Message from Mrs Staines

No Need to Worry

Good morning,
This is God!
I will be handling all of your problems today
I will not need your help –
So have great day

Author Unknown

♥ CLASSES FOR 2017
Thank you to everyone who contributed to our request for input into next year’s class arrangements. We really appreciate the honest and open responses that will support us in creating classes for 2017.

♥ TERM OUTLINES
Outlines for the term went home this week. Please read carefully and contact classroom teacher if you have any questions.

Community Council Meeting
Tuesday November 1
in the Music Room
at 7.00pm
All Welcome

| Diary Dates…
| TERM 4 |
| *21 Oct 2016 | 9.30am |
| 1/2 W & N Parish Mass |
| 2.30pm |
| Whole School Assembly |
| 1/2 S Presenting |
| *22 & 23 Oct 2016 |
| Presentation Masses for Reconciliation Candidates |
| *28 Oct 2016 | 9.30am |
| 3/4 W & N Parish Mass |
| 2.30pm |
| Whole School Assembly |
| 5/6W Presenting |
| *30 Oct 2016 |
| Catholic School Netball Carnival |
| *1 Nov 2016 | 7.00pm |
| Community Council Exec Mtg |
| Music Room |
| *4 Nov 2016 | 9.30am |
| 3/4 W & S Parish Mass |
| 2.00pm |
| 3/4 R Values Assembly Gratitude |
| 2.30pm |
| Whole School Assembly |
| 1/2N present |
| *9 Nov 2016 | 9.30 — 11.15 |
| *2017 |
| KINDERGARTEN ORIENTATION DAY |
| EXPO |
| *22 Nov 2016 | 7.30pm |
| Kindergarten 2017 Parent welcome |
| EARCE 2607 Ph: 62862443 Fax: 62865123 |
FRONT OFFICE CHATTER

Fee statements were emailed out to all families earlier this week. There have been a number of rejections in particular those with the Department of Human Services (DHS) and some email addresses with iinet addresses. These statements have been printed and will be sent home with the relevant children. We ask those families who have not received their statements by the end of this week to contact the Front Office.

All families that are leaving Sacred Heart at the end of the year are reminded to ensure that their fees are finalised by the end of the year. Please contact Shari if you need to discuss this matter.

LOST PROPERTY BINS OVERFLOWING

Our lost property bins are still overflowing, and hopefully most of the clothing items will be collected by end of term. We also have a large amount of tupperware and plastic lunch box containers that have been washed and ready for collection. If you have noticed that you have a few of these items missing, please come and see the front office.

CLOTHING POOL

Please note that the clothing pool shop has been relocated to the foyer near the Canteen and will continue to be open from 2.45 to 3.30pm every Friday. As well, uniform orders can be placed via QKR. There are also lots of second hand clothing in excellent condition for sale.

STUDENTS NOT ENROLLING AT SHPS IN 2017.

If you have a child/children not returning to SHSP in 2017, could parents / carers complete the slip below and return to the front office, or send through an email. Thank to those parents who have already provided slips regarding their child / children not attending SHPS in 2017.

REMEMBER:

Stage 1 and Kinder students are to wear sports uniform every Wednesday as they are participating in Dance lessons. All other Stages are to wear the their sports uniform on the following days:

- Kindergarten  Monday and Wednesday
- Stage 1  Monday and Wednesday
- Stage 2 & 3  Monday and Thursday

STUDENTS NOT RETURNING TO SACRED HEART PRIMARY SCHOOL IN 2017 (Not Year 6)

- My child/children have an Enrolment Application pending at another school
- My child/children will not be returning to SHPS in 2017

Child’s Name:____________________________________________   Class:________________________

Destination School:______________________________________________________________________

Forwarding Address:______________________________________________________________________
**SACRAMENT OF RECONCILIATION**
We offer our prayers in support of children in our community preparing for the Sacrament of Reconciliation this term.

**CHOIR NEWS**
Next Tuesday students in the SHPS choir will represent the school at the BIG GIG. Further details are included in the newsletter.

