**PRINCIPAL’S REPORT**

**World Day of Social Justice** The United Nations General Assembly proclaimed February 20 as the first World Day of Social Justice in 2007. Observance of this day supports efforts of the international community in poverty eradication, the promotion of full employment and decent work, gender equity and access to social well-being and justice for all. A particular focus for this day is the blight of forced labour, including debt bondage, human trafficking, sweatshop or farm workers kept there by clearly illegal tactics and paid little or nothing, and other forms of modern slavery.

In this season of Lent, then, and as a special recognition of the Jubilee year of Mercy as Proclaimed by Pope Francis, let us pray for God’s will for all people and for the elimination of institutionalised systems of inequality and oppression.

Look with pity, O God, upon the people of the earth, who live with injustice, terror, disease and death as their constant companions.

Help us to eliminate injustice, our brothers and sisters throughout the world. Strengthen those who spend their lives establishing equal protection of the law and equal opportunities for all.

Grant that every one of us may enjoy a fair portion of the riches of the earth and flourish as you intend.

We pray in the name of the God of All. Amen.

**2015 Overdue Subject Levies** There are still some outstanding subject levy accounts. I ask that this matter be addressed immediately as any unpaid accounts may exclude students from participating in excursions or other non-compulsory activities.

2016 Subject Levies should be issued before the end of the month. The completion and return of the validation form you received this week will ensure that the College has the correct mailing information. Please contact the Office if you did not receive this form or have any problems. Thank you

**Induction Mass** Today we celebrated the special Mass of induction for our 2016 School Leaders. I am increasingly impressed by the quality and calibre of the young men and women the College is able to inspire into leadership, and I have no doubt that they will be outstanding ambassadors of not only the College, but of the Catholic faith community of the Macleay Valley. I look forward to working with them during 2016.

**Swimming Carnival** Thursday saw the running of our annual swimming carnival under beautiful skies and unbridled enthusiasm. Congratulations to all of our competitors and to the organisers, Ms Di Lawrence and Mr Scotty Edwards, and of course to all the helpers, both staff and parents. It doesn’t happen without everyone chipping in and it does not go unnoticed. God bless you all

**Welcome and Community Engagement with Aboriginal Families** On Wednesday night we celebrated with a number of parents and family members from our Aboriginal community as a commitment in solidarity to Community Engagement. My thanks to all families in attendance, along with Mr Conrad Tamblyn and Auntie Sharon Kelly, who promoted and supported this important event in the College community.

**Booroongen Djugun Community Care Limited - Sorry Day Celebration** My thanks to Booroongen Djugun staff, and particularly to Kylie O’Bryan along with Auntie Mavis and Uncle Gary, for the invitation to join the Aboriginal community in celebrating the anniversary of the Apology Day ceremony. Akara Brown and Joel Stocks joined me to share stories, memories and a lovely lunch last Tuesday in a key date for the community. Many thanks to all involved.

(continued on Page 4)
Lent in the Catholic Church

What is Lent?
The season of Lent is a Catholic liturgical season consisting of forty days of fasting, prayer, and penitence beginning at Ash Wednesday and concluding at sundown on Holy Thursday. The official liturgical colour for the season of Lent is violet. Lent begins on February 10, 2016.

The observance of Lent is related to the celebration of Easter. In the first three centuries of the Christian era, most Christians prepared for Easter by fasting and praying for three days. In some places this was extended to the entire week before Easter (now known as “Holy Week”). There is evidence that in Rome, the length of preparation was three weeks.

The word derives from the Middle English word lenten, meaning springtime – the time of lengthening days. There is biblical support for doing penance, but the season of Lent, like all Catholic liturgical seasons, developed over time. In its early three-week form, Lent was the period of intense spiritual and liturgical preparation for catechumens before they were baptized at Easter. Many members of the community imitated this time of preparation with the catechumens.

By the fourth century (when Christianity was legalized) Lent had developed into its current length of forty days, the length of the fast and temptation of Jesus in the desert (cf. Luke 4:1-13). Recently, research has suggested that the development of Lent was also influenced by the forty-day span of fasting practiced by many in the early Church (especially monks). This fast, beginning right after Epiphany (January 6th) stressed prayer and penance. Once most people were Christian and baptized as infants, Lent lost the connection to the preparation of catechumens and the themes of repentance and fasting became dominant.

