PRINCIPAL’S COLUMN

Have you filled a bucket today?
by Carol McCloud

‘All day long, everyone in the world walks around carrying an invisible bucket. You can’t see it, but it is there. You have a bucket. Each member of your family has a bucket.

Your grandparents, friends, and neighbors all have a bucket. Everyone carries an invisible bucket. Your bucket has one purpose only. Its purpose is to hold your good thoughts and good feelings about yourself. You feel very happy and good when your bucket is full, and you feel very sad and lonely when your bucket is empty.

Other people feel the same way too. They’re happy when their buckets are full and they’re sad when their buckets are empty.

It’s great to have a full bucket and this is how it works...
You need other people to fill your bucket and other people need you to fill theirs.

So how do you fill a bucket?’ (excerpt from Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids)

Have you ever heard of the philosophy above? The book by Carol McCloud was published in 2006 and has since become well known throughout the world in schools, Early Childhood Centres and homes. It is a great way of developing children’s social and emotional awareness and helping them to see the connection between their own emotional well-being and the impact they can have on the well-being of others.

We are exploring how we can fill each other’s buckets at school and there are ways we can fill buckets at home as well (which I’m sure you do). We look forward to our students sharing this with you.
Online Safety
You may have heard recently of teenage children across the country who have been involved in disturbing social media events. As a school we will continue to look at ways in which we educate our students to use digital resources wisely and appropriately.

Most children access social media when they are not at school. (Social networking describes a variety of services like Facebook, YouTube, Snapchat, Instagram, World of Warcraft, Moshi Monsters, Twitter, Skype, Minecraft and many others.) As a parent it may be useful to refer to the Office of the Children’s eSafety Commissioner website. It has excellent information on a wide range of topics including protecting personal information; cyberbullying; balancing online time; photos, videos and social media; offensive and illegal content; sexting; and social networking. I thoroughly encourage you to look at https://esafety.gov.au/esafety-information/games-apps-and-social-networking. This particular page lists social networking apps and games and the age restrictions they have for their terms of service. The site also lists a variety of trusted partners and online safety websites to help guide young people towards safe and enjoyable experiences online.

Our expectations of students in relation to the use of digital technologies at school for educational purposes is very clear and all students are required to adhere to the Acceptable use of ICT policy. Any breach of this must be reported immediately.

Students not returning in 2016
As we plan for next year we need to confirm those students not returning to St Benedict’s in 2017. We are then able to set up classes and staffing to match the needs of the students in each year level. Other than Year 6, if your child is not returning to St Benedict’s in 2017 then please inform the school in writing through email (Matthew.Garton@cg.catholic.edu.au) or handwritten note. We are also required to enter the destination school in our records and would appreciate this information as well.

Matthew Garton
Principal

CATHOLIC COMMUNITY LIFE

Confirmation
Students in Year Six have all received information on the Retreat Day on Wednesday 7th September. This Retreat Day is for all students in Year Six. We will be in the Father Greg Collins Wing of the Parish buildings for the Retreat. The focus of the day is on the Holy Spirit and the Sacrament of Confirmation. Father Tony Percy will be joining us for part of the day to meet with the Confirmation candidates and to answer all students’ questions about Confirmation and the Church. Could parents please send in all letters of affirmation by Wednesday 31st August to assist with planning and preparation of this special day.

First Friday / Fathers’ Day Mass
This Friday, 2nd September, will be our First Friday Mass for the month of September. With Fathers’ Day on the following Sunday our focus will be on thanking God for the gift of Fathers and men who are important role models in our lives. Kindergarten are very excited to be preparing this Mass. All families, but especially Fathers
and Grandfathers, are invited to join us at this special celebration. Mass begins at 10:00am. Parents in Kindergarten are providing morning tea to share in the Library after Mass. All are welcome.

Meaghan Younger  
Religious Education Coordinator

**SCHOOL NOTICES**

**Fathers’ Day Mass**
As Kindergarten is hosting the Fathers’ Day Mass if anyone has photos of children with their fathers please forward either a hard copy or and digital copy to Mrs Tomadini in Kindergarten.  
Fran.tomadini@cg.catholic.edu.au.

**Sporting News**

**Swim School Program**
A note went home to all Kinder, Year One and Year Two students last week in relation to the Swim School Program at Kings Swimming School Deakin. They commence in October and will be on each Monday of Term 4. All permission notes need to be returned to school by Friday 9th September.

