From the Principal
Season of Lent: Recently, the entire College community participated in a liturgy signifying Ash Wednesday as the beginning of LENT. The Ashes’ liturgy was replicated in each Pastoral class as all members of the community will received their ‘ashes’ as a mark of remembrance in preparation for the joy of Easter. The liturgy allowed us time to reflect on our relationships: those with our God, family and friends, and renew our understanding and confidence with each other. LENT truly is a time of REFLECTION, RECONCILIATION and RENEWAL.

College Building Program: You may have noticed that there has been the erection of the new College Hall and the demolition of the old hall. Our Stage One building program is well underway. The College hall is due for full completion by Easter and the two-storey TAS building is ahead of schedule with footings and slabs being laid. Our hope is that this building will be fully completed by the end of this year.

Parent Advisory Committee: There are eleven members to this Committee who are a core body of parents whose role is to act as advisors for the College Leadership Team. Advice is sought on educational, financial, building and student welfare issues. The issues raised will be posted in the College bulletin the following week. NOTE: There are positions vacant on this committee as we farewelled a number of prior members. Any parent interested in being a parent representative please forward your nomination, via email, to Julie.fletcher@syd.catholic.edu.au by Monday 29th, Feb. I thank those who have submitted an interest to date. The opportunity to put your hand up is still available. A mix of dads and mums is needed for our committee. Whether you are new to the College or an old hand you are welcome to apply.

New Staff and Positions at the College: On behalf of the community I would like to welcome the following new teachers to the College. Mrs Charmaine Guthrie who takes up the position of College Counsellor, Mrs Justine Morris joins the Learning Support and English faculties, Ms Karina Pemberton and Ms Rebecca Monohan join the TAS faculty, Mrs Alicia Wilkinson joins our English faculty and Ms Martha Kazzi is welcomed to the Maths faculty. We wish each an enjoyable and fruitful time in their positions this year and future years to come.

Special Note: I would like to remind all parents that from time to time we are required to provide student details and background data to Government agencies. Generally this is for Census purposes twice a year.

Mr Damien Carlton
Principal
From the Assistant Principal - Mr Michael Donnelly

Every student in the College has a device that they are meant to have with them every day of the week. Many students also carry a phone or an iPod on them as well. This raises a number of concerns regarding security of personal devices and students being careful in protecting them and using them sensibly.

I would encourage families to adopt a few strategies that help reduce the temptation for others to steal or interfere with personal devices:

• Ensure that the device is locked and can only be opened with a password. Don’t share your password with other people.
• Where possible engrave your ID onto the back of the device.
• Make sure you record the serial number of the device in case it goes missing.
• Install the “Find my iPhone” app. Make sure it is activated on your device. This can be done through settings. Log into www.icloud.com and view the Find my iPhone / iPad program.

These won’t stop a theft but they might aid in recovering devices. Students should also ensure that they are always carrying their devices in their protective cases. They need to be careful with their bags that they are not throwing them around or leaving their devices on the floor.

I need to remind all students around expectations to do with technology. I ask parents and guardians to discuss these expectations with their children.

• Students are not to be using their phones for calling or texting during school hours.
• Students can only take videos or photos at school if they have the permission of a teacher. Students using their phones incorrectly at school will have them confiscated and could also receive a detention.
• Students are not to be using their laptops in the playground.
• Students who upload images taken at school onto social media will face suspension.
• Serious offences involving the use of technology can result in the police being called to resolve issues.

I thank you for your support of these important expectations.
**Curriculum News - Mrs Christine Harding**

**Year 7WT Newman Parent Information Evening**
On Tuesday 1st March 2016, the College will be running a Parent Information evening to discuss the Newman Program for 2016. The evening will include a presentation of information on the Newman Program for 2016, the social and emotional needs of gifted students and some strategies for how to survive high school.

*This event will be held on Tuesday 1st March 2016 at 6pm in the Theatrette.*

**Year 11 Study Skills Evening**
Every parent would like to see students achieving their personal academic best at school. Knowing how to work efficiently can help students navigate the mire of academic demands in secondary school in a stress-free way. All parents and students of Year 11 are invited to attend the Year 11 Study Skills Evening. This evening covers a wider range of study skills including study techniques and more time management issues.

*The Year 11 Study Skills Evening will be held on Monday 7th March at 7pm in the PRIMARY school Hall (entry is via Banksia Ave).*

**Assessment dates for Week 6, 29th February - 4th March 2016**
The following assessment dates are due in the upcoming week:

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<thead>
<tr>
<th>Year 12</th>
<th>SLR, CAFS, Business Studies, Food Technology, Music, Marine Studies</th>
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<tr>
<td>Year 11</td>
<td>Modern History, Business Services, Design and Technology, Catholic Studies</td>
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<td>Year 10</td>
<td>Drama</td>
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<td>Year 9</td>
<td>Geography, Drama</td>
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<td>Year 8</td>
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<td>Year 7</td>
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**Project Compassion**
From the Religious Education Coordinator - Mrs Moira Loader

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Congratulations to Savio House which is the leading Pastoral Class this week.
Thanks for all your efforts for Project Compassion.
A negative side effect of the increasing use of technology in schools has been the deterioration in handwriting skills. As students, at this point in time, are required to sit for written exams, these skills are still extremely important. Over the following weeks, the newsletter will contain suggestions to improve handwriting.

