A voice for refugees is heard and we celebrated the birthday of St John Bosco. Our Book Week began and we gathered for First Communion. There were sport champions and sport finals approach.

**The Pope speaks about Refugee Sunday**
This Sunday is Refugee Sunday. There is a banquet to be held in the Good Samaritan Hall to celebrate the exciting international character of our community. All are welcome and when I think of what the ‘Good Samaritan’ stands for I think it the right place to have the feast. Refugee Sunday is about stopping to help someone who normally we would ignore. The Holy Father, Pope Francis, in his message for the World Day of Migrants and Refugees, has chosen the theme “Church without frontiers, Mother to all”. This becomes part of our community spirit to care for others and in particular the most vulnerable. Pope Francis wants to remind us to go beyond ourselves, to live an authentic Christian life, and show compassion and solidarity to those at the furthest fringes. Pope Francis says, "The courage born of faith, hope and love, enables us to reduce the distances that separate us from human misery." Pope Francis has identified refugees to be in need of our special attention and care. I hope to remember that when I enjoy the privilege of the feast. I hope to remember that when I see the courage of refugees and the generosity of our country.

**First Holy Communion**
There is such an excitement about a Mass that celebrates a Sacrament. This kind of liturgy helps me to rethink faith, to understand tradition and last weekend our Year 4 community took the opportunity to make a deep commitment to the mystery of the Eucharist. It was grace filled. We shared First Holy Communion. We shared a little of their innocence and faith. We shared their special kind of holiness and a connection to sacred mystery. I am aware that the process towards this important sacrament involves teacher and family support. I thank the teachers for their work in preparation I congratulate families with the preparation of the Year 4s in the First Communion process. I also feel very grateful for the care, gentle storytelling and an understanding of commitment that was in our partnership. Congratulations to all of our First Holy Communion candidates. I join with the parish and families in wishing our students faithfulness and life in receiving the Sacrament of the Eucharist.

**A Bosco Celebration**
Last week we celebrated a birthday. It was a bicentenary celebration because it is 200 years since the birth of St John Bosco. It is 200 years since a young boy, full of dreams and optimism and faithfulness, set about to change our world. And the world changed. The Salesian legacy is huge. It has had an impact upon hundreds of thousands of people and it has an impact on us at St Mark’s. We don’t have any Salesian priests here anymore but there are staff here who hold the Salesian legacy as precious. These ‘wisdom people’ tell me of the importance of St John Bosco and his priests. They remember the great men who ran the school. The priests who built, demanded, cared, laughed, and sometimes ran roughshod over policy and bureaucracy. They remember these Salesian men who invited children to prayer, staff to excellence, and parents to community. These staff remember them with genuine fondness. There is a nostalgia about our Salesian priests. It is why we had a huge birthday cake. It is why we value the memory of St John Bosco. There is a love and reverence for the priests and a respect for what they valued. The staff laugh at the eccentricities, they are sad at the fractured, shadow side of the priesthood; they value the legacy and make judgements about how the Salesians would have managed a moment, an issue and situation. The impact of Don Bosco and the impact of these good Salesian men is important in this community. We know stories of their achievements and we continue the culture that they built. Our College Strategic
Plan is underpinned by Salesian ethos. We name our trophies, House groups and scholastic awards after St John Bosco. We have a Boarding House which resounds in the name Salesian and a campus called Bosco. And as the stories are told, the values are prayed about, and as we try to define ourselves, it is in Salesianess that we find direction. The older staff wouldn’t have it any other way. It was why we celebrated Mass as a whole community last week and why we joined Xavier College and St John Bosco as Salesian schools in a combined mass in Adelaide. Happy birthday John Bosco. Your life has been celebrated by a huge cake and 1000 St Mark’s people singing ‘Happy Birthday’ and by a goodness at St Mark’s that is a treasure.

**Book Week**
I attended an assembly which launched Book Week and celebrated literacy at Benedict campus. The whole thing was run by the students. There were story books read at the microphone and a song that entertained. We were invited to dance and Miss Caputo and two dozen students had us all singing and swaying. There were good speeches and teachers being funny. There were awards presented and an excitement at the announcement of what the week would contain. The children at the assembly were engaged. They were eager. They were thinking about their literary costume for the Book Week Parade. Book Week is about reading as a community and it is about a community engaging in literacy. It is so important. It is about the imagination and thrill of connecting with a story. It is about the delight in how words are put together and how our human condition is expressed through themes and ideas. It is something that empowers and makes us noble. Grab a book everyone and I hope that we keep reading with as much enthusiasm as was shared at that assembly. There is something about the power of words and the sharing of story. Now… What to wear on Friday?

