Reflection:

Today is Ash Wednesday which marks the beginning of Lent. Lent is a 40 day period of preparation for Easter Sunday and is one of the major liturgical seasons in the Catholic Church. Lent is a special time of prayer, repentance, spiritual reflection and moderation.

Children often believe that Lent is about giving something up like chocolate, television or the amount of time spent on the xbox. It is important to remember that we don’t just give things up for Lent. The reason we give things up is to become closer to God. If we decide to give up lollies or gossiping, we remember that we have given it up so we can pray instead.

We also are able to give up anything for Lent. It doesn’t have to be food or treats or even a ‘bad’ thing. The thing we choose to give up must be something that we will miss for a while and is important to us so that we are changed for the better during this time. Lent should be a time for developing good behaviours and good spiritual habits as well.

At Seton College students are encouraged through the Seton Rules to “Say the Right Thing” and “Treat all with Respect” and Lent is a good time to focus on how we act in a way that is positive for others.

A Children's Prayer for Lent

Lord, please show me what I should give up for Lent
And when I've given it up
Remind me to pray to You instead
To thank You
To love You
To hear from You
Each and every day in Lent
Amen

Today students and staff received a cross of ashes on their foreheads as a reminder of our humanness. This Ash Wednesday celebration was led by the newly formed Liturgy Committee. This committee has many keen members who wish to assist and
actively participate in the Religious Life of the College. Special thanks are extended to the Liturgy Committee, Mrs Haworth, Mrs Sarra and the Drama students for presenting such a relevant and engaging prayer liturgy for us to reflect upon.

**BAYLEY HOUSE FEAST DAY**

On Thursday 27 February the Seton College community celebrated Bayley Feast Day. Bayley house is named after our very own Elizabeth Seton. Elizabeth’s maiden name was Bayley. Elizabeth was the first American Saint and was canonised on September 14, 1975. She is well known to have established the first Catholic School in America. She also founded the first American congregation of Religious Sisters, the Sisters of Charity.

The prayer space for Bayley Feast Day was set up on the top oval so that the whole college community could gather together in prayer and celebration. This type of setting does not just happen. It took the hands of many people in our community to ensure that the prayer was both meaningful and successful. I wish to extend my thanks to Mrs Kathleen Dunnet (Head of House – Bayley), Mr Dean Aspland, Mr Paul Connolly, Mr Damien Gannon, Mrs Melissa Haworth, Mrs Narelle Minhan, Mrs Sue Oxley, Ms De-Anne Rand, Mrs Caroline Sarra, Mr Andrew Smith, Mr Paul Towler, Ms Markella Vergotis and the many Bayley students who volunteered their time and energy to allow our community to have a wonderful prayerful experience outside.

Peace and Blessings
Alison Gilbert
Acting APRE
Dear Parents, Staff and Students

Today we celebrate Ash Wednesday – the beginning of the Lenten period. As we begin this time in the church year, it may be worth us all recalling one of the mottos of the College: “Look for the face of Jesus in every one we meet”.

Jesus is always present in our world. He is with us, but especially he is present in those people we meet each day. He is also present at those special times in our lives: sharing a special moment with a friend; in the joy we receive from performing some special acts of kindness for others …… and many other such moments.

Many years ago I had the good fortune and grace to meet with Mother Theresa of Calcutta. Mother Theresa had such a wonderful gift – the gift of seeing the face of Jesus in everyone she met … but especially in those who were poor or sick. In a very real sense there is a rather small gap between a Saint and the rest of us: that gap or difference is simply that a Saint is truly able to live the truth in each moment of their lives. Mother Theresa was able to live the truth of seeing the face of Jesus in everyone she met and acting accordingly towards them. We are challenged to do so ourselves!

March 12 - 14: A Week with a Difference!

Next week is “Camp Week” for our Year 10, 11 and 12 students.

Years 11 and 12 “senior” students will have a three day camp at “Luther Heights” Coolum. This is an exciting time for them and will include a variety of outdoor and indoor “challenges”.

Year 10 students will also be on a three day camp, which is essentially an outdoor experience type of camp. I am sure they will have a wonderful time.

On these days the Year 8 and 9 students will have a series of days with a difference which includes a retreat day, an excursion day and a Personal Development day.

All-in-all, a week with a difference!

Lunch time program:
Attached in this newsletter is the full list of lunch time activities available to students at the college. As you may know the school offers students an extensive lunch time program. Over many years this program has proved successful in giving students a structured way to spend a large part of their lunch times. It is also a very effective way of helping students to socialize and make new friends in a relaxed environment while giving them the opportunity to acquire valuable skills. I would like to thank the many teachers who give their time freely to this program.

