Dear Parents and Caregivers,

Challenge
If we extend ourselves, most of us get better at some things as we age. This is one of the great compensations for getting older...... I think.

I encourage all students to practise purposefully; that is, to go beyond their comfort zones to try and solve new problems. It is no use practising things we can already do and never trying something new. Sometimes we may even be rehearsing our errors and laying down the wrong neural pathways in our brains.

In “Peak: Secrets from the New Science of Expertise” by Anders Ericsson (2016), the author describes purposeful practice as:

- Having specific well-defined goals - that is, building on baby steps to a bigger goal.
- Being focused - that is, do not just practise. Practise with an intense focus. Doing 50 examples flippantly will not be as good as doing 10 in a highly focused manner.
- Incorporating feedback - Check your progress all the time. Be assessment ready. Know what you need to do to improve. Know what an “A” looks like.
- Going beyond your comfort zone - Challenge yourself. Extend yourself. Go beyond what you thought was possible. Set new goals.

The key learning from this book for me, is that it is all about skills, not knowledge. It is no use knowing all the mathematical formulae, if you cannot apply them. Use the skills to perform. Secondly, no one improves unless they go beyond what they originally thought they were capable of. We only grow if we extend ourselves. Think of it like when we learned to walk. We tried, we failed, we used the feedback to try again until we succeeded, and now we can walk, run and jump.

Reflection

Being Grateful (a reflection)
St Paul often wrote to isolated fledgling Christian communities to remind them to be grateful for Christ in their lives. Recent popular philosophers, such as Oprah Winfrey, tell us that if we count our blessings we will always be richer than we ever dreamed. To the contrary, if we tally up what we don’t have, we will always regard ourselves as poor. There is great wisdom in this idea. The world is a beautiful place if we get our minds right. Indeed, as Saint Teresa of Calcutta said: “If you want to change the world, first begin with yourself.”

Having an attitude of gratitude tunes us into the beauty all around us. The Benedictine monk, David Steindl-Rast, describes gratefulness as: “the inner gesture of giving meaning to our life by receiving life as gift.”

Yours sincerely,
Nicholas Lynch
Prep Program 2017
Parents/Caregivers are invited to bring your 2017 Prep student along to experience an afternoon in Prep.
When: 1.30pm - 2.30pm
Term Four
Wednesday - 2nd November
Wednesday - 9th November
Where: St John’s Prep Room
Please bring a hat and water bottle. A fruit snack will be provided.
RSVP: School Office (46221842) at least two days before each session.

Theresian Fundraising
The Cold Rock day/Zooper Doopers Day will be on Friday at First Break. Zooper Doopers are 50c and Cold Rock will be $2.00 per scoop and 50c per mix.

Opti-MINDS Pie Drive: Update
The pie orders from the Mitchell Bakery will be available for collection on Friday 4th November from 8.30am at the tuckshop. It would be appreciated if pies could be collected promptly. Please contact the school office if you are unable to collect your order at this time.

Many thanks for your support.
State Final Opti-MINDS Teams

Year Seven English
This term, students have analysed a range of songs to answer the question, ‘Do songs accurately reflect what is happening in our world?’ The themes for these songs included indigenous, war, environmental and body image issues. To truly understand the messages within these songs, students had to conduct their own research and analysis and use evidence from their chosen songs to support their conclusions. This evidence ranged from detailing the social and political context in which the song was written, to the identification and explanation of literary devices and their purpose within each song. This experience has challenged students to think critically about the meaning behind song lyrics, including the music they listen to everyday.

Luke Colbert
Year Seven Teacher

Red Food Day
Thursday 17th November is Red Food Day!!

SATURDAY 5TH NOVEMBER
ALL SAINTS PARISH PICNIC
Starting at 6pm
Join All Saints Parish for Mass at 6pm followed by a shared picnic on the beautiful green lawns of the Presbytery (between the Church and the Justin King Centre). Bring some food to share. A sausage sizzle is also available. Bar, raffles, socialising and a good time is to be had!
This term in Religion, the Year Two students are looking at God’s creation. In our activities, we are examining how we can, through our actions, show respect for God’s creation. At the start of the term, we read the Creation Story and retold the story through words and pictures. We then created postcards as we examined the meaning of the story and God’s call for us to be co-creators and stewards of creation. Over the next week, we will be discussing our actions as co-creators in relation to how we care for the environment and each other. Later in the term, we will be looking at the lives of saints, such as St Francis of Assisi and St Therese who, through their wisdom, helped people to understand that creation is sacred and that we have a responsibility to it. As we near the end of the year and begin our Christmas activities, we will be focusing on St Francis and the first nativity.

