Dear Parents, Carers and Friends of Saint Mary’s,

Extra 2015 Holidays: Last Thursday and Friday, our Leadership Team met with other Leadership Teams at a Catholic Education conference. During the Conference, we were advised that rural teachers have been given two additional holidays in recent industrial negotiations. In meeting with other rural Principals it was decided that we would like to limit the effect on families by joining these days to current holidays. The proposed dates for these holidays are: Tuesday 22nd April & Monday 14th July. This would mean that the first day back for students in term 2 would be Wednesday, 23rd April (Remember ANZAC Day Holiday will be that Friday making it a two day week) and in term 3 the first day back would be Tuesday 15th July. Term 4 already has a pupil free day on Monday 20th October for all schools.

Lent: Next Wednesday, 5th March is Ash Wednesday and the beginning of the season of Lent. Throughout Lent, Catholics and other Christians begin their journey toward Easter. Traditionally, Lent is a time to fast (go without certain foods), give alms (food and money) to the poor and to re-evaluate our lives. As a Catholics, we are asked to abstain from eating red meat (all meats other than fish) on Ash Wednesday and Good Friday. Traditionally, Catholics have also abstained from eating red meat on the Fridays of Lent to help focus our minds on the importance of Lent. As a school, we will celebrate Ash Wednesday and also not serve meat in our Tuckshop on Ash Wednesday (Mar 5) or on the Fridays leading up to the Easter Holidays. A revised tuckshop menu for these days will be published.

Electronic Newsletters: We have run out of newsletter paper and are not keen to replace it for both environmental and financial reasons. Most Brisbane Catholic Education schools have already moved to an electronic newsletter over the past few years. From term 2, Saint Mary’s will move to an electronic newsletter, with paper copies still available for those without internet access. To make this move successfully, I will need our parent and carer community to assist with a few things:

- For those happy to receive an electronic newsletter: Please make sure that your email address is updated with us as soon as it changes. (See form later in newsletter)
- For those needing a paper newsletter (eg. No internet access): Please make sure that your eldest or most responsible child is well trained to collect it each Wednesday or let the office know if you only have a younger child (eg. P-2) who would need to have it delivered to their class each week. (See form later in newsletter)
- Please take the time next term to open and read the new electronic newsletter each week. While there are significant environmental and financial savings for our community, I would not like to see the newsletter sit unread in an inbox. Of course, this is also true for paper newsletters left in students bags.

College Masses: I would like to thank Mrs Radcliffe (our Acting APRE) for organising a beautiful College Mass on Sunday. I would also like to thank our staff, parents and students for their support. I was very proud of just how beautifully our students read and participated in this Mass. Our next College Mass is at 10am on Sunday, March 23. Each Wednesday, we have a College Mass starting at 8.15am in the Multimedia Room at the back of the library. Staff, parents & carers, students and community members are very welcome to join us for this Mass. It is usually only about 20 minutes long and finished by about 8.35am.

Social Justice Opportunities: As well as our Meals on Wheels, class aged home visits, appeals and very successful Year 12 Street Retreats, we are investigating:

- Voluntary visits to the Orana Aged home from 3pm – 4.10pm each Thursday for Yr 6 - 12 students. This is timed to fit in with the study bus so that students from Wondai, Murgon & Cherbourg can access a bus home after. We are still looking at options for our Nanango & Blackbutt students with some parents offering to drive.
- Overseas Social Justice Immersion for a small voluntary group from Yr 11 & 12. Quite a few service providers are offering overseas experiences for students for around $3500 in places like East Timor, Fiji, Cambodia, Philippines etc. At this stage, we are investigating these options for our students. Volunteer students and accompanying staff would visit a third world community and assist with a social justice program – eg. Teaching English or assisting to build wells, school facilities etc.

Lunch support: Students who forget lunch or can’t afford lunch are able to have a basic sandwich from the Student Support Centre. We will contact parents if students return regularly for lunch.

