During prayer on Monday the staff reflected on the good fortune of the gift of holidays. The holidays provide us with an opportunity to relax and enjoy life, to slow down and appreciate each other in a different way. It is our prayer that everyone will be safe and enjoy the experience, to come back next term refreshed and renewed. We wish all students, staff and families a well earned break from the school routine.

For Out of School Hours Care, holidays are the busiest time, with many children enjoying the fun filled program in which they can participate. Last week we celebrated the 5th birthday of OSHC with a party in true birthday style. The centre was visited by many of the past workers including Pat Page and Jlse Sanderson who were instrumental in establishing OSHC for the community.

As this term ends we are already planning for what is happening next term. We ask that you consider being involved in International Night which is a fun filled community event with many choices of delicious foods and entertainment. Forms were sent home last week seeking your assistance to volunteer to cook or run a stall. Please give it consideration to ensure the success of this wonderful event.

Next term Ms Eleni Vailas will be leaving us to take up an Acting Deputy Principal's position at St Catherine McAuley at Craigmore. We wish Eleni all the best as she experiences something new and challenging. Eleni will return to Samaritan in 2011.

Recently we have advertised for positions for 2011. Although a little unsure of numbers required, we tend to present many subject combinations for the secondary campus in order to gauge skills and expertise that might be available in the recruitment field. Changes to subjects required can be affected by student choices and availability. At this stage we may require five new staff next year. In order to firm up our planning, families are reminded that your intentions forms are now overdue. Please return them as soon as possible.

We wish the school community a good break and urge students to help out at home and enjoy a happy, healthy, balanced and safe break.

For the Road:
A good holiday is one spent among people whose notions of time are vaguer than yours.

John B Priestley
PARISH NEWS

Thank you from the classes at Samaritan for the contribution of their ideas for a logo for the Catholic Parish of Whyalla. The Parish Council looked at them on Monday evening and a small committee will then take it to another stage of making recommendations to the Parish Council about the way forward at this stage. Some good ideas were generated. The classes who participated will be recognised in Term 4.

This Sunday – the first weekend of the school holidays is Social Justice Sunday and this year’s Statement by the Australian Catholic Bishops is entitled Violence a Message of Peace. It is available at our churches this weekend. It is a good reading for all of us. The Christian Response to Violence in our world is the same as that of Jesus, the peacemaker - one of peace and non-violence.

Early in Term 4 we will be sending letters to our Year 3 students and their families about the Sacrament of Reconciliation. Keep this in mind if it applies to you.

Also on October 17 is the canonisation of Blessed Mary Mackillop in Rome – our first Australian saint. There will be a special school celebration on October 15.

In the meantime – have a safe and happy holiday, and we look forward to working with you in Term 4.

God Bless.

Sr Robyn Brady
ON BEHALF OF THE PARISH TEAM

<table>
<thead>
<tr>
<th>WEEKEND MASS TIMES</th>
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<tbody>
<tr>
<td>St Teresa’s Church</td>
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<tr>
<td>Saturday 7:00pm</td>
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<td>Sunday 8:30am</td>
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RELIGIOUS DIMENSION

Due to the Feast Day of St Thérèse of Lisieux being on October 1, we celebrated this feast day this week. Generations of Catholics have admired this young saint, she was called the ‘Little Flower’. She is one of the Patrons of Australia along with Our Lady Help of Christians and St Francis Xavier.

St Thérèse died when she was 24, after having lived as a cloistered Carmelite for less than ten years. She never went on missions, never founded a religious order, never performed great works. The only book of hers, published after her death, was a brief edited version of her journal called "Story of a Soul." (Collections of her letters and restored versions of her journals have been published recently.) But within 28 years of her death, the public demand was so great that she was canonized.

St Thérèse has touched many lives over the past 100 years with her "shower of roses." She continually leads us to discover God’s love in our lives. This is why we try to imitate her "little way" each day and spread her devotion. Wouldn’t our world be such a better place if all of us did the ordinary things with a bit more love and attention to others? God’s loving presence would be experienced so much more!

We read in St Thérèse’s writings on prayer:

‘For prayer is an inspiration of the heart, It is a simple glance directed to heaven, It is a cry of gratitude and love in the midst of trial As well as joy. Finally, it is something great and supernatural, Which expands my soul and unites me to Jesus.’

