Dear Families,

Last week we celebrated Ash Wednesday, the beginning of Lent—many Christians received a cross of ashes on their foreheads. The cross of ashes tells friends and neighbours that we know we are not perfect. We sometimes turn away from God. We hurt other people. We act selfishly. During Lent we tell God and each other that we are sorry, and with the help of Jesus, we will try during Lent to become better people.

This is what the Lord asks of you, only this;
To act justly, to love tenderly, and to walk humbly with your God.
Micah 6:8

Today we know Lent as a season of conversion: we acknowledge the ways we have turned away from God in our lives and we focus on turning our hearts and minds back toward God. Hence the three pillars of Lent are prayer, fasting and almsgiving. These observances help us turn away from whatever has distracted or derailed us and to turn back to God. Giving up something for Lent is ultimately a form of fasting. We can deprive ourselves of some small pleasure or indulgence and offer that sacrifice up to God. Or we might “give up” a bad habit such as smoking as a way of positively turning our life back towards what God wants for us.

At school the children are encouraged to make sacrifices by making a commitment during Lent. The commitment could be anything from a promise to help mum every day during Lent to a promise of a kind act each day, to one of their siblings or a classmate. You could encourage your children to do this by asking questions and complimenting them when they make a special effort.

Some young people listed their Lenten promises on Facebook:
1. “I’m addicted to caffeine so I gave up all drinks but water for Lent." – Amanda
2. "Last year I didn't give up anything for Lent, just added more prayer life. This year I am going to add more prayer life and give up Facebook." - Josephina
3. "I gave up spoons and forks. I learned to use chopsticks. It was funny for my friends and made it easy to talk about Lent in a way that people were cool with. We laughed a lot." - Matt
4. "I've heard of people giving up their beds for Lent. They slept on the floor or the couch." - Anna
5. "One year for Lent I wrote a letter each day. I made a list of 40 people who have touched my life in one way or another. Each day of Lent, I wrote a person on the list a letter of thanks for how they touched my life and I prayed for that person on that day... it was a wonderful experience!" - Patty
6. "I tried improving on my spirit of giving." - Peter
7. "This year, I'm giving up the radio in my car in order to focus more on the things that are around me that God created!" - Joshua
8. "This year, I'm giving up all sweets, (I work at a frozen yoghurt shop) and am going to use the constant reminder to pray for one person in particular every day, I made a list/calendar via Facebook of friends that need/want prayer." - Aimee
9. "I want to listen more." - Carmelina

Jeanette
RELIGIOUS EDUCATION MATTERS from Megan Boyd

LESSONS FROM POPE FRANCIS:
This year we will continue with our reflections on the wisdom of our Pope Francis.
Pope Francis spends time speaking about how we can love Jesus and one another more. His wisdom is profound so in an effort to share his wisdom with our school community, I have decided to continue to share some of our Pope’s message to the world in our school newsletter.
Each week I will include some of the thoughts and reflections from the book “Lessons from Pope Francis” by Angela Burrin.

Week 1: God’s love for us is so great!
Week 2: We are all called to be friends with Jesus
Week 3: Open our hearts to the Holy Spirit
Week 4: God never tires of forgiving you
Week 5: Jesus gives himself to us in the Eucharist
Week 6: Learn to pray every day
Week 7: Take care of people in need
Week 8: Use your manners—say thank you and sorry!
Week 9: Mary is our Mother and she loves us!

LESSONS FROM POPE FRANCIS WEEK TEN:
“The Saints are like us!”

Pope Francis wants to encourage all of us to be saints. Just like St. Paul, who wasn’t always a saint, he knows that we too can struggle to do what is right. So he gives us this lesson.

Pope Francis says: The Saints are not superman, nor were they born perfect. They are like us, like each one of us…. What changed their lives? When they recognised God’s love, they followed it with all their heart….. Holiness is a vocation for everyone… Holiness is beautiful, it is a beautiful path!

Yes, your heavenly Father’s plan for your life is for you to become a Saint! It is his plan for everyone. You started on that path when you were Baptised. So keep going! Don’t forget to ask the Holy Spirit to help you. That’s what St. Paul and all the other saints did. Also, remember to ask your favourite saint to pray for you!

Pope Francis wants us to become Saints!

PARISH FAMILY SCHOOL MASS—
Saturday, 7th March, 6 pm

On Saturday, 7th March, there will be a Parish Family Mass at All Saints’ Church Woodburn at 6 pm. This will be a wonderful opportunity to build community in this the Year of Proclaim for Students.

This term we invite our Early Stage 1 and Stage 1 families (Kindergarten, Year 1 and Year 2) to help lead this Mass. We will need students to read, act our the Gospel and to be part of the Presentation of the Gifts and other responsibilities.

There will be a social opportunity after Mass at the school with a PIZZA supper provided for all in attendance.

