Dear Parents & Carers,

No School Assembly this week
Please note that due to a funeral on Friday the school hall is unavailable for the planned school assembly. This will now be held next week. The Assembly plan will be different this term due to our Swimming program and please check the newsletter for the latest schedule.

Class parent meeting
Next Wednesday 23rd October at 1.30 in the Meeting room

Music Enrichment
Dylan Lalor and Sam Sanders from Stage Two and Charlie Sanders and Harry Barlow from Stage Three have been chosen to attend a Music enrichment day at Holy Family School Skennars Head next week. We look forward to them sharing their talents with us at a future school assembly.

Mass of Angels
On Wednesday 23rd October at 6pm St John's Catholic Parish Mullumbimby will host a ceremony for families to remember their children who have died at/or before birth or as young children. All faiths are invited to this ceremony

Socktober
Next Friday, 25th October is Socktober Day. The students at St. John's will be raising money for the Catholic Children's Mission, an organisation which assists children in developing nations. On Friday, students are encouraged to wear crazy socks along with their play clothes and bring a gold coin donation. Thank you for supporting this worthwhile cause.

Tim Bleakley
Principal

Sarah with a local Fire Fighter. The Fire Brigade gave Kinder a talk on Fire Safety this week.
Physical activity doesn’t all have to happen at the one time. It can be accumulated throughout the day; by walking or riding to and from school, being involved in activities at school, active play at home or taking part in organised sport after school and on weekends.

**How to help kids and teens be more active**

- Encourage kids and teens to try different sports or activities so they can find one or more that they really enjoy and want to continue with.
- Start slowly and build up the amount of physical activity that your children do, particularly if they haven’t previously been very active.
- Limit the amount of time that kids and teens spend on ‘small screen’ entertainment – such as watching TV, going online or playing computer games - to no more than 2 hours a day.
- Kids and teens should wear hats, appropriate footwear and 30+ sunscreen when they’re being active outdoors.
  Make sure they drink plenty of water when they are physically active or playing sports.

---

**CANTEEN NEWS**

Donations of bananas from Andrea Pedersen again mean that banana smoothies are still available. Now we need someone to donate some honey.

Thank you to Suzie Reilly for those oranges.

There are still lots of days in November when we need volunteers for the canteen.

**Please contact Robyn if you can help 0402 758 971**

Thank you, - Robyn

**CANTEEN ROSTER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Person</th>
<th>Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 18th Oct</td>
<td></td>
<td>Jennifer Stewart</td>
<td></td>
</tr>
<tr>
<td>Mon 21st Oct</td>
<td></td>
<td>Lee Dale</td>
<td>Jenny Barlow</td>
</tr>
<tr>
<td>Fri 25th</td>
<td></td>
<td>Maree McDonald</td>
<td></td>
</tr>
<tr>
<td>Mon 28th</td>
<td></td>
<td>Nicolette Jackson</td>
<td></td>
</tr>
<tr>
<td>Fri 1st Nov</td>
<td></td>
<td>Katrina Weier</td>
<td>Michael Sherrington</td>
</tr>
</tbody>
</table>
Volunteers
Schools cannot operate effectively without the generous support from the community. At St John’s we have been fortunate over the years to have a loyal group of parents who have willingly given their time to assist. These days with more families having both parents working and often working shift work it is increasingly difficult to find people available to assist. I would like to acknowledge the work of some tireless workers who will be stepping down from their roles at the end of the year. Michelle Lang and Lisa Emery have been operating the uniform shop for three years. With our increased enrolments and updated uniform in these years the ladies have done an outstanding job. They have the uniform shop highly organised and operating very efficiently and providing a great service to families. A huge thank you goes out to Lisa and Michelle for their support and positive welcome to new families as they have come through our doors. As a school community we are often judged by that first smile or friendly welcome at the front office or uniform shop.
Another person who has worked behind the scenes to help is Lindy Carruth. Lindy has managed the Scholastic Book Club for a number of years and has worked tirelessly distributing forms, collecting money and ordering books while tucked away in the meeting room at school. Thank you Lindy for all your hard work. Finally, Robyn Eden has our canteen running so smoothly with healthier options and a variety of choice. However, it is becoming increasingly difficult to find helpers for Mondays and Fridays. Later this term we will be holding a Canteen Meeting where all are invited and we can discuss the future direction of the service.
Volunteers Needed For 2014
Uniform Shop Coordinators, Canteen Volunteers, Library helpers

If you are interested in these positions please contact the Principal for more information.
HELPING YOUR CHILD RISE ABOVE DISAPPOINTMENT

Whether it's missing out on a prize or the ice cream shop has run out of chocolate sprinkles, life is full of big and little disappointments. And as much as we'd like to spare our child from let-downs, we can't - and that's a good thing.

"When children learn at an early age that they have the tools to get over a disappointing situation, they'll be able to rely on that throughout childhood and even as adults," says Robert Brooks, PhD, co-author of Raising Resilient Children. "If you bend over backwards to shield them from disappointment, you're keeping them from developing some important skills. If you help a child learn to ask for realistic support, lean on others, communicate well, and stay optimistic, you're assisting them to handle what life throws at them."

Learning how to cope with disappointment is a part of growing into a responsible young adult. Failure can also motivate children to practise harder, study longer or attempt a different approach. Children can learn more about problem-solving through failure. Through trying and failing, then trying again and succeeding, our children learn about patience, perseverance and justified pride in their accomplishments.

Your child may feel like it's the end of the world. Help them see the light at the end of the tunnel. Some children will say that this one experience has ruined their life and they will often look to you, their parents, to contradict that belief. Remind your children that while this disappointment hurts, there will be many other successes in their lives.

As a society, we are very focused on success. We can become so focused on the final outcome that we miss the important role our effort plays. Research has suggested that children who are praised for their effort and hard work are more likely to try harder to solve difficult problems than those who are praised simply for getting the answers correct.

So, praise how hard your children work, how much they studied, or how frequently they practised. Help your child see what they have learned from that hard work even if the outcome wasn't exactly what they wanted.