

### From our Principal

Mrs Janelle Heffernan

Dear Families,

This week, the 620 Catholic schools from across NSW and the ACT will join together to celebrate the Catholic Schools Week (CSW).

This year's theme is 'Sown in rich soil', which is based upon The Parable of the Sower from the Gospel of Matthew (Matt 13:1-23). This parable reminds us that God's Word brings forth life and of the important role our Catholic schools play in providing a rich environment for this life to take root and to flourish.

We are extremely proud of the role our school plays in partnership with our parish in maintaining the rich heritage that is Catholic Education in our community. This week provides us with an opportunity to showcase and celebrate the excellent education we offer to all of the students in our school.

We marked the beginning of Catholic Schools Week with our Parish School Family Mass on Sunday evening. St Carthage's students and families joined with students and families from St John's College Woodlawn and Trinity Catholic College to celebrate Mass. Bishop Greg spoke about the rich history that Catholic Education has brought to the Cathedral parish and he thanked the Presentation Sisters, the Marist Fathers and the Marist Brothers for their foresight in providing a Catholic education for children in the Lismore area.

After Mass our parish family joined together in fellowship to socialise and share a meal.

On Monday we welcomed families into our classrooms to see the great things which happen each day. Students joined with their families to complete activities and learn together. It was inspiring to witness students, parents, grandparents and extended family members working together. Recess was full of excitement as families shared morning tea together.

We will join together for our whole school assembly on Friday afternoon to complete our week. Mrs Craig has prepared our assembly for us. Everyone is welcome to join us.

### School Photos Reminder

Our School photos will be taken on Monday 11th and Tuesday 12th March. School Photo envelopes have been sent home. Please return these envelopes on the Monday, with correct payment enclosed, as these will be handed straight to the photographers. **We do not handle photo money.** Sibling envelopes are available from the School Office. **All students are to wear their full school uniform on Monday for class photos.** Sibling photos will be taken on the Tuesday. Uniform for sibling photos is at parents' discretion.

### Professional Development Days

Our first Professional Development Day for 2019 will be on the last day of Term One, **Friday 12<sup>th</sup> April**. The first day of Term 2, **Monday, 29<sup>th</sup> April** will also be a Professional Development Day. We thank you in anticipation of your support. Active Kids Care will be available on these days.

### Parent/Teacher Interviews

It is wonderful to see so many parents and carers booking interviews for our Parent Teacher interviews being held next week. Working together in partnership helps to clarify goals for your children, inform about areas of strength and areas to work on as well as clarify any issues or concerns which we may not be aware of. Thank you in anticipation of your attendance next week.

### National Assessment Program in Literacy and Numeracy (NAPLAN)

Students in Years 3 and 5 will undergo the National Assessment Program on 14<sup>th</sup> – 24<sup>th</sup> May. All students in all states and territories in Australia will participate in these tests over this period. All assessments, with the exception of Year Three writing will be done online. Please note that there is a two week period for these tests to be completed.

If you do not wish your child/children to participate please notify the school and we will provide you with the necessary form.

### Parking In BP Service Station

We received a call from the Manager of the BP Service Station asking for parents not to park when picking up or dropping off students before and after school. It is dangerous for our students to be walking through the Service Station.



## Cyber Safety Information Session for Parents

Do you know what your child is doing online?

Do you know how to keep your child safe online?

Do you know what seemingly safe games and apps have hidden traps?

Do you know what to do if your child is being bullied online?

We recently surveyed our students and this is what they told us;

32% of our students Year 4-6 are spending more than 2 hours online per day.

75% of our students are using the internet in their bedrooms.

25% of our students have been approached by a stranger online.

12% of our students say that there has been something happen online that has worried or frightened them

There is so much we don't know and things change all of the time. It is so hard to keep up with what is happening for our children and to know what to do if a problem arises.

## We can help!

*Richmond Valley Youth Liaison Officer Struan Presgrave will be presenting an information evening for our parents on **Tuesday, 19th March from 6pm in St Carthage's school hall.***

This will be an eye-opening, informative and thought-provoking session. We implore you to attend this information session and work with us in ensuring your child is safe online.

Parents are invited to an Information Evening with Police  
Youth Liaison Officer, Struan Presgrave.

Where: School Hall

When: Tuesday 19<sup>th</sup> March

Time: 6:00pm – 7:00pm.

