Dear Parents

The Life Education Van and Healthy Harold will be visiting us next week. The program, designed for primary school students focuses on issues around food and nutrition, personal safety, physical activity, cyber safety, safety with medicine and legal drugs; tobacco, alcohol and caffeine. The aim of the program is for students to develop strategies and practice the skills required to avoid the harms associated with an unhealthy lifestyle.

World Mission Day is celebrated this Sunday 23 October. We will be attending Mass dedicated to this theme at 9:15am tomorrow morning. Following Mass the Mission Stalls will begin at 10:30am. There will be Trash and Treasure, cake stalls, novelty games, lolly bags, ice cream cones and much more. We would love families and friends to be there. All children are encouraged to bring money to spend at the stalls.

Congratulations to Bailey and Zane B who competed in the State Athletics Championships over the past two days in Sydney. Zane and Bailey represented the MacKillop region, competing against the best athletes in their age divisions from across NSW. In the 11yrs high jump Bailey placed 8th against 40 finely tuned athletes, clearing a whopping 1.4m. Zane competed in the 9yrs 100m dash and came 2nd in the first heat and 2nd in the semi final. In the final Zane proved to be the 6th fastest 9 year old in the state!

Next weekend is Moruya’s Granite Town festival which begins with the floating lanterns on the river on Friday night. Annie Johnson has spent weekends making the bamboo frame for a swan to represent our school and we thank her for the time she has given to this project. Read more about this and see photos about the project further on in the newsletter.

Unfortunately, the sleep out that was re-scheduled for tomorrow has been cancelled again due to lack of interest. We will look to hold a similar event next year.

Jeff Prow is taking Long Service Leave from this Friday for 2 weeks. We wish Jeff all the best as he celebrates a very significant birthday while he is away. Rebecca Brady will teach Year 4P in his absence.

School fee statements were emailed to families today. Please let the office know if you did not receive your statement. It would be appreciated if all accounts could be settled before the end of the school year.

Best wishes
Karen Hadley
Coordinator
Sunday's Gospel
The second parable that Jesus tells in Luke 18 addresses attitude in prayer. In contrasting the prayer of the Pharisee with the prayer of the tax collector, Jesus teaches his disciples to pray in humility before God. Jesus again surprises his listeners by showing the tax collector as the example of faith, rather than the Pharisee. Remember that Pharisees were members of a sect of Judaism active in Jesus' time. If anyone would be a model for prayer, a Pharisee was a likely candidate. In contrast, Jesus offers the tax collector as a model for prayer. Tax collectors were collaborators with the Roman authorities in a system that allowed the tax collectors to line their own pockets by charging in excess of the defined taxes. Yet, in this parable, Jesus offers the humility of the tax collector as a model for the prayer of a disciple. The parable reminds us that when we pray, we must remember our need for God in our lives. If we are too full of ourselves, there is too little room for God's grace to work in us.

Mass for Start of Term
We celebrated a joyful Mass last Friday to begin our final term for 2016 at St Mary’s. Special thanks to Fr John for his engagement of the students and to Deacon Alex who gave the homily and spoke directly to the children present. The students sang the Andrew Chinn hymns with enthusiasm - it was a wonderful way to begin the term.

Mission Day
A reminder that tomorrow will be our school Mission Day. We will attend Mass as a whole school at 9.15 to which everyone is welcome to attend. The Mass will be led by the older students. At the conclusion of Mass we invite all families, friends and parishioners to join us at school for a couple of fun filled hours where we will have a great range of homemade cakes and slices, a lolly and icecream stall, tattoos and hairspray for those who are game enough, plus homemade slime and a variety of games. The trash and treasure stall promises to be very popular once again, where your child/ren can get a GREAT bargain.

Christmas Boxes
A big thank you to the families who have been able to help with Operation Christmas Child and have left their shoeboxes at the office. The boxes will be collected from school on Friday 28 October before being sent overseas to children who may never get another gift for Christmas. Thank you!

Whole School Parish Mass
Our first whole school/parish Mass for this term will be held on Sunday 30 October at 10am. We warmly invite all families and friends to join us at Mass where the children will participate in the readings, prayers and the choir. The National Catholic Life Survey will be completed by parishioners before Mass.

