Dear Parent/Caregivers,

Welcome back to Term 4! The students have settled in very well and it is great to see them refreshed and ready for new learning.

Over the holidays a group of students and their families attended the 2018 Inter-Schools Horse Extravaganza in Tamworth. Congratulations to Reagan O’Donnell, Clancy Prior, Jensen Shields, Ella Browne, Brianna O’Donnell, Chase Rosten and Isla Von Mengensen for their attitude, participation and effort. They are to be commended for the way in which they represented our school community and their families. Special thanks to Miss Gamack and Mrs Krystal Brady for their assistance in supporting our students in this endeavour.

Thanks so much for your support and understanding regarding the postponement of our Fete which is now scheduled for Friday 16th November.

Parent Engagement and Learning in partnership with the school is a focus for our community this year. I extend a warm invitation to join a group of parents and staff who will be attending the Proclaim Parent Twilight Session at Newman Technical College on Tuesday 24th October from 5.30pm. This is a wonderful way to connect with other parents in the Hastings and Nambucca Cluster and share in the story of the education of your children. Please click on the following link to register.


We will continue with the upcoming Parent Mathematics Night which is scheduled for Tuesday 30th October at the school. Information and registration details are noted within the newsletter. We are excited about this practical and very hands on learning experience for all.

It is with great pleasure that we share with you the arrival of baby Oscar Ted McGovern who was born on Monday 15th October weighing a healthy 8 lbs and 5 ozs. Our most sincere congratulations to Erin, Dane and Rory. May the Lord bless this family and baby Oscar with love and life in abundance!

Next Friday 26th October we celebrate World Teacher’s Day. Please join us for a special assembly to celebrate the wonderful contributions of the educators in our community.

We are looking forward to a great term of learning.

All the best for the week ahead
Many Blessings
Melissa Turner

19th October, 2018
Week 1, Term 4

Next Fete Meeting
Tuesday 6th November
5.30pm

Tel: (02) 65 62 5501
Fax: (02) 65 62 1371

kmpp@lism.catholic.edu.au
www.moodle.kmpp.lism.catholic.edu.au

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What’s On Next Week

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon 22/10</td>
<td>Year 2 Intensive Swimming begins - $50</td>
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<tr>
<td>Tues 23/10</td>
<td>Exuro Retreat</td>
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<tr>
<td></td>
<td>UNE Discovery Program Visit</td>
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<tr>
<td></td>
<td>Life Education Van Visits begins - $8</td>
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<tr>
<td></td>
<td>Proclaim Parent Twilight Session - 5.30pm</td>
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<td></td>
<td>Newman College Port Macquarie</td>
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<tr>
<td>Wed 24/10</td>
<td>Joey’s Juniors - Koala Group</td>
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<td></td>
<td>Orientation Day for Year 6 at St Paul’s College</td>
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<tr>
<td></td>
<td>UNE Discovery Program Visit</td>
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<tr>
<td>Thurs 25/10</td>
<td>Years 3 &amp; 4 Swimming for Sport - $3</td>
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<td></td>
<td>Years 5 &amp; 6 Elective Sports</td>
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<td></td>
<td>School Banking Day</td>
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<td>Fri 26/10</td>
<td>World Teachers Day</td>
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<tr>
<td></td>
<td>Crazy Sock Day</td>
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<td>Weekly Assembly - 12.40pm</td>
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<td></td>
<td>Assembly Prayer - 4G</td>
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2018 INTER-SCHOOLS HORSE EXTRAVAGANZA

During the last week of the school holidays, St Joseph’s was proudly represented by seven young riders at the 2019 Inter-school Equestrian Event held at AELEC Tamworth.

Over the four days of competition, our riders competed in a range of disciplines from show classes and sporting, to camp drafting and challenges. Each rider came away with ribbons from their respective events from a field of up to 30 riders in each age group.


We look forward to seeing more of our talented riders at upcoming Interschool events in the future.

STAGE 2 AND 3 SPORT FOR TERM 4

Years 3 & 4 will participate in swimming each Thursday for part of Term 4.

Cost $3.00 per week.

Years 5 & 6 will partake in their chosen elective sport each Thursday for the first six weeks of Term 4.

Please ensure your child brings their correct money for their chosen sport and the bus fare each week.

If swimming, please ensure they pack their swimmers, towels, goggles and bag for wet clothes.

Thank you!

Family Night

REGISTER NOW!

Click on the Flyer to register your attendance or alternatively contact the School Office on 65 62 5501

A Family Event not be missed!!!

Dinner will be provided

NOT TO BE MISSED...

MAKE MATHS FUN

5:30PM TUESDAY 30TH OCTOBER

A fun night of Maths for the whole family

Years 3 & 4 will participate in swimming each Thursday for part of Term 4.

Cost $3.00 per week.

Years 5 & 6 will partake in their chosen elective sport each Thursday for the first six weeks of Term 4.

Please ensure your child brings their correct money for their chosen sport and the bus fare each week.

If swimming, please ensure they pack their swimmers, towels, goggles and bag for wet clothes.

Thank you!
STUDENT BIRTHDAYS

Cameron Borger
20th October

Bindii Leadbeatter
Dylan Micallef
Julie Quinlan
21st October

Karrington Males
23rd October

William Clarke
24th October

Kingsley Liang
26th October

Teracycle Garden Competition
Thankyou to everyone who has voted and collected oral care waste.