Struan will discuss Cyber issues, trends and concerns and  
how to support Cyber safety for your child/ren.



## From our Assistant Principal

**Miss Amanda Egan**

### International Competitions and Assessments for Schools (ICAS) 2019

ICAS Assessments have changed for 2019. They are now online assessments. The assessments are based on the curricula for the relevant year. Students are asked to demonstrate a deeper, integrated, and thorough level of learning. To ensure an engaging and beneficial experience for all students, new ICAS assessments are developed annually for each subject in every year level. These assessments are available to children in Years 3-6 in the areas of Digital Technologies, Science, Writing, Spelling, English and Mathematics. These are non-compulsory and the cost of each test is \$14.50. If you would like your child to sit any of the ICAS tests please get them to ask for a note from their teacher. The closing date for entries is Friday 5th April and no entries will be accepted after this date.

Subject	Sitting Dates	Pricing
ICAS Digital Technologies	Tuesday 3rd September	\$14.50
ICAS Science	Thursday 5th September	\$14.50
ICAS Writing	Tuesday 10th September	\$14.50
ICAS Spelling	Thursday 12th September	\$14.50
ICAS English	Tuesday 17th September	\$14.50
ICAS Mathematics	Thursday 19th September	\$14.50

## Anita Chin Visit

On Wednesday, 27th February, we were fortunate to have Anita Chin visit the school and carry out demonstration lessons in four classes that all teachers had the chance to view. Anita Chin is a leading expert in Australian primary Mathematics education. She is an experienced K-12 Mathematics educator and contributing consultant to the NSW Mathematics K-6 Syllabus for the Australian Curriculum. She works with primary schools across Australia to transform teachers into confident mathematics educators, by delivering a deep, whole-school understanding of the Mathematics curriculum, along with innovative teaching techniques that engage students.

After the demonstration lessons Anita also ran an after school professional learning session for teachers that provided us with great strategies to use with all our students. It also gave us a deeper understanding of the Mathematics syllabus and how to cater for the various needs of all our students. Teachers went away from the day with many strategies and ideas that they were wanting to implement in their classes. We thank Anita for her visit and also all our teachers for continually being open to learning and willing to try new things.

## From our Assistant Principal - Mission

**Mr Danny Hatchman**

### MISSION MATTERS

Heavenly Father

You call all of us to be sown in rich soil and to bear fruitful harvest.

We thank you for the quality education we receive in our Catholic school and for the gift of all those committed to Catholic Education in our schools.

We pray that you help us all to make the most of those opportunities presented to us to share our gifts and bear the fruits of being sown in rich soil.

Bless the students, families and staff of our school – past, present and future – as they live out your mission.

Through Jesus Christ our Lord.

Amen.

Pope Benedict said that being Christian comes about through “encounters with an event or a person which gives life a new horizon and a decisive direction”.

For many years there was a heavy emphasis on ‘fasting’ and ‘going without’, yet it is also possible to make ‘fasting and feasting’ go hand in hand. No one said it was easy but as Christians we are continually invited to:

## Catholic Schools Week 2019

*Sown in rich soil*

“the one who received the seed in rich soil is the one who yields a harvest” Matthew 13:23



### Season of Lent:

Within the Catholic tradition the SEASON OF LENT (40 days before Easter) is SEEN as a time to look back and see what our life's direction has been...

Have we lived life in the spirit of Jesus as outlined in the Beatitudes [attitudes of Being]? For many years there was a heavy emphasis on ‘fasting’ and ‘going without’, yet it is also possible to make ‘fasting and feasting’ go hand in hand. No one said it was easy but as Christians we are continually invited to:

<i>Fast from judging others...</i>	<i>Feast on believing that everyone is made in the image and likeness of our God</i>
<i>Fast from emphasising differences ...</i>	<i>Feast on the reality we have our source of being in the one God.</i>
<i>Fast from words that 'diminish others'...</i>	<i>And feast on the words that 'build up' and 'strengthen' one another</i>
<i>Fast from discontent...</i>	<i>Feast on gratitude</i>
<i>Fast from 'negative' anger...</i>	<i>Feast on 'positive' patience</i>
<i>Fast from pessimism...</i>	<i>Feast on optimism</i>
<i>Fast from hostility...</i>	<i>Feast on non resistance</i>
<i>Fast from bitterness...</i>	<i>Feast on forgiveness</i>
<i>Fast from concern about self ..</i>	<i>Feast in compassion for others</i>
<i>Fast from discouragements...</i>	<i>Feast on hope</i>
<i>Fast from idle gossip...</i>	<i>Feast on purposeful silence</i>

