19th February 2016

Dear Parents and all in the McAuley Community,

Seek the Face of Christ.
In the entrance to the College Foyer hangs a beautiful image of the Face of Jesus. As I gazed at the iconic face and eyes this week, I reflected on the very existence and history, not only of our College, but of the wonderful story of Christianity itself. Without this face, this person behind the face, and the great gifts of faith and community he left for St. Paul of Tarsus to grow, we would not be celebrating possibly in the same way as the McAuley College Community did this past week.

Last Wednesday we entered the season of Lent with the distribution of ash on our foreheads to mark each Catholic’s baptismal call to follow Jesus. In forty days we enter the Easter story of the Cross. In today’s increasingly secular society I often think walking around on Ash Wednesday with a large black sign of the cross on your forehead marks you in the shopping centre as someone who is different.

And of course it does, because it says to all we encounter that we are Christ Followers (Christians). But it’s also important to understand what the cross symbolises and what this holy season of Lent is preparing us for.

What is Lent preparing us for?
Ask any student who sits in a Catholic school and most automatically connect Lent to the season of Easter as a time of preparation. But preparation for what? For many this is a more challenging question.

“Lent is a time to seek the face of Jesus” Fr Ken Barker writes in his Lenten reflection this week. He says it is an important time to be open with ourselves and God and be prepared to encounter the Risen Christ more fully, just like St. Paul’s conversion experience on the road to Damascus. In other words we need to open ourselves for change in our life this Lenten season. We make it very explicit at McAuley that the Catholic Mission to spread the Good News of Jesus is truly alive through many encounters and opportunities we offer.

How can the McAuley Community Seek the Face of Jesus this Lent?
Lent offers us the opportunity to stop and reflect and think more deeply about our faith, our community and our world. In the thinking though there is also a call to action! For me I often connect Lent to my childhood memories growing up in Canberra and the rugged Irish Catholic Lenten observance my father ensured our family followed with sacrifices like giving up lollies, ice cream or sugar during Lent (though not all at once thankfully!!).

The Church uses the word “abstinence”, meaning to abstain from or to give up. It is an ancient practice that is still in use today. I think it is a reminder of the painful sacrifice and death that Jesus endured in the Passion. The flipside to the abstinence rule though is the option to “taking up things”.


McAuley offers many practical opportunities to be involved and “take up” the Lenten challenge for all staff and students to know the Face of Jesus more intimately.

- Some come in obvious ways like the visit to our beautiful churches in our Parish to pray and partake in Eucharist or reflection like our new Year 7 group will next week.

- Or, it may be our seniors working on the Friday BBQ Trailer ministry in South Grafton serving lunch to those in need.

- All students have the Project Compassion collections in Homerooms to collect money for Catholic sponsored charities both within Australia and to neighbouring countries in need.

- Staff beginning Lenten Prayer Group using our new Mercy Reflection Garden on a Thursday morning making time for prayer.

Whatever your choice, encourage your children to “take up” the Lenten challenge as we move closer to seeking the face of Jesus in the Passion story this Easter.

With Blessings for the fortnight ahead

Mark O’Farrell,
Principal

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PARENTS AND FRIENDS MEETING
Many thanks to wonderful turnout of Parents at this week’s P&F Meeting.
I was knocked over to see so much interest shown.
An invitation to any Parent, these meetings are held every THIRD TUESDAY of the month at the College Office.
Minutes of Monthly meetings are placed on the College website in the Newsletter Attachments section.
Any questions please contact Megan Summerell, P&F President.
msummerell@lism.catholic.edu.au
Mark O’Farrell, Principal
FROM THE ASSISTANT PRINCIPAL

Dear Parents, Guardians and Students,

Mobile Phones

There has been an increasing number of students using their mobile phones during school time. This is causing interruptions to learning in the classroom, social relationships and disagreements between staff and students. It is disappointing and frustrating to take phone calls from parents and carers requesting phones be returned BEFORE the end of the school day - which indicates that the student has used another phone to make contact with home.

