**Prayer to the Holy Spirit**

Breathe into me, Holy Spirit, that my thoughts may all be holy.

Move in me, Holy Spirit, that my work, too, may be holy.

Attract my heart, Holy Spirit, that I may love only what is holy.

Strengthen me, Holy Spirit, that I may defend all that is holy.

Protect me, Holy Spirit, that I may always be holy.

Prayer of St Augustine
Dear Parents, Teachers and Friends,

Why bother to practise gratitude in your life? Because scientific studies indicate that gratitude plays a significant role in a person’s sense of wellbeing. “Acts of daily gratitude result in higher levels of alertness, enthusiasm, determination, optimism and energy. Additionally, people who perform acts of gratitude are more likely to help others, to exercise more regularly, make more progress towards personal goals and are more likely to feel loved. Gratitude encourages a positive cycle of kindness among people since one act of gratitude encourages another.” McCollough and Emmons. Researchers.

Well, with findings like that, we should abandon all other strategies and concentrate on gratitude to ensure harmony in our family. It would seem that anyone can improve their sense of wellbeing and create positive social effects by being grateful with what they have and do in life. St Augustine seems to think so and had this to say: “People go abroad to wonder at the height of mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the oceans, at the circular motion of the stars, and they pass by themselves without wondering. Let us acknowledge the wonder that we are here, in these particular bodies, at this particular time, in these particular circumstances. May we never take for granted the gift of our individuality.”

What great advice! Look at ourselves in a positive manner and allow gratitude to unlock the fullness of life for us. Be grateful for the demands others make of us, for that means that we are considered to be positive contributors in their lives. Be grateful for the weariness at the end of the day, for that means that we have been productive for ourselves and others.

‘Thank You for the wind and rain and sun and pleasant weather; thank You for this our food and that we are together.” Mennonite Blessing.

There is simply no end to the opportunity we have to be grateful people provided we regard our “glass of life” as being “half full”.

INTERSCHOOL ATHLETICS CARNIVAL

Congratulations to the students from St Mary’s who represented the school well at the Interschool track and field days. The students competed to the best of their ability and there were some terrific performances on the day. As a team they excelled. Their behaviour was very good also. Thanks to the parents and friends who helped and supported the students on both days. A very big thank you to Miss Towers who organized and coordinated both days. A fantastic effort.

110TH YEAR ANNIVERSARY DINNER DANCE

This promises to be a terrific evening on the 29th October. Keep the date free. Live band, food and bar available. Tickets are $70 and can be purchased from the office or Mrs Rachael Smith.

RECONCILIATION

This year, a number of students from St Mary’s will be making their First Reconciliation. They begin preparing for the sacrament with a Commitment Mass this Sunday at 10:00 am. All children and their parents are expected to attend. This Thursday evening at 6:00 pm in the school library there will be a meeting for parents only. All parents of students receiving the sacrament of Reconciliation this year are expected to attend.

PRIMARY SCHOOL ASSEMBLY

The next primary assembly will be occurring tomorrow in the hall beginning at 2:00 pm and led by our Year 4 class. All parents and friends are welcome to join us.

# SHAKEESPEARE EVENING

A Shakespeare evening is being presented next Monday and Tuesday in the school hall beginning at 6:30 pm. This promises to be a lot fun and for all involved and an opportunity for our middle school students to demonstrate some of their English learnings from this semester. Tickets can be purchased from the office.
ST MARY’S PARISH BAZAAR
The Parish Bazaar is getting close with just over a month to go. Keep the date free, 15th October from 4 – 7 pm. Stalls, Food, games, prizes galore, there will be something for everyone.

SWIMMING LESSONS
Due to insufficient numbers of swimming instructors in Carnarvon, in-term swimming lessons will not be provided for students in Term 4.

God Bless

Steve O’Halloran
Principal
Head of Primary School

Year 4 Assembly
This week’s assembly, held by Year 4, will feature a visual presentation of their year so far. We will look to start slightly earlier than usual at 1:50pm.

Fruit and Veg Month
September is ‘Fruit and Veg Month’ and with the help of the Health Department, St Mary’s students are going to be cooking recipes featuring fruit and vegetables. The recipes are going to be turned into a cookbook and released next term. We look forward to getting some new, healthy ideas for the kitchen.

Interschool Athletics
Congratulations and well done to the students who were selected and competed at last week’s Interschool Athletics Carnival. I was pleased with how the students represented the school both in terms of behaviour and in the resilient, determined attitude they took into all events. St Mary’s came second overall, well done! Thank you to Mrs Towers who coordinated the event.

Visual Arts Showcase
It was great to see so many families at last week’s Visual Arts Showcase. When you get to see the student’s hard work displayed in an exhibition like that, you get a real appreciation for the great things that are happening at St Mary’s. Thank you to Miss Ward for organising the event.

Middle School Showcase #Shakespeare
The MS showcase ‘#Shakespeare’ will be held next Monday and Tuesday night. It would be great to see many primary school families there supporting the older students. Tickets are available through the office.

Term 4 School Swimming
Unfortunately we have received notice that due to the lack of available swimming instructors in town, we will not be able to participate in the Term 4 Swimming Program. As swimming is an important life skill that children need to learn, I recommend pursuing other learning to swim options. The school will still be holding both the Interhouse and Interschool swimming carnivals next term.

School Holidays
Well it’s that time of the year again, where teachers breathe a sigh of relief and parents are excited about getting to spend more time with their children. It’s been a long and very busy term so enjoy the break, stay safe and come back refreshed ready to finish the year off.

