Dear parents, carers and friends of Saint Mary's,

Welcome back to term four. I am beginning to feel the sense of loss as I enter into my final term at Saint Mary’s. I can admit to shedding a few tears at last term’s incredible Talent Show. The tears were a mix of both my tremendous pride at the talent displayed by our students and also the realisation that it would be my final Saint Mary’s Talent Show. The idea of a talent show was something that I had pushed for when I arrived at Saint Mary’s and it is great to see it now as part of Saint Mary’s annual calendar of events.

I would like to congratulate our term 3 Benedictine Award winners on their outstanding efforts in living up to our College’s Benedictine values. We congratulated the following students at our end of term awards ceremony:

**Prep A**
- Jye Walters
- Ivy Sparrow

**Prep B**
- Mitchell Zischke
- Poppy Jeffs

**Year 1**
- Amelia Broderick
- Shayla Cridge

**Year 2**
- Bella Burnage
- Noah Waiters

**Year 3**
- Hannah Reeves
- Kane Sloan

**Year 3/4**
- Alissa Rix
- Katerina Young

**Year 4**
- Lachlan Ponder
- Miranda Zelinski

**Year 5**
- Bella Hams
- Flynn O’Connor

**Year 5/6**
- Skye Bleney
- Julian Seng

**Year 6**
- Bridget Reeve
- Leonard Potgieter

**Year 7A**
- Sophie Weier
- Jim Corbet

**Year 7B**
- Caitlin Lang
- Jordyn Soley

**Year 7C**
- Rohan Parker
- Brianna Yeats

**Year 8A**
- Charlotte Piper
- Francis Hobbs

**Year 8B**
- Connor Nickless
- Patrick Houl

**Year 9A**
- Annabelle Dennien
- Harrison Sansby

**Year 9B**
- Isabella Maddock
- James Brimblecombe

**Year 10A**
- Javon Brown
- Sajeewa Ranasinghe

**Year 10B**
- Joshua Soley
- Kate-Lynn Atkinson

**Year 10C**
- Dakota Murray
- Kaj Jones

**Year 10D**
- Shaele Reinbott
- Jason Young

**Year 11A**
- Jeremy Hopkins
- Briana Wintour

**Year 11B**
- Shane Kennedy
- Keeley Walker

**Year 12**
- Jeremy Hopkins
- Briana Wintour

2015 has been a huge year for Saint Mary’s. I would suspect one of the biggest ones ever, with so many major events and developments, including our Combined Anniversaries celebrations, many new building projects, 2016’s new uniform and whole school and Leadership team reviews. I am committed to giving my best to our Saint Mary’s community until my final day, as I want nothing less than to see our community continue to thrive in the years ahead.

Interviews for our new Principal will occur on Thursday, October 15. I have heard that there is a very strong field of candidates and look forward to announcing the new Principal hopefully later this month. I will work with them to ensure the smoothest possible handover. Next year should also see another leadership team member added to our community. Hopefully, we will have a Head of Primary and possibly an acting Head of Secondary. This should significantly ease the load on the new Principal and allow them to have even more time to look at the big picture items in school improvement.

It is wonderful to finally see the builder’s fences going up and work beginning on our brand new buildings. We are hoping that all building will be up by mid-term 1, 2016 and that perhaps the Music room may be ready closer to the start of the year. With construction underway, there are a number of things that parents and students need to be aware of, including:

- There will be no parking on the College grounds as both building areas are adjacent to our current carparks. Staff and parents will have to use on-street parking and the church’s carpark.
diagonally across from the College throughout the building project.

- Students have been told that no-one is allowed into the fenced off areas and that if they happen to lose a ball in these areas, they will have to wait until one of the builders kindly throws it out. They have been told not to hassle the builders while they are working.

- Currently, the two major entrances to the College are open (ie. beside the office and between the Prep and Art room), but this will change as construction begins on the new classroom block beside the office when the entrance beside the office will close. I will try and give students and parents advanced notice of this change.

