"I love the image of the wounded bird held in the cupped hand. The hand is not too open, otherwise the bird might fall. It is not too closed for that might crush the bird. The hand is like a nest, it carries and gives support to the bird, communicating warmth and security to it so that when the right moment comes, it can regain strength and take off on its own. The parent is like this cupped hand. They do not possess the child; they do not enclose her/him, nor harm them, but help the child so that later they may take off on their own. Our lives, our bodies, our communities, are called to be this cupped hand in order to receive and carry others. Not to possess, harm, judge or condemn them, but to carry them. To carry the weakest with their suffering, anger, depression, dreams, illusions and lack of confidence as well as their light, hope and possibility for growth. We are called to carry them until they can take off on their own, and become more completely themselves, capable of choosing their home."

Adapted from Vanier, J. 1996

Dear parents and caregivers

This week we congratulated last year’s “Top 6” Year 12 and merit students as part of our Ash Wednesday’s Ceremony. Many of them will be moving on to take up studies elsewhere. For regional families and communities it is a challenge that our city cousins do not have to face. We pray that God holds our children firmly in his hands as they spread their wings to fulfill the dreams they have for themselves and their families as an educational community we have helped to nurture.

In the spirit of the words of Vanier above, our hearts, prayers and cupped hands are extended to Andrew, Ben and Jared with the sad loss of their wife and mother on Monday. Along with Ben and Jarryd; we offer our sympathy to Jack and Kate; Meg and Wilson; Jack and Daniel; David; who are a part of the extended Inglis, Bindi, Donellan and Siwek families and all part of the Samaritan family. Please keep them in your prayers.
Yesterday, Ash Wednesday at the Parish Masses and at Samaritan College we were all given the Ashes as a reminder that Lent has begun. For nearly 2000 years, Christians have focused on the season of Lent as a period of spiritual transformation on the path to Easter. This journey encourages us to remember who we are as followers of Christ. In the hustle and bustle of our daily lives it is so easy to forget, or ignore, the voice of God in our hearts. This week our Lenten discussion groups have begun with a number of people being involved. This is another way of helping us prepare prayerfully for Easter.

Over many months the members of our catechumenate have listened to the word of God and shared in the Parish Community. Next Sunday, the First Sunday of Lent they will be initiated into our faith as the Elect, which is the next step in their preparation to celebrate the Easter sacraments.

This weekend our Young Christian Students (YCS) are attending the parish Masses to speak to us about their recent YCS trip to Brisbane.

Sr Cheryle Thomson
ON BEHALF OF THE PARISH TEAM

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

Yesterday began the six week season of Lent. Lent is a time of preparing ourselves for the coming of Jesus at Easter. The students at Samaritan College will learn about the season of Lent and prepare themselves through prayer and action. Project Compassion is an outreach program that runs each Lent. Every family has the opportunity to participate in Project Compassion by donating to Cartitas Australia through the collection boxes located in each class and offices at Samaritan College. Many families choose to have these collection boxes in their homes and make them a focus during Lent. The funds raised through Project Compassion go to help projects in Australia and around the world to improve the rights of women, access to education, self help programs and many other projects. The money raised helps less fortunate people experience a quality of life we take for granted in Australia.

For more information on Project Compassion visit www.caritas.org.au

A Prayer for Lent

At Lent,
We should try the key to our heart’s door.
It may have gathered rust.
If so, this is the time to oil it, in order that the heart’s door may open more easily when the Lord wants to enter at Easter time!
Lord, oil the hinges of our heart’s doors that they may swing gently and easily to welcome your coming.

