Just for today, help me, God, to remember that my life is a gift, that my health is a blessing, that this new day is filled with awesome potential, that I have the capacity to bring something wholly new and unique and good into this world. Just for today, help me, God, to remember to be kind and patient to the people who love me, and to those who work with me too. Teach me to see all the beauty that I so often ignore, and to listen to the silent longing of my own soul. Just for today, help me, God, to remember You. Let this be a good day, God, full of joy and love. Amen

Dear Parents, Teachers and Friends,

In a similar vein to last week’s newsletter article, developing an ‘attitude of gratitude’ will ultimately lead us to a more satisfying, happier mindset. We live at a time when we have the most wonderful technologies available to us. We have the internet with its amazing breadth of interesting sites; we have phones, iPads, games, Facebook,
Twitter, that are linked to it. But with all this comes a problem: how to handle all this in a non-addictive way, how not to allow these technologies to control our lives. Perhaps all this fits under the heading “Excess” about which Ron Rolheiser, columnist and author, has this to say: “Excess is a substitute for genuine enjoyment. We go to excess in things because we can no longer enjoy them simply. It’s when we no longer enjoy a drink that we drink to excess; it’s when we no longer enjoy a simple party that we let things get out of hand; it’s when we no longer enjoy the taste of chocolate that we over-indulge. Excess isn’t just a substitute for enjoyment, it’s the very thing that drains all enjoyment from our lives; every recovering addict will tell us that.”

So, how do we prevent our children from slipping into the world of excessive behaviours? For the most part, children don’t know what “excess” is, unless adults introduce them to it. If a child is excessively involved with computer games and the like, maybe it’s because of loneliness: no one has the time or interest to provide options such as belonging to a sports team, music group, hobby club, being involved in home cooking, gardening, board games, maybe visiting the local library or local park. Children can learn about “excess” by observing the behaviours of adults who might have succumbed to the pressures of life and so consume more, buy more, drink more, spend more than they should and genuinely substitute excess for enjoyment. Life to be enjoyable needs to be fairly simple. Perhaps the mantra of Author Mary Jo Leddy has wisdom to offer us:

“It’s enough.
I have enough.
I am enough.
Life is enough.
I need to gratefully enjoy what I have.”

**INTERSCHOOL CROSS COUNTRY**
There was an error in last week’s newsletter. The Interschool Cross Country will be held on Friday June 17, not Friday June 10 as originally reported.

**LIGHTNING CARNIVAL**
There will be a Lightning Carnival for students from Years 5 -6 this Friday June 10.

**UNIFORM CHANGES**
Due to the difficulty parents face in obtaining black sports shoes, students in future will be allowed to wear sports shoes other than black on sports days only. On days when students don’t have sport, black shoes are expected to be worn by all students.
In Winter, girls are allowed to wear black tights. These must be either navy or black in colour and not be leggings, either short or long.

**ASSEMBLY CHANGE**
The Year 1 assembly that was due to occur on Thursday June 16 has been postponed to Thursday June 23.

God Bless

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Mr Steve O’Halloran
Principal

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Friday 1st July
Last Day of Term 2

Tuesday 19th July
First Day of Term 3
With the Year 9 and 10 students focussing upon their revision for exams, it is timely to remember that Year 7 and 8 students may also be working towards end of semester tests. Please ensure that your child is completing all set tasks in their preparation for these assessments. I have attached the exam schedule for your reference in this newsletter. As there seems to be so many things occurring at this end of the term, I thought I would clarify and confirm the following:

**Week 8** (13 – 17 June) – Year 9 & 10 Exams; Monday 13 June: Nagle Catholic College Orientation for 2017 Year 11 students at 12pm AFTER exams.  
**Week 9** – Nagle Catholic College: Parent Information Night and subject selection counselling with Year 10s.  
**Week 10** – Year 9 Outdoor Education Camp, Year 10 Work Experience and NAIDOC Week liturgy, activities and shared lunch.

Don’t forget that Mr Kent is currently putting our athletes through their paces prior to selection for the ACC camp to Perth in Term III.

During the teacher training last night on Sacramental Formation, it struck me how many talented students we have in our school community. It was sparked by a visit from Khan Henderson, ex-student who is leaving for Costa Rica in August as he embarks on his two year adventure, studying the International Baccalaureate (IB). We wish Khan all the very best on this amazing opportunity to study abroad and look forward to all his updates and visit back to us. I also thought about all the wonderful gifts that our students possess – in the sporting, performing and visual arts arenas; the marvellous stories that they create and the wonderful service they demonstrate each day towards and for each other. This was made so clearly to me by a song lyric shared with us last night at the training conducted by Sr Virginia Bourke rsj. It is called “I am Special”:

\[
\begin{align*}
\text{God made me as I am;} \\
\text{part of creation’s plan;} \\
\text{No one else can ever be} \\
\text{the part of God’s plan that’s me.}
\end{align*}
\]

We are so blessed with all our students and it’s important to affirm that everyone has something amazing to contribute. Have a great week everyone; the weather has improved, in time for the TropiCOOL Festival.

