Dear Parents and Members of our School Community

Today I would like to address two aspects with you all. The first one is that this Friday candidates from our parish will be doing their Confirmation. As a person who prepared children for Confirmation for many years I was always in awe of the way the Sacrament transformed the children’s outlook as we moved through the programme. The children would develop an awareness of the gifts and fruits of the Holy Spirit that reside within them. They come to realise that these gifts have always been inside them but now they are at an age where they can understand them and meaningfully use them for the greater good (the Church’s Mission). Watching them start to think outside their own world is extremely satisfying. It is a time where the children are starting to think for themselves and take ownership of aspects in their life, particularly their faith, and this is their time to say I want to use my gifts and talents in the way the Lord intended so that they can contribute to making the world a better place. I have always found Confirmation so powerful in helping young people to form positive attitudes and we wish all of our candidates many blessings as they take their first steps into adulthood, in the church, this Friday. (How considerate, also, of the AFL to hold off the Finals for a week in light of our Confirmation this Friday).

This Sunday is Father’s Day and thanks to the active dads in our school who have formed the Men of Benedict’s Fathering Group, being a good dad has become a focus in our community. It was wonderful seeing so many dads with their children at East Fremantle Oval on Saturday spending quality time with each other. For me being the best possible father to my three boys is really important. It is something I really have to work hard at and I am by no means father of the year! About five years ago when I was at my fourth school weekend based activity for the term I had an epiphany. School families and teams who are involved in any winter sport finals over the next month.

About five years ago when I was at my fourth school weekend based activity for the term I had an epiphany. School families and students were getting more of me and a better version of me than my own family. It hit me how much time I had missed with my boys as infants and how precious each moment is. I would have many school related activities at night, during the week and on weekends. When I was home I was tired and not really giving the people that mattered the most my quality time. I had an extremely tolerant wife who would rarely complain but I could see my boys missed me and needed me more than I was giving. I had to bring balance into my life. I started to take on junior coaching and umpiring roles in their sports. I keep weekends sacrosanct for family and worship (sometimes school community activities interlock with family time). School holidays are devoted to the family and the mobile gets turned off and checked intermittently or we go camping somewhere out of mobile range. The important thing I have found is that I must be truly present when I am with my family and not thinking about work, checking e-mails or otherwise. This way the time is quality and we can learn from each other, I can guide my children, come to know what is important to them and be that role model and loving father that they need. Right now I am supposed to be in Germany with my wife at my nephew’s wedding and then tour Europe on Long Service Leave. I didn’t go because my boys play in footy finals this weekend and if I miss them I can never get them back and I wouldn’t miss that for quids. Have a fantastic Father’s Day everyone. See you on Thursday morning at our liturgy.

Well the Magpies gave a great account of themselves on the weekend only going down to the reigning premiers by 1 point in the dying seconds of the game. Mad Monday has been and gone while other teams are looking to finals I say Mad Monday has been and gone while other teams are looking to finals I say…”

Good luck to all families and teams who are involved in any winter sport finals over the next month.

Until next week, God Bless

Darren McDonald
Principal

Important Information & Dates to Diarise

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>31 Aug</td>
<td>Confirmation Rehearsal 3.30 - 5pm</td>
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<td>1 Sept</td>
<td>Whole School Liturgy @ 7.45am</td>
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<td>Father’s Day Breakfast @ 8.10am</td>
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<td>2 Sept</td>
<td>Merit Award Assembly</td>
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<td>Sacrament of Confirmation @ 7pm</td>
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<td>5 Sept</td>
<td>CATHOLIC DAY - ALL STAFF</td>
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<td>7 Sept</td>
<td>PP Class Liturgy @ 9.00am</td>
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<td>8 Sept</td>
<td>Our Lady’s Birthday</td>
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<td></td>
<td>Faction Athletics Carnival @ Aquinas</td>
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Sick Absentee vs Holiday Absentee

Absentees, due to illness, require a sick note to the teacher, this can be in the form of the school Absentee Note (available on the school website), alternatively an email can be sent to your child's teacher and administration on the day of the absence. The email is as good as a signed Absentee Note. Please note that irrespective of whether you choose to write an email or a note, Administration must be informed prior to 9.30am of your child's absence.

Holiday vacation, outside of the designated Term Holidays, require a separate note to be filled in and returned to Administration for Mr McDonald’s approval. This note too can be located on our school website. Please ensure that these are done at least 3 weeks prior to your vacation departure.

Please contact Administration if any of the above is unclear and requires clarification.

BOOK FAIR

Many thanks to everyone who came to the Book Fair. We raised an incredible $840 for the library.

Thanks again - Mrs Noonan

SCHOOL PHOTO DAY IS COMING!

