Dear Parents and Caregivers,

Pope Francis’ Lenten Message

Pope Francis called for a fair distribution of wealth and equal access to education and health care on Tuesday in a Lenten message where he urged people to reach out and touch "the poverty of our brothers." In his message for the period between Ash Wednesday and Easter, he also said Christians should help those suffering from moral poverty, such as the "thrall" of alcohol, drugs, gambling and pornography.

During Lent, which begins on March 5 this year, Christians are called on to carry out acts of self-denial and help those less fortunate. Francis, who was known as the slum pope in his native Buenos Aires because of his visits to the poorest people, said the wounds of poverty "disfigure the face of humanity" and were crying out to be healed. "We Christians are called to confront the poverty of our brothers and sisters, to touch it, to make it our own and to take practical steps to alleviate it," he said.

Francis’ style is characterized by frugality. He shunned the spacious papal apartment in the Vatican's Apostolic Palace to live in a small suite in a Vatican guest house, and he prefers a Ford Focus to the traditional papal Mercedes. In Tuesday's message, he said "Lent is a fitting time for self-denial" but condemned superficial shows of sacrifice or concern for the poor and needy. "Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance. I distrust a charity that costs nothing and does not hurt," he said.

So the challenge has been set for our girls as they embark on their Lenten journey: Reach out and touch the poor, the poor being those suffering material destitution [affects people living in conditions opposed to human dignity, lacking basic rights such as access to food, water, hygiene, work and the opportunity to develop and grow culturally], moral destitution [consisting of slavery to vice such as alcohol, drugs, gambling or internet] and spiritual destitution [those who turn away from God and reject God’s love].

Prayer

When I go now to my inner room,
God my Father, Creator of my inmost self,
I go with ashes on my forehead and in my soul
for what I have done
and for the little love I return to You.
Is it repentance enough that I accept as mine
the burden laid on all of us by all of us?
May I embrace as my own and offer to You
the sufferings of the world that invade my day—
the child in terror, the man without work,
the woman wrapped in oppression and disdain?
Let me feel the grief that weighed like lead on Jesus’ heart
and know His unyielding love for me.
Amen.
This year Bethany College will join Catholic schools across NSW and the ACT to celebrate Catholic Schools Week (CSW) from 9-15 March.

The theme for CSW 2014 is ‘more than a great education’ which encourages schools to showcase for their local community the opportunities available to students, raise awareness, and celebrate the distinctiveness of Catholic schools.

Catholic Schools Week is about strengthening relationships between all those who have a stake in our schools – students, staff, families, priests, parishioners, and members of the wider community, by showcasing what happens in our classrooms every day.

It is for this reason that I would like to extend an invitation to you and your family to join us at “Bethany in Action” on the 11th March, 3pm-6pm to celebrate with our school and parish community Catholic Schools Week 2014.

This is an ideal opportunity to support the community of Bethany College and learn more about the great things that take place in Catholic schools every day.

Our school has a supportive community of teachers, parents, carers, P&F, clergy, parishioners and support staff who work together to focus on giving students the best education possible, encouraging success, promoting discipline, supporting creativity and instilling compassion.

I would like to take this opportunity to thank you for all your support of Bethany College and I look forward to celebrating Catholic Schools Week with you on 11 March 2014.

I also encourage you to visit the Australian Catholic Superannuation and Retirement Fund’s website, www.catholicsuper.com.au Australian Catholic Superannuation are proud supporters of Catholic Schools Week 2014.

The Executive Director of Sydney Catholic Schools has congratulated Cardinal George Pell, Archbishop of Sydney, on his substantial appointment as Prefect for the Economy for the Holy See. “Sydney’s Catholic school community welcomes the selection of such a respected, eminent and accomplished leader to this senior Vatican role,” Dr Dan White said. “Cardinal Pell has dedicated his life to enriching the Australian Catholic community, inspiring others with his faith and life-giving service. He has served his duties as Archbishop of Sydney with distinction.”

