Dear Parents, Friends and Guardians

40th Birthday Mass Celebration
Last Friday our school celebrated forty years of primary school life with a mass which was led by our Parish Priest, Fr Ken Howell. It was also the first time for a long time where our full school had come together to share Eucharist so this made the day an even more special one. Our children were actively involved in the mass and this was great to see. I would to thank our class teachers for helping to prepare our children for this day. I would also like to thank our Assistant Principal (Religious Education), Bernadette Christensen, for her co-ordination of the celebration and for the enormous amount of time and effort put into getting our children ready for this Eucharistic celebration. The support from our three priests, Fathers Ken, Huong and Lucius, over the last eighteen months has also helped in readying our classes for this mass. We have had smaller Liturgies of the Word and smaller group masses to reinforce the importance of the value of the mass in our lives and certainly our three priests have been strong with this teaching.

We were blessed as well to have one of our earlier primary school principals, Mr Hans Van Mossveld, join us for the mass. Hans was the principal of Marymount from 1978 to 1994. He was able to share a few stories of the early years of Marymount with staff and other parents after the mass. Best wishes were also sent from our founding principal, Sr Elizabeth Prendegast (1974 – 77) and our most recent past principal, Paul Allen (1998 – 2007). Sr Elizabeth has not been in the best of health and Paul had important annual budget meetings with Brisbane Catholic Education.

We did plan to have a fun activity day for the classes with their ‘Buddy’ classes following our mass but the weather meant that we had to postpone these. We will now hold these activities on Friday, 5 September.

Archbishop Mark’s Visit
Last Friday afternoon the main faith leader of the Brisbane Catholic Archdiocese, Archbishop Mark Coleridge, visited our school and met with some of the classes and our staff. Archbishop Mark was here as part of his pastoral visit to the Burleigh Heads Parish which started on Friday and finished at midday on Sunday. During this time he was able to visit our school, lead the parish Confirmation and First Eucharist celebration for the parish for over 60 children and meet with various parish groups. It was great to be able to share some time with Archbishop Mark and he was delighted to be able to visit some of our classes and answer their questions and talk about their class work. Later in this newsletter there is a gallery of photos of both Archbishop Mark’s visit and our 40th Birthday mass.

Gold Coast Eisteddfod Excitement
Tomorrow morning (Thursday) Therese Hockings’ Prep class will travel to the Gold Coast Arts Centre to participate in the annual Gold Coast Eisteddfod. The Prep category is so big this year that it has been split into sessions and our children perform in the second section from 10.00am. They performed their poem last Friday for Archbishop Mark and again for our assembly this morning and it has been split into sessions and our children perform in the second section from 10.00am. They performed their poem last Friday for Archbishop Mark and again for our assembly this morning and again for our assembly this morning and again for our assembly this morning. They performed their poem last Friday for Archbishop Mark and again for our assembly this morning and again for our assembly this morning. They performed their poem last Friday for Archbishop Mark and again for our assembly this morning and again for our assembly this morning. They performed their poem last Friday for Archbishop Mark and again for our assembly this morning and again for our assembly this morning. They performed their poem last Friday for Archbishop Mark and again for our assembly this morning and again for our assembly this morning. They performed their poem last Friday for Archbishop Mark and again for our assembly this morning and again for our assembly this morning. They performed their poem last Friday for Archbishop Mark and again for our assembly this morning and again for our assembly this morning. They performed their poem last Friday for Archbishop Mark and again for our assembly this morning and again for our assembly this morning. They performed their poem last Friday for Archbishop Mark and again for our assembly this morning.

Catholic Athletics and Ball Games Carnivals – Thursday, 4 September
Our annual Athletics and Ball Games carnivals are to be held at Pizzey Park (Athletics) and St Kevin’s Catholic School at Benowa (Ball Games) next Thursday. The children in our two squads should have received notes outlining all of the details over the last few weeks but if your child was selected in our Athletics or Ball Games teams and they haven’t received a note I would ask you to contact your child’s respective class teacher as soon as possible. The teams have been training solidly now for a number of weeks and our best wishes go with them for these carnivals. Parents are most welcome to attend either of these meets.

