Dear Parents, Teachers and Friends,

We often hear of the importance of early childhood development and the effects it has on lifelong learning. The same can be said for emotional well-being and self-confidence. Children who have good social and emotional skills in primary school are more likely to have better outcomes later in life.

In a revealing research project, teachers rated how well their students performed in categories like how well they resolved conflicts with peers, how well they listened to others, how much they helped others and how well they shared and co-operated with others. The researchers then tracked these children for two decades. They recorded positive and negative milestones such as whether or not they graduated from high school, obtained university degrees or developed a criminal record or substance abuse problems. The result: children who had scored high in social and emotional skills in the first years of school were found to have better outcomes as young adults than children who scored lower.
Children who scored higher in the social and emotional competence skills as youngsters:
• were more likely to graduate from high school
• were more likely to obtain a degree in early adulthood
• were more likely to have a full-time job at age 25
Those who scored lower on the social and emotional skills:
• had a higher risk of being arrested
• had a higher chance of using marijuana
• had a higher chance of being on a waiting list for public housing
This study shows there is a clear link between good social and emotional skills and success later in life and these skills can be seen very early on.
As children get older, there’s less emphasis on social and emotional skills. Parents and teachers may think children are just the way they are and they’ll sort it out as they grow. That doesn’t always happen.
Having children focus their time and energy on reading and maths and playing a musical instrument or excelling on the sports field are important.
**But it is also vital to pay attention to building skills like sharing, having empathy for others, co-operating and being kind and nice. These skills will affect how they fare in life.**
The key message is that parents, teachers and mentors can make a difference and influence the social and emotional skills that help lead to a fulfilling life, and it is a good idea to start as early as possible.

**SWIMMING LESSONS**
Swimming lessons will begin for all primary students from the beginning of Week 3. All children need to make sure they are organized and ready for their allocated swimming lesson at the correct time each day.

**PARENTS AND FRIENDS MEETING**
The next Parents and Friends meeting will be occurring this Thursday evening, October 21st, in the staffroom beginning at 7:30.

**THANK YOU**
Thank you to Mrs Cox and Mrs Da Luz who very capably led the school in the last two weeks of Term 3. This was a busy time for all and I appreciate the commitment and wisdom displayed by both ladies.

God Bless

Mr Steve O’Halloran
Principal

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**HELP NEEDED!**

* SET UP - starts at 9am this Saturday 17th October!
* CLEAN UP - starts at 9am Sunday.
* Please return your Raffle Tickets, Family Bazaar Help Form and $2 per child (this helps to buy prizes) back to the school office by this Friday!

For any queries call Robyn: 0437 171 040
Middle School News

Welcome to Term 4! With an even busier calendar ahead of us, it is easy to just give up when you feel as if the pressures are too much. Last term, I spoke about flourishing and mental well-being. I would like to provide a few tips here about helping young people to flourish at school and beyond by building resiliency.

According to Professor Toni Noble, a key message to communicate to children is that life is a wonderful adventure but one which also has ups and downs. It is normal, at times, to experience setbacks, disappointments and problems. This ability to navigate through all the pitfalls and ‘bumps’ along the way and to ‘bounce’ back from adversity requires continual affirmation and help from teachers and parents to develop those lifelong skills of resilience within a safe and supportive environment.

Here is a list (not definitive) of some of these skills taken from “Better than OK” edited by Dr Helen Street and Neil Porter:

- Social Skills (making friends, successfully negotiate, cooperate and manage disagreements)
- Empathic and Pro-social Behaviours (respect towards others, honesty, kindness, care and concern for others etc…)
- Self-respect (setting high standards for own behaviour, actively listening to others and protective behaviours such as online safety and avoiding risky situations such as drinking and illegal drug abuse)
- Optimistic Thinking Skills (focusing more on the positives in regard to other people or situations and trying to find the ‘little’ positives in negative situations as well as having the confidence to persevere even if the going gets tough)
- Helpful Thinking Skills (a type of thinking that’s grounded in facts and reality and helps them stay calm so problems can be more readily solved)
- Using Humour in a Positive Way (finding something funny in an adverse situation)
- The Skills Needed to Achieve Personal Goals (setting specific goals, making plans, being organised, resourceful and prepared to work hard)
- Frustration Tolerance (able to tolerate not getting what they want straight away)
- Skills for Managing Strong Feelings (able to deal with anxiety, fear and anger)
- A sense of personal competence also contributes to resilience which could incorporate personal responsibilities such as minding younger siblings, being involved in student leadership or peer support programs.

