Dear Parents, Students, Staff and Friends of the Magdalene Community,

Over the past two weeks a number of students have been involved in significant events beyond Magdalene. Last week twelve senior students, Ms Franciscus, Mr Whicker and Ms Benny ventured to Brewarrina to offer support to the remote communities in the area. Students and staff were able to offer learning support, meals and interaction to the young students in the community. This proved to be both a cultural experience as well as an enlightening venture for the students. After discussions with the students involved it is clear that this was a life changing experience, which allowed the students to make a difference to the lives of others. It is our hope that in 2016 the students of Magdalene will be able to bring a number of students from Brewarrina to Magdalene to experience life in Sydney.

Last Saturday 17 students along with Mrs Borg participated in the 24 Hour Walk Against Cancer. There was a wonderful spirit amongst the students who raised money for Cancer services in the Macarthur district. The team also remembered Corey Lake and walked under the Courageous Corey banner. Congratulations and well done to all involved. It was a long 24 hours but certainly worth it.

This week the final 2015 meeting of the Parents and Friends Association and the Parent Consultation Committee was conducted. The meeting included the AGM of the Parents and Friends Association, during which time the Committee for 2016 was elected. The following people were elected to committee positions: President Mr David Cornett, Secretary Mrs Cathy McDonald, Treasurer Mr Steve Grabowski, Uniform shop Mrs Kelly O’Keeffe. I take this opportunity to offer my sincere thanks to the 2015 committee for their work and support of the school. I especially acknowledge the outgoing President, Mrs Isabella Potts, for her commitment and dedication in her role over the last two years. I look forward to the continued support of the Parents and Friends association in 2016.

Last Wednesday Mr Nematalla’s wife Heba gave birth to their third child a baby girl (they are yet to name baby Nematalla). I am sure that everyone will join with me in congratulating Mr and Mrs Nematalla on the birth of their new child. I also would like to congratulate Mrs Samantha Grey and her husband Scott who welcomed their first child a baby girl Millicent, I wish both newborns every blessing for their future life.

Last Monday the school conducted the Year 12 2016 information evening. During the evening the rules of the Higher School Certificate were explained to the students by Mrs Cheryl Russell from the Catholic Education Office. Prior to Mrs Russell speaking to the students I reminded students of the importance of moving away from a fixed mindset in relation to their ability. Too often students have a view of their capabilities, which limits their belief in their ability to achieve. This attitude then translates into a self fulfilling prophesy. Students need to change their vocabulary and recognise that they have the capacity to continually improve. All students have the capacity to succeed, however, this needs to be supported by a belief that they are able. (An “I can’t” attitude). I ask parents to continue to challenge students when they adopt an “I can’t” attitude. It may take time and effort, however, all students have the capacity to achieve.

Strong minds, gentle hearts
Throughout the last two weeks Year 12 students have continued with their Higher School Certificate Examinations. Students have been positive in their comments and increasing in confidence as they approach each examination. Please keep them in your prayers as they journey through the examination period.

From the first centuries after Christ, Christians who died a martyr’s death were considered saints, who live in God’s presence forever. Every year, on the anniversary of the martyrs’ deaths, Christians would visit their tombs and celebrate the Eucharist. This practice grew throughout the centuries to include remembering other outstanding Christians on the days they died. Soon the entire calendar was filled with memorials of the saints. In the ninth century, Pope Gregory IV designated November 1 as the day to remember all the saints living in God’s presence.

As we approach All Saints Day on November 1 we have an opportunity to recognise and honour those faithful people. I include the prayer below as a reflection.

