



# newsletter

27 February 2020

## Assembly

Please join us for assembly which is held every Friday at 8:50am

## March

Wed 4: WOW Wednesday

Thurs 12: School Mass – 9.15am St Joseph’s

Fri 20: Swimming Carnival and National Day of Action Against Bullying and Violence

Sat 21: Harmony Day

Sat 22: Emmanuel Children’s Mass

Sun 22/Mon 23: Choral Festival

Fri 27: School Disco

## April

Fri 3: Last day of term

Dear Parents,

### *The heart of Lent is making space for our God.*

Yesterday we celebrated Ash Wednesday – the beginning of Lent. Each of our classes from Prep to Year 6 will have reflected on this significant event in our liturgical calendar and some of our students may even have made it home with ashes from last year’s palms smudged across their forehead. When I was a child the ashes were a reminder of our mortality – **“Remember man that you are dust and unto dust you shall return....”** Today our children are reminded by the ashes that they are loved and that we all have the capacity for change and renewal – **“Remember you are a child of God”** or **“Turn away from sin and be faithful to the gospel!”** are statements we say as the ashes are distributed to the children. Fortunately our children have a much clearer understanding of the symbolism of the ashes and the significance of the Lenten season that leads us to the Easter message.

As we enter the season of Lent we can sometimes pay too much attention to matters that are superficial and trivial and we can miss out on the important issues of life. The season of Lent is one of those times when the Church gives us an opportunity to address the important elements of our life in a practical way. There is little point giving up chocolate or sugar in our tea if we continue to gossip about others, or blame and nag those who are close to us. Nor is there much value in giving up a glass of wine with our meal if we are going to be moody and grumpy with those who love us. Lent is not simply a time to make sacrifices but it is a time when we are called to make choices and to make a positive effect on those we love and care about in our daily lives.

As we begin our Lenten journey towards Easter, the importance of Easter can be summed up in three letters **A, S, H** which was quite appropriate for **ASH** Wednesday.

**A** is for Alms giving or making the needs of others, especially the needy, our own, and has always been a focus of Christian expression. The ‘needy’ encompass children, the old, the sick, the suffering no matter where they may live. To such people, or the organisations which assist them, we can give time, a share of our talents, material resources; whatever we give should be something of ourselves, something that costs us.

**S** is for Sacrifice. Sacrifice requires us to give up something or to fast. In today's materialistic society, sacrifice and fasting is somewhat regarded with ridicule. Besides the traditional notions of sacrifice through fasting, we can all look for opportunities for sacrifice. We can look to give up anger and hatred to be more patient and understanding; give up judging others to think kindly thoughts; we can give up complaining to focus on gratitude and we can give up resentment or bitterness and turn to forgiveness.

**H** is for Holiness. We strive for holiness through prayer. As we know, prayer is much more than simply saying words, it is the quiet engagement of our inner-self. We should endeavour to close out the noise, the trivialities, the distractions that crave our attention. In the quietness of ourselves we can draw closer to God.

Wishing you God's blessing for the Lenten Season

Geraldine Rostirolla  
Principal

## Religious Education

### CHRIST HAS NO BODY

This beautiful prayer is attributed to St Teresa of Avila (1515–1582).

*Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
Compassion on this world,  
Yours are the feet with which he walks to do good,  
Yours are the hands, with which he blesses all the world.  
Yours are the hands, yours are the feet,  
Yours are the eyes, you are his body.  
Christ has no body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
compassion on this world.  
Christ has no body now on earth but yours.*



All of the baptised  
must announce  
Jesus with our life,  
with our witness and  
with our words.

### ASH WEDNESDAY

Yesterday we gathered for our Ash Wednesday Prayer Celebration. The children participated prayerfully and reflected on the meaning of Lent for them as individuals and as part of a school community. They were marked with a cross of Ashes. These ashes were blessed at a parish Mass earlier in the day.

It was lovely that so many parents and members of the extended Emmanuel family were able to join us for this celebration.

Ash Wednesday marks the beginning of forty days in our journey to the death and resurrection of Jesus at Easter.

Find out about Lent and Ash Wednesday @  
<https://www.catholic.org/lent/>



### 40 ACTS IN 40 DAYS

This Lent I invite you to join me in undertaking a challenge to enrich your life and the lives of others.

**“Never see a need without doing something about it.”** (St Mary of the Cross Mackillop)

Each day of Lent do something to improve the day of someone else. It might be a smile, a welcome, a helping hand, a listening ear, a simple act of kindness, a prayer, your time.

**“Not all of us can do great things, but we can do small things with great love.”** (St Teresa of Calcutta)

I think it is a good idea to plan what you are going to do, but be assured that lots of opportunities to help others will arise during Lent. Be open, be spontaneous, be kind.

The second part of this challenge is to appreciate what you have and who you are. To be grateful is to thank God for his many gifts.