**IMPROVING HANDWRITING**

To improve handwriting, students need to first assess how healthy they are in the four elements of legible handwriting: letter formation, sizing, alignment on the line, and spacing between words. Then they can use the steps below to start to improve their handwriting.

**TIPS FOR STUDENTS TO IMPROVE HANDWRITING**

**FIND BEST PEN:** Experiment with different pens to see which is the easiest to write with and which one gives you the neatest handwriting. Use the same pen all the time.

**GOOD GRIP:** Hold the pen gently and do not grip too tightly or push too hard on the paper.

**USE ARM MUSCLES:** Always write with your forearm and shoulder NOT with your fingers or wrist. This way your strokes will flow much better. It may take you some time to retrain your arm and hand but be aware of these movements when you practise. The muscles in your forearm and shoulder tire less easily than your fingers.

**BEGIN WITH LARGE STROKES:** practise initially on a whiteboard (or even tracing letters in the air) using large strokes until you feel comfortable with using your forearm and shoulder muscles. When you feel you have conquered this, it is time to begin practising on paper. Keep using large strokes, gradually reducing them in size as your control of the muscles increases. Once you have accomplished this it is time to begin practising in your exercise book forming normal sized letters.
What is World Youth Day?
World Youth Day (WYD) is a worldwide encounter with the Pope, which is typically celebrated every three years in a different country. The most recent WYD was in Rio de Janeiro, Brazil. WYD is an opportunity to experience the universality of the Church; to share with the whole world the hope of many young people who want to commit themselves to Christ and others. World Youth Day is a unique way to deepen your faith and grow closer to Christ, by means of prayer and the sacraments, together.

Before arriving in a foreign country it’s good to know some key phrases. Each week a new phrase will be given to help our pilgrims learn more about the Polish language. Phrase of the week: Dziękuję - Thank you!

English News - Mrs Jessica Fraser - Acting English Coordinator

During 2016 English students in Year 7-10 at St John Bosco College will be using the WordFlyers program to support the development of their literacy skills. Year 7 and 9 will be working through the WordFlyers program one lesson every fortnight, in conjunction with their Wide Reading Program and in Year 8 and 10 the teachers will be using the program as a homework activity.

All students have received logon information via an email and are able to email or speak to their class teacher if they are experiencing any difficulty. This program is similar to the St John Bosco Primary School program Reading Eggs, where students work individually through reading and comprehension activities to improve their literacy, spelling, punctuation and grammar.

What is WordFlyers?
WordFlyers is an innovative literacy teaching and learning resource designed for use with students in Years 7 to 10. Built around a unifying theme of travel, the resource has been constructed to appeal to a range of student interests, with sub-themes and topics such as adventure, sport and identity developed in a mature, ‘real-world’ manner. The curriculum content of the resource is derived from the Australian Curriculum: English, specifically the Language and Literacy strands but also, to a lesser extent, the Literature strand. WordFlyers comprises Australian content for Australian schools, with topics and texts that reflect Australian students’ experiences of the world and provide connections with local, national and global communities.


Please look at the WordFlyers website for further information:
At the beginning of the year the textiles students started a task that would change their opinion on the fashion industry forever. It was a task created in groups of 2-3 students; some took the challenge and went on their own. The assessment was to revamp and deconstruct a garment that was second hand. The garment had to have an inspirational quote created by the students to capture modern fashion issues with teenagers. The types of issues the students researched were body image, modesty, fashion trends, social media and teenage health issues. The task was to give the Yr 10 textiles students a new outlook on the fashion industry, making them focus more on the darker side of the fashion society. This task let the students explore new techniques and options when looking at the fashion world, and the pressure teenagers are under to follow current fashion trends.

“With this task each of us had different challenges to overcome. My challenge was to expand the knowledge to girls on body image. With using my old and used dress to deeply express the “fakeness” in edited beauty. My idea was to rip the bottom and bead the top, to show the different stages of feeling beautiful.”

“...creating a fake appearance of yourself, and that's what I explored in this task.”

Madison Larsen

“'Our creativity has been expanded and our comfort zones were pushed as we thought of many creative and inspiring designs to create. We had lots of fun and enjoyed this project inspiring us as young adults to experience what our female fashion has been developed from and what it is now faced with”

Estelle Friendrich

Projects can be found in the library.

Hi, my name is Bianca Scully and I’m participating in World’s Greatest Shave 2016.

This is a cause that is very close to my heart and helps raise money for the Leukaemia Foundation. I’ll be cutting and donating my hair as well as shaving it, (not completely). This will all occur on 7th March in the playground at lunch. A little goes a long way. If you would like to sponsor me, please go to the link below:

https://secure.leukaemiafoundation.org.au/registrant/FundraisingPage.aspx?Referrer=%26Referrer%3dhttp%253a%252f%252fworldsgreatestshave.com%252f&RegistrationID=621719#&panel1-1

Alternatively there is a bucket at the front office for donations and buckets will also being passed around at lunch time in the Yr 8 yard.

