Dear Parents and Friends,

**Breaking Out of the World Game**

In January this year I had the good fortune, along with two other principals, to study a personal development and anti-bullying program called **Breaking Out of the World Game**. We have worked with one another to implement this in our schools. We have found that it has made changes to the individual cultures of the schools, making them better places to be for parents, teachers and especially students. This week I am introducing the program to the Years 4 and 5 with the assistance of the principal of St Luke’s Wantirna, Mrs Louise Mackay. It will be gradually introduced to other areas of the school. Today I am teaching the program at Wantirna to their Year 3.

Parents of all year levels are encouraged to attend a 45 minute briefing on the program on Thursday at 3:15pm in the SPAC. Teachers will supervise children in the playground. Please return the slip on the attached flyer.

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**School Closure day**

On this Friday, 28 October, a day chosen by the Catholic Education Office, all of our teachers are attending a teaching maths training day in the city as part of our participation in the CTLM – the Contemporary Teaching and Learning of Mathematics, the two year program that is changing the way we do things here at St Joseph’s school.

**Family Camp**

The Spring racing carnival is upon us again. (The years seem to be getting shorter!!) The family camp is on this weekend. Many families have booked to go and we wish them a great time. I will be continuing my family tradition of an annual camping holiday with several families. This is one of the increasingly rare family gatherings that my adult sons continue to attend and enjoy! So we all wish for great weather and our own horse to win the sweep!

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**Family Relationships**

To support parents in their role as the most important teachers of their children, we have been fortunate to engage family Life Victoria to conduct a Sexuality Education Program at the school on Wednesday 9 November. I have worked with them several times in the past and have found them excellent. I strongly encourage you to participate. Because a number of age appropriate sessions are held, and to make it easier to participate, we will provide child minding for school children when it is not their session. Please see the attached flyer.

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**Working bee**:

Thank you to those brave souls who attended the working bee on Friday despite the gloomy conditions! We managed to continue the development of the kitchen garden. Thank you for the herb plants that were brought and planted. We started to tidy the flagpole garden. We also continued the window cleaning program. The pond next to the church was cleared to permit exploration of its workings, the knowledge of which has been lost in time!! The honour role includes the Durant, Wells, Scoble, Newell/Caneva, Gange/Gibson, Patterson and Warner families. Thanks! The last working bee is at twilight on 25 November.

**Prep 2012**

We had a lovely first “drop in” session with our 25 preps last Friday. They appear to be a good crop! They come again on 4 November and will get to meet their buddies soon.

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**Bush Dance**

The children are all learning dances! So put 6pm on 18 November in your diary!
As I drove up the valley on a beautiful Sunday Morning, admiring how fortunate we are to be in such a beautiful place, it was definitely a wonder and awe moment. I came up to go to the commitment Mass, where all our First Eucharist Children signed the commitment book. So as a community, could we please keep our prayers and thoughts with these children? The First Eucharist Mass is on;

**Sunday 6th November at 10am** in the Thomas A’ Becket Church. It is also the Parish Mass for the day.

Thank you to all the families that attended the Eucharist family night and for Mr Colley, Mrs Traynor and Mr Faulkner for their time. Thought it was a really nice night. If any families have any ideas on how to develop this night further, it would be great to hear from you.

**We Still Need Your HELP!!!**

The school is chasing any items, pictures, recounts, stories, information, people who know anything about our Parish church in Warburton.

We are hoping to learn more and create a presentation for the 100 year celebrations in January. If you have anything or can contribute, could you please speak to your classroom teacher or myself.

Nick Frederiksen

Religious Education Leader
CHILDREN’S ACHIEVEMENTS

- Congratulations to **Shamus Trainor** on trying out and being chosen for Kilsyth Cobras rep basketball team.

WELL DONE!

This week’s morning fitness roster:

<table>
<thead>
<tr>
<th>Week 3</th>
<th>Activity</th>
<th>Location</th>
<th>Location if wet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Echidnas</td>
<td>Obstacle Course</td>
<td>Meet on playground</td>
<td>South building shared area</td>
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<tr>
<td>Mrs Vranken</td>
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<td></td>
<td></td>
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<tr>
<td>Dingos</td>
<td>Power Walk</td>
<td>Meet in undercover area. Walk around school paths</td>
<td>Meet in undercover area. Walk around passages/stairs in main building.</td>
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<tr>
<td>Mr Frederiksen</td>
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<td></td>
<td></td>
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<tr>
<td>Kookaburras</td>
<td>Commando</td>
<td>SPA gym or driveway</td>
<td>SPA foyer</td>
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<tr>
<td>Mrs McQuade</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Koalas</td>
<td>Relays</td>
<td>Basketball court</td>
<td>Church meeting room</td>
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<tr>
<td>Mr Booth</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Kangaroos</td>
<td>Pentathlon</td>
<td>SPA gym</td>
<td>SPA performing arts room</td>
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<tr>
<td>Miss Bellman</td>
<td></td>
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<td></td>
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<tr>
<td>Wombats</td>
<td>Games</td>
<td>Basketball court</td>
<td>SPA gym (one third)</td>
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<tr>
<td>Miss Bourke/ Mrs Vanstan</td>
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<tr>
<td>Bandicoots</td>
<td>Skipping</td>
<td>Roundabout</td>
<td>SPA gym (one third)</td>
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<tr>
<td>Mr Colley/ Mrs Traynor</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tassie Devils</td>
<td>Circuit</td>
<td>SPA gym</td>
<td>SPA gym (one third)</td>
</tr>
<tr>
<td>Miss Angeli</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Not on this week:</td>
<td>Aerobics Boundary</td>
<td></td>
<td></td>
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</tbody>
</table>
Tobin Brothers' Tribute Tree Planting

