**A Special Lenten Prayer**

Give up harsh words: use generous ones
Give up unhappiness: take up gratitude
Give up anger: take up gentleness and patience
Give up pessimism: take up hope and optimism
Give up worrying: take up trust in God
Give up complaining: value what you have
Give up stress: take up prayer
Give up judging others: discover Jesus within them
Give up sorrow and bitterness: take up compassion for others
Give up selfishness: take up compassion for others
Give up being unforgiving: learn reconciliation
Give up words: fill yourself with silence and listen to others

Anon: Latin America

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**Principal’s Report**

**Lent – How Have You Stretched Yourself?** The word "Lent" comes from the old English, "lencten," which means "spring." In Middle English the words, lenten, lente and lent. The German, Lenz, also rendered "spring." In Old German are found the related words: lenzin, lengizin, and lenzo, which probably come from the same root as "long" and referring to "the lengthening days," as the earth moves from the winter solstice toward the spring equinox in the northern hemisphere.

This last source is quite relevant to Catholics because we can derive from this the idea of stretching ourselves in abstinence, fasting and penance. Lent is a time to stretch ourselves in the commonly practised works of penance including:

- a) Self-denial – abstinence from meat; going without sweets, desserts, alcohol, soft drinks and other luxuries, not only on Lenten Fridays but as ongoing Friday penance and abstinence.
- b) Works of mercy – for instance: almsgiving of money to the poor and those in need, giving personal time and effort to help someone who is poor, sick, elderly, lonely or overburdened.
- c) Prayer - setting aside time for attending week day Mass, Scripture study and prayer; union with Our Lord in praying the Stations of the Cross, and in the prayer of Mary’s Rosary.

These practices are advised by the Bishops as activities that should take place on every Friday of the year, and as Catholics in a Parish school we should give consideration to these, especially over the Lenten period.

**Catholic Schools Week** From 6 – 12 March, our school will join with more than six hundred and twenty Catholic schools across NSW and the ACT to celebrate the annual Catholic Schools Week (CSW). We are immensely proud of our Catholic heritage, and are committed to celebrating and showcasing the achievements of students in our school.

This year’s theme is ‘I belong. You belong. We belong.’ This ties in with the Church’s celebration of the Extraordinary Jubilee of Mercy, which recognises our Catholic faith, values of forgiveness, compassion, strength, aid and love. Our school is proud of the wonderful teaching and learning that takes place in our classrooms every day, as well as the contribution that Catholic schools have made to Australian communities, in particular the more vulnerable and disadvantaged members of our wider community. I invite any parents and parishioners to join us on Wednesday, 9 March from 11.30 am in the Edmund Rice Hall for Mass.

**Mass for the Dedication of the Altar at St Carthage’s** The Cathedral at Lismore, has undergone vast restoration work, including a new marble and onyx altar, which lies at the heart of the Cathedral.

On 22 February, seven students from our College travelled to witness the blessing of the altar which takes place during the first time it is used at a Mass. The Rite of Dedication involves prayers, the use of oils and incense and the laying of altar cloths. Parish Assistant Priest, Fr Joe Holloway attended, along with the many parish priests and bishops who all oversaw this unique and sacred event. One of the highlights was to hear the magnificent singing of the Cathedral Choir as well as a Gregorian chant group from Brisbane. The Australian representative of the Pope was the guest of honour and students were able to spend time with the priests.
The Macleay Valley Catholic Parish

Thinking of becoming a Catholic? The Macleay Valley Catholic Church, Kempsey is running a program to introduce and explain the Roman Catholic Faith.

The Program is called Rite of Christian Initiation of Adults (RCIA) and will commence later this month.

Enquiries to Fr Joe at the Parish Office on 6562 5182 9am to 4pm Weekdays or email: cathkemp@midcoast.com.au before 15 March, 2016.

