Dear Parents and Members of our School Community

What is real courage? Sometimes when we hear the word courage we think of people in battle with weapons conquering other countries and claiming them as their own. Sure enough there is an element of courage there but what if you are on the side that is already a dominant force?

Real courage is about knowing what you stand for and believe in and being able to follow through no matter the odds. You may not win all the time but you may win sometimes and the most important thing is that you stay true to yourself.

Then best example of courage I can think of is Jesus Christ. He knew the moment that he started preaching to people that God is a loving and forgiving God that he would get those in power offside but it was the truth and he continued on. Even as his time for reckoning drew near he prayed to God as he was frightened but he did not quit, he had to show people the truth even to his own detriment. He could have easily rolled over and stated everything he said was not true to save his own life especially when his own apostles were denying they knew him, doubting that he was the son of God and betraying him. Through all of this as everything seemed to be falling apart he showed true courage and went through a gruesome and painful death only to rise again. This was true courage and some 2000 years later we still tell his story. That is how courageous his act was.

It takes courage to be different, to walk another path. It is easy to do what has always been done because that is what people expect and that is what they are comfortable with.

Over the past few years at St Benedict’s we as a community have shown courage as we have embraced our double stream, 21st learning principles and Restorative Practice. These three items forced us to think differently and to move away from what we know and what we are comfortable with and with each concept there has been some resistance to overcome. However, through our courage we have been able to bring more people into a wonderful community, have children engaged and achieving at school as well as learning how to deal with situations appropriately when things go wrong. Nothing will ever be perfect but we continue on the journey to always be better, making courageous decisions where we need to.

In all of this we are examples of courage to our students, they see how we follow through in what we believe and learn from this.

If we are examples of courage to our children we can use these times in our lives as points of learning for our children and they too will become examples of courage and when faced with adversity with minimum chance of success they may just have a go anyway.

History is littered with examples of people trying out for a top sporting team even though no one gives them a chance of making it and they do. At the very least they would have learnt from the experience. Without having the courage to have a go you would never know.

Our children, when in the situation, may just go for that job that people may think is out of their reach. They will learn to see things through when the chips are down and develop resilience.

Let us all be examples of courage to our children so that they may prosper.

Until next week God Bless

Darren McDonald
Principal

Dates to Diarise

26 Oct 1:1 iPad meeting @ 6pm in the Library
27 Oct Interschool Spelling Bee
28 Oct Booklists to be returned to school
1 Nov All Saints Parish School Mass 9am
Interschool Numero Competition
Dear Parents

Best of luck to everyone in the Lapathon prize draw at the assembly on Friday. Thank you to everyone that has returned their money, and a very big thank you to Megan Oh and Jacqui Nocciolino for all their effort in organising and running this event.

A reminder that Disco tickets and forms are due in this Friday 28th October. This year’s disco is shaping up to be a spectacular night, so don’t forget to return all monies to your classroom teacher and start thinking about your costumes!

School Fees raffle tickets are now on sale before and after school in the undercover area. The more tickets you have, the greater your chances of winning the school fees of your eldest child paid for 2017! And this year is the first time there will be a runner up prize drawn with a $500 uniform shop voucher up for grabs!

And finally, anyone interested in joining the P&F next year, either in the capacity of a Class Rep, or in an Executive role, please return your nomination forms to Kristi Bates before the AGM on Tuesday 15th November.

Have a great week, Tanya Dowse-Kerr, P&F President

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Year 4 Religious Education News

As part of our Religious Education program we have been learning about emotions. To expand our understanding of emotions we have been reading different scriptures to identify how Jesus was sensitive to the feeling of others and how he expressed his emotions in loving ways.

We read the following scriptures:

- The raising of Lazarus (John 11:17-44)
- The cure of the little girl and woman who was sick (Matthew 9:18-26)
- The widow of Nain (Luke 7:11-16)

These scripture readings taught us:

- "It taught me that when Jesus was sensitive to the feelings of others he was desperate to help others. He was much more sensitive to the feelings of others than I thought” (Estela).
- "These scriptures taught me how to follow in Jesus' footsteps” (Jorge)
- "The scripture taught me to put myself in the position of others” (Anton)
- "The scriptures taught me that Jesus never gave up when things got hard. He always found a way to help people” (Luke H)

For more information about how Jesus used his feelings to guide him towards loving actions come to Year Four and look at our Pic Collages.

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P & F News

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Assistant Principal

Term 3 is in full swing and St. Benedict’s is buzzing with many different activities both curricular and extra-curricular keeping everyone busy and engaged in learning. The Interschool Athletics carnival took place last Friday at Len Shearer Reserve. Every student that represented St. Benedict’s displayed wonderful sportsmanship and there were some great individual and team performances. St. Benedict’s were on the cusp of retaining the title but, this year was not our year and we came 2nd by an agonising 5 points. Maybe next year…

Nude Food day on Tuesday 25th saw a myriad of colours representing various fruit and vegetables. Thanks to Ms Sampson for organising the day and to everyone embracing the concept.

