

DATES TO REMEMBER ...

1 March	Kinder and Year 6 Family Mass
15 March	St Patrick's Parish 55 year Celebration
17 March	St Patrick's School 60 year Celebration
1 April	Sacrament of Reconciliation: 5.00pm
Friday 5 June	Pupil Free Day
Monday 3 August	Pupil Free Day

For any upcoming events please check our [school calendar](#) on our website.

PBL Week 5 & 6 —BE PREPARED TO LEARN



FROM OUR PRINCIPAL Mrs Cheryl Walsh....

Dear Parents and students,

With Ash Wednesday this week we begin our journey through Lent as we prepare for Easter. Lent is a time for fasting or giving up something, prayer and arms giving – doing something for others. It is a time when we can make our minds and hearts ready for remembering Jesus' life, death and resurrection. I would encourage parents to spend some time discussing with their children what Lent means and how as a family you can prepare for Easter.

This week every student received their Lenten Passport from Father Greg. Children are encouraged to attend mass during Lent and take their Lenten Passport to Father after Mass to receive a sticker. Children who have 4 stickers and who are present at Mass on Palm Sunday will receive a special surprise.

P & F Meeting this week

Thank you to the parents who came to the meeting this week, especially the new mums. It was great to see you there. I would like to thank the elected members to the P & F Executive.

Angela Stitt – President	Rachael Playle – Vice President
Nick Carbonara – Treasurer	Renee – Secretary – Parent Representative

Also a thank you to the mothers who volunteered for the sub Groups:
 Social – Emma Pauley, Rachael Playle and Renee O'Regan
 Celebration – Renee O'Regan
 Canteen – Louise Bridekirk and Marie Walsh
 Welcoming – Suzanne Simpkins

Thank you!

The P & F has already organised some important dates for the year, so keep a look out for what they have planned later in the newsletter.

Family Mass

Children's Liturgy every 9am Mass
except in school holidays

P & F Meeting

Once a term
Next meeting 27 February 7pm in the
LARC Victoria St Campus

St Patrick's Hall

Enquires and bookings please call the
school office

Outside School Hours Care

E: eastgosford.oshc@dbb.org.au
or phone 0408 165 671
or visit the school website

The Uniform Shop

phone 0412 087 696
opening hours during school terms

Tuesday

8.30am – 10.30am

Also 1st Friday of every month

2.00pm – 4.00pm

The uniform shop can be contacted
outside of business hours by email
stpatricksprimary@alinta.com.au

payments can be made direct to
Alinta Apparel in the form of cash,
credit card, or debit credit card

NO CHEQUES

uniform price list & online shopping
available at

<http://www.alintaapparel.com.au/alinta/>

2nd Hand Uniform Shop

Open during Assembly Friday 2pm fort-
nightly or as advised.

Contact Louise 0407 100 433

Canteen

Infants: Wednesday & Friday

Primary: Wednesday & Friday

Rostered volunteers please give
24 hours' notice if you are unable to
attend

Celebrating St Patrick's School 60th Anniversary and the 55th Anniversary of the Church

This year we have two very important anniversaries to celebrate –

The 60th Anniversary of the School

The 55th Anniversary of the Parish

On Sunday 15th March there is a special mass at 10.30am which all families are invited to attend. Our new Diocesan Bishop, Bishop Anthony Randazzo will be celebrating Mass and this is a great opportunity for families to meet our new Bishop.

Following Mass there will be activities in the playground starting at approximately 12pm. These include performances by the students, choir and band, a mini fete, sausage sizzle etc. It is looking to be a very exciting day for everyone. Parents have been asked to RSVP so that we know who will be present to perform and for catering purposes.

On Tuesday 17th March the school will celebrate St Patrick's Day with a whole school Mass and a fundraising activity. The P & F have booked 'Obstacool', an inflatable obstacle course for the students. One of our families has generously donated the cost for this, which means that all funds raised will go to the School/P & F. St Edward's College is also allowing us to hold this event on their oval. It will be a great day of fun for the students. The sponsor sheets have already been sent home and we are hoping to have all money and sponsor sheets returned by Friday 13th March.



