Dear Parents and Members of our School Community

I wanted to take this week to talk about resilience and why it is so important. Resilience is the ability to cope with problems we encounter in our daily lives. These problems can range from how we react when things don’t go our way or how we thought they were going to go. Dealing with relationship issues in friendship groups can be difficult and also requires resilience.

We might not achieve as we want to in the classroom, at work or on the sporting field, how do we deal with that disappointment? As we get older it is easier to look at these situations and use them as opportunities to develop as a person and take on board what has happened, learn from it so you can get better.

For young people, who are usually quite egocentric this can be quite difficult and we need to help our children develop resilience by guiding them and giving them strategies to deal with problematic situations.

Being a father for the last 14 and half years and an educator for 21 I know that when a child is upset as an adult your heart goes out to them and all you want to do is fix things for them. The truth is children need to experience the disappointment of losing, The joy of winning and the multiple emotions that conflict brings so that when they enter the real world they can recognise feelings and be equipped with the skills and abilities to deal with them appropriately otherwise life is going to be very tough for them.

When I was a young teacher I was teaching year 7 and I developed a leadership programme whereby all year 7 students were part of the student council, given badges and responsibilities. My argument for this was that all children deserve a right to shine and show leadership qualities. This is very true but do they need a badge to do this?

All I was doing was sheltering the students and their parents from disappointment. Students were not being given an opportunity to put their best foot forward stating why they would be a good leader all the while knowing that they may not necessarily be elected. I am ashamed to say I helped to create the “nanny state” or “cotton wool society” as people say. I didn’t help these students to build up their resilience for high school or later on in life.

I have learnt that I should be exposing the students to this but also work with them beforehand talking about the feelings you might encounter if you are unsuccessful and be an appropriate ways to deal with them.

I tell children now, in this situation that it is good to be disappointed because it means that you care, but if you lash out at others or whinge and complain then you have proven the voters right. Prove them wrong, rise to another level, show them that you are a leader through your actions and the way you treat others.

So the next time your child is upset you might start by asking, “What’s wrong?” As you normally would. You then might say, “Now, what can you do about it?” rather than taking on the fight for them and help them discover ways to deal with their problem appropriately.

Your child might fall over and start crying. Assess the situation and see if they might be able to pick themselves up first before you dive in to rescue them. These things all help to build resilience and make stronger people.

Think of what God did with Christ so that he could be an example to us all. Christ is the epitomy of resilience and look at the wonderful person he turned out to be.

Keep working to help create resilient people folks.

Until next week
God Bless

Darren McDonald
Principal
To All Our St Bennies Families,

Just a reminder that tickets are on sale for the school fees raffle before and after school in the undercover area. For those of you who have not yet purchased one, its a great opportunity for a chance to win a year's school tuition or $500 worth of school uniform!!

On Thursday we will be hosting a belated World Teacher's Day morning tea. Thank you to all the wonderful St Bennies teachers and staff for the fantastic work they do with our children. As a school community we appreciate all your hard work!

On a personal note, I would like to congratulate and welcome Kristal Grace as the new P&F President.

To our wonderful St Bennies community I would like to say thank you for your support over the last 3 years. I have always felt truly humbled by the generosity and spirit of St Benedict's. It has been both an honour and a privilege.

May God Bless you all and keep you in His care.

Best wishes
Tanya

Dear Parents and Community Members,

Since our last newsletter our students have been working very hard to keep up with all their work in class. We are heading into our reporting period for teachers, so if you see your child’s teacher looking a little dishevelled, this may be the reason.

Our school board met for the last time on Wednesday the 9th before our AGM. This meeting focused on ratifying the school budget for 2016 and changes in school fees for 2017.

Last week our Edu-dance classes continued leading up to our end of year concert. We remembered all the service men and women who have fought and died in all wars for our country during our remembrance day service. Our students were so reverent and respectful during this service, it was an honour to be involved.

The St Benedict’s Annual General Meeting (AGM) was held yesterday the 15th in the aptly named ‘Barn’ area (Upstairs breakout space). The AGM was a fantastic celebration of all the hard work our incredible P&F and Board Members have given to our school. It is so humbling to know that our hardworking parents, give up a great deal of their own time for the betterment of our school and students. I would like to pay special mention to Tanya Dowse-Kerr, who steps down after a highly successful tenure as P&F President and Rod Dowling, who has given many years of service to the school board, serving most currently as Vice Chair to the board. It has been a great privilege to work with both these amazing individuals. The weather is still quite unpredictable, but please ensure your children are ready for the hot weather with their drink bottles and regular application of sunscreen.

