Dear Parents, Carers and Community Members,

As our Term 3 draws to the finish line, there is much for our school community to celebrate in our students’ learning these past ten weeks. Each year level has engaged in some high quality and meaningful learning experiences for our students to know more, do more and be more. If you ask your children over the next few days, “What is something you know now, that you didn’t know before?” or “Can do now, that you couldn’t do before?” and to name something that they are more successful at being, such as “Organised, confident, good readers, writers, scientists, historians….” This list could be endless… These are much richer questions rather than being asked about “being good at school”. I hope you are in for some impressive responses.

Our call to Help Others – For Whom do we Fundraise?

It seems timely to explain to new and even longer term parents the nature of our fundraising and social action activities which at times can be taken for granted and assumed that this is well known. A decision was made by our parent body some six or seven years ago to have fundraising for our school resources to be realised through the SPN (School Parent Network) levy so that all parents are able and invited to contribute without relying on additional organisational initiatives such as chocolate drives etc. Our School and Parish fete – St Rita’s Winterfest - is the exception to this. Our SPN levy raises significant funds each term for facilities (e.g. the recent covered walkway from Year 1 to the amenities) and school community events such as the Snug as a Bug movie night on Friday evening. As a group, the School Parent Network (open to all parents) meets each term and at these meetings, determine projects and school based events to expend these funds.

Separate to this, however, are the mission and charity type initiatives that arise out of our Catholic Social Teaching program that is encouraged in all of our Catholic Schools. A significant dimension of the Catholic School experience is to provide outreach to those in need. An example of this is the wonderful school wide response we have had to the latest project run by our Mini-Vinnies and Student Council in the Cup-Cake Appeal for BaBi (a local charity organisation for our Bayside youth).

At St Rita’s, we have our Mini-Vinnies group – affiliated with St Vincent de Paul. Each term the Mini-Vinnies have a particular focus on meeting needs for those less advantaged than ourselves. These initiatives will vary from an international, national or local community focus. These are usually for Caritas in Term 1, Rosies (for homeless) in Term 2, Babi in Term 3. We also have our Student Council who work in partnership with Mini-Vinnies and will also be leading the Great Book Swap initiative raising funds and awareness for Indigenous literacy programs. Our Year 7s, as part of their transition to secondary schooling have been taking the initiative in Term 4 and this usually has a focus on Catholic World Mission.

The educative emphasis for our students is on awareness raising and social responsibility based on community development principles. We also focus on activity that is not necessarily to do with money – e.g. taking groups to sing at local aged care facilities, making Christmas cards, decorations. Common to all of these is to keep the cost to an absolute minimum and they are never more than a gold coin donation. Caritas, may be different as this is during Lent and connected with the parish Project.
Compassion and is collected over a number of weeks. As you can imagine, we get inundated with requests for fundraising for various causes – all of them very worthy. Brisbane Catholic Education encourages us to keep the focus generally around mission type causes.

**Parenting Ideas**

In this week’s newsletter we attach an article from Michael Grose on digital devices and content ‘Beyond their Years” and the important role parents need to play in monitoring and controlling what children see.

“We have a number of families and staff who have experienced loss and grief through a passing of a loved one or facing challenging illnesses. We hold all who face such challenges in God’s loving care for comfort and strength. As we take the two week Spring break, we trust that all will enjoy some family time to rejuvenate, reconnect and re-energise.  

May God’s peace and blessings be with you all.

Anne

On Thursday 11th and Friday 12th September last week, myself and Lagi attended the Brisbane Catholic Education Primary Senior Leadership Conference down the coast. The two day conference was an opportunity for Senior Leaders to gather and engage in professional learning and build networks related to their roles as leaders in their school. The theme for the conference this year was: ‘Cast Our Nets’. As leaders in Catholic Education, we are called to action and we listen to the call to:

*Cast out, believe, have a go and trust*

*Cast out, breathe, let go, watch the energy spread*

*Cast out beyond challenge to purposefulness and fulfillment*

One of the highlights of this conference for me was having the opportunity to listen to Matthew Ames who has become well known throughout Australia because of his extraordinary resilience and his positive approach to life.

Matthew Ames was 39 years old when what started as a sore throat resulted in the loss of all four of his limbs. He had contracted a streptococcal infection resulting in toxic shock and was never expected to survive.

