Merciful God,
you called us forth from the dust of the earth;
you claimed us for Christ in the waters of baptism.
Look upon us as we enter these forty days bearing the mark of ashes,
and bless our journey through the desert of Lent to the font of rebirth.
May our fasting be a hunger for justice; our alms, a making of peace;
our prayer, the chant of humble and grateful hearts.
All that we do and pray is in the name of Jesus,
for in his cross you proclaim your love now and for ever.
Amen

Beginning of Year Liturgy
Last Friday we celebrated the 2015 year with our Welcoming Liturgy. Again I note that this traditional liturgy is such a wonderful experience for our school and I delight in the fact that we joined together to celebrate the new school year and explore the possibilities of the Theme this year - Live Life in all its Fullness (John 10:10)

Shrove Tuesday
Shrove Tuesday is the last day before Lent, which is a time when people traditionally fasted and avoided food containing eggs and dairy products. Families would have a feast on Shrove Tuesday. It was a time for them to eat food that contained these ingredients so that meals would not be wasted. Pancakes became associated with Shrove Tuesday because they were a dish that could use up perishable foodstuffs such as eggs, fats and milk. Shrove Tuesday at St Joseph’s this year saw 23 parent helpers shaking, cooking and spreading 800 pancakes in order to feed the 734 students. There were plenty of full and satisfied children. Thank you to all families who contributed or donated to our Pancake Day.

Ash Wednesday
Ash Wednesday marks the first day, or the start, of the season of Lent, which begins 40 days prior to Easter. Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline.

Yesterday the children attended Mass in the church to mark the occasion of Ash Wednesday. The reflective music played by the Year 10 musicians set the tone for a reverent and peaceful time, whereby the staff and students could reflect on their lives and consider how they can help others during the time of Lent. Thanks to Fr Steve and Fr Benjamin for enabling the children to develop a deeper understanding of the Catholic Faith.
**Principal’s Message**

**Farewell, Monique**
Ms Monique Calibro will be leaving our school to take up a position at Caritas College. On behalf of the St Joseph’s School Community, I would like to thank Monique for her contribution to Music at School and wish her the very best for the future.

**Getting involved**
A school community will only be as good as the parents in the community genuinely want it to be. I ask that parents commit themselves to one of the support initiatives required to ensure we offer the best possible Catholic school family environment to our students. I encourage parents to think about:
- Helping the teacher in the classroom
- Helping at the canteen
- Volunteering to assist with events like Open Night

I urge all parents to consider how you can contribute to making St Joseph’s School the best that it can possibly be, resulting in better experiences for your child.

**10kph Speed Limit in School Grounds**
Another reminder to please adhere to the 10kph speed limit that operates within the School boundary.

**School Board AGM - Change of Date**
Due to unforeseen circumstances the date of the AGM has been changed to **Monday, March 16th**. Apologies for any inconvenience.

The School Board is an essential part of the School Community. It sets direction for the School in the best interests of the students. The School Board AGM will be held on Monday, 16th March, and nominations are currently being called for.

Each Diocesan School Board has responsibility for the overall wellbeing of its school. In practice, this means that in a spirit of partnership, the Board acts in an advisory capacity for the governance of the school in the areas of planning, making and evaluating policies, financial management, pastoral care (staff, students, parents), maintenance and development of grounds and facilities, ensuring we are compliant with our legal obligations and developing the relationship between the school and the local Church.

Potential members of a School Board should:
- Possess an enthusiasm for and willingness to promote the mission of Catholic schools
- Bring to the Board their gifts and skills
- Desire to give service to their school community
- Have an ability to work cooperatively and constructively with all members of the Board
- Be prepared to undertake formation
- Have an ability and desire to uphold confidentiality in Board matters
- Have sufficient time to devote to Board duties

If you would like to nominate a school community member for a position on the St Joseph’s School Board for 2015, or if you wish to continue with your position on the School Board, please Contact Di Drennan at the Front Office for a nomination form.

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**Principal's Message**

**SACE Board Merit Ceremony**
In 2014 Jessica de la Perelle received Merit Certificates for two subjects. I was delighted to be present last Tuesday at Government House to see Jess accept her certificate.

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**Principal’s Message**

**Around the School**

**Chinese Delegation Visit 2015**
This year a group of Chinese students from Huantai Experimental School will visit our school again. They would like to experience Australian home life as well as school life.

If you are interested in hosting one or two students during August for five nights, please contact Sally Izzo on 0428122012 or email sally.izzo@sjspl.catholic.edu.au

Last year the families involved found hosting a student a rewarding experience.

The School in China would like us to make a return visit later in the year. If you think this is something you would like your child to be involved in, please contact me for further information.

There will be an information session at a later date for interested Secondary students.

