Dear Parents, Grandparents, Carers, Friends

Earlier last week I had one of our younger students ask me what a particular word was on our new value signs at the front of the school. The sign that he pointed to is titled ‘Hospitality’. The next obvious question that followed was ‘What does that mean?’ To which I shared the following story.

When I think of ‘hospitality’, I think of those three lovely ladies up there in the office that every day when I walk into my office they have a huge smile on their face, a warm hello and an unmatched enthusiasm (I think I used the word ‘excitement’) that sets me up for a wonderful day ahead. They always help me out when I need it and welcome everyone that comes through that door.

To which he raised his eyebrows, nodded and said ‘Yeah, those ladies are pretty nice!’

The conversation I shared, whilst thoroughly enjoyable, stood as a friendly reminder that if we are to ensure that all students are supported to live out the Gospel/Benedictine Values in their daily lives, then it is paramount that they are exposed to both positive actions and regular exposure to terminology and the language that is associated with those values. In much the same way that we talk about being ‘In the pit’, our religious/faith language is one that is ever growing and being nurtured in the experiences we share. Taking the time to share the positives is an investment in ensuring what we value is maintained for the longest time to come.

In the spirit of sharing the positives I think words of affirmation for our office team are long overdue. Whenever a major event takes place, the acknowledgement of those working behind the scenes always seems to rate a mention. Within our school context the hard workers often behind the scenes (on a daily basis) are our wonderful office staff. Helen, Jody and Chris are three very special women who form the engine room of St Joseph’s Primary and without them much of what takes place in the classroom wouldn’t be possible. Their commitment to supporting each and every student is invaluable and I know that rarely a day goes past where a parent or carer doesn’t express their sincere gratitude for all that they do. Whilst I know that such descriptors would raise no arguments, I thought having shared the conversation with my little friend, this week would the perfect time to thank them for all they do.

On behalf of our whole school community, thank you Chris, Helen and Jody for all that you do.

Have a great week everyone.

Ben
**Praying through Meditative Prayer**

One way we can pray at home, school and with our families is using the practice of meditative prayer. *Meditative prayer* is a spiritual discipline or exercise specifically intended to lead us to inner stillness and the state of *being with and in God*. It engages thought, imagination, emotion, and desire and its various forms can lead us to closer union with God (Contemplation). Meditative prayer combines the benefits of meditation and the gift of prayer to nurture our body, mind and spirit.

It can assist by:
- slowing down busy minds and bodies
- improving concentration and attentiveness
- helping students to cope with stress and anxiety
- leading students to the art of mindfulness and being present to the moment
- developing a sense of inner peace and calm
- creating an awareness of a deeper sense of God’s presence in silence and stillness
- opening hearts to experience the gift of contemplation, a total praising of God and a sense of oneness with the whole of creation.

It may include using mandalas, walking labyrinths, reflective journaling or sketching or guided meditation.

**Catching Fire**

This week Kate Colvin and I attended two days in Brisbane as part of the Catching Fire, Spiritual Formation Framework. It was an opportunity for us to reflect upon our own spiritual formation and take the time for this to be a focus, instead of being an added extra in our personal lives. It was also a chance to begin to learn the best ways to strengthen our own faith and in turn enliven the Catholic faith in the lives of other members of our community. This is a journey that we as a whole staff community will be invited to take over the upcoming years.

**2nd Week of Lent**

**Project Compassion: Mariama from Niger**

This week Project Compassion focuses on Niger, where life is very tough. Many live in extreme poverty, often unable to afford or access food and water.

This week we meet Mariama who is raising her daughter in Niger, a country that suffers widespread poverty. When her little girl became malnourished, she received life-saving food and care at a Nutrition Centre, supported by Caritas Australia.

Your donation to Project Compassion 2015 helps save the lives of people living on the brink of survival in Niger, giving them access to nutritional support and essential food for life.


**What's On………**

- Thursday 5th March—Class Mass—Year 1/2 and 2/3—9am—Church
- Thursday 5th March—Gunther Village—Prep
- Friday 6th March—Year 1/2 Assembly—World Day of Prayer—Hall—9am
- Orange Day—National Day of Action against bullying 20 March
- Purple Day for Epilepsy—Thursday 26th March
- Fish and Chip Friday for Caritas—Friday 27th March
- Go Blue for Autism—Thursday April 2nd.

Keep Collecting those Walkathon Sponsors!

Walkathon is on Friday 27th March
INSTRUMENTAL MUSIC NEWS: Invoices for Instrumental music have been sent home with your child. Please contact the office if you have not received your account.

P & F NEWS:
- AGM—next Tuesday 10 March 7pm in the school staffroom. All welcome.
- The Uniform shop welcomes donations of good quality second hand school uniforms if you have any you no longer require.

OFFICE NEWS:
- A reminder that if your child will be absent from school please notify their teacher or the office by phoning 4161 1889 or emailingpgayndah@bne.catholic.edu.au
- We have sent home with your child today a Student Information form. Please peruse the form making changes where necessary and return to the school in the envelope provided by next Friday, 13 March. Even if there are no changes to be made please return the form. This will ensure that we hold the most current information for your child.
- Permission slips and sponsorship forms for the Walkathon are due back to the school by Thursday 26 March.
- School fee accounts were issued recently. School fees can be paid by various methods including cash or cheque, direct deposit to the school account, direct debit or eftpos. If you paid by direct debit last year and wish to do the same this year, you will need to complete a new form.

