Dear Parents,

Starting this week we are holding our Christmas Book Fair, finishing on Friday, December 4th (Week 8). With this Book Fair every book you purchase the Library will receive a book to the same value. Christmas is fast approaching, please come along and have a look for a special Christmas present or two.

Thank you for your support Julie Anderson.

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- Principal’s report
- Important Dates
- Upper Primary News
- Student of the Week
- Help wanted
- KidsMatter

SCHOOL OFFICE HOURS

Monday to Wednesday
8.30am to 3.30pm
Thursday and Friday
9am to 3 pm
Office will only be attended the above hours.

Contact Us
Absentees 88521461
0407 610 071 Text only
St Columba’s Memorial School
55 Warooka Road
YORKE TOWN SA 5576
88521461
Email: info@scms.catholic.edu.au
Website: www.scms.catholic.edu.au
Dear Parents, Friends, Staff and Students of St Columba’s,

Congratulations to our students who represented our school beautifully at Bublacowie last week. It is always a special time for us to reflect on being a Memorial School. The Upper Primary students also did a fantastic job representing our school during their excursion last Thursday. Well Done!!

I would like to remind all parents and students of our online school improvement surveys. Your feedback through these surveys is a valuable piece of data that will help us to continue to improve our communication, our policies and various strategies. It is an opportunity for you to reflect on your child’s teacher and how safe and happy your child is at school. These are anonymous surveys, so if there is a particular issue that you would like to have followed up – please see your teacher.

It is a troublesome world at the moment and there has never been such a great responsibility placed on parents and schools to be educating informed, global citizens, with a clear understanding of social justice. For those with children who are aware of and interested in recent events in Paris, and or other similar events; please think carefully about your incredible influence that will form your child’s view of our world. If our children are ever to be able to enjoy a world of peace, it is up to us to ensure that they can see hope, that they are slow to anger, that they are critical thinkers and that they feel genuine care for those in need and are not blinded by hatred or fear. Our prayers go out to all affected by acts of violence, and to our world leaders to bring us together in peace.

Reminders:
The DVD of our last term’s Alice in wonderland production is in progress. If you took any video or photos on the night that may help us to make this DVD the best it can be, can you please bring in digital copies (CD, DVD, memory card etc.) or email to our office staff? This will help us to ensure the DVD’s that go on sale are top quality!

If you know of anyone who is considering enrolling at St Columba’s in the next three years, could you please encourage them to collect a prospectus and put their name down as soon as possible? This is very helpful to us in order to prepare class structures and sizes into the future!

Have your say! Our continuous improvement surveys are available online via our school website. These are very brief surveys, but certainly help us to allocate resources and professional development in line with our strategic plan. Please encourage your children to fill in the surveys also!

Here is the next installment of Pope Francis’ encyclical ‘on care for our common home’. If you would like the whole text it is available here: http://tinyurl.com/06soyft

Saint Francis of Assisi
10. I do not want to write this Encyclical without turning to that attractive and compelling figure, whose name I took as my guide and inspiration when I was elected Bishop of Rome. I believe that Saint Francis is the example par excellence of care for the vulnerable and of an integral ecology lived out joyfully and authentically. He is the patron saint of all who study and work in the area of ecology, and he is also much loved by non-Christians. He was particularly concerned for God’s creation and for the poor and outcast. He loved, and was deeply loved for his joy, his generous self-giving, his openheartedness. He was a mystic and a pilgrim who lived in simplicity and in wonderful harmony with God, with others, with nature and with himself. He shows us just how inseparable the bond is between concern for nature, justice for the poor, commitment to society, and interior peace.

Blessings,

Todd Murfitt
Principal

Todd Murfitt

Kids Matter Contact Numbers:
Beyond Blue: 1300 224 636
Lifeline: 13 11 14
Kids Help Line: 1800 551 800
Dear Parents,

Last Thursday it was great to see everyone at school at 6.30 in the morning, all ready to go to Adelaide! I was certainly looking forward to experiencing, along with my Upper Primary Class, the Tarnanthi Aboriginal Art Exhibition at the Art Gallery of South Australia and the Opal Exhibition at the Museum.