**“What if you woke up today with only the things you thanked God for yesterday?”** (Unknown)

### **PROJECT COMPASSION**

**“Go Further Together”** is the theme of Project Compassion 2020.



This Lent all classrooms will have a Project Compassion collection box and poster. Students will learn about their brothers and sisters around the world who are less fortunate than themselves, and be encouraged to offer their prayers and practical assistance. Don't be surprised if your child asks you for a job, so they can earn some money to put in the Project Compassion box in their classroom.

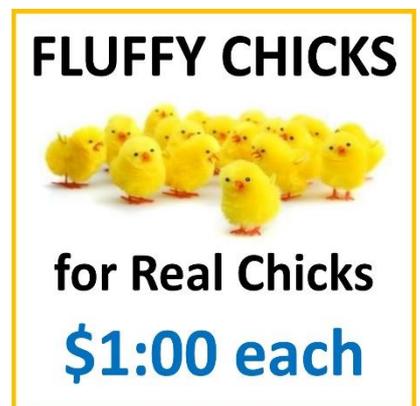
For more information, about the work of CARITAS and projects that the 2020 Project Compassion Appeal will support, check out the Caritas Australia website @ <https://lent.caritas.org.au/#blank>

### **LENTEN CHALLENGES**

As part of our efforts to support those less fortunate this Lent we will be running a number of Lenten Challenges here at school.

Did you know that donating \$50 to Project Compassion can buy 50 chicks for a small farming family in Cambodia and that this will increase their ability to earn an income?

We will be selling 'fluffy chicks' and using the money to buy 'real chicks' for families in Cambodia. The class that buys the most chicks will lead the school in the Chicken Dance at Assembly in Week Nine.



### **WOW WEDNESDAY - WIPE OUT WASTE**



Help us answer God's call to love others and to care for His beautiful world by supporting WOW Wednesdays this Lent. Each Wednesday we will be having a 'nude food' day – NO disposable packaging please.

By packing lunch in containers that can be **REUSED** or **RECYCLED** we will **REDUCE** waste and help to save the planet. Plastics and other disposable packaging will be sent home in lunchboxes.

All families are encouraged to take up this challenge and help us to achieve our goal of 'Bin Free' Wednesdays. Our first WOW Wednesday will be next week on Wednesday 4 March.

### **COINLINE FUN**

Our Coin Line Challenge is back again in 2020. Each class will line up their coin donations. There will be two prizes – one for the class with the longest coin line and the other for the class with the coin line with the greatest value. It will be fabulous to see how far our money can go.

All families are encouraged to donate gold and silver coins and in doing so love and support others. The Coin Line Challenge will be held later in the term.

Thank you for your ongoing support of our Lenten efforts.



**SCHOOL MASS**  
**THURSDAY 12 MARCH**  
**9:15am**  
**ST JOSEPH'S CHURCH**



Please join us at St Joseph's Church on Thursday 12 March at 9.15am to celebrate the beginning of another great year at Emmanuel. All welcome.

Students need to wear blue day uniform. Girls to wear dresses please. We will travel to and from the church by bus.

Seating has been reserved for parents on the side of the Baptismal Font. The school office will be closed from 9.00am - 11.00am as all staff will be attending the Mass.

Parents are asked not to park in the bus bays directly in front of the church. This is a safety issue. Please pass this message onto grandparents and others attending Mass.

**SACRAMENTAL PROGRAM**

A Sacramental information session will be held at St Joseph's Church on Wednesday 4 March at 7:00pm. The parents of students who completed Penance preparation and received the sacrament in 2019 are invited to attend.

If you are new to our School or Parish community in 2020 and your child is eight years or older and you would like them to enrol in the Sacramental Process, please contact the Parish Office ASAP on 4957 4855.

Parish Sacramental Program - Calendar of Events - Term One 2020		
Information and Registration Evening - Confirmation and Eucharist	St Joseph's Church	Wednesday 4 March at 7pm
Rite of Enrolment - Confirmation	St Joseph's St Brendan's	Saturday 7 March at 6pm <u>or</u> Sunday 8 March (all masses)
Family Workshop - Baptism, Confirmation, Spirit	St Joseph's Church	Sunday 15 March at 10am <u>or</u> Wednesday 18 March at 7pm



**LINK to Parish Website and Parish Bulletin:** <http://rok.catholic.net.au/parish/mackay-st-josephs/>

**WEEKEND MASS TIMES**

- St Brigid's Church - Saturdays 6:00pm
- \* St Joseph's Church - Saturdays 6:00pm, Sundays 9:00am
- \* St Brendan's Church - Sundays 7:30am
- \* Children's Liturgy of the Word - First and Third weekends of the month



**CHAPEL MASS**

Father Stephen will celebrate Mass in the Emmanuel Chapel on Thursday morning at 8:00 am. It is a great way to start your day. All welcome.

## VIRTUE OF THE FORTNIGHT – COMPASSION

*“Compassion is reaching beyond yourself. Pass it on.”* (St Teresa of Calcutta)

Compassion is noticing when someone is hurt or in need of a friend. It is feeling empathy for the pain of others. When you reach out to those in need or refrain from judging, you practise compassion. Our compassionate presence helps others to know that they are not alone, that they are valued and understood.

