A huge thank you to the staff that supervised and umpired the games last Friday; without their involvement the day would not have taken place. A special thank you to Els Forde, and her band of helpers, who fed all those who participated in the Gala Day. Once again without parental support and involvement, these days don’t run as smoothly as they do. THANK YOU!!

Planning for 2016:
To help fine tune plans for 2016, please let the school know if your child/children will not be returning to All Saints’ in 2016 (excluding students in Yr6). Please notify the School Office in writing or by phone. Knowing this information will assist us in organising class groups and other staffing arrangements for the coming year.

P&F Meeting: Wed Oct 21
At the next P&F Meeting one of the items up for discussion will be the 2016 Book Proposal. If you would like to contribute to this discussion please come to the meeting. It will be held in the school Library, Wed Oct 21, 7:00pm.

Links with the Parish:
Last Sunday the Parish gathered on the school top oval to enjoy a picnic. Some students had the opportunity to fire some arrows at hay bales; others kicked a soccer ball around and then enjoyed a game of handball. Some families bought meat to cook on the BBQ, while others bought food to share. Between 25 and 35 people gathered to participate in the Parish Picnic.

### Dates to Remember:

<table>
<thead>
<tr>
<th>Dates</th>
<th>Event / Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon Oct 19</td>
<td>Pupil free day: whilst the Staff are required to attend school on this day, students have been given the day off school. (Our staff will be spending the first half of the day with the St Mary’s staff at Beaudesert)</td>
</tr>
<tr>
<td>Tues Oct 20</td>
<td>Assembly 2;30pm – 2DR</td>
</tr>
<tr>
<td>Wed Oct 21</td>
<td>Prep Orientation Day 1: New Prep students will be coming for a short ‘stay and play’ session with our current Prep Staff. 9:00 – 10:40am</td>
</tr>
</tbody>
</table>
**APRE REPORT**

**Assembly**
Our Term 4 School Captains led the Tuesday assembly. Thank you Grace and James.

**Church Feast Days**
The **Feast of St Teresa of Avila** falls on Thursday 15 October. Teresa was born in Spain in 1515, two decades after Christopher Columbus’ voyages opened the world to wider colonisation and following the Protestant Reformation begun by Martin Luther. After joining the Carmelite Order at 18, these monumental world changes led to Teresa pointing the way from outer turmoil to inner peace. Later in life she went on to found the order of the Discalced Carmelites. She was canonized in 1622. In 1970 she was declared a Doctor of the Church for her writing and teaching on prayer, one of two women to be honoured in this way.

The **Feast of St Ignatius of Antioch** falls on Saturday. Born in Syria, Ignatius converted to Christianity and eventually became bishop of Antioch. In 107, the Emperor Trajan forced the Christians in Antioch to choose between death and apostasy. Ignatius would not deny Christ and was condemned to death. Ignatius is well known for the seven letters he wrote on the long journey from Antioch to Rome urging the Christians there to remain faithful to God and to obey their superiors. Ignatius died a martyr’s death in Rome.

**Just a thought...** Friends show me what I can do. Foes teach me what I should do.

Have a great week
Karen

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**Uniform reminders**
Since returning to school, students have been reminded of the school’s requirement for correct uniform requirements and appropriate hair styles. Correct examples have been modelled to the children on several occasions. All students are expected to have their uniforms clean, tidy and in good repair.

For Years 1-6 girls, the formal uniform consists of solid black shoes (leather if possible), ankle white socks, blue shorts and blouse/dress.

For Years 1-6 boys, the formal uniform is solid black shoes (leather if possible), ankle grey socks, grey shorts (not cargo shorts), blue shirt.

**Hair** for both boys and girls should also be clean and tidy. Hair longer than collar length must be tied back. Extreme hairstyles (Mohawk, shaved sides, colours, etc) which draw attention to the student are not permitted.

Thank you for ensuring that your child/ren attend school appropriately attired.

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**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 B - Bailey F
- Prep P - Stevie-Lee J
- Yr 1W - Ruby Mc
- Yr 1/2F - Beau S
- Yr 2DR - Olivia S
- Yr 3C - Bryce M
- Yr 4 - Dylan M
- Yr 5B - Curtis G
- Yr 5R - Estelle S
- Yr 6N - Rieanna N

**The All Saints’ Shining Star Award**
Congratulations to the following students who were selected by their teachers for the Shining Star awards.

