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.

We talked this week in staff prayer about the importance of stopping and taking time to be with each other. The fact that busyness, impatience and judgement of others cause us to miss the invitation moments to grow and change. Also that this week as we celebrated NAIDOC WEEK, we concentrated on the importance of family and story. So let’s try and take the time just to be! To be quietly by ourselves, to be with our family in a listening and loving way and to be gently aware and open to God.

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.

Jeanette
RELIGIOUS EDUCATION MATTERS from Megan Boyd

From our Church:

Understanding the Sunday Readings Focusing on the word:
2nd August 2015 - 18th Sunday in Ordinary Year B – REFLECTION

Last week in the Gospel, we saw how Jesus was able to feed the hungry with bread in the Miracle of the Loaves and Fish. This week we are reminded that Christ’s body becomes present for us in the Eucharist. We have this amazing gift each week to be spiritually fed with the bread that gives us life. This gift allows us not to be hungry or thirsty spiritually; and that this nourishment helps us with the daily challenges that we face in the busyness of our World.

The Celebration of the Sacrament of Confirmation

The Sacrament of Confirmation will be celebrated by Bishop Jarrett on Saturday, 8th August at the All Saints’ Catholic Church Woodburn and Sunday, 9th August at St Joseph’s Catholic Church Coraki. Each family is participating in four small family group meetings during the preparation time prior to celebration of the Sacrament. All families are warmly welcome to attend this special celebration. There will be supper in the School Library after Mass and the Confirmation Cake will be shared with all those present.

RE CURRICULUM

Our Stage Three students were given the challenge to write a prayer or song that reflects and expresses their faith. I would like to share with you an impressive song written by Charlise Jamroz in Year 6.

A SONG BY CHARLISE (YR. 6)

V1 You know how we feel when our world goes pop.
Our head is sore and we just want to stop.
You know what to do when we feel down.
When we start to mope and cry and frown.
Pre Chorus:
You start to fill us with hope, keep our spirits up,
So we can cope.

Chorus:
You make us stronger,
Make our smile last longer.
You’re the one that keeps us safe throughout the day.
You’re the one that keeps us safe.
You’re the one that keeps us safe.

V2 We try to turn our head and leave.
But it’s our attention you will keep.
Our pain gets worse and our stomach growls,
But inside our hearts you prowl.
Pre Chorus:
You spread your love through our mind,
To keep our spirit rising just fine.

Chorus:
You make us stronger,
Make our smile last longer.
You’re the one that keeps us safe throughout the day.
You’re the one that keeps us safe.
You’re the one that keeps us safe.

Bridge.
So hold us tight when we’re down.
Turn our frown upside down.
Keep our health safe and fine,
So we can let our spirit shine.

Chorus:
You make us stronger, make our smile last longer.
You’re the one that keeps us safe throughout the day.
You’re the one that keeps us safe.
You’re the one that keeps us safe.
So always keep us safe.
MINI VINNIES NEWS from President, Hannah McClure and Vice President, Ella Cutler
Thank you to everyone who has supported the Mini Vinnies call for donations to the St Vincent de Paul Winter Appeal. Your generosity and care has been most appreciated!

Recently we had a visit from Melissa Bordin the Diocesan St Vincent de Paul Co-ordinator. She spoke to our group about homelessness in Australia and showed us a video. We were very impressed by her visit and she really made us think about how lucky we are!

MAKING JESUS REAL - GOD MOMENTS
Matilda Newman: For playing fairly at basketball—nominated by Lilly Sauer
Faith Stewart: For using initiative and organising sports equipment—nominated by Mrs Boyd

ALTAR SERVERS
All Saints’ Church Woodburn at 5pm:
Saturday, 1st August: Lateisha Doran, Sarah Biffin, Jordan Biffin
Saturday, 8th August: CONFIRMATION: Sarah Biffin, Alec Robinson, Jason Bell, Lani Reese

Thank You From Nella Bradford
This Saturday I fly to Sydney ready to catch a plane on Sunday to Perth with my New South Wales teammates, both boys and girls to compete at the National School Hockey Titles.

We will arrive in Perth on Sunday just before lunch and head to Perths Hockey Stadium for our opening ceremony. Competition begins on Monday and goes right through until Friday. Wednesday is a rest day with the N.S.W. team touring Fremantle Prison.

I was named co-captain of my team at training last week along with Phoebe from Orange and I was also given the task of shooting for goal on penalty strokes.

I would like to thank the school and students for the gold coin donation and $2 sausage sizzle, and everyone who bought raffle tickets at the office. It will help me and my family a lot.

