

Dear Parents, Friends and Guardians

### **Marymount Day Thanks**

Last Friday our schools joined together for the celebration of the Feast of the Birth of the Blessed Virgin Mary which fell on Sunday, 8 September. As a Marian school this is one of the most important days in our liturgical calendar. Fr Lucius led our school communities in a Eucharistic celebration for nearly 2 500 children and adults so it was a grand occasion. We were blessed to have the president of our Burleigh Heads St Vincent de Paul Society and some of their members attend as special guests. During the mass we were able to present to them just under 90 baskets of non-perishable goods which they will use to establish hampers for dissemination to the needy families in our area. I would like to thank our families for their very generous donations to this cause. Efforts like these help to show our children that they can make a difference to those less fortunate in our community even through very simple ways. Our St Vincent de Paul members were very grateful for this support and they have asked us to pass on their thanks to our school communities.

I would also like to thank Bernadette Christensen and Doloures Maitland, the Assistant Principals – Religious Education for both schools, for the huge amount of time and effort they put in to making the liturgy a meaningful one for all of the children. They were able to involve children from all year levels in our mass and provide reflective and active worship for a very large group. This is a massive task each year and one that Bernadette and Doloures do very well.

### **Backyard League Skills Program**

On Friday of this week we will see the culmination of the Backyard League Skills Development Program which our children have been involved in for the last month. The program has seen four to five National Rugby League Development Officers visiting our school each Friday to provide skills sessions for all of our children from Years 3 to 7. Our school program has been one of the biggest Backyard League programs held in Australia so we are privileged to be involved in it. I would like to thank our Assistant Principal, Tony Barron, for his organisation and co-ordination of this program. With such a large number of students to cater for it is not an easy task and Tony has done a great job in integrating it into with many of the other timetables and events happening here at Marymount. Some of the NRL Queensland executives will be here this Friday to celebrate the end of the course

### **A Special Thanks to Sharon**

I would like to thank Sharon Lally for taking on the role of Tuckshop Convenor at very short notice over the last two weeks. Unfortunately, our regular Convenor, Vicki, fell ill with a bad bout of the flu which required medication and time away from school. Sharon came in to help originally for only a few days but it eventually stretched to two weeks. Sharon did a great job and was able to master the Munch Monitor program and keep things ticking along nicely. I would also like to thank our many volunteer parents and grandparents who were able to assist Sharon during this time. It was a great example of the teamwork which is often evident in our school community.

### **Fete News & Tickets Back Please**

I would ask that parents return our Fete Art Union tickets by this Friday please. They can be returned to our Uniform Shop before school or during the day. If you haven't been able to sell your full book please send the book back in with any collected monies so that we can account for the book and then possibly send it on to others who are looking for more to sell. It is a legal requirement that all books be returned and accounted for so your help here would be greatly appreciated.

Outlined at the back of this newsletter are the details for the year level donations we are asking parents to help support our school Fete with. Each year level has been allocated a different good to donate so that we can have them as prizes or stall stock for the day. I would like to thank you in advance for your help with this part of our Fete.

Thanks for reading this week – enjoy the sunshine and the oncoming onset of summer.

Yours in Christ

**Greg Casey**



### **Coming Events**

- Wednesday September 11  
Whole School Assembly -5Y  
7A Ozanam Villa visit
- Friday September 13  
Public Speaking Finals - Yrs 4 & 7
- Monday September 16  
Yr 3 Public Speaking Finals
- Wednesday September 18  
Whole School Assembly -0Y  
1R Ozanam Villa visit
- Friday September 20  
End of Term
- Monday October 7  
Labor Day - Public Holiday
- Tuesday October 8  
School Resumes for Term 4

**ART UNION  
TICKETS  
NOW DUE.  
PLEASE  
RETURN TO  
BOOKSHOP  
THIS WEEK.**

### **Mass Times**

- Children Mass**  
(Doyle Centre - children read at Mass)  
5.30pm 1st Sunday each month
- Children's Liturgy of the Word**  
(Doyle Centre - children are withdrawn for brief lesson)  
10.00am 2nd & 4th Sundays;  
5.30pm 3rd Sunday  
8.30am each Sunday (school term)  
at St Benedict's, Mudgeeraba
- Parish Mass Times**  
Sat—5.00pm Miami;  
6.00pm at Palm Beach;  
6.15pm at Burleigh Heads;  
Sun-7.00am at Palm Beach & Burleigh;  
8.30am at Mudgeeraba & Miami;  
10.00am at Doyle Centre;  
5.30pm at Doyle Centre

Dr Russ Harris, in his book *The Reality Slap* (2011), offers some interesting points of consideration about the human mind. He likens the mind to a master story-teller whose aim is simply to capture our attention. This very powerful human attribute can be both a strength and a liability. The mind projects thoughts which Harris argues are simply "words and pictures in our heads".