**Project Compassion - Lenten effort** - There are three important ways we can strive to become better disciples of Jesus - THROUGH PRAYER, THROUGH FASTING AND THROUGH GIVING. We invite you to assist your children to GIVE to the needy through our annual Project Compassion Lenten fund-raising project - Sponsoring children for the annual Cross-Country event. (See your child's Sponsorship Form that has been sent home with the children). All sponsorship monies raised will be given to Caritas. This year we have a focus upon a girl in Zimbabwe named Thandolwayo who is twelve-years-old and would walk seven kilometres each day, threatened by crocodiles, to collect contaminated water for her family. It looked like she would never realise her hope of finishing her education and becoming a nurse, until a Caritas Australia supported project created access to clean water helping Thandolwayo to stay at school and achieve a future full of hope. Share her story as a family at <https://lent.caritas.org.au/page/week-1#blank>



**Shrove Tuesday** is the day before Ash Wednesday and traditionally a time to finish off the luxuries in the pantry prior to giving up fancy food during Lent. Thank you to the Yr 2 teachers who provided their children with a first hand example of feasting before Lent!



What a wonderful start we had to **Catholic Schools Week** last Sunday at our Family School Mass! **Proclaim Kids** was a wonderful time for the children to come together to reflect upon the upcoming season of Lent - thank you to Mr Tickle and Tayla Bennett for their organisation. It was wonderful to see so many families and children at Mass and then afterwards socialising over a sausage!



### School Fees

Fee Account Statements were sent home 2 weeks ago. This is a reminder that if you wish to pay fees in weekly, fortnightly or monthly instalments, now is the time to make the arrangements. Please contact the Fees Officer to do this.



## Happy Birthday!

Happy Birthday to the following students and staff who have celebrated their birthdays.

Olivia McLean, Ty Barry, Will Graydon, Thomas Vinall, Kaitlyn Dunn, Reagan Pendergast, Louie Ware, Ty Lippett, Bonnie McCluskie, Amelie Callister, Oliver Collings, Darcy Drooger, Hugh Marshall, Dominick Muller, Keira Higham, April Webb, Mila Woolston, James Stapleton, Cooper Andrews, Tyler Pearce, Mia Prodger, Ebony Andrews, Pearson Towers, Arana Abdullah, Ella Grossfeldt, Nicole Drew, Megan Yates, Tracey Llewellyn, Warren Whitney.



## SPORT NEWS

### St Carthage's Swimming Trials

Congratulations to Carthage who were awarded the Colour House Swimming Champions for the St Carthage's Swimming Trials. These trials were held on the 7th December, 2018. The 2019 Swimming Trials will be held on Friday 6th December. These trials are for students in Year 1 (born in 2012) through to Year 5.

### Richmond Zone Swimming Carnival

The Richmond Zone Swimming Carnival was held on Wednesday 20th February. The students' sportsmanship, effort and cooperation on the day were exemplary. The St Carthage's Swimming Squad, consisting of 36 students, was awarded the Richmond Zone Pointscore Shield on the day. There were also 4 age champions and 2 runners up on the day:



Carthage Colour House Captains" Chloe Lane & Patrick Maginnity



J8's Boys Freestyle (L-R Henry Davis, Adrian Brickhill, Jimmi Matthews)

Senior Girls Champion Alanna Bromhead  
Senior Girls Runner up - Darcy Heffernan  
Senior Boys Champion - Michael Bullpitt  
Senior Boys Runner up - Mitchell Mayes  
11yrs Girls Champion - Sienna Gorman  
Jnr Boys Champion - William Bullpitt

20 students were successful in gaining selection in the Richmond Zone Swimming Squad to compete at the Lismore Diocesan Swimming Carnival. Congratulations to Max Alcorn, Oliver Allen, Ruby Allen, Thea Blok, Alanna Bromhead, William Bullpitt, Michael Bullpitt, Lilly Comber, Henry Davis, Jimmy Field, Macy Field, Eden Flood, Sienna Gorman, Darcy Heffernan, Django Hudson Sheaffe, Harrison Marsh, Mitchell Mayes, Case McQuilty, Liam Torrens and Hyraani Underhill.