A Name Correction
In last week’s Newsletter we listed the names of those children who were receiving the Sacraments of Confirmation and Eucharist over the weekend just gone. Unfortunately one of our children’s names was left out of this list. Our apologies to Jordan Ruse from Year 7 for this omission. I would ask that you keep Jordan and the other children in your prayers as they celebrate their full communion into the Catholic Church.

Gold Coast Show Holiday – School Closed
This is just a reminder that schools on the Gold Coast will be closed on this coming Friday, 29 August, as it is our gazetted Show Holiday.

Thanks for reading – enjoy the rest of the week and the Gold Coast Show holiday
Yours in Christ

Greg Casey
P0Box 2506 Burleigh BC 4220 Phone (07) 5535 1803 Fax (07) 5535 1819 Email pburleigh@bne.catholic.edu.au http://www.marymountprimaryqld.edu.au
From our Assistant Principal
Tony Barron

New Caledonian Visitors
During Term 4, (October 6th to 10th) 34 students aged 10 - 12 years old will be visiting the Gold Coast from Sacre-Couer Primary School, Noumea, New Caledonia.

We need around 20 host families for this exciting visit. If you are interested in hosting some of these students from Monday afternoon until Friday morning please complete the information slip enclosed with this newsletter and return it to your child’s teacher or the office this week.

Many of the students like to be billeted in pairs, and this is often easier for you as a family too. This year we have 15 boys and 19 girls visiting.

Nothing extra special is required for hosting these students. You don’t need to speak fluent French, you don’t need to organise extra activities, and you don’t need extra bedrooms or beds (a mattress in the room is ok). Your billet travels with your children to and from school, and once here are looked after by our staff and Sacre-Couer staff for the day.

Most times the students arrive back at school around 3pm for pickup.

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 visiting and staying on the Gold Coast. If you are interested in hosting a student simply complete and return the information slip as mentioned above.

Thanks
Tony Barron

Curriculum News
Today, Wednesday August 27th NAPLAN results have been sent home with all eligible Year 3, 5 and 7 children. The results are the original copy for parents and as such should be placed in a secure place for future reference. Please read the accompanying letter and information on the results sheet. If you have any questions or you do not receive an envelope with the results contact your child’s teacher. Thanks

Diane Anderson

Seasonal influenza season has started with one third of all flu cases this year (as of 11 August 2014) reported in the last two weeks. Ongoing attention to prevention and control measures is essential to minimise the spread of this infection. Information regarding the flu is available at: www.health.qld.gov.au/flu

Elite Rhythmic Gymnastics
All Ages Welcome!
Doyle Centre
Beginners Classes
Monday 3.30pm to 4.30pm
For more information contact Tatiana on 0403 034 914
**We come from many lands…**
As part of Marymount Day celebrations I would like to involve all students in putting together a visual display of the diversity of backgrounds our families represent. I ask that each family has a discussion about the countries their ancestors come from.

- Choose one or two countries and draw/colour in a flag of that nation.
- Make it a half A4 size (about the size of this sheet)
- Leave a gap on the left hand side to wrap the flag around a straw
- Stick with glue or tape to secure the flag to the top part of the straw
- Write your family name on the back and the country represented
- Bring it in to your class teacher by Wednesday 3 September

**Marymount Day 2014**
Each year the college and primary communities gather in prayer to recognise the birthday of our namesake, Mary. In 2014 this will take the form of a Liturgy of the Word on Friday 5 September at 9.15am in the Doyle Centre. We will reflect on Mary’s influence in the life of the Church and most particularly on her role as mother to Jesus. The scripture readings of the day this year focus our thoughts on the genealogy of Jesus and on his family connection through time to the chosen people of God.

Similarly this year we will reflect on the ethnic diversity of the families in our community. Please take a little time to engage as a family with the flag activity as described above. This simple visual expression of our diversity highlights the richness of the experience which students bring to life at Marymount every day.

