Dear Parents, Teachers and Friends,

Carl Jung, the famed psychiatrist, once remarked ‘Every part of your personality you do not love will become hostile to you’. Poor self-image and low confidence can lead to a myriad of over reactions in young people such as drug and alcohol abuse and in extreme cases, self-harm.

Self-confidence either develops strongly or becomes a problem from early childhood. Love and approval are right at the centre of the confidence issue. If we parents appreciate our children for their potential or for how we want them to be rather than who and what they are at the present moment, we can be setting the scene for self-confidence issues down the road. We need to remember that we are not our children; they have their own separate lives with their own unique set of challenges. Our job is to support them in their endeavours.

Our children’s opportunity to develop self-confidence will be greatly enhanced if parents love one another, mean what they say, are positive about their lives and:

- Listen attentively to their children;
- Give their children responsibilities and praise them for fulfilling them;
- Acknowledge them when they see their children behave in a confident manner;
- Involve their children in family discussions such as major purchases or planning family holidays; this will confirm that their children are valued and important;
- Discuss what support their children need at school, sport, social life;
- Give their children positive affirmation of their qualities, achievements and successes.

Prayer:

Take, Lord, and receive all my liberty, my memory, my understanding and my entire will, All I have and call my own.

You have given all to me.
To you, Lord, I return it.

Everything is yours; do with it what you will.
Give me only your love and your grace.
That is enough for me.
Amen
St. Ignatius of Loyola
Generally, children need to know that it is more important to be a good person than to look a certain way, dress a certain way, have the latest and greatest piece of technology. Children with a strong sense of self-worth are better able to deal with their own feelings, are not easily upset by setbacks or obstacles, are unlikely to put others down and are not too worried about failing. Likewise, they are able to laugh at themselves as they are, not be too self-critical and be more likely to resist peer pressure.

Of course, parents can’t be up and smiling all the time and our children should know that we have our ‘down days’ too. But they should also be aware that negative thoughts that creep into our heads should be shown the door quick smart. Our children should be encouraged to ‘think positively,’ for people who are positive thinkers attract friends and this enables them to function socially.

‘As you think, so you shall be.’

SCHOOL PHOTOS
School photos will be conducted on Thursday, 13th August. Students will be expected to be in full school uniform on the day. A reminder that the school uniform shop located on the school grounds is open each Tuesday and Thursday from 3:30 – 4:30 pm.

PRE-KINDERGARTEN 3 YEAR OLD ENROLMENTS
Enrolments for children for the 3 Year Old pre-kindergarten programme are currently being taken. All parents that have children turning 3 prior to attending the Kindergarten programme are welcome to contact the school for further information.

PRIMARY SCHOOL BOOK WEEK PARADE
Bookweek is occurring Week 24th – 28th August. The culmination of Bookweek, and a highlight for the children, is the Bookweek Parade occurring on Thursday 27th August. This year there are two themes for students to choose from, those being ‘Under the Sea’, and ‘Books Light Up Our World’.

KINDERGARTEN INTERVIEWS
Currently enrolments are being taken for Kindergarten 2016. Interviews will be conducted during August. Parents of siblings already at St Mary’s still need to enrol their child. Interviews however, may not be necessary.

ATELETICS CARNIVALS
Next Tuesday, the Middle School Athletics Carnival will be held and on Wednesday, the Primary School will have their Athletics Carnival. The children love to see parents and friends come along on these days and support them.

YEAR 4 ASSEMBLY
This Thursday the Year 4 class will be presenting their assembly item commencing at 2.30pm in the school hall. Parents and friends are very welcome to come along, especially of Year 4 students.

