FROM THE PRINCIPAL

Dear Parents

WHAT AGE IS APPROPRIATE TO JOIN SOCIAL MEDIA?
(continued)

Why do they stick their tongues out?
But we all know tweens want to do whatever their friends are doing, regardless of what month their birthday falls. And as more and more social groups, activity clubs and even primary schools join social media, it is harder to explain to a 10, 11, or 12 year old why they can't be involved.

Some parents hate social media, such as mother of two daughters, Nikki Laski, who says Instagram is "killing this whole generation because that is all they think about, that's all that matters to them".

"Oh my god, if I see another girl posing with their tongue sticking out ... why do they do that?" she asks.

Laski downloaded Instagram to her own phone last year for her daughter to use, and can still monitor her activity from this account. She wanted to wait until her daughter was 14 before getting her first smartphone, but this plan failed after her daughter received a smartphone in March for her bar mitzvah.

Now the 12-year-old plays constantly with the smartphone during her free time, but does lock it away at school and overnight. "No devices in bedrooms. She knows the rules and I am not a pushover," Laski says.

While Laski "resisted as long as possible", she has now lost her daughter to the pull of social media. She was saddened after a recent trip to the park because the youngest daughter spent two hours doing cartwheels and handstands, while the oldest spent the entire time taking photos to go on Instagram.

While some parents may welcome the hours of distraction that social media provides, Laski said she has big concerns about the impact on her daughter's sense of reality. A teenage girl's account is full of highly crafted images from "Kardashians and idiots", advertisers, and friends, she says. "We just have to make sure, that as mothers in particular, that we do tell our children – especially daughters – that Instagram is not real."

Another factor to consider is your child's health. There must be good reasons why Instagram's help centre contains a whole section on eating disorders. Not to mention the impact late-night socialising has on sleeping patterns.

Ruth Krawat says she will soon limit her daughter's social media use at night because the 14-year-old is sleep-deprived.

"She is staying up too late because all her friends are up too late. If she does not start going to sleep at a reasonable time it is something I am thinking of doing."

Krawat's daughter was not allowed to open an Instagram account until she was 13 and has one private account for friends and another public one for food blogging. "We talk about the precautions all the time and they are made aware of the dangers of social media at school."

Ideally parents should have to provide consent for children under 16 to open up social media accounts, Krawat says.

She is also concerned about nasty personal comments. While once upon a time a snide remark would be said and then disappear, now it stays there for everyone to see and remember.
BOOK LISTS
The book lists for next year were sent home with your children yesterday. Please check their school bags for these so you can read the letter attached to them and get your orders in by the due date. Thank you!

PERFORMING ARTS AFTERNOON
Many thanks to Mr. Leeder for organising a great afternoon of entertainment last Tuesday. We had all our classes and other groups perform at the Performing Arts Assembly. It makes us all so proud to have so many talented students within our cohort. Many thanks also to all the parents and grandparents who came along to enjoy an afternoon of music and dance.

ART SHOW HELPERS NEEDED
As you know, next week, Friday 20 November, we have our Art Show which is always a fantastic night of colour. Mrs Hull-Deane is looking for some assistance to set up the exhibition. Even a couple of hours will be a great help! If you are able to help with this please get in touch with the front office.

MINI FETE
A big congratulations to all our students for making today’s Social Justice Day (Mini—Fete) a very fun filled and successful day. Well done to our wonderful Year 6 students for preparing and organising such a great day. Please see Mr Payne’s section for more information on this event.

CONGRATULATIONS
After a rigorous selection process across the state, Noah Pilatti has been invited by Hockey WA to be part of their Elite Athlete Development Squad called "IGNITE". Noah is one of the younger members in this U 13’s Development Squad who will prepare for State Squad selections to play in the Hockey Australia U 13’s Nationals in 2016. Congratulations Noah on a great effort and good luck with the trials. We are very proud of you.

Congratulations also to James Bidstrup for being acknowledged as one of the finalists in the, ‘Write 4 Fun’ Competition. This was a nation wide competition with over 9100 entries. James was in the top 15. Again, we are very proud of you James!

