Dear Parents/Carers,

Last Sunday we celebrated All Saints Day with a Combined Schools Mass. This was a very special time for our staff and school communities. Thank you to all the many students, staff and parishioners for their preparation, involvement and attendance at this Mass. Special thanks to Father Paul, Father James and Roger for their spiritual guidance and support. In reflecting on this Mass, I felt truly affirmed that the Holy Spirit is alive in Kempsey. What a blessing to encounter.

On Tuesday, our Mini Vinnie’s Team held a “Crazy Sock Day”. Thank you to everyone for their support of St Vincent de Paul and for some very crazy socks!

On Wednesday the students who will be attending St Paul’s engaged in their Year 7 Orientation Day. Many thanks to the staff of both schools for the support they have provided our students in their preparation for this important period of transition. They came back to school on Thursday very excited about the next chapter in their education. For those families who are yet to enrol for St Joseph’s or St Paul’s in 2018, please contact the respective school office staff for information and enrolment packs.

Today we hosted our Year 6 and Year 11 Mass. Thanks to the students and staff for their participation and to Father Paul for leading us in prayer at this special time for both groups.

We would also like to welcome back Miss Annaleise Dillon to our community. Miss Dillon will be working as an additional teacher across Stage 2.

Sun Safety: In light of the recent warm weather please continue to support your child as we assist them in developing good habits to care for their skin when they are outdoors. The following 5 safety messages are endorsed by the Cancer Council: **Slip** on protective clothing; **Slop** on 30+ sunscreen; **Slap** on a wide brimmed hat; **Seek** shade and **Slide** on wrap around sunglasses.

All the best for the week ahead.

Many Blessings,

Melissa Turner

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**Principal’s Award**

“Showing Respect Towards Others”

Antwone Ridgeway KB  Anugraha Biju 1S
Alesha Mackay 3T  Logan Hill 5D

**WEEK 5**

| MON, 6th Nov   | UNE Discovery Program Visit |
|               | Beginner Keyboard Group - 12.20pm |
|               | Advanced Keyboard Group - 1.00pm |
|               | Band - 1.40pm |
|               | Choir - 2.10pm |
| TUES, 7th Nov | UNE Discovery Program Visit |
| WED, 8th Nov  | Year 2 Swimming for Sport - No Charge |
| THURS, 9th Nov| Clothing Pool Open - 4.30am - 9.15am |
|              | Sea Acres Rainforest Excursion - Year 4 Stage 3 Elective Sports |
|              | Joey’s Juniors Koala Group Visit |
| FRI, 10th Nov | 10.30am Assembly Prayer - 6E Remembrance Day Prayer |
|              | Year 4 Swimming - No Charge |
|              | Sea Acres Rainforest Excursion - Year 3 Jump Rope |

Next P&F Meeting
21st November at 5.30pm
ZONE SUMMER SPORTS TRIALS

Well done to all 30 children who were chosen to participate in the Zone Summer Sports Trials held in Kempsey on Monday. All children competed to the best of their ability and displayed cooperation and sportsmanship.

Congratulations to the following who were selected to join the Zone Team at the Diocesan Trials.

CRICKET - Chelsea Hackenberg & Riley Mitchell
SOFTBALL - Blake Bullen, Jai Goodman, Seth Davis-Kennedy, Logan Hill, Archer Northey and Jack Bool

YEAR 2 INTENSIVE SWIMMING

Congratulations to our Year 2 students on completing two weeks of intensive swimming. They have made wonderful progress and hopefully they can continue to improve their water skills and safety over the following years. To help this progress Year 2 will continue swimming each Wednesday until further notice. We have acquired a small Grant to promote swimming so pool entry costs will not be required.

STAGE 2 SWIMMING

Free entry will also apply to Years 3 and 4 each Friday until the Grant runs out!

KEMPSEY SWIMMING CLUB PROMOTION

For those parents thinking about getting their child into the pool, the swimming club has a promotional program to encourage children to swim. Under this scheme, called Optus Junior Dolphins, children under 8 years of age are eligible for free membership for the 2017/2018 season. They would complete learn to swim activities in the Wading Pool until ready to progress to the 25m pool. Admission to the Pool on Tuesday nights is also free for all competitors and spectators. Contact Kempsey Pool on 65 62 4742.

