Do you want to be Happy?

St Patrick’s once again hosted Jocelyne Chirnside as she talked and engaged the students on how to deal with conflict. The students responded well and being a small school all the students were involved in the program. Part of the program that resonated with me is the need to be “generous” in thought and deed. Too often we assign motives to others that are not there. This generosity of spirit is central in Christian Teachings and leads to a happier and healthier life.

Pope Francis also articulated suggestions also how to live a happier life. Here are Pope Francis’s secrets to happiness as translated by Catholic News Service:

1. “Live and let live.” Everyone should be guided by this principle, he said, which has a similar expression in Rome with the saying, “Move forward and let others do the same.”

2. “Be giving of yourself to others.” People need to be open and generous toward others, he said, because “if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid.”

3. “Proceed calmly” in life. The pope, who used to teach high school literature, used an image from an Argentine novel by Ricardo Guiraldes, in which the protagonist — gaucho Don Segundo Sombra — looks back on how he lived his life.

4. A healthy sense of leisure. The Pope said “consumerism has brought us anxiety”, and told parents to set aside time to play with their children and turn of the TV when they sit down to eat.

5. Sundays should be holidays. Workers should have Sundays off because “Sunday is for family,” he said.

6. Find innovative ways to create dignified jobs for young people. “We need to be creative with young people. If they have no opportunities they will get into drugs” and be more vulnerable to suicide, he said.

7. Respect and take care of nature. Environmental degradation “is one of the biggest challenges we have,” he said. “I think a question that we’re not asking ourselves is: ‘Isn’t humanity committing suicide with this indiscriminate and tyrannical use of nature?’”

8. Stop being negative. “Needing to talk badly about others indicates low self-esteem. That means, ‘I feel so low that instead of picking myself up I have to cut others down,’” the Pope said. “Letting go of negative things quickly is healthy.”

9. Don’t proselytise; respect others’ beliefs. “We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyses: ‘I am talking with you in order to persuade you,’ No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytising,” the Pope said.

10. Work for peace. “We are living in a time of many wars,” he said, and “the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive” and dynamic.

A Special Thank You- Paint the Town Read

To all who participated in Paint the Town Read. It was another great community event supported by local businesses and organisations. Thanks also to the staff at Mitchell State School who facilitated the event.

God Bless

Allan Clark
RUOK DAY

Tomorrow is RUOK Day. Remember to ask people if they are ok.

Tuckshop

Thank you to all the wonderful ladies who prepare the tuckshop food for the students and staff each week. Please find attached to today’s newsletter the Roster for next term.

Enrolments for 2016

Enrolling now for 2016 at St Patrick’s School. Children turning 5 before 1 July 2016 are eligible to start Prep in 2016. Please contact the school or visit our new website (www.mitchell.catholic.edu.au) to obtain enrolment forms. All Year levels welcomed. Some of the benefits of attending our great school:

- Small School
- Great teacher/student ratio
- Well-resourced
- Caring and Dedicated Staff
- Learning Every Day

Year 4/5/6 News

As we reach the end of term 3, I would like to say thank you to all the students who have been working hard in class and also in the playground. I would also like to thank the parents who returned their P/T Interview forms so quickly (I’m sure it had nothing to do with the chocolate frog on offer for the kids)! The roster for the interviews on Tuesday 15th September will be going home this week. I do apologise if you did not get a time you requested but I tried my best to accommodate everybody’s requests. If your given time does not suit, please email me at amy.davis@twb.catholicedu.au and we can discuss a solution to this.

On Friday, we participated in the community event ‘Paint the Town Read’. Thank you to Jane Filan for organising the fantastic event, the kids really enjoyed it. We visited three business and were read 3 fantastic books. Thank you to Constable Matt Hawkins at Elders, Phil Kettle (Author of the ‘Too Cool’ series) at the Library and Amy Garland at Samios. The students definitely enjoyed the amazing cake as well!

Wishing you a wonderful week and a fantastic school holidays!

