When it comes to raising kids and teenagers, everyone has an opinion. There are so many ideas out there. So how do you know what is best and what works? The Triple P—Positive Parenting Program takes the guesswork out of parenting. It is one of the few parenting programs in the world with evidence to show it works for most families. Triple P gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion; self-esteem issues; bedtime battles; disobedience; aggression. Triple P can help you deal with them all—and more! Please see below for details on the Positive Parenting Seminar Series the P&F are organising for Term 4 (Weeks 5, 6 and 7).

COFFEE AND CHAT MORNINGS

Our next Coffee and Chat Morning is TUESDAY, 28 OCTOBER. These mornings are a fantastic opportunity to have a coffee, chat and catch up with friends at the school. This is an informal morning tea and will be in the OSHC meeting room.

FACTION ATHLETICS CARNIVAL

Well done to everyone for their efforts at the athletics carnival P&F food stand. The coffee machine was very well received and enjoyed by all parents and staff, with special thanks to barista Carlie Richins. We handled the bad weather postponement very well and it was a sunny, profitable day for our P&F with $676.80 being raised.

FAther’S DAY Breakfast

A huge THANK YOU to those who helped make this year’s Father’s Day Breakfast celebration possible. Thanks to Sheralee McGregor for helping serve and supply the hungry hoards and Anna D’Rozario for once again, preparing your specialty scrambled eggs. Fiona Cooke and Tracy Fulk did a great job organising, cooking and serving. Many thanks to those who once again supported our efforts. The bacon was donated by McDonalds Gosnells (Agostino Family), buns from Forrest Road Bakery (Nguyen Family), eggs donated by school families (McCagh, Fulk and Pinker) and the muffins / extras supplied by the Cooke Family. This year’s Father’s Day Breakfast total raised was $325.85.

Father’S Day Raffle Winners

Most sincere thanks again to the families and businesses who donated prizes for our Father’s Day Raffle. Your donations not only helped raise $563 for the kids, you also put a smile on the faces of these lucky winners:

- Prize 1: Ozito Electric Drill / Angle Grinder Giddens Family
- Prize 2: Portable Gas BBQ Tomlin Family
- Prize 3: City Sightseeing Tours Family Bus Pass (2A 4K) Cooke Family
- Prize 4: Full Car Service Ethan Williamson
- Prize 5: $100 Byford Tavern Voucher Philp Family
- Prize 6: $50 Getaway Outdoor Voucher Danielle Poppen
- Prize 7: Happy Dad Hamper Kayla Hassett
- Prize 8: REPCO Car Cleaning Kit Bianca Patio
- Prize 9: BBQ Meat Pack Sigourney Sleev
FATHERS DAY GIFT SHOP

The children absolutely LOVED coming into the gift shop and picking up something special, with about 190 gifts being bought plus more on the day. Thank you to Karen, Jacqui, Rita, Janice, Tracy and Fiona for donating their time to help set up shop in the morning and assist the children in selecting their gifts for Dad’s and Grandads. This year’s P&F gift shop for Father’s Day helped raise $247 for our school.

A SPECIAL THANK YOU

Many thanks to one of our parishioners, Mr Theo Linden, for donating $50 to our P&F. Thank you!!!
We’d also like to thank Way Electrical - Canning Vale for the loan of the large esky’s and our constant supply of ice. Thank you!!!
Michelle Pardini from Getaway Outdoors came to our rescue with extra shade tents when needed amongst other things so, Thank You!!

POSITIVE PARENTING SEMINAR SERIES
(TERM 4, WEEKS 5-7)

This seminar series is an introduction into the Positive Parenting Program (specifically designed for parents with children aged 3-8 years old). Delivered as three individual two hour lecture-style sessions, they will equip parents with practical, everyday tools to use with their children. Attendance is FREE but we do ask that you RSVP to reserve your seat.

Location: St Francis Xavier Church Hall

Time: 9.00 — 11.00 am

Dates and Sessions

Monday, 10 November
Session One: “The Power of Positive Parenting”

Tuesday, 18 November
Session Two: “Raising Confident, Competent Children”

Monday, 24 November
Session Three: “Raising Resilient Children”

Light refreshments will be supplied and a crèche is available (if required). For more information or to RSVP, please contact Karen McCagh on 0419 962 172 or karen.mccagh@live.com.au

The P&F will once again be promoting and offering TEAR Australia’s Useful Gift Cards. TEAR Australia works in partnership with local Christian organisations around the world and with Indigenous Australians.

The Useful Gift Card Program allow families to purchase long-term poverty fighting items such as chickens, goats, clean water solutions and educational requirements for the less fortunate. Each gift is tailored to a particular community's needs, helping people gain the skills and resources they need to address local problems and come up with sustainable solutions.

Please keep a look out for our brochures and for all enquiries speak to Emma Briggs - Year 5 Class Rep.

OUR NEXT P&F MEETING WILL BE HELD ON TUESDAY, 14 OCTOBER IN THE OSHC MEETING ROOM. MORNING TEA WILL BE PROVIDED AND ALL PARENTS ARE WELCOME TO ATTEND.