Being absorbed in our thoughts can be life-enriching and productive, such as when we take time out to daydream on a beautiful beach, or spend time mentally preparing a speech, or creating ideas for a new project etc. However, spending too much time inside our heads can also be draining, debilitating and counter-productive.

Our minds can easily sabotage our sense of well-being and can lead to us to dwelling on the painful or negative events and emotions, or worrying about what lies ahead. They can easily trap us into Harris' "NGE" state of being. This is when the mind springs into action judging ourselves or others as 'not good enough'. NGE can be disguised as e.g. our job is boring; our friends are unreliable; our body is fat; our progress is too slow; others have more than us etc. Harris argues that it is very important to take notice of our minds and note how skilful the mind is drawing us into a state of feeling or being. This is part of his notion of becoming present; truly present and alive and responsive in the moment. He cautions us to become aware of an inner mental debate that can occur between the "voice of reason and logic" and the "voice of doom and gloom".

If we accept that the mind's stories are just like words and pictures in our head, then we are more able to take control. It's not the words or pictures themselves that are actually painful and unhelpful, or joyous and helpful; they are nothing more than simply words or pictures until we respond to them.

Harris makes good sense arguing that we always have a choice of ways to respond. If the thoughts are firstly true, and then helpful, then certainly we should use them, but if they are not helpful or not even true, we do have the capacity to discard them. It's a matter of not allowing our thoughts to control us, but certainly acknowledging them as a powerful tool to guide us. This is not altogether easy, but well worth giving a go.

Perhaps the following may be suitable as fridge magnet, or for display in some other place of prominence as we go about our daily tussles.

Enjoy the rest of the week

**Annette O'Shea**

### *The SWELL Festival and Erin's koala.*

A reminder that the festival starts this Friday. The koala which was designed by our Year 6 student, Erin and painted with help from her classmates will be on display from this Friday. The koalas will be at Currumbin Sanctuary in the bird feeding area (which is free to visit).



*Turning It Over*  
I need to take an emotional  
breath, step back and  
remind myself who's  
actually in  
charge of my life.  
*Judith M. Knowlton*

## EMAILING OF FEE STATEMENTS – TERM 4 2013

As the majority of parents are now aware, we will trial sending our Term 4 School Fee accounts out via email in the first week of Term 4 (8 – 11 October). I would like to thank the significant number of parents who replied to our recent mail out and advised us of their correct email address for this distribution of fees.

If you **DO NOT** want your statement emailed please contact our Accounts Department on 5520 8412 or 5520 8417. If you do not receive your statement by email or post by the end of the first week of Term 4, please also contact our Accounts Department. I would like to thank you for helping us out with this initiative.

### **Marymount Day**

Thank you to everyone involved in the successful celebration of our combined schools' feast day. The blend of College and Primary efforts in choir, drama, art and general preparation demonstrates a unified approach that is a joy to witness and be part of. My particular thanks to Fr Lucius for his leadership in prayer and to Mrs Dolores Maitland (College APRE) for the weeks of preparation and planning shared in the lead-up to our event. Please see a selection of images in this newsletter.

### **Thanks from St Vincent de Paul**

The Marymount community sent 89 baskets of food items to St Vincent de Paul on Friday. Mr P.C. Wilson and members of the Burleigh Heads Conference of St Vincent de Paul sincerely thank Marymount families for the items collected in recent weeks for the Society. These items will go directly to those in need in our local area. 'Vinnies' members go out in pairs five days a week to support the poor in their homes, at hospital or in the neighbourhood. Your donations are gratefully received: they go a long way to easing the plight of those worse off than ourselves.



### **Prayer for peace**

Pope Francis and Archbishop Coleridge have both requested that Christians all over the world take time to collectively pray for peace in Syria. While we don't want to frighten our children, they should become conscious that most of us enjoy a good life in Australia unlike in some other parts of the world. Our prayers are not always those of asking for ourselves or our immediate circle but can be on behalf of others.

We have set up an outdoor prayer space near Student Reception that will act as a public display of our thoughts and prayers. It will remain in place for a week or so. You are encouraged and most welcome to contribute by adding your name on a dove at Student Reception

Enjoy the rest of the week

**Bernadette Christensen**



 **PATRON PARENTS EVENTS**  
3P - Friday 13 September - 7.00pm  
Vecchia Roma Italian Restaurant, Burleigh  
RSVP - 11 Sept. to Cristina 0408189487  
or Lesley 0416862297

### **Thoughts from your School Counsellor**

The Insights article for this week addresses an area that I am not competent to talk about. However, as I found "Don't be daft about Minecraft" to be an interesting read, I am hoping that you will enjoy finding out more about Minecraft. Jason Fox (writer) explains the attraction and outlines the benefits for children of Minecraft (described as possibly being "the best trend to hit boy world in years").