Miss Davis

Prep, 1/2/3 News

Please confirm times that you are available as soon as possible for Parent Teacher interviews next week. Thank you

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<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Lainie</td>
<td>15-Sep</td>
<td>5.00pm</td>
</tr>
<tr>
<td>Joshua</td>
<td>15-Sep</td>
<td>5.00pm</td>
</tr>
<tr>
<td>Mia</td>
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<tr>
<td>Zoe</td>
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<tr>
<td>Stirling</td>
<td>8-Sep</td>
<td>3.15pm</td>
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<tr>
<td>Talon</td>
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<tr>
<td>T-Jay</td>
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<td>Ryan</td>
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<td>Izaak</td>
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<tr>
<td>Jarad</td>
<td>15-Sep</td>
<td>5.15pm</td>
</tr>
<tr>
<td>Aaron</td>
<td>15-Sep</td>
<td>5.30pm</td>
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<tr>
<td>Phoenix</td>
<td>15-Sep</td>
<td>8.00am</td>
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<tr>
<td>Jaxson</td>
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<td>Nicholas</td>
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<tr>
<td>Lincoln</td>
<td>15-Sep</td>
<td>8.00am</td>
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<td>Everton</td>
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<tr>
<td>Storm</td>
<td>8-Sep</td>
<td>3.15pm</td>
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Footy Colours Day

Thank you to everyone who dressed in their footy colours last week and donated a gold coin to this very worthy cause. A total of $30.00 was raised and will be forwarded to Fight Cancer Foundation.

School Fees

St Patrick’s has one of the lowest school fees in the Diocese and it is through the school fees and fund raising that we are able to support our students. Your fees have gone to the cost of swimming and additional weekly Teacher Aid time for your children in each of the classes. Recently the P&F have provided some funds for the large mat in the P-3 room for $1200 and for more sports equipment for $1800.
The fees have gone out again and this week. Thanks for all those who pay on time or about to. Thanks also who continue to make regular payments. Regular payments through direct deposits is one way to manage your account. If you are having difficulty paying please contact the office to arrange a meeting.

Child Protection
The school student protection contacts at St Patrick’s School are Mr Allan Clark and Miss Amy Davis. The School Counsellor is Ms Allison Cuskelley

First Reconciliation
The Sacrament of First Reconciliation will be received on 17 October this year. Any baptised Catholic child from Year 2 up can take part in reconciliation. Mrs Jane Filan will be starting instruction on Wednesday 9 September at 3:30pm at the church. Confirmation/Communion will be early next year – yet to be advised by Fr Jamie for a date. For those interested in signing up for reconciliation can call Mrs Filan on her mobile 0418181443.

Birthdays
A very Happy Birthday to the following students.

Jason who turned 11 on 5 September
Mia who turned 9 on 6 September
Josh Cross who turned 9 on 8 September
Izaak who turns 8 on 19 September
Jaxson who turns 8 on 27 September and Ryan who turns 8 on 1 October

Library News
Children as we only have two weeks left of school could you please start returning any books you are not using.

Thank you Miss Karen

St Patrick’s Garden Club Raffle
Mr Darryl is running a raffle to raise money to purchase plants for the school gardens. The prizes are a St Patrick’s Rose and a RSL Rose. Tickets are on sale at the school office or see Darryl or Rose Betzien. Tickets are $1-00 each. The raffle will be drawn on 10 September.

Mungallala Tennis Camp
21st – 22nd September 2015
Mungallala recreational grounds

Mungallala Progress Association and Maranoa Regional Council are holding another tennis coaching camp this school holidays.

All school aged children are invited. There will be 2 lessons on both days, run by tennis coach Dean Stanisell. The camp costs $30 each child to cover meals. Children and parents are invited to camp at the Recreational grounds in Mungallala on Monday night. Lessons start at 8am Monday.

BYO: hat, sunscreeen, tennis racquet, water bottle, swag, clothes, toiletries if staying overnight.

Please let Kylie Hindle (0459288770 or 46236174) know if you wish to book a spot.

This is a great camp, so book your spot early!!!

Mungallala Progress Association

Roma and District Eisteddfod 21, 22, 23rd October

The month of August is your time to think about entering this year’s Roma and District Eisteddfod! Entries close in September, but you don’t have to perform until early in Term 4! This year the eisteddfod focuses on Poetry and Reading skills. You can get a copy of the syllabus by emailing romaeisteddfod@gmail.com.

An eisteddfod is a great place for children to gain confidence in speaking and performing in public. The audience is always kind and respectful, and the students learn so much by watching others perform, and by listening to the great feedback given them by the adjudicator. This year, Damian Overton, a young film/ play writer/ producer is coming from Brisbane. This will be his first eisteddfod as an adjudicator, but he has lots of experience with Drama Festivals!

Your child really is capable of performing, and will gain a lot from the experience. Please email carmel.treasure@twb.catholic.edu.au if you have any questions or concerns about your child taking part. There are sections that would suit every child at the school, from year 1 to year 12.

