FROM THE SCHOOL LEADERSHIP TEAM

Dear Parents, Carers and Community Members,

Last Friday, the teachers who are leading the implementation of our new RE curriculum and I joined many other Catholic Schools and leadership attending the launch of this significant document and online resources. Teaching Religion is a privilege for us and our hope for your children in receiving a Catholic Education is to emerge from this with a lens to view their world – the ordinary and extraordinary – with a sense of justice, compassion, contribution, critique and above all a foundation for faith and belief in a loving and ever present God.

Welcome to School Visitors for ACER – National School Improvement Tool

Our priorities at St Rita’s are energised by our commitment to improvement. For a number of years, we have focussed on nurturing a positive culture within our school, refining our curriculum delivery, and developing our contemporary learning strategies. We have a great opportunity to have a team visit our school for the next two days from ACER (Australian Council Educational Research). Under the leadership of Geoff Master, CEO for ACARA (Australian Curriculum, Assessment and Reporting Authority) a tool has been devised to assist schools in assessing where they are at in terms of implementing improvements. While we are consistently reviewing our practices and engaging in self review, this is an opportunity to have an objective view based on current and respected research for what it takes for schools to achieve outstanding improvements.

Part of the visit will involve this team speaking with you, our parents. This is also a good opportunity for parent voice to help us review our practices, affirm our successes and inform our future strategic direction. I know you will make our ACER visitors welcome as they speak with you – generally before or after school – over the next two days.

May God’s peace and blessings be with you and your family in the coming week.

Anne McKenny
Principal

The recent September school holidays now seem like a distant memory as we move into week 3 next week. I hope everyone enjoyed the break and was able to spend some quality time with your families.

I came across an article from The Sunday Mail editor Kylie Lang that I thought was an interesting read and provides some wisdom for the upcoming Christmas holidays.

Overcome modern children’s mantra - I'M BORED, so amuse me. That seems to be the mantra of modern childhood.

If you’ve spent the school holidays playing entertainment co-ordinator, chances are you have bought into it. Well, enough of that. Boredom isn’t bad. In fact, it can be good for children. The trouble is, adults are too quick to rush in with options, rather than encouraging children to think their way out of this apparently abhorrent state. We fill their days with activities when we might do better leaving them be. Children who are constantly stimulated never learn to be still.
They don't have free time to ponder, daydream, or thoughtfully observe what's going on around them. As I write this column, three boys are congregating around the other computer in the executive lounge of a Gold Coast hotel, where we are staying for a few days. They are aged between nine and 12, I'd say, and they are online checking out girls, watching videos and playing games. It's a glorious, warm spring day, but these children are here, in frosty, air-conditioned quarters, because they have time to kill before embarking on a raft of activities, such as Segway riding, laser clay shooting, golf lessons and swimming. Down time doesn't factor in to their day; every minute must be filled.

A new study, published in Perspectives on Psychological Science, suggests children who are bored are in a tense, negative state. They're frustrated at being unable to engage, focus or start something satisfying. Not necessarily lazy, they are edgy and show physical symptoms of stress, such as a faster heart rate and higher levels of the hormone cortisol.

Lead author of the study, John Eastwood, professor of psychology at York University in Toronto, says, as a society, we've come to view boredom as something to be avoided. When children complain of being bored, parents can feel threatened and think "what's wrong with you?"

But, rather than stepping in, Eastwood says parents should let children find solutions. When other studies link boredom to emotional eating and internet addiction, we do need to address it. Dr Teresa Belton is an expert in the impact of emotions on behaviour. A researcher at the University of East Anglia's School of Education and Lifelong Learning, Belton says boredom can be an "uncomfortable feeling" but is best overcome by developing internal stimuli.

"Some young people who do not have the interior resources or responses to deal with boredom creatively end up smashing up bus shelters or joy-riding in cars," she says. True. How often do we hear boredom blamed for anti-social behaviour, be it rioting at street parties or vandalising neighbourhoods? Why is it that the children with the most toys are the first ones to whine about having nothing to do? Or that children who default to playing computer games in their free time cite boredom as the reason?

