

From our Principal

Mrs Janelle Heffernan

Dear Families,

We are now moving into the third week of Lent. Lent is a very significant time in the Church year when Christians all over the world take part in the annual abstinent period in order to commemorate Jesus Christ, who according to a biblical narrative, once spent 40 days and nights fasting in the Judean Desert.

Lent begins with Ash Wednesday and is a significant day on the Christian calendar and precedes Easter.

Lent is observed by individuals from various sectors of Christianity, including Roman Catholics.

During church services on Ash Wednesday, members of the clergy mark crosses on the foreheads of worshippers using ashes, a tradition which goes back centuries. These ashes, which are mixed with holy water or olive oil, are made by burning palm leaves from the previous Palm Sunday. These leaves will have last been used during the church service for Palm Sunday the previous year.

Let us take time to reflect on the past year and during this season of Lent perhaps think about ways how we can 'fast' in our own lives.



PHONE OUTAGE

Our school phone system will be undergoing an upgrade on Friday, 3rd May from 8.00am. It is anticipated that this will take approximately 30 minutes. In the event that it takes longer and you need to call the school could you please ring the following mobile number; **0424 195 529**.

SOCIAL MEDIA INFORMATION NIGHT

Thank you to our parents and carers who came to our Cyber Safety Information Night last night. I am sure that you came away far better informed and more able to assist your children with the strategies to safely navigate the cyber world. A special thank you to Anna Moloney, our ICT teacher and Struan Presgrave, Community Youth Liaison Officer for Lismore Police.

SCHOOL PHOTOS

Thank you to our parents and caregivers for preparing your children so well for school photos last week. The students arrived looking smart in appropriate school uniform ready for their class and individual photos.

PARENT/TEACHER INTERVIEWS

It was wonderful to see so many parents and carers at the Parent Teacher interviews held last 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 for your attendance and thank you to the teachers for the work and preparation you put into the interviews.

ADVANCE NOTICE - ANZAC DAY

ANZAC Day this year is in the school holidays, on the Thursday before we come back to school. The RSL Lismore Sub Branch has again invited us to participate in the Commemorative March on Thursday, 25th April 2019. I ask parents to support this very important day in our nation's history. All students, Kindergarten to Year 6 are asked to meet our teachers in the Clyde Campbell Car Park at 8:30am on this day. Students need to wear their full school uniform and school hat and bring a bottle of water. For those interested, the Dawn Service will commence at 5:00am and there will be a special Mass at 7:45am in St Carthage's Cathedral.

ST PATRICK'S DAY

On Monday we celebrated the feast day of St. Patrick, Patron Saint of both our Lismore Diocese and our nation, Australia. The \$690.00 which was raised will be sent to the Presentation Sisters in Papua/New Guinea to be used in their missionary work.

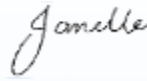
There is a legend of how St. Patrick, when preaching, was shown a sacred standing stone marked with a circle which was symbolic of the moon goddess. Patrick made the mark of a Latin cross through the circle and blessed the stone, making the first Celtic cross. The circle of the Celtic cross is a symbol of eternity which emphasises the endlessness of God's love as shown through Christ's sacrifice on the cross. The Crucifixion is important and not just an event at a certain point in time. The circle symbolises the unending mystery of how, through the Crucifixion and Resurrection, Christ continues to offer the hope of salvation to all. During this season of Lent, we can ask ourselves - do I trust in the presence of God's spirit as I am sent out on the mission of peace?

PROFESSIONAL DEVELOPMENT DAY REMINDER

Staff will be involved in a Professional Development Day on **Friday, 12th April**. There will be no school for students on this day. Thank you in anticipation of your support.

INFANTS' PLAY EQUIPMENT AFTER SCHOOL

Our infants' play equipment is designed for use by our younger students under teacher supervision during the school day at the following times: before school from 8:30am to 8:55am, morning tea and lunch. It is not to be used by students from Years 3 to 6 at any time. Students catching buses, walking to Cathedral pickup or waiting for parents are **NOT** to be on the equipment as they are not being supervised. No students unsupervised by their parents are to be on the equipment after school. We don't wish to spoil fun, but safety is paramount and teachers are spending much time moving students away from this area to where they should be in the afternoons.



