Dear parents and caregivers

We are continually blessed by the Holy Spirit in our community, expressed through the generosity and positive approach from so many people in different ways. A sincere thank you to the parents who have offered their services on the Board, with nominated positions to be determined at the AGM this Thursday. We are very impressed with the number of applications; a sure sign of the commitment to the educational partnership we aspire to continually develop.

The assistance provided by parent helpers in the Canteen on the Saint John’s Campus sports day made all the difference to the energy and community spirit in the catering domain of the event, with the Lions Club providing the BBQ and parents donating cakes to the canteen. We thank our generous community helpers. The students and staff appreciated your support on the day.

In the coming weeks there will be calls for families to participate in this year’s cultural exchange, with our Japanese visitors from Minakuchi High School returning for the eighth year. As a parent who has hosted for four years, I cannot speak highly enough of the positive impact the experience had on us as a family, on my child in his personal development and on the wider circle of friends and the student body. We encourage you to get involved and at least find out a little bit more before making a decision. There will be information evenings held later this term.

For the last two weeks, parents have been involved in cooking classes, during the day and at night as leisure courses. By all accounts and judging by their satisfied smiles upon departure, the courses are going well. The LAP program on the primary campuses has begun with continued involvement by the community.

We will continue to develop ways for you to be involved and feel welcome in your children’s school. If you have any thoughts about what could be developed to assist parents in feeling a part of the community, please do not hesitate to arrange to speak with us. We would love to see more people at the Parent Community meetings, held once a month on Monday nights.

Our next meeting is this coming Monday, March 2, held in the SJC staff room. This Friday the students of Samaritan are involved in Cleanup Australia activities. May we continue to take any opportunity to nurture and develop their civic responsibilities, not just at school, but wherever they are.

Congratulations to Kristin and Mick Davies on the birth of Cameron Russell Davies last Thursday. Mother and baby are both doing very well.

COMING EVENTS

THURSDAY, FEBRUARY 26
• Samaritan College AGM, 7.30pm at SJC
FRIDAY, FEBRUARY 27
• Clean Up Australia Day
• SJC Spencer Gulf
• STC SRC will be inducted at assembly, 9.30am
MONDAY, MARCH 2
• Parent Community Meeting 7.30pm in SJC staff room
WEDNESDAY, MARCH 3
• World Maths Day
THURSDAY, MARCH 5
• OLHCC Rec/Year 1 Hancock and Year 2/3 Gray Liturgy of the Word, 2.45pm in the Church

THURSDAY, MARCH 5
• STC R/1 Sanders Liturgy 9.30am
MARCH 2-6
• STC Year 5 Errappa
MARCH 2-5
• Year 8 Camps

TERISSA SHEPHERD
CHRIS SLOAN
CO-PRINCIPALS
The Season of Lent

Yesterday we celebrated Ash Wednesday. Ash Wednesday marks the beginning of the season of Lent. During Lent we reflect on our lives and make changes to live as Jesus asks us to in preparation for Easter. The road to Easter is one in which we spend time in prayer, serving others and helping the needy. The road is filled with opportunities to give thanks to God, forgive others, examine our life choices, give charitably to those in need and live our faith.

This Lent, let us be aware of the road on which we are travelling towards Easter and be prepared for when we arrive.

First Sunday: Stop! Give Thanks!

- This week, have each family member say what he/she is thankful for at family prayer time. Be sure to include special people, food, shelter, fresh air, a free country, the gift of our faith and our parish, and God’s intervention in difficult problems.
- Attend Mass during the week.
- Write a thank you or good wishes note to an older or lonely person.

Second Sunday: Forgive!

- This week, search your hearts for the courage to forgive someone. Talk with the family about the need to forgive others and also to forgive ourselves.
- Remind the family that God our Father forgives us ALL the time.
- Tell someone you are sorry and ask for forgiveness.

