Dear Parents,

I hope that all families have had a wonderful holiday break and are looking forward to the new term ahead. Please keep your eye on the date section of the newsletter as term four is very busy.

Over the holidays I enjoyed the opportunity to catch up with some of my very closest friends, five of us who were in the same prep class together. To have lifelong friends such as this has been a wonderful blessing in my life. When we get together we inevitably come around to discussing old times and memories we share.

On this particular occasion we spent a period of time discussing our childhood’s, in particular our years in primary school. We were reflecting upon how lucky we had been with the chances we were afforded in life and the upbringing our parents had provided us with. It was our collective experience that once we became parents ourselves we began to view our own childhood through a different lens.

The special times we recall together from our early years were generally when we were just playing; building cubbies, swimming, riding bikes, yabbying in the dam, kicking the footy, shooting baskets and so on. What struck me afterwards was that as children we were afforded this time to just play, and now so many years later we remember it so fondly.

It is important that as parents we allow our children the time to enjoy their childhood. As adults we would all agree it is a most wonderful time in anyone’s life. We have to be careful that we don't structure so much into our child’s day that they miss the chance to just play. As parents it is natural to want the very best for our children and for them to have more opportunities than we had ourselves. For the most part it is wonderful that we live in a society where there are so many opportunities available for our children to experience and enjoy. It is important, however, that we maintain perspective on what our expectations are for our children and ensure that we are not overburdening them. Children need down time and the opportunity to relax and participate in unstructured play.

A couple of years ago I enjoyed an exceptional conference where we explored the theme ‘Setting Children Up for Success’. Former university lecturer and now education consultant Kathy Walker provided a very informative session on the phenomena of the over scheduled child that we now have in Australian society. She provided exceptional food for thought and her main points were as follows;

- Australian parents are now feeling a need to start everything earlier and earlier with children. We are moving away from the notion of childhood.
- Today’s children are over scheduled (piano, band, swimming, sport, dance, etc.) and we are forcing them to live an adult paced lifestyle when they are in fact still children. Children are exhausted from their high paced lifestyle and this affects their learning and development.
- The time for conversation for children is essential as it is imperative for their oral language development. Do you take time to chat with your child? Do you eat a meal together as a family at the table and allow conversation to flow? Do you effectively communicate together as a model for your children?
The over sexualisation of modern society. Magazines, role models, TV shows, the internet sites and social media that the children are now exposed to very early in childhood and the impact this has on their development.

Play is an essential part of a child’s development. We need to allow children time to play. Do you allow your child enough time to play? To be creative and imaginative. Today children tend to be more entertained rather than have the opportunity to develop their own play.

Positive human relationships and play have a massive impact on the brain development in children.

Indicators for success in children are; happiness, self-esteem, resilience, self-expression, belonging (family, society, Religion, community), healthy relationships, effective communication, conflict resolution, literacy and numeracy.

Uniform / Hats: At Trinity we have a No Hat No Play policy during terms one and four. It is a requirement that all students are wearing a hat when they are outside. We have a wonderful school uniform and it is an expectation that it is worn correctly, all families agreed to this requirement at the time of enrolment.

Informing the School: During an emergency situation it is essential that we can contact parents as soon as possible. If any of your details change can you please inform the School Office.

2016 Class Placement Requests: If parents have a genuine reason for class placement requests for next year, could you please put them in writing addressed to myself by Friday 16th October. An enormous amount of time and effort is put into the creation of class lists and many factors are taken into consideration by staff. A written request will be considered on its merits but it is not a guarantee. Who is teaching which grade has not yet been decided so please do not request certain teachers. At Trinity we work on a whole school approach and we are blessed to have a committed teaching staff who collaborate together to give the very best learning opportunities to all students in our care. Please be aware that a request has to be made for this current year, we will not be referring to requests made 12 months ago as circumstances change.

Grandparents Day: We will be holding a Grandparents Day on Friday 6th of November between 8.45am-11.30am. Please keep this date free in your diary. If your child’s Grandparents cannot come they are welcome to invite a significant person in their life. I ask that you please complete the form sent home indicating the number attending from your family to assist with our planning.

