Dear Parents, Teachers and Friends,

Remember this little Rhyme?
“Two men look out from prison bars; One sees mud the other sees stars.”
Author Unknown

Here’s another version of it:
“Two salesmen were sent to Africa by a Shoemaking Company to investigate and report back on market potential.
The first salesman reported: “There is no potential there; nobody wears shoes!”
The second salesman reported: “There is immense potential there; nobody wears shoes!”

How important it is, that we teach our children to have a positive attitude to life and to be optimistic about themselves; life will be fulfilling, because they were able to develop their abilities by having self-confidence.

Prayer

Thank you, Lord, for the blessings you have bestowed on my life. You have provided me with more than I could ever have imagined. You have surrounded me with people who always look out for me. You have given me family and friends who bless me every day with kind words and actions. They lift me up in ways that keep my eyes focused on you and make my spirit soar. I make this prayer through Christ our Saviour. Amen.

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How important it is, that we teach our children to have a positive attitude to life and to be optimistic about themselves; life will be fulfilling, because they were able to develop their abilities by having self-confidence.
We all know from experience that what we believe about ourselves affects the way we act. Our children are likely to become the sorts of people they believe others believe them to be. As parents, we are the main influence in the development of self-belief within our children. What we say, either positive or negative, can have a long-lasting effect on our children, because they believe us. “Careful the things you say. Children will listen.” Stephen Sondheim.

Our children’s belief in their own ability to do things is of great influence on their motivation, perseverance and success. Self-belief can motivate our children more than their actual skill level. If they truly believe they can succeed at a test or write a poem, they may be more likely to achieve it than other children who have better ability, but who don't believe they can achieve it. The more our children believe they can do, the more likely they are to generalise that self-belief to other areas of their life. They then believe they have the ability to attempt, persevere and succeed in a whole range of activities.

When we, as adults, evaluate our lives, we are more likely to regret challenges we did not confront, risks we did not take and contests we did not enter as a result of self-doubt or lack of self-belief. We are less likely to regret actions we took as a result of innovative self-belief or being too optimistic or even foolish. At least we made the attempt and knew the result.

So, we need to believe in our children’s potential, like the second salesman believed in the Company’s potential. We need to inspire them to self-belief: “After all, good habits are as hard to break as bad habits.” Frank Pajares.

HEAD OF PRIMARY VISIT
New Head of Primary, Mr Andrew Gammon, will be visiting St Mary Star of the Sea on the 25th – 27th November to meet with staff and students. It is hoped Mr Gammon will be able to also meet with parents whilst in town.

ST MARY’S PARISH BAZAAR
Many thanks to all who contributed to the Parish Bazaar. The evening was well attended by the community and some much needed funds were raised for our parish.

SWIMMING LESSONS
Swimming lessons will begin for all primary students next week. All children need to make sure they are organized and ready for their allocated swimming lesson at the correct time each day.

BAPTISM CONGRATULATIONS
Congratulations to Logan Acott, Jamylah Acott and Jenny Tran from St Marys who made their Baptism last Sunday.

God Bless

Mr Steve O'Halloran
Principal

Pupil Free Days and Holidays
Term 4 2015
Friday 27th November Pupil Free Day
Thursday 10th December Last day for students
Dear Parents,

Today was Walk to School day and a total of 107 children walked to school. The winning class was Year 4.
I have included the latest Physical Activity Recommendations for parents to reflect upon.

Children 0 - 5

Physical Activity Recommendations
For health development in infants (birth to one year) physical activity – particularly supervised floor-based play in safe environments – should be encouraged from birth.
Toddlers (1 to 3 years) and pre-schoolers (3 to 5 years) should be physically active every day for at least three hours, spread throughout the day.

Sedentary Behaviour Recommendations
Children younger than 2 years of age should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games).
For Children 2 to 5 years of age, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) should be limited to less than one hour per day.

Infants, toddlers and pre-schoolers (all children birth to 5 years) should not be sedentary, restrained, or kept inactive, for more than one hour at a time, with the exception of sleeping.

Children 5 - 12

Physical Activity
For health benefits, children aged 5–12 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.
Children’s physical activity should include a variety of aerobic activities, including some vigorous Intensity activity.
On at least three days per week, children should engage in activities that strengthen muscle and bone.
To achieve additional health benefits, children should engage in more activity – up to several hours per day.

