**PRAYER**

**OCTOBER – The month of the Rosary**

*October 7 was the Feast of Our Lady of the Rosary. Throughout the month of October we especially remember to pray the Rosary, a Christ-centred prayer, in which we sit with Mary and reflect on the events of Jesus’ life. Mary is the model of how to love Jesus. She lived her life with her eyes fixed on him. By reflecting on how she loved her son, we can learn how we also can love him and know him.***

Hail Mary, full of grace, the Lord is with thee; blessed are thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**PRINCIPAL’S NEWS**

Our group of 24 included 17 Principals from the Southern region, a member from the Catholic Education Melbourne, a retired Principal, 4 partners and our amazing guide, Sol. We chose to walk the most popular Camino that has been walked for hundreds of years and begins in the Pyrenees, France. We started at Sarria, Spain.

Walking the Camino is different for everyone. Each one walks their own Camino. However for all of us it was transformative. At the start none of us could imagine what the learning could be from making this journey. We all certainly left with new perspectives that will depth and add meaning to our work as Catholic Principals, but more importantly, as people.

Slowing life down to a walk is very therapeutic and I would highly recommend taking up every opportunity to do this. Looking at things from a different perspective gives a different insight. Our life is lived at such a pace that we need to take this precious time. It is amazing what surfaces and the connections that are made.

**IMPORTANT DATES**

- **Friday 16 October**
  - Assembly Prep D
- **Monday 19 October**
  - Prep 2016 optional orientation session/story telling/Art 2pm - 3pm
- **Prep 2 Swimming 20 to 23 October**
- **Tuesday 20 October**
  - Prep 2016 Information Night 7pm- 9pm
- **Wednesday 21 October**
  - Walkathon Gr 3-6-11.30am-12.30pm
  - Walkathon Gr 1 & 2- 2.30pm- 3.00pm
- **Thursday 22 October**
  - Grade 3/4 Level Mass
  - Gr Prep D Priest Visit
  - 1:1 ipad parent meeting for Gr 2-4
- **Friday 23 October**
  - PFA
  - Divisional Sport
  - Assembly Prep E
- **Sunday 25 October**
  - Grandparents Day
- **Prep 2 Swimming 27 to 30 October**
- **Tuesday 27 October**
  - Whole School and Graduation Photo
  - Reconciliation Family Night 1 at 7pm
- **Wednesday 28 October**
  - Prep Orientation 9:30am -10:30am
- **Friday 30 October**
  - Grandparents Morning 9.30-11am
  - Assembly 3/4
  - Halloween Disco
- **Saturday 30 October**
  - Reconciliation Presentation
- **Sunday 1 November**
  - Reconciliation Presentation
- **Monday 2 November**
  - Pupil Free Day (NO SCHOOL)
- **Tuesday 3 November**
  - PUBLIC HOLIDAY (NO SCHOOL)
- **Thursday 5 November**
  - Whole School Mass – All Saints
- **Friday 6 November**
  - PFA
  - Prep orientation 9:30am -10:30am
  - Assembly 1/2 B+C
- **Monday 9 November**
  - Prep 2016 optional orientation Music/ PE 2pm - 3pm
- **Tuesday 10 November**

**TERMS 2015**

<table>
<thead>
<tr>
<th>Term 1</th>
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<tbody>
<tr>
<td>13th Apr-26th Jun</td>
<td>8.30am-3.40pm</td>
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**SCHOOL SUPERVISION TIMES**

- **8.30am-3.40pm** Supervision before school commences at 8.30am. Children should not arrive at school before this time. Students need to be at school by 8.45am for a 8.50am start. School finishes at 3.20pm. Teachers are on duty until 3.40pm. Students need to be collected by 3.40pm. The school has an Out of School Hours Care Program to assist parents who work or cannot make it to school by 3.40pm.