          God, hear the prayers we offer this day for those who have died.
          May our prayers and their faith in you lead them into the joy of your presence.
          We pray also for ourselves.
          God, help us live with hope in your promise of resurrection.
          We ask this through Christ, our Lord.
          Amen

God Bless

Mr John Lo Cascio
Principal

Review of 2015
At the end of each year the school reviews its progress in a number of areas. In order to do that well all stakeholders are given an opportunity to give their responses to the schools achievements and possible areas for improvement. I ask parents take the opportunity to voice their view through the parent survey located at the following web address: https://goo.gl/j4vZtA

Social Justice
Recently the Australian Catholic Bishops released a Social Justice statement on ‘Justice for Refugees and Asylum seekers’. Our students are very committed to social justice which is evident in many activities across the school. It would be valuable to access the information in the statement in order to facilitate discussions around social justice and our church. Please select link below to view a copy of the Social Justice statement released by the Australian Catholic Bishops.
You did it also to me………

I’m not sure how many people saw the Pope stop the motorcade to kiss the disabled boy during his recent tour of the United States of America. It’s quite a staggering sight and he has repeated similar actions on several occasions, probably adding to the nervous tension of the security detail. The wave of emotion that sweeps over the relatives and the people that he stops to greet on these occasions is quite overwhelming.

Pope Francis understands what it means to lead through service. He understands that a person can be imprisoned through their own body or their own circumstance and that Jesus has called us to visit them, to spend time with them to love them. “Whatever you did to the least of these brothers and sisters of mine…you did it also to me” (Matthew 25).

Maybe, sometimes, we are the one in prison, to our own fears and anxiety, our own worries and problems. Do we dare to take these to the Lord, who loves us more than we can possibly imagine?

“Give all your worries to him, because he cares about you” (1Peter 5:7).

Mr Steve O’Neill
Religious Education Coordinator
A reminder that the Parent Information Evening for Year 7, 2016 will be conducted on Wednesday 28 October 2015. The evening will be held in the Creative and Performing Arts Block and will begin at 7.00pm.

The information night is for Year 7 2016 parents only.

The Orientation Day for Year 7 2016 will be held Friday 6 November 2015. The day commences at 8.30am and concludes at 3.00pm. Your child is to wear their normal present school sports uniform on the day. They will need to bring with them pens, pencils, sharpener, eraser, ruler and morning tea. Lunch will be provided and canteen facilities will also be available.

Students are permitted to catch the Magdalene school buses on this day, or they can be dropped off and collected outside the Administration building at the front of the school. Please note, access to the school by car for afternoon pickup will not be possible before 3.00pm.

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**YEAR 7 Student Packs**
Now available from the school office
7.30am to 2:45pm Mon-Fri
(Eftpos available)
School Bag .................................$75.00
Cap ..............................................$12.00
Calculator .................................$21.00
Apron .........................................$7.00
Total .........................................$115.00

Sport socks are compulsory, $6.00 per pair.
Sizes 2-7, 8-11, 12-14

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**Second Hand Uniform Shop**
The Second Hand Uniform Shop will be open on Orientation Day, Friday 6 November
7.50am to 8.20am
Early morning on Wednesday the 14th October, the Year 11 Geography Class along with Mrs Byrnes and Mr Dowdell boarded a plane to Townsville for an excursion that would accompany our topic ‘Ecosystems at Risk’. In particular, we focused on the Great Barrier Reef and its coral reefs and coastal dunes.

Our first stop was Reef HQ where we spoke to Joanne and Craig who showed us around the Aquarium and gave us an insight into the Great Barrier Reef Marine Park. Their information, along with an inspiring talk by Dr. Jodie Rummer, a Marine Biologist from James Cook University in Townsville, was a great way to start the excursion. That afternoon we boarded the ferry from Townsville to Magnetic Island. It was here that we first caught a glimpse of the extraordinary landscapes of the island.

