



©St Kieran's Catholic School Manly Vale

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Date: 5 February 2016

Looking ahead Term 1

Week 3	Week 4	Looking Ahead <i>continued</i>
<p><b>Tuesday 9<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>Shrove Tuesday (Pancake Day)</li> </ul> <p><b>Wednesday 10<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>Ash Wednesday Mass 10am</li> </ul>	<p><b>Tuesday 16<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>Kinder/Yr 1 Literacy Parent Ed 7 – 9pm</li> <li>Friday 19</li> <li>2pm Assembly (Yr 6 presenting)</li> </ul>	<p><b>February</b></p> <ul style="list-style-type: none"> <li>Tues 23<sup>rd</sup> Kinder/Yr 1 Literacy Parent Ed</li> <li>Sat 27<sup>th</sup> P&amp;F Welcome Drinks Under the Stars</li> </ul> <p><b>March</b></p> <ul style="list-style-type: none"> <li>Tues 1st Yr 3 Boys to St Pauls</li> <li>Thurs 3rd Peninsula Swim Carnival</li> <li>Tues 8<sup>th</sup> 9am School Tours</li> </ul>

Principal

Dear Families

Yesterday we acknowledged the beginning of another year at St Kieran's with the Opening Mass. Our Year 6's received their badges and were commissioned and blessed as they begin their leadership roles. We began our celebration with the School Song using the 2015 Year 6 gift to the school as our entrance hymn. Again, thank you, to individual student contributors for the production of the St Kieran's School Song; H Williams (clarinet); S Frazer (flute), J Dunn (vocals), C Wilson, T Conlon and R Mascarenhas.



This week we welcomed our new Kindergarten families to our school community. Parents gathered in the parish hall after 'drop off' for a cuppa and chat. I would like to acknowledge our Year 1 parents who prepared an excellent morning tea for our new families. Our P&F president, Cam Matthews (Belinda 1L) welcomed our new parents and spoke to the importance of being engaged with the school as their children begin their learning journey at St Kieran's.

A special 'thank you' to Sania Saady (3B & Kinder) for the individual gift of cup-cakes for all new Kindergarten students beginning school on Tuesday. The Kindergarten cohort has settled extremely well and is enjoying their newly refurbished classrooms that align with the Early Learning Framework and the focus on exploratory and inquiry learning.

During the holidays the Year 4 classrooms (4U specifically) received some attention given the larger cohort of Year 4's. Both facias of the 1952 classroom block (Kindergarten, 1L, Years 3 & 4) were also given an upgrade.

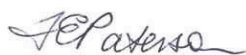
As we begin another school year we acknowledge the Catholic school as a true community; it may use models of best practice common to all schools, but it is not merely a business that produces an educational product. This school, St Kieran's, endeavours to provide opportunities for students to explore reflect and integrate a Christian understanding of the world, of self, of society and of God. As a school we manifest this in and through behaviours based on love, care and forgiveness.

One of the exciting things about a school is that its 'life' never grows old; it undergoes a transfusion or replenishment of youthful innocence at the beginning of each new year. May a spirit of generosity, goodwill and mercy prevail throughout 2016, so that the Catholic education that occurs at St Kieran's is truly an expression of the mission extended by Jesus to the Church. May our special school in Manly Vale be of benefit to the broader community and world in which we live.

*God our Father, we THANK YOU for the opportunities that await us as we begin the new school year.*

*We ask your blessing on our homes and school and seek the guidance of the spirit to ensure that our school and homes are vibrant Christian communities. Amen.*

God bless,



Terri Paterson  
Principal

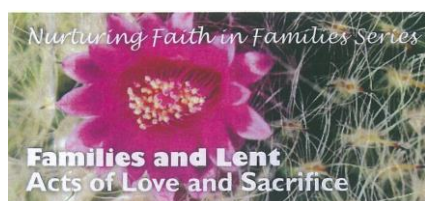
## Religious Education Coordinator



### Opening School Mass, prepared by Year 6

Thank you to Year 6 and their Teachers for their thoughtful preparation of today's Opening School Mass. The various Year 6 leadership teams are certainly assuming their responsibilities around the school displaying dignity and humility as servant leaders. Congratulations to the Liturgy Team who assisted in the smooth running of the music and slides. A huge thank you to Ethan and Joe for their reverent service on the altar.

