Dear Parents and Members of our School Community

Why do schools need an active, vibrant, hardworking and successful Parents & Friends Association?

In my experience over the past 21 years as a Catholic educator one of the most pleasurable tasks I have had is to work with school Parents and Friends Associations. Every school’s P&F is unique and has its own traditions and culture, however the aims of each group has been the same and that is to support the school for the betterment of the children the best way they can.

Many of you might think that a school P&F is just about fundraising and the extra work that it takes to do this, however it is so much more than this and if a P&F is functioning properly the benefit it has on the school as a whole is extremely positive.

A P&F is important because the activities that it does is what brings people together. Whether it be manning a barbecue on election days, running a cake stall, facilitating Father’s and Mother’s Day stalls, coordinating community gatherings around significant dates such as the school’s patron saint day or beginning and end of school. These are just some examples.

A P&F that brings people together contributes to building strong school communities. The fact that there are numerous opportunities for people to be involved in the school allows children to see that their parents value school and they themselves will value school and a positive effect should rub off on the children with their attitude towards school.

Although we like every event to be successful it is more about what people do together to make the event happen that is most important because that is where community bonds are made. People will often fondly recall times when they worked together for a P&F event and all the obstacles they overcame and the fun that they had.

I have always said that a strong P&F forms the backbone of any school community and that if families, staff and students see an active P&F and feel supported by them, then an extremely positive atmosphere will reside.

Often in schools P&F committees can wane due to too much needing to be done by too few. This can happen if people are time poor and can’t commit, there is a lack of drive in the executive or if there are domineering parties on a P&F that put people off contributing.

I am extremely proud to say that the P&F at St Benedict’s is extremely active with parent representatives organising gatherings, forwarding information and attending meetings. During my whole time as an educator I have never come across a P&F that has never had less than 25 attendees at a meeting and that has so many people willing to roll their sleeves up and contribute to the many activities that our P&F does. Meetings are a pleasurable experience and people can’t seem to do enough.

This is evidenced by the massive success of our recent Gala event at the Governor’s Ballroom on Saturday evening. Although this was our major fundraiser it was terrific to see people in our community band together to put on an extremely successful event that allowed people to mingle, forget about the rigours of life for a while and have fun together. I am forever in awe of the wonderful ways our P&F brings people together whether it be through a footy tipping competition or a formal event everything they do is done with love and is first class.

Thank you to all people in our P&F for everything you do to build a positive school community and believe me this is a brilliant community!

Please have a safe and happy holiday and enjoy your time with your children.

Don’t forget to send your child in Black and White this Friday for our Footy Colours Day fundraiser for Lifelink.

Dates to Diarise

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>21 Sept</td>
<td>P &amp; F Meeting @ 7pm</td>
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<tr>
<td>22 Sept</td>
<td>3K Photo’s</td>
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<tr>
<td>23 Sept</td>
<td>LAST DAY OF TERM 3</td>
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</table>

11 Oct First Day of Term 4 for Students

Until next term, God Bless

Darren McDonald, Principal
To all our St Benny’s families,

It is hard to believe we are in the final week of Term 3 already!

We would like to thank those that attended our Gala event on Saturday evening. We hope you enjoyed the night as much as we did, and we look forward to announcing the funds raised after a total figure is finalised. Thank you once again to Hayden Thomas, Kristi Bates, Nicole Chapman, Christine Blake, Jodie Herron, Kristal Grace, Clare Patterson and Kevin Auton for all the time and energy you put into making it a spectacular evening!

Wishing you all a safe and relaxing break,
Tanya Dowse-Kerr, P&F President

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P & F News ...

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Term 3, Week 10

This week sees the final week of the Protective Behaviours Program for years 4-6. Over the past two weeks we learnt the strategy of NO GO TELL. The children were taught these three simple steps to follow in the event that they feel unsafe. We had previously learnt that being able to identify a safe from an unsafe situation involves the experience of Early Warning Signs and also looking at the situation and deciding whether we have choice, control or a time limit. This helped the children to clarify their feelings between different situations where they may experience similar Early Warning Signs but are not necessarily “unsafe” such as going on a rollercoaster ride. This is because sometimes it is “fun to feel scared”

We also discussed the importance of being assertive, using our voices and our body language. The children had some experience in seeing both how this felt and what this felt like. Similarly we talked about the importance of being persistent in asking for help. Earlier in the program I had each child identify five people they would have on their network. These were the people they would go to if they felt unsafe and needed help. We discussed that we need to continually ask for help until action is taken so that we feel safe again.

Our final lesson involved the whole class engaging in a quiz on the entire Protective Behaviours Program. The winning group of each round was rewarded by a round of pie face-(clearly the favourite activity we did in the program!!)

Parents please keep talking with your children about the concepts we have discussed. All the classes have eagerly engaged in the material and I am confident they have learnt some very valuable information.

Thank you all for your support in helping to keep our children safe.
Faction Athletics Carnival

On Thursday 8 September and Monday 12 September we had our Faction Athletics Carnival. We had excellent weather conditions on both days.

These are the year 4 results; Runner up champion boy was Jorge from Green Faction with a total of 54 points. The Year 4 champion boy was Felix from Green Faction with a total of 58 points. The year 4 runner up girl was Lana from Gold Faction with a total of 54 points. The year 4 champion girl was Mia from Green Faction with a total of 66 points.

These are the year 5 results; runner up champion boy was Thomas S from Gold Faction with a total of 62 points. The year 5 champion boy was Vincent from Red Faction with a total of 82 points. The year 5 runner up girl was Sasha from Gold Faction with a total of 72 points. The year 5 champion girl was Florence from Green Faction with a total of 76 points.