On Wednesday they will be leading the singing at the celebration of the Archdiocesan Mission Mass at St. Christopher’s Cathedral.

**PRINCIPAL’S AWARD**
At last week’s whole school assembly, it was my pleasure to present three students with my Principal’s award for the following:

- Tayla L and Ashley S for caring for the environment with a generous spirit; and
- James A for showing compassion towards others.

**WELCOME**
We extend a warm welcome to our new families and children that have joined us in Term 4. Welcome to SHPS Christian & Ella, Aidan, Hayley and Addison.

**SPORTS NEWS**
Congratulations to Tom E in 3/4R who recently represented the ACT at the Australian National Championships for Oztag in Coffs Harbour.
LIBRARY NEWS

REMINDER

SCHOLASTIC BOOK CLUB is due this Friday 21ST October.

WANTED

Are you an author or an artist? Your writing or artwork can go on this board for fellow students to read! Make sure to include a cover! The box is located under the wall!

REWARD

Let us see what YOU can do!

Alyssia Borgia & Alice Weber (school captain's)
Thank you to all the parents that attended the Reconciliation Parent Information Session last night. It was exciting to see all the new faces looking to enter into the sacramental program at our Mary Help Christians Parish.

In keeping with the message in last week’s newsletter article this term value is Gratitude. Sacred Heart is looking to make this personal value more tangible and is looking for different ways to acknowledge and thank each other for the big and little things in our life. Being grateful for something asks us to take stock of what we do have, putting aside the negative focus of what we don’t have. This is a 3 part series, and below is a list of 3 ways about how demonstrating gratitude can lead to positive outcomes in our lives. It is also important to note gratitude is something that we can build and cultivate in ourselves and others. With practice we can all benefit from this value.

1. **You Feel More Satisfied**
   Not completely happy with your life? Gratitude is a lasting feeling that sustains you longer than other fleeting sensations. Grateful people are more satisfied with their lives because they focus more on what they do appreciate in their life. When you practice gratitude, you take time to appreciate the things that you’re thankful for in your life. And this means that you won’t be longing as much for what’s missing in your life, because you won’t pay as much attention to it.

2. **You Motivate Others**
   When you say “thank you” to someone, they feel that you appreciate what you did for them, even if it is just a little bit. Saying “thank you” is therefore a powerful motivator for others to keep helping you again. This is because you are rewarding them with your appreciation. Have you ever noticed how it feels when someone doesn’t appreciate what you did for them? It makes you not want to help them again in the future because they don’t appreciate it. Small thank you’s go a long way, whether it’s a simple text message or a thoughtful email, you can never show someone enough gratitude.

3. **You’re Happier**
   Grateful people are happier. They’re more in tune with what’s going well in their lives and focus more on the positive. When you actually count your blessings (“I’m grateful for today’s beautiful weather, for my new shoes, for my close friends, etc) it puts you in a positive and uplifting mood. It’s very enjoyable to recognize the things that you might have been taking for granted, and to feel joy for having them in your life.

Aaron Fox A/Religious Education and Wellbeing Coordinator

**PARISH NEWS**

**40th Anniversary of Sacred Heart Church, Pearce.** Join the Archbishop and parishioners for a free catered luncheon to be held after the 10.00am Mass on Sunday 11 December 2016 in the school hall. Registration is essential. Tables of 8.

The Booking Sheet is in the church foyer. Foundation and past parishioners are particularly welcome.

Father Richard
Congratulations to the following students who will be celebrating their birthday this week and over the holidays:


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<thead>
<tr>
<th>Class</th>
<th>Students</th>
<th>Class</th>
<th>Students</th>
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<tbody>
<tr>
<td>KW</td>
<td>Julian M, Bowie P, Maddie T</td>
<td>KR</td>
<td>Molly F, Finn K, Isabelle A</td>
</tr>
<tr>
<td>KR</td>
<td></td>
<td>1/2R</td>
<td>Ivy E, Jack B</td>
</tr>
<tr>
<td>1/2S</td>
<td>Grace M, Parise T, Karen L</td>
<td>1/2W</td>
<td>Gabriel L, Angus M, Palak B</td>
</tr>
<tr>
<td>1/2N</td>
<td>Oliver I, Scarlett W</td>
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<tr>
<td>1/2M</td>
<td>James F, Jasmine N, Zac W</td>
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‘BIG GIG’ Mass Singing Concert
Tuesday 25th October
10-11am and 11.30-12.30am
Llewellyn Hall, ANU School of Music