Our first Magnetic Island Team Challenge set by Mrs Byrnes and Mr Dowdell was to purchase all of the ingredients needed for cooking our meals for the week. We had a budget and the lowest total transaction was the winner. This was an exciting event for some, stressful for others, but kicked off our excursion with a bang! The rest of the nights were filled with a team preparing gourmet meals that were critiqued by the judges, Awesomeness Byrnes and Brilliance Dowdell, and proved to be a great way to show our teamwork and cooking skills (or lack thereof). The days, however, were filled with an exploration of the island, including trips to various bays in which fieldwork was conducted, visits to an interactive wildlife park where some students got more than they bargained for, especially with the lizards, snakes and crocodiles on display. We were also involved in informative talks with Dr. Rick Braley at Aqua Search Lab and finally a last day trip snorkelling on the Great Barrier Reef, which proved to be a stomach churning epic adventure! (Just ask Mrs Byrnes!)

Overall the Year 11 Geography Magnetic Island excursion was a rewarding experience that proved to be both academically and socially gratifying. On behalf of the Year 11 Geography class, we would like to extend our thanks to Mrs Byrnes and Mr Dowdell who allowed us to experience such a wonderful and enriching trip. The overall winners of the Magnetic Island Team Challenge 2015 were Krispy (Kirsten) and Georgia (Team Koumei Nakamura), in second place was Julian, Steph and Lachlan (Team Masahiko Kobe) and in third place, historically, was Eliza and Sophie (Team Chen Kenichi.)

Year 11 Geography Class 2015.
A group of Year 11 students travelled to St Patrick’s Primary school, Brewarrina and Weilmoringle Primary School, Weilmoringle. Through the giving of themselves and the spirit of the children ‘our Magdalene students’ have returned transformed. We, as teachers, were so proud of ‘our students’. Following is an account of the student’s experience.

**Sunday** at 5am all 15 enthusiastic outback adventurers started our 762 km trip to Brewarrina. As we drove the scenery slowly started to change from high rise buildings and asphalt roads to dirt roads and flat barren plains.

**Monday** we headed to St Patrick’s Catholic Primary School in Brewarrina and the morning held both great excitement and nervous energy. When we arrived we set up the breakfast program for the kids. This gave the students the opportunity to have breakfast and brush their teeth at school, an opportunity they might not get at home. Throughout the day we worked in the classrooms with the kids. The school only has about 60 students. It was a great time to get to know the kids and by recess everyone had a crowd of little kids who had really warmed to them. The kids were so welcoming and open, sharing their stories. In the afternoon we ran the drama program that inevitably created a lot of funny stories that were recounted throughout the entire trip.

**Tuesday** was a culturally enriching day which was both emotional and spiritual and left us with phenomenal knowledge and understanding of Aboriginal history and culture. Spiritually we learnt how inextricably connected the Aboriginal people are to their land. We gained an appreciation of the impact caused by colonization on their culture. Following this our views started to change on the daily struggles faced by Aboriginal people in Brewarrina. We were educated on the way the Aboriginal people conducted themselves socially and their engineering of fish traps long before the Europeans came to settle in Australia. Having respectfully dispersed themselves among their surrounding tribes it was explained to us that they lived peacefully and collaboratively.

On an emotional level when we put ourselves in the shoes of the Aboriginal elders attempting to imagine what it would be like to have our identity taken away, have our structures of sentimental value (churches) demolished, be told our way of living is the way of animals and be separated from our families. There was not a dry eye at our campsite and our whole perspective on the Aboriginal way of life was changed for the better.

**Wednesday** back at St Patrick’s running the breakfast program the kids were very quick to welcome us back with open arms (literally in Tyler’s case, as a little boy Sayd ran and jumped into his arms for a hug in the morning). We ran a sports program in the afternoon complete with martial arts led by our resident expert Sensei O’Shea, Silent ball and King ball. The kids and student leaders had a blast.

After school we went out to a dam to go yabbying, however, once Courtney fell in we quickly forgot about our initial purpose and choose to push each other into the murky water. (but we still caught 5 yabbies!) As you can imagine the drive home was funny comparing mud stains but we all thought it was well worth it. Wednesday at St Patrick’s only reinforced just how much the kids appreciated having us there and we were beginning to develop an understanding of the contrast between rural and suburban life.