- Bike racks have moved to the grassed area in front of the Prep room.

At the end of this week, we will farewell Mr Chris Randall who has done a great job as our College’s IT Support Officer. Chris is heading to Brisbane to further his career. I would like to thank Chris for his efforts in improving our College’s IT infrastructure and for putting up with the constant demands of both staff and students. We welcome Mr Gary Lesleigher into this role. Mr Lesleigher brings 8 years of experience in running IT systems for Queensland Health into this role. He is also returning to the district to be closer to his family.

Parents and carers need to be aware that there is a Pupil Free Day (Monday, October 19) that will affect families in term 4. This Pupil Free day is a day when teachers from across the state work with teachers from other schools to ensure the consistency of their assessment pieces and marking.

Yours in Christ

Mr Michael Nayler
Principal

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**Weekly Focus: Making a positive start**

Each new term, each new week and even each day offers the opportunity for a fresh start and as such students are encouraged to make the most of this new term to begin in a positive manner, by building on this positive beginning each day to achieve their best, to be their best.

Have a great week

Ms Sonia Robertson
Acting Deputy Principal
SET Plans
Next week, the Year 10 students will finalise their SET plans. This will involve all Year 10 students and their carers or carers meeting with their Academic Mentor next Wednesday afternoon to finalise their plan and their subject selections for Year 11 in 2016.

Subject Selection (Year 9 and 10 in 2016)
This process will continue in Term 4. The subject surveys that were completed at the end of term 3 have now been used to determine the best arrangement for subject lines of choice. Students should be taking these home to discuss with parents during the next week.

Saint Mary’s Has Got Talent
Saint Mary's Catholic College has celebrated the end of term 3 with its annual 'Saint Mary's Has Got Talent' performance.

This year, students from Year 12 to as young as Prep volunteered to put on performances as diverse as whip cracking, modern and classical dance, choir, ensembles, solo instrumental music, joke telling and original rock music compositions.

With the assistance of music teacher Jane Iszlaub, and performing arts teacher Angelique Arden, the students performed for their fellow students, their parents and their teachers.

For some of the students, it was their first public perforance, but as is the way at Saint Mary’s, the spirit of participation was underway, and an appreciative and receptive crowd encouraged all students who made the move to entertain a crowd of over 500 people.

Regards
Mr John Dalton
APA

Feast Day - Our Lady of the Rosary
Today, Wednesday the 7th October, the Church celebrates the Feast of Our Lady of the Rosary. It was on this day in 1871 that Christians in Italy prayed the Rosary as their countrymen fought against Turkish fleets in a battle for the rights to use the Mediterranean Sea. Pope Benedict reminded us that the prayer is not a pious practice of the past but it is an eloquent prayer of love that focuses on Jesus just as Mary did. The mysteries it contains, namely joy, light, sorrow and glory radiate the grace Jesus' life offers us. The prayer, when recited has a healing power invoked with faith and love and we are reminded it was the rosary that was a big part in keeping the faith alive in the early colonies of this country when priests were scarce.

Ask your child what they know about the rosary, if they can recite it. I know primary teachers and secondary RE teachers use this prayer often and it is also taught as part of the curriculum in various year levels.

Friday Mass
Next Friday, 16th October, year 9 and 10 will attend the weekly mass at 9 am down at the Church celebrated by Father Nigel. This is the second last group to go down to the service for the year and we invite any parents or carers to join us.

Community BBQ
Next Tuesday is our second last chance in the school year to provide and serve the meals at the Uniting Church as part of this valuable community service. I am now inviting year 11 students to come along and help as part of the changing of the guard. Several year 12 students have been involved but special mention needs to made of Kim Ross in Yr 12. Kim has only missed working at two BBQs since we began two years ago. Her enthusiasm and leadership have been appreciated by staff and students alike and more importantly the relationships she has formed with some of the patrons will endure after she leaves school. She has given a lot to the patrons yet I know she appreciates what she has learned and experienced working with them.