Until next time,

God bless,
Ben Will
Assistant Principal

21st Century Learning – Year 3

This term in Year 3, we have been on an amazing adventure around the world! Together, we have collected all 56 Woolworths World Explorer cards and have discovered many intriguing and fun facts about these remarkable places around the globe.

Our focus in Geography over the past semester has been to explore the states, territories and capital cities of Australia, as well as their breath taking natural features which many Australian’s take for granted. More recently, we have extended our inquiry to locate Australia’s neighbouring countries and discover their diverse natural and human characteristics.

We have used the Woolworths World Explorers collectables, along with online resources and texts, to broaden our knowledge about Indonesia, Papua New Guinea, the Pacific Islands and New Zealand. Below is an example of our presentations about the Pacific Islands, created on the Pic Collage App, as well as our fantastic world sticker collection!
Year 2 White

During this term Year 2 White have been learning about how God created us all to carry out his work.

"Creation has its own goodness... Human work proceeds directly from persons created in the image of God and called to prolong the work of creation..." Catechism 302, 2427 Children have learnt about a wide range of work including those dedicated to helping others and God’s creations. As part of this unit children are learning about the work Jesus did and how he forgave people. These are just a few examples of the children’s interpretation of how Jesus forgave the criminal on the cross.

Talent Show

The 2016 Talent Show was an amazing showcase of confidence and enthusiasm. Thank you to each and every performer for bringing your energy and talents to our stage. We had the most entertaining afternoon!!! Thanks also to the spectators for being a supportive audience, family and friends who came to watch, Mr Fonseca and the Year 6’s and everyone who donated to the Childhood Leukaemia and Cancer Research Foundation (WA branch). We raised a whopping $450.50, our biggest total yet.

Thanks again, Mrs Higgs

Book Club

Issue 8 of book club has been sent home today. All orders must be completed by Friday 25th November to ensure delivery before the holidays.

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 online 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 to all families who purchased items through book club this year.

Mrs Noonan
**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

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**Merit Award Recipients**

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**Uniform**

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 caisthenics

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

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?

EatPlayThrive 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

City of Cockburn

In Partnership with:
SUMMER HOLIDAY FUN – COMING SOON
Get ready for a ‘Sensational Summer’ of fun! Camp Australia’s Summer Holiday Club is coming to your school and it is going to be one of our greatest holidays yet.

Here are just some of the feature theme days coming up:

At the movies
SING (PG) The movie event of the Summer is here. We're off to meet Dapper Koala Buster Moon and see the world's greatest singing competition!

Science Spectacular
Interactive Science Session - Bubble, Bubble, POP! Mini Scientists get ready, it's time to experiment! With a take-home Science notebook.

Flying Hole in One
Frisbee Golf Course - Will you be first to score a flying hole in one? A colourful and wildly fun indoor obstacle course awaits and we're ready to score! Plus, you’ll get your own take-home Frisbee!

Inside Out
Nesting Dolls - Design and take-home your masterpieces. Will it be a footy team? A music band? The choice is yours!
Thank you to our Sponsors of the 2016 Gala, you made it a night to remember.
We would like to extend our sincere thanks and appreciation to the following businesses for their generous support and donations for the St Benedict’s Fundraising:

Clinique
Jooj
Platinum Studio
Salon Express
Arbonne
Aspire Medispa
Elysian Beauty
Aoki Hair
Athome Myaree
Howard Storage
Sitting Pretty
Rainbow Rugs
Sultans Treasure
Jawbone
Applecross Framing & Fine Art
Ma Cuisine
Yogazoo
Health @ 520
Intense Health Booragoon
Fitness Results
Extend Barre
Pharmacy 777
Rejuvenation
Timeless Skin
Business
EK Dance
Tupperware
OPSM
Mid 70s Concept
Shane Jacob Settlements
The Well Bookshop
Kidz n Sport
Westaust Liquor Distributors
Hans Café Applecross
Sensations Café
Brotzeit German Beir Bar
Il Ciao
Good Grocer
Scutti
Blue Cow Cheese
Marco’s Fussy Meats
West Coast Eagles
Wildcats
Summers Gallery
Applecross Hawkes Football Club