## September / October 2016

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>18/9</td>
<td>19/9</td>
<td>20/9</td>
<td>21/9</td>
<td>22/9</td>
<td>23/9</td>
<td>24/9</td>
</tr>
<tr>
<td>2.30pm Liturgy/ Assembly</td>
<td>School photo orders due</td>
<td>Library - Canteen Seasons for Growth Parent Program 3.30-6.00pm</td>
<td>LAST DAY OF TERM 3 Mission Day</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SCHOOL HOLIDAYS 26/9/16 - 7/10/16

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/10</td>
<td>10/10</td>
<td>11/10</td>
<td>12/10</td>
<td>13/10</td>
<td>14/10</td>
<td>15/10</td>
</tr>
<tr>
<td>Mass 8.30am</td>
<td>TERM 3 COMMENCES</td>
<td>Kinder Transition 9.00-12.00</td>
<td>Library - Canteen NO SPORT (normal uniform)</td>
<td>SCHOOL PHOTOS (full summer uniform)</td>
<td>Cassilis Sports Workshop (sports uniform)</td>
<td>Mass 6pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>16/10</td>
<td>17/10</td>
<td>18/10</td>
<td>19/10</td>
<td>20/10</td>
<td>21/10</td>
<td>22/10</td>
</tr>
<tr>
<td>Working Bee</td>
<td>9.30 Create &amp; Grow Playgroup session</td>
<td>Library - Sport Canteen</td>
<td>Sally - PD (office closed)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>23/10</td>
<td>24/10</td>
<td>25/10</td>
<td>26/10</td>
<td>27/10</td>
<td>28/10</td>
<td>29/10</td>
</tr>
<tr>
<td>Mass 8.30am Confirmation &amp; First Communion</td>
<td>School Public Speaking finals</td>
<td>Kinder Transition 9.00-12.00</td>
<td>Library - Sport Canteen</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### International Day of Peace Sunday September 21.

Pope Francis chose the theme of the Church’s 49th World Peace Day, 2016. His choice was “Overcome indifference and win Peace”.

### An Islamic Prayer for Peace

*In the Name of Allah, the beneficent, the merciful: Praise be to the Lord of the Universe who has created us and made us into tribes and nations that we may know each other, not that we may despise each other. If the enemy incline towards peace, do thou also incline towards peace, and trust in God, for the Lord is one that hears and knows all things. And the servants of God Most Gracious are those who walk on the Earth in humility, and when we address them, we say, "Peace."*

From the Principal...

We are at last at the end of Term 3 and would like to wish all students and parents a very happy break from the routines of the school term. I hope you are all able to have a really relaxing fortnight and manage to gain 100% health again free of all the colds, flus and bugs that have plagued us all over the past 10 weeks. School will resume services on Monday the 10th October.

On Friday we farewell Mrs Samantha Kerr as she embarks on the most exciting phase of her life’s journey. Samantha awaits the birth of her first baby. The school community wishes both Samantha and husband Gordon a wonderful time of preparation and ask for God’s blessings on the baby as it mays its arrival into our world.

The interviews for Sam’s position will be held within the next few days and I am very happy to say we have had a record number of applicants for the position. I am confident I will be able to fill the position with someone who will have the skills and experience to work as part of our dynamic and very successful infants team.

School Counsellor
Wonderful news to date is that we have finally received the great news that our counsellor position has been filled and from the start of Term 4 we will have the services of a regular school counsellor. We welcome Mr Upton to our team and look forward to working with him to provide support to our students. Mr Upton has good experience in child and adolescent counselling and has worked at schools in our Diocese before. He was named a Young Australian of the Year last year for his ongoing work in Mental Health in the Hunter. We sincerely thank the counsellors who have made great sacrifices to help us out over the past period without our own counsellor. Reet, Gaynar, Cheryle, Julie and Sr Christina. We can’t thank you enough for your professionalism in meeting with staff, students and parents and handing over case notes to each other in such an efficient manner when needed.

Tomorrow afternoon we will host the Seasons for Growth parent program to assist parents and teachers to understand the grief and loss process so that we can better assist our young ones to live through experiences of loss through death, loss of health and other major life changes.

On Friday our Stage 3 students will be hosting our annual Mission Day. This year’s focus will be on Cambodia. The students have a number of activities prepared to raise awareness and funds to support the communities in Cambodia that have suffered for decades from the effects of war and poverty.