Regards
Mr Martin Perrett
APRE

realise your dignity
Term 4 Fees Statements will be emailed this week to families who have provided a contact email to the College. We will use the email address of the account holder which was provided to the College either during the enrolment process or via the Parent Portal ‘Update Details’ page. If you have not provided an email address to the College, please update your details with us as soon as possible. If you have not provided an email address, Statements will continue to be posted to you. Statements will only be sent to account holders. If you wish to check your details or update your email, please contact our Finance Secretary, Briony Hoare, in the College office.

Regards
Miss Kym Schultz
Business Manager

Counsellor News

This week is mental health week; mental illness directly affects one in five Australians at some stage in their lives. It may seem like this person is on drugs, or that they are just being difficult. But there’s a chance that they have a mental illness. Mental illness is more common than you may think. Lack of awareness often results in misinterpretation of body language, apparent verbal abuse and can worsen a situation. It is important to know then when you may be faced with a person who is in the midst of psychosis.

Signs and indicators of mental illness

- Agitation
- Being overly loud
- Vacant or seemingly preoccupied (‘spaced out’)
- Pacing
- Inappropriately dressed (eg wearing a coat and a beanie when it’s 35 degrees)
- Withdrawn
- Paralysed or stuck to the same spot for a long time
- Displaying signs of paranoia.

All these can be warning signs that a person is unwell. When approached, it may be difficult for the person to focus. If the person is delusional or experiencing hallucinations, or if the person is feeling paranoid, it is vital to remember that their ability to focus on you and what you are saying, and their ability to respond, may be severely restricted.

People who are experiencing acute symptoms have a lot going on in their mind already, therefore it is important to decrease stimulation:

- Stay calm
- Talk quietly
- Keep surrounding noise (radios, intercoms) to a minimum
- Keep surrounding environments calm
- Reduce the number of people
- Give the person time. Slow down.

Be patient. People who are experiencing acute symptoms of mental illness may be fearful:

- Avoid any initial feelings you have of control/authority/demand/anger
- Do not intimidate
- Be quietly confident yourself
- Avoid confrontation by creating situations in which you are doing things alongside that person
- An example of this is to sit next to them rather than in front of them, walk alongside instead of in front or behind, sit in an open area with little stimulation.

People experiencing acute psychotic symptoms (loss of touch with reality) believe that their delusions or hallucinations are real:

- Avoid disputing their sense of reality.
- You can’t reason with a delusion:
  - Do not encourage or inflame paranoia
  - Validate their feelings, eg ‘It must be frightening for you...’ This will build trust and avoid useless arguments. People experiencing acute symptoms are often unable to think clearly
  - Avoid too much discussion about the situation — in most cases each person’s realities are different
  - Explain your position and what you are obliged to do to assist
  - Explain calmly and confidently if you are not able to comply with a request by the person
  - Explain what you are going to do and ask them to sit down quietly

realise your dignity
Keep it to the 'now' situation
Communicate each step you are taking. When that is done 'Now, you wanted me to call your friend…'
Ask if there is someone the person would like you to contact to help the situation. It can be helpful for you to speak to that person to get more information and tips about handling the situation
Take 'small steps' to solve the immediate problem; don't attempt too much.

Don't take it personally
It's not about you.
If you are extremely worried about the person call your local crisis team
Tell them the person's name (if possible), describe the behaviour and what the person is saying. They will make an assessment as to whether they will attend
In the meantime ask them to assist you to manage the situation by offering advice over the phone
If the person is violent (although people with mental illness are more likely to hurt themselves than other people) tell the crisis team about this. They should then attend with the police.

Outside of crisis times
If this is an ongoing situation you are dealing with:

- Proactively establish formal lines of communication with your local crisis response or on-call team and police to understand what they consider to be the best course of action in certain situations that you encounter and in what circumstances they would expect to be called. It also means that when you do contact them in a crisis situation they are familiar with your situation.

