

14 August 2012

FEAST OF THE ASSUMPTION



*Father in heaven,
all creation rightly gives you praise,
for all life and all holiness come from you.
In the plan of your wisdom
she who bore the Christ in her womb
was raised body and soul in glory to be with him in heaven.
May we follow her example in reflecting your holiness
and join in her hymn of endless love and praise.
We ask this through Christ our Lord*

Principal's Pen



There has been so much in the media about the Olympics recently – some very tasteless but on the whole, very positive. In one of the interviews that was done on WIN, Sally Pearson, winner of Gold in the hurdles, was speaking of the mental strain involved in athletics at that level. She was reflecting on the fact that simultaneously, there are both negative and positive thoughts racing through the head of an athlete as they prepare for a race. She stated that what makes the difference is the ability to override and block the negative with

the positive – remain focussed on the task at hand.

What became apparent was that the mental strengthening takes just as much training or more than does the physical aspect of competing. And so, my conviction of the absolute necessity for schools to be embedding and explicitly teaching Social and Emotional Competencies, for without these skills, children may never succeed.

At St Rita's, we will be making the students more aware of this. Although we didn't come home the winners of the Olympics, the qualities of the athletes and the effort it took, both physical and mental will be celebrated.

A great book I can recommend to parents which deals with the power of thinking is "Mind Your Mind" and is available from most book stores.

TERM 3 SCHOOL FEES



Many thanks to the parents who have already been in and settled their Term 3 school fees. If you aren't in a position to make a payment by this Friday, please call the school. We are very understanding of families who are under genuine financial hardship – if you are in this position then I am always happy to meet and discuss how we can support you.

As you can appreciate, in a school such as ours with an extremely limited capacity for income and in wanting to provide a good quality educational experience for the children, it requires that all families pay their fees. While the families of St Rita's are generally very prompt and regular with payment, it needs to be pointed out that all it takes is one family to not to pay and without communicating with the school for it to **affect all students**.

ICAS MATHS COMPETITION



This week the Years 3-7 will sit the UNSW Maths Competition. We wish them well with this and look forward to receiving the results for this and the English one which was sat 2 weeks ago. This is another way St Rita's provides additional opportunities for students.

SUBSCRIBING TO OUR ONLINE NEWSLETTER

I encourage all parents with internet access consider accessing the online version of the newsletter. The 2013 Prep parents have been invited to subscribe so as to get a feel of the spirit of the school and what St Rita's is all about. All you have to do is go to.

<http://stritasbabinda.schoolzinewsletters.com/subscribe>

BEING AT SCHOOL ON TIME

I want to again, bring to the attention of parents, of the importance of being at school on time. Being here 15 minutes before the bell allows for socialisation and organisation so that when the bell goes, classes and activities can begin. Often, teachers have planned for School Officers to work with students from the bell time, only to not have students present- this is a waste of valuable resources and learning time lost. Also, of a Friday morning, students are often dribbling in while assembly is on and have often missed their awards. It is a parent's responsibility to have morning routines in

the home such that they are at school on time, otherwise they are not being set up for success. Thank you for your efforts to improve this.

I'm only missing.....	That equals.....	Which is.....	And over 13 years of my schooling that's
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour 40 minutes per week	Nearly 3 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	Nearly 6 weeks per year	Nearly 1 and a half years
1 hour per day	1 day per week	Over 10 weeks per year	Over 2 and a half years

MINDFUL PARENTING TIP #5

Practice altruism, putting the needs of your children above your own whenever possible. Then see if there isn't some common ground, where your true needs can also be met. You may be surprised at how much overlap is possible, especially if you are patient and strive for balance. (M&J Kabat-Zinn)

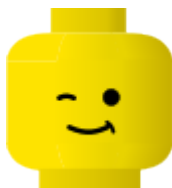
HE'LL BE OKAY - Growing Gorgeous Boys into Good Men

This Wednesday 15 August, Celia Lashlie will be speaking at St Augustine's College, Cairns. Her topic is "The World of Adolescent Boys" and costs only \$10. I believe there is at least one car load of parents from St Rita's heading up which is great. For more information, go to the advertisement and booking form on the online version of the newsletter.

SOME SICK JOKES TO GET THE KIDS WITH...

Knock Knock... Who's there?
Abe!
Abe who?
AbCDEFG

Knock Knock... Who's there?
Acid!
Acid who?
Acid down and be quiet!



In the coming week, let us be mindful of the many blessings we have in our lives... might be a good topic of conversation around the dinner table...

Cheers Gavin

SPIRITUALLY SPEAKING...



On Tuesday last week I attended the Yr4/5/6/7 liturgy and was delighted by the beautiful singing and reverence shown by the children. Fr Grundy certainly adds a personal touch to liturgies, making them meaningful for the children. It was also lovely having parents join us on this day.

We celebrated the Feast of Mary Mackillop last Wednesday. Darragh and Shylah represented us at a Diocesan Mass held at St Rita's, where Sr Irene Harrison unveiled a print of Saint Mary of the Cross. Sr Irene is our only Josephite sister in the Diocese and her work echoes that of St Mary Mackillop. Later in the day each class had a surprise visit from St Mary who came to spread the message of "Never see a need without doing something about it". (Some of us are still not sure how this happened...)