Past staff and students: Please keep encouraging past staff and students to sign up so they can...
receive updates on our 2015 Anniversary celebrations at https://www.surveymonkey.com/s/SM2015. Both past and current families can keep up to date on events at our website: www.saintmarys.qld.edu.au and via our Facebook page. Please keep our farmers in your prayers as we pray for drought-breaking rains. Yours in Christ

Mr Michael Nayler
Principal

From the Deputy
In Time of Drought
God of compassion, You know our every need. We trust in Your Son’s promise that whatever we ask for in prayer with faith we will receive. In this time of great need, send us your gift of rain to water the soil and make the barren land come alive again. Strengthen those who have been deprived of harvest, livestock and hope. Bless the work of agencies and individuals who support those affected by the drought. In faith and trust we pray, through Jesus Christ our Lord. Amen. God our Creator, from your womb the whole earth was born. Embrace our dry and dying land and nourish it with soaking rain that pastures, fields and paddocks may once again be filled with life. We ask this through Christ our Lord. Amen. Archbishop of Brisbane - Elizabeth Harrington

Lord bless all those affected by the drought in our local area and the rest of the State. Water, Water, Water. On assembly this week I spoke to the students regarding correct use of water in the school. The water for drinking is not to be sprayed on our friends or taps left running. We need to BE RESPONSIBLE and look after our drinking water at school.

Education dreams.org
As part of the Pace program in Cherbourg, the organisation is hoping to run the two existing TV ads and a launch a third in coming months to encourage every parent to send every child to school every day. However, more funds are needed so Pace have launched a crowd-funding website on www.educationdreams.com.au in the hope people will put a gold coin donation in the PayPal icon below the ads and open the letter from Cherbourg Aboriginal Shire Council.
The website also gives the reasoning for the ads and the education stories of actress writer Leah Purcell and former NRL star and now Aurizon Employment Strategy Manager, Steven Renouf. The ads also feature many Saint Mary’s students. The other two ads for your interest are: http://youtu.be/Bp06NX4H7vc http://youtu.be/NR_PbYjqqqA Have a great week.

God Bless.
Mr Sean Erwin
Deputy Principal

APRE News
Next Tuesday 4th March is Shrove Tuesday. Traditionally, it was a time to use up all the rich ingredients in the cupboard (flour, eggs, etc) so that during Lent there was real sacrifice. Today however, it has become more symbolic. Representing the end of a time of plenty and heading into a time of fasting and self-denial through the 40 days of Lent, starting on Ash Wednesday (the next day). Shrove and the verb shrive means to have taken the risk of being absolved or have sins forgiven. We are preparing both spiritually, mentally and physically to be people of the Resurrection of Christ on Easter Sunday. To that end, the year 9 Home Ec class (and helpers) are making pancakes (pikelets really) for the whole of Saint Mary’s – Prep to Year 12. These will be sold on Tuesday 4th March and the money raised will go to our Term 1 charity CARITAS – Project Compassion. The pancakes (pikelets) will cost 50c for two. There will be an ordering system for Prep to Year 5, with students in year 5/6 deciding if they wish to place an order or not. Year 5/6 to Year 12 purchase them on the day at lunchtime. Two pikelets served first then there will be a call out for ‘seconds’ if any left overs. The Prep to Year 5 class teachers will have the forms for the students to fill out and return with their money.

Wednesday 8.15 Mass. There will be no Mass Wednesday 5th March 8.15 at the college. This is Ash Wednesday and there is a Mass 5.30pm at the church. There will be an Ash Wednesday whole school liturgy on Wednesday 5th March 8.50am in the Maryknoll Centre. Teachers will come up first for a blessing and receive their ashes then return to their students and place the ashes on their foreheads.

World Day of Prayer. Some of our students in the senior classes will be participating in the World Day of Prayer. All parents and friends of the college are welcome to attend the ‘Streams in the desert’ World Day of Prayer 9.30am at the Highway Christian Church – D’Agular highway.

College Parish Mass. A big thank you to Claudia, Adrianne, Chris, Caitlyn, Elizabeth, Bridget, Anh and Kathleen who helped out at our Mass last weekend. Next month – 29th March, we have Year 5 and Year 10 helping out. We will continue Mass singing practice Fridays 12.30 in the Music room. There is no singing practice this Friday 28th February. Next Weekend Readings
1st Reading: Isaiah 49:14-15
2nd Reading: 1 Corinthians 4:1-5
Gospel: Matthew 6:24-34

Please see Mass and Liturgy times on the back page for Kingaroy, Nanango and Kumbia services.
Thank you
Ms Pam Radcliffe
Acting APRE

Prep—Year 6
Celebration of Learning Breakfast.
Each year Parents and students are invited to a Celebration of Learning breakfast. It was in Term 4 last year but this year we’re having it in Term 1. This is so that teachers, students and parents can mingle in a relaxed atmosphere and parents can see the classrooms etc. It is an opportunity for parents to have a quick chat to the teacher and if necessary organize an appointment if they want a more detailed conversation. Friday 14th March serving hot breakfast from 7.00am. It is an expectation that parents leave by 8.20am so that the regular school day can commence.

