MARY MACKILLOP

Ever generous God,
You inspired Saint Mary MacKillop
To live her life faithful to the Gospel of Jesus Christ
and constant in bringing hope and encouragement
to those who were disheartened, lonely or needy
We ask that our faith and hope be fired afresh by the Holy Spirit
so that we too, like Mary MacKillop,
may live with courage, trust and openness.

FROM THE PRINCIPAL’S DESK

Dear Parents and Guardians

On Sunday 17 October Mary MacKillop became the first Australian Saint. This is an amazing achievement. Mary MacKillop, was widely known as Mother Mary of the Cross. Mother Mary founded the Australian congregation known as the "Sisters of Saint Joseph of the Sacred Heart of Jesus" in 1866 at Penola, South Australia. Mary was born in Fitzroy (15 January, 1842) and died in North Sydney (8 August 1909). With Father Julian Tenison Woods, she founded a new type of religious order to bring Catholic education to ordinary working families.

Those of us who face the challenge of the future, look with confidence to Mary MacKillop for the spirit of simplicity, faith and generosity which inspired and characterized her efforts to meet the needs of the times. We turn also to her glorious patron and ours, St. Joseph, the just man, whose strength and spirit assisted Mary MacKillop.

On Sunday we were led by Father Mark in a beautiful Mass that focused on Mary MacKillop and helped us to identify with this amazing woman of faith and love for God.

Last week the students were able to view a DVD that helped explain the life of Mary MacKillop as well as joining in with a number of activities about the life of Mary.

VISION STATEMENT

St Cecilia's Catholic Primary School is a multi-cultural Catholic School where staff, parents and students strive to provide a secure environment concerned with the spiritual, moral, social, emotional and intellectual development of each person. We endeavour to create an atmosphere of openness, mutual respect and loyalty within the school community.
Swimming Program
This week we saw our swimming program, for Kindergarten to Year Two begin. Mrs Ramshaw and Mrs McLean have been busily preparing for this program and we hope that the students enjoy the time spent in the pool. It was wonderful to see our students preparing to take off to the pool and the way that all our students performed at the pool was a credit to them. A special thanks to Mrs Ramshaw and Mrs McLean for diligently working on this program as well as all their helpers. It really is a team event.

Photo Competition
What a hive of activity was seen in the Staff Room last week and this week as Trish Bourke and Rhonda Mitchell began the task of collecting all the photo’s and placing them on black card ready for our photo competition. This has been a mammoth task but as always our mums smile and get down to work. Once again our amazing P&F have taken on the task to hold a fund raising event to finish off our year. The students and families have been given the chance to display their photographic skills while they take a look at the Pilbara and all it has to offer. The Photos have been flowing in over the last few days and I must say we have some very talented people in our community. The photographs were on display on Wednesday evening and it was a wonderful night. The students had a chance to preview the photographs during the day. It was a very successful evening so thank you to our magnificent P&F. The funds raised will be going towards helping teachers set up their rooms for the start of 2011.

World Staff Day
Next week we will be celebrating World Staff Day on Friday 29 October. We are so fortunate to have such a committed and dedicated staff at St Cecilia’s on Friday we will have the opportunity to thank them for all they do. The staff at St Cecilia’s constantly strive to help students in their care and can always be seen in and out of school promoting our wonderful students. I would like to personally thank all staff for the amazing job they are doing. When you work with such a great staff you can see the results in our school community. Thank you one and all.

End of Year Musical
Last week we had our first rehearsal for the school musicals. Congratulations to all the students! I was amazed to see that some of our students had been practicing in the holidays learning their lines. Rehearsals will continue each Friday; so remember to keep up the great work as we approach the concert on Wednesday 8 December.

Sport Uniform Change
This year we have made a decision to change the girls sport shorts to Skorts. Presently we have skorts in the uniform shop ready for sale at $20 per pair. We will be phasing out the present shorts for girls and replacing them with skorts. If you are in need of a new pair of shorts for girls to accompany the sports uniform I would recommend that you change to skorts. During 2011 girls may wear their shorts with the uniform but by 2012 skorts will become compulsory for all girls. We hope this will not inconvenience families and look forward to a quick transition.

