Dear St Joseph's Families,

WELCOME BACK EVERYONE: I trust that you all enjoyed a happy and safe holiday. Welcome back to the new school term. This is School Fete term! As you have read in earlier correspondence, our annual School Fete will be held on Friday 5th September. Already throughout our school community there have been wonderful, generous people preparing for the big event, and this term we will see parents and children gaining excitement and enthusiasm as the day draws closer. The more people we have involved, the more successful our fete will be. Please keep watch in the newsletter for continued fete updates.

I would like to wish the students in Year 5, 6 and 7 well and their teachers, Mary McCallum, Kerry Dunn and Duncan Morris, as they head this Sunday morning to Sydney and Canberra for the week. There are many things to look forward to in the week, with the children visiting famous landmarks, but I think most of all, we are looking forward to visiting the snow. I am sure there will be many stories to be shared when they return.

NEWSLETTER: Beginning this term there will be a change in the number of newsletters that will come home. The newsletter will now come home fortnightly. For important dates and events please refer to our fortnightly newsletter and our school web page: www.stjosephsmurgon.qld.edu.au

NEW STAFF: This Term we farewell some familiar faces and welcome some new ones onto our school staff:

It is with great sadness that I announce the retirement of Aunty Shirley. Aunty Shirley has been an important part of the St Joseph’s community for the last 13 years. She has been a great support to all the staff and as a Teacher Aide here at school, she has also been there for many children throughout her time here. I wish Aunty Shirley all the best in her retirement and I am sure she will visit the school.

Leanne Dowdle has also announced her retirement. Leanne has been a Teacher Aide at St Joseph’s since 1997. She has worked across the school in various capacities but has worked in the office over the last year. Leanne is one of those wonderful people who ignore their official working hours and do much more than is required of them, just so the newsletter gets out on time and the school runs smoothly. We wish Leanne all the best as she moves to another phase of her life.

We wish these two staff members all the very best.

This Wednesday, Mr David Francis will be leaving to begin paternity leave. We wish David and Amanda all the best as they await the arrival of their first baby.

We welcome Mr Brian Prendergast, Jaiden Hill and Shonae Walker. The children spent a dedicated ten weeks participating in the Creative Writing Excellence Program with 15 other children from Murgon State High School and Murgon State Primary School.

In collaboration with The University of the Sunshine Coast, Dr Maria Arena, Lecturer and Author, travelled once a week to deliver the program to participating schools in the South Burnett. Students were nominated by staff for their keenness in creative writing, however, the program was voluntary. Students from Years 6 – 10 were immersed in the workshops which focused on different topics every week, with the end result being a published Short Story. Congratulations to all the children on their final stories and hard work. Special mention must go to Emma and Brooke, whose stories were chosen by Dr Maria to be the second and third best story and Patrick whose story received a highly commended. A copy of the Anthology of stories will be kept in the library.

Principal: Mr Greg Cran
Email: pmurgon@bnc.catholic.edu.au
Website: www.stjosephsmurgon.qld.edu.au
Welcome back to another busy term, packed with learning and celebrations.

Already we are celebrating Naidoc Week at St Joseph’s. From the 6th-13th July, NAIIDOC Week celebrations were held across Australia to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life.

NAIDOC originally stood for ‘National Aborigines and Islanders Day Observance Committee’. This committee was once responsible for organising national activities during NAIIDOC Week and its acronym has since become the name of the week itself.

This year, the theme for NAIIDOC celebrations is Serving Country: Centenary and Beyond. It’s our opportunity to pay respect to all the Indigenous men and women who have served in defense of Australia. We remember those who died in past military conflicts, as well as those who are still serving in the armed forces today. It’s an important occasion to reflect upon, and highlight the importance of the role they have played in shaping the identity of Australia.

On Thursday 17th July at 9am, St Joseph’s will hold a liturgy in the Church, to celebrate NAIIDOC Week. This will be our school’s simple celebration to honour the priceless contribution Indigenous people have made to our nation. Everyone is welcome.

This Friday 18th July, our Year 6/7 class will join our parishioners at the Anointing Mass, 9:30am.

Wishing our students in Years 5, 6 and 7 all the best for a wonderful trip to Canberra!

Have an awesome week!

Celia O’Connor
Acting APRE/CST

**ICAS Academic Competitions** If you are interested in registering your child/ren for any of the ICAS competitions, please contact the office for details. More information can be found at: www.eaa.unsw.edu.au

<table>
<thead>
<tr>
<th>ICAS Sitting Dates</th>
<th>ICAS Entry Closing Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>English (Years 2-7)</td>
<td>Tuesday 29th July</td>
</tr>
<tr>
<td></td>
<td>1 July</td>
</tr>
<tr>
<td>Mathematics (Years 2-7)</td>
<td>Tuesday 12th August</td>
</tr>
<tr>
<td></td>
<td>15th July</td>
</tr>
</tbody>
</table>
This fortnight in Program Achieve students continued their study of Organisation.