Seth Sleep: This Saturday, the 10th of October, is a special day for Seth Sleep as he undergoes his last chemo. It is wonderful news that Seth is at the end of a long battle with leukaemia and we congratulate him. However, Seth is still at risk if he comes into contact with any infectious diseases. We ask that if your child does contract chicken pox etc. that you please inform the office asap so we can let Seth’s parents know.

Liz Jones: Liz Jones (Deputy Principal Teaching and Learning) is away for the first two weeks of this term on Long Service Leave. If you have a concern that you would normally speak to Liz about please see either Diana Jans or myself.

Parents and Friends: The Parents and Friends Committee will be holding their AGM on Monday the 9th of November at 7pm. At this meeting we will also formulate next year's committee. The Parents and Friends Committee does an exceptional job here at Trinity and we would not be able to offer the events, programs and infrastructure that we do without their efforts. Our iPad cart and future ICT purchases are funded through Parents and Friends donations. I strongly encourage you to become involved, it is a great way to meet people and contribute to the school. It is not over burdensome and you will thoroughly enjoy being a part of the committee.

Parish Fete: Is on Saturday 7th November from 10am to 4pm. The Parish are asking our families to support the fete on the day and also by selling raffle tickets which will be sent home with the children in the next day or so.

Regards,

Simon Dell'Oro
Principal
GRADE 5 PARENT HELPERS NEEDED

A letter went home last term to all grade 5 parents seeking help with the planning and organizing of our Grade 6 Graduation Dinner on Thursday 10th December.

An information meeting will be held on Wednesday 14th October at 2.15pm. All grade 5 parents are welcome to attend this meeting to find out what is involved, or return the notice sent home last term to let us know you are unable to attend but happy to help in some way.

Many hands do make light work so please consider helping in some way as you as parents will be able to enjoy the night next year when your child is in year 6.

Thank You

Glenice

GRANDPARENTS DAY
FRIDAY 6th NOVEMBER
8.45am – 11.30am

We will be holding a Grandparents day on Friday 6th November.

All grandparents are invited to come along and join their grandchildren in a variety of activities before gathering in the hall for a late morning tea. If your child’s Grandparents cannot come they are welcome to invite a significant person in their life.

To help us with our planning, please complete the form below and return to the school office by Monday 19th October 2015.

GRANDPARENTS DAY - Friday 6th November

Family Name: .........................................................

Number attending: .................................

We hope you enjoy the day!
Family Week and Footy Day

A big thank you to all who contributed to making Family Week and Footy Day a memorable last week of term. Many family members gathered with the students each morning to celebrate class prayer, contributed to the family display in the school atrium, assisted with cooking and serving the lunch and joined in the fun of Footy Day.

The SRC members and Social Justice Group organised fun activities for all students to participate in, as well as an action packed day of “Footy” themed rotations to finish the week off.

A delicious sausage sizzle lunch was generously prepared and served by a small group of fantastic people which included parents, grandparents and people within our school community. Without their help, this day would not have been possible.

Finally, a big thank you to everyone for their kind donation to Catholic Care Gippsland. The school will proudly present a cheque for $586.

LEAVING THE SCHOOL??

If your child is not in Year 6 and NOT RETURNING to Trinity next year, could you please advise the school in writing providing the date when the child will finish at Trinity and where they will be attending in 2016.

We require this information as soon as possible to assist in the preparation of class lists for next year.

Thank you.
REMINDER
Casey South Division Athletics Carnival 2015
Casey Fields, Cranbourne East

FRIDAY, 9th OCTOBER 2015

A reminder that Parents are required to arrange their own transport and supervision for the day. If you need assistance or have any other queries please contact Mrs Charman.

Wishing all competitors luck in their training over the next few weeks.

Catrina Charman
PE Teacher/Sports Co-ordinator

SPORTS NEWS

TENNIS CLINICS – Years 1-6

Students in Years 1-6 participated in a Hot Shots Tennis Clinic as part of their P.E. lesson in the last week of Term 3. The Clinics were run by professional coaches from the Narre Warren South Tennis Club. This was a great opportunity for students to be exposed to a new sport, and practise and apply fundamental skills that are a part of the Physical Education curriculum. The students participated enthusiastically and displayed some excellent skills.

