



St Joseph's Primary
P O Box 9
Wauchope 2446



Phone: 65 851745
Fax: 65 852867
Email: sjpwauch@lism.catholic.edu.au
Web Page: www.wauplism.catholic.edu.au
<http://moodle.wauplism.catholic.edu.au>

Friday 1 April 2016

*'Empowered quality learning in flexible and adaptive environments,
utilising personalised and collaborative practices.'*

FROM THE PRINCIPAL

SACRAMENT OF PENANCE

This coming Tuesday our Sacrament of Penance candidates will celebrate the Rite of Reconciliation which continues their faith journey in becoming full members of the church. The following students are in our thoughts and prayers as they make their final preparations. I thank Mr Poulton, Miss Horton, Miss Miles and Mr Toole for their guidance and preparation of the students.

Mackenzie Byrnes, Ethan Needs, Isabel Cusato, Grace Brauer, Hannah Thompson, Alexis Lambert, Jarvis Ring, Hayleigh Ireland, Madison Hartas, Lucas Phillips, Clay Atkin, Charlotte Davison, Christopher Prassl, Grace Smith, Chelsea Bradshaw, Jack Bradshaw, Kaedan Martin, Alyssa Hughes, Grace Keena, Lily Cook, Rebecca Ebrole and Alannah Steele.

2WAYFM COMMUNITY RADIO

Congratulations to our Year 5 and Year 6 students who were the guest hosts for 2WayFM Community Radio last Tuesday evening. These students hosted the *Schools Out* program with great success. They were wonderful ambassadors for our school and students. Topics ranged from events during Catholic Schools Week, to our schools sporting ventures and the initiatives of our Mini Vinnies Program. I thank Mr Peter Stephens who co-ordinated the evening for the children.

YEAR 7 ENROLMENT

We welcomed Mr Jim Dempsey from St Joseph's Regional College on Wednesday as he shared with the Year 6 students the many highlights of the High School experience. It was delightful to see Monique Rudder and Thomas Daley share their stories and adventures. All Year 6 students were given an enrolment package for 2017. Parents are advised that the Parent Information Evening for Year 7 for 2017 is scheduled for Monday 2 May 2016: 6.00 pm – 8.00 pm.

ANZAC DAY MARCH: MONDAY 25 APRIL 2016

Each year we gather as a school to walk in the ANZAC Day March. Last year the representation was quite substantial. I invite all families to join with us again this year in recognising the work of many in protecting our country and striving for peace. Children who wish to participate in the local ANZAC march are requested to arrive at the Wauchope RSL Club by 10.30 am. Staff from our school will also be in attendance to walk with the children. Correct summer uniform and school hat must be worn. A note was sent home to all families on Tuesday.

SCHOOL PHOTO DAY

All children received, this week, their School Photo Envelope. Families wishing to purchase school photos this year are reminded that this is a pre-paid system. All envelopes with payment are to be returned by Tuesday 26 April 2016. Please note all children are required to wear normal school uniform **NOT sports uniform**. Sports uniform will be worn on Thursday. Pre-paid sibling envelopes are available from the Office.

STUDENT ATTENDANCE

From time to time parents/caregivers may approach the school to seek permission for their child to travel during school term for periods of time. **Government legislation** changed last year and as such family holidays and travel are no longer considered under the Exemption from School Procedures and therefore as a general rule Principals should not approve leave for this purpose. Travel outside of vacation period is now counted as an absence for statistical purposes. In exceptional circumstances parents may complete a Certificate of Extended Leave – Travel for consideration explaining why an absence for extended leave is in the best interest of the student. The Principal may decline or accept this application. If accepted a Certificate of Exemption is issued by the delegated officer. 'Travel' is considered to be domestic or international travel for the purpose of a family holiday, family business, bereavement or other reason.

UNIFORM SHOP

Please note the changeover date for winter uniform is Monday 16 May 2016. We are fully stocked with winter clothing ready for you to purchase. Mrs Keena is our Uniform Shop coordinator and the opening hours are each Wednesday afternoon, 1.30 pm to 3.00 pm in the Old Hall. Eftpos available for payment.