God Bless
Ms Pam Radcliffe

Counsellor News
What Is Self-Harm And Why Do People Do It?
Deliberately inflicting pain or injury by cutting oneself or some other form of self-mutilation seems incomprehensible to many people. But it’s a common, typically secretive, experience for about 8% of adolescents and young adults. People who intentionally harm themselves aren’t always easy to identify or categorize and recent research indicates they are equally likely to be male as female. Some known predisposing factors include severe intellectual disability, acute psychosis, a childhood history of physical or sexual abuse, and personality disorders. For these people, the impetus to self-harm includes: difficulty managing frustration or anger, compelling hallucinations or delusions (in the case of those with acute psychosis), difficulty managing the symptoms of trauma such as intense emotional states, and the self-blame and self-loathing that often follows from abuse. Often, alcohol or other substances may reduce inhibition and facilitate self-harming. People who have suicidal thoughts may also harm themselves. But while both acts harm, one of the major risk factors of attempted or completed suicide is the risk of having a mental illness diagnosis such as depression or bipolar disorder.

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suicide, a large proportion of people who self-harm have no desire to die whatsoever. Some may even have very strident views against suicide.

What helps?
Medical assistance is seldom sought, even when someone has serious injuries. Repeat self-harmers can become adept at applying first-aid to their wounds. If an individual does seek help, it may nominally be for broader background factors that might contribute to the self-harm while the self-harm remains undisclosed.

Generally, the most appropriate approach in psychological therapy is to address the underlying reasons why someone is harming himself. More focused treatment aims to introduce or enhance positive coping strategies, such as increasing tolerance to emotional distress. In cases where self-harm is especially compulsive or not easily resisted, strategies focused on directly reducing it can be very effective. Harm-minimisation rather than abstinence is sometimes the more realistic option in the short term.

The biggest challenge for parents and teachers is the detection of self-harm. The next step to to work out how best to engage the person to get help, which can be quite difficult.

The best way to do this is to share your concern about the person’s psychological well-being in a way that avoids stigma and realistically inspires confidence about the benefits of professional support. via [http://www.generationnext.com.au/2014/02/self-harm-people/](http://www.generationnext.com.au/2014/02/self-harm-people/)

Mr Graham Turnbull
Guidance Counsellor

Library Corner

Textbooks and Consumables
Overdue library books from 2013
Please insist that your child returns all textbooks they may still have from last year. Several reminders as well as a final letter were sent home last year. Invoices for these will be sent home by the Business Manager soon. Once invoiced, there can be no refunds even if books are returned.

Mrs Melanie Barr
Teacher Librarian

Office News
Term 1 Fees due by Friday 28th February
Dear Parents
Just a reminder that unless you have a formalised instalment payment arrangement in place with the College (e.g. Direct Debit, Bpay) your Term 1 account is due for payment by Friday 28th February.

Reminder statements will be sent home next week to families who have not settled their account or made payment arrangements with the Office. These will be on coloured paper so that they can be identified from the original statement previously posted out. While the College is more than happy to accept payments by instalments we do need to know the amount and timing of these payments and it’s preferred that these instalments be done via Direct Debits or Bpay payments. So please if you have not already contacted the office with details of your planned instalments can you do so immediately to prevent us doing unnecessary fee follow up procedures.

Kym Schultz
Business Manager

Indigenous News

Deadly Ears Mobile Van Visit
Mr Cecil Brown, Senior Aboriginal Health Worker from Cherbourg Community Health will be visiting our college on Tuesday 11 March 2014. Parents/Guardians must complete the Consent Form which students will bring home this week.

Valerie Mathews
Indigenous Support Worker

Student Representative Council (SRC) 2014
St. Mary’s Catholic College seeks to be an inclusive college that offers opportunities for students to participate in a wide range of activities. The SRC is one such activity where students can raise ideas and contribute positively to the College ethos and community. Badges of office have been presented to the students. SRC holds a meeting every second week.

