REFLECTION
Prayer to the Holy Spirit

Come, Holy Spirit
Replace the tension within us with a holy relaxation.
Replace the turbulence within us with a sacred calm.
Replace the anxiety within us with a quiet confidence.
Replace the fear within us with a strong faith.
Replace the bitterness within us with the sweetness of grace.
Replace the darkness within us with a gentle light.
Replace the coldness within us with a loving warmth.
Replace the winter within us with your light.
Straighten our crookedness.
Fill our emptiness.
Dull the edge of our pride.
Sharpen the edge of our humility.
Light the fires of our love.
Quench the flames of our lust.
Let us see ourselves as you see us
That we may see You.

Amen.

PRINCIPAL’S REPORT
Welcome to Week 9! This week a number of our students have started their journey in the Sacrament of Confirmation. This journey will culminate in a liturgical celebration that will be held on Thursday 31 July. Archbishop Mark Coleridge will be presiding at this celebration. Please keep these students in your prayers. A reminder that Parent/Teacher interviews are being held next week. Our PTO booking system is still open.

Whooping Cough
If your child has been swabbed for whooping cough it is preferable that you keep them at home until you receive the results from the swab.

PTO
Our Parent Teacher Online bookings will close tomorrow (Thursday 19 June). Please ensure that you have made an appointment if you wish to discuss your child’s progress thus far.

Long Service Leave
Mrs Kathy Neuendorf will be taking Long Service Leave from Monday 14 July until Friday 22 August. Mrs Jenny Collins will be teaching Senior N in her absence. We wish Kathy a restful break from school and welcome Jenny to our staff for a longer period of time.

Mrs Mary Ann Munnings will also be taking Long Service Leave during Term 3. We wish Mary Ann all the best and know that we will miss her. Mrs Lorraine Warland will be teaching Year 1 in her absence.

P and F Meeting
Our next P & F meeting will be held on Friday. The meeting will start at 9:15 am and will be held in the Library. We will be holding some morning meetings to hopefully get some new parents to come along. All are welcome!!

Cowboys Corner
Tonight the Mighty Maroons take on the Blues in Sydney. Watch as our boys even the series and head towards nine in a row!! On Monday the mighty Cowboys take on the Knights. Cowboys by plenty!!

Date Claimers
<table>
<thead>
<tr>
<th>Jun</th>
<th>16-19 Book Fair</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>Parliament House Excursion (Yrs 5-7)</td>
</tr>
<tr>
<td>23-26</td>
<td>Parent Teacher Interviews</td>
</tr>
</tbody>
</table>

APRE REPORT
Assembly
Our combined Year Ones presented the assembly yesterday. They have been learning the ‘Owl and the Pussycat’ poem and performed it for the whole school. Thank you Mrs Munnings, Mrs Wilson and students.

Church Feast Days
On Sunday, the Church celebrates the Feast of Corpus Christi. The Feast of Corpus Christi, or the Feast of the Body and Blood of Christ (as it is often called today), goes back to the 13th century, but it celebrates something far older: the institution of the Sacrament of Holy Communion at the Last Supper. While Holy Thursday is also a celebration of this mystery, the solemn nature of Holy Week, and the focus on Christ's Passion on Good Friday, overshadows that aspect of Holy Thursday. www.catholicism.about.com

Sacramental Program
Thank you to all the families who attended the first Sacramental preparation program last night. Don’t forget
to complete Chapter 1 of the program book and the handout over the holidays and return it to our next lesson on Tuesday 15 July. Can you remind children to bring pencils and a rubber please?

Just a thought... Education is not about the filling of an empty bucket, but the lighting of the fire.

God bless,

Karen

LIBRARY NEWS

BOOKFAIR is going well and we thank you all for your support. If you haven’t got your bargain yet and are planning to come in for a look don’t forget it finishes tomorrow morning.

Have a great week!

Moya & Karen

P&F NEWS

General Meeting

We had to re-schedule our P&F meeting due to State of Origin as the footy fans amongst us didn’t want to miss that! Our next General Meeting will be this Friday 20th June at 9.15 am in the school library. This is a chance for those who can’t make the night meetings to attend a P&F. So if you are available on Friday please come along, newcomers will be very welcome and please feel free to bring younger children as well.

Some of the items on our agenda will be:
- Fundraising
- Fete progress report and actions required by the P&F

If you have an agenda item or would like to discuss any P&F matters, please do not hesitate to give me a call.

Thank you.

Alan Cant
P&F President
5463 2856
aacant@internode.on.net

SCHOOL NEWS

The All Saints’ Shooting Star Award

Congratulations to the following students who were selected by their teachers for the Shooting Star awards.

Prep - Beau S
Yr 1M - Amber C
Yr 1W - Benji L
Yr 2F - Lachlan K
Yr 3DR - Rocco M
Yr 4B - Naomi H
Yr 4/5S - Roman S
Yr 5B - Daniel G
Senior R - Hugh R
Senior N - Harry G

The All Saints’ Shining Star Award

Congratulations to the following students who were selected by their teachers for the Shining Star awards.