Before beginning the Bush Footy Workshop at the Gallery, the facilitator explained the importance of football in remote indigenous communities as a form of gathering from which they get a true sense of community. In fact, many people in the outback travel up to 300 kilometres over dirt roads to get to "The Game."

During the workshop, inspired by the art work of Dinni Knoth Kemaree and Josie Kunoth Petyarre, students produced plasticine figures representing people or animals that could easily be found watching or playing a bush footy game. Later in the term we will continue working with these figures/characters around which we will create scripts.

We then had a guided tour of the Tarnanthi Exhibition which became so much more enjoyable and educational as a result of the excellent guides that the Art Gallery made sure we had. I would like to thank the Gallery for providing our two well informed and enthusiastic guides.

Yvonnie Scarcie’s "Thunder Raining Poison," an installation of 2,000 blown glass yams suspended from the Gallery ceiling is dramatic, beautiful, inspiring and disturbing at the same time. There is truly beautiful art work to be seen and Yvonne Koolmatrie’s immaculately beautiful weaving is a standout.

The Upper Primary Class had been working on dot paintings prior to seeing the exhibition. However, I have noticed that there has been a marked improvement in the level of complexity and creativity of that work since our return, which was great to see!

The Opal Exhibition ignited interest in this magnificent Australian gem and the students made connections between the great beauty and form of the gems and the form of the dot paintings they had just seen at the exhibition.

The St Kilda Playground was a great end to an enjoyable and educational day!

Here are some of the student’s comments:

- I felt inspired by Yvonne’s work because her weaving was amazing and she also created successful woven eel traps! The Art gallery itself was pretty cool. (Charlee Boord)
- I learned that all the people who put their work in the Tarnanthi Exhibition put a lot of work into it. I was really inspired and it also gave me more confidence to put my work out there. (Kizzey Dood)
- I loved the opals in the Opal Exhibition at the Museum because they reminded me of the dot paintings I had seen at Tarnanthi. I loved going to the Museum and the Art Gallery because it was a learning experience. (Kate Mc Mahon)
- I had a really fun time and I would love to do it again. (Isabella Varricchio)
- We saw Queen Elizabeth’s opal earrings, a million dollar opal and lots of beautiful opals. (Mikayla Brown)
- One of my favourite activities was making my plasticine man because the clay was fun to play with and I felt creative and my plasticine man was quite impressive in my opinion. (Jordan Minks)
- I liked the Gallery the most because it was cool art and I was inspired. (Bill Taheny)
- I really learned a lot from the art and the plasticine activity. I also learned about how certain gems are mined. (Baden Johnson)
- Overall it was really interesting and fun. (Georgia Tape)

Thank you to the parents who came with us on the excursion, namely Angie Newbold, Suzie Harvey and Michelle Dodd. Liliana Castiglia, Upper Primary Teacher
Above: Students making plasticine figures at the facilitated “Bush Footy” Studio workshop.

Left: Fun at the St Kilda Playground was a great way to end the day.
**Important Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday, November 20th</td>
<td>Parents and Friends Trading Table</td>
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<tr>
<td>Wednesday, November 28th</td>
<td>Annual School Board Meeting and Staff gathering</td>
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<td>Thursday, November 26th</td>
<td>JP and MP Beach Day</td>
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<td>Saturday, December 5th</td>
<td>Curramulka Light Up 2015—6.30pm</td>
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<td>Wednesday, December 9th</td>
<td>Graduation Mass - all welcome to attend</td>
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<tr>
<td>Thursday, December 10th</td>
<td>Student Free Day—Staff PD</td>
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<tr>
<td>Friday, December 11th</td>
<td>Student Free Day—Staff PD</td>
</tr>
<tr>
<td>Thursday, January 28th, 2016</td>
<td>12 noon to 3 pm Book/Uniform day</td>
</tr>
<tr>
<td>Friday, January 29th, 2016</td>
<td>9am to 12 noon Book/Uniform day</td>
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**Prayer:** Lord our God, we come to you, the source of all being. You have said to us, “I am your God. You shall have no other gods besides me. Honor none but me, your God.” We thank you for this wonderful message. Help us to recognize you more and more, so that our hearts are full of the goodness and blessing we already have on earth, so that we hear you, the mighty One, say, “Stop, O people. Make peace. No one of you is more important than any other. Remember that I am God of all, in south and north, in west and east, on the oceans and everywhere. I am the one God, and through Jesus Christ I am now your Father.” Amen.