COLLEGE CALENDAR

March
7 CCC Golf Selection - Tuncurry
7-12 Catholic Schools Week
10 Diocese Swimming Carnival -
   NRL 9's Gala Day - Port Macquarie
11 Years 8 - 11 Photo Day
12 CCC Rugby League Development
15 Year 11 Ex English - Wuthering
17 Year 10 - 12 Mass
St Patricks Day

SUBJECT LEVIES

The 2016 Subject Levy statements were issued last week. Thank you to all the parents who have been so prompt in settling their accounts. Both Parish school fees and St Paul's subject levies can be paid by BPAY. However, it is important to be aware that they operate with separate bank accounts. Can I ask that care be taken to use the correct references for both set of fees.

If you have not received your account could you please contact the school office. Please note: Full payment is due by the 8th April, 2016, unless an alternate payment plan has been approved by the Principal.

YOUTH GROUP

this Friday night Catholic Church Hall
6 to 9pm.
Bring snack food and board games to share! Lots of fun with friends Come and join us
Ask Zoe or Mrs Stubbs for more info.

Kids Helpline
1800 55 1800

Kempsey Eisteddfod
Society Inc 2016

66th Vocal & Instrumental Eisteddfod
65th Speech & Drama Eisteddfod
Monday, June 27 - Saturday, July 2
35th Dance Eisteddfod
Saturday, July 2 - Saturday, July 9

ENTRIES CLOSE Friday, April 8

www.stardom.com.au
Enquiries:
kempseyeisteddfod@hotmail.com
Find us on Facebook or visit our website

CANTEEN ROSTER

7 March
Mon Terry Alsford, Leonor
Tue Maureen Wolfi
Wed Rani Nagra
Thur Sue Young
Fri Kerrie Gleeson, Sue Young

14 March
Mon Terry Alsford, Helen Butler
Tue Maureen Wolfi
Wed Rani Nagra, Sharon Cole
Thur Sue Young
Fri Sue Young, Di Whalen

BAKING ROSTER

7 March
Mon Gail Irvine
Tue Shalini Anand
Wed Kerry Delfarce
Thur Amanda Preston
Fri Julie Farah-Halls

14 March
Mon Jennifer Bird
Tue Amber Steger
Wed Penelope Georgas
Thur Megan Barber, Karina
Fri Julie Dyson
and bishops following the ceremony, who spoke about the history of the Cathedral and its restoration.

Congratulations to Rilee O’Loughlin, Zac Ward, Eilouise MacDonald, Jamie Townley, Misty Gibson, Andrea Keast and Mariah Allen on representing the College so well.

**Philippines Trip**  Last week I spoke to the assembly about a trip I had during January to the Philippines and was organised by the Catholic Schools Office. The first week, we experienced first-hand the efforts of the Vincentian Fathers in Manila working with the poor. Far too often the poor in the Philippines are subject to corruption and exploitation and Fr Nonong was determined to provide them with dignity and independence. He did this in a profound way – he ‘strong-armed’ the Deans of the University in which he worked, to go to the slums and educate. They did not take handouts, no rice bags or cash offerings. The people were given dignity by way of education and freedom from dependency on others. No more were they looking for a handout because with their newfound education and independence they were now free. Fr Nonong (pictured) has a slogan (shown on our shirts). Translated it says “The 7th Commandment – Thou Shall Not Steal”. It refers to more than just stealing property and belongings. It extends into stealing people’s dignity by making them dependent upon handouts. He is an inspiring man.

