Dear Parents,

Thank you to everyone who came along to the Junior showcase last week. I am sure you enjoyed the sample of their learning and would agree that it certainly was very entertaining! A number of parents commented on how confident the children were and how nervous they would have been if they themselves were performing, so I think that you can see that our Performing Arts program also assists in building confidence, self-esteem and resilience.

Congratulations and thank you to all our Junior children for their performance and a big thank you to our teachers for their work and time.

This week we are beginning our 2016 Prep Orientation. Our Prep teachers for next year will be Miss Davina Bernau and, with Mrs Jenny Foley opting for a change of teaching level, Miss Tara Riddiford.

For those parents, apart from 2016 preps, who sent me requests in Term 3, could I ask that you resend them as I have mislaid my file. By publishing this, I am sure it will now turn up!

This Thursday is Carnival Day, organised by our Senior students. For the cost of a gold coin, it is a free dress day but hair and school hats still apply, [please remember, no bare shoulders or midriffs, open toed shoes, or inappropriate slogans] and tokens may be purchased for the activities. See further for more information.

Just a reminder that there is no school for students next Monday and Tuesday as Monday is a school closure day and Tuesday is Melbourne Cup Holiday. We hope you enjoy your extended weekend.

Congratulations to our Students of the Week:

PB: Darcy S C/Priya R
1/2U: Alex A
1/2H: Madison K
1/2R: Patrick O’B
3/4M: Scarlett S
3/4C: Matthew V S
3/4N: Riley L
3/4T: Mikehel W
5/6B: Dustee W
5/6F: Peri B
5/6S: Sam M

5/6L: Chelsea C

With my prayers and best wishes for the coming week,
Mrs Lynne O’Meara  Principal
# What's Coming Up!

<table>
<thead>
<tr>
<th>Week Four</th>
<th>Monday, 26th October</th>
<th>3.30pm</th>
<th>• Staff Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tuesday 27th October</td>
<td>12.00pm</td>
<td>• Peer Support Visit from MLMC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3.45 pm</td>
<td>Grade 6 Students</td>
</tr>
<tr>
<td></td>
<td>Wednesday 28th October</td>
<td>3.45pm</td>
<td>• Parent Info &amp; 2016 Prep Session</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9.15am</td>
<td>• Parent Info &amp; 2016 Prep Session</td>
</tr>
<tr>
<td></td>
<td>Thursday 29th October</td>
<td></td>
<td>• Whole School Mass (All Saints Day).</td>
</tr>
<tr>
<td></td>
<td>Friday 30th October</td>
<td>11.40am</td>
<td>• Carnival &amp; Free Dress Day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>~ organised by Year 5/6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• School Assembly</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week Five</th>
<th>Monday, 2nd November</th>
<th>10am –12</th>
<th>• Curriculum Day – SCHOOL CLOSURE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tuesday 3rd October</td>
<td></td>
<td>• Cup Day – SCHOOL CLOSURE</td>
</tr>
<tr>
<td></td>
<td>Thursday 5th November</td>
<td></td>
<td>• 2016 Prep Orientation Session 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• 2016 Prep Parent Literacy session</td>
</tr>
<tr>
<td></td>
<td>Friday, 6th November</td>
<td>11.40am</td>
<td>• School Assembly</td>
</tr>
</tbody>
</table>

**School Closure Days**

_Monday, 2nd November (Day before Cup Day) – Reporting_

---

Lord, we are so often blind in our lives: blind to the gifts we have, wanting only what we don’t have; blind to the real needs of family and friends, seeing only the superficial; and blind to the signs of your love present in our lives.

Help us to really see our families, friends and colleagues: to see with loving eyes rather than with eyes of haste or indifference, and to have the courage to ask you for what is really needed in our lives. We ask this through Christ our Lord,

Amen.
All St. Mary’s students are required to wear the full correct school uniform. We believe that the wearing of uniforms promotes the children’s pride in their school and self-discipline. Uniform items can be purchased or made at little cost. The uniform shop at St. Mary’s carries all uniform items, including school and library bags. There is a small amount of second hand uniforms available in the shop.

