Dear Parents, Carers, Staff, Students and Friends,

A bit like spring, our young people are sprouting! There has been great excitement this week with teachers sharing news of student growth in reading, writing, being a reflective learner and making good choices!

As educators and parents it is often important to stand back and take stock of the way in which children have improved and progressed – sometimes in small steps and sometimes in leaps and bounds. Keep up the great work everyone!

Thanks for a great week!
God bless you! 😊

Jo-Anne

**IMPORTANT DATES**

**SEPTEMBER**

- Tues 11th: Middle Team planning day
- Thurs 13th: Gr 5/6P class mass @ 10.00am
- Fri 14th: Junior Team planning day
- Mon 17th: Dress rehearsals for concert
- Tues 18th: Concert @ 12.30pm & 6.30pm

- Wed 19th: Aussie Footy
- Thurs 20th: Senior Team planning day
- Fri 21st: P/1/2 late stay and sleepover

**OCTOBER**

- Mon 8th: Term 4 begins!
Principal Appointment

There has been great excitement during the week with the announcement that Terrielynn Groves will be the interim Principal for 2019! I am sure our school community shares the gratitude to Terrielynn for serving our school in such an important way. Congratulations Terrielynn!

Advance notice:

- Fri 26th Oct  Mission Day
- Mon 5th Nov  Pupil free day (day before Melbourne Cup public holiday)

Tickets for our 2018 school concert are now on sale!

The cost of tickets is $10.00/adult and $5.00/16 & under. The general rule is, regardless of age, if the child needs a seat, you will need to purchase a ticket. All tickets will be pre-sold; tickets will not be available on the night.

- All students must be at the Hamilton PAC no later than 6.00pm on Tuesday 18th September.
- Parents/carers are asked to drop their child/ren off in the Supper Room with their classroom teachers and then enter the PAC.
- At the conclusion of the concert please collect your children from the Supper Room. We are expecting that the performance will be finished by 8.00pm.

Below is a breakdown of the class items and required costumes.

<table>
<thead>
<tr>
<th>Prep</th>
<th>Chicken Dance</th>
<th>Masks are being made at school. Children could wear black clothing – perhaps with a bit of yellow.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year One</td>
<td>The Monkey Dance</td>
<td>Masks are being made at school. Children can wear black, grey or brown clothing.</td>
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<tr>
<td>and Two</td>
<td></td>
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</tr>
<tr>
<td>Year Three</td>
<td>Eye of the Tiger</td>
<td>Children can wear basic black clothing with a hoodie or a dressing gown with a hood. (The hood is important)</td>
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<td>and Four</td>
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<tr>
<td>Year Five</td>
<td>Gangnam Style</td>
<td>The “loudest” 80s colours possible. See “Google” for assistance!</td>
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<tr>
<td>and Six</td>
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- The Year Five and Six plays are being produced by individual teachers and so each group will be given ideas on what props and costumes will be needed for each play.
- Why not get into the “groove” and dress up in your favourite 80s gear when attending the concert? See you on September 18, at either 12:30 or 6:30 (or both), for an event that will be hard to forget.

John Healy

Swimming Program

Each day this week the smiling faces have left for HILAC and returned with even bigger grins! The Prep/1/2 swimming program concludes today with a few little ones feeling the tiredness, which has all been worth it for the enjoyment and the learning.

A huge thanks to Elise Couchman for her planning and organisation of the whole school program over the last five weeks. Our students are very fortunate to have such a great learning experience. Thanks also to those who have supported the program – staff, parents and students – a great team effort each day.

School Uniform

With the warmer weather comes our summer uniform! Students are able to wear the correct summer uniform for the start of Term 4. Please note that if the weather is cooler at the start of term winter uniform may be worn. Hats are compulsory in Term 4. No hat, no play!

School Fees

All school accounts for 2018 are now due and payable. Please finalise your account as soon as possible. This does not apply if you have a payment plan in place.

If you are having difficulties in paying your account, please contact Helen or Jo-Anne. Thank you

Almost time for Term 4!

Towards the end of each term our teachers spend time working in their teams to plan the learning programs for the coming term. Over the next two weeks our teams will have a day each to collaborate and discuss student learning. Students will work with our valued casual teachers on these days.

Parish Family Dinners

Last week concluded the Parish Family Dinners for 2018. These evenings are hosted by Fr Paddy and are a wonderful opportunity to gather in an informal, welcoming and hospitable environment. Thanks to all families who have attended these dinners throughout the year. We are very fortunate to be part of a Parish community who continually looks for ways to engage with families and young people. A huge thanks to Fr Paddy for his generosity in time and energy and to the parish members who have supported this initiative.