The second week was spent at the 51st International Eucharistic Congress in Cebu. This gathering was a wonderful opportunity to listen to the Bishops and Cardinals of the world speaking on the centrality of the Eucharist in our lives. During the week we celebrated Mass in many outdoor locations, some of which attracted 500,000 people and culminated in a street procession through Cebu for Adoration and Veneration, with a total gathering of 1.5 million people. The candle used in the street procession was used to light our College candle at our Induction Mass, indicating solidarity with our Catholic brothers and sisters around the world. It was truly blessed to have been able to attend such an event. Many thanks to Gary Reen (CSO) and to Bishop Jarrett for the invitation to attend. Those wishing to see further some of the events and activities you can visit the web site. http://iec2016.ph/

**P & F Elections**  The P & F AGM will be held on Wednesday, 9 March, at 6 pm in the College Boardroom. All parents and friends are invited. I strongly encourage all interested people with the drive and enthusiasm and genuine desire to help the College to come along and nominate for a position on the committee. 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

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Mr Kevin Lewis – Principal
klewis@lism.catholic.edu.au
ASSISTANT PRINCIPAL’S MESSAGE

Photos While school photos for Years 7 and 12 were taken on 5 February, Year 8-11 students will be having theirs taken on Friday, 11 March. Last week, all students received their personalised photo envelopes which are to be returned to school on the day. Year 7 and 12 students will either hand their envelopes to their PC teachers in the morning or into the front office before school starts. Year 8 to 11 students will hand their envelopes directly to the photographers prior to their photo being taken.

Parents, if you are picking your children up in Sea Street in the afternoons, can you please see that they use the designated crossing. Several students are crossing the road at the top gate, which could be a safety issue.

Parent-Teacher Evening On Monday we held a Parent/Teacher Evening for Years 7 to 12. We thank all parents and carers who attended this event as we believe it is essential all parents have the opportunity to speak with their children’s teachers.

Parents of Year 12 Students Many of you who have been following the school calendar on the College website will be aware that Year 12 students will be sitting for their Higher School Certificate Mid-Course Examinations in Week 10 of Term 1, commencing Tuesday, 29 March and concluding Monday, 4 April, Week 11. A copy of the timetable will be available on the College website. These exams are significant for each student’s final HSC internal assessment mark and rank.

Students will be required to attend these exams in full school summer uniform (not sports uniform) and are only required to attend school for each timetabled examination. If students are only involved in the morning exam session and choose to go home they must receive a pass out in order to identify that they are off College premises. If students have two exams scheduled on the same day, they must not leave school during the break between exams. Students remaining at school outside of an exam block are to report to the senior study room or an alternate scheduled room for silent study. All students are to attend PC for roll marking if they are at school for the entire day or for the morning exam session. Anyone arriving at school for afternoon scheduled exams are to report directly to the front office in order to be marked present.

Students should be at the exam centre (Edmond Rice Hall) twenty minutes prior to the commencement of each exam (students are to refer to the exam timetable for more accurate times). If a student is ill or has a misadventure during these exams, he/she must complete an Illness/Misadventure Appeal Form (found in their HSC Assessment Guide booklet, or on the College web site), and let the school office or Mr Robinson know immediately. This form requires that they also supply a Medical Certificate, or a Police Report or Funeral Notice etc. Failure to do this and provide adequate written support may result in a zero for that task. Please refer to the Illness/Misadventure Provisions section found in the HSC Assessment Guide booklet.

Mr Guy Campbell – Assistant Principal

REC MINISTRY

Years 7 And 8 Sunday Mass Fr Paul and the parish community invite all St Paul’s students and their families to attend Mass this Sunday at 9.30 am. This will be an expression of support for our Year 7 and 8 students and strengthen our links with the parish community. All Year 7 and 8 students, in particular, and their parents are invited to attend. A morning tea will follow in the parish hall.

Project Compassion Students and teachers are supporting CARITAS Australia through Project Compassion, during this period of Lent. Students have initiated fundraising activities and are donating money through the collection boxes that are in their PC classes.

Year 7 Belonging Day The Year 7 Belonging Day was held at Crescent Head Surf Club on Tuesday, March 1. The students had a great time getting to know the students who came from different primary schools. The teachers and Year 12 Ministry Leaders who ran the day were full of praise of the way that the students behaved and participated. Thank you to the Crescent Head Surf Club for allowing us to use their new facilities.