Sedentary Behaviour
To reduce health risks, children aged 5-12 years should minimise the time they spend being sedentary every day. To achieve this:

- Limit use of electronic media for entertainment (e.g. television, seated electronic games and computer use) to no more than two hours a day – lower levels are associated with reduced health risks.

Break up long periods of sitting as often as possible.

Kind Regards

Trudy Cox

Head of Primary School
Parish news

On behalf of the Parish community of St. Mary we would like to express our huge gratitude to all staff members for their commitment to the Parish Bazaar. Thank you to all students and their parents who were involved in the preparation of this event. Particularly, thank you to Robyn Bumbak and the group of members who spent months to make sure that everything was ready. Finally, thanks to all who participated in it and helped clean up afterwards! Hopefully we will see each other again next year!

In the Parish on Sunday 18th October 2015, six children were baptized. Some of them were from our school. We wish them, together with their parents and god-parents, many best wishes for their future faith development.

Swimming lesson times commencing Monday 26th October to Friday 6th November

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<thead>
<tr>
<th>Bus Departure Time</th>
<th>Lesson start and finish</th>
<th>Bus Depart Pool</th>
<th>Year</th>
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<tbody>
<tr>
<td>9.00am</td>
<td>9:10am - 9.50am</td>
<td>10.00am</td>
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</tr>
<tr>
<td>9.45am</td>
<td>9.55am - 10.35am</td>
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<td>12.15pm</td>
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<td>1.15pm</td>
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</tbody>
</table>
Last week in Food saw students from Year 7-9 cooking mini apple pies and turnovers. They were very popular as you can see and were a big hit with students from all age groups! A big thank you to Mrs Cook, Miss Yelash and Mrs Harris for helping out the classes.

Miss Slattery
JAZZAMATAZZ

Yesterday the Kindergarten, Pre-Primary and Year one classes attended a live Show, 'Jazzamatazz' at The Woolshed. Jazz Musician, Ali McGregor and a trio of musicians performed an hour of jazzy beats to get children singing and dancing on the dance floor. Songs included Jazz versions of 'Who Let the dogs Out', 'Twinkle, Twinkle Little Star' and 'It's Oh So Quiet'. This was an ideal opportunity for the children to be audience members who listened to, enjoyed and responded to Ali McGregor’s Musical Work. Thank you to parents who accompanied us on our Excursion.

Mrs Firth, Mrs Durmanich, Mrs O’Halloran
St Marys Quiz Night

Saturday 14th November 2015
St Mary’s School Hall
6pm – late
Tickets from school office $10 each
Tables of 10
Dress as something “Christmassy”

Mary’s Muffins

Today our Mary’s Muffin team Darron, Bella and Carys went around to local businesses to promote their small business enterprise. They visited Carnarvon Growers, Main Roads, Police Station, Courthouse and the Shire. They will be coming around to more businesses later this week.

Maria and Liz
Mary’s Muffins

The students from St Mary’s are offering you their Muffin making expertise! We offer our services for morning or afternoon teas. On the second page is an order form that you can drop off to St Mary’s. Our website (shown on our business card attached) is also an attachment of an order form that you can use for future orders. If you have any questions email marysmuffins@smcsc.wa.edu.au

What We’re About...

Mary’s Muffins is a small enterprise business created and developed by a few students from Carnarvon’s St Mary Star of the Sea Catholic school. This enterprise opportunity enables students to practise important life skills, such as cooking, which will give them life long knowledge on how to become self sufficient. All money made will go towards buying more ingredients and new equipment.

Students will implement and practise shopping, money, hygiene and baking skills.

Elizabeth Cook and Maria Yelash

Under the Sea Family Fun Day

Children’s Week 2015

@ Parenting WA

The old Kindy Building on Egan St

Wednesday 28th October 2015

10.00am—1.00pm

Petting Zoo  Face Painting

Toddler Jam  Arts & Craft  Story Time  Bouncy castle

Under Water Games  Baby Rhyme Time  Prizes to be won

Dress up in your favourite Under the Sea costume for a chance to win great prizes.
JOB VACANCY

Liaison Officer - Parents & Friends Federation of WA

If you're passionate about helping parents and parent communities in Catholic schools, and if you would enjoy a varied and challenging role, then this may be the job for you!

The position is for 21 hours per week, during school terms. Applications close on the 17 November 2015. The full advert and job description can be found on our website www.pff.wa.edu.au.

Initial enquiries can be directed to Shelley Hill on 0428 740 743 or email execoff@pff.wa.edu.au.