Today the Year 6 class along with Mr. Fonseca, Mr Will and Mr McDonald all headed off to INKA in Lake Clifton to participate in community service by helping to dig out the veggie garden on the farm. INKA is a not for profit, respite farm for children and adults with special needs. Edu-dance lessons continue in preparation for our end of year concert on December 1st. On Tuesday November 1st our Year 4 class are leading a Parish Mass at 9am for All Saints’ Day.

God Bless, Katherine Kelly
This week we completed week 2 of the Protective Behaviours Program – “Early Warning Signs.” Students in years 4, 5 & 6 learnt that when we are feeling worried, scared or unsafe our bodies alert us to the fact. These changes which may be such things as an increase in our heart rate or sweaty palms are individual to us all and knowing what our early warning signs are enables us to stop and consider if we are in fact in an unsafe situation and respond accordingly.

Our class this week definitely involved a lot of laughs. I showed the classes a clip from Mr Bean and had them identify what Early Warning Signs he may be experiencing when too frightened to jump off a high diving board. After brainstorming what possible Early Warning Signs Mr Bean may have encountered, I had a few children volunteer to engage in an activity that would help them identify some of their own Early Warning Signs. The activity was a game of “Pie Face” in front of the class and despite the fun of being creamed in the face – the children were able to experience some of their very own Early Warning Signs.

Each of the children were given an outline of a body and asked to consider their own “early warning signs.” Encourage your children to discuss with you what they learnt about themselves and their own bodies.

Highway Heroes Program

In other news, this week I began running certain modules from the “Highway Heroes Program” with some individual students and small groups. St Benedict’s have purchased this very exciting Social and Emotional Learning Program, which includes 4 specific and relevant modules. The modules can be used individually with Children to tackle specific issues or more broadly with whole classes or small groups. The modules include: “Connecting 4 Friendships”, “Sticking Up 4 Me: Beating Bullying & Taming Teasing”, “Tricks 4 Getting It Done; The Secrets of Staying Power & Grit,” and “Strategies 4 Managing Me; Mood Management & Resilience.” Each module includes parent handouts and home activities.

REMINDER!

All registration forms and payment must be handed in to your teacher by **FRIDAY October 28th!!** Forms can be downloaded from this newsletter, or see your class teacher for a copy. Mrs Higgs will be in Little Bennies Blue Kindy on Thursday and Friday to answer any questions you may have.

If you are not performing, please hand in your $1.00 spectators fee to your class teacher, who will check your name off. **Thank you – Mrs Higgs**
Athletics carnival

On the Friday 21st of October, a group of St Benedict’s students were selected to participate in the interschool athletics carnival, at Len Shearer reserve. The day ran really smoothly and the whole St Benedict’s team gave it their all. Everyone had great sportsmanship on the day, and tried their hardest. A big thanks to Mrs Sampson and all the other teachers for waking up early and giving up there mornings for trainings. We would also like to thank all the parents who helped out on the day, the day couldn’t have happened without all of you. Also a big thanks to all the family and friends who came down and supported the team. We also had some individual Champions; Shanae got year 6 champion girl, Florence got year 5 champion girl, Vincent got year 5 champion boy, and finally Mia got year 4 champion girl, congratulations on your efforts. Overall, our school came 2nd to Our Lady of Fatima by only 5 points! It was a great day and we were really proud of everyone who participated.  **GO ST BENEDICT’S!**

NUDE FOOD DAY

Watermelon was a very popular fruit yesterday for our Nude Food Dress Up day. It was a very colourful day when everyone dressed in colours of their favourite fruit or vegetable. It was also a day when the children took a serious look at how their food is packaged and processed.

Our year six students ran a waste audit to see how much waste is produced by our students in one single day.

As you can see by the picture of yesterday’s waste, a large portion appears to be chip and biscuit packets. It was great to see that we don’t throw away our water bottles but re-fill and re-use. We know that these plastic products go into land fill or even blow away and get mistakenly eaten by our wildlife.

To decrease the amount of waste produced try packing your child’s lunch in a different style of lunch box or use a sandwich wraps. These are available through these Australian companies, most using recycled materials in their products.

[https://www.onyalife.com/about/](https://www.onyalife.com/about/)
Every day in OSHC is a new adventure with all the activities guided by the children who attend the program. There are lots of different activities on offer, including elements of:

- **Outdoor Play Time** – sport, skills development, gardening, general playground activities and inclusive games that keep kids active and promote physical well-being and friendship
- **Construction and Manipulative Play** – to develop fine motor dexteritys and spatial skills through creative arts and crafts, construction, cooking and indoor games
- **Creative Time** – expressive outlets such as drama and musical appreciation to extend or encourage children’s interests, imagination and self-expression
- **Life Skills** – community involvement, role playing, co-operation, communication and social skills development
- **Homework and Quiet Time** – because sometimes kids want to recharge, relax and do their own thing, or choose to get a head-start on their homework so they can enjoy more quality time with their families when they go home
- **New Experiences** – children experience different sports and artistic pursuits, such as: circus skills, yoga, talent shows, ball sports and caisethices

You are welcome to drop in and visit our program anytime. We look forward to seeing you and your family soon.

The Camp Australia Team.

*visit www.campaustralia.com.au*
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

Show Us YOUR TALENT
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:__________________________________________