Third Sunday: Abstain

- Discuss the meaning of the word abstinance. Traditionally, it refers to avoiding meat. It also implies avoiding snacks and alcohol. For the kids (and maybe the adults) it could also mean abstaining from TV, video games, lollies, junk food, and computer games. Try a combination or variation of these things this week.
- Instead of renting a movie, put the money in your Project Compassion Box. Play a board game together.

Fourth Sunday: Charity

- Brainstorm with the family to see what kind deeds you can do.
- Call a grandparent to say ‘I love you’.
- Set the table, load the dishwasher, or sweep the floor.
- Fold some laundry, put away some laundry.

Fifth Sunday: Faith

- If we trust implicitly in our God, everything will work out. Sounds so simple, yet it is so difficult to stop worrying about what might or might not happen.
- Light a candle and pray that God helps deepen your faith.
- Think of a quality you have that could be developed and focus on it during this week, for example, doing my work joyfully, practicing the piano without being told, being responsible, having faith in myself.
- Hug your mum and your dad.
- Hug your kids. Tell them that you love them and have faith in them.

Bernie Meixner
REC - STC

PARISH NEWS

“This joyful season of Lent”

Last week, the first full-time Australian Ambassador to the Holy See (the Vatican) presented his credentials to Pope Benedict XVI. The new Ambassador is the former politician and railways tragic, Tim Fischer.

In responding to Tim, the Pope praised Australia for our many good qualities, especially Australia’s commitment to the Millelum Development Goals.

Going in to Lent, we see that our Project Compassion activities are neatly congruent with the MDG, with one vital addition.

As well as renewing our commitment to justice for the poor, and care for the earth, in Lent we also remember from where all our blessings flow. Wearing ashes on our foreheads, we feel both humility and hope. Conscious of our sins, we also sense God’s enduring loving-kindness towards us.

In Lent, while taking a full and fearless inventory of our shortcomings and failings, we also grow in confidence in our sense of our place beside Jesus, walking as pilgrims with him along the way to a new heaven and a new earth.

Father Jim Monaghan
ON BEHALF OF THE PARISH TEAM

WEEKEND MASS TIMES

<table>
<thead>
<tr>
<th>St Teresa’s Church</th>
<th>Our Lady Help of Christians Church</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 7.00pm</td>
<td>Sunday 10.30am</td>
</tr>
<tr>
<td>Sunday 8.30am</td>
<td>Sunday 5.30pm</td>
</tr>
</tbody>
</table>

RELIGIOUS DIMENSION
UNIFORM UPDATE

SOCKS
We recently received a letter of apology regarding the delay in sock manufacture, largely due to factories closing down in Australia. Permapleat have decided to develop their own plant and have been working non-stop to complete back orders. As I write this section, Marg Coad informs me that the socks have just arrived! There are many Year 8 boys who have already paid ahead, so please collect your socks as soon as possible. The canteen is open from 8.30am, or you can collect during caregroup. Any student in the new uniform is advised that you must wear the uniform sock, thank you.

TRACK SUITS
All Physical Education winter stock has arrived. There has been some comment about the junior track and rugby, with comparison to the older students’ outfit. Please remember that the committee dealt with criteria from parent and student surveys, and such factors as wearability, warmth, durability and cost influenced outcomes. Therefore, it would have been unwise to have the senior microfibre in the primary and middle years, due to greater possibility of incidental tears and grazed knees. Although the the 70’s mums and dads in us may shudder at stripes, it is on good authority that this is the general style of sportswear now. – The students like stripes, with last year’s 12s designing stripes on their leavers’ rugby top. Of all the uniform items, trend will inevitably creep into the sportswear and challenge our ideas of appeal.

GIRLS DRESSES
The Year 8 students who have ordered a second dress may collect them. The newly available ‘quarter sizes’ are still on order. We do not anticipate delivery for considerable time.

SPORTS SOCKS AND SMARTPLAY STRIPED POLO
We have not forgotten these, but wait patiently for their arrival. It is with great pity that these two items have held up proceedings, particularly for the Receptions.

