“Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble.” ~Yehuda Berg

We all know that school is a relational environment, and it is the quality of those relationships that will determine the success of the school. I often watch with pride the wonderful way in which our staff members deal with our students. Affirmations are readily given, and corrections are issued in a way that maintains respect and self-esteem. It is a real credit to them, because dealing with others particularly children, is always a challenge.

What we say is central to all relationships, and the biggest thing is to think before you speak. Maria Shriver describes a few ways to choose words carefully.

1. SPEAK WITH THE END IN MIND
Before you begin any important conversation, begin with the end in mind. Decide what you want from it, then choose words that will inspire that result.

2. ASK CLARIFYING QUESTIONS
“What was the biggest barrier you faced?” “What would you want to do differently next time?” “What was your greatest learning through this experience?” Such questions allow you to explore the issue in a productive manner, and they maintain dignity and confidence.

3. DETERMINE THE NECESSITY
What is it time for? What feedback, input and guidance will add value in that moment? Although we are, by nature, problem-solvers, it is not always a time for learning. Rather than jumping in to fix a problem or focusing on what is important to you, consider what is important to the situation. Ask yourself what will bring the greatest value in that moment?

4. USE THE GOLDEN RULE
“Treat others the way you would like to be treated,” requires that you put yourself in the other person’s shoes. If you made a mistake, how would you want another to respond? What brings out the best in your performance?

It’s pretty simple, but it takes deliberate choices if we wish to communicate effectively and to keep good relationships. The above is helpful not only for parenting, but for all of our relationships.

I’ve read that class is knowing what to say, when to say it, and when to stop, and I think it’s fairly true. Certainly everything I have seen of the U.S. elections would suggest this to be true.

Principal’s News

Sausage sizzle for Week 3 and Week 4 will help our State Opti-minds team participate in this weekends competition.

Important Dates for Week 3
- Monday 17th October—PUPIL FREE DAY
- Tuesday-Thursday Morning Prayer 8.45am—2C
- Friday Assembly 10.25am—2B
- Friday Liturgy 8.45am—2M
- Friday Interschool Sports.

Special points of interest:
Sausage sizzle for Week 3 and Week 4 will help our State Opti-minds team participate in this weekends competition.

School Board 2017

We have a School Board Inservice coming up on October 20 for those who may be interested. Please contact the Office if you are interested and our Chair Jas Haster will be in contact with you.
ICAS Competitions 2016

Congratulations to all of the students who participated in the recent ICAS Maths and English competitions. We are very proud of all of our students who participated in these challenging competitions. A special congratulations to the children who achieved the following awards:

<table>
<thead>
<tr>
<th>ICAS English</th>
<th>ICAS Mathematics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marek Cooper</td>
<td>Credit</td>
</tr>
<tr>
<td>Vinuka de Silva</td>
<td>Merit</td>
</tr>
<tr>
<td>Tahia Za</td>
<td>Credit</td>
</tr>
<tr>
<td>Zahara Reeves</td>
<td>Merit</td>
</tr>
<tr>
<td>Meg Freeman</td>
<td>Credit</td>
</tr>
<tr>
<td>Zali Haster</td>
<td>Credit</td>
</tr>
<tr>
<td>Lili Haster</td>
<td>Distinction</td>
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</tbody>
</table>

Hat Hero clips are back. Now available through the office—$5 each.

Scholastic Bookclub Issue 7 was sent home last week with the students. The closing date for orders is 18th October at 9:00 am (no late orders will be accepted). If you would like to order online you can login using the LOOP system - information on how to do this is on the catalogue.

What if I want to buy books and put them away for Christmas presents?

Easy

If you are ordering on the LOOP please click on the box that states it is a Gift Order.

If you are placing a paper order please indicate clearly on the front of the order that it is a gift.

When Bookclub arrives your gift books will be wrapped in brown paper and available for collection at the school office, normal orders will be sent home with the students.

St Patrick’s Catholic School is having a plant sale on Sunday, October 22 from 7am-10am behind the multi-purpose area.

All funds raised goes to the Drought Appeal and Mini Vinnies

ALL PLANTS $10 each
Stop Motion Animation Workshops

Next week on 18th, 19th and 20th October students in Years 3-6 will participate in a stop-motion animation workshop at school being run by an artist from the company “Dead Puppet’s Society”. This is an exciting opportunity for our students to learn some more creative ways to create content on their iPads. In order to participate in this workshop students will need this app:

![Stop Motion Studio](Image)

This is a free app and only uses 55MB of space so should not cause any difficulties for students who may have storage issues. Please note that like many apps this includes an option to publish to social media sites. This feature only works if the user already has a social media account and the associated app. Students will be reminded that this is not allowed as they are under 13 years of age and therefore are not permitted to access social media sites. Parents are welcome to come along to learn with your students, the timetable for the workshops is below and is also included on the website calendar. Please note that this may need to change slightly and you will need to check the website calendar for any last minute changes.

<table>
<thead>
<tr>
<th>TIME</th>
<th>TUESDAY 18th October</th>
<th>WEDNESDAY 19th October</th>
<th>THURSDAY 20th October</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.25 - 10.55</td>
<td>5M</td>
<td>6R</td>
<td>5P</td>
</tr>
<tr>
<td>10:55-11:35</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>11:40-12:40</td>
<td>3S</td>
<td>4A</td>
<td></td>
</tr>
<tr>
<td>12:40-1:40</td>
<td>3K</td>
<td>4T</td>
<td></td>
</tr>
<tr>
<td>1:40-2:00</td>
<td>Afternoon Tea</td>
<td>Afternoon Tea</td>
<td>Afternoon Tea</td>
</tr>
<tr>
<td>2:00-3:00</td>
<td>3T</td>
<td>4C</td>
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</tbody>
</table>

Please feel free to contact me if you have any questions or difficulties downloading this app.

_Cathy Wilson_  
APC

Student Travel Rebates

CONGRATULATIONS to our Milo T20 Team!  
Undefeated Wide Bay Champions.