Resilient Child Workshop

We had organised two different opportunities for parents to attend 'The Resilient Child' workshop. One was organised for Tuesday 3rd March from 9 – 10.30am and a repeat on Thursday night 12th March from 6.30 – 8pm. Unfortunately we will have to cancel the Tuesday session as we only had one parent RSVP, which is a shame.

We do however have about 6 parents attending the Thursday night session. Baby sitting is available so please RSVP today if you wish to attend.

This is a free workshop for parents and a great opportunity to learn some new skills to help your child.

Wellbeing Week

The staff have planned some activities for our upcoming Wellbeing Week in Week 8, 15 – 20 March, including the coffee van we hope!!

Kindergarten Welcome Sausage Sizzle

We welcomed our new Kindergarten and their families last Friday with a Sausage Sizzle



Kindergarten 2021

Information Sessions for students who are eligible to commence Kindergarten in 2021 will be held in March. There is one Session on 26th March at with tours at 9am followed by an information session at 9.30am and a repeat session on Monday 30th March commencing at 6.30pm for tours and 7.30pm for the information session.

Thank you for your continued support

Take care and God Bless

Cheryl Walsh

Principal

Enrolling now for 2021

KINDERGARTEN 2021
Information Sessions

Find out everything you need to know about Kindergarten 2021. Morning and evening sessions available. School tours can also be arranged by appointment.

THURSDAY 26 MARCH 2020
 9am School Tours | 9.30am Information Session

MONDAY 30 MARCH 2020
 6.30pm School Tours | 7pm Information Session

DISCOVER WHAT A CATHOLIC EDUCATION CAN OFFER YOUR CHILD.
 Offering diverse curricula activities initiated by a caring and dedicated team where combined with parent involvement offers excellent learning opportunities.

ST PATRICK'S CATHOLIC PRIMARY SCHOOL Cnr York St & Melbourne St East Gosford NSW 2250
 TEL 02 4325 1159 EMAIL spcg@dbb.catholic.edu.au WEB spcgdbb.catholic.edu.au

Religious Education News - Ms Fiona Bolton

“When you pray, go into your inner room,
close the door, and pray to God in secret.”

Matthew 6: 6

Last Wednesday we celebrate Ash Wednesday and the beginning of Lent.

In this season of Lent, we are invited to step back and closely examine our lives and our hearts. It is not an invitation to a mere moment of reflection, but to a deep, challenging, and rewarding journey of repentance and renewal. This Lent, Pope Francis invites us to reflect on a certain dimension of conversion: ecological conversion defining it as “the effects of [our] encounter with Jesus Christ become evident in [our] relationship with the world around [us]...We come to realize that a healthy relationship with creation is one dimension of overall personal conversion, which entails the recognition of our errors, sins, faults, and failures, and leads to heartfelt repentance and desire to change.”

Returned I Lay Missioner Dave Kane writes,

“As a human family, we have become unaware of, and insensitive to, how our actions and lifestyles contribute to the destruction of both God’s creation and human dignity.” In moving through our days, how often are we aware of how our lifestyle choices – our purchases, travel, food, trash – are related to the earth? Where do things come from, and where are they going? Whom will our actions harm, and whom will they benefit? For example, the issue of plastic pollution grows larger every year.

Scientists tell us that every bit of plastic that has ever been created is still in existence. About 8 billion tons of plastic have been produced since 1950. Chemicals in plastic are toxic to plants, animals, and humans. Vulnerable people around the world are most exposed to toxins from plastic. However, we largely carry on contributing to the problem, blind to how it affects the poor, the earth, and our relationship with God. We can begin to approach these large questions and problems by learning to listen – beginning with silence before God and holy attention to the world around us. Let us practice returning with our whole hearts to God by listening carefully for what God is telling us in what Pope Francis calls “the cry of the earth and the cry of the poor.” After we have listened, we can begin to repent of the harm we have done to our relationships with God, neighbour, and all creation and take steps toward renewal.

At St Patrick’s we are beginning to become more environmentally conscious as we place our soft plastics into a special bin and recycle our paper and cardboard items.

Altar Serving Training

Altar serving training will commence next week at school so if you are a student from Yrs 4-6 and interested in this ministry and haven’t yet returned your forms, please return your forms to me or to the church office asap.

St Therese

The relics of St. Therese of Lisieux and her parents will be visiting some of our Broken Bay parishes in the coming weeks. They will be at Gosford parish on Sun 8 March.