**Thursday** was a new experience spent at ‘Weilmoringle’ a school of 13 students. The relationship we made with the students had a tremendous impact on us emotionally and physically. Our group split the day into three and engaged with them during sporting activities, art work and drama. We were welcomed into the life of a child at Weilmoringle by the students warmly and inspirationally. Their interaction was phenomenal and dramatically taught us life skills. The impact these children left on each Magdalene student was memorable due to the emotional and physical heart strings they pulled leaving us more supportive and understanding of rural communities in Australia.

**Friday** was the saddest of them all. Throughout our three enriching encounters with the students at St Patrick's college we formed a close relationship with each and every student which made it hard to say goodbye. Learning about their lifestyle, their pastimes, their families and their community was a privilege and not only broadened our perspectives and helped us develop a greater sense of appreciation it was sad to say goodbye to our new friends. We had a spiritual liturgy to say our thank you and joined together to sing our school songs and say our school prayers.

**Saturday** the journey home was filled with reflective and funny stories from our spiritually fulfilling trip. Along the 762 km trip home we all spent moments to reflect on the blessed opportunity to encounter awesome individuals within our national community but also we formed greater bonds between all the individuals who came on the trip.
Magdalene participated in the 24 Hour Fight For Cancer Macarthur on the weekend. A group of Year 9 students walked under the team name ‘Courageous Corey and the Magdalene Community’. They walked for all those in the community who have been touched by cancer but especially in memory of Corey. They were visited by a familiar face, Jaqui Marshall and members of staff who supported them along the way. A wonderful group of students, congratulations and well done.

Jayden McAllister
Maddison Saysanavongpheth
Danielle Flood

Julianne Chevalier
Katelyn Beller
Renae Bligh

Hannah Turner
Kimberley Franks
Sarah Vella

Lauren Avero
Emily Fenech
Georgia Francios
Where are they now?

This column is designed to highlight the amazing achievements and acts of social justice that are happening in the community from our former students. We are proud to acknowledge our students, and happy that so many Magdalene alumni are living proof of our motto “Strong Minds and Gentle Hearts”.

This week we take a look at our former student Jessica Savin from the class of 2010. Jessica is working on the musical Matilda.

After I graduated from Magdalene in 2010, I moved to Wagga Wagga and began University. It was here that I started the “Design Club” which helped raise funds for students in our course to pay for materials and resources needed to make costumes, sets, props and marketing materials for the productions that we put on. In 2013 I Graduated with a Bachelors of Arts - Design For Television and Theatre.

During my third year of Uni I came across a wonderful opportunity, which let me not only put into place my chosen career path but to also travel. In May 2014 I set off to New York, which became my home for 5 months. I worked at French Woods Performing Arts Festival. Here I was a part of the “Stage Craft” department where I designed, painted and built sets for various musicals (see picture). When I returned home there was period that I had to work in a cafe (which is a right of passage for anyone pursuing a career in the entertainment industry).

After months of job hunting I landed a dream job. In January 2015 I started my journey with ‘Matilda the Musical’ as a chaperone. As a chaperone I look after the children cast backstage. My job is to make sure the kids are in the right place at the right time. For example - props department make sure that the props are on stage at the right time, I make sure the kids are on stage and in the right costume at the right time. It’s a very challenging but rewarding job and when Opening Night finally arrived it was dream come true and today I couldn’t be happier.

Congratulations to Jessica for her work in the Entertainment Industry. We can’t wait to hear what the future holds for you and your career.

If you know of someone who has made a significant contribution to social justice initiatives, or have achieved something (sport, career etc) at a high level, please email Kylie McAllister with information at mcallisterk01@dow.catholic.edu.au
**Year 7 Religion - Caring for Creation**

**SAVE THE ANIMALS!**

Have you ever wondered what the Earth will be like for future generations? On June 18th 2015, Pope Francis released an encyclical which called on all humans to take action and save our beautiful planet from further destruction. One of the life support systems humans are slowly destroying is *animal life*. Animals have been sharing the planet with us since the beginning of time. Imagine a world with no animals, no meat, no fish or no pets. If we don't protect our animal life today, the future might not have any animals for humans to enjoy.