Royal Commission
Over the next few days all families will receive a letter from Archbishop Coleridge and the Executive Director Mrs Betts. The letter relates to the Royal Commission’s present hearings. I have included below a short extract from the letter.
There has been extensive media coverage of the Royal Commission into the Institutional Responses to Child Sexual Abuse in recent times given the focus of the Commission on a case study from a Catholic school in the Diocese of Toowoomba. Brisbane Catholic Education does not have oversight of Catholic schools in that diocese, but the resurfacing of this case may again undermine the confidence of the broader community in the safety of students in Catholic schools generally.

The hearings uncovered further disturbing information about the way in which the Church has so poorly handled allegations of sexual abuse against children. We can only begin to imagine the suffering of those children and the impact on their families. We offer our most sincere apologies, again, for what occurred and reiterate our absolute determination to do all we can to ensure that children and young people are safe in our schools and that crimes like this do not happen again.

Please be assured that our school, along with all Catholic schools in the Archdiocese of Brisbane, has in place clear policies and procedures for dealing with all allegations of sexual abuse, including those not related to a school setting. These policies and procedures are available to all parents and are published on the Brisbane Catholic Education website.

Parents will receive in the mail a letter from Archbishop Mark Coleridge, Archbishop of Brisbane and Pam Betts, Executive Director of Brisbane Catholic Education, to assure parents of our continued commitment to ensuring our Catholic schools are safe for your children. If you did not receive a copy of the letter, please contact the school office and we will arrange for a copy to be sent to you.

**P & F Association**
The P & F Association will continue to support the MS Bikeathon and The Mater “Little Miracles” walk this year. Two sub-committees of Parents and Staff will be coordinating the “Teams Seton”. If you would like to support these initiatives in any way please contact the college.

The Term 1 fundraiser is the Chocolate Drive. Students have received a box of chocolates to sell as of yesterday. Your support for this fundraiser is greatly appreciated.

Prayers and Best wishes for the weeks ahead.

Chris Raju
[Principal]

**from the Deputy Principal...**

The term is moving with great momentum with much happening around the school, please refer to the school calendar for up to date details. I look forward to taking Mr Dowden’s position for 2014 and I invite any parent or guardian to contact me if I can assist you with anything related to your child’s education.

If not urgent, I would ask that phone calls and appointments be made after 9.30am. The busy ness of the early morning school start can inhibit good quality conversations. Appointments can be made with the front reception ladies.

On Thursday 6 March the entire school community will practice a fire Drill. I would suggest that discussions about fire safety should be the topic of discussion around your dinner table this week. The importance of being well prepared and having a plan of evacuation that is known by all is vital.
Seton College Evacuation Procedures for Fire Drills

An evacuation route map is located near the exit of all rooms.

- The safety of students and staff should be maintained at all times throughout an emergency.

On hearing the alarm – a continuous siren

- Students should stand by their desks.
- Nothing is to be taken with the students
- Windows are to be closed and all power turned off.
- When instructed by the teacher in charge, the students should follow the exit route at a brisk walk. Preferably the school officers (if present) should be in the lead with the teacher following at the rear.
- The teacher is to close but not lock the door.
- The top oval is the rally point for the school. Classes should proceed to at a quiet, steady, uniform pace
- Students descend stairs in single file using one side of the stairs only.

- Students not in class when the alarm sounds should attach themselves to the first group they meet; report to the teacher at the end of the line;
- On arrival at the assembly area the students move into PC groupings
- As soon as students have arrived at the assembly area, rolls will be checked.
- No one must be allowed to re-enter a building for any reason until permission is given.

This procedure will be discussed during Pastoral Care classes this week.

Lenten Challenge
We have now entered into the season of lent. During the lunchtime youth group on Wednesdays (in addition to playing games) we will be following a simple 6-week Lenten challenge. Please feel free to follow along with this simple program at home – it can be found in this newsletter.

The big fundraising focus this term is Caritas’ Project Compassion. This year, Project Compassion funds will go towards projects in Brazil, South Sudan, Philippines, Solomon Islands,
Australia and Sri Lanka. One of the ‘faces’ of Caritas this year is Maristely from Brazil. Her story is below. Each pastoral care class will receive a collection box for donations. This year, there is also the opportunity to make a tax-deductible donation online at: http://my.caritasfundraising.org.au/soton

**Maristely’s Story – Project Compassion**

Maristely, 18, lives in a favela (slum) in São Paulo, Brazil with her family. Dark and cramped, favelas are often built on land affected by floods and landslides, or close to roads and train lines. Many locals face discrimination from the wider community. Caritas Australia’s partner, the Movement for the Defence of Favela Residents (MDF), is changing lives across 40 favelas in São Paulo. MDF understands the difficulties of favela life such as dense population, limited space, a lack of available jobs, constant threat of eviction and widespread poverty.

