Dear Parents and Members of our School Community

This week I would like to talk to you about why it is important to support your child’s school and the many ways that you can do it. A school is a community and communities need a variety of consistent positive contributions from its members so that common goals can be achieved that will benefit that community going forward.

The most valuable thing that I have found, as both a parent and an educator, about contributing to your child’s school community, other than putting things in place to help the school continue to improve, has been the effect our contributions have on our own children.

As a young boy I went with my parents to many school busy bees, watched my mother head off to P&C meetings and felt really special when my father came in each Friday afternoon to run senior school sport. It showed me that they valued our school and my brother and sister and I in turn valued the school. We took great pride in making the grounds look tidy, in representing the school in any way we could and most of all we worked to capacity in the classroom because we could see our parents valued our education due to the efforts that they were putting in. The majority of families in the school were doing things like this and as a result a terrific school continued to get quality results in all areas.

As an educator I have also seen students’ attitudes and results improve over the years as their parents have taken more active roles in the school community. The power of what we do speaks more volumes than what we say.

People have different time commitments today but there are many ways people can contribute to their child’s school community, here are some below.

- You can join the school bodies such as the P&F or the school board.
- You can go on rosters such as canteen, uniform shop and classroom help.
- Be a part of the crew that comes to Busy Bees when required.
- Volunteer to help on excursions and camps.
- Use your areas of specialty to help with school initiatives.

I look forward to and thank you all for the continued high level of support from parents here at St Benedict’s as together we all strive to help our students to be the best that they can be.

Until next week
God Bless

Darren McDonald
Principal

In recognition of our devotion to Our Lady during the Month of October

Dates to Diarise

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>26 Oct</td>
<td>Year 6 Class Liturgy</td>
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<tr>
<td>28 Oct</td>
<td>Booklists to be returned to school</td>
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Dear Parents,

I trust this newsletter reaches you well. Over the last 7 days our students have been working very hard in all areas of the curriculum. Last Thursday students from PP-6 started their term lessons of Edu-dance, led by Hannah. I am always blown away by the sheer talent of what our students can learn in such a short space of time. Make sure you add in our end of year concert (1st December, 6:00pm) to your calendars because it is sure to be a very special event! This week is a great display of our student’s academic ability, the Year 4-6 students displayed their spelling ability yesterday in our school spelling bee. An example of some words which were spelled correctly by our students were: Endocrinologist, Cholesterol, Chihuahua, Miscellaneous and allegiance.

Suffice to say that whilst I was typing these words there was a fair bit of red underlining coming up. The 6 students selected will represent the school at next week’s interschool spelling bee. Congratulations to; Jonathon, Luke, Matthew, Tom, Oliver and Truman.

Tomorrow our school will host the first annual regional academic day. The day will pit 5 teams of 8 students, encompassing challenges from each learning area. I hope it will be a great celebration of the hard work and talent our students have put into this year to achieve new standards of learning.

Finally, I wish all those athletes representing our school on Friday’s Interschool Athletics carnival good luck. A special mention to our captains, Sophia and Oliver who will lead our school on the day.

Please feel free to stop me in the school if you would like any further information about any of the programs mentioned above.

Regards,

Ben Will

**P & F News**

**Dear Parents**

We hope your children had fun at the Lapathon on Friday, and are now in the process of collecting their hard earned donations. All monies need to be returned to your classroom teacher by Monday 24th October to be eligible for the prize draw. A very big thank you to the Year 4 mums, Megan Oh and Jacqui Nocciolino for all their hard work in making the event such a success.

Another exciting event that is drawing closer is the Disco. Forms should have come home with your eldest child last week, so please return your forms and money to your classroom teacher, and check the parent help roster outside your classroom if you are able to assist.

And finally, the School Fees Raffle is now running. For $25 per Golden Ticket you can enter into the draw to win the tuition fee for your first child free for 2017. This year there is also a 2nd prize of a voucher to the value of $500 in the uniform shop, so don’t forget to grab your ticket!

**Book Club**

Just a reminder that all orders for Issue 7 must be completed by Monday 24th October.

If you wish to order online you may use the LOOP system. Please note that if you do use LOOP DO NOT send the order form to school as this will result in a doubling up of orders.