Dr White also acknowledged Cardinal Pell for his support of Sydney’s Catholic school system for the last 13 years. “During his time as Archbishop of Sydney, the Catholic education system has gone from strength to strength,” Dr White said. “When he commenced his appointment as Archbishop of in 2001, there were 62,291 students in systemic Catholic schools in Sydney. There are now around 69,500 students and around 9,000 staff. “Under his leadership, Sydney Catholic schools have continued to build a reputation as successful and high-achieving, with outstanding HSC and NAPLAN results. “Under Cardinal Pell’s direction, the system has continued to explore every opportunity to support Catholic families through the planning of new schools in growth areas and areas of urban consolidation. Over the next five years, we expect to build up to eight new schools in Sydney’s south-west, inner-west and inner-city.
The Archdiocese of Sydney’s management of infrastructure funding provided by the Federal Government’s ‘Building the Education Revolution’ program was lauded as delivering outstanding value for money for schools. “Cardinal Pell’s unwavering commitment to educating the whole person, and developing in young people the knowledge and experiences of a God who loves them unconditionally, were evident in the way he engaged them in life of the Church, connected them to the wider faith community, and supported their participation in World Youth Day celebrations in Sydney and around the world. He emphasised the central role of Religious Education in Catholic schools by commissioning a suite of RE student textbooks to be used in all Sydney Catholic schools. The textbooks were also adopted by other dioceses. These resources allowed for the development of an RE testing program in Years 6, 8 and 10.”

Dr White said that Cardinal Pell has been a strong supporter of what Catholic schools stand for. “He has never been afraid of taking on the challenges associated with leading the Catholic Church in an increasingly secular society. His own deep faith and courage has inspired me personally. “I wish to make particular mention of Cardinal Pell’s deep concern that our Catholic schools should remain affordable to families. Fees for Sydney Catholic schools have remain tied to cost of living increases for the past 10 years, and his commitment that ‘no child should be denied access to a Catholic education due to an inability to pay school fees’ remains a system commitment to this day. He also supported the establishment of the Catholic Education Foundation, a body set up in 2012, which provides bursaries that allow families from less advantaged backgrounds to access Catholic education for their children.” Cardinal Pell also championed the cause of improving education opportunities for Aboriginal and Torres Strait Islander students. During his tenure as Archbishop, the number of Indigenous students in Sydney Catholic schools grew from 296 in 2002 to more than 1000 in 2014, with every Indigenous student provided with a scholarship.

Cardinal Pell was also recognised as a role model for others when he was named Companion in the Order of Australia in 2005. “On behalf of students, their families, teachers and staff in Sydney’s Catholic schools and the Catholic Education Office, I thank His Eminence for the contribution he has made as Archbishop of Sydney to the leadership of the Church in Sydney and beyond. We wish him well in his new role, confident that he will continue to make a wonderful contribution to the life of the Church.”

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Our mantra:
Girls can do anything.
Bethany girls can do everything!*
(*except divide by zero)

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Vicki Lavorato
Principal
Here are five tips about making the most of your time at school this year and working efficiently at home.

1. INDEPENDENT LEARNING FOR SENIOR STUDENTS: There are two types of work in secondary school. The compulsory work your teacher tells you to do, and independent learning that you are expected to do when you have no homework…. This might include: making summary notes; wide reading around a topic and practising past exam papers

2. WORK SMART: If you want to still have a life, but get your schoolwork done then you need to work smart. Keep your personal life and schoolwork separate. Don’t do work in front of the TV, switch off your phone and Facebook. Work in half hour blocks/1 hour blocks and focus only on your schoolwork during that time. If you are super busy with lots of activities then a great idea is to draw up a timetable for the week and allocate time for schoolwork over the week.

3. BE ORGANISED AND PLAN: Being organised makes your life easier! So have an organised space to work in, record homework in your diary, keep track of completed work and reschedule work not done. When you are told about a test or an assignment, plan the work out to be done over the available time. Make the most of your time in class, being organised and focused in the classroom means you will find it easier to complete your work and work on big things like assessments at home.

4. ASK FOR HELP EARLY: If you don’t understand something, ask for help. The sooner the better. If there isn’t time in class see your teacher before or after class or during the break times. No-one expects you to do things on your own. One of the most important contributors to being successful academically is to ask for help often and early. Bethany College offers many ways to get help. Ask about Life Savers; Number Crunchers; Science Help Desk; and after school homework help. And don’t forget family and friends, they might know more than you think!

