25 February, 2016

From the Principal

On assembly, I often mention to the students that safety is our number one priority at St Joseph’s Tobruk Memorial School and in light of this fact, Emergency Evacuation procedures were practised by staff and students last Friday. As well, staff engaged in their biennial First Response Fire Training yesterday. On another safety issue, please note the Whooping Cough Alert in a latter section.

Right on the heels of safety at St Joseph’s, comes learning, of course, and at yesterday’s staff meeting, teaching staff enthusiastically engaged with Visible Learning’s 10 ‘Mind Frames of Effective Teachers’. As well, the staff Visible Learning Team will meet next Wednesday to sharpen the school’s 2016 Visible Learning Plan.

Further to learning at St Joseph’s, the school strives to provide a holistic and inclusive education for all students, with adjusted-curricular, co-curricular, extra-curricular and specialist offerings assisting with this endeavour. Current and upcoming examples of such offerings are the Australian Football League (AFL) Auskick Program (commenced yesterday), Individual Learning Plan (ILP) Meetings with relevant parents (Monday 29 February and Thursday 3 March), Catholic Zone 2 Swimming Carnival (Monday 29 February) and Prep Occupational Therapy (commencing Tuesday 1 March), with a related, same day Parent Workshop from 2.20pm to 2.50pm.

Most pleasingly, the 2016 Parent Handbook has now been finalised and is available through the school website, the Skoolbag app and in hard copy at the office. There has been a slight delay in the production of the school’s Positive Behaviour for Learning Support Plan, however, it will soon also be ready for dissemination.

Last Friday’s Tuckshop Day enjoyed amazing success, with close to 300 orders taken. My thanks again, to the JETS organizing team, led by JETS ‘Partnership’ Coordinators, Belinda Thompson and Dominic Barnes. Please note that through the Tuckshop Day ordering process, it was discovered that a number of parents need to update Qkr! details for their children, i.e. provide 2016 class details.

On the topic of JETS, a call is currently being made for a Mothers’ Day Stall Convener. Please contact the office if interested (bountiful help is assured). A reminder that the next JETS General Meeting is scheduled for Tuesday 8 March (6.30pm, Staffroom). Please consider coming along to find out more about how JETS ‘value adds’ to your children’s educational experience at St Joseph’s.

The upcoming Twilight Markets (March 18) will be a major topic of conversation at the above mentioned JETS General Meeting and again I thank the many members of our school community who are working so coherently, under the watchful eye of coordinator, Belinda Harris, in preparation for the event. It is not too late to be part of the action, so if interested, please express this interest at: stjosephstwilightmarket@gmail.com. A reminder also, about tomorrow’s ‘Country’ Free Dress Day (best dressed prizes on offer), in support of the upcoming Twilight Market, when children are asked to bring Bake Stall donations (see latter section) for the privilege of wearing free dress.

Today and tomorrow, Mr Lovegrove, Mrs Schloman and I, are meeting with other Gold Coast Catholic School leaders at our annual Cluster Conference. Our main focus will be to develop the school’s Annual Action Plan, which will be our community’s 2016 guiding light in the priorities of Faith, Learning, Partnerships and Resourcing.

A reminder that Term 1 tuition fees and charges are due. Thank you again, to the many families who have already made their Term 1 payment.

I trust that many in our school community are planning to come along to Sr Jenny’s ‘Cuppa’ on Friday 4 March, to meet Ms Louise Martin, President of the Commonwealth Games Federation.

Again, please note that the parish’s 2016 Sacramental Program is soon to commence, as is Sr Jenny’s 2016 Seasons for Growth Program. Further information can be found in a latter section.

A Lenten outreach opportunity exists for you tonight, with parent, David Fitzgerald, being a member of the Rosies - Friends on the Street Team for the Beenleigh area. David and his team invite you to join them on the western side of the Beenleigh Train Station from 7.30pm. Please call David on 0437 732 843 if you’d like to take up this outreach opportunity.

With Courage, Faith and Love

Stephen Johnson

What’s happening this week?

FEBRUARY

25 Ngutana-Lui Cultural Centre Excursion (Yr 4)
26 ‘Country’ Free Dress Day
29 Catholic Zone 2 Swimming Carnival

MARCH

1 Coding Club commences (3.10-4.10pm)
4 Commonwealth Games personnel visit
8 JETS General Meeting (6.30pm)
17 Feast of St Patrick
18 St Joseph’s Twilight Markets (4.30–9.30pm)
19 Feast of St Joseph
20 Palm Sunday
24 St Joseph’s Cross Country; Term 1 concludes
25 Good Friday
26 ‘Country’ Free Dress Day
25 Ngutana-Lui Cultural Centre Excursion (Yr 4)

