Dear Parents, Students & Friends,

Shrove Tuesday & Ash Wednesday (Next Week)

Next week we celebrate Shrove Tuesday and are marked by ashes on Wednesday to acknowledge the beginning of this year's Lenten Season.

To bring home the message and meaning of Shrove Tuesday, we are providing a pancake recipe in this newsletter, along with what the true meaning of Shrove Tuesday is for us as Christians.

Like Christmas, we can lose sight of what the day truly signifies. The making of pancakes is a way of providing families with an opportunity to gather, talk about what the Season of Lent is about, and as a family, decide on some resolutions for Lent that will make a meaningful and positive difference to your life and living.

St Joachim's, during Lent, will be focusing on the "Gifts of the Spirit" for each stage and week of the Lenten season leading up to Holy Week and Easter. It is a wonderful opportunity to bring into focus what the gifts of Wisdom, Understanding, Right Judgement, Courage, Knowledge, Reverence and Awe and Wonder in God's Presence.

Commissioning Mass

The staff of both St Joachim's and St Anne's would like to acknowledge and thank all the families who attended our Commissioning Mass last weekend. It is wonderful to look out and recognise so many faces.

Year 7 Applications For John Paul College

Fr John has asked that parents seeking his signature on the John Paul College application for Year 7 are asked to approach him after any of the weekend Masses.

Great Start To The Year For Our Preps

And finally, congratulations to all our new Prep children, who began their first week of school so well, it has been wonderful to see how quickly they have settled in, not to mention how tired they are at the end of each day.

Wishing you a great weekend.

Mr Desmond Noack
Coordinating Principal

www.sjcarrumdowns.catholic.edu.au
25 Broderick Road, Carrum Downs 3201 PO Box 8199 Carrum Downs 3201
Phone 9785 2633 Fax 9786 8703 Email principal@sjcarrumdowns.catholic.edu.au

NEWSLETTER NO.2
FRIDAY 8TH FEBRUARY 2013

2013 School Captains

What will this year bring?
You do not know; I do not know.
It will bring its usual quota of work and play, of success and failure...all the things that are part of school life.
It is a new beginning; the planting of a seed that will grow for a year, the seed of fruit that will blossom in times to come.
It is a new hope; hope for good work, for successful results, for friendship, for fun, for learning.
In this coming year, may there be learning, prayer and fun.
May there be hard work, faith and friendship.
May no one in this school be lonely; may no one be left out in class; may no one suffer through others here.
As we begin this year in hope, in prayer and in friendship...may the Lord begin it with us, be with us during it, and successfully bring it to its conclusion.
May we, this year, together act justly
Together love tenderly
And together walk humbly with our God.
MASS TIMES
4th FEBRUARY — 10th FEBRUARY
Wednesday 9.30am—Holy Family
Thursday 9.00am—St. Joachim’s
Friday 9.15am—St. Anne’s Church
Saturday 6.00pm—St. Anne’s Church
Sunday 8.30am—St. Anne’s Church
Sunday 10.00am—St. Anne’s Church

PARISH SACRAMENTAL PROGRAMME

Thank you to all those families who came along to school yesterday morning to enrol their children for the Sacraments.

For those that didn’t attend but still do want to enrol their children in the Sacramental Programme please see the Parish Sacramental Program that was sent home recently for future enrolment dates at the various locations.

Enrolments will again be taken at St Joachim’s on:

Friday February 15 at 2:30pm.

This Weekend’s Gospel
Each week, our students learn about the coming weekend’s Gospel. It provides for them an insight into their journey of faith and the opportunity to understand the faith story of their family and parish community.

First Reading
Is 6:1-8
A reading from the prophet Isaiah
Here am I! Send me.

In the year of King Uzziah’s death I saw the Lord seated on a high throne; his train filled the sanctuary; above him stood seraphs, each one with six wings.

And they cried out to one another in this way, ‘Holy, holy, holy is the Lord of hosts. His glory fills the whole earth.’

The foundations of the threshold shook with the voice of the one who cried out, and the Temple was filled with smoke. I said:

‘What a wretched state I am in! I am lost, for I am a man of unclean lips and I live among a people of unclean lips, and my eyes have looked at the King, the Lord of hosts.’

