I am standing on the shoulders of the ones who came before me
I am stronger for their courage, I am wiser for their words
I am lifted by their longing for a fair and brighter future
I am grateful for their vision, for their toiling on this Earth.

We are standing on the shoulders of the ones who came before us
They are saints and they are humans, they are angels, they are friends
We can see beyond the struggles and the troubles and the challenge
When we know that by our efforts things will be better in the end. Joyce Johnson Rouse

This wonderful song was sung at our Beginning of Year Liturgy this week, and it really says it all! If we had lived over 150 years ago, we probably would not have been at school. Education is an incredible gift and being at St Joseph’s is a blessing for us all, students and staff alike.

This year is a special year for us and for Catholic schools in Australia because it is 150 years since a young woman called Mary MacKillop, inspired by Saint Joseph and Father Julian Tenison Woods, opened the first Saint Joseph’s School in an old stable in Penola in South Australia. She persuaded other young women to join her and so the Congregation of the Sisters of St Joseph was begun. Mary was an ordinary woman who believed that her purpose in life was to act justly and to help others. Driven by a belief in God and the values that we hold dear – faith, hope and love – she believed she could make a difference in the world as she knew it, a world where the poor did not get an education and where people on the fringes of society were neglected and left to fend for themselves. From a humble beginning, Mary and the Sisters of St Joseph went on to set up schools around Australia, and also orphanages and care homes for the homeless.

150 years later, we have a great responsibility to carry on the work of Saint Mary of the Cross MacKillop and the Sisters of St Joseph. Mary believed that we should never see a need without trying to do something about it. If we look around us today, we can see that there is as much need as ever to show compassion and mercy, to the homeless, refugees, the first Australians and those who are lonely, hurt or unhappy. We also need to look after the planet, and take care of our environment. Every one of us can follow in the footsteps of our blessed Saint and make a difference in our world, in our classroom, with our friends and colleagues and in our local, national and global community. We can start by being thankful for what we have, and being positive and active. We can do little things every day to make someone’s life better. We can ask ‘Are you OK’ when we see people alone; if someone is struggling, we can encourage and support them. We can make sure our school is clean and tidy and environmentally friendly by reducing waste. We have a responsibility to really live our values of faith, hope, love and respect and not accept that things have to be the way they are if they hurt or disadvantage people around us.

In this sesquicentenary year, which coincides beautifully with the Year of Mercy, it is time to act; time to be something more, something greater than we were yesterday. We must continue the legacy of Mary Mackillop.

Everyone of our community is amazing.
Really, You are!
There is a light in all of you.
How will you let your light shine?

SJS ‘Face of Mercy’

This week we congratulate Amelia Rusden (9R) for extending the hand of friendship by including and welcoming a peer in their group activity.

Well done Amelia!
Families are warmly invited to the Annual General Meeting of the School Board to be held on Tuesday, 8th March at 7pm in the Staffroom.

What is the role of the School Board?
The purpose of the Board is to:

- Develop policies that guide the direction of the school and nurture its religious dimension
- Develop the relationship between the school, the parish and the community
- Promote educational excellence within the school
- Support the administration of the school
- Protect children and ensure compliance with legal obligations
- Monitor buildings and grounds development, and exercise financial stewardship of the school.

Membership of the School Board
The School Board includes Fr Steve Ardill, Parish Priest, the Principal and staff and community members with a commitment to St Joseph’s catholic ethos, vision and mission. Potential members of the School Board should:

- Possess an enthusiasm for and willingness to promote the mission of Catholic schools
- Bring to the Board their gifts and talents
- Desire to give service to the school community
- Have an ability to work cooperatively and constructively with all Members of the Board
- Be prepared to undertake formation
- Uphold confidentiality in Board matters
- Have sufficient time to devote to Board duties and attending meetings regularly. Have a current police check clearance through the Archdiocesan Police Check Unit.

Elected, nominated and appointed members of the Board serve for a period of two years. Members can re-nominate but should not serve more than six consecutive years. Those eligible for election to the School Board are parents/legal guardians of students currently enrolled who have signed the enrolment form, members of the local parish community or friends of the School. Normally there are six elected Board Members. Nominated members come from three groups: Parish Pastoral Council, Parent Community (which we are hoping to grow at St Joseph’s) and School staff.