From our Assistant Principal

Miss Amanda Egan

Cyber Safety Information Session for Parents

Last night we held our Cyber Safety Information Session for parents which was a great success. We thank the 40 parents who came along to hear about cyber safety and look at ways that they can help to keep their children safe online. We also need to thank our Richmond Valley Youth Liaison Officer Struan Presgrave for his input into the evening, Shane Weekes our Catholic Schools Office Education Officer - Pastoral Care who helped to start the conversation around what support parents feel they need in this area and Anna Moloney for initiating this evening and doing a lot of the organisation and preparation. Without the hard work and support of these people the evening would not have been so informative, positive and proactive. At the end of the evening discussion was held around our next steps in support of parents in this area. As a school we will continue to work with our students so that we can model and teach them how to be responsible digital citizens who ENGAGE positively, KNOW their online world and CHOOSE consciously. Below are some links to websites which were shared last night.

[The Office of the eSafety Commissioner](https://www.esafety.gov.au/) - <https://www.esafety.gov.au/>

[Common Sense Media](https://www.common sense media.org/) - <https://www.common sense media.org/>

[National Online Safety](https://nationalonlinesafety.com/resources/platform-guides/) - <https://nationalonlinesafety.com/resources/platform-guides/>

NAPLAN Online

NAPLAN assesses Literacy and Numeracy – important skills which each child needs to succeed in school and life. The NAPLAN tests are designed to help us make sure students are on track with their Literacy and Numeracy development. Students in Years 3, 5, 7 and 9 participate in NAPLAN tests for Reading, Writing, Conventions of Language (Spelling, Grammar and Punctuation) and Numeracy.

Between the Tuesday 14th to Friday 24th May our school will participate in NAPLAN Online.

Students do not need to be computer experts to take the NAPLAN test online. Making sure students have computer skills is part of our school curriculum, and our teachers will ensure your child is familiar with the online format. To see the types of questions and interactive features of NAPLAN Online, visit the [public demonstration site](http://www.nap.edu.au/online-assessment/public-demonstration-site) <http://www.nap.edu.au/online-assessment/public-demonstration-site>.

Our Year Three and Year Five students will be taking part in a NAPLAN practice test between Monday 25th March and Friday 5th April. ALL students sitting the NAPLAN online tests will require headphones, earphones or earbuds for:

- The Writing test to hear the Writing prompt
- The Conventions of Language test to hear the spelling items delivered via audio
- The Numeracy test to listen to audio, when required.

If these headphones, earphones or earbuds could be sent to school as soon as possible, so that we know that all students will be ready for these tests.

If you have any questions about NAPLAN Online, please contact the school.

For more info:

[How to support your child during NAPLAN](https://nap.edu.au/naplan/parent-carer-support) - <https://nap.edu.au/naplan/parent-carer-support>

[Information for parents and carers](http://www.nap.edu.au/docs/default-source/default-document-library/naplan-online-information-brochure-for-parents-and-carers.pdf) - <http://www.nap.edu.au/docs/default-source/default-document-library/naplan-online-information-brochure-for-parents-and-carers.pdf>

[Watch a video that explains NAPLAN Online](https://www.youtube.com/watch?v=3S1z6kUnRRE&feature=youtu.be) <https://www.youtube.com/watch?v=3S1z6kUnRRE&feature=youtu.be>

[Subscribe to ACARA's monthly parent newsletter, Parent Update](https://confirmsubscription.com/h/j/0EF4811A90ACFBC1) - <https://confirmsubscription.com/h/j/0EF4811A90ACFBC1>

Harmony Day

Tomorrow Thursday 21st March is Harmony Day—which celebrates our country's cultural diversity. It coincides with the United Nations' International Day for the Elimination of Racial Discrimination. Teachers will speak with their students about what it means to think, feel and act in a harmonious way towards all others.