For further information on mental illness please visit the following websites:
- SANE Australia - www.sane.org
- Beyond Blue - www.beyondblue.org.au

Mental Illness Fellowship of Australia fact sheets What can friends and family do to help a person experiencing mental illness?
Mental Illness Fellowship Nth Qld Inc - 07 4725 3664 www.mifnq.org.au
Schizophrenia Fellowship of Qld Inc - 07 3358 4424 www.sfq.org.au

Regards
Mr Graham Turnbull
Guidance Counsellor

Library News

Returns Process
This term is perhaps the busiest one for the library! This term 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, 6th November – Prep - Year 6, Year 10 - 12
- Friday, 13th November – Year 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 Melanie Burr
Relay for Life
Relay for Life is this weekend and we have raised a wonderful amount of money so far. Keep it up. It starts at the Kingaroy Showgrounds at 3pm this Saturday, and finishing at 9am on the Sunday.

Sporting Schools
Letters home for Sporting Schools afternoons will be coming out this week. Please bring them ASAP to secure your place. Softball on Tuesday afternoons and Tennis on Thursday afternoons. A maximum number of 20 students applies to the Tennis afternoons.

Primary Swimming
Swimming week is scheduled for Week 4, with the possibility of it being changed. This is due to the pool renovations that are happening. Please ensure your students bring all swimming gear needed in order to begin in week 4.

Yours in sport
Miss Ellen Inwood
Prep to Year 6 Sports Coordinator

Date Claimers - Orientation Day
Current Year 6s and new Year 7s for 2016 – Tuesday, 1st December

Regards
Mrs Melanie Burr
Year 7 to Year 10 Teaching and Learning Leader

Music News
Welcome back to the last nine weeks of the school year! This is a whopper of a term for students involved in arts-related activities, so let’s start the week with our Music Department Calendar:

Monday, 12th Oct  Instrumental Evening RSVP slip due
Wednesday, 14th Oct  Year 9 Arts excursion to “Strictly Ballroom” and GOMA
Saturday, 17th Oct  The Gap SHS Choir Tour workshop and concert (10am – 3pm)
Thursday, 22nd Oct  Annual Instrumental Music Evening (6pm)
Thursday, 29th Oct  Awards Night (Snr Orchestra)
Saturday, 31st Oct  “Music: Count Us In” Combined Schools choirs (Town Hall) (Junior Choir)
Thursday, 5th Nov  Celebration of the Arts  6pm – all ensembles; selected performers
Wednesday, 25th Nov  Year 10 & 11 Music excursion to “Les Miserables” at QPAC (tent.)
Thursday, 3rd Dec  Saint Mary’s College Carols Night (Junior Choir, Snr Orchestra)
Sunday, 6th Dec  Kingaroy Town Hall Combined Ministries Carols Night (Jnr Choir)

Enjoy Singing? - FREE SING WORKSHOP with The Gap State High School Choir
This is a “must do” event for all students who are interested in developing singing skills. The Gap SHS Choir will be visiting the College from Friday 16 – Sunday 18 October. At 10am on Saturday 17 October, all interested students are welcome to attend a FREE singing workshop with their conductor/Singing Teacher/Speech Pathologist, Kathryn Morton. Following the workshop, will be a concert featuring our visitors and students from our College choirs. If your child (Years 3 – 12) is interested in participating in this FREE workshop, please collect a letter from the office this week.

Instrumental Music Evening
Our Annual Instrumental Music Evening will be held on Thursday 22 October, from 6:00pm – 7:00pm. It is always wonderful for students to display their talents to family and friends! Please enter this date in your diaries. The RSVP letter is circulating now, so please contact the office if you have yet to see your copy.

Saint Mary’s Certainly Has Talent!
Congratulations to all of our students and staff who shared their artistic flair with us on the last day of term at our 2nd Annual Talent Show. I suspect there may be a few repeat performances at the approaching Celebration of the Arts, so make sure you keep this date free if you would like to see some great young entertainers in action.