(Ms. C, 25vo)

God Bless

Eleni Vailas
REC - OLHCC

COLLEGE NEWS

SYMBOL SLEUTHS

WINNERS FOR SEPTEMBER 16

STC - Simon Geldenhuys
OLHCC - Victoria Wood

Samaritan College Restaurant

Located in the Dining Room at Saint John’s Campus
70 Gowrie Ave, Whyalla Playford

$45 per head
4 course set menu
7pm start
BYO Beverage

For information and bookings please ring Mechelle at Saint John’s Campus on 8645 8568
www.info@samaritan.catholic.edu.au

Future Dates for 2010

October 21 November 18
November 4 December 2

Bookings essential as places are limited.

2 of 8
Come along and experience our International community

Any clubs or service groups who wish to organise a stall for their own fundraising purposes, with only a small donation to Samaritan College, please contact Terissa Shepherd on 8645 8568.

Come along and experience our International community

From Michael Grose:
Helping kids unwind

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Modern kids are busy kids. Regardless of age, their days are filled with activities.

Under fives do a range of adult-initiated learning activities designed to give them the best start to their learning lives. School-aged kids have a huge range of leisure and after-school activities to choose from. It is not uncommon for kids to have four and five extra-curricular activities a week.

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn.

Balance busyness with boredom

One way to ensure busy kids unwind is to make sure kids get bored every so often. There is a temptation to fill kids' days with activities so that no time is wasted. "I'm bored!" is the last thing most parents want to hear their kids say. Many parents feel compelled to do something to alleviate a child's boredom.

There is nothing wrong with a little boredom now and then. Boredom can be good for kids' mental health and well-being, giving them the chance to muck around and take it easy for a time.

Here are 5 ideas to help you unwind your kids:

1. Let your kids regularly stare into the ‘fire.’
Ever sat around a camp-fire and stared at the flames? If so, you will know how calming it is. No exertion! No need to think! No need to talk to anyone! Just a chance to chill-out and relax.

2. Let kids exercise without rules.
Kids are the kings and queens of play. Always have been. Until lately that is, when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind.

3. Let kids experience flow.
Flow is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play generally takes young children to flow very quickly so opportunities for unstructured play are essential.

4. Help kids calm down around bedtime.
Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling nursery rhymes, providing soothing back rubs and other ways.

5. Unwind with your kids.
When I was young the best times I had with my dad were spent in the backyard playing cricket. Sounds like a cliche I know. It was fun because it was never a chore for him. He loved it as it was a chance for him to unwind after work. Find ways you can unwind and rejuvenate with your kids.

We want our kids to be busy and involved rather than inactive and apathetic. However, activity needs to be balanced with unscheduled time so that perspective as well as everyone’s sanity is maintained.
Last week some Samaritan College students were visited by members of the Adelaide 36ers basketball team. Students listened as the players described their normal training and game day routine. It became obvious to the students how much hard work and dedication is required to play the sport at a high level. The advice given by the players was if you have a passion for any sport, hobby or interest and are willing to work hard you can achieve your goal. After the presentation students from various classes participated in some foot skill and concentration drills that were run by the players.

I was fortunate enough to work in collaboration with committee members from the Samaritan College community to assist in bringing the Sixers and Hawks to Whyalla. To this end I wish to offer my thanks on behalf of Samaritan College to Trevor Castle, Chris Mortimer and Dean Plane.

James Baverstock

I would like to remind you that as part of the sun-safe policy we return to wearing hats in Term 4 when outdoors.

Summer Uniforms are to be worn from the beginning of the term, however, if the weather is cold the students can still dress in their winter uniform for the first two weeks of the term.

Thank you to the staff for their hard work and to our faithful volunteers who have helped in many ways during the term.

Thank you to the parents for your support during this term.

Another busy term concludes at 12:30pm on Friday, September 24!

Pat Page
PRIMARY CAMPUS LEADER

Andrew Chinn is a musician who performs a range of Catholic / Christian music which the primary campuses use in Masses and Liturgies. Andrew will be visiting Whyalla in October and Samaritan College is lucky to have secured a concert at each primary campus. Andrew will perform on Monday, October 18 at Our Lady Help of Christian Campus and Tuesday, October 19 at Saint Teresa’s Campus. All classes will attend the concert. There is no cost for the performance. This is a wonderful opportunity for primary campus members to be energized and share our faith in music and song.