Vacant Positions
Monica Woods (currently Chairperson of the Board) has completed six years of great service to the School Board. We sincerely thank her for her great commitment and the continuity she has provided during the change in Principal. Her support has been invaluable. We also thank Mr Peter Hurrell and Mrs Gabby Rusden for completing two years as Members of the Board, and contributing to the governance of the School.

The Board is consequently seeking new members able to bring a range of skills, qualities and expertise to the future development of the School. Please consider putting yourself forward to be a member of the School Board. A brief biography and expression of interest should be submitted to the Principal and Chair of the Board by Monday 7 March. Elections, if required, will be held at the AGM and training is provided for Board members.

Parent Forums
What do you value about St Joseph’s School?
What do you want for your child?
Where do you see St Joseph’s in five years?
What areas should we focus on for continued improvement to ensure we continue to provide an excellent education for families in Port Lincoln and beyond?

We would love to hear your views as part of the process of developing a new Strategic Plan and the annual School Improvement Plan for St Joseph’s.

Please come and chat with me at either of the times below. Share our hospitality and share your ideas.

Parent Forums will be held on:

Wednesday 2 March from 9.00am -10.30am and Monday 7 March from 6.00pm - 7.30pm in the Staffroom.

Please let us know if you plan to attend so we can have the coffee ready! RSVP to info@sjspl.catholic.edu.au

I look forward to meeting you.

Faith Focus

Beginning of Year Liturgy
Thank you to everybody who attended our Beginning of Year Liturgy. It was a wonderful celebration of our special R-12 community at St Joseph’s. Our school theme of “Show Mercy and Compassion to All” was reflected on by our School Captains Millie Russell and Jamie Doudle:

“What does it mean to show mercy and compassion?
It means to show forgiveness, and give others a second chance; we all make mistakes and sometimes do things that we regret. It means to help others to realise their full potential, and give others every opportunity they need to live a full and positive life. It is about extending the hand of friendship to those we meet, and ensuring everyone is happy, safe and comfortable.”

Faces of Mercy
Many members of our school community show merciful qualities in their daily actions and interactions with others. Each fortnight on the front of the newsletter we will recognise a school member as being the week’s ‘Face of Mercy’.

Project Compassion 2016
During Lent, our school participates in Project Compassion which is Caritas Australia’s annual Lenten fundraising and awareness-raising appeal, bringing thousands of Australians together in solidarity with the world’s poor to help end poverty, promote justice and uphold dignity. This year the theme for Project Compassion is ‘Learning More. Creating Change’.

In each of the six weeks of Lent, our school will be sharing a weekly story that reflect this year’s theme. These inspiring stories will tell how the lives of six people have changed through our schools’ support of Caritas Australia’s development programs. The Federation has formed a partnership with Caritas Australia to support families to share in this Lenten journey with their children. Each week we will share ways families can talk together about the messages in each story and, together, be inspired to learn more and create change.

(If this Newsletter)
Farewell, Abby

Today is Abby Lukin’s last day before commencing Parenting Leave to await the birth of her first child. Abby has been employed as an ESO at St Joseph’s since 2013 and worked closely with many students across the School.

We thank Abby for her commitment and care within our School, and we look forward to hearing her baby news soon.

Thank You

Thanks to Riley Mislov and Nikki McDonald, two Flinders University students, who have completed their three week placement with us. Both of these pre-service teachers have fitted in well and assisted with classes in PE and other learning areas in a number of year levels.

We wish them all the best for their future teaching studies.

Reminder to Parents & Students

Just a reminder when booking non-urgent medical and other appointments, please avoid making these appointments during school hours. This will avoid interrupting your child’s continuity of learning.