**Sally Izzo**
**Teacher**

**Blue Light Star Force Camp**
The Blue Light Star Force Youth Leadership Camp for 2015 was the most physically and mentally challenging thing I have ever accomplished, but also the most rewarding in my life so far.

During my six days, spent with 23 other teenagers my age from across South Australia, I overcame fears, tackled obstacle courses, did over 1,000 push ups, made new friends, learnt new things, listened to inspirational speakers, made memories I’ll remember forever and confirmed my ideas of wanting to become a Police Officer when I leave school. The camp taught me that being a leader isn’t always about being the one in charge, but also about being a part of an efficient team and using everyone’s strengths to work together and achieve an overall goal. If anyone gets the chance to apply to attend this camp, I strongly recommend it as it is one of the most worthwhile, once in a lifetime opportunities you will ever get - it’s not every day you get an all expenses paid trip to hang out with the Star Force and Ex-Commandos. From this experience I have come out a better team player, my confidence in my own abilities has improved and I have made lifelong friends.

**Amber Speirs**
**Year 12 Student**

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**Achievements**
Clean Up Australia Day
This year, St Joseph's School is taking part in the Nation's largest community based environment event - Clean Up Australia Day. Our students will be joining over 2,500 other school's across Australia, working towards removing rubbish from our precious environment. After lunch, on the 20th February, our students will be doing their part towards caring for our environment.

South Australian Maths Competition for Years 6 - 12
The Annual South Australian Maths Competition will be held on Tuesday, 17th March. This is a competition aimed to motivate and challenge the best Mathematicians within South Australia. Merit winners are awarded with prizes at a ceremony in Adelaide. All entrants will receive a 'Certificate of Participation' to put in their folios. I strongly encourage those students who enjoy enriched challenges in Mathematics to give it a go. This is not an opportunity for students who are uninspired by their Mathematical abilities or who have not received regular high grades for their assessments. I ask that students who are interested to please email me their intention to participate. Students will need to email their interest by Friday, 21st February to mark.blight@sjspl.catholic.edu.au

After registration, students will be given some example questions to work on in preparation for the exam. They may like to bring the questions along to Maths Tutoring on Monday nights in the Library for an enrichment opportunity. I would also encourage entrants to negotiate with their Mathematics Teachers to occasionally work on some of these problems as an alternative to other homework tasks.

On the day of the competition students will need to bring $3.00 to contributes to the costs of marking exam papers. This task is completed by Mathematics Seniors in Adelaide.

Mark Blight
Maths Coordinator

Primary Sports Day
Trials for running events began today in preparation for next Friday's Sports Day. Classes will practise team games next week and continue athletics training in PE lessons.

Programs for the day will be sent home next week, along with a Code of Conduct for all participants. We look forward to another successful Sports Day and hope to see you there!

Remember to purchase your coloured Sports Day Shirts from the School Uniform Shop.

Penola - Yellow
MacKillop - Blue
Tenison - Red
New Initiatives

New Student Seating - SRC & Parent Group Initiative
In recent weeks the school has been fortunate to receive five outdoor picnic tables and three ‘Friendship’ benches that were initiated by the Primary SRC and funded by the St Joseph’s School Parent Group.

Through their fundraising efforts, the small but dedicated Parent Group purchased the seating and already the seats have received lots of use.

The Parent Group has also organised the construction of a ‘giant’ chess set that will be available for students to use outdoors. This project was completed by ‘The Men’s Shed’ and offers another alternative for students at recess and lunch.

Our thanks to the Primary SRC for their initiative and the Parent Group for their hard work to organise fundraising events that benefit the students.

Mark Aldridge
WHS & Property Manager

St Mary of the Angels Parish Mass Times
Saturday 6.00pm
Sunday 9.00am
Father Steve Ardill
Father Benjamin Mkuchu

Uniform Shop Hours
Monday & Wednesday
3.00pm—5.00pm

Have you returned your photo consent form?
If not, please return yours ASAP to the front office (or via Office Box).
Every family needs to return this form.
All students can be written on the same form.
If you require another form please ask for one at the Front Office.

Japanese Word of the Week

SAKANA     FISH

Volunteers are still needed to help in the Canteen on Primary Sports Day.
If you can assist please phone Val.

If you are unable to attend on your rostered day, please contact Val Ingerson on 86823655 at school or 86826457 at home.
10 Golden Rules for Parenting Success:
The start of the year is a great time for reflection and setting new directions and goals. Below are some tips for parenting in 2015.

- **Build redundancy into your parenting**: expect children to help at home without being paid and develop their self-help skills from the earliest possible age. If they are dependent on you then start small and work from there.

- **Build self-belief**: It is self-belief rather than ability that holds back many children from achieving their best. Start by focussing on strengths and help them realise how they can improve and give them responsibilities.