Father Paul and the assembled community blessed our Year 6 Leaders and our class prayer candles. Student representatives from each class collected their class prayer candle. We thank Father Paul for presiding at our Mass and Mr Ian Woodbury for his assistance. Thank you also to the parents who attended in great numbers.



Lent is almost upon us. Our school and parish community will be attending the **Ash Wednesday Mass at 10am next week**. Parents and friends are invited to join us.



Attached to today's newsletter is an appendix "Families and Lent". This handout gives daily examples of ways in which our families can prepare for Easter during the forty days of Lent. Thank you Janette Davidson

our Family and Sacramental Minister for preparing this wonderful family friendly resource.

Please keep in your prayer the Year 3 children and their families who are preparing for the **Sacrament of Reconciliation**. Family group lessons are underway with the children and their learning about this Sacrament of Reconciliation and Forgiveness is being supported in the classroom.

### Dates for your Diary:

Ash Wednesday 10.00am	Wednesday 10 <sup>th</sup> Feb	10.00am	Church
Grade 2 Family Mass	Sunday 21 <sup>st</sup> Feb	9.30 am	Church
Grade 1 Family Mass	Sunday 20 <sup>th</sup> March	9.30am	Church
Holy Week Liturgy	Thursday 24 <sup>th</sup> April	10.00am	Church

Yours in Religious Education,  
Mrs Kerrie Wetzlar

## ★★★ Awards



<b>KC</b>	All of KC	<b>KR</b>	All of KR
<b>1L</b>	A Thompson, S Cole	<b>1R</b>	E Coglan, T Scholtens
<b>2B</b>	M Covich, D Atkinson	<b>2S</b>	A Browne, J Wall
<b>3B</b>	S Filpi, J Kelly	<b>3S</b>	H Dileep, L Henderson, I Latta
<b>4R</b>	X Wilson, Z Juric	<b>4U</b>	K Ani, E La Greca
<b>5L</b>	Z Americano, E Hansen	<b>5W</b>	O Glavin, J Hartley
<b>6</b>	J Williams, J Wynne, S James, L Van Brandwijk	<b>PE</b>	O Glavin, S Hiscocks
<b>Italian</b>	Z Middonte, Z Scholtens, A Williams, L Economos		

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## School News

### Late Arrival/Early Departure

Children arriving late to school must be accompanied to the office by a parent. Parents are required to fill in a late note which is then entered on the roll. Children will be given a late slip to hand to their teacher as confirmation that they have been to the school office first. All partial absences are recorded on student's files and listed on School Reports.

If you are picking your child up early from school, please come to the school office where you are required to fill in an early departure note. The office will contact the child's classroom and request that they come to the office to meet you.

### Administration of Medications in Schools

With regard to the Diocesan Schools Policy – Diocese of Broken Bay, relating to the 'Administration of Medications in Schools' a reminder for parents to notify the school about your child's health needs.

St Kieran's is committed to supporting students' health and wellbeing. If your child requires medication at school please ensure the school has updated information. Children with ongoing medical conditions are reviewed by their doctor regularly. Please have your doctor complete and sign plans **annually** and ensure a copy is given to the school.

Information about medically diagnosed conditions such as allergies, asthma, diabetes, epilepsy and other health conditions that may require school staff to provide support to students, (including administering medication – prescription or over the counter and performing health procedures), will need to be provided to the school in writing and signed by both the **parent** and a **medical practitioner** or a prescribing health practitioner. Additionally, any health needs that may impact on school activities such as sports, excursions (including camps) must also be discussed with the school and supported by a medical practitioner's advice.

**No over the counter medication (such as Panadol, Chlorsig or Zyrtec) or prescribed medication can be given to any student without authorisation from a Medical Practitioner.**

Please also ensure you inform the school office staff of any changes to contact details or the contact details of the people nominated as emergency contacts.

All information is kept confidential and only disclosed to the relevant staff required to support your child. For any enquiries, please contact the school office.

