Dear Parents, Students and Friends,

Music Night

I am never ceased to be amazed by the musical talents of our students here at Good Shepherd and am proud of the opportunities that individuals and classes have to showcase their talents. Over the weekend some of our students performed at the Kelmscott Show and many will have the opportunity at our Music Night on tomorrow evening. Many thanks to Mrs Diana Newman and the music tutors from Lumen Christi College for the encouragement and development of our students.
Term 4 Calendar Changes

Term 4 certainly is busy when we look at our planner. Please note the few changes made to dates over the school holidays regarding activities during Term 4 to fit all our activities in. A link to download the Calendar appears in the section below.

Swimming Lessons & Carnival

Swimming lessons start next week and in a country like Australia where we are surrounded by water, learning to swim and water safety are important aspects of growing up. Swimming lessons form part of the school's Physical Education program and all pp-6 students in WA are entitled to lessons. Our school swimming carnival will be held on 11 November.

Fundraiser Support

Our P&F have certainly been busy organising a number of activities to support our school. Please keep an eye out on the messages below regarding a Bogan Bingo entertainment night and the raffle which will be drawn on the evening. Tickets are selling fast - it promises to be a fun evening with loads of amazing items up for auction also.

God bless

Andrew Colley

Principal
Crunch 'n' Sip

We are promoting Crunch&Sip at GSK. As of next week there will be a set break during the school day to eat vegetables and fruit and drink water in the classroom. Students bring vegetables or fruit to school each day for the Crunch&Sip break. Each child also has a bottle of water in the classroom to drink throughout the day to prevent dehydration.

Giving students the chance to re-fuel with fruit or vegetables helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health. The objectives of Crunch&Sip are to:

- increase awareness of the importance of eating vegetables and fruit and drinking water
- give students, teachers and staff an opportunity to eat vegetables and fruit during an allocated Crunch&Sip break in the classroom
- encourage parents to provide students with fruit or vegetables every day
- develop strategies to help students who don't have regular access to fruit and vegetables

BFF Forever: When friendships go sour

Emotional intelligence remains a work in progress throughout our lives. Dr Jenny Brockis offers parents tips to help children deal with emotional pain.
Pyjama Day - a Student Initiated Fundraiser

A few of our Year 5 students have initiated a fundraiser to support other kids less fortunate than themselves. The future is bright for our upcoming school leaders!

Year 5 Students Aishlynn Merry, Eva Boardman, Lucia Cutri & Matilda Smith came up with the fantastic idea of raising money for sick kids by supporting Telethon. They organised a Pyjama day last Wednesday, 12 October when all students and staff wore their pj’s to school in support of raising money for telethon. The Pyjama Day was a success and a total of $320.45 was raised on the day. The girls were thrilled with the success of the day.

Thank you to these fabulous students and their parents who supported them in their cause. The money was donated to Telethon over the weekend.

Music Night - Tomorrow- Thursday, 20 August.

All Students in Years 3 - 6 are performing at Lumen Christi College Performing Arts Centre. Please arrive by 6.30pm for a 7.00pm start.

Students are requested to wear full winter uniform.

A delicious selection of home baked goodies will be available for purchase at the Music Night.
**Canteen News**

**PLEASE NOTE:** The school canteen will only be operating on Wednesdays and Fridays for this Term.

[Click here for Term 4 Roster](#)

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**P&F News**

Cash Raffle books are **NOW DUE BACK!** Please hand **ALL** books, both sold and unsold to the office along with all monies collected **tomorrow - no later.** Thank you to all who have participated in the cash raffle.

BOGAN BINGO is fast upon us!! Tickets are available online, at the office and from Catherine Schaefer and Briana Warden. There will be no door sales on the night so don't forget to get those tickets!
The Good Shepherd Kelmscott Catholic Primary School P & F Assoc Presents:

**IT’S THE Bogan Bingo SHOW!**

HALF GAMESHOW, HALF PARTY
and more Aussie than a derby day sausage sizzle!

**Tickets: $25**
8 tix reserves a table
Available through www.trybooking.com/221746
Cash sales through GSK School or email pandf@gsk.wa.edu.au

WHERE: Lumen Christi College
81 Station St, Martin

WHEN: 29TH OCTOBER 7PM

BYO NIBBLES AND DRINKS FOR YOUR TABLE.

A FUN NIGHT OF GAMES, RAFFLES AND AUCTIONS.
BRING YA GOLDIES & CASH!

www.BOGANBINGO.COM Over 400 shows a year worldwide!

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**Gospel Reflection**

This week’s reflection on the coming Sunday’s readings.
Summer will soon be here – enrol now for swimming lessons. Enrolments for December/January lessons are now open. It is important for every child to learn vital swimming and water safety skills. VacSwim offers affordable school holiday swimming lessons run by qualified instructors at a range of locations throughout the state. For further information and online enrolments visit education.wa.edu.au/swimming.

MILO T20BLAST MILO T20 Blast is a super fun, social, safe cricket program for 7-11 year old boys and girls. The program is much shorter than traditional cricket, with a maximum of 90 minutes playing time for 8 sessions at the same venue each week. Teams consist of 8 players, ensuring everybody gets a chance to bat, bowl and field. With music pumping and participants playing in Perth Scorchers shirts the atmosphere is amazing! On Thursday, 20th October there will be a Come’n’Try session between 5.00pm and 6.30 pm at Gwynne Park, Seventh Road, Armadale. If you wish to register, you will be able to do so on this day or go to the Play Cricket website listed below. For more information, go to www.playcricket.com.au or contact Terry Pass on terry.pass@education.wa.edu.au or 0401 610 158.
Have you got the school app?

Did you know:

- All our major communications and newsletters can be managed through the school app?
- Absence notes can be sent right from your phone?
- You can manage your school contact details?

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