Prayer from Papua New Guinea in Shore to Shore: Liturgies, Litanies and prayers from around the world. (London:SPCK) 2003, p55

Bernie Meixner
REC - STC

UNIFORM SHOP

Opening Hours
Wednesday 8:00-10:00am
Thursday 1:00-4:30pm

Each Campus has a stock of hats.
Saint John’s Campus also has a supply of socks for secondary students.
Kerry Azzopardi Sharron Waldron
Toal Street, Whyalla Stuart
Ph: 8649 3168

It’s wonderful to see all Reception to Year 2 children wearing the smartplay uniform. Its purposeful design is for the excessive mat time and floor activities that occur in early childhood education, protecting the dignity of our young students and allowing ease of movement. In Year 3 the children can still wear smartplay as this is a phase-over time, until they grow out of it. Every intention behind the uniform protocols is for economising where possible. Please do not think you have to buy dresses, shirts and shorts immediately as your children enter Year 3. For all clarifications of uniform, please contact our helpful workers, Sharron and Kerry, at the Uniform Shop in the first instance.

Terissa Shepherd
CO-PRINCIPAL
Parent help is sought for upcoming events, particularly the Opening Mass on March 2. We will need parent reps for each class to assist with the boxing up of sausages for the sausage sizzle – a huge task to feed 1050 students. Please indicate if you can assist on the slip below. Many hands make light work, so if you are intending on being a part of the day please offer some assistance. Following the Mass, then sausage sizzle, are the House Presentations, so you will not miss out on them!

**PARENT HELP**

I, ........................................................................ parent of .......................................................
in class ........................................................................................
I can assist with organisation in the sausage sizzle at the Opening Mass. Time approximately 10:00-11:00am

Home Phone: ........................................................................................
Mobile: ........................................................................................
Signature: ........................................................................................

Please return as soon as possible to class teacher or front office

**COMPUTER CORNER**

It is important for parents to assist their children to be safe when using the internet. Below are some good sites for interactive games on internet safety.

**Early Years:**
Netty’s World - [www.kids.ninemsn.com](http://www.kids.ninemsn.com)
Hector’s World – Thinkuknow-5-7
[www.thinkuknow.co.uk/5_7/hectorsworld](http://www.thinkuknow.co.uk/5_7/hectorsworld)

**Primary Years**
Educational Games-Media Awareness network
[www.media-awareness.ca/english/games](http://www.media-awareness.ca/english/games)
Wired Kids- the ultimate online safety project for kids
[www.wiredkids.org](http://www.wiredkids.org)
AT&T Internet safety connections game
[www.att.com](http://www.att.com)

**Middle Years**
Student’s CyberQuoll - Internet safety
CyberNetrix
Internet safety
Netsmartz
[www.netsmartz.org](http://www.netsmartz.org)
Jenny Kondylas

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**PRIMARY CAMPUS NEWS**

Primary Open Night
Samaritan College
St Teresa’s Campus
Wednesday, March 3
6:00-8:00pm

Interested parents are invited to come along to view classrooms and different aspects of the ‘curriculum in action’.

A full itinerary of activities will be published in next week’s newsletter. This will enable you to plan your time to pop in and view an item in which you may be interested.

**Our Lady Help of Christians Campus**

will be holding

Open Night

on **Wednesday, March 17**
OSHC

Out of School Hours Care (OSHC) will continue to be offered at Samaritan College at Our Lady Help of Christians Campus. Before School, After School as well as Vacation Care is available.

FEES

<table>
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<tr>
<th>Time</th>
<th>Cost</th>
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<tbody>
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<td>$10.00 per session</td>
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<tr>
<td>After School</td>
<td>$16.00 per session</td>
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<tr>
<td>Early Closure</td>
<td>$22.00 per session</td>
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<tr>
<td>Pupil Free Days</td>
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Vacation Care

<table>
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</thead>
<tbody>
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<td>$37.50 per day</td>
</tr>
<tr>
<td>Half Day (Morning)</td>
<td>$22.00</td>
</tr>
<tr>
<td>Half Day (Afternoon)</td>
<td>$22.00</td>
</tr>
</tbody>
</table>

* Public Holidays Exempted

CONTACT

Director: Roxanne Davidson  
Ph: (08) 8649 3530  
M: 0427 712 260

Child Care Benefits may apply to eligible families.