Many students from the school are smiling broadly after a great Springtime Show in Merriwa on the weekend. Students participated in school art and colouring in competitions as well as preparing a beautiful school display. Many individuals also participated in cooking, sewing, poultry and horse riding events as individuals. This is such a wonderful community event and we are proud as a school to support it.

NAIDOC week was belatedly celebrated last Friday through participation in creative Aboriginal activities.
NAIDOC Week (National Aborigines and Islanders Day of Celebration) focuses on the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.
(http://www.naidoc.org.au/frequently-asked-questions)

Aboriginal Elders, Dolly and Paul, from Kamilaroi country travelled from Tenterfield to instruct students how to weave baskets using New Zealand flax and how to paint using ochre on paper and cement paths around the school. As the Aboriginal elders instructed the students they also discussed parts of Aboriginal language and customs.
Our school community thought the day was fantastic and we really enjoyed the activities. We would like to thank Dolly and Paul for sharing their knowledge of their Aboriginal culture and Tash Taaffe from the Upper Hunter Shire for organising this wonderful experience.

At our Monday afternoon assembly yesterday, students were presented with awards and certificates for their entries in the Mayor for a Day Competition held recently. Congratulations to all students who participated and to the following students for their special awards:

- **Patrick Magner** – School 1st Place & Overall Deputy Mayor for a Day
- **Axul Hourn** – School 2nd Place
- **Fiona Tomy** – School 3rd Place
- **Wills Mulligan** – Design a Postcard – School 1st Place & Overall Junior Mayor for a Day
- **Archie Constable** – Design a Postcard – School Highly Commended

**Helen Whale**

Best wishes to the members of our school community who will be celebrating their birthday in the coming weeks ......

**Miss Farrow**
**Chloe Towell**
**Patrick McLaren**
**Mrs Gilbey**
**William Luke**
Students in Catholic schools across Australia are invited to ‘Sock it to Poverty’ by supporting missionaries, like Sister Eulie and her fellow Daughters of Charity, to help children break the cycle of poverty their families are experiencing by providing them with an education they would otherwise never be able to access.

The focus for this year is the children in Cambodia and the Mobile Tuk-Tuk Education Centre. In the most disadvantaged communities of Cambodia, many children are forced to stay home from school due to several reasons associated with the fact that their families live in poverty, such as:

- Some children are forced to stay at home to look after their younger siblings while their parents work long hours earning only just enough money to provide the basic necessities for the family.
- Other children are forced to work themselves to provide income for the family.
- Many families are so poor that they cannot afford the school fees, uniforms and books required to attend school.
- Some children live in remote areas where there is no school or no public transport to get to school.

With no formal education, these children will not be able to get good jobs when they grow up and are very likely to remain living in poverty. Taken from https://www.cm.org.au

The 5/6 class has planned activities for Friday. Students may come out of uniform and pay $5 to participate in all activities for the day. The day will commence with a liturgy at 12 o’clock before we go into the activities.

Project Compassion “Thank You”

On behalf of Caritas Australia we thank you again for your school’s generous contribution to Project Compassion 2016. This year Project Compassion raised $11m across Australia, with the Diocese of Maitland-Newcastle contributing close to $209,000 with our schools raising $45,000. This wonderful effort by the staff, students and parents of our schools makes a difference to the lives of so many.

Patricia Banister & Teresa Brierley (Diocesan Director, Caritas Australia)
Samaritan Boxes

It’s the time of year again for us to start thinking about packing our Samaritan Boxes. St Joseph’s Merriwa once again will be part of the Operation Christmas Child. We are asking the children to bring in something small which can be placed in a shoe box.

Samaritan’s Purse is a non-profit, Christian organisation providing emergency relief and development assistance to suffering people around the world. Samaritan’s Purse is meeting the physical needs of victims of war, poverty, natural disaster, disease and famine with the aim of demonstrating God’s love and sharing the Good News of Jesus Christ.

