Dear Families,

Term Four looks set to be an action-packed and exciting one, with plenty to keep us on our toes. Of course, the end of the school year is when students and teachers are working to achieve learning goals set in Semester Two, consolidate their understanding of new concepts learnt and look ahead to new challenges, whether it be starting high school or moving to another year level. Teachers are preparing reports for the end of term by observing student progress and assessing how each child has fared this semester. This, more than ever, is a time to ‘hang in there’ and PERSIST to achieve learning and personal goals and finish what we set out to do at the start of this semester. The ability to persist and to see it through is one of the most important success skills that you can teach a child.

Every day, each of us faces times when we must persist, rather than take the easy option to just give in. For instance, a kindergarten student must persevere in the face of frustration when learning to tie shoelaces. When learning any new skill, we must be determined to carry on even when things get difficult or when it seems as if we are getting nowhere.

Parenting expert, Michael Grose has some words of wisdom on the topic of persistence and explains that children need to be able to persist when school-work gets hard or life gets tough. He says that they need what he calls the ‘stickability’ to work through difficulties and keep going when things don’t go their way. He points out that some children are more naturally predisposed to persist than others. They have a determined, even competitive streak in their temperament that doesn’t allow them to give in. These children and young people can drive themselves very hard to succeed.

The good news is that we, as parents and teachers, can help to develop persistence in children. Research suggests that persistence is a temperamental factor that can be improved over time. Just as adults can promote persistence, they can also impede its development by making life too easy for children so that they don’t have opportunities to persist or hang in there.

Parents who allow children to stop work when it gets too hard, stay home from school for a minor reason or give up on a sport because they are not succeeding straight away are not doing their children any favours. They are depriving children of opportunities to develop persistence. Parents can promote persistence by encouraging their children to keep going and not give in at the slightest hurdle or difficulty. Parents can be a sounding board for children’s gripes but they should show confidence in their ability to cope and get through their difficulties. ”You can do it” is far more powerful in terms of promoting an attitude of persistence than “If it is a little too hard then try something else.”

Let children know that there is a correlation between effort and success. In fact, they need to learn that by GIVING EFFORT they will more than likely experience more success.

The ability to persist in the face of difficulties may be an old-fashioned quality but it is one of the best success attributes that children will ever develop.

Try this...Put it into practice:

To promote persistence in your children try the following four strategies:

Develop a vocabulary for persistence: Words like Hang tough, Work Hard and Hang in there need to be part of their every day vocabulary.

Point out to children when they stick at a task. Let them see when they have been persistent and that persistence generally pays off.

Help children to remember times when they experienced success by ‘hanging in’ when they were younger.

Talk about hard work with your children. They need to understand that to be successful they need to do things that are NOT fun or easy. While it would be good if all work and learning was fun, in reality, this is not always the case.

For other parenting tips, check out Parenting Ideas Magazine:

Thought for the Week: “It’s not always what you say that makes the difference; sometimes it’s the way you say it.”

Have a great weekend.

Regards

John Cocciola
Assistant Principal
**RELIGIOUS EDUCATION MATTERS from Megan Boyd**

**REFLECTION on the SUNDAY GOSPEL**

29th Sunday in Ordinary Time:

This week Jesus explains the importance of service and sacrifice in the life of a disciple. In particular, he seems to be preparing the Twelve for their leadership roles in the emerging Christian community. Consider: *All people would like to stand on their own, but sometimes they need our help until they're strong enough. We show that we are followers of Jesus when we do what we can to help people in need.*

**Parish Family Mass**

The next Parish Family Mass will be Saturday, 17th October. Our students are encouraged to speak to Mr Cocciola or Mrs Boyd before this Mass if they would like to assist with the celebration either with the Presentation of the Gifts or Reading a Prayer of the Faithful.

**OCTOBER WORLD MISSION**

World Mission Day is celebrated every year in every country wherever there are Catholics committed to building a better world for all of God’s people, a world where everyone has all they need to live a dignified and fulfilling life. It is the day on which we reflect on the urgency to proclaim the Gospel in our times.

World Mission Month, celebrated annually in October by millions of Catholics, will this year profile the work of dedicated missionaries in Madagascar as well as remote Indigenous Australia.