Our mobile phone policy is outlined below

Mobile Phone Policy

The bringing of phones to the College by students is discouraged and their subsequent use during school hours is prohibited. Parents or carers who wish their children to carry a phone for safety or emergency purposes should abide by, and ask their children to abide by the following guidelines:

- Phones, if brought to the College, must be switched off on arrival at school in the morning and may be switched on again after classes at 3.10pm.
- If it is necessary for parents or carers to make contact during school hours it can be done in the usual manner through the School Office.
- Students will not lend their phones to other students during school hours.
- Students found using phones during school time, either to make or receive calls or messages, or if the phone rings during class time, will have their phones confiscated and parents or carers will need to come to the College to retrieve the phone. The phone will be returned to parents or carers ONLY, and will NOT be returned to students.

Mobile phones are valuable items and the responsibility for them rests with the owner. They should be kept in a secure place during school hours. No responsibility will be accepted by the College for the loss or theft of a phone.

Pastoral Information

Keeping up to date with Teenagers and their wellbeing is ongoing for parents and teachers and numerous other groups in society. As I have said in Newsletters over the last few years I subscribe to a few newsletters and websites that focus on youth and their wellbeing. One of these is Generation Next - I recommend this newsletter and website to you http://www.generationnext.com.au/

Mental health

Information sheets from Headspace are available from the waiting area in the College Front Office. Topics covered are: Information for Parents and Carers (Mental Health); Self-harm; Grief; Grief - How young people might respond to suicide; Grief - How Aboriginal and Torres Strait Islander young people might respond to suicide; How to talk about suicide with young people; Identifying risk factors and warning signs for suicide; Websites for headspace are: www.headspace.org.au and www.eheadspace.org.au
College Counsellor

It is with pleasure that we announce the increase in hours of our Counsellor, Dr Jo Kelly. We have been able to employ Jo for 4 days per week this year which should help us cater for the growing number of students needing to access her services as well as offer some staff training and support. Access to the counsellor is through referral from the Year Co-ordinator, parent or self referral.

Uniform

The majority of students have started the school year wearing the correct College uniform. Thank you to the parents and students who have supported the College in this area. Unfortunately, some students are wearing a variety of items that do not comply with the uniform policy.

The student Code of Conduct signed by parents and student on enrolment states

*Pride in our College is expressed in all areas of school conduct. As such, you are expected to:*

- Show pride in the way in which you wear your school uniform. The full College uniform as described in the Student Diary is to be worn to and from school and at all times during the school day

The uniform policy can be accessed in the diary (pg 11 - 13) and on the website

**Problem areas include** - sports shorts, socks, jewellery, hair, shoes. Students, both boys and girls, with hair at collar length need to have their hair tied back. New sports shorts (see below) are now available at the uniform shop. White socks are to be worn on sport days. Girls are to wear white ankle socks with their school uniform on other days, jewellery is limited to a watch, a single neck chain and one small ring and up to 2 earrings per ear - small sleeper or studs. Other piercings are not permitted and students will be asked to remove these. Support from parents regarding uniform would be greatly appreciated.

**Please Note:** New sport shorts are being phased in gradually. As your child grows out of their current sport shorts we ask you replace with the new sport shorts.

General information and Reminders

- **School Photo Catch up day** - Monday 22nd February
- **Year 7 and New Parent Social Evening** - Tuesday 23rd February @ 5.30 - Please come along to meet staff and other parents
- **The General Permission note** is due back ASAP. It is vitally important that we have up to date information on our system, particularly contact details.
- **College Social** - Tuesday 1st March 6pm - 9pm. Notes to go home.
- **Immunisation** for Year 7 is the 23rd March. All forms need to be returned to the College office before this day.
- **Excursions** - Excursions and sporting trips are starting again so I would like to remind parents and students that all notes and payments are to be submitted by the due date stated on the note. Late notes and payment will jeopardize the student’s attendance on the excursion or sporting event. Please note: payment and notes will not be accepted on the day of the event.

Kate Thomson,
Assistant Principal
FROM THE A.P. MISSION

Project Compassion

Students are encouraged to continue giving to Project Compassion during the season of Lent. Each homeroom has a Project Compassion box and within Pastoral Care and Religion lessons students are exploring how this money is being used to bring renewed hope to the world’s poorest people empowering them to learn more and create change. The graphics below highlight just some example of how the donations are used.

For more information please visit http://www.caritas.org.au/projectcompassion.

Year 7 Reflection Day
Tuesday, 23rd February Year 7 will attend their annual Reflection Day. The day is based on the theme of Unity and aims to encourage rapport and a sense of belonging with the Year 7 students who have come to McAuley from different primary schools. The day will include a prayer service, excursion to the Church, creating connections between the Parish and the College, group activities, morning tea and BBQ lunch. We have decided to take the students to Kirshner St instead of Cowper. However, if it is raining we will continue to go to Cowper after visiting the Church.