Congratulations and thank you to the following students who represented our school and sang so beautifully at the very last Tribute Tree Planting ceremony yesterday at Upper Yarra Reservoir: James Bishop, Karah Hannon, Brendon Huynh, Jessica Morgan, Belle Price, Sally McIntosh, Holly Munro, Hunter Nugara, Lilian Pagels, Kailee Robinson, Danielle Virgona, Lexi Bowman, Brydie Francis, Jenny Huynh, Kendra Spencer, Lotte Young.

With 12 performances over the past 8 years, St Joseph's Choral Group has been an important part of this event which provided an opportunity for people to remember loved ones who have died. Every time we have participated we have received grateful comments from people who find the children's singing helpful in their grieving.

Thank you to the parents who supported the Choral Group by attending the event or by ensuring their child was able to attend. Thank you also to Ms Marg Lunson who came along to support us and to take photos. And finally, an enormous thank you to Maria Mithen for her on-going support, and for consistently making herself available to accompany the Choral Group.

Margaret Broderick

VOUCHERS & DOCKETS

All Coles vouchers and Woolworths dockets must be returned TOMORROW. Thank you all for supporting this so wholeheartedly.

Paul’s bottle cap collecting is still going – please keep saving them and bring them in to the office.

BOOKCLUB

Bookclub orders are due back by: Tuesday 25th October.

Late orders cannot be accepted.
Would your child eat the marshmallow?

Impulse control is one of the keys to being successful in life. It doesn’t take a study to make that obvious.

Between 1968 and 1974 Stanford University researcher Michael Mischel conducted an unusual experiment that demonstrated the importance of delaying immediate gratification to lifelong success. In a long-term study Mischel, offered 4-year-olds a marshmallow, and told them that if they could wait for the experimenter to return after ten to fifteen minutes, he would reward their patience with another marshmallow.

Control your impulses and delay gratification for a greater reward was the idea here! An interesting dilemma for any 44-year-old, let alone a 4-year-old.

Mischel found there were three groups of kids. About one-third ate the marshmallow within the first few seconds. They didn’t even consider waiting. Down the hatch! Another third tried to wait, but couldn’t last the distance. Another third practiced some old-fashioned self-discipline and didn’t eat the marshmallow. That’s quite an effort!

Mischel followed the 400 kids involved in the experiment over a 14 year period and found that there was a high correlation between the results of the study and how each group performed in high school.

The marshmallow gobbler were more troubled, and had difficulty subordinating immediate impulses to achieve long-term goals. When it came time to study, they were easily distracted and less likely to follow-through and finish school.

The marshmallow resistors were more motivated, educationally more successful and more emotionally intelligent. Their end-of-high-school marks were higher than the other groups marks.

So what’s the point?

I think it’s a great reminder for all parents that the Rolling Stones were right when they sang all those years ago, “You can’t always get what you want.”

Okay, Mick Jagger wasn’t thinking about kids when he belted out those lyrics, but he may as well have been.

Impulse control is one of the keys to being successful in life. It doesn’t take a study to make that obvious. Those who can put off immediate gratification or the quick fix to work toward a bigger goal will always be successful in life.

Always have been, always will. It takes self-discipline to save, rather than use a credit card. It takes self-discipline to get up in the cold each morning to exercise rather than stay in bed. Impulse control pays off... in the long run.

Modern parenting can be detrimental to developing impulse control.

Let’s face it, in this era of smaller families we have greater propensity to gratify kids’ needs immediately. To be blunt, to avoid disappointing kids, I see some adults bending over backwards to give them what they want.

Impulse control is largely about self-discipline and character. While some kids are more naturally prone to delay gratification than others, some parenting styles are more likely to promote impulse control than others. Parenting does have an impact!

Here are four strategies to encourage your children to delay gratification, practise self-discipline and build character along the way:

1. Just say NO! You may need to grit your teeth with some tough nuts, but so be it!
2. Give kids pocket-money and teach them how to set goals.
3. Help kids focus on bigger rewards. When kids can see that a BIGGER reward is attainable they are more likely strive to get it.
4. Establish rituals and rites of passage. "You get your big bike when you are ten" is a type of ritual that parents used in the past to make children wait. These rituals and rites of passage give parents strength to resist pester power and teach kids that good things come to those who wait.

There is no doubt that saying No to kids is hard work as it is in their job descriptions to push parental boundaries.