Handy Parent Required/Thank you
Presently we have two table tennis tables for our students in year 4 – 7 to play with at recess and lunch time. Unfortunately they are both in need of repair. I would love to ask for the assistance of two Dads to work on the tables and have them back in playing mode for the students. The P&F kindly purchased the tables for our students but I know the students are having trouble opening the tables up because of problems with the wheels and hinges. If any Dads are able to assist I would greatly appreciate it. Please come to the front office and make yourself known.

I would love to thank the five wonderful parents that helped to assemble the new Interactive plasma screens for our junior students, it was greatly appreciated.

A Healthy Lunchbox
Children eat almost half their daily food at school so it is important that they have variety and goodness in their lunchbox. Involve your child in the buying and making of their lunch as it is important that they enjoy lunch and snacks so that food doesn’t come back home! Getting this balance between goodness, variety and flavour can be tricky! Here are some tips on preparing a healthy lunchbox.

The first tip is to try and avoid packaged food that provides little nutrition or is high in sugar and salt. While sometimes the convenience of packaged food is tempting, it can lead to the formation of unhealthy eating habits. There is a wonderful variety of fresh and wholesome foods available that will not only give your kids the nutrition essential for healthy growth and development, but will expose them to the fun of learning about and preparing healthy meals; a great lifelong habit!

Start with a good base - wholegrain bread, pita, wholemeal muffins, bagels, tortilla wraps or Lebanese bread. Instead of using butter or margarine, try using avocado, hummus, ricotta cheese as a spread. Researching and experimenting with different types of healthy spreads is a fun activity. Fill with a combination of lettuce, tomato, cheese, roast vegetables, sundried tomatoes, grated carrot or sultanas.
list of healthy ‘fills’ is almost endless; just conduct ‘delicious experiments’!
As an alternative, a simple pasta salad with fresh rice salad or couscous with vegetables can be a hit with older children. For younger ones, muffins filled with grated vegetables are a great alternative to sandwiches.
Snacks can be tasty and nutritious. Try cherry tomatoes and carrot sticks with hummus, or celery sticks with low fat cream cheese. Include at least one serve of seasonal fruit each day. Other suggestions include cubes of cheese, dried fruit, sunflower seeds or natural yoghurt.
Water is best! A chilled or frozen water bottle is great for keeping fluid levels up and keeping the lunchbox cool.
The final tip is: Healthy lunchboxes equals healthy kids!
God Bless

Paula MacKenzie
Principal

RELIGIOUS EDUCATION
On Sunday, 31 October the Year Three class will be leading the mass at St Cecilia’s Catholic Church. We will be celebrating the special relationship that children have with their Grandparents. We would love to see you there!
Mrs Ramshaw
Assistant Principal Religious Education

PARISH NEWS
WEEKEND MASS TIMES
ST JOHN THE BAPTIST PARISH
Saturday 7.15pm
Sunday 10.00am

ST CECILIA’S PARISH
Saturday 6.00pm
Sunday 8.30am
Mon-Fri 8.00am Morning Prayer & Mass

GENERAL CAMPUS NEWS
SPORT
The Active After School Community Sport began on Monday afternoon with a group of Year Four to Seven students enjoying a cool swim. This afternoon, the Year One to Year Three students will be enjoying water play activities at school. All students that have returned their slips, have been included in the program. Unfortunately there are no more places open. Please remind your child/ren to take a change of clothes if they are not wearing their sports uniform on the day they have AASC. We would appreciate parents sending in a note if their child cannot attend one of the sessions. Thank you.
Mrs Ramshaw
Physical Education Coordinator

CANTEEN VOLUNTEERS NEEDED
We would appreciate any offers of help in the School Canteen. Even half an hour any morning would be appreciated.
Assistance is particularly needed on a Tuesday morning.
Please see Cathy our Canteen Manageress if you can assist. Any offers of assistance would be appreciated. Sorry but children cannot accompany canteen volunteers. Thank you.
Mrs McLauglin
Canteen Manageress

LIBRARY NEWS
If there are any volunteers who would be available to help cover the library books on Wednesday, 27 October between 1.00pm and 2.35pm, it would be greatly appreciated.
Ms Tait
Library Teacher

2011 STUDENT BOOKLISTS
There is a change in the student booklist ordering for 2011. Booklists are due back to the school by Thursday 28 October and will be posted to Wooldridges on Friday 29 October. Any late orders will need to be processed by parents on line by 2 November. Orders will be distributed to students prior to the end of the Term Four.