If you do not wish to order on line please send your completed order form with correct money or cheque made out to ‘Scholastic Australia’ to the class teacher by the due date.

Thank you.

Mrs Noonan

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**TUESDAY MORNING RUNNING CLUB BY PERTH RUNNING CLUB**

- **Commences:** Tue: 18 Oct - 22 Nov,
- **Time:** 7.30 - 8.15am,
- **Venue:** Shirley Strickland Reserve. Coaches walk kids back to school.
- **Price:** $60 for 6 sessions.

Register now at: [https://goo.gl/forms/Fq8gZuSUS9Op4Slt1](https://goo.gl/forms/Fq8gZuSUS9Op4Slt1) or email: info@perthrinningclub.com.au
URGENT!!!

Looking for “Bob the Builder”

The Year 4 Class are building a garden and require your help! If you have any spare wood or know how to lay bricks and you have some spare time in between week 4 and 5 then please send and email to the Year 4 Teacher - Miss Lewis - lewis.sian@cathednet.wa.edu.au.

Looking forward to hearing from you soon.

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Talent Show

It’s time to start getting your act together for the 2016 St Benedict’s Talent Show! The date is set for **Wednesday November 9th starting at 12pm**. Attached to the newsletter today is a registration form and set of rules. Please read through carefully and print off if you’re interested (see your teacher if you have any difficulty accessing a form). Every individual student performing must complete a registration form. Group acts need to compile all completed registration forms BEFORE handing in to your class teacher. The entry fee is $2.00 per performer, and $1.00 per spectator. Class teachers will collect all forms and money. All money raised will go to the Children’s Leukaemia and Cancer Research Foundation (WA branch). Students will be shaking tins on the afternoon, collecting much appreciated donations from spectating parents and friends. It’s sure to be a fun filled, exciting afternoon, showcasing the amazing children we have here at St Benedict’s.

*The deadline to hand in forms and payment is Friday October 28th, so get moving!!!*
Nude Food Day – next Wednesday October 26

Next Wednesday our school celebrates ‘Healthy Food Week’ and to help us celebrate we are having a dress up day. Come to school dressed up as your favourite fruit or vegetable AND bring your lunch to school NUDE. This means we want to see children’s lunch with minimal or no wrapping. This not only means less rubbish waste. Nude Food also means less processing to the food by manufacturers leading to healthier foods with more fibre, less sugar and less preservatives. We can’t wait to see everyone in the colourful outfits.

Inter-School Athletics – Friday October 21

This Friday our Year 4–6 athletes will be going to Len Shearer Reserve to represent the school at the annual athletics carnival. We wish them luck and fine weather.

Bike-Ed

Our Year 4, 5 and 6 Bike Ed program commences in week five during normal PE lessons. A note will be sent home regarding this. Children will require a well maintained, and road-safe bike.

Sports Corner

This week the Protective Behaviours Program commenced for all students in years 1, 2 & 3. Week 1 involves introducing the concept of feelings to the children and speaking to them particularly about feeling safe and unsafe and what this means. We highlight for the children that feeling safe and being safe may in fact be different and that the feelings of safety are individual to each and every one of us. For example some of us feel safe on a roller coaster, while others don’t.

I discussed with the children that the Protective Behaviour’s Program is all about learning ways to keep safe. This is reinforced by highlighting Theme 1 of the program “We all have the right to feel safe at all times.” We spent some time breaking this concept down so that the children understood who “we all” meant, the differences between “feeling safe” and “being safe” It is also reinforced that this is a right that can’t be taken away.

As parents it is important to let your child know that “we all have the right to feel safe at all times” so encourage your child to discuss their feelings with you.

You could also play “How could someone feel safe even if……” in the car – this games gets your child to brainstorm strategies they could use if they were feeling unsafe.

Highway Heroes Program Yr 2.

This week I began running module 2: “Connecting 4 Friendships – Playground Resilience and Wisdom” (from the Highway Heroes Program). This program introduces to the children positive self-management and social skills in order to make sensible and rational choices about the difficulties they encounter. Using these skills is the behaviour of being a ‘Highway Hero’ because it means they are better equipped to deal with life’s small difficulties (bumps) or bigger difficulties (hazards) as they encounter them.