**HELP NEEDED**

Do you have some spare time on your hands? From 30 minutes to a couple of hours? We have several minor maintenance jobs around the school that need to be done.

Jobs may be as simple as repainting yellow lines around the school, tidy up the tool kit to pulling weeds around the school.

Please see Margie or Gay if you are able to volunteer your time towards completing some of these jobs.

Reminder about parking: Please DO NOT park behind the church longer than 10 minutes as this is a shared space with the church. Also parking over by the parish house is signed, please be aware of whose parking space you are taking. Speed in the school is 10km an hour, again this is a shared space. Thank you.

**Students of the Week**

- Joda C for being a kind friend to our new Receptions
- Brock C for setting a good example and working hard
- Abbey C for her fantastic care and leadership skills
- Tom R-G for an excellent Australian History presentation in the form of role play.

**NGR CARD- SCMS**

St Columba's Memorial School now have a National Growers Registry Card.

NGR Card No 13595808. Anyone wanting to make donations of
Grain to us can do this when delivering grain to the Silo.

If you have any enquiries regarding this please contact Margie.
St Columba’s Parents & Friends

TRADING TABLE

Friday 20th of November, 2015
From 9am
In front of the Yorke Hotel

ALICE IN WONDERLAND DVD ORDER FORM—SPECIAL OFFER

The school is selling copies of the award winning production of Alice in Wonderland performed by the students in September 2015. If you would like to own one of these DVD’s as a lasting memory of a magical performance, please return your order form along with $10 to cover the cost of copying etc... and we will supply your copy in a limited addition protective envelope, free of charge. This special offer is not limited to parents, with grandparents, aunts, uncles and cousins being offered a chance to own their own copy or parents, you may want to give your loved ones a copy as part of their Christmas present.

Please return your order form in a envelope with the correct money. Thank you

X

Alice in Wonderland DVD order Form:

I...............................................................would like ......................Alice In Wonderland DVD’s.

I have enclosed $.........to cover the cost.

Signed...........................................
PARENTS AND FRIENDS NEWS:

* Friday the 20th of November, Trading Table

* Wednesday 25th, P & F 2016 Planning Meeting 10.30am followed by Christmas Lunch at the Yorke Hotel 12pm. (Meeting is also at the Yorke Hotel)

* December 19th, Goodie Trail in Yorketown - Come & Visit the St Columba’s P & F stall in the main street for your free Face Painting!

** EXCITING NEWS ** Congratulations to the P & F for winning the PIE Grant for 2016! We are planning a FREE Breakfast for Parents, Carers, Grandparents & Students at the school early 2016!! Date to be confirmed!!

2015 Christmas Tree Festival

Thursday 3rd & Friday 4th December

Come and see Christmas Trees displays by Schools, Individuals, Businesses and Local Community groups.

YOU be the judge

Yorketown Town Hall
Thursday - 10:00 am to 4:00 pm

Friday - 9:00 am to 3:30 pm

Light lunch / Afternoon tea available.

Entry Gold coin donation

Yorketown Progress Association Inc
Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve problems that arise along the way can be challenging. It can often be hard as a parent to know the difference between normal behaviour, such as moodiness, irritability and withdrawal and an emerging mental health problem.