Last week, the students in Year Two will the help of the Year One students held a Prayer Assembly for the P - 6 students and their parents. The theme for our assembly was the story of Jesus calling his disciples. The students worked very hard practising their readings, dance and song as part of our prayer for the assembly. The Year Two students also had the opportunity to showcase some of the work that is happening in our classrooms.

Mrs Angela Brennan and Miss Jacina van Slobbe
Kitchen Chemists!
How can you turn cream into butter? Does the temperature of water affect how fast an aspirin dissolves? Will nails rust as fast in Coke as they do in water?
These and many more questions have been investigated in Year Six Science this term as we have explored physical and chemical changes. Some of our favourite experiments have been making ice cream in a bag and watching how food dye reacts in milk when detergent is added. We have also made solar stills to see how we can reverse the process of adding salt to water and looked at how recycling can change one product into something entirely new. We were fascinated to learn that plastic bottles can be made into road base, carpet and even clothing!

Michelle Chinnery
Year Six Teacher
The St John's Engineering Fundamentals Project is in full swing across Years Seven - Ten. Students have one lesson taken out from Mathematics and Science in alternating weeks for this STEM (Science, Technology, Engineering, and Mathematics) program. This term, students are designing and building their own hydraulic machine. Students have had to choose a purpose for the machine, submit a design with consideration of mechanisms and parts required, then budget for their ‘purchase of materials. Students have had to think critically about what materials they really need as their budget is limited. It has been great to see students rise to this challenge across all year levels.

Last Tuesday, the Year Nines had an excursion to the Santos Shop Front to learn more about Santos in Roma and engineering as a career path. Dave Hickey, an Operations Engineer with Santos, engaged the students with stories about being an engineer as well as his own career pathway from the graduate program. Students also learnt about the process of extracting coal seam gas from underground coal and how it is then purified and transported.

We thank Santos for the opportunity they have provided St John’s this year through funding and involvement in our school’s STEM program. A special thank you to Maxine Thomas and Carlee Miller for their support of the implementation of Engineering Fundamentals Project.

Beth Mason
Secondary Teacher
Hello all

As we approach the end of the school year, we would like to reflect on 2016. The Xaverian Crocodiles have had an incredible year in all aspects of school life, which has helped us earn House points in the hope of taking home the Spirit Cup. Be sure to be signing your points cards for any extracurricular activities and leaving them in the green box outside of the library. This is a crucial time in our school year and it would be great to see all students put in a big effort in the last few weeks of term.

This term it is Theresian’s term to fundraise with a number of events planned over the course of the term. Zooper Doopers will be sold at the tuckshop every Friday for 50c which is a great way to beat the heat. The second event is St John’s first Cold Rock Ice-Cream Day; there will be plenty of ice-cream sold with a huge variety of toppings from which to choose! The last fundraiser of the school year is the annual Christmas Concert in the final week of school. This year, the school will be selling glow sticks throughout the night in addition to the usual performances. All proceeds from the fundraisers will be put towards the new Year 12 area.

Last week, Xaverian hosted its first ever House breakfast! The event was a roaring success which strengthened the spirit of Xaverian at an emotional time of the year. A big thank you goes out to all those students who helped set up for the event, donated food for the Christmas hamper and to all attended the breakfast. We hope you had an enjoyable time and we look forward to hosting another breakfast next year.

Last week also marked the final Xaverian House assembly for 2016. It was great to see a large number of awards being given to both primary and secondary school students, and we commend everyone for the effort they have put in throughout the year. Tom & Gerry returned for their 6th episode, and this time they interviewed the Xaverian Year 12 cohort and shared some of their favourite memories throughout their school life. The absolute highlight of the assembly was the bobble head challenge! The challenge entailed racking up the most steps on a pedometer by shaking your head; this was enjoyed by all! The House assembly was enjoyed by all and we look for forward to planning new fun activities next year.

To conclude our report, we will be sadly seeing off our Year Twelve cohort on 18th November. They will be truly missed, and will be remembered as one of the most spirited groups of students St John’s has ever seen. On behalf of everyone in Xaverian, we would like to thank the Year Twelve students for all the time and effort they have put into this school to make it what it is today. Finally, as the year comes to a close the Prefects and Mr Moore would like to thank everyone in the mighty House of Green for their efforts throughout the year; we are extremely excited for 2017 and can’t wait to see you all again next year.