When does Lent begin?
Traditionally, Lent begins on Ash Wednesday and ends at sundown on Holy Thursday. Since this is more than forty days, some contend that Sundays are not counted and that Holy Thursday, Good Friday, and Holy Saturday are counted instead. Others say that it begins on the first Sunday after Ash Wednesday. No one is exactly sure how Ash Wednesday became the first day of Lent.

Many Catholics were taught as children to “give up something” for Lent. The sacrifices in Lent are really penance, in the same spirit as the Ninevites that repented at the preaching of Jonah. Throughout our history, Christians have found prayer, fasting, and almsgiving to be an important part of repentance and renewal. Many Catholics now add something during Lent rather than giving up something, either to address personal habits that need work or to add some outreach to others in need. It is not necessary to “give up something” but it would be a tragedy to do nothing.

Do Sundays count as a part of Lent?
Ash Wednesday
It is impossible to determine when the seventh Wednesday before Easter was designated as the beginning of the preparation period before Easter. It does date from at least the fourth century. During that century, penitents looking for forgiveness and re-entry into the community would dress in sackcloth and sprinkle ashes to show their repentance. This custom certainly predates Christianity as can be seen by references in the Hebrew Scriptures (cf. Esther 4:2-3; Daniel 19:3; Jonah 3:6) and Christian Bible (cf. Matthew 11:21).

There is no doubt that the custom of distributing ashes to everyone on Ash Wednesday came from imitation of the practice of wearing ashes by public penitents. As Lent increasingly focused on the themes of repentance and renewal, Christians sensed their own need for repentance. The practice of distribution of ashes to all members of the community is mentioned in official documents of 1091 (CF. Synod of Benventum, 1091 Manse, XX, 739) although nearly a hundred years earlier it is already assumed in a homily of the period.

Lenten Regulations
The Catholic Church, in an attempt to help Catholics do at least a minimum during Lent, asks all Catholics to fast and abstain from meat on certain days. Fasting means to limit food to one full meal a day with the possibility of two smaller meals (not adding up to a full meal) as needed. Abstinence means not eating meat, although fish is allowed. Catholics are asked to observe all days of fasting and abstinence which is one of the precepts of the Church.

Catholics 14 years of age or older are to abstain from meat on Ash Wednesday and all the Fridays of Lent. Catholics between the ages of 14 and 59 are also to fast on Ash Wednesday and Good Friday. If one’s work or health make it inadvisable to fast or abstain from meat, they are not obligated to do so.

At one time, people gave up all dairy products and meat during all of the Lenten season. Since chickens continue to produce eggs and cow’s milk, the custom developed to make the milk into cheese and colour the eggs so that when Easter arrived, no food would be wasted.
Other Definitions Concerning Lent

Carnival. Originally a celebration just before Lent. Carnival is Latin for “farewell to meat.”

Laetare Sunday. The fourth Sunday of Lent, which marks the halfway point, celebrated with rose vestments instead of the usual violet.


Palm Sunday. The celebration of Jesus’ triumphant entry into Jerusalem before he was arrested. In Scripture, people placed palm branches on the road as Jesus rode on a donkey into Jerusalem.

Passion Sunday. The Sunday before Easter (also called “Palm Sunday”) in which the passion of the Lord (the story of Jesus’ arrest and death) is traditionally read.

Spy Wednesday. A name for the Wednesday of Holy Week that alludes to Judas agreeing with the Sanhedrin to betray Jesus.

Triduum. The “Great Three Days” - the three-part celebration beginning with the Mass of the Lord’s Supper on Holy Thursday, continuing with The Celebration of the Lord’s Passion on Good Friday, and concluding with the Easter Vigil on Holy Saturday.

(By Andres Ortiz)
last Tuesday in a key date for the community. Many thanks to all involved.

Welcome to Year 7 Families  Once again we invite all new and (old) continuing families to a Welcome BBQ next Monday evening. This is a great chance to join with the College staff, new families and old friends in a casual setting to enhance the feeling of community and welcome at the College. If you have not registered your interest for the evening as yet, please don’t be discouraged. Simply contact the office on Monday morning and feel welcome to join us. I look forward to seeing you all there.

Parent Teacher Interviews Monday, 29 February The first of our Parent Teacher evenings will be held Monday, 29 February by booking only. Please ensure you speak with your child about their booking sheet and make a time to speak with staff about your thoughts for the 2016 academic year.