MISSION MATTERS

Please help our Lenten Project - We ask your support for this year's Project Compassion fundraising effort - **SPONSORSHIP OF YOUR CHILDREN AS THEY UNDERTAKE THE CROSS COUNTRY!** Children can just ask their family or extended family to sponsor them as they take on this challenge! Money raised goes to CARITAS - The international aid and development organisation of the Catholic Church in Australia.



Caritas
AUSTRALIA

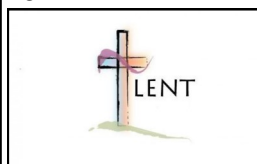
**End poverty
Promote justice
Uphold dignity**

At school we have spoken about twelve-years-old Thandolwayo of Zimbabwe who was walking seven kilometres each day, threatened by crocodiles, to collect contaminated water for her family. The children have seen her story at <https://lent.caritas.org.au/page/week-1#blank>

During Lent we can become better disciples of Jesus through THROUGH PRAYER, FASTING AND GIVING. Please help your child take action to 'Give'.

An excellent Guided Reflection for adults is available at https://www2.loyolapress.com/l/39532/2018-01-15/7trj2k/39532/148870/2377_Lenten_Pillars_Reflection.pdf

HOW CAN I PRAY DURING LENT? Jesus says, "You're praying right now. You can pray this way anytime you want. Just take about ten minutes every day, and find a quiet place—maybe your room at home, or a favourite place outdoors, or even a quiet corner in the Library. Quieten yourself down, and I'll come join you like I did right now, and we'll just talk. You can tell me about what you're happy about and what might be upsetting you. You can tell me about people you are concerned about—people who are sick or going through a tough time. I'll be there to listen to you and to talk to you. Think right now about where we'll meet every day for a few minutes to spend some special time together."



A prayer during Lent - Good and gracious God, help me to view others with the loving and merciful heart with which you look at me. May I be quick to offer forgiveness rather than anger, love rather than judgment. Amen.

A number of Year 6 students travelled with Mr Tickle to the **Incitäre** Retreat Day recently and enjoyed a day of fun activities, prayer and meeting other students from surrounding schools.

Incitäre means to stir up, incite, urge, spur, egg on - when the Holy Spirit comes into our lives we are incited to spread the good news to all we encounter. This was an opportunity for students to talk about their shared faith and to grow in their understanding.

Students who attended **Incitäre** are busily planning a small program when they will invite their families to the school to hear about their day and their reflections and give their families a 'taste' of their learning from **Incitäre**. Families will receive information about this evening soon! Thank you to the Catholic Schools Office for it's support in making this day possible under the **Proclaim - Students** banner!



Students.
proclaim
Lenten

Student and Parent Voice - Community Conversations - One of our school goals is to continually improve family and school partnership and participation. This week in particular we are looking at ways to move forward with the help of Dr George Otero who facilitated a discussion between parents, students and staff aimed at moving this important goal forward. Thank you to the parents who were able to attend and to our students who contributed much wisdom to the conversation.

St Joseph's Feast Day 19th March - The Bible tells us nothing of Joseph in the years after the return to Nazareth except the incident of finding Jesus in the Temple (Luke 2:41–51). Perhaps this can be taken to mean that God wants us to realize that the holiest family was like every other family, that the circumstances of life for the holiest family were like those of every family, so that when Jesus' mysterious nature began to appear, people couldn't believe that he came from such humble beginnings: "Is he not the carpenter's son? Is not his mother named Mary...?" (Matthew 13:55a). It was almost as indignant as "Can anything good come from Nazareth?" (John 1:46b).

Nothing is known of St Joseph except what is said of him in the Gospels. He was a carpenter; he accepted the will of God; and he supported Mary and brought up Jesus. From the human character of his son we can see that he was a good and responsible father. He is widely venerated as a patron of artisans who honourably do good work with the gifts God has given them, and of workers in general. To those who exercise the role of an adoptive parent, whether formally or informally, whether over one child or as the support of a whole family, he is a source of inspiration.

Class Parents

Class Parents help connect families to our school and to other parents. Ideally we would like one parent to support each class. We organise weekend playdates at local parks, welcome new families to our school, and support class teachers. If you're keen to learn more, please contact Helen Sandstorm on 0403 757 425 and join us for a coffee on Wednesday 10th April at 10am. (Venue to be announced). Everyone is most welcome!

