Sixth Sunday in Ordinary Time - Year A

Reading for weekend 11/12 February 2017

Reflection by Dianne Bergant CSS

Jesus continues to instruct the disciples in the mysteries of the kingdom of heaven. The readings for today focus our attention on the nature of true wisdom. It is this true wisdom which prompts us to choose the right course of action. It is true wisdom that directs us in our interpretation of the law.

The longer we live, the more we realise that life experiences open up for us a series of choices. With these choices we chart the path that we will take. Circumstances might be thrust on us, but we can still make choices about how we will deal with them. Obedient people do what they are told; wise people choose what good they will do. True wisdom calls us to choose life and whatever enhances life. If we are truly wise, we will come to realise that what was acceptable and life-enhancing in one situation may not be appropriate in another. Life is fluid, and our thinking and acting must be flexible enough to adapt when necessary.

True wisdom, which comes to us through the Spirit, will enrich us with insight into life in ways we never thought possible. We will realise where and how we fit into the vast and interrelated ecosystems of the universe, and we will be overawed with the majesty and intricacy of its workings. We will understand once and for all that the value of anything is determined by its capacity to enrich life, and we will commit ourselves to and cherish every manifestation of that life.

Messages from the Principal

Dear Parents,

This weekend’s first reading and Gospel are both about our relationship with God and the right choices we need to make. The Gospel also tells us that we should take care with our relationships with other people so that we can be in right relationship with God.

The concepts of making right choices and being in right relationship with God and with other people is really important to us all. Take some time to reflect on how these concepts thread their way through your life. Sometimes we make wrong choices, but if we learn from that (and rectify any harm) it can help us grow in wisdom.

Can you think of any instances that you might be able to share this with your children?

WELCOME

We also welcome our Southern Cross University Practicum students: Majella Sheridan in Kinder and Alexandria Cadonetti in S2. They are here until the end of February then back again in May for another month.

MEDICAL UPDATE

Anaphylaxis is an allergic reaction to food, insects, animals, fabrics, etc. The reaction can be severe causing swelling and inability to breathe, or more minor with swelling or welts on the skin. Severe reactions are most worrying and people with severe reactions have an epipen to administer. We have several students and staff who have epipens for a variety of allergies, most common being peanuts.
We follow the advice of the Health Department in NOT banning nuts at school but rather making sure EVERYBODY is aware of these people and ensuring we all wash our hands after eating food. All epipens are stored in containers in the office so they can be reached swiftly to be administered if required. Staff are trained in administering an epipen (& some have personal experience). We keep a list of these students in prominent places at school. We also have a number of students and staff that are gluten intolerant or coeliac. This makes it very difficult at birthday times when parents bring in cakes to share or even some ice blocks. In moving to stages the number of cakes or ice blocks needed was becoming too high for parents. Last year we decided it was far safer to ask parents, if they wish to celebrate their child’s birthday at school, to simply bring in one patty cake for their child. The children will sing and celebrate and your child will receive their cake. There is NO necessity to bring in a patty cake BUT we will not be accepting larger cakes or ice blocks any more.

Should your child require their puffer during the day OR if we had to apply substantial first aid they will be given a yellow slip to bring home to alert you. Other medications eg Ritalin, that are daily doses at school, are noted each day in our medications book. These require a special signed note to be administered. This note is filed at school. Please do not send your child to school with any medication unless you have advised the school.

**UPDATE INFORMATION**
We sent home last week with the newsletter an **UPDATE SHEET for each child.** This form allows us to check whether any information has changed. You may not realise that we check each student’s individual medical information etc. as the form returns to us. We do need you to return each individual student’s document completed by tomorrow Wednesday 8 February to acknowledge that you have seen it, and have made any changes necessary.

**IMPORTANT DATES 2017**

**PUPIL FREE DAYS**
- **Friday 7 April**
- **Monday 24 April**
- **Thursday 25 May**
- **Monday 17 July**
- **Monday 9 October**

**SCHOOL FEES**
FEES Statements were sent home on Monday. Please call the office if you have any questions or concerns regarding this bill-

*Therese Seymour*

---

**Incitāre**

**Year 6 Student Discipleship Retreat**

**Dear Parent/Guardian,**

*Incitāre* is a one day retreat experience for Year 6 students from parish primary schools based in regions of the diocese to celebrate their faith at a diocesan level.

The retreat will be a chance to bring students together to meet like-minded peers and to celebrate with other young people who practice their faith. The activities will be a mixture of large and small sharing groups as well as celebrating a liturgy together. The program has been geared to meet the needs of these Year 6 students.

The activities and experiences will allow attendees to build relationships with other students from throughout their region of the diocese and allow the students the opportunity to talk about and share their faith journey.

**What:**  
Incitāre: a retreat experience for nominated Year 6 students from every parish school in each region of the diocese.

**When:**  
7 March 2017

**Where:**  
Tullera Hall Tullera

**Cost:**  
Nil. All transport and venue booking expenses will be met by the Catholic Schools Office. Transport still to be finalised.

**Lunch/ Morning Tea:**  
Students to bring own

In discerning which students might participate in this retreat experience, the CSO has recommended the following guidelines;

- Core catholic students
  - Regularly attend Mass
  - Are involved in some other form of church involve-ment either at school or in the parish

- Students who are willing to learn more about the Chris-
tian Faith

A large number of St Joseph’s students have already expressed an interest in this event. We can, however, only offer six places. Any student who would like to be considered is asked to complete the Student Application Form provided by Mrs Spash or your Year 6 teacher. Nominations should be handed to Mrs Spash no later than Tuesday 14 February.

Successful applicants will be issued with further information.