A major aspect of Marymount Day celebrations are our outreach efforts to others. We support St Vincent de Paul in their work for local families. Please consider purchasing the following items when you shop for groceries in the next couple of weeks.

**Prep** - packets of jelly, museli bars, combs  
**Yr 1** – cracker biscuits, vegemite, cakes of soap  
**Yr 2** – 2 minute noodles, Weet-Bix, toothbrushes  
**Yr 3** – tea bags, sml jars of coffee, sml tissues  
**Yr 4** – canned potatoes, canned corn, roll-on deodorant  
**Yr 5** – packets of pasta & sauce, dry soup mix, toothpaste  
**Yr 6/7** – pasta sauces, items for hygiene packs

Enjoy the rest of the week  
**Bernadette Christensen**

**Patron Parent Events**  
(Thank you to these volunteers who facilitate the building and strengthening of networks at Marymount Primary)

- **Yr 1M - Family dinner** - Friday Sept 5 @ Robina Tavern 6.30pm. RSVP to Aimee or Natalie.  
- **Yr 0R - Coffee** - Wed Sept 10 after drop-off @ Zarraffas Stockland.  
- **Yr 1Y - Coffee** - Thurs Sept 11 after drop-off @ Woodbox Cafe, Tallebudgera Ck Rd, West Burleigh.  
- **Yr 0P - Coffee** - Mon Sept 15 after drop-off @ Zarraffas Stockland. Ann-Maree - 0408 788 149  
- **Yr 2M - Coffee** - Tues Sept 16 @ 1pm @ Burleigh Bluff Cafe, Goodwin Tce. RSVP Sept 8 - Alison 0403 040 422

**UNIFORM SHOP**
**ORDERS NOW BEING TAKEN.**
Uniform orders and laybys can now be placed using the attached order form and payment details. Orders and laybys will be available for collection before the shop closure on 28 November 2014 or after re-opening on 19 January 2015.

Last day for orders is **Monday September 1**
Please return your order form and receipt to the library by Friday. No cash or cheques to be sent.
Thoughts from your School Counsellor

Michael Grose addresses the issue of discipline in this week’s Insights article. He suggests that when children are at one of the challenging developmental stages, have interesting personalities or are choosing to be difficult, discipline can be tricky. As we seek to gain our children’s cooperation, keep them safe or try to teach them to behave well, there are some common mistakes it is wise to avoid. Among the 10 “bloopers” Michael describes are: repeating yourself or shouting to be heard, setting no limits or setting them too late, failing to follow through, making consequences too harsh, or applying them when you, or they, are angry; deferring discipline or mixing it with counselling and having one parent always being the “bad guy” complete his list of common mistakes. Whilst understanding how these mistakes can creep in to our way of parenting, Micaheil encourages us to replace our old ways with new, more effective and sophisticated ways of managing ourselves and our children. He offers parentingideasclub.com.au as a source of support.

Best wishes for the Show day holiday and the week ahead.

Mary Sanders
msanders@bne.catholic.edu.au

A.B. PATERSON PUBLIC SPEAKING COMPETITION

Each year A.B. Paterson College holds a public speaking competition at their school for Years 4-7. The Year 4’s don’t compete for a prize but for the experience and this year, Year 4 heats are on 15th September which is the last week of this Term. Years 5-7 heats are in October. 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 A.B. Paterson College website www.abpat.qld.edu.au or you can call in to see me. I encourage all students to give this competition a go.

Years 5-7, please complete the form below and return to Mrs Lennon (Year 3A) by Wednesday 10th September with the $6 entry fee. Year 4, please return your form and a $6 entry fee by Wednesday 3rd September.

Mrs Lennon
I give permission for my child ______________________________________ Year __________

to enter the A.B. Paterson 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

Parent’s Signature_________________________________________________

SPEECH & DRAMA EISTEDDFOD AND CLASSES

Eisteddfod
The Speech & Drama sections of the annual Gold Coast Eisteddfod will be held from September 1 – 11 at Robina Community Centre. There will be no regular classes during these dates, as the S&D teachers will be at the Eisteddfod to support the children performing. We will also hand in copies of all pieces being performed to the adjudicator.