If a young person develops a mental health problem it is important that they get help early.

The information in this factsheet is designed to help you better understand mental health and illness and what you can do to support young people who might be having a rough time.

**Difference between mental health and mental illness**

*Mental health* refers to a person's emotional and social wellbeing. When someone's mental health declines it can affect their feelings, thoughts and actions. This can then affect their day to day life and participation in activities such as school, work and relationships.

*Mental health problems* are common. Mental health problems are usually understandable reactions to personal and social issues. Mental health problems are usually not too severe or long lasting.

When mental health problems last for long periods of time and severely affect someone's everyday life, it may be that the problem is becoming an illness. *Mental illness* refers to a range of issues which may affect someone's thoughts, feelings, actions and/or memory. These issues are often longer lasting than mental health problems and cause more distress and disruption to life. Although mental illness can occur at any age, anxiety disorders and depression are quite common problems for young people.

A mental illness usually develops slowly over time. Most parents know when something is really different, but here are some signs that suggest a young person might be experiencing serious problems:

- New, noticeable and persistent changes that last at least a few weeks.
- Obvious and persistent changes in:
  - Behaviour – for example, appetite, sleep, use of drugs or alcohol, avoiding school/work, poor motivation, withdrawal from people
  - Feelings – for example, unhappiness, depression, irritability, fear, anger, loss of pleasure
  - Thinking – for example, poor concentration, a drop in school performance, constant worrying, preoccupation with some thoughts, hearing or seeing things that are not there.
What affects a young person’s mental health?

The different factors that might impact on a young person’s mental health are:

- Biological factors – family history of mental health problems
- Adverse early life experiences – including abuse, neglect, death or significant loss/trauma
- Individual psychological factors – including self esteem, thinking style
- Social issues – including difficulties with friends or teachers at school, or conflict within the family at home
- Serious illness or physical injury

Most mental illnesses don’t have a single ‘cause’. It’s much more common for a person to have some sort of vulnerability, and for a problem to be triggered when they meet stresses in their day-to-day life.

How to find help

If you are worried about the health and safety of a young person:

- Talk openly and honestly with them, and let them know that you are concerned
- Reassure them that you will be there for them, and ask what they need from you
- Let them know that there is lots of help available. They will be able to talk to health professionals in private if this is what they prefer
- Help find an appropriate service, such as a headspace centre (www.headspace.org.au), and support them in attending
- Ask direct questions if you are concerned about suicide. For example, have you been thinking about death? Have you thought about ending your life?
- Help the person build a support network
- Look after yourself as well. Get some support by talking to people, and seek professional help for yourself if you need it.

How to help the young person you are worried about

When someone in your family has mental health problems:

- Keep communication open and don’t rush into judgements
- Be available without being intrusive or ‘pushy’
- Spend time with the person. Take an interest in their activities, and encourage them to talk about what’s happening in their life
- Take the person’s feelings seriously
- Encourage and support friendships
- Encourage activities that promote mental health, such as exercise, good eating, regular sleep, and doing things the person enjoys
- Give positive feedback
- Let the person know that you love them. They may not always admit it, but this is likely to be very important to them

Some important things to remember about parenting young people

- Young people need a sense of belonging, connectedness to their family (whatever they say), friends and community, and to make a meaningful contribution
- Firm and consistent limits are essential, but try to involve the young person in negotiating acceptable ‘rules’
- A balance between self-responsibility and support helps a ‘child’ grow to an ‘adult’
- Young people need to do things differently from their parents and become individuals in their own right
- Teenagers and young adults often question everything their families say and do. Try to stay confident in yourself, but also be open to learning
- Mistakes happen. Use mistakes — whether by you or the young person — to learn and keep moving forward.

For more information, to find your nearest headspace centre or for online and telephone support visit headspace.org.au

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.
The Federation’s *Ambassador Initiative* is designed to connect the Federation of Catholic School Parent Communities with every parent in every Catholic school community in South Australia.