Hosted by the Music Engagement Program, twenty-nine ACT schools are coming together to sing in Llewellyn Hall! ‘The Big Gig’ is two mass singing outreach concerts (which will also be filmed), on Tuesday 25th October, Llewellyn Hall, at 10am-11am and 11.30am-12.30am. Repertoire includes old community favourites from movies and musicals. Song sheets will be available to parents and community members on the day. Seating for the public will be available in the gallery accessed on Level 5 through door 5, no booking required, gold coin donation upon entry. Everyone is welcome. Come and join the singing and have some fun! The 11.30am concert will be livestreamed, and can be accessed here: https://livestream.com/accounts/5867449/BigGig

Sacred Heart Primary are performing at the 11.30am timeslot.

CLOTHING POOL

The Clothing Pool will BE OPEN Friday 21 Oct 2016 from 2.45 to 3.30pm. New and quality second hand school clothing are available. Uniform orders can be placed using the Qkr app and orders will be delivered to your child’s class.

Hats can be purchased from the Canteen. Thanks to all the helpers, your work is very much appreciated.

Any queries please contact me on 0407 008 148. Tracey Kane, Clothing Pool Coordinator

Canteen Roster - Week 3, Term 4

<table>
<thead>
<tr>
<th>TIMES: OCT</th>
<th>Monday 24th</th>
<th>Tuesday, 25th</th>
<th>Thursday, 27th</th>
<th>Friday, 2</th>
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<tbody>
<tr>
<td>9am-12pm</td>
<td>Sally</td>
<td>Sonia</td>
<td>Annie L</td>
<td>Lena</td>
</tr>
<tr>
<td>12pm - 2pm</td>
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</table>
Michael Warylo (father of Mikaela W 3/4 Red) has been selected to run in this year’s New York City Marathon on Sunday, 6 November 2016.

But what makes this story so great is why Michael is travelling to the other side of the world to run 42km...To defy the odds!

In December 2011 (4 days before Christmas), Michael was involved in an accident that shattered his knee cap. He spent the next few months in hospital, undergoing surgery and extensive rehabilitation. He was told he would never be able to run again.

But with grit and determination, he’s since completed 3 marathons and 2 ultra-marathons, which have reignited his passion for long distance running and landed him a place in this year’s NYC Marathon!

Not only that, he has also decided to use this platform to raise funds to purchase a piece of equipment for the Rehabilitation, Aged and Community Care (RACC) Services as his way of ‘giving back’ to all the health professionals, doctors and nurses who helped care for him after his accident.

Donation details are below along with a short interview with Michael.

Thank you for your support!

Donations can be made by visiting Canberra Hospital Foundation’s website, or directly visiting his everyday hero page at: https://give.everydayhero.com/au/new-york-marathon-2016

The parish has a craft group that meets every Monday at 10am in the Parish Hall. You are invited to join the Parish Craft Group aka A Common Thread. It is a friendship group of women meeting with a common thread of sewing, knitting, crochet, quilting or any form of needlework or craft on a regular basis. You can bring your own projects along or begin something new with friends. Come along or for more info please contact Lauretta at laurettar4@gmail.com

Piano tuition is available to all ages and styles. Beginners most welcome.

Please contact Craig Mewett via phone: 0262785331 or mobile 0409151887.
Thank you so much to all the amazing volunteers who came to the participant bag packing on Sunday. We managed to pack the 1400+ bags and sort them into school teams. We truly appreciate your time and for supporting Sacred Heart in hosting the Catholic Schools Netball Carnival.
RAFFLE  RAFFLE  RAFFLE

As part of the 2016 Catholic Schools Netball Carnival, we are running a Raffle! There are a heap of fantastic prizes including a Capercaillie Wine Pack, Capital Chemist gift hampers, Quality Meats meat trays, wine (kindly donated by IGA Deakin and Barton Grocer), a BBQ, Tip You’re It vouchers, a Sportsmans Warehouse Pack and more!