Students are to wear their sports uniform including hats and bring their own water. Students who have special dietary requirements will need to bring their own lunch as well. Please bring your belongings in a small bag as no school books will be required. No permission note is required as the Reflection Day is covered by the General Permission Note. However, if you have not returned your General Permission note, ensure this is back to the College by Friday. All students are expected to attend what we hope will be a valuable day as we work together to form new bonds and create new beginnings.

Opening and Blessing of the New Altar at St Carthage’s Lismore
Parents and students are invited to the Opening and Blessing of the New Altar at St Carthage’s Lismore on Monday, 22nd February. The blessing starts at 7pm and the College will be taking a bus and leaving the College at 4.30pm. If you are interested in attending please email me and let me know by Friday.

LEAD
The LEAD Student Conference will be held her at the College Thursday 10th and Friday 11th March. This Conference is for students from Year 11 and 12 who are in the Senior Youth Ministry Team or have been involved in the CSYMA classes when they were in Year 9 or 10. LEAD will be conducted by the CSYMA National team, a Team of young people engaged in a year of faith and mission throughout Australia . LEAD seeks to resource Youth Ministry Student Leaders to return to the College ready to share their faith with their peers.

Notes and an email advertising this event have been distributed to students and notes and money must be returned by Monday, 22nd February.

Parish Mass
We welcome and encourage all families to gather each month to celebrate our Parish Youth and Family Mass. Our first mass will be celebrated at St Mary’s Church, Sunday 28th February at 5pm.

Kathy Warby
A.P. Mission
LIBRARY NEWS

As many would know it was with great sadness in late 2015 that the Sisters of Mercy closed the old convent in Victoria St, Grafton. However, we have been very lucky to receive a number of boxes of memorabilia from Sister Jenny Hartley that specifically relate to one of our predecessor schools, St Mary’s College.

A selection is now on display in the college library and includes many books associated with our namesake, Catherine McAuley, memorabilia including old badges, uniforms, flags etc. and picture boards displaying St Mary’s principals and duxes. Members of our extended school community are most welcome to come and have a look at the display which will remain in place until the end of Term 1.

Mark Bellamy

SPORT

Year 9 and 10 will begin their elected Sport choices for Term 1 in Week 6. It is imperative that they are organised and well-prepared for each Thursday. Some Sports require payment and/or extra equipment to participate. Students are only allowed to swap sports if they complete the change of sport form on moodle and have a valid reason. Students who fail to pay for venues, are unorganised or don’t participate, will be removed from that sport and changed to another with less commitments.
YEAR 7 IMMUNISATION DATES 2016

23rd March
Gardasil (HPV) Dose 1 to all students
Boostrix (diphtheria, tetanus and pertussis)

25th May
Gardasil (HPV) Dose 2
Varicella (chicken pox)
Boostrix and HPV - catch ups if required

19th October
Gardasil (HPV) Dose 3
Boostrix, Varicella and HPV - catch ups if required

All parents will receive information packages and consent forms two weeks prior to commencement of the program.

MASS TIMES

St. Mary’s - Grafton
Saturday Vigil 6pm
Sunday Mass 8am

St. Patrick's – South Grafton
Saturday Vigil 6pm
Sunday Mass 9.30am

Cowper
Sunday 8am Mass

Copmanhurst
First and third Sunday of the month at 10am

CANTENE ROSTER

February
Mon 22  Help Needed
Tue 23   L. Lougher
Wed 24   Help Needed
Thu 25   B. Walker
Fri 26   A. Geary
Mon 29   Help Needed

March
Tue 1    L. Lougher
Wed 2    K. Barnett
Thu 3    B. Walker
Fri 4    A. Geary
Mon 7    J. Arnott
Tue 8    L. Lougher
Wed 9    Help Needed
Thu 10   Help Needed
Fri 11   M. Ross

DATES TO REMEMBER

February
Mon 22  School Photo catch up afternoon
Tue 23   Year 7 Reflection Day
Thu 25   Year 7 and New Parent social evening

Sport

Parents Meet and Greet Social

Parents and Guardians who are new to our College community are invited to a social meet and greet with drinks at the College.

