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

Interviews for our new Principal take place tomorrow. As I have said previously, the great news is that this position received a strong field of candidates. It may take up to a fortnight for the new Principal to be announced and I look forward to working with the new Principal to ensure the smoothest handover possible.

Parents and carers may not be aware that Brisbane Catholic Education Principals are employed in a series of four year contracts up to a maximum of 3 x four year contracts or twelve years. This means that our new Principal will be with our community for four years initially and if they have successful reviews up to a maximum of twelve years. I believe that this is a great system because it promotes fresh ideas, particularly at the Principal level, which is vital to keep a school moving forward. I have tried to put in place all of the things I could across my four years and leave happy in the knowledge that the new Principal will bring new gifts and knowledge to move the College to the next level.

On Monday, I began the first part of a Professional Development program about maintaining a Positive or Growth Mindset. As a second part to my earlier newsletter piece on mental health issues, I would like to share just a few of the ideas presented on maintaining a Positive or Growth Mindset which research says is vital to good mental health.

Some positive mental health techniques you may like to consider include:

- Make a list of 10 practical things that make you feel good (eg. natural high) and schedule some of these activities over the remainder of the year.
- Write down three good things that happened during your day before you go to sleep.
- Think about the little things for which you are grateful – children, food on the table, beautiful blue sky etc.
- Gratitude visit: take the time to send a letter or visit a person to whom you are grateful to express your gratitude.
- Recall a happy or pleasant memory, particularly when things are getting you down.
- Plan a future holiday, pleasant life goal or exciting upcoming event.
- Take up a new skill or hobby.
- Do something to help others eg. a Random act of kindness.
- Look to a distant object to relax your eyes and the stress you might feel at work.
- Relaxation exercises – deep breathing, muscle relaxation techniques.
- Physical exercise in the outdoors.

This week, we welcomed two new staff members, Gary Lesleighter who is taking over the IT role from Mr Randall and Mrs Michelle Binding who will take over the Data Entry role from Mrs Atkinson.

This week, past Saint Mary’s student, Arthur Kratzmann was farewelled with a beautiful article in the South Burnett Times (p. 14 Friday, Oct 9). He was born in Murgon in 1925 and grew up on a farm in Booie. He had to ride his horse 14km up the range from Booie each day to attend Saint Mary's.

Arthur passed away in Canada at the age of 90 after a remarkable life. As well as his loving family, amongst Arthur’s many achievements were:

- Receiving one of the highest Year 7 Scholarship results for Queensland.
- Professor and Dean of Education at the University of Edmonton (Canada).
- Driving force of a Royal Commission into the educational direction for British Columbia.
- Transfer to Canada with the Australian Air Force during WW2.
For me, Arthur’s story reminds our community of the sense of hope that we have for each of our students. Arthur rose from humble beginnings, but achieved so much across his life.

May the blessings of Saint Mary, Help of Christians and St Benedict remain with Arthur and his family.
Grant eternal rest to him O Lord and may Your perpetual light shine upon him.

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

**Deputy Principal News**

On Tuesday we meet as a whole school group to acknowledge the achievements of a significant number of students. We acknowledged members of the Saint Mary’s Catholic College chess team, participants and prizewinners of the Pixel Photo Competition and the Relay for Life teams. A significant number and wide range of co-curricula opportunities are offered to students. These are made possible through the generosity of college staff. I encourage all students to make the most of such opportunities, keeping in mind that ‘you only get out of something what you put into it’. Another such opportunity was announced at assembly - the Kodoka Challenge. Students wishing to challenge themselves and participate in the manner demonstrated by those who inspired the challenge - Australian servicemen who served in Papua New Guinea during World War 2, are encouraged to see Mr Dunbrack or Miss Inwood for further information.

The second component of our School Assembly was to have the 2016 student leader nominees present their ideas of school leadership and how they see themselves undertaking the duties associated with a leadership position. They were an impressive group! I congratulate them all on the manner in which they approached the task and on the content of each of their speeches. As a group they represented the very best of Saint Mary’s Catholic College, their cohort and their families. I am confident that the College and the student body would be well represented by any of the high calibre nominees.

