Dear Parents, Teachers and Friends,

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."
Eleanor Roosevelt.

Hopefully, some of the most cherished footprints left in the hearts of children will be those of their parents. There is a natural intimacy between parents and children when unconditional love is interchanged. It is a birthright of children to have parents who are stable and who don't abandon them when the going gets tough.

Parental love is essential for the development, even survival, of children during their formative years; if it's not available, the negative effects can last long into adulthood. The bonds that are formed between parents and children when unconditional love is interchanged. It is a birthright of children to have parents who are stable and who don't abandon them when the going gets tough.

Parenting has been likened to an artist's palette. Each parent makes a contribution to the palette from all the elements of their being: emotions, intellect, manner of expression, personal integrity, Christian values and all that goes to make up the rich tapestry that is each of their lives. Their children come to that palette and, according to their level of maturity, dip their brush of life onto the palette and begin to fill in their own image. The greater the riches and abundance that are on the palette, the more positive and balanced will be the images of the children and the richer their life will be as they mature towards their own adulthood.
Of course, parenting occurs within the context of family and Mother Theresa offers this observation about the life of the family:
“The most natural thing is family life.
What keeps the family together, what nourishes the life of the family, is that surrender to each other; is that accepting of each other.
She offers a further observation concerning parental responsibility for the welfare of the life of the family:
“If we have difficulties in our family life, if we have so much struggle in our family life, it is because life in the family is broken, and it is broken by our own hands.
The destruction is coming from within. If it came from outside, it would be easy to push it out; but when it’s coming from inside, then it is very difficult to deal with.
That’s when I think we need to pray.”

ATHLETICS CARNIVALS
In the past two weeks we have had our Middle, Primary and Early Childhood Athletics Carnivals. All have been very successful events due to the overall coordination and organization. Mr Ryan Kent, PE teacher, has spent a significant amount of time training the children and preparing for these events. We thank him very much. We would also like to thank Mr Peter Brooks who marked and set up for the three days also.

NAGLE ORIENTATION
Our current Year 10 cohort are currently in Geraldton attending orientation for the commencement of their Year 11 studies through the Nagle Carnarvon Campus.
We know they arrived safely and have a full couple of days before retuning Thursday. This group are our first cohort to begin Year 11 studies remotely through Nagle and we wish them all the very best as they begin their historic journey over the next couple of years.

INTERSchool ATHLETICS
The Interschool athletics and track and field events are occurring tomorrow and Friday. We wish all the competitors the very best for the day.

PerformING AND VISUAL ARTS SHOWCASE
It’s only one week till the Performing and Visual Arts Showcase and Miss Ward has been working hard to ensure we have a terrific event on the night. Remember it is free entry, drinks and nibbles can be purchased during the event. We hope to see many people in attendance.

PROFESSIONAL DEVELOPMENT DAY
There is a professional development day for staff on Friday, September 18. As such there is no school for students on this day.

PARENT RECONCILIATION MEETING
A parent Reconciliation Meeting is planned for next Tuesday, 15th September beginning at 6pm in the School Library. All parents of students receiving the Sacrament of Reconciliation this year are expected to attend.
PARENTS AND FRIENDS QUIZ NIGHT MEETING
There is a P & F Meeting this evening at 7:30 in the staffroom to discuss this year’s quiz night. We need as many new ideas as possible so if you believe you have something to contribute, please come along.

PRINCIPAL AWAY
I will be attending meetings and taking some long service leave in the last two weeks of this term. Parents are asked to contact Mrs Cox or Mrs Da Luz if they have any leadership matters they need to discuss.

God Bless

Mr Steve O’Halloran
Principal

Head of Primary
I’ve been reading a lot about children’s sleep and sleep issues I thought I would share some of what I have discovered.
By school age, your child is usually regularly sleeping through the night without waking up. A good night’s sleep is important for her growth and development. When your child sleeps well, he or she is more settled, happy and ready for school the next day. Getting enough sleep strengthens the immune system and could reduce the risk of infection and illness.
A bedtime routine is very important at this age. It helps your child wind down from the day. After a big day at school, many of the day’s events and worries might be still rattling around in your child’s head. If they’re still unresolved when your child goes to bed, it can cause a restless night or bad dreams. You can help your child settle and relax for sleep by promoting good sleep habits.
I found this guide for times to put children to bed – I’d be interested to hear what parents think about these guidelines.

