To live, to learn, love in all things...

From the Principal...

Dear parents & friends of St Joseph’s School, Clare,

FETE
The Fete was a wonderful way to conclude Term 3. It is a highlight of mine to see our parents & parish work together to provide such a valued experience for our students & the wider community. To watch our younger students being guided & supported by their buddies as they seek out their treasures, is delightful to witness.

Congratulations to our stall convenors and anyone who assisted in any way. Special thanks need to be extended to the Fete co-ordinators, Sarah Lawson & Kathleen Bourne. They have done a marvellous job over the past few years. (We will update you on how much was raised when that figure comes to hand.)

CALENDAR
Attached to the newsletter is this term’s calendar. As is the normal process, we attempt to give you as much notice as possible regarding upcoming events. Please check the front of each newsletter for any updates; also the school website.

NEW STUDENTS
We welcome the Maher family to our school community. Archer will be in Mrs Mensforth’s Reception class whilst Bridie will join the year 2/3 class with Miss Linn. I trust the Maher family will find St Joseph’s a welcoming community.

TRANSITION
Last term Deb Lemon & Kate Mensforth launched our new Reception Transition program. With the new “Same First Day” program, which results in the majority of the schools in SA having only one intake and using one starting age, it was an opportunity to review our current practice & work towards having the students commencing school at St Joseph’s “best prepared” for this special occasion. Deb & Kate spent many days researching what is best practice, what is required, what is missing, what is possible. We also met with parents and canvassed their thoughts. As a result, Deb & Kate designed a 15 week program which looks at the social, emotional, physical, spiritual and academic needs of the students, plus focusing on how we can assist the parents in their process. Deb & Kate also have worked hard at providing more interaction & sharing of information with the Pre-School providers. Feedback so far has been overwhelmingly positive.

SCIENCE CENTRE
Our new Science Centre is open! Special thanks to SJM for their diligence, support & design input. We now have an amazing learning space. Jodie Tonkin has been hard at work preparing the external spaces. For this term we will learn more about the space and how we can best utilise it before we do a complete internal fit out. Please take the opportunity to have a look at what we have created.

HATS
Hats need to be worn during recess & lunchtime during Term 4. Due to head lice we don’t allow students to share hats. If students don’t have their hats, they will be allocated a play space in the shade. Please ensure hats are clearly labelled.

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Fax (08) 8842 3410
EMAIL: peters@stjoclar.catholic.edu.au
WEBSITE: www.stjoclar.catholic.edu.au
CONDOLENCES
Our condolences are extended to Paula Clark on the death of her Grandfather.

CONGRATULATIONS
Damian, Kerry-ann & Lilly-ann on the safe arrival of Charlotte Ahern.

CAMPS
Over the next 2-3 weeks our upper primary students will be provided some outstanding extra-curricular opportunities in the way of camps. The Year 5’s will head to Victor Harbor; the Year 6’s will take part in an aquatic camp at Port Vincent whilst our Year 7’s will head to Australia’s capital. I am extremely proud of the many extra-curricular activities our school provides - especially our camps & excursion programs.

I am also in debt to the amount of work our teachers put into preparing these events. Like many things, special events need to be treated in such a way - camps are a privilege (not an expectation). I think it is important for our students to be aware of this and realise how much time & effort goes into organising these events (not to mention your hard earned money.)

CAMP QUALITY esCARpade
Next Tuesday, October 21 at 1.30pm, Camp Quality’s esCARpade will be visiting with 20 hilarious cars calling in; everything from a giant octopus to the Super Mario Bros. This will be followed by a puppet show in the hall. All parents are very welcome to attend. Camp Quality is the children’s family cancer charity and their purpose is to create a better life for every child living with cancer in Australia. Children may wear casual clothes and a gold coin donation per family would be appreciated to support Camp Quality. As per our uniform policy, we request that children do not wear thongs, high heels or singlet tops, and mid riffs are not to be exposed. Year 4-7 children will need to wear casual clothes that are appropriate for PE.