BUNDABERG EISTEDDFOD: Expressions of Interest—Bundaberg Eisteddfod—Speech and Drama.
The Bundaberg Speech and Drama Eisteddfod will be held in May. We are seeking interest from those children who may like to compete in set poetry, Australian poetry or choral poetry recital competition. The cost of entry and competitors ticket will be covered by the school, and children will be assisted to learn their poems and practice for expression and clear articulation for presentation. Dependent on interest, the school may also provide transport for the students. If you would like to find out more, or are interested in your child attending please see Michelle McClafferty, the office staff or email interest and queries to mcclafferty@bne.catholic.edu.au

PAINTING OF THE CHURCH: Over the next couple of weeks the exterior of the Church will be painted. Children and parents are asked to please avoid the fenced off area around the Church for safety reasons.

CROSS COUNTRY: Cross Country will be Tuesday, 31 March 2015.

VOLUNTEER STUDENT PROTECTION AND CODE OF CONDUCT TRAINING: This training is for current volunteers at the school and also prospective volunteers (even those without a current Blue Card). This volunteer training will take place in Conference Room of the GACC Building on Thursday the 12th of March at 2:00pm. Starting at 2:00pm will allow time for completion of a registration sheet and plenty of discussion around the content matter. This training is free of charge but is a requirement of volunteers working at the school. If you are unable to attend this session, please let the office know as there is also an online version available.

Students of the Week

Congratulations to the following students:
Week 4:
Prep: Kendra MacDonald
Y1/2: Ella Smith
Y2/3: Jackson Kreis
Y4: Holly Ahern
Y5/6: Isabella Thornton
Isabella Bryant

Week 5:
Prep: Angus Parr
Y1/2: Erica Wenck
Y2/3: Zoe Hoskinson
Y4: Sophie Doyle
Y5/6: Ainsley Bayntun
Shae Baxter
SOCCER SOCCER SOCCER: Soccer returns to Gayndah after Easter Holidays. We are seeking interest form parents or community members experienced in coaching Juniors. We will also be offering a free Grassroots coaching clinic in Gayndah for interested people. Open to High School Students as well. Great Social Club, not a huge time commitment - 1hr training per week/6 games for the season. For more info contact Laine - 0428 931 151

LEARN & PLAY TENNIS: Gayndah Tennis Assoc. Inc and Bundaberg Tennis Academy's coach Kevin Banner are now taking registrations for new and existing members for Term 1, 2015. The ANZ Tennis Hot Shots Learning Program has commenced at Gayndah Tennis Complex, Barrow St. Gayndah. 5-8 years 3:45-4:30pm for Red Ball; 8-11 years 3:45-5pm for Orange Ball; 10-12 years 5-6:30pm for Green Ball; 12 and up 6:30-8pm. Bookings are Essential. Contact Kevin Banner 4152 0753 / 0409 520 753 for further information.

PONY CLUB: Held at the showgrounds every fortnight at 9am. There will be instructors for each event.

DISPOSITION OPENING NIGHT: Showcasing the works of Rhanii McCosker, Sarah Drescher, Georgina Hopley and Shaun Hyde. Opening night this Saturday 7th March at 6pm at the Gayndah Art Gallery. Free entry, food, beverages, cocktails and entertainment.

GUNTER GUMNUT PLAYGROUP: Every Tuesday at Gunther Village in the playground next to the Coffee Shop 9.30am – 11am. All parents with young children welcome to attend, an activity and morning tea provided. We look forward to seeing you there!

MONSTER GARAGE SALE: St Matthew’s Anglican Church Monster Garage Sale is this Saturday, 7th March at the Anglican Church Hall cnr Capper & Meyer Sts. Outside items from 8am, hall opens 8.30am. Be early for bargains. Quality collectables, new and preloved jewellery, linen, household goods, cutlery, glassware, artwork, toys, books, records, furniture, clothes and much more.

JOHN ELLERMAN: Microbiologist and biochemist. Head scientist responsible for developing Neways’ Lacto-Flora—Super Synbiotic pre and probiotic is guest speaker in Gayndah for one day only—this Friday 6th March 4pm at the Gayndah CWA. $5 per person entry. RSVP or for further info Mandy Ballin 4161 3217.

GAYNDAH SHOWGIRL: Young ladies of Gayndah. We need you! It is Gayndah Showgirl Competition time again. We are seeking entrants for: Gayndah Miss Showgirl 2015 (18-28yrs—18yrs by 01/08/2015) Gayndah Miss Junior Showgirls 10-13 years and 14-17 years (inclusive of that age for 2015) Please contact Stacey Duncan 4140 8899 for entry forms or further information.

DATECLAIMER: Gayndah Miss Showgirl Presentations Saturday 28 March—Gayndah Showgrounds. Doors open 6.30pm, Wine & Cheese Evening. $15 adults includes complimentary wine, beer or soft drink & nibbles. Bookings—Cam and Sues Meats 10 Capper St or Helen Cherry 4161 1119.

BYRNESTOWN BUS MEETING: Today, Wednesday 4th March, 4pm at the Emmerton bus stop.

JUNIOR KIDS FISHING DAY: Sunday 22 March 2015 at Paradise Dam hosted by Biggenden Fishing Club. We are looking for 25 children from the ages of 7 to 13 who are interested in learning the basic fundamentals of recreational fishing and the environment. We will be taking registrations up to the 19th March. Interested children can register by phone or email to: John or Ruth 4127 7252 or email jnrrok@gmail.com