Dear Parents,

Another busy week and here we are in Week 9 already! It doesn’t matter how long you are involved in this game of education; you never get used to the speed with which the weeks fly by.

I would like to thank Richard Harrison and his helpers for their work preparing lunch for everyone on Friday. It was very much appreciated and from the comments of the children, very popular. Thanks also to the Guest family for donating the potatoes, it was a lovely generous gesture.

Four children and I travelled to Sawtell on Friday to participate in Incitáre, a gathering of students from Woolgoolga, Coffs Harbour, Sawtell, Macksville, Bellingen and Bowraville (as well as ourselves), to participate in a youth faith leadership session. They had the opportunity to discuss their faith, issues of injustice in the world and how we can each make a difference, play games and generally get to know a whole group of like-minded people. The day was run by students in Year 10 from John Paul College and they did an excellent job. Our students, who had the privilege of participating in this day, will be working on presenting a similar day for the rest of the school next term, as they work to “stir us up” in a good way.

In our Gospel reading this week we hear the story of the seed - John 12:20-33
‘I tell you most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest.’

In this reading Jesus uses the illustration of the “grain of wheat” to show how God brings life from death and good fruit through patience and suffering. Seeds by themselves are worthless and lifeless. Only when the seed is destroyed by burying it in the ground, can it rise to new life and bear fruit. We too are like this; it is often only by letting go of the clutter in our lives, the business and material things, that we can peel back the layers and rediscover the things in our lives that are truly life-sustaining and important, the things that bring us true joy.

In our latest Lenten Program prayer session I shared the following activity with the group. It is worth praying on if you can make the time. I found it on YouTube ‘Jar of Life’.
https://www.youtube.com/watch?v=6_N_uvq41Pg
It is worth watching as it helps keep things in perspective.

Sue Darby
Acting Principal

EASTER RAFFLES: We will be having small Easter raffles each day next week (which are only for students). Tickets will be 20c each and they will be drawn each day. If parents or friends would like to donate eggs for this they can but it is not essential.
CONFIRMATION:
We had a lovely liturgy in Bellingen last Wednesday evening as Angus and Cooper received the Sacrament of Confirmation. They had the opportunity to meet with other students from our parish and Bishop Jarrett on this special night. They looked very handsome and conducted themselves with reverence.

INSIGHT SRC SURVEYS: Thank you to all parents who took the time to complete these surveys. Your comments are invaluable in helping us to provide the best service in education we can.

JUST MACBETH: Thank you to the majority of parents who have returned permission notes and payment for this event, which we’re going to next Tuesday afternoon. We are so lucky to have a theatre group of this standard visiting our area so please take advantage of this opportunity. Permission slips must be in by this Friday. This is a curriculum-based excursion and all students will attend. Cost per family (includes performance & bus fare):

- 1 child - $10
- 2 children - $17
- 3 children - $25

ASSEMBLY: Tomorrow’s assembly will be held at 2:40pm and will be led by the Year 2/3 class.

DANCE FEVER DANCE-OFF:
We will need some people to help set up for the dance at the stadium on Monday. If you could spare some time it would be very much appreciated. If anyone has any disco lights or fairy lights we could borrow, please let us know. The children will be having a practice session at 5:00pm and the dance starts at 6pm. We will be having a sausage sizzle, and we ask families to bring a plate to share for supper. It will be a fun night so please come and join in!

CANTEEN: Thank you to this week’s canteen volunteers, who are Kerrie Fittock & Nikita Luhr. A reminder that canteen volunteers should be at the school by 9:00am to tally up orders. If you are unable to do your rostered day, please organise to swap with another volunteer. This is our last day of canteen for the term.

LENTEN PROGRAM: This will continue this week on Thursday at 2pm, all welcome.

FATHER JIM’S FAREWELL MASS: Father Jim’s farewell Mass will be held this Friday 27th March at 12pm. All welcome.

HOLY WEEK PRAYER SERVICE: We will be having a Holy week prayer session and reflection next Thursday afternoon at 2:15 pm; to which everyone is invited. This will take the place of our assembly for that week.

PARENT ASSEMBLY: The Parent Assembly has money available again this year to provide education for parents. If you have some area of parenting that you would like to learn more about please talk to Cath Hartin or Mrs Darby and we will start a list and try to source people who can help us with your requests.

CAR PARK: The area near the front of the school is no longer a “nose to wall” parking area. This is to avoid reversing where children are walking. White arrows have been painted in a semicircle around the drop-off zone. Parents can park along these dotted lines when the car park is full but are not allowed to overtake a car in front of them while in this area. A reminder also that all children must be accompanied by an adult in the car park. You can’t wait in the car for your children; you must accompany them to the car.

CHILDREN MISSION PARTNERS: All of the Mission Partners boxes need to be returned to school by next week. It doesn’t matter if there is only $1 in them, every bit helps with the work this tireless charity does all over the world.

P&F AGM POSTPONED: The P&F Association AGM has had to be postponed, as Mrs Darby is away at a Science workshop
today. The meeting will be held early next term – date to be advised.