MATHEMATICS COMPETITION
Last term 33 Year 3-7 students participated in the International Mathematics Competition. The skill areas assessed were: Algebra & Patterns, Number & Arithmetic, Measures & Units, Space & Geometry & Chance & Data. Our students were very successful. The results were as follows:

Distinction
Year 5-Liam Hinze
Year 6-Emily Hinze
Year 7-Jake Taylor
Congratulations on an outstanding result.

Credit
Year 3- Jade Chapman, Henry Cox, Cooper Paulett, Lachlan Tregilgas, Toby West
Year 4-Bridey Mathie
Year 5- Jack Mitchell, Tom Kelly
Year 6- Melissa Coulter, Cooper Cox, Cartia Jaeschke
Lane Reschke, Adam West
Year 7- Jemma Cook, Liam Edmondson

Merit
Year 4- Charlie Mitchell
Year 6- Alice Maitland

Participation
Year 3- Mia Fogden, Sophia Michael, Matilda Maitland, Aimee Treloar
Year 4- Tom Cook, Ruby Stringer
Year 5- Chelsea Duke, Molly Edmondson, Elsa Taylor, Emma Lawson
Year 6-Isabel Pratt
Year 7- Ella Barry, James Duke

Congratulations to everyone for challenging yourselves and having a go.

ENGLISH SKILLS INTERNATIONAL COMPETITION
13 of our students took part in the 2014 English Skills International Competition. Our students were extremely successful. The results were as follows:

Credit
Year 3- Jade Chapman, Mia Fogden
Year 5- Jack Mitchell
Year 6- Cartia Jaeschke, Adam West

Merit
Year 3- Aimee Treloar
Year 5-Chelsea Duke

Participation
Year 3- Cooper Paulett
Year 4- Sally Grigg, Royden Harrold
Year 5- Clodagh Barry, Elsa Taylor
Year 7- Ella Barry

Congratulations to all students for challenging themselves and having a go.

God bless,
Peter Shearer.
AROUND THE SCHOOL

SAPSASA STATE COUNTRY ATHLETICS
In the last week of Term 4 our Mid North District Athletics team competed in Adelaide and were extremely successful, finishing in 6th place and bringing home 15 medals. 14 St Joseph’s students were selected in this team and, as always, represented our school extremely well.

Congratulations to Charlotte Ruddenklau winning Gold in the 13yr girls 800m event- a magnificent result. In a great performance, Juliet Macleod & Paryss Maunder were part of the gold medal winning 10yr girls relay team. Many thanks to all parents who assisted on the day and were able to support our team.

MICHAEL GROSE
10 Ways to promote GOOD MENTAL HEALTH & WELL BEING IN KIDS

1. Model Good Mental Health Habits
2. Make sure they get enough sleep
3. Encourage kids to exercise
4. Give them creative outlets
5. Provide a space of their own
6. Talk about their troubles
7. Help them to relax
8. Have two routines weekday and weekend
9. Foster volunteering and helpfulness
10. Bring fun and playfulness into their lives

P & F News
Welcome back, Just a reminder we will be doing the Open Garden Gourmet Steak Sandwiches & Coffee on the 2 November if anyone would like to help. We require at least 6 helpers! Please email Zoezragenovich@bigpond.com

CONCERT BACK DROP
We are looking for some help with sewing the school concert back drop. You will get a pattern and material with instructions, simple sewing. If interested please text your name and number to Mel Helbig 0418 818 413 A.S.A.P. Thank you.

CLARE WORLD WAR II MEMORIAL
The Governor of South Australia, His Excellency Rear Admiral the Hon Kevin Scarce, attended a re-dedication of the Clare World War II Memorial on Tuesday 26 August. The ceremony was held at the memorial next to Clare Oval with a large crowd attending the significant event.

Flynn Maunder and James Duke, along with fellow Army Cadets, were pleased to meet Governor & Lady Scarce following their Guard of Honour duties at the event.

CUB SCOUT STATE COOK-OFF
Congratulations to Connor Duke whose team placed second in the Cub Scout State Cook-Off at the end of last term.

PONY CLUB STATE CHAMPIONSHIPS
Congratulations to Phoebe Seneca who placed 10th in the Preliminary Dressage competition at the State Championships on 4 October. Phoebe’s score, when combined with other members from the Central Zone, contributed to their team winning 3rd overall.

