18th July 2012

Lessons for life....

There is strong evidence that demonstrates when schools focus on student well-being, their learning outcomes improve. If for no other reason, it behoves us therefore to continually seek ways to enhance the health and well-being of our students...and us all! With the start of a new term and with all of us now able to ‘lift our heads’ to life beyond the building program, I thought it timely to share a couple of initiatives that are currently on offer that do just that!

**Peer Support** - for the next two days, our year 7 students will be participating in workshops that will prepare them to facilitate a group of students, one from each class, Prep to Year 6. Each Monday afternoon for 8 weeks, supervised by a teacher, these groups will meet for 40 minutes, to participate in activities that are aimed at promoting harmony by identifying and demonstrating the values of care, respect, responsibility and a fair go for all. The Peer Support Program provides a fun and engaging environment for students across a range of ages to spend time together with a purpose. The ‘promoting harmony’ module is of particular relevance given our school’s **Code of Conduct** -

- **Be safe**
- **Be respectful**
- **Be responsible**
- **Be an active learner.**

More information will be coming home about this program in the near future.

**Walk to Learn** - attached to today’s newsletter is a flyer promoting a staff initiative of starting a ‘walking club’ before school each morning. Again, research provides strong links between physical activity and learning outcomes. Given so many of our children are driven to school because of distance and geography, a walking club provides an opportunity to do a few laps of the oval before school starts, to warm up all the muscles of the body - including the brain - ready for learning each day. I encourage you to talk this over with your child/ren and if interested, sign up for it!

Growing up in the 21st century is a complex business as we all experience a decline in social connectedness. We know our children are growing up in a world where there is ready access to information and on-line communication due to the ever increasing developments in technology. Is it a coincidence that levels of childhood anxiety and youth depression also appear to be on the rise? We need to create opportunities to support children to become resilient, capable of coping with change and times of adversity so that they can be successful socially and academically. Only then will we be fulfilling that part of our vision that states we will provide “...a quality curriculum that nurtures the spiritual, intellectual, physical, social-emotional and creative development of our diverse learners.”

God’s blessings to you and yours!

**Marg Pont**
PRINCIPAL
APRE NEWS

Next week is Catholic Education Week

Catholic Education Week will be celebrated across Queensland from 22-28 July this year. This annual event is held to promote the special ethos of Catholic schools and to highlight the great things that take place in Catholic schools every day.

The theme for Catholic Education Week 2012 is:

**Celebrating Community – Family - Parish - School.**

‘Celebrating Community’ in Catholic Education Week 2012 invites Catholic schools and education agencies to highlight and celebrate the value of ‘community’ and affirm its presence as a central aspect of the life and strength of the Catholic Christian tradition.

‘Community’ is at the heart of the Catholic tradition. For two thousand years people have come together in community to share the story of Jesus, to nurture and strengthen each other, and to commit themselves to continuing his mission.

There are 292 Catholic schools in Queensland that educate 138,000 students and employ more than 17,000 teachers and staff and most will celebrate Catholic Education Week in some way.

I thank you for your ongoing support and look forward to seeing you during Catholic Education Week 2012.

Woolworths Earn and Learn

The Woolworths Earn & Learn program concludes on the 12th of August 2012

**Just four weeks to go.** You only have about four weeks to earn valuable resources for your children, including art supplies, books, musical instruments, construction and much more. We have had a wonderful response so far during the promotion and the pile of completed sticker charts is growing daily.

**Get double the stickers.** From Wednesday the 18th - 24th July, you will get double the amount of stickers by just spending $10 or more and including at least one Kelloggs, Dairy Farmers, Be Natural, Pura or Berri product in your basket.

**But that’s not all!** Because Woolworths is all about nurturing homegrown talent, they’re soon going to announce a special competition that could earn our school bonus stickers and a few other surprises. So watch this space.

*Have a great week! Peace and best wishes,*

Narelle Harney

APRE

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Due to the Choral Spectacular

The next P & F Meeting will now be held on

Monday 30th July

at 7pm

In the Staff Room

How can you contribute?

Hope to see you there

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Grandparents’ Mass

Friday July 27th

8:45am in St Joseph’s Church

Followed by an invitation to join your grandchild in class and enjoy morning tea at 10:30am.
STUDENT EFFORT AWARDS

Prep J  Jasmine Sando  For coming to school for Assembly practice when she wasn’t feeling well and lending Prep J her grandma for singing practice.

Prep S  Lucy Hutson  Lucy has been an exceptional student all year. She puts an enormous effort into all of her work. She is a responsible and very respectful student. Lucy is a great friend and we value her in our classroom.

1S  Jett Holyhead  For the enthusiasm Jett brings to our class across all learning areas and in the playground. He is always ready to share his ideas with his peers and include all in his games. Jett has embraced his new role as a reading buddy and is sharing his knowledge of reading strategies. Well done Jett!