I am looking forward to seeing you all at our Parish Bazaar this weekend where I will need to possess strong resiliency as I get drenched with cold water! See you then.

Kind regards

Sam Da Luz
Head of Middle School
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

St Mary's Bazaar
Everyone welcome to come to St. Mary Bazaar this Saturday 17th October 4-7 pm.
Many thanks for expressions of interest in assistance with this Parish event.

Mission Sunday
This weekend 17/18 October our Parish will be holding the annual Catholic World Mission Day Appeal. The theme for this year World Mission Day is "I was thirty and you gave me something to drink". Pope Francis invites us to participate in the mission of the Church to "go forth" with others to share faith, hope and charity.

I WAS THIRSTY & YOU GAVE ME SOMETHING TO DRINK

Thank you for helping provide the Living Water to the people of Madagascar through your kind gifts and prayers. Your generosity is making it possible for local priests and sisters, like Sister Rose Rasoavololona, to continue to offer life-saving practical and spiritual support to those in need. Please consider partnering with us through your regular monthly gift to continue your support of our vital work.

Freecall: 1800 257 296
catholicmission.org.au/water

EP Classes
Tuesday and Thursday afternoons.

Pupil Free Days and Holidays
Term 4 2015

<table>
<thead>
<tr>
<th>Day</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 27th Nov</td>
<td>Pupil Free Day</td>
</tr>
<tr>
<td>Thursday 10th Dec</td>
<td>Last day for students</td>
</tr>
</tbody>
</table>

Book Club Issue 7
All book club orders are due back to school on Monday 19th October
ABSOLUTELY NO LATE ORDERS WILL BE ACCEPTED.
Thank you

Proud to be a Waterwise School
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 Bazaar 2015
Saturday 17th October 4pm-7pm

CAKE & CRAFT STALL
We are looking for all those who love to cook or craft to donate items to this stall.

Think cakes, cupcakes, biscuits, pie, toffees, fudge, candies, preserves, slices, sweet treats, paper craft, knitting, paintings, pottery...the list is endless. Please price your items.

Please bring items to the cake/craft stall in the hall Saturday morning from 9am or on the night.

Any questions feel free to call: Jo 0409377934

HELPERS NEEDED!
SET UP for the Bazaar will begin at 9am Saturday morning!
If you can spare some time please come lend a hand. As they say...
“Many hands make light work”

CLEAN UP will be
9am Sunday morning

FRUIT & VEG STALL
Donations of Fresh Fruit & Vegetable can be dropped off at St Marys School or the Parish this week or on the day of the Bazaar from 9am.

STALL HELPERS
Every year we do have volunteers who can’t turn up due to unforeseeable circumstances so we are seeking a few people to be on standby to fill spots on stalls on the night of the Bazaar if the need arises!

Please call Robyn 0437171040 if you can assist.

* Thank you so much to all those who have offered to help so far - We are blessed to be

STAY WARM & TASTY!

PLANT STALL
All donations of plants for our plant stall can be left in the alcove of the convent or at the school in the lead up to the bazaar or to the stall on the day of the bazaar from 9am.

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”
Walk Over October – Walk To School Day On Wednesday 21 October we are encouraging students and their families to walk to school to participate in Walk to School Day to increase walking and decrease congestion around the school. Walk Over October is an annual event to encourage West Australians to replace short car trips and to be active by walking for transport, health, recreation and the environment. Our school has shown its support by registering for Walk to School Day this year as part of the Walk Over October campaign. We would like to see as many students and their families as possible walk part or all of the way to school on this day and join over 40,000 students around Western Australia on Wednesday 21 October 2015.

