Dear parents,

I received an email earlier this week from a publication called ‘Along the track’, written by Jim Quillian for the Diocese of Sale catholic schools. He writes thought provoking articles that challenge us to think about things from a different perspective. The following is an excerpt of this week’s article.

“There is a marvellous film on Youtube in which some children are asked to sit at a table in a room on their own for five minutes and not touch the marshmallow that is in front of them. If they don’t touch it, they get another one. Some of them go through agony, desperately trying to ignore it, a few last the distance but most just give in and eat it! The aim of the exercise is to try to work out why some resisted the temptation and others didn’t.

In his best-selling book Man’s Search for Meaning Viktor Frankl wrote: “Everything can be taken away from a person but one thing: the last of the human freedoms — to choose one’s attitude in any given set of circumstances, to choose one’s own way.” In other words, we choose how we will approach, this person, this situation and why we will make this choice. Shifting blame has become an art form in many levels of life, not the least in the field of politics. But the truth is, however, your attitude and mine are always our choice. No matter how bad things are, no one can force us to have a bad attitude, or a good attitude either. Our attitudes don’t have to be victims of our circumstances or of other people’s conduct. We choose our responses.

Lent gives us the gift of reflecting on the choices we make and why and how we make them. It gives us the chance to reflect with some maturity on the attitudes we have built up over the years. Lent is about making new starts, about a change of mindsets and habits, about re-ordering priorities. Lent is about sensitising ourselves to God’s daily call to ‘live life to the full’ and how we enact that in our daily life.

Lent reminds us that there is a restlessness within each one of us that needs to be satisfied. It isn’t a compulsive greed for every experience we can chase after; that may be a hallmark of younger years but rather it is a call to move on, to keep searching, to keep going deeper. That can be the catalyst for a more mature and responsive faith. That restlessness is a gift of the Holy Spirit, the one who also gifts us with the urge for charity, for a generosity of spirit and kindness, for joy and peace of mind, for patience, endurance and constancy when the going gets tough, the underlying urge to do good, even if we don’t manage to do that every time the occasion arises. It is the gift of self-control and faithfulness when we are drawn towards unfaithfulness in our commitments. These are gifts, the seeds of the attitudes which we can choose and develop – they are on offer when God invites us to live life to the full, to help us choose our way.”

In this Lenten season help us to keep searching and find our way to a deeper faith,

Kind Regards
Jodie Ware
Happy Birthday to those who celebrate birthdays this week.

Colby

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| **Sunday 1\textsuperscript{st} March** | 10:00 am Mass  
Presentation of candidates for Sacrament of First Holy communion. |
| **Monday 2\textsuperscript{nd} March** | **Phys Ed** has been changed to this day, for Prep/1, grade 2/3 & grade 5/6 classes. Students are to wear their sports uniform. |
| **Tuesday 3\textsuperscript{rd} March** | Wellington division swimming Carnival @ Sale Eucharist meeting for parents & Students @ 7.00pm. |
| **No Phys Ed**     |                                            |
| **Wednesday 4\textsuperscript{th} March** | School Mass at 10am led by Grade 2/3. All family and friends welcome |
| **Phys Ed** for grade 4’s has been changed to this day, all grade 4 students are to wear their sports uniform. |
| **Monday 9\textsuperscript{th} March** | Labour Day Holiday |
| **Wednesday 11\textsuperscript{th} March** | Social Club AGM 7.00pm |
| **Thursday 12\textsuperscript{th} March** | Casual Clothes Day bring an Easter egg |
| **Tuesday 17\textsuperscript{th} March** | School Board AGM |
| **Tuesday 24\textsuperscript{th} March** | Athletics Coaching with Mr Denis Huffer at St. Mary’s PS |
| **Friday 27\textsuperscript{th} March** | Last Day of Term 1 |

**BOOK CLUB**

Book Club orders are due back on Friday 13\textsuperscript{th} March

**PHYSICAL EDUCATION**

Last week the students enjoyed a soccer clinic with Coach Mr. Sheldon Lazaroo.
WELLINGTON DIVISION
SWIMMING CARNIVAL
Good luck to Zack, Ebony, Kirsty, Charli & Lily on Tuesday at the Wellington Division Swimming Carnival.

Heather Flynn.
Phys Ed Coordinator

RELIGIOUS EDUCATION

BISHOP ORDINATION

David, Sebastian and Grace, at Bishop Pat O'Regan Ordination.

Whole School Mass
Wednesday 4th March @ 10.00am
St. Mary’s Church.
Grade 2/3 leading the Mass
All family and friends welcome.

Sunday March 1st 10:00 am Mass
Presentation of candidates for Sacrament of First Holy communion

NOTIFICATION OF CHANGE
We are kindly asking that if your child or children's normal routine of going home changes, that a note be written in their diary or elsewhere. We understand if this is not always possible.

CASUAL BUS PASSES
48hrs notice is required for casual bus passes. Passes are available from school office.

Chocolate Yum Yum Balls
The cooking group are selling yum yum balls tomorrow at recess.
20c each
only 60 balls available

SOCIAL CLUB & BOARD NEWS

ST. MARY’S HOT CROSS BUN DRIVE
Order forms were sent home this week for Hot Cross Buns. The Yarram Bakery is also offering Choc Chip Hot Cross Buns for the same price.
Please add choc chip to the order form if you would prefer them.
$7.00 per ½ dozen

Head lice
We have had reported a few cases of head lice in our school. To help prevent the spread of head lice we ask that you please check your child/children’s hair on a regular basis. Lice are much easier to treat if caught early.
SOCIAL CLUB AGM is on Wednesday 11\textsuperscript{th} March at 7.00pm. We ask that a member from each family is present at this meeting.

SCHOOL ADVISORY BOARD AGM is Tuesday 17\textsuperscript{th} March at 7pm in the staffroom. This is a great opportunity to see the important roll our board does in looking after our school. Hope to see you there.

The preps and grade 1’s were presented with their buddies at assembly on Monday. After assembly they all spent time together in the classroom reading books and enjoying their morning snack.

Mass- Sunday 1\textsuperscript{st} March, Yarram 10.00am