- Prep B - Cody Mc
- Prep P - Liam F
- Yr 1W - Riley F
- Yr 1/2F - Georgia A
- Yr 2DR - Alexander H
- Yr 3C - Jessica F
- Yr 4S - Keisha G
- Yr 5B - Sophia C
- Yr 5R - Jack W
- Yr 6N - Will M
- Yr 6N - Casey T
**CHORUS CORNER**

**TERM 4 WEEK 2 2015**

Our choir is back into rehearsals for the term and busy learning songs to sing at Blue Care on the 10th of November. It is very exciting to have 50 beautiful singing voices working together as a team and the children are very excited about the opportunity to go and entertain the elderly community members at Blue Care.

Some of the songs we will be singing are:
- Silent Night
- Mary’s Boy Child
- Count on Me.

From

Mrs Caryn Eastman
All Saints Choir Director

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**P&F NEWS**

**Cricket Gala Day Thanks**

All Saint’s P&F provided the catering for the Cricket Gala Day held on Friday 9th October. Thanks to Els Forde and Shane Seymour who made it all happen and the helpers on Thursday afternoon – Gabriella Kostecki, Alan Cant and Shane Seymour and Friday – Nicole Gillett, Kate Miller, Melissa Jorgensen, Alan Cant, Andrew Conway and Clare Brandon. Early indications are $600 - $700 profit.

**Next P&F Meeting**

The next meeting of the P&F will be Wednesday 21st October at 7.00 pm in the Library. All welcome. On the agenda for the meeting will be:
- Purchase of new photocopiers for the school
- Update on changes to the school 2016 booklist
- The need for a tuckshop co-convenor to assist Els Forde
- Fete 2016 – timing and format
- End of year BBQ
- Reports from Event Coordinators, Tuckshop Convenor, Grants’ Officer, President, Principal and Treasurer.

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**Tuckshop Co-Convenor Needed**

If you love preparing food and enjoy socialising at the same time … then why not become a Co-convenor of the Tuckshop? Els Forde is our current Convenor and has run the Tuckshop very successfully this year. She would like to share the role with someone, so please consider this opportunity and contact Els, Andrew Conway or Clare Brandon if you would like to find out more about this role.

**Don’t Forget your IGA Community Benefit Card**

The P&F have a supply of IGA Community Benefits Cards that have already been registered for All Saints’ School. If you haven’t got a card please get one from the containers in the office or the Tuckshop. All you have to do is start using it every time you purchase groceries at Ritchies IGA Boonah. IGA has donated a significant amount of money to All Saints’ through these cards so the more we use them the more our school benefits.

If you have any P&F matters you would like to discuss, please do not hesitate to send Andrew Conway an email.

Thank you.
Andrew Conway
P&F President
grconway@hotmail.com

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**OFFICE NEWS**

**Newsletter & SMS**

Have you moved house?
Do you have a new mobile phone?
Are all of your contact details up to date?
Please advise the office if you have changed your residential and postal addresses, email address or mobile phone number.

**Newsletter Items**

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

Wishing these students a very Happy Birthday!

<table>
<thead>
<tr>
<th>Date</th>
<th>Tuckshop Volunteers</th>
<th>Baking</th>
</tr>
</thead>
<tbody>
<tr>
<td>19/10/15</td>
<td>Pupil Free Day</td>
<td></td>
</tr>
<tr>
<td>26/10/15</td>
<td>Narelle Gowland, Gabriella Kostecki, Shellee Saunders, Tracey Costin</td>
<td>Bernie Blair Katherine Saunders</td>
</tr>
<tr>
<td>2/11/15</td>
<td>Bernie Blair, Kim Forsyth, Katie Newlove, Jodie Vermeer</td>
<td>Amanda Taylor Rosie Stanford</td>
</tr>
<tr>
<td>9/11/15</td>
<td>Andrew Conway, Clare Brandon, Heff Burke, Kirsty Maynard</td>
<td>Karen Schefe Liz Zahnow</td>
</tr>
<tr>
<td>16/11/15</td>
<td>Susie Sawatski, Colleen Maudsley, Wendy Curr, Julie Hancock</td>
<td>Bonnie Gordon Sharon Alford</td>
</tr>
<tr>
<td>23/11/15</td>
<td>Bernie Blair, Justine Stanton, Monique Saunders, Sarah Goulding</td>
<td>Colleen Maudsley Sarah Goulding</td>
</tr>
<tr>
<td>30/11/15</td>
<td>Narelle Gowland, Gabriella Kostecki, Shellee Saunders, Tracey Costin</td>
<td>Shellee Saunders Janet McKenna</td>
</tr>
</tbody>
</table>