Working with Children Check

All parents/carers/visitors wishing to participate in any school activity are required to have a current Working with Children Check.

WWC Check applications can be made online at www.workingwithchildren.vic.gov.au and are free for volunteers. Please list St Mary’s Hamilton as one of your organisations.

Please present your WWC card at the front office to be entered into our register.
Reminder – end of term!
A reminder that school finishes at 2.15pm on Friday 21st September.

Canteen Roster
12/09/2018 Volunteer needed
19/09/2018 Sarah Tarrant/Lisa Comtesse
- Can you help with our Canteen Roster?
- Please note that if there are no parent volunteers there will be no lunch orders available on that day.
- If you are interested in finding out what is involved, please contact the office.

Many thanks to our new Canteen volunteers, it is greatly appreciated.

Book club
Please note all Book Club orders are due by Monday 10th September. No late orders will be accepted due to school holidays.

Parish News

MASS TIMES – 2017

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>Hamilton</td>
<td>Saturday 6pm</td>
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<tr>
<td></td>
<td>Sunday 10.30am</td>
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<tr>
<td>Dunkeld</td>
<td>Sunday 8.30am</td>
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<tr>
<td>Glenthompson</td>
<td>Sunday 8.30am</td>
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<tr>
<td>Penshurst</td>
<td>Sunday 8.30am</td>
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<tr>
<td>Macarthur</td>
<td>Sunday 8.30am</td>
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PASTORAL CARE
Hello, This week we continue with the article from the Kidsmatter website on anxiety
www.kidsmatter.edu.au/mental-health
matters/anxiety-how-anxiety-problems-affect children/what-does-anxiety-look

What you might see in a child with anxiety difficulties:
Parents and carers can
- Teach children to be brave by showing them you believe they can do things and encouraging them to have a go even when they are scared or worried.
- You might remind them of a time when they were brave and it worked.
- Break larger goals into small steps that children can succeed with, and praise their success.
- Help them learn relaxation skills. Breathing slowly to calm down and imagining yourself coping in a scary situation are really helpful ways of managing anxiety. Doing it with them is a fun way to start.
- Teach children helpful self-talk. Instead of saying to themselves, “I can’t do this,” encourage them to say, “I’ll give it a go.” Help them to see that by worrying less they can do more and feel better about themselves.

Here’s how to get help
Are you worried that your child is a bit like Sara? Here are some things you can try:
- Talk with your child’s classroom teacher about how your child is managing at school and find out what resources the school can offer.
- Ask to speak to the school psychologist or counselor.
- Talk to your doctor about the possibility of an assessment and referral to a children’s mental health specialist.
A mental health professional may diagnose an anxiety disorder when:
- A child gets anxious more easily and more often than other children of the same age.
- Anxiety affects them in lots of settings - at home, at school and in their community.
- The problems with anxiety interfere with the child’s ability to get on at home, school and with friends.
- The fears seem to be out of proportion to the risks in their life.

I will continue the article next week. If you have any concerns please see your GP.
Have a great week.

Kind regards, Lisa Gonnet
Schools Pastoral Care worker 0400 994 032

Assembly
Assemblies are held every second Friday in our Learning Street
Our next assembly will be Friday 21st September @ 1.40pm due to the early finish.
All welcome!
Footy Colours Day
Thank you everyone for supporting Footy Colours Day and raising money for kids with cancer, so they can continue to be educated, whilst having treatment. We raised $1158.10!

The COLOURING IN
Prizes were donated from Beatties Newsagency and Toyworld. The winners also received an Ice-cream voucher from Sweet Tooth.
Prep Runner Up was Jordee Murphy and the WINNER was Charlotte Morton.
Grade 1/2 Runner Up was Lachlan Hiatt and the WINNER was Maize Perriman.
Grade 3/4 Runner Up was Charlie Young and the WINNER was Holly Rook.
Grade 5/6 Runner Up was Phoebe Dunn and the WINNER was Isabelle Schaap.