DOGS

It has been brought to our attention that some parents are bringing their pet dogs into the school yard before and after school at both primary campuses. As there are many students around at these times there is the potential for an accident to happen so we ask that your dogs stay at home. If however a puppy is being brought in for ‘show and tell’ please arrange this with your child’s teacher.

Ruth Donnellan  
OHS&W COORDINATOR

LAP VOLUNTEERS

The Learning Assistance Program known as LAP is once again looking for LAP volunteers. LAP is a social interaction program that supports students in their journey of learning.

The skills that you need to be a LAP volunteer are patience, a listening ear and one hour per week.

However, like all volunteers in schools you will need to have a current police check. (These are free for school volunteers.) Both primary campuses run this program. If you are interested in being a LAP volunteer please contact the College.

The LAP Coordinators are:

Heather Guest  
OUR LADY HELP OF CHRISTIANS CAMPUS  
86492077

Helen Holland  
ST TERESA’S CAMPUS  
86458381

Next week begins the series of camps for Year 5 and Year 7 students from both primary campuses.

During Term 1 the Year 7 students from both primary campuses will be attending the Aquatic Camp at Port Vincent.

The Year 7 students from OLHCC will be attending the camp from Monday February 22 until Wednesday, February 24.

From Sunday, March 28 until Tuesday, March 30, the Year 7 students from STC will be attending the camp.

In Term 3 the STC Year 5 students will attend a camp at Pichi Richi from Wednesday, September 1 until Friday, September 3.

On March 22 the Year 5 students from OLHCC will be travelling to ERRAPPA during the week from Monday, March 22 until Friday March 26, in two groups.

All children are expected to be involved in our camp program. Attending camps helps the students to become more independent and to build relationships with each other, their teachers, the instructors and other adults.

Patricia Page  
PRIMARY CAMPUS LEADER
Our first meeting for the new school year was held on Monday, February 15 with a small but enthusiastic group. It was pleasing to see some new faces in the group, together with the “old faithful”.

Some up and coming events are:

1. Spencer Gulf Sports Day – February 26. As previously requested, parent helpers are required to help this event run smoothly. Please check your diaries and help where you can. Donations of sweet and yummy items will be most gratefully appreciated, ie caramel slice, cupcakes, rocky road, etc.

2. Opening Mass to be held at Saint John’s Campus – March 2. Please ring Terissa Shepherd on 8645 8568 if you can assist. Again a couple of parent helpers would be appreciated from each class to help teachers distribute the “recess”, being a beautifully cooked (by Lion’s volunteers) sausage sizzle. This event commences at 9:00am and finishes at 12:30pm.

3. Please mark in your diaries, and request the day off if necessary, the Primary Campus Sports Day on FRIDAY, April 30. Parent support is deeply appreciated by all children and teachers and is a really fun day. Come and support your children and in turn, your children’s school.

4. The Parent Community Committee is organising a Dinner to be held mid Term 2. It will be a themed dinner with lots of laughs, dancing and fun to be had. More information will be advertised in future Newsletters as preparations evolve. Be prepared to come along and join other parents from your school community to mix, mingle and enjoy.

One final date to mark in your diary, at this point, is the next Parent Community meeting, being Monday, March 15 at 7:30pm at St Teresa’s Campus. Please come along and provide your support, dialogue and fresh ideas.

Judi Kneebone
PARENT COMMUNITY COMMITTEE

Samaritan College Advanced Life Family Portrait Offer
You are invited to take advantage of the opportunity to have a beautiful framed Family Portrait for only $15. All you need to do is phone OLHC Campus to book a time for your portrait sitting, and pay the $15 fee, look beautiful on the day of the portrait, and wait for the results! The portrait day is Saturday, March 20, at Our Lady’s Campus in the Vessey Unit. Booking times are available from 9am. Please invite your family and friends to also take advantage of this offer. There are spare brochures in each campus office to share with friends. There is no obligation to purchase the full portrait package when viewing your portrait. Portraits make great gift ideas, and just in time for Mother’s Day.