Classroom Learning

As we approach mid-term, students are busily engaged in a variety of learning experiences. Year 5s are enjoying Genius Hour, in which they pursue a topic of interest to research and creatively present. Year 6s are enthusiastic about their first taste of Tech with Mr Frezza and their ability to make their own key tags. Year 12 Child Studies students made healthy picnic food for the children from Mrs Bailey’s Year 2 class. Next week, Year 9s experience their first Rite Journey ceremony with their mentors.

Around School

Josephite Leaders Conference

Last week, as School Captains, Jamie Doudle and myself, Millie Russell, along with Principal Dr Hewson, travelled to Sydney for the annual JJAMM Retreat. Around 50 Josephite Student Leaders from across Australia and New Zealand gathered for five days to learn about the compassionate values of St Joseph, Fr Julian Tenison Woods and St Mary MacKillop and how we can apply these to our school community.

Two days were spent in Sydney, visiting the tomb of Mary MacKillop and discovering the history of the Josephites. For the remaining three days, we stayed in Kincumber and explored future initiatives to bring to our schools. We talked about many modern issues, including the refugee crisis, climate change and poverty, and have planned exciting school-wide activities to help combat these problems in 2016.

We can’t wait to share our enriching JJAMM experience with the rest of the school this year!

Millie Russell
School Captain

PO Box 971, Port Lincoln SA 5606 | Telephone 08 8683 2400 | www.sjspl.catholic.edu.au
Congratulations, Malia

Another congratulations to **Malia Gynell** (Class of 2015). Not only did Malia receive a Merit Certificate for Chemistry at Government House recently, she was also invited to the Royal Australian Chemistry Institute medal presentation for Chemistry Merit students which was held at Flinders University.

The guest speaker and members of the Institute who spoke on the night referred many times to the Chemistry teachers who had ignited the young people’s interest in Chemistry and who supported them in their studies.

Malia has successfully gained a **‘Country Health Scholarship’** and also the **‘Jacqueline Adele Jamieson Scholarship’** at St Anne’s College.

**Rights & Responsibilities**

We work hard to provide a positive learning environment at St Joseph’s, where students feel safe, cared for and valued. When we are made aware of incidents or behaviours that are not consistent with this, we strive to work with all parties involved on improving understanding, and restoring and building positive relationships.

<table>
<thead>
<tr>
<th>Rights</th>
<th>Responsibilities</th>
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<tbody>
<tr>
<td>I have the right to feel safe</td>
<td>I have the responsibility to allow others to feel safe and to let someone know if I see behaviour that is unsafe so that concerns can be dealt with.</td>
</tr>
<tr>
<td>I have the right to learn.</td>
<td>I have the responsibility to be an active learner, to do my best, and to allow others to learn.</td>
</tr>
<tr>
<td>I have the right to be treated with respect.</td>
<td>I have the responsibility to treat everyone with respect.</td>
</tr>
<tr>
<td>I have the right to a safe, clean environment.</td>
<td>I have the responsibility to care for my environment.</td>
</tr>
<tr>
<td>I have the right to be heard.</td>
<td>I have the responsibility to speak truthfully and to listen respectfully.</td>
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Social media is a wonderful tool to keep in touch with family and friends. However, we would encourage all members of our community to be responsible users of social media. No one is perfect! If you are not happy about something, please come in and talk with us. We promise to listen respectfully and do our best to resolve issues as they arise.

*(Please see poster with this Newsletter)*
24 Hours with the Lord
Prayer is one of the priorities most of us agree we should do but, in our busy lives, we never seem to have the time for it. In times of crisis and great need we embrace a kind of emergency spirituality but the invitation of Jesus is to live a life of daily communion with God.

Together with fasting (self-denial) and charitable works prayer is one of the three foundational planks for a fruitful Lenten season.

To nurture a deeper practice of prayer Pope Francis has asked that Catholic Churches throughout the world be open continuously in this Jubilee Year of Mercy for a 24 hour period on Friday 4th and Saturday 5th March.

Our St Mary of the Angels Church will embrace this 24 Hours for the Lord commencing with Mass at 6.00p.m. on Friday 4th March and concluding with the normal Vigil Mass on Saturday 5th March.

Perpetual Adoration of the Blessed Sacrament will occur during this time. All in our Parish and School Community are invited to add your name to a one-hour time period across these 24 hours.