The LONGEST KICK
All Grades won a McDonald’s voucher as well as items listed below.
Prep Winner was Billy Fitzpatrick, he kicked 8.80m. Billy received a soft footy from Slades Newsagency.
Grade 1 Winner was Cooper Kearney, he kicked 19.90m. Cooper received a Sportscene drink bottle.
Grade 2 Winner was Connor Knight, he kicked 20.29m. Connor received a Beatties Newsagency drink bottle.
Grade 3 Winner was Jobe Dunn, he kicked 27.87m. Jobe received a Beatties Newsagency drink bottle.
Grade 4 Winner was Jack Sobey, he kicked 29.20m. Jack received a beanie from Sportscene.
Grade 5 Winner was Hugh Fitzgerald, I kicked 32.80m. I received a $10 Sportspower voucher.
Grade 6 Winner was Clay Fitzgerald, he kicked 26m. Clay received a cap from Hip Pocket Workwear.

Dad/Special Person Winner was Darren Fitzgerald, he kicked 50m. Darren received a cap, stubby holder and key ring from Hip Pocket Workwear and a Woody’s Cafe coffee & cake voucher.

The HANDBALL COMP
All Grade Runners Up and Winners received gifts from Toyworld and/or Beatties Newsagency
All Winners received a voucher from one of the following businesses McDonald’s, Sweet Tooth or Woody’s Cafe
Prep Runner Ups were Billy and Chase the winner was Jordee Murphy with 22 points.
Grade 1 Runners Ups were Eva and Jordon the winner was Cooper Kearney with 30 points.
Grade 2 Runner Up was Emma and the winner was Ally Holmes with 27 points.
Grade 3 Runner Up was Hamish and the winner was Jobe Dunn with 27 points.
Grade 4 Runner Up was Holly and the winner was Jack Sobey with 24 points.
Grade 5 Runner Up was Hugh and the winner was Jack Roberts with 20 points.
Grade 6 Runner Up was Drew and the winner was Felicity Watson with 8 points.

Dad/Special Person Runner Up was Leigh Alexander and the Winner was Matt Dunn with 31 points.
Leigh received a sign from Repco, pencil, key ring and stubby holder from Hip Pocket Workwear as well as a Woody’s Cafe coffee & cake voucher.

RAFFLE WINNERS
1st Harvey Norman - Iphone headset – Sarah Tarrant
2nd Barry Francis - Backpack/Tent - John Healy
3rd LA Walker - Sleeping bag – Cathy Fitzgerald
4th Roxburgh House - $55 Voucher – Mrs Groves
5th Roxburgh House - $55 Voucher – Ben Wilson
6th Hunts Auto Pro - Armorall Car Clean – Mrs Minney
7th Alexandra House - $50 Voucher – Paul Fitzgerald
8th Alexandra House - $50 Voucher – Jamie Smith
9th Ham Farm Supplies - $50 Voucher – Lachlan Hiatt
10th Caledonian Hotel - $50 Voucher – Rohan Gunning
11th Hamilton Furnishings - Travel Pillow – Miss Bond
12th Pitstop Cafe - $50 Voucher – Isabelle Schaap
13th Regional Butcher - $40 Voucher – Kia Willis
14th Chris’s Kebab & Grill - $30 Voucher – Miss Bond
15th Buckle Menswear - Gloves, etc - Deb Fitzgerald
16th Commercial Hotel - $30 Voucher – Kia Willis
17th Hair For Men - Wax Duo Set – John Sharrock
18th Panama Fish Shop - $20 Voucher – Jason Tonissen
19th Hip Pocket - $20 Voucher – Sarah Tarrant
20th McDonalds Dinner Box - Miss Couchman
21st Solo Cutting - Free Haircut – Cathy Fitzgerald
22nd Botanical - Coffee & Cake Voucher – Flynn Northcott
23rd Lemon Myrtle Cafe - $10 Vouch – Luella Causer
24th Woody’s Cafe - Coffee & Cake Voucher – Mel Gardner
25th Woody’s Cafe - Coffee & Cake Voucher – Helen O’Brien

Thanks again for all your support.

Hugh and Imogen Fitzgerald

THE SPORT CATCH UP
Walk to School
This year we are participating again in the Walk to School month which encourages primary school children to walk, ride or scoot to and from school throughout October, to help them get the 60 minutes of physical activity they need each day. Just as we have done for the last couple of years we will have a walking group meet at the Ballarat Road School/Monivae Crossing from 8.20am, which will depart for school at 8.40am. We will begin the very first day back of Term Four!

Saturday Morning Netball
The Hamilton Netball Association (Saturday Morning) 2018 Season 2 gets underway again in Term 4. The season will run from Saturday 13th October – Saturday 8th December, with a bye for the St Mary’s Christmas expo.
These age groups welcome boys and girls to play. If any interested students would like to play in the 11 & Under or 13 & Under competition, please see Miss Couchman ASAP.

Elise Couchman