### Exciting new Literacy Resources!

The school community has benefited greatly from the Parents and Friends fundraising support in 2015. We sincerely thank all who organised and supported such events. Through your generosity, we have purchased an extensive range of additional fiction and non-fiction books for guided reading in the classroom, home readers, storage boxes and teaching materials, to meet the needs and interests of your children.

Special thanks to Karmena Hayden and Kerrie Powell, who spent extensive time sorting and labelling and to the many parents who kindly covered books, so that many little fingers can enjoy them for years to come!

*Mary Brown*  
*Literacy Coordinator*



### Kinder and Year 1 Parent Education Course in Literacy 2016

At St Kieran's we are committed to explaining the 'why?' behind the teaching and learning practices that occur in our classrooms. We value parent help in our school and know that this works best when we work together with shared understanding.

For this reason, **if you wish to assist as a parent helper with reading or writing in the Kinder or Year 1 classes, you need to have completed both sessions of this course.** However, the course needs to be completed only once, so there is no need to repeat the course when younger siblings arrive at school.

We believe this course will help you with guiding your own child in these early years as readers and writers.

The course consists of two sessions of two hours 7-9pm and we ask you to commit to **both sessions**.

The 3 main components of the course are:

- Literacy learning and introduction to how children learn to read
- Reading at school and home
- The Writing process and learning to spell

Each week one the Kindergarten teachers join me to also give input from the point of view of the classroom teacher. The course includes:

- Presenter input
- Time to share with other parents
- Supportive take-home notes
- Strategies to try at home
- Opportunity for questions

The feedback we received over past years showed that parents found the course worthwhile in helping to understand the beliefs that underpin how we teach literacy at school these days, how you can help at school and most importantly, how you can help your child at home.

The course is offered over two evenings. Both sessions are conducted in the iCentre (library) and dates and times are listed below:

**Session 1: Tuesday 16 February 7 - 9pm**

**Session 2: Tuesday 23 February 7 - 9pm**

A soft copy of the registration form is attached to this email. A hard copy will come home with your child. Please complete the *Return Slip* toward the end of this newsletter if you would like to attend. **Please return by Monday 8 February if you will be attending.**

Regards,

*Mary Brown, (Literacy Coordinator and Year 3 teacher)*

## **Class Weeblys!**

As we begin our first term of 2016, it is important to remind and inform parents about one of the fantastic resources that we have here at St Kieran's. Each grade has a Class Weebly that is accessible by both students and parents from any computer or mobile device. The purpose of the Class Weebly is to have a platform where classes can share their work and to keep parents up to date with the quality learning that is happening in the classroom. It is an opportunity for teachers to share photos with parents, as well as learning tasks and links with students that can be easily accessed at home.



To make our Class Weeblys more secure this year, we have updated the individual password that protects each Weebly. The theme for this year is different types of 2D shapes. **You will have to ask your child to inform you of their 'secret Weebly password' as they have been discussing it in class.** To access your Class Weebly you will need to go to... <http://www.skmvdbb.catholic.edu.au/>

- LEARNING & TEACHING
- CLASS PAGES

Also going home this week is the student Internet Agreement form. Please take the time to read this form with your child as it is vital that both parents and students understand the importance of cyber safety and how to 'stay safe' while using technology. On the Internet Agreement form you will find a box to tick that allows your student to have their photo uploaded onto their password protected Class Weebly. **Please discuss this with your classroom teacher if you have any queries.**

We at St Kieran's take cyber safety and privacy very seriously. We look forward to working in partnership with parents to keep our students safe and give them lots of opportunities to use technology.

*Tracy Brown, (ICT Coordinator)*

## **Book Club**

Orders for the current issue of Book Club are due back by the morning of Friday 12 February. No late orders will be accepted.

## **School Banking**

Banking commenced today and will be available each Friday, February 8.15am. We hope you all read your flyers that were distributed last week with information about an exciting competition and the new prizes available each term once you have reached 10 deposits.

## **School Band – Parent Information Evening Thursday 11 Feb 7pm in the iCentre**

There will be a Band meeting for **all parents** whose children are currently in the Senior or Junior Band on Thursday 11 February at 7pm. Parents who may be interested in enrolling their children in the band (Years 3 - 6) are also encouraged to attend.

