

PROUD WINNERS FROM OUR EASTER RAFFLE!

#### The Art of 'Happiness'

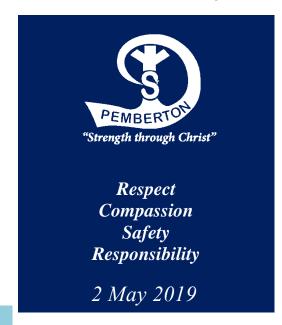
Recently, a visitor to our school commented on how happy all of our students seemed. While it's certainly true that we generally have happy kids at Saint Joe's, I found myself wondering what the reasons for this are. We all want to be happy and there has been significant research done in recent years on how certain behaviours. attitudes and choices relate to happiness. Researchers think that roughly 40 percent of our happiness is under our own control; the rest is determined by genetics and external factors. That means there's a lot we can do to control our own happiness.

Here are nine happiness-promoting behaviours backed by science.

- 1. Relationships are essential. A major study followed hundreds of men for more than 70 years and found the happiest (and healthiest) were those who cultivated strong relationships with people they trusted to support them.
- 2. <u>Time beats money</u>. A number of studies have shown that happier people prefer to have more time in their lives than more money. Even trying to approach life from that mindset seems to make people more content.
- 3. But it helps to have enough money to pay the bills. People's well-being rises along with income levels up to an annual salary of about \$75,000, studies have found.

(That number probably varies depending on your cost of living, however.)

- 4. <u>It's worth stopping to smell the roses</u>. People who slow down to reflect on good things in their lives report being more satisfied.
- 5. Acts of kindness boost the mood. Give your friends a hand for a day or spend an afternoon volunteering. Some research has shown that people who perform such acts report being happier.
- 6. <u>Breaking a sweat</u> is about more than burning calories. Studies show that increased levels of physical activity are connected to higher levels of happiness. Exercise tends to help mitigate the symptoms of some mental illnesses as well.
- 7. Fun is more valuable than material items. People tend to be happier if they spend their money on experiences instead of things. Researchers have also found that buying things that allow you to have experiences like rock climbing shoes or a new book to read can also increase happiness.
- 8. It helps to stay in the present in the moment. Several studies have found that people who practice mindfulness meditation experience greater well-being.
- 9. <u>Time with friends is time well spent</u>. Interactions with casual friends can make people happier, and close friendships especially with happy people can have a powerful effect on your own happiness as well.



## 'Writing' Professional Development Day

On Monday of this week, we welcomed back former Saint Joe's staff member Ashlee De Campo to lead the staff in a day of Professional Development, aimed at creating a whole-school approach to the teaching of writing, grammar and punctuation. This was a great opportunity for staff to engage in some rich discussion on how writing is best taught. We were able to create a shared understanding and belief around our writing instruction and we look forward to this translating to greater student outcomes in the future.

### Casuals for Catholics Day- Free Dress Thursday 9th May

You may be aware of Catholic Care in the Diocese of Bunbury, which provides help for families and people in need across the southern part of our state. The motto for this organisation is "People Helping People".

Every year, Bishop Holohan asks schools in the Bunbury Diocese to hold a 'Casuals for Catholic Care Day', where students wear free-dress for a gold coin donation.

This will be held on Thursday 9th May (Week 2). Many thanks for your support and donations. Please make sure your child wears suitable footwear for their Phys. Ed. Lesson.

#### **Class Newsletters**

On Monday, your child should bring home the latest Class Newsletter. Please do take the time to look through this newsletter, as it does contain some useful information about what to expect in the weeks ahead for each class.

#### Mother's Day Liturgy and Morning Tea

Please take note that coming up on Friday of Week 2, 10th May, is our Mother's Day Liturgy and Morning Tea. The Saint Joseph's mums do so much to help our children and to support our school, so this day will be our opportunity to say thanks! The liturgy will be in the K/P/1 classroom at 9.00am, followed by a special morning tea in the library at 9.30am. We hope all of our wonderful mums can make it for this very special occasion.

#### **ANZAC Day**

On Tuesday, we recognised ANZAC Day as a school with a special ANZAC Prayer Assembly. On the holidays, however, I was so proud of our Year 6 representatives at the Town ANZAC Service- Samuel Ebsary, Rhiannon Gibbs and Elyssa Brown. They did an amazing job of representing our school and I thank and congratulate them.