Children

Girls’ Winter Uniform
Navy tunic or tailored pants
Length of dresses and tunics should not be above the knee (no jeans, jean style or cargo pants)
St Mary’s polo shirt
St Mary’s windcheater
Navy socks or tights
Black polished shoes (no sneakers/runners)
Navy gloves and scarf (optional)

Boys’ Winter Uniform
Navy Trousers
Length of dresses and tunics should not be above the knee (no jeans, jean style or cargo pants)
St Mary’s polo shirt
St Mary’s windcheater
Navy socks
Black polished shoes (no sneakers/runners)

Girls’ Winter Sports Uniform
Navy track suit pants
St Mary’s windcheater
Navy unisex sports shorts or navy skort.
St Mary’s polo shirt
White St. Mary’s sports socks or plain white socks and runners

Boys’ Winter Sports Uniform
Navy track suit pants
St Mary’s windcheater
Navy unisex sports shorts
St Mary’s polo shirt
White St. Mary’s sports socks or plain white socks and runners

The uniform shop is open Tuesday afternoons and Thursday mornings……..
Bucket hats are available to purchase for $10.00 each.
Sizes small, medium and large. Send exact money in and envelope with your child’s name/grade and hat size clearly marked.

The Naplan test results for Grades 3 & 5 are available for collection. We ask that when reading your children’s results that you remember that they are based on one test, on one occasion, back in May of this year. We monitor and assess your child’s progress on an ongoing basis and take into account the overall context of their academic and learning needs. If you have any questions, please do not hesitate to make a time to speak to the classroom teacher.

With Summer uniform now in place, it is obvious that many children have had a growth spurt over the cold weather period. Could everyone please check uniforms to ensure that they still fit and also to let down hems if necessary. We remind everyone that the uniform length for dresses is not above the knee.

NO HAT NO PLAY

Term 4 - is a 'No Hat No Play' term

PLEASE LABEL YOUR CHILDRENS UNIFORMS.
Any no name items will be resold as second hand uniform items at the uniform shop!

HEADBANDS FOR SALE

- 3 STYLES IN SCHOOL COLOUR
- SAMPLES AND ORDER FORMS AVAILABLE IN THE OFFICE.
- $5 EACH.

HEADBAND ORDER FORM:

Name
_________________________________________ Class ____________

Style A. (select quantity) ___ Style B. (select quantity) ___ Style C. (select quantity) ___

$ 5.00 each

Amount Enclosed $ ________(Exact money only/Cash Only/No change given)
**ST MARY'S MASS TIMES MOUNT EVELYN**
Saturday 5.00 pm & Sunday 10.30 am & 5.00 pm

---

**REMINDER THAT SCHOOL FEES......... need to be paid in full by the 20th of November unless other arrangements have been made with the office.**

*St Mary’s BSB/ACCOUNT Details*

Please see below our BSB Details for online transfers

St Marys Primary School
BSB 083-347 Account Number 676054930

---

**UNIFORM SHOP - NEW OPENING TIMES**

Opening hours
Tuesday Afternoon 3.00pm - 3.30pm & Thursday Morning 8.30am - 9.00am

Order forms available at the office. Payment of cash or cheque MUST be included with your order.

---

**ST MARY’S NEW WEBSITE**

Check out our new website... The newsletter and other items are uploaded every week for your convenience. (Weekly newsletters will no longer be emailed)

Also including this week, Uniform Order Form Tuckshop Menu & Car Park Rules

[www.smmountevelyn.catholic.edu.au](http://www.smmountevelyn.catholic.edu.au)

---

**REMINDER SCHOOL CLOSURE**

Monday 2nd November 2015

---

**Split Firewood Sale**

For $120.00 delivered to your door a generous 1 cubic metre of split hardwood firewood and 2 large bags of kindling ready for your fireplace or slow combustion heater.

