

09 October 2012

Principal's Pen



WHAT MAKES A HAPPY PERSON?

On Sunday morning, I was up early flicking through the channels in my half asleep state when I came across a talk by Dr Henry Cloud. He was talking about what scientific research and Scripture tell us about what happiness is and how it can be found. He was surprised to find while reading the new research on "positive psychology," it felt like he was

reading the Bible. It was like someone took the research data "...laid the Bible on top..." and they fit together almost like a hand in a glove.

So what is a happy person or what do happy people have? Dr Cloud explained there are 4 common attributes found in happy people:

Happy People are Connected: we are drawn into relationship with others and need other people for health and well-being. Companionship found through family and friends and others has positive physiological effects on our brains and lowers stress. The Bible tells us continually that we are "one for others" and of our need to connect and relate to others.



Happy people have Goals: people who set realistic goals and work toward them gain a sense of achievement and well-being when accomplished. Striving for them gives us drive, energy and purpose.

Happy People are Givers: the feeling we get through simply giving to others is a positive experience and hence enhances our well-being. The bible says "it is through giving that we receive." This is where compassion and empathy originate. We give of ourselves with no expectation of something in return.

Happy People have a Faith Orientation: we are so much more than our physical selves and much inner growth and nourishment comes from a relationship with our God. Happy people are open to God in their lives and gain spiritual wellness through their faith.

As I was listening to Dr Cloud speak, I was thinking about St Rita's and it dawned on me that what he has described are what I recognise as the St Rita's values...

Community: within our community our children, parents and staff have or seek a sense of connectedness. All of the community building initiatives we have as a school within the curriculum as well as Parents and Friends and Parish are so important.

Learning: through our learning, we are all setting goals for ourselves, striving to achieve them and then setting more. This keeps our community alive and thirsting for knowledge and personal development.

Faith: St Rita's is a community that strives to create opportunity for each person to develop a relationship with God through the Catholic faith and the wider Parish community. The prayer life of the school and Religious Education program enable this.

Respect: this is an essential ingredient in the building of community, being connected with others, giving of ourselves and giving to others and is taught to us through God's word.

I am therefore convinced even more, of the fact that St Rita's is a school where true happiness exists and is strived for. Our children have the opportunity to learn that happiness doesn't come from things beyond our control such as circumstance, physical health, financial success etc... or the trap of thinking "if I just do this... or have this... then I will be happy" - instead it can be found in choosing to become the type of people God created us to be!

For those interested in reading more about this, I refer you to Dr Henry Cloud's latest book "The Law of Happiness".

MY APPOINTMENT TO ST JOSEPH'S IN 2013

Yesterday, a letter was sent home from Executive Director, Br Paul Hough, announcing my new appointment as Principal of St Joseph's School, Parramatta Park, Cairns commencing 2013. Further to the information in the letter I want to let you know of my thinking around this. The position at St Joseph's presented itself with an opportunity to locate myself close to my children as we enter into the world of Secondary school in 12 months time. An opportunity such as this position wasn't expected to be for some time yet, but nonetheless it was there and warranted careful consideration. It also presents with other opportunities for my own professional growth and development, within another Mercy founded school.

The more I experience in life, the more I am assured that God puts you where you are meant to be for reasons often unknown to ourselves. This has been the case for me coming to St Rita's last Easter and now in this opportunity presenting itself at this time.

I am confident in Catholic Education's ability to seek and appoint the right person to lead St Rita's further. The school has such a positive momentum going, having such a wonderful and dedicated staff and parents who care and work in partnership for the betterment of the children. I am also confident of parent support in this time of change.

For me personally, it is bittersweet as I love St Rita's and have learned much from the staff, students and parents as I hope all have learned from me.

STANDING UP FOR FAIR FUNDING FOR CATHOLIC SCHOOLS



One in five Australian students attends a Catholic school. On average, they receive 20 per cent less government funding than if they went to government schools.

The families who choose to send their children to Catholic schools are quite similar to government school families. Catholic schools tend to charge low fees, so that more families can make that choice for their children. When parent fees are included, Catholic schools operate on around 90 per cent of the cost of government schools.

Many parents make big sacrifices to send their children to a Catholic school. This includes parents whose children have special needs.

Special needs students in Catholic schools receive less funding from government than if they were going to a government school. Despite the lack of funding, Catholic schools continue to show improvement for their students, including their most disadvantaged.

Parents should be free to choose the type of education they want for their children. When parents choose a Catholic school for their children, governments can invest more on students in government schools.