God Bless, Brett Wilkie

#### Easter Raffle

Winners of the 2019 Easter Raffle are:

- Colin Knight
- Lia Ellis
- Pratt Family
- Tom McDonald
- Jersey-Rose Cooper
- Layla Bendotti
- Jodie Omodei
- Kvra Flick
- Shelby Bendotti
- Vesely Family
- Isabella Ng
- Shannon Gibbs
- Seb Van der Putten
- Sr Dora

P&F executive



# Project Compassion - Water Carrying Challenge

The final amount raised through the Water Challenge, our pancake day and your donations are:

• Water challenge \$1,004.25

• Pancake day \$ 36.00

Donations \$ 131.55

## Grand Total \$1,1171.80

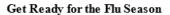
This is an average of \$28.58 per child in the school!

An awesome effort one and all.

## Pemberton Pharmacy

48 Brockman Street Pemberton WA 6260 Phone: 08 9776 1054 Fax: 08 9776 0737

Email: pembertonpharmacy@westnet.com.au



Pemberton Pharmacy is now able to do flu vaccinations.

We are also having a nurse on Friday 10 May who can vaccinate children under 18.

Bookings are essential Phone now for an appointment.

Call Pemberton Pharmacy 9776 1054



#### WHAT'S COMING UP?

Mon 5 Class newsletters go home

Thurs 9 Casuals for Catholics

Day – FREE DRESS

Fri 10 K/P/1 Mother's Day Liturgy in K/P/1 class at

9am

Mother's Day morning tea in the Library following the Liturgy

P & F News.....

## ST JOSEPH'S SCHOOL, PEMBERTON From Rose's desk...

#### Office Hours

The office will open on Friday this week and Monday, Wednesday and Thursday next week.

#### Southern Stage Performing Arts Studio

Southern Stage Performing Arts Studio Incorporated offers:

Jazz, Tap, Ballet, Lyrical, Hip Hop, Musical Theatre, Acrobatics and Adult Burlesque Classes.

Classes are for ages 2 years to Adults and we run the same as the school

A great, fun way to keep fit and make new friends.

Enquire today. You will find us at the Macedonian Hall, 407 Ipsen Street

Email: sspas.inc@outlook.com

Ph: Dee 0420 567 843 or visit our Facebook page



PEMBERLEY OF PEMBERTON Sculpture in the Vines

Exhibition of sculptures set beside the beautiful pemberley Vineyard with youth entries displayed in the marquee.

FRI MAY 3 - FRI MAY 10 | 10.00am - 4.30pm

Pemberley Farm 104 Ockwell Rd, PEMBERTON

FREE EVENT



unearthedpemberton.com.au



ST HILDA'S CRAFT GROUP An exhibition of traditional handcrafts including quilts, knitting and crochet.

SAT MAY 4 | 10.00am - 04.00pm

Pemberton Mill Hall Brockman St, PEMBERTON

FREE EVENT

FREE EVENT



## CONTEMPORARY CREATIVE

A collection of contemporary art and sculpture with gourmet tastings from Holy Smoke.

Opening Night SUN APR 28 | 05.00pm - 8.00pm

MON APR 29 - FRI MAY 10 | 09.00am - 05.00pm

Pemberton Fine Woodcraft Gallery, 6 Dickinson St PEMBERTON



PEMBERTON ARTS GROUP unearth discover embrace (Pemberton Art Prize)

A showcase of 2D and small 3D art works by South West artists.

SAT APR 13 - FRI MAY 10 | 10.00am - 4.00pm

Pemberton Sports Club Brockman St, PEMBERTON

FREE EVENT



Canteen Roster:

Amanda Keough

Gaye Van Hazendonk

Tuesday 7

Tuesday 14

**BOOK LAUNCH** Jack Bradshaw's "Fences of Australia"

A well built fence is a thing of beauty and a monument to A well built fence is a thing of beauty and a monument to workmanship. These practical but symbolic structures are part of the story of Australia. Starting with 7,000-year-old Aboriginal fish traps and ending with a look into the future in a chapter on virtual fencing, Jack Bradshaw traces the history of Australia's fences in words and pictures.

This book launch is part of the TUE MAY 7 | 05.00pm - 07.00pm

Plackett Dr. PEMBERTON



MOVIE SCREENING "Coppelia" Featuring Terry Charlesworth and Ron Ashton

Join us at the screening of the comic ballet performance starring Terry Charlesworth Dancers and Pemberton's own Ron Ashton, which was originally performed at Her Majesty's Theatre.