1J  Ella Porter  Ella has shown improved effort in her attitude towards her learning and trying really hard to do her best. Ella is keen to participate in the Premiers Reading Challenge and is already on her second book. Go Ella!

2J  Annaliese Shannon  Annaliese is showing great progress in her maths work. She is a fraction whiz and showing determination and focus. She always has a smile and happy things to say.

2S  Kaela Huxtable  For your excellent attitude to learning. You put a tremendous amount of effort into everything you do and are a wonderful help to others when you are finished. Great job Kaela!

3J  Jack Bunter  Jack can be relied on at all times to complete his work to the best of his ability and is always a kind and helpful class member. Well done Jack!

3S  Liam Odgers  For attacking Term 3 with concentration and enthusiasm! Liam has come back with his mind ready to work and making connections. Well done Liam!

4J  Nicollah Watson  For the most amazing animated creative stories. Nicollah we all love hearing and watching you read. You are very entertaining and are destined for the stage. Well done.

4S  Izzey O’Hara  For putting 100% effort into everything she does. Izzey loves the many facets of school life and is a lovely member of our class. Well done Izzey.

5J  Hayden Williams  Hayden is proving to be a responsible student who is working hard in all areas. Well done Hayden. Keep it up!

5S  Riley Overs  Riley has shown a mature attitude to both his behaviour and work this term. Well done. Riley, keep it up!

6J  Daniel McGlynn  Daniel is a valued member of the 6J classroom. He has insightful and intelligent responses in all subject areas, and he particularly shines in History. He has an enormous wealth of knowledge that we all admire and respect. He is so very clever and generous! Thank you Daniel—you are a wonderful asset to the classroom and the St Joseph’s community alike. We are all very glad that your family chose to move here!

6S  Lily Titcomb  For starting Term 3 with a fire in her belly! Lily has been working extremely hard in all areas of her schooling, evident in the quality of work she has produced. We love that Lily brings her positive attitude and beautiful smile to each new day, just some of her many special qualities.

7J  Courtney Johnson  Courtney is working very hard in all subject areas to improve her level of results and, through hard work, a growing in confidence and sheer determination a huge improvement is evident. Courtney can be very proud of her progress and as success builds on success she can look forward to even greater progress.

7S  Ruby Hughes  Ruby is enthusiastic about learning and consistently tries hard to engage during lessons. If Ruby doesn’t understand what she is doing in her class work, particularly in maths, she will seek out the necessary help! You are a bundle of energy and fun Ruby and you make us smile! Thanks Ruby and continue being you!

Music Award:  Lucy Schulz (yr 4) who, since receiving the violin as part of the Year 4 instrumental program, has been enthusiastically practising it every day. We hope all Yr 4’s follow your example Lucy.

Sports Award:  Bridget Quinn - for demonstrating excellent cricket skills in Week 1, specifically bowling and throwing. Bridget’s determination and effort resulted in a massive improvement in accuracy and ability. Keep up the great work in HPE Bridget.

Maths Extension Award:  Austin McNaughton, for his enthusiasm, speed and accuracy in answering questions during our Maths lesson. Keep up the great start!
### BIRTHDAY CELEBRATIONS

We offer the following students birthday blessings on their special day!

| July 16 | Mackenzie Woodward |
| July 17 | Shaneal Mason |
| July 18 | Xavier Brooker, Eric Domjahn, Braden Simm |
| July 19 | Ella Husband |
| July 22 | Finn Lawson |

### AROUND THE CLASSROOMS......1S

On the last day of term you may have noticed many fairy tale characters in our school. 1S did themselves proud performing on assembly. It was a wonderful way to finish a busy term.

This term we are going on a “Schoolyard Safari” where we will observe the features and behaviours of small animals that live in our schoolyard. We will learn how they move, feed and protect themselves. A worm habitat will be created in our classroom so we can observe closely the characteristics and movements of these animals. We have also been busy making creatures to decorate our room.

### MUSIC NEWS

You are invited to The Combined Catholic Schools Choral Spectacular at Siena College Hall, 5pm Monday 23rd July, to celebrate the start of Catholic Week Education. Admission is $5 for Adults and a gold coin donation for students and children. It will be a great concert!!

Could all permission slips for the Junior Joeys and Senior Singer performances be returned tomorrow.

**July 20th-Junior Joeys**, Nursing Home Concerts

**July 23rd-Senior Singers**. The Combined, Catholic Schools, Choral Workshop and Concert. Siena Hall. There is a small admission fee for the concert.