TRISH COELHO

ASSISTANT PRINCIPAL

NAPLAN

During May 2016 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Year 3, Year 5, Year 7 and Year 9. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy skills of students across Australian schools. The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard. The NAPLAN tests will be conducted from 10-12 May 2016. A letter has been sent home to parents of children in Year 3 and Year 5 today.

RAISING HAPPY, CONFIDENT KIDS

Good sleep habits can be all important for our children.
Keep these ideas in mind: Good sleep habits include:

1. Regular bed-times - children may fight this, but be regular during the week and let children stay up a little later on weekends.
2. Have a wind-down time of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down and limiting food intake (and caffeine for teens).
3. An established bedtime routine that makes the brain associate behaviour such as cleaning your teeth and reading in bed with sleep.
4. Keeping bedrooms for sleep and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising the three sleep cues of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Sleep tips for teens:

1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.

NIGEL TOOLE

FROM THE SPORTING FIELD

RUGBY UNION CHALLENGE

Yesterday students from Stage 3 were part of the Rugby Union 7's Gala Day. The children competed in their respective age group and performed extremely well. They were great ambassadors for the school.

ZONE CROSS COUNTRY

Thank for to those students who have returned their Zone Cross Country permission slip. The Carnival will take place on Wednesday 4 May 2016 at Bowraville. If you haven't returned your note please do so next week.

MID NORTH COAST FUTSAL U12's COMPTITION

Congratulations to the boys from our school who competed in the recent Mid North Coast Futsal U12's grand final 2015/2016 in Port Macquarie. The final score was close 6-5. The win was a great achievement and well done.



DAVID POULTON

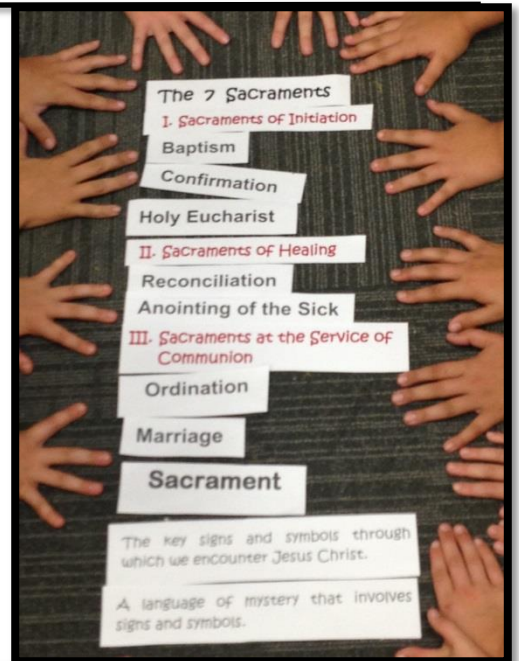
FOCUS ON FAITH

Easter - This week we begin the first week of the Easter season. The Easter season is the Church's most ancient and beautiful season. For 50 days until Pentecost, in the Sunday Gospels, we'll find the Risen Christ by the lakeshore... on a mountain top... coming through closed doors to spend time with his disciples. The Paschal Candle will burn brightly in our Church as we, like the two disciples on the road to Emmaus, feel our hearts burning within us and experience the fire of his love.

SACRAMENT OF PENANCE

On Wednesday, Fr Felix visited our Year 3 candidates who will celebrate the Sacrament of Penance next Tuesday 5 April 2016 at 6.00 pm in the Our Lady of Lourdes Church, Wauchope. We thank Fr Felix for his support of this Sacrament.

KASEY MILES



PROJECT COMPASSION

Thank you to everyone who helped support our Project Compassion appeal during the Lenten season. We raised \$678 in total from our Mini Vinnies cake and treats stall as well as the Project Compassion boxes. This is a wonderful effort for our school. The funds have been forwarded to Caritas Australia for distribution to those in need all over the world. A special thank you to Miss Horton and the Mini Vinnies team for their dedication and support of such a good cause.

