I trust all families enjoyed the three day weekend marking the start of Week 7 already!! Students have well and truly settled into the routine of the school year. Are they doing their homework when they get home? Are they making sure they are involved in sport, music and other activities outside of school? Are parents ensuring that mobile devices are not in use after “lights out” each night so that our students are getting a proper night’s sleep?

Leading researchers in the USA are noting that our children are spending more time alone and less time involved in fitness and social activities and that most are not getting the sleep or nutrition they need for effective brain functioning and high-impact learning. As parents and educators, it is really important that we value our children’s well-being as the key driver of academic, social and spiritual development. So, monitoring healthy lifestyle habits are a great focus for the next few weeks as we settle into effective body/mindsets for learning. A great place to start will be encouraging your child to participate fully in the Secondary Sports Day tomorrow. I am sure it will be a great day. Following Sports Day a team will be selected to represent SJS at the 37th Spencer Gulf Interschool Athletics Carnival to be held at Caritas College in Port Augusta on Friday, March 28th.

Thank You and Farewell

Sadly I have to report that two staff members will be leaving us shortly. Mrs Cathie Story has resigned her position as Boarding House Cook. Cathie has given the Boarding House community nearly seven years of service. Anna Bell from the Canteen staff is also leaving. Anna has worked here for a year and a half. On behalf of the St Joseph’s School community I would like to wish both Cathie and Anna all the very best for the future and thank them for their time, energy and expertise.

Condolences to the Reeves family from Elliston. Lynnette, wife of Peter and mother of Lydia (Year 12 student 2013) sadly passed away earlier this week. Please keep Peter and family in your thoughts and prayers.

Congratulations to the Year 12 Photography class on taking some fantastic photos during their night photography shoot at the Port Lincoln jetty recently.

This great shot was composed and taken by student, Jacob Cherini.

Bernadette Lacey
Principal
2014 National Day of Action against Bullying and Violence

Our school is taking a stand against bullying and violence in 2014

Our school has registered to be part of the 2014 National Day of Action against Bullying and Violence, being held nationwide on Friday, 21st March.

The National Day of Action against Bullying and Violence (National Day of Action) is Australia’s key anti-bullying event for schools. It’s a day where school communities across Australia ‘take a stand together’ against bullying and violence.

St Joseph’s School is dedicated to creating supportive school environments, free from bullying, harassment and violence. By working together we are sending a clear message to young people that bullying and violence, in or outside of school, is not okay at any time.

We have a number of programs and initiatives in place to counter bullying. These include Focus Values Education-Primary focus, Bounce Back program, Restorative Practices and a comprehensive pastoral support.

On the day each student will be given a wrist band to heighten awareness. (Pictured above)

The National Day of Action is an initiative of all Australian Education Ministers and is coordinated by the Safe and Supportive School Communities (SSSC) Working Group, with representatives from all Australian educational authorities.

The SSSC is also responsible for the Bullying. No Way! website which offers practical resources and information to help schools, parents and students counter bullying, harassment and violence.

Also available on the site is the Take a Stand iPhone app, to keep tips and advice on dealing with bullying close at hand, as well as The Allen Adventure iPad app, designed for children under 8 years.

Download these free apps now in the Student’s section of www.bullyingnoway.gov.au

New Students

Welcome to Eleanor (Year 4) and Emily (Year 1) and their big brother George (Year 8).

We are very glad to have the Shepherd family join our St Joseph’s family.

Foot Steps Dance

Classes from Foundation to Year 9 are looking forward to participating in sessions with the Foot Steps Dance Company next week. Students are asked to wear their PE uniform each day, as these classes will be held in the Gym.

On Thursday after school, there will be a disco presentation for Primary classes.

F- Year 3 students are asked to attend between 4:00 and 5:00pm, followed by Years 4 – 7 from 5:00 to 6:30pm.

Exhibition

Miss Dempsey’s Year 4s and Mr Watt’s Year 3s walked to the Civic Hall this week for the exhibition from the National Gallery in Canberra. The theme is Technology and the suitcases were very interesting! Students were also able to tour the Civic Hall gallery and learn more about local art.

Sports Day

Congratulations to all involved in Primary Sports Day in Week 5. It really was an amazing day with the incredible support and encouragement for members of all teams throughout the day. There was lots of red, yellow and blue working together to enjoy the athletics and team games. It was also wonderful to see the efforts of all participants in their events, with some unexpected results and records broken.

Well done to all students, including Year 9s who did a great job of helping with events and the twelve Year 7 SPORTS CAPTAINS who were spectacular role models for their teams.

Thank you to Andrew Casanova and teachers who ran the day and to those who helped in any way at all to produce such a successful Sports Day.

