REFLECTION

Yesterday, Ash Wednesday, marked the beginning of Lent. In the gospel we learnt that there are three focuses for us as Lenten people: prayer, almsgiving (charity) and fasting. The challenge during Lent is that we are called to become better and to endeavour to live Jesus’ teachings more fully.

I include Jim Quillinan’s reflection for you this week and I encourage you to share your thoughts with your child(ren) over the coming weeks of Lent. Jim’s words are powerful and rich!

Almost the first message Jesus preached was “Repent and believe the Good News”. After John was put in prison, Jesus went into Galilee, proclaiming the Good News of God. “The time has come,” he said. “The Kingdom of God is near. Repent and believe the Good News!” (Mark 1:14). Mark uses the word ‘metanoia’ which has a much richer meaning than our English translation ‘repent’! At the beginning of his preaching ministry Jesus names metanoia, making positive change, a change in mind and heart as the first step toward seeking the Kingdom of God. Metanoia, a change in mind and heart is very much part of believing. We could read Jesus’ words as ‘repent so that we can believe!’ The Kingdom of God is near, Jesus says, the Good News is that Jesus has come, that we have been redeemed. The Good News is that God loves us in ways that we find hard to even imagine. In the words of the prophet Isaiah, “Yet the Lord still waits for you to come to Him, so He can show you His love” (Isaiah 30:18).

That is what Lent is all about. Firstly, Lent is a time in which we pause so that our hearts might discover again just how much we are loved by God. When we know we are loved, that gives us confidence, that knowledge gives us courage. Because of that we have the courage for honest self-appraisal. We have the courage to change our minds, to change our hearts. We cannot grow as Christians and we cannot even be truly happy unless we gain freedom from the things that bind us and those actions that diminish us. Each of us in our own way is imprisoned by attitudes, habits, compulsions, that bind our hearts and our wills so that we are living a diminished form of Christian life. We love less, we resent more, we do less and avoid more than we would if our hearts and our wills were freed from these things that bind us. So the spirit of metanoia works an interior change in us that corresponds to what the Father wants to do for us. True repentance gives us the capacity to receive what the Father wants to give us.

Modern life is so busy, the world seems to be moving so fast, there are so many pressures upon us to succeed, to achieve, to pay the bills, to find work, to just hold it all together, that we can get lost in it all. Our lives are so crowded and full, and our world is so noisy that we cannot hear the voice of God calling to us and speaking to us of his love for us. We need to find ways this Lent for ourselves to hear that voice and to be moved by God’s love. Boris Pasternak reminds us that God’s call, God’s voice is often gentle and almost silent. When God knocks on the door of your life, it is often no louder than the beating of your heart and so it is very easy to miss it. Boris Pasternak
We need to find times to be quiet more, opportunities to pray more, to take time to read the scriptures more, to meditate more, to participate in the Eucharist more so that we can hear the call of God and to give God the chance to reclaim our heart. We also need to become aware of the bonds in our lives, in our hearts that need loosening if we are to freely embrace the things that will make us better and more effective followers of Jesus Christ. That is why it is part of our Catholic tradition to seek God’s forgiveness for our failure to love during Lent.

Above all, we need to find times and ways to love more. So often it is easy to forgot to show our love - there is no time or energy or space to express or to carry out acts of love towards each other. Parents can become too busy to spend time simply loving their children, because of the work they have to do to support their family. Young people can be so caught up in their own lives that they can forget to show their love for their parents. We can easily treat the people with whom we work or with whom we deal in shops and businesses as functionaries rather than real people with a human story, who above all, require of us that we love them.

Do you find it interesting that we have become aware of the month of Ramadan and what our Muslim brothers and sisters in faith are required to do during that month? It is often mentioned in the daily press. Would others know what is expected of us during Lent and why? Would they know that we are ‘keeping Lent’? Would they know that we are creating time and space for God, recognising that we too engage in some kind of Lenten self-denial, giving up things that normally clutter our life or make it more comfortable, limiting in some way our food or drink or other pleasures so that as we face our unfulfilled desires, we might realise that our deepest desire is really a longing for God’s love.

During Lent, we look to foster metanoia within ourselves, to find ways to welcome God’s Good News, to find ways that we might love more. In that way we try to turn from habits that may be destructive toward actions that mould us into the person God has created us to be.