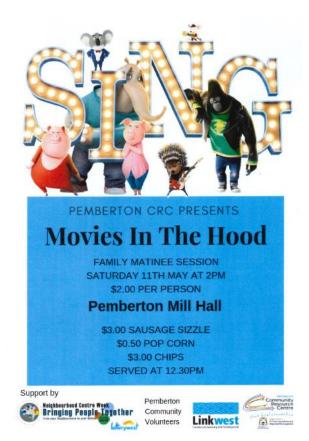
Dr. Coppélius makes a life-size dancing doll that is so lifelike that Franz, a village youth, becomes infatuated with it and sets aside his heart's true desire, Swanhilda.

THU MAY 9 | 07.00pm

Pemberton Mill Hall Brockman St, PEMBERTON COST: \$5pp Supper Available

* TICKETED EVENT BOOKINGS ESSENTIAL	Fri 3	Sat 4	Sun 5	Mon 6	Tue 7	Wed 8	Thu 9	Frí 10
From the Karri to the Coast - Saturday April 28°								
OPENING NIGHT: COCKTAIL PARTY @ RAC KARRI VALLEY RESORT*	~							
Mountain Bike Social Ride FREE EVENT		~						
Pemberton Discovery Tours - Yeagarup Dune Safari*	~	~	~	~	<b>V</b>	<b>~</b>	<b>~</b>	V
The Manjimup Farmer's Markets comes to Pemberton FREE EVENT			<b>V</b>					
Pemberley of the Pemberton: Sculpture in the Vines FREE EVENT	~	~	~	~	~	~	<b>V</b>	V
St Hilda's Craft Group FREE EVENT		~						Г
Contemporary Creative Exhibition FREE EVENT	~	~	~	~	~	~	~	V
Pemberton Art's Group: unearth discover embrace (Pemberton Art Prize) FREE EVENT	~	~	~	~	~	~	~	~
Book Launch: Jack Bradshaw's "Fences of Australia"					<b>V</b>			
Movie Screening: "Coppelia"							~	Г
A Truffling Matter: Trufferie Tour		~						V
Pemberton Finger Limes Farm Tour®					<b>V</b>			
PJ Produce: Market Garden Tour	~	~	<b>V</b>	~	~			V
Pemberton Unearthed Food & Farm Experience Tour	<b>V</b>							
Lakeside Sundowner*					~			
Cheese Making Workshop®		~						
The Epic Wine and Cheese Party		<b>V</b>						
Wine, Marron and Music Street Party FREE EVENT								V







## HORSE ASSISTED LEARNING PARENTING PROGRAM

UNDERSTANDING COMMUNICATION THROUGH CONNECTION WITH HORSES

One Day Workshop: Saturday May 18th or Sunday May 19th

Parents/<u>Cares</u> are invited to <u>enrol</u> in a <u>FREE</u> and <u>Catered</u> six hour, <u>one day</u> workshop;

- · Developing an understanding of moods in relationship
- Understanding & interpreting body language
- Correlation between Mind/Body
- Listening and communication

through connections with Horses.

Horses <u>have the ability to</u> learn and respond to human body language and give participants feedback. They assist with mindfulness and being 'present emotionally'.

Parents/Cares will become more confident in their role as well as enhancing connection with their children/family.

Please contact **Chris Scott** to <u>enrol</u> on:

Tel: 0431627186 or Email: chris@horsevision.com.au

Please note: No horse experience is necessary but numbers are limited for these workshops!





#### Horse Vision:

- 1. Communication
- 2. Team building
- 3. Leadership
- 4. Problem Solving and Strategy
- 5. Resilience
- 6. Resolving Conflict
- 7. Creativity and intuition

Venue

Horse Facility

Warren Equestrian Centre, Ralston Road, Manjimup.

## Funded by:

Parenting Connection SW Supporting WA Parents.

### Flats and Sharps Show

Manjimup Hotel Four Aces Bar–Saturday 4 May. Doors open 7pm for 7.30pm start.

Tickets from Vetted Books,

120 Giblett St., Manjimup 10-4 Wed-Sat.
Cash Only.
Pre-sale tickets only \$25
School students \$15
Tickets at the door \$30 (no concessions)

St Joseph's School PO Box 415 12 Guppy Street, Pemberton WA, 6260.

P: 9776 1180 e:admin@stj.wa.edu.au