**Lower Primary**
This week in Lower Primary, students have been learning:
- that luck is not involved in goal achievement;
- that the amount of effort they put towards reaching their goals determines whether they reach those goals (the "Giving Effort" way of thinking); and
- that they control how much effort they put towards a goal.

Next week the Lower Primary students will be learning to:
- state the meaning of the “Planning My Time” way of thinking and how it helps them to become organized; and
- use a schedule to help them keep track of what they have to do and when they have to do it.

**Middle Primary**
This week in Middle Primary, students have been learning to:
- state the importance of effort in overcoming distractions;
- decide how much effort they want to put towards a goal;
- challenge and change thoughts that minimise the amount of effort they put towards their goals.
- identify obstacles to their goals;
- overcome obstacles to their goals by putting in sufficient effort; and
- state the relationship between the “Giving Effort” way of thinking and their achievement of goals.

Next week the Middle Primary students will be learning to:
- record their daily homework assignment on daily assignment sheets;
- use an assignment folder to organise their school work and homework;
- organise materials to be taken to and from school each day;
- use a monthly assignment calendar to record assignment due dates; and
- state how a “Planning My Time” way of thinking can help them be better organised and successful.

**Upper Primary**
This week in Upper Primary, students have been learning to:
- identify obstacles that keep them from reaching their goals;
- state solutions for overcoming these obstacles;
- explain the importance of “commitment” in reaching goals; and
- set and achieve academic targets/goals.

Next week the Upper Primary students will be learning to:
- explain how the “Planning My Time” way of thinking leads to better organisation and success, whereas the “Planning Time Poorly” way of thinking leads to general disorganisation and lack of success;
- record homework assignments efficiently;
- use a monthly assignment calendar efficiently; and
- explain the importance of taking responsibility for doing their homework.

David Francis  
Guidance Counsellor  St Joseph’s Primary School,  
Murgon, Mon, Tues, Wed  Ph 4168 1627

Book club flyers are being sent home today. These orders are due back on Monday 28 July.  
Please note that if you are paying for your order by cheque, kindly make the cheque payable to St Joseph’s Primary School.  
Regards Nell Guteridge Librarian
Parish Mass Times

Saturday 19th July       Sunday 20th July
Proston 9am             Murgon 8am
Wondai 6pm              Goomeri 10am

Weekday Mass Times

Wednesdays  -  Wondai 5.30pm
Thursdays     -  Murgon 5.30pm
Fridays         -  Murgon 9.30am

Parish Priest:  Fr. Michael Carroll sm
Tel:  41 681406

Parish News

Fete News  The count-down is on for our School Fete - in 8 Weeks!
Craft Stall Wanted: People to make items or donate goods to be made
into items like tea towels, towels, face washers, coat hangers; lace
(5m hanger), and wool (8ply). Please deliver to School Office or
Presbytery or Contact Teresa Hodson on 41685957

The Raffle Tickets will be ready for distribution next week!

NAIDOC WEEK
The Parish will celebrate NAIDOC
with Eucharist at Saint Peter Claver Church,
Cherbourg on 27th JULY at 10am followed by
a BBQ.
ALL WELCOME

Sacrament of Reconciliation
On 28th July  -  There will be a meeting for parents of children preparing for Sacrament of
Reconciliation at 7pm at St. Joseph’s Church, Murgon.

Enrolments
Applications for enrolment in Prep (and other year levels) in 2014 and 2015 are now open. Please spread the word
to new families moving to the district or to your friends, that there are positions available in all year levels.
Application forms are available from the school office.

SPORT NEWS
Brenna Prendergast and Heather Sandow represented St. Joseph’s at Wide Bay Primary School Girls
Rugby League Emerging Talent Camp at Hervey Bay. Well done Heather and Brenna.

Brenna also competed in the South Burnett Under 12’s Girls Kingaroy Touch Footy State Cup at Her-
vey Bay. She played extremely well and was named Players Player of the Carnival. Well done Bren!!

Emma Cran was selected to be part of the Wide Bay Swimming Camp at the Sunshine Coast over the
weekend. Your 6am starts training each morning have obviously paid off. Well done!

Cookie Aubrey competed in the Wide Bay Under 11’s Rugby League Carnival at Wynnum. He was
named Wide Bay Player of the Week. Congratulations Cookie!