Woolworths Earn and Learn
Earn and Learn is back. Starting Wednesday, 15 July when anyone from the school community-staff, parents, friends shop at Woolworths, they can collect stickers to place on their sticker cards. They’ll get one sticker for every $10 they spend. Once they complete their sticker cards they can place them in a collection box at school or at Woolworths store in Roma. Please send in all stickers as soon as possible as the program is now finished. The school is then able to claim educational equipment from Modern Teaching Aids when the stickers are tallied.
Term Three

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wed 9 Sept</td>
<td>Tuckshop</td>
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<tr>
<td>Thurs 10 Sept</td>
<td>Music lessons and Library Day</td>
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<tr>
<td>Fri 11 Sept</td>
<td>Assembly 2.30 p.m.</td>
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<tr>
<td>Wed 16 Sept</td>
<td>Tuckshop</td>
</tr>
<tr>
<td>Thurs 17 Sept</td>
<td>Library Day/No Music lessons</td>
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<tr>
<td>Fri 18 Sept</td>
<td>Term Three ends</td>
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</tbody>
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**Term Four at a Glance**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>Mon 5 Oct</td>
<td>Labour Day Holiday</td>
</tr>
<tr>
<td>Tuesday 6 Oct</td>
<td>Term Four commences</td>
</tr>
<tr>
<td>Fri 9 Oct</td>
<td>P &amp; F Meeting 1.30 p.m. ALL WELCOME</td>
</tr>
<tr>
<td>Tues 13 Oct</td>
<td>School Mass 2.00 p.m. and Board Meeting 4.00 p.m.</td>
</tr>
<tr>
<td>Sat 17 October</td>
<td>Mass and Sacrament of First Reconciliation St Columba’s Church 6.00 p.m.</td>
</tr>
<tr>
<td>Mon 19 Oct</td>
<td>Pupil Free Day – CTJ Day</td>
</tr>
<tr>
<td>Tues 3 Nov</td>
<td>Melbourne Cup Day</td>
</tr>
<tr>
<td>Tues 10 Nov</td>
<td>School Mass 2.00 p.m.</td>
</tr>
<tr>
<td>21,22,23 Oct</td>
<td>Roma Eisteddfod</td>
</tr>
<tr>
<td>Sat 21 Nov</td>
<td>Mass St Columba’s 6.00 p.m.</td>
</tr>
<tr>
<td>Sun 29 Nov</td>
<td>Ecumenical Service MHEP Mitchell Hospital 9.00 a.m. (Catholic)</td>
</tr>
<tr>
<td>Thurs 3 Dec</td>
<td>Last day of school for 2015</td>
</tr>
</tbody>
</table>

**Forms to be Returned ASAP:**

**Absent Note if required**

_________________________ was/will be away from school on the following dates:

_________________________________________________________

They were/will be away for the following reasons:

_________________________________________________________

A copy of a medical certificate is attached: Yes/No

Parent/Guardian Sign:_______________________

Teacher Sign: _______________________

Please fill out this form and return to the classroom teacher prior to or just after your child has been absent from school.

**A letter from John Birkett**

President Mitchell & District Junior Rugby League & Netball Association

Dear Parents,

During the off season of Football and Netball the JRLFC is endeavouring to provide Sporting Clinics for a range of different sports to the Children. We are hoping in the future if the clinics are well supported to receive Funding to provide Coaches & Equipment for our sporting clinics.

This is just a note to inform all parents and children and to allow you the chance to have an input into what types of sport you feel your children would benefit from.

At this stage the Clinics would run a month at a time for each sport, so 6 sports all up, (Sept, Oct, Nov, Jan, Feb & Mar).

There would be training for each Clinic every Thursday afternoon and games on Saturday mornings.

**September** Sports Clinic will be **Golf**, to coincide with a Golf Fun Day on the 26th of September.

So **Thursday the 3rd September** at 4pm at the **Golf Club** will be the first training clinic! **If any children have their own golf clubs that they could bring over that would be greatly appreciated.**

**Times** –

Thursday – 4pm
Saturday – 9am

**Venue** –

Most Clinics and Training Runs will be at the RSL & Combined Sports Complex but depending on the sport the venue may change accordingly.
Please fill in the form below and return to either John Birkett or Haylee Cornelius

I _______________________________ would be interested in having my Child/ren
_______________________ Attend the sporting clinics.

Please tick which Sports your Child would be interested in participating in;

- O Golf
- O Cricket
- O Softball
- O Soccer
- O Tennis
- O Hockey
- O Basketball
- O Bowls

Others _______________________________