Important Dates.

Kinder and Year 6 family mass: Sunday, 1st March, 9am

St Patrick’s Day Mass: Parish Celebration Sunday 15th March
School Mass Tuesday 17th March at 9am

FROM OUR PARISH.....

St Patrick's Day Celebration The School's 60th Anniversary



The Church's 55th Anniversary Bishop Anthony to Concelebrate Mass at 10:30 in St Patrick's Church Fete After Mass in the School grounds

- SAUSAGE SIZZLE BBQ
- SOFT DRINKS
- FACE PAINTING
- JUMPING CASTLE
- ENTERTAINMENT
- POPCORN
- DOUGHNUTS
- BAKED GOODS
- WHITE ELEPHANT STALL
- CRAFTS STALL
- GAMES
- RAFFLE

National Pilgrimage of the Relics of St Therese and her Parents Zelig & Louis Martin



Relic of St Therese of Lisieux



Relic of St Louis & Zelig Martin

St Patricks Parish, East Gosford
Sunday 8th March 2020
8.30am – 7.00pm

- 9am Mass
- 10am – 11am Veneration of St Therese & her parents, Sts Louis & Zelig Martin
- 12noon Filipino Mass
- 1pm-5.30pm Church open for prayer & veneration
- 6pm Youth Mass & final viewing

Tea & Coffee Available All Day



Learn to play the guitar

@ St Patrick's

learn to play | read music | interesting repertoire
have fun | solo | ensemble groups | performances

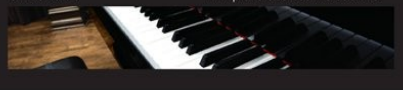
Contact the **Central Coast Conservatorium of Music**
for group lessons with tutor Steve Smiley:
<http://centralcoastconservatorium.com.au/contactus>
or contact Steve Smiley on 0410 039 556

Piano Lessons That Kids Love!

Now Available At Your School

Piano Place
041046146

www.pianolessonscentralcoast.net



Learn to play the keyboard

@ St Patrick's

learn to play | read music
interesting repertoire | have fun | solo
ensemble groups | performances

Contact the **Central Coast Conservatorium of Music**
for one-on-one lessons with tutor Sharon Hatton:
<http://centralcoastconservatorium.com.au/contactus>



FROM THE LADIES OF THE OFFICE...



PLEASE BE CAREFUL WHEN PICKING UP YOUR CHILDREN

IT HAS BEEN REPORTED THAT PARENTS ARE PARKING ILEGALLY AND VERY DANGEROUSLY ON CORNERS NEAR OUR CROSSING ON THE MELBOURNE STREET CAMPUS

Safety learning program

Traffic and Parking around your School

Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others. Please consider the residents when parking in streets surrounding your school.

School Zone A School Zone is the area around a school with a speed limit of 40 km/h. Between the School Zone and End School Zone signs you must obey the school zone speed limit. The school zone speed limit only applies on gazetted school days and during the times shown on the sign.



School Bus lights - buses use signs and orange flashing 'wigwag' lights to warn motorists and pedestrians that they are picking up or setting down school children. The lights begin to flash when the bus stops and the doors are opened. They keep flashing for about 30 seconds after the doors close and continue even after the bus moves off. You must not drive past the bus in the same direction at more than 40 km/h while the 'wigwag' lights are flashing as there may be children crossing or about to cross the road.



No Parking Zone A No Parking Zone means that you must not stop for more than two minutes. You must remain in or within three metres of the vehicle. No Parking Zones are suitable for dropping off and picking up.



THESE SIGNS MEAN YOU MAY STOP HERE TO DROP OFF / PICK UP BUT YOU MUST

- stop for up to 2 minutes only
- stay within 3 metres of vehicle

Kids look to you to keep them safe - please park legally in school zones
HEAVY FINES and DEMERIT POINTS APPLY

Bus Zone A Bus Zone means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.



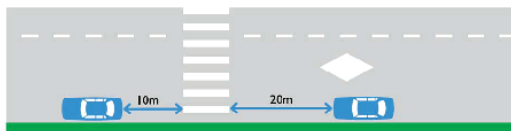
No Stopping Zone A No Stopping Zone means no stopping at any time.