The purpose of the meeting is to meet our Band Teacher, Surrey Hodges and to discuss the year ahead. Items on the agenda will include; forming a band committee, dates for 2016 performances, instrument hire, fundraising opportunities, code of conduct for students, rehearsals and band workshop.

### Uniform Shop

- **Opening hours:** every second **Thursday** from 8.30am - 9.30am – next open **Thursday 11 February** and then every 2<sup>nd</sup> **Thursday after (25 Feb, 10 March)**.
- Orders will be filled alternate Thursdays. . Order forms available at reception or on the website.
- Stock held at office: ties (girls & boys), hats, excursion bags, & scarves. Please have the correct money as only small change is held.
- EFTPOS and credit card facilities are available at the Uniform Shop.
- If you have any uniform queries please email: [lizsnell72@gmail.com](mailto:lizsnell72@gmail.com)

### Canteen

Thank you to all the Volunteers, without you our Canteen could not operate.

**CANTEEN ROSTER:** We still have a few Thursday termly slots to fill in the Canteen (4 times per year). Unfortunately, if we are unable to fill these spots we will be forced to close the canteen on those days. The termly Thursdays slots still needing to be filled are in: week 7 x 1 volunteer, week 9 x 2 volunteers, and week 10 x 1 volunteer. The dates are included on the roster attached in this Newsletter (**they are in orange**). If you can help out on any of those weeks, please email me: [joannemesbitt@gmail.com](mailto:joannemesbitt@gmail.com) as soon as possible. Thank you in advance.

**FLEXISCHOOLS:** Can **all** families please **update** their child/ren class on Flexischools next time they are on-line ordering? <https://www.flexischools.com.au> . An explanation of the classes is listed below. Thank you.

K-1 = KC,	K-2 = KR,	1-1 = 1L,	1-2 = 1R,	2-1 = 2B,	2-2 = 2S
3-1 = 3B,	3-2 = 3S,	4-1 = 4R,	4-2 = 4U,	5-1 = 5L,	5-2 = 5W

**“PANCAKE” SHROVE TUESDAY:** If you can please help out with Pancake Tuesday, this coming Tuesday 9 February, can you please email me ASAP. Thank you to: **Sarah Molina, Susan Nicols, Sania Saady, Cris Uwin, Maria Dunn, Arna Kelly, Sascha Schwahn-Harris, Jo Townsend, Rachelle Woodland and Juliette Cronin** who have offered to help out on Shrove Tuesday.

NEXT WEEK's ROSTER (Term 1 - Week 2):

**Wednesday 10 February:** Rachelle Woodland, Steph La Greca

**Thursday 11 February:** Alyson Perry, Kathy Sui, Josie Ruddock

**Friday 12 February:** Sandra Wilson, Gabi Selwyn, Priya Vincent

### Shift Times

- Full day: 8.50am – 1.45pm (feel free to do other drop offs if needed)
- Morning: 8.50am – 11.15am (feel free to do other drop offs if needed)
- Afternoon: 11.15am – 1.50pm

<https://www.flexischools.com.au>

Any changes to the canteen roster, please contact: Jo Nesbitt - [joanne.nesbitt@dbb.catholic.edu.au](mailto:joanne.nesbitt@dbb.catholic.edu.au) or text 0410 629 135

