Dear Parents and Members of our School Community

This Friday is Remembrance Day. It is a significant time across the United Nations as we take time to remember all those soldiers who have fallen during war. The day initially came about because on the 11th of November 1918 the guns on the Western Front fell silent for the first time in four years of continuous fighting. The allies had fought off the Germans and peace was brokered. For many years the day held much significance for the allied forces as it signified the end of World War 1.

Remembrance Day was honoured for many years with people stopping to remember the fallen of World War 1 on the 11th hour of the 11th day of the 11th month each year. In 1997 it was formally declared in Australia by our Governor-General to use this day to remember all soldiers who have fallen in all wars and the great sacrifice they have made.

This is not a glorification of war but more to remember and to take into account the ultimate sacrifice these people have made to keep their country safe, what would it have been like to have been in their position, so much pain, agony and death surrounding them. All the while they may have been wondering is it all worth it? They soldiered on regardless and contributed to the fortunate lives we have today. We also take this time to think of the loved ones many of them have left behind, how they had to pick up their lives and carry on with such great loss. Many of us today would have stories passed on to us by our families of relatives fought and died in the wars that have passed so it affects us all.

They are not pleasant times but it is part of our history and has helped make us who we are today. If we forget to remember these people, their loved ones, what they went through and what they sacrificed then we could forget the ferociousness of war and possibly return to it at some stage. This is something we do not want.

Christ also made the ultimate sacrifice so that we can see that love is the best way forward.

This Friday beginning at 10.45 we will be having our Remembrance Day assembly, where we will remember the fallen. Everyone in our community is welcome to attend.

Lest we Forget!

Until next week
God Bless

Darren McDonald
Principal

<table>
<thead>
<tr>
<th>Dates to Diarise</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>11 Nov</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>14 Nov</strong></td>
</tr>
<tr>
<td><strong>15 Nov</strong></td>
</tr>
<tr>
<td><strong>18 Nov</strong></td>
</tr>
</tbody>
</table>
To all our St Benny’s families,

Firstly, a huge ‘Thank You’ to Clare Dobb and Denise Martin, along with the Year 3 parents, for all their hard work in organising and running a fabulous disco on Friday night. The set up looked amazing and the kids had a ball! We’d like to thank Nanci Gangemi from IGA Mundijong for again donating to our sausage sizzle, and are pleased to announce that $761.85 was raised, with 50% going to our champion charity, INKA respite. As promised, you can now download the photos from the Photo Booth at: https://www.dropbox.com/sh/2yji9emy744yayyz/AABli3j2jJD-MgOoL6prz7_9a?dl=0

After completing photo sales and finalising invoices, we are pleased to announce that the St Benedict’s Gala 2016 raised over $15 500. Thank you once again to our major sponsors, Bayswater Mazda, Atrium Homes, Edge Builders, Norwest Crane Hire, Caporn Young, Xtend Barre and Shofer.

We are also pleased to announce that a final tally has been made for the Lapathon, raising $6 114.75. We are very much looking forward to beginning 2017 with a healthy bank balance, which will allow us to action to staff wish lists early in the new year.

And finally, a reminder that tickets are on sale in the Undercover area for the School Fees Raffle. This is the first year there is a second prize on offer of a $500 Uniform Shop Voucher, in addition to the chance to win the school fees for your eldest child paid for 2017. The more tickets you have, you have greater your chances of winning!

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

Dear Parents,

It is hard to believe that we are halfway through term 4. As the saying goes ‘Time flies when you are having fun- and working hard!” All students and staff at St. Benedict’s are working extremely hard to make the most of the wonderful opportunities provided to us at this great school and hopefully having some fun in the process.

By all accounts there was lots of fun and laughter at the P&F organised School Disco on Friday night. A lot of hours were put into planning and producing this wonderful event and a few Hollywood personalities were spotted on the red carpet. Thank you to all the parents, staff and community members who worked hard and gave time to support this great night on the calendar. Edu-dance routines are coming together beautifully and I cannot wait to see the full production at the end of year concert on 1st December.

The Year 4, 5 & 6 students commenced their Bike Education programme on Monday with Ms. Sampson. The goal of Bike Ed. is to teach children to be confident and safe independent road-users. Over a five week block students will develop cycling ability; develop the physical and cognitive skills to manage the road traffic environment safely as a rider; and develop responsible behaviours, attitudes and decision-making skills for the safe use of bicycles both on and off the road.