**August 3rd-Senior Singers**, Nursing Home Concerts

**August 8th-Senior Singers**, Sunshine Coast Junior Eisteddfod

**Mid August-Book Week Parade** will require Senior Singers, Junior Joeys and the Concert Bands to perform.

**Advance notice of important dates for term 4**

**Nov 5th-Guitars to the Max!**

An all day workshop and late afternoon concert at Stella Maris, for guitar students only.

Little Dusk Music (Upper School)-Nov. 20th

Little Dusk Music (Lower School) - Nov 27th

**Yr 4’s** should by now have their **second instrument**. Please read the care and maintenance part of your booklet and practise a little each day.

Keep Singing,
Paula Simpson
Music Specialist
**LIBRARY NEWS**

Prep’s to year 2 will have received their enrolment form for the **Premiers Cup Reading Challenge** this week. To successfully complete this challenge, students need to either read or have experienced 20 books from now until 7th September 2012. This year it is the ‘National Year of Reading’ so I would encourage everyone to take up the challenge and ‘READ’!

Of course it’s not too late for the year 3 to 7’s to take up the challenge and pick up an enrolment form from the library too!

For more information on the Reading Challenge please feel free to contact me in the library or email me at mwasmund@bne.catholic.edu.au. You can also visit the website at [http://education.qld.gov.au/schools/readingchallenge/about-challenge.html](http://education.qld.gov.au/schools/readingchallenge/about-challenge.html)

Experiencing a book can include activities such as shared reading, listening and reading along with a text, or being read to.

On Thursday the Preps and Year 2’s enjoyed a visit from Beth and Romany from the Sunshine Coast Council Library, who described some of the fantastic resources that our local library has available to its members.

**Did you know that members of the library can download audio books as well as Ebooks?** The Sunshine Coast Council Libraries are located in Nambour, Cotton Tree, Caloundra, Kawana, Tewantin and Coolum and membership gives you access to resources in all of these libraries. If you are interested in becoming a member of the Sunshine Coast Council Library please fill out the application form and drop into the office or ask at your local library.

This term the library will be starting a Lego Club. Anyone who is interested in joining the club will meet in the library through the week to read and sign an agreement. Completed ‘constructions’ will be on display in the library and everyone is welcome to come and ‘check them out’. If you have any unwanted Lego at home please send it in....it will be very much appreciated!

Don’t forget we are waiting for pictures of you reading to add to our display of staff reading!

Maryann Wasmund

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**HELLO FROM THE TUCKSHOP**

Hello from the Tuckshop!

The weather has turned back into winter today... your little ones will love something warm for lunch!

Thank you Year 5 for your assistance last week, it is appreciated :)

**This Week:** Special> **Shepherds Pie** savoury mince with a mashed potato top

**Homebake & Helpers> Year 6**

**Next Week:** Special> **Spring Rolls** vegetarian spring rolls with soy or sweet chilli sauce

**Helpers & Homebake> Year 7**

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**REMEMBER..... Tuckshop only happens with your help!**

Lee Etheridge  
Tuckshop Convenor

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**UNIFORM SHOP**  
Hours are 8am—9am

Next Days:  
Thursday 19th July  
Tuesday 24th July

**Sports Socks have arrived**

Glenys Appleby  
Uniform Shop Coordinator
**St Joseph’s Parent Book Club**

Our parent book clubs will kick off next week!!!

The first one will be held on Friday July 20th after assembly in the library. Another alternative will be held the following week on Wednesday July 25th at 7:00pm in the library. Each book club will be a separate meeting (ie. You don’t attend both but rather select the time that suits you best). This is an exciting new venture and a great meeting place for parents with similar interests.

Further details of our first two book club meetings for parents will be in next week’s newsletter. Happy reading!!!

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**DENTAL VAN**

The Dental Van has arrived!

All children will be offered treatment during our stay. At this stage, forms have been handed out to Years 3, 5 & 7. Please return them promptly to the class teacher so paperwork can be done and visits scheduled.

Any concerns, please phone the dental van - 0407126138.

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**CONGRATULATIONS**

Congratulations to Harry Vella on his selection in the Under 12 Nambour District Rugby Union Team on Monday. We wish Harry all the best when he competes at Caloundra next Thursday at the Sunshine Coast Regional Carnival.