**MINI_VINNIES ROCKTOBER SOCKTOBER CASUAL DAY AND DANCE PARTY**

**Tuesday, 27th October at Lunchtime**

This year’s theme for World Mission Month is: “I was thirsty and you gave me something to drink” Matthew 25:35

To celebrate and fundraise for World Children’s Mission Day our Mini Vinnies Leaders will host a lunchtime Rocktober Socktober Dance Party in the Library. Students and staff can come to school wearing crazy socks, odd socks, stripey socks, football socks, etc to “Sock it” to injustices against children all over the world. Students will be asked to think about what are the most creative ways you can wear their socks. **As a fundraiser students and staff will be asked to donate a Gold Coin to enter the Dance Party and may wear casual clothes on the day!**

**STUDENT PROCLAIM DAY - Friday 6th November**

This year our Lismore Diocese Catholic Schools Office has invested a great amount of energy into “Student Proclaim”. Our neighbouring Parish School, Coraki, will assist us to celebrate STUDENT PROCLAIM on Friday, 6th November. We are very blessed to have Roby Curtis from Emmanuel Worship facilitating this day for us. Students will be given the opportunity to reflect on their faith and discipleship; and then they will challenged to live the Gospel Values and to be of service to others and proclaim the Word of God just like Jesus did! The day will certainly be a memorable occasion for us all! Parents will be invited and welcomed to join us in the afternoon for Mass.

**WHOLE SCHOOL MASS**

We invite all families and friends to join us at our next school Mass on Friday, 23rd October at 10.15 am. The Mass will be prepared by Mrs Roxburgh and Year 3.

**MAKING JESUS REAL AWARDS—TERM 4—WEEK 1**

Tayla Ferguson: Helping Year 1 happily and thoughtfully—nominated by Mrs Boyd
Darcy Hodges: being very helpful cleaning up after craft—nominated by Mrs Boyd

**PARISH ALTAR SERVERS ROSTER—ALL SAINTS’ CHURCH WOODBURN**

Saturday, 17th October—5.30 pm
Stephanie Bell, Courtney Bell, Jason Bell
Saturday, 24th October—5.30 pm
Lateisha Doran, Kade Williams, Jessica Williams
TERM 4 WEEK 3

Monday, 19th October
Tuckshop
S.C.U. Practicum Students – Years 4 and 5
Stage 3 Excursion Lake Keepit
5.30 pm—Parent Forum Meeting in School Library
- all are welcome

Tuesday, 20th October
Sports Uniform
Stage 3 Excursion Lake Keepit

Wednesday, 21st October
Tuckshop
Library
Junior Joeys—Kindergarten 2016 (last day)
Stage 3 Excursion Lake Keepit

Thursday 22nd October
Sports Uniform
Stage 3 Excursion Lake Keepit (evening return)
Swimming Program K-4 commences today: $2.00 each

Friday, 23rd October
Whole School Mass (Yr 3) 10.15 am

TERM 4 WEEK 4

Monday, 26th October
Tuckshop
S.C.U. Practicum Students – Years 4 and 5

Tuesday, 27th October
Rocktober/Socktober Disco @ lunchtime

Wednesday, 28th October
Tuckshop
Library K-6

Thursday 29th October
Swimming Program K-6
Richmond Zone Summer Sports Trials 4pm, Yrs 4&5

Friday, 30th October
World Teachers Day
Parent Forum Disco 6pm-8pm

STUDENTS OF THE WEEK
TERM 4 — Week 1

Class    Student
Kinder   Max McGillivray
         Jackson Grissell
Year 1    Finlay Stevenson
Year 2    Chelsea Franks
Year 3    Chelsea Campbell
Year 4    Kallarney Collier
Year 5    Charlie Hennessy
Year 6    Daniel Westerman
         Nella Bradford

CONGRATULATIONS!

TUCKSHOP HELPERS
If you can help out in our Tuckshop during Term 4 please contact Lesley ASAP. Extra help would be most appreciated.

TUCKSHOP ROSTER
Monday 19th October
Megan Woolley
Tanya Davidson
AM: Kerrie Tunsted

Thank you ladies!

HAPPY BIRTHDAY!
Happy Birthday wishes from the school community to Willow Lancaster, Lilli Sheen, Daniel Lollback and Phoenix McClure who celebrated their birthdays this week.

FAREWELL
St Joseph’s School Community says farewell to the Alderson family (Harrison in Year 3 and Victoria in Year 5) who are returning to Queensland. We wish them all the best and thank them for their contribution to our community.