Terissa Shepherd
CHAIR UNIFORM COMMITTEE

COOL MATH 4 KIDS
www.coolmath4kids.com

SITES FOR FEES
MathsPower
Rainforest Maths (some free games)
www.rainforestmaths.com
Smartkiddies
www.smartkiddies.com.au

Jenny Kondylas

COMPUTER CORNER
There are some fun educational maths sites on the internet for students to improve their numeracy skills. Parents may like to introduce their children to some of the following:

FREE SITES
Early Years
BBC Number Time – play a game
www.bbc.co.uk/schools/numbertime
KS1 Bitesize games
www.bbc.co.uk/schools/ks1bitesize
Cool math 4 kids
www.coolmath4kids.com
Primary Years
Maths - Primary Games
www.primarygames.com/math2.htm
KS2 Bitesize Games
www.bbc.co.uk/schools/ks2bitesize/maths/activities/addition.shtml
Cool math 4 kids
www.coolmath4kids.com
Middle Years
KS3 Bitesize Games
www.bbc.co.uk/schools/ks3bitesize/game
Connect Secondary students - maths

SAMARITAN COLLEGE 2009 PANTOMIME
In another of a long series of ‘firsts’ with regard to cross-campus participation, Samaritan College will be presenting Captain Hook’s Revenge, a satirical and humorous take on the classic tale of Peter Pan. Invitations for students to express interest in and audition for the pantomime will soon be announced at individual campuses.

Auditions will be taking place during the coming weeks.

Week 5  STC
Week 6  SJC
Week 7  OLHCC

In the meantime, general inquiries can be addressed to either Winnie Fitzgerald (STC), Thomas Martin (SJC), or Melinda Gray (OLHCC).

Thomas Martin
PRODUCER

COLLEGE NEWS

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Cool math 4 kids
www.coolmath4kids.com
Primary Years
Maths - Primary Games
www.primarygames.com/math2.htm
KS2 Bitesize Games
www.bbc.co.uk/schools/ks2bitesize/maths/activities/addition.shtml
Cool math 4 kids
www.coolmath4kids.com
Middle Years
KS3 Bitesize Games
www.bbc.co.uk/schools/ks3bitesize/game
Connect Secondary students - maths
Congratulations to the students who have been elected by their peers to the Student Council for the first semester 2009.

R/1 Sanders Kevin Higgins Amelia Freund
R/1 Storr Karla Amos Luke Spry
1/2 Wohling Mackenzie Hill Hayley Carter
2/3 Reed/Judd Zali Munday Joshua Byrne
3/4 Opie Sophie Peden Isaac Chinnery
4/5 Usher Katelin Morgan William Brokloff
5/6 Baverstock Hannah O'Rielly Braden Carpenter
6/7 Turpin Grace Hullah Nick Sanders
6/7 Gogoll Rachel Fitzgerald Joseph Gurney

These students will be presented to the Campus Community and receive their SRC badge in recognition of this achievement at the assembly to be held on Friday, February 27 at 9.30am.

Josie Sanders
STUDENT REPRESENTATIVE COUNCIL

WYALLA JUNIOR HOCKEY

The Junior Hockey Sign up and Registration Day will be held at the Hockey Grounds, on Sunday, March 1, from 11.00am to 2.00pm. There will be a free sausage sizzle, drinks for sale and a jumpy castle for the children to enjoy. If registration fees are paid on the day, a free mouth guard will be given. This is for all Junior players, up to U13 age group.

Registration forms are available at both primary campus offices.

Tania Taylor

ST TERESA’S CAMPUS NEWS

HOUSE CAPTAINS PRESENTATION

The St Teresa’s Campus captains will be presented to the campus community and receive their House Captain badge in recognition of this achievement at the assembly to be held on Friday, February 27 at 9.30am.

LITURGY AND ASSEMBLY IN WEEK 6

Next week R/1 Sanders will celebrate their Liturgy on Thursday, March 5 at 9.30am in the Library.

The assembly next week on March 6 will be led by Year 5/6 Baverstock and is an upper campus assembly. Assemblies are always at 9.30am on Friday mornings.