Then one of the seraphs flew to me, holding in his hand a live coal which he had taken from the altar with a pair of tongs. With this he touched my mouth and said:

‘See now, this has touched your lips, your sin is taken away, your iniquity is purged.’

Then I heard the voice of the Lord saying:

‘Whom shall I send? Who will be our messenger?’

I answered, ‘Here I am, send me.‘

Responsorial Psalm
Ps 137:1-5. 7-8. R. v.1

(R.) In the sight of the angels I will sing your praises, Lord.

1. I thank you, Lord, with all my heart, you have heard the words of my mouth. Before the angels I will bless you. I will adore before your holy temple. (R.)

2. I thank you for your faithfulness and love which excel all we ever knew of you. On the day I called, you answered; you increased the strength of my soul. (R.)

3. All earth’s kings shall thank you when they hear the words of your mouth. They shall sing of the Lord’s ways; ‘How great is the glory of the Lord!’ (R.)

4. You stretch out your hand and save me, your hand will do all things for me. Your love, O Lord, is eternal, discard not the work of your hands. (R.)
Second Reading
1 Cor 15:1-11
A reading from the first letter of St Paul to the Corinthians
I preach what they preach, and this is what you believe.

Brothers, I want to remind you of the gospel I preached to you, the gospel that you received and in which you are firmly established; because the gospel will save you only if you keep believing exactly what I preached to you – believing anything else will not lead to anything.

Well then, in the first place, I taught you what I had been taught myself, namely that Christ died for our sins, in accordance with the scriptures; that he was buried; and that he was raised to life on the third day, in accordance with the scriptures; that he appeared first to Cephas and secondly to the Twelve. Next he appeared to more than five hundred of the brothers at the same time, most of whom are still alive, though some have died; then he appeared to James, and then to all the apostles; and last of all he appeared to me too; it was as though I was born when no one expected it.

I am the least of the apostles; in fact, since I persecuted the Church of God, I hardly deserve the name apostle; but by God's grace that is what I am, and the grace that he gave me has not been fruitless. On the contrary, I, or rather the grace of God that is with me, have worked harder than any of the others; but what matters is that I preach what they preach, and this is what you all believed.

or

1 Cor 15:3-8, 11
A reading from the first letter of St Paul to the Corinthians
I preach what they preach, and this is what you believe.

In the first place, I taught you what I had been taught myself, namely that Christ died for our sins, in accordance with the scriptures; that he was buried; and that he was raised to life on the third day, in accordance with the scriptures; that he appeared first to Cephas and secondly to the Twelve. Next he appeared to more than five hundred of the brothers at the same time, most of whom are still alive, though some have died; then he appeared to James, and then to all the apostles; and last of all he appeared to me too; it was as though I was born when no one expected it. But what matters is that I preach what they preach, and this is what you all believed.

Gospel Acclamation
Mt 4:19
Alleluia, alleluia!
Come follow me, says the Lord, and I will make you fishers of my people.
Alleluia!

Gospel
Lk 5:1-11
A reading from the holy Gospel according to Luke
They left everything and followed him.

Jesus was standing one day by the lake of Gennesaret, with the crowd pressing round him listening to the word of God, when he caught sight of two boats close to the bank. The fishermen had gone out of them and were washing their nets. He got into one of the boats – it was Simon’s – and asked him to put out a little from the shore. Then he sat down and taught the crowds from the boat.

When he had finished speaking he said to Simon, ‘Put out into deep water and pay out your nets for a catch.’ ‘Master,’ Simon replied ‘we worked hard all night long and caught nothing, but if you say so, I will pay out the nets.’ And when they had done this they netted such a huge number of fish that their nets began to tear, so they signalled to their companions in the other boat to come and help them; when these came, they filled the two boats to sinking point.

When Simon Peter saw this he fell at the knees of Jesus saying, ‘Leave me Lord; I am a sinful man.’ For he and all his companions were completely overcome by the catch they had made; so also were James and John, sons of Zebedee, who were Simon’s partners. But Jesus said to Simon, ‘Do not be afraid; from now on it is men you will catch.’ Then, bringing their boats back to land, they left everything and followed him.

Food For The Soul

Think about this for a minute!

It is time to elect a world leader, and yours is the deciding vote. Here are the facts about the three leading candidates:

Candidate A associates with crooked politicians, consults with astrologers, has had
two mistresses, is severely disabled, chain smokes and drinks 8 to 10 martinis a day.