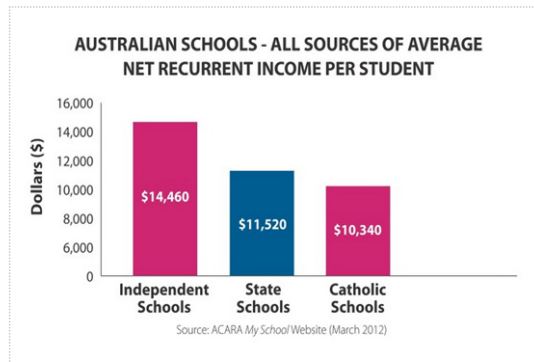
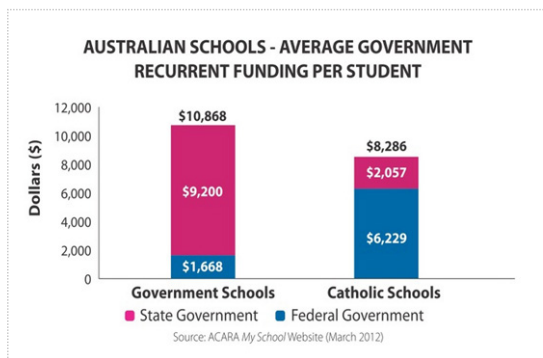
In choosing a Catholic education for their children, parents are also saving the taxpayer around \$2.2 billion, which can be spent in other schools.

Any decision to stop government funding for Catholic schools, or to reduce funding by not having school funding keep pace with government school funding, will mean that parent fees will have to go up.

If Catholic school fees go up, parents may have to change their mind about where they send their children to school. Their only choice may be government schools, which will put increased pressure on the government system. Properly funding Catholic schools now, and in the future, will help take pressure off government schools.

For more information about Catholic school funding visit: fundinginfo.catholic.edu.au

A video on Catholic school funding can be viewed by visiting qcec.catholic.edu.au and following the Gonski Review of school funding link, which takes you to: <http://www.qcec.catholic.edu.au/news/videos>



SENIOR CAMP



Next week Mr Garside and myself will be taking the Senior class on camp to Tinaroo. St Michael's have been again generous in allowing us to join them, making such a camp experience possible. Activities include Kayaking, High Ropes, Raft Building, Catapults and Orienteering. We anticipate a wonderful time of friendship and skill building.

SUBSCRIBING TO OUR ONLINE NEWSLETTER

To subscribe, simply go to this URL or email/call the office and we can add you.

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

From the online version, you are able to easily access the latest school calendar and website. You also have access to the full version of attachments, advertisements and community notices.

FINAL WORKING BEE

Will be held on Sunday 4 November from 9am. Many parents will make for light work and an enjoyable time while getting some important jobs done. Jobs include finishing off the sandpit, turning over the sand in the senior playground and a clean out of the P&F shed. Please consider coming along to help.

SPONSORSHIP

If there are any parents with businesses or have contacts with local businesses who might be interested in sponsoring our school newsletter, please contact the office for more information.

DR ARNE RUBINSTEIN – PARENTING GEN Y, THE INTERNET AND RITES OF PASSAGE IN THE 21ST CENTURY

THE AUSTRALIAN RITES OF PASSAGE INSTITUTE

A special presentation that will change lives!

In the last week of Term 3 hard copies promoting the parent presentation and the 'Camp Out with Kids' were sent home. They are also available on the online newsletter for your convenience. The Diocesan P&F are sponsoring this initiative to assist parents and make it more affordable. I encourage you to consider it...

October 18 at Good Counsel College, Innisfail – Presentation
October 19-20 at Good Counsel Primary – Camp Out

For more information visit www.ritesofpassage.com

MINDFUL PARENTING TIP #10

The greatest gift you can give your child is yourself. This means that part of your work as a parent is to keep growing in self-knowledge and awareness. This ongoing work can be furthered by making a quiet time for contemplation in whatever ways feel comfortable to us. We only have right now. Let us use it to its best advantage, for our children's sake, and for our own. (M&J Kabat-Zinn)

ST RITAS GOT TALENT SHOW



Wow... what a better way to finish the term than the amazing exhibition of the talents of our students, parents and staff. As I was watching, I was constantly reminded of the display of many of the "Social and Emotional" competencies we strive to teach our students.

The sheer courage it takes to get up in front of people, the persistence of having to practice and rehearse and overcome mistakes and fear. The main class acts are here for your viewing as well as the finale the "Sisters of St Rita's". Well done to all... and thank you to the parents who worked 'behind the scenes' with costuming and props.

P/1 God's Beautiful Rainbow

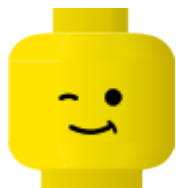
2/3/4 Indian Song

5/6/7

Sisters of St Rita's

If parents have any still photos worth sharing would they please bring them in.

FUNNY BONE



Q: What does Godzilla drive? A: A monster truck

Q: Why shouldn't you tell secrets in a cornfield?
A: There are too many ears!

Q: What did the digital clock say to the grandfather clock? A: Look, grandpa, no hands!

