Many years ago I did a self-defence course for women like myself – people who didn’t have a clue about fighting. Though it was run by a martial arts expert, what we learnt was street fighting. Amongst all the dirty tricks you don’t want to know about, the best defence technique she believed she taught us was how to scream. When a person screams in fear, it comes from the throat – and the body closes down, loses power, the mind freezes. But when a person screams from the base of the gut, the supply of adrenaline is stimulated, the lungs open and a sense of power and energy flows. The practice sessions were amazing!

This Friday we celebrate the Day for Daniel. Your children have been learning a number of techniques to help them live in confidence and safety, even in a world that contains people who could hurt them. The purpose behind these techniques is to give them a sense of confidence to be able to discern when things don’t feel right and to know who to turn to for help. The aim is not to have them close down in fear but to open up with alertness, developing a sense of self-worth and even power.

Dealing with dangerous or difficult situations is one of the most important things we can teach our children – and what they learn will be largely modelled on our behaviour. The world is a beautiful place, filled with many good and kind people. But there are also people who do evil. How do we react to them? If we react in fear, we will allow them to dominate us into less than human behaviour; but if we respond with confidence, we affirm our dignity and will find new and creative ways of overcoming bad behaviour.

*Loving God, you know the difficult, and even sinful, behaviour that we have to face at times. Give us the wisdom of your Spirit to discern how to act with courage and power that we may build a society where our children can live in safety and joy. We ask this in Jesus’ name, confident that you will hear us.*

Sr Kym

“Out of every cross God wishes us to merit by making it an occasion of pleasing Him”

MM 29.10.1895
NEW SACRED HEART SCHOOL BUS
Last week, the school purchased another bus to add to our fleet of buses at Sacred Heart. The bus is a Mitsubishi Rosa that is only 5 years old and in excellent condition. This bus also has a wheelchair lift that will come in very handy as we will have a new child starting in 2016, who will be in a wheelchair. It will be great to have another bus as there are times when we have really needed an extra bus for camps and excursions.

GRADE 4 CAMP THIS WEEK
Grade 4 Camp is on this week from Wednesday to Friday. The children will be using the Orana Camp in Lauderdale as their base and doing some activities on site, but also visiting the Port Arthur Historic Site, going to the Trampoline Centre and also doing archery. It should be a great experience for our students.

ASSEMBLY TOMORROW
Our fortnightly assemblies for Term 4 commence tomorrow. The assembly time for this term will be 2.15pm. Awards will be presented to students and some classes will present an item. Parents are most welcome to attend.

PARENT HELP IN THE LIBRARY
Special thanks to the following parents who have assisted with covering new library books with contact this year. Our thanks are extended to: Shelley Griggs, Amanda Richter, Fiona Steel, Leesa Rowe, Renee Clark, Sharna Stinson, Jo Brittain, Karlee Delaney, Carolyn Crouch, Vanessa Ireland, Pip Hankin, Narissa Greene, Narelle Norris and Maree Drysdale. We have purchased hundreds of new books this year and we really appreciate the generosity of these parents.

PRE-KINDER SESSIONS
On the 10th November our Pre-Kinder sessions will commence for our new Kinder children commencing in 2015. These sessions will run for 5 weeks leading up to Orientation Day on Monday, 15th December. We are looking forward to having our new Kinder children visit our school.

SCHOOL ATHLETIC CARNIVAL – WEDNESDAY, 5TH NOVEMBER
Parents are advised that our School Athletics Carnival is being held at the Huonville Athletics ground on Wednesday, 5th November. All children from Kinder to Grade 6 will be participating. A notice and permission form was sent home to all families last week. We ask that the permission form is returned to school as soon as possible.

NEXT P&F FAIR MEETING – WEDNESDAY, 29TH OCTOBER
Our next P&F Fair meeting is on tomorrow evening commencing at 5.30pm in the JLC. All parents are most welcome. Stall-holders are encouraged to attend.

HEAD LICE TRIAL OF NEW SOLUTION
We have a couple of sample bottles of a new Head Lice solution that not only kills the head lice but eggs also. The product is very easy to use and requires no combing. If a family is interested in trying the product out free of charge, I would be really keen to find out how good it is. (or isn’t)

Have a great week!

Luch Brighella
Principal
Volunteer Morning Tea - Save the Date

Our school community is so lucky to have many volunteer parents and grandparents. They help out in so many ways around the school, working with children to assist with their reading, organising our home reading schemes, teaching children to knit, cooking with children plus helping with other important jobs such as covering books and helping out in the library. Then there are the parents that help with fundraising and helping with events such as the Cambodiathon, sports carnivals, excursions and camps.

We would like to acknowledge the wonderful contribution our volunteers make to our school by hosting a Thank You Morning Tea on Friday 5th December at 10.30am. If you have volunteered (even just once) at Sacred Heart this year, then you are invited. Please put this date in your diary and come along so we can show you our appreciation for your help.
**Halloween in Franklin**

**TRICK-O-TREATING 6PM**

**STARTING @ PETTY SESSIONS**

**HAUNTED HOUSE & DISCO UNTIL 9PM**

@ THE PALAIS - FOR A GOLD COIN DONATION

**FOOD AVAILABLE AT A MINIMAL COST PROVIDED BY THE FRANKLIN SCHOOL PARENTS**

Candy Donations and Volunteers for set up and the night would be greatly appreciated. Please call Sarah @ 6266 3151 or email president@franklintraders.org if you can help.