Past student Anna Wiblin placed 3rd in the State in the Junior Horse & Rider, which combines points from Dressage, Show Jumping & a Novelty.

Congratulations to both girls on a fantastic effort.
**MASS TIMES**

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Time</th>
<th>Name(s)</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>Sevenhill</td>
<td>6.00pm</td>
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<tr>
<td>Sunday</td>
<td>Clare</td>
<td>5pm</td>
<td>James &amp; Chelsea Duke</td>
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<td></td>
<td></td>
<td></td>
<td>Flynn &amp; Jett Maunder</td>
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<tr>
<td>19 October</td>
<td>Clare</td>
<td>10.30am</td>
<td>Volunteers required</td>
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<tr>
<td>26 October</td>
<td>Clare</td>
<td>5pm</td>
<td>Nikita Morgan, Chloe Smith, Sarah Cremer, Melissa Coulter</td>
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**ANNIVERSARY OF ST MARY OF THE CROSS MACKILLOP’S CANONISATION**

This Friday will mark the fourth anniversary of the Canonisation of ‘St Mary of the Cross MacKillop’, in Rome. Mary is Australia’s first Saint and founded the Sisters of Saint Joseph. The sisters helped to set up many schools throughout Australia.

**WELCOME BACK**

Welcome back! Hopefully you have all had a bit of a break over the school holidays and are ready for an enjoyable Term 4.

**FRIDAY MASSES**

This Friday 17 October, the Year 3-7 Classes will hold their Mass. Next Friday 24 October, the Rec-Yr 2/3 Classes will hold their Mass. The Masses are at 12pm in St Michael’s Church, Clare. All parents and friends are warmly invited to attend.

**SACRAMENTAL REVIEW: RECONCILIATION, FIRST EUCHARIST AND CONFIRMATION**

Thank you to all who took part in our Sacramental Review. The information is currently being collated and will be used to inform our planning for the 2015 Sacramental Program.

**ALTAR SERVER ROSTER**

I am in the process of putting together the Weekend Altar Server Roster for 2014/2015. This roster will come out before the end of this month.

Please remember that it is your responsibility to find a replacement if you are unable to attend the Mass you are rostered to Altar Serve for.

Congratulations to; Charlotte Smith, Alice Hart-Lamont, Bethany Mader, Tom Cook, Ned Ross, Harrison White, Ellie Redden, Declan O’Dea, Lara Degenhardt and Paryss Maunder who completed their training last term and will go onto our new weekend roster.

**YEAR 7 ALTAR SERVERS**

The usual practice has been to take Year Seven students off of the roster at the end of the year, if however a Year 7 student would like to continue on the roster please let me know by this Friday 17 October.

**VALUE OF THE WEEK**

Value of the week: **Excellence**

**ACTION** - Give your absolute best to any task you do. Be prepared to persist.

The word of God: **Ephesians 3:14,19**

“Out of God’s infinite glory, may God give you strength for your hidden self to grow strong...so that you are filled with the utter fullness of God.”

**THOUGHT OF THE WEEK**

The great essentials to happiness in this life are something to do, something to love and something to hope for.

Paula Clark

APRIM
LUNCH BOX

ROSTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Term 4 16/10-17/10</td>
<td>Steph Maitland</td>
<td>Libby Jacka, Anna Hawker</td>
</tr>
<tr>
<td>23/10-24/10</td>
<td>Stephanie Coles</td>
<td>Zoe Ragenovich, Danielle Johns</td>
</tr>
<tr>
<td>30/10-31/10</td>
<td>Angelene Peacock, Kylie Sabeeney</td>
<td>Tom Knight, Hannah Rantanen</td>
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There have been quite a few swaps in this roster so please remind the person who is filling in your shift so that no one forgets, thanks.

Special Note –
Don’t forget if you need a copy of the price list or roster to check the school website – THERE ARE A FEW CHANGES TO THE PRICE LIST

Have a healthy lunch box week

How to have a healthy lunch box week
Planning your family’s meals for the week is a cost effective, time saving and hassle free way to ensure your children have nutritious food to eat every day of the week. And by discussing with your child which healthy foods they prefer to eat, involving them in shopping for and/or preparing their meals, food does not end up squashed at the bottom of a bag or in a bin.