To this end, it gives me pleasure to announce the 2014 SRC:
College Captains:
   Gabe Crane & Cassie Firman
Sports Captains:
Polding: Matthew Harch; Quinn: Sam Hudson; Rush: Ellen Nixon
Committees: Faith & Community: Brittany Merton & Teleah Brydon;
Citizenship & Culture: Thillinni Ranasinghe & Stephanie Ross
Class representatives:
Year 11 Richelle Bethke & Kyle Raabe
Year 10A Seraiya Gordon
Year 10B Ryan Jacobs
Year 9A Tiffany Gotwald
Year 9B Jared Gossow
Year 9C John Budgen
Year 8A Lydia Penny
Year 8B Harrison Lucas
Year 7 Madison Crane
Year 6 Anh Truong
Year 5/6 Kaitlin Lang

Congratulations to these students.
Mr G Curran
Senior School Coordinator

APA News
It’s on again in 2014!
The College is once again running a weekly footy picking competition for NRL games.
Its just $10 to enter, and with an expected pool of about 40 entrants, the winner should receive about $165, second place $25, and third place $10. That will leave about $200 as a fund raiser profit for the Confraternity shield players (or QISSN netball girls if no boys elect to play Confr). Some students like to enter the picking comp. as a team, syndicate or partnership, and share the nomination fee and picking duties. Just remember to name your syndicate.

The weekly picking sheet will be published in the College Newsletter each week, all weekly entries into the NRL box by 3-30pm Friday, and the results sheet will be up on the door to the College office. Weekly picking using the college fax or email is also OK.
If you wish to enter, just fill out the form below, and return it and your $10 to the office by Friday 7th March 2014.
Go on, have some fun! Come up with a picking system or formula. Tease your teacher about their poor picking form.

Mr John Dalton
Assistant to the Principal

Sports News
- Interschool Futsal
U14 Boys black - 2nd
U14 Boys white - 5th
U15 Boys equal 1st with Robina SHS & St Johns Anglican College.
Both Girl Teams had a tough day.
U16 girls won one game, drew one & lost two more.
Thanks to Alison Humphreys for coming along for a long day!
This means the U14 Boys will go through to the knock out round on 14th March.
Best of luck boys.
Wade Toms
Sports Teacher

P & F News
Last Tuesday evening your P&F met for their first meeting for the 2014 school year. While a lot of things were discussed the following is just a short review. We approved $3300 in funding requests from our school community which will benefit a large percentage of the school population. This funding will go to QISSN (Netball) and CONFRO (Rugby) for their annual carnivals later in the year.
Home Economics equipment, uniforms for a whip cracking team and prize money for Academic Competitions.
Our fist working be has been set for 16th March at 7am so mark that in your diary. We will meet at the front of the school and finish with a BBQ lunch at 11am. Our next meeting will be our AGM on the 18th March, all committee positions, President, Vice President, Treasurer, Secretary and Fundraising coordinator will be re-elected for 2014. If anyone has anything they would liked discussed please fell free to email me drbmartoo@yahoo.com.au or phone 0408068485.
Until next time
God Bless
Damiem Martoo
**BARGAN!**

2nd HAND UNIFORM SALE

Sale Rack
ONLY $5
Shirts—Shorts—Dresses etc
Uniform Shop Open
Wednesday 8am to 11am

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**Tuckshop News**

This Friday Tuckshop Specials are as follows:

- Cheese Pizza Muffin (1) - Morning Tea & Lunch $2.00
- Nachos - Lunch only $5.00

Please remind everyone that Lent begins next Wednesday 5th March and there will be no meat available on this day except for fish. Also this means that there will be no meat on Fridays starting next week (7th March) until the end of term. Anyone wishing to donate their time in the Tuckshop please contact Mrs Michelle Davis on 4162 2011.

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**Wanted New College Board Members**

Our College Board serves our community by helping to review College policies and major projects.

College Board members are required to commit to attending approximately 10 meetings a year at 7.30pm on the 4th Tuesday each month during the school terms. The College Board is advisory and not a managerial in nature. Our College Board meetings are open to members only (ie. not open to all like our P&F).

If you would like to be considered as a possible Board Member or would like to nominate someone who you believe would make a good Board Member please contact Lee Moller, our College Board Chairperson, at lmoller@beangrowers.com.au or by ringing 0407 034 021

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**Newsletter Request Form**

Please return this slip to the College Office

Name: ________________________________

I would like to receive my newsletter ☐ Electronically ☐ Paper Copy

Email Address: ________________________________

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**FOOTY PICKING COMPETITION**

Syndicate Name: ___________________________Name(s) of participants: ___________________________

(Please return this section and your $10 to the office by Friday 7th March 2014)