Each second 3,000 animals die in slaughterhouses and altogether 56 billion animals are killed by humans every year. 1 in 3 species of fauna or flora are threatened or endangered because humans are ruining the Earth's ecosystem. As the Earth's population increases, humans need to cut down the forest for building purposes, fisherman catch more fish for food and more animals are being hunted for clothing and decorative purposes.

Did you know that 60% of the Earth's ecosystem had been degraded over the past 60 years?

How can you help save the animals? There are many small actions you can do everyday to help protect the millions of animal species, such as recycle any recycle items (some recycle items may be paper, cardboard, cans and plastic items), buy sustainable products, reduce the amount of water you use in your household so there is more water for animal to drink, plant native plants in your garden so they can be pollinated by bees and butterflies, minimise the use of pesticides and herbicides in your garden and if you have a cat make sure you keep it inside so it doesn't attack local wildlife. By simply changing small everyday actions, you can save Australia's wildlife and make sure that future generations have wildlife to enjoy.

By Larissa Hooper

**GREAT OCEAN**

**It's time to make a change for our ocean**

Ah don't you love it when you wake up on a hot summer day. You have a nice cold drink of water that's literally mouth watering. You walk out and look at the vast blue ocean. You run down to swim but the beach is a mess. Sticky black oil covers the boarder between the sand and the water. But that's not all bits and pieces of rubbish is laying everywhere and animals are on the beach choking while soaking in oil. You go to your knees and think what a mess. You know who did this. We did this. The human race. It's time as Pope Francis said in his encyclical. All of us together can save the ocean, the Pope has said that we need to care for all creation and if each person in the world does something small we can change this. This is not the only thing wrong but if we start on this we can move on to other things.

**TIPS ON CHANGING THE OCEAN**

To change this you need to know what to do. The most important thing is to not put rubbish in the toilet or anywhere. Only in the bin as it may end up in the ocean or other places as if you put it on the ground it can go anywhere and if it goes in the drain it leads to the ocean where our waterways are affected. So all you have to do is put your rubbish in the bin because together we can make a difference.

By Ethan Teuma
The Australian Catholic Youth Festival (ACYF) is a national gathering of young Catholic’s established by the Australian Catholic Bishops Conference. The idea behind this festival is to provide young people with opportunities to deepen their relationship with Jesus, be empowered to be Disciples in the world today and encounter and celebrate the vitality of the Church in Australia.

The first ACYF was held in Melbourne, December 2013. Magdalene students also attended this festival along with Mr Pannell and Mrs Eggleton. This year the Festival is being held in Adelaide from the 3rd to the 5th December with 49 students and 23 staff from our Diocese. The ACYF aims to provide a high quality formative and experiential opportunity for young Catholics to encounter Jesus Christ, in the context of the Catholic Church in Australia whilst discussing the issues and challenges in the lives of young Catholics in Australia and creating strong connections with liturgy, music, prayer and social activities amongst young people.

Last Thursday we attended the ACYF Formation day hosted by Holy Spirit College, Bellambi. Mr Pannell arranged for the five Magdalene student representatives (Lachlan Abernethy, Alex Nies, Jade Bare, Luisa Barillaro and Ava Davidson) to attend this terrific day. The day was facilitated by staff from the Office of the Bishop and the Catholic Education Office in Wollongong as well as the Youth Mission Team. We enjoyed a variety of games, activities, skits, small group discussions and engaging input. The day was a great experience to get to know other students attending from across the Diocese as well as all the teachers who we will be travelling with and spending time with during the Adelaide trip.

