BYRON BAY JUNIOR BASKETBALL TERM 4 2014 & TERM 1 2015
Join in the fun of our Summer Season, at the BRSCC, no experience necessary.
Aussie Hoops, Resumes 2015
Miniball, (8-12yrs old) Skills Sessions-Tuesdays 4-5pm. (14/10/14-9/12/14. Cost: $75.00)
Also Team Nominations now accepted for BOYS & GIRLS - Primary School Competition - Saturdays (starts AM 19/10/14), Early games!
MUSTERS, if looking for a team!!! Turn up 10.30AM Saturday 18/10/14 8am - 25/10/14
For Enq. + Forms e-mail, info@byronbasketball.com or phone a/h 66772246
Website, www.byronbasketball.com

Women’s Reflection Day
Sunday 2nd November 2014
St Francis Xavier Parish, Ballina invites you to join with us in a day of prayer and reflection with Sister Maureen McDermott rj, St Francis Xavier Old School Hall, Swift Street Ballina from 10am till 4pm
Celebrate Mass with us at 9am - St Francis Xavier Catholic Church Ballina
FOR MORE INFORMATION AND TO REGISTER BY 27 OCTOBER PLEASE CONTACT:
Ballina Parish Office 6681 1048
Gemma Duffy - 0407 722 646 allygato@bigpond.net.au
Denise Miller - 0428 225 500 miller46@bigpond.net.au

SWIMMING LESSONS 2014
1) LEARN TO SWIM: SATURDAY 8.30, 9.00, 9.30
Commencing November 1.
$15 plus pool entry (30 minute lesson) 7 weeks = $105
2) MINI SQUAD: TUESDAYS AND THURSDAYS 7.30
Commencing October 28.
A great way for your child to learn efficient stroke technique while developing their ability to keep themselves safe in, and around water. Come to one or both sessions.
Age: Any age but should be able to swim a lap of the pool with fins on.
$13 plus pool entry (45 minute session) 7 weeks = $91
For bookings and info: SALLY PRESTON 0432322918

Principal’s Message
Dear Parents and Guardians,
Welcome to the final round for 2014. I am feeling very refreshed personally after an extra two weeks of leave spent travelling through the South Island of New Zealand with my family. My sincere thanks to Mr Piccoli for the outstanding way in which he undertook the role of Acting Principal in my absence and to the St Finbarr’s staff for the extra responsibilities undertaken in my absence.

Welcome Father David Gilbey
On behalf of the school community I warmly welcome Fr David Gilbey to Holy Spirit Parish. The students met Fr David last week and will have the opportunity to spend some time with him over the coming weeks as he visits their classrooms. We look forward to a long and rich relationship with Fr David as the pastoral leader of our parish and school and I hope that he quickly feels at home here through the warm welcome he receives from students, staff and parents.

New Staff to St Finbarr’s
I extend a warm welcome also to Miss Bethany McLean who began last week as our Kindergarten Teacher for the term. Miss McLean replaces Mrs McGlone who is now on maternity leave in preparation for the birth of her first child. I know that the Kinder students and parents are already helping Miss McLean to feel welcome and we look forward to another exciting term of growth for our Kinder students.

Mr Dale Layland has been appointed to the role of Assistant Principal at St Finbarr’s for the 2015 school year. Mr Layland is currently Assistant Principal and Leader of Pedagogy at St Joseph’s School Maclean and will bring a range of gifts and experience to the role here. Mr Layland replaces Mr Piccoli who is Assistant Principal at St Francis Xavier School Ballina from the start of 2015.

Congratulations Trivia Night Organisers
It has been a long time since we have had so many parents come together for a great night of fun and laughter. Congratulations to Lorissa, Emma, Gabby and the Trivia Team on a very successful event.

Visiting Teachers and School Leaders
Over the coming weeks we have school leaders and teachers from five locations visiting St Finbarr’s to investigate the ways in which our teachers continue to develop a professional learning community (PLC) to address our vision for building higher levels of learning for every St Finbarr’s student. This will be an excellent opportunity for continued professional sharing and learning for our teachers and a celebration of a range of achievements over the last two years.

The visiting groups are as follows:
15 October  Schools from the northern region of our diocese
17 October  Schools from the southern region of our diocese
20 October  Schools from the Midland/ Newcastle Diocese
29 October  Barwon Heads Public School, Victoria
3 November  Mary Help of Christian School, Sawtell
With best wishes for the week ahead
Regards,

John Wilson
Principal

165 Bangalow Road Byron Bay NSW 2481 tel: 6685 6342 fax: 6685 8784
email: stfbymonlism.catholic.edu.au www.stfbymonlism.catholic.edu.au
Sports News

Term 4 Sport and P.E.
Term 4 is traditionally a swimming term and the following programs will take place during this term:

- Stage 3 Surf Safe Program (5 consecutive Fridays) Commences: Friday 7th November (Week 5) to Friday 5th December (Week 9).
- Infants Swim and Survive: (New format) Mon & Tue 1st and 2nd Dec (Week 8) Mon 8th, Tue 9th & Thursday 11th Dec (Week 10).

