Dear Parents/Carers,

It is a Diocesan requirement that twice in five years our Catholic schools participate in a School Improvement Process. This year St Francis Xavier begins the first part of the process this term. The last School Review & Improve was held in 2014. All facets of the school will be evaluated. As parents, you have a very important part to play as we need your thoughts on how our school is travelling. You will be able to give your opinions via an online survey. This Community Satisfaction Survey opens on March 12 and will close on March 26. Please take the time to fill this out as we really do need as much input as possible if we want to make this school the best it can be. Keep an eye out for how you can complete the survey in the weeks to come.

Next week we celebrate Ash Wednesday in a liturgy which the whole school will attend. This special day signifies the beginning of the season of Lent for those of us who are of the Catholic faith. On this day we all receive ashes on our foreheads (Catholic and those of other faiths) in the form of a cross with the spoken words “Turn away from sin and be faithful to the Gospel”. These ashes signify our commitment to becoming better people where our faults and bad habits die away or be turned to ash and that at Easter time we will experience new life with the risen Christ.

What is this LENT thing all about?

Lent is a preparation for the celebration of Easter, both for those preparing to enter the Catholic Church at the Easter Vigil Mass (the catechumens) and the whole Catholic community. It has a two-fold focus. It is a time of reflection on (or preparation for) baptism and time for a type of voluntary spiritual spring cleaning, leading to repentance.

Lent means spring, from lengthening days, so the symbolism has a northern hemisphere bias. There, Lent occurs when the earth is coming to life once more, often after a long and bitter winter. On the other hand, Lent falling in autumn also has significance. Buds which remain on bare branches, the seeds and bulbs we plant, the watering of seedpods on the scorched earth, the regrowth of hardy bush: these aspects of the Australian landscape speak of the resurrection in the midst of passion and death. Autumn is nature’s season of hope and promise of a glorious spring. (Patrick Sharpe)

There are 40 days of Lent (not counting Sundays: always days celebrating the resurrection), from Ash Wednesday until Easter morning. There are many references to forty in the scriptures: Jesus’ days of fasting in the wilderness; Jesus’ hours in the tomb; the days Moses fasted before he received the Ten Commandments; the years the Israelites wandered in the desert before reaching the Promised Land.

The early Church Fathers believed that forty represented the necessary period for cleansing or testing and strengthening, which allows spiritual wisdom to mature.

Please join us on Wednesday, 7 February at 9.00am in the church.

Have a wonderful weekend,
God Bless.

Olivia Rostirolla
Following on from Olivia’s editorial this week, are some suggestions as to how we can try to be better people during the season of LENT. Each year we are asked to PRAY, FAST and GIVE ALMS TO THE POOR. Are you able to challenge yourself with at least one of these suggestions during the Lenten period?

SOME LENTEN SUGGESTIONS
Focus attentively on prayer and liturgy.
- Go for a walk and have a chat with God. * Try to get to an extra Mass, or say the rosary, once a week. * If you don’t normally have family prayer at meal times, Lent is a good time to begin! * Spend ten minutes reflecting on the gospel for the coming weekend’s Mass. * Say a prayer with the children as you wish them “good night.” * Visit a church and pray the Stations of the Cross. * Spend five minutes every day reflecting on God’s love for you. * Reflect on how well you are using the gifts God gave you.

Undertake acts of kindness.
- Voluntarily and unobtrusively do an extra chore several times one week. * Be a peacemaker with someone in your family. * Give a message of hope to someone. * Bake a cake and share it with someone who is house-bound or older. * Check your cupboards and pass on the clothes (in good condition) that you could do without. * Pray for world justice and peace. * Let someone else have the last piece of pudding. * Baby-sit for a single parent and give her/him some free time.

Fasting and sharing.
- Fast from your favourite music and phone someone who is unhappy, discouraged or grieving. * Have some cheaper meals and donate the money saved to a local or overseas charity. * Fast from sport/practice for thirty minutes and contact someone you’ve been postponing contact with. * Fast from a TV show and give the time to a person in need. * Fast from criticising your family or work colleagues, and say a prayer for each person. * Join an active social justice group or charitable organisation.

The St Francis Xavier Swimming Carnival will be held on Wednesday the 21st of February at Pioneer Pool on Malcomson street. Events will kick off at 9.15am.

On Monday, nomination and medical forms were sent out. If you have a child/ren in Year 4, 5 or 6, you should have received a text message with an attached google form. Please use this form to nominate your child/ren for their desired events by Thursday 8th February. You will also need to complete a paper medical form which will need to be returned by Thursday as well.

For parents of children in Years 1-3, you will have received a paper nomination and medical form. These forms are also due back by Thursday 8th February. Please note that students in Year 3 are not able to compete in the 50m events due to the significant increase in student numbers in the upper school.