Other times when you must not stop

You must not stop your vehicle (that is, bring it to a stop and either stay with the vehicle or leave it parked) in the following circumstances:

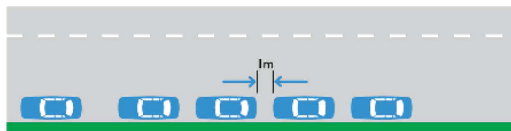
- Double parked (that is in the road alongside a car that is parked)
- Across a driveway or footpath
- On a median strip or traffic island
- On footpaths and nature strips
- On or within 20 metres before and 10 metres after a children's crossing or pedestrian crossing



- Within an intersection
- Within 10 metres of an intersecting road at an intersection without traffic lights unless signposted otherwise



- In Bus Stop, Bus Zone, Taxi Stand or Taxi Zone signed areas
- At least one metre from any other parked vehicle, close as possible and parallel to the kerb, and facing the same direction as the traffic lane



- Within three metres of any double centre lines
- Within 20 metres before and 10 metres after a bus stop

Adherence to signposting, linemarking and road rules around your school will assist in providing a safe environment for the school community and residents.

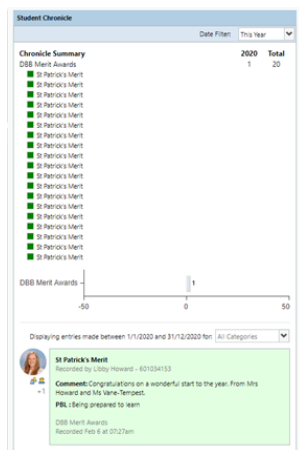


PBL NEWS.....

Positive Behaviour for Learning (PBL) is an educational process that brings together the whole-school community to contribute to developing a positive, safe and supportive learning culture. The PBL framework assists schools to improve social, emotional, behavioural and academic outcomes for children and young people.

At St. Patrick's we have a PBL focus each fortnight. If you would like to review these expectations they are located on page 4 of the student diary. If a teacher has noticed that a student has been consistently observing the PBL expectations they may receive a classroom or playground merit which will appear for parents in the Compass App. To access merits from a PC, you need to login to your Compass Portal and click on 'Profile (Attendance, Schedule, Reports) next to your child's photo. This will take you to a screen showing my detailed information about your child including merits as shown below. To view this information from a mobile device, click on your child's photo in the Compass App and then scroll across until you see the word 'Chronicle'.

If you have any problems finding this information, please contact the office on 4325 1159.



Welcome to the St Patrick's Catholic Primary School - East Gosford Portal

Use the links listed for each of your children to explore the portal. Please keep your mobile phone number and email address up to date (Click + Update My Details). The school will use this to contact you regarding attendance, events, news and more.



Cross Country

We were blessed with perfect weather and of course perfect children at our Cross Country today.



Crazy Sock & Hair Day
and
Pancake Day

YEAR 1
Year 1 successfully completed a
bridge building challenge.
We're happy to say that no Billy Goats fell into
the stream to the mercy of the Troll!!



Thank you
Pancake makers!!!



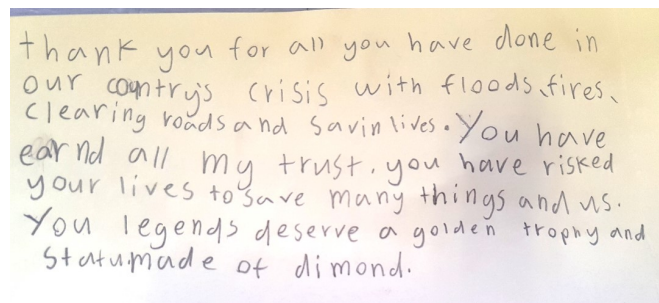
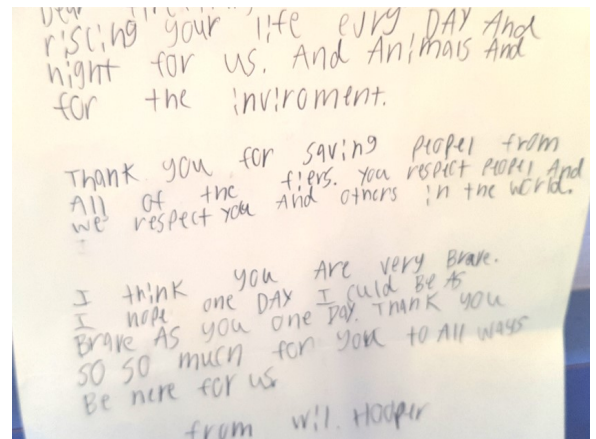
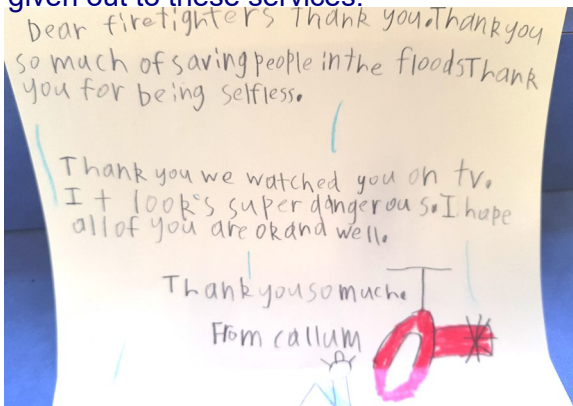
CONGRATULATIONS TO ALL OUR SWIM TEAMS FOR REPRESENTING US SO WELL AND PERFORMING THEIR VERY BEST FOR US.