Dear Parents,

Our school photo day is coming! Approximately two weeks prior to the photo day every student will receive a Kapture Photography order envelope to bring home. The recommended method of ordering your photos is online through Kapture’s website as your payment is secure and can be easily verified at any time. Alternatively you can pay by cash and return the provided envelope to the school on the photography day. **If you place your order online please DO NOT return your envelope to school.**

Any parent who forgets or is unable to supply their envelope on the photo day will have five (5) days to complete an order online. Late payment envelopes cannot be accepted by the school office or by Kapture.

You also have the option to order a sibling photo package online, however please be aware there may be a limited number of sibling orders that can be placed due to time constraints on photo day. We suggest you place your online sibling order as early as possible to avoid disappointment.

Please note sibling orders close @ midday sharp Wednesday, 14 September 2016

Kapture offer a money back guarantee for any parent who is not fully satisfied with their photo package. Should you have any queries before or after photo day, please direct them to the Kapture office on 9240 1714 or email enquiries@kapture.com.au.

All students will be photographed individually on photo day for school administration records AS WELL AS included in their class group photo available for purchase to all families. Should there be any reason why your child should NOT be included in the photo shoot – please contact the school office.
SCHOOL HOLIDAY CLINIC

DATE: Thursday 29th September, 2016
TIME: 1:00-3:00PM
VENUE: All Saints College, Ewing Ave Bull Creek
Grab your friends and come and join in the fun!
MILO in2CRICKET for girls and boys aged 5-7
MILO T20 BLAST for all girls aged 7-12 and boys aged 7-11
RSVP by heading to the following website:

3 Yr Old Kindy Blue News

We've had a jam packed few weeks here in Little Bennies Blue. We loved learning about the Olympics, and enjoyed researching the Rio 2016 Olympic emblem. We used the same colours of green (forests and hope), yellow (sun and warmth of people) and blue (the sea) to inspire our own Olympic emblem creations. We also loved learning about the story of the Olympic torch and how it travels all over the world to reach its current destination. We finished up our Olympic unit with our own Mini Olympics. The children competed in bean bag throwing contests, egg and spoon races, and balance beam work. They were all outstanding competitors and earned themselves well deserved medals. Last week, we celebrated Book Week with dress up days on Thursday and Friday. Thank you to the parents for helping the children with their costumes and book selections. We've been busy putting the final touches on our gifts for our lovely dads, and wish all the dads a wonderful Father's Day for Sunday!
presents

Han’s On Heart Fundraising Campaign

Join us on Wednesday 28th September 2016 for Dine in or Takeaway. For every dollar spent, 50c will go to Telethon.

Chance to win 2 bottles of premium wine supplied by Samuel Smith & Son (Dine in only)
WAFL Round – The Mob V East Fremantle Sharks

A fantastic turn out for the MOB again with around 50 people coming to experience the WAFL and supporting “The Fathering Project” within our school. Those who braved the weather came and enjoyed the various activities arranged by the East Fremantle Football Club who supported the initiative. A special thanks to Todd Shimon and Kate Argent, from the East Fremantle FC, for their organisation on the day and the free footballs for the kids.

Rod Dowling was on Channel 7 during the live broadcast at half time, spreading the word on what the Fathering Project is all about. Three of our students were team mascots and got to run out onto the oval with the Sharks at the beginning of the game. The result wasn’t what we had hoped for, but overall another fantastic day was had by all.

For more information about the MOB,

Email themobapx@gmail.com or Call Steve on 0417 176 022.
SEEKING UNWANTED or PRE LOVED BOOK WEEK DRESS UP’s for CHILDREN IN A REFUGE

RUHAH is an organisation which overseas the running of a women and children’s refuge in Perth. The necessary and much needed refuge provide crisis accommodation to women and children escaping domestic/family violence and other life crises. Families arrive at the refuge with little or no belongings. The refuge aims to support children to feel included and this means assisting the children to participate in their school’s Dress Up Parade on 21st October 2016. Many of the children staying at the refuge often miss out or feel left out as their mother and the refuge have limited funds to put together an outfit or purchase a dress up. Children from Kindy - Yr 6 / boys and girls. If anyone has a book week dress up that they no longer want or are happy to loan please could they contact Anita on 0409 080 013. Any loaned items will be returned clean. Alternatively, you may hand them into Mrs Funga in Administration. Thanking you in anticipation of your kindness and
Wardrobe Envy is Perth's NEWEST designer dress hire boutique located in Canningvale. WE has the latest and hottest designs in cocktail and ball gowns to rent at a fraction of new price.

Wardrobe Envy will donate **15%** from each dress rented for the St Benedict’s Gala night P & F Fundraiser.