As we need to know names of children, prepare for the Mass and organise catering, could families please indicate if your family is able to attend on the reply slip in this Newsletter. Thank you for your consideration and support in this matter.
### Essential food for life

**2nd Week of Lent**

**Project Compassion:** Mariama from Niger

This week Project Compassion focuses on Niger, where life is very tough. Many live in extreme poverty, often unable to afford or access food and water.

This week we meet Mariama who is raising her daughter in Niger, a country that suffers widespread poverty. When her little girl became malnourished, she received life-saving food and care at a Nutrition Centre, supported by Caritas Australia.

Your donation to Project Compassion 2015 helps save the lives of people living on the brink of survival in Niger, giving them access to nutritional support and essential food for life.

www.caritas.org.au/projectcompassion 1800 024 413

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### LIFE EDUCATION VAN VISIT TO ST JOSEPH’S SCHOOL

The Life Education Van will be at St Joseph’s Woodburn from Monday, 2nd March until Wednesday, 4th March. *The cost will be covered by the Performance Levy.*

The Life Education programs are contemporary, engaging and highly relevant. Life Education wants all Australian kids to be empowered to make the best choices possible when faced with a range of issues being the safer and healthier choices they need to make if they are to avoid the diseases associated with unhealthy behaviours as well as the harms associated with unsafe behaviours.

Junior Primary modules focus on:
- Food and Nutrition
- Personal safety
- Safety with medicines
- Body Systems
- Social relationships, and
- Physical activity

Middle and Upper Primary modules focus on:
- Social relationships
- Self esteem
- Body systems
- Personal safety
- Safety with medicine
- Food and nutrition
- Physical activity
- Cyber-safety
- Legal drugs - tobacco, alcohol and caffeine, and
- Decision making

Please talk to your child after they visit the Life Education Van next week to further talk about the important messages delivered to the students.

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### SPORTS MATTERS from John Cocciola

#### RICHMOND ZONE WINTER TRIALS 2015

Unfortunately the Richmond Zone Winter Trials for Stage 3 were postponed on Thursday 26th February due to the recent heavy rain which resulted in ground closures in Lismore.

The backup dates have been set for rugby union on Tuesday 3rd March at Lismore Rugby Union Grounds whilst on Thursday 5th March boys football (soccer) will be held at St Mary’s Oval, Trinity College and netball will be held at Ballina Street Courts in Lismore.

Students who submitted nomination forms in hockey, girls netball, U/11 rugby league and open rugby league will go straight to Diocesan Winter Trials at Grafton on Friday 13th March.

We wish our Stage Three students all the best at this year’s Winter trials at Zone and Diocesan level.

#### RICHMOND ZONE SWIMMING CARNIVAL 2015

The Richmond Zone Swimming Carnival was held at Alstonville Memorial Pool on Tuesday, 24th February after initially being postponed due the recent Cyclonic Weather last week.

Thank you to parents from St Joseph’s who transported their children to the carnival and to the students from St Joseph’s who performed so well at this year’s event.

Talking to students at school following the Zone Carnival they expressed how pleased they were with their performances and times, with many with improved times from our swimming carnival at the end of 2014 at Evans Head.

Congratulations to Mikaela Robson (Year 3 in the 8 years 50 metre free style) and Mila Scott (Year 4 in the junior girls 50 metre backstroke), both of whom will now attend the Lismore Diocesan Swimming Carnival at Murwillumbah on Wednesday, 4th March.

We wish both girls all the best next week and say well done to all of our students who represented St Joseph’s at this year’s Richmond Zone Swimming Carnival.
**CALENDAR—TERM 1 WEEK 6**

**Monday, 2nd March**
Tuckshop
Life Education Van– K-6

**Tuesday, 3rd March**
Sports Uniform
Life Education Van K-6
Leader of Evangelisation meeting– Mrs Boyd

**Wednesday, 4th March**
Tuckshop
Library
Life Education Van K-6

**Thursday, 5th March**
Sport
Parent Lenten Program Group 10.30 am
Diocesan Primary Swimming Murwillumbah
Year 5 visit to Trinity College

**Friday, 6th March**
Infants Assembly 2.30pm

**Saturday, 7th March**
Parish Family School Mass—6 pm

**TERM 1 WEEK 7**

**Monday, 9th March**
Tuckshop

**Tuesday, 10th March**
Sports Uniform
Year 6 Proclaim Incitare Day (4 students)
Parent Teacher Interviews

**Wednesday, 11th March**
Tuckshop
Library
Parent Teacher Interviews

**Thursday, 12th March**
Sport
Parent Lenten Program Group 10.30 am
Leadership Forum– Mr Cocciola and Mrs Boyd

**Friday, 13th March**
Staff Development Day– Pupil Free Day
Diocesan Winter Sports Trials—Grafton

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**HAPPY BIRTHDAY**

Happy Birthday wishes from the school community to Ilah Gardiner, Alexander Pursey, Jordan Biffin and Deklan Allen who celebrated their birthdays this week.