We now ask that you please empty you collection boxes and bring in your oral care waste to school by next Wednesday, 24th October as the current competition is finishing soon!

Don’t forget that even when the Competition closes St Joseph’s will still remain as a collection point for all oral care waste.

KEMPSEY BASKETBALL

‘To Learn to Play Basketball’
The Learn to play basketball season is back. It will be played at the Melville High School Hall. Primary School aged children from 5 to 6 pm. The cost of these sessions will be $5 per session. For more information contact Ev Jacobs on 0418 463 278

Week 2 Roster

MONDAY    Kylie Campbell
TUESDAY   Kylie Campbell
WEDNESDAY Marcia Spalding
THURSDAY  Nadeen Crowe
FRIDAY    Mary Dowling
           Shelley McLean

IF YOU READ, YOU WILL SUCCEED

Reading at school, parental involvement at home and the power of book choice are vital aspects to supporting children becoming frequent readers.

THE BIG SIX OF READING

Critical elements that are developed through frequent reading.

- **Vocabulary Knowledge** is fundamental to being an independent and successful reader and writer and is comprised of the words that are understood when heard or read.

- **Oral Language** is the foundation for the development of literacy skills and is considered to be a strong indicator or later reading, writing and overall academic achievement.

- **Phonological Awareness** is an individual’s awareness of the phonological structure, of spoken words and is an important and reliable predictor of later reading ability.

- **Letter-sound Knowledge (Phonics)** is a high yield strategy to draw upon when attempting to name words that are not immediately known.

- **Fluency** is a key contributor toward independent and successful reading.

- **Comprehension** is about understanding authors’ messages and responding to these messages in a range of ways.

Families and schools

Working together to enable all children to achieve the fullness of life.
How do you show up for your kids?

by Dr Jodi Richardson

Every now and again a meme pops up on social media from a mum who delights in sharing the joys of her trip to the shops alone. No kids. Just her and her handbag. The caption always reads something along the lines of ‘You know you’re a mum when going to Target alone feels like a holiday’. I always chuckle when I see those, because I can relate. A lot of us can. And not just the mums.

Parenting is incredibly fulfilling and the most important job any of us will ever do, but it can also be demanding, frustrating and exhausting.

I can’t tell you the number of times I’ve arrived home only to be bombarded with requests, questions, stories of what I missed – or all three – before I’ve even taken my key out of the door. I’m not joking. I tried to implement some sort of buffer for myself so I didn’t feel so stretched within the first minute of getting home but it never worked. They’d always be so happy to see me and it didn’t seem fair to not be immediately available, despite the fact that it was quite overwhelming. It’s not as though I was ever gone that long either. I wasn’t even working. I’d only ever been to the supermarket, or Target, lol.

I always found the contrast of time alone and all the quiet that comes with that, and the – is chaos too harsh? – of walking in the door really difficult to manage, especially because the kids always had stuff absolutely everywhere by the time I got back. I knew they’d always had heaps of fun because the family room always resembled a toy shop. There was never any “Let’s put things away as we’re finished with them” on Dad’s watch.

Whether our kids are little and jump on us the minute they see us or they’re that bit older and don’t necessarily even come to the door when we get home, it’s worth taking time to think about how we want to show up when we see them. It never occurred to me all those years ago that I could better prepare myself for the homecoming. Not once. Sometimes we were just taking each day moment by moment. What I know now is that if we use the time between leaving one place and arriving at another, it can make an astounding difference to how we feel, and to what we bring to our family at the same time.

The Third Space

Dr Adam Fraser calls it the ‘Third Space’. It’s the space between two places or spaces such as between work and home, between being home alone and the kids arriving home after school, or even between going to the supermarket and home. Tuning into the Third Space is also a brilliant practice to incorporate into a work day, say between your desk and a meeting, or a meeting and an interview.

In the Third Space, we can do three things to ensure we show up the way we want to, every time: reflect, rest and reset.

Reflection is time spent looking back over the day and contemplating what you’ve achieved and what went well. It could be that you accomplished something you’re proud of, or ticked off a few things on your list. It could be something big or small you reflect upon. It really doesn’t matter, it’s just about reflecting on a handful of good things about your day.

Rest is downtime. You can spend it how you like! You might have a long commute and decide to rest by listening to music, watching a movie, reading the paper or a book. Your rest time might be brief on some days and longer on others. It doesn’t matter what you do or for how long, it’s just about doing something that recharges your batteries and helps you feel relaxed.

Reset is all about how you’re going to show up. How do you want to feel and act when you walk through the door to your home?

When Dr Fraser taught people to use the Third Space model as part of a research project, he measured a huge 41 per cent improvement in behaviours in the home, inevitably having a wonderful impact on relationships and the family as a whole.

In a recent presentation I heard Dr Fraser deliver, he told a story of a dad whose kids would make themselves scarce whenever they heard him come home. He was always like a tornado ripping through the house and they didn’t want anything to do with him. When he found out, he was understandably devastated. He made a change and put the Third Space model into practice and turned things around.

It’s so easy to let the events of the day affect our time with our family, but they don’t have to. Our relationships with our kids and our partners play an important role in our kids’ development, happiness and mental health. Let’s do what we can to show up for them as our best possible selves. They deserve it, and we do too.

Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/Dr.JodiRichardson. Enquiries to jodi@drjodirichardson.com.au