Best wishes for the coming week.

**Mary Sanders**

Phone: 5535 1803

m.sanders@bne.catholic.edu.au



# Marymount MDay 2013



Thank you to all who helped out in the tuckshop over the last 2 weeks. Sharon Lally did a great job keeping the tuckshop shop running smoothly; thanks everyone!

**ROSTER FOR NEXT WEEK**

- Monday 16 September.....Sharon Bartlett. Help needed! Is there anyone who could help out from 11.30am?
- Tuesday 17 September.....Lisa Hatton and Karen Radler
- Wednesday 18 September....Linda Callander, Mel Leis
- Thursday 19 September.....Christina Crisp \*\*\*need extra help please
- Friday 20 September.....Bev Williams, Irene

Thanks to our fantastic volunteers, please let me know if you are unable to attend your rostered date.

**REMINDER**  
Please make sure you have registered for Munch Monitors by the end of next week.  
Term 4 will be Munch Monitor orders only.

Have a great weekend. GO THE BUNNIES!

**Vicki Turner**



*Zac demonstrates his winning moves which he will take to the USA this week when he competes at the World Taekwondo championship.*

**ABPATERSON PUBLIC SPEAKING COMPETITION**

Each year ABPaterson College holds a public speaking competition in October for years 4-7. The Year 4 students don't compete for a prize but for the experience. Public Speaking builds confidence in young people. It gives them a chance to improve their skills by listening to other speakers and speaking in front of an audience. All the information on topics, dates and times for the event are on the ABPaterson College website [www.abpat.qld.edu.au](http://www.abpat.qld.edu.au) or you can call in to see me. I encourage all students to give this competition a go as Marymount children speak confidently.

Please complete the form below and return to Mrs Lennon (Year 3Y) by Monday 16th September with the \$6 entry fee.

I give permission for my child \_\_\_\_\_  
Year \_\_\_\_ to enter the ABPaterson Public Speaking Competition. I understand I must transport my child to and from the event. I have enclosed the \$6 entry fee.

Parent's Name \_\_\_\_\_  
*Please print*

**SPORTS NEWS**

**Catholic Athletics**

Well done to our Marymount students who competed with such great spirit at last week's Gold Coast Catholic Primary Schools Athletics Carnival. The weather was fantastic as was the competition across all age groups from all schools.

Marymount placed second overall to Guardian Angles by only 20 points. This is an excellent result considering several of our 'A' Division athletes were either away, sick, injured or unable to compete for various reasons. I would like to congratulate those students who were asked to fill in at late notice and did so with enthusiasm and to the very best of their ability.

Marymount took out the Relay and the Intermediate girls trophies. Well done to all competitors for your excellent efforts.

**Taekwondo**

Congratulations to Zac Biddle in 6A. Zac recently travelled to Melbourne to compete at the National Taekwondo Championships. He won his U13 years division to become National Champion.

Zac started taekwondo at the age of 4. His perseverance and commitment have certainly paid off. Well done to you Zac.

Paul Hill  
**PE Teacher**

# New Caledonian Visit

## Help Needed

During Term 4, (**October 7th to 11th**) 32 students aged 10 - 12 years old will be visiting the Gold Coast from Sacre-Couer Primary School, Noumea, New Caledonia.

**We urgently need a number of host families for this exciting visit.** If you are interested in hosting some of these students please complete the form below and return it to your child's teacher or the office this week. Once we have matched families with students, I will forward home an information package to you. The students are very excited and are looking forward to spending some time with an Australian family so they can immerse themselves in our language and culture.

**If possible the teachers would like their students billeted in pairs.**

*The students only need to be billeted for the school week (Mon-Fri).* This means that hopefully there is less strain on families involved in weekend activities.

Also, it is not necessary to have a spare room for the visitors as the children can bunk down on mattresses or make-shift beds. They do not require special foods or the provision of any special activities.

From our experience the program is an enjoyable one for families. Please consider being involved in this program and I look forward to a very successful Noumean visit for 2013.