Kind Regards,

X-MEN - Thomas Moore, Ben Upton, Gerard Treasure and Thomas McNulty
Positive Education Corner

Random Acts of Kindness in Year Three

What an impact our Year Three students had on the community when they delivered their gratitude flowers to local businesses in their random acts of kindness! We had tears of happiness from recipients, applause, social media posts and this week, an article in the Western Star. The students were thrilled to have made such an impact from such a small gesture and have now seen first hand the impact a small act of ‘just because’ kindness can have on others.

Making an impact on Social Media – Vital Health’s Instagram page

Delivery to the PCYC

Spreading ripples of kindness via Facebook – the Roma Cinema page.
Wellbeing Profiler Years Seven – Eleven

This week in Pastoral Care, students from Years 7 to 11 will take the online ‘Wellbeing Profiler’, created by the University of Melbourne. This will help us to get an overall view of the wellbeing of our students. All information is confidential and St John’s School does not see or receive any individual responses - only group results will be obtained. There are no right or wrong answers, and individual answers will not be reviewed by any staff members or teachers. Therefore, students cannot be identified from the responses they provide. Questions will centre on what students think and feel about their physical and mental health; this will help inform the direction for Pastoral Care lessons and Emotional Wellbeing support for St John’s students.

**POSITIVE EDUCATION AT ST JOHN’S INFORMATION SESSION FOR PARENTS**

**THURSDAY 10 NOVEMBER**

On Thursday 10 November (Week Six) Cathy Perkins and I will run a parent information session on Positive Education at St John’s – we will run a morning session from 9am – 10am and then an evening session from 5:45pm – 6:45pm. The evening session will be held in the library, the morning session venue is TBA. Please email me - Bernadette.makim@twb.catholic.edu.au - for further info or to RSVP to either session.

Bernadette Makim

Coordinator of Positive Education
Fresh North Queensland Mangoes
Direct from the farm to you!

Support Our Mango Fundraiser

If you love mangoes, here’s your chance to indulge in fresh juicy Kensington Pride mangoes and support our fundraising drive. We are selling trays of mangoes picked and packed during the premium harvest.

Cost per Tray is: $25.00

Place your order by: Wednesday 2nd November 2016

Delivery: Week of 21st November 2016

For Further information contact:
Trish Flower – 0428268303
Email – naughtynnice13@bigpond.com

Money raised will be used to fund St John’s P & F projects
**Fresh North Queensland Mangoes**

**Order Form**

Name:  
Address:  
Email address:  
Contact Number:  

Payment Method:  
- [ ] Cash (correct change please)  
- [ ] Cheque made payable to: St John’s P & F

**PLEASE MARK ENVELOPE “MANGO DRIVE” BEFORE HANDING INTO OFFICE BY WEDNESDAY 2ND NOVEMBER 2016.**

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We acknowledge the original inhabitants of this land, the Mandandanji people, and show our respect for their ancestors and traditions.
You are invited to the Hodgson Hall BBQ, Christmas Tree & Dance (Not Live Music) Saturday, 10th December 2016
BBQ 6pm, $15.00 per person
BYO Chairs
Christmas Tree 7.30pm, Children to 12 years, $15.00 per child includes Tree, Meal & Ice Block

JZONE
Roma Church of Christ
Kids Program from Grade 1 to Grade 6
5:30 till 7pm
119 Curry Street Roma
Pauline Bain 0447 050 284 / epbain@hotmail.com

7th October
14th October
21st October
28th October
4th November
11th November
18th November
25th November
Outside Games
Team Games
No Jzone (St John’s Moonlight Fair)
Water Games (bring towel and spare clothes)
Minute to Win It
Duct Tape Night
Sports Night
Water Night (bring towel and spare clothes)

Merry Christmas
You are invited to the Hodgson Hall BBQ, Christmas Tree & Dance (Not Live Music)
Saturday, 10th December 2016
BBQ 6pm, $15.00 per person
BYO Chairs
Christmas Tree 7.30pm, Children to 12 years, $15.00 per child includes Tree, Meal & Ice Block

RSVP for BBQ by Saturday, 03rd December 2016
Please bring a salad or a sweet for the BBQ to share
Bar will be operating

Names, Children’s Ages & Money to:
Ang Lorenz: 0428 229 003
By Friday, 25th November 2016