CANTEEN
As you are all aware, on Wednesday I sent home a letter in relation to the Canteen for 2016. If you haven’t seen the letter it is attached to this newsletter. I remind you to please have a good read of this newsletter and obviously if you can help next year in the canteen submit your name. Responses are due back to the school office by Tuesday next week, 17 November.

AGM
A reminder that we have our AGM this coming Tuesday 17 November, commencing at 7.00pm in the St Joseph Hall.

CHILDREN IN CARS
IT HAS COME TO MY ATTENTION THAT WE HAVE 1 OR 2 PARENTS LEAVING YOUNGER SIBLINGS UNATTENDED IN CARS AT PICK UP TIME. PLEASE ENSURE THAT THIS DOES NOT HAPPEN FOR THE SAFETY OF YOUR CHILDREN. THE WEATHER IS GETTING HOTTER AND WE DO NOT WANT TO SEE ANY ACCIDENTS HAPPEN. BE AWARE AND VIGILANT OF THIS PLEASE.

Sincerely Yours,
Sandro Coniglio

LIBRARY NEWS
BOOK FAIR
The books have arrived and I have started selling them. Open times for the book fair are as below:

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<tr>
<th>Monday 16 November</th>
<th>Wednesday 18 November</th>
<th>Thursday 19 November</th>
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The book fair will also be open on Friday 20 November for the Art Show 6.00pm—8.00pm.

Angela Smith
Library Assistant

THOUGHT FOR THE FORTNIGHT!
The best way to find yourself is to lose yourself in the service of others.
Christmas Appeal

Christmas hampers filled with delicious food are a great way to provide families with dignity and joy at Christmas time.

Thank you so much to all our students and their families who have donated to our MMPS annual St Vincent de Paul Christmas Appeal so far.

Our classroom hampers will not be collected until Monday 23 November so there is still time to make your contribution to this worthy project.

A list of non-perishable hamper ideas can be found in each classroom.

Many thanks
Belinda Henderson
School Christmas committee member

LOST PROPERTY

There is a large amount of lost property in the school office. Please come and see if anything belongs to your family.

Any unclaimed, unnamed items will be disposed of at the end of the year.

You Are Invited

Dear Parents and Friends of Mary’s Mount Primary School,

Please come and join us as we prepare to celebrate, reflect and support one another to keep dreaming big for our school community in a spirit of love, concern and genuine Christian Service.

We would like to invite you to a Morning Tea to be held at 9.10am on Thursday 3 December in St Joseph’s Hall.

For catering purposes, please RSVP by Friday 27 November to the school office on 9293 2800.

“The best way to find yourself is to lose yourself in the service of others”

It’s our turn to treat YOU!!

From the Staff of
Mary’s Mount Primary School
Mary’s Mount Catholic Identity

Look Closer
Be Ready: “No one knows, however, when the day or the hour will come”. The Gospels tell us that our earthly life will pass to make room for the Kingdom of God. The Kingdom of God will one day be brought to completion with the second coming of Christ. We cannot know when, but we can prepare ourselves for it.

Prayer Space
Symbol: The World
Lord God,
Your plans for us are peace and joy with you for eternity. Help us to be ready for your coming.
Amen.

Did You Know?
St Albert the Great was one of the smartest people in Europe, and a great scientist. He taught all over Europe in biology, geography, metaphysics, chemistry, physics, astronomy, and theology.

Social Justice—Mini Fete
What a great day we had today at our annual Social Justice Mini Fete. The Year 6 students did an amazing job not only organising their own stalls but also the various class stalls too! Our community is grateful for having such amazing young people driven to raise money for those less fortunate than ourselves. Mrs Cockman has been extremely busy this afternoon counting coins and we are pleased to announce that we raised $1231.30! What an amazing effort for a little single stream school on the hill. We thank you once again for your generosity in donations and helping out. Mary’s Mount is truly a blessed place!

Reflection—Smile!
The simple things in life tend to be what we all enjoy the most! Just think about the things that make you happy and you will begin to realise that it does not take much to make you smile. As I sit here writing, I can think of many times in the last week where I have had the opportunity to laugh or smile.

