



**Our Vision**  
An inclusive community committed to high levels of learning for all.

**Our Mission**  
In the spirit of Saint Mary Mackillop, we strive for excellence with love, dignity, integrity and justice.

**Dear Families**

During the Principals' Forum which was held last week in Toowoomba, Professor Br David Hall FMS spoke at length about human flourishing as being synonymous with God's way for a good life. When we are grateful, then God is present. If you expect nothing and be grateful for everything is another way to look at human flourishing. Create the life that you want to become and the author of your own story. Whilst quite simple in its interpretation, our biggest challenge is to make the notion of human flourishing pertinent to a game of handball or our Religious Education program. Professor Hall also spoke about the mission of a Catholic school is not Harvard but rather Heaven. He challenged the elite nature and fee structure of some Catholic schools throughout the western world. The message for St Patrick's is certainly to keep our eye on our true mission...**In the spirit of Saint Mary Mackillop, we will strive for excellence with love, dignity, integrity and justice.** Above all else, it is about our students understanding that there is something larger than themselves. We need to be in communion with God and understand the notion of transcendence if we are going to be authentically distinctive. True happiness is therefore linked to our sense of belonging, purpose, an ability to tell our story and an understanding of transcendence.

## Feeling Safe

Our School Student Protection Contacts are:

- Ms Donnelly
- Mr Blaikie
- Mrs Jennifer Fenn



The more connected we feel to our family, friends and community (BELONGING), the more we are motivated by positive long-term goals (PURPOSE), the more skillfully we can weave a narrative from the threads with our life (STORYTELLING), and the more we focus our energies on something larger than ourselves (TRANSCENDENCE), the more meaningful our lives are.

### Reminders

**Uniform Days**  
**Sports**

Wednesday, Friday.

**Formal**

Monday, Tuesday, Thursday.

**Summer Uniform**

Please remember that we are a...

**'Nut Aware' School.**

**Church Times - Celebrations are up and running again with social distancing measures in place. Times for Masses are as follows:**

**1st Sunday - 9am**  
**2nd and 3rd Sunday - 5.30pm**

**4th & 5th Sunday Liturgy of the Word with Communion - 9am**

### Excellence in Education

On Wednesday 2 November, Ms Mary Donnelly from St Patrick's School Allora received an Excellence in Teaching and Learning Award at the Toowoomba Catholic Schools Excellence Awards Ceremony. This award recognises members of the Toowoomba Catholic Schools community who create exemplary places of learning where every student experience academic success and comes to know and experience the loving presence of Jesus.

*The 'Mary Donnelly experience' is explained by parents as one in which their child is not only educated but thoroughly engaged by her wit and intelligence. It is the experience of Mary that has had a positive and lasting impact on the community of Allora. Mary's leadership of pedagogy and pastoral care, professional development of staff, expert differentiation of curriculum, authentic relationships and willingness to go the extra mile are the hallmarks of her career.*

Congratulations Ms Donnelly!! The St Patrick's School Community salutes your excellence award and is grateful for your massive contribution to the holistic education of all the students in your care.





## A minutes reflection—Lee ann Weekes (TCSO)

Have fun! How often do we say this to each other, and what do we mean? When so many pressing needs call on us to be reliable and responsible, having fun can feel a bit frivolous. In her book 'The Power of Fun', science journalist Catherine Price describes fun as an essential part of everyday life. Doing something for the sake of it, feeling connected through shared experiences and being so engrossed in something that you lose track of time are crucial elements and can occur both at work and play.

Wellbeing experts believe a sense of fun helps develop a more positive mindset and better mental health. However, Scripture has long encouraged us to have fun as a counterbalance to our work. We are told 'there is nothing better than eating and drinking and finding enjoyment as we work, as these are God's gifts to us' (Ecclesiastes 2:24; 8:15).