**The End of Winter Sport Approaches**
The winter sport season is coming to a close. Students are now entering into those final weeks. There is expectation and enthusiasm. Some are finishing. Knocked out. There are families washing the sport uniforms for the last time (thankfully). Others anticipate the bubbling cauldron at the top of the premiership ladder. There is something about a finals series! And as the seasons conclude there have been a couple of notable successes which have brought great merit on the school. Our Senior girls won the state Knockout Hockey and are the best team in South Australia. Harrison Magor and Jamison Murphy have won their respective football competition Best and Fairest Awards and Gracie Peterson won the Player of the Year in the Netball at the A Reserve level. What a player! It was most impressive to see that Deputy Principal Kate Kilpatrick won the Netball Player of the Year in the A Grade and Louise Griffin won her State Irish Dancing competition and will now travel to Sydney for the Nationals. I wish all players every success in the next couple of weeks. We are richer to see the excellence of champions and it is such fun to play in exciting grand finals. Go St Mark’s!

Greg Hay, Principal
Around the College

Religious Education

The sacramental and prayer life of our community has been very busy in recent weeks. Most of our First Holy Communion Candidates celebrated the Sacrament of Holy Communion for the first time last weekend. It was a wonderful celebration for those children and their families. The children showed a great understanding and reverence as they participated in the Celebration of the Eucharist and also throughout the preparation programme.

The time, energy and knowledge that the teachers brought to the children’s preparation and celebration was wonderful. I would like to thank Lauren Cable, Bernie Kelly and Jane Munday for their dedicated work in Sacramental preparation.

We look forward to all these children bringing along a photo of their celebration to share with the Parish Family at Mass this weekend.

I also recognise and acknowledge the role of the families of these children in guiding their child as they prepared to receive Jesus in the Eucharist. Family involvement and input in the Sacramental programs and also the faith development of their child is vital. Parent modelling and involvement makes the learning and experience of Faith real, meaningful and valued.

This week was the opportunity for our Year 3 parents to gather and reflect on the sacrament of Reconciliation. The Year 3 children will soon begin a journey of self-reflection, self-awareness and self-improvement. They will consider their role in the world as a Catholic and their responsibilities in the choices they make as part of a Christian community.

Those families who did not attend the meeting can speak with their class teachers or myself to gain the necessary information to be a part of this journey with their child.

Next week our Year 4 students will sit the ReLaT Test which tests children’s Religious Literacy. We look forward to using these results to inform the teaching and learning that happens in our school.

Katie Pole, RE Liturgy/Sacramental Coordinator

Fred’s Van Volunteers

On Sunday 16 August, three Year 7 girls and two Year 11 boys went to Fred’s Van to help serve meals. We helped serve a delicious, 3 course, hot meal to about a dozen disadvantaged men and women. Volunteers at Fred’s Van prepare and serve meals every Sunday night of the year. We were very grateful to have this opportunity and it helped us to understand how fortunate we are. The men and women were all very grateful for our company and their hot meal. We would also like to thank Estelle and the team at Fred’s van and to all the other volunteers for all of the hard work and time they put in to making this organisation possible.

Shannon, Ardia and Lillian, Year 7 students
From the Deputy Principal

Book Week
This week has been the much anticipated National Book Week, with the theme ‘Books Light Up Our World’. Special thanks to Teresa Gadaleta for her planning, set up and organisation of activities for the week. Staff and students alike have been immersed in the world of books leading up to and during this week, with a planned ‘Challenge’ for students to undertake and earn extra house points for this year’s Challenge Cup. There was a wonderful Whole School Assembly on Monday with Nikki Caputo displaying some of the work she has been doing in her Dance/Drama/Music classes, with a special Book Week song and dance performed by the whole school altogether! The week then culminated in the VERY much anticipated ‘Book Week Parade’ in the Good Samaritan Hall, with students and staff taking part in some weird, wacky and very clever costuming! What a wonderful community life we have!!