This is an amazing opportunity to represent Magdalene at this national youth event. We are all very excited about the upcoming events associated with ACYF. As a part of our involvement with this festival, we are forming a team of Year 10 and 11 students who will be facilitating the upcoming SPARK Twilight Retreat for our Year 7 and 8 students. The next SPARK Twilight Retreat will be on Friday 27th November from 4pm – 9pm here at school and is being tailored especially for Years 7 and 8 students.

Thank you for your support and prayers!

By Ava Davidson and Alex Nies (Year 10)
Have a read of this student’s first experience of a SPARK Twilight Retreat!

At first, I didn't really think that it would be for me, because I didn't really know anyone going and thought that I would feel uncomfortable or even out of place, but I was completely wrong, because it turned out to be one of the most wonderful experiences that I’ve had in High School, and I met people that I wouldn't have otherwise.

Everyone is so welcoming and friendly. It is a really supportive, open and fun environment and everyone came together to appreciate the same thing. It is a really enjoyable night. It is just a break from everyday routine. You're taking time out of the busy schedule at school and just relaxing and enjoying yourself, but I also learnt about the term ‘oasis’ and what it means, and how important it is to take time out of the day to be quiet and peaceful. The games are really fun and definitely let people get out of their shell a bit, it makes it a lot easier to enjoy the rest of the night and come together as a group instead of separate groups and the food is always really good! Since attending my first SPARK, I would never even think of missing one. It is a place that everyone can be there complete and honest self and feel completely comfortable in doing so. I would recommend SPARK to everyone! (Magdalene student).

The theme of this upcoming SPARK Twilight Retreat is on modern youth culture. We’ll be exploring the impact of social media on our world and our students!

If you’re in Years 7 or 8, Don’t miss it!
Magdalene Catholic High School is very pleased to be working in partnership with Catholic Mission. Each week since the start of Term 3 we’ve had all year groups dedicate two weeks to supporting this Charity. The first week was for awareness raising and then the second week was for fundraising. We’ve had a broad variety of both awareness-raising and fundraising activities. As a focus of our support, we recently celebrated World Mission Day across Australian Parishes and School. World Mission Day is celebrated every year in every country wherever there are Catholics committed to building a better world for all of God's people, a world where everyone has all they need to live a dignified and fulfilling life. It is the day on which we reflect on the urgency to proclaim the Gospel in our times.

Missionary activity is a response to the love with which God loves us. God's love is the spiritual energy that can make harmony; justice and communion grow among persons, races and peoples for which everyone is searching. It is God, who is Love, who leads the Church towards those farthest away and calls us to be renewed from the original source, Jesus Christ, from whose pierced heart flows the love of God.

The God of love is the source of care, tenderness, compassion, hospitality and interest in other people's problems, for spreading Christ's charity around the world. Catholic Mission around the world has the responsibility of promoting a dignified and fruitful celebration of World Mission Day. This year World Mission Day was last Sunday the 18th of October. Here at Magdalene we are continuing to raise awareness and funds for Catholic Mission with our Year 8 students currently running a number of activities. Thank you to all the students and staff for your support of the missions and to you our Parents and Grandparents for your support. There are many good causes and charities that require our help, and at times it can seem never ending, however, it is good for us to be generous and to give outside of our comfort zone. It is also a very good challenge for all of us to ‘Love your neighbour as yourself” (from the Gospel of Matthew 22:39). Thank you to each and every one of you for your ongoing support.

Mr Pannell
Mission Coordinator
Wimbledon Dream for Maighan......Year 11 Student Maighan Duck has made strides to her dream of playing at Wimbledon after rising more than 1000 places in the Tennis Australia women’s rankings after solid performances in the court this year.

Maighan is now ranked 567 after she achieved great results including being a consolation semi-finalist in the Newcastle AMT Ladies Open singles, a finalist in the Shoalhaven Junior Tour under-16 girls singles and selection in the NSW Combined Catholic Colleges girls team.

Maighan said it was great to “finally see her hard work pay off”.

“I have been fortunate enough to have travelled interstate and have played against some really tough competitors and have played some of my best tennis to date and I have really seen my hard work shine through”.