Jesus was quite partial to having fun. He took any opportunity he could to eat and drink with his friends, including disciples and the marginalised he met on his journeys. While containing a serious message, his parables and stories usually end with great rejoicing. He would have elicited quite a few laughs when he exaggerates the plight of a rich man getting into heaven by comparing him with a camel passing through the eye of a needle. No matter how tired he was, he always found time to play with the children.

As 2022 rushes to a frenetic end and we feel overwhelmed with tasks and obligations, find the fun moments that bring you joy. Joan Chittister reminds us that 'life is a blessing to be celebrated'. Learning to celebrate joy is one of the great practices of spiritual life, as it recognises the mercy and love of God.

Cuddle the puppy, tell the joke, bake the cake (share it with a colleague), sing loudly, take a walk along the river, and brew a pot of tea. Remember, 'this is the day that Lord has made; let us rejoice and be glad in it' (Psalm 118:24).

## Healthy Hearing—Anna Chandler (TCSO)

On Wednesday 9 November, Dendra Cole visited St Patrick's, Allora. Dendra is an Audiologist, and she visits the schools across the Toowoomba Catholic Diocese. Dendra provided Audiology testing for many students yesterday, and she was so impressed by their manners and kindness! We always love visiting the St Pat's community. Every child was given a brochure about Healthy Hearing. Please check your child's bag for this!

Good hearing health is essential for children to reach their full potential in all areas of life, especially when it comes to school performance. Quite often, hearing loss has a profoundly negative effect on academic performance as well as social and emotional wellbeing. Research indicates that approximately 15% of children between the ages of 5 and 19 have mild hearing loss of at least 16 dB in one, or both ears. This potentially means that in every classroom there could be 3 or 4 students experiencing hearing loss. Most commonly, hearing loss in children is temporary and treatable, but if left undetected, it can have a significant negative impact on a child's development. Often the signs of poor hearing can be overlooked and mistaken for other behaviours or conditions.

Children with a history of ear infections, grommets or other poor hearing health are particularly encouraged to have an Audiology test. Other concerns may include:

- Academic difficulties and irrelevant responses to questions
- Difficulty following directions and remembering information
- Speech and language concerns
- Phonological awareness delays auditory processing concerns
- Ongoing illnesses such as regular colds and runny noses.

A particular concern for rural students is permanent hearing loss from exposure to noise. This includes listening to music through head phones, recreational activities such as motorbiking, shooting and other machinery, and other activities such as gaming. Parents are asked to be mindful of their child's exposure to this sort of noise induced trauma, and ensure that proper hearing safety is worn. One event could result in permanent hearing loss.

Thank you to the families who have participated in the Audiology testing in 2022. We look forward to continuing this in 2023.

## St Vincent De Paul Christmas Appeal

Many Australian families are struggling to survive the increasing cost-of-living pressures this Christmas. Your generosity can provide urgent relief for a family who's doing it tough this Christmas, and give them hope for a better future. As a result, the community of St Patrick's School will once again support the annual St Vincent De Paul Christmas Appeal. The school will be accepting non-perishable (Christmas-themed) food items. Please drop them into the baskets provided near your child's classroom. Your generosity is greatly appreciated!

## **Farewell for Mrs Telford and Ms Donnelly**

As you would be aware, a farewell dinner for Mrs Telford and Ms Donnelly is being held on Friday 25 November from 5:00pm until 7:00pm in the multi-purpose shed at St Patrick's School. All are welcome to attend. Please remember that all children need to be supervised by their parents. Tables and seating will be provided on the night together with a light supper. If you have not already done so, please contact the office if you can attend this event. Current Students of St Patrick's will be able to farewell both Mrs Telford and Ms Donnelly during the last week of school.

Attendance numbers be finalised on Friday 18 November at 3pm.

## **St Patrick's P&F Association—Golf and Bowls Day**

Our congratulations must be conveyed to the members of the school's P&F Association for their organisation of another superb Golf and Bowls Day. From all accounts, there was some outstanding golf played. Competition was fierce to try and sink a hole in one to win that ute from Black Toyota in Warwick. There is always next year!! I have also been reliably informed that the wooden spoon has found a new home in Allora.