This week we celebrate the Feast of the Assumption on Wednesday August 15. It is a Holy Day of Obligation and commemorates the death of Mary and her bodily assumption into Heaven. Mass will be at 10am and you are most welcome to join us.

How can we incorporate the Year of Grace into our lives this week? As we make a bed or cook a family meal, reflect on the love that brings us to do that everyday task for someone. What

may sometimes seem drudgery is often borne out of our deep love for those around us.



Darragh and Shylah representing St Rita's.



A surprise visitor to St Rita's.

MAD SCIENTISTS COME TO ST RITA'S



This week marks the celebration of National Science Week. We at St. Rita's believe it is important to encourage our students to delve into the fascinating world of science from an early age. As their educators, we feel it is our responsibility to create an atmosphere to inspire them and ignite their interest. This year's theme for Science Week is **Energy Evolution** and the teachers are organising a morning of celebration this Thursday.

The students will be divided into their four Peer Support Groups and will rotate through a series of different science experiments facilitated by the 'Mad Scientists' of St. Rita's School. In these groups, the children will be provided with the opportunity to make predictions about investigations, communicate ideas and findings using a variety of representations, safely using materials and equipment and working effectively in teams, thus improving their Science Inquiry Skills.

The children are encouraged to get into the spirit of acting like scientists by wearing one of Mum or Dad's **WHITE LONG SLEEVE SHIRTS** over their uniform Thursday morning. It is a fun way to add to our celebrations. Also we are asking for donations of **OLD FILM CANISTERS** if anyone happens to still have any.

If the children want to explore National Science week further at home they can visit the website-

www.scienceweek.net.au

Looking forward to Thursday!

Mrs. Greenwood

LIBRARY NEWS



Our Big Kahuna Mrs Kurucz on her throne

BOOK FAIR - 'Luau'

Book Fair is on in the Library this week. There is the usual great selection of books, posters and the very popular Variety Tray (pens, pencils, erasers, sharpeners etc). Children will bring home "Wish Lists" of what they would choose. If you agree with their choices/wishes you could send the money in with them or come and see me at another time (if you wanted to keep it a secret). Books can be paid for by cash or credit card. Books purchased allow us to receive more great books for our Library.

BOOK WEEK –‘Champions Read’

A reminder that Book Character Dress up day is next Friday 24th Aug. Get in the spirit and come dressed as your favourite character. Don't forget that you will need to bring along your favourite book. The Kindy will be joining in our parade which will commence approx. 9.15am

Thank you, Debbie Kurucz, Library Aide.

STARS OF THE WEEK



Prep/1 - Arian Salvestrin
2/3/4 - Vito Musumeci
5/6/7 - Jamaica Rowe

GROUNDS AND GARDENS ROSTER



Thank you to the Hession family for mowing last weekend – the grounds look great.

MUSUMECI 18th - 31st August
NAAWI 1st – 14th September

Please be sure to check the roster so that you can organize to pick up and drop the mower key to the office.

Thought of the week

*Knowing others is intelligence; knowing yourself is true wisdom.
Mastering others is strength; mastering yourself is true power.*

DATE CLAIMERS	
AUGUST	
13th 17th Aug	Book Fair
14th Aug	Maths Competition
15th Aug	Feast of the Assumption – Mass 9.00am
20th – 24th Aug	Book Week
24th Aug	Book Character Dress-up Day
28th Aug	Prep –Year 1 Mass 9.00am

DATE CLAIMERS	
SEPTEMBER	
4th Sept	Year 2/3/4/ Mass 9.00am P & F Meeting 7pm
19th Sept	NAIDOC
20th Sept	St Rita's Got Talent Show
21st Sept	Student Free Day

COMMUNITY NEWS

FREE Well Women's Clinic – Babinda Hospital

Tuesday 28th August 2012

Service includes Pap Smears, Sexual Health Screening, Breast Awareness, also info on Contraception, Continence, Menopause, Lifestyle Issues, Domestic Violence, etc. All services are provided by a specially trained Women's Health Nurse.

For appointments phone 4067 8200

PICTURE THEATRE

FUTURE SCREENINGS

Fri 10, Sat 11, Sun 12 Aug	7.30 pm Admission \$7.00 ... 3D movie	M
The Amazing Spider-Man More Information		
Fri 17, Sat 18, Sun 19 Aug	7.30 pm Admission \$7.00	M
The Dark Knight Rises More Information		

HOLY SPIRIT CARE SERVICES

Do you know somebody who would enjoy a happy and relaxed retirement?

Holy Spirit Westcourt (which expands the Coral Sea Gardens retirement village) is due to open in September this year. It will include state of the art recreational and care facilities allowing residents to enjoy a vibrant and caring living environment.

Holy Spirit Westcourt offers:

- Private and spacious two and three bedroom apartments
- Quality services and activities for over 70s
- Registered nurses on-site 24/7
- Optional housekeeping, laundry and gourmet meals
- Plenty of social activities, cafe, pool and gym
- Close to all amenities

...please let friends and family know about Holy Spirit Westcourt

For more information call 07 3263 0321 or visit www.holyspirit.com.au