THANK YOU!

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**"Dad's Day Out"**

**Saturday 25th October 2014**

**WHERE:** Lune River

**WHAT:** Gem Fossicking

**TIME:** 10am - 2pm

**COST:** $5 per family includes BBQ lunch

**When:** Saturday 22nd November 2014

**Where:** wayraparattie Child and Family Centre

**What:** 1st Birthday Celebrations

**Time:** TBA

**When:** Saturday 6th December 2014

**Where:** Ida Bay Railway

**What:** End of year BBQ and train ride

**Time:** 10am - 2pm

**COST:** $5 per family includes BBQ lunch

It is important to RSVP by contacting the centre on 62970052 or Leigh on 0418932457 before the outings for catering and transport purposes.

Thanks Leigh Oates
Community Inclusion Worker
wayraparattie Child and Family Centre Geervston

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**Wayraparatte Free Information Session for Parents**

**WHAT ARE BEHAVIOUR DISORDERS?**

**PRESENTER:** Janelle Walton, Registered Psychologist

**PLACE:** wayraparattie Child and Family Centre: Geervston

**TIME:** 6:00 - 7:30 pm (light snacks provided)

**ENQUIRIES:** Leigh Oates or Rowena Bird 62970052

All young children can be naughty, defiant and impulsive from time to time, which is perfectly normal.

However, some children have extremely difficult and challenging behaviours that are outside the norm for their age. If this is occurring they may have a behaviour disorder. Over two presentations we will discuss the three most commonly diagnosed behaviour disorders:

- **SESSION 1:** Attention Deficit Hyperactivity Disorder (ADHD) Friday October 31
- **SESSION 2:** Oppositional Defiant Disorder (ODD) Friday November 7
- **SESSION 3:** Conduct Disorder (CD) Friday November 7

**We will cover**

**CAUSES - DIAGNOSTIC PROCESS - TREATMENTS**

- Your questions will be welcomed. However please be aware that this is a general information session and advice about managing specific concerns with your child will not be addressed.
- Attendees seeking advice for their personal circumstances are advised to book a counselling session with a psychologist. Options will be discussed at the presentation.
- If you are finding it difficult with care for your child/children on these dates please call the CFC on 62970052 for assistance with alternative care options.

Wayraparattie Child and Family Centre
4879 Huon Highway Geervston
Corner Huon Highway and Memorial Drive

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**oonah Playgroup Term 4**

**Tuesday 10am - 12pm**

**Tuesday 14th October:** Bruny Island excursion

Contact the centre on 62970052 for details

**Tuesday 21st October:** Bark Canoes

**Tuesday 28th October:** Kelp water carriers

**Tuesday 4th November:** Shell Necklaces

**Tuesday 11th November:** Shellfish

**Tuesday 18th November:** Mount Nelson Bush Kinder

See attached flyer

**Tuesday 25th November:** Fish

**Tuesday 2nd December:** Middens

**Tuesday 9th December:** Rock Engravings
SACRED HEART CATHOLIC SCHOOL
Twilight Country Fair

4 1/2 WEEKS TO GO 2014

28 November 2014
4 - 7pm

Contributions are being accepted at school any time between now and the fair on 28th November.
The Fair Committee have started a ‘Fair Wishlist’ wall on the JLC window. This will also be in
each newsletter. Signs on the window will contain items we need in preparation for the fair.
We appreciate any help!

ACTIVITIES AND ENTERTAINMENT

Fire Truck
Pony Rides
SES Display
Jumping Castle
Performances from Music
Students - SHG and community

FOOD

- Tempura Mushrooms
- BBQ
- Salmon
- Jacket Potatoes
- Pizza and Pasta
- Hot Chips
- Curry
- Fresh Fuit Kebabs
- Donuts

STALLS

Plants
Book Stall

Face Painting
Pre-loved & up-cycling
Craft
Cakes and Sweet Treats
Showbags
Cup Cake Decorating

Next Fair Meeting:
Wednesday 29th October at
5.30 in the JLC
All welcome!

And most importantly an easy going, fun night out

Co-ordinators: Maree McQueen maree.mcqueen@catholic.tas.edu.au
and Fiona Donato fiona.donato4@bigpond.com
Stall holders please let us know if you would like anything added to this page for your stall

Strawberries, fresh fruit and vegetables - These are not required until the week of the fair

USEFUL BITS AND PIECES FOR THE CRAFT STALL OR ITEMS ALREADY MADE

BOOKS FOR THE PREP BOOK STALL

Chocolate Wheel Donations

Cake plates coming home soon

POTTING MIX - POTTED PLANTS - EMPTY POTS ANY OTHER CREATIVE ITEMS FOR THE PLANT STALL

JARS FOR JAR LOTTO (EMPTY OR FULL) SMALL ITEMS FOR INSIDE JARS

HELP NEEDED

are you crafty can you help donate to our school fair anything hand made with love

Ph 0428710760 Kama

ANYTHING IN GOOD, CLEAN CONDITION FOR THE PRE-LOVED/UPCYCLING STALL