Dear Parents and Members of our School Community

Whilst scrolling Facebook last week a priest friend of mine had the above reflection posted. You know how sometimes you scroll through a lot of things that are posted and you are just scanning not really taking things in. When I saw this post I stopped and read it fully and it spoke to me immediately. It got me thinking how we often can become so consumed with how others treat us that we forget how we should be treating others.

It is so easy to think that some people aren’t worth going the extra mile for as they have treated you or others unkindly. They may have ignored your pleas in times of need in the past. Through listening to homilies on Sunday and taking my lessons out of the Bible I have found that these are the people that actually require your love more than others. We have no idea why they are the way they are, what their circumstances are and why, at times, they behave the way that they do.

It is these people that need us to show them the way to true happiness.

When I was younger (late teens to mid-twenties), I was extremely self-centred and was only worried about how others treated me and also worried about what I didn’t have rather than what I did. I had been working as a Catholic school teacher in Kalgoorlie for four years and was looking to move. To transfer into a new Catholic teaching position you need references from the principal and the parish priest. I was young and careless and was not a regular mass attendee but in order to obtain a good reference from my priest I began to attend mass each Sunday. I know this is totally the wrong reason to go to mass but God works in mysterious ways. Through attending mass and listening to the homilies and reflecting on the readings I began to think outside my own world. Suddenly I was thankful for what I had rather than sorrowful for what I didn’t. Going the extra mile for people no matter who they were or how they behave became a natural part of how I lived my life and I have continued to attend mass regularly (for the right reasons) since that time. With this change in attitude and behaviour not only was I happier in myself but the way people perceived me and interacted with me was more positive too. The students in my class even seemed to respond better to me and as a consequence their learning achievements improved.

It would be easy for me not to help people that I perceived as previously making my life difficult but in doing so I found that positive relationships were formed and better behaviours and interactions were being seen all round.

There is an old saying “Do unto others as you would have them do unto you” and there is a more contemporary saying that means the same thing, “Paying it forward”. Both of these relate to what I have been talking about and the reflection at the top of the page. From having lived it I can say that it is always important to look at a situation and see if you can have a positive impact, don’t look at who the person is because all people are important and all people are created in God’s Image. By doing the right thing when called upon not only affects the individual you are helping but also affects the others who see you being the living witness to Christ’s message and their daily actions in turn may reflect your influence thus helping the world to be the loving and forgiving place that God intended it to be.

Until next week
God Bless

Darren McDonald
Principal

Dates to Diarise

2 Nov Interschool Numero Competition
4 Nov P & F Disco
7 Nov Year 4/5/6 Bike Ed
To all our Families,

Lights, Camera, Disco will be held this Friday and if you have yet to buy tickets, they will be available at the door for $8. This is shaping up to be a fantastic night of fun and entertainment, so we hope you have your tickets and costumes ready!

Congratulations to the winners of the Lapathon draw at Friday’s assembly. We hope you have a lot of fun spending your vouchers. Thanks once again to the Lapathon organisers; Megan Oh, Jacqui Nocciolino and all the participants that collected and returned their donations.

Raffle tickets are on sale in the undercover area for our School Fees raffle. Don’t forget to get your tickets in the Golden Ticket draw for your chance to have the school fees of your eldest child paid for 2017. This year there is also a runner up prize of a $500 Uniform Shop voucher – the more tickets you have, the better your chance to take out one of these fabulous prizes.

Wishing you all a wonderful week,
Tanya Dowse-Kerr

Dear Parents,

Since the previous newsletter our students have been incredibly busy. It always astounds me how much we manage to achieve in a week at St Benedict’s School! Last Thursday students from Year 4-6 participated in the Interschool Spelling Bee. The words students were asked to spell during this event were astounding. They all represented the school in an excellent manner and should all be proud of their efforts.

On Friday our school honoured those students who have been working hard on their class activities. They were rewarded with Merit awards. Congratulations to all these students.