Gift ideas for these boxes are:

**SOMETHING TO LOVE**
Teddy bear, doll, soft toy, etc.

**SOMETHING FOR SCHOOL**
Exercise book, pencil case, pens, pencils, colouring pencils, sharpener, eraser, chalk, etc.

**SOMETHING TO WEAR**
T-shirt, shorts, underwear, cap, beanie, sandals, thongs, etc.

**SOMETHING TO PLAY WITH**
Tennis ball, cars, skipping rope, marbles, musical instrument, yo-yo, slinky, finger puppets, wind up torch, etc. (No battery operated items)

**SOMETHING FOR PERSONAL HYGIENE**
Soap and face washer, toothbrush, hairbrush, comb, hair-clips, scrunchies, etc. (No toothpaste)

**SOMETHING SPECIAL**
Carry bag, sunglasses, bangles, necklaces, craft kits, stickers, note paper or photo of yourself.

WE ALSO NEED $9 to cover the cost of postage for each box

THE BOXES WILL BE COLLECTED 1st week back next term.

**Confirmation and First Communion**

SAVE THE DATE - BISHOP BILL WILL BE CELEBRATING WITH US ON THE SUNDAY 23rd OCTOBER 2016 at 8:30am Mass.

Anne Marie Peebles, REC
ASPIRE Holiday Workshops
September 2016

ASPIRE holiday workshops are all about skills development in a fun and safe environment with likeminded performers.

All ASPIRE holiday workshops are open to students from Year 5 to Year 12 and material used will be age appropriate. Your child doesn’t need to have any prior experience with the ASPIRE program.

Payment for these holiday workshops is via the new QR code APP. If you require assistance in using this app please contact us. The cost for each workshop is $80.00.

Please note participation in holiday workshops does not guarantee acceptance into the ASPIRE program for 2017.

To register your child’s booking or for further enquiries please contact Anne Atkins on (02) 4979-1331 or email anne.atkins@mn.catholic.edu.au. Places are limited and will be allocated on a first come first served basis.

Singing: The Confident Performer
Wednesday 28 September 2016 – 10.00 am – 4.00 pm at the Factory, St Pius X High School, Adamstown

This fun workshop focuses on performance technique and how to ooze confidence on stage. You’ll look at what to do with your body when performing and discuss how to deal with nerves. Participants will be encouraged to try out a few different styles of song as well as working on a piece they bring to the workshop.

Dance: The Story of Dance
Wednesday 28 September 2016 – 10.00 am – 4.00 pm at the Factory, St Pius X High School, Adamstown

Working with dancer and choreographer Angie Diaz young dancers will gain insight into how we can tell stories and create an emotional response from an audience through movement. As well as being put through your paces with new choreography and partner work, you will be challenged to create your own pieces.

Music: The Singer-Songwriter
Thursday 29 September 2016 – 10.00 am – 4.00 pm at the Factory, St Pius X High School, Adamstown

Bring along your instrument of choice and work alongside Professional muso Mike McCarthy for the day as you write your own songs. Musicians will look at everything from lyrics and finding inspiration to finding the right riffs and musical patterns. This is a great opportunity to hone your skills and work in your preferred style.

Acting: Scripts and Scenes
Thursday 29 September 2016 – 10.00 am – 4.00 pm at the Factory, St Pius X High School, Adamstown

This engaging workshop will take young performers through techniques for approaching scripted work, including first read-through and how we take information from a script for our character, basic blocking and delivery of text and performance tips. It’s a great way to develop your acting skills. Script will be age appropriate and from a variety of theatre styles.

Luke Baker is an experienced vocal teacher and has been working as a professional musician for many years. He is currently teaching HSC Music at St. Francis Xavier College, Hamilton and has been working in the Maitland-Newcastle Diocese for the last 6 years. Luke has worked in the Newcastle region as a seasoned vocalist and is versatile in multiple performance styles. He has recently come off a successful season of “Wicked The Musical” with Metropolitan Players in the leading male role of ‘Fiyero’. Luke is looking forward to working with the ASPIRE team and helping to develop the performance skills and techniques of the vocalists.

DANCE: The Story of Dance – Angie Diaz

Angie Diaz is a multi-faceted performer who has worked professionally across Film, TV, Theatre and Dance Theatre. Including, Zeal Theatre with Stefo Nanstou, 2007 Project Greenlight Film, The view from Greenhaven and television roles in, Underbelly Badness, Schapelle, All Saints and Home and Away. Angie has worked as a Dance Theatre artist and Choreographer with Catapult Dance, and the FLIPSIDE Project, Newcastle, Directed, by Cadi Mc McCarthy. Earlier this year, Angie completed a 3 week choreographic residency with Choreographer Joshua Thomson culminating in a performance at the LOCK UP Gallery, Newcastle. Most recently, Angie performed in the premiere of Vanessa Bates, Trailer, Directed, by Anna Kerrigan with Tantrum Youth Theatre. Angie holds a BA Dance with Honours from WAAPA and has completed actors training in Meisner Technique.