**Merit Certificate Recipients**

**KINDERGARTEN**  
Peter C and Sophia R

**YEAR 1**  
Isabelle H, Xavier D, Ria C and Ragsajan R

**YEAR 2**  
Claudia K, Fionn L and Joanna M

**YEAR 3/4E**  
Willoughby J and April A.M

**YEAR 3/4B**  
Sebastian B and Dharma S

**YEAR 5/6S**  
Georgina K, Maxime D and Giselle M

**YEAR 5/6Y**  
Georgina T and Phoebe Mc

**House Point Winners**
The points for Week 6, Term 3 were  
Murrumai 3,304, Arakoola 5,220 and Tangara 5,670.

At the end of Week 6, Term 3 the year totals were:  
Murrumai 60,014, Arakoola 68,934 and Tangara 85,893.

**CONGRATULATIONS to this week’s winners:**  
Tangara 5,670!

Well done to **Year 1** who earned the most house points (5350)!

**Happy Birthday** to the following children who will celebrate their special day this week:  
Christopher B and Jordan C

**Dates to Remember**

- 2nd September – First Friday Mass 10.00am
- 2nd September – Father’s Day Stall
- 7th September – Yr6 Retreat Day
- 7th September – Publication Celebration, Years 5 and 6, 2.10pm to 3.30pm
- 8th & 9th September – Year 4 Camp
- 10th September – Trivia Night (adults only)
- 11th September – Mass & Confirmation Preparation, 9.00am
- 13th September – School Board Meeting, 6.00pm
- 17th September – Confirmation Celebration, 6.00pm Mass
- 23rd September – Last day of Term 3
- 14th October – School Disco Year’s K-6
- 21st October - Boorowa Touch & Netball Carnival
LOST AND FOUND
If you are missing: Samsung camera or large phone battery, X key ring, moroon digital watch or a blue Ipod cable. Please come to the front office and collect.

Book Week
Last Wednesday St Benedict’s celebrated Book Week with a wonderful parade by our students. The staff then acted out the book, The Day the Crayons Quit written by Drew Daywalt. The students then participated in activities from the books: Bogtrotter, Perfect and Piranhas Don’t Eat Bananas.

Weekly Notes
The following notes have gone home this week and are currently on the website.
- Fathers’ Day Stall – helpers still required
- Yr 6 Retreat Day – 7th September
- School Photos – Senior Leaders Due by Friday 9th September
- Trivia Night – Due 6th September (Adults only)
- School Fee Reminders – Due by Friday 9th September
- School Swimming Program Kinder to Year 2 – Due 9th September
- Boorowa Touch & Netball Carnival
- Publication Celebration

Canteen
FRIDAY, 2 SEPT 9.00am – 11.30am
Hannah Norgrove
Helpers Needed
11.30am – 2.00pm
Sally Cotsill
Helpers Needed
MONDAY, 5 SEPT 9.00am – 11.30am
Sylvie DuFault
Helpers Needed
11.30am – 2.00pm
Sally Cotsill
Helpers Needed

Thank you to all helpers so far this year. A new Canteen Roster has been sent home and is also on the website – we are now in urgent need of helpers. If you have anytime available to help even for an hour or so, please continue to let Belinda know at the Front Office.
Nancy Lyons, Canteen Manager

Parents and Friends Association
Father’s Day Stall
St Benedict’s Parents and Friends Association are holding the Annual Father’s Day Stall on Friday 2nd September in the school Library.
We are asking for each child to bring in a donated gift to the value of $5.00 ASAP.
Students will need to bring in $5.00 on Friday 2nd September if they wish to buy a gift for Dad for Father’s Day.
If any parents can assist on Friday morning at 9am to set up and again from 11.30am to help wrap the gifts, it would be greatly appreciated.

Boorowa Touch & Netball Carnival
The Parents and Friends Association are kindly subsidising the bus for the Boorowa Touch and Netball Carnival on the 21st October. This is a day filled with fun and friendships.
SATURDAY 10 SEPTEMBER
Time: 7:00pm for a 7:30pm start
Approx. 11:00pm finishing time

Venue: School hall

A great community gathering event!

Prizes for best dressed team and most highly decorated table

Teams between 2-10 people

Family, friends & work colleagues welcome

The night is about having a good laugh, a sing-a-long or 3 and making use of all that ‘random’ knowledge

Cost: $5 per person
paid on the night

BYO drinks and nibbles
(alcohol permitted)

A child free zone

Tea and Coffee available

Register your team via form below or by contacting the school.

For more information, contact the school on 62958027

ST BENEDICT’S TRIVIA NIGHT 2016

Contact Name: ________________________

Contact Number: ________________________ No. in Team: ______
School Photos

The school leader photos are now up on display in the front foyer area. Please come and have a look at this year’s leaders. If you would like to order any, please collect and envelope from front reception or order online below prior to the 9th September.

8th August 2016

St Benedict’s Primary School

The School Photographer Re-Order Photos

Please find below, a list of all the sports/special photographs. These can be viewed both online at www.theschoolphotographer.com.au and at the school.

School Online Code: S586EL35B

If you wish to order please either:
- collect an order envelope, fill out/enclose payment and return to school.
- visit our website and order/pay online.

