Dear Parents, Carers, Staff, Students and Friends,

This week our Church has celebrated All Saints and All Souls days. All Saints Day is a special feast day on which Catholics celebrate all the saints, known and unknown. While most saints have a particular feast day on the Catholic calendar (usually, though not always, the date of their death), not all of those feast days are observed. And saints who have not been canonized—those who are in Heaven, but whose sainthood is known only to God—have no particular feast day. In a special way, All Saints Day is their feast.

Thanks for a great week!

God bless you! 😊

Jo-Anne

Attachments to this week’s Newsletter:
- Expo raffle book
- Christmas Expo Newsletter

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

Pupil Free Day
Staff participated in a professional learning day on Monday with a focus on enhancing the Catholic identity of our school and presenting a Religious Education experience for students that allows them to make connections to their life, world and the Catholic faith traditions. We were very blessed to have Fr Paddy and Fr Andrew Hayes work with us during the day.

Uniform
Think we will call it on the summer uniform seeing that all students seem to have made the transition. Correct summer uniform to be worn as from Monday 7th November. Please make sure students are warm!

The lost property basket is overflowing with jumpers, coats. Might be worth a fossick to see if any of the items belong at your house!

Please also note that school hats must be worn during Term 4 so students must have theirs at school. The rule is – no hat, no play.
Student testing
Please note the following arrangements for the end of the school year as detailed in last week’s newsletter. If you have any queries please come and have a chat or give me a call at school.

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 the 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

Parish News

Parents and Friends

UNIFORM SHOP
Opening times – 3.20 – 4.00pm
Monday 14th November

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

Canteen Roster

26/10 Jen Taylor & Marie McDonald
02/11 Jen Taylor
09/11 Danielle Wilson
16/11 Marie McDonald
23/11 Marie McDonald
30/11 Jen Taylor (last day for lunch orders 2016)

Mini Vinnies Bake Sale

Students who are members of our Mini Vinnies group are holding a Bake Sale next Thursday 10th November at recess time. Cake, slice, cupcakes and other goodies will be available for 20c, 50c and $1. All money raised will be presented St Vincent de Paul to help families over the Christmas season.

Next meeting
Thursday 10th November @ 7.00pm.

FAMILY VOLUNTEER FORM

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

Please return your completed form ASAP.

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

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 – liamalies73@gmail.com

STOP PRESS!

Our brand new school Facebook page has gone live today! Search for St Mary’s Primary School Hamilton 3300 and share Expo news with your friends!

Assembly

Please note that there will not be an assembly on Friday 11th November due to the swimming carnival.

Our next assembly will be on

Friday 25th November at 2.40pm

All welcome!

The Sports Catch Up

Swimming Carnival Hamilton Olympic Swimming Pool
Thank you so much for the over whelming amount of Helper Forms you have returned for the swimming carnival!! It is sure to be another wonderful school event that brings our school community together in the spirit of healthy competition and good fun! The students at Level 3 and above have had the opportunity throughout the week to sign up to at least 2 events and the excitement is building.

Just remember that the swimming carnival is on Friday 11th November commencing from 12.00pm. This year we are having our swimming carnival at the outdoor Hamilton Olympic Swimming Pool. 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!

Saturday Morning Netball
Round Three of Saturday Morning Netball saw the Superstars take on a mixed year team, the Glenthompson/Dunkeld Sapphires. The first quarter was action packed! Ellen was awesome in WA, Saskia worked hard in WD and Molly ran hard in C. Our terrific goal shooting duo Eliza and Libby teamed up beautifully to see us equal at quarter time. Fantastic intercepts and tough defensive pressure from Sophie, Chloe, Amalie and Klay saw us winning by a goal at half time! It was very exciting!! Unfortunately the Glen team had a very tall GA and GD who made it challenging for us to get the ball in and out of the goal rings. Caitlyn worked hard in the mid court all game, but we were unable to keep up with the Sapphires, going down 21-10.

Last week the Superstars were coached by the incredibly impressive Remy Hirst and under her dazzling guidance had their first WIN!!! An absolutely astounding effort!!! The team took on their first primary school team, the Gray St Stingrays and won with a final score 17-15! Sophie picked up a lot of loose balls and kept on her player all game! Chloe was fabulous at ‘turn and block’, getting lots of turn overs! Ellen had great movement around the goal ring and shot more goals than what she thought! Libby was fantastic in C where she kept the court in control and moved beautifully in the goal ring! Amalie moved down the court well and was always available to help feed the ball into the shooters! Saskia listened terrifically to her coach and stuck like glue to her player, but also made space around the court! Eliza was an amazing shot and moved incredibly well around the court and goal ring! Klay put great pressure over the ball and kept tight on her player! Well done Superstars!! Thank you to Remy for her time and support, it is truly appreciated!

Walk to School Wrap – Up
Another huge thank you to all those who joined in during Walk to School Month! We had an amazing turn out throughout October, see below our amazing statistics!

- 92 students walked at least once
- Number of walks totalled 1104
- Over 70% of the school walked
- Grade 5/6F walked the most with 324 walks
- Based on average walk distance, St. Mary’s students walked nearly 800km!

Congratulations to Hamish Kearney who will be receiving a brand new bike and helmet courtesy of Southern Grampians Shire and Daktari Sport!

As a reward for all your hard work during the month of October, the council is providing all our walkers with a free healthy recess on Monday 7th November – bottle of water, piece of fruit and a muesli bar!

Miss Couchman & Mr Ferguson 😊
Pastoral Care

Hello this is the final week of the Anxiety information, as said previously if you have any concerns please see your GP or if you have any questions feel free to call me.

Physical & Behavioural symptoms

Anxiety may manifest as a number of physical or behavioural symptoms some of which are listed below:

<table>
<thead>
<tr>
<th>Physical symptoms</th>
<th>Behavioural symptoms</th>
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</thead>
<tbody>
<tr>
<td>muscle tension; shaking/trembling, heart palpitations</td>
<td>in young children –</td>
</tr>
<tr>
<td>sweating/flushing/blushing; feeling very hot or cold</td>
<td>clinging to parents; tantrums</td>
</tr>
<tr>
<td>feelings of choking; dizziness</td>
<td>refusing to go to school</td>
</tr>
<tr>
<td>rapid breathing, shortness of breath, or breath holding</td>
<td>withdrawing from friends and family</td>
</tr>
<tr>
<td>difficulty concentrating</td>
<td>avoiding particular objects/situations</td>
</tr>
<tr>
<td>restlessness; being easily startled</td>
<td>perfectionism</td>
</tr>
<tr>
<td>numbness or ‘pins and needles’ in arms and legs</td>
<td>shyness</td>
</tr>
<tr>
<td>recurring headaches, stomach aches, backaches</td>
<td>seeking reassurance</td>
</tr>
<tr>
<td>fatigue; sleeping difficulties</td>
<td>negativity; pessimism</td>
</tr>
<tr>
<td>using the toilet more frequently</td>
<td></td>
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Things parents can do

Encourage them to talk about their anxiety – Share the things that as a child you were anxious about and ask them what their biggest worry is. Learn to manage your own anxiety, thus role modelling to your child that it can be achieved, which in turn helps reduce their anxieties.

Teach your child about anxiety and its purpose – Educate yourself about anxiety and its adaptive role in helping humans survive (flight-fight-freeze). Explain the physical changes in the human body when danger is perceived (sweaty hands, blood to extremities, rapid heartbeat, shallow breathing etc.). Help your child to recognize their anxiety and to develop ways to manage it. Ask your child to sketch their body and mark on it where their anxiety occurs, and is most felt.

Kind regards, Lisa Gonnet.