A sign-up sheet is available on Tom’s Table in the foyer of the Church and at the front office of the School.

Will you say ‘yes’ to Pope Francis and spending one hour with the Lord and unite your prayers with those of people across the globe?

An additional weekday Mass is now being celebrated on Thursday mornings at 7.45am.

Fr Steve Ardill

Wellbeing

Wellbeing of all continues to be a focus for St Joseph’s, with the MindMatters Action Team collating responses from last year’s student, staff and parent surveys and presenting summaries of these at a staff meeting to assist with planning for 2016.

At the recent Parent Evenings, many teachers also asked parents to ‘dream’ with them and identify their priorities for their child’s educational experience in their current year level. Overwhelmingly, parents across the School repeatedly mentioned happiness, positivity, participation, resilience, confidence, enthusiasm, compassion and learning from new challenges as their main desires for their children. Through year level PC programs, the work of our Wellbeing Coordinator (Jelena Edmonds), support from School Counsellor (Jodie Sawley) and the ongoing implementation of the "Mind Up" curriculum, we will explicitly teach about wellbeing and positive engagement skills.

As with any survey, there was also a wide range of opinions about improvements which could be made, with opposing views being quite common, For example, some parents requested more excursions and field trips whilst others wanted less of these activities. Teachers and Coordinators will consider all responses and plan purposeful learning experiences for the best outcomes for their students.

Little Saints Playgroup

Just turn up on the day, everyone is welcome.

Every Monday is Funday!

9.00am - 10.30am

in the GP Room
**Week One: Doney’s story**


**Reflections:**
Like Doney, you value a good education for your child. What do you hope for your child?

Consider this: “A Catholic education aims to prepare young people to contribute positively to the work around them”. What do you hope for your child’s education in a Catholic school?

**Family conversations:**
Talk with your child about your hopes for them.
Share with your child why you think education is important.

Talk about the work that Doney and her community are doing. Pray together:

Loving God, we thank you for the talents and abilities you have given each of us. We celebrate the strengths of Doney and her community. May we learn to remember Jesus in each person, and to see strengths of each person. We pray for the people in Malawi, that they may have all the things they need to live.

Amen.

**Plan together:**
Consider some ideas for a family fundraiser for Caritas Australia’s Project Compassion 2016.

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**Week Two: Hum Noy’s story**

This week’s story is about a project in Laos that supports children with disability like Hum Noy. The project wouldn’t be possible without money raised by Caritas’ Project Compassion.


Find out more about Laos where Hum Noy and his family come from: [http://www.caritas.org.au/learn/countries/lao-pdr](http://www.caritas.org.au/learn/countries/lao-pdr)

**Reflections:**
Hum Noy’s mother Duangmala, wanted her son to have access to the additional support he needed so he could live life to the full.

How does your child’s school support children with additional needs?

Inclusion is a core principle of our Catholic schools. What does inclusion mean to you?

In what ways have you had to access additional support for your child? How did you feel if that support was difficult to access?

**Consider this:**
What would it mean to you if you couldn’t access the basic services your child needed to live life to the full?
## School Leaders 2016

### Year 12 Senior Leaders

<table>
<thead>
<tr>
<th>(School Captain)</th>
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<tbody>
<tr>
<td>Jamie Doudle</td>
<td>Millie Russell</td>
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<tr>
<td>Samuel Dawson</td>
<td>Chloe Orchard</td>
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<tr>
<td>Charlie Muecke</td>
<td>Abby Ryan</td>
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### Boarding House Leaders

<table>
<thead>
<tr>
<th>Male:</th>
<th>Female:</th>
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<tr>
<td>Matthew Darling</td>
<td>Ruby Guidera</td>
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### Secondary SRC