Jim Quillinan

FROM THE PRINCIPAL’S DESK

This week I have appreciated gathering with the whole school to participate in two special liturgies: on Tuesday we gathered to prepare the ashes that would be used in yesterday’s Ash Wednesday ceremony. Michael and our Year 5/6 students prepared and lead a reflective liturgy that prepared us very well for our Ash Wednesday celebration. Fr. Dennis commented on Wednesday that during the liturgy there was a very peaceful atmosphere in the Deb Cousins Gathering Place and that it enabled us to enter into prayer very easily. Our students are to be commended on the manner in which they enter into the spiritual experiences that are very much a part of our Catholic tradition. I thank our staff and parents who continue to reinforce to them the importance of prayer and of “being still” so that we can be open to God’s voice and presence in our lives.

Thank you Michael for your preparation and leadership of these liturgies.
CAR PARKING and STUDENT PICK-UP
Whilst we have noted some improvement in the afternoon pick-up I urge you to remember that children, particularly young children, should be in the direct company of an adult and not left to wander through the car parks on their own. Similarly can I ask that if you wish to have a conversation with other families that you ensure you move onto the grass area in front of the Office.

In the last newsletter we asked for your co-operation for the following procedures: in the morning between 8:25am and 9:00am we ask that you park your car in either the top or bottom car park and accompany your child(ren) to the path near the Office. Similarly, in the afternoon, we ask that between 3:00pm and 3:40pm you park your car and meet your child(ren) at the front of the Deb Cousins Gathering Place and accompany them to your car. Thank you to those who have acted upon this request. It is vital for the safety of pedestrians and drivers that we all adhere to these instructions during these peak times.

PUPIL-FREE DAYS
We have two more Pupil-free days scheduled for this Term. Next Tuesday some of our staff will be attending Day 2 of the First Steps: Reading course that they began at the start of the year. The remainder of our staff will be using the day for Curriculum planning. Our Integration aides will be gathering at St. Monica’s for a workshop facilitated by Carmel Corrigan from the Catholic Education Office.

ST PATRICK’S DAY – 17th MARCH
Next Thursday is St Patrick’s Day and traditionally this is a day of celebration. We will be participating in the Sandhurst Diocese-supported “Be Green on 17” initiative. (See further details in this newsletter). We encourage everyone to wear green and support the flood victims in our local diocese.

On Friday 1st April ALL CEW schools’ staff will meet at St. Augustine’s to participate in a day facilitated by Robyn Moore which will focus on Catholic Identity and what it means to work in a Catholic school. Robyn will run a session for the Parish on Thursday evening and all parents are warmly invited to attend. See the details later in this Newsletter. We encourage you to come along and to bring a friend!

We ask that you keep the following families in your prayers: Brad & Kasey Barker, Aaron Pengelly and Callen & Mason Gregory. During the past fortnight they have experienced the death of a loved person in their family. We pray that their souls rest in God’s peace.

Good luck to Mason Gregory as he prepares for the World’s Biggest Shave tomorrow. It’s not too late to support Mason’s head shave – details were in last week’s events up-date sheet. Mason will have his head shaved at Lunchtime tomorrow, come along and support him!

Congratulations to Riley McKenna and his family on the birth of his new sister, Addison. May she bring great joy to her family!

Enjoy the week! Chris

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<th>TERM DATES TO NOTE</th>
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<tr>
<td><strong>MARCH</strong></td>
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<tr>
<td>11 PIZZA DAY ORDERS IN BY MORNING ROLL CALL [NO LATE ORDERS]</td>
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<td>14 LABOUR DAY PUBLIC HOLIDAY</td>
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<td>15 PUPIL-FREE DAY</td>
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<td>15 Wodonga Division Cricket Trials</td>
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<td>16 Years 7 &amp; 8 Super 8 Cricket in Wangaratta</td>
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<td>18 Friends of Frayne PIZZA DAY</td>
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<td>21 Assembly [Deb Cousins Gathering Place] 2.30pm</td>
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<tr>
<td>22 Years 4 – 8 Student Athletics Carnival in Wodonga [backup date: 29 April]</td>
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<tr>
<td>23 Wodonga Division Tennis Trials</td>
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<td>26 Friends of Frayne Dance [details to be advised]</td>
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<td><strong>APRIL</strong></td>
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<td>1 PUPIL-FREE DAY – All CEW schools</td>
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<td>4 Assembly [Deb Cousins Gathering Place] 2.30pm</td>
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<td>5 Baranduda Store Lunch Orders due at Office 8.45am</td>
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<td>6 Years 4 – 8 Cross Country</td>
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<td>6 Baranduda Store Lunch Orders delivered to College</td>
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<td>8 Last day of Term 1</td>
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BAKE SALE
THURSDAY, 17TH MARCH
[St Patrick’s Day]