P & F Easter Egg Raffle: Once again the P & F are working hard to raise funds for the school. This term they are running an Easter Egg raffle which will be drawn Monday, 21 March. We are asking families to support this cause by supplying one small egg or bag of small eggs as a donation. The more donations we receive, the more prizes we can offer. I encourage all families to support this worthwhile cause.

P & F Elections The P & F AGM will be held on Wednesday, 9 March, at 6 pm in the College Boardroom. All interested parents and friends are invited to come along and nominate for a position of the committee. I strongly encourage all interested people with the drive, enthusiasm and genuine desire to help the College to come along. A number of current serving members have indicated an intention to stand down for new members, so please don’t be shy. A copy of the Constitution is available on request and will be made public via the website in the near future.

God Bless

Mr Kevin Lewis – Principal
klewis@lism.catholic.edu.au

ASSISTANT PRINCIPAL’S MESSAGE

We have seen a smooth start to the year and students appear to have settled back into the school routine very quickly. This is a reflection of the preparation and times both parents and staff has put in to making sure everything was just right prior to the term commencing.

We welcome the many new students and their families and pray that their time at the College will be one of enrichment and fulfilment.

I would like to thank students and parents for their support in the wearing of the College uniform correctly. The newly introduced daily uniform detention certainly supports our expectation that all students wear correct uniform. Parents, if your child cannot be in the correct uniform, please send a note with them explaining the problem and when it will be rectified. However, for some students, jewellery and nail polish is still an issue.

On Monday, Week 2, all students and staff met in their house groups to elect House Captains and Year 8 to 11 Student Representative Councillors for the 2016 College year. The elected students, along with the College Captains and Ministry leaders, were introduced during our Induction Mass today.

Chewing Gum is banned at the College. I would ask all parents to please help support us in this. I have spoken to all students about not bringing chewing gum to school as it can be seen all over the concrete. I asked them to respect our environment by following the expectations of the College.

Student Attendance (From the Diocese of Lismore Catholic Schools Office) In New South Wales, all children from six years of age, are legally required to attend school or be registered for home schooling. After they complete Year 10 and until they turn 17 years of age, students then have the following options:

They may also be in:

- full-time further education and training (e.g TAFE, traineeship, apprenticeship)
- full-time, paid employment of an average of twenty five hours per week; or
- a combination of both of the above.

If your child has to be absent from school, you must tell the school and provide a reason for your child’s absence. To explain an absence parents and carers may be required to:

- send a note to the school, or contact the school via fax or email or text reply, or
- telephone the school, or
- visit the school.
A small number of absences may be accepted by the Principal. For example, if your child:

- has to go to a special religious ceremony or is required to attend to a serious and/or urgent family situation (eg a funeral)
- is too sick to go to school or has an infectious illness.

**Unexplained/Unjustified Absence** Parents, please be aware that an unexplained absence will be noted on the student’s report when a parent has not provided an explanation for their absence within seven days of its occurrence.

Please refer to the following websites for further information:

- The school leaving age (NSW Department of Education and Communities) http://bit.ly/ginrQl

**Holidays - School Attendance Register Codes** As part of the implementation of the National Standards, holidays taken by students outside of school vacation periods will now be included as absences. A Certificate of Exemption can no longer be granted for this purpose.

The school acknowledges that sometimes families will ask for student leave from school in term time for personal reasons. It is assumed families have given this option considered thought before applying for leave. If travel during school term is necessary, the following considerations apply:

- If the Principal accepts the reason for absence, then the absence will be marked as Leave.
- If the Principal does not believe the absence is in the student’s best interests and does not accept the reason, the absence will be recorded as Unexplained or Unjustified.

**Vaccinations** In 2016, the following recommended vaccines will be offered as a part of the school vaccination program.

**Year 7 Students**
- dTpa vaccine, Diphtheria, Tetanus and Pertussis (whooping cough)
- Varicella vaccine, Chickenpox
- Gardasil (HPV), Human papillomavirus vaccine

**Year 8 Students**
- Gardasil (HPV), Human papillomavirus vaccine. Catch ups only.

Parent information Kits will be sent home this week for all Year 7 students via their PC teachers. These kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

To consent to the vaccination of their child, parents are advised to:

- Read all the information provided
- Complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- Return the completed form to the school
- Ensure that the child eats breakfast on the day of vaccinations and brings a water bottle to the vaccinations.