What these young people have in common, regardless of socio-economic background, is an inability to draw from within, to tap inner resources to entertain themselves in positive ways.

Psychologist Susan Stiffelman, author of Parenting Without Power Struggles, says children need unstructured time, and plenty of it, if they are to nurture their creative instincts, rather than rely on someone or something to keep them engaged. Stiffelman is an advocate of imaginative and co-operative play from an early age. By turning cardboard boxes into spaceships, children solve problems and invent. By playing together, they learn to take turns and develop empathy.

"When a youngsters says, 'I'm bored', he has simply forgotten he has the capacity to entertain himself," she says. "If he insists you do something with him because there's no one else to play with, don't feel obliged to give in. "Acknowledge his frustration, put out art supplies or a box of Lego, but don't worry too much about making the boredom go away."

She says downtime is crucial, especially in today's world of constant stimulation.

"Kids who lose the capacity to daydream become restless adults, always searching for distractions and quick-fix stimulation," She says. Boredom isn't the end of the world. It is the start of new possibilities and a fertile ground for nurturing creativity and self-reliance.

**BOREDOM BUSTERS**
* Don't get angry or punish your child for being lazy.
* Make the child responsible for finding a solution.
* Limit screen time.
* Don't buy more toys; encourage imaginative play.
* Suggest chores and see how fast your child finds another way to beat boredom.

All the best
Shane

"Teaching a child to enjoy books is educating a generation ahead." Andy Griffiths

Imagine not being able to read a book, a road sign or directions on food packaging? Sadly, this is a reality faced by many Aboriginal and Torres Strait Islanders living in remote communities today.
Did you Know?
Indigenous children living in isolated areas have lower literacy rates. In the Northern Territory, only one in five children living in very remote Indigenous communities can read at the accepted minimum standard. By Year 7, just 15% achieved this benchmark, that’s 74 percent less than non-Indigenous students. [DEET NT 2006]

At St Rita’s we are very fortunate to have a well-sourced library that both students and teachers enjoy. Our school now has the opportunity to raise literacy levels in our Indigenous communities in remote regions.

How can we help?
We can help in 2 ways. First, by donating good quality books to the Great Book Swap Event and second, by bringing along a gold coin donation on Friday, 25th October to choose a new book to take home and enjoy. Last term the student council organised competitions to raise awareness of Indigenous Literacy. We congratulate all the winners and runners up of the Great Book Swap Competitions.

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Runners Up</th>
<th>Winners</th>
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<tbody>
<tr>
<td>Prep</td>
<td>Alexander Prep L</td>
<td>Oliver Prep T</td>
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<tr>
<td>Year 1</td>
<td>Imogen W. 1T</td>
<td>Ellira A. 1T</td>
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<tr>
<td>Year 2</td>
<td>Fletcher 2T</td>
<td>Jamieson H. 2T</td>
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<tr>
<td>Year 3</td>
<td>Jemma S. 3L</td>
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<td>Year 4</td>
<td>Holly T. 4K</td>
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<td>Year 5</td>
<td>Taylor G. 5T</td>
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<tr>
<td>Year 6</td>
<td>Yasmine C. 6T</td>
<td>Jacob E. 6L</td>
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<tr>
<td>Year 7</td>
<td>Zaylee O. 7L</td>
<td>Gabby D. 7K</td>
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This Friday all are welcome to celebrate the Eucharist with our Year 4 students at the 9 am Mass.

Parent Portal – Don’t forget to register your details through the Parent Portal button on the St Rita’s website, could you please simply email stritasict@bne.catholic.edu.au detailing your email address, family name, child’s name and year level. Thank you to those who have done this to date – the passwords will be coming later this term.

Marianne Ferguson

NOT RETURNING IN 2014
A note went home last term about students not returning in 2014. If you are aware that your child/ren will not be returning to St Rita’s in 2014 it would be appreciated if you could return the form to the school office as soon as possible.