BULB FUNDRAISER: Orders are due back at school **this Friday** for the P&F Association’s spring-flowering bulb fundraiser. Catalogues are available at the school office. Please note that there’s a printing error in the catalogue – item #34, Rannunculi Mixed has been incorrectly priced; it should read 40 bulbs for $14, NOT 10 bulbs for $14.

WORLD AUTISM DAY, 2nd APRIL 2015: Autism is a lifelong condition that affects, amongst other things, the way in which an individual relates to his or her surroundings and their interaction with other people. Some of our school community have a diagnosis of autism and so in school we will raise awareness of this important medical condition by wearing blue ribbons on World Autism Day, which is Thursday 2nd April 2015.

CAR BOOT SALE: If anyone else is interested in being part of this sub-committee, please let us know at school.

LINK TO SCHOOL WEBSITE: [http://moodle.dorplism.catholic.edu.au/](http://moodle.dorplism.catholic.edu.au/)

PARISH MASSES: Sunday Mass – 10:00am. All are welcome.

CONTACT INFORMATION UPDATE: Don’t forget to complete and return your green contact information update form, which was sent home with each family.

SCHOOL FEES: Term 1 school fees are now due, unless you are paying regular direct deposit amounts. Please see Mrs Darby in confidence if you anticipate having trouble finalising your fee account by the end of term.

LIBRARY: Thursday is library day. Students will need to bring a cloth library bag (an old pillowcase is fine) to transport their books to and from school. This keeps them protected from mishaps.

**STUDENT ABSENCES:** If your child is absent from school for any reason, please make sure you notify the school. There are several ways you can notify us:
1. By phone
2. By email to [msjpdorr@lism.catholic.edu.au](mailto:msjpdorr@lism.catholic.edu.au)
3. Via Skoolbag app
4. By written note

**LEADER’S AWARD:** Congratulations to Jasper Fischer, who received a Captain’s Award for always being on time and ready when lining up after breaks.

**GOOD LEARNING AWARDS:** Class awards went to Rocco Stockton for making accurate graph interpretations; Will Parker for settling in well to tasks and completing activities neatly and accurately; Braylyn Thornhill for her fabulous contribution to class learning when sharing her family ANZAC history; and Ryan Miller for presenting thoroughly researched projects that engage Stage 3 students.

**COMING EVENTS:**

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| Fri 27th | • Final Mass with Father Jim  
| | • Bulb orders due  
| | • Insight SRC surveys due  
| Mon 30th | Dance Fever Dance-off, 5pm  
| Tues 31st | “Just Macbeth” performance in Bellingen  
| Wed 1st | Zone Cross Country, Woolgoolga  
| Thurs 2nd | • World Autism Day  
| | • Holy Week prayer service, 2:15pm  
| | • Last day of Term 1  

**MUSIC LESSONS FOR 2015:** Expressions of interest are invited for music lessons at Mt St John’s. Last year’s piano and guitar lessons were a great start. This year I hope to provide private lessons at competitive prices and offering discounts for struggling families. The details are yet to be decided but we hope to deliver quality tuition everyone can participate in. Please talk to Sue Darby or Cathy at reception to indicate your interest. Sincerely, Rob Harpley (last year’s Music Stars tutor)
GFS KIDSPLUS meets every Wednesday during term time from 3-5pm in the Anglican Church Hall. There is food, fun, games, worship and craft. Students from Kinder through to Year 10/11 are welcome. Cost is $1 per session – new pupils always welcome. Contact Rev Mike on 6657 2015.

DORRIGO HIGHLANDERS SOCCER: The teams are set, training is underway and games are starting soon with boots on for all teams starting Saturday 18 April. The Dorrigo Highlanders Football Club has teams registered across all age groups from 8 years to open, boys, girls, men’s and women’s. And for our up and coming stars it is MiniRoos in Dorrigo each Saturday morning. Check your school noticeboard for team details. Players need to have all fees paid before taking the field to ensure cover for insurance. Please have your fees ready to pass on to your coach at training or organise for direct payment to the Dorrigo Highlanders account at BCU with the player’s name as reference. Payment enquiries can be made to Barb Webster on 6657 2703. Draws for all teams will be available online at www.northcoastfootball.com.au. Cancellations for wet weather are also posted to the website. Keep an eye out for local football action at the Dorrigo Rec Ground. Come along to support our local teams, enjoy the talent of some faces you may know and grab something from our new season canteen.