As can be seen in Mother Teresa's quote, a smile can bring so much goodness to others. A smile is simply an amazing thing. Research shows that smiling has an immediate positive effect not only on others but also ourselves. There is something that occurs in our brain when we see a smile that makes us feel better. Research also shows the more you smile, the more you will enjoy your day. Even when life is tough, smiling at someone else makes a huge difference.

Just think about the times that make you smile. As I sit here typing, I am thinking about how Wednesday was a hectic day in the office. Among the paperwork and endless jobs, Mr C and I found some time to sneak the last two pieces of Mrs Hoffmann’s Vanilla Slice into his office and scoff it down like two naughty boys! A very simple thing that had Sandro and I laughing for about a minute, pure joy!

End Times
Mk 13:24-32
Jesus said, “In the last days the sun will darken, the moon will not shine, stars will fall from heaven and the powers in space will be driven to chaos. Then the Son of Man will appear, coming in the clouds with great power and glory. He will send the angels out of all corners of the earth to gather God’s chosen people.”
Mary’s Mount Catholic Identity

It is incredible what you can notice in life when you just stop. You should try it sometime, just take a look around and see what it is that makes you smile or laugh. Maybe even take the time to think about what you do to make others smile. Giving someone a sincere compliment can make their day. Today I took the time to just stop for a minute during the Mini Fete. All I could see was smiles, on the kids, on the parents and on the staff. Who would have thought something as simple as a Mini Fete could bring so much joy to our school? Our Year 6 students did an awesome job in running this day. I complimented them on their efforts and told them how much our school appreciates them. The result, twenty eight smiles!

I know there is a lot that happens in our daily life that stops us from smiling. No matter how hard we try at times to find joy, there are things in life that can be devastating. There are a number of people in our community doing it tough. The courage these people show is impossible to describe. The fact is this is going on right now. What makes our school community special is that there are people going about quietly supporting others, easing some pain and bringing a smile to the face of someone doing it tough.

Mother Teresa was all about seeing a need and doing something about it, always keeping the dignity of others in mind. This is what we have an opportunity to do each and every day, in our actions, in our words. When you read about Mother Teresa’s life one thing that is evident is that she always made people smile. She was truly a special person. We too, can be just like her. May we take the time to stop and not only smile ourselves but also make others smile!

Wishing you a blessed fortnight.

Clinton Payne
Assistant Principal

VEGIE GARDEN

Our vegetable garden is now flourishing, as those who have visited it might have noticed. Lettuce and silver beet are ready to be picked, and the next week we expect a large number of tomatoes to be ripe and ready as well.

Last Thursday, the 3 Y.O. Kindy children visited the garden and enjoyed picking fruit and vegies, and tasting them straight from the plants: strawberries, tomatoes, green beans, parsley, lettuce, basil, and carrots.

Then, together with Mrs Baltov and Mrs Giancono, we made pizza and a salad, using the vegetables picked in the garden. The kids loved helping making the pizza, adding tomatoes, basil and cheese, and, even more, they loved eating it!

The little gardeners also planted some lettuces, that, with this warm weather, will be available soon.

Vegetables will be for sale, for a gold coin donation, every Thursday afternoon, around 3 p.m., until the end of the school year.

The Garden Fairies
Denise, Finette and Elena
Please see below roster for the next fortnight. I have some helpers, however, an additional set of hands to help with the morning preparation or lunch time distribution would be much appreciated especially on a Friday. If you have an hour to spare after school drop or at lunchtime (12-1pm) on one of the days listed below please phone or email me on shawjosh@bigpond.com. All help is welcome and much appreciated.

**Gumnut Canteen Roster—Term 4, 2015**
(Please Contact Shirley Shaw 9454-5686 or 0418 927 177)

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<tr>
<th>WEEK 6</th>
<th>MONDAY</th>
<th>FRIDAY</th>
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<tr>
<td>(16/20 November)</td>
<td>Natalie Boyd-Ratcliff</td>
<td>Finette Macolino</td>
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<tr>
<td>WEEK 7</td>
<td>Lyn Breadsell</td>
<td>Natalie Boyd-Ratcliff</td>
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<tr>
<td>(23/27 November)</td>
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Many thanks to Lyn Breadsell (Grandma to Shayla Yr 2) for jumping straight of the plane from Cocos Island and helping me fill the vacant spots in the canteen roster over the last weeks – Much Appreciated.

