Dear Families,

I read the article ‘How to Find Time in the Day for Lent’ last year and I also shared it with you. However having revisited it myself, I find it an invaluable personal reminder of how I can work daily on the 3 practices of Lent.

The fast pace of your life may seem to leave little time and energy for the traditional Lenten practices. But you can weave moments of spiritual awareness and service into even the busiest of schedules. The trick is to see Lenten practice as part of, rather than in addition to, each activity of your ordinary hectic day.

The three foundational practices of Lent are prayer, fasting, and almsgiving. Here’s how to think about them in a new way:

**Praying Daily**
If you make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic, or makes life difficult; when someone does you a favour; you experience great and friendly service, or when something joyful happens to you—you will soon find yourself praying your way through the day. You will also find that this habit makes your life flow smoother, your self more centred, and your Spirit more aware of God’s presence.

**A Different Type of Fasting**
There are many ways to fast. Why not fast from criticism, gossip, judging others, or passing on rumours? Why not abstain from unwarranted fear and anxiety? You can also tell that inner voice inside your head that criticizes you to abstain from eroding your ability to be the confident, blessed person God calls you to be. These are beautiful ways to observe the Lenten call to fasting and abstinence.

**Give of Yourself**
Daily life also offers countless opportunities to give of yourself to others (alms), and most don’t involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend, and offer a word of thanks to those whose service of others often goes unappreciated. Give the gift of your attention to someone who simply wants to be noticed. Tell your children stories about people whose values you admire when you gather at mealtime. Don’t be stingy with your smiles—give them freely to everyone you meet. And most important, give your love to those close to you. Hug them, hold them, and tell them what they mean to you. In this way you open your heart to God and others.

So no matter how busy you are in life, with some greater awareness and new perspectives you can consciously pray, fast, and give of yourself this Lent—and you will be ready to celebrate when a joyful dawn breaks upon you Easter morning. ([http://www.loyolapress.com/how-to-find-time-in-your-day-for-lent.htm](http://www.loyolapress.com/how-to-find-time-in-your-day-for-lent.htm))

**School Improvement Surveys**
As mentioned in last week’s Newsletter our Year 5 and 6 students, staff and parents will be invited to be a part of a School Improvement Survey process between 16th and 27th March 2015. The Survey implementation materials have arrived and the survey will be live (on line) from 24th March. The students and staff will complete the survey online. A parent paper survey and instructions for optional online survey has been sent home with the children for 60 families chosen randomly. **We encourage as many parents/caregivers as possible to complete the survey as a way to help us to improve our school and your child’s learning.**

**Prayers with our families**
Our thought and prayers are with the Lancaster and Stevenson families this week.

With Jonah and Eli Lancaster for the loss of their grandmother and Ashlyn and Finlay Stevenson for the loss of their uncle.

As a school community, we send our deepest sympathies to both families.

Jeanette
ST JOSEPH’S DAY THANK YOU!

Thank you to all our children for their participation in our St Joseph’s Day happenings on Thursday. It was a wonderful day of celebration shared with St Joseph’s Coraki, starting with Mass at Coraki, followed by some fun and activities at St Joseph’s Coraki School. We thank Mrs Condon and her staff for their hospitality on the day, thanks to Miss Andrews from St Joseph’s Coraki for all her work organising the Mass, Mrs Faber for her work with the activities and thank you to all the children who played a special part in the Mass, reading, serving, acting, musicians, music and overheads. The children represented our school beautifully and everyone joined in the activities with a sense of fun and co-operation. Our senior students were noticeable for their leadership and helpfulness to all.

Thanks to Fr Richard for spending time with us.
PARENT LENTEN PROGRAM GROUP
This year we are offering the opportunity for parents to participate in a Lenten Prayer group on Thursdays at 10.30 am. The group will meet in the school Meeting room for an hour to participate in the ‘Rich in Mercy’ program, started on Thursday, 4th March, and will continue for the remaining weeks of Lent. It will be a wonderful opportunity to pray, reflect and support each other. Sr Janet and Megan Boyd will lead the groups. Everyone is welcome, and may join the group at any time.

Palm Sunday Celebration
Traditionally our school takes a leading role in the Palm Sunday Celebration at the Saturday evening Mass. This year Palm Sunday will be celebrated on Saturday the 28th March at the All Saints’ Catholic Church Woodburn at 5.45 pm. The children from our school will be leading the singing for the procession from the school to the Church and leading the singing during the Mass.

As Palm Sunday is the beginning of Holy Week in the Church Liturgical Year we hope to see as many families as possible at this important Mass. Children participating on Saturday night need to be at the school by 5.40pm as the Blessing and Procession of Palms will start at 5.45pm which is earlier than normal Mass time. We will start at the front of the school. Please bring a palm branch or small piece of native bush or tree to wave during the procession.