Bernie Meixner
CAMPUS COORDINATOR
It is hard to believe that it’s the end of another term. As we reflect on Term 3 we remember all that has happened and give thanks for the many people who made these events possible. In particular: Confirmation, Science Week, Book Week, Premier’s Reading Challenge, Adelaide and Whyalla Choirs and Sports Carnivals just to mention a few.

Due to the fantastic community spirit we have at Samaritan College these events don’t just happen. Thank you to all those people, staff, students, parents and grandparents who have helped in any way this term. Your input and efforts are always much appreciated!

**FOYER DISPLAY**

Please venture into the office this week to view the fantastic Foyer Display presented by Yr 1/2 Rothe all about ‘Prayer’.

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**HOUSE POINTS**

Today is the all-important time to announce the winner of the Attitude Points for Term 3.

<table>
<thead>
<tr>
<th>House</th>
<th>Points</th>
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<tbody>
<tr>
<td>Rice</td>
<td>6567</td>
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<tr>
<td>Benedict</td>
<td>6542</td>
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<tr>
<td>Mackillop</td>
<td>5493</td>
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Congratulations to the Rice House Team! Rice was awarded with the most points throughout this term. Students who are in the Rice House wore Casual Clothes today.

Best wishes for the holidays! Wishing you a very relaxing and restful break. Take care if travelling on the roads!

God Bless

Eleni Vailas
CAMPUS COORDINATOR

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**MUSIC IS FUN**

Last Friday the students of the primary campuses participated in the ‘Music is Fun’ concert.

This high energy, interactive musical performance saw the children learn about various instruments, beat and rhythm whilst engaging in drama, dance and song.

The students loved the performance and participated with great enthusiasm throughout the performance.

Winnie Fitzgerald and Melinda Gray are to be congratulated for preparing the students for the day. We can’t wait for the next concert.
SECONDARY NEWS

PARENT INTERVIEWS
For many parents, these important meetings with teachers took place last night. If you were unable to make it, please contact the College to make a time to meet with teachers you need to see.

YEAR 12S
For our Year 12s this is almost 'it' as far as formal lessons go. Many subjects use the start of Term 4 to revise and to practise exams. Year 12s are encouraged to revitalise themselves during the break but to also take advantage of the two weeks to prepare for their final push towards SACE completion. Year 12s are also bringing home their final school reports tomorrow. These contain important information that will help them to maximise their results and for some, includes their score in their trial exams.

LAST DAY
School is dismissed at 12.30pm on Friday.

UNIVERSITY & TAFE APPLICATIONS
A reminder that applications for university and TAFE close on Thursday, September 30. After this date a fee must be paid.
Visit www.satac.edu.au for more information

TAFE PRE-VOC COURSES
Students intending to apply for the Pre-Voc course at TAFE – leading toward an opportunity to be an apprentice at Onesteel – need to apply via SATAC. The course is listed on page 125 of the SATAC TAFE Guide 2011. Students do not need an ATAR (TER) nor to have completed Year 11 or 12 to apply.

PHYSIOTHERAPY COURSES
Flinders University have now removed the UMAT requirement for entry into Physiotherapy and Occupational Therapy courses. Now students will be considered solely on their ATAR.

Damien Judd
SECONDARY CAMPUS LEADER

YEAR 9 EXCURSIONS
Last week the Year 9 students were given details about their upcoming excursion to the Port Augusta Aquatics Excursion in Week 3 of next term. Excursion dates and departure/arrival times are as follows:

Monday, October 25
9 White
leave school at 8:30am and arrive back at 6:30pm

Tuesday, October 26
9 Blue
leave school at 8:30am and arrive back at 6:30pm

Wednesday, October 27
9 Silver
leave school at 8:30am and arrive back at 6:30pm

Thursday, October 28
9 Gold
leave school at 8:30am and arrive back at 6:30pm

Friday, October 29
9 Red
leave school at 7:30am and arrive back at 5:30pm

Parents are asked to ensure that the consent and health care forms are filled in and returned to your child’s caregroup teacher by tomorrow please.

Christine Duffield
YEAR 9 COORDINATOR

Mayor Jim Pollock visited Year 4/5 Seals on Tuesday, September 21. Mayor Pollock spoke to us about what his job entails and how he looks after Whyalla. Our class also came up with different questions to ask him, from whether he gets nervous when speaking in public to if he gets any days off? A big thank you must go to Natasha Free who helped to organise this special visit.