“Being a part of MDF has given me awareness of my dignity ... I know that to live in a favela is nothing to be ashamed of ... Because of my perseverance, I live in a better place and we are recognised for that,” said Maristely. Through MDF, Maristely's family – along with thousands of others – now has access to clean water, electricity and connected sewerage. They also have a certificate of home ownership which means they can no longer be evicted.

**Lunchtime Activities**

The St Vinnies group meets on Monday lunchtimes in the Chapel.

Youth Group is on Wednesday lunchtimes in the Chapel.

**from the Vet/Work Experience Dept**

**MAKING CAREER DECISIONS**

In Years 10 and 11 you are expected to begin the process of exploring what you might like to do in the future. Year 12 students are required to make decisions about this.

**What is career decision-making?**

- Career decision-making is not magic.
- It is a process during which you develop some job ideas, explore them and prioritise them.
- It is a complex process. Many factors must be considered (e.g. your interests, values, abilities). There are also many influences on the decision (e.g. what your parents and friends think, availability of jobs, the media, the income you can earn).

**How do I develop job ideas?**

- You probably already have some ideas (don’t discount those ‘dream’ ideas!).
- You can develop more ideas by doing a questionnaire – examples of these can be found on the myfuture website at http://www.myfuture.edu.au/ (sign up to create your Career Profile) and the Career Quiz section of the Job Outlook website at http://

- Use the Bullseye Posters on the myfuture website to explore jobs related to your favourite school subjects (search for ‘Bullseye posters: explore occupations by school subject’) to add to your job ideas list.
- Your career adviser can help you develop your job ideas list.

How do I explore my job ideas?
- Use your research skills.
- Read about the jobs on your job ideas list – use myfuture, the Job Guide (http://www.jobguide.education.gov.au/) and Job Outlook.
- Talk to people already in the jobs (go prepared with questions).
- Try the job – see your or career adviser about doing work experience.

As you can see, career decision-making requires some effort; but aren’t you worth it?

Careers

There are ten steps to resilience which are relevant to anyone entering the workforce. These include:

1. Stay inspired - the key to your future is you! Develop you own skills by reading and listening to music which inspires you. Find out what your passion is.
2. Be yourself – be open to help and advice from others
3. Talk to yourself – try to talk positively to yourself rather than negatively
4. Associate with positive people – smile and have a go at tasks, don’t get stuck in negativity
5. Don’t take it personally – it isn’t what happens to you but how you respond to situations that makes the difference
6. Look on the bright side – find the silver lining
7. Build your network – reach outside your comfort zone and talk to people, sell yourself
8. Learn life long – grow your career through learning, challenge yourself to do more
9. Be healthy – the key is being fit and healthy for a fit mind
10. Celebrate – enjoy your work, enjoy the journey, set goals and celebrate when you achieve them!

My Career Advisor Website

Sometimes it can be difficult to know what you want to do in the future and what courses are available to you. My Career Advisor has been designed to assist you with your career choices and to help give you some direction. On this website you can work through some of your choices and do some of your own careers research.

Before you start your journey through the website you may like to download and print off the My Career Advisor - Action Plan. This is a place where you can write down things that you see that interest you. Often when we do
research, we see things then move on and forget what we saw. The answer is - use the Action Plan to jot down some notes as you navigate your way through the website.

If you are in Years 10 & 11 or in Year 12, you may also find it useful to download and print off the Pathways Plans, which are available via the main menu.

You can access My Career Advisor at www.mycareeradvisor.com.au and use the username and password specific to our school.

Username: seton.qld.edu.au
Password: Seton 4122

**Sustainability**

The students are encouraged to recycle their rubbish through a new initiative being introduced through the tuckshop. The tuckshop will refund 10c per recyclable item to students who purchase items (recyclable) at morning tea or lunchtime from next week. The items must be clean and returned to the tuckshop towards the end of the break. These items will be placed in a recycle bin. School officers and students within the Environmental Science program will assist in this process.

Did you know that air conditioners set below 24° will cost you 10% more in electricity? Think of the savings you can make by keeping the air conditioners at 24° and drawing your curtains/blinds while the air conditioner is on. Also, did you know that if you are leaving a room for more than 30 seconds, it is more economical to turn off the light than leave it on?

