AN INVITATION
Father Paul Gooley is celebrating his 25th Anniversary as a Priest
Everyone is Invited to Mass at 9.30am on Sunday 29th November followed by a celebratory morning tea in the Parish Hall.
If anyone can help on the day, please contact Isabel on 6562 6303. Also, for those attending please bring a plate to share.

Today is World Kindness Day. A special day where we can celebrate the goodness of the human spirit through simple words and actions. Kindness can be given and received in so many forms. Today at our Assembly I spoke to the students about the importance of being kind and asked them a few simple questions. What could you do to make someone else smile? What does kindness look like? How has someone shown you kindness? Random Acts of Kindness is an organisation that aims to inspire and ignite a culture of kindness in schools, homes and communities. At St Joseph's we encourage all members of our community, every day to be kind - to look for the good in each other. We do this through sharing, listening to each other, lending a hand, helping our friends, donating to St Vincent De Paul, giving our time to help others who are in need of support and showing respect for our individual differences. The students have some wonderful stories to share of their experiences and in considering our own lives there are so many inspiring stories of hope to ponder. The following quotes are definitely worthy of a moment of reflection: “Wherever there is a human in need, there is an opportunity for kindness and to make a difference.” - Kevin Heath

“When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.” - The 14th Dalai Lama (1935)

“For more information and reading please go to https://www.randomactsofkindness.org

Grandparents Day will be celebrated at St Joseph’s on Tuesday 1st December from 10.00-11.30am. Grandparents/Special Friends are invited to engage in class activities followed by a morning tea in the hall. Each family member plays an important role in the education of our children and this is a wonderful way to highlight the importance of these special people in our lives. We look forward to seeing you there.

Our community has been very fortunate to have Mr Critchley work with us since the start of the year. He has been a source of great support to our community. Mr Critchley is now enjoying a well deserved break before he makes plans for his next adventure in 2016. As the year draws to a close we will look towards a formal opportunity to thank him for his contributions to St Joseph’s on behalf of the school and wider Parish community. We wish him all the best for the future and are glad to hear that his health is on the improve.

All the best for the week ahead. Many Blessings, Melissa Turner
**SCIENCE & TECHNOLOGY**

This week, Years 1 and 2 learnt about “mixtures” as part of their Science and Technology studies. They have been investigating what happens when you combine different elements together. Experiments conducted included Fizzy Bubbles, Mentos & Coke, Rainbow Milk and Dancing Raisins.

"I really liked the coke experiment when it exploded!" said Hayden

“When Mr Watts put the Mentos in the coke it went ‘kaboom!’" said Madeleine

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**WE ARE AN ECO SCHOOL**

St. Joseph’s is one of the 173 schools in Australia registered as part of the Eco Schools Australia program. Joining over 40,000 Eco Schools across 60 nations.

The Enviro Team have been working hard this year on our Action Plan (viewable in the library) and were successful in receiving a seed grant to build a mobile chook pen and purchase more litter grabbers.

This week we are launching our Eco-Code which is a mission statement for our commitment to improving our environmental performance.

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**CREATIVE MINDS**

This term, selected students from Years 2-6 participated in the Creative Minds Enrichment Program. The Program was originally developed by Educational Psychologist, Val Gray, and aims to extend and expand the children’s skills in creative problem solving. They are challenged to display skills in leadership, teamwork, literacy, construction, art, drama, communication and presentation.

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**A RANDOM ACT OF KINDNESS**

At school, you may have a specific group of friends who you enjoy hanging out with on a daily basis. The group you eat lunch with, hang out with between classes or even spend time with after school or on the weekends.

Do you have a classmate who doesn’t seem to have many friends or often eats lunch alone?

Maybe he or she is new or is shy and not very good at meeting people. Invite him or her to eat lunch with you. Getting to know someone you don’t know is a great way to make a friend!

**Step It Up**

Invite a classmate you don’t know to sit with you at lunch. Not sure what to say to your new friend? Here are some ideas on what you can talk about. Chances are, you’ll find something you both have in common.

- Tell them what your hobbies are, and ask them about theirs.
- Find out if they have a favourite book or TV show.
- Ask them what their favourite food is.
- Learn about their family and friends.

**Keep It Simple**

Just make an effort to be more friendly to your classmates who you don’t know. Smile at them when you see them and say “hello.” Or go out of your way to ask them a question or tell them a joke when you’re in class together.

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**St. Joseph’s Primary School**

Kempsey

**Eco-Code**

**WE CARE**

We the members of St Joseph’s
Encourage everyone to:

- Compost and care for the plants and animals
- Help the needy
- Reduce, reuse, recycle, reutilise and rework
- Everybody, everywhere, everyday
STUDENT BIRTHDAYS

Flynn McGoldrick
14th November

Jenna Sutherland
19th November

Zoe McNamara
20th November

Well done to Emily Brenton who recently competed in the PSSA Cricket at Dubbo. Her Polding Team were runners up after a successful week of cricket!

DANCE FEVER
Outstanding Dance Fever accounts were sent home last week. It would be appreciated if these outstanding accounts could be finalised as soon as possible. Thank you.

STUDENT STATIONERY PACKS 2016
Now available on line for students in K-6…. to order your child’s 2016 Stationery Pack visit www.kookaburra.com.au

User login: stjos096
Password: studentpack

Select student packs and select your child’s year level for 2016 (a separate order will need to be completed for each child).

Orders need to be placed by the 18th December and will be delivered to your home by the 20th January, 2016.

If you are unable to access the online ordering option, drop into the school office and collect an order form for completion.

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As of Week 6 a short School Assembly is now on Monday and Friday mornings at 9am only.

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BOOK FAIR COMES TO ST JOSEPH’S
Friday 27/11 to Wednesday 2/12

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Friday 27/11 to Wednesday 2/12

P&F Christmas Dinner
Wednesday, 2nd December at 6.30pm
West Kempsey Hotel
RSVP to St Joseph’s School Office on 65 62 5501
Dear Parents/Caregivers,

**Potatoes, Eggs, and Coffee Beans**

Once upon a time a daughter complained to her father that her life was miserable and that she didn’t know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing.

After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup. Turning to her he asked, “Daughter, what do you see?” “Potatoes, eggs, and coffee,” she hastily replied. “Look closer,” he said, “and touch the potatoes.” She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face. “Father, what does this mean?” she asked.

He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity—the boiling water. However, each one reacted differently. The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak.

The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which are you," he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean? "

**Moral: In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us.**

**Which one are you?**