In this module we will focus over the next five weeks on:

- The characteristics of friendships and friendly behaviour
- The friendliness (SPICE) – tools for joining in and inviting friendships
- The triple A’s of refusals – and how to respond to them
- The triple A’s of Friendship Flare ups – how to solve a conflict
- Using Straight Talk for friendship flare ups – Assert Responses

Each week your child will bring home an activity sheet and parent information handout so that you can discuss with them what they learnt in the lesson.

For further information on the program visit: www.bestprograms4kids.com
WIN your school fees free for a year!

Tuition fee for the first child to the value of $2500

Golden Ticket

Ticket Price $25

- Permit Number: LS209115016
- Ticket Sales & Permit holder contact Anne Fitzgerald 0407990150
- Lottery is conducted on behalf of St Benedict's Catholic Primary School P&F Association
- Drawn on 1st December 2016 at the St Benedict's End of Year Concert
- Results to be published in The West Australian Newspaper on Saturday 10th December 2016

1st Prize
School fees for the first child (to the value of $2500)

2nd Prize
$500 Uniform Voucher
This week in OSHC
We have had lots of fun back in the first week of the program and there are lots more to come!
With everyone getting settled back in after the holidays and some new faces in the program there has been lots to see and do, from fun outdoor games and activities, creative arts and crafts and even some time for cooking with some of the new recipes added to the Camp Australia cookbook.

Did you know you can save 50% or more with government rebates?
There are two types of government rebates available to families for our program:

The Child Care Rebate (CCR) is NOT means tested and is available to almost all Australian families. It provides a rebate of 50% of fees after the CCB has been calculated and applied.
The Child Care Benefit (CCB) is means tested and scaled, depending on family income.

How to claim Benefits and Rebates:

1. Locate your family Customer Reference Numbers (CRN). We need a CRN for you, and one for your child
2. Can’t find your CRNs? Call The Family Assistance Office on 13 61 50
3. Call us to add your CRNs to your Camp Australia account

Feel free to stop by the OSHC room and see what’s going on. We look forward to seeing you and your family soon.
The Camp Australia Team.

visit www.campaustralia.com.au
Community News

# althnuHim

CELEBRATION OF SPORT

RICHARD PENGELLEY OLYMPIAN/MAIN SPEAKER

STEF REID PARALYMPIAN

SUNDAY 23 OCTOBER 2016

2.45PM FOR 3.00PM

FREE ENTRY. EVERYBODY WELCOME
INFO: 0423 606 989 / 0452 012 091

MOUNT PLEASANT BAPTIST CHURCH
497 MARMION STREET, BOORAGOON, WA 6154

HOSTED BY CHRISTIANS TOGETHER IN SPORT
ANGLICAN • BAPTIST • CATHOLIC • CHURCHES OF CHRIST • FREE CHURCHES • PENTECOSTAL • SALVATION ARMY • UNITING
TALENT SHOW RULES

* Each act will have a 2 minute time limit

* Each student can only be in one act, either individual or group

* Each act must be previewed/discussed with your class teacher

* Acts which are singing/dancing combinations will be limited to individual classes (see teacher for details)

* Once a group is registered, the group is final (No changes to participants will be accepted - eg no-one can join in or drop out once the group is registered).

* First in first choice for song selection. If another act has registered with the song you wanted, you must choose another

* Each act must complete and hand in a registration form - group acts must hand in forms and payment together.

* Each student performing must pay $2.00 entry fee

* (Group acts compile all entry fees together, ie if your group has 5 members in it, your will hand in $10 plus all completed forms).

* Spectators will pay $1.00 to the class teacher

* All money raised will go to Children’s Leukaemia & Cancer Research Foundation (WA)

* All registration forms and payment must be handed in to the class teacher before the due date

* Any registration forms handed in after the due date will not be accepted - no exceptions

* There will not be any time preferences for performances unless particularly arranged with the class teacher
2016 REGISTRATION FORM (Wed 9th Nov)
Hand in by Friday 28th October 2016

Full name: _____________________________________ Year:________

Song title and artist:_________________________________________

Name of your act:____________________________________________

Brief description of your act: Eg Singing, gymnastics, acting, playing the guitar, dancing, telling jokes etc...