**Mobile Phone Procedure**

I take this opportunity to remind all parties of our school’s mobile phone policy. If it is necessary for students to bring a mobile phone to school, it is an expectation that students will hand it in to the office at the beginning of that day and collect it after afternoon homeroom. Devices are stored securely in the office. Mobile phones, iPad and iPods should not be used in school (class time or break times) without specific permission from teachers. If a device is being used or is seen it will be necessary for teachers to confiscate it for the day whereby it will be stored securely in the office. Should it be necessary to confiscate the device on another occasion, a parent or guardian may be asked to collect it from the College office. If students need to contact a parent/guardian during the course of the day they should make this request through the student services desk in the office. Please also be assured that any messages for students will be passed on.

**Weekly Focus**

In line with the theme from our School Assembly, this week I would like to focus on ‘Being Your Best’. This could be demonstrated by challenging yourself to get involved in a school activity you might not normally take part in; complete all homework and school work to your best ability, perhaps go a little beyond just what is expected or offer assistance if you see a need.

Have a great rest of the week.

Ms Sonia Robertson
Acting Deputy Principal

**CAPA News**

**Presentation Night Academic Awards**

Many Academic Awards will be presented at the Presentation Night on Thursday 29th October 2015.

Over the weeks leading up to this event, I will explain the nature of these awards, and how they are decided.

**Dux of the College**: determined by the overall highest set of results for Year 12 OP eligible students (usually the student getting the highest OP score).

**Year 11 Academic Prize**: determined by the overall highest set of results for Year 11 OP eligible students.
Year 10 Academic Prize: determined by the overall highest set of results for Year 10 students.

Academic Excellence: These awards go to students who achieve Well Above Expected results in Years P-10 or Very High Achievement (A-, A, A+) in Years 11-12.

Carroll Award for Diligence: This goes to one Year 7-12 student who displays sustained application to their studies. It can be awarded to a student irrespective of their final academic results, as it recognises the effort rather than the final grade or result. In Years P-6, one student from each class is recognised with this award.

New Buildings
The new buildings are underway with the demolition of the building that has served three purposes during its service.

Built in 1984 by Vince Newman (grandfather of current students Kyal and Aiden Raabe), it has been the Music Room, the Chapel and the original Manual Arts Room. Although the walls and roof put up little resistance against the large machinery that leveled the building, the substantial footings (600mm deep) certainly raised a few eyebrows and cause the excavator to call for extra revs. Here are a few photos in case you missed the action.

Regards
Mr. John Dalton
APA

APRE News

Relay For Life
On the weekend Saint Mary’s were well represented at the annual Cancer Council’s South Burnett Relay For Life. The initiative celebrated its 10th birthday here in our region and the 30th year since its inception. The relay element requires at least one representative from each team remains walking on the track (circulating) for 18 hours. We entered two enthusiastic teams who successfully completed the relay.

More importantly the event raises awareness and money for cancer research, prevention and family support. There are not many families who have not been touched by cancer and every single dollar raised goes towards the goal of a cancer free future. Of the $129 000 dollars raised in the region, Saint Mary’s contributed about $5000. This year we won the HOPE Shield for highest fundraising school for the first time, a very good effort for the size of our school.

The College also led the Candlelight Ceremony for the second time in the event’s history. Eight students and two staff led the 1000 strong crowd in prayer and reflection in a very fitting and inspirational ceremony. On behalf of the community I would like to thank Miss Ellen Inwood who coordinated our College efforts this year. Her ‘can do’ attitude is infectious and she did a lot of leg work to provide this rewarding opportunity for our students and staff. Mrs Jane Iszlaub, Ms Megan Saxton and Mr Kingsley Ware were also part of the Saint Mary’s Team and their supervision was appreciated by the College.

I would also like to acknowledge Bridget McDonald and Catherine Trebbin for their efforts in gaining business support for a raffle they ran. These girls, with the help of Brylie Murray and Sophie Woods, sold $400 worth of tickets on the night, a great effort and solid contribution to our school total. We thanks the local businesses and families who also dug deep to assist our students in their successful fundraising efforts.

Regards
Mr. Martin Perrett
APRE

realise your dignity
**Office News**

**Term 4 Fees**
Term 4 Fees are due by Friday 23rd October unless you have a formal payment arrangement in place. Statements were emailed last week to families who have provided a valid email to the College. If you have not provided an email address, statements have been posted. If you wish to check your details or update your email, please contact the College office. While the College will accept payments by instalments, we do need to know the amount and timing of these payments and it’s preferred that these instalments be done via Direct Debit or BPay.

