



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. Time beats money. 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. It's worth stopping to smell the roses. 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. Breaking a sweat 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. Time with friends is time well spent. 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.



"Strength through Christ"

*Respect
Compassion
Safety
Responsibility*

2 May 2019

'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
- Kyra 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

Get Ready for the Flu Season

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

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04 MAY 4.30PM



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www.trybooking.com/484710 **SMOKING CO. JR.**

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For more information contact Nathan Booth: 0438 011 583



PEMBERTON CRC PRESENTS

Movies In The Hood

FAMILY MATINEE SESSION
SATURDAY 11TH MAY AT 2PM
\$2.00 PER PERSON

Pemberton Mill Hall

\$3.00 SAUSAGE SIZZLE
\$0.50 POP CORN
\$3.00 CHIPS
SERVED AT 12.30PM

Support by



HORSE ASSISTED LEARNING PARENTING PROGRAM

UNDERSTANDING COMMUNICATION THROUGH CONNECTION WITH HORSES

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

Parents/Carers are invited to enrol in a **FREE and Catered** six hour, **one day** workshop;

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

through connections with Horses.

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

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

Please contact **Chris Scott** to enrol 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)

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