SWIMMING LESSONS – ADVANCE NOTICE

Swimming lessons for St Teresa’s Campus children will be on the following dates. Swimming lessons will take place every day for one week.

Week 8: (March 16-20)

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>3 Reed/Judd</td>
<td>12.00-1.30pm</td>
</tr>
<tr>
<td>6/7 Turpin</td>
<td>12.00-1.30pm</td>
</tr>
<tr>
<td>6/7 Gogoll</td>
<td>12.00-1.30pm</td>
</tr>
<tr>
<td>1/2 Wohling</td>
<td>1.30-3.00pm</td>
</tr>
<tr>
<td>2 Reed/Judd</td>
<td>1.30-3.00pm</td>
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Week 9: (March 23-27)

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<tr>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td>3/4 Opie</td>
<td>1.30-3.00pm</td>
</tr>
<tr>
<td>4/5 Usher</td>
<td>1.30-3.00pm</td>
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Week 9: (March 23-27)

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<tr>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td>5/6 Baverstock</td>
<td>1.30-3.00pm</td>
</tr>
<tr>
<td>R/1 Storr</td>
<td>1.30-2.15pm</td>
</tr>
<tr>
<td>R/1 Sanders</td>
<td>1.30-2.15pm</td>
</tr>
</tbody>
</table>

Bernie Meixner
CAMPUS COORDINATOR

St Teresa’s Campus

PRIMARY CAMPUS NEWS

Congratulations to the students who have been elected by their peers as House Co-Captains for 2009.

STUDENT REPRESENTATIVE COUNCIL

Congratulations to the students who have been elected by their peers to the Student Council for the first semester 2009.

R/1 Sanders Kevin Higgins Amelia Freund
R/1 Storr Karla Amos Luke Spry
1/2 Wohling Mackenzie Hill Hayley Carter
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These students will be presented to the Campus Community and receive their SRC badge in recognition of this achievement at the assembly to be held on Friday, February 27 at 9.30am.

Josie Sanders

PRIMARY CAMPUS LEADER
SHROVE TUESDAY AT ST TERESA’S CAMPUS

We have been learning about procedures. For Shrove Tuesday we looked at a procedure for how to make pancakes. They were yummy.

Zali Munday

Today we made pancakes for Shrove Tuesday. We used flour, milk, eggs and water to make the batter. In the Middle Ages they used to use up all the food before Lent, because Lent was a time of fasting or going without. Jesus sacrificed his life for us so that is why we sacrifice something during Lent.
**LENT**

Yesterday we celebrated Ash Wednesday, the beginning of the season of Lent.

Lent is a season of penance, reflection and fasting, which prepares us for Christ’s Resurrection on Easter Sunday. We prepare for Easter and concentrate in a special way on what it means to be a Christian. Throughout Lent we are offered the opportunity to renew and strengthen our relationship with God and our neighbours.

As a school community we do this through the Project Compassion campaign. Through Project Compassion we are able to raise money for Caritas Australia, which helps to alleviate poverty and bring hope, life, peace and justice to communities in more than fifty countries throughout the world. Caritas Australia helps people regardless of race, political beliefs, gender or religion.

Each class has a Project Compassion collection box. Today, with the newsletter, every family will receive a Project Compassion box for use at home. You could use this collection box throughout Lent in your home, and the offerings collected could be placed in your child’s class collection box. This is a very practical way that we can all help those in need.

**CLEAN UP AUSTRALIA DAY**

Our students will be participating in Clean Up Australia Day for Schools this Friday, February 27. We will be cleaning up the school property and the outside boundary which will include the Convent, car park, vacant scrub land and along the fence line, both inside and outside the perimeter. Students are encouraged to bring gloves so that rubbish can be handled safely.

The clean up will take place straight after Recess unless the forecast temperature is 35 degrees and over, in which case it will take place at 9.15am.

**STUDENT REPRESENTATIVE COUNCIL**

Congratulations to the students who have been elected to the Student Representative Council for 2009.