Kind Regards
Trudy Cox

Pupil Free Days and Holidays
Semester 2 2015

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<tr>
<td>Friday 18th September</td>
<td>Pupil Free Day</td>
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<td>Saturday 26th September</td>
<td>Mid Semester Break</td>
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<td>Monday 12th October</td>
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<td>Friday 27th November</td>
<td>Pupil Free Day</td>
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<td>Thursday 10th December</td>
<td>Last day for students</td>
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At what time should your child go to bed?

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Caroline Simmonds will be “having preparation for the Baptism” for parents of children on Friday at 3.30 pm. For more information please call 0429535116.

Parish Priest : Fr Mariusz
Assistant Priest : Fr Chris
Phone: 99411768

Weekend Mass Times:
Saturday 7pm
Sunday 8am & 10am

Footy Tipping
The Home and Away season is over for the 2015 AFL season and so too is our Footy Tipping Competition.

Overall Winners are

1st    Stan   $2500
2nd    E&F    $500
3rd    RJB    $200
4th    barlow21 $100

Weekly Round Winners were

Thanks to all that participated in the tipping competition this year - Your continued support is much appreciated

St Marys Footy Tipping Committee for
St Marys P&F and St Marys Parish

HELP NEEDED!

* Helpers needed for the Vegetable Stall to sell on the night!

* Donations of cool drinks or prizes are graciously received and can be left at the school office.

For any queries call
Robyn: 0437 171 040
Last Thursday 3rd September the Pre -Primary children welcomed Dad’s, Mum’s, a Poppy, a Nan and Mrs Munro to their Kite making afternoon. The challenge for all was to create a kite to fly with their child on the school oval. Each kite was created using an art work completed by each child earlier in the week. A kite making plan and equipment was provided for all but a number of adventurous father and child duos went out on their own and created their own kites. With kites in hand, we then ventured out to our kite field - the school oval, where despite low wind speed, some great kite flying attempts were made. Mr Pham Pham and his daughter Jennifer displayed some kite making expertise with a successful flying machine. The afternoon concluded with the children sharing some refreshments with their special person. Thank you to the Dad’s, Mum’s, Poppy, Nan and Mrs Munro for joining us for our kite flying fun!

Mrs Durmanich and Miss Stela
Year Four Rio Tinto Excursion
On September 3 Year 4 took the bus out to Rio Tinto for an excursion. When we first got there we had a safety talk about what you have to wear in certain places on site. Some important safety equipment on site are goggles, head gear and really hard boots to protect your toes.
After the talk we went to Pump Station 3. It smelt like fish and there were stairs going into the water in case the pumps needed to be fixed. Our tour guide told us if we looked closely we could see coral and gypsum.
The third thing we did was go to the crystalliser; a crystalliser is where they make the salt. We all got to play on the salt and pick some to take home.
After the crystalliser we went to the salt piles there was about 500 000 tonnes of salt and it could fill up 7 huge ships. We watched the loader load a huge truck with salt. The salt was really white because it had gone through the washing plant.
Then we went to the wash plant where the salt gets washed so it can be sold. We had to wear our helmets and goggles while we walked around the different levels of the plant. Then we went to have some lunch. We all had salad rolls.
After lunch we got to see the workshop and look at some machines they use to work with the salt.
The last thing we did was go to the lab to make some chemical reactions which were really cool. Then we took the bus home.
By Tanna Bellotti

Drama Auditions
Students in years 2 - 6 are reminded to review their lines for the end of year musical auditions that will take place in drama classes in the last two weeks of school this term.
Students should choose a character to audition for and rehearse when to say their lines.