*“Go out into the world today and love the people you meet. Let your presence light new light in the lives of others.”* (St Teresa of Calcutta)



**GOD IS WITH US AS WE LIVE LOVE  
LEARN IN A COMMUNITY OF FAITH**

Noeleen Kliese  
*Assistant Principal Religious Education*

## ONLINE SAFETY

We are always reminding our students about the importance of online safety. Please find attached an article on the dangers of one of the latest online crazes, TikTok.

## **ALLERGIES**

Parents are reminded that we have children here at Emmanuel with **LIFE TREATENING ALLERGIES.** We ask that you please **DO NOT** send products containing nuts and eggs to school.



Amanda McDonald  
*Assistant Principal Administration*





**Emmanuel P and F**  
*School Disco*  
**Farm-Fest**  
**Friday 27 March**  
**6.00 - 7.30pm**

## Curriculum Corner

### SCHOOL PRIORITIES AND GOALS

This week's goal is linked to the third of the four strategic planning domains that have been mentioned in previous Newsletters, which is, **Pastoral Support and Well Being**.

#### **3.1 To enhance student learning and well-being outcomes through deliberate and strategic school community partnerships.**

Goal for 2020: To formally monitor student well-being through the development of data collection tools.

#### Strategies

- Establish an attendance, behaviour and well-being data schedule with responsibilities identified for data collection, analysis and use.
- Publish the school attendance, behaviour and well-being schedule for teachers.
- Provide time for teachers to engage with "Be You" modules at Staff Meetings.
- Review staff current understanding of well-being
- Identify key words and strategies to best support student well-being.
- Engage Erin (CEO Project Officer – Well Being) and Kristy Flor (School Counsellor) to provide Professional Development – well-being framework
- Develop a common language to ensure a consistent approach to supporting student well-being.

This year the Catholic Education Office has developed a "Well-Being Framework" to ensure all schools throughout the Diocese adopt an informed, research based and consistent approach to enhancing the well-being of all students within in our schools. The framework ensures schools are equipped with current strategies to enhance the well-being and learning of all students within our community. The Emmanuel Leadership team and staff have identified the importance of developing consistent practices to monitor and enhance the well- being of all students as a priority for 2020, so as explicit strategies and an ongoing focus will be implemented and continued throughout the future, to ensure student well-being is and will always remain a priority. This in turn will continue to provide students with every opportunity to engage, learn, be positive and successful whilst at Emmanuel.

## Tuckshop News

A big thank you to all those who have generously volunteered to assist in the school tuckshop this year, however we do have some remaining days with no one to help. You would only be needed one day a month between 9.00am and 1.30pm, lunch is provided, and the children love seeing a parent or grandparent at break times. If you are able to assist please call Jill or Janine at the office or Angie McGowan or Carly Nicholas at the tuckshop.

### **TUCKSHOP ROSTER – WEEK 6**

Mon 24 Feb - HELP WANTED

Tues 25 Feb - Monica Salter

Wed 26 Feb - Alice Symons & Asinate Waqa

Thur 27 Feb - Paul Johnston

Fri 28 Feb - Peta Drury

HELP WANTED

HELP WANTED

Emmanuel Catholic Primary School

**TUCKSHOP**



## Sports Update

### **INTERHOUSE SWIMMING CARNIVAL 2020**

The Emmanuel Swimming Carnival will be on **FRIDAY 20 MARCH** at the **PIONEER SWIM CENTRE**, North Mackay. This will be a day carnival, allowing for maximum participation with many heats followed by finals. The carnival is for all students from Years 2-6 with students competing in the age group that they will turn in 2020. Grade 2 students will participate in either novelty events (wading pool) or width events (main pool), depending on their swimming ability. They will then return to school mid-morning (approx. 11am).

*Year 3 students who have only participated in width events will also return to school by bus at 11am. Those who are nine years old and participating in length events will return with the rest of the school at 2.30pm.*

*Prep and Year One students will be attending a Bluewater Lagoon excursion and a separate letter will accompany these students home today outlining the arrangements.*

In the past we have had many parents who have generously volunteered to help in many ways at the carnival. Your assistance is again sought to ensure the smooth running of the carnival.

Your child will bring home a family swimming nomination form today (Years 2 – 6) which will contain a section for you to complete if you are able to help. You will be contacted the week before the carnival to confirm your job on the day.

Thank-you for your support.

Luke Dodson  
HPE Teacher

## Music News



### SCHOOL CHOIR

Rehearsals each Wednesday morning 8am in the Chapel – Years 4, 5 and 6 students – new members are very welcome to attend. Our first event will be the Choral Festival on Sunday 22nd and Monday 23rd March.



### MUSICORP

A reminder that Musiccorp lessons have begun here at Emmanuel and will take place every THURSDAY. Please ensure your child brings their instrument / music in preparation for their lesson.

### GUITAR LESSONS

Mr Jim will be conducting Guitar Lessons every WEDNESDAY at Emmanuel. Students from Years 1-6 are able to participate. Please contact the office if you require a form.