Please help our College fundraising efforts, and book your portrait time through the OLHC Campus.

Tania Taylor
ON BEHALF OF THE PARENT COMMUNITY

Our Lady Help of Christians Campus News
On Wednesday Our Lady Help of Christians Campus began their Lenten preparation with a Liturgy where the ashes were distributed. Led by Sr Robyn the students prayerfully reflected on the three words which help us prepare for Easter.

“Prayer” “Discipline” “Alms-giving”

The students watched a presentation of a Cambodian community who have been assisted by Caritas Australia Project funded by our donations to Project Compassion. Students could see that their donations were being put to good use.

ST TERESE’S Campus News

DOUBLE PARKING
In the interests of safety, please do not double park when dropping off children in the morning or picking up in the afternoon. Children also need to be educated to wait for cars to be stationary before approaching their vehicle. The safety of a child is much more important than the extra minute we can save by taking short cuts.

LITURGIES AND ASSEMBLIES
Next Wednesday 1/2 Tullio will be celebrating Mass at St Teresa’s Church at 9:00am on Wednesday, February 24.
4/5 Usher will be leading an Upper Assembly on Friday, February 26.

SWIMMING LESSONS
Swimming lessons will take place in week 8 and 9 of this term. Letters will be sent home to families next week.

Bernie Meixner
CAMPUS COORDINATOR

LITURGIES AND ASSEMBLIES
This week we awarded the top 6 students of 2009. Annie Larcombe, Dux of the College, shared her thoughts with the student body regarding the benefits of a solid effort and the appropriate study and work/life balance.

The students were highly successful last year with Tertiary Entrance Rank (TER) scores as follows:

<table>
<thead>
<tr>
<th>Name</th>
<th>TER</th>
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<tbody>
<tr>
<td>Annie Larcombe</td>
<td>96.35</td>
</tr>
<tr>
<td>Jordan McLean</td>
<td>94.8</td>
</tr>
<tr>
<td>Lauren Mathews</td>
<td>93.15</td>
</tr>
<tr>
<td>Emmanuel Kwaw</td>
<td>92.8</td>
</tr>
<tr>
<td>Phoebe Dunn</td>
<td>91.35</td>
</tr>
<tr>
<td>Aaron Hardman</td>
<td>91.35</td>
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</tbody>
</table>

Aaron is also congratulated for receiving the Adelaide University Principal’s Scholarship. In addition, we are very proud to acknowledge the creative work of Cameron McOmish, who was the sole Merit Award winner for a Year 12 subject in 2009. Cameron’s film making expertise awarded him the Merit Certificate in the subject of Community Studies, which was recently presented to him at Government House.

Terissa Shepherd
CO-PRINCIPAL

AN EVENTFUL TIME

A very busy fortnight is approaching for the secondary campus. After celebrating Ash Wednesday yesterday and acknowledging student achievements from 2009, we then held a Year 12 Parent Information Session that night. Next week will see a full College rehearsal on Thursday for the Opening School Mass and then we host the Spencer Gulf Sports Day the following Friday where Catholic schools from Port Lincoln, Port Pirie and Port Augusta come to compete against us at Bennett Oval. The work of Angela Rogers, Pierre Visser and Nick Prokopec in arranging all these events has been outstanding. We also appreciate the work of our ground staff, Gerry Lanyon and Rob Pudney in setting these events up.

STUDENT ABSENTEES

If your child is going to be away or needs to leave the College during the day, please contact the school or provide a note in the diary. We are experiencing an increase in students who are arriving late or who are needing to leave the school but who do not have a written note in their diaries.

Damien Judd
SECONDARY CAMPUS LEADER

TALENT SEARCH

I was recently sent a letter by the South Australian Sports Institute (SASI) about undertaking a series of fitness testing to search for potentially gifted athletes in our school. The initial stage begins with an appraisal of fitness testing (endurance, speed, strength and muscular power). Promising students are subsequently invited to further testing by SASI and may then continue on to talent development programs. Every student whose data is submitted will receive a certificate, with their results, class average and a percentile rank based on national normative values.