Some families followed up by attending a free tennis day for Trinity families at the Narre Warren South Tennis Club during the school holidays.
Mental Health Week is internationally recognised and happens between Sunday the 4th of October and Saturday the 10th of October this year. **World Mental Health Day** is marked every year on the same date, the **10th of October**. The aims of Mental Health Week are to increase the mental health of all through encouraging healthy coping behaviours, reducing the stigma associated with mental illness and fostering positive relationships. We see the week as a wonderful opportunity to promote skills which help prepare students to deal with the ups and downs of life.

The theme of Mental Health Australia’s day this year is **Mental Health Starts with Me**. One specific aspect of individual wellbeing is savouring positive experiences.

Positive Psychology researchers have found that doing specific and deliberate practices to savour positive experiences increases your overall wellbeing and protects against mental illnesses like depression and anxiety. When we speak about positive emotions and savouring, we emphasise to students that this does not mean negative emotions are bad and should be blocked out. All emotions have their place and it’s important we experience them all. In preparing students for the years ahead, we hope to provide them with tools so they can shift their thoughts and actions to best regulate their feelings.

The following poster contains tips on how you can Savour your day! This phrasing was chosen on purpose to reflect that sometimes a day can be saved when we savour positive experiences that come our way.

A way to understand savouring is to use a traffic light metaphor. There are always going to be red and green lights. Things you encounter which energise and lift you up, and those that stop you from going where you want to go. At times it can feel like we are only getting red lights all day. At such times it’s important to be aware of what we are saying to ourselves and what we look for because it’s very easy to miss the green lights. We often don't have a choice about the obstacles or good things which come across our path, yet we do have a choice about how we respond. A very important choice is whether we are going to make the whole day red or whether we begin looking for the green lights which help us go in the direction we really want.

**Remember: Mental Health Starts with You!! Don’t forget to check out the Mental Health and Community resource corner in the Atrium.**

[https://www.beyondblue.org.au](https://www.beyondblue.org.au)

Kids Helpline - 1800 55 1800

10 tips to Savour the Day

World Mental Health Day
October 10, 2015

Savour your experiences, take in the world around you.
Listen to people with your whole body and mind when they speak.
Notice when your mind worries about the future and dwells upon the past, come back to the present.
Appreciate the small wins and gifts within your day.
Recognise that transformational change happens in the present moment.
Be playful with your loved ones.
Go outside, smell the air, look at the sky and hear the wind.
Immerse yourself in challenges which help you lose track of time.
Look for ways to laugh and transcend daily difficulties.
Practice different types of meditation to find what suits you best.
During the holidays The Catholic Church celebrated Social Justice Sunday on the 27th September. The 2015–16 Social Justice Statement is titled *For those who’ve come across the seas: justice for refugees and asylum seekers.* The title is taken from the second verse of Australia’s National Anthem and reminds us all of how our nation has aspired to be a place of welcome and inclusion.

In this Social Justice Statement, Australia’s Bishops ask us to re-examine our responses to refugees and asylum seekers. The Statement reminds us of the nearly 60 million people around the world who are displaced from their homes and of the war and violence that are devastating countries in the Middle East, Africa and Asia. When people come to us seeking refuge, can we in conscience respond to them with cruel and self-defeating policies such as offshore processing and indefinite detention?

This Social Justice Statement is inspired by the example of Pope Francis on his 2013 visit to the Mediterranean island of Lampedusa, where he met the survivors of a refugee tragedy and mourned and prayed for those who had died.

Inspired by the example of Pope Francis, Australia’s Bishops ask how we can show leadership both here and overseas in forging a humane response to the challenge of refugees.

The essential issue for Australia is whether we will live up to our reputation as the land of the ‘fair go’ that lends a hand to those in desperate circumstances. In the second verse of our National Anthem we sing:

*For those who’ve come across the seas*

*We’ve boundless plains to share;*

*With courage let us all combine*

*To Advance Australia Fair.*

We sing with pride and generosity, of the welcome and unity we offer. This ideal stands in stark contrast, however, to the self-interest, incarceration and exclusion that have characterised our nation’s response over many years to asylum seekers who arrive by boat.

Both the first reading and the Gospel on Social Justice Sunday remind us that God’s Spirit is not bound by our categories. The Spirit and the work of God is not limited to people of a certain gender, race, nation, ethnic group, age, or position. Indeed, the work of God’s Spirit is often most powerfully manifested in those who do not fit our categories. The moments of challenge and of grace may well be those moments that call us beyond our comfort zones.