Matthew suffered kidney failure, a detached retina, and permanent hearing loss in addition to the loss of his arms and legs. He was in a coma for three weeks, and spent almost two months in intensive care. Matthew came home in the first half of 2013, and is a continuing outpatient at the Mater Private Rehabilitation Centre in Brisbane. Now two years later Matthew has beaten the odds, spurred on by the fact that he is the father of four young children aged between four & eleven and husband of a very dedicated wife determined to grow old with him.

Matthew has made a recovery that has amazed everyone who has shared his journey, powered by a positive attitude and focus on what he can do, rather than what he can’t. He has started to share his stories with others in the hope that it inspires self-reflection, motivation to be positive about circumstances that arise, and new attitudes toward disability. Matthew has been a Queensland state finalist in the 2013 Australian Father of the Year awards, and the recipient of the 2013 Queensland Pride of Australia (Courage) Award.

Matthew has recently completed a series of surgeries associated with a procedure called osseointegration that will enable prosthetics to directly attach to his bones. He will be the first person in the world to have this done on all four limbs. Much of Matthew's time is currently spent focusing on rehabilitation. Below is his website: [http://renovatingmatthew.com/](http://renovatingmatthew.com/) Very inspirational man!

Thanks again for your support and partnership throughout Term 3. All the best

Shane

It is hard to believe that we are at the end of the term already, and that there is only one term left until the end of the year. I love the September holidays as it’s a time when we shed our layers, take time to smell the flowers and enjoy the month of Spring. Many of you will have noticed the garden bed that Bob has created outside the office. It is now a more welcoming space for us to enjoy. As we head into the holiday season we also take time to reflect, and relax and spend time with our loved ones.
WAYS to Nurture Your Spirit

- Spend time with Richard Rohr’s Daily Reflection titled Life as Participation. Your life is not about you. You are about life. Sign up to receive these free, life-giving meditations in your Inbox and join the conversation in response to Daily Meditations on CAC’s Facebook page.

- Go to Quiet Space and spend time in the presence of God.

- Listen to Everything is Holy Now. Enjoy this visual meditation on the sacred elements of water, wind, earth, and fire. Photos are by Christine Valters Paintner (www.AbbyoftheArts.com) and the song “Holy Now” is by Peter Mayer, used with permission (www.BlueBoat.net). Reflect on what is holy in your life and give thanks.

Have a restful and relaxing break.
See you all next month ready for another term of learning.
Lagi

INSTALLATION OF FR PAUL

Archbishop Mark Coleridge celebrated mass at St Rita’s last Saturday to commission and formally install Fr Paul Kelly as our new parish priest. It was a beautiful mass attended by parishioners and also Fr Paul’s parents and brothers and sister. Archbishop Mark spoke very well as always. It was a relaxed enjoyable night finishing with a sausage sizzle and shared plate.

FATHERS DAY - TOGETHER IN FAMILY

When Mrs. McKenny rang me and asked if I’d like to share my thoughts on fatherhood, my first thoughts were... “Of course, that will be easy, I love being a father, and how hard could it be to put that into words...?” As it turned out, a lot more difficult than I first thought! In fact it took all of two seconds after I’d hung up from Mrs. McKenny to think... “What have I done?”

Along with meeting my beautiful wife, becoming a father for the first time, when Abbie was born, was the greatest moment of my life, only matched by when my second child, Billy, was born. So why was it so hard to put what fatherhood meant to me into words? So I started thinking of something profound and meaningful to say... nope, that didn’t help. Then I thought of my own father... and it hit me. I remembered phoning my father at work, many years ago, I think I may have been about twelve at the time. My father’s receptionist answered the phone and told me that he was too busy to speak to me at the moment but she would get him to give me a call when he was free. At the time I thought nothing of it, my father was a busy man who worked very hard and I can’t even remember what it was I wanted to ask him, so it can’t have been too important. But I do remember that only moments after I had hung up, the phone rang, it was my father. He told me that he was never too busy to speak to his sons. I’ve carried that thought with me throughout my life and now that I am a father, I understand what it truly meant to my father.

Fatherhood, to me, as it is to my dad, is simply about being there. It’s being there for a hug in the morning. It’s being there to make pancakes, to make a mess, to eat the pancake mixture instead of cooking it. It’s about being there so your little girl can paint your fingernails, or you can help her make the latest type of loom band. It’s being there for your little boy to help him create something crazy with his Lego, or to watch the latest Ben 10 marathon. It’s about being there to kick a footy or to ride a scooter. It’s being there to listen to how cool minecraft is and knowing who stampy long head is (at least I think that’s his name?). It’s about being there to embarrass them in front of their friends, to make them laugh and to wipe away their tears. It’s about being there to read a book at night, and sometimes fall asleep next to them. It’s about being there to pick them up and it’s
about being there to keep them grounded. It’s about being there to talk to them when they call me on the phone.