STAGE 3 LAKE KEEPIT EXCURSION
Stage 3 leave this Sunday (18th October) at 10 am and return next Thursday evening from their excursion to Lake Keepit, near Tamworth. We wish the students and the teachers travelling to Lake Keepit a great camp. A fantastic program is planned for the students. I’m sure that the students will arrive back with many great memories from this excursion.

Enjoy the experience and challenges!
**SUPPORT OUR PARISH!**

**MELBOURNE CUP SWEEP**

Tickets for the Melbourne Cup Sweep being run by St Joseph’s Parish have been sent home to families today. Tickets are $1.00 each. Please return tickets to school by Friday, 30th October or in collection plates over the weekend.

Drawn Monday, 2nd November 2015.

Winners will be notified by Tuesday, 10th November 2015.

- 1st prize: $250.00
- 2nd Prize: $150.00
- 3rd Prize: $100.00
- 4th Prize: $50.00

*Please ensure all tickets contain full names and phone numbers.*

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**NSW P.S.S.A. State Athletics Carnival**

Nella Bradford attended the NSW P.S.S.A. State Athletics Carnival at Homebush, Sydney this week and competed in the senior girls shotput.

Congratulations to Nella who represented Polding at this carnival. She was pleased with her performance.

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**Richmond Zone Summer Sports Trials**

The Richmond Zone Summer Sports Trials will be held in Lismore on Thursday, 29th October at 4 pm. These trials are for talented or representative students in Years 4 and 5 in the following sports: cricket, tennis, softball, touch football and basketball.

Good luck to the students from St Joseph’s who are attending these trials.

Students who are successful at the Richmond Zone Trials will attend the Lismore Diocesan Summer Sports Trials in Lismore on Friday, 20th November.

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**AFL AUSKICK**

The students from Kindergarten to Year 6 worked with Lochie, the development officer with AFL yesterday at school. Students were given an information sheet to take home regarding a six-week program that will be run at St Joseph’s School on Friday afternoons (3:40 pm—4:40 pm). This program starts on Friday, 30th October with sign on day. The cost is $70 (which covers the six-week program, NAB Auskick Backpack, AFL football and lots more. It really is great value for the students. This program, run by the development officers, is for Kindergarten to Year 6. It works on developing skills in all sports not just AFL.

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**SPORTS NEWS from John Cocciola**

**Swimming Program Term 4**

St Joseph’s will commence its swimming program next week on Thursday, 22nd October at Woodburn Pool for Years K-4 (Stage 3 away at Lake Keepit).

This program is a water safety program, not a learn to swim program.

We cannot run this program without parent help. Thank you to the parents who have volunteered their services for our program this year.

We still require more help at this stage and if you have an hour or two please consider completing the form at the end of this newsletter and return it to school.

There has been a change of some times with swimming. Kindergarten will have their session at the pool each week from 10 am til 11 am with Stage 2 (Years 3 and 4) now going to the pool from 2 pm til 3 pm.

Students need to bring weekly pool entry money ($2), swimmers, goggles (optional), towel, rash shirt or t-shirt, and a bag to place wet items of clothing in. All students should have their own sun screen and apply it before swimming sessions.

Thank you to parents who have volunteered to help with our swimming program this year. We can certainly use more help, so if you have a free hour weekly please contact the school.

**Swimming Times are:**

- Kindergarten 10am - 11am
- Stage 1 (years 1 & 2) 11:30am—12:30pm
- Stage 3 (years 5 & 6) 12:30pm—1:30 pm
- Stage 2 (years 3 & 4) 2pm –3pm

**Cost**

The cost of entry to the Woodburn Pool is $2.00 per child per session. Please send the money in on the day.

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**TERM 4 SPORTS DATES TO REMEMBER**

- 22nd October: Swimming commences at St Joseph’s School K-4
- 29th October: Richmond Zone Summer Sports Trials in Lismore (Stage 2 students)
- 30th October A.F.L. sign on and programme start at St Joseph’s School
- 2nd - 5th November: NSW Girls Cricket Carnival at Dubbo
- 20th November: Diocesan Summer Sports Trials in Lismore
- 29th November-1st December: Sport Enrichment Camp Years 6-8 Narrabeen
- 11th December: St Joseph’s Swimming Carnival at Evans Head Pool

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