All the support is great! It really makes a difference to this great experience I have ahead of me.

I’m thrilled to represent my school as well as New South Wales.

Thank you everyone for your support. Nella Bradford

HAPPY BIRTHDAY!
Happy Birthday wishes from the school community to Riley Davis who celebrated his birthday last week, and Cooper Davis, Imogen Farlow, Heidi McClure, Chelsea Campbell, Kallarney Collier and Mrs Barnes who celebrated their birthdays this week.

STUDENTS OF THE WEEK
TERM 3—Week 2

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
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<tbody>
<tr>
<td>Kinder</td>
<td>Max McGillivray</td>
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<tr>
<td></td>
<td>Ruby Johnston</td>
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<td>Year 1</td>
<td>Bradley Felsch</td>
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<td>Year 2</td>
<td>Kaeidy Doohan</td>
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<td>Year 3</td>
<td>Jacob Woolley</td>
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<td>Year 4</td>
<td>Kade Williams</td>
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<tr>
<td>Year 5</td>
<td>Lewis Irwin</td>
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<tr>
<td>Year 6</td>
<td>Amity McMahon</td>
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</tbody>
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CONGRATULATIONS!

TERM 3 WEEK 4

Monday, 3rd August
Tuckshop

Tuesday, 4th August
Sports uniform
History/Geography meeting Mrs Reese

Wednesday, 5th August
Library
Tuckshop
History/Geography meeting Mrs Reese/Mr Maslen

Thursday, 6th August
Year 6 Evans River Challenge
Stage 2 Assembly
Diocesan Primary Athletics—Mr Cocciola

Friday, 7th August
Bishop Jarrett visit to the Confirmation candidates
Diocesan Primary Athletics—Mr Cocciola

Saturday 8th August
Feast day of St Mary of the Cross MacKillop
Sacrament of Confirmation Mass 5pm

TERM 3 WEEK 5

Monday, 10th August
Tuckshop

Tuesday, 11th August
Sports uniform
UNSW Mathematics Competition

Wednesday, 12th August
Tuckshop
Library

Thursday, 13th August
Sports uniform
Hervey Bay Catholic College Singing/Bands Performance

Friday, 14th August
School Mass—10.15 am—Year 2
Little Athletics talk to students
**SPORTS MATTERS from John Cocciola**

**Australian State Primary School Hockey Championships**
The Australian State Primary School Hockey Championships will be held in Perth, Western Australia next week (3rd – 7th August). St Joseph’s School Community, Woodburn would like to wish Nella Bradford (Year 6) all the best as she represents New South Wales at these championships. Nella is a very talented sportsperson who was the captain of the Polding hockey team that won the P.S.S.A. State Carnival earlier this year.

**Diocesan Athletics Carnival**
The Lismore Diocesan Athletics Carnival will be held at Port Macquarie next Friday, 7th August. St Joseph’s School has two students attending this carnival as members of the Richmond Zone team. Congratulations to Mikaela Miller (senior girls 200 metres and 800 metres) and to Katelyn Bodley (senior girls shot put and discus) with your selection in the Richmond Zone team and wish both girls all the best at the Diocesan Carnival next week. If successful at Diocesan level both girls have the opportunity to travel to Newcastle on 4th September to attend the Polding Athletics Carnival.

**Richmond Zone Gala Netball/Football Day**
The Richmond Zone Gala Day for Stage 3 students is being held in Lismore today, Friday 31st July. St Joseph’s has sent along two teams—netball and football (soccer) to this event. This is a wonderful opportunity for the students to compete against students from other Richmond Zone Catholic Schools. We wish our Stage 3 students attending the Gala Day an enjoyable day in Lismore.

**PROFESSIONAL DEVELOPMENT DAY**
Please note that **Monday, 17th August** is a Professional Development Day (pupil free day). St Joseph’s Coraki and St Joseph’s Alstonville staff will be joining with us to learn more about the History and Geography syllabus.

If you have difficulty with arrangements for the care of your child/children on this day please let us know as soon as possible.

We thank you for supporting us in our Professional Development opportunities.

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**WOOLWORTHS Earn & Learn**
Please send your Woolworths Earn & Learn Stickers into school to enable us to earn new educational resources. There is an Earn & Learn Collection Box in the front office.

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**TUCKSHOP ROSTER**

**Monday, 3rd August**
- Gillian O’Neill
- Angelique Walsh

**Wednesday, 5th August**
- AM: Kerrie Tunsted
- PM: Buffie Scott

*Thank you ladies!*