5. LEARN HOW TO STUDY PROPERLY: If you still think that to study for a test you just read your book over and over, time to learn how smart people study! The main things to remember about study for a test are: Make study notes or summaries first (write down in point form what you need to learn), learn these notes not just by reading but by testing yourself on them and do as many different questions as you can as practise.
During Lent, each homeroom will have a Project Compassion box to which students are invited to contribute. All money collected will be donated to Caritas Australia’s projects:
Year 7 – Those living in the favelas in Brazil.
Year 8 – Rebuilding lives after the civil war in the Sudan
Year 9 – Living with natural disasters in the Philippines
Year 10 – Living with natural disasters in the Solomon Islands
Year 11 – The Purple House which supports indigenous Australians who have been dislocated from their country and culture.
Year 12 – Families re-establishing their lives after the civil war in Sri Lanka.

What will you be doing for the season of Lent?

Sacraments of Initiation

Any student who wishes to receive a Sacrament of Initiation (Baptism, Reconciliation, Eucharist and Confirmation) should contact their local parish for information regarding the programs for the reception of the sacrament/s. Many parishes are starting their enrolments for these programs now. Any student who requires further information can make contact with Miss Kleist.

Bethany College Vinnies Conference

At the meeting on 28 February, the Bethany College Vinnies Conference commissioned the new leaders: Tereza Mihaljevic – President, Michaella Mae Garcia - Vice President, Lora Adzic- Secretary and Nathalie Santillana and Maritsa Grey- Co-Treasurers. We were honoured to have Mr Michael McIntyre, President of the St George area St Vincent de Paul present at the meeting. Mr McIntyre presented a certificate of appreciation to the Conference for the ongoing support of the Vinnies initiatives. In particular, he praised the work in running the Brekky Van, the Winter Appeal and the Christmas Appeal.

Your prayers are asked for the fifteen students, one parent and four teachers who will be running Brekky Van on 8 March 2014.

Mary Kleist
Leader of Religious Education and Mission
The Science Help Desk is up and running again this year:

SAME TIME – TUESDAYS AT LUNCHETIME and
SAME LOCATION – SENIOR PHYSICS LAB MC308.

Science teachers are available for assistance at the Science Help Desk. All students are welcome to attend. You may want to work on Science homework with access to a teacher for help if needed or you may have particular difficulties requiring specialist coaching in Science. Rosters are on all lab doors. We look forward to seeing you at the Science Help Desk.

Dr Lynette Trent
Science Coordinator

<table>
<thead>
<tr>
<th>TERM, Week</th>
<th>DATE</th>
<th>TEACHER</th>
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<tbody>
<tr>
<td>Term 1 Wk 4</td>
<td>18/2/14</td>
<td>Mr Roberts</td>
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<tr>
<td>Term 1 Wk 6</td>
<td>25/2/14</td>
<td>Mrs Parsons</td>
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<td>Term 1 Wk 7</td>
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<td>Mrs Lipari</td>
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<td>Term 1 Wk 11</td>
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<td>Term 2 Wk 2</td>
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<td>Term 2 Wk 3</td>
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<td>Term 2 Wk 4</td>
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<td>Term 2 Wk 6</td>
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<td>Term 2 Wk 7</td>
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<td>Dr Trent</td>
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<td>Term 2 Wk 9</td>
<td>24/6/14</td>
<td>Mrs Lipari</td>
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<tr>
<td>Term 3 Wk 2</td>
<td>22/7/14</td>
<td>Mrs Lipari</td>
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<tr>
<td>Term 3 Wk 3</td>
<td>29/7/14</td>
<td>Mrs Parsons</td>
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<td>Term 3 Wk 4</td>
<td>5/8/14</td>
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<td>Term 3 Wk 5</td>
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The Pearls have immersed themselves in many activities over the last 4 weeks which has assisted the smooth transition to Bethany College. The events of February culminated in the laptop rollout and parent welcome on Friday 28th with students receiving their new laptops and a chance for parents to meet their girls new teachers.