Children may like to dress as a child from Jesus time:
For example:
* A piece of fabric folded over to correct length and a hole cut for the head and a belt.
* Two small towels joined at the shoulders with pins and a belt. These need to be pre-pinned at home so we can dress the children quickly. Please make sure that they are not too long.
* A light –weight dressing gown and belt.
* A piece of fabric draped diagonally over one shoulder, pinned and worn over a T-shirt.

Head gear can be a tea-towel, scarf, piece of fabric etc with a headband and elastic to attach.
Thank you most sincerely for your consideration and support of this important Parish and School event.

Caritas Australia

Harvesting food for life

Cristian’s community in rural Peru has always lived a traditional life, with simple diets and crops dependent on rainfall. Until recently, 33-year-old Cristian had to travel one kilometre to access running water.

With the help of Caritas Huacho, Cristian and 14 other young farmers have introduced running water and irrigation to their remote Andean village. They now grow and harvest a wide variety of high-value, sustainable crops, which provide them all with a secure income and a wide variety of food.

Your donation to Project Compassion 2015 helps farmers in Peru secure a food source and income that benefits their families and communities for life.

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

Making Jesus Real Awards

Nominated by Madison Newman, T’Ahna Allen, Kellie Boland

Making Jesus Real Awards
Charlise Jamroz: For demonstrating MJR in our classroom and inviting a member to her working group. Nominated by Mrs Reese

Teachers and Staff: Thank you for making us have a great start to 2015! Nominated by Madison Newman, T’Ahna Allen, Kellie Boland
INCITARE DAY

On Tuesday 10 March, 2015, four Year 6 students went to Incitare, a student retreat held at Tullera. There were over 60 students there representing schools from Ballina, Skennars Head, Kyogle, Alstonville, Lismore, South Lismore and Casino. Initially we found it a little hard to talk to people from other schools. After we met some new friends, we went inside and started the day with a prayer, it was a really nice prayer. After prayer we had a few games to get to know each other a little better. Most of the games were about making connections, e.g. birthday month, favourite food, number of people in your family etc.

After our games we went and got into our little groups for the day. Each group had a Year 10 Woodlawn CSYMA student with them. We then watched a video that interviewed people about what they can’t live without. Some people said shoes, others said food and water. Following this we then got in our groups again to discuss what we watched and we brainstormed all the ways of being a Christian and how we show it.

In the second session we discussed courage in our small group. We then watched a short video clip of ‘Britain’s Got Talent’ about two little boy who wrote and sang a song about getting bullied and how they felt. Then we went to our small groups. We discussed how we could be more brave about being Christian. Some discussion was about, how sometimes being Christian, we are put down by people but we have to lift back up.

After lunch, we put together a liturgy. Some people helped set up the prayer focus. Other people wrote the prayers, while others read them in the liturgy. Some people put together a role play. Others showed their artistic skills and drew posters. Everyone helped and collaborated in the liturgy. It turned out to be a great liturgy.

At the end of Incitare, our group leaders gave us a bookmark and a drink bottle with Incitare imprinted on the front and some follow up tasks. We were all thankful for our gifts. Lani Mangan and Daniel Westerman thanked Kate on behalf of all Incitare students. Then we got back on the road and drove back to Woodburn. Incitare was a great experience!

Stephanie Bell, Leilani Mangan, Daniel Westerman, Jonathan Robinson

SCHOOL PHOTOS

Envelopes for pre-paid school photos were sent home last week. School photos will be taken on Monday, 23rd March. Family photos (of siblings at school) are also available—please collect a special family envelope from the Office. All envelopes (with correct money if paying by cash) should have been returned to school by now.

Please keep the yellow family envelope separate from the white individual student photo envelope. Students will wear their normal school uniform, that is: checked dress for girls, and green shirt/grey shorts for boys.

Please note that our normal uniform rules apply for photos especially in relation to girls’ hair (must be tied back if long), jewellery and fold down socks (no rolled down socks).

We apologise for the short notice with the photo envelopes as we have only just received them from the photographer.

STUDENT APPEAL FOR HELP

The LAP program is continuing this year and both children and LAP volunteers enjoy the sessions. Sadly we have lost a couple of volunteers due to work commitments.

LAP requires a volunteer to work with a child one-to-one for an hour per week, usually doing some craft activity.

If any parent, active grandparent or friend of family would like to help, please complete the form in this Newsletter and send to the school as soon as possible.