Patrick Hoult, Francis Hobbs, Harry Perrett and Theo Riley competed in the Under 43Kg Carnival at
Wynnum. Both Patrick and Harry were selected to play in the Country Team finals.

All our sporting stars represented our School well and showed great sportsmanship.
Year Five at St Joseph's School have been learning about public speaking and at the conclusion of this unit they attended a mock livestock auction with Mr Paul Pratt. Mr Pratt passed on his expertise regarding public speaking, auctioneering and the bidding and marketing of both livestock and property.
Eager year five students waved their bidding cards furiously to attract the guest auctioneer’s attention.
At the auction Peyton purchased a cow and calf, Damien purchased an older cow which Mr Dunn commented on being 10 cents above market value. Lachlan Zelenski paid $445 for a wonky horned steer, Alex paid $700 for an Australian stock horse, Morgan was losing bidder on ‘Mr Smith’ [warm blood horse] who Harry ended up buying, but went on to buy a lovely stock horse mare. ‘Harry Who’ [a percheron horse] was sold for $150,000 to Romana.
A great day was had by all concluding with a BBQ lunch.

**JULY Happy Birthdays**

Prep  Micah Forrest, William Taylor, Jack Riley, Jae Fisher-Bond
Year 4  Jaylah Purcell
Year 5  Peyton Muller
Year 6/7  Theo Riley
Fr. Michael

**End of Term 2 Awards**

Prep  Catherine Voigt
Year 1  Isaac Watson
Year 2  Tayla Shields
Year 3  Joanela Purcell
Year 4  Jaylah Purcell
Year 5  Jamie Atkins
Year 6/7  Bailey Alexander

**Congratulations** to the Ricketts family on the birth of their new baby girl Xanthe Amelia born on 9th July. Romana in Year 5 and Athena in Year 3 are extremely happy to welcome their new baby sister. Athena says she sleeps a lot!! May Christ’s Blessing be upon them all.
Cherbourg Junior Police Rangers in conjunction with St. Joseph’s School Murgon is the first of its kind in Queensland and is an early intervention project for indigenous youth aged 9 - 13 designed to reduce crime by providing practical life skills, developing leadership and teamwork skills, and enhancing cultural awareness that will minimise the risk of participants resorting to the misuse of alcohol, volatile substances and illicit drugs. If their funding was doubled or tripled through the People’s Choice Award, we would be able to make an ongoing commitment to the students and extend the program to 2015. Cherbourg Junior Police Rangers has been selected as one of four outstanding NRMA Insurance Community Grant recipients. Out of 156 projects funded by NRMA, the Cherbourg Junior Police Ranges is now in contention for the People’s Choice Award. If this program receives 1000 votes through the voting process their funding will double, with the potential to triple it if they receive over 1000 votes AND the most votes. To vote, please go to www.communitygrantsprogram.com.au/rangers and click on Cherbourg Police Station. Click on the Vote button and enter your email address. A validation link will be sent to the email address you have provided. To ensure your vote counts, please make sure you click on the validation link in your email.

SPOTLIGHT ON NATIONAL DIABETES WEEK

During July 13-19, Australia celebrates National Diabetes Week. This provides a good opportunity to think about the effects of diabetes on children, adolescents, and others in the school community, and to raise awareness of diabetes risk factors.

Type 2 diabetes was, until recently, seen only in adults but is now increasingly seen in children and adolescents. Type 2 diabetes occurs when the body either doesn’t produce enough insulin or the insulin produced doesn’t work well (called insulin resistance). It differs from Type 1 diabetes in that it is largely preventable. Type 2 diabetes is also related to other health problems such as high blood pressure and high levels of blood fats like cholesterol.

Risk factors for Type 2 Diabetes include:
- Genetics – a family history of type 2 diabetes increases the risk to young people
- Weight – too much weight, especially around the waist, is likely to increase insulin resistance
- Ethnicity – people from Indigenous, Pacific Islander or Asian cultural backgrounds are at higher risk
- Physical activity levels – being inactive can cause insulin resistance, increasing the risk of Type 2 diabetes

Type 2 diabetes symptoms:
A young person with Type 2 diabetes may have no symptoms. Symptoms may be mild but include:
- Being very thirsty
- Passing lots of urine
- Feeling tired
- Blurred vision

Preventing Type 2 Diabetes

The risk of type 2 diabetes in young people can be reduced with lifestyle changes that encourage healthy eating, avoiding soft drinks with excess sugar, regular physical activity and achieving a healthy weight. If you have any questions or concerns about diabetes, please speak with your doctor or school health nurse.

Kylie Andersen, Clinical Nurse – Diabetes, Kingaroy Community Health