Dear Parents, Carers, Staff, Students and Friends,

Students have been working very enthusiastically to complete their online PAT testing over the last few weeks. This is the first year we have used the online version of these assessments which give teachers information relating to reading (comprehension) and mathematics skills and understanding. Teachers have spent considerable time analysing the data and are very excited about the progress made by students. Other testing we conduct continues to show how hard students are working to ‘make themselves smarter’! Keep up the great work!

Thanks for a great week!
God bless you! 😊

Jo-Anne

Attachments to this week’s Newsletter:
• None

Advance Notice:
• Mon 19th December – last day for students
• Tues 20th December – last day for staff

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.

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

Last week I explained the importance of collecting student testing data to make informed decisions about the learning program for each child. At St Mary’s we believe that all students deserve the best chance we can provide to support their academic growth while also focusing on other areas of development. Our targeted teaching approach, teachers teaching each child according to their individual strengths and needs, requires that we regularly and consistently collect data on student learning.

After considerable consultation with staff and discussion with our School Advisory Council we will not be having the two days at the end of this term which have previously been used for individual appointment times with students.

Instead the last full week of classes, Monday 12th – Friday 16th December, will be used by teachers to conduct numeracy testing with all students while they are at school learning. During the week classroom teachers will be supported by our non-classroom teachers.

Our program for this week is currently being planned and will provide all students with a range of different learning opportunities and experiences that we hope will result in wonderful engagement, fun and learning. A great deal of emphasis is being placed on the learning to be gained during the week – even though it is the last week of school!

As a result of the above arrangements the last day of classes for students is Monday 19th December, with staff finishing on Tuesday 20th December.

Our Literacy Testing arrangements for the start of the 2017 year will be:

- **Mon 30th Jan**  First day for staff
- **Tues 31st Jan**  Literacy testing
- **Wed 1st Feb**  Literacy testing
- **Thurs 2nd Feb**  First day of classes

**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**

With the ICAS assessment program finished for another year, a big thank you to Chris Minney who co-ordinates this opportunity for students. Chris organises the entries, supports students during the testing and excitedly announces the results when they arrive. Well done also to the many students who choose to participate each year, willing to have a go at the many assessments offered.

**Assembly**

Please note that our next assembly will on

- **Friday 28th October at 2.40pm**
- **All welcome!**

**Parish News**

**MASS TIMES – 2016**

<table>
<thead>
<tr>
<th>Location</th>
<th>Sunday Times</th>
</tr>
</thead>
<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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<td>Dunkeld:</td>
<td>Sunday 8.30am</td>
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<td>Gllenthompson:</td>
<td>Sunday 8.30am</td>
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<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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**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.

**Canteen Roster**

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>26/10</td>
<td>Jen Taylor &amp; Marie McDonald</td>
</tr>
<tr>
<td>02/11</td>
<td>Jen Taylor</td>
</tr>
<tr>
<td>09/11</td>
<td>Danielle Wilson</td>
</tr>
<tr>
<td>16/11</td>
<td>Marie McDonald</td>
</tr>
<tr>
<td>23/11</td>
<td>Marie McDonald</td>
</tr>
<tr>
<td>30/11</td>
<td>Jen Taylor (last day for lunch orders 2016)</td>
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**EXPO MEETING**

Thursday 27th October @ 7.00pm following the Parade Safety Briefing
**FAMILY VOLUNTEER FORM**

Thanks to the many families who have already returned their volunteer forms – gold stars for you!!!

Please return your completed form by Friday 4th November.

Looking forward to working alongside you to contribute to our school and local community!

**GIFT BASKETS**

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

**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

St. Mary’s Christmas Expo. Committee

**The Sports Catch Up**

**Regional Athletics:** Well done to Bailey Cooper who qualified through to the final of the 200m at the Regional Athletics on Friday in Ballarat. Bailey came 7th overall in the final!! What an amazing achievement!! Well done Bailey!!

**Swimming Program:** The Grade 3/4s have had an enjoyable swimming week and the Prep/One/Twos finally get their turn in the pool next week! Thank you to all the parent helpers who are assisting next week, we are very grateful for your support. 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.

**Swimming Carnival–Hamilton Olympic Swimming Pool**

Our swimming carnival for the Grades 3-6 students will be held on Friday 11th November commencing from 12.00pm. This year we are having our swimming carnival at the outdoor Hamilton Olympic Swimming Pool. The students at swimming Level 3 and above will complete the 25m events across and back the width of the pool and the 50m events will be a straight run down the pool! Students below swimming Level 3 and students who are less confident will complete their events across the shallow T of the pool, these children will be swimming freestyle and backstroke.

In the event of bad weather we will decide the day before to use the indoor HILAC facility and will communicate this with all involved students and parents. Hopefully however the sun will be shining on Friday 11th November and we can look forward to a wonderful swimming carnival outdoors!

A detailed swimming carnival note with an attached helper form will be coming home next week!

**Saturday Morning Netball:** The Superstars were a pleasure to coach and watch last week against a very fast paced, well drilled Year 7 Baimbridge team.

I was very proud of the Superstars for taking on board a few pointers at training during the week and putting them into practice!! They did terrific ‘turn and blocks’, our WD was always available and we did amazing passing around the shooting ring!! We scored 9 goals on the weekend, an astounding effort!! The team continue to work wonderfully with each and every player made a great impact on the game.

Libby Fox was a stand out across the court and Ellen White played terrifically in GA.

Caitlyn Urquhart played her heart out in GK and applied fantastic pressure. Amalie Rowe played her greatest game yet in both defence and attack. This week the girls take on the Glenthompson Sapphires.