We CONGRATULATE Cooper Stark, Eva Faunce and Jack Reynell who will go onto the next level at the Broken Bay Carnival at Mingara.

Good luck!!

FROM YEAR 4

Here are three samples of letters written by year 4 to the firefighters and emergencies service staff thanking them for their service during the recent fires and floods. These letters will be given out to these services.



WELL DONE CARA!!!

We are so very proud of Cara from Year 4 who saw a need and did something about it. Cara saw a news broadcast that said that over a billion Australian animals were killed or hurt in the bush fires and she wanted to be able to help.

At her recent birthday she asked family members to donate funds rather than send presents she has now raised over \$600. This money will go directly to WIRES in the next few weeks from her Facebook fundraiser. How awesome!



What a great start to Term 1 in both canteens. I am proud to say that thanks to our wonderful volunteers, both canteens have been open every Wednesday and Friday since week 2 and both canteens have been extremely busy, both for lunch orders and much needed ice blocks.

We are in need of volunteers over the next couple of weeks, so please if you can help out, contact Louise on 0407 100 433 or comment on our Face Book page. We have had some new faces start and I am sure they will assure you that it's not hard work and we really do have a great time.

PLEASE CHECK YOUR CHILD'S CLASS DETAILS ARE CORRECT ON QKR PRIOR TO ORDERING.

We have had numerous instances where children's orders are coming up under the wrong class. Failure to update this information may result in your child missing out on lunch.

PLEASE ALSO ENSURE IF YOU HAVE CHILDREN ON BOTH CAMPUSES, THAT YOU ORDER FOR EACH CHILD UNDER THE CORRECT CAMPUS

Again, we have numerous instances where orders are being submitted for children under the wrong campus. This causes extra work for our volunteers and again can result in your child missing out on lunch.

A couple of items to note:

- We have seen a large increase in Infants children ordering burgers and wraps. Please talk to your children – the cheeseburgers are quite large (and nothing like a McDonalds cheese burger). The wraps are also quite large (adult sized). Check if your child is going to eat these for lunch, as whilst we are more than happy to make these, we don't want parents spending money on food their children end up throwing in the bin.
- We are still looking at options for frozen meals – lasagne, pasta, mac & cheese – hopefully we will have these in stock in coming weeks.
- For parents of Gluten free children and vegetarians, we have GF nuggets back in stock and also have some options for GF frozen meals (Lasagne, mac & cheese) and vegetarian lasagne and mac & cheese. Prior to ordering these in (as we have to buy in bulk) I am seeking your feedback as to whether your children will order these. Can you please let Louise know, contact the office or comment on our Face Book page so that we can gauge interest prior to ordering these in.