Lead Conference Thirteen senior students have nominated to attend the LEAD conference in Grafton, March 10-11. This conference provides training and support for those students who have demonstrated an interest in ministry leadership within the school. We congratulate those students who will be attending.

World Day of Prayer Service A liturgy for the World Day of Prayer will be held in the College Chapel this Friday, 4 March at 12.30 pm. This is an ecumenical service that parents and friends are warmly invited to attend.

Combined Schools Mass 2016 Parents and friends are also invited to attend our Combined Schools Mass, that will be held at the St Paul’s College Hall, next Wednesday, 9 March at 11.30 am. The Mass is to celebrate
Catholic Schools Week and the legacy that has been provided by Catholic education in our area. There will be reserved seating for visitors at the front of the hall.

**Mr Conrad Tamblyn – Leader of Evangelisation**

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**PEDAGOGY**

It was great to see so many people at the Parent/Teacher night on Monday. If you were unable to make the night, remember you can contact your child’s teacher in a number of ways, such as: the diary, email, phone call to the school to arrange an interview. Parent engagement is such a key aspect to a child’s learning.

The Federal Government actually has an app to assist in explaining what parent engagement in the learning environment is, the benefits and some suggestions to help parents. The following link will take you to this page: https://www.studentsfirst.gov.au/engaging-parents-education. It is certainly worth a look.

A key part of our Learning Vision here at St Paul’s College is for students to become independent, lifelong learners. To assist your child with this, it would be beneficial to them for you to have discussions with them about their involvement/engagement in class activities. An interesting activity is to have them explain what they have learnt in particular subject. Also, have them see the value of regularly revising the key concepts they have learnt that week.

> Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectations. Bob Beauprez

**Mrs Lesa Morrison – Leader of Pedagogy**

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**CURRICULUM**

**Year 12 Mid-Course Examinations**  Students should actively be preparing and revising for the Mid-Course examinations which run from Tuesday, 29 March – Monday, 4 April (Term 1 – Week 10/11), remembering that last term’s work is just as important as this term’s. It is expected that by now all Year 12 students are completing, on average at least three hours of study per night five days a week. HSC style questions are available from the following websites: http://www.boardofstudies.nsw.edu.au/; http://www.boredofstudies.org/ and http://www.csu.edu.au/hsc/. All students are strongly encouraged to complete past papers as a part of their revision and study.

**Year 9, 10 & 11 course changes**  The deadline for any course change in Year 9, 10 and 11 has expired. All students should be settled into their chosen courses.

**ATAR Subject Bonuses (Information from UAC for 2016 admissions)**  All UAC institutions recognise performance in Year 12 subjects relevant to the course/s for which students have applied. Some have formal bonus point schemes, while others consider students individually. For more details of subject bonus points for 2016 admissions, check the relevant institution website/s using the link below. Some of the institutions include details of other types of schemes, such as EAS and Regional bonuses: http://www.uac.edu.au/undergraduate/atar/bonuses.shtml

**Parents**  Parents, please make note that Year 10-12 Assessment booklets and Years 7-9 Assessment Summaries, as well as many curriculum forms are available on our moodle website at http://moodle.kmpslism.catholic.edu.au/, under the Students/Assessment/Study Guides/ASSESSMENT GUIDES tabs.
Detention, students are required to complete the homework they have missed or the assignments that they have failed to submit.

Mr Leon Robinson – Leader of Curriculum

SCIENCE REPORT

Mr Gately’s Year 7A and 7T classes are now officially SCIENTISTS!!!! The students have been really working hard to get their Bunsen burner licences and I am really proud that they have all achieved this.

I look forward to a fantastic, experiment filled learning experience with my classes. Good job 7A and 7T.

