Dear Friends of the St Joseph’s Community,

Firstly St Joseph’s would like to congratulate Max Chaplin, Jack Ventry and Lilly Day-Edgecome who competed in the Archdiocese Athletics Carnival which was held in Canberra last Thursday. All three students competed exceptionally well with Max Chaplin placing second in his heat (5th overall), Jack Ventry placing second in his 100m race and Lilly placing second in her age group for discus. Jack and Lilly will now go on to compete at the state level in Sydney! We wish them the best of luck.

Mrs Forrester has been busy co-ordinating an in school sports program with In2Cricket. This program will be run over two days. Tuesday 30 August for Years 5 – 6 and the following Tuesday 6 September for Kindergarten to Year 4. This is an in house school program which aims at exposing our children to cricket concepts and developing the skills required to play cricket.

Lastly, a big thank you to all the staff, parents, grandparents, family friends and students who made yesterday’s Book Fair and Parade such a success. It was great to see so many children dressed as their favourite book character and the perfect opportunity to welcome back Mrs Shannon from Maternity Leave.

God Bless

St Joseph’s Primary Staff
2016 BOOK WEEK PARADE

September Birthdays

6th Simone Hillyer  
10th Cooper Kidd  
11th Torin Hillyer  
13th Karina Perkins  
14th Miller Stewart  
14th Mitchell Reed  
18th Grace Farrell  
23rd Paige Hurley
**MASS TIMES:**

Saturday, 27th; 6 p.m. Mass Bombala  
Sunday 28th; 5 p.m. Mass Delegate  
Wed. 31st 9.30 am Mass Bombala  
Saturday, 3rd Sept. 5 p.m. Delegate; Liturgy of the Word & Holy Communion  
Sunday, 4th Sept. 9 a.m. Bombala, Liturgy of the Word & Holy Communion

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**Bombala Basketball**

The Bombala Basketball competition will now commence on Monday 5 September  
(this is due to the hall being unavailable next Monday)

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**Kid's Club.**

*At St Matthias Anglican Church*  
Cardwell Street Bombala

Friday 26th August  
From 3.30pm until 5.15pm.  
For all infant and primary age children.  
Games, afternoon tea, singing, Bible stories, craft activities.  
Cost: $2.00  
All welcome.  
Rev’d. Robert Lindbeck - Priest-in-Charge.  
Phone 6458 3018

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**A free come and try cricket day- all modified skills and games for first time cricketers, see if they like it before signing up for the season, come along!**

**Saturday 3rd September**  
9am-11am- Come and try day for any kid aged between 5-12 wanting to give cricket a go this season (FREE) @ Berrambool Oval, Merimbula

If your child is interested in attending, please let Mrs Forrester know.  
Thank you

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**Being a Mindful Parent:**

*A Guide to Raising Resilient Children*

**Free Workshop at Bonang Hall in October**  
*24th 9.30am – 4pm & 25th 9.30am – 1.30pm*

Presented by **Lyn Benson, Counselling Psychologist & Family Therapist**

**Topics covered:**  
- What is Mindfulness?  
- Mindfulness meditation practice  
- Benefits of Mindful Parenting  
- Understanding yourself so you can understand your child  
- Factors that promote resilience in children  
- Factors that can hinder resilience in children  
- Braking Mindfulness into everyday life  
- Teaching children to become more resilient  
- Teaching self-regulation - Infants to Adolescents

**Who should attend?**  
- Community health nurses  
- Social workers, Counsellors  
- Teachers, Parents, family

**What's included?**  
- 1.5 day Workshop  
- Print/Information  
- Morning/afternoon tea, lunch  
- Accommodation on approval

Sponsored by East Gippsland Mental Health Initiative