Brianna Ballard & Hannah Scanlon are holding a bake sale to raise money for Caritas. There will be nothing priced over $2 and there will be lots of little treats.

SHROVE TUESDAY AT FRAYNE COLLEGE HERALDED THE COOKING OF PANCAKES and the raising of $164 towards Caritas Project Compassion

Jostling for quality control tasting duty

KEEPING OUR FRIENDS OF FRAYNE HOT FOOD DAYS GOING IN 2011

Our sincere thanks to Geraldine Haynes for her dedication and enthusiasm towards organising the Friends of Frayne hot food days for our students. Geraldine has been performing this wonderful job for several years now, and she is looking for helpers to assist her with the co-ordination of these food days. If you can spare some time and enthusiasm (these lunch days only occur approximately twice per term) please contact Geraldine on 0438 208 711 for further information.

ORDERS FOR OUR 18TH MARCH LUNCH, ARE DUE TOMORROW BY MORNING ROLL CALL

FANCY POTTERING IN OUR GARDEN ON FRIDAY MORNINGS WITH OUR STUDENTS?

We’d love to see our parents, grandparents and friends joining our students in our College garden. Come gardening between 9.45am to 10.45am each Friday mornings. All welcome. Meet behind Taylor House. Bring gardening gloves and your shady hat.

Will and Zach reckon 2 pancakes in the hand now are worth the indigestion later!

Frayne College is a Catholic community providing quality education founded on the gospel values of love, justice and humility, nurturing and challenging all to go forth in hope.
ASH WEDNESDAY LITURGY
where our 2010 ashes were distributed
Fr Dennis entertaining our Prep & 1/2 students

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YEAR 5 & 6 CURRICULUM
PARENT INFORMATION SESSION
- Thursday, 17th March

An information session for parents who have students in the Year 5/6 classes, is scheduled for Thursday, 17th March at 7.00pm in the 5/6 classroom in Patton House.

We hope to answer questions and provide information about such matters as timetabling, homework, curriculum areas and computers. The information will be general in nature and is aimed at answering some questions which have arisen. We would appreciate any feedback or suggestions for other topic areas that you would like us to speak about.

Our school photographers should deliver our photos by 25 March or maybe earlier.

QUESTIONS ABOUT YOUR FEE STATEMENTS AND PAYMENTS

If you have any queries regarding your fee statements and/or fee payments or wish to discuss changes regarding bank account information or payment plans, Jo Henderson [our Financial Guru] is available in the Frayne Office Monday – Wednesdays between 8.45am and 3.30pm. We apologise that we are not able to assist you in this regard on Thursday’s or Friday’s at this point in time. Queries can also be directed to Jo via email jhenderson1@fcbaranduda.catholic.edu.au

YEAR 5 - 8 LEARNING CO-ORDINATOR MEETINGS

Learning Co-Ordinator meetings with students and parents are underway and if you have not already scheduled one with your child’s LC, we would encourage you to do so at your earliest convenience. The best way to organise a meeting is via emailing the Learning Co-Ordinator, or alternatively you could phone the College or catch up with the LC and speak with them directly.
### UPPPER HUME SWIMMING CARNIVAL – Congratulations to our swim stars

Last Tuesday, 1st March several of our students competed at the Upper Hume Swimming Carnival. Our Frayne champions were **George Haynes, Cooper Garoni, Alex Hill, Hunter Kohlmeyer, Callen Gregory, Laura Vale, Kirby Mills, Isabelle Mcpherson and Rylee Blythe**

Cooper and George placed 3rd in their respective events and our Boys Year 7 relay team came first and are now going to compete at the Hume Swimming Carnival on 22nd March. All students enjoyed the day.

