Dear Parents, Teachers and Friends,

When I was tasked with writing the front page of this week’s newsletter, I asked myself what are some of the impinging factors in schools these days. The age old question used to be, “What is the meaning of life?” Nowadays, billions are spent on the well-being industry as “What makes us happy and contributes to our well-being” consumes our daily lives. From self-help manuals to social networking sites to “apps” that record our sleep patterns and how many steps we take as measured against our brain rhythms and chemical reactions, we are inundated with tips and strategies to improve our quality of life and to help manage stress better.

Anyone in education or who works within the wellness industry will have heard of leading psychologist Martin Seligman and his many published works. Anyone who has ever encountered someone close to them and/or who has personally experienced mental health issues or disorders should read Seligman’s book “Flourish”.

Seligman’s positive psychology approach is so important in navigating the many pitfalls in life, starting from an early age. Health is not only an absence of disease or infirmity, but a state of complete physical, mental and social well-being (Preamble to the Constitution of The World Health Organization, 1946). Seligman turned “medicine on its head” by claiming that “the skills of enjoying positive emotion, being engaged with the people you care about, having meaning in life, achieving your work goals, and maintaining good relationships are entirely different from the skills of not being depressed, not being anxious, and not being angry.” (pg. 182) He argues that “These dysphorias get in the way of well-being, but they do not make well-being impossible; nor does the absence of sadness, anxiety, and anger remotely guarantee happiness.” (pg. 182) What he is saying essentially is that positive mental health is not just the absence of mental illness.
Instead of getting ‘stuck’ in the routines and vicious circles of life, positive psychology points the way to being actively engaged and ‘present’ with positive emotion, engagement in life with activities and thoughts that hold meaning, positive relationships and the presence of accomplishment. This is what it means to ‘flourish’. Anything from 10 minutes a day for ‘mindfulness’ (another buzz word often used but so effective in lowering stress levels and helping us to re-focus our energies), takes practice but can be so rewarding. Have you seen the Art Therapy (adult colouring-in) books and magazines hitting our stores at the moment? Hundreds of scientific studies show that mindfulness can result in less worry and more peace – and who wouldn’t want that in their lives?

So how do we practice mindfulness? Try it in your next conversation with your child perhaps: really focus on what the other person is saying, instead of planning what you are going to say next or letting your thoughts drift. It’s astonishing how much more enjoyable conversation becomes as a result. Another tip is to “Let go of the judgement”. One reason why we feel uptight a lot of the time is because we are constantly juggling ourselves, others and our surroundings – and wishing things were different. Mindfulness means being aware of what is happening, without judging it. Another great way to practice mindfulness is by bringing your attention to your breath for one minute. Simply breathing in a purposeful and aware manner can create a moment’s pause in a busy day.

Many of our children are not very accepting of themselves, let alone of others – it is something that we strive to change daily. By employing Seligman’s positive psychology strategies, some mindfulness each day and simply focussing on some focussed breathing techniques, we could all perhaps reduce some of the stress and anxiety in our lives.

On that note, I wish to extend our thanks and congratulations to all concerned who were involved in the very successful but busy Performing and Visual Arts Showcase held last week. Art and media works from Kindy to Year 10 were displayed with great pride and artistry and a selection from the St Mary’s Got Talent Show performed their commended pieces. Thank you to Miss Ward especially for coordinating the whole event and for the Primary art works; Mrs Holtham for the Middle School art works, Mr Weatherdon for the Photography displays and Media studies; our external judges: Ms Hannah Graham and Mr Anton Blume; Mr Peter Brooks for his technical support, our wonderful P&F for the catering and refreshments and our staff panel of judges. All proceeds raised will go towards the purchase of our school bus.

We thank and farewell Mrs Dixon who has been teaching with us since 2011; she will embarking upon the very exciting Nagle Carnarvon campus position – coordinating the Year 11 and 12 programs there. We wish Mrs Dixon and her family all the very best for their future.

We congratulate our Head boy Ethan Cook and Head Girl Mikayla Petera for being successful in their applications to attend the ASSETS (Aboriginal Summer School for Excellence in Technology and Science) camps in Adelaide and Newcastle in December. This is an excellent opportunity for both students to further their ATAR and training aspirations and we are all very jealous! Three Year Nine students have also been invited to attend the Aspire UWA Immersion Camp at the end of the year, held in Perth. We look forward to hearing more about their adventures down there in a later edition.

I wish you all a restful and ‘mindful’ holiday break. Travel safely if you are heading out of town and be ready for a positive final term.