To me, fatherhood is about being there for my children whenever I can, enjoying that time and making the most of it, so those times when I can’t be there, hopefully they will understand.

So, as my beautiful children grow, I look forward to the challenges that fatherhood has in stall for me, and hopefully one day my own children will be able to look back and think, as I do... “We’ve got a pretty cool dad!”

*(Fathers’ Day speech by Stuart Goldston)*

Good Morning,

My name is Dakota and I am here to talk about my Dad, and in some parts it might seem like your Dad or even YOU!

My Dad is special to me but sometimes he can be annoying like when he comes in to wake me in the morning and sings loudly “Rise and shine and give God the Glory Glory” x 2.

I love him though as he is always there for me, he makes me laugh and no matter what I do I know he will always love me.

LOVE YOU DAD, ALSO Known AS MY SUPERHERO

By Dakota T

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**SPORTS NEWS**

*St Rita’s Touch Football*

*U/8’s and U/10’s are playing at 4.30pm*

*U/12’s are playing at 5.15pm*

*Game details will be communicated on a weekly basis through a messaging system to parents.*

Training for U/12s will be from 3.10 – 4.10pm Monday afternoons, U/10’s will be Thursdays First Break and Fridays Second Break during school hours.

*St Rita’s Representative Sport Singlets*

If there are any students who have yet to return their rep singlet from either Cross Country or Athletics, could you please do so by end of term.

*Mission Cup Netball*

Training will be held on Tuesday afternoons from 3.15 to 4.30pm.

Please let either Mr Kenyon, Mrs Rossi or Mrs Manderson if unable to attend.

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**FUTSUL**

The Y are starting up our own Futsal comp for 11-14 year olds and seniors.

Y- Futsal starting October 2014. 5 a side. Can be mixed teams. The first 10 teams to register will receive a free futsal ball and shin pads for the team in a Y-Futsal Kit bag. Low cost. Great referees. On time games.

*YMCA VICTORIA POINT*

*YMCA OF BRISBANE (Est. 1864)*

P. 3820 5300

M. 0407 640 438

E. tamara.price@ymcabrisbane.org

W. www.ymcafitness.com

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**ASSEMBLY AWARDS**

**5K**

Veronica S  
For Inspiring Learning by her improved effort to complete her homework and try harder at her class activities. Super effort Veronica.

Jake E  
For Inspiring Learning for his insights into learning situations and his ability to give difficult questions a go. Well done champ!

**5T**

Mikayla H  
For Inspiring Learning by putting her best effort forward when completing all tasks in class. She always has her work done on time and to a high standard. Congratulations Mikayla on displaying excellent work habits!

Max H  
For Respecting Everyone by making sure that games at breaks are played fairly and everyone enjoys their time together. Well done Max on showing respect to your peers!

**6K**

Lawson V  
Congratulations for being an active learner. Your speech was well prepared and clearly presented with confidence.

Hayley S  
For trying her very hardest to create a timeline which demonstrated her abilities. Congratulations on persisting and being an active learner.
**Larni B**

For persisting with her history and trying her very hardest to be an active learner. Congratulations on taking on the challenge and working to achieve your potential.

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**CYPERSMART PRESENTATION**

This Thursday 18th September you are invited to attend an internet safety awareness presentation for parents:

**Time:** 5:00-6:00pm  
**Date:** 18th September  
**Venue:** Unitas Centre (Music Room) – St Rita’s

RSVP: shane.thompson1@bne.catholic.edu.au

If you are already registered and would like further information about cybersafety or the presentation itself, please visit: [www.cybersmart.gov.au](http://www.cybersmart.gov.au) - Australian Communications and Media Authority

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**NEWS FROM THE RESOURCE CENTRE**

**The Great Book Swap**

The Student Council has begun organising The Great Book Swap to raise money for the Indigenous Literacy Foundation to aid in providing books to Indigenous people in remote communities. It will be held on Monday the 3rd of November in the Unitas Centre. For the great book swap to occur we are asking for you to donate any preloved books that are still in good condition that you think others would like to buy. The student council will collect books from the classrooms each Thursday before lunch. On the great book swap day we will be selling the donated books for $1 each. Thank you for helping us to build a love of reading throughout all of Australia.

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**SCHOOL BANKING**

The Banker of the week this week is Patrick C, congratulations Patrick we have deposited $2 into your bank account for you.