Maighan has set her sights on one day representing Australia and hopefully fulfilling her dream of playing on Centre Court at Wimbledon and reflect on her tennis journey.

We wish Maighan all the success for her future.
**UNIFORM POLICY**

Your attention is drawn to the uniform policy, in particular the information about **Hair**. At the moment we have noticed that there has been a slight increase in hair styles, particularly in boys hair, that is not in line with our school uniform policy. The uniform policy states that:

**Boys’ Hair**

Hair must be neat and tidy at all times.

Hair should be one natural colour (Extremes of colour including jet black and platinum blonde are not acceptable)

Hair styles should be moderate with no extremes. The following are not acceptable:
- long hair below the colour, over the ears or over the eyes.
- undercuts
- very short crew cuts

Dyeing and extreme use of gels and sprays.

All hair colour and styles are to be complimentary to the school uniform.

All boys must be clean shaven.

**Girls’ Hair**

Hair must be neat and tidy at all times.

Hair should be one natural colour.

Extremes of colour including jet black and platinum blonde are not acceptable.

All hair colour and styles are to be complimentary to the school uniform.

Extremes of cut, dyeing, mousse, highlights and sprays are not acceptable.

Shoulder length hair needs to be fully tied back off the face and eyes.

Only blue, white or red ribbons or hair accessories are to be worn.

*At the moment it seems as though some boys like the styles that include an undercut with very long fringes and a line shaved to highlight the part. This is not inline with our school policy nor is it complimentary to the school uniform.*

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**Information for Schools - Whooping cough**

There has been a recent increase of whooping cough (pertussis) amongst primary-school-aged children and a modest increase in high schools.

Coughing spreads the infection to others nearby. Whooping cough caught at school can spread to any younger brothers and sisters at home. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. Older children may just have a cough that is persistent and is worse at night. The infection can occur even in fully-vaccinated children.

- Children with symptoms should see a GP.
- If your doctor diagnoses whooping cough, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

This information is also available on the NSW Health website:

BRINGING UP GREAT KIDS
Parents will learn "mindfulness" techniques to increase awareness of their thoughts & feelings. They will learn to be more aware of their child's needs & how to better respond to their child's behavior to improve their child's self-identity, decrease parental stress & enhance the parent-child relationship.
4 non-consecutive Wednesday Mornings 10am - 12:30pm 7, 14, 21 & 4 November 2015
CatholicCare 36A Condaux St, Campbelltown
Workshop Fee: $15 per session

SEASONS FOR GROWTH PARENTING
This workshop gives an understanding of divorce/separation from a child's perspective and helps parents to support their children through family change.
2 Tuesday Mornings 10am - 12:30pm 24 November & 1 December 2015
CatholicCare 36A Condaux St, Campbelltown
Workshop Fee: $15 per session

KEEPING KIDS IN MIND
A post-separation parenting workshop. Learn how to deal more effectively with the emotional & practical issues of parenting after separation. Experience loss & grief in parents and children, power grabs & impact on children.
3 Monday Mornings 10am - 12:30pm 13, 20 & 27 October 2015
CatholicCare 36A Condaux Street, Campbelltown
Workshop Fee: $20 per session

123 MAGIC & EMOTION COACHING
This time tested workshop provides easy to follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting.
3 Monday Mornings 10am - 12:30pm 16, 23 & 30 November 2015
CatholicCare 36A Condaux St, Campbelltown
Workshop Fee: $15 per session

MY KIDS AND ME
A workshop for parents who have had children removed from their care. Assistants participate to identify parenting skills, strengths & resources to develop relationships with their children.
7 Thursday Mornings 10am - 12:00pm 18, 25, 29 October, 12, 19, 26 November & 3 December 2015
Clyde town Community Centre Cnr Grant & Daball Rds Claymore
Workshop Fee: No Fee

