Dear Parents, Carers, Staff, Students and Friends,

Already the weeks are flying by and holidays seem so long ago.

Our Walk to School efforts have seen a huge increase in the number of students getting an extra dose of fresh air each day. Keep up the walking!

Well done again to all for our school efforts for Mission Day. I was most impressed with:

- The willingness of staff and students to participate in Rice Day (Miss Forrest couldn’t even have cake for her birthday morning tea!)
- The learning that was evident around the school, relating to the principles of Catholic Social Teaching, which helped everyone to grow in awareness and understanding.
- Our fundraising efforts - $1,900 which will be sent to Catholic Mission to support their work with those who need assistance.

Attachments to this week’s Newsletter –
- Family Volunteer Form

Advance Notice:
- Mon 31st October – Pupil free day
- Tues 1st Nov – Public holiday

Thanks for a great week!
God bless you! 😊

Jo-Anne

School Fees
All school accounts for 2016 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.
Uniform
At this stage we are still happy for you to determine whether your child/ren wear winter or summer uniform. Once the weather sorts itself out we will make a date by which all students need to be in correct, full summer uniforms.

Please also note that school hats must be worn during Term 4 so students must have theirs at school for the first day. The rule is – no hat, no play.

A few reminders – jewellery (except watch and small stud/sleeper earrings) and nail polish are not part of our uniform. Students must wear the correct shoes on the correct day (sneakers are only worn on sports day!)

Student testing
This time of the year brings with it many experiences of formal testing for students. Your child may have shared with you that they have completed some online testing or worked individually with a staff member already this term. The information we gather from these assessments not only shows us how far each student has come but also informs what we teach next and planning for school resources.

At the end of each year we take the opportunity to assess all students in the areas of mathematics using a one-to-one approach. The data we collect from this testing allows us to measure growth and begin the new year of learning with an indication of each student’s areas of strength and challenges from the first day rather than taking most of first term to identify learning needs.

Over the past number of years we have taken two days in December and allocated each family an assessment time where they come to school, participate in their testing and then head home again. In recent years it has become increasingly difficult for teachers to complete the testing for all students due to people taking early holidays, non-attendance, forgotten appointment times etc. Staff are currently problem solving to find a better method of collecting the necessary data without using the two days we have in previous years. We hope to have an outline for you in next week’s newsletter.

Grade 3/4 Camp
A group of very weary campers got off the bus on Tuesday afternoon after two days at Grampians Retreat. A fabulous time was reported by all, with the giant swing and flying fox stand out highlights for many. Thank you to Lisa Schurmann, Sherree Gallagher and Chris Minney for your planning and organisation for this experience. Also, a big thanks to Ted Perkins, Rochelle Handreck, Dearne McMillan and Vicki Pierce for your time and energy.

Pupil Free Day
Please note that Monday 31st October (day before Melbourne Cup public holiday) is a pupil free day for the purpose of staff professional development. There is no school for students on this day. Enjoy your extra long weekend!

ICAS
We have received the student’s results for the International Competitions and Assessment for Schools in Mathematics and English. These were the final two competitions held for the year.

Congratulations to all students who took part in these competitions. A special mention must go to Edward de Salis of Grade 6 who has competed in all of the different competitions for the past 4 years. Edward has always been willing to have a go and challenge his learning in this manner.

Below are the results for the individual students. It was fantastic to see a number of students who this year competed for the very first time. Congratulations to the students who undertook these difficult competitions and once again did their best. Well done, we are proud of your efforts!

Mathematics - Participation certificates
Isabelle Schaap, Lauren Borgmeyer, Edward de Salis

Hamish Kearney, Lachie McArthur, Nicholas O’Brien

Mathematics - Merit certificates
Sienna Maddocks, Saskia Schaap

Mathematics - Credit certificate
Chloe Jones

English - Participation certificates
Isabelle Schaap, Lauren Borgmeyer, Edward de Salis

Lachie McArthur

English - Merit certificate
Amy Gardner

English - Credit certificates
Chloe Jones, Saskia Schaap

English - Distinction certificate
Sienna Maddocks

The students received their certificates at today’s assembly.