Parents are welcome to come along to cheer on the students. However, to help with the organisation of the students on the day we kindly ask that you stay in the designated area (grassed area opposite the grandstand). We also ask that you assist us by ensuring your child/ren stay with their team. This will assist in locating children for their events and ensure they don’t miss out. If you are able to assist with jobs, such as timekeeping and judging please leave your name at the office.

On the day, all students are to come to school as normal (please ensure they arrive no later than 8.30am to allow time for teachers to call the role and organise the children for the bus). Buses will begin transporting the children to the pool from 8.45am.

- Kickboard events should be underway by 9.30am. Students in Years 1-3 will return to school at the conclusion of their 25m events (around 11.30). A canteen will be available on the day. However, students are not permitted to purchase candy/sweet treats before 12 pm.
- Students in Years 4-6 will be bused back to school in time for the 2.50pm bell.

The purpose of this carnival is to encourage students to participate in sport in an encouraging, positive and spirited environment. While some students will be selected to represent our school at the Catholic School Swimming Carnival, there will be no further selection process to progress to any further stages.
They are required to **wear their full formal uniform** and take a **packed morning tea and lunch** on the day.

The conference times are 8.45am – 2.30pm and students must make their own way to and from the Mackay Entertainment & Convention Centre (MECC). They need to arrive and meet Miss Kirstin Volker at the entrance by 8.30am to have their names marked off the roll. They are required to be picked up promptly at the conclusion of the last session at 2.30pm.

As you know, our school participates in the Project Compassion appeal for Caritas. For the Lenten season this year, the whole school will be participating in “Chickens for Caritas!” to raise money to buy chickens for families in need.

**The details:**

- 1 Chicken = $15

Each class will be competing against the rest of the school to raise money to go towards the appeal.

The class with the most money will be able to choose from some of our awesome staff volunteers to perform a special “chicken dance” show at the end of term.

There will be a display in the library to show the progress of money raised over Lent.

We ask that instead of simply donating money, the children are to **earn** the money by doing (age appropriate) jobs around the house. This way, the children can make a connection between how there are children, as young as they are, working hard to survive and support their families.

We would really like to see as many parents, grandparents and younger siblings who are not yet at school at the show as they will then be able to continue the important safety messages to their children at home.
The CQ University Conservatorium of Music students are getting excited about performing at our school and all the actors have returned early to university to rehearse and perform at 30 different venues throughout the region.

**PLANET RHYTHM**

Years Prep—6 will be attending the production of Planet Rhythm on Monday 12 February. Planet Rhythm brings the largest production of its kind to primary school children Australia. A hands-on, interactive experience where every child has the opportunity to ‘take the stage’! With more than 200 drums and percussion instruments from over 50 countries around the world.

**TUCKSHOP NEWS**

A new item has been added to the menu. Vaalia Yoghurt pouches in various flavours: Vanilla, Strawberry, Banana, Tropical—selling for $2 each.

Banana Home Ice creams are no longer available and has been replaced with strawberry flavour.

Fish will be available this coming Wednesday (Ash Wednesday 14 February) as well as usual Pizza Day.

**TUCKSHOP ROSTER**

Week Four

Monday 12 February: Kylie Smith
Tuesday 13 February: SHROVE TUESDAY: Melissa Figlia, Hayley Molloy
Wednesday 14 February: ASH WEDNESDAY Sue Sologinkin
Thursday 15 February: Sheree Clark
Friday 16 February: Sandra Paul

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**BREAK THE RULES DAY**

Friday 16th Feb is Break the Rules Day, a fundraiser for Caritas.

Armbands sold in Assembly area from Monday 12th Feb each morning for $2. There are a few rules that we will still need to follow for safety reasons which are as follows.

1. School Uniform / House shirt must be worn
2. Any joggers may be worn, however, they must be fully enclosed lace up or velcro.
3. Any socks may be worn
4. Coloured and crazy hair and fingernail polish is allowed, however, make up and face painting is not allowed.
5. Jewellery (rings, bracelets and necklaces) may be worn, however the school will take no responsibility for damage, loss or theft.
6. Shirts do not need to be tucked in.

**FISH FOR LENT**

The tuckshop will be putting in a special fish order for Ash Wednesday-Lent. All tuckshop fish orders must be in by 8.30am Monday 12 February.

Thank you.
The 2018 hockey season will soon be upon us.
The season will commence on Saturday 3 March, 2018
We will be catering for U7 mixed, U9 mixed and U11’s boys
& girls.
All school hockey will be played on Saturday mornings at
the hockey fields in Harney Street/Bridge Road.
If your child is interested in playing hockey this season for
St Francis Xavier, please fill in the form below and return to
school by **Monday 12 February at the latest.** More info
will be forwarded at a later day or you may contact me in
the office if you have any questions.