Candidate B was kicked out of office twice, slept until noon, used opium at university, is an undiagnosed manic-depressive and drinks a bottle of whiskey every day.

Candidate C is a decorated war hero, vegetarian, doesn’t smoke or drink, except for an occasional beer and has never had an extra-marital affair. Who would you choose?

Candidate A is Franklin D. Roosevelt.

Candidate B is Winston Churchill.

Candidate C is Adolph Hitler.

Sometimes the best candidate on paper is the worst leader in reality. Thank goodness Jesus did not hire a management consultancy to help him recruit his earliest disciples. On paper Peter, James and John would not have got past expressing interest in the job. Jesus recognised, however, that they had the three things necessary for Christian leadership: faith, hope and love.

Not that they had it immediately. We know they constantly misunderstood Jesus and tried to steer in other ways. They made promises they did not keep and they abandoned Jesus when the going got tough. But they had the one thing that nearly all great leaders have in their formation: a mentor who knows they are not perfect, forgives their limitations, tells them the truth, brings them back to what they are actually on about and inspires them by what he says and how he lives.

Sometimes we think the Gospel always demands a very different lifestyle to the one we have, and sometimes it does, but today’s Gospel should be taken seriously, not literally. Luke tells us that the disciples ‘left everything and followed him’. We know that following Jesus did not demand of Peter, for example, that he abandon his family. And we also know that the disciples returned to their work of fishing a number of times in their life with Jesus.

Luke is telling us, then, that to follow Jesus is a radical option and that we have to divest ourselves of anything that stops us serving the kingdom of God. Conversely, it follows that we have to cultivate the very things that draw us on in the Christian life. For most of us the departures necessary in following Jesus are in our hearts.

Furthermore in this story, Luke is also telling us about the great number of converts attracted to the Christian life. We know that some of these were notorious sinners. No doubt the leaders of the early Church had anxieties about admitting them.

By relating the story of the sinful Peter being called by Jesus, Luke reassures the community that as long as anyone is able to leave behind the destructiveness of their previous life they can, with guidance, become a disciple of Jesus.

Luke teaches that it is not for us to condemn anyone caught up in the net of salvation: simply to trust in God’s love and compassion that visits the sick and well alike.

May we pray in this Eucharist for the humility in the Church to accept that God can turn our judgments, laws, customs, protocols and management strategies upside down and sometimes bring forward, from the most unexpected quarters, leaders who show us new dimensions to God’s power shining through our human weakness.

© Richard Leonard SJ.

---

**KILBREDA COLLEGE**

The closing date for enrolment applications for Year 7/2014 is Friday 1st March 2013.

Information and forms are available from Kilbreda College.

School Tours are at 9a.m.

Wednesdays: February 13, 20 & 27, March 6, 13, 20 & 27 or by appointment.

Parents/Carers interested in booking a tour of the College please ring Kilbreda on 9584 7766.
Parent Teacher Interviews — Why They’re So Important!!!!

Parent – Teacher interviews are designed to give you, as the parent, the opportunity to provide the teacher with any insights that will further assist the teacher in supporting your child’s learning & social needs.

Staff have been going through each child’s file. I would hope that having met with your child’s teacher that you will be reassured that the teacher has a good sense of your child and their particular needs. Please remember that your child’s teacher has only had 2 weeks to get to know your child in comparison to the lifetime you have had and that your knowledge is invaluable in assisting them.

Uniform Shop Trading Hours

Wednesday 8:30 – 9:00AM
Thursday 2:45PM – 3:30PM

Tracey Craddock  Uniform Shop Coordinator
tcraddock@sicarrumdowns.catholic.edu.au

Term 1 - Hats Outside!

All St Joachim’s students are required to wear a hat at all times when outside during Term 1.

Please ensure that your child has a hat and that their name is clearly written on the inside.

Hats are available from our uniform shop for $12:00 and can be purchased directly from the uniform shop when it’s open, or by downloading a Uniform Shop Order form from the website and sending it to school with the correct money in a clearly marked envelope. Uniform Shop Order Forms are also available from the school office.


