What keeps us happy and healthy as we go through life? This was the topic of a Ted Talk by Robert Waldinger that Mrs Clarke shared at our last Board Meeting.

People have probably always had the same question. In 1938 Harvard University began a study which has lasted more than 75 years. It studied the lives of 724 men (I don’t know why only men), beginning in their teenage years and then through their whole adult life. Half of the men were Harvard students, the other half were from the poorest parts of Boston. They were disadvantaged and chosen because of their difficult family circumstances. They interviewed the men, their families – partners and later their children, as well as examining their medical records every two years.

Of the men, 60 are still alive. They became everything from factory workers and bricklayers, through to one even becoming a United States President. Some climbed the social ladder of life and others descended it.

The study in essence was simply to find what made for a happy and healthy life. The answer itself was fairly clear and sounds simple enough. The common factor was good relationships. Social connectedness is really good for us – loneliness kills. The people who lived within good relationships were much happier, they lived longer and were healthier through their life, and their brain function was better – even into their final years.

However the evidence also concluded that it not the number of friends you have, or whether or not you’re in a committed long-term relationship. It is the quality of those relationships. Even if long term, toxic relationships actually do harm to those involved. It’s about having friends you really value. It’s about having a partner who you know will absolutely have your back no matter what.

Even the best of relationships are complicated, messy and hard work. If you want to enjoy a healthy and happy life, and you want the same for your friends and family, you absolutely have to lean into your relationships. It is great for you, and great for your family.

**Relay for Life**

Cancer touches everyone’s lives in some way. Through research, incredible advances are being made to improve diagnosis, treatment and patient outcomes. But funding such research is a challenge. The Catholic Parish of Bundaberg is once again participating in Bundaberg’s Relay for Life in an effort to raise funds for cancer research. St Patrick’s is holding a “Wear Yellow” free dress day and your gold coin donation, as well as the funds from the Sausage Sizzle next Friday, will be donated to the parish’s Relay for Life team. Your generosity in supporting these events is greatly appreciated and will make a difference to the lives of so many.
**AFL Auskick**

**Date:** Monday 25 July 2016  
**Time:** 3-4.15pm  
**Cost:** $75  
**Length:** 7 weeks  
**Venue:** St Pats Oval  
**Contact:** Shaun Stone 0420980514  
Or shaun.stone@aflq.com.au

TO REGISTER FOR NAB AFL AUSKICK CLICK THIS BUTTON ⬆️  
- Enter your school in the centre locator  
- Select the centre you would like to attend  
- Complete the registration process

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**Oztag**

**Student of the Week**

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**THE LITTLE BIG TIME**

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**HURRY! SPOTS LIMITED! Junior Oztag Is Fun, Safe & A Fantastic Way to Make Friends**

**SIGN UP NOW**

**Junior Oztag**

**Venue:**  
- Bundaberg:  
- Hervey Bay:  
- Maryborough:

**Contact:**  
- Bundaberg:  
- Hervey Bay:  
- Maryborough:

**P:**  
- Bundaberg:  
- Hervey Bay:  
- Maryborough:

**Win a $2,000 Theme Park Holiday!**

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**PLEASE COME AND HELP US CELEBRATE THE EVENTS OF**

**CATHOLIC EDUCATION WEEK 2016**

**RUNDABERG PARISH CATHOLIC EDUCATION WEEK MASS - 6.00PM SUNDAY, JULY 24 AT HOLY ROSARY**

**COMBINED SCHOOLS LITURGY F-3 9.00AM TUESDAY JULY 26 AT HOLY ROSARY**

**INspirational speaker Lorin Nicholson 9.00am Thursday July 28**

**UNDERCOVER AREA**

**Whole School Prayer and Presentation (The Week in Review) 10.00am Friday, July 29 - in the Undercover Area - Followed by a Shared Picnic Lunch on the Oval.**

**Friday, July 29 - Free Dress Day and Family Sausage Sizzle (2 each at the Shared Picnic Lunch on the Oval).**

**Parents are most welcome to attend all of these activities.**

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**ENJOY THE BEST EVER FOOTY FUN WITH YOUR FRIENDS!**

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**SIGN UP NOW**

**Junior Oztag**

**HURRY! SPOTS LIMITED!**

**Junior Oztag Is Fun, Safe & A Fantastic Way to Make Friends**

**HOW TO SIGN UP ON THE FRASER COAST**

**Win a $2,000 Theme Park Holiday!**

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**Test code GLD2015 to 0458 000 000**