Parents of S&D students who are entering the Eisteddfod have been emailed all the details of their children’s performance dates and times. If you did not receive this email, please contact me immediately. Please also encourage your children to practise their poems regularly at home and use the Eisteddfod Performance Tips I attached to my recent email to help guide them.

Every child who participates in the Eisteddfod is to be congratulated for performing on stage in front of an audience. We wish all the children the best of luck for their upcoming performances.

Accounts
If you have not yet paid the Term 3 S&D fees and would like me to resend your account, please let me know.

I look forward to seeing you at the Eisteddfod.

Kind regards,

Katy Crosby
marymountdrama@yahoo.com
Happy 40th Birthday Celebrations
Marymount Primary School
**Sport News**

**MIAMI OZTAG JUNIOR SIGN ON INFORMATION**

SIGN ON - Wednesday the 27th and Thursday 28th
TIME - 4pm - 6pm
LOCATION - Marymount College
INFORMATION - www.miamioztag.com or 0425333807 Andrew
ONLINE SIGN ON - www.miamioztag.com
“GET TAGGED, YOU’LL LOVE IT.”

**Catholic Athletics/Ballgames**

Only one week of training left until Catholic Athletics and Ballgames. Well done to the students making the effort to get to our Morning tea and Lunch time training sessions. Keep up the great work. Not long to go! Training timetable below -

**Catholic Athletics Training times 2014**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning Tea</strong>&lt;br&gt;10.40-11.10</td>
<td>Sprints and Relays&lt;br&gt;Mr Hill&lt;br&gt;Mr Allsopp</td>
<td>Long Jump&lt;br&gt;Mr Thorburn&lt;br&gt;Mr Hill</td>
<td>Sprints and Relays&lt;br&gt;Mr Hill&lt;br&gt;Mr Elliott</td>
<td>Shot Put&lt;br&gt;Mrs Mitchell&lt;br&gt;Mr Cervenak&lt;br&gt;200m/800m&lt;br&gt;Mr Elliott</td>
<td>Sprints and Relays&lt;br&gt;Mr Hill&lt;br&gt;Mr Thorburn</td>
</tr>
<tr>
<td><strong>Lunch time</strong>&lt;br&gt;1.20-1.50</td>
<td>Shot Put&lt;br&gt;Mrs Mitchell&lt;br&gt;Mr Barron&lt;br&gt;200m/800m&lt;br&gt;Mr Elliott</td>
<td>High Jump&lt;br&gt;Mr Barron&lt;br&gt;Mr Short</td>
<td>Long Jump&lt;br&gt;Mr Short&lt;br&gt;Mr Hill</td>
<td>College Interschool&lt;br&gt;Sport</td>
<td>High Jump&lt;br&gt;Mr Barron&lt;br&gt;Mr Hill</td>
</tr>
</tbody>
</table>

**Paul Hill**

Hello everyone, my name is Natalie and I am the new tuckshop manager. I have been busy getting to know the wonderful children and staff of Marymount Primary. I have also been getting to know the daily running’s of this busy tuckshop!

We have introduced a sorbet which is a school approved frozen yummy treat in which the children have gone mad for. We have also removed a couple of items that do not sell which gives us more room in the tuckshop to keep the more popular items.

I would like to thank all the lovely volunteers who have given up their time and helped out in the tuckshop. A special thanks to Tracey, who comes in every Friday with her big smile, hard work and fun personality.

We are always on the lookout for an extra pair of hands in the tuckshop so if you have any free time or if you can even spare an hour and would like to help out please call me at the tuckshop on 55208413. We appreciate any help big or small you are able to give.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Jade</td>
<td>Annette</td>
<td>Public Holiday</td>
<td></td>
<td>Tracey</td>
</tr>
<tr>
<td>1 Sept</td>
<td>2 Sept</td>
<td>3 Sept</td>
<td>4 Sept</td>
<td>5 Sept</td>
</tr>
<tr>
<td>Lisa</td>
<td></td>
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</tbody>
</table>
Marymount Day

Friday 5 September 2014

All are welcome to join us as we celebrate Mary’s birthday and our school feast day!