ST FRANCIS XAVIER HOCKEY FORM
~ 2018 ~

Child’s Name: ..........................................................
DOB: .......................................................................  
Age Group: { } Under 7  { } Under 9  { } Under 11  
Parent’s Name: ..........................................................
Phone: .......................................................................  
Email: .......................................................................  
Are you able to coach? YES { }  NO { }  

Worldwide Marriage Encounter: A weekend away for
married couples in peaceful, picturesque surroundings
– away from the distractions of everyday living. Take
time out of your busy schedule, to invest in your most
precious asset . . . your Marriage! This is a unique oppor-
tunity to reconnect, rekindle and refresh your
relationship.
Our next weekend will held **3 to 5 August 2018.**

Watch our video - https://youtu.be/-EXg5wPahFc
Venue: Santa Teresa Spirituality Centre, Ormiston
QLD (on Brisbane’s bayside)
For bookings/details contact: Maria and David Mur-
phy, ph (07) 3342 1456, dandmur-
phy@optusnet.com.au  Information web-
site: www.wwme.org.au

ENOUGH is ENOUGH
#stopbullyingnow

March in support of families struggling
with the effects of bullying!
Let them know they are not alone!
Let them see that Mackay cares!

Mackay March
Sunday 11th Feb 2018 at 9am
Starting at Mackay Showgrounds (24 Milton St),
walking down Gordon St to Bluewater Quay.

National March
Sunday 25th Feb 2018 at 10am
Starting at Bluewater Quay,
walking to the Bluewater Lagoon.
- Free Family Fun Day & BBQ from 11am -

For more information, please contact:
Dianne Kendrick
0402 299 876
The Student Council Representatives from Year 3—6 also received their badge last Friday and promised to represent the student body that elected them.

STUDENT COUNCIL
2018

STUDENTS OF THE WEEK ~ 2 FEB, 2018

Back: Taylah Moore, Bellanca Hawkins, Sarah Lacey, Zoe Kirkpatrick, Haylee Caporn, Taylah Price, Connor Muller, Grace Alcorn, Chloe Delfin, Conroy McCormick
Front: Nathan Collis, Harry Newton, Izsak Barbeler, Oscar Hamilton, Asher Radke, Isla Davern, Skye Kurylko, Ruby Ruston, Tobias Heinke, Marli Harrison, Jackson West
Plenty of House Shirts available. When sending in clothes to donate or sell please make sure they are of acceptable quality. No heavily stained items or tears. We cannot take uniforms that are no longer part of the school uniform. Should you wish to have items sold, please label each item with name, phone number and price ($1 from each item is donated to the school).

Donated items are all sold at $3.

Thank you!
Uniform Co-ordinators
Come and Join
Mackay City Hawks
Juniors AFL
U’8’s to U’17’s Boys & Girls
Home Ground - Harrup Park Country Club

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<thead>
<tr>
<th>Under</th>
<th>Training Times</th>
<th>Game Day Times</th>
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<tbody>
<tr>
<td>8</td>
<td>Thursday 4.00pm to 5.00pm</td>
<td>Friday Night 5.30pm to 6.15pm</td>
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<tr>
<td>10</td>
<td>Thursday 4.00pm to 5.00pm</td>
<td>Friday Night 6.30pm to 7.15pm</td>
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<td>12</td>
<td>Tue &amp; Thurs 4.00pm to 5.00pm</td>
<td>Saturday Morning 8.15am to 9.25am</td>
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<td>14</td>
<td>Tue &amp; Thurs 4.00pm to 5.00pm</td>
<td>Saturday Morning 9.40am to 11.00am</td>
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<td>17</td>
<td>Tue &amp; Thurs 4.30pm to 5.30pm</td>
<td>Saturday Midday 11.15am to 12.45pm</td>
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Sign on Day
Sunday 18th February 2018  10am until Midday
Harrup Park AFLhouse (off Lamb Street)
Come along and meet the Coaches and team mates
Free Sausage sizzle and Jumping Castle

For further information please  Email: mackayhawksjns@live.com.au
President: Warren Rowler  0455 269 021  Secretary: Drew McGlashan  0417 078 454

Follow us on Facebook  Mackay City Hawks Junior Football Club for updates

MACKAY MUSICAL COMEDY PLAYERS PRESENTS
ALADDIN
THE PANTOMIME
FRIDAY 9 FEB. 7PM
SATURDAY 10 FEB. 2PM & 7PM
SUNDAY 11 FEB. 2PM

VENUE: COU THEATRE
BOOKINGS: WWW.TRYBOOKING.COM.TEO
ENQUIRIES: 0409579496

SCRIPT BY DAMIAN THARLER | STEVE CLARK | DAVID LOVESY | JOHN DOWELL