Makuei Family
The Makuei family extend their warmest and most heartfelt thanks to all the Benedict families on the hugely generous gift that you all gave two weeks ago. They stated that they did not expect such a gift and greatly appreciate the generosity and assistance they have received from so many during the past two weeks. We know that it will assist them in the coming weeks and months ahead.

New Family Welcome
In the middle of last week we welcomed two new students to Benedict Campus, Sarim and Shahmeer Shahid. Sarim is in the Year 2 class with Mrs Richter and Mrs Arnold and Shahmeer is in the Year 5 class with Mrs Rafanelli. Sarim and Shahmeer have an elder sister at Bosco Campus. The family have moved here from Pakistan and are relatives to Adeena, Aliyaan and Sufyan Hashmi. We hope that the Shahid family will enjoy being a part of the St Mark’s Community.

‘You Can Do It’ Program
Hopefully your children have been coming home using the language of the ‘Keys to Success and Happiness,’ that is: Organisation (orange), Persistence (purple), Getting Along (green), Confidence (yellow) and Emotional Resilience (red). This program is one that is not meant to be just ‘school based’ but merges successfully into home life as well. We strongly encourage the use of these keys in your day to day life at home and anywhere you may be. This will assist our students (your children!) to understand they are ‘life’ skills, not just for school.

Kylie Smith,
Deputy Principal - Benedict Campus

The Orange ‘Organisation’ Key
The Organisation Key is one of the easiest to enforce in any home or classroom to achieve a successful day. Initially it takes patience and perseverance and a LOT of repetition and reminders. The catch is, WE as adults have to model it! WE have to be organised ourselves!!

What does the Organisation Key look like?
- **Getting to school on time**
  (Sorry guys – parents responsibility!)
  At least 10 minutes BEFORE the bell goes (our bell goes at 8:45 am)
  Being late for school starts the day off ‘unsuccessfully’ for your child. Having ‘days off’ (not for sickness) is extremely detrimental to your child’s long term education.
- **Unpacking own school bag**
  All students from Foundation to Year 7 must be able to unpack their own school bag. When students are on time they have time to do this.
- **Organising self for the day**
  Unpacking diaries, pencil cases, changing readers, giving in notes, putting in lunch orders.
- **Planning to complete work on time – this includes homework**
  Students who learn how to manage their time to complete tasks feel more successful.

What happens if students do not use the Organisation Key?
When students do not use their organisation key, they do not feel successful. For example: **When a child is late for school and does not get to: unpack their bag, organise their day and ensure their morning jobs are done: they will struggle to catch up for the rest of the day!!**

So, here at Benedict Campus, we are encouraging our students to be ‘happy and successful’ by using their keys. They cannot do this alone. They need your help!! It may take some families a ‘change in habit/behaviour’ to become more organised and ensure that, as a family, you work together to use the orange ‘Organisation’ key each and every day.


Success and Happiness is only just around the corner!
Year 6 Rugby Carnival

On Friday 21 August all the Year 6 students went to a Rugby Carnival held at the Port Pirie West Primary School oval. The day started with heavy rain, so we hid under cover of tents until the rain eased. As soon as the rain stopped, Dave (from Rugby SA) gathered all the students from St Mark’s, Airdale Primary School and Port Pirie West Primary to discuss the rules and order of the day. We rotated around 3 fields and had short games facing the other teams.

The games were fun and competitive. It was great fun to catch up with friends and students from the other schools. Our team didn’t make the grand final but St Mark’s Girls 2 did! Everyone cheered as they played against Pirie West. Unfortunately the St Marks team were runners up.

We really enjoyed playing against other schools and rugby was really fun and challenging to play. After a long day of games we finished the day with presentations and everyone went home ready for the weekend! What a fantastic day!

Sarah DeGioia and Elizabeth Flink, Year 6 Blue students

Spelling International Assessments and Competition Results

Distinction
Abbas Shah
Credit
Ethan Markham
Elia Dunbar
Isabella Martlew
Merit
Connor Gorey
Aaliyan Hashmi
Participation
Jada Winsor
Laura Watt
Scarlett Tod
Fergus Tod
Grace Dunbar
Henri Phillips
Jaxson Whelan
Kami Onwuchekwa
Hayden Pike
Dylan Pike