<table>
<thead>
<tr>
<th>Class</th>
<th>Reps</th>
<th>Deputies</th>
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<tbody>
<tr>
<td>2/3 Sinclair</td>
<td>Luca Starkey</td>
<td>Bianca Garma</td>
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<tr>
<td></td>
<td>Bradley Shaw</td>
<td>Jamie Kersten</td>
</tr>
<tr>
<td>2/3 Gray</td>
<td>Erin Salopek</td>
<td>Taylah Stirling</td>
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<tr>
<td></td>
<td>Blake Cleary</td>
<td>Matthew Steart</td>
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<tr>
<td>3/4 Hart</td>
<td>Kaitlin Coulson</td>
<td>Sophie Ward</td>
</tr>
<tr>
<td></td>
<td>Tom Fischer</td>
<td>Brodie Adamson</td>
</tr>
<tr>
<td>3/4 Winkler</td>
<td>Lana Phillips</td>
<td>Zoe Sullivan</td>
</tr>
<tr>
<td></td>
<td>Brandon Del Giacco</td>
<td>Simon Geldenhuys</td>
</tr>
<tr>
<td>4/5 Fiedler</td>
<td>Abby Goodwin</td>
<td>Codii Kaesler</td>
</tr>
<tr>
<td></td>
<td>Frazer Carpenter</td>
<td>Yvan Miaco</td>
</tr>
<tr>
<td>5/6 Pilkington</td>
<td>Georgia Davidson</td>
<td>Alana Hancock</td>
</tr>
<tr>
<td></td>
<td>Ryan Bodinner</td>
<td>Dylan Varney</td>
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<tr>
<td>5/6 Baker</td>
<td>Bonnie Taylor</td>
<td>Stacey Adey</td>
</tr>
<tr>
<td></td>
<td>Sam Bolton</td>
<td>Declan Coulson</td>
</tr>
<tr>
<td>5/6 Molyneux</td>
<td>Madeline Goldsworthy</td>
<td>Jenna Daniels</td>
</tr>
<tr>
<td></td>
<td>Josh Finkler</td>
<td>Ryan Dennis</td>
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<tr>
<td>7 Arcobelli</td>
<td>Nikeisha McNamara</td>
<td>Unika Spadavecchia</td>
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<tr>
<td></td>
<td>Joseph Vlachoulis</td>
<td>Connor Sinclair</td>
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<tr>
<td>7 Fahey</td>
<td>Kaitlyn Green</td>
<td>Hannah Phyland</td>
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<tr>
<td></td>
<td>Callan Capone</td>
<td>Emerson Fewster</td>
</tr>
</tbody>
</table>

God Bless

Eleni Vailas

CAMPUS COORDINATOR

**OLHC CAMPUS HOCKEY**

Hockey Training begins on Monday, March 2 at the Hockey Grounds.

Minkeys – 4.00-5.00pm

U/11 – U/13 - 5.00pm – 6.00pm

Hockey sticks are available to borrow for the season.

NEW PLAYERS ARE MOST WELCOME.

**CAR PARK**

Parents are reminded to slow down in the McRitchie Car Park and obey the speed limit to ensure the safety of our students. There will be more designated disabled car parks available in the future.

The car park by the Front Office is not to be used by parents between 8.30am-9.00am and 3.00pm–3.30pm.

Ruth Donnellan

OHS&W OFFICER

**SWIMMING LESSONS**

Swimming lessons have consumed our Campus the last few weeks. It has been fantastic to see the children having so much fun and learning a vital skill at the same time. Thank you to the many parents who have helped in a variety of ways.

**LITURGY OF THE WORD**

Next week we will resume our Liturgies after having a fortnight’s break.