Well done to all our students, we are extremely proud of your achievements and wonderful sporting spirit.

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### Family Fun Dance Night

**Saturday 26th March 2011**

**In the Deb Cousins Gathering Place. 7.00 pm Start.**

Fantastic Social Evening. A Free Event. Bring the family and dance away the evening to some great music. Bring along a plate to share. Bring your own refreshments.

Volunteers Required on the Friday to help decorate the hall.
See Jo in the office if you are able to help with the set up. All help would be greatly appreciated.

**Volunteer Position Vacant:**

**Students from Years 7 & 8 to DJ the music on the evening.**

Apply in the office to Jo Henderson. Thank you.

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### WEDNESDAY DRUMMING @ FRAYNE WITH KEVIN MCGRATH

We now have Drum teacher **Kevin McGrath** on Wednesday’s to provide private Drum/percussion tuition to students. To arrange for private Drumming lessons with Kevin at Frayne College, please contact the Murray Conservatorium on 6041 4249.

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OUR YEAR 5/6 STUDENTS PARTICIPATING IN TODOS ARTE 2011 ACTIVITIES
This year Frayne’s Educational Speech Pathologist will be placing a ‘family friendly’ activity in the weekly newsletter targeting oral language skills. Practising the suggested skills has been shown to improve students’ learning outcomes.

“Language for learning” games
Please try some of these quick and cost-free activities each week with your children at home. It might be whilst travelling in the car, watching TV together or waiting in the doctor/dentist’s surgery. Language games will offer challenges and fun for parents and children alike.

The activities will enhance children’s interest in sounds and letters, build their knowledge of words and give them opportunities to develop and practise key learning skills. Each term will focus on a specific area of knowledge. Term One will target children’s understanding and use of longer, more complex sentences.

You might like to adapt these activities for older or younger students. If you have any questions you can contact Brooke Scantleton through the College’s Special Education Co-ordinator, Bernadette Todd.

Ten hints will be provided over Term One to help your child think a little bit deeper about the world around them and to use longer and more complex sentences.

THIS WEEK’S HINTS:

- For every simple question you ask your child ask 2 complex ones. For example:
  1. What’s that a picture of?
  2. Tell me how you made/drew that.
  3. What do you think that character might be saying in this Picture?

- Before reading a story with your child, ask them to look at the front cover and
  a) predict what might happen in the story and
  b) discuss how it’s like any story they’ve read before.

- Ask your child to recount an episode of one of their favourite TV shows that they’ve just watched. See if they can join their ideas together using a variety words such as “and, but, when, then”.

COMMUNITY NEWS

CALISTHENICS 2011 “Fun and Fitness with dance and exercise”
Come and join in the fun of learning many different gymnastic and dance styles with an emphasis on team work and class discipline for all ages.

- TINIES 3—7 YEARS MONDAY 4—5pm
- SUB JUNIORS 7—9 YEARS MONDAY 5—6pm
- JUNIORS 9—12 YEARS MONDAY $10 a lesson

We offer very age appropriate dance routines and a variety of gymnastics to strengthen and keep children active, which in turn improves their confidence, co-ordination and fitness level.

All our coaches are accredited, have their First aid and Working with Children card.

CONTACT: Penny Cleary mpcleary@aapt.net.au 0260244817
          Danielle Fraser family@rodassan.com 0411021211

BARANDUDA AUSKICK REGISTRATION

Wednesday 30th March from 3.30pm-4.30pm at Baranduda Recreation Reserve, Sage Crt.

$60 includes Registration, benefits pack and insurance.

Online Registration open and if completed and paid before April 8th you become a Club Connect member and receive extra benefits.
Be Green on 17

CATHOLIC EDUCATION SANDHURST RELIEF DAY

THURSDAY 17 MARCH 2011

FOR SANDHURST FAMILIES AND SCHOOL COMMUNITIES

AFFECTED BY THE RECENT DEVASTATING FLOODS.

THE RELIEF FUND CONTRIBUTES TO SCHOOL FEES, UNIFORMS AND EXCURSION FEES FOR 2011.

SO WEAR SOME ‘GREEN ON 17’

AND DONATE A GOLD COIN FOR A GREAT CAUSE!