DONATIONS PLEASE
We would appreciate any donations of the following items:
- Used stamps
- Aluminium can ring pulls
- Ice-cream containers and lids
These can be brought into the front office.
Thank you
Mrs Rozario
School Secretary

COSTUME DONATIONS PLEASE
If families have costumes or fabric suitable for costumes that they would like to donate to the school please bring these into the school office. Also we require toy sheep (stuffed toys), for our Christmas concert, either to donate or lend, thank you.

BIRTHDAY WISHES
Congratulations to the following students who celebrated their birthday.

11 Oct Alyssa Damian (Kindergarten)
13 Oct Ella Smith (Year One)
16 Oct Mercedes Michel (Year Three)
18 Oct Austin Gear (Year Seven)
21 Oct Thomas Denney (Year Two)
21 Oct Max Healey (Year Four)
23 Oct Lachlan Galovic (Year Three)
24 Oct Josh Allen (Year Six)
MERIT AWARDS

24 September 2010
KG: Matthew Gould     Elsie Mbenjele
   Elias Zoghbi
PP: Jackson Gould     Taj Singh
Yr 1: Riley Hunter     Alec Gregory-Smith
Yr 2: Kenny McNicol     Helen Nawm
Yr 3: Callum Jessop     Alisha Deshmuk
Yr 4: Thomas Barker     Kyle Gould
Yr 5: Klass Willems     Madawee Wickramage
Yr 7: Fiona Barr       Mitchell Nelson

14 October 2010
Yr 4: Madara Herath     Damian Mathews

COMMUNITY NEWS

VOLUNTEER HOST FAMILIES NEEDED
Overseas students will be arriving in January 2011 and require host families. There are two different programs arriving ranging from 5 months to 11 months. We have high school students and also community volunteer (18+) participants arriving from countries including Germany, Japan, Austria, Argentina and many more. Gain friendships that can last a lifetime? So - whether you have cattle or a poodle, six children or none, you have the perfect family. For more information please call Joyce on 9534 5823 or visit www.afs.org.au

HELP NEEDED
Vinnies in South Hedland is always looking for VOLUNTEERS, if you think you could spare any time at all please contact Anna 9172 3041.

WELL WOMENS CENTRE
The Board and Staff of the Hedland Well Women’s Centre Invite You To The Installation of the Hedland Women’s Banner 2010 & Gifting of the Migrant Women’s Banner 1990 to the Town of Port Hedland’s Heritage Collection, South Hedland Library & to Recognise and Celebrate the Work and Creativity Invested in Both Art Works by so Many Talented & Generous Pilbara Women. Saturday, 23 October 2010 at 1.30pm @ Hedland Well Women’s Centre 3A Leake Street, South Hedland RSVP to 9140 1124 by 20 October.

TWILIGHT CHRISTMAS FAIR
The Andrew McLaughlin Community Centre on Keesing Street in Cooke Point is holding its first ever Twilight Xmas Markets on Saturday November 13th, from 4 to 8pm. There’ll be lots of shopping to be done with market stalls for handmade designs & specialist items. Drop in for a quick shop or take your time and stroll among the stalls in the cool airconditioning. There will also be fantastic lucky door prizes and yummy refreshments, with coffee, cakes, ice creams and cold drinks available. If you would like to book a stall, please call Voula on 0418 280 499 or email amcommunitycentre@gmail.com.