Prep - Teylah G
Yr 1M - Lincoln T
Yr 1W - Ben V
Yr 2F - Makena D
Yr 3DR - Isabella Z
Yr 4B - Ben S
Yr 4/5S - Jayden T
Yr 5B - Max W
Senior R - Grace Q
Senior N - Angelina W

OFFICE NEWS

Newsletter Items

Any items or notices for our newsletter should be sent this email address:
pboonahnews@bne.catholic.edu.au

BIRTHDAYS

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
<th>Year</th>
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<tbody>
<tr>
<td>Jun 15</td>
<td>Isaiah B</td>
<td>Yr 6</td>
</tr>
<tr>
<td>16</td>
<td>Jaiden N</td>
<td>Prep</td>
</tr>
<tr>
<td>17</td>
<td>Brittney R</td>
<td>Yr 6</td>
</tr>
<tr>
<td>19</td>
<td>Maddison K</td>
<td>Yr 3</td>
</tr>
<tr>
<td>20</td>
<td>Jake K</td>
<td>Yr 6</td>
</tr>
<tr>
<td>21</td>
<td>Sarai G</td>
<td>Yr 1</td>
</tr>
<tr>
<td></td>
<td>Adelaide S</td>
<td>Yr 6</td>
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TUCKSHOP NEWS

Term 2 Tuckshop Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Tuckshop Volunteers</th>
<th>Baking</th>
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</thead>
<tbody>
<tr>
<td>23.06.14</td>
<td>Shellee Saunders Katherine</td>
<td>Rachel Kriel</td>
</tr>
<tr>
<td></td>
<td>Saunders</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Emma Goan</td>
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</tbody>
</table>

Linda Faulkner 0417 765 830
Els Forde 0407 253 283
Battling childhood obesity is a hot topic. It can be very difficult with busy lifestyles and an array of tempting, ready-to-eat foods available to go for the quick option and find we are eating high calorie meals and snacks without the physical exertion of previous generations. The following is a recent article from The Australian newspaper about ways to encourage healthy eating in children. Like the article suggests if you have concerns about your child’s weight or overeating, seek help early.

Kristina Holland-Thomson, Guidance Counsellor

7 tips for encouraging healthy eating habits

One of our jobs as parents is to look after our children’s well-being, but some recent research has shown that nearly a quarter of children under four are overweight or obese– nearly a quarter!

The BIG problem with situations like this one is that children who are over-eating aren’t getting used to feeling full-enough when their body signals them that they have eaten enough. Children’s bodies emit a hormone called leptin that kicks-in to tell them when they have eaten enough. If they get overfed this hormone doesn’t become active. Being overweight at an early age can also herald early-onset diabetes - now being seen in children as young as seven. If you have problems with your child wanting more and more food, here are 7 tips for addressing the over-eating problem.

1. Where possible, prepare meals at home from fresh vegetables, fruit and meat or fish. Get your kids to help with the preparation.
2. Limit snacking but if your child is hungry, offer your child healthy snacks (like celery and carrot sticks, small yoghurt or a small piece of fresh fruit) and don’t allow children to snack on high fat, high sugar or high salt snacks (like muesli bars, biscuits, chips) between meals.
3. Don’t give in to badgering when shopping. Explain to your children why you don’t want to buy certain foods. Avoid storing lots of ‘treats’ in your pantry where your child can see them.
4. Children need to drink water as their main drink. Soft drinks and even fruit juices should be generally avoided.
5. Dessert should be a treat and not a daily expectation. Lollies and chocolates should not be consumed daily.
6. Manage portion sizes and serve food on smaller plates
7. Children’s palates are being developed as they grow so encourage them to try new foods and to re-try foods they think they don’t like. Help them to develop a taste for healthy, well-prepared food.

Sometimes parents inadvertently develop bad patterns - where they give in after their kids have been harassing them for treats. This is effective because of a phenomenon called reinforcement. Briefly, here’s how it works: your child nags you and after being pestered enough, you give in. In this case, you both get something from it. The child gets what he wants and you, by giving-in, get relief by succumbing. So, you’re both reinforced.

If you go to change a bad pattern like this, there is a strong likelihood that your child’s tantrum- behaviour might get worse before it gets better- but usually only in the short term. In other words, if you resist their pester they will initially try to get the familiar pattern back but eventually they will adjust. But, many parents worry about their child’s distress and, feeling guilty for upsetting him, give him what he wants. Generally, your relationship with your child is strong and positive and it will withstand the temporary upset caused when you say ‘no’ to your child’s inappropriate demands for food. Try distraction and give your child some positive attention in another way, for example, playing a game together.

Self-control around food is a discipline that is worth helping our children learn in a calorie-rich world, like ours. And self-discipline is behaviour that can assist children and young people in other parts of their lives. Parents need to help their children learn about being healthy and this includes making healthy choices for food. Of course, being active, having plenty of exercise and getting enough sleep are also important. If you are concerned about your children’s weight or eating habits, seek help early. Patterns are set up from an early age and physiological changes associated with obesity can be difficult to reverse.