Star Students

Year 7 Red
Deakin McLaughlin
Kasey McDonald
Year 7 Blue
Caitlin Tee
Darcy Connor
Year 7 Green
Jesse Smith
Caitlin Oliphant
Year 6 Blue
Sarah DeGioia
Hannah Pisani
Year 6 Red
Jack Wulf
Chloe Cunningham
Year 6 Green
Hannah Mark
Rebecca Connor
Year 5 Red
James Wilks
Deakin Murphy
Year 5 Blue
Nicholas Gadaleta
Bree Farrugia
Year 4 Red
Khaelen Head
Jenaya Pisani
Year 4 Blue
Noah Gebert
Mia Williams
Year 4 Green
Liam Pennell
Paris White
Year 3 Blue
Meg Hall
Seth Akker
Year 3 Red
Ruby Wilton
Maea Ngatamariki
Year 2 Red
Cohan Dwyer
Trey Luteria
Year 2 Blue
Mae Caspers
Brock Johanning
Year 1 Blue
Harrison Denny
Cleo Farrugia
Year 1 Green
Tyron Congdon
Elise Vanlaarhoven
Year 1 Red
Evelyn Mieglich
Lawson Wauchope
Foundation Blue
Zahra Wilson
Robert Beenham
Foundation Green
Angus Hall
Curtis Cullen
Foundation Red
Liam Williams
Tobi Phillipps
Rechyane Crocker

Our Year 6 students enjoyed a day of Rugby competing against and having fun with other Port Pirie Primary School students.

SMC Family Fun Day
Sunday 25 October

Save the Date
From the Deputy Principal

St John Bosco Bicentenary Celebrations
Last Monday we gathered as a whole school community to celebrate the Bicentenary of the birth of St John Bosco. The Mass was led by Fr Francis who spoke with great energy about the Salesian family and the Charism of St John Bosco. After the Eucharist, a special birthday cake was bought forward by our youngest student Jaida Camporeale and College Principal Greg Hay. There was a real buzz in the air as students sang ‘Happy Birthday Don Bosco’. The celebrations continued as the cake was distributed. It was lovely to see our Year 12 students interacting with the Benedict Campus, distributing cake and sharing in their recess/play time. It was a ‘cute’ moment filled with just the right amount of fun and laughter, just as Don Bosco would have wanted.

The following day our Year 8-10 Student Leaders took part in a special celebration held at St John Bosco Primary in Brooklyn Park. Here students gathered in the company of the other South Australian Salesian schools to celebrate in both Eucharist and concert. It was a wonderful day that was enjoyed by all.

One of our Year 10 students Ebony Bennier was asked to share a short reflection following the Eucharist about St John Bosco and where he can be seen in our community today. Ebony was most insightful as she shared personal experiences and spoke from heart. I would like to share an excerpt from her speech with you:

‘St Mark’s is a place of welcome and hospitality. It feels like just yesterday when I started at St Mark’s, a year eight student not knowing if I’d make friends. Instantly I was made to feel welcomed, included and accepted at my new school. I was greeted with big smiles and great kindness which made me feel at ease in my new home. This sense of hospitality is a quality that I admire about Don Bosco and a characteristic I follow at school and in the community. I know that even our exchange students who are with us for a short period of time leave with a little Don Bosco welcome in their heart.

At St Mark’s we have a strong pastoral care system which is guided by our house and care group structure. This connection builds a family like atmosphere where kindness and love are behind everything we do. Today I see Don Bosco in my peers in many ways, particularly in how we care for others. I see friends guide, nurture and look out for one another. I see older students helping the little ones who are taking their first tentative steps. I see my peers look out for those with learning difficulties and intellectual disabilities. It’s clear that Don Bosco has influenced how we connect with others.

St John Bosco’s playground is alive and well at St Mark’s. It is not uncommon for teachers to be out mixing with students at recess and lunch whether it be kicking the footy, asking about how my netball went or getting involved in our student leadership activities. As a young person in this environment I feel connected to my teachers and know they know me. I mean really know me. Having this relationship makes coming to school enjoyable.

Whilst Don Bosco tells us to value our formal studies he also places an emphasis on other experiences such as music, trades skills, drama, sport and community service. All St Mark’s students are encouraged to participate in these key areas that provide an opportunity for fun and creativity, whilst developing important life skills. I can see why he emphasises a balanced approach as these hands on activities are some of my most treasured memories.

We are grateful and proud to attend a Salesian school that is influenced by St Don Bosco. His work has helped shape our saint marks experience and we continue to be inspired by his words.’