To see our amazing range of cocktail dresses and full length gowns please visit our website [www.wardrobeenvyperth.com](http://www.wardrobeenvyperth.com).

Be quick so you don't miss out on the perfect dress for your special event!

Deborah Mitchell; 0432 818 601
Website: [www.wardrobeenvyperth.com](http://www.wardrobeenvyperth.com)
Email: deb@wardrobeenvyperth.com.au
Facebook: Facebook.com/wardrobeenvyperth
FREE ANZAC EXHIBITION

The experience presents students with an invaluable once-in-a-lifetime learning opportunity, whilst bringing to life both primary and secondary curriculums. After visiting, teachers are supported with learning materials, which enable them to further explore the exhibition in the classroom.

OPEN TO THE PUBLIC

Your school may wish to advise students and parents in your school newsletter that they can book their own visit to the Spirit of Anzac Centenary Experience at www.spiritofanzac.gov.au

Please follow the Spirit of Anzac Centenary Experience on social media.

SELL-OUT EXPERIENCE! BOOK YOUR FREE TICKETS NOW
Attention:
Mums and Dads!!

Our research needs YOU!

Researchers at the University of Western Australia are looking for parents of children aged 4-12 with a behavioural and/or emotional problem (e.g., ADHD, depression, anxiety disorders, oppositional defiant disorder, conduct disorder, or an eating disorder) to fill in a short survey. The survey takes about 20 minutes of your time. Participants have the option of entering a prize draw to win one of fifteen $50 (AUD) vouchers for Coles-Myer.

Want to participate? Please go to:
http://tinyurl.com/UWAParentStudy

Your responses are entirely confidential.

Need more information? Please contact Kim on 040 318 3228 or kim.eaton@research.uwa.edu.au

UWA Human Research Ethics Office approval number RA417857
PARTICIPANT INFORMATION FORM (Survey)
UWA Human Research Ethics Office approval number RA417857

Self-stigma in Parents of Children with Behavioural and/or Emotional Problems

The senior investigator monitoring this project is Associate Professor Jeneva Ohan, School of Psychology, University of Western Australia. This project is being conducted as part of the PhD requirements for Miss Kim Eaton's thesis. If you have any questions about this project please contact Jeneva via the email or phone numbers listed above.

What is the purpose of this study?
As a result of having a child with an emotional or behavioural problem, parents may experience negative feelings, comments, or behaviours from others. We call these experiences "stigma." Some parents may even begin to think of themselves in these negative ways, we call this "self-stigma." In this project, we are interested in understanding parent self-stigma and what some of the effects of this might be. Parents who have children between the ages of 4 and 13 with a behavioural and/or emotional problem (such as anxiety, depression, ADHD, eating disorders, oppositional defiant disorder – ODD, and/or conduct disorder) are asked to respond. You may be your child's biological, step, adoptive, or foster parent.

Are there any benefits from participating in the study?
It is possible that completing questions about one's self will result in participants being more reflective and mindful about what they are thinking or feeling and may be a rewarding experience. By providing insight into your experience as a parent, we are better able to understand what it's like to be a parent of a child with a mental health problem. This has important implications for developing better ways to support parents in the future.

Feedback/Reimbursement
If you provide your email address, you will receive a summary about the results of the study when it is available. If you choose to enter the prize draw for one of 15 $50 (AUD) vouchers for Coles-Meyer, please provide your email address.

What will the study involve?
If you decide to take part, you will be asked to complete a survey over the internet. First you will be asked some questions about your parenting experiences and how these experiences have impacted on you. You will also be asked to complete questions related to your child's strengths and emotional and behavioural problems, as well as your demographic background (e.g., gender, age). This will take about 20 minutes. Please note that this survey is not compatible with smart phones, instead will need to be completed using an iPad, laptop, or computer.

Participating and withdrawing from the study.
Participation in this project is voluntary. If you decide to participate, you are free to withdraw at any time without having to give a reason and without consequence; you can do this by simply declining the invitation to participate or by closing your web-browser. However, if you withdraw part way through the survey, we will not be able to remove the data that we have already collected as no identifying information will be recorded. Your participation in this study does not prejudice any right to compensation, which you may have under statute or common law.

At the end of the survey, you will be asked to provide your email address or mobile phone number if you would like to receive a copy of the study's results, participate in the next stage of the research, completing the survey again in 12 months, and/or be entered into the prize draw. Your email address or mobile number will be separated from your data by a code, you will not be asked to provide your name.

Are there any risks involved?
As we are likely to ask questions about sensitive issues, some people may feel hurt, discomfort and/or embarrassment. The senior investigator will regard himself as a carer of a child specific to your