'But we are the chosen race, the King’s priest, the holy nation, God’s own people chosen to proclaim the wonderful acts of God, who called you out of darkness and into his own marvellous light.' 1 Peter 2: 9-10.

Dear Parents and Guardians,

Yesterday we celebrated our annual Musical Soiree in the school hall. Our piano tutor Mrs Cathy Oakes in conjunction with our music specialist Mrs Clare Mulholland organised this memorable event. Students played the piano, flute, saxophone and clarinet. The audience thoroughly enjoyed this musical treat. I extend my gratitude to our hard working tutors and congratulate the students on the progress they have made.

Today the Year 3 – 6 students participated in the Faction Athletics Carnival and Tabloid Games. Mrs Peacham spent many hours of Physical Education and Sport time working through the events on the program so that the children were all well prepared for wonderful performances in their selected events. The Carnival ran well and the staff did a grand job of supervising the children as they cheered on their faction team mates. The school appreciates the volunteer parents who participated in a spirit of community celebration. It is always a pleasure to see so many excited and talented students thriving in this important curriculum area, and supported by the large number of parents and friends who applauded from the embankment. Thank you to our Year 6 Faction leaders for doing a wonderful job of marshalling their peers and assisting the Faction Bay teachers in what was a very challenging job. Tomorrow the Year 3 – 6 students participate in the Faction Field Events Carnival. These events take most of the morning and are followed by the presentation of the Faction Shield and individual Year level Champion Awards. We provide an all-round education and delight in the successes that the children have when they do well in sport. The Interschool Athletics Carnival is planned for Friday 24 October.

Those parents who are planning to attend the P & F Meeting on Friday 19 September should be aware that the meeting commences at 1.30pm in the Boardroom.

Mrs Eileen Climo sends her regards to the entire Saint Andrew’s School Community. Eileen will be present in the school at times next week and will share leadership duties with Mrs Jones and Mr Archer whilst I take a week of Long Service Leave holidaying with my wife in Melbourne where we will visit with our adult son.

God bless you

NOTES SENT HOME THIS WEEK

Jump Rope for Heart

Warren Smith
Principal
SCHOOL NEWS

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 19 September</td>
<td>Athletics Carnival – Finals Field Events Years 3-6</td>
</tr>
<tr>
<td></td>
<td>Presentation of Medals</td>
</tr>
<tr>
<td></td>
<td>P&amp;F Meeting 1.30pm - Hall Boardroom</td>
</tr>
<tr>
<td>Tuesday 23 September</td>
<td>Jump Rope for Heart Jump Off Day – Wear Something Red PP-Year 6</td>
</tr>
<tr>
<td>Thursday 25 September</td>
<td>MJR Awards Assembly</td>
</tr>
<tr>
<td></td>
<td>SVDP (for Camp Quality) and Loom Band Stall – Gold Coin Donations for one loom band product per child &amp; Free Dress</td>
</tr>
</tbody>
</table>

Many Happy Returns to…………


Be A Winner And A Grinner Not A Moaner And A Groaner: MJR: Do we say things like: “This is boring”; “I don’t want to”; “Do I have to?”; “I can’t be bothered”; “I can’t”; “You’re a loser”. Do I moan and groan? If so, I won’t be living a quality life. As negative thoughts spiral into the brain and they produce negative results. Be conscious at times at what you are operating out of – positive or negative. Positive people are winners and grinners in life. (Acknowledgement: From – “Every Day is a MJR Day”; Catholic Education Office, Hobart – P Mitchell)


Congratulations: For quite some time I have wanted to write this item for our newsletter. However, I have waited because I did not want to infringe on legal protocols. Very early this year I approved the absence from school of two of our senior students, twins Katie and Emilie G. These very talented singers auditioned for and made it through to the live shows of The Voice Kids. The girls sang beautifully but did not make it past the first round. Having watched a lot of the series I believe that had they auditioned later in the series they probably would have starred! On behalf of the entire school community I congratulate the girls on their amazing achievements and wish them well with their ambitions in the creative arts!

Helicopter Parenting: Helicopter parents are overprotective parents who relentlessly hover over their children, removing all challenges and potential dangers and in effect micromanaging their affairs. They want ‘happy’ children and often have unrealistic expectations of what the school can and should do for the child. Helicopter parenting can have a serious negative impact. Recent research by Lereyaa, Samarab and Wolkec (2013, in press) shows that the children of helicopter parents are more likely to be bullied, and anxious, and are less resilient than their peers. They also tend to be more sensitive, and take less responsibility for their actions. To become well adjusted, children need to experience the full range of emotions. Parents who continually ‘hover’ are doing their children a disservice. Children need the freedom to make mistakes and experience boredom, sadness, frustration, anger and disappointment in order to learn to cope with life’s minor challenges. Those who ‘have a go’ at sorting out their own issues develop the belief that they can cope with stress and solve their own problems. Helicopter parents are often demanding, and approach the school frequently in an attempt to resolve even their child’s minor issues.
Magical Moments and Windows on Work: These important work files are going home to parents on the last day of Term 3. They are a snapshot of the work produced by your children throughout the year. You will find work samples and activities from key subject areas and events that have been held in each year level. Because they are used as an indicator of progress over a two year period and this is year one in that cycle we request that they are sent back to school no later than the end of Week 3 next term.