One of our catchphrases is: 
**Be Informed. Be Connected. Be Heard.**

Ambassadors will promote the role of the Federation and encourage parents within their school communities to **Be Informed Be Connected and Be Heard** through Facebook, Twitter, surveys, events, our database & website etc.

Ambassadors will be supported by the Federation to perform their roles and will be celebrated at an annual function.

To ensure every parent in every SA Catholic school is informed, connected and heard, the Federation will liaise directly with a nominated ‘Federation Ambassador’ whose role will be to act as a conduit between the Federation and the school’s parent community.

Can you identify a potential Ambassador in your school community?

Contact us on ☑️ 83016685 or fedadmin@cesa.catholic.edu.au to discuss or to register your interest.

**Communicating. Connecting. Consulting.**
Coping with fears and worries

The following examples are for families to use at home. They are most suitable for early primary aged children, but can be modified for use with older ages. The methods described can also be adapted by school staff to help children cope with fears and worries at school.

Parents and carers are usually the first people children look to for support and reassurance when they are scared or worried. Providing reassurance such as hugs and encouragement helps to restore children’s sense of safety and confidence. Giving children a sense of safety includes limiting their exposure to frightening situations, such as violence – whether real or on TV. Parents and carers can also play a leading role in helping children learn skills for managing their fears.

Things to take into account

- It takes time and effort for children to learn new coping skills.
- Younger children usually learn best when you do it with them.
- Though older children may be able to use coping skills independently, they still need your support when scared.
- All children feel more secure and confident when they have regular quality time with parents and carers.
- Bedtime is often when children’s fears surface. Try to ensure that children have calming time before bed to unwind. A regular bedtime routine or ritual helps children feel a sense of safety and security.
Encourage helpful thinking:
"Tell those scary thoughts
'I know I am safe and I won't let
you scare me!"

The following example shows some possible ways a parent or carer might help Jessica, a six-year-old child who has difficulty going to sleep because of fears that something might happen to the house.

**Child's difficulty**
- Feels scared and worried
- Unsafe
- Can't think through logically
- Feels overwhelmed by scary thoughts
- Lacks skills for coping
- Has trouble relaxing
- Doesn't feel confident about managing fears
- May not believe in own ability

**Some suggestions on how to support**

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<tr>
<th>Scenario</th>
<th>Suggestion</th>
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<tr>
<td>Acknowledge feelings: &quot;You're having trouble going to sleep because you're worried something might happen.&quot;</td>
<td>Reassure: &quot;That storm was only on TV. It's not going to happen here.&quot;</td>
</tr>
<tr>
<td>Reality check: &quot;The wind would have to be really, really strong to blow the roof off. We don't get those kinds of winds here.&quot;</td>
<td>Label: &quot;That's just a scary thought. You don't have to keep it.&quot;</td>
</tr>
<tr>
<td>Demonstrate coping skill: &quot;Let's blow the scary thoughts away. Take a deep breath and together we will blow them all away.&quot;</td>
<td>Demonstrate coping skill: &quot;Let's blow the scary thoughts away. Take a deep breath and together we will blow them all away.&quot;</td>
</tr>
<tr>
<td>This example uses a simple idea and makes a game of blowing away all the scary thoughts. Using skills and images the child relates to, as well as making it fun, helps best.</td>
<td>Teach relaxation: Younger children often respond well to relaxation techniques that help them to visualise calming images (e.g., a waterfall or clouds floating gently across the sky).</td>
</tr>
<tr>
<td>Encourage helpful thinking: &quot;Tell those scary thoughts 'I know I am safe and I won't let you scare me!'&quot;</td>
<td>Praise and encouragement: &quot;You did it. You're getting braver and braver!&quot; or &quot;You're trying really hard to be brave. Good on you!&quot;</td>
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</table>

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au
Above: Students making plasticine figures at the facilitated “Bush Footy” Studio workshop.

Left: Fun at the St Kilda Playground was a great way to end the day.