASTI Graduation Mass
Kingaroy Blue Light Disco

Monday, 17th October
Pupil Free Day – No School

Tuesday, 18th October
P&F Meeting 7.00pm

Thursday, 20th October
Domestic Violence Presentation Year 11 & 12
Music Tuition Program Evening 6pm

Wednesday, 26th October
Immunisation Clinic
Board Meeting 5.30pm

Thursday, 27th October
Annual Awards Ceremony 6pm

Tuesday, 1st November
Whole School Assembly

Thursday, 3rd November
Prep 2017 Orientation Day 1 Group A
Celebration of the Arts 5.30pm in Maryknoll Centre

Tuesday, 8th November
Indigenous Graduation
Community BBQ 5.30pm

Thursday, 10th November
Prep 2017 Orientation Day 1 Group B

Tuesday, 15th November
Year 12 Valedictory Dinner 5pm Kingaroy Town Hall
P&F Meeting 7pm

Thursday, 17th November
Prep 2017 Orientation Day 2 Group A

Friday, 18th November
Year 12 Last Day

Monday, 21st November
Year 11 Work Experience All Week

Tuesday, 22nd November
Year 7 Orientation Day
Whole School Assembly

Wednesday, 23rd November
Board Meeting 5.30pm

Thursday, 24th November
2017 Prep Orientation Day 2 Group B

Friday, 25th November
Year 10 and Year 11 Last Day
Blue Light Disco

Monday, 28th November
Rites of Passage 6pm

Wednesday, 30th November
Carols Night 6pm

Thursday, 1st December
Prep to Year 6 Swimming Carnival

Friday, 2nd December
Term 4 Completed. School finishes at 12.30pm
The Rotary Club of Taabinga is conducting its **ANNUAL BOOKARAMA** sale of second hand books on 17th and 18th September in the Kingaroy Town Hall. We would love to see you there. Prices start from $2 to $5. Special rates apply to children’s books.

We are looking for donations of quality books in good condition. These can be delivered to JA. Carroll Solicitors, Elders, Ken Mills Toyota and the box outside Big W or you can phone Graham Jenkins on 0417 070 141 for pick up after 29th August. We find it difficult to sell magazines, readers digest and old school text books. Unfortunately we are forced to dump many of these.
FRIDAY NIGHT LIVE
FRIDAY THE 9TH OF SEPTEMBER

Activities for school aged children,
Gymnastics, Xbox, Pool Table, Stadium Games, Jumping Castles and much more.

Buses available from Goomeri & Wondai
Pick Up 6:55pm
Drop off 8:00pm

Cost $5 member
Cost $7 non member

Friday 2nd September
5.30pm till late

FOOD & DRINKS • LICENCED BAR
RIDES • BAND • STALLS
FUN FUN FUN FUN FUN FUN

See you there!

All Walks and Wheels
“Fun in the Park”

*FREE FUN IN THE PARK*
17th September 2016 - 10am to 2pm - Memorial Park Kingaroy

Free Sausage Sizzle - Games and Activities - Prizes to be Won
Beverages available for purchase on the day
Come along, have some fun and participate in some amazing games and activities and heighten your awareness of what it is like to live with a disability.

Alana Purcell and others will be there to share their inspiring stories.

Liberty Swing
Available for people with mobility challenges to share in the fun!
Generously sponsored by Variety Qld.

More details at www.torkit.com.au or phoning SBcare on 4162 7300