An Inspirational Letter
Good Morning, this is GOD I will be handling ALL your problems today.
Please remember ... I WILL NOT NEED YOUR HELP!!!
If life happens to deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly put it in the SFGTD Box (something for God to do). It will be addressed in My time, not yours. Once the matter is placed into the box, do not hold onto it.
If you find yourself stuck in traffic, don’t despair. There are people in this world for whom driving is an unheard of privilege.
Should you have a bad day at work, think of the man who has been out of work for years. Should you despair over a relationship gone bad, think of the person who has never known what it's like to love and be loved in return.
Should you grieve the passing of another weekend, think of the woman in dire straits, working twelve hours a day, seven days a week to feed her children.
Should your car break down, leaving you miles away from assistance, think of the paraplegic who would love the opportunity to take that walk.
Should you notice a new gray hair in the mirror, think of the cancer patient in chemo who wishes she had hair to examine.
Should you find yourself at a loss and pondering what is life all about, asking what is my purpose? Be thankful! There are those who didn't live long enough to get the opportunity.
Should you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities, remember ... things could be worse. You could be them!!!
Because I do not sleep nor do I slumber, there is no need for you to lose any sleep. Rest, my child.
If you need to contact me, I am only a prayer away.
Love Eternally, The Lord your God

Have a safe and happy weekend, remembering those who need our prayers,
Marg Croese
Religious Education Coordinator
In All Things May God be Glorified
Nude Food Day 2016
What a great success “Nude Food Day” was. The reaction to Nutrition Week and especially Nude Food Day from all of you has been overwhelmingly positive. Everyone has responded extremely well to the message and taken on board the connection between healthy food and a healthy planet.

I would like to say a BIG thankyou to the staff, the students and you the parents for supporting and being actively involved during this week. We all look forward to seeing the continuation of new habits that have been established this week throughout the rest of the term.

By making a conscious effort to bring in healthy rubbish free food we saw a dramatic change in our rubbish levels. Please enjoy the collage of photos of Nude Food Day. Here are a couple of examples:

Congratulations on this great effort to improve the health of our children and the health of our planet. We hope our Nude Food Day encourages a healthy, environmentally friendly change to our children’s lunches that continues into the future.

Some Recycling Bin Tips for home:
- Don’t wrap your recycling waste in a plastic bag prior to putting it in a recycling bin. Plastic bags cannot be opened, due to safety reasons, and all of your recycling will go to waste
- To make home recycling easy, organise smaller separate bins for your kitchen and separate recycling and non–recycling
- You don’t need to remove labels from recycling waste. This is done at the council recycling plant once collected
- If you remove bottle tops and lids from bottles and jars, it will help items compact better in your bin and help the recycling plant to separate the different materials
- To make the most of your bin space and of the garbage collection truck, crush and squash all plastic bottles, containers and cardboard boxes before putting them in your recycling bin

What items can be placed in your recycling bin?

<table>
<thead>
<tr>
<th>PAPER</th>
<th>PLASTIC</th>
<th>CARDBOARD</th>
<th>METALS</th>
<th>GLASS</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES RECYCLE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newspaper</td>
<td>Junk Mail</td>
<td>Wrapping Paper</td>
<td>Magazine</td>
<td>Paper Books</td>
</tr>
<tr>
<td>Soft Drink, Milk &amp; Juice bottles</td>
<td>Take Away &amp; Margarine Containers</td>
<td>Yoghurt Tubs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardboard Boxes</td>
<td>Milk &amp; Juice Cartons</td>
<td>Pizza Boxes</td>
<td>Tissue Boxes</td>
<td></td>
</tr>
<tr>
<td>Steel Food Tins</td>
<td>Pie Tins</td>
<td>Paint Cans (without paint)</td>
<td>Aluminium Cans</td>
<td>Aerosol Cans</td>
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<tr>
<td>Clean Kitchen Foil</td>
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<td></td>
<td></td>
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<tr>
<td>Glass Bottles</td>
<td>Glass Jars</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NO CANNOT RECYCLE</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Waxed Cardboard</td>
<td>Gas Bottles</td>
<td>Wire</td>
<td>Scrap Iron</td>
<td>Cutlery</td>
</tr>
<tr>
<td>Drinking Glasses</td>
<td>Ceramics</td>
<td>Windows</td>
<td>Glass</td>
<td>Light Bulbs</td>
</tr>
</tbody>
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Communication Corner continued