Yesterday our students celebrate the Feast of All Saints with a Parish and School Mass, ably led by Miss Lewis, Ms Kelly, Mrs Searson and the Year 4 students. This mass was a fantastic example of our parish and school community.

Our Challenge Club students continued with their ‘Egg Drop’ challenge. This involved students applying scientific concepts to protect an egg from cracking when dropped from the library balcony. Only two groups had to clean up egg white and yolk from the bricks. Next week students have to create a structure which will protect the egg over three attempts, whilst being able to pull the egg out each time to inspect it. A challenge indeed!

Today our Year 5 and 6 students are representing the school in a number of ways. Firstly our Year 5 students are completing their Garden project with the INKA charity. They will be constructing garden beds and planting herbs and vegetables. I would like to thank, Mrs De Winnaar, Mr Fonseca, Mrs Funga and Mr McDonald for their support during this project. It has involved logistical planning and organisation. It also provides our students with a real understanding of social justice in giving not only money, but their time to charity work. Finally today our Year 5 and 6 students are competing at the Regional Numero Tournament. This is a great day on the yearly calendar and as I write this they are eagerly awaiting their first challenge.

This week has been another great example of the wide and varied opportunities that are given to each of our students at our wonderful school.

Until next time,
**Year 3**

**Religious Education – Year 3**

“Speak From the Heart – Prayer”

In Year 3, we have been focussing on our feelings in both Health and Religious Education. God created people with feelings and Jesus showed that God loves everyone in a special way, by using his feelings in a loving way towards others. Jesus also taught people to pray so they could talk to God, this is why there are special Christian prayers. This term, we have explored the meaning behind the words in the *Hail Mary* and *The Lord’s Prayer (Our Father)*.

Followers of Jesus pray to Mary for their needs and to ask for help. Below are illustrations which represent the meaning behind each part of the *Hail Mary*.

When the Apostles saw Jesus praying, they wished they could pray like him, but they did not know how to. This was when Jesus taught them *The Lord’s Prayer*. This is the prayer that draws those who understand it, closer to God. We used actions to discover the meaning behind the *Lord’s Prayer*. Our video can be viewed by scanning the QR code below.

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**School Fee Statements**

School fee statements are being sent home this week. If you have any enquiries please contact Susan Moltoni via

finance@stbenedicts.wa.edu.au

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**Kindy Blue**

Kindy gave a nod to Melbourne yesterday and ran the Kindy Cup. We made a trophy to take home and a beautiful rosette to wear, we ordered horses from small to large and from 1st to 5th and most importantly we ran our own horse race!

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**Year 4**

**Waterless Garden**

The Year 4 students are getting ready for the build stage of their waterless garden. We still require some donations and volunteers. If you are able to assist please contact Miss Lewis: lew-is.sian@cathednet.wa.edu.au

**Donations**

- Weather proof brown paint
- White pebbles
- Weather/waterproof paint (assorted colours)
- Soil
- Large black rock
- Mortar
- Pavers (3.5cm in depth)
- Yellow sand
- Smooth rocks (approximately 6cm X 6cm)
- Small tiles (assorted colours)

**Volunteers**

- Brick layer
Inter-School Athletics
Our Track, Field, and Ballgames athletes that represented the school last week at the Inter-School carnival had a great opportunity today to share some special highlights of the day over a team lunch.
The athletes gathered in the music room for lunch and watched a fantastic movie of some of the special moments from the carnival. The children were able to focus on the hard work they had dedicated to training and the fun times they had with their friends. They also had the opportunity to thank the staff that assisted at the carnival, and then go and enjoy an icy pole in the sunshine.

Years Four, Five and Six Bike Ed
Next week our year four, five and six students will be involved in a bike education program. Children will need to bring a suitable, roadworthy bike and helmet to school or arrange to borrow one.
Please remember that even though bikes are in a safe environment at school, we suggest that they are locked up during the day and not left on school grounds overnight.

