Dear Parents, Carers, Staff, Students and Friends,

The term is flying by with many activities filling our weeks.

This also means that our 2018 Christmas Expo is fast approaching. We are so fortunate to have an amazing group of volunteers who are steering us towards another great event – the 25th year for this wonderful community event. For those families who are new to our school this year or wondering about Expo I have included the goals which were determined some years ago and to which our hardworking parents and staff strive to achieve.

“Do more than belong: participate.
Do more than care: help.
Do more than believe: practice.
Do more than be fair: be kind.
Do more than forgive: forget.
Do more than dream: work.”
William Arthur Ward

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**IMPORTANT DATES**

**NOVEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Mon 13th</td>
<td>Gr 3/4 Swimming @ Monivae pool</td>
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<tr>
<td>Mon 15th</td>
<td>Expo meeting @ 6.30pm</td>
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<tr>
<td>Tues 14th</td>
<td>Prep 2018 Transition 9.00 – 11.30am</td>
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<td></td>
<td>Hoop time Regional seniors</td>
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<td>Prep 2018 Parent Meeting @ 7.00pm</td>
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<td>Thurs 16th</td>
<td>Gr 5/6C mass @ 10.00am</td>
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<td>Fri 17th</td>
<td>PSG meetings</td>
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<td>Tues 21st</td>
<td>Prep 2018 Transition 9.00 – 12.30</td>
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<td>Thurs 23rd</td>
<td>Prep mass @ 10.00am</td>
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<tr>
<td>Fri 24th</td>
<td>Gr 3/45 mass @ 10.00am</td>
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<tr>
<td>Mon 27th</td>
<td>Gr 5/6 Swimming @ Monivae pool</td>
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*Cancelled*
Our Expo is held annually to achieve the following goals:
- To engage parents in promoting and supporting their school in a positive manner
- To involve parents in a school event with a social context!
- To provide an event for the local community that reflects the values of St Mary’s
- To raise funds for our school
- To celebrate our great school community!

With these goals in mind please consider how you can contribute to this year’s Expo and support your school in reaching its goals.

Thanks for a great week!
God bless you! 😊
Jo-Anne

Advance notice:
- Tues 12th Dec Transition day – all students
- Fri 15th Dec Swimming Carnival
- Sun 17th Dec End of year mass @ 10.30am

Attachments:
- Nil

Arrangements for the end of the 2017 school year:
Monday 11th December to Thursday 14th December
MAI testing during class time
Thursday 21st December Last day of classes
Last day for staff

Arrangements for the beginning of 2018:
Monday 29th January Staff day
Tuesday 30th January Literacy assessments
Wednesday 31st January Literacy assessments
Thursday 1st February First day of classes

Staff professional learning
Teachers had a productive day on Monday, continuing our work on delivering a quality curriculum for all students. We spent the day looking at the essential learnings in the area of Mathematics and our teaching teams worked together to create a scope and sequence that is consistent across all levels. The increase in all teachers’ understanding of the curriculum from Prep to Grade 6 means that we are more focused on the learning required by all students and the importance of working closely together to support all students at all levels.

Best wishes
Chris Minney begins a period of leave from next week, returning to school in week 9. We wish her an enjoyable time during her leave.
Debbie Hadden returns from leave next week. We thank Suzy Holden-Croser for filling in on cleaning duties while Debbie has been away.

Numeracy Testing
If your child is not going to be at school in the week beginning Monday 11th December please let their classroom teacher know as soon as possible so that we have the opportunity to complete their numeracy testing at another time.

School Council
At our most recent School Advisory Council meeting the decision was made to outsource our Uniform Shop to Accurate Clothing. Last term we conducted a survey to gauge parent thoughts on the future of the uniform shop, which has been generously run by parent volunteers for a number of years. We are very grateful to parents who have given their time and energy and supported families in purchasing uniform items. The response received in the surveys indicated a strong preference for having our school uniform more accessible in a local business. A transition period is being arranged with Accurate. We will provide more details as they are confirmed.