ONE volunteer is required on Wednesdays for each canteen and TWO volunteers are required for each canteen on Fridays.
Wednesday is recess only and shift is approx.: 9:00am – 11:30am
Friday Split shifts or full days are available on Fridays as follows:
 Full day: 9:00am – 2:00pm or Morning shift: 9:00am – 11:30 or Afternoon shift: 11:30 – 2:00pm
 Current roster is posted on our Facebook Page: [“Our Kids Canteen”](#)
 Please add a comment below the roster on our Facebook page to fill a shift or you can contact:
Primary: Louise Bridekirk Ph: 0407 100 433

Week	Date	Infants	Primary
FEBRUARY			
4	Wednesday 26 th	Emma Paulley-Hughes & Jacqueline	Jade Nicole
	Friday 28 th		
	9:00am – 11:30am		Julie Hayes
	11:00am – 2:00pm		Katie Ercan
	Or ALL DAY	Lorraine Hughes & Lou	Lou
MARCH			
5	Wednesday 4 th	Kendal & Meaghan Ruskin (in training)	Michele Gower
	Friday 6 th		
	9:00am – 11:30am		
	11:00am – 2:00pm		
	Or ALL DAY		
6	Wednesday 11 th	Sarah Jimenez & Jacqueline	
	Friday 13 th		
	9:00am – 11:30am		
	11:00am – 2:00pm		
	Or ALL DAY	Danielle Williams (in training)	
7	Wednesday 18 th	Renee O'Regan	Nan Moffat
	Friday 20 th		
	9:00am – 11:30am		
	11:00am – 2:00pm		
	Or ALL DAY		Katie Ercan
8	Wednesday 25 th	Karen Philips & Jacqueline	Sarah Jimenez
	Friday 27 th		
	9:00am – 11:30am	Sarah Jimenez	
	11:00am – 2:00pm		
	Or ALL DAY		
Week	Date	Infants	Primary
APRIL			
9	Wednesday 1 st		
	Friday 3 rd		
	9:00am – 11:30am		
	11:00am – 2:00pm		
	Or ALL DAY		
10	Wednesday 8 th	Jacqueline	
	Friday 10 th		
	9:00am – 11:30am		
	11:00am – 2:00pm		
	Or ALL DAY		

P&F News

On Wednesday night we had one of our biggest P&F meetings which was absolutely brilliant. The more people, the more ideas and shared opinions and that's exactly what we need.

It was our Annual General Meeting as well and we saw the same executive team re-instated with a change only to our Diocesan Parent Representative. I'd like to publicly thank Kendal Carbonara for her role last year and welcome Gemma Haskell and Suzanne Simpkins into the role.

We discussed many items at the meeting, too many to list here however the minutes and reports from every P&F meeting are uploaded to our school website. Mrs Walsh has a report every term which is always very detailed with what is happening in and around the school. Nick the treasurer also has all the figures from our fundraising and canteen takings in a report. This is your school so you should take the time to have a gander at what is going on!

Go to the Community tab on the website and then under P&F. Please take a look if you can as I can never fit everything into a newsletter.

Items discussed on Wednesday night:

- St Patricks' Day Tuesday 17 March celebrations - sponsorship forms have been sent home. The money raised will go towards giving our playgrounds a facelift. Lots of great ideas came up so we have things to work on. Please come along to the next meeting to give your thoughts and ideas about how this money should be spent.



- Easter Raffle - Donations will be per family this year. Easter raffle tickets will go out in the next few weeks and Easter donations will need to be in by Friday 3rd April. Raffle will be drawn Tuesday, 7th April.



- Bingo night - to be held either late term two or early term three. We have to check available dates with the club. Watch this space.



- Wine and craft night - stay tuned



- Term 2 disco - just need to confirm dates, possibly week 7. We'll confirm later.



All P&F Meetings for the year have been placed on the calendar.

For your future planning these will be:

Term 2 - Week 5, 28th May 2020.

Term 3 - Week 6, 27th August 2020

Term 4 - Week 5, 12th November 2020

Mr McCrea from St Vincent de Paul Society came along and presented us with a lovely certificate to thank us for the donations we made to the bushfire appeal last year (think disco, term 4).

We raised close to \$1000 and their total for all their Bush Fire donations was \$6000 so we contributed greatly to this appeal. He was overwhelmed at the support of the families and wanted us to let you all know how grateful they were.

Special thanks to Jay Locke for helping us bring the BBQ over to infants for Kin- dy welcome night and returning all the chairs back to the hall.

Thank you so much. Until next time,

Ange Stitt





ENROLMENTS ARE NOW OPEN

Online enrolment applications for Year 7, 2021, are now open.