Els Forde
0407 253 283
1-2-3 MAGIC® & EMOTION COACHING
PARENT COURSE

Learn to manage difficult behaviour in children 2-12 years old
A three-session program for parents and carers
at All Saints’ School
on Monday 9th, 16th and 23rd November
9.00-10.30am

Learn:
✓ To engage your children’s cooperation by positively noticing and encouraging them
✓ To set clear expectations and help them to develop frustration tolerance
✓ To help children’s brains to develop filters for behaving well
✓ To resolve family conflict quietly
✓ Some simple strategies to practise being a calm parent

Registration Fee is $10.00 to cover the cost of the take-home workbook.
If you have a partner that would like to attend they are most welcome or even a grandparent (no extra cost - $10 per family).
Register and pay for the course at the School Office or phone on 5463 1322 by Monday 2nd November.

What people are saying...
What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!
I realised quickly that 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child who later down the line, needs excessive discipline or grows out of control

Who is running it?
The presenter for this course is Kristina Thomson, All Saint’s Guidance Counsellor, who completed Parentshop’s 1-2-3 Magic® & Emotion Coaching practitioner training in 2010. Kristina is a Psychologist who has run the program with groups as well as with individual parents and couples.

For more information contact Kristina Thomson, Guidance Counsellor, on 5463 1322 (Mon or Wed)

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au
NOTICES

Come along and see a very important movie and support a very worthwhile cause!

- **Movie:** That Sugar Film
- **Venue:** Boonah Cultural Center
- **Date:** Friday October 16th
- **Time:** 6.30 pm.
- **Cost:** Adults: $5  Children: gold coin

**This will change the way you think about 'healthy' food**

All proceeds go towards supporting Amanda Stubbings as she raises funds for The Weekend to End Women's Cancers, when she will walk 60 km on 24th & 25th October 2015.

Donations welcome!
Amanda: 0427 568 881

Thank you to the Scenic Rim Council for their support
Dear Ratepayers

Would you please consider donating your free tree vouchers that are attached to your rates notice to our school.

We would appreciate this greatly.
# Boonah Community Reference Group

**Boonah Hospital and Health Service**  
Address: 11-17 Leonard Street, Boonah Queensland 4310  
Postal Address: PO Box 93, Boonah Queensland 4310  
Phone: 5463 3300  
Email: adminboonah@health.qld.gov.au  
Visiting Hours: Visiting hours are Monday to Sunday: 8am to 8pm

**Services Available –**  
**Emergency Department**  
General Medicine  
Palliative Care  
Rehabilitation Inpatient & Outpatient  
Interim Care  
Transitional Care  
X-Ray – Limited Services for Inpatient & Emergency Department