Q: What is smarter than a talking bird? A: A spelling bee!

Here's to a great term of success for all at St Rita's.

Cheers Gavin

A PLEA FROM MRS GARSIDE

I am creating a collage trolley in the art room and would appreciate if anyone has and/or can save any plastic containers for me. A good size would be margarine containers. It would also be useful to have some ice cream or similar containers for art storage. Send them in to your child's teacher please.

SPIRITUALLY SPEAKING...



The month of October each year is dedicated to the Most Holy Rosary. This coincides with the liturgical feast of Our Lady of the Rosary on October 7th and was instituted to honour the Blessed Virgin Mary in gratitude for the protection that she gives the Church, in answer to the praying of the Rosary, by the faithful.

The Rosary is a simple, repetitive prayer by which we reflect on the life, death and glorification of Christ through the eyes and heart of his mother. The Rosary is one way we can prayerfully contemplate the mysteries of our faith.

The children will be making the rosary part of their prayer focus this month. They are encouraged to bring in Rosary beads if they have

them at home. I also have rosary beads available for sale at the front office for \$1 in a variety of colours.



How can we incorporate the Year of Grace into our lives this week? Every day when you wake, think of who Jesus is for you today - who will he be and what will your relationship be with him today?

Peace and Best Wishes,

Robyn

ST RITA'S FAITH AND RELIGIOUS LIFE CALENDAR

October	Month of the Rosary Mission Month
Saturday October 13	7pm: Vigil Mass
Sunday October 14	8am: Morning Mass. All families are invited to join staff for mass this morning.
Tuesday October 16	9am: 2/3/4 Class Mass
Tuesday October 23rd	9am: Prep/1 Class Mass
Wednesday October 24th	Children's Mission Day – Crazy Hair and Sock Day to raise money for the Missions.
Tuesday October 30th	9am: 4/5/6/7 Class Mass

CONGRATULATIONS MR RICK!



The staff of St Rita's would like to congratulate Gavin on his appointment to St Joseph's. He has been a shining light at St Rita's and we wish him nothing but the very best for 2013.

UNIFORM ORDERS FOR 2013

Attached to today's newsletter is an order form for uniforms for next year. Please indicate what new uniforms your family will be requiring. Sizes and quantities will be able to be changed later, if you so wish. This helps to give us an indication of quantities we need to order from the manufacturer. Sizes will be ordered for the new Prep students.

PARENTS AND FRIENDS NEWS

October Meeting: The October meeting was held last night. The main points of discussion included:

- End of Year Function on Thursday 6 December
- Principal Report
- Recipe Book
- Purchase of new oven for Tuckshop
- Working Bee – Sunday 4 November

RECIPE BOOK

Recipes are desperately needed for the P & F Recipe Book Christmas fundraiser.

It would be appreciated if families could send in as many recipes/handy hints as they can. Two or three per student or family would be great. Please include a variety of savoury and sweet or any useful household handy tips. Some may not get selected if there are double ups. E.g. Favourite Christmas recipes, cakes, slices, desserts, lollies, muffins, pies, preserves, nibbles, pastas, entrees, main meals, even play dough and cleaning tips, etc.....

A REMINDER ORDERS DUE NOW

For Chalk Educated Toys, Parent Direct and Toys and More Fundraising.
Christmas shopping made easy!

BIRTHDAY WISHES



Birthday Wishes go to Mitchell Forrest and Melina Musumeci, who have celebrated their Birthday recently.

GROUND'S AND GARDENS ROSTER



Thank you to the following families who are rostered on:

SCHEP 13th -26th October

STAGER 27th October – 9th November

Please be sure to check the roster so that you can organize to pick up and drop the mower key to the office. Also let us know if the fuel tank is low or any maintenance needed.

DATE CLAIMERS

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OCTOBER	
15th, 16th, 17th Oct	Year 5/6/7 Camp
22nd Oct	STUDENT FREE DAY
24th Oct	AVA Pet Visit 10-11am
26th October	World Teacher's Day
NOVEMBER	
4th November	Working Bee
6th November	P&F Dinner
DECEMBER	
4th December	School Thanksgiving Mass and Yr 7 Farewell 6pm
6th December	Christmas Concert and Breakup
7th Dec	Last Day of the School Year finish 12pm.

THOUGHT OF THE WEEK

Friendship is a sheltering tree.

COMMUNITY NEWS

Babinda Muro
PICTURE THEATRE
FUTURE SCREENINGS

Fri 12, Sat 13, Sun 14 Oct 7.30 pm Admission \$7.00 PG
Kath & Kimderella [More Information](#)

RUDIE'S SUNWEAR

Selection of size 10 and 12 Australian Made Sun Protection Swimwear long sleeve shirts. Now available for \$30 Phone 0412928464 *Great for school camp!!!!*