Next Wednesday, 44 of our athletes will represent St Joseph’s at the Lower Eyre Peninsula District Athletics Day at Ravendale. Good luck!

Good luck also to all competitors in the Secondary Sports Day tomorrow.

To support their teams once again, Primary students will also wear their Sports Day colours with their PE uniform to school tomorrow.

Some Primary Sports Day Photos are included in this Newsletter.
Last week we marked the start of the season of Lent with a Pancake morning tea on Shrove Tuesday, and Ash Wednesday liturgies. A huge THANK YOU to all parent volunteers and donations of pancake supplies which enabled our students to enjoy this treat before Lent started.

Students also attended liturgies throughout Wednesday to prepare themselves through prayer for the Lenten season. Thank you to all students and staff for their participation at these liturgies, particularly our spectacular musicians who again added an extra dimension to these celebrations.

The liturgies were based on the 2014 Project Compassion theme of “Have Life and Have it to the Full” (John 10:10), which is closely linked to our school theme of “Who is our Neighbour?” Students are encouraged to seek out ways of helping those around us to live a better life in any way possible.

Next Wednesday 19 March is the feast day of our patron saint, St Joseph. St Joseph inspired Mary MacKillop to establish the Josephite order, whose first task was to set up schools to educate the poor and remote children of Australia.

Due to other commitments at school, we will be celebrating St Joseph’s Day on Tuesday 18 March. We will celebrate a whole school Mass at 12.00pm in the Church, and all families are warmly invited to attend. After lunch secondary classes will be buddied up with a primary class to run cross-age activities, promoting our family aspect of St Joseph’s Day.

During St Joseph’s Day Mass, a reflection and time of prayer will be offered for these people who are suffering through this issue and the violation of basic human rights.

Thursday of Week 7 the Year 7-12 SRC and Boarding House Leaders attended a Leadership Workshop at the Port Lincoln Racecourse, along with Mrs Karen Browne, Mr Richard Horgan and myself. We were extremely impressed with the passion and enthusiasm these students have for their roles and the school. Some lively discussions were held around the qualities and characteristics of leadership, as well as some fantastic initiatives to help improve our school. The evening ended with each student making a commitment pledge through a prayer service to undertake their role in the best way they can.

Thank you to these students and I look forward to working with them throughout the year.
Dear St Joseph’s Leadership Team,

Thank you for nominating me for the University of Adelaide Principals’ Scholarship. It was an honour to be nominated for St Joseph’s School and the scholarship will greatly assist me with the education and living costs in Adelaide.

I am looking forward to starting University and the new adventures it brings!

Attached is a photo taken after the presentation ceremony at Adelaide University recently.

Yours sincerely,

Sarah Wedding
2013 Year 12 Student

--- A Message from Sarah ---

**Japanese Word of the Week**

はりせんぼん
Harisenbon

= Puffer Fish

--- Canteen Roster Term 1, Week 8, 2014 ---

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<th>MON 17/3</th>
<th>TUES 18/3</th>
<th>WED 19/3</th>
<th>THURS 20/3</th>
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**Wednesday and Friday Special:**

Hot Ham & Cheese Croissants $4.00
Donuts - Chocolate or Sprinkle $2.70

If you are unable to attend on your rostered day, please contact Val Ingerson on 86823655 at school or 86826457 at home.

--- Community News ---

St Mary’s Netball club are desperately seeking Under 11 Players. If you are born in 2003 or 2004 and would like to play netball for St Mary’s Netball Club, we would love you to join our team.

Please phone Mandy Kearsley on 0419 660 823 for more details.

Our training is on Tuesday night at the Port Lincoln Netball courts from 4pm – 5pm.

--- Diocesan Youth Assembly ---

A reminder to all students from Year 10-12 that the Diocesan Youth Assembly will be taking place in Port Pirie on Saturday, 29th and Sunday 30th March.

Please see me for a registration form if you wish to attend.

The Assembly focuses on welcoming, prayer, reconciliation and justice.

Kate Benjamin
Assistant Principal Religious Identity and Mission
On a perfect summer’s day, a large crowd of parents and friends gathered for the 2014 Primary Sports Day. The National Anthem was sung with gusto and the Athletes’ Oath was taken. All was in readiness for the events to begin.

Our Junior Primary students began with a vigorous health hustle routine courtesy of some stunning moves from Miss Hurrell and her Year 7 student helpers. This was followed by a circuit of fundamental movement skills, which included an obstacle course and vortex throwing. Year 2 running races were followed up by team games before the entire group moved to the main oval for running races on the 100m track.