Contact Andrew on 5964 3291 or 0427 887 329

---

**REMINDER SCHOOL CLOSURE**

Monday 2nd November 2015

---

**New Travellers Only - School Bus Applications 2016**

Families living more than 4.8km from school, St Mary’s being the closest to their family residence, could be eligible to travel on the ‘Martyrs’ or ‘Invicta’ Bus for 2016. Application forms are available at the office and are needed to be filled in and returned by Wednesday October 7th for processing.
Religious Education News

Mk 10:46-52
A reading from the holy Gospel according to Mark
Master, grant that I may see.

As Jesus left Jericho with his disciples and a large crowd, Bartimaeus (that is, the son of Timaeus), a blind beggar, was sitting at the side of the road. When he heard that it was Jesus of Nazareth, he began to shout and to say, ‘Son of David, Jesus, have pity on me.’ And many of them scolded him and told him to keep quiet, but he only shouted all the louder, ‘Son of David, have pity on me.’ Jesus stopped and said, ‘Call him here.’ So they called the blind man. ‘Courage,’ they said ‘get up; he is calling you.’ So throwing off his cloak, he jumped up and went to Jesus. Then Jesus spoke, ‘What do you want me to do for you?’ ‘Rabbuni,’ the blind man said to him ‘Master, let me see again.’ Jesus said to him, ‘Go; your faith has saved you.’ And immediately his sight returned and he followed him along the road. The Gospel of the Lord

Fr. Ashkar is back! Welcome back Father, we hope you had a great break!

Whole School Mass this Friday 29th October in the church - All welcome to join us!

All Saints’ Day is a solemn holy day of the Catholic Church celebrated annually on November 1.

A Saint is someone who the Church believes is in heaven with God. Wrongly, we often think Saints are perfect, but in fact their greatest witness is how they coped with the ordinary difficulties of life and how they reflected in a variety of ways the love of God.

For most of us sanctity and martyrdom will not come in dramatic ways. The daily routine of looking after a sick child, spouse or parent, of living with a mental, physical, emotional or spiritual illness, the scourge of being unemployed, homeless or addicted and the feeling that we are unlovable brings with it the reality of sharing in the lot of the martyrs and saints.

All Saints Day is the feast which commemorates all those we know who may never be publicly proclaimed in the canon or list of saints, but who nonetheless are in heaven. Some of them may only be known to God. Others are people whose love, sacrifice and fidelity we have seen for ourselves and who have inspired us. Sometimes they can be our own mothers and fathers.
St Mary’s

CARNIVAL DAY

Thursday 29th October 2015
Prizes....Raffles....Loads of activities
$2.00 buys you 10 tokens

Free Dress Day Gold Coin Donation
(no bare shoulders or midriffs or tee shirts with
slogans – for safety reasons, closed toe shoes and
school hats required. )
GET GORGEOUS in a SCHOOL TERM at St’s Mary’s Catholic Primary School

If you’re a school mum with no time for yourself, you want to finally shift that weight, but you’re confused by all the conflicting information out there. And you’re worried about wearing your bathers this summer. Then we have the ‘Get Gorgeous in a School Term™’ Fundraising Program.

It’s an 8 week program that fits into school hours and gives you expert ways to lose weight that are realistic, practical and suit your lifestyle. By the end of the program you’ll have the tools, skills, and power to control the way you look.

To be part of this terrific new school fundraising activity once a week before you pick up the kids, all you need to do is.

Register: [link]

Contact Kathleen Ferguson 0401217755 C/O Shelley Holt St Mary’s Catholic Primary School
P&F Committee

Date: Thursday 22/10/2015 - 17/12/2015
Time: 2pm - 3pm
Venue: St Mary’s Church Hall

To make the sessions as valuable as possible, there are only 25 places available - first in first served 😊

SAVE THE DATE

ST MARYS CHRISTMAS FAIR AND CAROLS
THURSDAY DECEMBER 3RD 2015

MORE DETAILS TO COME
STORE HOLDERS CONTACT MICHELLE on 0425 754 906

St. Mary’s Christmas Eve Family Mass

Thursday 24th December 2015

If your child would like to participate in this special occasion, please fill out the form below and return to the office by the 29th November.