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## Community News

- **Brothers Rugby League:** Want to play league in 2016 – registrations now open at Manly C Bros. Vacancies in all age groups (U6 to Seniors). All junior players are provided with full playing kit and a training shirt. *Come and Try* afternoon Tuesday 1 March from 4 – 5.30pm at Nolan's Reserve North Manly. Free NRL Skills Clinic for all ages. All new and returning players are welcome to attend. Great opportunity to meet team mates and coaches. More information is on our website: [www.manlybrothers.com.au](http://www.manlybrothers.com.au) or phone 041 514 809
- **Manly Allambie United Football Club** is YOUR local soccer/football club run by the community for the community. ALL NEW players receive free socks, shorts and a club hoodie. Trials for Under 9s, Under 10s and Under 11s to be held in February. Boys and girls of all ages welcome. Season 2016 sees the introduction of GIRLS only competitions from Under 8 and above to be played Sundays. Visit our website ([www.manlyallambie.com.au](http://www.manlyallambie.com.au)) for all the details you will need and come and join the friendliest club in the district!
- **Allambie Netball Club:** Registration day Saturday 6 Feb at Warringah Mall 10am – 2pm or register online at <http://allambienc.nsw.netball.com.au/> For further information contact Nicky 0403 902 666 or [allambienetball@gmail.com](mailto:allambienetball@gmail.com)
- **Mercy College Chatswood Job Vacancies:** is looking for **two** new employees. Both positions are **part-time** and would ideally suit someone who has school age children. The positions available are listed below:  
**Science Laboratory Assistant** 22 hours per week; applications close *Monday 8 February 2016*.  
**Marketing and Promotions Officer** 12 hours per week; applications close *Monday 15 February 2016*.  
You will need to have some experience in the area you are applying for. Please submit a CV including details of nominated referees to [kirsteen.fisscher@dbb.catholic.edu.au](mailto:kirsteen.fisscher@dbb.catholic.edu.au) by the closing date nominated above. Further details can be found on the College website under 'Employment' or via the Catholic Schools Office website.

- **North Curl Curl Knights Junior Rugby League Registration Day** Saturday 6 February 2016 at North Curl Curl Community Centre Corner of Griffin and Abbott Roads, North Curl Curl from 1.00pm to 3.00pm. Email: [nccknights@gmail.com](mailto:nccknights@gmail.com) or [www.northcurlcurlknights.com](http://www.northcurlcurlknights.com) Jumping Castle, Free Sausage Sizzle, Come test your Rugby League Skills and Win Prizes. Free Registration for all Under 6 and 7 players. We promote fun, friendship, personal development and fair play.
- **NSW Health Courses:** Triple P, Tuning In, Dealing with Backchat, Resilience, Communicating, Anxiety. For information please go to [www.nslhd.health.nsw.gov.au/services/CAP](http://www.nslhd.health.nsw.gov.au/services/CAP)
- **Stella Maris College Manly Year 7 2017 Scholarship** Applications now open. Stella Maris College offers scholarships for Academic Ability and Performing Arts. Closing date for applications - Wednesday 24 February, 2016. Details and registration forms are available on our website [www.stellamaris.nsw.edu.au](http://www.stellamaris.nsw.edu.au) Phone 9977 5144

## Return Slips



### Parent Education in Literacy Course Registration Form

Yes, I/we would like to attend the Literacy K-Yr1 Parent Education Course.

I/We understand the commitment to **both sessions**.