God Bless

Mr Steve O’Halloran
Principal

Pupil Free Days and Holidays
Semester 2 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 18th September</td>
<td>Pupil Free Day</td>
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<tr>
<td>Saturday 26th September</td>
<td>Mid Semester Break</td>
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<tr>
<td>Sunday 11th October</td>
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<tr>
<td>Monday 12th October</td>
<td>Pupil Free Day</td>
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<tr>
<td>Friday 27th November</td>
<td>Pupil Free Day</td>
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<tr>
<td>Friday 11th December</td>
<td>Last day for students</td>
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</table>
◊ Invitation for the Mass of Assumption of the Virgin Mary. It will be celebrated on Saturday 15th August.

◊ Salvadorians persist, Fr. Mariusz and Fr. Chris would like to sincerely thank for your donation for the education of future salvatorians priests. They ask for your prayer for new vocations in religious and priesthood life.

Parish Priest : Fr Mariusz Adamczyk  
Assistant Priest : Fr Chris  
Phone: 99411768  
**Weekend Mass Times:**  
Saturday 7pm  
Sunday 8am & 10am

**JOURNEY TO THE MANGER**  
**A SEARCH FOR THE TRUE MEANING OF CHRISTMAS**

The combined Churches of Carnarvon (including St. Mary’s Star of the Sea) plan to hold a special Christmas Musical, Play on Monday 14th and Wednesday 16th December. Quite a lot of thought and work has already gone into this production and a meeting was held at the Christian School on Saturday at 12 noon to enlist the help of many people.

You may be able to help in a certain area, or you may know a neighbour or friend who could help and it is obvious that there will be a lot of fun and rewards in achieving a top production for Christmas.

<table>
<thead>
<tr>
<th>Dancers Primary &amp; Teens</th>
<th>Advertising</th>
<th>Lighting Support</th>
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<tbody>
<tr>
<td>CHOIR- as many as possible – Adults, Teens, Primary</td>
<td>The production requires a large choir</td>
<td>Sound Support</td>
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<tr>
<td>Main Cast</td>
<td>Costume Support</td>
<td>Ground support</td>
</tr>
<tr>
<td>Supporting Cast (lots)</td>
<td>Props &amp; Stage Support</td>
<td></td>
</tr>
</tbody>
</table>

Yvonne Fahl 99418088/0400978284 will be St Mary’s contact with Vanessa Schaefer 0429858382. Vanessa is looking for at least 25 adults and many Primary children and Teens.
Dear Parents,

Recently Dr Michael Carr-Gregg presented a session on "Managing Media in Families". Dr Carr-Gregg addressed the new challenges parents now face as a result of changing technology, one for which they do not have a parenting frame of reference. He presented several strategies and resources for parents.

“Technology controls will never be a substitute for parent controls“  Dr Michael Carr-Gregg

- **Parent!** - Although there is a trend for parents not to set limits and boundaries, Dr Carr-Gregg reminded us that as parents we need to understand the risks associated with technology use and become familiar with strategies to help children be safer. Although the challenges may be new, our roles guiding our children stays the same. Dr Carr-Gregg suggests understanding and using the parental controls.

- **Don’t spend too much time online!** - Too much time online takes away from other important social and physical activities. Although he didn't' offer a hard and set rule about time online - the general rule of thumb is if it starts to interfere with other aspects of your or your child's life, then you've gotten to that point. A guide: for every hour of screen time - spend two hours of play time.

- **Under 2 years old:** recommend zero screen time!

- **Under 13 years old:** no FaceBook! Dr Carr-Gregg says children under 13 can’t manage their digital footprint.

- **On Video Gaming:** Dr Carr-Gregg suggests playing together, adjusting settings and check out reviews on games, movies and applications to guide you.

- **Don’t avoid technology** as it is part of our children’s' lives. Instead help them to become a Digital Citizen to make good, ethical decisions in an online world while mitigating the risks. He stated "Teaching them about digital literacy and digital ethics and etiquette is no longer merely an option - its an imperative."

Kind Regards  
*Trudy Cox*

Mrs Trudy Cox  
Head of Primary School
Physical Education News

Please note the follow dates and times for the upcoming sports carnivals for St Marys School.