Walk to School Day is not a school excursion and therefore it is your responsibility to take measures to protect your child from risk of harm if you decide to participate.

A good reason to participate! If we all changed just one or two car trips a week to active transport, such as walking, cycling or public transport, we could reduce traffic congestion and air pollution while saving money, improving our health and the safety of our children.

We will be keeping a tally of each class and the class with the highest percentage of walkers will have a free dress day as a reward (at a later date).

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Carnarvon Junior Cricket Association
Registration day is this Saturday the 17th October at 9am at the Festival Grounds.
Under 17’s, Under 13’s and In2Cricket

We are in **desperate** need of parent help on game days.

Please contact Max March on 0467 908 886.
Parents please come along this Saturday to show your interest.
Sun City Tennis Academy
Cor Butcher St & Dempster Rd
Carnarvon
0402 485 117
jamiekm@hotmail.com
www.sunteenestimac.com.au
www.tennisacademy.com.au

CARNARVON TENNIS CLUB INC.
Registered A.C.N. 02 734 09 306

Sun City Tennis Academy
Term 4 2015 Enrolments are being taken now!
We cater for all ages & standards under 4 years to Adult.
With classes starting at just $15 per week, spaces are filling fast!

Programs to offer
Term 4 starts Monday November 2nd 2015
- 1 Week Programs
- 3 Week Programs
- 6 Week Programs
- All Courts
- Kids Tennis
- Kids Tennis at School
- Tennis at School
- Equipment Service

Get a group of friends who want to play together? Not a problem, let us arrange a time that suits
Space Available Monday Only. To secure your spot please contact us on email
All coaching staff are Tennis Australia Qualified & Enrolled.

Membership to the Carnarvon Tennis Club are also available.

What’s on offer @ SCTA Carnarvon

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Class</th>
<th>Staff</th>
<th>Students</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toddler Tennis</td>
<td>30 mins</td>
<td>$10.00</td>
<td>max 8</td>
<td>3-4 yrs</td>
</tr>
<tr>
<td>Red Hotshots</td>
<td>30 mins</td>
<td>$15.00</td>
<td>max 8</td>
<td>5-6 yrs</td>
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<td>7-8 yrs</td>
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<td>11-12 yrs</td>
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<td>Adult Class</td>
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<td>max 10</td>
<td>Adult</td>
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<tr>
<td>Private Lesson</td>
<td>30 mins</td>
<td>$35.00</td>
<td>max 2</td>
<td>6 yrs</td>
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<tr>
<td>Private Lesson</td>
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<td>$60.00</td>
<td>max 2</td>
<td>12 yrs</td>
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<tr>
<td>Cardio Tennis</td>
<td>1 hour</td>
<td>$20.00</td>
<td>max 8</td>
<td>Adult</td>
</tr>
</tbody>
</table>

Lunch Break Classes
Cardio or Class sessions
(Short or long after work & fits 4 players)
(not a group of friends want to pay? - min 4 persons)
*Programs are subject to enrolment numbers. Classes may be combined or cancelled. Enrolments are on a first in, best served basis.

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

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 5:30 pm (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

SOLAR ICE

Rio Tinto
Under the Sea Family Fun Day
Children’s Week 2015
@ Parenting WA
The old Kindy Building on Egan St
Wednesday 28th October 2015
10.00 am — 1.00 pm

Petting Zoo
Face Painting
Dress up in your favourite Under the Sea costume for a chance to win great prizes.

Government of Western Australia WA Country Health Service

Granny Glasgow Education and Care
After School Drop In
Thursday 16th
3pm-5pm
Come and create some fantastic art for the “Under the Sea” Carnarvon art exhibition

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 - 6 pm (for event please book with staff)

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

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 – 7:30pm, including supper
One Mile Jetty Cafe, Annklear Pt
Carnarvon