_________________________________________________________________

Names of other members in your act:_____________________________

_________________________________________________________________

Don’t forget to compile all members’ forms and payment together to hand in together.

Do you need anything for your act? Eg microphone, table, chair etc:

_________________________________________________________________

* Song choices with inappropriate lyrics will not be permitted.
* Incomplete group registrations/payment will not be accepted.
* Late registrations may result in no performance.

Please make sure you have thoroughly read the rules, talked about your act with your teacher and parent/guardian, and have your form signed. Hand in your signed and completed form with payment attached to your teacher asap. If you have other members in your act, you must gather all completed forms and payment, and hand in to your teacher as a ONE SET registration.

Parent/guardian signature:_____________________________________

Teacher’s signature:__________________________________________
Tips to help you and your child through exam stress

It is a real test of parenting when there is an exam student in the house - the date of the WACE exams can evoke feelings of rising anxiety – in students and in their parents! It can be very difficult to stay detached from all the talk about ATAR, what course your child is hoping to do and at which university.

Unfortunately, parents often unintentionally add to this stress by allowing themselves to become consumed with the whole process – or on the other end of the scale by being too laid back which may come across as not caring. What’s needed here is a balance and realistic expectations.

When the WACE exams are just around the corner all parents can do is to support their children, reinforce our confidence in them and make it very clear that we do not think they are defined by their exam results.

Calmness

Easier said than done… however, parents have the ability to create a calm environment to study in which includes being comfortable, well-lit and quiet. If possible don't arrange 'playdates' for younger (or older siblings) during this couple of weeks pre and during exams.

Perspective

It is exceptionally important that we reiterate with our children that we will love them no matter what and that unexpected exam results will not change that. There are many many ways in which they can achieve their goals and WACE exams are only one of those ways.

Routine

Keeping to a normal routine is important for both parents and children. Parents who take time off work to ‘be there’ can actually add to the anxiety by placing an added layer of angst. As for your child, he/she will still enjoy the bus-trip home from school, catching up with friends and taking their mind of studying for a short period.

Having said all this, parents being available to provide some additional practical support at this time such as a lift somewhere or a comforting word will do no harm.

It is also a good idea to encourage your child to continue to attend school until exam time. They may use excuses like 'it's easier to study at home' but realistically they are probably better to be at school where they will have the support network of their peers and teachers.

Venting

As is common with most people who experience periodic times of stress, your child will be more likely to let off steam by venting on those closest to them, often their parents. This should not be taken personally so try to be the parent who walks away, takes a deep breath and lets it slide. It will all be over sooner than you think!

Vulnerability

Keep an eye out on how your child deals with the 'mock' exams. This may provide some indications on how they will deal with the WACE exams. Most children will deal with stress of exams even though some will do it better than others. It is worth being aware however that problems may arise if your child has had additional trauma in the year leading up to the exam. Stresses such as loss, relationship breakdown or difficulties with friends can add to the levels of anxiety around exam time. Mock exams will alert you on how to approach the WACE exams. Reaffirm that exam results do not define who you are.

A good life balance where your child continues with their sport and seeing their friends will contribute to their wellbeing and help alleviate the stress. Exercise as with all of us is vital. It is important to try and reduce your child’s stress levels and not add to them. Too much stress can stop them from reaching their potential by affecting the way their brain recalls and applies information.

Sleep

A good night’s sleep is paramount (and not just at exam time). Even if your child normally has a device such as a phone in their room at night (never a good idea for anyone) suggest that it is left in another room during this time. The distraction of technology at night is not conducive to a good night’s sleep. Suggest some ways for your child to wind down before bed such as having a warm bath, reading a few pages of a book (other than a text book) meditation or prayer.

Brain Food

A balanced diet is essential for all our children, all the time but absolutely vital at exam time. Diets including lots of brain food like nuts, seeds an oily fish are particularly beneficial at this time. As parents we can prepare in advance by ensuring that there are healthy snacks available within seconds (!!) as this will stop the constant trek to and from the biscuit barrel.

And remember that although exams may be a necessary evil, they do not and never will define who your child is – please make sure your child knows this.