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**2015 FAMILY RETREAT**

*All costs covered by the Diocese of Lismore Catholic Schools Parent Assembly*

**Southern Retreat:** SDA Convention Centre, 250 Grassy Head Rd, Stuarts Point—March 28/29

**Northern Retreat:** Tyalgum Ridge Retreat, 783 Tyalgum Creek Rd—October 24/25

**Registration for Southern Retreat due by 13th March**

**Fun:** Evening activities
Games for kids

**Family:** Relax and enjoy quality family time and activities
Meet and connect with other families

**Faith:** Fr Gerald O’Collins as Spiritual Director
Meeting you where you are at on your faith journey
Mass, reconciliation, prayer

**Information:** For more information please contact your Parish School Parent Representative or your Parent Assembly Cluster Organiser:
Jo Kelly (Richmond area) on 0407 706 454

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**TUCKSHOP ROSTER**

**Monday, 2nd March**
Naomi Robinson
Gillian O’Neill

**Wednesday, 4th March**
Tanya Davidson
Alanna Kinsella

*Thank you ladies!*
SCHOOL LEADER’S AWARD

Congratulations to Nella Bradford for receiving her school leader’s badge at our Monday morning assembly this week. Nella was absent from school the day of our Beginning School Mass.

SELECTION OF CLASS PARENT

Please return as soon as possible

The Class Parent is selected by the class teacher in consultation with the Principal and Assistant Principal.

I would like to be considered for the role of Class Parent of my child’s class.

Child’s Name: _____________________________________ Class: ___________

Parent Name: _________________________________ Contact No. ___________________

I have read the role description and believe I can fulfil the role as Class Parent.

PRAVISH FAMILY SCHOOL MASS—Saturday, 7th March, 6 pm

Please return by Tuesday, 3rd March

My family will be attending the PARISH FAMILY MASS on Saturday, 7th March.

My child/children’s names are:

__________________________________________________________________________ in Year/s ________________

Catering will be required for: Adults ________ (number)

Children ________ (number)

Name:_______________________________________ Signature:_______________________________________

TRINITY CATHOLIC COLLEGE
LISMORE
OPEN NIGHT

Thursday, 26th March
From 5.30 pm for 6.00 start
Trinity Sports Centre
(Cnr Leycester & Dawson St)

W: www.trinilityisnore.nsw.edu.au
E: admin@trinitylismore.nsw.edu.au
T: 6627 6600

EASTER RAFFLE

The Parent Forum are once again running this very popular raffle, to be drawn at the end of the term. Families are asked to donate to the raffle items such as chocolate eggs, chocolate rabbits, or other suitable non-chocolate items.

EVANS HEAD LITTLE ATHLETICS
ANNUAL GENERAL MEETING
30th March 2015
Evans Head Surf Club
5.30 pm
Parents of past and current members and community people interested in helping out with the 2015/16 Athletics Season, please come along.
June Blunn—President

BASEBALL 2015
JUNIOR Come and Try Day, Sunday, 1st March, 10 am,
Albert Park
Club sign-on days:
Lismore Workers:
3, 10, 17, 24 and 31 March
Contact 0414 226 497
workersbaseball50@gmail.com
Marist Brothers:
3, 10, 17, 24 and 31 March
Contact 0438 417 344
maristbros.baseball@hotmail.com
We have a very active Parent Forum here at St Joseph’s Woodburn. We work closely with the school to achieve common goals and to build a stronger school community where all students benefit. We need people from all walks of life and with a range of talents who are committed to delivering great outcomes for their children and school.

Fund raising is not the only item on our agenda. We also get reports from Jeanette about all school aspects including education, environment, IT & school activities such as excursions.

All parents are encouraged to come along and maybe bring a friend. Even if you are not able to attend all meetings, you will be able to put your ideas forward to any committee members.

We are looking for some new faces for our committee. The committee is made up of a President, Vice President, Secretary and Treasurer.

Our Annual General Meeting will be held on Monday 23rd March 2015, at 6pm, in the School Library. The abovementioned positions will be declared open for election. If you require any further information regarding the positions please contact Naomi Robinson on 0413388459 or 66822773.

The Parent Forum would like to accommodate as many parents/carers as possible in relation to meeting times. It would be appreciated if you would complete the survey below and return it to school by Monday, 16th March 2015.

Hope to see you there.

2014 Parent Forum Committee

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Parent Forum Survey on future Meeting Times

Please return by Monday 16 March 2015

Preferred Day: Monday Tuesday (please circle)

Preferred Time: 2:30pm 3:30pm 6:00pm (please circle)

Child Minding:
If child minding was provided, would it make a difference to your attendance at meetings? Yes No (please circle)

Any other suggestions:

________________________________________________________________________

________________________________________________________________________

Name:________________________________ Signature:________________________________