Enlighten Education visited our school on the 19th February as part of our Wellbeing Program. “The Journey” program is aimed at equipping the girls in making the transition from junior to secondary school with a survival kit of skills: time management, prioritising, creating a positive learning space, stress management and making successful new friendships. Please read the fantastic feedback -

“The Enlighten program was an awesome experience! Best program ever, no kidding! I knew it was going to be fun so I was excited. The best thing about today is that we really got to interact with others, learn things but have awesome fun!” - Anne Tabutoa

“Thank you Fran. You are really a good inspiration, so nice and smart. I loved everything about today. I had no idea what to expect but now I feel like I know everything for high school!” - Jessica Mulheron

“The best thing about today was making friends and learning how to tackle the challenges and changes.” - Anon

“Today made me feel happy to be myself and reminded us all that we need to respect others especially when we don’t really know as many people. It was fun, adventurous and AMAZING!” - Manusha Makesan

This program received an overwhelming positive response and we look forward to offering the program in 2015.

Katrine Barnes
Year 7 Coordinator (Interim)
At Bethany’s opening assembly, the College Vice-Captain, Michaella Mae Garcia introduced the theme that would guide each and every one of us in our interactions with not only one another, but with the rest of the community throughout the course of the year. The theme is 1-4-ALL; a play on the year 2014. Michaella, on behalf of her peers explained what was meant by this. Below is an excerpt from her speech:

“As we gather here today, we officially begin 2014 as a whole school community. A community that will move forward in unity. To signify the start of this journey with our new students, we the student body, have decided to implement a theme for this year which in turn will motivate us to be our absolute best. This year’s theme is 1-4-All. This means that an individual of Bethany College is a part of something much greater. That this one individual stands among others, working to a common goal. That as an individual, we can strive to be the best we can with our peers and with our teachers as a school community. A school cannot shine its brightest without the students’ enthusiasm and mutual respect and with this theme; we hope to achieve a true sense of unity in our faith, our school spirit and our school pride. We aim to encourage the expression of our Christian faith through servant leadership, as well as encourage teamwork and participation in all aspects of school life such as taking part in major school events. This theme emphasises the very importance of working together collaboratively, as each one of us make up Bethany College. What you can do can create amazing results. You are one for all. Remember, be a Bethany girl. Be 14All. Thank you.”

The above poster was created by the design prefect, Jessica Najem and has been hung up in each homeroom to serve as a daily reminder to students to be 1-4-ALL. The SRC decided in a meeting last term that not only would they promote acting in this way, but that they would actively seek to acknowledge students who they believed had really adopted this approach. As such, the newsletter will be used to feature acts that students have noted as being particularly altruistic and indicative of the 1-4-ALL attitude.
<table>
<thead>
<tr>
<th>Name</th>
<th>Description</th>
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<tbody>
<tr>
<td>Rachel Cassar (Year 9)</td>
<td>Assisting the cricketers at sport and encouraging them consistently.</td>
</tr>
<tr>
<td>Year 10 students</td>
<td>Providing excellent support for the younger students through the ‘Big Sister Little Sister’ program.</td>
</tr>
<tr>
<td>Senior Students</td>
<td>A number of senior students have been assisting year 7 students whether this be with getting to classes, introducing them to other students or just lending a friendly ear.</td>
</tr>
<tr>
<td>The seniors who walked instead of catching the bus</td>
<td>During the first few weeks of term, a number of senior students walked so that the juniors could catch the bus in the afternoon.</td>
</tr>
<tr>
<td>St Vincent de Paul group (Year 7’s in particular)</td>
<td>At the first St Vincent De Paul meeting, there was overwhelming attendance; particularly by the year 7’s!!! The enthusiasm, willingness and selflessness of each member in this group is fantastic.</td>
</tr>
<tr>
<td>Ella Hankinson (Year seven)</td>
<td>Ella has been helping her friend to and from school as well as assisting her get around during the day by carrying her bag and books because her friend has badly hurt her ankle.</td>
</tr>
<tr>
<td>Anna Brown (Year 10)</td>
<td>Helping some of the people onto buses and standing up, waiting for others.</td>
</tr>
</tbody>
</table>

*Laura Mirabello*

*Youth Ministry and Student Leadership Coordinator*
LIBRARY NEWS

We often wonder what makes us start to read for pleasure and for myself, it was a fascination with Agatha Christie novels at the age of eleven. As Teacher Librarians, we want to establish and encourage a love of literature and reading, beyond the set texts of the student’s class reading. Although, in some cases, set texts such as “Lord of the Flies” by William Golding, “Persuasion” by Jane Austen and “To Kill a Mockingbird” by Harper Lee engender a desire for the written word and allow the reader to enter worlds that would be alien to them in these modern times.