Mr Douglas Gately – Science Teacher

LIBRARY MATTERS

Overdues Keep these coming in, folks. Three good reasons….reminder letters will be issued soon, future borrowing could be curtailed and House points are being awarded. Oh…and one more…it’s just the right thing to do. And if any of you have links with last year’s HSC students, feel free to bring their overdues in too!

iPad Rules Just a reminder about our five rules:
- No volume
- No social media
- No interaction between devices
- No capturing images
- No distracting those working, studying or reading actual books (like in the old days).

It’s that simple.

Congratulations Well done to Alex and Jakeb Czippian-Sowter who recently received Gold Certificates, issued by Mike Baird, for the successful completion of the Premier’s Reading Challenge over four years. Quite an achievement.

Premier’s Reading Challenge This year’s challenge is officially launched next Monday, March 8. Once details have been collected from your English teachers, you’ll be able to go online and start recording the books
you’ve read. Remember, the rules allow you to go all the way back to Term 4 last year. Stay tuned. And look for those books with the green dots on their spines.

Happy reading!

Mr Peter Garty - Teacher/Librarian

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**STUDENT SERVICES**

**Homework Club:** Homework Club is continuing every Wednesday afternoon from 3.25 pm till 4.25 pm in Student Services. Students can complete homework or assignments with the support of a teacher and with access to computers and reference books. The Library will also be open five days a week until 4.30. All students are welcome and encouraged to make use of this valuable service. Those being picked up should do so from the car park behind the Science Block. Please complete the form below and return it to the Student Services Centre.

**Mrs Jan Stubbs - Additional Needs Teacher**

I give permission for ……………………………………… to attend Homework Club on Wednesday afternoons.

He/she will be collected/walk home (cross out whichever does not suit).

Parent’s name: …………………………………………………. Phone no.: ………………………………….

Parent’s signature: ………………………………………………….

Mrs Jan Stubbs – Additional Needs Teacher

**SPORT NEWS**

**Swimming** On Thursday, 18 February, we held our annual College Swimming Carnival. It was a great event, with many close races, plenty of records broken and lots of participation. We would like to thank all those parents who helped out or came to support their child at the long course event and/or the major carnival. It was greatly appreciated. We would like to congratulate each and every student on their behaviour and participation on the day to make it such an enjoyable one. To all the staff, we thank you for your support and hard work to make this day run so smoothly.

As we mentioned before, there were many records broken and we congratulate the following students:

**Jessica Grant**
- Intermediate Girls 400m freestyle in a time of 5.03.13
- Intermediate Girls 100m butterfly in a time of 1.09.00
- Intermediate Girls 100m breaststroke in a time of 1.25.09

**Adam Grant**
- Junior Boys 100m breaststroke in a time of 1.34.37
- Junior Boys 100m butterfly in a time of 1.17.77
- 12 year boys 50m freestyle in a time of 32.09
- 12 year boys 50m backstroke in a time of 38.21
- 12 year boys Butterfly in a time of 35.03
- 12 year boys 100m Freestyle in a time of 1.10.62

**Hugh Shannon**
- Intermediate Boys 100m butterfly in a time of 1.10.06
- Intermediate Boys 100m backstroke in a time of 1.13.85
- Intermediate Boys 50m freestyle in a time of 26.65

**Rebecca Grant**
- 14 year girls 50m backstroke in a time of 35.21

I would also like to congratulate the following age champions and runners up.

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<th>Champion</th>
<th>Runner-up</th>
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<td><strong>CHAMPION</strong></td>
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<td>12 BOYS</td>
<td>Adam Grant</td>
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<td>12 GIRLS</td>
<td>Caitlin Rudder</td>
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<td>13 BOYS</td>
<td>Liam Askew</td>
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<td>13 GIRLS</td>
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<td>Tayla Maybon</td>
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<td>Hugh Shannon</td>
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<td>16 GIRLS</td>
<td>Jessica Grant</td>
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<td>OPEN BOYS</td>
<td>Callum Sinclair</td>
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<td>OPEN GIRLS</td>
<td>Ashleigh O’Meally</td>
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**Project Compassion**

Congratulations to:

**M4** who sold great lolly bags,

**E5** for their amazing ice-breakers, and

**F5** who have been selling beautiful, big banana splits.

The **SRC** are doing a car wash!