- **Talk less when children misbehave**: do you repeat yourself when your children don’t do as you ask or raise your voice to be heard? This leads to parent–deafness. Act rather than repeat yourself or shout. Turn the TV off if they are fighting instead of shouting.

- **Choose your battles wisely**: instead of fighting with your children sit back and assess what’s important. Fighting over minor issues burns up energy and damages relationships.

- **Help them appreciate themselves**: some children have a default mechanism that is negative and self-centred. They are never happy and always want more. You can change this by encouraging them to look on the bright side and be thankful for what they have.

- **Encourage children to be self-occupiers**: It is important for children to be able to keep themselves busy. Spending time on their own encourages self-initiated play, is good for their mental health and is a pre-requisite for success at school. Don’t be your child’s home entertainment machine.

- **Don’t fight your children’s battles**: Often well-meaning parents fight too many of their children’s battles, robbing them of opportunities to solve their own problems. Next time your child experiences some frustration or difficulty, offer support and suggestions but don’t solve the problem for them.

- **Have at least five family meal times a week**: If you want to influence your children’s thinking you need to talk with them. Meal times provide these opportunities as long as the television is turned off and you avoid getting into fights about how much they eat.

- **Encourage a sense of generosity**: Moving children from thinking ‘me’ to thinking ‘we’ takes work. Develop a sense of selflessness by encouraging them to volunteer, giving some pocket money to charity or giving away old or unused toys.

- **Fast track your own development**: Being a modern parent means you have skills and knowledge at your disposal. Research areas such as emotional intelligence; confidence-building or resilience development or perhaps have a chat with the counsellors.

*Article from Counsellors Tenison Woods College*

“When we yell at them, ban them from the room, use sarcasm, hit them, humiliate them, scold them, disrespect them, don’t listen to their side of the story, or attack their dignity, we are giving them the tools they will use with other children, other adults including teachers, and us... The same is true when we show love, kindness, honesty, and caring.”

Richard Curwin in “What Do We Really Teach Our Children?” in *The Jerusalem Post*, December 23, 2014
Welcome to the holy season of Lent which began yesterday. It was a rich blessing to have the St Joseph’s Family at Mass to witness the Blessing of Ashes and to receive them.

As they were signed with the ashes the students were reminded of the reality: Remember, that you are dust and to dust you shall return. The author of the ancient story of creation tells us that God moulded the body of Adam from the Adamah – the red earth. This is the meaning of ashes.

But we are more than ashes, for God breathed into these ashes His breath, the breath of life. When we die we pray that God will breathe His life into us again, as He did to Jesus, and draw us into the embrace of eternal life.

During this Lenten season we accompany Jesus as He travels to Jerusalem, the place of His passion, death and resurrection.

Lent is a reminder to us of the selfish and excessive attachment to things, material or otherwise, which distance us from those who have a right to our help, principally those who are denied the right to live their lives in dignity as men and women created by God in His image and likeness.

The three pillars of the Jewish spiritual life – almsgiving, fasting and prayer sum up the challenges that the season of Lent is meant to inspire in our hearts.

**A Family Challenge**

Discuss with your children what you as a family can offer to God as a sacrifice during Lent. Can you and the children give up a television show, a video game, some internet or mobile phone time? Decide what you will do today. Use some of the time saved for family prayer.

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**Imperials Netball Club**

Did you miss our Registration Day? There is still time! Email imperialsnetballclub@hotmail.com or call Karli Hull 0413551796. Grading 3/3, 10/3 & 17/3 at the PLNA Courts. U/9, 11s/13s - 4.00pm - 5.00pm - U/15 & U/17 - 5.00pm - 6.00pm - Seniors: 6.00pm - 7.30pm. Seeking U/9 Players. If you are 8 or turning 8 by the end of the year, come and see us or call for more Information.

**Eyre United & Football Clubs**

We urgently need players for all Junior Netball and Football teams. We welcome new and current players and supporters to our family friendly club, which is accredited with the Good Sports Program. Call Tabitha Fatchen on 0475563523.

**SAPSASA Cricket Trials**

- Friday, 27th February at 3.30pm—4.30pm

A squad of approximately 20 students will be chosen from the city and country schools to attend a final trial in Week 7 where a team of 13 players will be selected to go to Adelaide in Week 4 of Term 4. All players must provide their own transport and accommodation for the trip. For queries please contact Hamish Rowsell at Lincoln Gardens Primary School on 86826277.

**SAPSASA Tennis Trials**

Boys and girls in Years 6 and 7 are invited to attend the first of the SAPSASA Tennis Trials on February, 20th February (Week 4) at Port Lincoln Town Courts. Boys - 9.30am - 12.30pm; Girls - 10.30am - 12.30pm. Please bring your tennis racquet, water bottle, sandshoes and a hat.