***(A bunch of likely looking lads who won the bowls competition. Congratulations Gentlemen!)***



## **Interhouse Swimming Carnival**

The annual Interhouse Swimming Carnival will be held on **Friday 18 November 2022**. Students will meet their classroom teacher at St Patrick's School on Friday morning as per the normal routine. Students will walk to and from the pool under the supervision of staff. Staff have nominated students for individual events at the Interhouse Carnival dependent upon their ability and skill level displayed during HPE lessons. The P&F Association has very kindly offered to supply BBQ lunch for all students, staff and parents at no cost. We thank the P&F Association very much for their kind offer.

The St Patrick's School Interhouse Swimming program will be distributed to the school community on Wednesday 16 November for your information. The freestyle events are set to commence at 9:30am. Timekeepers will be required on the day. If you would like to volunteer, please contact the office.

## **Arrangements for Week 9 – 2022**

### **Graduation Mass - Thursday (1 December)**

#### ***Sports Uniform during the day. Formal Uniform required for Mass (Years 1 to 6)***

- BBQ dinner will be provided for students and their families from 5:00pm until 5:45pm. Tea and Coffee will be available for adults.
- Students to meet their classroom teacher at 5:45pm near the Church.
- Glengallan students and all families enter the Church at 5:50pm.
- Graduation Mass commences at 6:00pm. There will be a 15-minute water and toilet break between Mass and the Awards Ceremony.
- Graduation Ceremony will commence at 6:15pm.
- Graduation Ceremony concludes at approximately 7:30pm.
- ***All students need to be collected from the Church at the conclusion of the ceremony.***

### **Thanksgiving Liturgy and Academic Awards Ceremony - Friday (2 December)**

#### ***Formal Uniform (All students Years 1 to 6).***

- Students need to bring their morning tea to school.
- Year 6 Graduation Cake will be cut and shared amongst the school community at 10:00am prior to the Thanksgiving Liturgy and Awards Ceremony. Morning Tea for parents will be held near the tuckshop. All are welcome!
- Thanksgiving Liturgy and Academic Awards Ceremony commences at 10:30am in the St Patrick's Parish Church.
- ***Students are to be collected by their parents from classrooms at the conclusion of the ceremony.***



## Glengallan Sporting—Update

Our congratulations must go to Tom who recently participated in the Downs Aquathon trials which were held in Dalby. Tom ended up finishing fourth in his age group which is a wonderful achievement given this is the first time he has competed in an aquathon. Tom has qualified for the next stage of aquathon events. Congratulations!



## Congratulations Mrs Gibson—90 years young!

It certainly does take a community to raise a child. Matt Denny (pictured with Mrs Gibson) made sure that he visited a local legend on his recent return to Allora. Mrs Gibson recently celebrated her 90th birthday and Matt made sure his Commonwealth Gold Medal could be shared with her. The St Patrick's Community send our most sincere best wishes to Mrs Gibson, a stalwart of not only Allora but of the St Patrick's Parish and active past parent. From little things, big things grow certainly rings true!

Enjoy the rest of your week and we hope to see many of you on Friday at our annual Interhouse Swimming Carnival. As always, if you have any queries or concerns, please do not hesitate in contacting the school.

Kindest regards

**Keith Blaikie—Principal**

**Ice blocks after school on Fridays!**  
\$1-each  
Please help St Joseph's School Woodburn, NSW. This contribution means alot!