CREATIVE KIDS IN APRIL SCHOOL HOLIDAYS: Tuesday 7th, Friday 10th, Monday 13th, Tuesday 14th, Friday 17th April 10.00am – 12.30pm All sessions offer some outdoor playful active time and the opportunity to explore clay and draw using a variety of mediums. Small groups - $25 per child per session Call Jenni Francis on 66572625 jennifrancis2453@gmail.com Diploma of Initiatic Art Therapy; Diploma of Clayfield (Sensorimotor Trauma Release) One-to-one Clayfield sessions, 2pm – 4pm each day - $50

DORRIGO RSL SUB BRANCH CENTENARY OF ANZAC: This year’s ANZAC Day will commemorate the Centenary of the Landing at Gallipoli on the 25th April 1915. Our ANZAC Day is on the Saturday after Term 2 commences. The Dawn Service will commence at 5.30am at the Dorrigo Monument. The march & wreath-laying service will commence at 11.00am with the march from the Dorrigo Memorial RSL Club. There are some changes to the Order of March this year; the Dorrigo Schools' contingents will be towards the head of the march, and the schools will end up in Cudgery Street behind the Veterans Group near the bus shelter. After the march, young marchers are invited for refreshments at the Dorrigo Recreation Pavilion, NOT the Girl Guide Hall as in previous years. For further information contact Bob Denner on 6657 1145 or rdenner@bigpond.net.au.

DORRIGO ANGLICAN CHURCH
JOIN US FOR HOLY WEEK AND EASTER
Palm Sunday 29th March Youth-led celebration @ 9am. Taize Service @ 7pm led by our Musos. Monday –Wednesday 30th March -1st April Morning Prayer in church @ 9am Maundy Thursday 2nd April @6pm Meal and Agape (Please book in advance for meal on 66572015) Good Friday 3rd April All -age Worship 9am Easter Day Sunday 5th April 7.30am Traditional Communion 10am Family Celebration with Communion More details call Rev Mike on 66572015 michaelaridge@outlook.com
Lost in concentration

It’s more challenging than ever to be present with our kids, and so easy to get lost in concentration on a device. Here are 5 tips to really impact and make the most of every opportunity you have with your kids.

I can’t help but admire my young colleague Sonia, mother of a 4-year-old boy and a seven-year-old girl. She is an avid user of social media and other electronic devices, but she is disciplined enough to set them aside when she is with her kids. Sonia chooses to focus her attention on her children, so she limits her use of communication devices to the times when she is alone, which she admits is less often than she’d like.

Electronic devices such as tablets and mobile phones are ever present. They are heaps of fun, the source of so much knowledge and a great way to stay in touch with others. The flip side is that their hypnotic effect is powerful so that frequently all our concentration is directed at them rather than our kids. When this happens you’ll more than likely miss some wonderful opportunities to really impact your child.

There are five BIG opportunities available to you as a parent if you, like Sonia, choose to be in the moment when you have children.

When you are fully present you can:

1. **Build their language**

   Recently, I saw a mother walking side by side with a young toddler playing a simple language game. She would make a sound with her mouth and her young son would mimic her. She changed or added to the sounds and her son tried to replicate the sounds. This is language building at its most natural and finest, and wouldn’t have happened if this mother was on the mobile phone rather than being present with her child. Whether you are with a toddler, primary aged child or a teen the language building opportunities are endless. You just have to focus on the one you are with and let things happen naturally.

2. **Teach your children about their world**

   Most children are naturally curious and will ask lots of questions. “Why do dogs bark?” “Why is the sun round?” “Where do babies come from?” Yes, some are simple, some are hard to answer and some you are just not ready for. But it’s through these simple interactions that you become your child’s first and most important teacher. My hunch is that most kids will stop asking these questions of you if your attention is focused elsewhere, such as on a mobile phone or other electronic device.

3. **Impact their thinking**

   Influential British educator Charles Des Forges says, “If you want to influence your child’s thinking then you need to talk to him. If parents want more influence then they need to talk more to their children.” According to Des Forges it’s through the conversations that parents have with their children that they impact the way they think, as well as influence their values. Nothing kills personal conversation with a child or young person like a mobile device.

... Lost in concentration ...

4 Build relationships
Relationships are built through common interest, good intent and respectful behaviour. I can think of no better reason for being in the moment with your child than the opportunity it presents to build some common interest and rapport. Time spent giving attention to your child is like putting money in the bank for the future. You never know when you are going to withdraw some of the deposits that you’ve made, so it’s reassuring to know that you’ve made plenty of deposits of goodwill to draw on, particularly in the tricky teenage years.

5 Build memories for you
As a parent of adult children I now treasure the memories of times I was fortunate to have spent with them as young children. It’s strange how these memories resurface at the most unexpected time. Recently, I was in a supermarket and I remembered the time when I enthusiastically asked my youngest, who was three at the time, to get the box of cereal with the big red K. Off she went feeling all important and returned with a triumphant smile armed with a box of dog food. “Thanks darling. Nearly!” was my reply desperate not to quell the enthusiasm to help that only a three year old can have.

Yes, there are million memories such as this available to parents who are willing to focus attention on the children rather than be distracted by the lure of communication devices.

As a parent you have competing demands on your time, and the allure of communication technology can be overwhelming. However, as Sonia is so aware, the time for parents to really impact on kids is limited so you want to make the most of every opportunity you have with them.

The key to positively influencing your kids, building strong relationships and building enough fond memories to last a lifetime is to make sure that your mind is where your body is and be fully present when you are with your kids.

Michael Grose


parentingideascub.com.au