Dear Families,
As we consider how quickly our year is moving it is timely that we think about the opportunities for living, growing and learning that have already passed, and to take time to stop and think about the gifts God gives us each day and the way we can respond to God's call as we grow in faith, hope and love. This reflection may help us to look at our priorities and to value each moment of our own and our children’s lives.

**A CREED TO LIVE BY**

Don't undermine your worth by comparing yourself with others.
It is because we are different that each of us is special.
Don't set your goals by what other people deem important.
Only you know what is best for you.
Don't take for granted the things closest to your heart.
Cling to them as you would your life, for without them life is meaningless.
Don't let your life slip through your fingers by living in the past or for the future.
By living your life one day at a time, you live all the days of your life.
Don't give up when you still have something to give.
Nothing is really over until the moment you stop trying.
Don't be afraid to admit that you are less than perfect.
It is this fragile thread that binds us to each other.
Don't be afraid to encounter risks.
It is by taking chances that we learn how to be brave.
Don't shut love out of your life by saying it’s impossible to find.
The quickest way to receive love is to give love.
The fastest way to lose love is to hold it too tightly.
And the best way to keep love is to give it wings.
Don't dismiss your dreams.
To be without dreams is to be without hope.
To be without hope is to be without purpose.
Don't run through life so fast that you forget not only where you’ve been but also where you’re going.
Life is not a race, but a journey to be savoured each step of the way.

I hope that each of you takes the time to stop in the busyness of your lives, to realise how very special you are to the people around you and in particular to your children and to enjoy the journey with them.
NATIONAL LITERACY AND NUMERACY AND BOOK WEEK

Next week we celebrate Literacy and Numeracy and Book Week at St Joseph’s. The week gives schools the opportunity to get involved in a range of activities and to recognise locally the achievements of students and the work of teachers, parents and members of the community who support young people to develop stronger literacy and numeracy skills.

Our school will celebrate this special week in each classroom where the students will focus on reading, writing and mathematical activities during our Open Day that will be held on **Tuesday, 20th August**.

The program for Wednesday is:

- 10.00 am Open Classrooms
- 10.15 am Shared writing activity
- 11.15 am Shared Morning Tea with your child/children (tea and coffee supplied)
- 11.45am Class items

**BOOK FAIR WILL BE OPEN IN THE LIBRARY ON TUESDAY from 8.30 am—3.30 pm**

**BOOK CHARACTER PARADE**

On **Friday, 23rd August** we will have a focus on reading to celebrate Book Week. The children are invited to dress up as a book character on this day and bring along the book to share with others. We will have activities throughout the day focussing on reading. Students may choose to wear their character outfit to school, otherwise normal uniform is to be worn.

Parents are welcome to come along at **9.30 am for our Book Character parade**.

Everyone is welcome to attend!

DISCO THANKS

Thank you to the many families who came along and supported our Disco on Friday night. It was great to see the children enjoying the music, dancing and socialising with their friends. A special thank you to our Parent Forum who organised and assisted on the night.

Special thanks to Hair and Beauty by the Beach for providing gift vouchers for our raffle. The lucky winners were; Martina Keary, Buffie Scott, Megan Boyd and the Sauer family.

CALENDAR

TERM 3 WEEK 6

**Literacy/ Numeracy and Book Week**

- **Monday, 19th August**
  - Tuckshop
  - Staff Meeting - 3.30 pm
- **Tuesday, 20th August**
  - Sports Uniform
  - Open Day—10.00am
  - Book Fair—Library
- **Wednesday, 21st August**
  - Tuckshop
  - Kindergarten—visit to Woodburn PreSchool
  - NO LIBRARY TODAY
- **Thursday, 22nd August**
- **Friday, 23rd August**
  - Book Character Parade—9.30 am
  - Stage 2 Assembly - 2.30 pm - Church

TERM 3 WEEK 7

- **Monday, 26th August**
  - Tuckshop
  - Staff Meeting - 3.30pm
- **Tuesday, 27th August**
  - Sports uniform
- **Wednesday, 28th August**
  - Tuckshop
- **Thursday, 29th August**
  - Sports uniform
  - Evans River Challenge - Year 6
  - CSO/Principals’ Conference - Mrs Heffernan
  - Fathers’ Day Stall - $5 gift
- **Friday, 30th August**
  - School Mass—10.15 am—Kindergarten
  - Mini-Vinnies Gathering Richmond Region—library
  - CSO/Principals’ Conference - Mrs Heffernan
  - Fathers’ Day Bar-b-que: 4.30 pm—7.30 pm
- **Sunday, 1st September**
  - Fathers’ Day

SCHOOL MASS

Kindergarten and Mrs Boyd will lead the next school Mass on Friday, 30th August at 10.15 am. All friends and family are invited to share in this celebration.