Tickets are $5 each or 3 for $10.

Tickets have been sent home for parents to sell (please note as some of the prizes include alcohol, tickets may not be sold or purchased by people under 18 years of age).

**Tickets are requested to be returned to the school by Tuesday, 25 October 2016.**

Extra books of tickets will be available from the Front Office for anyone who can lend a hand to sell additional tickets.

Thanks for all your support.

Sacred Heart
Catholic Schools Netball Carnival Committee

Sacred Heart Volunteer Information Session

All volunteers assisting at the Catholic Schools Netball Carnival are encouraged to attend an information night on

**Tuesday 25 October at 6.30 pm in the school library.**
Kindergarten and Year 1 Registrations

NetSetGo clinics will be offered on the day of the Catholic Schools Netball Carnival for all children (boys and girls) in Kindergarten and Year 1.

NetSetGo is a fun skills clinic to introduce netball to new players. Each session will run for approximately 50 minutes.

Registration forms are available in the school foyer or by emailing shpsnetball2016@gmail.com.

So join in the fun and return your registration form as numbers are limited!

Catholic School Netball Carnival 2016 Draws

The draws for the netball carnival are NOW on the school website.
Bake stall at the Catholic Schools Netball Carnival

Plates went home this week and we are asking each family to provide some home baked goodies to be sold on the day of the carnival.

Please note there needs to be an ingredients list provided for all food products sold. Due to allergies, we ask that you do not use any nuts in any of your baked goods.

Delivery can be made to Sacred Heart on Saturday 29 October between 3-3.30pm or directly to the bake stall at the carnival Sunday 30 October between 8-10am.

Thank you for your assistance and we look forward to seeing all the scrumptious treats!
CATHOLIC SCHOOLS NETBALL CARNIVAL – PLANT STALL

Plants Plants Plants!!!

Do you have them?? We need them!! Please bring any plants or decorative pots that you wish to donate into the school before Friday 29th October for the Netball Carnival on 30 October. If you have anything you want dug up at your place, let me know and I’ll come and get it!

Calling all Volunteers!!

Call Rachel on 0466 342 430


With over 100 students registered from Sacred Heart for the Netball Carnival, we ask that those parents and carers that are on Facebook, to please go and ‘like’ our page. This page will keep you up to date with all draws, prices and general information for the day. You can find the page by searching ‘2016 Catholic Schools Netball Carnival’.
BBQ

Showbags for everyone

Lolly stall

Drink stall

Jumping castles

Bake stall

Golf fun

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29 Murphy Street, PEARCE 2607
Ph: 62862443
Fax: 62865123
We would like to thank the support of the following sponsors

- Westfield Woden
- T
- Benmax Group
- Capital Chemist
- ASET
- Southlands
- FYSHWICK FRESH
- Capercaillie Wines
- Coates Hire
- ANZ
- Canberra Milk
- Konica Minolta
We would like to thank the support of the following sponsors:
SPORTING AND COMMUNITY NEWS AND PROGRAMS

Lanyon Valley Swim School in conjunction with Rowena's Swim School will be running a 5 day intensive program at Girls Grammar School, Red Hill on the 9th of January to the 13th of January 2017.

The holiday program is open to children turning 8 in 2017 and above. The pool is 25 metres and will benefit all those children who wish to improve their technique and also get them ready for school swimming carnivals. The child should be capable of swimming at least 25 meters of various strokes.

There will be 3 x 1 hour sessions available, 9am, 10am and 4pm and the program is open to anyone, not just current students.

Enrolments for regular holiday program commencing on the 9th of January - 13th of January and enrolments for Term 1, 2017 are now also now open.

Please Email me on samantha.cocking@gmail.com for more information or to place your enrolment.