Nicola Seals
9 GOLD - STUDIES OF SOCIETY AND THE ENVIRONMENT

Our class have just finished a unit on Copyright. For this we studied ethical research methods and discussed the implications of piracy. We learnt that both individuals and the Australian film industry can suffer from illegal downloading of film and music. To attempt to stop this, each of us designed an anti-piracy t-shirt. Some of the slogans included:

*Get real... say no to fakes* and *Pirated films. Daylight robbery.*

Kimberley Hall and 9 Gold

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**Canteen Rosters**

Monday, October 11 - Friday, September 15

<table>
<thead>
<tr>
<th>Mon</th>
<th>ST TERESA’S CAMPUS</th>
<th>OUR LADY HELP OF CHRISTIANS CAMPUS</th>
<th>SAINT JOHN’S CAMPUS</th>
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<tbody>
<tr>
<td></td>
<td>Canteen Closed - Pupil Free Day</td>
<td>Julie Drake</td>
<td>Pauline Higgins</td>
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<td>Tue</td>
<td>Annabel Gurnett</td>
<td>HELP NEEDED</td>
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<tr>
<td>Wed</td>
<td>Michelle Mumphries</td>
<td>Dana Campion</td>
<td>Mark Plunkett</td>
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<tr>
<td>Thu</td>
<td>Isabella Tilbrook</td>
<td>Sarah Gurney</td>
<td>Yvette Miaco</td>
</tr>
<tr>
<td>Fri</td>
<td>Geniene Prater</td>
<td>Rachelle Kaesler</td>
<td>Sunny Chong</td>
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Annette Cameron
CANTEEN MANAGER

Rose Cassar
CANTEEN MANAGER

Marg Coad
CANTEEN MANAGER

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**Community News**

D’faces School Holiday Program

**Aerosol Art**
9:30am-4pm at D’faces Hall (Day 1)
Monday 27/9- Friday 1/10

Develop your style with working aerosol artist Sam Evans & D’faces emerging artist Slade. If you want to learn how to do aerosol art, or build on the skills you already have then spend the week sketching out a piece and spraying it on a legal site in town. $50 - Bring your lunch, cool drinks, sunscreen & a hat!

**D’Cirq with Cirkidz**

Monday 27/9 Club Clown members ONLY
9:30am-4pm at D’faces Hall

If you are a Club Clown member then this day is JUST for you! Don't miss the opportunity to get acrobatic skills and a lot more with professional circus performers Jascha Boyce and Lachy Binns.

$10 - Bring your lunch, cool drinks & be ready!

**Tuesday 28/9 & Wednesday 29/9**

Want to try out your skills, learn juggling, tumbling and circus fun? Over two days learn the basics with Jascha Boyce and Lachy Binns.

Classes tailored for age & skill level:

- 9:30am-1:30pm for 4-8 years
- 11:45am-1:45pm for 9-13 years
- 2:15pm-4:15pm for 14+ years

$10 - All workshops at D’faces Hall, bring a cool drink.

Bookings essential, all participants must be a member of D’faces - annual membership fee only $10 so join today and don’t miss out.

To book call:
8645 1265 or email info@dfaces.net
**BANANA SPLITZ GROUPS**

Join us for fun, food and laughter!

For kids living with parental separation

Banana Splitz is coming to Whyalla

Groups will be held at the Uniting Care Wesley Children's Contact Centre.

Dates: September 28 & 29, 2010

Times: 10:00am to 3:00pm

Ages: 7-12 years old

To book or for more information call Maryanne on 8649 4367 or Luke on 83601 4200.

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**YMCA’S HOLIDAY PROGRAM IS BACK**

**ENROL YOUR CHILD TODAY!**

Running every weekday (excl public holidays) of the school holidays. Your child can come along, have fun and make some new friends in a safe and friendly environment.

Session time 9am-3pm

$15 per child, $25 for two children or $40 for 3 children

Swimming, Ball Sports, Arts & Crafts, Fun Mini Games and Movies included

Whyalla Health & Leisure Centre
Racecourse Road, Whyalla Norrie, SA

Ph: 8645 5488 email: www.sa.ymca.org.au