We know that we are better than this. As Christians, we know that it is within us to hear the call of Jesus. As Australians we have shown ourselves willing to take the path of generosity and leadership. We can do so again.

The words and actions of Jesus demand a response. We do not open our hearts and our home to vulnerable people simply because they are ‘deserving’ of charity or compassion. We take them in, provide shelter and bandage their wounds because they are equal to us in dignity. They are no longer ‘aliens’ (Lev. 19:33) but our brothers and sisters.

As people of faith we go further and ask: do we see the face of Jesus Christ in those who’ve come across the seas? Do we recognise the family and child fleeing Herod’s massacre? And what of those who have not survived?

There is another way; a way to make a real difference. No longer need we fear the alien approaching our shores as a burden. Instead, we would realise that we are blessed because we do have the means to welcome our brothers and sisters. This other way is characterised by acceptance, leadership and generosity.

Social Justice Statement 2015-16: *For Those Who’ve Come Across the Seas*

For further details about the Social Justice Statement, visit the Australian Catholic Social Justice Council website [www.socialjustice.catholic.org.au](http://www.socialjustice.catholic.org.au) or call (02) 8306 3499.
For Year 7 students commencing at St Francis Xavier College in 2016

The Gary Lechte Group Music Scholarship is awarded to a student in Grade 6 (for entry into Year 7) on the basis of an audition, school reports and an interview.

The 2016 Instrumental Music Scholarship is tenable until the completion of the 2016 school year and covers all Instrumental Music Tuition Fees on your choice of instrument.

The successful applicant will be required to perform at the St Francis Xavier College Presentation Night on Thursday November 26, 2015.

Auditions will be held on the 22nd October 2015 from 2pm at the Berwick Campus.

Application Forms are available on the College Website and must be received no later than Friday October 9th 2015.

www.sfx.vic.edu.au

If you have any further queries, please contact:
Ms Tracey Shields-Anderson — Head of Performing Arts
9707 3111

tshieldsanderson@sfx.vic.edu.au
Items in **bold** type will be school closure days or extremely important dates. **blue** will indicate new items added to the Calendar that week.

### OCTOBER 2015

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<td><strong>7pm School Board Meeting</strong></td>
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### NOVEMBER 2015

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<td><strong>SCHOOL CLOSURE DAY</strong></td>
<td><strong>PUBLIC HOLIDAY MELB CUP DAY</strong></td>
<td><strong>Prep Incursion Instruments</strong></td>
<td><strong>Prep 2016 Info Night</strong></td>
<td><strong>Grandparents Day</strong></td>
<td><strong>Parish Fete</strong></td>
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<td><strong>7pm P &amp; F AGM Meeting</strong></td>
<td><strong>Prep 2016 Orientation 9.30—10.30 11.30—12.30 2pm—3pm</strong></td>
<td><strong>REMEMBRANCE DAY</strong></td>
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Happy Birthday to the following children who will celebrate their birthday next week.

12th OCTOBER  Henry, Iesha and Lily
13th OCTOBER  Tyson and Andrea
14th OCTOBER  Brooke
15th OCTOBER  Sarah, Sandaru and Catalina
16th OCTOBER  Curt, Anthony, Jett and Jasmine
17th OCTOBER  Olivia, Emilia and Chanel

CANTEEN ROSTER

TUESDAY — PREP and JUNIOR
THURSDAY — MIDDLE and SENIOR
+ 8.45—10.30approx  # 11.45—1.30approx

THURSDAY 8th OCT
+ Liz Davie
# Mariane Mikhael

TUESDAY 13th OCT
+ Paola Moutien
# Mary Amalraj

THURSDAY 15th OCT
+ Annie Lacey
# Kerryn Stowe

TUESDAY 20th OCT
+ Allison Hellier
# Funmilayo Ewedairo

THURSDAY 22nd OCT
+ Kathy Harman
# Kerryn Cerchiaro

TUESDAY 27th OCT
+ Melissa Moore
# Anastasia Barker
ABSENCE FROM SCHOOL

In the case of illness a phone call in the morning on the day they are absent.