The photo prices are:
$16.00 each, 2 for $30.00, 3 for $42.00, 4 for $52.00 or 5 for $60.00.
Any additional photographs are $10.00 each. This discount is only available per family order.

Payment options – Cash or Money Order payments enclosed in the order envelope.
ONLINE Payment by credit card – Envelope NOT required
The photos will be available to view and purchase online

All Orders to be made by 9th September 2016

*Please note if payments are not received before photos are sent to the school,
a late fee of $5 will be incurred*

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<th>Name of Group</th>
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<td>Liturgical Leaders</td>
<td>Media Leaders</td>
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<td>Peer Support Leaders</td>
<td>Sports Leaders</td>
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COMMUNITY NOTICES

Parish News
Parish Office Hours: Tuesday to Thursday 9.00am to 3.00pm

Parish Pastoral Council   Fr Stephen Fletcher   6295 7879
RCIA Coordinator          Matthew Toohey        0409 157 552

Neighbourhood Care
Gowrie Court               Helen French         6239 4300
Meals                      Parish Office        6295 8027

Weekend Mass Times
Saturday  6.00pm
Sunday    9.00am
Youth Mass 7.00pm (last Sunday of the Month)
Charismatic Mass 7.00pm (last Sunday of the Month)
Baptisms: 11.00am, 2nd and 4th Sundays of the Month

Kingdom Kids Ministry: Next Mass 11th September. Families are warmly invited to the 9.00am Mass and children are welcomed and encouraged to join in the activities of Kingdom Kids. For more info email Anita on kingdomkidsministry01@gmail.com. Remember the prayer wall for those intentions you want the children to pray for.

St Benedict’s Social Group
All are most welcome to join in the monthly morning tea to be held in the Parish Centre on Sunday 4th September after the 9.00am Mass.

You are also welcome to come and meet for coffee on Thursday, 8th September at 10.30am at Café Societea at the Griffith Shops. Sue Neimanis, 62950687.

Violin, Viola and Cello Concert
(Matthew’s students)
Where: St Thomas More’s Primary School
When: Saturday 17th September, 2016
Time: 2.30pm

Student Banking
Term 3 School Banking Competition – The Dollarmites have discovered Prize Lights in the Outback sky.
School bankers who make 3 or more deposits in Term 3 have a chance to win one of the Star saver prizes, including camping kits, instant cameras and magazine packs. See the poster in the Front office area or look out for a flyer in your bank book.
There is also an additional entry for bankers online at: commbank.com.au/prizelights – You could win a PlayStation 4.
Our School will also have the chance to win a bag full of sports equipment valued at $200
Good luck from the Dollarmites.
YOUR HEALTH LINK
PHOTOGRAPHIC COMPETITION
PANORAMA: HEALTHY LIFE HEALTHY YOU
Entries close 1 November 2016

Categories
Primary
High School
Mobile
Open 18+

www.yourhealthlinkphotocomp.com.au

Plant SALE
SATURDAY
24 Sept
Ground Covers • Herbs • Perennials • Shrubs • Trees
TOYS, BRIC-A-BRAC, BOOKS, CLOTHES & SAUSAGE SIZZLE
9.00 AM - 1.00 PM
255 GOYDER STREET NARRABUNDAH ACT
BOOK NOW FOR UPCOMING AUSTRALIAN SPORTS CAMPS SCHOOL HOLIDAY SPRING 2016 PROGRAMS

30% early booking discount available until Sunday 28 August

Soccer  Tennis
Basketball  Netball
Rugby Union  Hockey
AFL Football  Cricket

High quality sports holiday coaching programs delivered by expert coaches with guest start player appearances

Visit our website asc.camp/school Ph: 1300 914 368

The leader in sports camps nationwide running for over 30 years

Call 1300 914 368 or email admin@australiannsportscamspens.com.au to book or for more information

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The Rebels Baseball Club invites everyone from 4 yrs of age to share the fun of junior baseball in 2016

Everyone gets a go batting and fielding in every game
No baseball experience necessary

Season: October 2016 - April 2017
Training: Mondays and Wednesdays 5.30pm – 7pm U13, U15 and U17 from 10 October 2016
Wednesdays 5.30pm – 7pm for U7 and U9 from 12 October 2016
At the Rebels’ home ground, Dunstan Street, Curtin
Games: Alternate Wednesday evenings plus Saturday mornings for U13 and U15 from 15 October 2016
Saturday mornings for U7, U9 and U11 from 15 October.

Why the Rebels Baseball Club?
The Rebels has a proud 58 year history. We’re your local team and Canberra’s biggest club. The Rebels is committed to developing the skills of all its players.
Our junior and senior teams host regular social events for players and families.