Planning a healthy lunch box
Aim to include at least one food item from each of the Australian Guide to Healthy Eating food groups in your child’s lunch box every day.

Vegetables and salads
- Salads - tomatoes, carrots, cucumber, celery, lettuce
- Vegetables - stir fried, corn on the cob, capsicum slices
- Low fat potato salads

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- Sliced bread, bread rolls (preferably wholegrain or wholemeal)
- Pita/pocket bread

Dairy - Yoghurt, cheese and/or alternatives, mostly low fat for children over 2 years of age
- Yoghurt tub or popper, preferably plain
- Cheese slices or stick

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Sliced lean meats - lamb, ham, chicken, beef, turkey
- Boiled eggs
- Tuna/Salmon (fresh or tinned)
- Baked beans
- Lentils - including chickpeas, butter beans, etc

Drinks
- Include a bottle of water every day

Packing a healthy lunch box
A healthy lunch box contains four items.
- Main item, such as a sandwich/wrap/roll, rice, pasta or vegetables, soup, egg and vegetable frittata, sushi or homemade English muffin pizza
- Fruit or vegetable snack, such as whole fruit, cut up veggie sticks or canned fruit
- Second snack such as reduced fat yoghurt, grainy crackers with reduced fat cheese, plain popcorn, a slice of raisin bread, a boiled egg or can of tuna
- A bottle of tap water

Make sure you include an ice-brick in your child’s lunch box to keep the food cool and safe to eat.
JUNIOR TENNIS
Junior tennis will commence at Clare Tennis Club in Term 4, 2014. All programs will come under the instruction of club coach, Brad Green. New players are most welcome. Anyone interested in receiving an information pack containing registration forms can contact Belinda Dare on 88463006 or daremwbj@bigpond.com

SOUND BATH
Relax: A sound bath is a deeply relaxing, rejuvenating, and replenishing experience.
When: Sunday 19th October, 2014. Arrive: 2:00pm for 2:30pm start. (4:30pm finish). Where: St Michael’s Hall.
Cost : $25 per person. Bookings & Enquiries: Jane Olssen 8843 4288 or 0448 011 445 - janeolssen@hotmail.com

GIRLS NIGHT IN FEEL GOOD
Girls Night In Feel Good- Women’s Health & Well Being. Tickets $20 Advance or $25 at door. Cancer Council of SA, all profits go towards beating breast & gynaecological cancers in women through research education and support.

LIVING WATERS PRAYER GROUP
Living Waters Prayer Group, Henley Beach. Healing Weekend with Sr Margaret Scully RSC including Inner Healing and Ancestral Healing, in the hall at Our Lady of the Sacred Heart Church, 420 Seaview Rd, Henley Beach. Saturday 18 October 9.00am - 5pm & Sunday 19 October 9.30am - 3.30pm.
More information contact Pauline Cotton: 8268 7768.

MONICA MCINERNEY
The Clare & Gilbert Valleys Council Public Library and Friends of the Library invite you to an evening with ...
Monica McInerney. When: Thursday 23 October 2014, Where: Sports Club of The Valleys Lifestyle Centre. Time: 7 for 7.30pm start. Cost: $5 includes cheese and wine. Bookings essential- Ph 8842 3817 or clare.library@plain.sa.gov.au

GIVE AWAY
To give away kittens
- 2 ginger female
- 1 black male
ready to go to loving homes in 4 weeks.
Frankie Sandow 0439 430 091

Clare Valley Charity Ball
Proudly Supporting
The Clare Hospital Chemotherapy Ward
& Ovarian Cancer
ARRIVE 6.30PM FOR A 7:00PM START
SATURDAY 18TH OF OCTOBER
2014
CLARE TOWN HALL
MAIN NORTH ROAD, CLARE SA
BLACK TIE ATTIRE
A FREE CHAMPAGNE ON ARRIVAL, 3 COURSE MEAL
LIVE MUSIC BY ADELAIDE BAND TRIPLESORE
Tickets $75 Per Person
Tickets Available for Purchase at Clare Chemmart
Live Music by Adelaide Band Triplesore

Ovarian Cancer Australia
Chemmart Pharmaceutical