Waste Audit
Last week our school celebrated Nude Food week to promote healthy food choices and decrease litter in our school.
Our Year Six Environment Committee conducted a waste audit to see what types of things we throw away at lunch and morning tea.
They discovered that we threw away 4.5 kilograms of food waste, 117 pieces of glad wrap and snap seal bags, and 93 pieces of individually wrapped plastic wrapping from chips, muesli bars and biscuits.
This doesn’t sound like much but if we multiply it by the number of days we spend at school each year, then it is a lot of land fill. Sometimes it doesn’t even make it to landfill, but blows away and ends up in our oceans or eaten by wildlife.
We can make a difference to our environment and our children’s health by thinking about what goes into our children’s lunchboxes and how it is packaged.

Uniform Shop
New children coming into 4K in 2017 can make an appointment for a fitting on Monday 21st November from 10.00 to 12.00 and Friday 25th November from 8.30 to 10.30.

Children currently in Pre Primary going into Year 1 in 2017 can make an appointment for a fitting on Monday 7th November from 8.30 to 10.30, Tuesday 8th November from 8.30 to 10.30 and Friday 11th November from 8.30 to 10.30.

We will put sign up sheets in the Pre Primary classes. You can also email directly to make an appointment with the uniform shop on-
uniformshop@stbenedicts.wa.edu.au

All other classes are welcome to come on Thursday from 8.30 to 9.30 to purchase Uniforms.

Merit Award Recipients

<table>
<thead>
<tr>
<th>Class</th>
<th>Winners</th>
</tr>
</thead>
<tbody>
<tr>
<td>PP White</td>
<td>Seth, Catherine, Max W, Abigail</td>
</tr>
<tr>
<td>PP Blue</td>
<td>Eva, Samuel, Max P, Caitlyn</td>
</tr>
<tr>
<td>Year 1 Blue</td>
<td>Chelsea N, Livina</td>
</tr>
<tr>
<td>Yr 1 White</td>
<td>Summer, Sienna</td>
</tr>
<tr>
<td>Yr 2 Blue</td>
<td>Jacqueline, Ned, Ava</td>
</tr>
<tr>
<td>Yr 2 White</td>
<td>Megan, Sophia</td>
</tr>
<tr>
<td>Yr 3</td>
<td>Harry, Amelie, Brodie</td>
</tr>
<tr>
<td>Yr 4</td>
<td>Lana, Stefan, Estela</td>
</tr>
<tr>
<td>Yr 5</td>
<td>Daniel, James, Ally</td>
</tr>
<tr>
<td>Yr 6</td>
<td>Dawn, Truman, Tamru, Tahnaya</td>
</tr>
</tbody>
</table>
Community News

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 dexterity 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 caislhernies

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

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Come and Try Kayaking!

**FREE!**
For children aged 8-12 years
Champion Lakes Regatta Centre
Qualified coaches
Full safety gear provided

Sun 6 Nov 2016, 9:00-10:00am

YOU MUST BOOK TO GUARANTEE A PLACE
PRIOR TO 4 Nov

CONTACT: ROBYN BROWN
kayaking@clbc.org.au

Note: It is a requirement of canoeing WA that all participants must be able to swim 50m, stage 5 or above.
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: LS20915016
Ticket Sales & Permit holder contact Anna Fitzgerald 0407 990 150
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
Thank you to our Sponsors of the 2016 Gala, you made it a night to remember.
Have your child learn to play the Scorchers way at #TheFurnace these school holidays!

Over two action packed mornings, participants will take part in MILO T20 Blast skill sessions, be involved in social cricket games and have the chance to meet our mascots Blaze and Amber!

Registration is open to boys and girls of all abilities aged 5-14 years old. The focus of the clinic is to have fun, participate and develop your child’s cricket skills.

When: Monday 19 & Tuesday 20 Dec 2016
Time: 9am - 12pm
Where: #TheFurnace (WACA Ground)
What to Bring: Hat, water bottle, sport shoes, cricket gear (if owned)
Cost: $80
Please note: A healthy morning tea will be provided

CLICK HERE TO REGISTER