In consultation with your child’s PE teachers we have identified a small group to participate in this testing. Unfortunately due to the types of fitness testing chosen by SASI it does limit the sports which students can be selected for. If your child has been selected they will receive a letter by the end of this week and this will need to be returned to school by next Wednesday.

HOT WEATHER POLICY AND SPORTS UNIFORM

As we start the year with some hot summer days it is vital that we abide by the hot weather policy. Given that Australia has the highest incidence of skin cancer, our school has policies that support a “no hat – no play” approach to sun protection.

In addition to wearing broad-brimmed hats, students are also encouraged to wear sunscreen. Students are also encouraged to drink water throughout the day to improve fluid intake, either through bringing their own bottle or using the drinking taps.

In Physical Education classes it is extremely important that students are in the appropriate clothing, which is, polo shirt, shorts or pants, Rugby jumper, sports shoes and sport socks. It is important to note that students wearing the inappropriate uniform, especially shoes, will not be able to participate in practical lessons as it becomes a safety issue.

If your child is injured or not participating in a practical lesson they will need a note in their diary directed at their teacher stating this. A second offence for incorrect uniform will result in a caution card. As we are now into week 4 this will be effective immediately.

If you have any questions please don’t hesitate to contact me at the school on 86458568.

Kate Nolan
PHYSICAL EDUCATION COORDINATOR

EXPERIENCING CHILD STUDIES

Our Child Studies Program is designed to ensure that our students engage with their community and are informed about the many issues surrounding the care and well being of children. Caz, Trish and Tanya (a student from Canada) from the Regional Birthing Unit visited students not only to support their knowledge and understanding about the care of newborns but also to share with them information about the many resources available to us in the community. I hope you enjoy reading our student’s comments.

Heidi Korossy
CHILD STUDIES

Last Tuesday the Child Studies class had a visit from the regional birthing unit. They told us about what having a newborn would involve. They informed us of the pros and cons of having a newborn and the health issues including...
vaccinations, baby blues, settling and post natal depression. My favourite part was how to put cloth nappies on our babies!

Sarah

On the 9th of February the Regional Birthing Unit came into our school to assist our Child Studies class. Trish, Caz and Tanya came in and brought a lot of brochures and information for us. I thought it was really good that they answered all of our questions no matter how silly we felt they were. They also spoke to us in a manner that teenagers could relate to. I enjoyed the practical nature of the session as we were shown how to put on cotton cloth nappies in three different ways. I thought this was very interesting and definitely helped my understanding.

Taela

The most interesting thing I learnt about in the lecture was that there are many methods to use when you want to settle a baby. These things would include taking it for a walk, feeding or changing the nappy and perhaps sometimes giving the baby to another member of the family. That was significant to me because I think sometimes settling a baby can have its complications and that using a method which is good for settling a baby is essential to maintain your own mental health.

Amy

MURRAY VENTURE DATES
Preliminary planning is underway for the Year 10 Murray Venture. As per last year, we will be running three Ventures, from the second week of the holidays and continuing throughout the first two weeks of term. The respective dates for each trip is outlined below:

APRIL 10 - APRIL 16  – MURRAY VENTURE GROUP 1
APRIL 17 - APRIL 23  – MURRAY VENTURE GROUP 2
APRIL 24 - APRIL 30  – MURRAY VENTURE GROUP 3

More detailed information about the Murray Venture will be forthcoming later in the term.

Trent Keiper
YEAR 10 COORDINATOR

YEAR 8 WHITE ENGLISH
To begin their English studies at Saint John’s Campus, 8 White have been writing biographies on their new classmates. This has proven to be a great way to get to know each other and to become comfortable talking to other people. They have also learnt a lot about their fellow class members.

Students have also begun reading “Bridge to Terabithia” and we have been analysing the main characters and putting ourselves in to their shoes to see how we would handle certain situations. We will be delving into our imaginations as we continue to read this text.