**SCHOOL GATES**

- **Please note that, for the safety of your children, the school gates will be locked between 9.00am and 3.10pm every day. The gates will be opened around 2.40pm on a Friday for parents wishing to attend Assembly. The gates will be locked again from 3.40pm. Please ensure that you do not park at the back of the school after this time as you will be locked in.**

**CANTINEEN**

- **The canteen operates every Monday, Wednesday and Friday. Please go to the school website for the current price list and ordering procedures.**

**UNIFORM SHOP**

- **The Uniform Shop is open every Wednesday from 8.30am-10.00am in the Specialist Block. Uniforms can also be purchased directly from our suppliers, KLA Sports (8 Macquarie Court, Rowville 9763-0266). Good quality secondhand uniforms are also available. Please enquire at the school office.**
Along the way we followed yellow arrows to show us the way. We averaged around 20km each day and took great delight counting down the milestones as we got closer to our destination. It is a wonderful, freeing experience to walk forward into the unknown, to be open to the possibilities that lie ahead and engage with the opportunities that present themselves.

While there are many levels of insights, I have selected a few photos that describe some of my insights.

The beginning: Stepping out of my comfort zone and being open to the possibilities. Stilling the mind that says I am unfit, did not prepare, can I do this and just start and go for it! I can set a goal and have the drive to achieve it no matter what.

Life has challenges but if we take it step by step we can reach our goal. The more we try, the better we get. Face your pathways with courage. Do not be afraid or be paralysed by any obstacles or doubts. There are many ways to get there.

We walked up and down small mountains and on country paths and I realised the importance of stillness to listen to God. I felt God’s presence supporting me. I arise today with God’s help to pilot me. God’s love to surround me.

I realised how lucky I am to have my life, to be married to Martin, to be a mother, to have the wonderful opportunity to be a Principal and part of the faith community of St Paul Apostle North. You were all in my prayers. I prayed for family, friends, our community and myself.

Each pilgrim walked with a shell with the red cross attached on their backpack. This enabled easy identification of pilgrims and support from locals if we wandered off the track. I will cherish my shell, passport of stamps along with my certificate. I am proud of my Catholic identity and the way it connects me to others, enriching my life and calling me to continue to grow and walk this journey in improved relationships.
We cannot do it on our own. We sometimes need a little help along the way. Being perceptive of the needs of others before your own needs and being prepared to go out of your way to assist so they can succeed too is key to good leadership. At times we need to be humble and accept support. My walking poles were essential to my journey.

Relationships are important. Everyone has a special story and when we listen with our whole self we connect. Success, challenges, vulnerabilities and pain are part of the journey. To need to reach out to connect.

As I walked I became fitter. Just changing my walking rhythm one day allowed me to meet up with the group ahead and walk into the village together.

If we do things the same way we get the same result. Just a small change will equal a different result.

On the final day we walked the 24km to Sandiago through a hurricane!! Nothing, not even a hurricane was going to stop us. There was great anticipation and excitement of approaching our goal. We walked this final leg together and with the support of one another we broke through the barriers and we all succeeded. It was exhilarating!!

Never have I had such regard or awareness of my feet. Managing the throbbing pain from blisters, I dreamed of soaking them in a bath or getting them massaged. I recall with awe Jesus washing the feet of the disciples. An ultimate act of service and kindness. To walk in Jesus’ shoes is to do the same.

Lift up your head and look around, take the time to notice the beauty around us. Even while focussed on a goal, take time to look around at the gifts and joy of life at any given moment. The journey is important.

We were wet to the core but it did not matter. There was freedom to stomp in puddles, sheer joy to walk in the rain. It reminded me of my childhood and the monsoons in Calcutta. We were being cleansed of what holds us back and we were filled with the Spirit. We were blessed.
On a sad note

It is with great sadness that I inform you that Mr Brendan Sutton, father of Tristan and Seanna, passed away peacefully on Tuesday 6th October. As a school community we pass on our deepest condolences to Paola and the family. Brendan was a very active member of our school community. He was enthusiastically involved in working bees, helping with jobs such as adding the sleepers for the new playground recently, helping us out by organising Police Cars for Cultural events, getting involved in soccer games and lots more. We will miss his support in many ways. I know that you will all help and support Paola and the children in the days and months ahead. RIP and thanks to a wonderful man. Until we meet again may God hold you in the palm of His hand.

RELIGIOUS EDUCATION

Confirmation 2015

We would like to congratulate the Grade 6 children who received the Sacrament of Confirmation last weekend. Bishop Mark met with the children on the Workshop Day and was impressed with the way they had prepared for this special time in their lives.

May the holy Spirit guide and strengthen each of you.
Many thanks to your supportive families, sponsors, teachers and the parish.