MORE HARMONY NO HARM (MEN)
Topics covered include understanding and managing strong emotions, effective communication, assertiveness skills & positive behaviour for healthy relationships.
7 Thursday Evenings 6:30pm-9:00pm 15, 22, 29 October 12, 19, 26 November & 3 December
CatholicCare 36A Condaux St, Campbelltown
Workshop Fee: $15 per session

ROLLERCOASTER AGES 8-12
An eight week program developed to assist children who are experiencing parental separation, divorce, or parents who have re-partnered. Rollercoaster helps children to understand changes & loss, develop strategies for anger management & problem solving and understand a whole range of feelings & emotions.
6 Tuesday Afternoons 4pm-5pm 13, 20, 27 October 3, 10, 17, 24 November & 1 December
CatholicCare 36A Condaux St, Campbelltown
Workshop Fee: $15 per session

CatholicCare 4033 6044
Concessions may apply dependent on financial circumstances
Pope Francis has described family as “the fundamental cell of society, where we learn to live with others despite our differences and to belong to one another; it is also the place where parents pass on the faith to their children.” (EG, 66). In his recent encyclical *Laudato Si*, the Pope describes family as “the place in which life – the gift of God – can be properly welcomed and protected against the many attacks to which it is exposed” (LS, 213). However, we may well ask “What is family?” “How do we understand and relate to the many and varied ways family exists in today’s society?”

This conference will explore these questions and offer some practical skills and resources for engaging, nurturing and reaching out to families within and beyond our parish and school communities. Bringing together speakers from across the country we will develop strategies for more effectively engaging with families, enabling them to feel more at home and welcome within our faith community.

**CONFERENCE DETAILS**

**Friday 30 October 2015 (9am-4pm)** – Our Lady of Mount Carmel Retreat Centre, (247 St Andrews Rd, Varroville, NSW)

**Saturday 31 October 2015 (9am-4pm)** – Our Lady of Mount Carmel Retreat Centre, (247 St Andrews Rd, Varroville, NSW)

**Conference Program – Both Days**

8:45am - 9:15am Gather
9:15am - 9:30am Welcome & Opening Liturgy
9:30am - 10:40am Keynote 1 (Friday) & 3 (Saturday)
10:40am - 11:10am Morning Tea
11:10am - 12:20pm Keynote 2 (Friday) & 4 (Saturday)
12:20pm - 13:10pm Lunch
13:15pm - 14:15pm Workshops Round 1 (Friday) & 3 (Saturday)
14:25pm - 15:25pm Workshops Round 2 (Friday) & 4 (Saturday)
15:30pm - 16:00pm Summary, Close & Afternoon Tea

**REGISTRATION**

You can register for a Single Day Pass for $20 ($18.18 for Catholic GST Religious Groups eg, parishes, schools and agencies) or register for the Full Conference for $30 ($27.27 for Catholic GST Religious Groups). Registration includes morning tea, lunch and afternoon tea.

The conference is using the TryBooking online registration system. Payment is by Visa or Mastercard. In addition to the registration fee there is a TryBooking fee of 30 cents per ticket. You will also be asked to select your Workshop preferences during the registration process. If you would prefer to download a paper registration form to complete and mail/fax/email to us, please click here to download the brochure and paper registration form.
NOTICEBOARD

MATHS PUZZLE

Answer to Maths Puzzle #10
6 socks will ensure that one pairs of socks are found. If the next sock is the same as the pair that was found, another sock will result in the second pair being found. The same pattern will assist with the next three pairs.

Number of socks = 6 + 2 + 2 + 2 + 2 = 14 socks
Maths Puzzle #11
Using each of the digits 1, 2, 3, 4 and 5 exactly once to form 5-digit numbers, how many are divisible by 12?

SECOND HAND UNIFORM SHOP

The Second Hand Uniform Shop will be open on the following date:
Friday 6 November 7.50am - 8.20am
If you require second hand uniforms and are unable to please call Kelly O’Keeffe on 0410 553812