Junior Elective Choir
Thanks to Mrs Arden and some very talented Year 6 choreographers, we now have cool dance moves for the Junior Choir’s first song, “The Best Present Ever” which they will be performing at the College Carols and the Kingaroy Combined Ministries Community Carols
on the steps of the Town Hall. Follow this link if you would like to hear this cute carol: http://www.worshiphousekids.com/worship-tracks/48720/best-present-ever
If your child is available for the performance on Sunday 6 December and would like to join the choir, please contact me.

**Practice = Pizza!**
It’s wonderful to see the College Practice Diary being used by our Music Tuition Program students and their families. Those students who “got with the program” and completed seven or more weeks of diary entries were able to attend a Pizza Party at the end of Term 3. All students learning instruments or Music Theory at the College are required to use a College Practice Diary; new diaries are available from the office.

**Recorder Alert!**
All students in Years 3, 4, 5, and 6 will need a recorder in Music this term.

**Let’s Celebrate the Arts Together!**
A letter will be circulating soon notifying families of the details for the Annual Celebration of the Arts in Week 5. The following groups will be performing:
- Junior and Senior Orchestras
- Junior and Senior Choirs
- Year 7/8 ‘Hey!’ Class Drumline, Year 10 Music Class Rock Band, Senior Music “McFerrin” Choir
- Year 3 String Immersion Program students
- Year 3/4 “Going on Vacation” Class Performance

I hope that assists families to get their diaries up-to-date for the term. If you need anything clarified, I am happy to help in any way.

*Ms Jane Iszlaub*
Music Coordinator

**Indigenous News**
Welcome back to all our students and families. We hope that you have all had a great holiday.

Term 4 is a short one with 8 weeks to go after this week, which means it will be a busy one also. Please make sure that your students are at school on time and with correct uniform on. Tuesday is formal uniform only.

Also, please remind your children to have their hats with them everyday as it is starting to warm up and we have a no hat = no play policy.

Kind regards
*Mrs Karen Bond, Aunty Nikki Law, Mrs Amanda Erwin & Mr Ryan Williams*

**Whip Cracking News**

**Upcoming Whip Cracking Dates**
- Friday, 16 October - Chinchilla Campdraft Whip Cracking Performance

**Whip Cracking Practice**
Whip Cracking practice is published in the College Daily Notices each week

Regards
*Mrs Lauren Arrell*
Whip Cracking Coordinator

**Tuckshop News**

**Friday Specials**
Morning Tea and Lunch - Chicken & Gravy Rolls $3.50 😞
Morning Tea and Lunch - Ham Pasta Salad $3.50 😊

There are NO Pies or Sausage Rolls sold on a Friday.

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

- Self Raising Flour
- Caster Sugar
- Beef Stock Powder
- Small Tinned Pineapple
- Small Tinned Corn

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

Ordering and Payment
For Prep to Year 5 students it is recommended that you use the paper bag system. Your child's order can be place in the tuckshop baskets in their classroom in the mornings and this is then delivered to the tuckshop. Orders will be filled and returned to the classes at morning tea and lunch. This will ensure that they will have their lunch on time. 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, it is very difficult to place your child's order inside them. Bags can be purchased from the tuckshop for 0.05c each.

The paper bag ordering system is for Prep to Year 5 as well as High School. The high school students place their bag orders at the tuckshop before school.

Price Rise
Please note that Paddle Pops – Rainbow and Chocolate are now $1.50 effective immediately.

Slush Puppies
Please make sure your child is aware that if they order a slush puppy, they must collect them from the tuckshop. They are not able to be placed into the tuckshop baskets.

Volunteers for the week
Monday, 12th October - Cathy Baker
Wednesday, 14th October - Debbie Bunker

Enjoy your first week back!
Mrs Michelle Davis
Tuckshop Convenor

Parents and Friends News
Welcome back everyone, I hope everyone had a relaxing time with the family.

