Principal’s Report

Dear Parents

Busy Term, Great Events, Caring Small School

Here is just some of what has been happening:

**Roma and District Eisteddfod**

Congratulations to the students of St Patrick’s for their participation at the Eisteddfod. The P-3 received a Highly Commended and the 4-6 were placed third. The behaviour at the event was excellent and there was a feeling of pride as we took the stage. Great team work and thanks to the Teachers Miss Davis and Mr Verschuur in the getting the students ready for the event. We have strong links to St John’s in Roma and thanks to Carmel Treasure who was able to help our students select and practise their poems. Thanks also to Roma and District Eisteddfod Committee for putting on the event. We look forward to participating again next year.

First Reconciliation

It was great for all of St Patrick’s Teaching Staff to share in the spiritual journey of many of our students (Ben, Joshua, Jarad, Aaron and Lainie) as they made their First Reconciliation on Saturday 17 October. Father Jamie Collins celebrated Mass as each child received the sacrament. The families and friends had a shared supper afterwards. Thanks for all your prayers and to Mrs Jane Filan in preparing the students for this sacrament.

Bridge Builders

Jocelyne Chirnside visited us again at St Patrick's with her Empowering Life Skills workshop. Jocelyne is at the forefront in developing what I believe to be a world class program to help students work with conflict and bullying. St Patrick’s has been an early adopter of the program and being a small school we have been able to empower all our students from Prep to Year Six. While we can never eliminate conflict it is great to see how her skills are now being used in the playground to solve potential problems. Scissor, Paper, Rock a simple game but it easy enough for all our students to use.

Deadly Choices

This Indigenous Group based in Charleville is working with the students promoting health life choices for all. Once again being a small school we have been able to target all our students so everyone is involved. The older students are discussing what goes into our bodies and their effects, the younger students looking at team building and getting along. This program is running all this term and the students enjoy it enormously. Thanks guys keep up the great work.

Happy Birthday and Happy Fiftieth Wedding to One of our Greatest Fundraisers

Happy Birthday Ruby Waldron and congratulations to both Ruby and Brian on fifty years of marriage.

Mrs Waldron has worked for years raising money for our school and other organisations as well and we really appreciated all her efforts.
Ruby has been an institution over many decades on the streets of Mitchell with her money boards and raffle tickets. The St Patrick’s community would like to extend their heartfelt thanks for the many hours of dedication. All the best for your special days.

Caring Makes the Difference
Allan Clark

Day for Daniel

The 11th annual Day for Daniel 2015 will be held on Friday the 30th October

The Daniel Morcombe Foundation held the first Day for Daniel in November 2005.

The Day for Daniel is a National Day of Action to raise awareness of child safety, protection and harm prevention.

It is about educating children and adults about keeping kids safe through child safety and protection initiatives. It aims to help empower our children to Recognise, React and Report if they feel something is not right.

Wear Red and Educate is the theme of for Day for Daniel as we strive to have schools, kindergartens, businesses and communities across Australia take action and conduct child safety activities in their local communities to help in Keeping Kids Safe.

The objectives of Day for Daniel are:

- To raise awareness about child safety and protection and to promote a safer community for children.
- To educate children regarding their personal safety and empower them to Recognise, React and Report.
- To provide FREE safety and educational material.
- To honour the memory of Daniel Morcombe.
- To have over 1 million people Australia Wide to participate in Day for Daniel.

Day for Daniel is also an opportunity for Australians to make a statement that crimes against children are not acceptable in modern Australia. **Children are allowed to wear the colour RED if they choose (free dress) this Friday, 30 October.**

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. St Patrick’s School is pleased to offer a $250-00 voucher to all Preps enrolling for 2016. This voucher can be used to pay school fees, purchase uniforms and stationery. 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

Ear Health

Feel better, learn better with healthy ears. This is a great new link to the Cowboys promotion regarding ear health.


Symptoms of sleep deprivation in children

Many children are coming to school and showing signs that they are not getting enough sleep.

Sleep deprivation affects children in different ways to adults. Sleepy children tend to ‘speed up’ rather than slow down. Symptoms include:

- Moodiness and irritability
- Temper tantrums
- The tendency to emotionally ‘explode’ at the slightest provocation
- Over-activity and hyperactive behaviour
- Daytime naps
- Grogginess when they wake up in the morning
- Reluctance to get out of bed in the morning.

Tuckshop

Thank you to all the wonderful ladies who prepare the tuckshop food for the students and staff each week. We will be looking for a few more helpers in 2016 as people move. Please consider volunteering for Tuckshop if you are able. Its only a few hours each month and children love having their family members at the school helping out.