All relevant information for these programs will be sent home with your child in the next few weeks.

Whole School Swimming Carnival: Postponed
The advertised Whole School Swim Carnival set down for Friday 3rd November clashed with the start of our Surf Program due to unforeseen rescheduling. A suitable date to fit in a Carnival into our busy Surf and Swim program was unable to be obtained due to the extremely heavy demand on the pool by other shire schools. I appreciate the disappointment of our students in missing out on this year’s Carnival. Our Whole School Swim Carnival will be held on Friday 6th February 2015 Term 1.

Auskick
Stage 1 and Stage 2 enjoyed some sessions this week with the team from the A.F.L. The A.F.L. will once again be running their Auskick Program after school for the next 8 weeks for children in Stage 1 and Stage 2. An information booklet will be sent home with the children this week.

Kerry Willis
P.D.E. & Sport

Evangelisation News

Welcome back to Term 4! I hope you all enjoyed a joyful and relaxed holiday.

On October 4th, Catholics celebrated the feast day of St. Francis of Assisi after whom Pope Francis named himself. In the Pope’s own words he named himself after “the man of poverty, the man of peace, the man who loves and protects creation”. The Peace Prayer of St. Francis is a popular prayer among Catholics, which celebrates the forgiving, humble and loving way in which St. Francis lived. I would like to share a modern version of this prayer.

Make me a channel of your peace
Where there is sensationalism, let me bring you truth
Where there is flaunting of wealth, your simplicity, Lord
And in the midst of noise, prayerful silence

Make me a channel of your peace
To those fixated with entertainment, let me bring joy
To the vain and the greedy, your humility, Lord
And to the world of authenticity

O Master grant that I may never seek quantity over quality
Individualism over solidarity
Anonymity over transparency

Make me a channel of your peace
It is in attending to that we initiate dialogue
In networking that we create positive relations
And in the giving of self in love that we truly communicate

(Fr. Stephen Cygos)

Best wishes for a wonderful term ahead,
Kind regards,
Kate Jones
Leader of School Evangelisation & Catechesis

Thank You!

Many thanks to Judie Stewart for her kind donation of an acoustic guitar and other music support material to the school. These items will definitely be put to good use and enjoyed by the students.

Brianna Stalley
(Music Teacher)

Student Awards

Congratulations to the following St Finbarr’s students whose achievements will be recognised at our next whole school assembly on Friday.

Classes Learning Award Value Award
Kinder M Max Anderson Olivia Kyprianou
Stage 1B Tilly Cubis Melody Phillips
Stage 1J Clare Johnston Molly Staunton
Stage 1E Bianca Feruglio Mikaela Johnston
Stage 1H Lucia Pilgrim Ethan Staunton
Stage 2O Josie Crethar Jess Mason
Stage 2A Luca Scionti
Stage 3C Felix Smith Samara Leland
Stage 3P Nina Ruane Julia Brophy
Stage 3S Aja-May Thompson Ossian Quin-Jarvis
Stage 4S Finnies Finest Levi Leland
Stage 4P Mary MacKillop Chloe Crawford
St Finbarr’s Welcomes the following new students
Stage 2A Aaliyah Techera Amber Hecker
Stage 3P Lachlan Hecker

Christmas Fair Major Raffle
Drawn Christmas Fair Launch Assembly Friday 14 Nov 20.30PM

Additional ticket books available from the office

Inadequate sleep may be linked to a sluggish metabolism! Misleading evidence to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:
Preschool (3 – 5 years) 11-13 hours/night
School (5 – 12 years) 9 – 11 hours/night
Teen (12 – 18 years) 8.5 – 9.5 hours/night

Some hints for a healthy sleep:
- Consistency: going to bed and rising at a regular time (be firm),
- Having a 30 – 60 minute quiet time before bed: this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom,
- No screens (TV, phones or game consoles) in the bedroom.

Live Life Well @ School

The simplest way...

Try our winning breakfast ideas at home:
- Serve your toast with a slice of avocado and/or tomato
- Create a breakfast pizza with a wholegrain muffin, mashed pumpkin, chopped veggie and melted cheese
- Blend banana and frozen raspberries with a handful of baby spinach. Add a cup of reduced fat milk, honey and unprocessed bran for a fruit smoothie
- Simply slice some banana or strawberries onto your regular breakfast cereals

For more information visit www.eatittogether.com.au
or join us at facebook.com/eatittogether