We hope you all have a fantastic two week holiday. School banking will start again on the first Tuesday in Term 4.

It’s never too late to open a School Bank account and it’s very easy to do. Pop into the Victoria Point branch (It’ll take about 15 to 20 minutes) and we’ll sit down with you to get you started. We’re even open on Saturday so come on in and have a chat, we’d love to meet you.

We’re open 9.30am Mon – Fri, 9.00am Sat , Closing times Mon – Thur 4.30pm, Fri 5pm & Sat 12 noon. Pop in and see the friendly team, we’re always happy to have a chat and help with any of your banking needs.

BOQ Victoria Point, Shop 23 Victoria Point Shopping Centre Ph 3207 6133

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**UNIFORM SHOP**

**HOURS**

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<td>Thursday</td>
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**Year 2 Parents**

Please remember to submit your orders for transition into Year 3 uniform. Letters and forms have been sent home, if you haven’t received one, please drop into the school office or Uniform Shop to collect one. Orders need to be placed as soon as possible to ensure timely delivery of goods.
HELP NEEDED
HELP NEEDED
HELP NEEDED
HELP NEEDED
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HELP NEEDED
HELP NEEDED
HELP NEEDED

As you can see we are in desperate need of help this Friday. Please lend a hand if only for an hour or so during the day. Or maybe come in at 1:00 to help finish out the day.
For all inquiries please call or text Renee 0411 523 969

Thank you to all the families that attended the “Snug as a Bug’ movie night last Friday. Once again it was a wonderful night. A big thank you to Debbie, Antoinette, Janine and Craig for all your help.

Parish Junior Choir
Do you like to sing? Come and join the parish junior choir. Rehearsals are each Wednesday during term time from 3pm to 4pm at the Ruby Room at the parish office. If you would like more information please contact the Parish office. Invite your friends to come along and sing with you. There is no cost for this activity. Afternoon tea is provided. Open to all primary age and high school age parishioners.

Altar servers – More volunteers needed urgently:
We are still looking for more boys and girls to be altar servers. The children that are interested must be Catholic and have completed their first Holy Communion. They should be between the ages of ten and seventeen. We need altar servers for both Sunday Masses and at the vigil Mass on Saturday night. It is an honour and privilege to be an altar server. It is up to us parents to encourage our children to participate more at Mass. Being an altar server is a good way to serve the Lord. Altar servers are important; they prepare things for Mass. They assist the priest before and during Mass. They light candles, carry the Processional Cross, hold the Sacramentary, and ring bells. The altar servers learn the Order of Mass, prayers, responses, and postures. They are an integral part of the Celebration. It will be a good experience for them. We invite you to encourage your children to serve. Parents if you are interested in your child serving here at St. Rita’s, please contact us at the Parish Office on 3207 9177. Fr Paul is happy to run a training session this week after school for anyone interested.

Mass Times in our Parish
Morning Masses in the chapel 9am every day except Wednesday
Weekend Masses: Saturday 6pm, Sunday 7am, 9am, 6pm.
Reconciliation Times - Saturday’s 5pm to 5.30pm in the Church

Opportunities for prayer at the Parish:
Christian meditation: welcomes everyone in the chapel every Monday at 9.30am
Rosary Group: Monday at 11.00am in the chapel. You are most welcome to join us.
Praise and Worship group: Tuesday 7pm either in church or chapel and includes worship through song, scripture reading, small group discussion and personal prayer
Mothers Prayers: welcomes all Mothers, Grandmothers, and Spiritual Mothers every Wednesday mornings at 9.00am in the Chapel
Pro-Life Rosary Crusade: Thursday at 11.00am in the chapel to pray the rosary in the hope of preventing the legislation of abortion in Queensland.
As TVs, tablets, smart phones and other digital devices become more commonplace, so do the myriad types of content available on them. Lakshmi Singh looks at the important role parents need to play in monitoring and controlling the exposure of early-primary school children to content beyond their years.

The TV left on the latest hit crime drama while you’re cooking.
The family iPad unlocked with access to Game of Thrones.
The gaming device on which Dad has been spotted playing Grand Theft Auto.
The drive to school with the radio playing songs full of sexual promise and expletives.

These are just some ways in which young children might interact with content that is beyond their comprehension.

"If what they are watching is scripted to be more dramatic, then that is how it is for them, unless an adult lets them know otherwise," she says.

The strung-out tensions between contestant teams, fabricated cat-fights and prolonged focus on habits that annoy each other could all come across as normal, unless kids are told otherwise, she says.