2019 Important Dates



TERM 1

Friday 22nd March	St Carthage's Cross Country (BU 29th March)
Tuesday 26th March	Year 2 Science/Bridge excursion—permission note and \$9.00 to be returned by 22nd March.
Wed 27th March	NSW Catholic Schools Swimming Carnival— Sydney
Wed 3rd April	Sacramental Information Night for Parents 6pm-7pm
Sun 7 April	Family School Mass - Cathedral 5:30pm
Wed 10th April	Children presented for First Reconciliation— 6pm Cathedral. (Note change of date)
FRIDAY 12th April	Last day term 1— PUPIL FREE DAY

Term 2

Mon 29th April	Term 2 commences—School Confirmation Program commences
Fri 3rd May	Polding Team Tamworth
Sun 5th May	Family School Mass - Cathedral 5:30pm
Thursday 9th May	Mother's Day Stall
Monday 13th May	Confirmation Retreat Experience Yr 2
Wed 15th May	St Carthage's Feast Day celebration
14-24 May	NAPLAN ONLINE
Friday 31st May	St Carthage's 800 event
Thurs 6th June	Confirmation Evening - 6pm Cathedral
Mon 1st July	Polding Rugby Union travel to Forbes

Happy Birthday!



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

Billy Bradfield, Maeve Norwell, Elizabeth Brooker, William Kirby, Charlie Spokes, Neva Smith, Penelope Gorman, Xaver Bock, Zayne Pirlo, Tasha Amalaseelan, Lachlan Elphick, Sebastian McIntosh, Oliver Rose, Indira Coble, Gabrielle Krieg, Prya Vantaggiato, Amahli Adams, Cooper Freys, Ava Lane, Harry Collins-Bray, Theo Rogusz, Mikayla Ho, Jemima Jones, Django Hudson-Sheaffe, Tom Rose, Layla Turner, Archie Ware.

2019 Pupil Free Days

Friday 12th April
Monday 3rd June
Friday 5th July
Monday 22nd July
Monday 14th October

Sacramental Program News -

A reminder of the following important dates.

3 April - Information night with our Bishop for parents of children being Confirmed this year. This will be held in the School Hall from 6-7pm.

10 April - Gathering of all families who have children preparing for the Sacrament of Reconciliation - Commencing at 6:00pm in the Cathedral

29 April - Our school Confirmation Program commences including our Confirmation Retreat Experience for Year 2 on the 13th May

6 June - Confirmation Evening with our Bishop at 6pm in the Cathedral

(A reminder also: Our next Family School Masses are **April 7** and **May 5** and we will celebrate St Carthage's Feast Day on **15 May**.)

St Carthage's School CANTEEN ROSTER

Week 9

Thursday 28th	T. Shea, B. Bennett
Friday 29th	A. Nestor, J. Lynch

Week 10

Thursday 4th April	S. Volpato, T. Donnelly
Friday 5th April	S. Osborne, S. Brady, M. Nowlan

Week 11

Thursday 11th April	K. McDonald.
PUPIL FREE DAY	PUPIL FREE DAY

SPORT NEWS

St Carthage's Cross Country

You are invited to the St Carthage's Cross Country this Friday, 22nd March. All students are to wear their colour house shirt to school and may change into suitable running shoes and shorts. It is important that all students bring a **water bottle and their school hat** to school on Friday. Asthmatics are asked to bring their inhalers to school. If required, they may take it with them as they run/walk the course. Age champions and colour house champions will be awarded at the assembly on Friday afternoon. Please see the timetable below for additional information.