PORT HEDLAND SPEEDWAY CLUB
Last points meeting and Demo Derby
This Sat night 23 October
7pm start
Full canteen and bar
Kids under 16 FREE adults $10

PARENTS AND FRIENDS FEDERATION of WA
We are looking for an experienced Finance Officer proficient in MYOB to work in our Inglewood office. Duties include but are not limited to data entry, bank reconciliation, payroll & BAS. This position is for 7.5 hours per week, during school terms. Applications close on Wednesday 3rd November. An immediate start is favourable. Please refer to our website www.pff.wa.edu.au for the job description and conditions. Initial enquiries can be made to Joe Monterosso on 0434 606 691, email vicepresident@pff.wa.edu.au
In **Year One** this term we are discovering that monsters are shy, mischievous and scared of children! They can also be allergic to cats and dogs. Like humans they have some things in common, but each one is unique! We have certainly found they aren’t something to be feared. So next time you see a quick flash of colour, or the chocolate goes missing…..

Natasha: I think my monster has six eyes and he’s hairy. My monster is 12 years old. I think my monster is pink and purple. It is a girl. She is 12 metres tall. The monster has six horns. The monster's horns are white and purple. It's name is Furry.

Olivia C: My monster is taller than me. He has 200 eyes. He has horns. My monster is 18 years old. He is blue and orange. He has pimples on his face. My monster steals my toys. My monster likes to eat boogers, books and ice cream! He doesn’t like tuna, strawberries and apples.

Takudzwa: My monster is big. He has 670 eyes. It is fast like lightning. It looks green and orange, and has horns and lots of spikes. He has 707 feet and he is fifty years old.

Chloe: The monster that lives under my bed is purple, blue, green and pink. He is 10002 years old and he has horns. He is smaller than me. He has three fingers.

Chanelle: My monster likes to eat books and lollies, chocolate, pizza and doesn’t like crayons and fruit.

Alec: My monster is fat. He has 1801910 eyes. He has a tail. He is 888 years old and very happy. He eats boats. He has horns. He is black and white.

Olivia M: My monster is red and blue. My monster is small. He is ten. Sometimes he has one eye or ten! He is spiky. He is cool.

Alleirah: My monster is taller than me! He has 300 eyes. He has got a blue and purple body and he has horns. His face has spots. He is under my bed. He is small.

Kimberly: My monster has four horns. His colours are black and brown. He has 100 eyes and he is 20 years old. His favourite colours are orange and purple.
Declan: I have a big, fat, orange and red and green monster. He has one big eye and one horn in the middle of his hair. He is 200 years old. He is hairy. My monster likes to eat my chocolate and lollies. He doesn’t like chicken.

Mirabelle: I think my monster is orange. I think he is taller than me. He is bumpy and has one eye. He is 161000 years old. He is strong.

Charline: My monster’s name is Sally. She is 6 years old and has a hundred eyes. She has white skin, one mouth and she is a girl. She likes lollies and tuna. She doesn’t like ice cream.

Kim: My monster is taller than me. She is green and she has hair. My monster is 20 years old. Her name is Matilda.

Ben M: My monster is purple. He is 50 years old. He has ten eyes. He does not even have one hair on his skin! He has four legs but he likes to stand on his back legs. He has two horns – they are white.

Jasmijn: My monster is about a metre longer than me. My monster cleans up my toys. My monster is red and purple. He is eight years old. My monster is stripy and has horns. My monster is very cheeky. He likes to eat ice cream, pizza and books. My monster doesn’t like fruit and strawberries.

Ali: I have a big fat booger monster! He has heaps of hair. He is 1 billion years old. He is green. He has lots of horns. He has ten eyes. My monster likes to eat his boogers, books and crayons. He doesn’t like lollies, cards and sunscreen.

Shay: My monster has spikes all over its back and he has 1000000 eyes. He is yellow. He has ten legs and ten toes.

Riley H: I think my monster who is living under the bed is green and purple. My monster is tinier than me. My monster has ten eyes. My monster is hairy, he is spiky too.