Please tick which part you would like to be considered for:

Gospel Play:
Talking Parts available
- Angel
- Mary
- Joseph
- 3 Inn Keepers
- 3 Wise Men
- Shepard

Readings:
- Prayers of the Faithful
- Offertory
- Collection
- Entrance Procession
- Choir

Childs Name: ___________________________ Grade: _____________

Parent Contact Mobile: __________________ Email Address: __________________
The Arts!

We are looking for donations of large boxes. The boxes we seek should be large enough that we could convert them into "boats". The thinking is that we would cut the bottoms out of them and a child could then stand inside, hold up the sides and use them in fun relays! If you think you have something please contact Mrs Glennie via the office.

Also, if your child borrowed any costumes for the production last term, could they be returned to school please marked to the attention of Mrs Glennie.

Thanks

---

Mount Lilydale Mercy College Old Collegians Memorial Mass

You are cordially invited to a special Mass for Old Collegians and their families who have entered into Eternal Life.

**Venue:** Our Lady of Mercy Old Collegians' Memorial Chapel  
**Address:** 120 Anderson Street Lilydale  
**Date:** Sunday 15 November  
**Time:** 2pm.  
Mass will be followed by afternoon tea in the Staff Dining Room. The Heritage Rooms will also be open for all those interested in our rich history at Mount Lilydale Mercy College.

If you have any queries, kindly contact Patricia Olson or Leonie Ziolkowski on 9735 4022

---

CRAFT CLUB VOLUNTEERS REQUIRED

Term 4 at craft club we will be focussing on Christmas. We have loads of activities planned but for us to be able to run these sessions properly we are desperate for some volunteers.

If you can help on any of the following days please fill out the form below and return to the office.

Craft Club is run every Friday during first recess. Volunteers are required from 10.50am until 11.50am (1 hour duration approximately)....

We are still taking donations of any craft type items......Drop them off at the office if you have anything we can use.

Name ____________________________ Contact Phone Number ____________________________

I am available on the following Friday/s from 10.50am - 11.50am

- [ ] Friday 30th October
- [ ] Friday 6th November
- [ ] Friday 13th November
- [ ] Friday 20th November
- [ ] Friday 27th November
- [ ] Friday 4th December
- [ ] Friday 11th December
- [ ] Friday 18th December

Please tick and return to the office
FACEBOOK  A reminder that there is a St Mary’s parent Facebook group (St Marys Mt Evelyn - parents). This group is run by the parents for the parents not by the school. It’s very handy if you need to ask for lost spelling words or find out which days uniform shop is open if you forget!

FOOD BANK - DONATIONS REQUIRED

We are still asking for donations of, lasagne sheets, pasta sauce, tomato paste, cheese, stock and anything else we can use to make up trays of yummy lasagne and Bolognese sauce.  We would also appreciate monetary donations so we can purchase food stuffs to try some new recipes.

If you know of anyone from St Mary’s Primary school that may need some help with a meal for their family, please contact the office.

NEXT COOK-UP – TBA

AT ST MARY’S TUCKSHOP.
HELPERS REQUIRED FOR ALL ENQUIRIES PLEASE CALL
Karla 0418 271 755

ATTENTION ALL FIELD DAY HELPERS!!!

You are invited to join us for dinner …

Friday 30th October (this Friday)

at 7:30pm

at

Two Brooke’s Bistro

at Lillydale Estate,
45 Davross Court, Seville.

We would love to see you there to help celebrate a job well done!

Please RSVP for booking by Wednesday by text to Jenny on 0408 877 783.

Love to see lots there!
WEEKLY ADVERTISEMENTS

MOUNT LILYDALE MERCY COLLEGE

Year 7 2017
Applications for Year 7 2017 are now DUE!
If you wish to enrol please forward applications to:
The Registrar
120 Anderson Street
Lilydale VIC 3140
No later than Friday 9 October 2015
Ph: 9730 4022

The Sweat Playground
KIDS FITNESS CLASSES

What is it?
At supported playgroups, a trained early childhood educator provides the learning opportunities for you and your child to enjoy.
Weekly play-based activities are introduced to explore how young children develop and learn.
Groups operate throughout the Yarra Ranges during school terms and are free for families to attend.
Together we can:
- Make friends
- Play games, sing songs
- Make & create
- Listen to stories
- Explore nature
- Dance, climb, balance, jump
- Learn about preschool
- Early childhood & community services, activities & events
- Have fun!