Registration Days:
11am – 1pm Saturday 27 August
The Fort Narrabundah Ballpark, Narupai Place off Jerrabomberra Avenue, Narrabundah

11am – 1pm on Saturday 3 September
At the Rebels’ home field, North Curtin Oval, Dunstan Street, Curtin

For further information: email actrebelsbaseball@gmail.com
Tuesday 27 September

**Electronica- Unconventional Ways to Make Music**

In this workshop you will experiment with a variety of music-making tools such as Korg’s Kaoss Pad, Yamaha’s MU10 Sampler, Zoom’s Ion Effects Processor, Moog’s Theremin, Gakken Stylophone, Mooer Pitch Box and many others. We will spend the morning learning how to use and play these amazing and unconventional instruments. Then we will use them to create our own musical sounds and phrases, culminating in a joint composition.

Wednesday 28 September

**Pulleys and Levers- Super Powered Engineers**

Could you lift an elephant with one hand? Could you lift a car onto a skyscraper? Centuries ago people made magnificent structures without the use of heavy machinery. Join us as we make some simple yet amazing machines that make us look like we have super powers.

Thursday 29 September

**Weird World- Whose Crazy Idea was that?**

Bubble gum, flying platforms, sea shoes, flexible glass, velcro, steam engines, penicillin, aqualungs, bar codes, biros, neckties, vowels and blue jeans, just to name a few! When does a crazy idea become a world-changing invention, and how can you tell the difference between the two? Delve into the fascinating and often funny history of invention and design, so that you too can
Workshops
Year Two
To Year Three

Friday 30 September

Venetian Masks

Venetian masks are a traditional addition at the Carnival of Venice! Beautifully crafted and exquisitely worn, they capture the romantic whim in all of us! Using masking techniques, you will learn to take facial moulds in order to then design and create your own Venetian mask.

Tuesday 4 October

Maps in the Modern World

Can you read a map? Have you ever made a map? Take a trip into modern-day mapping and discover the awesome, interactive and digital world of cartography. Global Positioning Systems and Geographic Information Systems are a long way from folded up paper maps, and allow cartographers to use satellite data and digital maps to design, develop and print specialised maps of their own design. Map a flood, the spread of an epidemic, the use of technology, or just your very own local community.

Wednesday 5 October

Phenomenal Physics - Time and Time Again

What is time? How does it work? Why are there days? And are they always 24hrs long? How can I tell the time? What if I don’t have a watch or even a clock? Using your new found skills, in a most ‘timely’ manner, you will discover the answers to these and many more questions. Along the way you will build your own time measuring technologies.

SWISH
SPECIALISED WORKSHOPS IN SCHOOL HOLIDAYS

SWISH Education

Email: enquiry@swisheducation.edu.au
www.swisheducation.edu.au
Workshops
Year Two
To Year Three

Thursday 6 October

Chemical Chaos - Spectrums

What do crystals, pigments, rainbows, prisms, light and water all have in common? I am sure you can guess – they can all play a role in colour and spectrums! Do you know what a spectrum is? Do you think you can split light? Or do you have the power to refract light? Discover the answer to these questions, plus many more when you immerse yourself in a world that is not just black and white, but full of every colour of the spectrum.

Friday 7 October

Quiddich Cup

The Quiddich Games are coming to SWISH. Our broomstick may not actually fly, however our Muggle version of Quiddich will be just as fun. Chasers grab your Quaffles, Beaters arm you bludgers and Keeper protect those hoops as we compete for the title of 2016 SWISH Quiddich Games Champions.
School Holiday Camp
4 – 7 October 2016 for Ages 8 - 12

Dynamic, Educational & Resilience-Building
An exciting 4 day adventure, enjoying fun activities such as Mountain Biking, High Ropes, Flying Fox, Cooking, Kite-making & Flying

Experience the beauty of Tallong’s natural environment, spotting wildlife and exploring Barber’s Creek. Qualified staff have your child’s safety, security and well-being as paramount. Tallong is situated 2 hours drive from Sydney and 1.5 hours from Canberra.

4 Day Cost: $330 per person
Inc. accommodation, all meals, equipment & activities.

Day cost: $60 per person
Day guests welcome; drop off between 7-8am and pick up between 5-6pm
Inc. B/fast, M/tea, lunch, A/Tea, equipment and activities.

Travel:
Drop off anytime from 5pm Monday 3 October. Collect Friday before 6pm
OR
Minibus departs Strathfield 7am on Tuesday 4 October and delivers back at 6pm on Friday 7 October (for an additional fee)

Boys & girls from all schools are welcome!

Book your holiday adventure
www.trybooking.com/LIHM
Minimum numbers apply for the camp to proceed. Registrations close on Friday 2 September.

For more info Email tallong@ssc.nsw.edu.au or call (02) 4841 0439

www.ssc.nsw.edu.au/tallong