Rec/Year 1 Hancock and Year 2/3 Gray will be presenting Liturgy of the Word for Week 6. You are most welcome to join us on Thursday, March 5 at 2.45pm in the Church.
YEAR 11 NEWS & EVENTS

MOCK CRASH
In the week leading up to Easter, firefighters from the South Australian Metropolitan Fire Service (MFS) will be taking a powerful road safety message to Year 11 students. The MFS firefighters present a hard hitting and emotional Road Awareness and Accident Prevention Program where they give the students the opportunity to see the consequences of bad decision making. Their message is, through “Concentration and Commonsense” almost all road accidents are avoidable. The MFS believes that if we start with new drivers at 16 years old we can create a positive generational change in driving attitude, and reduce significantly the carnage on our roads. The program consists of a practical demonstration of road accident rescue using the ‘jaws of life’ followed by a classroom presentation which takes students through the realities of road accidents. All Year 11 students will attend the program, and a consent form has been distributed to students this week, which only needs to be returned if your child will not be taking part in the program.

DUE DATES
All Year 11 students have been given a copy of a semester planner, which outlines the approximate due dates of summative assessment tasks for their subjects. The planner has been compiled to assist students with their organisation, time management and in meeting deadlines. Please take the time to look at the planner with your child.

COMMUNITY OUTREACH
As many parents and community members know, the Community Outreach Program at Samaritan College is a highly valued and integral part of being in Year 11. Students are required to complete 20 hours of community service throughout the year, with 5 hours completed each term. There are many opportunities for students to obtain community service hours and I encourage all Year 11 parents/guardians to have a quick read through their child’s Community Outreach booklet to verify what can be included. Many students have already contributed to gaining their hours by assisting with sports day or with their local sporting clubs/groups. This weekend provides an opportunity for students to be part of Cleanup Australia Day and I encourage students to take part in the event by either coordinating with their local group or contact the Whyalla City Council.

Registration and more information can be located on line by visiting: [events.cleanup.org.au](http://events.cleanup.org.au)

**All Year 11 students are required to achieve 5 hours of Community Outreach by March 25**

If you have any questions or concerns regarding the Mock Crash, Community Outreach Program or due dates, please do not hesitate to contact your child’s Caregroup teacher or myself.

Jade Vanzo
YEAR 11 COORDINATOR

SPORTS DAY
Last Friday, February 20 was the inaugural Sports day with the new teams of Benedict, MacKillop and Rice. Excellent weather conditions blessed the day and allowed for maximum participation and excitement by all who attended. A huge thank you to the parents and friends who donated time or baked goods for the cake stall, Marg Coad for her ongoing effort in the canteen, the Lions club for a fantastic job on the BBQ, and to all the parents who witnessed what is the beginning of a new era here at Saint John’s Campus for sports day.

The day would not have been so successful if it was not for all the staff who assisted on events all day and most of all the fantastic attitude and energy developed by the students. This was especially evident in the March Past, they just keep getting better each year!

A new system was set up for results this year with three categories, March Past, participation points and the athlete award. But at the end of the day there can only be one winner and the overall winner after combining all results and the leaders of the Guidera Cup so far is Rice. It is worth noting that Rice excelled with the March Past, MacKillop stood out with best athletic results and Benedict were the best participants.

Kate Nolan
Nick Prokopec
SPORTS DAY COORDINATORS

<table>
<thead>
<tr>
<th>TEAM</th>
<th>PARTICIPATION</th>
<th>ATHLETES AWARD</th>
<th>MARCH PAST</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td>1087</td>
<td>525</td>
<td>100</td>
<td>1712</td>
</tr>
<tr>
<td>MacKillop</td>
<td>977</td>
<td>552</td>
<td>50</td>
<td>1579</td>
</tr>
<tr>
<td>Benedict</td>
<td>1090</td>
<td>523</td>
<td>30</td>
<td>1643</td>
</tr>
</tbody>
</table>

Age Champions
- **Open**: Tegan Curwood, Nathan Covino
- **Under 16**: Hayley Stone, Dylan Manuel
- **Under 15**: Jacob Melville-Smith, Amelia Melville-Smith
- **Under 14**: Danielle Edwards, Lourens Victor

Record Breakers
- Lourens Victor equalled under 14 high jump at 1.65m
- Hayley Stone under 16 girls Discus 22.45m
- Jasmin Frusch under 14 girls Shot Put 9.90m
- Nathan Covino open boys Triple Jump 12.10m