Tuesday, 23rd February 2016
5.30 PM at the College Hall

If you are available to attend, please RSVP to Katrina Toovey
ktoovey@lism.catholic.edu.au
CATHOLIC SCHOOLS WEEK 6-12 MARCH 2016
I belong. You belong. We belong.
catholicschools.nsw.edu.au
YOUTH MASS 2016

5PM MASS, FOURTH SUNDAY OF THE MONTH, ST MARY’S GRAFTON.

YOUTH GROUP ACTIVITIES FROM 6PM.
CHECK FACEBOOK PAGE FOR LATEST INFORMATION!
The Family Relationship Skills Program (FRSP) is funded by the Federal Government and aims to reduce the levels of stress experienced within families.

**At No Cost to You!**

Our courses are available **free of charge** to families in the Clarence, Bellingen, and Nambucca Valleys and Coffs Harbour area with no referral necessary.

**Free childcare available** (bookings essential)

Contact FRSP at CRANES: 6642 7257
Bookings are essential

**Let us help you be the parent YOU want to be!**

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**CRANES Community Support Programs**

3-7 Prince St, Grafton

phone: 02 6642 7257
website: www.cranes.org.au
email: admin@craness.org.au
mailing address: PO Box 889, Grafton 2460

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Family Relationships Skills Program
Term 1 2016
Bringing Up Great Kids
6 Consecutive Wednesdays
10th, 17th, 24th February
2nd, 9th, 16th March
9.30am-12.30pm
CRANES’ Pullen Centre
3-7 Prince St, Grafton
A comprehensive program for parents covering, age development, communication, understanding behaviours, stress, rules and consequences and much more.
For more details visit
http://www.childhood.org.au

Surviving Parenthood
1 Day Workshop
Wednesday 6th April
9.30am-12.30pm
CRANES’ Pullen Centre
Prince St, Grafton
This self-care workshop offers de-stressing strategies and a supportive place to share parenting experiences with other parents

Tantrum Toolbox
1 Day Workshops
Thursday 18th February
9.30am-12.30pm
CRANES’ Pullen Centre
Prince St, Grafton
Thursday 25th February
9.30am-12.30pm
Maclean TAFE Room A1.10
Woombah St, Maclean
Thursday 31st March (evening)
6.30pm-8.30pm
Jacaranda Preschool
61 Kelly St, South Grafton
Parents are provided knowledge and skills about the causes of tantrums and how to manage them

Who’s in Charge?
4 Session Workshop
Thursdays 3rd, 10th, 17th & 24th March
9.30am-12.30pm
Maclean TAFE Room A1.10
Woombah St, Maclean
Wednesdays 16th, 23rd, 30th March & 6th April
9.30am-12.30pm
Cavanbah Centre
191 Harbour Dr, Coffs Harbour
A group for parents whose child’s behaviour is aggressive and out-of-control.
Aimed specifically for the teen and pre-teen age group.

Understanding Your Child’s Brain
Friday 18th March
9.30am-12.30pm
Corindi Public School
Coral St, Corindi Beach
Learn about brain development, what motivates and drives behaviour

Loving Your Angry Teen
Wednesdays 23rd & 30th March
9.30am-12.30pm
CRANES’ Pullen Centre
Prince St, Grafton
Learn about the adolescent brain, the causes of anger, social and peer pressures and how parents can help

Keep Calm & Communicate
Tuesdays 16th & 23rd February
9.30am-12.30pm
CRANES’ Pullen Centre
3-7 Prince St, Grafton
1 Full Day Workshop
Tuesday 22nd March
9.30am-3pm
The Bellingen Youth Hub
Cnr Church and William St, Bellingen
The workshop provides tips for parents on remaining calm and finding effective ways of communicating that can help reduce and manage conflict in the home.

The Teenage Brainstorm
Tuesday 29th March
9.30am - 12.30pm
The Bellingen Youth Hub
Cnr Church and William St, Bellingen
The workshop focuses on the changing adolescent brain; information that can help parents understand changes in their teen
You will stay with your host family in their home, get to know them, see their town, meet their friends and enjoy their favourite activities. You will probably try new foods, play new sports, see new places, have a unique experience and make lifelong friends!

Lunch-time Information Meeting

Date: Wednesday, February 24
Time: 1pm
Location: T5

To find out more information please contact:

Mrs Bartholomew