Sustainability Committee

**KOKODA CHALLENGE 2014**

Seton College has successfully entered 3 teams into the Gold Coast Kokoda Challenge Event being held on the weekend of 19-20 July 2014. Students will be walking/running/scrambling in the “Jim Stillman Cup” which is a 48km trek through the hinterlands of the Gold Coast. The goal is for each team to finish as a complete team of 5 in honour of the spirit forged on the Kokoda Track in 1942: mateship, endurance, courage and sacrifice. The following students will make up our teams: Ryan Bidner, Milan Djuranovic, Brett Fennell, Arianna Fthinoyiannis, Jane Hindle, Claudia Jones, James Kelly, Daniel Lacey, Mason Ollerenshaw, Zoe Schneider, Sean Seedsman, Kacie White-Otto and Reserve: Isaiah Baxter. Mrs Flint, Mrs Sarra and Mr Gannon will be the team leaders for the challenge.

Students will be raising money for the Kokoda Challenge Youth Program which is run by the Kokoda Challenge Association. This is all about helping the youth of today, becoming tomorrow’s leaders and changing communities through the values learnt by our Diggers in their heroic efforts.

Training commences in mid-march where the students will meet at Mt Coot-tha on Sundays to enjoy their surroundings while walking up to 8 hours. We will start gently with 2 hour walks but will increase to 8 hours as we get closer to the event. Students will also train twice a week at school with the support of a local trainer, Conan Visser. Conan is offering his time to students for free in support of
the commitment they are undertaking. Conan is a personal trainer with his own company “icaniwill” supporting students in the fitness area.

Stay posted for updates on our training!

Kathryn Flint and Sue Oxley

**from the Sports Dept...**

**Re-writing Seton records.**

During our College swimming carnival two long standing records were re-written by two of our senior boys. Daniel Lacey broke the 50m backstroke record which was set in 1999. Daniel swam the event in 35.11 seconds. The previous time was 36.47. The 50m butterfly time of 32.00 seconds set in 2000 was outshone by Joshua Ebzery who completed the event in 30.13 seconds.

Well done boys on some outstanding performances.

**District swimming**

On February 18th the Seton swim team did the school proud at the annual district swimming carnival held at the Chandler Aquatic centre. The girls team placed 8th out of the eleven schools in the district. The boys team placed 6th. Overall Seton College placed 7th which is a fantastic achievement being such a small school in comparison to the other schools in the district. Below are listed all team members who participated on the day and who helped achieve our great results.


Outstanding achievements on the day were made by Jake Michel who was runner up to age champion in the boys 17 – 19 years category and who also broke the AWD 16-19 boys 50m freestyle, 50m breast stroke, 50m butterfly and 100m freestyle records, Arianna Fthinoriannis who broke the AWD 16 -19 girls 50m freestyle and 50m backstroke records, Chelsea Priest who broke the AWD 16 – 19 year girls 100m freestyle and 50m breast stroke records and Bailey Stewart who broke the AWD 13 – 15 year boys 50m back stroke record.

Special congratulations to the following students who have qualified to swim at the regional swimming carnival on Tuesday March 4th. Joshua Ebzery, Jordan Byrne, Tim Markey, Cameron Sawyer, William Leahy, Bailey Stewart, Jake Michel, Jordan Mahony, Mason Ollerenshaw, Chelsea...
Priest, Ally Gray, Monika Christophorou and Arianna Fthinoyiannis. We wish you all the very best of luck and look forward to hearing how you all swam.

Anne O'Dwyer-Mazur
Sports Master

*from the Home Ec Dept...*

**Why Bother With Breakfast?**

You probably heard it from your own parents: “Breakfast is the most important meal of the day”. But now you're the one saying it — to your sleepy, grumpy kids, who insist "I'm not hungry" as you try to get everyone fed and moving in the morning. Breakfast is a great way to give the body the refuelling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities. Skipping breakfast can make kids feel tired, restless, or irritable. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal and often this leads to them getting into trouble.

**Breakfast Brain Power**

It's important for kids to have breakfast every day, but *what* they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fibre, and protein while low in added sugar may boost kids' attention span, concentration, and memory — which they need to learn in school.

It can be difficult to make a healthy breakfast happen when you're rushing to get yourself and the kids ready in the morning and juggling the general household chaos. So try these practical suggestions to ensure that — even in a rush — your kids get a good breakfast before they're out the door:

- stock your kitchen with healthy breakfast options
- prepare as much as you can the night before (get dishes and utensils ready, cut up fruit, etc.)
- get everyone up 10 minutes earlier
- let kids help plan and prepare breakfast
- have grab-and-go alternatives (fresh fruit, some zucchini slice, individual boxes of cereal, yogurt or smoothies, trail-mix) on days when there is little or no time to eat

If kids aren't hungry first thing in the morning, be sure to pack a breakfast that they can eat a little later when they get to school or before classes. Fresh fruit, cereal, nuts, or half a peanut butter sandwich are nutritious, easy to make, and easy for kids to take along in their bags. Try and steer clear of the bag of lollies or chips or the chocolate bar because although convenient the source of energy will be short-lived and the sugar may cause more problems.