SCHOOL PARENT NETWORK
The next SPN meeting will be held tomorrow evening, Wednesday 16th October. We are always open to new ideas about making our children's school experience better. If you have something to share then we invite you to come along to the Staff room in the Administration building at 7pm. We look forward to seeing you there!

SPORTS NEWS
St Rita’s – Friday Night Touch Football
u/10’s Allstars 1 (Mrs Hill) – 4.30pm on Field 4A
u/10’s Allstars 2 (Mr Kenyon) – 4.30pm on Field 6A
u/12’s Allstars Blue vs u/12 Allstars Maroon – 4.30pm on Field 10
u/14’s Invaders – 6.00pm on Field 9

Please let Mr Kenyon or Mrs Hill know if you are not available to play this week. Training for U/12’s will now be held on Monday afternoons from 3.10pm to 4.10pm.

P-3 Swimming
The P-3 Swimming Week and carnival is fast approaching! As swimming caps are now mandatory, you may purchase one in your child’s sporting house colour for $6 at the uniform shop.

<table>
<thead>
<tr>
<th>TIME</th>
<th>DATES: Week 4: Oct 28, 29, 30, 31 and Nov 1 (Mon-Fri) Carnival Day – Monday 4 November</th>
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<tbody>
<tr>
<td>Lesson Time</td>
<td>Classes Swimming</td>
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<tr>
<td>9.30–10.10am</td>
<td>PK and 3L</td>
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<tr>
<td>10.15am–10.55am</td>
<td>PT and PL</td>
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<tr>
<td>11.00am–11.40am</td>
<td>1K and 1T</td>
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<tr>
<td>11.45am–12.25pm</td>
<td>1L and 2K</td>
</tr>
</tbody>
</table>
12.30pm – 1.10pm  
2T and 2L  
12.00pm
1.15pm – 1.55 pm  
3K and 3T  
12.45pm

Mission Cup Netball
Training for the Mission Cup Netball Squad will be on Tuesday afternoons from 3.15pm till 4.15pm. Please let Mr Kenyon know if you are unable to make training certain weeks.

Important Dates
Prep to Year 3 Swimming Program – 28 Oct to 1 Nov
Prep to Yr 3 Swimming Carnival – Mon 4 Nov

SCHOOL BANKING

The banker of the week last week was Zane J in Prep T and this week it’s Patrick C, congratulations Zane and Patrick we’ve deposited $2 into your bank accounts for you. With school holidays over and Christmas just around the corner now is the time to see if we can save you some money with our new Clear Path Home Loan package and ease you into the festive season with some room for movement in your budget. Call the staff at BOQ Victoria Point today 3207 6133.

TUCKSHOP NEWS

Wednesday 16th October
Wendy Bevis
HELP NEEDED???

Thursday 17th October
Alicia Overdijk
HELP NEEDED???

Friday 18th October
Darryn Smallwood
Brenda Owbridge
Maggie Helmn
Tracey Knight
2ND Break
Kay Coleburn

If your child is ill or not attending school on the day you have ordered through Flexischools, please let us know when you call up or send me a text on that day. I am more than happy to cancel your order if you have contacted the school in the morning. Refunds cannot be issued if the food has been prepared.

If you have any question please do not hesitate to contact me. Renee 0411523969 email rsaleh@bne.catholic.edu.au

NEWS FROM THE RESOURCE CENTRE

Scholastic Book Club brochures have been distributed. If you wish to place an order for issue 5, please send your order to Mrs Brownlie in the library by Friday 29 October.

UNIFORM SHOP

HOURS
Thursday 8.00 to 10.00am
Friday 8.00 to 10.00am

Year 2 Families: Please remember that the uniform changes to the formal uniform for Year 3, please ensure your order has been placed, payment will be due in the next couple of weeks, all the orders that have been placed are ready for collection.