THE LISMORE CATHOLIC SCHOOLS, PARENT ASSEMBLY 2016 CONFERENCE

Join parents from around the Lismore Diocese for an opportunity not to be missed. The Catholic Schools Parent Assembly 2016 Conference will explore ways we, as parents and educators can learn how to nourish, nurture and grow dynamic families and villages. Nourish your parenting skills, nurture your faith life and grow the village with dynamic quest speakers. Be quick to register to ensure you receive FREE conference registration, accommodation and meals. To register go to <https://goolgl/b31rDI>

DIOCESE OF LISMORE CATHOLIC SCHOOLS PARENT ASSEMBLY

**ALL STAFF AND STUDENTS RETURN
TUESDAY 26 APRIL 2016 FOR TERM 2**

TERM 1 - WEEK 11

Monday	APR	4	Staff briefing: 8.30 am (Office opens 8.45 am) Staff Meeting 3.30 pm
Tuesday	APR	5	Band and Tuition School Banking Sacrament of Penance: 6.00 pm, OLOL Church Wauchope
Wednesday	APR	6	School Sport Day Fr Felix visiting Year 2 Uniform Shop open – 1.30 pm to 3.00 pm in the Old Hall Additional Needs Teacher Meeting – Mr Seymour attending Coordinators of Religion Meeting – Miss Miles & Mr Toole attending
Thursday	APR	7	Last day of Term 1 for students
Friday	APR	8	PUPIL FREE DAY

FUTURE DATES – 2016

APR	25	ANZAC Day – children participating in the town march past meet at RSL Club by 10.30 am
APR	26	Students and staff – First day Term 2
APR	26	School ANZAC Day service 12.45 am (Note change to advertised time)
APR	27	School Photos (Students to wear Normal School Uniform)
MAY	04	Zone Cross Country
MAY	16	Change over day to winter uniform

CANTEEN ROSTER

Monday 4 April	Wednesday 6 April	Friday 8 April
Julie Keena Gina Williamson	Julie Keena Gemma Fletcher	Pupil Free Day

COMMUNITY NOTICES

106th ANNUAL WAUCHOPE SHOW

Friday 1 April 2016 and Saturday 2 April 2016. Horses, pavilion, Miss Show Girl, Grand Parade, cattle, wood chop, side show alley, Pavilion, poultry, delicious food and much more.

WAUCHOPE SOCCER CLUB – 2016 Season starts soon and runs until September! We still have some vacancies in the following age groups – U6, U12, U13, U14, U18 (both mixed and females only teams). We are also looking for players for our newly created Over 35's competition. Our Club offers flexible payment arrangements for membership. Please register online at <http://www.myfootballclub.com.au/>. For further information please phone Bec 0409 401 926 or Chanine 0429 861 327.

Aspect Practice would like to invite you or someone you know who is caring for an individual on the autism spectrum to attend the following free workshop in Port Macquarie.

Thursday 28 April 2016 from 9.30 - 2.30 pm.

For more information email Kerry Ritzrow kritzrow@autismspectrum.org.au

JESUS ALIVE – come to an Easter 'Jesus Alive' party on Sunday 3 April 2016 at 3.00 pm. St Matthews Anglican Church, Wauchope (off Cameron Street). Bring your family, grandparents, cousins, aunts and uncles and join us for an Easter story, songs, games, craft and of course party food. RSVP 30 March 2016 angmatts@bigpond.net.au

HEALING ROOMS, WAUCHOPE Healing Rooms offer free prayer to anyone who wishes to encounter the healing power of Jesus Christ. No appointment necessary and there is no charge. When – 4th Monday of every month 10.00 am to 12 midday. Where – The Oxley Centre, St Matthew's Anglican Church, Cameron Street, Wauchope. Call Sue Leach 0408 295 107

WAUCHOPE NEIGHBOURHOOD CENTRE

Kids Hip Hop Workshop – Tuesday 12 April at the Wauchope Performing Arts 10.30 am to 11.30 am
FREE and morning tea included.

Karate Workshop – Thursday 14 April at the Wauchope Arts Hall 10.30 am to 11.30 am
FREE and morning tea included
Please call the Wauchope Neighbourhood Centre 6585 4055 to book in your child