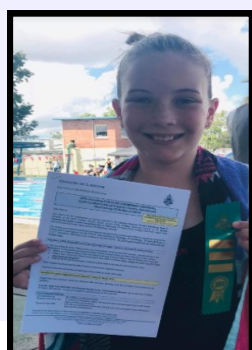
### Lismore Diocesan Swimming Carnival

20 students from St Carthage's travelled to Kempsey on Friday 28th February to compete in the Lismore Diocesan Swimming Carnival. From reports, the students showed immense talent and endurance in the water and a great attitude on the day.

Congratulations to the eight students who were successful in gaining selection in the Lismore Diocesan Swimming Squad. We wish Alanna Bromhead, Michael Bullpitt, William Bullpitt, Lilly Comber, Macy Field, Sienna Gorman and Darcy Heffernan of luck at the NSW Catholic Primary Schools Swimming Carnival on Wednesday 27th March in Sydney.

In addition to being selected in the Lismore Diocesan Swimming Team, Alanna Bromhead was awarded Senior Girls Age Champion, an outstanding achievement at such a high level of competition.

**Congratulations** to Nikki Andonov, Lani Blunn, Akony Maciek Rong & Natasha Moretti who have made the State Championships in Homebush on 16/17th March.



### Richmond Zone Winter Sports Trials

The Richmond Zone Winter Sports Trials were another successful outing for the students from St Carthage's Primary School. The students showed patience, determination and cooperation during the hot conditions last Wednesday afternoon. These trials are not possible without the support of staff who volunteer their time. Thank you to Mrs Bailey, Mrs McRae, Mrs Sudiro (Netball), Mr Sheridan, Mr Gordon (Rugby Union) and Mr Matthews for assisting at the Richmond Zone Winter Sports Trials. Congratulations to the following students who will attend the Lismore Diocesan Trials on Friday 15th March in Grafton.

**Boys Football:** Timothy Auld, Matthew Gillan, Jacob Mackney, Joe Mackney

**Girls Football:** Miley Brown, Darcy Heffernan, Carly Hughes, Isabel Schilling, Shayla Smith

**Girls Hockey:** Lani Blunn

**Boys Hockey:** Jimmy Bradford, Lachlan Marshall

**Netball:** Ava Lisetto, Keira Higham, Lara Carlson

**U11s Rugby League:** Cooper Roberts

**Opens Rugby League:** Tobey Rose

**Rugby Union:** Nate Doolan, Billy Drooger, Riley Flood, Jake Fowler, Kody McQuilty

### Gold Coast Suns Visit



On Monday 4th March representatives from Queensland AFL and the Gold Coast Suns held a Q & A with students from Year 1-6 and skills sessions with Year 3 and 4. With almost 250 AFL appearances between them, Jack Hombsch and Pearce Hanley had a wealth of knowledge to share. They shared a little bit about themselves and delved into what life is like as a professional athlete, including dieting, training, leadership and how to be a good person, both on and off the field. Tickets are still available to this weekends' trial match at Oakes Oval between the Sydney Swans v Gold Coast SUNS. See [ticketek.com.au](http://ticketek.com.au) for further information.

### Dio AFL Trials

Congratulations to Django Hudson Sheaffe who was selected in the Lismore Diocesan AFL team. There were over 45 Year 5 and 6 students from across the Diocese at the trials. To make this team is quite the accomplishment. We wish Django the best of luck at the Polding AFL Trials on Wednesday 3rd April in Newcastle.

### Cross Country

The St Carthage's Cross Country will be held on Friday **22nd March** on the school ovals and the adjacent fields of the Lismore Rugby Club. For additional information please refer to the note that was sent home on Friday 28th February. This can be located on the school website under letters and forms. If you are able to assist on the day, please return the volunteer slip as soon as possible.



Brendan Tickle

### Lismore Rugby 7's Carnival

Information regarding the Rugby 7's carnival will go home with Year 3/4/5/6 players today. Please sign and return the permission slip with \$6.00 to Mr Whitney at the school office, no later than Monday 11th March. School will supply the players football jumpers. Players are to bring their own shorts, socks and football boots. Players are required to wear their sports uniform to school and they will need to bring a mouth guard, school hat and drink bottle. A Canteen will operate on the day. However, players are encouraged to bring their own lunch and other food required for the day.