On Tuesday the Pre-Primary students were very excited to have a visit from a police car along with constables Dave & Jim. The policemen outlined tips for keeping safe, when to call 000 and various aspects of their job. They were asked some very pertinent and well thought out questions from students. Both Pre-Primary classes were eager to see real police badges and handcuffs but the biggest thrill of all was getting the opportunity to sit in a police car with flashing lights. Afterwards I spotted a few budding detectives whilst on duty in the Pre-Primary playground.

Today saw the much anticipated Talent Show organised by Mrs. Higgs showcase the myriad of different talents here at St. Benedict’s. It included but was not limited to the artistic, musical, dancing and martial arts. 100% of funds raised through both entry and spectator fees go to Childhood Leukemia and Cancer Research WA. Thank you all to students who took the time to prepare and practice items and to the audience for being so attentive and appreciative of the efforts of all performers. A very special thank you to Mrs. Higgs who has organised this event for fifteen years at St. Benedict’s.

God Bless,
Katherine Kelly
In Religion we have been looking at the ways that people work. We brainstormed the ways that people work at home, at school and in the church. We also thought about the different skills needed to perform different jobs and wondered about God who created within people different gifts associated with different types of work.

(put in Rachael’s brainstorm)

We wrote and played ‘Guess Who Am I?’ where we had to identify the skills people need to have to perform different jobs:

- I put out fires.
- I save people’s lives.
- I need to know how to drive trucks in busy traffic.
- I need to know how to use lots of different equipment.

I am a FIREMAN. 

Cailan

Year 2 Blue

We Need Donations Please!

The year four students at St Benedict’s have been working on a waterless garden as part of our Religious Education unit. It is also going to be a place where everyone can go to pray to God and go there to calm down if they have had a bad day.

We are experiencing difficulties in starting our waterless garden because we don’t have enough pavers. It would be appreciated if you could donate pavers to cover 36.58m², ideally the pavers should be 3.5cm in depth. Once the garden is completed some of our religion lessons will be moved outside and it will expand our religious mind set.

The project has helped us develop many new skills. For example

- Persuasive writing
- Letter writing
- Area and measurement

Working with others

Written by Lana and Abbie

Year 4 - 21st Century Learning

I am a talented sportsman.
I need to have good ball skills.
I am good at blocking goals.
I am good at shooting goals.
I am very tall.

I am a BASKETBALL PLAYER.

Nic

I am good at sewing.
I am creative.
I like fashion.
I am good at selling things.

I am a FASHION DESIGNER.

Erica

I put out fires.
I save people’s lives.
I need to know how to drive trucks in busy traffic.

I am a FIREMAN.

Nic

I am a talented sportsman.
I need to have good ball skills.
I am good at blocking goals.
I am good at shooting goals.
I am very tall.

I am a BASKETBALL PLAYER.

Nic

I am good at sewing.
I am creative.
I like fashion.
I am good at selling things.

I am a FASHION DESIGNER.

Erica

We Need Donations Please!

The year four students at St Benedict's have been working on a waterless garden as part of our Religious Education unit. It is also going to be a place where everyone can go to pray to God and go there to calm down if they have had a bad day.

We are experiencing difficulties in starting our waterless garden because we don’t have enough pavers. It would be appreciated if you could donate pavers to cover 36.58m², ideally the pavers should be 3.5cm in depth. Once the garden is completed some of our religion lessons will be moved outside and it will expand our religious mind set.

The project has helped us develop many new skills. For example

- Persuasive writing
- Letter writing
- Area and measurement

Working with others

Written by Lana and Abbie

Year 4 - 21st Century Learning

I am a talented sportsman.
I need to have good ball skills.
I am good at blocking goals.
I am good at shooting goals.
I am very tall.

I am a BASKETBALL PLAYER.

Nic

I am good at sewing.
I am creative.
I like fashion.
I am good at selling things.

I am a FASHION DESIGNER.

Erica
Faction Triathlon
The Year Four, Five and Six students will be participating in a faction triathlon on the morning of Wednesday December 7 at Aquinas College. This is our last sporting event for the year and a fantastic conclusion for our Bike Ed program. Please make note of the date in your calendar.