Ebony Bennier,
Year 10 McNally House Representative

Subject Counselling
I would like to thank the students, parents and carers who attended the subject counselling interviews last week. Subject selection in the senior years can be filled with many difficult decisions as students begin to take important steps towards their future pathway. Our staff take pride in the care and effort taken to educate your child about this process and acknowledge and value the important role you as parents play in subject selection. The interviews were very well attended and we hope that you found the process both informative and valuable. I thank you again for your presence and involvement in our subject counselling process and for taking a keen interest in your child’s education. In the coming weeks students will receive a letter confirming their subject list for 2016.

Final Assessments and Deadlines for Year 12 Students
As the end of the Year 12 academic year approaches the pressure of final assessments and preparing for examinations intensifies. It is a busy time of term where good time management skills and a high level of organization and planning is essential. For the short term, Year 12’s should consider placing a larger focus on their studies by reducing external commitments. At this time it is important for students to recognize that deadlines are critical. As the year draws to an end, the possibilities for extensions are reduced as teachers must mark and submit results to the SACE Board by set dates. Therefore students must carefully plan their final weeks and talk with their teachers immediately if they feel like they are not keeping up.

I also take this opportunity to remind Year 12 students that their Trial Examinations will take place in Week 9. The Exam timetable, along with expectations and protocols will be distributed to students next Wednesday at a year level assembly.
Attention all students intending to undertake TAFE or VET Certificates next year

Please see Ms Atkinson for a PART TIME STUDENT BOOKLET as well as a FORM A. The Form A is especially important to secure government funding for the course.

Both of these documents need to be returned to Ms Atkinson by the end of Week 8.
That is Friday 11 September.
If you have any queries or concerns at all, please do not hesitate to contact me.

Simone Atkinson,
Student Pathways Coordinator

Music at Bosco
On Tuesday evening students, families and teachers gathered for the Year 12 Music concert. The evening was organised by Year 12 Music student Caleb Connor as part of his Individual Study and hosted by Mr Matthew Ryan and College Captain Erini Seindanis. The concert was well constructed and showcased many of St Mark’s musical talents.
The night began with the king of the keyboard, John Seindanis whose performance set a high standard for the show. Next up was the sweet voice of Naomi Stott, who performed numbers from both Amy Winehouse and Missy Higgins.
The Year 10 band then took to the stage led by Ellen Tefanis on drums, and really rocked out to wild thing. Ben Burgess followed suit with a solo by Green Day, which was just outstanding. It was at this point in the evening that the tempo lifted and the crowd began to rock out to Playing the High Card. Josh McBride led the Year 12 band with Toby Johnson on the drums and Gabriel Cox and Mitchell Young on the electric guitar, performing both original and cover songs.
Their skills were smooth and their rendition of Israel’s son by Silverchair was most impressive.
Finally, the night concluded with a special guest appearance from Maggie Rutjens. Maggie graduated from St Mark’s College in 2012 and has since established herself as a very successful singer and song writer. She took to the stage and instantly captured the audience with her angelic voice, performing her original songs, each with a different story to tell. It was a wonderful way to conclude the evening and we are most grateful that Maggie was able take time out of her busy schedule to perform with and for our community.

Kate Kilpatrick,
Deputy Principal - Bosco Campus

A Reflection from our Year 10 Student Leaders
‘The celebration of Don Bosco 200th birthday was definitely a day to remember. It was a great and special experience to share with other students from St Mark’s. As student leaders we felt honoured to be a part of such a special day with all three South Australian Salesian schools coming together. The day started off with a Mass in the St John Bosco School’s chapel. It was such a sacred and holy experience and we were proud to speak on behalf of our school. Afterwards we enjoyed a sausage sizzle whilst talking to students from Xavier and St John Bosco School. After some fun playing soccer on the oval we all joined as one for a performance by our Benedict Choir who did such an amazing job performing in front of so many students and teachers. The Xavier seniors were also enjoyable to watch and listen to. Sadly, we had to leave afterwards and make our way home. The day was also a great opportunity for the Bosco and Benedict student leaders to connect. We were so proud of our younger students and how involved and enthusiastic they were about the day. It was an honour to be a part of such an historic day that was enjoyed by all students.’