For details please visit:
www.stedmunds.nsw.edu.au/enrolment

OPEN DAY
SATURDAY 7 MARCH 2020

10:00am - 2:00pm
 All families are invited to tour the College on our Open Day

CAREERS PATHWAYS EXPO
THURSDAY 2 APRIL 2020

6:30pm - 8:30pm

With over 40 exhibitors across universities, colleges, employers, apprenticeship setup training organisations and TAFE, it is the perfect opportunity for parents and students from Years 10 to 12 to connect with experts.

The Alternative Entry Pathways to University will include presentations from the University of Newcastle, Macquarie University, TAFE, Avonah College to assist students to explore pathways and so much more.

For details please visit:
www.stedmunds.nsw.edu.au/enrolment

St Leo's Catholic College, Wahroonga *All welcome!*

Come along and find out everything St Leo's has to offer!

- Speak to our staff and students
- Hear from our Principal, Mr Anthony Gleeson
- Interactive displays & activities by each faculty
- Music, vocal, drama & dance performances
- Tour our newly completed \$25m building upgrade
- Inspect our new state-of-the-art \$14m Creative & Performing Arts, Technology & Hospitality Centre
- See our custom-built online learning platform including e-portfolios for all our students
- Find out about our Pathways Program, guiding our students beyond school
- Catering by our Hospitality students
- Rides and food stalls.

Our innovative learning environment, strong academic results, caring community and personalised approach make St Leo's an exceptional place to learn.



Enter with passion - graduate with greatness

OPEN DAY & EXPO
Tuesday 10 March, 4-7pm



Tour our new \$25m campus upgrade

stleos.nsw.edu.au



3/3 Mitchell Drive
 Karingong 2250
 9482 3082
reception@bbot.com.au

We see children experiencing difficulties with:

- *Gross Motor *Fine Motor *Handwriting
- *School Readiness *Self Care *Social Skills
- *Autism Spectrum Disorder
- *Sensory Processing Disorder

Let us help your child reach their full potential.

Come and ---Play Rugby League---
 with the **GOSFORD KARIONG**
 Rugby League Football Club

Quality Coaching,
 Guaranteed Mateship,
Maximum Fun!

Under 6s - Under 17s

Come on down to training; Wednesdays & Friday afternoons at 4.30pm during February & March @ Narara Valley High School. Or phone Chloe or Deb : 0402190282

Register at www.playrugbyleague.com/register

Registration Fees are \$100 for U'6's & U'7's; \$150 for U'8's and above, which includes; insurance, shorts, socks and Club shirt. Family discounts & payment plans are available.

— TAKE ADVANTAGE OF GOVERNMENT REBATES ON FEES —

Empowering young women to make a difference in the spirit of Mary MacKillop

St Joseph's Catholic College, East Gosford

Open Day Monday, 2nd March 2020

3.45pm tour with 5.00pm presentation by the Principal
 5.30pm tour with 6.45pm presentation by the Principal

Now taking enrolments for 2021

St Joseph's Catholic College in the Diocese of Broken Bay educates girls from Year 7 to Year 12 empowering them to lead with compassion, care with respect, pray with hope and act justly.

The caring and supportive community of St Joseph's nurtures confident, resilient and independent young women who act with courage, strength and gentleness in the service of others and in the stewardship of our earth.

Challenging learning experiences inside and outside the classroom encourage students to develop their unique gifts and talents, strive for personal excellence and purpose, and recognise that learning is for life.

For more information on enrolment, contact the college office

St Joseph's Catholic College
 Russell Drysdale St East Gosford NSW 2250
 Phone 02 4324 4022

Download our college prospectus at
www.sjcc.nsw.edu.au

St Edmund's College
 EXCELLENCE IN SPECIAL EDUCATION

Open Day TUESDAY 10TH MARCH
 9.15am - 11.15am

"At St Edmund's, my child is accepted for who he is, he is learning new skills and has real friendships"
 JANINE, TOM'S MUM

Inspiring Independence, Transforming Lives

For all bookings and enquiries, please contact our Registrar, Mrs Jackie Reilly on 9487 1044 or reilly@stedmunds.nsw.edu.au