Kind Regards

Mr Andrew Gammon
Head of Primary School

<table>
<thead>
<tr>
<th>Dates to Remember</th>
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<tbody>
<tr>
<td>Friday 23rd September</td>
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<tr>
<td>Monday 10th October</td>
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<tr>
<td>Friday 2nd December</td>
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<td>Friday 9th December</td>
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The Year 1's are making different landscapes in Design and Technology.

The children are working in groups to construct their landscape using recycled materials. They have also made animals and people relevant to their landscape.

Here are some of their plasticine models.

Lucas

Hunter

Sebastian

Tanaka

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.
<table>
<thead>
<tr>
<th>Year Level</th>
<th>First Place</th>
<th>Highly Commendable</th>
<th>Highly Commendable</th>
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<tbody>
<tr>
<td>Kindergarten</td>
<td>Leigh</td>
<td>Danny</td>
<td>Caleb</td>
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<tr>
<td>Pre-Primary</td>
<td>Lucy</td>
<td>Kaylee</td>
<td>Cooper</td>
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<tr>
<td>Year 1</td>
<td>Jennifer Pham</td>
<td>Kaylee</td>
<td>Indiana</td>
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<td>Year 2</td>
<td>Rose</td>
<td>Ava</td>
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<td>Year 3</td>
<td>Alyssa</td>
<td>Kirsten</td>
<td>Prince</td>
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<td>Year 4</td>
<td>Xavier</td>
<td>Gia Bao</td>
<td>Jake</td>
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<td>Year 5</td>
<td>Regan</td>
<td>Rachael</td>
<td>Grace</td>
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<tr>
<td>Year 6</td>
<td>Melanie</td>
<td>Courtney</td>
<td>Thomas</td>
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<tr>
<td>Year 7</td>
<td>Daniel Cosh</td>
<td>Darcie</td>
<td>Barry</td>
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<tr>
<td>Year 8</td>
<td>Shianne</td>
<td>Luke</td>
<td>Kai</td>
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<tr>
<td>Year 9</td>
<td>Bree Hudson</td>
<td>Lachlan Phillips</td>
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<tr>
<td>Year 10</td>
<td>Sky Donegan</td>
<td>Gianna</td>
<td>Isabella</td>
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<td>Graphics</td>
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News

The Carnarvon Dental Therapy Centre is now closed and will re-open in 2017.

Unfortunately the return dates have not been finalised; but we will endeavour to inform you of the dates once they have been confirmed.

In case of an EMERGENCY parents may contact the Carnarvon Hospital Dental Clinic on 9941 6690 OR the Allendale Dental Therapy Centre in Geraldton on 9921 4218, between 8:00AM and 4:00PM for assistance.

Homework Classes
Homework classes every Tuesday and Thursday. Please contact the school office for further information.

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.

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.

2017 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 years of age between 1st July 2016 and 30th July 2017 are welcome to contact the school office on 99411 328 for further information.
St Mary Star of the Sea Middle School presents

#SHAKESPEARE

A night featuring the Bard's 'Greatest Hits'

Monday 19th & Tuesday 20th September (Week 10)

TICKETS:
Adults $5 / Children $3
Family (2 + 2) $15

Doors open 6.30pm
St Mary's School Hall
ST MARY'S BAZAAR
SAT. 15th OCT 4-7 pm
• St Marys School Grounds •

fAiRY FLoSS cAKeS & PLanTs 2nd HaND
FeSTIVAL foODs cRAFt
EnTERtainMeNT KiDS AcTIvItiES
“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!
Carnarvon Junior Cricket
Season 2016/2017
Cricket commences Monday 10th October
5pm
Into Cricket (Kindy—Year 2) Registration
Under 13s Registration & Game
Under 17s Registration & Training
Please come along and register
Weekly Games
Into Cricket—Fridays
Under 13s Game Monday Train Friday
Under 17s Train Monday Game Friday
Fees $80 all levels
Informal training Fridays Under 13s & 17s
commencing 16th September

The Shire of Carnarvon welcomes all organisations, groups, 
members and individuals to participate in the
2016 Great Northern Clean Up
AIM: To clean up and revitalise Massey Bay Road area.
WHEN: Sunday 18 September 2016
TIME: 3pm-3pm
WHERE: Massey Bay Road
WHAT YOU’LL NEED: Enclosed shoes, water bottle and a hat
WHAT WE’LL PROVIDE: Gloves, sunscreen, water, hand sanitiser
& rubbish bags.

For further information or to register, please contact Melissa Frearson, Community
Development Officer on 9941 0030 or email: cde3@carnarvon.wa.gov.au

Poppies for the Main Street
Learn Basic welding skills

The Lions Club of Carnarvon has partnered with TAFE to make poppies for the Main Street. The project will result in 30 large red poppies made in the TAFE workshop which will be displayed on Remembrance Day, leading up to the 75th anniversary of Hiroshima.

Over a series of six workshops students will learn basic welding skills while producing 30 large scale (large red poppies). Students will be able to keep one poppy with the remaining poppies retained as a community asset for display during community events and occasions such as ANZAC day, Remembrance Day and the anniversary of the Hiroshima.

This is a non-accredited course.
PLACES ARE LIMITED—CONTACT CRAFNow
Phone: (08) 99410000
Email: carnarvon@cratfe.wa.edu.au

6 Workshops 5.30-8.30pm
Comencing Wednesday 14th September
at the Alexander St Workshop
Cost: $150 incl GST

PROUDLY SUPPORTED BY
CARNARVON LIONS CLUB

The greatest hits of Tom Jones, Tina Turner,
Dusty Springfield & others!

Woolshed Friday 14th October
Tickets: Adults $30 / Concession $25 / VIP $20
Available from Civic Centre Office or
www.carnarvonciviccentre.com