8 White have started the year with enthusiasm; they are a very friendly bunch. I look forward to working more with this class and discovering the talents and encouraging success in all they undertake.

Jodie Turpin
8W ENGLISH TEACHER

YEAR 8 SOSE NEWS
This term our Year 8 students are learning about budgeting. The unit invites students to think about their needs and wants, their sources of income and how their spending is funded (savings, credit, etc). The ultimate aim of the unit is to get students to appreciate the cost of items, the potential pitfalls of credit and to understand that money does not grow on trees! To facilitate this learning, students will be involved in planning and implementing various fundraising tasks during Term 1. The money each class raises will be used to purchase t-shirts for another Year 8 SOSE activity later on in the year. Parents and caregivers are asked to support the students as they undertake their fund-raising activities – dog walking, car washing, weeding, etc – rather than simply giving them money; after all, the aim of the unit is to get students to realise that money has to be earned and that mum and dad aren’t walking banks! Any questions or concerns can be directed to Tanya Gibson, the SOSE Coordinator.

Tanya Gibson
SOSE COORDINATOR
ARE YOU INTERESTED IN MEDICINE AS A CAREER?

Since the late 1990s the Rural Doctors Workforce Agency (RDWA) has encouraged and supported South Australian rural origin high school students to pursue medicine as a career choice.

One initiative is the Year 12 UMAT Information workshop. This workshop, held over a day and a half, introduces students to Undergraduate Medical and Health Sciences Admissions Test (UMAT) style questions and how to apply for undergraduate medicine in SA.

In April our school will receive information flyers and registration forms regarding the 2010 Year 12 UMAT Information workshops to distribute to interested eligible students. Information and registration will also be available on the RDWA website at this time (www.ruraldoc.com.au).

If any staff or students have questions regarding the workshops or entry into medicine they are most welcome to contact Monika Marzec the Student Services Officer for the Rural Doctors Workforce Agency or Barb Wright at studentservices@ruraldoc.com.au or to call during office hours on 8234 8277.

Heidi Korossy
CAREERS ADVISOR

CANTEEN ROSTERS
Monday, February 22 – Friday, February 26

ST TERESA’S CAMPUS

<table>
<thead>
<tr>
<th>Mon</th>
<th>Fiona Moffat</th>
<th>Jean McCarroll</th>
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<tr>
<td>Tue</td>
<td>Lucy Meixner</td>
<td>Emily Inglis</td>
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<tr>
<td>Wed</td>
<td>Maddie Whitehouse</td>
<td>Nellie Cowan</td>
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<td>Thu</td>
<td>Maddie Foran</td>
<td>Shannan Herbert</td>
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<tr>
<td>Fri</td>
<td>Amelia Cooper</td>
<td>Charlie Cooper</td>
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Our Lady Help of Christians Campus

No help required due to Swimming Lessons.

<table>
<thead>
<tr>
<th>Mon</th>
<th>Sue Clements</th>
<th>Chris Barsby</th>
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<tr>
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<td>Charlie Cooper</td>
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</tbody>
</table>

Annette Cameron
Canteen Manager

Rose Cassar
Canteen Manager

Marg Coad
Canteen Manager

COMMUNITY NEWS

Samaritan Uniforms for Sale as New

3 boys short sleeve shirts size 12
3 boys long sleeve shirts size 14
3 boys shorts size 14
3 boys trousers size 13
$10 each or will sell the lot for $70
Please contact Melissa,
ph 8645 7268

Film Show Under the Stars

2 Hours of Cartoons & Comedy
At Wild Dog Hill
Saturday 6th March
7.45 PM

Bring your Friends & Your Chairs as Well as Nibbles and Drinks.

Gold Coin Donation/Person Includes Supper.

Enter Via Speedway or Lincoln Highway

Feature Film “Carry On Up the Khyber”
A Friends of Whyalla Conservation Park Community Event