**Tony Barron**  
APA



*Yes I am interested in hosting New Caledonian student/s.*

**PARENT NAME:** \_\_\_\_\_

**DAY CONTACT PHONE:** \_\_\_\_\_

**STUDENT NAME:** \_\_\_\_\_ **CLASS** \_\_\_\_\_

**PLEASE CIRCLE — BOYS/GIRLS ONE/TWO/THREE**

# Marymount

# SPRINGFETE

Saturday 19th October 2013 - 11am to 5pm

## CLASS DONATIONS

Every class is being asked to please bring in a specific item to donate to the Fete.

Prep & Year 1	Cakes & baked treats
Year 2	Assorted party prizes
Year 3	3M—Wrapped lollies 3A, 3P—Small novelty toys 3R, 3Y—Lolly Pops
Year Four	4M, 4A, 4P—Packets of Freddos 4Y & 4P—Packets of Whizz Fizz
Year Five & Six	Blocks of chocolate
Year Seven	Chocolate bars (standard size)

Please bring your items to your class by  
**FRIDAY 11TH OCTOBER**



## Don't be daft about Minecraft

*Minecraft may be the best trend to hit boy world in years. Writer Jason Fox explains the attraction and outlines the benefits for kids.*

If you have a young child or teenager, chances are you've heard about Minecraft. It's a video game that's kind of like digital LEGO, except that you're in an ever-evolving world with seemingly limitless possibilities. It's a game that inspires deep exploration, collaboration and creativity. It has been the subject of international conventions. Some schools and universities have even incorporated Minecraft into their curriculum, where students learn about city planning, environmental issues, getting things done, and even how to plan for the future, as well as things like maths and problem solving.

The open sandbox nature of Minecraft makes it one of the most exciting games on the market – and not because of its flash graphics or blood and gore (there are none of those). The gameplay experience design *just works*. And on top of all that, it's rated one of the safest video games for kids ever.

But parents are worried.

And rightfully so, to a degree. Too much of a good thing can be a bad thing.

But some parents are freaking out about the amount of time their kids are investing in the game, and are imposing blanket bans of it without first understanding its magic.

So, let's have a look at what makes Minecraft so engaging, why blanket bans aren't a good idea, and how to manage your child's play.

### Minecraft is an infinite, non-winnable game

Unlike a book, a game of chess, or a football match, a Minecraft game doesn't end. There's *always* more that can be explored, and more that can be done. The projects you undertake in Minecraft are self-initiated: no one is telling you what to do. And the process of making progress

within Minecraft is completely autonomous – no one is telling you how to execute your projects and achieve your goals. It's self-regulated learning at its finest.

So, when a parent bans Minecraft it's a lot different to banning other games. You're not simply cutting your child out from a source of entertainment. You're preventing them from accessing a world where it's safe to fail, learn, explore, build and share. In essence: it can be pretty devastating – particularly when we put things back into the context of the future of work.

Why? Because your child's ability to participate in and contribute to unprecedented, self-driven creative and collaborative work is going to be one of the key employable talents in the future. Your child could already be building a digital portfolio of project work, without you even knowing it.

But being able to 'unplug' and manage time and energy are essential skills your child needs to learn too. So, here are three ways you can help them manage Minecraft in your house:

### 1. Show genuine interest (this should be your first step)

If your child plays Minecraft, ask them to take you on a tour. Show an interest in their passion, and ask them questions like: what are you trying to build? What are your goals? What are the steps you need to take? What's the coolest thing you've found? Set aside at least an hour for this. It's highly likely they'd love the chance to share this with you, which will help you to open up a new level of connection with them.

### 2. Encourage interactivity correctly

Minecraft's multiplayer mode allows your child to play and build in the same online world as their friends.



But remember: there are a lot of idiots on the internet, so do the following two things:

- a) Create your own server or 'whitelist' – it's like having an invite-only friend list.
- b) Use a family-friendly server – you can Google these to find the right one to play in.

### 3. Don't ban – bracket

Banning something like Minecraft should be the very last resort, as it usually only serves to enhance the craving for it. Instead, make it part of their daily 'free time'. Try not to have this at the end of the day or make it contingent on homework being completed, as this may only create angst, rushed homework and late nights. After school is best, especially if it's bracketed by dinner time (where all phones and computers are turned off).

My true hope is that you give option #1 a very good go first. And if #1, #2, #3 don't work, I'm hoping you've found them an even better game to play.

### Here's a few resources for you:

Check out the Minecraft review at *The Parent's Guide to Video Games*:

<http://safevideogames.blogspot.com.au/2011/01/minecraft-review.html>

And this wonderful article from Penny Flanagan of *Kidspot*:

<http://parenting.kidspot.com.au/what-is-minecraft/>

And finally, check out the brilliant work of Dean Groom and *Massively Minecraft* (a place for both kids and parents to play):

<http://massively.jokaydia.com/>

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