Yours sincerely  
Mrs Libby Spash  
Leader of School Evangelisation
That Sugar Film

The Lismore CSO Parent Assembly will be presenting the award-winning Australian documentary “That Sugar Film” as part of our funded parent education programs for 2017. This documentary was filmed in 2014 by Damon Gameau as an experiment into the effects eating too much sugar has on our body. In the last 6–12 months the ideas portrayed in this film and its message about the health issues associated with eating too much sugar have been making headlines not only on a local level but also a global level. The World Health Organisation has recently updated its recommendations on sugar consumption and some countries are starting to implement a sugar tax to combat the rising health costs associated with eating too much sugar.

So what do we mean by ‘SUGAR’? This film is focused on reducing the amount of refined sugar and processed foods, containing large amounts of sugar, from our diet. Each week leading up to the film there will be some interesting sugar facts for families to consider. Many people wrongly assume that giving up or reducing their sugar intake means excluding fruit. This is not true, in fact fruit and vegetables play a vital role in eating any healthy diet. The key point is that fruit and vegetables should be eaten as whole foods, rather than extracting the juice and throwing away the fibre.

When: Monday 27 February 2017

Time: 5:50pm for a 6pm start in Stage 3 rooms (Film runs for 98 minutes)

Who: Parents and children Stage 2-teenagers. We suggest parents bring their children to watch this film with them, especially children in Stage 2 right through to the teenagers. It is up to parents if they wish to bring younger children to watch the film, it has been shown to children as young as 6. It will definitely be a great topic of conversation afterwards.

FREE Babysitting: Babysitting will be available for younger children.

Refreshments: At the end of this presentation we will be having a sample of low sugar and sugar free foods in the staffroom.

If you would like further information about this presentation contact Karen on karenfreebody1978@gmail.com or kfreebody@lism.catholic.edu.au or visit thatsugarfilm.com/

From the Parent Assembly team – Deb, Gabby, Karen and Sarah.

From the Desk of Mrs Rowling (School Chaplain/Wellbeing)

Dear Parents,

It’s that time of the year that we are on the hunt for stage parent representatives. For the information of new parents at our school, class parent representatives work alongside the teachers to organise social gatherings, special events or keeping track if a family needs some extra help. It’s not a difficult job but does require a little forward planning. Some examples of parent rep activities from past years include:

Fruit platter play afternoon after school for Stage One Mum’s night out to the movies in Lismore Dad’s catch up for drinks and some footy at the Wolongbar Tavern Kindergarten play date in the holidays Stage Three reps organised a gift and cake for the stage when Mr Coyle left our school last year/organised end of year celebration Organising notices for a food drive to support school families needing support through illness And other events.

Class parents will be able to send messages and notices via the class email lists, school Facebook and Skoolbag app as well as our Newsletter.

I already have had some parents indicate that they are happy to assist for this year but more are needed. Wendy Astone, one of our Stage 3 reps from 2016, wrote:

Hi, I’m Wendy, and with 2 other parents took on the role of parent rep for stage 3 last year.
I really enjoyed this role because it was a great opportunity for me to be involved with my child’s class outside of school.
The after school or evening events we organised were a great socialising opportunity, particularly good for the children and parents who have recently joined our school.
I’d encourage any parent to either get involved as a parent rep or attend and enjoy any events that are organised.

I would be grateful if you could approach me at school, leave a message or email me at lthurtell@lism.catholic.edu.au as soon as possible if you are interested or have some questions.

It would be lovely to introduce you to your stage at the Parent Information Night on Tuesday, 14 February.

Kind regards, Lyn

TERM DATES

Term 1 Thursday 2 February to Friday 7 April
Term 2 Wednesday 26 April to Friday 30 June
Term 3 Tuesday 18 July to Friday 22 September
Term 4 Tuesday 10 October to Friday 15 December

OTHER IMPORTANT DATES

Tuesday 21 March - School Photos

For details of school events throughout the year go to our online calendar.
The following children have celebrated their birthday since our last Newsletter:

**ALYSSA WILSON**

**HAPPY BIRTHDAY FROM ALL OF US**

### CANTEN ROSTER
Leanne Harris Coordinator Ph 66281990

Please last year’s price list until the new list is finalised. This can be found on the school website under the Parent Information tab.

<table>
<thead>
<tr>
<th>Date</th>
<th>Duty Starts at 9.00am</th>
<th>Healthy Snack Donation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The following children have celebrated their birthday since our last Newsletter:

**ALYSSA WILSON**

**HAPPY BIRTHDAY FROM ALL OF US**

### SCHOOL BANKING DAY
is WEDNESDAY

Maths Assessment Interviews 2017

Thank you to all the parents for their support in allowing us to complete the MAIs with ALL students. As a follow up it is possible to seek feedback from their pastoral teacher to give you ideas of how they scored and where the learning focus will be.

In class we will utilise these results to form flexible groupings where appropriate to support learning. Students in S1 & s2 will be given specific EMU (Extending Mathematical Understanding) time if they are ‘vulnerable’ in any area. These students receive small group sessions with an Intervention teacher to overcome the difficulties they might face in Counting, Place Value, Addition & Subtraction and Multiplication & Division. Mrs Lidbetter and Miss Miles will be undertaking training in this aspect during Term 1. Mrs Seymour is also trained.

### ALTAR SERVERS ROSTER

**Saturday 11 February:** Sarai Sandral, Cavan Thompson, Elise Hatchman, Patrick Thompson, Niamh Thompson

**Sunday 12 February:** James McElligott, Declan Robinson, Seb Astone, Teo Astone, Rebecca Green

### CHILDREN’S SUNDAY LITURGY
12 February 2017:

- Alstonville 8.30 am: Tanya & Lee Pagotto
- Wardell—5.30 pm: Kerry Turpin