"Of course in real life kids will come across bitchiness and things like that, but I don’t think shows like these are necessary to teach those lessons," says Nathalie Brown, child behaviourist at Melbourne based consultancy Easy Peasy Kids.

"It’s a reality show but not a real concept. One man and twenty women ... it’s not going to happen in real life."

The dramatic statements made on the show can also create false impressions and wrongly influence young minds, she says.

"Do we want little girls thinking that this is the be-all and end-all if you don’t have a man in your life?"

Concepts beyond their understanding

While children of this age may be exposed at school to some adult concepts like the dangers of smoking, they don’t necessarily understand in great detail the information presented in health programs, for example says Jenkins.

“They will need a sensible adult to explain what they are seeing in a way that won’t cause them to take on too much information that they aren’t really ready for, or don’t really need to know about yet. For example, at seven or eight children don’t really need to know about drugs leading to death and disease. That can be something to be discussed at least in senior primary.”

In a similar vein, rite-of-passage concepts are better passed down from parent to child, says Brown.

“I believe it is okay for children to have knowledge on puberty but that initial talk should be from their parents, not from a movie. It depends on emotional maturity; if it comes up in a movie it may just go right over their heads or scare the living daylights out of them.”

© 2014 Michael Grose
The same concept also applies to games and apps, she says. “Children believe what they see. Parents have to communicate that a movie or game is not real life,” she says.

Even if exposure is inadvertent, the impact can be very obvious, she says.

“If a child is constantly playing or watching violence their understanding in handling their own emotions can become aggressive. What a child sees repeatedly is what they learn. It becomes acceptable to be aggressive and they can become desensitised to violence.”

**Conflicting values of shows/themes**

Certain themes like revenge may not be ideal to teach your seven to eight-year-old, but they do get portrayed in movies. The important point is that labels need to be given to shows and games that deal with such plots and an explanation given as to what the characters are doing.

“Revenge does occur, this is a how the movie plot is dealing with it, it is something the parents have to discuss with their child,” says Brown.

Sometimes culture and religious beliefs mean parents limit or screen what their children can watch. Here, an honest explanation as to why parents believe their children shouldn’t be viewing or interacting with such programs may be in order, especially if there is a risk that they may go behind your back and source it, says Jenkins.

“If [the reason given] is something like: ‘Just because’ or ‘Because I said so’ a child with a certain personality might go looking for it themselves to find out why they can’t watch it. If, however, a parent acknowledges that their child would like to watch the show and explains that the reasons have to do with their family values or culture for instance, it might be better received,” she says.

**More harm than good?**

The brain of a child who’s seven or eight does not have the necessary processes in place to exercise the judgement necessary to make sense of M-rated games, says Brown.

“Again it depends on the emotional maturity of the child and how much the parents have explained to them. I find that a lot of the parents aren’t even aware that the ratings are there for a reason.”

At this age, looking for big banks to loot and zombie monsters to kill will not be something a child can do with the strategic mindset or understanding demanded by these games, she says.

However, they might have a more poignant influence psychologically and result in the child having nightmares.

“These graphics at the moment are so realistic, bloody and gory,” she laments.

Regular exposure to M-rated content where the language might be peppered with profanities and disrespect may also impact an impressionable seven or eight-year-old’s speech, says Jenkins.

“If they are exposed to expletives regularly, whether on a show or in their house, they will absorb them as ‘normal’. This ‘sponge-like’ phenomenon applies more to younger children, but if a seven or eight-year-old has been exposed to such things for most of their life, they will become normal for them. And if they start watching this material at age seven or eight and the adults in their life don’t say that they can’t watch it, or don’t turn it off, or at least don’t comment that it is wrong, then the kids won’t have the understanding that using expletives is not okay.”

**Words of wisdom from the experts**

1. **Set boundaries from early on in children’s lives.** Instil the message that we only watch G or PG material in our family.

2. **Watch news programs when kids have gone to bed.** This is especially important if a child (of any age) is anxious or has a predisposition to anxiety or worry. If they do come across tragic events, reassure them that even though these events have happened in real life, the child, their family and friends are safe.

3. **Be prepared to keep pace with children as they grow older.** Assess whether an M-rated show might be appropriate for a particular child’s personality, intelligence and maturity by watching it first. Be available for explanations and fast-forward any questionable parts.

4. **Always encourage open discussion about content your children interact with,** allowing them the confidence to ask questions when confused.

5. **Don’t allow TVs and other devices in kids’ bedrooms.**

6. **Use parental locks and passwords but try to invest more in gaining their trust.**