## **DATE CLAIMERS**

### **Term 4—2022**

- 16 November—P&F Meeting at 6pm in the library or via Zoom
- 17 November—Assumption College transition day (Year 6 only)
- 18 November—Interhouse Swimming Carnival
- 21-23 November— Year 5/6 School Camp Glengallan travel to Tallebudgera
- 25 November—Assembly 2:20pm
- 25 November—5pm –7pm St Patrick's Community Celebrate Mary & Lesley's Retirement
- 30 November—Prep Transition # 4 (2-3pm)
- 30 November—Newsletter uploaded at 3pm
- **1 December—5pm BBQ with Graduation Mass commencing at 6:00pm**
- **2 December—Final Day Assembly 10:30am with school concluding at 12:00pm**

# Parental wellbeing

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**Parenting can be one of the most rewarding roles you will take on in life. However, it can also be one of the most stressful.**

Research has found that most families experience many changes and challenges and some of these can be very stressful. These may include changes in your relationship with your partner, job changes, financial difficulties, health problems for yourself or someone in your family, and the death of a family member or loved one. Your children may experience difficulties at school, or be bullied, which may place an additional strain on the family.

All of these challenges can have an impact on you, your partner, your children and your ability to cope with parenting. It can make life seem overwhelming.

Here we talk about ways that you can cope with the challenges that may arise for you and your family.

## Start with good communication.

Good communication with other members of your family, such as your partner, and your children, forms the basis of a strong family foundation. Being able to talk, without conflict, about a wide range of issues in your relationship can make you feel more supported and positive in your relationship. Modeling good communication skills, and listening to each other, is also important for your children, as they learn how to communicate with others by watching you.

## Seek support during tough times.

When there are changes or challenges in life, it can seem difficult to cope with everything on your own. Stressful events can happen throughout life and during these times, reaching out for support from

others can help you handle them. Some people are fortunate enough to have family members or close friends that they can turn to for support – someone to look after the children for a little while, someone who can help with the cooking or cleaning. It is important to ask these people for help if you need it. You shouldn't feel ashamed to ask for help – remember that they may need your help one day too. If you don't have family or friends to turn to, there are other support services within the community that can assist, you can often find these on the internet, or you could make a time to see a social worker at a local community health centre.

Sometimes you, or someone else in your family, may need extra support from a counselor or psychologist to get you through your difficulties. Your GP will be able to refer you to someone who is appropriate for you.

During challenging times your children will learn from you how to cope and get through. It is a great start for them if they see that you are able to get support from others to make it through.

## Understand how everyone is reacting.

Everyone reacts differently to life's challenges. And children can respond very differently to adults.

It can help you to understand how everyone is coping if you do a little bit of research on how adults and children deal with different stressors.



# Parental wellbeing

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A good example of this is looking at how children deal with grief. While an adult is usually able to verbally express their sadness around the death of someone close to them, children may express their grief through their behaviour. They may withdraw and not want to talk much about it. Or they may start acting out, becoming angry and getting into trouble at school.

Learning more about how different people, and how children, may react to challenging times can relieve some pressure and anxiety for you.

## Look after yourself.

Looking after yourself may seem difficult when there is so much else going on in your family. However, during challenging times it is especially important to keep yourself strong and healthy.

Eating sensibly, getting a good night's sleep and doing some light exercise, such as going for a walk, can help you to feel healthier and more positive.

Taking some time for yourself is also a way to regain some energy for yourself, so that you can meet the needs of your family as well as face current challenges.

## Do positive things together as a family.

During challenging times it can feel as though there are so many negative things happening in your family. This can make it even more important to take some time out to do some nice things together as a family. Sharing positive experiences can strengthen the bonds in a family and can give each person an extra boost to help them through.

Doing positive things together does not necessarily need to cost money. Your family could go for a walk in the neighbourhood, go to the park or play a game together.

Using as many of these strategies as you can may make a real difference to how you and your family are able to cope during challenging times.

## For more information:

**Trauma and Grief Network**

[www.tgn.anu.edu.au](http://www.tgn.anu.edu.au)

**Raising Children Network**

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

**Kids Helpline**

[www.kidshelp.com.au](http://www.kidshelp.com.au)

**Kids Matter**

[www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

**Lifeline**

[www.lifeline.org.au](http://www.lifeline.org.au)