It is in their long term best interests to realise that they "can’t always get what you want..."

It’s worth remembering the following line to that Stones Classic was, “you can try sometimes, you can try”.

Maybe Jagger was singing about kids after all!

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For more ideas, support and advice for all your parenting challenges, visit: www.parentingideas.com.au

School tea-towels and aprons. Thank-you to everyone who returned their order forms. The artwork will be sent in this week. We anticipate delivery by 15th December.

The biannual St Joe’s Bush Dance will be held on Friday 18th November from 6:00p.m. A booking form with all the details will be sent home this week. The children are currently learning bush dances in their performing arts classes which will be performed on the night. It would be great to see all families supporting this event.

Family Camp 2011 will be held at Mansfield Holiday Park over the Melbourne Cup Long Weekend. All St Joseph’s families, past and present are welcome. Contact Matt at the Mansfield Holiday Park on 03 5775 1383 or at www.mansfieldholidaypark.com.au. Let them know you are from St Joseph’s. The park has requested that if you have young children or toddlers you let them know when booking as there is an unfenced dam nearby.

The P&F have decided to change the date of our AGM to better reflect the needs of outgoing members and to have an established and energetic new committee to start the new year. Accordingly, we will be having our AGM with our next meeting on Wednesday 23rd November. 7:00p.m. for a 7:30p.m. start. Once the AGM has been completed, our normal meeting will commence. More details shortly.

Contact: Jo Taylor 0403 504 096 or Drew Cummings 0413 999 315

Yarra Valley Uniforms
The Uniform Shop is open on **Wednesdays**. Donna’s contact number is 0427 516 375.

Remember to keep receipts to claim on your **Education Tax Refund next year**.

CONVEYANCE CHEQUES
There are still some Conveyance Allowance cheques awaiting collection from the office.

Please collect them as soon as possible.
**LOST**

1. Red, Sherrin football with MCG written on it in yellow.
   
   It belongs to Blair Weir.

**WORKING BEE**

Thank you to the following families that attended the Working Bee:

- Gange/Gibson
- Durant
- Newell/Caneva
- Patterson
- Scoble
- Warner
- Wells

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**Mount Lilydale Mercy College Old Collegians’ Memorial Mass**

The Mount Lilydale Mercy College Old Collegians’ Association has organised a Memorial Mass for Old Collegians and Staff who have died. The Mass will be celebrated in the Doyle Centre at 2 pm on Sunday, November 6th and will be followed by Devonshire Tea in the College Staff Room. For those requiring transport from the Doyle Centre to the Staff Room, a bus will be available. This is a special day for the wider College Community. Please contact the School if you wish to attend the Mass and have a loved one remembered.

Phone 97354022 or Patricia Olson  olsont@mlmclilydale.catholic.edu.au or Leonie Ziolkowski  Ziolkowski@mlmclilydale.catholic.edu.au

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**Warburton Millgrove Cricket Club**

**Milo Cricket**

On Friday the **4th of November** the Warburton Millgrove Cricket Club will be holding its first **Milo Cricket** training for the year!

It’s a great way to make new friends, learn how to play cricket and **HAVE FUN** all at the same time!

The program will run each Friday night over summer from 5 – 6pm.

If you think you would like to play come down and register at **Mac Sparks Oval** (Warburton Football oval) at **5pm** on the **4th of November**!

**For more information please call**

Adam : 0437167794 Or Ally: 0430881792
Parent Seminar Series 2011
A program for parents, carers, guardians and grandparents of students
in Catholic primary and secondary Schools

What's on in November

TOPIC: THRIVING – A NEW APPROACH TO POSITIVE PARENTING
Presenter: Michael Grose (Ages: 3 – 12yrs)

This seminar will address how parents can get more joy from their parenting children aged 3 years-12 years, why developing a sense of ‘other’ kids is vital for future success and wellbeing; how parents can get cooperation without using bribery, shaming or blaming; three keys to developing real confidence in kids; how to help kids grow & learn; how parents can work together even when they are not together.

8 November
St Gregory the Great
396 Manningham Road
Doncaster
Ref. Mel. Map 33 D11
7pm – 9pm
(Registration 6.30pm)

10 November
St Peter’s
32 Wedge Street
Epping
Ref. Mel. Map 182 B11
7pm – 9pm
(Registration 6.30pm)

TOPIC: ANXIETY IN CHILDREN AND TEENAGERS
Presenter: Murray Evely (Primary & Secondary)

This seminar is designed to assist parents to understand anxiety and depression. The presentation will briefly describe ten anxieties or depression conditions, explain who is most at risk, parental risk factors, patterns of thinking that can cause anxiety and depressed children and adolescents.

15 November
St Timothy’s
21 Stevens Road
Vermont
Ref. Mel. Map 62 G3
7pm-9pm
(Registration 6.30pm)

Registration/Further Information
Contact your school or Catholic Education Office Melbourne, Parent Seminar Series Coordinator:
Mrs Shirley O’Sullivan on 9464 5225 or email shirley@stclaresthomastown.catholic.edu.au

Seminar Cost: $10 per person (to be paid in advance)