Congratulations:
Abraham Isaac
Alex Zaskowski
Anneliese Haug
Benjamin Tout
Brennan Ewe
Carly Efthimiadis
Dylan Incio
George Ibrahim
Jack Liang
Jessica Sowerbutts
Joshua Verna
Joshua Krepp
Joshua Regueira
Kaitlyn Gibbons
Maria Kafrouni
Martina Dujic
Neha Cherayath
Olivia Boissezon
Patrick Corfee
Rita Kazona
Ronan Matty
Sarah O’Hara
Schron Satheesh
Sebastian Nayna
Tara Davis
Tia Rodrigues
Tiana Amoretti

Warmest wishes, Monique Fallace –Religious Education Coordinator

Reconciliation 2015

The Grade 3 children are beginning to prepare for the Sacrament of Reconciliation this term. Their work will focus on making positive choices and maintaining a healthy relationship with God and the people in their lives.

A reminder that the Family Formation Nights will be held on Tuesday 27th October and 10th November at 7pm in the St Paul Apostle Church.

The children will receive the Sacrament of Reconciliation on either Tuesday 17th November or Thursday 19th November at 7.30pm in the Church.

We celebrated mass with Pilgrims in the Cathedral de Santiago de Compostela. At the end of the Mass the giant thurible was swung over our heads as incenses descended upon us. We were anointed as we left to return to our homelands.

I am very thankful for the opportunity to go on this pilgrimage. I am also very thankful for the great staff team at St Paul Apostle North who did a sensational job and for the support of a very dedicated leadership team led in my absence by Mrs Mary Lucas. I am very proud of our school community and it is wonderful to be back. I look forward to working with you to continue to improve our school having been nourished and refreshed by the experience.
On Friday 9th and Saturday 10th of October, 27 Grade 6 students made their Confirmation. Bishop Mark Edwards confirmed children on Friday and Saturday night. We all received the Holy Spirit on these nights. Bishop Edwards was really friendly and nice to everyone. We all had a great time and are excited to continue our journey with the Catholic Church.

By Anneliese, 5/6N

Confirmation was special to us because we got to be closer to God. We made the choice to continue our Catholic Faith and to learn more about different Saints.

The Saints we chose were Saint Anne and Saint Mary of the Cross. Martina chose Saint Anne because she was loved by everyone, she always helped people and she was caring. Sarah chose Saint Mary of the Cross because she put others before herself; she taught many children and had a lot of faith in Jesus.

By Sarah & Martina, 5/6M

Making our Confirmation was really special because we received the gifts of the Holy Spirit and we renewed our Baptismal promises that our Godparents made for us; except this time, we spoke and made the promises. It was a really precious day for us and our families because the Bishop blessed us and confirmed us into the Catholic Faith. On this day we got closer to God.

By Josh K & Abraham, 5/6M

We felt really proud that we made our Confirmation. We found Confirmation special because we wanted to receive the Holy Spirit within us. When the Bishop blessed us we felt spiritual because we were growing close to God. We think that receiving this Sacrament has made us more mature and responsible for our mistakes. We are special to complete our Baptismal promise at Confirmation.

By Schron & George, 5/6M
Helping kids to think positively

Helping children to develop healthy thinking habits is vital and is the foundation of emotional resilience. At times we all think in unhelpful ways that we know makes us feel pessimistic, down or afraid. However, if we think this way all the time, we develop thinking habits that impact on our ability to deal with life’s ups and downs. We can help our children become healthy thinkers by modelling positive thoughts and actions. We can point out gently to our children when they are thinking in a negative way (but not giving too much attention) and give loads of praise when we see our children facing difficulties with a positive attitude. Children also look carefully at parents to see how they are viewing difficult situations and in turn develop strategies and beliefs around what they see and hear. Below is a list of unhelpful and helpful types of thinking.

8 Types of Unhelpful Thinking

- Catastrophic thinking this is the worst thing in the world
- Self-Downing thinking putting yourself down
- Perfectionistic thinking Needing to be perfect
- Needing approval Everyone must approve / like me
- Pessimistic I can’t do it
- Giving up I can’t be bothered
- Being intolerant of others people should behave as I want them or expect them to
- Low frustration thinking everything in life should be fun, comfortable and easy and I can’t stand frustration of any sort

8 Types of Helpful Thinking

- Perspective Thinking means thinking it’s not the worst thing that could happen to me.
- I Can do this thinking means thinking while this is hard, I can still do it.
- Accepting Thinking means thinking that when I make mistakes I am not hopeless and people will still like me even if I am not perfect. I still have my good points.
- Fearless Thinking means thinking that it’s OK to make mistakes when learning new things.
- Independent Thinking it’s important to be myself and have a go at new things.
- Confident Thinking if I really put my mind to this I will be able to do it!
- Persistent Thinking we all have to work hard to achieve even though they may not like doing it.
- Tolerant Thinking things are hard / frustrating but I can stand it.