Jack Sheridan and John Gordon—Coaches

### St Carthage's Fitness Initiative has begun!

After the great response to this initiative which was introduced last year, students are once again being offered the opportunity to participate in fun, fitness activities before school on a Friday morning. Activities may involve walking, running, yoga, dance and games.



Students in Year One to Year Six at St Carthage's are welcome to attend with Kindy joining in from 3rd term.

Students are reminded to bring their water bottle, training shirt and sports shoes and meet Mrs Atlee and Mrs Farmer in the Quadrangle at 8:30am.

*Play or Exercise? A child's body doesn't know the difference. But their mind tells them when they are having FUN.*



## 2019 Important Dates



### TERM 1

<b>Friday 8th March</b>	<b>Whole School Assembly—2:15pm school Hall led by Mrs Craig.</b>
<b>11th -14th March</b>	Parent/Teacher Interviews
<b>11th &amp; 12th March</b>	School Photos—sibling envelopes available from Office
<b>12th March</b>	Rugby 7's Carnival—Rugby Grounds—please return permission note by Monday 11th March
<b>Thursday 14th March</b>	Chess Competition—Woodlawn College Registration 8:30—9:15am
<b>19th March</b>	Cyber Safety Information Session—6pm-7pm School Hall
<b>Friday 15th March</b>	Lismore Diocesan Winter Sports Trials (5/6)
<b>17th March</b>	ST PATRICK'S DAY
<b>Friday 22nd March</b>	St Carthage's Cross Country (BU 29th March)
<b>27th March</b>	Lismore Diocesan Swimming Carnival— Sydney
<b>Wed 10th April</b>	Children presented for First Reconciliation 6pm cathedral. (Note change of date)
<b>FRIDAY 12TH April</b>	Last day term 1— <b>PUPIL FREE DAY</b>

### Term 2

<b>Tues 30th April</b>	Term 2 commences
<b>14-24 May</b>	NAPLAN ONLINE
<b>Friday 31st May</b>	St Carthage's 800 event

## ZERO & REWARDS CARD HOLDER EXCLUSIVE OFFER

**LOWES**

1 DAY ONLY

**20%\***  
**OFF**  
**SCHOOLWEAR**  
AND  
EVERYTHING ELSE



## INSTORE & ONLINE THURSDAY 14TH MARCH.

\* Excludes gift cards, all suit packages & Schoolwear layby's. Cannot be combined with other offers or discounts. Floor stock only. Styles and colours may vary from store to store.  
No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount.  
**Offer ends midnight (AEDT) 14/03/19. Must use Zero or Rewards card to receive discount.**







Image shared by Illawarra Shoalhaven Local Health District

## TURN OFF THE SCREEN & GET ACTIVE!

**DID YOU KNOW?** Spending too much 'still' time spent playing/watching on screens is linked to children becoming overweight or obese?

### TIPS FOR PARENTS:

- Have a list of active indoor and outdoor games or activities for your child/ren, so you can suggest alternatives to the screen
- Before you switch on the screen for your child/ren, stop and think - could they spend the time being active instead?

## Sport/PE Uniform Days 2019

Year	Yellow Sport Shirt	Colour House Shirt
Kindergarten	Thursday	Friday
Year One	Wednesday	Friday
Year Two	Wednesday	Friday
Year Three	Thursday	Friday
Year Four	Monday	Thursday
Year Five	Tuesday	Friday
Year Six	Tuesday	Friday

## St Carthage's School CANTEEN ROSTER

### Week 7

Thursday 14th March

K. McDonald

Friday 15th March

M. Fowler, B. Callister

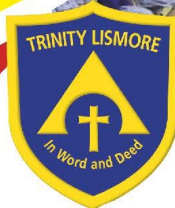
### Week 8

Thursday 21st March

K. Jackson

Friday 22nd March

H. Green, R. Prevato



# Trinity Catholic College Lismore

WARMLY INVITES PARENTS AND PROSPECTIVE STUDENTS TO JOIN US FOR

# OPEN NIGHT

**3rd April 2019**  
**5.30 for 6.00pm start**

Opportunity to speak with staff and students,  
explore the new and improved College facilities, watch student performances and  
experience what the Trinity Community has to offer

**Now Accepting Enrolment Applications for 2020 and Beyond**

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