MUSIC: The Singer-Songwriter – Mike McCarthy

Mike McCarthy is an Australian singer/songwriter and music producer. Threading together the elements of dirt box blues with open-sea folk, McCarthy’s music is a wild, yet ever soulful, meditation on life. His 2012 album, THE LION’S SHARE, is a career defining work, filled with life giving lyrics and joy infused music. As well as extensive tours of Australia, Japan, The UK and USA, McCarthy’s music has featured on films such as “Stoked & Broke”, “Seaworthy”, “Lines from a Poem” and “Alaska Sessions.” He is recognized as one of Australia’s hardest working independent artists.

Over the last ten years, Mike has also supported musician/songwriters Eric Bibb, Mia Dyson, Tim Hart, Tex Perkins and Sarah Blasko. Eric Bibb was quoted as saying that “Mike and I are one in the same tribe”.

ACTING: Scripts and Scenes - James Chapman

James is a Newcastle based actor, writer and producer. In 2013 he was nominated for the CONDA award for Best New Play (Life After Kyle). He was nominated again in 2014, this time for Best Lead Actor for his performance is “Sieuth”. In 2015 he was part of a team that won the CONDA for Best New Play (No One Cares About Your Cat). James is the Artistic Director of Knock And Run Theatre and works at Tantrum Youth Arts as a Teaching Artist. His most recent acting credits include “Suicide, Incorporated” (Knock And Run Theatre), “Hello, Stranger” (Paper Cut) and “Proof” (NTC).
Congratulations to our award winners of Weeks 8 & 9:

Kindergarten
Wills Mulligan – for completing enrichment activities independently and confidently
Sammi Patterson – for creating 3D objects using many hands on resources

1/2
Levi Hourn – for demonstrating great road safety awareness
Rhianna Smith – for great use of mathematical language when describing the area of an object
Ben Patterson – for working collaboratively with other students during NAIDOC activities
Nate Brown – for working collaboratively with others making 3D objects

3/4
Mikayla Telfer - for demonstrating great leadership skills when working in groups
Bobby Keegan - for his great understanding of climate zones in Australia
Paddy Wong - for his excellent identification of 3D objects
Helena Parker - for her mature approach to learning

5/6
Axul Hourn - for a phenomenal performance as “Axul A-List” at our school play
Thomas Hunt - for wonderful work organising props backstage at our school play
Nicholas Morgan - for wonderful work organising props backstage at our school play
Jacob Bridges - for wonderful reading aloud with expression
Charles Brazier - for his enthusiasm during NAIDOC Day activities

Principal’s Awards:
Sanita Turner - for settling in to St Joseph’s school life very well
Korey Halse - for outstanding participation in the School performance
Paddy Wong - for excellent participation in all school activities
Emma McLaren- for persistence in all learning tasks to achieve good results

NETBALL | FUN | FRIENDS | FITNESS

Holiday Clinic Fun

JOIN IN THE FUN! REGISTER YOUR CHILD IN A NETBALL NSW SCHOOL HOLIDAY CLINIC NEAR YOU!

GREAT HOLIDAY FUN FOR CHILDREN AGED 5 TO 10

- 3-hour clinic run by accredited coaches
- Tailored to all abilities
- Learn and improve your netball skills
- Make new friends
- Get lots of exercise in a safe environment
- Receive a Netball NSW goody bag and Certificate of Participation

ONLY $40 PER CHILD

When: Wednesday 28th September 2016
Time: From 9:00am – 12:00pm with Registration at 8:30am
Where: Newcastle Netball Association
Address: National Park, Union Street, Newcastle
Bring: Healthy snacks, drink bottle, sunscreen and a hat

Good for Kids good for life

SEPTEMBER’S FOR CYCLING

Children love cycling. It is a fast, fun, healthy activity that kids will never outgrow. It helps children to develop strength, balance and overall fitness.