Parents who wish to withdraw their consent may do so by phoning the school. The procedure for withdrawal of consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

**Ambulance Cover** There are times when students present to the office with an injury or illness concerning us enough to call an ambulance. When this occurs, parents/guardians or the emergency contact are contacted and asked to meet the ambulance either at school or at the hospital.

When an ambulance is called for a student, the service will be provided at no cost to the parents/guardians if:

- You are covered by a private health fund or have ambulance only cover
- You are a student covered by a school contribution

**If I Receive A Bill What Do I Do?** If you have hospital cover or ambulance cover, you are required to provide your health fund details and membership number online at www.ambulance.nsw.gov.au/account--fees.html or by phoning 1300 655 200 (toll free). **Do not pay the bill.** Please note that for school contributions, the College stamp must be provided on the bill and returned to NSW Ambulance.

**Mr Guy Campbell – Assistant Principal**

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[Link to HeadSpace website]
**Induction Mass 2016**  This Mass was held at the All Saints Church today during which our School Captains, Ministry Leaders, House Captains and School Council Representatives will be formally inducted during the Mass.

**Year 7 Belonging Day**  The Year 7 Belonging Day will be on Tuesday, 1 March, at Crescent Head Surf Club. Notes have been sent home with students this week. They need to be signed and returned early next week. The theme for the day is building a sense of community. As many students come from different primary schools this year, it will be a great opportunity to mix with each other outside of the classroom.

**Year 12 Retreat**  Year 12 Retreat notes were handed out in Week 2. A $30 deposit is due in by Friday, 26 February. Please contact the College if you did not receive the information about this.

**Years 7 and 8 Sunday Mass**  The families of Year 7 and 8 students are invited to attend a special Mass for them on Sunday, 6 March at the All Saints Parish Church, Kempsey at 9.30 am. A morning tea will be hosted in the parish hall after the Mass. Teachers of Year 7 and 8 students at the College will be in attendance.

**CARITAS**  Project Compassion was launched on Ash Wednesday. Students are raising money in their PC groups during Lent to support the work of CARITAS in developing countries.

**Lent**  During this period of Lent, meat pies and sausage rolls will not be sold on Fridays at the College canteen. This is because it has been a tradition for Catholics to abstain from eating red meat on Fridays during Lent. Alternative forms of hot food will be available.

Mr Conrad Tamblyn – Leader of Evangelisation

**Sacramental Program**  St Paul’s College will be offering Sacramental Programs for Reconciliation, Eucharist and Confirmation in Term 1. If your child has been baptised and would like to receive some or all of these sacraments could you please leave your contact details at the College office.

Mr Ron Walker – Leader of Catechesis

**A YEAR WITH THE SAINTS**

Pope Francis has declared this to be a Year of Mercy and a Year of Consecrated Persons. Many of the saints have been consecrated persons.

The Greater Saints are those who have been canonised. In the early Church, they were recognised for their exemplary Christian living (although some of them were rogues in the beginning). These days, saints also need to have miracles attributed to them by people who have prayed to them for assistance before they can be canonised. The Lesser Saints are those people whom we recognise in our day to day lives as people who live their lives fully according to Christian ethics.

Canonised saints are often given patronage to certain groups of people, even countries. Mary, Help of Christians is the Patron Saint of Australia, and also of our College. At St Paul’s, we have also taken St Paul to be our patron, hence the name of the College. Sometimes a saint can be a patron to a group such as carpenters (St Joseph) or mothers (St Monica).

When we pray to the saints, we are asking them to pray with us for our cause or intention since we believe their lives have shown that they understand our specific need and have been able to deal with similar situations. It is also anticipated that, on our behalf, they will plead our cause to God and that this intercession will add weight to our own prayers.

Mrs Denise Puzas – Teacher
PEDAGOGY

On 4 February, students in Years 10, 11 and 12 attended a study skills session from a company called Elevate. This is the second year of Elevate coming into our College to assist students in their academic preparation. Each year the talk builds upon the year before and the follow up work done by staff and students. Each student completed a booklet on the material presented and are advised to regularly revisit the content given to ensure that they are able to achieve their best. We would suggest you ask your child about the program and assist them in following up on the skills they have learnt and the ones they need to develop.

Often we are asked what can we, as parents, do to help our child once they have entered high school. There are numerous things you are able to do. The easiest one is to simply show an interest in the academic aspect of school. Ask your child what have they learnt today? By discussing, this, it may help them to develop a better understanding of the content or even realise that they are struggling. Another key factor is ensuring homework/assignments are completed, including the revision of the key points of each lesson. This is essential to enable a child to reach their personal best. The homework diary is a tool for the child, teacher and parent to help with this, so please use it.