We welcomed back SMC Old Scholar and singer/songwriter Maggie Rutjens who returned to St Mark’s College to perform as a guest artist in a concert organised by Year 12 student Caleb Connor as part of his Individual Study. Maggie is pictured above with some of our very talented students who also performed on the night.

High School Musical
In Week 4 the students involved in the production of “High School Musical” took to the stage in what was an energetic and colour ful display of talent and enthusiasm. Months of hard work, all came together as the students sang, danced and performed their way in the hearts of many. Staff and students alike have now had a chance to catch our breath and get back into the routines of school life, working and studying hard. As the memories slowly fade they live on in our hearts. Our sincerest thanks to everyone who participated, helped out or came along and enjoyed the show.

Miss Sandy Lee and Ms Naomi Creek, College Musical Directors

A big thank you to the St Mark’s staff and students involved in our College Production of “High School Musical” for all their hard work, talent and enthusiasm.
SMC Hockey

Finals
We have reached the business end of the season in the Pirie Hockey Competition. The U9s and U12s finished their season last week in the last round of matches. I sincerely thank the coaches of the U9s and U12s for the time they have spent towards developing our young hockey players, I know they have certainly enjoyed the season.

This season, the Association have decided to run finals over four weeks, so this week sees the elimination final. All four of our U15 and U18 sides have made finals, and the U18 girls get the week off this week. We wish all teams luck in finals and to remember sportsmanship. Finals also means that it is vital that ALL players attend trainings, or let their coaches know if they can’t get there.

Good luck to all St Mark’s teams in the finals series.

Thermomix Raffle
Thanks to those that have already purchased tickets in the St Mark’s Hockey Club Thermomix Raffle. Tickets have sold quickly, however, there is still some available to purchase. There are only 200 tickets available for $20 each with all proceeds going towards St Mark’s Hockey. If you are interested in purchasing – please see Jo-anne Ferme or Jesslyn Oxford to secure yours.

Presentation Night
Information will be distributed to players soon regarding our St Mark’s Hockey break up. Notes will be sent home for you to indicate numbers for catering purposes.

Uniforms
U9 and U12 uniforms can be returned to Mr Jordan at Benedict. Please ensure uniforms are returned as soon as possible.

Jesslyn Oxford, SMC Hockey Coordinator

SMC Tennis

St Mark’s Tennis Registration
St Mark’s Tennis Registration Forms for the 2015-2016 Season have been distributed (or were available in the Bosco Office) and were due on Thursday 27 August. Late registration forms, along with fees can only be accepted by Monday 31 August. All students up to and including those who are 17 years old on the day of the first match (17 October) are eligible to play junior tennis in the Port Pirie Tennis Association.

Junior Tennis Age Limits Rule
The age rule concerning the eligibility of junior players to play senior tennis remains in place. Players 15 years and under on the first day of the tennis season, are required to be a registered member of a junior team, playing in the Junior Competition, to be eligible to register and play regularly in the Senior Competition. Players seeking an exemption to this rule will need to write a letter seeking exemption, which will be considered by the Port Pirie and District Tennis Association Junior Committee and Board Members. Applications for exemptions from this rule need to be forwarded to:
The Junior Co-ordinator, Port Pirie and District Tennis Association, PO Box 1378, Port Pirie SA 5540 by Wednesday 2 September 2015. The age limit for the Junior Competition is 17 years and under on the first day of the season, so students are most welcome to play Juniors until this age.

Hot Shots
Beginning tennis players will have the opportunity to be involved in either a 5/6 or 7/8 year old group in the “Hot Shots” Program. The association based program will be run by Dave, Jayden and Kia Tilbrook. The program will be conducted at the Tennis Centre for 4 weeks before Christmas (November), with the option of participating in a further 3-4 week program after the Christmas Holidays (February). This program is a skills based program and is the perfect introduction to tennis before players progress onto higher grades and structured match play. Further details regarding costs and times will be released as they become available.

SMC Footy

Congratulations to Jamison Murphy on winning the Yates Medal for the Port Pirie Junior Football Association’s Best player in the Under 13 competition.

Matt Mead,
SMC Football Coordinator

St Mark’s Sport proudly sponsored by
Around the College

Did you know?