ICAS Mathematics Results: the certificates will be presented at Monday’s Awards Assembly


Merit: Ellie VW, Max M

Credit: Max C, Ryles W

Distinction: Cameron L, Lenny G

High Distinction: Bradley L

Wishing God’s Best for you,
Catrina Niddrie
Assistant Principal

Week 2 Class Awards

To be presented at Assembly: 2.30pm, Monday 24 October.

Congratulations to the following children who received class awards this week. It is great to see so many children working hard and receiving acknowledgment for their efforts - well done to all!

Kinder W: Emily-Kate K, Morgan B, Kai W
Kinder C: Lily VW, Brooke B, Sonny C
Year 1K: Murray L, Cody C-H, Lorelai B
Year 1/2J: Kobi B, Brooke S, Piper S
Year 2S: Roy E, Lily E, Seth H
Year 3B: Cameron L, Will G, Ryley B
Year 3D: Shuo J, Scarlett W, Jake V
Year 4W: Jessica T, Dana M, Monique B
Year 4JP: Lena H, Charlotte W, Rhianna B
Year 5: Held over until next week
Year 6: Nathaniel T, Max M, Jaymz M

Mission Day Stall

Tomorrow is our school Mission Stall to raise money for children in need. This year the SRC will have an ice-cream stall. We can’t wait!!

SRC Spotlight

Lena H Year 4 Representative
When did you commence at St Mary’s? 2012
What is one of your favourite school memories? Getting on the SRC
One thing you love about St Mary’s: I love that everybody is so nice.
One thing you would like the SRC to achieve this year: A bin-ball day.
Favourite Book: Witch Wars
Interest and hobbies: Gymnastics and reading.
What are your dreams for the future? To become a gymnastics coach.

Sophie Kenny

Mini Vinnies News

Tomorrow is Mission Day and the Mini Vinnies group are very excited about their raffle. The Mini Vinnies group will be selling raffle tickets for 50c each or 3 for $1. The major prize will be a badminton set for 4 players. We look forward to completing our “good work!”

SAVE THE DATE: Week 6, Friday 18 November. The Mini Vinnies will attend their first excursion to Canberra. A note will go home in the next fortnight.

Sophie Kenny
This week in Kinder students made **Gruffalo Crumble**. We were learning about procedures and we’d just read the book ‘The Gruffalo’ by Julia Donaldson.

Our Gruffalo Crumble was made with mini crackers, monster claws, zombie faces, mini pretzels, popcorn and veggie straws. All of Kinder had some for recess.

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**Catholic School’s Netball Carnival**

The Catholic School’s Netball Carnival is on in Canberra on Sunday 30th October, at the conclusion of Week 3. The four St Mary’s teams have been training once a week over the past 6 weeks. Information, including the team draws has been given to each player today. Thank you for your involvement in this fun day of netball.

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**Granite Town Floating Lanterns**

St Mary’s have entered a swan Lantern for this year’s lantern parade on Friday 28th October from 6pm to 9pm. Special mention needs to go to Angus L in Year 5 who supervised most of the papering of the swan and Mrs Matthews who did the painting. Most of the students were involved in the papering of the swan. I hope you get to see it floating down the Moruya River on the 28th!

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Annie Johnsen
Kindergarten visited the Moruya River and used iPads to record and share what they saw.
NUDE FOOD DAY
What it means to be an emotionally intelligent parent

So what does an emotionally intelligent parent look like? Here are five attributes that emotionally intelligent parents have in common.

Ten year-old Elle liked to be active, but one weekend things got out of control. A jazz ballet concert, a game of netball, and a family visit to her cousin’s house meant no time to herself. And she let her parents know it with constant moaning, as well as a tantrum or two.