If you are going on holidays or your child will be away for an extended period you must advise in writing BEFORE you leave. Thank you.

All parents/Guardians wishing to help in the classroom, canteen or attend excursions MUST have completed the PARENT HELPER WORKSHOP and hold a current WORKING WITH CHILDREN CARD.

Further details are available from the school office. All parent/guardian helpers must sign in at the office before proceeding to the classrooms. Your current Working with Children card must be displayed at all times when working in the classrooms and attending excursions.

TRINITY CAR PARK

- For greater safety and visibility, we are requesting that all drivers reverse park into the marked bays.
- Thank you all who use the pedestrian crossing area. You are demonstrating to your children correct road safety practices. Once children cross the pedestrian crossing into the parking area, they, for their safety, need to be placed into vehicles promptly. The car park is NOT a meeting area.
- The lane around the edge of the car park (closest to the oval) are for vehicles waiting to pick children up from the Pick-up Zone ONLY.
- The two parking bays closest to the office path are the PICK-UP ZONES. These are NO STANDING zones. If your children are not ready to get into your car as you pull up to the pick-up zone, you must continue on and rejoin the end of the pick-up queue.
- There is NO RIGHT TURN when exiting the car park. All vehicles must turn left for the safety of others and to maintain traffic flow.
- THE GATES CLOSE AT 9.00am AND RE-OPEN AT 3.00pm. Occasionally they might re-open slightly later due to school activities.

Thank you for your patience and consideration of others.
Welcome back to the fourth term for 2015 - I trust you all enjoyed the change of routine with your children over the past two weeks!

We pray for: the people who are suffering in those countries who are experiencing war and unrest at this time.

On the noticeboard: 1. Beps – Bayside education and parenting services. This is part of the Essential Health and Wellbeing Centre at Highett. (a brochure and card from the Director). 2. Asbestos News – September edition.

SECOND HAND UNIFORMS HALF PRICE SALE NOW ON. Thank you to those families who have sent in pieces for sale – they have been gratefully received.

LOST PROPERTY BOX: There are quite a number of jackets and jumpers in this box at present. So if your child is missing his/her jacket or jumper you may find it in here!

MELBOURNE CUP DAY LUNCHEON: Over the past few years this has become an annual event in the life of our Parish of Our Lady Help of Christians. So if you or anyone else you know who would be interested in coming please see me. Tickets are $20.00 each and this included a two course catered lunch. We have a raffle, the first prize of which is a weekend at Phillip Island and a $100.00 dinner voucher for a restaurant on the Island. You can have a flutter on each race as well.

PARISH FETE IS ON Saturday 7th November: a date for your diaries. We need to raise $200,000 before we can begin to build the new Parish Centre because this will lessen our interest on the $2,000,000 which it is going to cost to build. (The Parish has already raised $67,000.)

WEDNESDAY BREAD For those of you who did not read the last newsletter from last term we will no longer be having bread on Wednesdays as Keith, from the Transit Church has told me that as they are now serving meals twice a week, there will be no more bread available to us on a Wednesday. I thanked him most sincerely on your behalf for their generosity to us over these past four and a half years and have also posted a ‘Thank You Card’ with the same sentiment.

PLAYGROUP: We had three new Families come to Playgroup this morning. So as we again have 27 children on our books there will be no more enrolments for the present. This is for safety reasons and lack of space.

This weekend, the 28th in Ordinary Time and also the feast day of Pope John the 23rd, we hear Jesus speak of the “numero uno” – putting God first in our lives...We all know how hard this is because we get caught up in the daily grind of keeping things going for our families and for family life. Jesus help me to acknowledge that I am not able to do anything without the help of the Godhead of Father, Son and Holy Spirit.
Hello everyone,

**Bunnings BBQ**
Thank you to all of the wonderful helpers at our Bunnings BBQ in Cranbourne on Sunday, Julie Maddocks, Mark Gwynne, Samantha Cheney, Sister Joy, Joe Dannaoui, Bini Varkey, Allison Hellier, Dave Sajaba, Tracey Thomas, Dave Rode, Irie Findlay, Scott McLardie, Cynthia Peters, Carolyn Burge & Melissa Moore. Thanks to Bakers Delight for the bread and Fresh Value Market Cranbourne for the good deal on the sausages. Even though it was a hot day there was still a lot of people out and about at Bunnings. We made a profit of approx. $1200.