Until next time …

Kind regards

**Sam Da Luz**  
Head of Middle School
<table>
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<td><strong>Period 4 (11:00 – 11:45am)</strong></td>
<td><strong>Period 1 (8:25 – 9:10am)</strong></td>
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<tr>
<td>Year 9: Science Exam – 2 hrs</td>
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**Happy studying everyone 😊**
Parish News
Parish Priest: Fr Mariusz
Phone: 99411768

Weekend Mass Times:
Saturday 7pm
Sunday 8am & 10am

Father Mariusz is inviting any parents and/or their children who would like to be Baptised in the Catholic Church to contact him on 99411768 at the Presbytery.

Book club is due Friday 10th June.

I ❤️ Book Club

KINDERGARTEN INTERVIEWS
Currently enrolments are being taken for Kindergarten 2017. Interviews will be conducted during August. Parents of siblings already at St Mary’s still need to enrol their child. Interviews however, may not be necessary.

PRE-KINDERGARTEN 3 YEAR OLD ENROLMENTS
Enrolments for children to begin the 3 Year Old pre-kindergarten programme are currently being taken. All parents that have children turning 3 prior to attending the Kindergarten programme are welcome to contact the school for further information.

Thank you to the ladies who have volunteered this term.
Volunteers are invited every Tuesday and Thursday from 10.15am to 1pm on a roster basis.
If you would like to be involved please contact the School Canteen on 9941 2483.

Thursday 9th June - Cathy Halliday
Tuesday 14th June - Lynne Freeman
Thursday 16th June - Help Required

Thank you
Charmaine

School Roundabout
Please be reminded that this is a pick up and drop off zone only.

Uniform Shop
The uniform shop is opened every Tuesday and Thursday from 2.15pm to 3.15pm.
Please see Charmaine for all your uniform needs.

School Dentist
Carnarvon Dental Therapy Centre is closed until 9/08/2016. In case of emergency please contact Community Dental Clinic at Carnarvon Hospital 9941 6690 or a private dentist.

If you have any queries, please call us in Geraldton on 9921 4218, 9923 1289 or 9921 4373 or email to AllendaleDTC@dental.health.wa.gov.au
"You and Me"
PLAYGROUP

FRIDAYS 9:30AM-12:00PM

Who: For Aboriginal and Torres Strait Islander families with children 0-4 years old.
Where: 9 Butcher Street (In the playgroup building)
When: Starts, Friday 27th May 2016
FREE

For more Information please contact Rebecca on 0438949394 or faithfull.rebecca@cathednet.wa.edu.au

Reading, Painting, Singing, Craft, Dancing and Much More!

Come and join in the FUN!
**Tropicool Multicultural Festival**

Eventide on the Fascine
Friday 10 June
Fascine, Town Beach – 5.30pm

Taste of the World – 5.30pm – 6.30pm

Enjoy a special opportunity to immerse yourself in the wide range of dishes offered on site

Multicultural Celebration from 6.30pm

The evening will kick off with a street choir. Enjoy a great night out at this marine defender,

Free entertainment followed by food trucks

The entertainment will be provided by the fire-breathing girl and Japanese drumming,

Dancers from Malaysia and China will perform traditional Chinese and Indonesian dances,

Singing by the Pacific Grace, traditional drumming by a local group,

Carnarvon Shakespeare and Dancing, live music from a local band,

Carnarvon Skatepark

**Tropicool Family Fun Day**

Sunday 12 June
Town Oval / 10am to 4pm

Markets, Food Stalls, Show Joints, Kayak Tours

FREE Kids Corner Activities, Mermaid Show, Mermaid Show, Mermaid Show

Agricultural Program, Tropicool Trail, Freestyle Now

**Tropicool Twilight Concert**

Bloom featuring Matt Milford
Sat 11 June / Town Oval / 5.30pm to 9pm

Singing the latest and old time favourites

**Freestyle Now**

FREE

Skate, Scoot & BMX Coaching Sessions
4PM - 7PM

Monday 13th & Tuesday 14th June

Carnarvon Skatepark

Helmets Compulsory!

No Rego – No Play!

FREE BBQ

For more info contact the Youth Outreach Team on 9941 3388