Name/s: (Please print) \_\_\_\_\_

Child's Name \_\_\_\_\_

Class: \_\_\_\_\_

Signed: \_\_\_\_\_

Contact No: \_\_\_\_\_

**Please return by Monday 8 February**

## 2016 St Kieran's Canteen Roster

	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Feb 3 Apr 27 Jul 20 Oct 12	Feb 4 Apr 28 Jul 21 Oct 13	Feb 5 Apr 22 Jul 22 Oct 14
	Cary Starkey Katrina Beaman	Sarah Molina Liz Snell	Sascha Chahwan-Harris Rosie Nikolic Sania Saady
WEEK 2	Feb 10 May 4 Jul 27 Oct 19	Feb 11 May 5 Jul 28 Oct 20	Feb 12 May 6 Jul 29 Oct 21
	Rachelle Woodland Steph La Greca	Alyson Perry Kathy Siu Josie Ruddock	Sandra Wilson Gabi Selwyn Priya Vincent
WEEK 3	Feb 17 May 11 Aug 3 Oct 26	Feb 18 May 12 Aug 4 Oct 27	Feb 19 May 13 Aug 5 Oct 28
	Lessa Bellamy Shannon Morrell	Joanne Hoey (M) Jane Smith Kristie Hardy (A)	Natasha Gennusa Pelta Daly Anna Kelly Jo Hull (NG) <span style="background-color: #90EE90;">May 13,</span>
WEEK 4	Feb 24 May 18 Aug 10 Nov 2	Feb 25 May 19 Aug 11 Nov 3	Feb 26 May 20 Aug 12 Nov 4
	Jo Quarrell Jo Funtanilla	Charmaine Skeea Gabi Selwyn	Dana Reddy Alana Janik Clare Foale (A) Christina Cole
WEEK 5	Mar 2 May 26 Aug 17 Nov 9	Mar 3 May 26 Aug 18 Nov 10	Mar 4 May 27 Aug 19 Nov 11
	Sania Saady (M) Amanda Raleigh Allison Browne (A)	Jenni Schofield Lynne Reeves Len Sim	Nicole Covich Juliette Cronin Di Gennusa Gris Uwhn (JC) <span style="background-color: #90EE90;">Mar 4,</span>
WEEK 6	Mar 9 Jun 1 Aug 24 Nov 16	Mar 10 Jun 2 Aug 25 Nov 17	Mar 11 Jun 3 Aug 26 Nov 18
	Cath Harner (M) Kylie McClafferty (M) Melissa Noble (A) Jane Rich (A)	Gayle Connor Jennifer Lee  Volunteer required <span style="background-color: #FFDAB9;">Mar 10,</span>	Susan Nicols Deb Barton Joanna Miller
WEEK 7	Mar 16 Jun 8 Aug 31 Nov 23	Mar 17 Jun 9 Sept 1 Nov 24	Mar 18 Jun 10 Sept 2 Nov 25
	Nicole Viall Shannon Morrell	Jennifer Wynne Shahn Schwarz	Alana Janik Christina Cole Nicole McGovern Jo Hull (OC) <span style="background-color: #90EE90;">Sept 2,</span>
WEEK 8	Mar 23 Jun 15 Sept 7 Nov 30	Mar 24 Jun 16 Sept 8 Dec 1	Mar 25 Jun 17 Sept 9 Dec 2
	Lucia Haines Julie Russo	Jaclyn Schoene Sondra Hamill	Rosie Nikolic (M) Al Malone (M) Niamh Collins Marina Penberthy (A) Laura Trew (A)
WEEK 9	Mar 30 Jun 22 Sept 14 Dec 7	Mar 31 Jun 23 Sept 15 Dec 8	Apr 1 Jun 24 Sept 16 Dec 9
	Sania Saady (M) Nelly McGrath Amanda Raleigh (A) Steph Keogh (A)	Wayne Lewis Volunteer required Volunteer required	Riary Tanner Nicole Covich Jo Hull
WEEK 10	Apr 6 Jun 29 Sept 21 Dec 14	Apr 7 Jun 30 Sept 22 Dec 15	Apr 8 Jul 1 Sept 23
	Sam Bell Kerrie Abba	Mel Carey Jennifer Lee  Volunteer required <span style="background-color: #FFDAB9;">Apr 7,</span>	Kath McCahey Diana Russo-James Di's Mend
FULL DAY: 8.50AM -1.45pm MORNING: 8.50AM - 11.15AM AFTERNOON: 11.15AM - 1.45PM		RECESS: 11.00am - 11.15am LUNCH: 1.00pm - 1.50pm	

## **Families and Lent Acts of Love and Sacrifice**

*Lent is the season of the Church year leading up to Easter. Lent is preceded by Shrove (Pancake) Tuesday, begins on Ash Wednesday and ends on Maundy (Holy) Thursday.*

*The purpose of Lent is to prepare for the death of Christ on Good Friday and his resurrection on Easter Sunday through 40 days of prayer, fasting, repentance, almsgiving and self-denial. The 40 days mirror Christ's fasting in the desert before he began his public ministry.*

*During Lent, Christians 'do penance' – that is, they make personal sacrifices. Doing penance helps us 'make right' our lives and relationships where we need to, so we become better persons and better reflections of God's love.*

*The family home is the 'domestic church' and families grow in their awareness of what this means by participating in practices and devotions associated with the seasons of the Church.*

**Here are 40 suggestions for putting Lent into practice at home and deepen your family's faith one day at a time (or as and when appropriate to your family life and situation):**

