Dear Parents,

With the excitement of the Melbourne Cup on Tuesday, we may have overlooked an important religious observance on Monday, All Souls Day! Did your mother ever encourage you to go to the church on All Souls day and pray for those, who were once as we are, but have now passed on? Did you ever sit in the church and wonder who came before grandma and grandad and what they might have looked like and whether they spoke the same language that you now speak? It’s for sure that many people had a contribution to the making of who each of us is.

The feast of All Souls owes its beginning to Seventh Century Monks who decided to offer Mass on the day after Pentecost for their deceased community members. In the tenth century the Benedictine monks chose to move their Mass for the dead to November 2nd, the day following the Feast of All Saints. In this way everyone, in what is known as the Communion of Saints, could be remembered together. This “Communion” consists of all the “known” Saints, all others who have died – the Holy Souls – and us who are yet to die, but will surely do so.

The Feast of All Souls is not only a time to remember our ancestors and any legacy of example or values that we might have inherited from them. It can be a time for us to reflect on the inheritance that, even now, we are passing on to the next generation. Is what we are leaving, through the manner in which we live our lives, conduct our communication and express our feelings, that which we want to be remembered for? Will it provide lessons to live by, the best advice shaped by our values and virtues? Will we be ancestors that others can be proud of and draw inspiration from because of the positive message our life left behind?

There is a Jewish prayer that is most suitable for All Souls Day: “This day we remember those who gave us life. We remember those who enriched our lives with love and beauty, kindness and compassion, thoughtfulness and understanding. As we reflect upon those whose memory moves us this day, we seek consolation together with the strength and insight born of faith.”

In the Mass of the Faithful Departed, there is this blessing:

“In His great love the God of consolation gave us the gift of life.
May He bless us with faith in the resurrection of His Son,
and with the hope of rising to new life. Amen.”

Congratulations to all our students and their sponsors for the skip-a-thon last Friday. This event raised over $500 for Catholic Mission. That is an amazing amount for such a small school as ours and I highly commend everyone for supporting this most worthy cause.

Our prayerful support is offered to our Year 2 students (Matilda, Montana and Shyan) who will be making their First Reconciliation today at St Joseph’s Church at 5:00pm.

In Christ’s peace,
John Phillips
SCHOOL MASS

There will be a whole school Mass this Friday 6 November at 9:15. All families and friends are welcome to attend.

CURRICULUM CORNER

Health on the Horizon

Currently in Infants Learning Studio Health, with Primary Learning Studio joining in on the fun, we are focusing on healthy eating and what healthy eating looks like. Food and water, like physical activity, is really important because it fuels our bodies, helps us to grow and can even reduce the chance of us getting sick. The aim of this unit will be to encourage the students to make healthy food choices and to bring some of these options to school in their lunch boxes. Friday saw us use the rubbish from our lunch boxes, we sorted and grouped the rubbish and foods into the traffic light system. This was a really interesting activity and the students had lots of information to share and a variety of views on the topic.

GREEN category foods are encouraged. Schools should aim to have these healthy foods.

AMBER category foods should be selected carefully and eaten in moderation.

RED category food and drinks are off the menu and will not be available in schools.

We looked at the new posters from Australian Healthy Eating Guide and identified that fruit and vegetables were now separated and that water was the best drink for us to consume. The discussion moved to us identifying that sometimes it is up to our parents what is packed into our lunch boxes but that we can share our learning with our families. Nutrition and physical activity messages are being taught in the classroom to promote healthy lifestyles in line with the curriculum, and as a school we decided that we were going to try and move our lunch boxes into a different category (from RED to Amber or Amber to Green). Hunter New England Health also kindly provided us with a fridge magnet identifying what a great lunch box includes. Over the next couple of weeks we will be taking a whole school focus on what we are eating and drinking and encouraging variety and balance in our lunch boxes (and our lives).
PT&F CORNER

**Raffle:** Please return your tickets and money for the raffle of the Four Burner BBQ as soon as possible. Thank you.

**Fete:** Our annual Parish & School Fete will be held on Sunday 6 December in the school grounds from 11:00am to 2:00pm. St Joseph’s School families are kindly asked to begin sending in items suitable for the Tombola Stall, White Elephant Stall and the Arts & Crafts Stall—any non-perishable food (must be in date); sweet treats; small toys; bath and beauty products; anything a child or adult would like to win or buy….be imaginative! If you have a green thumb and could prepare potted plants that would be great—send them in as close as possible to fete day. We will be looking for volunteers to man the stalls and will be sending home volunteers notes in due course—please give a little of your time for this once-a-year fundraiser.

**Our next meeting** will be on Thursday 12 November in the school hall from 5:30pm. Please come along. All families are welcome to attend. If you are unable to attend our meetings but would like to know what is going on, copies of the minutes from our meetings are available in the office at any time.

*Kathy Dodd (President)  Phone 6778 4774 or Mob. 0423 418 467*

**PARISH & SCHOOL FETE**

Our annual Parish & School Fete will be held on Sunday 6 December in the school grounds from 11:00am to 2:00pm.

Stalls and convenors for this year’s fete are as follows:

- **Cakes and Produce**—Parish Ladies
- **BBQ**—Des Harris, Bob Locke, Gerard Ryan
- **Chocolate Wheel**—Peter Kelly, Tim Bower, Fergus Fitzsimons, Owen Ryan
- **Tombola**—Di Scott
- **Arts & Crafts**—PT&F
- **Jumping Castle/Rides**—Gerard Ryan
- **Family Numbers**—PT&F
- **Tea & Coffee**—PT&F
- **Hamper Raffle**—School Staff
- **Crazy Hair & Face Painting**—Julie Hayes & Youth
- **Plant Stall**—Sue Barnden, Shelly McMillan
- **White Elephant Stall**—Peter Feitz, Jane Leggatt

**SHARE THE CARE WITH SCHOOLS**

Hunter New England Health, the NSW Government and the Catholic Schools Office support a joint initiative to support families who may be experiencing mental health issues. Please read the attached flyer and feel free to discuss it in confidence with the Principal any time.
ASSEMBLY AWARDS

WEEK 4

Principal’s Awards for “Setting a great example in kindness to others”:
Infants - Charlotte Fletcher
Primary - Georgia White

Learning Studio Awards
Infants - Jack Young
Primary - Charlotte Murrell for “Increased confidence in contributing great ideas and thoughts to class discussion and learning”.

MiniLit Awards went to Daniel Murrell, Mariah Carlon and Charlotte Fletcher.

Our assemblies are held each Friday at 2:45pm in the school hall. All welcome.

Dates to Remember

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<th>Date</th>
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<tr>
<td>Wed 4 Nov</td>
<td>First Reconciliation 5:00pm</td>
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<td>Fri 6 Nov</td>
<td>Mass 9:15am</td>
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<td>Assembly 2:45pm</td>
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<td>Wed 11 Nov</td>
<td>Remembrance Day</td>
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<td>Thur 12 Nov</td>
<td>PT&amp;F Meeting 5:30pm</td>
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<td>Tue 17 Nov</td>
<td>Yr 6 STEP Day</td>
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<td>Wed 25 Nov</td>
<td>Transition ends</td>
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<td>Mon 30 Nov</td>
<td>School Board Meeting 6:30pm</td>
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Mon 30 Nov—Fri 11 Dec:
School Swimming Program
Sun 6 Dec: Parish & School FETE
Thur 10 Dec: School Play
Tue 15 Dec: Presentation Night
Wed 16 Dec: Last day for students
Fri 18 Dec: Term 4 ends

CANTEEN ROSTER

Mon 9 Nov: Kathy Dodd