Address: 60 Burns Road Wahroonga www.stedmunds.nsw.edu.au

A CATHOLIC SECONDARY SCHOOL IN THE EDMUND RICE TRADITION



LENTEN PENANCE

In the liturgy and liturgical catechesis of Lent, the reminder of baptism already received or the preparation for its reception, as well as the theme of repentance, renew the entire community along with those being prepared to celebrate the paschal mystery, in which each of the elect will share through the sacraments of initiation. For both the elect and the local community, therefore, the Lenten season is a time of spiritual recollection in preparation for the celebration of the paschal mystery. *RCIA 125*

This year the season of Lent commences on **Ash Wednesday, 26 February**, and concludes on **Thursday 9 April**. In our Catholic tradition, it is marked as a time for conversion, repentance, and renewal. It begins on Ash Wednesday with the imposition of ashes coupled with the words of invitation, "Turn away from sin and believe the good news". In this annual invitation, we recognise our human frailty and our reliance on the grace and mercy of God.

As Jesus fasted for forty days and forty nights in the desert (Matthew 4:1-11); he accompanies us as we too make the journey into the desert of our souls. It is there that we are encouraged to resist and turn away from sin, which places limitation on our lives and relationships. It is precisely in those moments of vulnerability that we are called to take refuge in the God of mercy and compassion.

Lent is a time of pruning back the obstacles in our relationships so that we might flourish and have "life to the full" (John 10:10). Through the season of Lent we come to Easter, which is a celebration of the life, death, and resurrection of Christ. It is a joyful time to celebrate the new life promised to us and the whole world by the risen Jesus, our hope and our salvation.

DAYS OF PENANCE

On Ash Wednesday and Good Friday, abstinence from meat is to be observed by those who have completed their fourteenth year of age. Those who are aged between 18 and 60 are to fast on these days. Priests should encourage those under their pastoral care to embrace the spirit of abstinence and fasting. This Lenten practice is not to be a burden upon those who have health issues or special needs.

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On all other Fridays of the year the law of the common practice of penance is fulfilled by performing any one of the following:

1. *Prayer* – for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary; or in other ways;
2. *Self-denial* – for example, not eating meat; not eating sweets or desserts; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor in one's own country and elsewhere; or in other ways;
3. *Helping others* – for example, special attention to someone who is poor, sick, elderly, lonely or overburdened or feeling isolated from our Church community; or in other ways.

Lent is from **Ash Wednesday** (26 February 2020) until to **Mass of the Lord's Supper** (9 April 2020) inclusive. Fasting is also observed on **Good Friday** and if possible on **Holy Saturday** until the Easter Vigil.

PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is done between **Ash Wednesday** (26 February 2020) and **Trinity Sunday** (7 June 2020), unless for a good reason it is done at another time during the year.

All of the faithful who have reached the age of discretion (seven years old) are obliged to confess their grave sins at least once a year.

I would encourage you also to consider being part of a Lenten prayer or discussion group and to read the Scriptures in your homes. A visit to a church for private personal prayer before the Blessed Sacrament is also a marvellous way to strengthen one's prayer life during this season. Do not hesitate or be fearful, "the Lord waits to be gracious to you" (Isaiah 30:18).

My dear brothers and sisters in Christ, my prayer over these coming weeks is that our Catholic community in the Diocese of Broken Bay will seek to live the new life in Christ. This Lent, may we move with confidence and loving reverence deeper into the heart of the Father who is grace, mercy and love.

+ Anthony Randazzo

Most Rev Anthony Randazzo DD JCL
Bishop of Broken Bay
21 February 2020

2ND HAND UNIFORM SHOP PRICE LIST	
<i>Summer</i>	
Girls Dress	\$15
Boys Formal Shirt	\$10
Boys Tailored Shorts	\$10
Sport Short/Skort	\$10
Sport Polo Shirt	\$10
<i>Winter</i>	
Girls Tunic	\$15
Girls Formal Shirt	\$10
Boys Formal Pants	\$15
Boys Formal Shirt	\$10
Ties (Boys & Girls)	\$ 5
Formal Knit Jumper	\$15
Sports Pants	\$10
Jacket	\$15
<i>Other</i>	
Formal Hat	\$10
Sports Hat	\$ 5
School Bag	\$10
Library Bag	\$ 5
Socks/Tights	\$ 2
Shoes/Joggers	\$ 5

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