**Halloween Disco**
The P&F would like to say thank you to our families at Trinity for your support throughout this year. To show our appreciation, we are organising a free Halloween Disco for the students on **Friday 23rd October 2015**. This year we will hold the disco in the multipurpose room.

Disco times: **Prep, Grade 1 & 2** will be 4.30pm - 6pm, and then **Grades 3, 4, 5 & 6** will be 6.30pm – 8pm.

A flyer was sent home this week, there is also one attached to this newsletter. Please fill it in and return to the office by 16th October 2015.

**P&F AGM MEETING**
The P&F AGM meeting is on Monday 9th November 7pm in the Staff Room.
Nomination forms to join our committee are available at the office.

THANK YOU again to BIG W Parkmore!!! We have received more generous donations over the holidays. These various items will be used as prizes at the upcoming disco and future raffles or other events. This generosity is greatly appreciated.

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<td>President</td>
<td>Naomi Sanchez</td>
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<td>Melissa Moore</td>
<td>Anna Mangano</td>
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<td>Vice President</td>
<td>Amber Tavinor</td>
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<td>Carolyn Burge</td>
<td>Lisa Ferracane</td>
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**Next P & F Meeting - AGM**
**MONDAY 9th OCT** at 7pm in the Staffroom.
**FRIDAY 23rd OCT** — Halloween Disco 4.30–6pm and 6.30–8pm.
TRINITY PARENTS & FRIENDS
ANNUAL GENERAL MEETING

Monday 9th November 2015 at 7pm

NOMINATION FORM

Did you enjoy the events this year: Prep welcome night, Mother’s/ Father’s day stalls, Blingo, BBQs and raffles!!

Trinity requires volunteers to become involved in the P&F Committee to continue to bring the school community together and raise funds for our school facilities for the benefit of our children’s education.

If you would like to become more involved and meet new people from the school community whilst helping out Trinity then please consider joining the P&F Committee.

In order to have a Parents and Friends Committee the following positions need to be filled. President, Vice President, Secretary, Assistant Secretary, Treasurer, Assistant Treasurer, School Board Representative and General Committee. If you would like to see a 'job description' for any of these roles please either contact Melissa 0416025494, Kerryn 0408364909 or the ladies in the office.

If you wish to nominate for a position please fill in this form and return it to the Office.

Nominee (Full Name): ___________________________________________________________

Contact No: __________________________________________________________________

Eldest Child Class: __________________________________________________________________

Nominated Position: __________________________________________________________________

The P&F Committee meet the first Monday evening of the month (excluding school holidays) in the school’s Staffroom at 7pm. If you are unable to attend the meetings but would like to help out at various events throughout the year please still fill in this form.
TRINITY SCHOOL DISCO
DRESS UP PARTY

HALLOWEEN

Grades Prep, 1 & 2
4.30pm-6pm

Friday 23rd October

Grades 3, 4, 5 & 6
6.30pm-8pm

TRINITY SCHOOL DISCO 2015
Friday 23rd October 2015 (check stars above for times) in the multipurpose room.

FREE ENTRY

Please RSVP by Friday 16th of October 2015
Return the form to the PGF box @office

Child’s Name __________________ Class __________________
Child’s Name __________________ Class __________________
Child’s Name __________________ Class __________________
Child’s Name __________________ Class __________________
Developing your child's social media scripts

It's important to start conversations with children about using social media at a young age to prepare them to be savvy users when we're not around.

"If a job's worth doing, it's worth doing well."

This mantra always pops into mind whenever I'm about to cut some corners or do a rushed job in any endeavour. As a result I double-check every article I write for mistakes. I over prepare every talk I give. And I continually edit and re-edit my books. This message keeps me at the top of my game.

I can thank, or blame, my mother for inserting this mantra in my mind as she repeated it whenever I did a rushed job as a youngster making my bed, doing homework or cleaning up my bathroom mess.

Parents of every generation have always found ways to frame messages of safety and success for their children to remember. Parents of past generations who only had to contend with the offline or real world intuitively knew that they needed to teach child important lessons about safety and manners rather than assume they'll be understood.