**Update**

Many thanks to the wonderful parents and grandparents who have volunteered their time for this year’s fete. We are now looking to confirm the remaining year level organisers for our internal stalls. These people will be responsible for bringing their stall together, ensuring it runs smoothly on the day and creating a roster so that the load is shared around. The idea of sharing the load via roster will ensure that the class stall organisers can spend time with their families as well. If you are interested in joining this fantastic team, please contact Regina Noga on 0407 376 275 or Els Ford on 0407 253 283.

<table>
<thead>
<tr>
<th>Class</th>
<th>Stall</th>
<th>Class Organiser</th>
<th>Volunteers Needed</th>
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<tbody>
<tr>
<td>Prep</td>
<td>Bake Stall</td>
<td>Gabriella Kostecki</td>
<td>1-2</td>
</tr>
<tr>
<td>1M</td>
<td>Bake Stall</td>
<td>Amanda Taylor</td>
<td>1-2</td>
</tr>
<tr>
<td>1W</td>
<td>Bake Stall</td>
<td>Alicia Johnston &amp; Kris Lineham-Blair</td>
<td>1-2</td>
</tr>
<tr>
<td>2F</td>
<td>Craft</td>
<td>Heff Burke</td>
<td>1-2</td>
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<tr>
<td>3D/R</td>
<td>Produce</td>
<td>Priscilla Gilloway</td>
<td>1-2</td>
</tr>
<tr>
<td>4B</td>
<td>Tattoo’s &amp; Crazy Hair</td>
<td>Honni Hayton &amp; Amanda Bird</td>
<td>1-2</td>
</tr>
<tr>
<td>4/5S</td>
<td>Rock Decorating</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>5B</td>
<td>2nd Hand Clothing</td>
<td>Wendy Curr</td>
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<tr>
<td>Snr R</td>
<td>Confectionary</td>
<td>Lynelle Edbrooke</td>
<td>1</td>
</tr>
<tr>
<td>Snr N</td>
<td>Show Bags</td>
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</tr>
</tbody>
</table>

**Snr R Confectionary/ Fete Food Stall**

The Snr R class is having a confectionary stall at the fete this year. Foods such as fudge, caramel slice, coconut ice, chocolate crackles, toffee apples, etc is what we are intending to sell at the stall.

Any help in making the confectionary or donations of ingredients towards making these food items would be much appreciated. Please phone Lynelle Edbrooke on 0437 002 477 for further information.

**Yr 5 Clothing Stall**

We are having a secondhand children’s clothes stall at our Fete again as it was such a huge success!! Do you have any clean, unwanted CHILDRENS clothing that you would like to donate to our stall.

Your donated items can be baby clothes, summer and winter clothing, pyjamas, dress ups, anything up to about a size 14-16 would be ideal.

Please leave these items with the office as soon as possible.

**Monster Raffle**

Our Monster raffle was a great success last time we held our fete. We had wonderful support from our local businesses, parents and a great team who sourced prizes for our raffle. If you can help by donating prizes of any kind for the raffle please contact Liz Zahnow at the school office, 54631322 or make contact with Sharon Millard by phoning 0419867749, smillard@skymesh.com.au
How do I get involved in the Ritchies Boonah Arts Festival?
August 30 - Sept 6

- Perform in the Youth Showcase - rehearsals start 16 July
- Enter the free writing awards for cash prize money
- Create an outfit of Calico for the Calico on the Catwalk (this year’s judge is the Fashion Editor of the Courier Mail Q Weekender)
- Come & view the body art, great debate, night of drama and much more.

Entry forms at Ritchies IGA or www.boonahartsfestival.com
Or email info@boonahartsfestival.com for more information.

For sale: Kallen upright piano.

Details: 2 years old and in perfect condition, it does need a tune, but this piano has hardly been used and it is now only holding up ornaments and making our lounge room look great. It desperately wants to be played and your house could be filled with the soft, warm and calming tunes from this beautiful instrument.

Pickup Details: Buyer will arrange pickup. We are located in Kalbar in a two story house with a slight flight of stairs and easy access to the front door.

Price: $2,500.00 ($5,000 new under half price)

Contact: Matt 0402 410 602
NOTICES

You are invited to a very special Movie event!!!!

Movie: “Not Today”
Venue: Boonah Cultural Centre
Date: Saturday 19th July
Time: 6.30pm for 7pm start
Cost: $5 per head (all proceeds go to the work of OM Australia)
Light supper provided
Check out the “Not Today” Movie trailer on You tube
Rating: PG13+

While on vacation with friends in Hyderabad, India, Caden Welles - a privileged young man with the world at his disposal - takes an unexpected turn in life after initially refusing to help a starving man and his daughter. He is awakened to the horrifying world of human trafficking. ‘Not Today’ is the first feature-length, faith-based film to tackle the issue of human trafficking.

Why see a movie about human trafficking?
The simple answer is: “None of us is free if one of us is enslaved.”

PLEASE NOTE: There will be opportunity to support the work of Operation Mobilisation through child sponsorship and Freedom Climb.
For More information phone: Vicki Hinrichsen: 0438008260

Available at School Office