Thank you for your support.
The St Vincent de Paul Sutherland Regional Council is hosting the inaugural 2016 Gala Fundraising Dinner and Auction at the *Sutherland Entertainment Centre on Friday 29th April 2016 from 6.30pm.*

The dinner and auction night will be an evening to raise funds for the financial and caring support for those we assist.

The Engadine Conference is organising a table and wish to invite you, your family and friends to the evening.

This fundraiser promises to be a fun-filled night of great food, superb prizes and music by the St Patrick’s College school band, perfect for a night out with friends or family in support of a good cause.

Hosted by Sydney’s favourite broadcaster, Mike Bailey

The cost per person is $100

Guests can look forward to both live and silent auctions and a range of exciting raffle prizes

If you would like to book a table or further information please do not hesitate to contact me on 0417 141 517 or by email denise.gittoes@yahoo.com

Looking forward to hearing from you

Denise Gitoes
Engadine Conference

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**Uniform Shop**

Uniform Shop will be open every Wednesday of Week 1 from 3.00 - 3.45pm and then every Friday morning of Week 2 from 8.45am - 9.30am.

**THE NEXT OPEN DATES ARE** FRIDAY 4TH MARCH

**AND WEDNESDAY 9TH MARCH.**

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**Singing Lessons**

Teacher: Elizabeth Bridges PDipAGM

Learn singing in a friendly environment with experienced teacher Lizzie. Beginners to advanced and HSC welcome.

½ hour - $20   45mins - $30   1 hour - $40

**Trial lesson free of charge**

Contact Lizzie

Mobile: 0430389546

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**Canteen**

**Monday 29th February**

**Help Needed**

**Tuesday 1st March**

Lisa Walsh

**Wednesday 2nd March**

**Help Needed**

**Thursday 3rd March**

Vicki Abela

**Friday 4th March**

Leisa Lockton

**Monday 7th March**

Geoff Jones

**Tuesday 8th March**

Kaye Massey

Marg Patterson

**Wednesday 9th March**

Claire Boyde

Leonie Stone

**Thursday 10th March**

**Help Needed**

**Friday 11th March**

Marion Flanagan

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Gaudium et Spes - Joy and Hope
From the REC - Mrs Moira Loader

Lent: FAST and FEAST - A Reflection

Fast from pessimism; feast on optimism.
Fast from criticism; feast on praise.
Fast from self-pity; feast on joy.
Fast from bitterness; feast on forgiveness.
Fast from idle gossip; feast on purposeful silence.
Fast from jealousy; feast on love.
Fast from discouragement; feast on hope.
Fast from complaining; feast on appreciation.
Fast from selfishness; feast on service.
Fast from fear; feast on faith.
Fast from anger; feast on patience.
Fast from self-concern; feast on compassion for others.
Fast from discontent; feast on gratitude.

What are you fasting from during Lent?
Bosco students will have the opportunity to receive the Sacrament of Reconciliation during this Lenten Season.

Preparation for the Sacrament (2nd Rite) will occur during a scheduled RE class. The students will communally reflect on the Scripture, then work through an Examination of Conscience. Fr Pete will hear individual confessions and absolve students of their sins during the following RE lesson.

A reminder about Lenten Penance
(From our Archbishop: Anthony Fisher OP)

Jesus began his ministry with the exhortation: “Repent and believe the Gospel” (Mk 1:15).
Repentance means rejecting sin and turning back to God. Prayer, self-denial, and works of charity are the concrete expressions of repentance, reminding us of our need for God and alerting us to the needs of others.
Special times of penance help establish the habit of penance and unite us to Catholics throughout the universal Church.

Therefore during Lent and on the Fridays of the year, we do penance, not only on our own account, but also in the name of the Church and of the world. We must take seriously our penitential obligations and be sure to carry them out. The Australian Catholic Bishops’ Conference has not restricted our penance to fast and abstinence; in all cases, it has left room for our own responsible choices.
We should carefully select the form of penance that we consider most appropriate for our own circumstances and growth in the Christian life.

DAYS OF PENANCE

1. Abstinence from meat (age 14+), and fasting (ages 18-60), are to be observed on Ash Wednesday and Good Friday.
2. On all other Fridays of the year including the Fridays of Lent, the law of the common practice of penance is fulfilled by performing any one of the following:
   (a) 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.
   (b) self-denial – for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one’s own country.
   (c) helping others – for example, special attention to someone who is poor, sick, elderly, lonely or overburdened.

PASCHAL PRECEPT - Each of the faithful is obliged to receive Holy Communion at least once a year. This is to be done between Ash Wednesday and Trinity Sunday, 22nd May, 2016 unless for a good reason it is done at another time during the year.

All the faithful are obliged to confess their grave sins at least once a year.