- Liturgy of the Word 9.15am start in the Doyle Centre with the College
- Food donation to St Vincent De Paul – bring items to your class by Wednesday 3 September
- Please note: this is NOT a free dress day for primary students
<table>
<thead>
<tr>
<th>Item Description</th>
<th>Unit Price</th>
<th>Size</th>
<th>Quantity</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls Blouse - Sizes 4 - 20</td>
<td>$44.00</td>
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<td></td>
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<tr>
<td>Girls Skirt - Sizes 4 - 22</td>
<td>$44.00</td>
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<td></td>
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<tr>
<td>Boys Shirt - Sizes 4 - 24</td>
<td>$44.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys Ruggers - Sizes 4 - 24</td>
<td>$34.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sport Polo - Sizes 3 - 26  (unisex)</td>
<td>$33.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sport Short - Sizes 2 - 24 (unisex)</td>
<td>$28.60</td>
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<td></td>
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<tr>
<td>Girls Skort - Sizes 4 - 16</td>
<td>$34.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jumper - Sizes 6 - 18</td>
<td>$58.30</td>
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**SPORT**

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<tr>
<td>House Polo - Katandra Sizes 2 - 18</td>
<td>$25.00</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>House Polo - Bulimah Sizes 2 - 18</td>
<td>$25.00</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>House Polo - Patanga Sizes 2 - 18</td>
<td>$25.00</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>House Polo - Allambee Sizes 2 - 18</td>
<td>$25.00</td>
<td></td>
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<tr>
<td>Athletic Singlet - Sizes 6 - 16</td>
<td>$30.00</td>
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<tr>
<td>Athletic Short - Sizes 26 - 36</td>
<td>$28.00</td>
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<td></td>
</tr>
<tr>
<td>Fleecy Track Jacket - Sizes 4 - 18</td>
<td>$44.00</td>
<td></td>
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<tr>
<td>Fleecy Track Pant - Sizes 2 - 18</td>
<td>$38.50</td>
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<tr>
<td>Sport Jacket - Sizes 6 - 14; XS; S</td>
<td>$69.00</td>
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<tr>
<td>Sport Pants - Sizes 6 - 14; XS; S</td>
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<tr>
<td>Boys Bathers - Sizes 4 - 14</td>
<td>$26.40</td>
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<td></td>
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<tr>
<td>Swimming Cap (Lycra &amp; Silicon) Please indicate which one</td>
<td>$14.00</td>
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<tr>
<td>Swimming Cap Latex - House Colours</td>
<td>$4.40</td>
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</tr>
<tr>
<td>Goggles</td>
<td>$22.00</td>
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**SOCKS/TIGHTS**

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<th>Total</th>
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<tbody>
<tr>
<td>MMP Sock - Sizes 10-12, 13-2, 3-5, 6-8, 9-11, 12-14</td>
<td>$8.80</td>
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<td>Football Socks - Sizes 13-3, 2-8, 8-11</td>
<td>$10.00</td>
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<tr>
<td>Black Tights - Sizes 4-6, 7-10, Sml</td>
<td>$10.00</td>
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**HATS**

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<tr>
<td>Peak Cap</td>
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<tr>
<td>Hat - Prep (Maroon)</td>
<td>$16.50</td>
<td>Prep</td>
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<tr>
<td>Hat - Year 1 - 7 (Navy)</td>
<td>$16.50</td>
<td>Compulsory</td>
</tr>
<tr>
<td>Sun Visor (Netball)</td>
<td>$5.50</td>
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**BAGS**

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<tr>
<th>Item Description</th>
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<tbody>
<tr>
<td>Backpack - Small</td>
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<tr>
<td>Backpack - Medium</td>
<td>$55.00</td>
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<tr>
<td>Backpack - Large</td>
<td>$60.50</td>
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<tr>
<td>Library Bag - Assorted colours</td>
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<tr>
<td>Lunch Bag - Red/Green</td>
<td>$8.80</td>
<td></td>
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<tr>
<td>Swim Bag</td>
<td>$13.20</td>
<td></td>
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<tr>
<td>Music Bag</td>
<td>$9.90</td>
<td></td>
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<tr>
<td>Water Bottle</td>
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**ACCESSORIES**