Approximate Time	Age	Distance	Additional Information
9:15	Year 1 girls	Modified Course (600m)	Non Competitive Fun run/walk
9:20	Year 1 boys	Modified Course (600m)	
9:25	Kindergarten girls	Modified Course (600m)	
9:30	Kindergarten boys	Modified Course (600m)	
9:35	11 years girls	3000m	Top 5 progress to Zone
9:40	11 years boys	3000m	
9:50	12/13 years girls	3000m	
10:00	12/13 years boys	3000m	
10:10	8 years girls	2000m	Top 5 progress to Zone but are unable to progress any further
10:20	8 years boys	2000m	
10:30	9 years girls	2000m	Top 5 progress to Zone
10:40	9 years boys	2000m	
10:50	10 years girls	2000m	
11:00	10 years boys	2000m	

Imminent rain or extreme heat may result in the time of events being changed on the day

Lismore Diocesan Winter Sports Trials

On Friday 15th March, 21 students from Years 5 and 6 travelled to Grafton to trial for the Lismore Diocesan team in their respective sport. There was a high standard of skill and talent displayed at each trial. Thank you to Mr Sheridan and Mr Matthews who travelled to Grafton as selectors at Rugby Union and Football. Congratulations to Nate Doolan, Billy Drooger, Riley Flood, Kody McQuilty (Rugby Union), Timmy Auld, Matthew Gillan, Joseph Mackney (Boys' Football), Darcy Heffernan, Isabel Schilling (Girls' Football), Jimmy Bradford, Lachlan Marshall (Boys' Hockey), Lani Blunn (Girls' Hockey) and Keira Higham for gaining selection in the Lismore Diocesan team for their respective sports. These students will travel to Tamworth to trial for the Polding Team on Friday 3rd May. Students selected for Rugby Union will travel to Forbes on 1st July.



Kody McQuilty, Riley Flood, Nate Doolan, Billy Drooger & Mr Sheridan.



Joseph Mackney, Matthew Gillan, Timmy Auld & Jacob Mackney.



Lachlan Marshall, Lani Blunn & Jimmy Bradford.

NSWCPS Swimming Carnival

The NSW Catholic Primary Schools Swimming Carnival will be held on Wednesday 27th March in Sydney. Safe travels and the best of luck to Alanna Bromhead, Michael Bullpitt, William Bullpitt, Lilly Comber, Macy Field, Sienna Gorman and Darcy Heffernan. Their commitment to their sport is to be admired and they should be extremely proud of themselves for attaining such a high level of competition in their sport. We look forward to hearing about their experience.



AFL Program

The buzz of Aussie Rules around Lismore has extended into the playground at St Carthage's. Students in Years 3 and 4 have undertaken a Football clinic with local development officers. Students in other grades have also had the opportunity to hone their skills of catching, kicking and handballing with Mr Gordon in PE. The students will have one final session during Week 9. These clinics are an invaluable opportunity. The enjoyment and development of the students is obvious. As a school we are extremely grateful for the continued involvement of AFL at St Carthage's.



Marist Brothers Baseball Clinics

Years 5 and 6 have been participating in a 4 week Baseball clinic which is led by volunteers from Marist Brothers Baseball Club. Battling with the rain over the last 4 weeks has been difficult. Despite this, the students have been provided with a unique and enjoyable experience which has been based on throwing, catching

and hitting. Marist Brothers Baseball will return before the end of the term to provide Years 5 and 6 with the opportunity to play a game of Baseball.



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.



BOOKCLUB is due back ON THURSDAY 28th March.

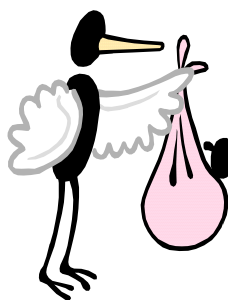
If paying by cheque, please make payment to *Scholastic Australia*.

No late orders can be accepted.

CONGRATULATIONS

to

Janelle & Tony Heffernan
on the birth of their second
grandson Alex James, born
on Sunday 17th March.



Parking

• Visitor/Disabled Carpark

The School Visitor/Disabled parking area (outside the Administration building) is for short term parking between the hours of 9:15am – 2:45pm. You are welcome to use this carpark during these times if you have an appointment at the school.

Between 8:30am-9:15am and 2:45pm-3:30pm, use of the Visitor/Disabled Carpark is restricted to **only parents or students entitled to Disability Parking**. It is not a pick up or drop off area for parents use before or after school.