- All track and field events for Middle School (7-10) will now be held on Tuesday 18th August.
- All track and field events for the Primary School (3-6) will be held on Wednesday 19th August.
  - Junior Carnival (PP- Yr2) will be held on Friday 4th September.
- Interschool Carnival (Yr 1 to Yr 6) will be held on Thursday 10th September and Friday 11th September

If you can help with any of these carnivals please contact the school office on 99411328 or contact Mr Ryan Kent at Kent.Ryan@cathednet.wa.edu.au
**BOOK FAIR BOOK FAIR BOOK FAIR BOOK FAIR BOOK FAIR BOOK FAIR**

**Big News Everybody....** Once again, we will be running a Book Fair in the Library. It will be run over three days, starting on Tuesday the 25th August. All classes will be visiting and the students will be encouraged to choose a couple of books they would enjoy reading.

Please drop into the Library between 8.30 and 3.30 from Tuesday the 25th August, Wednesday the 26th August and Thursday the 27th August and we can help you with your selections.

The Library makes a commission on all items sold and these proceeds will be used to purchase new books for the Library.

Thank you for your support and we look forward to seeing you all.

Susanne Aiken
Library Officer

*BOOK FAIR BOOK FAIR BOOK FAIR BOOK FAIR BOOK FAIR BOOK FAIR*

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**Book Week 2015**
24th—28th August

**THEME:** Books Light Up Our World/Under the Sea

**PARADE:**
Thursday 27th August 9am
Kindy—Year 6.

Come dressed as something to represent books lighting up the world or under the sea.

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**EP Classes**
Tuesday and Thursday afternoons.

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**St Marys Footy Tipping**

St Marys Footy Tipping is heating up with only 4 tipping rounds left in the Home and Away season. The 4 top tippers at the end of Round 23 will take home the prize pool.

Leading the pack is "Stan" on 122" - 3 clear of the pack.

"Teragram, Barlow21, E&F and Geordie Kev" all following on 119 with four other tippers on 118.

**Winners**

- Round 15: Tennankards
- Round 16: Bretto
- Round 17: Bretto
- Round 18: Ryan Eyre
- Round 19: Poppy

Good luck for the last 4 rounds!!!!

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**Proud to be a Waterwise School**
GONE FISHING!
Meet us at the Footbridge for an afternoon of fishing! We'll supply some hand lines and bait or you can bring your own.

Tuesday 18th August
Week 5
3:30-5:30pm

What's on at
Youth Outreach

TERRIFIC TUESDAYS
Week 3 Tuesday 4th August
Skate Park Trip
Meet us at the skate park and borrow our boards to skate on!
Outreach will be closed this day

Week 4 Tuesday 11th August
Cooking
We'll be planning a menu for a week and learning to cook Macaroni & cheese from scratch, guiche and a salad!

Week 5 Tuesday 18th August
Gone Fishing
Outreach will be closed this day
Meet us at the footbridge!

Week 6 Tuesday 25th August
Music
Come on down to learn how to play guitar, Cajons and more!

Week 8 Tuesday 8th September
Craft Afternoon
Custom design your own bag, or bring a shirt or piece of clothing to put a funky print onto!

Week 9 Tuesday 15th September
Gone Fishing
Outreach will be closed this day
Meet us at the Jetty!

Week 10 Tuesday 22nd September
Cupcake Decoration
Come down to decorate and eat your own cupcakes!

Priority for laptops and pool table will be given to those who attend school.
Tuesday 3:30-5:30 pm
For Ages 12+

Youth Outreach

VACSWIM
OCTOBER 2015

Public education
Discover a world of opportunities

Enrolments now open

Western Australia’s most popular swimming program for more than 80 years.

9 day program (40 mins/day) 29 September to 9 October 2015
5 day program (35 mins/day) 5 to 9 October 2015 (limited centres)

Enrolments close Sunday 30 August 2015

Enrol online now at
education.wa.edu.au/swimming
Tel: 9402 6442