

CATHOLIC EDUCATION WEEK IN QUEENSLAND 24-30 JULY 2016

See page 2 for more details.
Keep an eye on facebook for any updates.

Special points of interest:

Sausage Sizzles will run every Friday (except the 12th August) this term. Please let the office know if you are able to assist our Music Program by volunteering.



Remember to wear yellow on Friday next week to help us raise money for Relay for Life.



Important Dates for Week 3

- Catholic Education Week
- Tuesday—Catholic Education Week Liturgy and Activities
- Friday Assembly 10.30

Term 3, Week 1

15 July 2016

Principal's News

What keeps us happy and healthy as we go through life? This was the topic of a Ted Talk by Robert Waldinger that Mrs Clarke shared at our last Board Meeting. People have probably always had the same question. In 1938 Harvard University began a study which has lasted more than 75 years. It studied the lives of 724 men (I don't know why only men), beginning in their teenage years and then through their whole adult life. Half of the men were Harvard students, the other half were from the poorest parts of Boston. They were disadvantaged and chosen because of their difficult family circumstances. They interviewed the men, their families – partners and later their children, as well as examining their medical records every two years. Of the men, 60 are still alive. They became everything from factory workers and bricklayers, through to one even becoming a United States President. Some climbed the social ladder of life and others descended it. The study in essence was simply to find what made for a happy and

healthy life. The answer itself was fairly clear and sounds simple enough. The common factor was good relationships. Social connect- edness is really good for us – loneli- ness kills. The people who lived within good relationships were much happier, they lived longer and were healthier through their life, and their brain function was better – even into their final years. However the evidence also conclud- ed that it not the number of friends you have, or whether or not you're in a committed long-term relation- ship. It is the quality of those rela- tionships. Even if long term, toxic relationships actually do harm to those involved. It's about having friends you really value. It's about having a partner who you know will absolutely have your back no matter what. Even the best of relationships are complicated, messy and hard work. If you want to enjoy a healthy and happy life, and you want the same for your friends and family, you absolutely have to lean into your relationships. It is great for you, and great for your family.

Relay for Life

Cancer touches everyone's lives in some way. Through research, incredible advances are being made to improve diagnosis, treatment and patient outcomes. But funding such research is a challenge. The Catholic Parish of Bundaberg is once again participating in Bundaberg's Relay for Life in an effort to raise funds for cancer research. St Patrick's is holding a "Wear Yellow" free dress day and your gold coin donation, as well as the funds from the Sausage Sizzle next Friday, will be donated to the parish's Relay for Life team. Your generosity in supporting these events is greatly appreciated and will make a difference to the lives of so many.

**WEAR
YELLOW
DAY
FRIDAY
29/7/2016**



Click our school crest to go our school website calendar.



Click the facebook icon to go to our school facebook page.



Click the Parish logo to go to the Parish Newsletter.

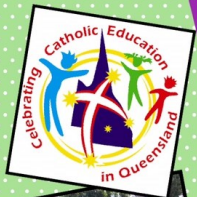


Centacare

Click the Centacare logo to go the Group Programs Calendar.

PLEASE COME AND HELP US
CELEBRATE THE EVENTS OF

CATHOLIC EDUCATION WEEK 2016



**BUNDABERG PARISH CATHOLIC
EDUCATION WEEK MASS – 5:30PM
SUNDAY, JULY 24 AT HOLY ROSARY**

**COMBINED SCHOOLS LITURGY P-3 9:00AM
TUESDAY JULY 26 AT HOLY ROSARY**

**COMBINED SCHOOLS MASS 4-6 11:30AM
TUESDAY JULY 26 AT HOLY ROSARY**

**INSPIRATIONAL SPEAKER LORIN
NICHOLSON 9:00AM THURSDAY JULY 28
UNDERCOVER AREA**

**WHOLE SCHOOL PRAYER AND
PRESENTATION (THE WEEK IN REVIEW)
10:30AM FRIDAY, JULY 29 – IN THE
UNDERCOVER AREA – FOLLOWED BY A
SHARED PICNIC LUNCH ON THE OVAL.**

**FRIDAY, JULY 29 – FREE
DRESS DAY AND FAMILY
SAUSAGE SIZZLE (\$2 EACH AT
THE SHARED PICNIC LUNCH
ON THE OVAL).**

**PARENTS ARE MOST WELCOME TO
ATTEND ALL OF THESE
ACTIVITIES PICCOLLAGE**

Student of the Week



Oztag

**ENJOY THE BEST EVER FOOTY
FUN WITH YOUR FRIENDS!**

SIGN UP NOW
HURRY! LIMITED SPOTS

JUNIOR OZTAG 2016 OZ TAG
Queensland

**SIGN UP AS
AN INDIVIDUAL OR TEAM**
CHOOSE YOUR COLOURS + YOU CAN KICK + NAME YOUR TEAM!
GET TAGGED YOU'LL LOVE IT!

HURRY! SPOTS LIMITED!
Junior Oztag Is Fun, Safe &
A Fantastic Way To Make Friends!

**HOW TO SIGN UP ON THE
FRASER COAST**

Bundaberg	Contact: Christie Palmer E: bundaberg@oztag.com W: www.bundabergoztag.com	P: 0407 610 223
Hervey Bay	Contact: Glenn & Kelly Hanson E: herveybay@oztag.com W: www.herveybayoztag.com	P: 0414 893 840
Maryborough	Contact: Glenn & Kelly Hanson E: maryborough@oztag.com W: www.maryboroughoztag.com	P: 0414 893 840

View venue websites above
for sign on dates in Aug & Sept

WIN A \$2,000 THEME PARK HOLIDAY!

3 Nights accommodation at Sea
World Resort + Theme park passes to
Sea World, Warner Bros. Movie World and
Wet 'n' Wild Gold Coast (2 Adults, 2
Children).

TO ENTER:
Text code **QLDOZTAG** to 0458 000 500

AFL Auskick

Date: Monday 25 July 2016
Time: 3-4.15pm
Cost: \$75
Length: 7 weeks
Venue: St Pats Oval
Contact: Shaun Stone 0420980514
Or shaun.stone@aflq.com.au



TO REGISTER FOR NAB AFL AUSKICK CLICK THIS BUTTON ↑

- Enter your school in the centre locator
- Select the centre you would like to attend
- Complete the registration process