Kayla: I have a big fat monster. His name is Booger. He has one eye. He is 100 years old. He has eight arms. He has hair everywhere. My monster likes to eat chocolate and lollies and ice cream. He doesn’t eat tuna or fruit.
Riley S: My monster, he is red and black with 68 eyes. He has 639 boogers. He has 18 horns. He is 2000 years old. He has two fingers and orange teeth. He likes to drink water from the toilet.

Jemika: My monster is taller than me. He has ten eyes. He has horns and is 18 years old. He has lots of fur. His fur is blue and green. He has yucky, yucky pimples all over his face. He doesn’t like vegetables, water and chicken.

Ben V: The monster under my bed is purple and he has horns. He has two eyes. He is up to my Dad’s shoulder. He is 101 years old. He cannot shrink. My monster doesn’t like chicken and carrots, or apples. He likes to eat chips and pizza.

Ella: My monster has 3 horns. Her fur is red and brown. She has 100 feet. She has two eyes. She is seven. There are five of her! Her favourite colour is red. Her favourite foods are chips and nuggets, and she is tall. My monster likes to drink Fanta and Lemonade. She doesn’t like tuna and water.

Farzan: The monster under my bed is snotty green and he has ten eyes and he is taller than my house. He has spikes all over his body. He is very hairy and sneaky. He is sixteen years old. He has big horns. My monster likes to eat my chocolate, his boogers and books. He doesn’t like to eat tuna, capsicums and fruit.

Teniyah: I have a monster under my bed. He is fat and smooth. His name is Snot. He is purple and green. He has blue freckles all over him. He is 18 years old. My monster likes to eat his boogers, books and ice cream. He doesn’t like corn, carrots or his spew.

Ben S: I have a big fat monster with yellow and red stripes on his body. My monster is 15 years old. He has two horns. He has three legs, two arms and three eyes. He is hairy all over. My monster likes to eat chocolate and lollies with books. He doesn’t like vegetables or chicken.

Brendon: My monster has ten thousand eyes and my monster has six thousand horns. He looks like fire. He looks taller than the whole universe.

Charlotte: My monster under my bed is a hundred yeas old, but he is still small. His colours are red and yellow. He has eight horns. He can turn into everything. My monster likes to eat books, pizza and nuggets. He likes to drink toilet water and tree stew. He doesn’t like water, fruit and carrots.
ON SALE NOW!

True Colours
Down Syndrome WA
2011 Calendar

$15

www.dsawa.asn.au

SUNDAY 31 OCTOBER
10AM to 2PM
AT CEMETERY BEACH PARK

Cemetery Beach Park will be increasing in size for more people to enjoy and we need your awesome design skills!

Design Fest

For more information, contact Rick Bully, Town of Port Hedland Project Officer on 08 9194 3300 or email info@townofporthedland.org.au

HALLOWEEN DISCO &
THE YOUTH CENTRE
(3YCC) 34 Lawton Street, South Hedland
BE THERE TO BE SCARED HAHAHAHA

Sat, 30 October 2010
Ages: 10 yrs plus
6pm – 8pm
Entrance fee: A Scary Look
Fun, Food, Freaky, Pull off Surprises!!! Prizes that will haunt you

Flippa Ball
Summer 2010

Summer is upon us again and what better way for the kids to cool off and get active with a friendly game of Flippa Ball

Flippa Ball is a modified version of Water Polo for girls and boys aged 8 – 13 and combines swimming, hand eye coordination and lots of fun!

Commencing Friday 22nd October, 5.00pm at South Hedland Aquatic Centre and includes a skills session learning:
• Swimming with the ball
• Catching and throwing
• Defence and offence

After skills session, group will be split into two teams and a game played.

For Further Information contact:
Rebecca Otle
Flippa Ball Coordinator
92828493
Or
David Lacey
South Hedland Water Polo President
0408622100

When: Every Friday commencing 22nd October 2010
Where: South Hedland Aquatic Centre
Time: 5.00pm – 6.00pm
Who: Boys & Girls aged 8 – 13
Cost: Pool entry is $5.00 on the 22nd Oct, $20 for the entire season.