



Week One of Options – Mr Mueller teaching karate!

TREE Talks/Stepping Out of Our Comfort Zone

I am so proud of our students in Year 4,5 and 6, who this term has each prepared and delivered a speech as part of the 'TREE Talks' competition. The students were able to choose any topic of interest. As you might expect, there was a diverse range of subjects, such as the Berlin Wall, dinosaurs, Star Wars and the Roman Catacombs to name just a few.

Speaking in front of a room of your peers can be a very intimidating experience, but it was handled with aplomb by all of our students. I am sure it was a great learning experience for them. After listening to each of the speeches, Miss Moynihan, Miss Licari and myself were given the unenviable task of choosing just a few representatives from St Josephs to deliver their speech at the TREE Talks competition in Bridgetown next week, where they will compete against students from St Brigid's Bridgetown, St Mary's Boyup Brook and Kearnan College Manjimup. Congratulations to William, Amelie, Sienna, Gaia, Toby, Mia and Charli. We wish you luck!

Public speaking is just one means by which students may benefit from taking a risk. All of us, whether we be adults or children, stand to benefit by regularly leaving our comfort zone.

Each of us has our own "comfort zone" which, more than an actual place, is a psychological/emotional/ behavioural construct that defines the routine of our daily life. Being in one's comfort zone implies familiarity, safety, and security. It describes the patterned world of our existence, keeps us relatively comfortable and calm, and helps us stay emotionally even, free from anxiety and worry to a great degree. Creating a comfort zone is a healthy adaptation for much of our lives. But so is stepping out of our comfort zone when it's time to transition, grow, and transform.

But experiencing a little stress and anxiety now and then is a good thing, too. Very simply, what we fear most about challenging ourselves is that we may fail and/or get hurt in the process. But truth be known, most of us have the ability to rise to the occasion, overcome hurdles and obstacles, and actually succeed in accomplishing something new and challenging.

Benefits of leaving your comfort zone may include:

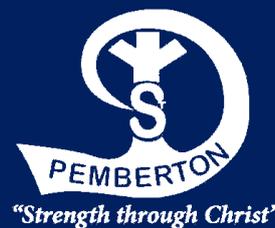
- Challenging yourself pushes you to dip into and utilise your personal store of untapped knowledge and resources. You have no idea what you're made of unless and until you venture outside of your own familiar world.

- Taking risks, regardless of their outcome, are growth experiences. Even if you make mistakes or don't get it right the first time there's always these experiences you've had to tap into for the future.
- Leaving your comfort zone ultimately helps you to deal with change.

Don't settle for the mediocre just to avoid stepping out of your comfort zone; it's too big a price to pay. Your challenges and risk experiences are cumulative. Every time you try something new, allow yourself to be open to whatever experience arises, you are learning, and expanding your repertoire of life skills and self-knowledge. As you do this you are also expanding the size of your comfort zone.

WHAT'S COMING UP?

Fri 17	Class newsletters go home
Wed 22	Homework Club at 8am
	Fotoworks School Portraits
	Kearnan College to visit Year 5 students
	P&F Meeting at 5.30pm
	School Board meeting at 7.00pm
Fri 24	Primary Winter Sports Carnival Years 3-6



"Strength through Christ"

*Respect
Compassion
Safety
Responsibility*

16 August 2018

Try to make small changes that take you out of the every-day and familiar, yet are not too emotionally challenging. We are all such creatures of habit. Change your daily and/or work routine. Try something new---food, music, activities you've never done. Undertake a creative project of any kind where your thinking is channelled in a whole new way. Add newness to your life. Be open to experience. Good luck!

Father's Day Breakfast and Liturgy

Attention all fathers and father-figures! You are invited to join us for a special morning on Friday 31st August, here at the school. You are most welcome to enjoy a complimentary breakfast with your son or daughter from 8.00am, before joining us in the K/P/1 classroom for a very special liturgy at 9.00am. If Dad can't make it, children are welcome to bring a grandparent, uncle or another special person. Hope to see you there!

Mass-Assumption of Mary

Yesterday, we were very proud to celebrate the Feast Day of the Assumption of Mary, with our Year 4/5 Class leading us very impressively in Mass. Thank you to Miss Moynihan and her class for all of their hard work in preparing the Mass for us.

P&F/School Board Meeting

Please take note that we will have our next meetings on Wednesday next week, the 22nd August. P&F Meeting to begin at 5.30pm and School Board Meeting to begin at 7.00pm.

School Photos

School Photos will also take place on Wednesday next week, 22 August. Please make sure that you have returned the relevant forms. It is very important that students are in the correct Winter uniform (with jumper) and are looking neat and tidy for the photos please.

Class Newsletters

Class Newsletters will go home tomorrow. Please check your child's schoolbag for this important class update.

School Disco

What an amazing evening we had last Friday at the School Disco! It was wonderful that such a large number of our students attended and thoroughly enjoyed themselves. I wish to acknowledge and thank the students for their excellent behaviour and also to thank those many parents who helped with the preparations. We are so lucky to all be part of such a great community and the disco was a great reflection of the wonderful students and families that we have at St Joe's.

