The musical is fast approaching and we are feeling like our practices are not yet as advanced as we would like. It is for this reason that I wish to establish 3 Sunday afternoon practice sessions, for the main characters to attend.

These practices are not compulsory but we would value the students’ attendance for as much or as little as you can manage to get them here for. The main character list is printed on page 2 of the newsletter. Bring a snack and a drink bottle to the practices.

May I suggest shared pick-up & drop of with neighbours, to minimise your own disruption.

Practices are as follow:

- Sunday 9th Nov 2-5
- Sunday 16th Nov 2-5
- Sunday 23rd Nov 2-5

Our student’s of the week for week 4 are Jayven, Noah and Jorden. High 5 winners are Tagan, Sadie & Damien. Being championed this week we have Dylan, Zac & Monique. Commonwealth Banking awards this week for Troy.

Well done to you all!
**Main Characters for Sunday Practice**

- Robin Hood: Jayven Maloney
- Sheriff of Nottingham: Daniel Gotz
- King John: Daniel Box
- Maid Marion: Lili Peachey
- Nursie Gerty Gusset: Caitlyn Gotz
- Billy Wigglesstick: Zavian Kratzke
- Grabbit: Harmony Rose
- Bolt: Emily Box
- Will Scarlet: Nathan Ebsworth
- Big John/Little John: Sadie Pryor-Darnell
- Gloria Gutwrencher: Niki Cook
- Dancing Dawn: Nevana Manson
- Anna A-Dale: Tamorah Beezley
- Genghis: Dylan Clark
- Friar Tuck: Tagan Smith
- Much Muscles: Joey Elks
- King Richard: Jordain Beezley

**Fossil Downs Bush Rodeo Christmas Homestyle Fundraiser**

Forms at the school office

Orders Close 13-11-2014

**The Weather is too hot not to hydrate**

**Bring a bottle!**
Photo Gallery

Moo Baa Munch

Only Two Pre-Prep Try Days Left!

Our SWPBS Focus

We are conducting these opportunities on:

- Wednesday 23rd August
- Wednesday 19th September
- Wednesday 22nd October
- Wednesday 12th November
- Wednesday 3rd December

Come to one or all from 8:45am to 11am

Bring a hat, drink bottle and a fruit snack each day
Words of Wisdom to Keep Your Bucket Filled

Bucket Dipping: What is it?

We recently read a blog that defined bucket dipping as intentionally being mean to others. We disagree for three reasons: 1) Bucket dipping is not always intentional. 2) It is not always mean-spirited. 3) It does not always involve others.

In Chapter Three of our book, Growing Up with a Bucket Full of Happiness, we define many types of bucket dipping. There is accidental dipping (when you accidentally hurt a person or break something that belongs to someone else), thoughtless dipping (when you speak before you think and say something you regret), and dipping by neglect (when you forget to do something you promised to do). These all dip buckets and can hurt others, but they are not necessarily done in meanness or on purpose.

Bucket dipping is also not always about others. You dip into your own bucket whenever you think or say negative things about yourself, expect perfection, or compare yourself to others. This low-road "stinking thinking" can become a habit and a major cause of unhappiness and a self-induced empty bucket.

A more inclusive definition of bucket dipping would be to cause physical, social, mental or emotional harm to another person or one's self, with or without intent.

The proven remedy to reduce bucket dipping? Watch yourself like a hawk. Take control of your self-talk. Consider others and the consequences of your words and actions before you speak or act. Make these a habit and, slowly but surely, your bucket will be full.

May your bucket be full,