**Casual Relief Cleaner**
The College is seeking a reliable person with preferably prior cleaning experience to be on call for relief cleaning. The College has both a morning and afternoon cleaning shift: 6.00am – 9.00am and 2.30pm – 6.00pm. Some holiday period work may occasionally be involved but generally cleaning will be during school terms. If you are interested in this position please drop your resume into the Office.

Regards
Miss Kym Schultz
Business Manager

**Counsellor News**

**WE HAVE MET THE ENEMY—AND THE FRIEND**
It was Pogo, a cartoon character created by Walt Kelly, who said, “We have met the enemy and he is us.” The cause of confusion and bewilderment and pollution and violence isn’t really someone else’s problem: it’s something we can come to know in ourselves. But in order to do that we have to understand that we have met the friend and he is me. The more we make friends with ourselves, the more we can see that our ways of shutting down and closing off are rooted in the mistaken thinking that the way to get happy is to blame somebody else.

Pema Chodron

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-Yr 6, Yr 10-12
- Friday 13th 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.

Congratulations to Faiza Tabbasum for becoming an Accelerated Reader millionaire! Well done!!!!

Yours in reading
Mrs Melanie Burr
Teacher Librarian

realise your dignity
It's wonderful to have such an involved community of parents here at Saint Mary's caring for our students. However, over the past few weeks and months there have been many articles in the newspapers and magazines about parents who are described as Helicopter parents or the newer trend called Lawnmower parents.

It was interesting to read the definitions or lingo of these 'types' of parenting styles. It is important to be an involved parent. It can be tricky to know when to let our kids go and let them forge their own way in life.

Involved in your child's life and wellbeing is important but it is equally important to know when to step back. Part of that involvement is to know when to let go and when to be more obvious as the mentor for your child. This may put you in the category of 'not their favourite person' for some time but they will thank you in the end.

Teaching your child resilience and how to handle conflict are the greatest gifts you can give your child in order to handle life with all its ups and downs.

Parenting – the most difficult and yet rewarding 'job' a person can undertake.

Below is some insight into the 'lingo' that is bandied about lately. Extracts taken from www.parentfurther.com.

**Helicopter parents:**
1. Pay too close attention to and orchestrate their kids’ entire lives. They talk a lot—and give too much advice.
2. Hover over their kids so that their kids don’t make any mistakes or suffer any pain from experience.
3. Raise kids who are overly dependent, neurotic, and less open.

**Lawnmower parents:**
1. Mow down all obstacles they see in their child’s path.
2. Smooth over any problem their child has.

**Involved parents:**
1. Know their kids well and stay connected to them. They listen a lot.
2. Give their kids space to grow up well while monitoring what’s happening to them.
3. Allow their kids to make mistakes, suffer the consequences, and allow kids to solve their own problems.

We all want the best for our children. The best support we can give our children when they go to school is to nurture them and support them along their journey but allow them the opportunity to make mistakes and learn from their mistakes.

**Stop Drop and Go**
Please remind your child to walk on the footpath rather than run alongside the moving vehicle. Running on the grass between the footpath and the road is not safe. Remind your child to wait for the vehicle to stop before moving from the footpath to the car door.

Also children are not to wait down in the bottom car park for the parent to arrive. Children are to wait out the front under the trees until they see their vehicle. Then the child can move to the bottom car park under the direction of the crossing supervisor. There is a lot more traffic in that area while the building project is in place.

Kind regards
Ms Pam Radcliffe
Prep to Year 6 Student Wellbeing Leader

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**Prep to Year 6 Sport News**

**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 Irwood
Prep to Year 6 Sports Coordinator
Date Claimers – Orientation Day
Current Year 6s and new Year 7s for 2016 – Tuesday, 1st December

If your child is going to be away from school (sickness, injury, holiday etc.) for a long period of time, please contact the office or Mrs Burr in advance where possible. This will assist me to organize work for them.

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

Music News
In the eight weeks remaining before the holidays (not that anyone is counting!), we have several great music experiences for your children to flex their creative muscles.