The next P &F meeting is Tuesday, 20th October. It would be lovely to see some new faces there.

We have sent off our Earn & Learn sticker sheets, now we just need to see how many points we have so that the teachers can compile a wish list.

Anyone still with outstanding chocolate money could you please return it to the school this week We would like to finalise this fundraising event as soon as possible.

As always, if you need to contact me my email address is sbrobbo@gmail.com or phone 0419766141.

Have a great week,
God bless
Mrs Susan Robertson
P&F President
Applications Open to Sail the Tall Ship Young Endeavour!

Applications are now open for the 2016 Young Endeavour Youth Development Program. Encourage young Australians in your community to set sail for an adventure at sea aboard the national sail training ship Young Endeavour!

Young Australians aged 16 to 23 can apply for voyages at www.youngendeavour.gov.au. Youth Crew are selected by ballot, and no sailing experience is required. First round applications close on 10 October 2015.

In 2016 Young Endeavour will sail in Western Australia, South Australia, Victoria, Tasmania, New South Wales and Queensland. 24 youth will join each eleven or twelve day voyage, and will learn the skills to sail a square-rigged tall ship. They will keep watch and take the helm, cook in the galley, navigate using the ship’s charts, and climb the 30 metre mast to set and furl the sails.

Each participant will be encouraged to pursue personal and team goals and challenges. By the end of each voyage they will have the skills and confidence to elect a command team and take command of the 44 metre brigantine, sailing Young Endeavour along the Australian coast.

“Voyages in Young Endeavour develop skills for life,” says Young Endeavour Youth Scheme Executive Director Stephen Moss. “The youth development program delivered during each voyage increases self-awareness, fosters a strong sense of community spirit, and develops character, confidence, teamwork and leadership.

“No matter where you sail, your voyage in Young Endeavour will be challenging and exhilarating – an amazing experience you will remember for the rest of your life!”

Young Endeavour is operated by a professional Royal Australian Navy crew who ensure the highest standards of safety and care, and teach the youth crew the skills they need to sail the ship.

19 year old Lauren Rogers of Aberfeldie, Victoria, first sailed Young Endeavour in 2012, and recently joined the crew for the Tall Ships Races in Europe.

“Young Endeavour pushed me out of my comfort zone and made me realise I can achieve so much more than I ever thought I was capable of”, says Lauren. “Like climbing the mast in the middle of the night in the howling wind and rain. Facing these challenges is part of what makes the experience so rewarding.

“I met the most amazing people, made friends for life, learnt many new skills and so much about myself, and had a whole lot of fun. I loved every minute, and would do it all over again tomorrow”.

Since 1988 the Young Endeavour Youth Scheme, in partnership with the Royal Australian Navy, has provided challenging training voyages for more than 12,000 young Australians in the tall ship Young Endeavour.

For more information, including voyage dates and fees, please visit www.youngendeavour.gov.au or contact our office on 1800 020 444. You are welcome to include this information in your newsletter or website.

Encourage young Australians in your community to apply now for the voyage of a lifetime in Young Endeavour.

Regards,

Young Endeavour Youth Scheme

T: 1800 020 444
E: mail@youngendeavour.gov.au
W: www.youngendeavour.gov.au
F: Facebook.com/YoungEndeavourYouthScheme

realise your dignity
Blue Light Disco

16 October 2015
6:00pm to 8:30pm
Kingaroy Town Hall
Glenden Street, Kingaroy
$5 entry
Prep to 14 years
High School ID must be shown

Proudly supported by:

Kingaroy

South Burnett Autism Support Group

NEWSLETTER

SEPTEMBER 2015

NEXT MEETING
Friday 9th October
7pm SB Care Building,
Cnr Kingaroy & Avoca Sts, Kingaroy

Cake and Laughter Coffee Mornings

held at A Church In The Market Place, Bunya Highway (next to 10pin bowling),

Fridays 9:30-11:30am, Contact Anna on 4154 2331 for further info