**Menu Update**

End of Term is fast approaching and as a result you may see some items disappear from the online canteen menu. I will keep the popular items running as long as possible including drinks, jellies and icy poles now that the warmer weather is here, however, I need to clear stock and clear out the freezer and cupboard for the end of year break.

**Shirley Shaw**

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**UNIFORM SHOP NEWS**

Please come and visit us at the Uniform Shop and beat the end of year rush for uniforms - we are open Tuesday and Wednesday mornings from 8:30 am – 9:00 am.

We have stock of the new Mary’s Mount hats available. Please note that the red reversible hat in small and medium will not be available until mid November.

We are also holding an END-OF-YEAR CLEAR OUT stall of old uniform stock over the next 3 weeks. This stall will be out the front of the Uniform Shop during Uniform Shop opening hours. Come down and visit us and pick up a bargain.

- Royal Raincoats - $10
- Royal Sport Shorts - $5
- White Sport Tops - $5
- Royal Tracksuit (top and bottoms) - $10
- Royal and Grey Stripped Tie - $5
- Dress Shirts (screen print emblem) $10 (short sleeve) $12 (long sleeved)
- Royal Woollen Jumper - $10
- Legionnaire Hats - $5

PLEASE NOTE – 2016 is the last year students can wear the old uniforms. As of 2017 all students MUST BE IN THE NEW UNIFORM ITEMS.

Tracey & Kelly
Dear Parents and Families,

Come down to the Art Show next Friday 20 November for an evening of viewing our children's artwork, food, open bar, business expo and entertainment. We still have a couple of spots left for the business expo, if anyone knows of any small businesses in the community that may like a stall please invite them to apply.

Mrs Hull-Deane would love some helpers to hang the children’s artwork on Thursday and Friday. If you have an hour to spare she would love your help.

The Breakfast in the Park Poster Competition has been extended to Monday! Get colouring over the weekend!

P & F Committee

Hello Everyone,

After a wonderful long service leave I am back to get the art show organised for next Friday 20 November from 5pm until 8pm.

In this years art show, along with all the beautiful art work created by the students being on display, we will also have a canvas painted by each child for sale. These pictures will be on sale for $10 each. If you choose not to buy your child’s canvas, in the last 30 minutes of the evening, from 7.30, we will sell them off to anyone who would like to purchase them.

If you would like to purchase your child’s canvas and will not be attending the art show, you may come into the hall next Friday after school and will be able to purchase it then.

As always, I am need of some help to set up for the evening. So if you are able to spare a little time to help out it will be greatly appreciated. If you can help let me or the office know.

There will be a lot of other exciting things going on during the evening, look at the posters around the school and on the P&F notice above for more information. I look forward to seeing all of you on the night.

Wendy Hull-Deane
Art specialist teacher
Small group lessons from 6 months to school age.
Pool heated 32º for optimum concentration.
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Victoria Square
PERTH WA 6000

Early in 2016, Mercedes College will commence interviewing Year Five students who are due to start Year Seven in 2018. If you are considering enrolling your daughter at Mercedes and have not yet requested an information pack, please contact Mrs Julie Lamb on 9323 1340 as soon as possible. Further information about enrolments is available on our website, www.mercedes.wa.edu.au.

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St Brigid’s College Lesmurdie Community Weekend

St Brigid’s College has a wonderful event coming up to which we’d like to extend an invitation to all families

**Sunday November 15 – SBC Community Fair** on the Grounds of the Junior Oval. Over 50 stalls and amusements for all ages.
10am -3pm, all welcome.
All enquiries to Annamaria Cream 9290 4205.
Kalamunda Christian School Fundraising Committee and we have organised for the very informative Maggie Dent to give her presentation, From the Sandpit to Adulthood – Helping today’s children to thrive at our school gym on Friday 20th November 2015 at 7:00pm.

We would like to invite the parents of your school to come and attend her presentation. Please see the attached flyer for further information.