Prep Families: Prep uniform hats change for Year 1, please purchase a blue hat before end of term.

FROM THE PARISH

Enrolment ceremony for the Sacrament of Reconciliation 2013
The children will be enrolled at mass on the weekend of 19th/20th October. Parents can attend either Saturday 19th October at 6pm mass (enrolment ceremony is during the mass) or Sunday 20th October at 9am mass. Please join after these for a sausage sizzle!!

Children will be given Reconciliation lessons during Saturday 6pm mass or Sunday 9am mass on the following dates:

26th/27th October,
2nd/3rd November,
9th/10th November
The Rite of Reconciliation will be held on Tuesday 12th November at 6pm or at 7.30pm again in the church. Contact Angela at the parish office on 32079177 if you have any questions.

“PORTOFINO”
“FASHION PARADE & MORNING TEA”

Ladies, are you looking for a dress for the Melbourne Cup or an outfit for some other special occasion? Well come along and shop in the comfort of St. Rita’s Church. View a wide range of beautiful clothing suitable for all occasions. The Fashion Parade will show off many garments which cannot be found in any shops. With a scrumptious Morning Tea & bottomless Tea & Coffee, all for the one low price of $10. Also some fortunate person will win a lucky door prize.

Venue: St Rita’s Church, 39 Benfer Road, Victoria Point. Qld 4165
Date: Thursday 17th October.
Time: 10.00am
Contact: Martina on 3820 8141 or Parish Office 3207 9177 for tickets.

So come & join us for a relaxing morning. Fashion Parade will commence at 10.30am. Looking forward to seeing you there. Also look out for our raffle.

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Get a 0.7% Discount for the Life of your Loan.
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PH: 38209155
We will SAVE you $$$
*Terms and conditions apply

Home & Business Security
Wall-mount DVR with screen & 4 Cameras
Packages from $1500 installed
Call Jim 0428 351 511
The Milo In2Cricket program will commence Friday 18th October. Sessions are 4:30 – 5:30pm (every Friday) for 8 weeks. In2Cricket Age groups include: 6-9yos and is open for both Boys and girls. (For players 9 and up, please call Jerry Lau on 0468 321 529 or email redlandsharks@gmail.com for more information).

Where: Ern Dowling No 2 Oval (Cnr Link Rd and Colburn Ave)
Cost: $70 (includes player insurance) and every registered player will receive backpack, plastic bat and ball, T/Shirt and bucket hat.

Bring along a cold drink, running shoes and sun protection and register on the day. We will email you an invoice which you can pay at Victoria Point Sporting club or by bank transfer at a later date.
Chatter Matters on the Coast

Please join us in learning how together we can make an immense difference in the educational journey of our children.

Parents, grandparents, school administrators, teachers, teacher aides, childcare workers, welfare workers and all interested community members are invited to a free community information session about the importance of oral language in the early years and its profound impact on school success.

Guest: Angela Ehmer
Speakers: Angela is an experienced literacy consultant with over 25 years experience working with educators, publishers, parents and community organisations throughout Australia.
Alison Kemp (Gold Coast Libraries)
Jann Webb (Redland Libraries) and Early Years Specialists

Date: Monday 28 October 2013
Venue: Benowa State School (Hall)
314-358 Benowa Rd
Benowa, Queensland
Time: 6.30 - 7.30pm
RSVP: Tuesday 22 October 2013
(07) 3488 1333 or scric1@eq.edu.au

Brought to you by:
South East Region of The Department of Education, Training and Employment, Gold Coast Libraries and Redland Libraries

All attendees receive an Oral Language Adventure Pack.
More information:
Stephanie Crick scric1@eq.edu.au
Dress up as your favourite superhero and join us for a fun family morning of craft, games and stories.

Time: 10.00-11.30am
Date: Saturday 19 October 2013

Presented by Redland Libraries in partnership with Cleveland State School under the S.P.E.A.K program (Speaking Promotes Education and Knowledge).