2018 Planning
Over the next few weeks teachers will begin preparing student reports and planning for next term. This will mean that at times your children will be working with some of our valued casual teachers who support the ongoing learning programs prepared by classroom teachers.

Parish News

<table>
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<tr>
<th>MASS TIMES – 2017</th>
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<tr>
<td><strong>Hamilton:</strong></td>
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<tr>
<td>Saturday 6pm</td>
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<tr>
<td>Sunday 10.30am</td>
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<tr>
<td><strong>Dunkeld:</strong></td>
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<td>Sunday 8.30am</td>
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<td><strong>Glenthompson:</strong></td>
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<td>Sunday 8.30am</td>
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<tr>
<td><strong>Penshurst:</strong></td>
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<td>Sunday 8.30am</td>
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<tr>
<td><strong>Macarthur:</strong></td>
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<td>Sunday 8.30am</td>
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Assembly
Assemblies are held every second Friday starting at 2.40pm.
Our next assembly will be Friday 17th November
All welcome!

Canteen Roster

| 15/11/2017 | Jen Taylor |
| 22/11/2017 | Cass Young |
| 29/11/2017 | Jen Taylor |

Please note that if there are no parent volunteers there will be no lunch orders available on that day. Can Parents please remember to place lunch orders in brown paper bags
**A Sparkling Christmas Expo.**

**Celebrating 25 Years!**

Friday, 10th November, 2017 ...............Our Christmas Expo is now 3 weeks away!

**Family Volunteer Forms** – Please return your family’s form. Thank you to those families who have already returned their forms. The Volunteer Roster is now being compiled. Your assistance before and on the day is very much appreciated.

**Donations for our Gourmet Gifts Stall are required.**

We are asking for donations of Christmas fare such as shortbread, biscuits, Rocky Road, Coconut Ice, jam, sauces, chutneys, pickles etc., Or flour, sherry, cranberries, white chocolate, pistachios and items that our cooks can use to create edible gifts.

**Cooks – Dried Fruit** and eggs are available from the school office. Should you require them, please contact Claire to arrange collection from Shannon or Helen.

Claire Nailon is the Team Leader for this stall. If you would like to cook produce for this stall or donate items for this stall, please give Claire a call on 0408 385 095. She would love to hear from you.

Pre-orders – Should you like to pre-order a Christmas Cake or pudding, contact the school office and leave your details.

**Donations for our Café are still required.** Helen Grego is the Team Leader of our Café this year and is asking for donations of the following - BBQ chickens, watermelons, eggs, puff pastry, sausage roll mince, carrots, zucchini, cream, grated cheese, lettuce, vanilla yoghurt, tomato sauce, large tins of fruit salad, tinned apricots, tinned corn and tuna.

If you are willing and able to donate any of the goods on the above list, please let Helen know by contacting the office.

**Wanted ‘Face Painter’** – The Christmas Expo Committee would like to hear from you, as soon as possible, if you know the name of a Face painter that may be interested in taking part in our Christmas Expo, this year.

**Gift Basket/Boxes – Please return your gift Basket/box as soon as you have filled it.**

If you are unable to fill it please return it, (as per the instructions that were included on the note that accompanied it) and it will be filled on your behalf. Or if you have purchased goods and filled it but have trouble wrapping it, don’t worry, send it along and it will be wrapped for you.

Thank you to those families who have already sent along their gift baskets/boxes. Our meeting room is looking more and more like Christmas every day. If you would like to fill another just let us know. The more we have to sell, the more profits we make but more importantly the more Christmas spirit we can spread.

**Christmas Cards – Christmas Cards, featuring some of our student’s artwork, will be for sale on the day of Christmas Expo, from our school run stalls.** Should you like to pre-order a pack or two, please contact the office and leave your details.