Young Australian author, Matthew Reilly, did not particularly enjoy reading until he chanced upon the works of Golding and Lee in his English classes at school. Little did his Year 10 teacher realise what they had started; a career as an author with twelve novels to his name, published in over twenty languages and sales over 3.5 million world-wide. Reilly wrote his first novel “Contest” at the age of nineteen when he was at University whilst studying law and published it himself when he could not find a taker. Bethany Library holds a number of Reilly’s novels including….

......and we will be purchasing his latest book “The Tournament” very soon, following a young Queen Elizabeth the First as she gets caught up in a chess tournament gone wrong.

“Europe lives in fear of the powerful Islamic empire to the East. Under its charismatic Sultan, Suleiman the Magnificent, it is an empire on the rise. It has defeated Christian fleets. It has conquered Christian cities. Then the Sultan sends out an invitation to every king in Europe: send forth your champion to compete in a tournament unlike any other.

We follow the English delegation, selected by King Harry SwolePecs VIII himself, to the glittering city of Constantinople, where the most amazing tournament ever staged will take place. But when the stakes are this high, not everyone plays fair; and for our team of plucky English heroes, winning may not be the primary goal. As a series of barbaric murders take place, a more immediate goal might simply be staying alive…” http://matthewreilly.wikia.com/wiki/The_Tournament

Eight of Matthew’s short stories can be downloaded from his website, along with article and interviews at http://www.matthewreilly.com/ and his Australian Story episode can be found at http://www.abc.net.au/austory/content/2012/s3937081.htm (2014).

Breaking news…..A new collection to be found in the Library is that of the Premier’s Reading Challenge, where students can find all the books listed on the Year 7-9 Challenge for 2014. Just look for the books with the word Premier down their spines!

Keep reading,
Karen Pentland, Teacher Librarian
The Fitness Active Program is looking to be run Tuesday & Thursday mornings from 7:15am - 8:15am. Breakfast will be included and there will be a small cost involved.

If any girls are interested in participating in the Fitness Active Program, please place your name on the sheet on the Sports noticeboard as we are looking at numbers and resources to accommodate. Please keep an eye out for dates for permission notes and commencement of program.

*Small changes can make a big difference*.

Wednesday 26 February, Bethany students took part in the annual College Swimming Carnival. The weather was perfect, the new venue worked well and the carnival ran smoothly.

A big thank you to Mr Staples and his team for organising the event, to all the staff for carrying out their duties so willingly, Mrs Fitzgerald and her team for catering on the day and the Leadership for transporting the girls so efficiently.

It was good to see so many parents attend the Carnival to support their daughters. Well done Claire O’Brien our Sports Captain this year and the sports captains – Mele Tiauli (Melba); Despina Komninos (Franklin); Natalie Krstevski (Kellerman) and Isabella Doyle (Oodgeroo) for their enthusiasm on the day.

Finally, well done to all those students who gave their best and congratulations to the girls who were successful on the day.

**HOUSE CHAMPIONS**
1st Melba
2nd Franklin
3rd Kellerman
4th Oodgeroo

**AGE CHAMPIONS**
12yrs Daria Badaoui
13yrs Mallory Hull
14yrs Bridget Cole
15yrs Scarlett Klem-Goode
16yrs Micaele Parker
17+ yrs Lillian Kaskoutas

**INVITATIONAL CHAMPION**
Bridget Cole

**SCHOOL SWIMMING CHAMPION**
Bridget Cole

**NEW RECORD**
Lillian Kaskoutas 17yrs
50m Butterfly 33.20
(Old Record set in 2013 34.77)
SCC Swimming Carnival Results 2014

Bethany College were successful again this year at the Sydney Catholic Colleges Swimming Carnival held on the 3 March at Sydney Olympic Aquatic Centre. Bethany College entered a small team but our girls put in some very good performances across all age groups that resulted in Bethany College finishing second overall. Congratulations to Bridget Cole 14yrs Age Champion.

Congratulations to the following girls who have qualified for the NSWCCC Swimming Carnival to be held at Sydney Olympic Aquatic Centre on the 29th April: Micaele Parker, Bridget Cole, Mallory Hull, Cate Hochwallner, Ruth Cassidy, Jessica Butler and Alexis Maalouf. We wish the girls the best of luck!