The same maxim holds true for the world of social media that children now inhabit from an increasingly young age. Even though our children are growing up with technology as a part of their every day lives, they will still make plenty of mistakes while using it. This means we need to have direct conversations with our kids about the comments and posts that are okay to make using social media of all forms.

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we're not around. In effect, we give our kids social scripts to fall back on when they talk to friends, teachers and relatives. There's no guarantee they'll look an adult in the eye when they speak to them, but our discussions, reminders and lessons about manners will hopefully hold up when we're not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we're not around. Here are some ideas to get you started:

1. "Is this worth posting?"
   The relatively impersonal nature of social media means that we can post information and pictures with relative immunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. Is this accurate? and Is this worth posting? are two valid questions children can ask when they read posts placed by others.

2. "Have you taken a big breath?"
   A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. ‘Think before you speak’ is the type of message that every child should have in mind.

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Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

parentingideas.com.au
... Developing your child’s social media scripts ...

The same applies to social media. Just because they think something doesn’t mean they post it. ‘Take a big breath’ may just about be the most important message to give your kids about social media.

3 “Do you want the principal to see this?”
An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.

4 “How does this post make you feel?”
We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they’ve calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people’s minds when they haphazardly post a message.

“How will you fix this?”
Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it’s fair that they fix their mistakes, and apologise. It’s reasonable that we teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.

I agree with Galit Breen, author of Kindness Wins who says that parents should have conversations with children around social media before they reach the teenage years. Starting these conversations when they are younger means that they are more open to our parenting opinions, as well as being a little more amenable to the messages of tolerance, kindness and empathy that we need to encourage.

Michael Grose
Dear school families, we invite you to attend the **OLHC Parish Fete on Saturday 7th November 2015** from 10am to 4pm at the Don Bosco School grounds (496 Princes Highway). As part of our fundraising to build The New Parish Centre, we would like to invite all families to kindly help out by selling a book of 10 raffle tickets at a cost of $2 each. These books will be brought home by your child in the next few days. Could you please ensure that all sold and unsold raffle tickets are returned to the school office by the 30th of October 2015.

On behalf of the Parish, we appreciate your kindness and generosity in supporting this event.
Thank you - OLHC Fete Committee.

**OLHC FETE—7th NOVEMBER from 10am to 4pm**
For our Parish Fete we are looking for volunteers to help us with different tasks like setting up stalls, helping with games and food stalls etc. If you would like to volunteer one or two hours of your time please fill in your details on the sign-up sheets for volunteers at the back of the church. Thank you to those who brought in mystery jars, however a lot more are needed. Please encourage your children to make up some mystery jars and drop them at the back of the church. Thank you.

**WHITE ELEPHANT STALL**
Now is the time to clean out those cupboards of all unwanted but saleable goods. We need anything you have, books, crockery, cutlery, plates, mugs, vases, nicknacks, pots, pans, statuettes, jewellery, toys etc—anything at all as long as it is NOT broken or damaged. Unfortunately we cannot take electrical goods as we do not have an electrician who can certify these goods. The Keogh Room will be open before all masses on the weekend prior to the fete so that you can drop off your donations. **PLEASE NOTE:** Goods will not be accepted on the day of the fete.

**ENTERTAINMENT PROGRAM—OLHC PARISH FETE**
If you are keen as a group or individual to provide entertainment (song/dance/act etc) for our Parish Fete, please register your interest by 20th October to Dina Delfino (co-ordinator) on 0430 214 917 (text preferred) or email: evamarie09@bigpond.com.

**MARY MacKILLOP PRIMARY SCHOOL**
This year Mary MacKillop Primary School is celebrating 20 years of Catholic Education. To culminate and bring the school community together in celebration, a School Fair will be held on Saturday 14th November from 11am—4pm at Mary MacKillop on the school grounds. Everyone is welcome to attend.

**SAVE THE DATE**
The Parish is organising a Parish Ball at The Grand on Cathies Receptions in Wantirna South on the 16th April 2016. The price of the tickets will be $75 which includes a three course meal, unlimited Wine, Beer and Soft Drink and live music. More information will follow in the coming weeks.
OUR LADY HELP OF CHRISTIANS

PARISH FETE

SATURDAY 7th NOVEMBER 2015

10am to 4pm