• Staff Carpark (including the driveway access)

This parking area is for the use of staff members only.

Parents are also asked to avoid blocking bus zones or private driveways and are not to park in the Police Youth Club carpark, the Service Station or Foodworks customer carpark.

Double parking is also discouraged. We encourage parents to use the Cathedral parking and the underpass to deliver your children safely to school. Your child's safety is worth being a few minutes late to work!



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Fees Reminder

Term 1 Fees and Levies are due by the end of this term—11th April.

If you wish to pay by weekly, fortnightly or monthly instalments, arrangements for this need to be made with the Fees Officer NOW.

Thank you

Regular Parish Mass Timetable

Monday	Carmelite Monastery	7:00am
Tuesday	Carmelite Monastery	7:00am
	Cathedral	8:00am
Wednesday	Carmelite Monastery	7:00am
	Cathedral	8:00am
Thursday	Carmelite Monastery	7:00am
	Cathedral	8:00am
Friday	Carmelite Monastery	7:00am
	Cathedral	12:05pm
	Eucharistic Adoration	
	(1st Friday of month) Carmelite Monastery	7:30am - 11:00am
	(remaining Fridays of month) Cathedral	3:00pm - 6:00pm
Saturday	Carmelite Monastery	8:00am
Saturday Vigil	Cathedral	5:30pm
	Confessions-Cathedral	12:00pm - 12:30pm
Sunday	Carmelite Monastery	7:00am
	Cathedral	9:00am & 5:30pm
Dunoon	1st & 4th Sunday of the month and Rosary - Wednesday	8:30am 5:00pm
St Vincent's	Wednesday	12 noon
St Joseph's	Friday	10:30am
Caroona	Wednesday after the 1st Friday of the month	(see website for times)
Fromelle Manor	2nd Thursday of the month	10:30am



Left behind on School Grounds before Rugby game on 12th March. Please contact the school office if you are missing the following.



New Adidas shoes, shin pads, wrist bands.

For a copy of the **Parish Bulletin** including the **Cathedral Mass**

timetable please click on the following link -<http://www.stcarthages.org.au/>

CHANGE TO AFTERNOON PICK-UP ARRANGEMENTS

We ask that phone calls to the Office to advise children of a change to pick-up arrangements be made **PRIOR to 2:45pm**. This provides Office Staff with the best chance of ensuring that your child gets the message. As you might imagine, a flurry of last minute phone calls at this busy time of the school day is not ideal and we cannot guarantee that messages will be received. Thank you for your assistance and understanding.

SkoolBag is a great app to download to receive Notices of Newsletters, Reminders, Cancellations and other events that are happening at St Carthage's School



Bus Travel 2019 - APPLY NOW

Applications for rural and regional school travel are made online and are now open for 2019.

- All Infants Students (**Kindergarten to Year 2**), are entitled to free bus travel regardless of the distance from home to school. Applications can be made at www.transportnsw.info/school-students. School travel passes are automatically re-issued each year during the eligible period.
- A minimum distance criteria applies when students enter Primary school in Year 3. Students progressing to **Year 3** do not need to re-apply if they:
 - are continuing at the same school
 - are residing at the same address
 - have not been sent an expiry notification from Transport for NSW.

Where a student meets the new distance eligibility, the system will automatically update their entitlement. If they do not meet the new eligibility, they will receive an expiry notification.

- Students who have an entitlement due to expire, which is approved under a medical condition, will receive a notification advising them to re-apply.



New applications for free school travel can be made at www.transportnsw.info/school-students.

To update information (e.g. change of school or new address etc.) or to re-apply, go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails>

Students residing in Rural and Regional (R&R) areas should receive their travel pass at the commencement of the new school year from their nominated operator. Note: some R&R operators do not issue travel passes. Please check with your operator for more information.



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

Ph: 6627 6634 | 1 Dawson Street Lismore NSW 2480
www.trinitylismore.nsw.edu.au | enrolments@trinitylismore.nsw.edu.au



Sport/PE Uniform Days 2019

Year	Yellow Sport Shirt	Colour House Shirt
Kinder	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