This is the last Faction Athletics Carnival for the year 6’s. The year 6 runner up boy was Anthony from Green Faction with a total of 66 points. The year 6 champion boy was Oliver R from Blue Faction with a total of 70 points. The year 6 runner up girl was Sophia from Green Faction with a total of 63 points. The year 6 champion girl was Shanae from Gold Faction with a total of 82 points.

The winner of the marching for 2016 was Red Faction. The overall results were in 4th place Blue Faction with a total of 1685 points. In third place was Gold Faction with a total of 1850 points. In second place was Green Faction with a total of 1939 points. This puts Red Faction in first place with a total of 2038 points.

We would firstly like to thank Mrs Sampson for all her hard work in organising the carnival. We would also like to thank all the staff and parents who came to help run the day. We would also like to thank the parents who kindly came to support everyone. And finally we would like to thank all the students who participated in the events and tried as hard as they could.

A note from Mrs Sampson …

A very big thank you to the parents who worked tirelessly through-out the day to ensure that our carnival ran smoothly. We couldn’t have done it without you. Congratulations Red for winning the double header.

Inter-School Athletics

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday, September 21</td>
<td>8.00am – 8.25am</td>
<td>Shot Put at school</td>
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<td></td>
<td></td>
<td>Running and Relays at Shirley Strickland</td>
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<tr>
<td>Thursday, September 22</td>
<td>8.00am – 8.25am</td>
<td>Turbojav at school</td>
</tr>
<tr>
<td>Friday, September 23</td>
<td>8.00am – 8.25am</td>
<td>Ballgames at school</td>
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<tr>
<td>Wednesday, October 12</td>
<td>8.00am – 8.25am</td>
<td>Long Jump at school</td>
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<tr>
<td>Thursday, October 13</td>
<td>8.00am – 8.25am</td>
<td>Shot Put at school</td>
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<tr>
<td></td>
<td></td>
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Our Inter-School Athletics carnival is held next term. Training commenced yesterday for long jump and will continue in the mornings according to the schedule in your letter.
**ASC Australian Sports Camps**

**Perth, WESTERN AUSTRALIA**

**BASKETBALL**
18, 25 & 30 September
Worthington Park, Claremont

**CRICKET**
27, 28 & 29 September
Chesterfield Grammar School, Claremont
3, 4 & 5 October
Paterson Oval, Jolimont

**FOOTBALL (AFL)**
18, 25 & 30 September
Wembley Park, South Perth

**HOCKEY**
3, 4 & 5 October
Rokeby Park, Nedlands

**NETBALL**
18, 25 & 30 September
Worthington Park, Claremont
1, 4 & 5 October
Linden Recreation Centre, Leda

**SOCCER**
1 & 2 October
Paterson Oval, Jolimont

**LEARN NEW SKILLS AND IMPROVE YOUR GAME! 3 DAY SPORTS CAMPS FOR 6 – 16 YEAR OLD BOYS AND GIRLS**

- Our structured skill development programs run 9am – 3pm daily.
- Experienced coaching panel and guest stars attending.
- Meet your sporting idols, learn and be inspired by the best.
- Have fun playing and keep active with your friends.
- Individual written coaches report reinforces learning.
- Video analysis and coach feedback sessions for skill improvement.
- Coach to participant ratio at 1:10 ensures individual attention.
- Careful group selection to maximise enjoyment and results.
- Autographed group photo and certificate of achievement.
- RRP - $295 for three full days coaching.

**OUR UNCOMPROMISING COMMITMENT**

- Providing a safe and fun environment at all times.
- Professional management and coaching.
- Structured breaks for proper rest and rehydration.
- Total customer care and support, we're always there to help.

For more details regarding our camps and coaching panels, please visit our website [www.asc.cam/p/school](http://www.asc.cam/p/school) or call 1300 914 368 or email admin@australianksportscamps.com.au

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**PERTH RUNNING CLUB**

**Term 4 – 2016**

**Week 2 – 7**

*Every Tuesday, Oct 18 – Nov 22*

*7.30 – 8.15am*

Shirley Strickland Reserve, Ardross

Year 1 – 6

6 sessions

* Coach will walk students to school

Earlybird (register & pay between Sept 13 – Oct 9) $55

Late (register and pay any day received on Oct 10) $60

**LIMITED SPOTS AVAILABLE!**

- Let us build your child's confidence by improving their running techniques and fitness level

  - Sarah Jameson - Head Coach - Perth Running Club
  - Triple Olympic, Australia’s 5000m Record Holder, Silver Medallist Commonwealth Games

  Click link below for online registration:

  [https://goo.gl/forms/Fq8qZu8USgOpd/J1](https://goo.gl/forms/Fq8qZu8USgOpd/J1)

  For further info, email: info@perthrunningclub.com.au with subject line: $1 Run
Don't miss the opportunity to send your son or daughter to the most sought after Catholic Co-Educational College south of the river – Corpus Christi College.

Corpus Christi College is pleased to be in the position to offer additional enrolments for parents seeking a Catholic education for students from Year 7 to Year 12.

Corpus Christi is a Catholic community committed to empowering every learner to serve and enrich our changing world. With a strong Talented and Gifted program which includes a Mathematics Acceleration Program from Year 7, offering a range of extra-curricular activities in Music, the Performing Arts and Sport, the College provides a distinctly Catholic education for parents who want a spiritual and faith-based experience for their child.

Please contact the College Registrar Mrs. Susanne Pass for additional information on the Enrolment process for entry into Corpus Christi College, who will be more than happy to assist you with your enquiries. Please visit www.corpus.wa.edu.au/enrolments for additional information, or Susanne can be contacted directly on 6332 2567 or by email: spass@corpus.wa.edu.au

We look forward to welcoming you and your son or daughter to the Corpus Christi College community.