Monday Bike Ed Lessons – Year 4-6
Our Bike Education program continues on Mondays during Physical Education lessons for years four, five and six. Please ensure that you child’s bike is roadworthy, with a working bell and fully inflated tyres. Thankyou

Merit Award Recipients

<table>
<thead>
<tr>
<th>PP White</th>
<th>Chloe, Jack, Ellenor, Eve-Marie</th>
<th>PP Blue</th>
<th>Gwyneth, Andre, Tyler, Asha, Hollie, Isaac</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 1 Blue</td>
<td>Anna, William</td>
<td>Year 1 White</td>
<td>Ava B, Nate</td>
</tr>
<tr>
<td>Year 2 Blue</td>
<td>Max, Nicholas</td>
<td>Year 2 White</td>
<td>Archie, Lilianna</td>
</tr>
<tr>
<td>Year 3</td>
<td>Clara, Isla C</td>
<td>Year 4</td>
<td>Mia</td>
</tr>
<tr>
<td>Year 5</td>
<td>Chanelle</td>
<td>Year 6</td>
<td>Luca, Alice, Isabella, Kate</td>
</tr>
</tbody>
</table>

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 Friday 11th November from 8.30 to 10.30.

You can email directly to make an appointment with the uniform shop on uniformshop@stbenedicts.wa.edu.au

All other children are welcome to come on Thursday from 8.30 to 9.30 to purchase Uniforms as summer Uniforms are in stock.
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 calisthenics

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.campaaustralia.com.au

---

Eat Play Thrive
Ngala
Parenting with Confidence

At Coolbellup Community Hub
90 Cordelia Avenue, Coolbellup
Mondays @ 12.00pm—2.30pm

Session 1: 21st Nov
Session 2: 28th Nov
Session 3: 5th Dec

A workshop for parents and caregivers of children 1-12 years.
Are meal times becoming a challenge?
Kids having too much screen time?
Want to stretch your food dollar further?

Eat Play Thrive is an exciting and hands-on healthy lifestyle program for families.

FREE Crèche 0–5 years available
Book early, places are limited

To register, please contact:
Cockburn Early Years 94113855

In Partnership with:
City of Cockburn

---
Note from the School Health Nurse.

Parents/Guardians Year 6 Students.

A Health Information letter, Scoliosis and Colour Blindness Pamphlet has been distributed to Year 6 students. Please see below information and look out for the brochures as now is the time to follow up on this important information.

Scoliosis

Scoliosis is an abnormal sideways curvature of the spine. It can be detected by a simple examination of the back. The normal spine has three curves – one in the neck, on in the upper back and one in the lower back. These curves can be seen from the side, but when you look from behind the spine should appear straight. If the spine has a sideways curve, this is scoliosis. An information leaflet about Scoliosis has been distributed to all year 6 students. Please read through the information provided and check your child for scoliosis as described in the leaflet. If you have any concerns, please contact your General Practitioner.

Colour blindness

Colour blindness means that a person cannot distinguish some colours or see the colours differently to other people. Very few people who are colour blind are ‘blind’ to all colours. Commonly, the colours seen differently are greens, yellows, oranges and reds. An information leaflet on colour blindness has been distributed to all year 6 students. For more information and see the Colour Blind Awareness and Support Group on [http://www.members.optusnet.com.au/~doverton](http://www.members.optusnet.com.au/~doverton)

Eye specialists or Optometrists.
Thank you to our Sponsors of the 2016 Gala, you made it a night to remember.
The Nude Food Warriors have created a step-by-step guide to make packing a Nude Food Lunch easy as 1, 2, 3!

**STEP 1**
Choose the main lunch item, it may be something from the list below or a Nude Food creation of your own

- Sandwich/Roll
- Wrap/Pita
- Frittata/Quiche
- Pasta/Pasta Salad
- Salad
- Sushi/Rice Paper Rolls
- Noodles
- Stir Fry
- Egg Muffins

**STEP 2**
Select your fruit

- Apple
- Orange
- Banana
- Grapes
- Watermelon
- Berries
- Fruit Salad
- Pear
- Mandarin
- Kiwi Fruit

**STEP 3**
Pick a nutritious Nude Food snack

- Yoghurt
- Vegetable Sticks and dip
- Cheese and crackers
- Popcorn (natural)
- Rice Crackers
- Vege chips (homemade)
- Pretzels

**STEP 4**
Don't Forget Hydration!

Fill your favourite reusable drink bottle with filtered or tap water! Remember to refill throughout the day to make sure you stay hydrated!

Stuck on what to pack your Nude Food Lunch in? Turn over for some great storage ideas!