GRANDPARENTS MORNING

YOU ARE INVITED TO OUR GRANDPARENTS’ & SPECIAL FRIENDS’ CELEBRATION

Venue: St Paul Apostle North School in the PLC
Friday October 30th 2015 from 9.30am – 11 am
Please stay for morning tea
COMMUNITY NEWS

PARENTING TEENAGERS IN THE 21ST CENTURY

OCTOBER 22ND 7 PM-9 PM
VENUE: SOUTH SCHOOL
COST: DONATION OF $5-10
NUMBERS: 40 MAXIMUM

PLEASE REGISTER BY MONDAY 19 OCTOBER 2015

Adolescence is a time of rapid and dramatic change. Changes can be seen not only in looks and appearance but the way they interact, express feelings and behave.

Knowing and understanding the changes and challenges that adolescents experience will help parents develop and maintain healthy relationships with their teenagers.

Topics will include:
- Adolescent development
- Challenges experienced by adolescents
- Healthy Parent-Teenage Communication
- Setting Boundaries

Workshop Leader: Tita Cook

Tita is employed by Life Works Relationship Counselling and Education Services. Tita is a relationship counsellor and educator with over 15 years’ experience in relationship and family education. Having lived in 8 different countries Tita has experience and understanding of multicultural influences in relationships.

As a presenter, Tita uses a combination of theory, practice and experience to provide realistic strategies for relationship establishment, maintenance and growth.

Tita is a Level 3 Gottman trained practitioner with a passion for happy, healthy and intimate couple relationships.

SIGN-UP SHEET

NAME:.................................................................
ADDRESS: .................................................................
.................................................................
E-MAIL: .................................................................

Phone No:..........Mobile.................................

Son:..............................Age:....................... 
Daughter:......................Age:........................

Donation: $5-10 (as you can afford)

Please return this form in an envelope to Sr Brigid at the Parish Office or via the School Secretary if your child is in Grade 6.

SUPPORT GROUP FOR PARENTS OF 2-12 YEAR OLDS

AN EVENING GROUP 7.00-8.00PM FOR PARENTS
TO DISCUSS DAY TO DAY ISSUES AND CHALLENGES OF BEING PARENTS-TERM 4
MINIMUM NO WILL BE 6 AND MAXIMUM NO WILL BE 12
ONCE THE GROUP IS FORMED IT WILL BECOME A CLOSED GROUP SO THAT TRUST CAN BE CREATED.
FACILITATED BY DIANE HEATON

If you wish to be part of the group please complete the form below and drop into the Parish Office

NAME:............................................................................................................................
ADDRESS: ..........................................................................................................................
E-MAIL:.............................................................................................................................
Mobile...............................................................................................................................Landline..........................................................................................................................
PREFERRED EVENING WEDNESDAY ☐ THURSDAY ☐
Wednesday October 21st, 2015
7pm to 9pm
Darebin Arts & Entertainment Centre
Cnr Bell St & St Georges Rd, Preston
$20 per person (at the door) NO EFTPOS

Secure your place!
Email rick@criticalagendas.com.au
Include your NAME and No. Tickets required.
Collect and pay for tickets on the night.
Enquiries: 0433 616 771

Testimonials
It is rare to find a person with both a clear understanding of today’s teen issues and also the ability to effectively communicate that knowledge to teens and their parents. Sharon is that person! Through her books and spoken presentations, she has touched the lives of many thousands of teens, offering clarity and hope, and real life strategies to help navigate through an increasingly complex world.
Pastor Tony Knight, Event coordinator - CHosen National Teen Leaders Convention

Sharon is an energetic and vibrant speaker, a gifted communicator, who shares her passion and heart with her audience. It is easy to see Sharon’s passion and enthusiasm for young people and the issues they are dealing with in their world. Sharon provided many practical suggestions on how we can help teenagers navigate these important years. I would recommend Sharon as a speaker to parents, youth workers, teachers and teens. Amanda Can, Girls Brigade Victoria