Her father held his tongue for most of the weekend, but couldn’t help but give her some fatherly advice on Sunday night. “You’ve spent the whole weekend moaning about how busy you are. Maybe you need to drop one of your activities, if they are stressing you out so much!”

A tantrum followed... from Elle.

Elle’s mum took a different tack. She had a hunch that something was bothering her daughter. “You sound like something is bothering you big-time. What’s up?”

“I’ve got to give a talk at school on Monday in front of the whole school and I haven’t time to prepare. It’ll be awful and everyone will laugh.”

Her mum replied, “You sound like you might be pretty nervous. That makes sense.

Giving a talk in front others can be nerve-wracking.”

Elle dropped her shoulders, smiled and said, “You bet!” She was relieved because her mum understood how she felt. In fact, her mum had unlocked the problem for her and reflected back how she felt.

Elle’s dad focused on her behaviour and responded in kind (with well-meaning advice about her future behaviour), while her mother focused on the feelings that acted as a possible driver to her daughter’s behaviour. She took an emotionally smart approach, which turned out to be the right one in this circumstance.

Emotionally intelligent parents don’t dismiss children’s behaviour and allow kids to do as they please. There are times that we need to focus on a child’s behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate.

However, there are times when smart parents need to look beyond the obvious behaviours to get a good understanding of what’s happening to their child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

Emotionally intelligent parents have the following five attributes in common. They will usually:

1. **Listen more and judge less**

   There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

   **Impact:** Better, more open relationships.

more on page 2

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
... What it means to be an emotionally intelligent parent ...

2 Accept strong emotions
Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after delivering a hateful tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to be expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad that a child can’t give voice to in a family, however there are behaviours that are not unacceptable.

Impact: A healthy expression of emotions.

3 Focus on the present
Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That’s part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented future-focused mother or father. However when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.

Impact: Happier families and less stress felt at home.

4 Use rules rather than their moods to determine discipline
Some parents discipline according to their moods. If they feel good then they give children plenty of leniency. If they feel bad then they pick their kids up on every little thing. It’s better to stick to the family and house rules; that makes you more predictable, which kids really crave.

Impact: More consistent parenting

5 Develop a language around feelings
A family develops a vocabulary around the things that are important to them. Kids in a sport mad family will inevitably have a rich vocabulary around their chosen sport. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel. This vocabulary will inevitably stay with them for life.

Impact: Better relationships later in life at work and in their own families.

At a time when anger and anxiety has never been so high in families, there is a massive need for a parenting approach that includes emotional intelligence. Many parents struggle in the area of helping children understand and manage their emotions because we’ve never had any training in it. We didn’t learn it from our parents, and more than likely haven’t learned it at work. Emotionally intelligent parenting can be learned. At Parentingideas emotional intelligence is central to the work we do with parents. We know firsthand that kids who have parents versed in emotional intelligence are more likely to raise kids with the skills to be happier, enjoy better relationships and experience more success at school.

Michael Grose

Want more Ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
BUDDING BRUMBIES

When: Friday nights 5.00pm to 6.00pm
Where: Hanging Rock, Batemans Bay
Ages: 4 years to 9 years
Dates: Friday 4 November to Friday 25 November

Budding Brumbies is a fun, four-week program enabling kids to in a safe non-contact environment while learning plenty of skills and having loads of fun.

All participants will receive a great pack of UC Brumbies gear included in the registration fee of $55 per child.

To register your child, please click on the Brumbies link: http://community.brumbies.com.au/budding-brumbies/
or contact Angus Balmaks 0406 379 775 at Brumbies or Karyn Starmer 0427 522 227 at South Coast Junior Rugby.

More details can be found on the South Coast Junior Rugby Union Facebook Page.
7 November
Screening of movie '2e - Twice Exceptional' and panel discussion

Screening of movie '2e - twice exceptional' and Panel discussion

Please join us for a screening of the movie '2e - twice exceptional' and participating in a panel discussion afterwards.

For more information click here

19 November
Managing Big Emotions 5 - 8 AM 8 - 12 year olds
PM
Holy Spirit Primary School, Nicholls, ACT

For more information and to book
5-8 year olds
8 - 12 year olds