Uniform for Term 4: Please be aware that the children commence Term 4 wearing the full summer uniform. As a courtesy we usually give a one week period of grace before enforcing our uniform policy. Now is an appropriate time to check your children’s uniform stocks. During the winter period many children experience growth spurts and it can be quite a shock in October when they put on school uniforms that they last wore in April. Parents of Year 6 children are advised that their children will be expected to wear the full summer uniform, including shoes throughout Term 4 and that these items should fit correctly – especially at Graduation in December.

Fundraising Feedback: Recently we informed the school community that we had raised a significant sum of money from our after school Ice Bucket event. We split the total funds into two equal sums and sent money to Motor Neurone and Children’s Leukaemia and Cancer Research Foundation (CLCCR Inc). I have received a lovely letter from Andrea Alexander the Executive Officer of CLCCR Inc thanking us for our $400.00 donation. A copy of the letter is on display in the glass community noticeboard in the main portico area.

If for any reason you have concerns about your child's education, their health or wellbeing please observe the following procedures which are in place for the efficient management of the school:

1. Make an appointment to see the teacher(s) concerned using the parent request for interview form which is available from the classroom teachers or from administration.
2. Meet with the teacher(s) and clearly explain the concern you have. Give them an opportunity to work through a process to resolve the issue. Sometimes, this takes time and may require multiple visits. Do not become impatient. Often as we know, situations can be complex and ‘catching up’ with people is challenging. Conversely, if teachers need to speak to parents/guardians they will contact you using the teacher request for interview form.
3. In conjunction, the teacher(s) and parents will approach the Assistant Principals (Mrs B. Jones, Kindergarten – Year 2 and Mr Fintan Archer Year 3 -6) if they are of the opinion that a concern requires further investigation or intervention.

COMMUNITY NEWS

How much physical activity should my child be doing? Children need at least 60 minutes of physical activity each day. But more is better, so encourage your child to be active for up to several hours each day. Children need a combination of moderate and vigorous activity. ‘Moderate activity’ is any activity which is similar in intensity to a brisk walk e.g. bike riding or active playing. ‘Vigorous activity’ is any activity which makes your child “huff and puff” e.g. organised sports, ballet, running or swimming laps. Any activity that requires your child to expend energy should be encouraged. Go to http://raisingchildren.net.au/nutrition_fitness/school_age_nutrition.html for more information.

Physical activity - family activities - If you're looking for ways to help your family be more active, why not try... Walking or riding to school together; Visiting the beach to play cricket or Frisbee; Taking the dog for a walk; Doing some gardening (try building a veggie patch!); Visiting the local swimming pool;
Playing at the park;
Going for a bike ride;
Bush walking;
Outings that involve walking (like the zoo);
Participating in a community walk;
Buying children presents that encourage physical activity (like sports equipment or a kite). For more information go to www.nutritionaustralia.org

Also, some parents may like to review the Betterhealth free program on link: http://www.betterhealthprogram.org/ for those children who may be overweight. There are resources and helpful information to share. Nurse Marie

Vacation Swimming Programs – Department Of Education:
Enrolments for December/January programs are now open. Swimming pools and beaches are a vital part of our Western Australian lifestyle. It is important for every child to learn to swim and develop essential water safety skills. VacSwim’s school holiday swimming programs are conducted by qualified instructors who teach children the skills to be confident swimmers and safe in the water. For further information and online enrolment visit education.wa.edu.au/swimming.

Komang
I received a mail from Ibu Putu in May
While I was away on holiday
My heart was filled with sorrow
For a young girl who seems to have no tomorrow.
A picture of her with her head held high
Her eyes sparkle like a bright star in the sky
She has the strength, endurance and courage
that one would admire
With a lost leg, she would not desire.
Komang is her name
She is not ashamed
But she couldn’t understand,
Why she could not walk or stand.
She never showed her fear
She never showed the tears
Or let you hear her cries
And the tears that fell down from her eyes.
Our teachers and parents responded to a call
To help a young girl standing tall
With a prosthetic leg she will walk again
A degree from the university will be ascertain.
The McKay family visiting Bali
Bringing a gift from St. Andrews’ family.
To start the ball rolling
To a brighter future she is hoping.
Thank you to the McKay & everyone who has supported this call,
I will keep you all posted on her progress in getting her prosthetic leg.
Agatha Chin

St Andrew’s Parish Quiz Night:
Date: Saturday 25 October 2014
Where: St Andrew’s Community Hall (Victorsen Parade, Clarkson )
Time: 7.00pm till late
Tickets: $10 per person or $100 table of 10 tickets includes 2 warm platters per table. Tickets are available after each mass at the back of the church. You can call Donna 0402 020 539 or Hayley 9562 4427 for further information.
Drinks: Beer, wine and soft drink are on sale. STRICTLY NO BYO ALCOHOL