Congratulations to all the girls who represented Bethany College. Thank you to Mr Staples, Miss Cox, Ms Summons and Mrs Bennie for attending the evening carnival and to all the parents who came along to support the girls.

CGSSSA Cricket 2014

The CGSSSA Cricket Championships were held on Tuesday, 25th March at Centennial Park, Kensington. Bethany College entered an Opens Cricket team consisting of students from Years 8-12. The girls were victorious in 2 out of 3 round matches beating St Ursulas, Kingsgrove and Santa Sabina, Strathfield. The amazing round performances from the girls landed us in 2nd spot for Pool B. This guaranteed us a 3rd placed spot, if not a possibility of 1st or 2nd. We did, however, have to beat MSJ and this unfortunately wasn’t meant to be in this years championship giving us 3rd place for the day. This was a wonderful effort for all girls involved and a big improvement from last year. They should all be commended on their school spirit, skill and sportsmanship. A big congratulations to the following students: Annabel Stojanovski, Natalie Najem, Klaudia Mihaljevic, Josephine Doyle, Rachel Cassar, Brooke Cibalevski, Hannah Berghouse, Elizabeth Robinson, Emma Ford and Kellie Stout. A great day out playing cricket. Well done!

CGSSSA Softball 2014

The CGSSSA Softball Championships were held early this year on Tuesday 18 March at John Fisher Park, Manly-Warringah. Bethany College entered a Junior team, consisting of girls from years 7 to 9. Unfortunately, it took two games to shake off the cobwebs before beating Santa Sabina and Domremy before losing to archrivals MSJ in the final game. It was pleasing to witness the girls play so well and improve with each game. Congratulations to all the girls for playing with skill, enthusiasm and great teamwork.
Are you free in the mornings for a couple of hours?? Volunteers are needed to help out in our friendly school run canteen.

If you can manage a few spare hours on a weekly, fortnightly or monthly basis, we would love to have your presence. A great opportunity to get involved with the school. Please contact Gill in the canteen on 8566 0711.

CAFE BETHANY

UNIFORMS FOR SALE

SENIOR UNIFORMS

Blazer – size 14 (x1)
Summer short sleeved shirts- size 16 (x5)
Cardigan- size 14 (x1)

Contact : Ljubinka on 0488442579

Size 12 skirt for $30
3x size 14 white shirts for $20 each
Contact Angelina on 0415523810

Size 12 summer tunic  Size 16 Scarf
Sport shirt      Size Small Bag
Sport shorts     Size 12 Contact Rachelle 0401090982
Tracksuit jacket Size Small
Tracksuit pants  Size Medium
Cardigan        Size 14
Winter tunic    Size 14
Winter blouse   Size 14
OLF Parish Kingsgrove Dance Party
For students in Year 10 Only

Date: Friday 14th March
Venue: OLF Kingsgrove Parish Hall (89 Shaw St Kingsgrove)
Time: 7pm – 10.30pm
Cost: $15

Tickets will be sold at the school office at lunch time during Week 6&7.
No tickets sold at the door
No entry into the Dance party after 8pm
No exit from the Dance party before 10.30pm
Drinks and chips sold in the venue
Please do not bring chewing gum.
Security Guards & Official Parents on site all night
PHOTO ID must be presented for entry
For more details contact Lisa on 0403 069 051.
RETREAT DAY FOR FATHERS

INCLUDES

THE FATHERHOOD OF GOD
Bishop Terry Brady will draw upon his pastoral experience to explore the vocation of fatherhood.

TOOLS OF THE TRADE
A Fatherhood Workshop with Robert Falzon (menALIVE).
Get practical tips about raising sons and daughters.

SPIRITUAL REFLECTION

BBQ LUNCH
Get to know other dads over a BBQ lunch

RSVP & INQUIRIES 9390 5290 or LMFevents@sydneycatholic.org

The Life, Marriage and Family Centre of the Catholic Archdiocese of Sydney invites all fathers to a day of spiritual reflection on their roles as husbands and fathers, and to hear some practical tips about raising a family.