Are you eligible?
Families with a child/children aged under 5 years and current Health Care Card (or equivalent) are eligible to come and try on enjoying FREE supported playgroup.

Would you like to know more about Supported Playgroups in your area?
Please contact the Early Years Team at Yarra Ranges Council
Email: earlyyears@yarraranges.vic.gov.au
Phone: 03 5984 8595

LEARNING MUSIC IMPROVES CONCENTRATION
YOUR CHILD DESERVES THIS CHANCE
Enrol NOW in .................
Piano on Keyboard Lessons
$16.50 per half hour lesson

* Convenient - in school time
* Inexpensive
* Learn with Friends (max 3 per group)
* All equipment provided
* INDIVIDUAL tuition

ONE FREE LESSON IF YOU ENROL NOW
Phone 9761 9058

RAVAE
Acupuncture
Chinese Herbal Medicine
Cosmetic Acupuncture
Chinese Remedial Massage (Tui Na)
Cupping, Moxibustion & Gua Sha
Dietary & Exercise Therapy
6 Hereford Rd, Mt Evelyn
www.ravae.com.au | 9736 2888
ST. MARY’S TUCKSHOP
Term 4, 2015

ORDERING: Please put your child’s Name, Grade, Order and Amount (and change) clearly on a paper bag. Correct change if possible (wrap money in paper) For Families paying together, please write on each bag name and grade of each child.

<table>
<thead>
<tr>
<th>HOT FOOD</th>
<th>DRINKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Pie</td>
<td>Nippies Milk</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Party Pie</td>
<td>(Choc, Strawberry)</td>
</tr>
<tr>
<td>Party Sausage Roll</td>
<td>Mineral Water</td>
</tr>
<tr>
<td>Hot Dog</td>
<td>Orange, Cola, Apple Rasper or Blue Heaven</td>
</tr>
<tr>
<td>Dim Sims</td>
<td>Just Juice</td>
</tr>
<tr>
<td>Chicken tenders</td>
<td>Apple or Paradise Punch</td>
</tr>
<tr>
<td>Party Pasties</td>
<td>Fruit Tingle Flavoured Water</td>
</tr>
<tr>
<td>Lasagne</td>
<td>Zooper Dooper</td>
</tr>
<tr>
<td>Mac n Cheese</td>
<td>Dixie Cup</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Extras</th>
<th>SNACKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soya Sauce</td>
<td>Jam Doughnut</td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td>Ring Doughnut</td>
</tr>
<tr>
<td>Brown Paper Bags</td>
<td>Chocolate or Strawberry</td>
</tr>
<tr>
<td></td>
<td>Choc Chip Cookie</td>
</tr>
<tr>
<td></td>
<td>Low Salt Popcorn</td>
</tr>
<tr>
<td></td>
<td>Chips:</td>
</tr>
<tr>
<td></td>
<td>Vegie Chips Salt &amp; Vinegar</td>
</tr>
<tr>
<td></td>
<td>Low salt plain</td>
</tr>
<tr>
<td></td>
<td>Honey and soy</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ROLLS</th>
<th>SPECIAL TREATS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttered</td>
<td>Red Skins</td>
</tr>
<tr>
<td></td>
<td>Milko Sticks</td>
</tr>
<tr>
<td></td>
<td>Ovalteenies</td>
</tr>
<tr>
<td></td>
<td>Sunfruit Lollie Bag</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADD</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Mayo</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>(Please write as a separate item)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Soya Sauce</td>
<td></td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td></td>
</tr>
<tr>
<td>Brown Paper Bags</td>
<td></td>
</tr>
</tbody>
</table>
Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

“Your’re okay. I’m here and I won’t be going anywhere.”

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“Don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenaline that prepares a child’s body to fight or take flight. Try to help them take some deep breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.