Kind regards

Sammantha Da Luz
Head of Middle School
Performing and Visual Arts

Jessica Leca Year 10

Kai O’Loughlin Year 7

Dylan Gane Year 8

Winning entries

St Mary Star of the Sea Parish

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

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

Pupil Free Days and Holidays Semester 2 2015
Friday 18th September  Pupil Free Day
Saturday 26th September to Sunday 11th October  Mid Semester Break
Monday 12th October  First day of Term 4
Friday 27th November  Pupil Free Day
Thursday 10th December  Last day for students

EP Classes
Tuesday and Thursday afternoons.
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
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”

St Mary’s Bazaar Help

* Desperately Needed - Helpers for the 2nd Hand Stall and Kitchen Sales!

* 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
**Back to the 80’s**
Friday 30th October, 2015
**One Mile Jetty**

5:30–8:30  Trivia with a twist + Food
8:45–Late  Gassy River Band Performs LIVE
Bar available from 5:30pm (Cash Only)

**Ticket Purchase & Bookings**
One Mile Jetty: 9941-4309 (Etpos + Cash)
Wintersun Caravan Park: 9941-8150 (Cash)
Carnarvon Visitors Centre: 9941-1146 (Cash)

$50 per Adult  $20 per Child (under 16 yrs.)
Tables of 8 can be reserved

Come in your best 80’s outfit. Prizes to be won.
All proceeds going to the Heritage Precinct

Featuring the Carnarvon Community Choir & Gassy River Band

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**Gascoyne Games**
Netball
10th October 2015
Juniors (ages 11-17)
Training's Tuesday 5pm-6pm @ Netball Courts

Please come down and register your interest

Any Questions please contact Ainslee
0400206732/ 99411 233
ains.evans@hotmail.com

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**Carnarvon Aquatic Centre**
Season passes available now for the 2015/16 season.
Opening hours from 9am to 3.30pm Monday to Friday

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**Let's celebrate Fruit and Veg Week 2015!**

Gascoyne Population Health will be visiting all schools at the end of the school term this September to promote fruit and veg consumption.

This year we are targeting students to “Eat a Rainbow”!

Community Dietitian Danielle Brown and School Nurse Tara Pistorich will be visiting the schools with Health Promotion Officer Shellee Doncon
- discuss all the great reasons to eat fruit and veg
- promote different colours and textures
- allow students to taste different fruit and veg
- give away some great recipe cards, stickers and promotional material

So look out for us at Recess time on Thursday 24th September

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**UNDER THE SEA**
Carnarvon School kids exhibition

Please join us in celebrating Children’s Week and the talent and creativity of Carnarvon’s young people in a joint exhibition entitled “Under the Sea” which is the theme of this year’s event.

The exhibit is open from 24th October to 20th November with a commemorative event on Wednesday 28th October 4:30-6pm (for event please book with staff)

Carnarvon Public Library and Art Gallery
18 Egan Street, Carnarvon
9941 3727 / library.staff@carnarvon.wa.gov.au

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**Carnarvon Aquatic Centre**
Season passes available now for the 2015/16 season.
Opening hours from 9am to 3.30pm Monday to Friday
October School Holiday Activities

THURSDAY 01 OCTOBER 10—11 AM
KIDS 1 YEAR AND OLDER
DECORATE AN ITEM USING
SCREENPRINTING TECHNIQUES

TUES 04 OCTOBER 10—11 AM
KIDS 6—8 YEARS (in library)
CREATE YOUR OWN DESIGN
USING STAMPS

TUES 06 OCTOBER 11—12PM
KIDS 0—10 YEARS (on Town Oval)
CREATE YOUR OWN DESIGN
USING STAMPS

PLEASE BOOK TO AVOID DISAPPOINTMENT
CARNARVON PUBLIC LIBRARY / 18 EAGAN STREET
TIL: 1641 3727 /library.staff@carnarvon.wa.gov.au

a global voice for women
Soroptimist International
Federation of the South West Pacific
Carnarvon

Summer Fashion
Parade Fundraiser

When:
Sunday 25th October 11:00am - 3:00pm
Venue:
River Gums Café
Cost:
$25.00 per head (Includes Gourmet Lunch)
Bar Facilities
Raffles
Door Prize

Feature Fashion From ‘Jewels by the Sea’

Tickets Available from ‘Jewels by the Sea’
Eleanor 0428 271 306
Barbara 0438 411 350

All proceeds will fund our on going Local, National and International projects

GASCOYNE RESIDENTS
SHARE YOUR STORIES

NEW MUSEUM
FOR WA

Join staff from the Western Australian Museum as we share the development of the New Museum for WA. Come and have your say about the important stories from Carnarvon and the Gascoyne region that could be included in the New Museum.

New Museum Public Meeting
Carnarvon
15 October 2015
5:30pm – 7:00pm, including supper
One Mile Jetty Cafe, Amiear Pt
Carnarvon