At the recent SACPPA (South Australian Catholic Primary Principal’s Association) Conference, there was a presenter named Dr Carmel Harrington who spoke to all Principals about the ‘Importance of Sleep’. One of the statistics that she mentioned was:

**Children need 9-11 hours of sleep.**
**Teenagers need 8-10 hours of sleep.**
**Adults need 7-9 hours of sleep.**

We are all aware that a good night’s sleep can lead to a more efficient, organised and productive day. It is vitally important, no matter what our age, to get a good night’s sleep. Are your children getting a good night’s sleep?? Are they missing school due to a lack of sleep?? It only takes an awareness of the facts and a change in lifestyle to make our sleep patterns better. Children model our behaviour so setting rules around bedtime can increase your children’s sleep and help them establish and maintain a more balanced and productive lifestyle. It might just help you too!?

Why not make a concerted effort to do what Dr Carmel suggests in the hour leading to bedtime:

1. **Switch off all ‘screens’** (YES! They stimulate the brain!!)
2. **Dim the lights.**
3. **Have a warm bath or shower to relax the body** – this also assists the brain to realise it is nearly time for sleep.
4. **Read a story to your children or put some quiet music on for them to sit and listen to** - this is calming and again helps the brain to slow down. Dr Carmel also suggests to do some yoga or meditative activity.
5. **Go to bed. Reading is OK if it is not stimulating or for too long.**

Go on. Give it a go. It’s a WIN WIN for everyone!!!

Kylie Smith,
Deputy Principal - Benedict Campus

Certificate 2 in Rural Operations

Attention - Year 10 students!

Would you like to be employed, not only in the rural sector, but maybe in areas of welding, automotive, machinery operation (tractor, bobcat), animal handling and other industries?

If so, then sign up for the - **St Mark’s Certificate 2 in Rural Operations.**

- All classes and training are on-site at the Bosco Campus and modules are delivered by both St Mark’s staff and TAFE lecturers.
- The Certificate is delivered over two years, and counts for both Stage 1 and Stage 2 SACE credits.

If you are interested and would like an Information Brochure please contact:

- Simone Atkinson - Student Pathways Co-ordinator
  Ph 86 33-8837 or satkinson@stmarkspirie.catholic.edu.au
- Joel Head - McNally Farm Manager
  Ph 86 33-8844 or jhead@stmarkspirie.catholic.edu.au

An Information Session will be held in Term 4 for Trade and VET related pathways.
The Federation of Catholic School Parent Communities’ “We’re Listening Roadshow” is coming to town.

We are keen to meet and talk with parents in the St Mark’s Catholic College community to find out what’s important to you.

One of our catchphrases is “Parent Voice In Education” You’ll talk - We’ll listen

St Mark’s College Tuesday 15 September 7pm to 9pm in the Bosco Campus BGC

RSVP by 9 September to (08) 8301 6685 or email fedadmin@cesa.catholic.edu.au

**Year 11 Child Studies**

In Week 3 Miss Oxford’s Year 11 Child Studies class visited the Magdalen Centre to work with Year 1 Green and Foundation Red. The Year 11 students had organised different games to help the younger children with their language development. The Year 1s and the Foundation students had a great time learning with their new Year 11 friends.

“We matched pictures and said what we would do with the pictures. And I chose the cow and called it a train. It was funny” **Lucas-Lee Karatepelief - Foundation Red**

“I got to play a game called Bingo with the Year 11’s. I had fun and want them to come back again” **Allie Taylor - Foundation Red**

“I liked it because it was really fun. We matched cards that had pictures of animals and the sounds they make” **Jack Rafanelli - Year 1 Green**

“It was fun because we got to play heaps of fun games. For one of the games we had to make silly sentences - they were really silly.” **Bailey Yarrow - Year 1 Green**

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**Port Football and Community Sporting Club**

Open daily from 10.00am

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**Port Football and Community Sporting Club**

Beginners welcome. Learn to play your favourite music. Contact Anne Hansen on 0429 866 242 or 86 36 2231.

**Talent Quest**

Friday 9, Saturday 10, Sunday 11 October. All ages, all genres. Over $3500 in prize money. Junior and Senior Categories, Solo, Duo and Group Sections, songwriting competition.

For more information contact Roma Sampson on 86 33-4417 or 0488 147 862 or romasam@bigpond.com.

Follow us on facebook ‘Harnessing Young Talent’.

Year 11 Child Studies students visited Benedict Campus to work with the Year 1 and Foundation students in the Magdalen Centre.