Chris Minney

EFTPOS
We now have an EFTPOS machine in the front office for the payment of school fees and uniform shop accounts.

Assembly
Please note that our next assembly will be on Friday 28th October at 2.40pm
All welcome!
Parish News

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Parents and Friends

UNIFORM SHOP

Opening time – Wednesday 3.20 – 4.00pm

Purchases can be made by attending the Uniform Shop on Wednesday afternoon or by placing an order with payment at the front office.

Please note – from Wednesday 2nd November the Uniform Shop will be open fortnightly.

GIFT BASKETS

A reminder to send in your filled gift baskets! There are some amazing looking creations already in the Meeting Room returned by families already.

GOURMET GIFTS

Lia Mailes, the co-ordinator of this stall, is seeking urgent assistance. She is longing to hear from any cooks who would be willing to bake items to sell on this stall. Contact Lia on mobile – 0427 523 631 or email – liamailes73@gmail.com

Kind Regards Kerry Stevens
(on behalf of the St. Mary’s Christmas Expo. Committee)

The Sports Catch Up

Regional Athletics

Well done to Bailey Cooper who has qualified for the 200m in the Regional Athletics, an outstanding achievement! It is being held today, Friday 14th October, in Ballarat. Thank you to Erin, Bailey’s Mum for supporting him at this event. We are very proud of Bailey’s accomplishment and wish him all the very best!!

Swimming Program and Swimming Carnival

The Grade 5/6s have had a lovely week of swimming and have made a great start to our school swimming program. The Grade 3/4s get their turn in the pool next week! Please remember that during your child’s swimming week they are able to wear sports uniform every day to allow easier changing. Please note that we will not be making phone calls if children forget their bathers this year.

Our swimming carnival for the Grades 3-6 students will be held on Friday 11th November commencing from 12.00pm. Further information and a helper note will be sent out in the coming weeks.

Saturday Morning Netball

The St Mary’s Superstars made a fantastic start to the season last Saturday. I was very impressed with the great improvement of our players’ skills from last season, thanks to many of them training and playing club netball throughout the year. The Superstars were up against a Year 7 team from Monivae but they didn’t let that put them off! They played terrifically as a team and produced some sensational passages of play up and down the court.

In the first quarter Chloe Jones played wonderfully in GK and Ellen White was terrific in WA. In the second quarter Amalie Rowe was great in WD and Caitlin Urquhart ran her heart out in C. Eliza Sobey moved out of goals where she starred and did a super job in GD taking lots of intercepts and showing exceptional leadership. In the third quarter Molly O’Brien did a superb job in GD against a much taller GA. In the
What is anxiety?
Anxiety is an inherent response to a perceived threat and normal levels of anxiety can assist people to be more focused and motivated, and to solve problems more efficiently. Everybody experiences anxiety sometimes, especially when faced with unfamiliar, dangerous or stressful situations. Most of the anxiety that children and young people feel is relatively mild. Prior to about age eight, children usually do not engage in anticipatory anxiety which involves worrying hours, days or perhaps weeks ahead of an event or situation. As they age they worry about different things such as getting sick or hurt, and later as teenagers they worry about things like war or family relationships.

High levels or chronic anxiety can reduce your child’s capacity to respond appropriately or effectively to stressful situations, or even normal routine activities. A highly anxious person for example may experience constant physical feelings of panic and may seek to avoid anything that might trigger their anxiety such as:

- being alone
- going to school
- talking in front of a group

Anxiety symptoms may be overlooked especially if a child is quiet and compliant. As a result, they may not receive the help and support they need, which may lead to problems with anxiety in adolescence and adulthood. Anxiety commonly co-occurs with other disorders such as depression, eating disorders, and attention-deficit/hyperactivity disorder (ADHD).

I hope this was of interest, next week we will look at: What types of anxiety disorders are there?

Kind regards Lisa Gonnet 0400994032