Sharon is a phenomenal guest speaker. She has facilitated a variety of sessions for our youth organisation, and always does a fantastic job! Her sessions are fun, interactive, and relevant and the young girls love them! Sharon’s heart and passion for empowering young girls is an inspiration. I highly recommend Sharon for any girls’ session.
Rachel Mitchell, Bridge Builders Organisation

Sharon is passionate about promoting growth and change in young people. She recently presented her Bullying Busters programme to our year 7-9 students. Sharon’s presentation was full of interaction and she continually encouraged student feedback and participation. Sharon demonstrated her ability to engage with students and at times, literally had them hanging off her every word. Sharon aims to equip young people with skills in dealing positively with real life issues. Nicole Lauren, Melton Christian College

Sharon Witt
This is a Community Event
Everyone welcome!

We all want to see our girls reach their best outcomes and mature into healthy, strong resilient girls. Resilience involves the ability to ‘bounce back’ or recover when things go wrong or negative experiences impact us. By giving our girls key strategies to develop resilience, we prepare them for life.

During this 2 hour presentation (including time for discussion and questions), Author and Educator Sharon Witt, will provide key skills and strategies our girls need in order to be resilient, strong and capable young women.

Key topics include:

- Developing Emotional Intelligence
- Navigating difficult relationships
- Conflict management skills
- The personal values and attitudes we want to foster in our girls
- Developing positive relationships
- Strategies for coping in traumatic or difficult situations
- How to foster optimistic thinking and self-talk
- Coping with Academic Stress

About the Presenter
Sharon Witt has been immersed in teen girl world for over two decades in her role as an Educator, Author and Presenter to educators, adolescents and their parents around the country.

She is also a regular media commentator on issues impacting girls, parenting and education.

Sharon currently appears on Channel 7’s Sunrise program and The Daily Edition as well as having two weekly parenting segments on radio in Melbourne and the Gold Coast and writes for various magazine publications.

Sharon is the author of best selling series of books Teen Talk and the recently released Girlwise series, which are written to help guide younger girls through many of the issues they face in early years.

Copies of Sharon’s best-selling books will be available for purchase at the conclusion of the presentation (No EFTPOS).

follow us on Twitter @criticalagendas
This is a Community Event  
Everyone welcome!

Thursday November 5th, 2015  
7pm to 9pm

Darebin Arts & Entertainment Centre  
Cnr Bell St & St Georges Rd, Preston  
$20 per person (at the door) NO EFTPOS

Secure your place!

Email rick@criticalagendas.com.au  
Include your NAME and No. Tickets required.

Collect and pay for tickets on the night.  
Enquiries: 0433 616 771

Dr Michael Carr-Gregg works as a nationally registered child and adolescent psychologist. He is passionate about delivering evidence based psychology workshops and seminars that make a difference to the health and wellbeing of young people. His training and approach incorporates cognitive behavioural therapy (CBT), Acceptance and Commitment Therapy (ACT), mindfulness skills and interventions drawn from positive psychology research. He is a founding member of the National Centre Against Bullying and Chairs their Cybersafety Committee. In October 2010 - he was appointed the official advisor to the Queensland government on cybersafety. He is a Director of the The Young and Well Cooperative Research Centre, an Australian Government Initiative administered by the Department of Innovation, Industry, Science and Research. Michael Carr-Gregg has extensive experience in the media and is currently a regular on the top rating 'Sunrise' program on Channel 7 and on Melbourne radio 3AW and is a frequent contributor to the Australian Print media.

Anxiety in children is a normal part of childhood development. But it’s estimated that 8-22% of children experience anxiety more intensely and more often than other children, stopping them from getting the most out of life. In this presentation one of Australia’s leading child and adolescent psychologists will discuss what is normal anxiety and what is not, what are the common anxiety disorders and what parents and carers might do to build happy and resilient young people.

WALKATHON WEDNESDAY 21 OCTOBER

Wednesday 21 October  Walkathon timings:

♦ Gr 3-6  -  11.30am-12.30pm
♦ Gr 1 & 2  -  2.30pm- 3.00pm

Parents who are able to assist on the day are most welcome