SAINT JOHN’S CAMPUS NEWS

SAINT JOHN’S CAMPUS NEWS
CAKE STALL

A huge thank you to Mark Plunkett, Donna Ward, Lorraine Ackling, Linda Meixner and Corrine Gurr who assisted in the canteen on Friday for Sports day. Thanks is also extended to the parents who donated cakes: Nicole Tonkin, Teresa Lynch, Sandra Hawes, Tara O’Neill, Helen Butt, Corrine Gurr, Lynda Meixner & Tracy Murray. Every year they sell very well, as, ultimately, students do prefer home-made items. We appreciate your efforts despite busy lives.

Terissa Shepherd
CO-PRINCIPAL

**CAKE STALL**

MONDAY, MARCH 2 – FRIDAY, MARCH 6

**ST THERESA’S CAMPUS**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Marina Schwerdt</th>
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<tbody>
<tr>
<td>Tue</td>
<td>Kerry &amp; Shae Azzopardi</td>
</tr>
<tr>
<td>Wed</td>
<td>Nicole Higgins</td>
</tr>
<tr>
<td>Thur</td>
<td>Justine Chalmers, Holly Phillis</td>
</tr>
<tr>
<td>Fri</td>
<td>Jean &amp; Robert McCarroll</td>
</tr>
</tbody>
</table>

Annette Cameron
CANTEEN MANAGER

**OUR LADY HELP OF CHRISTIANS CAMPUS**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Antoneta Rogers</th>
<th>Diana Moia</th>
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</thead>
<tbody>
<tr>
<td>Tue</td>
<td>Yvette Balkwill</td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td>Dana Campion</td>
<td></td>
</tr>
<tr>
<td>Thur</td>
<td>Help Needed</td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td>Amanda Salopek</td>
<td></td>
</tr>
</tbody>
</table>

Rose Cassar
CANTEEN MANAGER

**SAINT JOHN’S CAMPUS**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Donna Ward</th>
<th>Bev Carlson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>Pauline Higgins</td>
<td>Julie Drake</td>
</tr>
<tr>
<td>Wed</td>
<td>Help needed</td>
<td></td>
</tr>
<tr>
<td>Thur</td>
<td>Liz Dennis</td>
<td>Diana Jeffrey</td>
</tr>
<tr>
<td>Fri</td>
<td>Lorraine Ackling</td>
<td>Roseanne Wragg</td>
</tr>
</tbody>
</table>

Thank you to the new volunteers that have put their name down for canteen. Your generosity is very much appreciated. There are still a few spots that need filling. I would love to hear from you, even if you can only spare 1/2 an hour to serve at lunch time.

Thank you,
Marg Coad
CANTEEN MANAGER

COMMUNITY NEWS

**Go for 2 & 5**
- Healthy Eating with Fruit & Vegetables

Chop fresh seasonal fruit into bite sized pieces.
It makes a great snack for the kids.

**Go for 2 & 5®**

If your family is anything like mine, you are now well back into the swing of the school year. And with the start of the school year comes a new school year timetable, what your kids want to eat and what they need to eat as part of a balanced diet.

The great thing about this time of year is the availability of a wide range of great tasting fruits that are ideal for the school lunchbox. Blueberries, strawberries or mangoes all make the perfect fruit to add to the lunchbox or enjoy as a snack. So, go for 2 & 5 today.

School is all about learning, so lunchboxes packed with fruit and veg are taught by our kids about the need for a balanced diet with a daily target of two serves of fruit and five serves of veg. Of course, we want to get the kids cooking while they are in the fruit and veg mood, why not check out some of the kids cooking while they are in the fruit and veg mood, why not check out some the kids cooking while they are in the fruit and veg mood, why not check out some of the recipes.

**Go for 2 & 5 Kids Only Recipes**

If you have any comments or suggestions, please feel free to contact the Horticulture Australia Health Initiative Coordinator, Chris Bowley, on chris.bowley@horticulture.com.au