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**ST JOSEPH’S MOVIE NIGHT**

**FRIDAY 10 AUGUST 2012**

**SCHOOL HALL**

**PREP- YEAR 3**

5.30 PM

**YEAR 4 – YEAR 7**

7.30PM

**COST: GOLD COIN DONATION**

Bring your own fold out chair; blanket, sleeping bag or pillows

Refreshments will be available –

hotdog/popcorn/popper combo $5
ST JOSEPH’S PARISH NAMBOUR
Ph: 5441 1034 Email: stjoenam@ozemail.com.au
Web: www.nambourcatholics.net

Wednesday 18th July
9:30-9:45am Reconciliation
10:00am Mass; Yr 7J & 1J
12:00pm Reconciliation Yr 6S
7-9:30pm Quilt Craft Group

Thursday 19th July
11:00am Mass at Sundale Nursing Home

Friday 20th July
6:30am Mass
7-8:00am Rosary & Adoration in the Chapel

Saturday 21st July
4:30-4:50pm Reconciliation
6:00pm Evening Mass for Sunday
Children’s Liturgy: Shona Diggines

Sunday 22nd July St Mary Magdalene
7:00am Mass
Children’s Liturgy: Adrian Eldridge
9:00am Mass
Children’s Liturgy: Sally-Anne Kinsella
Candle Presentation: Tara Hennessy (Teresa & Paul)

Monday 23rd July
Catholic Education Week
8:00am Mass

Wednesday 25th July
9:30-9:45am Reconciliation
10:00am Mass; Yr 6S & PJ
12:00pm Reconciliation Yr 7S
7-9:30pm Quilt Craft Group

Christmas in July
You are invited to the Christmas in July dinner at St Joseph’s on Saturday 28th July. (After Vigil Mass)
Cost $20 per head.
Vegetarian and Gluten Free options available.
All tickets to be pre-booked.
Tickets will go on sale after masses and from the Parish Office.
Also, donations are requested for raffles, lucky door prizes etc.

SIGNIFICANT DATES TERM 3 JULY

Monday 16th – Friday 20th Parent Teacher Interviews
Thursday 19th Yr 7 Peer Support Leaders’ workshop
Friday 20th Assembly Prep J

Parent Book Club—Library
Yr 7 Peer Support Leaders’ workshop
Junior Joey’s Choir—Nursing homes’ concerts

Monday 23rd – Friday 27th Catholic Education Week
Monday 23rd Sunshine Coast Choral Spectacular
Wednesday 25th 1.30 – 2.30pm Allira Richardson Yr 6
Thursday, 26th Indonesian Speech Night
Friday 27th 8.45am Grandparents Day Mass
Class visits & morning tea

Monday 30th UNSW English Comp
1.40 – 2.40pm Peer Support
7pm P&F Meeting

Tuesday 31st District Athletics

AUGUST

Wednesday 1st Interschool rugby carnival Yr 6 & 7
1.30-2.30pm Allira Richardson Yr 7
Thursday 2nd External Review
Friday 3rd Assembly 7S
Senior Singers Choir—Nursing homes’ concerts
1.30-2.30 Ned Show P-7

Monday 6th 1.40-2.40 Peer Support

Wednesday 8th St Mary of the Cross
10.00am Mass Yrs 4-7
Senior Singers - Sunshine Coast Eisteddfod

Friday 10th Assembly 7J
Movie Night

25 Year Anniversary Celebrations: Mt Maria College Petrie (formerly Kolbe College) is celebrating its 25 Year Anniversary in 2012.
To celebrate and acknowledge this significant milestone we are holding a 25 Year Anniversary celebration dinner on 17 August at the North’s Leagues and Services Club.
All past students, parents, staff members and friends of Mt Maria College Petrie and Kolbe College are invited –
Tickets are $35!
Please contact us for ticket information – We hope to see you there! :)
Phone: 3285 5500 Email: spetrie@bne.catholic.edu.au
“Walk to Learn”

Walk to School to Improve Academic Achievement

“A study recently undertaken by the California Department of Education shows a direct link between academic achievement and the physical fitness of school pupils. The study confirmed that fitness in children can be improved, not only by formal sports education but also by everyday fun activities with friends and family members, such as walking to school every day. Similarly, teachers report that children who have walked to school arrive more wide awake and ready to learn - nine in ten teachers in a recent Department for Transport survey consider that the walk to school makes children brighter, more alert and ready for the first class of the day.”

As it is impossible for many of our children to walk to school each day, I am organising a supervised walking group to walk around the third oval for 20 minutes each Tuesday to Friday.

There will be a small fee involved to purchase a T-shirt and drink bottle for each child.

If you are interested in your child joining our walking group please fill in the attached form and send it back to school ASAP.

Starting Tuesday 24th July at the Piazza outside the year 1S classroom.

Of course parents are VERY welcome to join us as well!

For more information please contact Maryann Wasmund by either dropping into the library or Emailing me on: mwasmund@bne.catholic.edu.au

I would like my child/children

__________________________

to join the morning walking group on

Tuesday
Wednesday
Thursday
Friday

According to the Queensland Transport and Main Roads Site regular walking improves:

- psychological well-being
- metabolism
- muscle strength and flexibility
- strength and endurance
- respiratory function
- concentration and memory.

As well as:
- strengthening the immune system
- increasing energy levels
- managing weight

Health professionals recommend that children and youths (5-18 years) undertake at least 60 minutes of moderate to vigorous physical activity every day to keep healthy.