SATURDAY 15 MARCH 2014
8:45AM BEGINS WITH MASS
3:00PM RETREAT CONCLUDES
MARYMOUNT MERCY CENTRE,
36 DAVID ROAD, CASTLE HILL
COST $10 INCLUDES BBQ LUNCH

Robert Falzon  Bishop Brady
Information for Parents and Students:

www.studyskillshandbook.com.au

To access the handbook, go to www.studyskillshandbook.com.au and login as a subscriber with these details:

Username: bethanyhurstville
Password:65success

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<th>at home</th>
<th>specific skills</th>
<th>extra ‘general’ mini-units</th>
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<td>2. Organisation and Filing</td>
<td>2. Writing Skills</td>
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<td>5. Dealing with Distractions</td>
<td>5. Research Skills</td>
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<td>8. Goal Setting</td>
<td>8. Assignment Skills</td>
<td>+ Living Across 2 Houses</td>
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<td>9. Lifestyle and Balance</td>
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<td>+ Travel: A Motivator to Learn</td>
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<td>10. Managing Stress</td>
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<td>+ Unit Lecture Note-Making</td>
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<th>at school</th>
<th>tests and exams</th>
<th>extra ‘technology’ mini-units</th>
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<td>1. Summarising</td>
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<td>2. Using ClassTime</td>
<td>2. Active Studying</td>
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<td>4. Dealing with Conflict</td>
<td>4. Test-Taking Techniques</td>
<td>+ Useful Apps for iPads</td>
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<td>5. Groupwork Skills</td>
<td>5. After Tests &amp; Exams</td>
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We encourage all parents and students to take advantage of this opportunity to further develop their students’ study skills abilities through this online resource.
LENTEN PENANCE

The Church's Canon Law reaffirms our obligation to do penance. The special times of penance are all Fridays throughout the year and the season of Lent. We recall that St. John the Baptist prepared for the coming of the Lord by "preaching a baptism of repentance". Christ began his ministry on earth with the exhortation to repent: "Repent and believe the Gospel" Mk 1:15.

Repentance means the rejection of sin. It implies conversion to, and reconciliation with God. Penance is the concrete expression of repentance. It takes the forms of prayer, self-denial, and works of charity. Each of these identifies us more closely with our Saviour. By penance we make satisfaction for our sins, and take real steps in the renewal of our lives. Penance is the proof of our repentance. Repentance and conversion are central, on-going features of Christian living. Penance has to be a constant, even daily, practice in our lives. In nominating special times of penance, the Church encourages and promotes in all of us the habit of penance.

Furthermore, observance of these special times by all Catholics throughout the universal Church emphasises what we call "the social dimension of sin". The sin of the individual member always in some measure infects the whole body. Therefore during Lent and on the Fridays of the year, we do penance, not only on our own account, but also in the name of the Church and of the world. We must take very seriously our penitential obligations and be sure to carry them out. The Australian Catholic Bishops' Conference has not restricted our penance to fast and abstinence in all cases, it has left room for our own responsible choice. Where we make the choice, we should carefully select the form of penance that we consider most appropriate for our own circumstances and growth in the Christian life.

DAYS OF PENANCE

1. Rules for Lent follow in (a), (b), and (c).

2. Abstinence from meat, and fasting, are to be observed on Ash Wednesday and Good Friday.

3. On all other Fridays of the year the law of the common practice of penance is fulfilled by performing any one of the following:

   (a) prayer - for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the rosary.

   (b) self-denial - for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country.

   (c) helping others - for example, special attention to someone who is poor, sick, elderly, lonely or overburdened.

   All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast. All who have completed their fourteenth year are bound to abstain.

LENT LASTS FROM ASH WEDNESDAY (5TH MARCH) TO THE MASS OF THE LORD’S SUPPER EXCLUSIVE (17TH APRIL). ON GOOD FRIDAY AND, IF POSSIBLE, ALSO ON HOLY SATURDAY UNTIL THE EASTER VIGIL, THE EASTER FAST IS OBSERVED.

PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is to be done between Ash Wednesday, 5th March, and Trinity Sunday, 15th June, 2014 unless for a good reason it is done at another time during the year. All the faithful are obliged to confess their grave sins at least once a year.

St. Mary's Cathedral
SYDNEY.
7th February, 2014.

ARCHBISHOP OF SYDNEY.