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APRE News

The next Mass is our Remembrance Day Mass on Tuesday 10th November (Week 6). Students are invited to bring in a photo of someone they would like to remember during this time for me to include in the PowerPoint. Photos will need to be in no later than Monday 9th November.

Prep 2016 Transition Days

The children and teachers from the Mitchell Early Childhood Centre will be visiting St Patrick’s School for two transition days on 4 and 18 November. Any other children starting Prep in 2016 are very welcome to attend these sessions. Could you please advise the school if you will attending. The morning visit will be from 8.50 to 10.00 a.m. One of their new teachers Mrs Gemma Donaldson will be present to show them around the school and do some activities. Morning tea will be provided. The school bus will pick up the children from the Kindy at 8.45 a.m. on both days and bring them to here. When the session is finished the children and teachers will be walking back to the Early Childhood Centre.
Effects of sleep loss on children

Selected statistics from research studies into sleep loss and its effects on children and teenagers include:

- Sleep loss causes a range of schooling problems, including naughtiness and poor concentration.
- Later start times at school result in reduced daytime sleepiness, higher grades and reduced negative feelings.

How much sleep is enough?

Sleep requirements differ from one person to the next depending on age, physical activity levels, general health and other individual factors. In general:

- Primary school children – need about nine to 10 hours. Studies show that increasing your child’s sleep by as little as half an hour can dramatically improve school performance.

Sleep suggestions

Suggestions on how to get more sleep include:

- Purposefully go to bed earlier each night.
- Improve your sleeping environment in any way you can – for example, keep it dark and sound-proof, turn off lights and wear earplugs if you have noisy neighbours.
- Don’t have any distractions in the bedroom such as TV or a computer.
- Use relaxation techniques to help you fall asleep quickly.

Bookclub

The next bookclub orders are due on 12 November. Please make cheques payable to St Patrick’s School. This will be the last bookclub for 2015.

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 Cuskelly

Birthdays

A very Happy Birthday to the following student:

There are no birthdays to celebrate this week.

P & F Association 4.5 kg Toblerone Raffle

Thank you to everyone for supporting this raffle and selling the tickets. Thank you once again to Mrs Ruby Waldron for selling tickets down the street. She has done an amazing job. As the raffle is to be drawn this Friday, 30 October, please return all tickets immediately.

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<tr>
<th>Term Four</th>
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<tbody>
<tr>
<td>Wed 28 Oct</td>
<td>Tuckshop/Deadly Choices Years 4 to 6</td>
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<td>Thurs 29 Oct</td>
<td>Music and Library</td>
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<td>Fri 30 Oct</td>
<td>Year 7 Transition Day MSS/Assembly 2.30 p.m.</td>
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<td>Tues 3 Nov</td>
<td>Melbourne Cup Day</td>
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<td>Wed 4 Nov</td>
<td>Tuckshop/Deadly Choices Years 4 to 6</td>
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<td>Thurs 5 Nov</td>
<td>Music and Library</td>
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<td>Fri 6 Nov</td>
<td>Assembly 2.30 p.m.</td>
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<tr>
<td>Tues 10 Nov</td>
<td>Remembrance Day Mass 2.00 p.m. and Board Meeting 4.00 p.m.</td>
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<tr>
<td>Wed 11 Nov</td>
<td>Tuckshop/Deadly Choices Years 4 to 6/ Life Be In It</td>
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<tr>
<td>Thurs 12 Nov</td>
<td>Music and Library – Book club order due</td>
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<tr>
<td>Friday, 13 Nov</td>
<td>Assembly 2.30 .m. ALL WELCOME</td>
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<td>Sat 14 Nov</td>
<td>Mass St Columba’s 6.00 p.m.</td>
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<td>Wed 18 Nov</td>
<td>Tuckshop/Deadly Choices Years 4 to 6</td>
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<td>Thurs 19 Nov</td>
<td>Music and Library</td>
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<td>Fri 20 Nov</td>
<td>Year 7 Transition Day MSS/P &amp; F meeting 1.30 p.m. at the Mitchell Hospital/Assembly 2.30 p.m.</td>
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<td>Fri 27 Nov</td>
<td>Awards Night/Talent Show 6.00 p.m. BBQ</td>
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<td>Sun 29 Nov</td>
<td>Ecumenical Service MHEP Mitchell Hospital 9.00 a.m. (Catholic)</td>
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<td>Wed 2 Dec</td>
<td>Deadly Choices</td>
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<td>Thurs 3 Dec</td>
<td>Last day of school for 2015</td>
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Forms to be Returned ASAP:

Absentee Note if required