Late last week I heard Miss Zana from Prep H talking outside to a few of her children about filling buckets and the importance of being ‘bucket fillers’. Intrigued, and a little concerned that I might soon have Prep children throwing buckets of water in all directions, I felt compelled to investigate further.

Kindly Miss Zana invited me into her classroom so that her children could tell me about bucket filling. The idea is based on Carol McCloud’s book, “Have you filled a Bucket Today?” It’s all about doing kind acts, and learning that in helping others, you actually help yourself as well. Prep H students clearly understand this, and were working through lots of great ways of filling buckets.

It’s more than just a nice idea. For those of you more scientifically minded, it’s worth knowing that every time you do something kind for someone else, your brain releases the chemical Oxytocin.

1. An increase in self esteem /confidence
2. An increase in energy
3. An increase in your level of happiness, and
4. An increase in positivity.

It’s feeling like these, that allow people to be resilient – to ‘bounce back’ so to speak when things go wrong, and it’s vitally important to all of us.

It was a happy co-incidence then, that this week I have shared with staff, Parents and Friends’ and Board Members a suggestion that we look at a whole of school Resilience Program for next year. Resilience can be learned, and we will be working with a group called the Resilience Project to implement a program. All those I have shared it with, are very supportive. If you’d like to know more, simply have a look at their website. I think you’ll find it will be another great project parents and school can work on together to really help our students.

Mark Fox
Optiminds News

Saturday, 27th August

Our Opti-Minds Teams will present their long term challenge and their spontaneous challenge at Shalom College on Saturday, 27th August. It has been wonderful to work with all of the groups and see them working so well together and having lots of fun along the way. Each group has chosen a problem to work on and have been busy at school and in their own time working on solutions to the problem.

<table>
<thead>
<tr>
<th>Science Engineering Problem</th>
<th>Language Literature problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smart Cookiez</td>
<td>Legends of Awesomeness</td>
</tr>
<tr>
<td>Charlie A</td>
<td>Zachary R</td>
</tr>
<tr>
<td>Sarah B</td>
<td>Hayden S</td>
</tr>
<tr>
<td>Ashleigh G</td>
<td>Matthew P</td>
</tr>
<tr>
<td>Tahia Z</td>
<td>Jarryn G</td>
</tr>
<tr>
<td></td>
<td>Vinuka D</td>
</tr>
<tr>
<td></td>
<td>William L</td>
</tr>
</tbody>
</table>

We are very proud of all they have achieved so far and wish them all the best for the challenge day next Saturday.

Terry Whan and Dave Woodland

Music News

Congratulations to all of our String Ensemble and Choir students on their recent performances at the Bundaberg Eisteddfod and at the Queensland Catholic Schools Music Festival (QCMF) in Brisbane. All of the children represented St Patrick’s exceptionally well and we are very proud of you.

Of course it is extra special to achieve excellent results during our performances, and we did indeed perform very well. Results are:

<table>
<thead>
<tr>
<th>QCMF</th>
<th>Bundaberg Eisteddfod</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOLD</td>
<td></td>
</tr>
<tr>
<td>Senior String Ensemble</td>
<td>First Junior Choir</td>
</tr>
<tr>
<td>Junior String Ensemble</td>
<td>Junior String Ensemble</td>
</tr>
<tr>
<td>Senior Choir</td>
<td>Senior Choir</td>
</tr>
<tr>
<td>SILVER</td>
<td></td>
</tr>
<tr>
<td>Junior Choir</td>
<td>Highly Commended Senior String Ensemble</td>
</tr>
</tbody>
</table>

We thank our wonderful music tutors Mrs Jed Morley, Mrs Bernadette Connolly and Mrs Kate Hardisty and accompanist Mrs Cathy Wilson for their dedication, skills and enthusiasm. We are so grateful that we have you here at St Patrick’s!

Cultural Night Wednesday 9th November

Junior and Senior Choir, Junior and Senior Strings, Year 3 students and Guitar Ensemble

We are now preparing for our Cultural Night performances on Wednesday 9th November at Shalom College Performing Arts Precinct. Now is the perfect time for students to join the Senior or Junior Choir if they have been thinking about coming along and singing with us. Our Senior Choir for Year 4 -6 students rehearse in the stage area on Tuesday mornings at 7.30 and our Junior Choir for Prep – Year 3 rehearses in the stage on Tuesdays at lunchtime. All children are welcome, we do not hold auditions!

Year 3 Strings debut on Cultural Night

What to wear.

Our Cultural night is also the night that our Year 3 students make their grand debut on their string instruments. More information will be sent home to Year 3 students soon, however now is the time to start looking for a pair of black dress pants. All Year 3 students will be required to play on this night and will need to supply a pair of black dress pants to wear on stage. The school will supply a white button up dress shirt, cummerbund and tie.

BROTHERS UNITED SOFTBALL CLUB

SIGN-ON / SUNDAY 28TH AUGUST 2016 / FROM 10AM TO 12PM

At Bundaberg Softball Association Grounds, Clayton Road, Thabeban.

A Grade Women & Men, B Grade Women, U15 Mixed, U13 Mixed, T Ball Mixed

Season runs from 8/10/2016—10/12/2016 and then recommences 21/01/2017 finishing with Grand Finals 25/03/2017
School Photos

Group Photos
Photograph orders are available for the next 14 days by following the details on image below.

School: St Patrick’s Catholic Primary School
Suburb: Bundaberg
Job Number: QSS119-1A

Order online
www.advancedlife.com.au
K5C 1GB PD7 $17.00
9 Digit Online Code
per Group

Groups include
(Also check if there are groups you may have missed from previous days of photography)

<table>
<thead>
<tr>
<th>Challenge Cup Netball</th>
<th>Challenge Cup Rugby League</th>
<th>Development Cup Rugby League</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Choir</td>
<td>Junior String Ensemble</td>
<td>Senior Choir</td>
</tr>
<tr>
<td>Senior String Ensemble</td>
<td>Chess</td>
<td></td>
</tr>
</tbody>
</table>

PAYING ONLINE
(1) To view and order please go to advancedlife.com.au on any computer, tablet or smart mobile device and enter the 9 Digit Online Code at the prompt box.

(2) Select “BROWSE GROUP PHOTOS” from the menu.
If your school has given permission you will be able to view low resolution copies of the new Groups and past groups available. If not, make selection from the list.

(3) Once you have chosen all groups to order, select the VIEW SHOPPING CART option and follow the prompts.

CHEQUE | CASH | MONEY ORDER
Envelopes are available for collection from the front office should you prefer to pay cash, cheque or money order. Envelope orders need to be returned to the school with 14 days. No discount applies to envelopes based orders.

IMPORTANT INFORMATION: Credit card payment is only available online. Please select your groups carefully as under no circumstances will a refund or exchange be available on incorrectly ordered photographs.

Student of the Week