BAPTISMAL CONGRATULATIONS

We congratulate Zac Campbell, Bella Keillor and their little sister, Mayzie and also Mia Hennessey’s little brother, Nicholas, who were baptised at All Saints’ Church, Woodburn on Saturday.
STAGE 3 VISUAL ARTS ENRICHMENT DAY

On 7th August, Heidi Pearson, Mya Tosomeen, Ella Spackman, Kaitlyn Cook, Jasmine McClure and Ella Robinson from St Joseph’s Woodburn attended an Art Enrichment Day at St Brigid’s Primary School, Kyogle along with students from St Joseph’s Coraki, St Brigid’s Kyogle and St Mary’s Primary Casino. The workshop was based on cartooning and comic strip characters.

Firstly we created our own character and coloured them using a variety of medium. We also watched a YouTube clip about how to draw Chibi characters (a Japanese word meaning someone or some animal that is small), adding things like crazy hair and silly features.

Finally we made a poster or comic strip about Making Jesus Real. We created our posters and strips individually and had to include a message to spread the word of Jesus.

It was both challenging and interesting but we all enjoyed the day!

Ella R, Ella S, Kaitlyn, Mya, Jasmine and Heidi
**PARENT FORUM**

**FATHERS’ DAY STALL**

Fathers’ Day gifts will be available for sale for $5 each on **Thursday, 29th August**. (Please pay on the day.)

**FATHER’S DAY BAR-B-QUE**

We will be having a Father’s Day Bar-b-que at school on Friday afternoon, 30th August from 4.30 pm especially for our dads. Families are invited to come along, play some games, stay for a barbie and socialise with our school families.

Bar-b-que orders will need to be pre-ordered, with your family name on the top, order clearly written on the front and money enclosed.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage sandwiches</td>
<td>$1.50</td>
</tr>
<tr>
<td>Steak sandwiches</td>
<td>$3.50</td>
</tr>
<tr>
<td>Veggie pattice sandwiches</td>
<td>$3.00</td>
</tr>
<tr>
<td>Cans of drink</td>
<td>$1.00</td>
</tr>
<tr>
<td>Water</td>
<td>$1.00</td>
</tr>
<tr>
<td>Poppers</td>
<td>$1.00</td>
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</tbody>
</table>

We would love to see as many of our dads and families coming along to help us celebrate their special day.

**Did You Know?**

In NSW, close to **60%** of children do not eat the recommended amount of vegetables. Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.

Some ideas to try:
- Involve the whole family in choosing and preparing fruit and vegies.
- Select fruit and veggies that are in season – they taste better and are usually cheaper.
- Keep a bowl of fresh fruit in the home.
- Be creative in how you prepare and serve fruit and vegetables such as raw, sliced, grated, microwaved, mashed or baked; serve different coloured fruit and veggies or use different serving plates or bowls.
- Include fruit and veggies in every meal. For example, add chopped, grated or pureed vegetables to pasta sauces, meat burgers, frittatas, stir-fries and soups, and add fruit to breakfast cereal.

**KOREAN WAR VETERANS**

Please return forms to school as soon as possible if you support recognition of the Korea War Veterans, and we will pass them on.

**STUDENTS OF THE WEEK**

TERM 3—WEEK 4

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinder</td>
<td>Ella Pearson</td>
</tr>
<tr>
<td>Year 1</td>
<td>Jed Dougherty</td>
</tr>
<tr>
<td></td>
<td>Charlee Spackman</td>
</tr>
<tr>
<td>Year 2</td>
<td>Jonah Lancaster</td>
</tr>
<tr>
<td>Year 3</td>
<td>Faith Stewart</td>
</tr>
<tr>
<td>Year 4</td>
<td>Blake Doohan</td>
</tr>
<tr>
<td>Year 5</td>
<td>Eamonn Wilde</td>
</tr>
<tr>
<td>Year 6</td>
<td>Harry Stanley-Jones</td>
</tr>
</tbody>
</table>

**CONGRATULATIONS!**

**TUCKSHOP ROSTER**

Monday, 19th August
Naomi Robinson
Linda Collins

Wednesday, 21st August
Jodie Sauer
Sue Bell

Thank you ladies!

**HAPPY BIRTHDAY!**

Happy Birthday to those who celebrated their birthday this week: Clark Aleckson, Bella Stanley-Jones, and Amanda Egan.

**LISMORE DIOCESAN ATHLETICS CARNIVAL**

This Carnival was held at Riverview Park, South Lismore last Friday. Over 380 Catholic primary school students attended from Tweed, Richmond, Clarence and Hastings Zones. St Joseph’s Woodburn had ten students represent Richmond Zone schools at this carnival.

All of these students performed exceptionally well and can be justly proud of their achievements.

We congratulate especially Nella Bradford who came first in junior girls shotput and Alice Bradford who finished 3rd in the senior girls 200 metres. Both girls will now travel to Newcastle to compete in the Polding carnival on Friday, 6th September.

The 2013 Diocesan winner of the Paddy Dent Shield was Hastings Zone.