Winter Sport Carnival

Our Winter Sport Carnival (Friday 24 August) for Years 3-6 is now almost upon us! Please keep an eye out for an information/permission note. If you are able to assist in any way with the Carnival, please let Mr Kelly know ASAP.

Pemberton Library Visit

Our students from Kindy-Year 3 are very fortunate to have been invited to visit the Pemberton Library on Wednesday, to listen to up and coming children's author Sian Turner, who is based in Albany. We are greatly looking forward to hearing more about what it's like to create stories as a career!

Enrolments for 2019

Believe it or not, we are now well and truly into the second half of the school year! Before too long, our attention will turn to planning for next year. If you know of any families who are considering enrolling their children in Saint Joe's for 2019, whether they be Kindy or older students, please encourage them to make contact with the school. Also, if any of our current students will not be attending St Joe's in 2019 for any reason, please make sure that you communicate this to the office as soon as possible.

Sports Uniform-Tuesdays

Please note that due to our Options program beginning, for the remainder of Term 3, students should wear their sports uniform on Tuesdays, in addition to Thursdays and Fridays.

Homework Club

Each Wednesday morning, we will run a Homework Club here at the school from 8.00am. This was an initiative suggested by the staff, as a way of supporting students and their families in completing homework. Each week, a different staff member will supervise the children as they complete their weekly homework. I understand and appreciate that this will be problematic for students who catch the bus, but believe it is a worthwhile initiative if it can help even a small number of families in our community. Students wishing to participate should come to the front desk upon arrival at school and I can direct them to the appropriate room.

Take care,

Brett Wilkie



**Highlights of the first week
of options!**

Office hours

The school office will be open on Friday this week, Monday, Tuesday and Thursday next week.

ABSENTEE NOTES

Today, a number of families were sent home absentee notes for their child's absences. Please complete, sign and return to the school office by Tuesday 21 August. Thank you for your cooperation!

Fotoworks School Photos – Sibling Portraits

Our school photos are scheduled for Wednesday 22 August. Families have an opportunity to have siblings/family portraits taken. If you wish to have one done, please see Rose in the school office for an order form.

Also please note..... even if you do not wish to order any class or your child's photos you still need to return the order form.

Nature Playground

We now have an addition to our upper primary nature playground – wooden stepping logs! The logs were very kindly cut and donated by local – **Wayne Watkins**. We wish to sincerely thank Wayne for his very kind donation!

**P & F News.....****Canteen Roster:**

Tuesday 21 August

Lisa Ebsary & Lara Vesela

Tuesday 28 August

Vanessa Roche

Altar Server

19 August

Josh

**Celebrating their birthday**

Taya Hartnett

Monday 20 August

**Around town...****PEMBERTON'S GOT TALENT!**

**COMMUNITY CONCERT
PEMBERTON MILL HALL**

AUGUST 18 2018

SAUSAGE SIZZLE AND CHIPS 5.30PM

CONCERT 7.00PM

Balingup Medieval Carnivale
TICKETS:
 \$20 day/\$30 weekend.
 Under 16 yrs free

25-26 August 2018

balingupmedievalcarnivale.com.au

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An Interview With...Mr Kelly



Our Year 6 students have been given the task of conducting some staff interviews for our newsletter, so that the community might find out a little more about some of the wonderful staff members here at St Joseph's. The students were in charge of compiling a suitable list of questions. This week, Kaas Van Hazendonk and Kameka Flanders conducted an interview with Greg Kelly, who teaches a range of specialist areas.

1) *Why do you think you were hired to work at St. Joseph's?*

Well, I guess I obviously impressed the people who were interviewing me to some degree. They must have thought that I was capable of working here and that I would do a good job.

2) *Please tell us about your professional history; where have you worked aside from Saint Joseph's and what roles have you had?*

In the teaching profession, I have only ever worked at Saint Joseph's. Before that, I had worked as a winemaker at Salitage. So, I did my Bachelor of Agricultural Science in Oenology, which is a wine-making degree, at the University of Adelaide. I later went back to University and did a postgraduate degree in Education and got the job at Saint Joseph's.

3) *What professional qualifications do you have? Are you studying anything at the moment or do you plan to in the future?*

I have, as I said, a Graduate Diploma in Education and a Bachelor of Agricultural Science. At the moment, I'm not studying anything in a formal capacity, but I do a lot of professional reading.

4) *What do you enjoy most about working at St Joseph's?*

I enjoy working with the staff; they are a great bunch of people to work with. The students, I really enjoy teaching them. I also really enjoy learning new things myself as I teach here at Saint Joseph's.

5) *What are your interests in life outside of St Joseph's?*

I'm starting to get back into a bit of cycling. I used to do a bit of road cycling and I've been getting back into that. I've also bought a mountain bike. I enjoy gardening also.

6) *What's it like to work at a school where your wife is a teacher and your two daughters are students?*

It's mostly pretty good. Obviously, we all come to the same place each day, which is not too bad. Generally, I think there are a lot more positives than negatives, so it's been pretty good really.

7) *You teach so many different year levels and subjects. What do you find difficult about that and what do you enjoy about it?*

I'll start with the positives. I enjoy just interacting with so many different students and getting to know a lot of different areas of the school; different year levels and how the kids learn. The negatives would be probably having to change all the time and going from Kindies straight to Year 6s for instance, but generally it's pretty good.