**Keep an eye for our new look poster and encourage others to attend our Christmas Expo.**

**Send along preloved books in good condition for Second-Hand Books Stall.** They can be left at our school office.

**Attention - Committee Members and Team Leaders**

**Our meeting that was scheduled for Monday 13th November, 2017 has been cancelled.**

Our next meeting will be on Monday, 20th November, 2017. It will take place in our school meeting room and start at 6.30 p.m. All Christmas Expo. Committee members and Team Leaders are strongly urged to attend.

If you have any questions or require any further the information regarding our 25th Christmas Expo, please make contact either in person, by telephone on 55519000 or send an email to expo@smhamilton.catholic.edu.au.

Together, let’s make this year’s Christmas Expo a memorable one!

**PASTORAL CARE**

Good morning, I hope you had a successful Melbourne Cup. Last term I completed Mindfulness training and have been practicing myself as well as occasionally teaching breathing techniques when needed. So I have decided to share some information which I have taken from the Kids Matter website, I hope you will find it informative.

Should you have any questions or would like more information please do not hesitate to contact me on 0400 994 032.
What is mindfulness?
Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment, with openness and curiosity, instead of ‘tuning out’ from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future – which is often our brain’s default mode. Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

Why practise being mindful?
The way we interact with our kids has a huge impact on the way they think about themselves and their levels of personal resilience. Ellen Langer and team, a world-renowned mindfulness researcher found that children not only prefer to interact with mindful adults, but actually devalue themselves following interactions with mindless adults (Langer, Cohen & Dijkic, 2010).

The benefits of mindfulness with children:
• Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities.
• Mindfulness training involves tuning in to internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence.
• Mindfulness training increases children’s ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques.
• Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children’s awareness of others and helps them to build positive relationships.

I will continue next week. There is an enormous amount of mindfulness information available as well as research papers however if you are interested in learning more I can share some of the information I have and would be happy to meet with you.

Have a wonderful week
Kind regards Lisa Gonnet
Schools pastoral care worker

JOKE OF THE WEEK

Q: Why are hairdressers always cheating?
A: Because they make short cuts!!
Q: Why did the man take the clock on the plane?
A: He wanted to see time fly!
Q: Why did the nose hate team sport?
A: because it never got picked!
Q: Which noses are super fit?
A: Ones that are always running!!

Chase Turnbull & Sam Handreck

Egg Cartons
If anyone has spare egg cartons at home could they please bring them to school - as we will use them to store our school chicken eggs.

Rahni Meade

Regional Golf
We wish Molly O’Brien and Lauren Borgmeyer all the best as they compete in the Regional Golf Tournament in Warrnambool on Monday 13th November. The girls qualified for this event after their great result at the Hamilton District Golf tournament. We look forward to hearing about the day!

Regional Hoop Time
The Grade 5/6 All Star Girls will compete in the Regional Finals here in Hamilton on Tuesday 14th November. We wish them all the very best for the day and thank all the parents involved in scoring and coaching, especially Jo Bowie. Good luck girls!!

Swimming
The Grade 3/4s swim every day for the next fortnight (13th-24th Nov) at Monivae. The lessons run from 11.30am -1.30pm (Group 1 will swim from 11.40am-12.25pm and Group 2 will swim from 12.35pm-1.20pm). Please ensure appropriate bathers, a towel and goggles are packed each day. We encourage the children to wear sports uniform every day to aid with changing after their lesson.

Saturday Netball
PLEASE NOTE that both teams play at 8.30am this week.

Gymnastics
On the 21st October Hazel Clarkson & Shannon Mhsho competed in the Hamilton & District Gymnastics Club Annual Invitational competition. This was an invite for all gymnastic clubs in the Western District, both competing at Level 1. Hazel came away with individual ribbons of 3 silver & 2 bronze. Shannon was awarded 2 silver and 2 bronze and a bronze for her team event. Well done girls

Kind regards Lisa Gonnet
Schools pastoral care worker

THE SPORTS CATCH UP