**Walk to School:** Next week will be the last week of the Walk to School initiative. Which has been overwhelmingly supported by our school community!! If you are yet to walk to school don’t forget that Mr. Ferguson’s “Walking Group” meets at the Ballarat Road School Crossing from 8:20am, and will depart for school from there at 8:40am each morning during October.

If you are unable to walk to/from school each day for any reason (e.g. bus travellers) but would still like to join in the fun, Mr. Ferguson is offering an oval walk/run at lunchtime. You can walk/run 3 laps to get “to school” and 6 laps “to AND from school”. Meet Mr. Ferguson at the oval at lunchtime to have some fun!

**Equestrian:** Drew Garratt, Charlotte, Michaela and Warrick Tonissen had an absolutely fantastic day at the King’s College Interschool Equestrian Games Day on Friday 14th October, in Warrnambool. They did a great job and won two sections! Warrick and Drew won their age brackets and took home some very fancy horse coats.

Michaela came 2nd and Charlotte 6th in their sections. Well done to our St Mary’s equestrian experts!

Miss Couchman & Mr Ferguson

**Hamilton Rotary Club Scholarship for School Age Athletes:** As part of the Hamilton Vitality Fun Run, the Hamilton Rotary Club is proud to offer two scholarships, to the value of $250 each to inspired school age competitors from the Western District area. Scholarships can assist athletes from rural and regional areas to contribute towards the expenses such as uniform, equipment, training accommodation and travel, associated with...
Panic attacks and panic disorders

A panic attack is an episode of intense fear and discomfort, associated with physical symptoms and fearful thoughts. It can include shortness of breath, accelerated heart rate, trembling, sweating, and dizziness, fear of going crazy or dying. Fear of panic attacks in public places may lead to agoraphobia. Panic disorder is the recurrence of panic attacks amid persistent fears that a panic attack might occur. If a parent has this condition a child has a greater chance of developing it too, and stressful life events are also thought to contribute to the onset of panic disorder. If your child begins to avoid going places, and engaging in activities, seek professional assistance for them.

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Pastoral Care

Hello again, this week I will continue with the article on anxiety and look at some of the types of anxiety disorders there are. If you do have any concerns about your child/ren please do not hesitate to contact me or alternatively discuss with your GP.

What types of anxiety disorders are there?

Anxiety disorders are one of the most common types of mental health concerns for children and young people. If symptoms of anxiety have become entrenched and chronic, an anxiety disorder may develop with the risk of long-term impacts including:

- performing poorly in school
- missing out on important social experiences
- experiencing depression and relationship problems
- engaging in substance abuse

If your child’s anxiety starts to disrupt their daily life they may be suffering from an anxiety disorder.

Types of anxiety disorders include: (to be continued next week)

Generalised anxiety disorder (GAD)

A child with GAD worries excessively about issues to do with aspects of their life, either past, present, or future. They may worry about things like past conversations or actions, upcoming events, school, family, health, their own health, competence in sports or academics, and world events. A child with GAD may find it hard to manage their worrying and the amount of time that they spend worrying, which ultimately interferes with their daily life.

Post-traumatic stress disorder

In response to significant stressful events such as natural disasters or personal traumas, a child may develop a post-traumatic stress disorder. Many symptoms can accompany this such as panic attacks, intrusive thoughts, active avoidance of reminders of the trauma they went through, and nightmares. They may display heightened emotional responses as well as have memory and concentration difficulties.

Please see Mr Ferguson or Miss Couchman if you are interested to receive the form required for application. Applications close Friday 28/10/16, presentations will be made on Sunday 6/11/16 at the Hamilton Vitality Fun Run.

GRADE 3/4 CAMP

On Monday the 10th of October, the 3/4’s went to Dunkeld Retreat for one night on their camp. My favourite part was eating on top of Mt. Piccaninny and racing back down again. I rate it a 10 out of 10.

Bridget Malles

“Yes” It’s camp, woohoo”. On Monday the 10th of October 3/4s went to camp at the Grampians Retreat. We did hut building, flying fox, the low ropes course and the giant swing. My group the kangaroos won the overall hut building. My favourite thing was the giant swing, because when you pulled the rope you just got a sudden drop. Camp was awesome. I wish I could go again.

Chris Wormwald

Yay! We’re going to Grampians Retreat in Dunkeld! On Monday the 10th of October, the grade 3/4s went on camp to have a great time. I loved the giant swing because when you pulled the rope, you didn’t know when you were going to start swinging, and the food, it was amazing! Thanks Dennis and Maree.

Emily Pearce

“Yay it’s school camp, I can’t wait!”

On Monday 10th October, Grade 3/4 went to Grampians Retreat for school camp. There were so many activities such as the giant swing, flying fox, rope course and climbing The Piccaninny. My favourite activity was the giant swing because it was fast and really tall. Camp was amazing, because Maree and Dennis organized everything so well.

Jack Roberts

“Yes, yes, yes, yes. It is school camp!”

On Monday and Tuesday, Grade 3/4 went on camp. It was so much fun! The giant swing, climbing The Piccaninny, low ropes and the flying fox were some of the things we did. My favourite event was the giant swing because you got to pick how high you went and I went to the top twice! I give the camp five stars.

Hugh Fitzgerald

On Monday morning we went to the bus to go to camp. The flying fox was the best because we had straps and safety harnesses and running back and forth gave me some exercise.

Sam Walsh

competing at local, state, national or even international events. Participants from any sport and from any level are encouraged to apply. Past recipients of the scholarships have come from basketball, gymnastics, netball, track and field, cricket and archery. Please see Mr Ferguson or Miss Couchman if you are interested to receive the form required for application. Applications close Friday 28/10/16, presentations will be made on Sunday 6/11/16 at the Hamilton Vitality Fun Run.