Safety is often a concern for cycling so to help find safe bike paths near you the RDA has collated a map of available cycle paths in NSW. This map can be found at:


Don’t forget the gear! Always make sure you child is wearing a helmet and safe shoes when cycling!
Thank you . . .

to Parker & Patterson/Witney families who have
given up some valuable time
to clean the Aberdeen Bus in
last week

Mother’s Day and Father’s Day Stall
Thank You

A big thank you to Kylie Telfer, Victoria
Shannon and Lucy Wong for coordinating
the Mother’s and Father’s Day Stall this
year. Our children are very fortunate to
have the opportunity to purchase a gift
for their Mother, Father or Grandparent
– a little gift from them to say “Thank
You!”

On behalf of the P&F I would like to say
thank you to our wonderful volunteers
who not only give up their time to order
the gifts, but also to wrap, price and sell
them. Thank you also to our parents who
support these events.

Well done and thank you for the smiles
of our children!

Bronwyn Redgate

Next P&F meeting:
Monday 17th October 2016
4.30pm in the MacKillop Room

All families and friends most welcome and encouraged to attend!

Canteen Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>21 Sep</td>
<td>Lara Madden &amp; Mel Bates</td>
</tr>
</tbody>
</table>

Bus Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>24-25 Sep</td>
<td>R Patterson family</td>
</tr>
<tr>
<td>15-16 Oct</td>
<td>Peebles family</td>
</tr>
<tr>
<td>22-23 Oct</td>
<td>Peel family</td>
</tr>
<tr>
<td>29-30 Oct</td>
<td>Redgate family</td>
</tr>
</tbody>
</table>

P & F would like to thank our recent
Canteen Helpers — De Patterson,
Pauline Lawler, Lisa Smith & Jade
Brown

The simplest way
...to stop food waste.

Over-ripe fruit and veg
need not be thrown out. They can be a flavour-rich
basis for some great
drinks, snacks and meals.

Get the most out of fruit
and veg past used-by date.

<table>
<thead>
<tr>
<th>Food</th>
<th>保存建议</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana</td>
<td>Cut in to chunks and freeze. Use in smoothies, banana bread or muffins.</td>
</tr>
<tr>
<td>Apple</td>
<td>Stew. Serve with natural yoghurt or sprinkle with muesli and bake for crumble.</td>
</tr>
<tr>
<td>Zucchini</td>
<td>Grate and freeze in zip-lock bags. Use in mince dishes, zucchini loaf, muffins.</td>
</tr>
<tr>
<td>Capsicum, celery, green beans, broccoli, cauliflower</td>
<td>Slice and freeze in zip-lock bags. Use in stir fries.</td>
</tr>
</tbody>
</table>

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Eat It To Beat It

Nutrition Snippet

Image: expophoto.com.au

Bronwyn Redgate
5th September 2016

St Joseph’s Parents and Friends Campdraft and Fete 2016

Congratulations to the Parents, Staff and Friends of the School Community who joined in the organising and running of our Annual Fundraiser. Although ‘just a day’ we really appreciate all the effort and many months of work given by everyone to ensure the event made it across the line.

Once again the fundraiser was a success and the funds raised will be greatly appreciated to assist our P&F to support the school and provide those extra items that our children need and utilise within the school. Our net earnings for the day were $10,994.

This year I felt we faced a few difficulties with events running against us which affected our stallholders attending and fete side. Our entries in the horse section were also down as compared to last year. Despite these obstacles some creative thinking within the fete activities brought extra funds in the petting zoo, pumpkin sales, and an offer of firewood to raffle from Mr Arthur Wright. Quick thinking by the Draft Committee in the running of an extra draft within the horse area also created extra takings.

These funds allow the P&F to assist the school by providing, amongst other items, the following:

- Provision of Grounds person to maintain School Grounds
- Assist with the purchase of School Equipment
- Purchase of Playground Equipment
- Presentation Night Awards for Children
- Provide for Parent Functions
- Assist with Cleaner’s Wages
- Additional Educational Programs eg: Gymnastics, Magic Shows, Maths Programs

If you have ideas of where you would like the P&F to use the funds we raise for our Children please feel free to attend our meetings and make a suggestion.

A great effort from everyone. Congratulations to everyone who participated and helped out. Thank You.

Bronwyn Redgate (Treasurer)