- Day 1:** Start your day with 10 minutes in God's presence through e.g. prayer, reflection or meditation. (Family prayer suggestions are downloadable from the diocesan website [www.dbb.org.au/family](http://www.dbb.org.au/family))
- Day 2:** Tell family members you will be specially praying for them.
- Day 3:** Fast from TV, computer or other technical devices you would usually use as part of your leisure time.
- Day 4:** Decide as a family what good works you will support during Lent e.g. Catholic Mission, Project Compassion, St Vincent de Paul.
- Day 5:** After Mass, discuss the homily as a family. What lessons did you take from it that you are going to put into practice in the coming week?
- Day 6:** Give up a treat for a day or so, it might be one of your favourite foods.
- Day 7:** Read a book about your faith. Discuss what you learn with your children.
- Day 8:** Give your support to someone in need at home, at work, at school. Realize that siding with the vulnerable is a core belief of our faith.
- Day 9:** Take a walk with one of your family members one-on-one. Or work on a fun project together. Spend time connecting and sharing joy.
- Day 10:** Participate in The Stations of the Cross for Families and reflect as family on how each of the 'The Stations' can be applied to our daily lives. (Downloadable from diocesan website at [www.dbb.org.au/family](http://www.dbb.org.au/family))
- Day 11:** Practice hospitality by welcoming a friend, relative, co-worker, or neighbour to your table for a simple meal today or a chat over tea or coffee.
- Day 12:** Pick out one snippet of scripture or part of the Mass and think about it through the week. Invite your children to do the same.
- Day 13:** Find ways to compliment/express gratitude for every one of your family members.
- Day 14:** Don't answer the phone/messages during meals. Practice the spiritual discipline of "Be where you are, and do what you're doing" throughout the meal.
- Day 15:** Talk to your children and point out how so many of the commercial messages they hear are full of empty promises that will not satisfy. Be aware of how you are susceptible to those empty promises, too.



- Day 16:** Read or discuss an uplifting story or news item with your family.
- Day 17:** Practice virtues such as patience, tolerance, compassion, forgiveness. Invite your children to choose one virtue to specially practice each day.
- Day 18:** Tell your child a favourite story about when he or she was younger.
- Day 19:** Take home a copy of your parish bulletin and read all the articles. Discuss with your children what lessons you have learned and how you see signs of God's life and love in the activities of your parish.
- Day 20:** Start each meal with prayer, thanking God for all the gifts you receive.
- Day 21:** Make time to play a board game or card game popular with your family. Afterwards, thank God for the gift of family.
- Day 22:** Our world for many is full of pain and turmoil; pray as a family that others will experience the peace and contentment that your family enjoy.
- Day 23:** Read the gospel readings for next Sunday. Think about them and discuss them as a family.
- Day 24:** Don't be a party to gossip today at school, at work, in the neighbourhood, at home. Don't participate in malicious talk about others.
- Day 25:** Invite someone active in your parish to dinner and talk about their activities. Consider how your family can offer time and talent for the good of the community.
- Day 26:** Worship together as a family and have a favourite meal afterward at home, on a picnic or at a restaurant. Avoid distractions that separate you from each other, and spend the Sabbath day together.
- Day 27:** Email or write a letter to a family member you've been out of touch with, letting them know they are in your thoughts and prayers.
- Day 28:** Read to your children from a "Lives of the Saints" book. Share the story of an ordinary person's extraordinary holiness.
- Day 29:** Be aware of your call to be a Christian during the day at work, home, or school. Look for ways to exercise your faith right where you are and give witness to Christ.
- Day 30:** At some point during the day, put down what you're doing and purposely spend quality time with your children.
- Day 31:** Review your child's religious education books or homework and discuss it together. Share how these lessons tie into your own lives as persons of faith.
- Day 32:** Look through a family album together and tell stories of your children's grandparents and other family members. Share what their faith has meant to them and reflect on the goodness of their lives.
- Day 33:** Perform a particular act of generosity in the neighbourhood, at work, at the parish or school.
- Day 34:** The media encourages consumerism. For every shopping trip, make a point to balance your life by spending time connecting with people you meet or come into regular contact with.
- Day 35:** Do a family member's home task today without looking for credit. Offer this as a gift of time and a sign of care and connection.
- Day 36:** Make a conscious effort to fast from bad habits and practice good habits.
- Day 37:** Don't rush away from the table after your family meal. Have everyone tell one thing they're grateful for during the day, or one person they helped or were helped by.
- Day 38:** Forgive anyone in your family that you need to forgive. Ask forgiveness of those you have hurt. Attend a parish Reconciliation service.
- Day 39:** Watch a DVD that reflects Christian family values. Watch it together as a family.
- Day 40:** Have your children ask an older relative about their faith and what it has meant to them through the years.