‘We are what we repeatedly do. Excellence then, is not an act, but a habit’. Aristotle

Mrs Lesa Morrison – Leader of Pedagogy

CURRICULUM

At this early stage of the term, all students in Years 9 and 11 should be settled into their electives and all changes will have been completed by last Friday, 12 February.

Over the course of this term, I will be speaking to all Year 11 and 12 students to discuss their goals and requirements for their HSC/ATAR and to ensure that their Board of Studies Preliminary and HSC enrolment and pattern of study is correct.

| Important Diary Dates |
|-----------------------|------------------|
| Year 12 Mid-Course Exams | 29 March – 1 April |
| Year 12 VET Work Placement | 23 May – 3 June |
| Year 7 and 9 NAPLAN     | 10 – 12 May      |
| Years 8-11 Half Yearly Exams | 30 May – 3 June |
| Year 12 HSC Trial Exams | 1 – 15 August    |
| HSC Practical Submission dates | 11 August – 5 September |
| Year 11 Preliminary Final Exams | 12 – 16 September |
| Year 11 Work Placement   | 8 – 19 August    |
| Year 12 HSC Exams       | 13 October – 4 November |

Mr Leon Robinson – Leader of Curriculum

MUSIC REPORT

On 10 February, a group of students from St Paul’s College, ranging from Years 8 to 12, travelled to the Glasshouse in Port Macquarie to see Bravissimo 2016. This exciting experience featured nineteen of the best HSC Music students from the wider Port Macquarie region to perform their best HSC Music piece.

Walking through the doors of the Glasshouse, we had no idea what to expect. We were excited to see the standard of their performances and to be captivated by their talent.

What we weren’t expecting was the outstanding quality of their vocals, and the strength and gentleness of their fingers on the strings and the keys. All the performers brought new and intriguing features to their performances, which showcased their excellent ability in a variety of different instruments and styles.

One of these was our own McKinley Payne, who performed his own arrangement of ‘Going Up The Country’ by Canned Heat. We were all so blown away by his talent that he left the crowd standing in applause.

As an addition to the performances, we were given a booklet outlining the musicians and their tips for success. All of them said ‘practice is the key’.

Overall, attending Bravissimo 2016 has inspired us and motivated us to ‘practise, practise, practise’ our pieces, so that we can achieve our best.
We learnt that it may be annoying, frustrating and difficult to do now, but at the end of it all, we will know that we have done the best that we can and hopefully achieve what we set out to achieve.

By Evronia Allan and Lachlan Davidson – Year 12 Music Students

**NORTH STREET FARM**

The start of 2016 has been a busy time on the College farm.

We have baled silage from the pasture paddocks that were planted down in 2015 with USA red clover, Chicory and Rye Grass. We cut twenty large round bales that were inoculated with bacteria as they were baled to aid the fermentation process.

Our sows again produced two litters on the first day of school, with one having ten and the other having twelve. These were born outside and continue to live in their large run.

To date we have had no mortalities in the piglets. They are enjoying their life foraging through the vegetation and wallowing in the mud.

Our cattle are going well and this year we are preparing twelve steers and heifers for the Wauchope Kempsey and Macksville shows.

If any students want to participate in this activity they should see Mr Bramley as soon as possible.

*Mr Graham Bramley – Agriculture Teacher*
for their ongoing support and great service
Cyber Safety

Parents, it is challenging to keep up with the changes in this highly technological age …… Are you worried about your child being online? Unsure of what the latest trends are?

Andrew Burgess eLearning Manager from Catholic Schools Office, Lismore will be presenting to parents of Primary and Secondary students on up to date and current Cyber trends and information regarding:

- Digital Citizenship;
- Safe use of technology and the internet;
- Children’s use of the internet and emerging technologies;
- Potential risks for adults and children online;
- Tips to help children and adults stay safe online;
- Where to get help.

Please register below – Invitation is extended to all Catholic Primary and Secondary School parents

Digital Citizenship

Where: Mackillop College Theatre (Junior Campus)
When: 22nd February 2016
Time: 6:30pm
RSVP: By 18th February (limited seats)

Click here or
Go to http://goo.gl/forms/hOX1eOD0Tm
prourke@lism.catholic.edu.au
mob: 0400 420 614