Here’s the current calendar:
- Mon 12 Oct: Instrumental Evening RSVP slip due (overdue - please return asap)
- Wed 14 Oct: Yr 9 Arts excursion to ‘Strictly Ballroom’ and GOMA
- Thu 22 Oct: Annual Instrumental Music Evening (6pm)
- Thu 29 Oct: Awards Night (Snr Orchestra to play Anthem)
- Thu 5 Nov: Celebration of the Arts evening (Jnr Choir, Srn Choir, Jnr Orchestra, Srn Orchestra, Yr 3 String Immersion, Yr 3/4 Music 'Show', all Yr 7 students and 8B class percussion ensemble; Yr 10 Coldplay Band, Senior Music Choir, selected solo performers)
- Wed 25 Nov: Yr 10 & 11 Music excursion to “Les Miserables” at QPAC (tent.)
- Sun 29 Nov: Light Up Advent Mass – 3:45pm (Jnr Choir)
- Thu 3 Dec: Saint Mary's College Carols Night (Junior Choir, Srn Orchestra)
- Sun 6 Dec: Kingaroy Town Hall Combined Ministries Carols Night (Jnr Choir)

Junior Choir - New Singers Welcome!
The Junior Choir is not only sounding fabulous, but also LOOKING fabulous, thanks to Mrs Arden’s cool ‘choralography’. (Yes, that’s what choir dance moves are called!) It will be a thrill for the children to sing and dance at the Combined Ministries Carols in the Town Hall Forecourt, along with the regular attendees including the choirs from Taabinga SS, Kingaroy SS, and St John’s Lutheran School, and the Kingaroy SHS Stage Band. I understand that it has been many years since we last participated in this event, and it will be wonderful for Saint Mary’s to be back in the action once more.

*NEW* Light Up Advent Mass
Fr Nigel has invited the Junior Choir to perform their song, ‘The Best Present Ever!’ at the Light Up Advent Mass. This is a new initiative within our Parish, and I encourage all of our families to attend. With lots of festive music and singing, it is sure to be a celebratory way to start the Christmas season.

The Gap SHS Workshop - CANCELLED
Sadly, due to circumstances beyond their control, the choirs from The Gap SHS that we’re going to visit us this weekend have had to cancel their tour, which, of course, means that our singing workshop has been cancelled, too. I am hoping to create another event like this for all of the students who returned their workshop forms in Term 1 next year.

Music is Everywhere!
Just to add some artistic flair to the weekend’s Relay for Life, I brought along a tub of ukuleles, thinking they might be of some interest to the members of our team. Well, didn’t those ukes get a workout! The natural musical talent of Miss Inwood, Mr Perrett, Miss Saxton, Mr Ware and our RFL students shone as we smashed our way through “Lanterns” (this year’s RFL theme song), “Payphone”, “The Only Exception” and other pop tunes. Some songs were even recognizable, and - hopefully - enjoyed by the passing walkers.

Have a music-filled week,
Ms Jane Iszlaub
Music Coordinator
Indigenous News
Our year 3 students Molly & Landon are learning how to play the violin along with all of their class. Both children agree that even though violin is hard, it is also fun.

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 - Meatlovers Pizza $3.50

Morning Tea and Lunch - Hawaiian Baked Potato $3.50

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

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 placed 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 5c 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
Wednesday 14 October - Debbie Bunker

Please remember that Tuckshop is closed on Monday 19th October (Pupil Free Day). It is open on Tuesday 20th October.

Kind regards
Mrs Michelle Davis
Tuckshop Convenor

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FAMILY BUSH DANCE
5pm, October 24th 2015
KINGAROY STATE SCHOOL HALL

$30 FAMILY*
$10 ADULTS
$5 PER CHILD
TICKETS ON SALE NOW!

RAFFLE TICKETS
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* FOOD * DRINKS * DOOR PRIZES * LIVE BAND * RAFFLES * GAMES *

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*PLEASE NOTE: DOOR PRICE FOR FAMILIES (2 ADULTS & UP TO 4 CHILDREN)
– THIS IS AN ALCOHOL FREE EVENT – SHOES WITH HEELS, FOOD AND DRINKS ARE NOT PERMITTED INSIDE THE HALL –

Please join us to celebrate
the amazing talent on
show at Saint Mary’s

CELEBRATION
OF THE ARTS

St. Mary’s Catholic College

Wednesday
4 November, 2015
5.30-6pm Art exhibition
6-8.30pm Dance, drama,
and music performances
Light refreshments will be served

Mary Knoll Centre
Saint Mary’s Catholic College

16 October 2015
6:00pm to 8:30pm
KIngaroy Town Hall
Glendower Street, Kingaroy

$5 entry
Prep to 14 years
High School ID must be shown

Proudly supported by:

Parents to collect children from INSIDE the hall (at any time)