*Lent is a time for healing and spiritual growth in your family. It is a time to devote our hearts and minds to becoming better Christians. It is a time to take an attitude of simplicity in our everyday lives, a time to move closer to God with our family.*

**May yours be a truly blessed Lenten season!**

1/2015

(40 suggestions adapted from a list developed by Tom McGrath)

## Reconciliation 2016

Check the parish website for possible changes  
[www.northharbourcatholic.org.au](http://www.northharbourcatholic.org.au)

is kept safe from the power of sin, to grow  
always stronger in their hearts.”

*From the Baptism liturgy*

*School starts: 28 January, 2016*

**\*\*\*Attendance at each stage required\*\*\***

### STAGE 1 PARENT SESSION (1HR)

Tue February 2 @ 9.30am  
OR  
Wed February 3 @ 7.00pm } *in SK Church*

*Group Facilitators Training (only 2 choices)*

Feb 2 @ 10.30am (after parent session) OR

Feb 3 @ 8.00pm (after parent session)

*in the SK Parish Centre (1hr)*

### STAGE 2 FAMILY GROUP SESSIONS

February 8-14 Home Sessions Week 1

February 13/14 *Ritual of Cross*

*Sat vigil or any Sunday Mass in the parish*

February 15-21 Home Sessions Week 2

February 22-28 Home Sessions Week 3

February 29 -

March 6 Home Sessions Week 4

**March 9 Practice at SK Church 3.30pm or 7pm**

### STAGE 3 CELEBRATING THE

**SACRAMENT – 7pm**

*families book in for particular date*

Thurs March 10 } at SK Church

Tue March 15 } at SC Church

Wed March 16 } at SK Church

March 18 Parish 2<sup>nd</sup> Rite of Reconciliation @ SK  
Church at 7.30pm

March 20 - 27 Holy Week

*School Holidays: April 11-26*



[www.northharbourcatholic.org.au](http://www.northharbourcatholic.org.au)

## Communion 2016

“In Holy Communion, they will share the  
banquet of Christ’s sacrifice, calling God  
‘Father’ in the midst of the Church.”

*From the Baptism liturgy.*

**\*\*\*Attendance at each stage required\*\*\***

### STAGE 1 PARENT SESSION (1HR)

Tue April 26 @ 9.30am  
OR  
Wed April 27 @ 7.00pm } *in SK Church*

*Group Facilitators Training (only 2 choices)*

April 26 @ 10.30am (after parent session) OR

April 27 @ 8.00pm (after parent session)

*in the SK Parish Centre (1hr)*

### STAGE 2 FAMILY GROUP SESSIONS

May 2-8 Home Sessions Week 1

May 9-15 Home Sessions Week 2

May 14/15 *Ritual of Our Father*

*Sat vigil or any Sunday Mass in the parish*

May 16-22 Home Sessions Week 3

May 23-29 Home Sessions Week 4

### STAGE 3 CELEBRATING THE

**SACRAMENT**

May 31 Practice SC 3.30 or 7.00

June 1 Practice SK 3.30 or 7.00

June 4 First Communion SK 6.00pm

June 5 First Communion  
SC. 9.00am SK 9.30am

June 11 First Communion SK 6.00pm

June 12 First Communion  
SC. 9.00am SK 9.30am

June 18 First Communion SK 6.00pm

June 19 First Communion  
SC. 9.00am SK 9.30am

### STAGE 4 COMBINED ‘COMMUNION

**BREAKFAST’**

June 26 “Come to the Table”

9.30am Mass at SK Church followed by  
Parish gathering in the Parish Centre.

*Dates correct as at 28/1/16*