Student Records:

It is essential that our records contain your address, telephone number, emergency contacts, etc, and are always kept up to date. Whenever you have a change of address or telephone number, (home or business) or change of name, address or telephone number of a friend we can contact in case of your child’s illness - PLEASE NOTIFY THE OFFICE IMMEDIATELY - as it is essential we keep our records up to date at all times.

Asthma Management Plan

As you are aware St. Joachim’s takes its responsibilities to students with asthma seriously as asthma is a condition that may require emergency treatment at school. It is essential therefore that we have up to date information about how to manage your child’s asthma.

Attached to this newsletter is a School Asthma Action Plan. We request that if your child has asthma, that in consultation with your child’s Medical Practitioner, complete and return to the school as soon as possible.

For parents who are new to the school the action plan outlines the Victorian Schools’ Asthma Policy for Emergency Treatment of an asthma attack. This plan adhered to by Victorian Government schools is recommended as best practice in Catholic and independent schools. If your child’s emergency treatment differs from this, there is space on the plan for a preferred treatment.
This must be signed by a qualified, practicing Medical Practitioner.

If you have filled out a school asthma action previously please fill it out again as we update our files each year.

For those parents who do not provide a School Asthma Action Plan, and in the event that your child suffers with asthma, the school staff will provide first aid as detailed in the Schools’ Asthma Policy.

The school also reserves the right to ring for an ambulance for any child they consider to be having an asthma attack or if they are having difficulty breathing. Please ensure your child is covered by ambulance cover if you do not have a Health Care Card.

For further information about asthma management contact Asthma Victoria on 1800 ASTHMA - 1800 278 462 or check out Asthma Victoria’s website: www.asthma.org.au

Please help us to responsibly care for your child while at school by completing and returning the attached plan as soon as possible.

---

**CDF Student Banking**

**Day is Thursday**

Application forms for new accounts are available from the school office.

---

**School Office Opening Times:**

**Monday to Friday**

**8.30am till 4.00pm**

---

**Education Maintenance Allowance**

**Forms are available from the School Office.**

---

**Help Needed – Morning Drop Off**

A family in the Skye area is looking for some help in dropping off two St Joachim’s students to school in the morning only. If you are able to help out it would be greatly appreciated. Please contact Caroline on 0413 295 565.

---

**Rowellyn Park Auskick**

*Registration Day*

Saturday March 23rd 9am-2pm at McDonalds Cnr Frankston Dandenong Rd and Ballarto Rd, Frankston Nth

Sunday 24th March 9am – 2pm at The Downs Shopping Centre (stage area) Carrum Downs

Cost $65

---

**Carrum Downs Junior Football Club**

*Registration Day*

Sunday 17th February 10am till 1pm

Wedge Rd Recreation Reserve, Wedge Road Carrum Downs

Contact Anna for more information on 0412 229 916

www.cdjfc.com.au

---

**For Sale**

**Commercial Freezer with a Glass Top. $500.00**

Please contact the School Office if interested.
ASSEMBLY AWARDS

Larissa Felix, JRE
For settling into JRE exceptionally well

Matthew Gardner, JRG
For trying hard to get his work completed

Sienna Sama, JHE
For fantastic recount writing about her holiday

Mario Khorani, JZA
For being polite and helpful

Diviya Sasikumar, MMH
For an excellent recount of her holiday and always presenting neat work

Amelia Bowshall, MTO
For settling into St Joachim’s so well this week

Patrick Lejman, MRN
For always being organized and quickly settling down to his tasks

Mariana Dellacroce, MCN
For a fantastic recount of her holiday in Argentina

Ryan Brack, SCP
For demonstrating a wonderful work ethic

Noah Douglas, SDB
For being a part of SDB. Good luck at your new school

Darcy Fergus, SDM
For contributing interesting facts to class discussion in History

NEW LOOK ART ROOM TABLES!

Have you seen the newly painted and artistically designed tables in the art room?
Each table has been inspired out of an art idea/concept.
Which table did your child sit at this week in their art lesson?
Table designs: Coke, Pepsi, Lasers, Checkers, Adam Wallace horse/shark, colourful geometric shapes/jelly bean table.

ART CLUB

Middles and Senior students are invited to come to the art room and make some creative art pieces during Art Club.
Art Club is in the art room every Wednesday lunch time.
There is a limit to 30 students each week to come with ideas to create and make under the supervision of Miss Walker.
It is a first in best dressed basis each week.
Hope to see you there!
Shrove Tuesday  
(Pancake Tuesday)

The day before Ash Wednesday is known by many names: Mardi Gras, Carnival, Fat Tuesday, Shrove Tuesday, Paczki Day, Pancake Day.