Cheese toasties are available at the tuckshop and can always be used as a good standby if students arrive early enough at school.
Lenten 6 Week Challenge

**Week 1: Fast**
When we fill our lives with obligations, relationships, or ways of thinking that distract us from focusing on Jesus, we are less able to experience life to its fullest. This week challenges you to create space in your life for the full life Jesus came to give us.

**Week 2: Pray**
Prayer can seem mysterious, either because of doubts about the ability of prayer or because it’s difficult to incorporate prayer into daily life. The challenge for week 2 is to make time in your day to read and pray the Lord’s Prayer, then to create your own prayer based on the model of the Lord’s Prayer.

**Week 3: Give**
When we give of ourselves by using the gifts God has given us to serve others, we are able to uniquely worship God. This week challenges you to explore your gifts and talents and then creatively use those to serve those around you.

**Week 4: Thank**
Thankfulness is more than an expression; it is an attitude of life. When we are thankful we are better able to experience blessings in our lives. The challenge for this week is to thank someone in your life who has expressed God’s goodness to you. This week also challenges you to express God’s goodness to others in your life.

**Week 5: Serve**
God values everyone equally and immensely. When we express this to each other we are experiencing life with more love. This week challenges you to think critically about how your actions value others.

**Week 6: Reflect**
Living a full life requires change. During this week, we will reflect on each of the previous weeks, what we have learned, and how we will recommit ourselves to those actions, even after this journey is over.
BRISBANE SOUTH DEANERY LENTEN PILGRIMAGE

Grant to us O Lord a heart renewed

WEEK 1 THURSDAY 6 MARCH 7PM

THEME: Choose Life: The Journey of Faith

SPEAKER: Archbishop Mark Coleridge

“I set before you life or death, blessing or curse. Choose life, then, so that you and your descendants may live in the love of the Lord your God, obeying his voice, clinging to him; for in this your life consists...” (Deut 30:19b - 20a)

VENUE: St Agnes’ Church
Cnr Logan Rd and Tudor St Mt Gravatt

For more information visit
www.parishes.bne.catholic.net.au/south
or phone 07 3849 7158 or mobile 0419 642 490
BRISBANE SOUTH DEANERY LENTEN PILGRIMAGE

Grant to us O Lord a heart renewed

WEEK 2 THURSDAY 13 MARCH 7PM

THEME: What is Evil?

SPAKER: Fr Augustine Obi

“Jesus was lead by the Spirit out into the wilderness to be tempted by the devil.” (Matthew 4:1)

VENUE: Our Lady of Lourdes Church
121 Mains Rd Sunnybank

For more information visit
www.parishes.bne.catholic.net.au/south
or phone 07 3849 7158 or mobile 0419 642 490
2014 Next Step Survey

The Queensland Government is conducting its annual statewide survey of all students who completed Year 12 in 2013. The Next Step survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year 12.

Between March and June, all our students who completed Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Queensland Government Statistician’s Office to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can participate. Thank you for your support of the Next Step survey in 2014.

For more information visit www.education.qld.gov.au/nextstep/ or telephone toll free on 1800 068 587.
DATE CLAIMER

Post School Options
EXPO 2014

Wednesday 7 May, 2014
Commencing at 9.00 am

Royal International Convention Centre
RNA Showgrounds
Bowen Hills

For further information contact:  Carmel Cooper 3291 9333
cccopp1@eq.edu.au
Yosheen Pillay  0477 758 646
ycpli1@eq.edu.au
Megan Toppenberg on 0428 770 366
mtopp7@eq.edu.au

www.postschooloptions.com.au
Year 10 Bowling Afternoon

When: 4:00pm Saturday, 8 March

Where: AMF Bowling Centre, Tingalpa

Cost:
2 games of Bowling (RACQ Members – please bring membership card) $15.00
2 games of Bowling $19.00
2 games of Bowling, meal deal and 2 tokens for games $24.00

RSVP: Friday 28 February on ozmadian@bigpond.com

*** All students who attend must be supervised by an adult ***

For further enquiries, please contact Madonna on ozmadian@bigpond.com

P & F Chocolate drive has commenced. We thank you in advance for your support. Can we please ask that the money collected be returned to the school by the 31st of March, 2014. Thank you