All raised money going to Caritas to help empower poorest children, women and men with vital learning and renewed hope.
The overall boys champion was a tie between Hugh Shannon and Adam Grant and our overall girls champion went to Jessica Grant. Congratulations to all who competed and participated on the day. (Photos on following page).

Still on swimming, next Thursday, 10 March, St Paul’s will once again host the Lismore Diocese Secondary Swimming Carnival. Any students who placed first or second in the ‘competition heat’ in any event is eligible to compete at this carnival and they have been notified. We urge these students to have their permission notes back to us by Monday, 7 March. We wish them the very best.

**Cricket** Last week we had the opportunity to take a bus load of students to the Sheffield Shield match between South Australia and New South Wales in Coffs Harbour. This match was a tribute for Phillip Hughes and enabled our students to pay their respects as well as have the opportunity to meet some of their cricketing idols. They had a great day watching first class cricket, playing on the field in the half-time break and chasing many signatures. We’d like to thank Mr Salter and Mr Taylor who accompanied Miss Lawrence on the day. (Photo on following page)

**Sheffield Shield Touring Team** On Monday, 29 February, Chloe Saunders and Rilee and Darcy O’Loughlin travelled to Sydney to trial for the NSWCCC Girls Cricket team. The girls played well against some very strong competition but unlucky in gaining selection. Congratulations on your efforts girls. (Photo on following page)

**Coming events**
- Lismore Diocese Secondary Swimming Carnival, 10 March, Kempsey
- NSWCCC Northern Golf Selection, 7 March, Tuncurry
- Lismore Diocese Winter Trials, 15 March, Woodlawn
- Lismore Diocesan Touch Championship, 3 April, Ballina

Di Lawrence and Scott Edwards – Sports Co-ordinators

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**P & F EASTER EGG RAFFLE**

Dear Parents and Guardians
As part of our annual fundraising initiatives, the St Paul’s College P & F are once again running an Easter-Egg raffle.

We are asking all families to support this event by donating a medium sized Easter-Egg or small bag of eggs/chocolate to the basket. Your contribution will help us offer many prizes. These can be handed in at front office or to the students PC teachers during morning PC.

Tickets will be on sale at the school at $1.00 each and books will also be sent home for families to buy or sell.

Prizes will be drawn on Monday 21st March, just prior to Easter, so we need to get those donations ASAP. All books, sold or unsold, should be returned to the College prior to the draw date.

Thank you for your support.

Ricki Saunders – P & F President
We Want You!

Seeking **new** Parent & Friends (P&F)

**COMMITTEE MEMBERS**

Become involved in your St Paul’s College community.

As parents of students at St Paul’s College we are all members of the P&F Association, but as our new school year begins we need new P&F committee members.

Our P&F hold regular monthly meetings throughout the year to co-ordinate the fundraising events on their calendar and to discuss ways to support the various events happening within the college.

..........Why join the P&F?.......... 

The P&F is a great opportunity to feel part of something bigger that’s directly connected to the life of the college. You’ll not only have the ability to influence and help build the college community through social and fundraising activities, you’ll also gain a deeper insight into the college’s purpose and objectives by meeting with the college leaders on a regular basis. Not only that, the P&F is a wonderful way to meet and nurture new friendships.

**How to get involved in our P&F?**

Contact our **College administration on 65627200**

Or email: spkemp@ism.catholic.edu.au

Meetings are held in the College Boardroom every 2nd Wednesday of the month starting at 6pm

A copy of the P&F Constitution is on St Paul’s College website
Kathy & Peter Cornish
Main Street
Crescent Head 2440
Phone (02) 6566 0550

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