<table>
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<tr>
<th>Item Description</th>
<th>Unit Price</th>
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<tbody>
<tr>
<td>Hair Accessories - various</td>
<td>Various</td>
<td></td>
</tr>
</tbody>
</table>

**PAYMENT BY CASH/EFTPOS/CREDIT CARD**

**TOTAL**

**Deposit Paid**

**Balance Owing**

**PRICES SUBJECT TO CHANGE.**
For those families who are unable to come in to the shop, this form may be used as a convenient way to make Uniform/Bookshop purchases and payments.

Completed forms may be sent in to the Uniform/Bookshop with your child. Please ensure credit card details or cash payment is provided. Orders without payment cannot be processed. Any goods paid for by cheque will be withheld pending clearance of the cheque.

Purchased items will be sent home with students along with a receipt. Alternatively you may post or fax the form to the Uniform/Book Shop.

Parent Name: ………………………
Contact Ph: ………………………
Amount Due: ______________________

Method of Payment:        Purchase Amount: $  
☐ Cash       ☐ Cheque       ☐ Mastercard       ☐ Visa

Card Number:                      
Card Holders Name: …………………………………………………………………………………
Expiry Date: ______ / ______ Card holder Signature: __________________

Child/Childrens’ Name: ………………………………… Class: …………………

PAYMENT OF ACCOUNTS

Parents should pay their accounts directly to the Primary School Uniform/Bookshop.

Cheques made payable to : Marymount Primary School Bookshop

Payments may be made by cash, cheque or credit card ONLY. Cheque and/or credit card payments may be mailed to:

Marymount Primary School Uniform/Bookshop
PO Box 2506
BURLEIGH BC 4220

Credit card payments can also be made over the phone directly to the Uniform/Bookshop on (07) 5520 8410.

PLEASE NOTE:

1. B Pay facility is NOT available for bookshop payments.
2. Please DO NOT include booklist payments with school fee payments.
3. Please DO NOT POST cash payments.
Help Needed

During Term 4, (October 6th to 10th) 34 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 2014.

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
Ten common discipline mistakes

Here are 10 common and easily avoided mistakes parents make when disciplining their children. Replace these mistakes with better techniques and you’ll be on your way to parenting easy street.

1. **Repeating yourself**
   If you do this, you are training your kids to become ‘parent deaf’. Kids learn more from respectful actions than your repeated words, so speak once – twice at most – then DO something.

2. **Shouting to be heard**
   You will get better results by going below the noise baseline to get their attention rather than raising your voice.

3. **Setting limits too late**
   If you set a limit a few weeks after new object or situation is introduced (e.g. a kid gets a new mobile phone, a teen starts going out at night), you will be seen to be taking away a freedom. It’s better to set limits first then loosen them up later.

4. **Setting no limits**
   Boundaries, rules, expectations and standards teach kids what’s expected. Boys love them. They also like to push against them, so you need a firm backbone.

5. **Failing to follow through.**
   Talk! Threaten! Nag! No way! See No. 1 above.

6. **Making consequences too harsh**
   “You’re grounded for a month, Mr 6-year-old” is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 Rs – respectful, reasonable and related to the behaviour – when setting consequences and you can’t go too far wrong.

7. **Applying consequences when you, or they, are angry**
   When anger is in the air kids will become mad at you ... if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8. **Mixing discipline with counselling**
   Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time.

9. **Deferring discipline**
   Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don’t have real authority. Have the confidence to be the authority and take a lead.

10. **One parent is always the bad guy**
    This gets wearing. Also it’s hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, bring sparents into the act.

We’ve all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.

For better, more sophisticated and more effective discipline techniques visit my online parenting manual – the Parentingideas Club. There are 1,000s of strategies waiting to be used. Take your FREE trial now at parentingideasclub.com.au