The Years 3-7 students engaged in all track and field events. Beginning with the finals of the 400m and then a circuit of events in which all athletes participated. During the day new records were set in the following events:

8 Year Old Boys Longjump - **Kohan Cadd** (3.04 metres)
8 Year Old Boys Highjump - **Rudi Perin** (1.05 metres)
8 Year Old Girls Discuss - **Charlee Watt** (13.42 metres)
11 Year Old Girls Highjump - **Maya Lloyd** (1.27 metres) (equal to current record holder Lita Hamon)
12 Year Old Girls 200 metres - **Ruby Orchard** (31.51 seconds)

Our talented athletes were excelling and beaming with pride at their efforts. By lunchtime MacKillop had posted a handy lead on the scoreboard and would prove hard to catch. The 100m finals after lunch were slick, with many close races in all divisions. Our team events too were fiercely competitive and then finally the 4x100m relays to close out the day.

This year **MACKILLOP** would eventually be crowned winners of the Ron Richardson Shield.

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The Aileen Pluker Team Spirit Shield was won by **Tenison**, who demonstrated great sportsmanship and participation.

Thanks to our House Captains, who did an awesome job of organising, leading and inspiring their teams. Thanks also to the Year 9 students for marshalling at events.

**Andrew Casanova - HPE Sports Coordinator**
Primary Sports Day - Congratulations, MacKillop!
Shrove Tuesday
Ash Wednesday

SRC Workshop
On Friday 21st February, a group of senior photography students met at the Port Lincoln jetty on dusk. Under the guidance of local photographers Robert Lang and Jason Whittle, the students were taught 'tricks of the trade' relating to slow shutter speed and low light photography. The knowledge and experiences the students were given were priceless, and what was to be an hour long meeting turned into a three hour photo shoot.

The students and the Senior Photography teacher, Mrs Montgomerie, would like to sincerely thank Robert and Jason for volunteering their time and sharing their knowledge and experience.

Comments

- The session at the jetty was very useful with Rob showing us many tips and techniques for better photography. Rob was very patient and showed us how to use camera settings and to use our cameras to their full potential. The session was successful with the outcome of our photos. It was fun and informative.
  
  **Cody Innes**

- It was a fun night and we were taught things by Rob that we wouldn't really learn through a textbook.

  **Kevin Casanova**

- Spending time with Rob and learning new and exciting things was really helpful to our photography studies. Rob encouraged us to change settings on our cameras to give different effects to our photos. We all had a great and informative night and we thank Rob and Jason for helping us out.

  **Amber Easton**

- I found it to be a beneficial and valuable opportunity as we were able to work with a professional photographer. His skills and knowledge assisted us with improving our photography.

  **Kealy Byass**
2014 International Competitions And Assessments for Schools

Each year we provide the opportunity for students from Years 2 – 12 to participate in the ICAS testing run by the University Of NSW.

Details of subjects, year levels, costs and test dates are as follows:

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<thead>
<tr>
<th>Subject</th>
<th>Year levels</th>
<th>Date</th>
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<tbody>
<tr>
<td>Computer Skills</td>
<td>Years 3-10</td>
<td>Tuesday 20th May</td>
<td>$8.80</td>
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<tr>
<td>Science</td>
<td>Years 2-12</td>
<td>Wednesday 4th June</td>
<td>$8.80</td>
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<tr>
<td>Spelling</td>
<td>Years 3-7</td>
<td>Tuesday 17th June</td>
<td>$12.10</td>
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<tr>
<td>Writing</td>
<td>Years 3-12</td>
<td>Monday 16th June</td>
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<tr>
<td>English</td>
<td>Years 2-12</td>
<td>Tuesday 29th July</td>
<td>$8.80</td>
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<tr>
<td>Mathematics</td>
<td>Years 2-12</td>
<td>Tuesday 12th August</td>
<td>$8.80</td>
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More information and practice tests can be found at [www.eaa.unsw.edu.au](http://www.eaa.unsw.edu.au)

To coordinate our entries, we are asking that permission slips and payment be returned to School, by Friday, 4th April.

Focus on Science

Year 10 Science students have been studying Chemistry this term. One of the practical activities undertaken was designed to help students understand the concept of a balanced chemical reaction. Students filled a burette with dilute hydrochloric acid and titrated it against sodium carbonate or sodium hydroxide, using an indicator to highlight the endpoint of the reaction. They have learned to write chemical formulas and balance simple chemical equations.

Year 11 Physics students are currently undertaking a study of motion. Students began the study by timing each other walking, jogging and sprinting on the oval and recording the results. Students then used this information to determine their speed and acceleration.

Lesley Grove-Jones
Science Teacher