STUDENTS OF THE WEEK

TERM 1—Week 7

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
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<tbody>
<tr>
<td>Kinder</td>
<td>Frankie Cameron</td>
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<tr>
<td></td>
<td>Brock Ayers</td>
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<tr>
<td>Year 1</td>
<td>Tahlia Newman</td>
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<tr>
<td>Year 2</td>
<td>Patrick Barham</td>
</tr>
<tr>
<td>Year 3</td>
<td>Mikaela Robson</td>
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<tr>
<td>Year 4</td>
<td>Noah Dougherty</td>
</tr>
<tr>
<td>Year 5</td>
<td>Lara Barham</td>
</tr>
<tr>
<td>Year 6</td>
<td>Stephanie Bell</td>
</tr>
</tbody>
</table>

CONGRATULATIONS!
**SPORTS NEWS from John Cocciola**

**ST JOSEPH’S SCHOOL**

**CROSS COUNTRY—2015**

St Joseph’s School Cross Country will be held at the school grounds on Friday, 27th March commencing at 9.30 am and finishing at approximately 11.30 am. We have been training for this event through daily fitness activities over the last three weeks.

Please encourage your child/ren to involve themselves in walking, running or jogging at home if possible. Perhaps go as a family for a walk after dinner.

Distances for the Cross Country are:

- 3000 metres (3 kilometres) for 11, 12 and 13 year old boys and girls
- 2000 metres (2 kilometres) for 8, 9 and 10 year old boys and girls
- 1000 metres (1 kilometre) for Year 1 and Year 2 students
- 500 metres (0.5 kilometres) for Kindergarten boys and girls

Students who are successful at the school Cross Country (8–13 year olds) will attend the Richmond Zone Cross Country which will be held at Hepburn Park, Goonellabah, Lismore on Friday 1st May.

*If you are able to assist (track marshall, etc) at the school Cross Country please complete the reply slip in this Newsletter and return ASAP.*

**Hot Dogs** will be available to order for lunch for **$2.00 each.** Please write your child’s order on a lunch bag and return to school with the correct money **by Tuesday, 24th March.** We thank the Parent Forum for organising these.

**KINDERGARTEN PHOTOS—NORTHERN STAR**

The Northern Star’s feature: My First Year 2015 will be published on Wednesday, 25th March.

**TUCKSHOP ROSTER**

**Monday, 23rd March**

Kylee Newman
Alison Smith

**Wednesday, 25th March**

Megan Woolley
AM: Stacey Bradford
PM: Buffie Scott

*Thank you ladies!*

**CALENDAR—TERM 1 WEEK 9**

**Monday, 23rd March**

Tuckshop

**School Photos**

Parent Forum Meeting—6.00 pm

**Tuesday, 24th March**

Sports Uniform

Xavier Catholic College: Talk to Year 6

Year 3/4 Excursion to Cape Byron

**Wednesday, 25th March**

Tuckshop

Library

Feast of the Annunciation

Mini Vinnies visit to Coraki Retirement Village

**Thursday, 26th March**

Sports uniform

Science/Technology Inservice—Miss Taylor

Year 6 Trinity Retreat Day

St John’s Woodlawn: Talk to Year 6

**Friday, 27th March**

St Joseph’s Cross Country

**TERM 1 WEEK 10 (HOLY WEEK)**

**Monday, 30th March**

Tuckshop

Chrism Mass—Lismore

**Tuesday, 31st March**

Sports Uniform

Sacrament of Reconciliation

**Wednesday, 1st April**

Tuckshop

Library

**Thursday, 2nd April**

Sports uniform

Holy Week Liturgy

**LAST DAY OF TERM 1**

**Lismore Diocesan Winter Trials**

The Lismore Diocesan Winter Sports Trials were held last Friday 13th March at Grafton. Congratulations to Nella Bradford who was selected in the Lismore Diocesan girls hockey team to attend the Polding team selection trials at Tamworth on Friday 24th April.

Well done to our other students Hannah McClure and Jonathan Robinson (football/soccer) and George Campbell (11 years rugby league) who gained valuable experience from attending these trials. Hannah and George made the possibles and probables selection stage in their sport.

We wish all students continued success in their chosen sports and once again congratulate Nella in being selected in the Diocesan hockey team.
**ST JOSEPH’S CROSS COUNTRY HELPER**

Please return ASAP

I am able to be a helper for the St Joseph’s Cross Country on Friday, 27th March 2015 (9.30a.m. -11.30a.m.).

Name:__________________________________please print  )          Phone Number:_________________________

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**REMINDERS**

♦ Easter Raffle: Please send in donations for the Easter Raffle. Thank you to those who have already sent in donations.

♦ Raffle tickets have been sent home today for the Easter Raffle, which will be drawn on Thursday, 2nd April. They are 50 cents each or three for $1.00.

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**LAP Program Volunteer**

Please return ASAP

I would like to assist with the LAP program.

Name:_______________________ Signature:____________________ Phone No.:_____________________

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**FAREWELL:** It is with much sadness that we bid farewell to the Barham Family this week. They are relocating to Sydney due to work reasons. It has been a pleasure having Joanne, Joe, Lara and Patrick as part of our St Joseph’s community. We wish them all the best for the future and thank them for their support and involvement during their time at our school.