SPORTS REPORT WITH MR WATTS

As part of our involvement in the Litter Less Campaign, the Enviro Team conducted an audit of rubbish collected from the playground bins in Term 2 (11 kg per day) and implemented an “action plan” to reduce this amount going to landfill.

We are pleased to announce that thanks to the commitment from children, staff and families, we have now reduced this amount to 3 kg per day!! WOW!

We will continue to implement and monitor the following to ensure we have ongoing success: - Take Home Tuesday, Waste Free Wednesday, Composting and Recycling

With funds received we will be supporting these initiatives with: prizes, posters and educational resources.

Michelle Tarrant - Enviro Co-Ordinator

We Love Learning!

Kindergarten have been using Bead Kebabs to support their addition strategies when combining two numbers. Students have also been using the iPad app Maths Bingo, which gives students problems to solve and rewards each correct answer with a monster.

Orla Kennedy - I like using Maths Bingo because I like getting monsters

Kye Males - I like using the Bead Kebabs to help when I count on to find the answer

Ivy Miller - I like learning because it is fun

Adam Cupitt—I love learning about science and I love using I pads

Mason Stever— I love learning to be kind. Also love learning about how to use Reading eggs on the I pads

YEAR 6 & YEAR 11 MASS

KEMPSEY SWIMMING CLUB PROMOTION

WAR ON WASTE

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CRAZY SOCK DAY

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CRAZY SOCK DAY
STUDENT BIRTHDAYS

Elijah Akee
Jagger Hudson
Shamti Jagan
Kristen Spalding
5th November

Ashley Wilson
7th November

Taylah Moffitt
9th November

Hayden Jones
Mason Stever
Kaitlyn Walsh
10th November

Week 5
Term 4

MONDAY    Linda Pogson
TUESDAY   Marcia Spalding
WEDNESDAY Nadeen Crowe
THURSDAY  Natalie Sanchez
FRIDAY    Shelley McLean
          Mary Dowling

Samantha Brenton, Chelsea Hackenberg and Ava King represented Polding at Maitland for the Primary Girls State Cricket Championships. Well Done Girls!

P&F CHRISTMAS DINNER

Tuesday, 5th December, 2017
5.30pm
Kempsey Macleay RSL

RSVP: 1st December to the School Office on 65 62 5501
Wellbeing tips for primary school kids

by Dr Jodi Richardson

Wellbeing really matters – and it’s good for you too!

1. Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!

Positive social relationships not only enhance kids’ wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

2. Keep screen time to a minimum

I know, easier said than done! Kids love screens, but we’re the parents and we can work with our kids to create clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-11-year-olds. Assuming kids are watching appropriate material and lying on their tummies to use tablets (helps reduce neck strain), the risks of screen time largely relate to what kids are NOT doing while using them such as being active, chatting, reading, playing creatively and sleeping. Kids also need to get bored!

3. Help your kids develop mindfulness skills

Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. That’s it. Sounds easy, but like any skill it takes time and practice. It gives kids’ overstimulated minds a rest! A regular mindfulness practice will also help them to regulate their attention and their emotions; and teaches them to create a lifelong practice of taking time out to become calm, content, relaxed and in the moment. I highly recommend the Smiling Mind app for age appropriate mindfulness meditations; also, a lovely mindfulness practice is to lay down with the kids, eyes closed, and take time out to breathe naturally while everyone tunes in their ‘Spidey senses’ to all of the sounds around them.

4. Last but not least – ensure your kids get ample sleep

Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a ‘wind-down’ routine which may include a bath/shower, being read a book and then quiet reading before lights out. Taking time to chat with your kids before bed or encouraging them to reflect on what they’re grateful for is also a great way to help them de-compress and get a restful night’s sleep.

Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and 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 djodrichardson.com.au and say hello on Facebook.com/DJodiRichardson

Enquiries to jodi@djodrichardson.com.au