WODEN SATURDAY FUN TOURNAMENT

22nd OCTOBER 2016

Location: Canberra Academy of Chess
Unit 32 Dundas Court, Phillip, ACT
Time: 1:00pm - 4:00pm
Cost: $25 per player

Swiss competition (approximately 7 rounds). All players play 7 games and no-one is 'knocked out' of the tournament. For players under 18 years of age. The time limit is 15 minutes per player per game.

Trophies for 1st Place, 2nd Place, 3rd Place, as well as other age/rating prizes. All players receive a certificate of participation.

To enter online go to www.canberraacademyofchess.com.au/payment use the code R0JB6WA972 and follow the prompts to make a credit card payment.
Holy Trinity Primary School

Celebrating 50 Years
of Functions in the School Hall
1966 to 2016

Everyone Welcome!

SATURDAY
22ND OCTOBER 2016
7:30 PM
DINNER DANCE

We are looking forward to you joining us for an old school dinner dance to celebrate fifty years of functions and frivolities in our school hall. A fully catered evening complete with dance instructions, rocking music through the ages, wine and soft-drinks: please join us to celebrate 50 years of our fantastic school.

Tickets are $50.00
($1 per year) per person and are available from QKR, (P&F section) or via the Front Office

If you don’t have QKR, please bring cash payment to the front office in an envelope marked “School Dance” with your name and details.
COMMUNITY NEWS AND EVENTS

PEARCE PRE SCHO O L
MARKET DAY
10 -2 pm
SUNDAY 6 NOVEMBER
1 Pendred Street, Pearce

Pearce Preschool’s inaugural Market Day! All welcome.
[#pearcepreschoolmarketday]

- Christmas Craft
- Homewares
- Bric-a-brac
- Op Shop
- Tombola
- Plants & Seedlings
- Books
- Fresh Eggs
- Face Painting
- Cake Stall
- That Gelato Place
- Sausage Sizzle
- Devonshire Tea
- Fire Engine
- Wheelchair access

Facebook
“Pearce Preschool Market Day 2016”
Instagram @pearcepreschoolmarketday

All funds go to Pearce Preschool to support the learning program and purchase learning resources.

DO YOU LIKE TO DANCE?

Would you like to join a Club? Then come and see us in action at the

Deanne Calisthenics Club
‘End of Year Concert’

When: Sunday 6th of November
Time: 1pm to 5pm.
Where: Erindale Theatre
        McBryde Cres, Wanniassa
Cost: Gold coin donation

Be entertained by the colourful spectacle on stage and experience the friendly atmosphere of our welcoming Club. Calisthenics is a unique combination of sports & performing arts which develops team work, friendship and self-confidence through enhancing skills in dance, performance, singing, musical appreciation, flexibility & strength. If you like what you see, then talk to our door staff and put your child’s name down for our following offer:

FREE COME & TRY CLASSES!!
at the Woden Seniors Centre
12 Corinna Street, Phillip
on the 10th November 2016.
4.30pm:  T inies (3-7yo) &  Sub-Juniors (8-10yo)
5.30pm: Juniors (11-13yo)

Our contact details are as follows: - president@deanne.com.au -
www.deanne.com.au - 0407 899 842
GET INTO GOLF

MyGolf is Australia’s introductory golf program, for kids between 5 and 12 years of age.

MyGolf is a fun way to begin learning the basics of the game in a safe and healthy environment.

Every MyGolf centre across Australia has the same goal; to make golf a fun experience for kids.

There are three stages of the MyGolf program to meet the needs of all participants:

**ROOKIE**
Introduction to golf

**STAR**
Develop golf skills

**MASTER**
Prepare to play

All participants can receive a fantastic MyGolf giveaway pack including their very own golf club!

MyGolf uses game-based activities to introduce kids to golf and develop their skills.

There will be cool competitions, promotions and opportunities for MyGolf participants to attend the biggest golf tournaments of the summer, so make sure you don’t miss out and visit mygolf.org.au today.

REGISTER NOW AT
MYGOLF.ORG.AU