Father’s Day Breakfast
Thankyou to the Dad’s, Mum’s and students who joined us for the annual Father’s Day Breakfast last Friday.
It was a lovely way to start the day!
St Mary Star of the Sea presents
Performing and Visual Arts Showcase

Wednesday 16th September
6:30pm—8:00pm
St Mary School Hall

Drama...Music...Dance
Photography
Art

Free Entrance
Cheese and Wine
Sale of Art & Photos
ST MARY'S BAZAAR

SAT 17th OCTOBER 4pm - 7pm
St Mary's School Grounds

- Activity Stalls - Hole in ONE, Soccer Shoot Out, Plinko, Lucky Dips, Mighty Miner, Face Painting, Prize Wheel and loads more to keep the kids busy
- Hot Meals - curry & rice, hotdogs, chips, pasta, meat & gravy rolls & more...
- Barista Coffees, cool drinks, juice & a licensed bar
- Cakes, Plant, Craft, Fruit & Veg & 2nd Hand Stalls
- ENTERTAINMENT - Liz Newton Dance Academy
  - Bouncy Castle
  - Balloons
  - Showbags
  - Raffle
  - Fairy Floss & Donuts
St Mary's School Art Display

For any queries call
Robyn: 0437 171 040
Dental clinic at the Carnarvon Community College Marmion Street Campus is now open between the 25th August and 17th September 2015. Any enquiries contact 99411 336

As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school. We're now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem. So this week, please send in your Woolworths Earn & Learn Sticker Sheets and any loose Earn & Learn stickers you may have.

Remember to check your handbag, the car glove box or they maybe stuck on the fridge. Every little bit helps.

Thanks again for all your support!

END OF AN ERA
BOARDING FAREWELL
SATURDAY 10 OCTOBER

Please join us in commemorating boarding at Stella Maris College, St Patrick’s College and Nagle Catholic College, Geraldton.

Tours available of St Patrick’s College, Nagle Catholic College and Cathedral 10:00am to noon
Reunion at St Patrick’s Campus, Hayley Street 2:00pm
Acknowledgement and Reflection 5:15pm
Afternoon Tea 5:45pm
Official Class 6:00pm

Cost $25 per person. Children under the age of 15 free. No alcohol. Light refreshments provided.
For registration details and payment please email boardersreunion@ncc.wa.edu.au or contact Nagle Catholic College on 089920 5600.

If you have any memorabilia or photographs (copies only) which could be used in displays, particularly in relation to the boarding schools, or for any queries, please contact boardersreunion@ncc.wa.edu.au.

RSVP 19 September 2015
CARNARVON AQUATIC CENTRE

SWIMMING LESSONS

ENROL NOW FOR TERM 4 2015

6 months to 4 yrs
• Infant Aquatics - Babyswim
• Tuesday & Saturday Lessons available

5 - 9 yrs
• Swim & Survive Lessons
• Monday & Thursday Afternoon Lessons

9 - 14 yrs
• Junior Lifeguard Club
• Wednesday & Friday Afternoons

15 - 21 yrs
• Bronze Medalion & Lifeguard Qualifications
• Senior First Aid Courses

Any Age
• Private Lessons
• Adults & Special Needs

Contact Carnarvon Aquatic Centre on
9941 1415 or 0410 394 039
Email: Carnarvon.Aquatic@ymcawa.org.au

WHERE'S WILLIAM?
HELP BRING WILLIAM HOME

WALK 4 WILLIAM

Date: SUN 13/09 Time: 10am
Location: Town Beach Playground
Carnarvon WA 6701
Family Friendly Event
Details: Bring your hat and sunscreen
Donations welcome

Sombody saw something. Somebody knows something. Somebody can help bring William home. Is that somebody you?

CARNARVON CHRISTIAN SCHOOL

Invites you to the
2015 Art Exhibition
Our Town

Tuesday 15th September // 5.00pm
Nibbles and Refreshments Provided
Students' art will be for sale $20 per piece. Pieces can be viewed and purchased until Thursday 24th September.