**In an emergency always dial 000.**

<table>
<thead>
<tr>
<th>Clinics</th>
<th>Availability</th>
<th>Appointments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outpatients</td>
<td></td>
<td>Hospital - 5463 3300</td>
</tr>
<tr>
<td>Oral Health / Dental Clinic</td>
<td>Health Care Card Holders</td>
<td>Ipswich Dental - 3143 7600</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tues/Wed - 5463 2016</td>
</tr>
<tr>
<td>Allied Health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physiotherapist</td>
<td>GP Referral</td>
<td>Hospital - 5463 3300</td>
</tr>
<tr>
<td>Social Worker</td>
<td>GP or Self-Referral</td>
<td>Hospital - 5463 3300</td>
</tr>
<tr>
<td>Speech Pathologist</td>
<td>GP Referral</td>
<td>Hospital - 5463 3300</td>
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<tr>
<td>Dietician</td>
<td>GP Referral</td>
<td>Hospital - 5463 3300</td>
</tr>
<tr>
<td>Diabetes Educator &amp; Support</td>
<td>GP Referral</td>
<td>Hospital - 5463 3300</td>
</tr>
<tr>
<td>Podiatrist</td>
<td>GP or Self-Referral</td>
<td>Wynnum Podiatry - 3893 0655</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ipswich Podiatry - 3812 1553</td>
</tr>
<tr>
<td>Community Health</td>
<td></td>
<td></td>
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<tr>
<td>Community Interface Nurse</td>
<td></td>
<td>Hospital - 5463 3300</td>
</tr>
<tr>
<td>Child Health</td>
<td>0 - 4 yrs. Service as required</td>
<td>Ipswich Health Plaza - 3817 2333</td>
</tr>
<tr>
<td>Mental Health including Child, Youth Adult</td>
<td>GP or Hospital Referral</td>
<td>Ipswich Health Plaza - 3817 2333</td>
</tr>
<tr>
<td>Alcohol Tobacco &amp; Other Drugs</td>
<td>GP or Self-Referral</td>
<td>Ipswich Health Plaza - 3817 2333</td>
</tr>
<tr>
<td>Meals On Wheels</td>
<td>Self-Referral</td>
<td>5463 1454</td>
</tr>
<tr>
<td>Telehealth</td>
<td>Access via your Health Professional - Boonah Hospital is local site</td>
<td></td>
</tr>
<tr>
<td>Other Services available at the Hospital</td>
<td></td>
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</tr>
<tr>
<td>Exercise Physiologist &amp; Dietician</td>
<td>GP referral Private</td>
<td>0438 143 812</td>
</tr>
<tr>
<td>Australian Hearing</td>
<td>GP referral Private</td>
<td>3437 2500</td>
</tr>
<tr>
<td>Podiatry (Private)</td>
<td>GP referral Private</td>
<td>Wynnum Podiatry - 3893 0655</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ipswich Podiatry - 3812 1553</td>
</tr>
<tr>
<td>Cardiologist</td>
<td>GP referral Private</td>
<td>3861 5522</td>
</tr>
<tr>
<td>Needle &amp; Syringe Service</td>
<td></td>
<td>Hospital - 5463 3300</td>
</tr>
</tbody>
</table>

Certain Services are fee based. Please check with your GP or when phoning for your appointment what fees, if any, apply.

May 2015
My **COMLINK** Story

Hello readers.

I am excited to be writing this letter to you and for you allowing me to share with you a story about a wonderful not-for-profit organisation doing great things in your community.

Their name is ComLink, they have been in your region now for just over 12 months working tirelessly behind scenes supporting the **(Frail aged and younger disabled residents)**. Client numbers have grown so rapidly in your region and continue to do so each month indicating a huge need for their services.

ComLink’s core values (Integrity, Empathy, Transparency and Passion) were the 4 reasons I joined the team when invited, to work with them for a short period of time. I accepted there assignment offer because I believe in what they stand for and I wanted to help them promote the need for Volunteers to maintain their service capacity. ComLink offers flexible and coordinated transport and care solutions to clients, allowing them to remain independent in their own home.

ComLink volunteers assist with door to door services, driving clients to and from medical appointments, shopping and social activities. They also join in on the fun by hosting group social events, craft groups and special events. Volunteers help brighten the lives of clients.

I have been travelling across each region over the past few weeks and have met the most lovely, heartwarming, caring staff and volunteers of ComLink. Volunteers enrich the community with even the smallest time contribution. I am hoping that you may know someone, or yourself who is passionate about building strong communities, is friendly and compassionate and enjoys helping others and have some spare time “It doesn’t matter how much or how little time you have to offer – every hour is a gift”

Volunteers may work full time and want to offer support outside their work hours. We have a volunteer who recently joined our family who offers one day a month. “Remember every hour is a gift”.

I have had the privilege to drive with and interview some of the current volunteers (drivers and social support hosts) and their responses are inspirational. They all want to give back to the community they live in. They love driving, seeing new places, chatting with their clients, and most of all they respect the elderly and have a passion to brighten the lives of each and every one of them and seeing on their faces the joy of being able to stay mobile, being cared about and maintaining a social life.

“Volunteers donate something more valuable than money – their time”

Thank you for reading my story and taking the time out of your busy day to do so. I am sure you appreciate the great work volunteers do and that if you do know someone that you will pass the message onto them that ComLink is looking for volunteers to join their family and that they will welcomed with open arms.

Please call ComLink on 1300 761 011 and a friendly team member will work with you to become a volunteer.

As a Volunteer, you will never be out-of-pocket for any expenses incurred.

Sincerely, Janene