As we prepare for the season of Lent, we enjoy one last day of feasting. On this day, medieval Christians used up their eggs, butter, and milk—all of which were forbidden during their Lenten abstinence—by making pancakes and pastries.

Your family may like to enjoy some time together making pancakes this Tuesday, February 12th. You may use your own favourite recipe, or you may like to use the one below.

![Pancake Image]

Pancake Recipe

- 1 cup self raising flour
- 1 tbsp. sugar
- 1 egg
- 3/4 cup milk
- 50g butter, melted

In a bowl mix flour and sugar.
Beat in the egg and then milk at little at a time until batter is smooth and lump-free.

In a hot pan or flat grill, brush butter over cooking surface and pour 1/4 cup measures for each pancake.

When large bubbles form on the surface, flip over and cook until lightly golden on the other side.
What is Pancake Day?

The proper name for Pancake Day is Shrove Tuesday. Shrove Tuesday is the last day before Lent and it is traditional on this day to eat pancakes.

The name Shrove comes from the old word “shrive” which means to confess. On Shrove Tuesday, in the Middle Ages, people used to confess their sins so that they were forgiven before the season of Lent began.

Why are Pancakes eaten on Shrove Tuesday?

Lent is a time of abstinence, of giving things up. So Shrove Tuesday is the last chance to indulge yourself, and to use up the foods that aren’t allowed in Lent. Pancakes are eaten on this day because they contain fat, butter, sugar and eggs which used to be forbidden during Lent.

When is Shrove Tuesday?

Shrove Tuesday is celebrated the day before Ash Wednesday which is the first day of Lent.

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between 3 February and 9 March. In 2013 Shrove Tuesday is on February 12.

What is Lent?

Lent is a period of preparation for Easter Sunday and one of the major liturgical seasons of the Catholic Church. A season marked by prayer, fasting and abstinence, and by doing things for others. Lent begins on Ash Wednesday and officially finishes on Holy Thursday with the singing of The Gloria.

Today Catholics are not required to fast as they did in the past. Lent is a time when we try to overcome our own faults.

Most Catholics try to follow the example of Jesus in the desert by giving up luxuries and practising self-discipline and making the time so that they can really let God into their lives.
Asthma care plan for education and care services

CONFIDENTIAL: Staff are trained in asthma first aid (see overleaf) and can provide routine asthma medication as authorised in this care plan by the treating doctor. Please advise staff in writing of any changes to this plan.

To be completed by the treating doctor and parent/guardian, for supervising staff and emergency medical personnel.

PLEASE PRINT CLEARLY

Child’s name: [blank]
Date of birth: [blank]

Managing an asthma attack

Staff are trained in asthma first aid (see overleaf). Please write down anything different this child might need if they have an asthma attack:

Daily asthma management

This child’s usual asthma signs

- Cough
- Wheeze
- Difficulty breathing

Other (please describe)

Frequency and severity

- Daily/most days
- Frequently (more than 5 x per year)
- Occasionally (less than 5 x per year)

Other (please detail)

Known triggers for this child’s asthma (eg exercise*, colds/flu, smoke) — please detail:

Does this child usually tell an adult if s/he is having trouble breathing? Yes ☐ No ☐
Does this child need help to take asthma medication? Yes ☐ No ☐
Does this child use a mask with a spacer? Yes ☐ No ☐
*Does this child need their blue reliever puffer medication before exercise? Yes ☐ No ☐

Medication Plan —

If this child needs asthma medication, please detail below and make sure the medication and spacer/mask are supplied to staff.

<table>
<thead>
<tr>
<th>Name of medication and colour</th>
<th>Dose/number of puffs</th>
<th>Time required</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name of doctor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. as</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Signature Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of puffs</td>
</tr>
</tbody>
</table>

Parent/guardian

I have read, understood and agreed with this care plan and any attachments listed. I approve the release of this information to staff and emergency medical personnel. I will notify the staff in writing if there are any changes to these instructions. I understand staff will seek emergency medical help as needed and that I am responsible for payment of any emergency medical costs.

Name

Signature

Date / /