<table>
<thead>
<tr>
<th>Year 11</th>
<th>Year 10R</th>
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<tbody>
<tr>
<td>Thomas de la Perrelle</td>
<td>Jack Waller</td>
</tr>
<tr>
<td>Kaidy Morgan</td>
<td>Chloe Hall</td>
</tr>
<tr>
<td>Cameron Forbes</td>
<td>Matthew Kemp</td>
</tr>
<tr>
<td>Kiara Baillie</td>
<td>Yasmin Ross</td>
</tr>
<tr>
<td>Madeline Harris</td>
<td>Bradley Harkness</td>
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<tr>
<td></td>
<td>Xanthia Clark</td>
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### Primary SRC

<table>
<thead>
<tr>
<th>Reception Red</th>
<th>Reception Gold</th>
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<tr>
<td>Nash Christian</td>
<td>Harry Williams</td>
</tr>
<tr>
<td>Sienna Bache</td>
<td>Amy Binney</td>
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### Secondary Sports Captains

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<tr>
<th>Penola</th>
<th>Mackillop</th>
<th>Tenison</th>
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<tbody>
<tr>
<td>Jack Boxer</td>
<td>Jamie Doudle</td>
<td>Charlie Muecke</td>
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<tr>
<td>Indiah van Doorn</td>
<td>Skye Ranford</td>
<td>Chloe Orchard</td>
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<tr>
<td>Kate Cappelluti</td>
<td>Millie Russell</td>
<td>Montanna Doudle</td>
</tr>
<tr>
<td>Blake Peak</td>
<td>Samuel Dawson</td>
<td>Lucas Anderson</td>
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<tbody>
<tr>
<td>Brock Davis</td>
<td>Max Murray</td>
<td>Toby Casanova</td>
</tr>
<tr>
<td>Tui Huntley</td>
<td>Remi Woods</td>
<td>Meaza Otto</td>
</tr>
<tr>
<td>Lachlan Hall</td>
<td>Dakota Lawrence</td>
<td>Jackson Smith</td>
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<tr>
<td>Jade Kolpandinos</td>
<td>Chelsea Ross</td>
<td>Tasmin Durdin</td>
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Before you

Think

Is it True?
Is it Helpful?
Is it Inspiring?
Is it Necessary?
Is it Kind?
WHAT CHILDREN HATE HEARING

"Leave me alone!"

When you routinely tell your kids, "Don't bother me" or "I'm busy" they may think you're always brushing them off and be less likely to tell you things as they get older. Of course children should see their parents take time for themselves or for doing tasks that need some concentration. This is when you can set some parameters in advance. "I have to finish this one thing, so I need you to play/read/occupy yourself quietly for a few minutes. When I'm finished, we'll talk." "You're so..."

"Why are you so mean to Katie?" "She's so shy." Young children believe what they hear about themselves. The worst comments cut deep like "you are so clumsy" or "so stupid". Try to address the specific behaviour and leave the adjectives about your child's personality out of it. Even labels that seem neutral or positive can pigeonhole a child and place unnecessary pressures on them.

"Don't cry."

When children get upset enough to cry, acknowledge their emotion up front. "It must make you really sad when..."; "Yes, the traffic can be scary but I promise I won't let go of your hand". By naming the real feelings that your child has, you'll give them the words they need to explain their feelings. "Why can't you be more like your sister?"

Comparisons almost always backfire. Children develop at their own pace and have their own temperament and personality. Comparing your child to someone else implies that you wish yours were different.

Being pressured to do something they are not ready for can undermine self-confidence, leading to resentment and often, a test of wills.

"You know better that!"

Learning is a process of trial and error. Give your child the benefit of the doubt, and be specific. Say "I like it better if you do it this way, thank you". Jabs like "I can't believe you did that!" and "It's about time!" can add up, and the underlying message children hear is: "You're a pain in the neck, and you never do anything right."

"Stop or I'll ground you for a month!"

Threats, usually the result of parental frustration, are rarely effective. Sooner or later you have to make good on the threat. It's more effective to develop a repertoire of constructive tactics, such as redirection, removing the child from the situation or time-outs, than it is to rely on those with proven negative consequences, including verbal threats or long lists of penalties.

Studies have shown that the odds of a two-year-old repeating a misdeed later in the same day are 80%, no matter what sort of discipline you use. Even with older children, no discipline strategy yields sure-fire results every time.

Acknowledgement: article by Paula Spencer