WEEKLY EVENTS

Mon: Assembly (P - Year 2, 8.45am)
     Assembly (Year 3-6, 2.15pm)
     Fitness Club (Year 1-6, 7.45-8.15am)
Tues: Uniform Shop (8-8.45am and 2-3pm)
     Homework Help (Year 2-6, 8.00-8.30am)
Wed: Homework Help (Year2-6, 8.00-8.30am)
     Fitness Club (Year1-6, 7.45 -8.15am)
Thurs: Uniform Shop (2.15-3.15pm)
Fri: Sr. Jenny’s Cuppa (8.40am)
     Student Banking (8.45am)

SPORTS UNIFORM DAYS

Mon: Year 1, 2 and Prep
     Year 3, 4 and Prep
     Year 5, 6 and Prep
     Prep
     All school

OFFICE HOURS

Mon - 8.00am - 3.45pm
Thurs: 8.30 am - 3.30pm
Fri: 8.30am - 3.30pm

St Joseph’s Tobruk Memorial School
53 Kokoda St 1 PO Box 719, Beenleigh QLD 4207
Ph: 07 3287 2798 | Fax: 07 3807 4532

Trinity College: 3442 5222
St Patrick’s OSHC: 3807 1364
St Patrick’s Parish Office: 3287 2282

With Courage, Faith & Love
2016 Twilight Markets 18 March 2016 (3 weeks to go)

Here’s the latest update! Yee Ha!

**Free Clothes Day – Bake Stall Donations**

Tomorrow will be a country themed free dress day! Come in your country themed outfit if you can. There is a Twilight Market ride pass for the best dressed. Boy and girl.

The fine for wearing free dress will be any of the following:

- Bag of flour - self raising or plain
- Bag of caster sugar
- Packet of cocoa
- Bag of icing sugar
- Block of butter
- Bag of brown sugar
- Carton of eggs
- 2L bottle of milk (use by after 2 March)

These items will be used to support the baking of cakes, biscuits and slices for the markets. If you cannot provide anything from the above list then a gold coin to purchase other bits and pieces will be fine. Your support of this will go a long way to helping make the Twilight Market a success.

**Second Hand Book Stall Donations**

Year 4 will be holding a book stall at this year’s Twilight Market. If you are able to donate some of the following items it would be greatly appreciated:

- Fiction Books
- Non-Fiction Books
- Children’s Books
- Reference Books
- Magazines in good condition

The items can be dropped off at the Year 4 classrooms. To be put on the roster contact the coordinator on email: robandtracys@bigpond.com.

**Volunteers’ Class Stalls**

Outside each year level you can find a roster for you to add your name to help out on the night of the Market. We are asking for a half hour of your time. If you can’t get up to school, please let your class teacher know you are willing to help out and they will slot you in.

**Volunteers for School Stalls**

We are organising the Bar, Hot Chips and Snacks, BBQ and Café at the Market as well. We are looking for people to assist with their time to work on these stalls. To register as a volunteer email: stjosephstwilightmarket@gmail.com or call the school office on 3287 2798.

**Promoting the Twilight Market**

We have a number of small signs (similar to the electrical signs) to be put in front yards with exposure to high traffic or passers-by. If you would like one please contact the coordinator at stjosephstwilightmarket@gmail.com or call the school office on 3287 2798. We also have a big banner that we would like to put up in prominent places in the local area. This could be a home or business. Please tell all your friends and neighbours to join in the fun on the night.

**Ride Passes**

Ride passes are available for sale. Please complete the order form for your children, families and friends. You can pay by cash or cheque. The easiest way is to pay via QKR! All families are able to do this. Friends and relatives can also do it if they download the app and register as a guest.

All the information can be found at:

- Our FB Event Page: https://www.facebook.com/events/1685672268312487/
- Online application form: https://docs.google.com/forms/d/1RoXwD9Kw8TQ5-jdVpGgBJv5WZj54n6owl_W9Oidfls/viewform

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**GOLDEN GNOME AWARDS**

Congratulations to the following classes.

1st: Year 3C
2nd: Year PC and PF; 1C and 1F
3rd: Year 5C and 5F

St Joseph’s Beenleigh

Newsletter 25 February 2016
Catholic Schools Zone II Swimming
The carnival will take place on Monday 29 February at the Sleeman Centre, Chandler. Students who have been selected to attend the carnival have received their notes. All information for this event is included on the students note. We wish these student’s the best of luck for the upcoming carnival.

Fitness Club
Running on a Monday and Wednesday morning, Joey’s Fitness Club is a fun way to start your day. These mornings are designed to be enjoyable, but to also help students improve their general fitness, strength and running ability. The club will run for the majority of the year. Permission notes need to be completed before students attend the club, these are available at the front office.

Pacific Rim District Trials
I wish all our trialists luck as they attend district trials in a variety of sports over the coming weeks. I would also like to congratulate Lachlan Buchbach on his selection in the Pacific Rim 11yrs Rugby League side. Lachlan will now compete at the South Coast Regional Carnival early in Term 2.

AusKick
Qld AFL has began here at St Joseph’s. You can still register for the program by completing the online registration. Information notes can be collected from the front office.

Gala Day Sport
Students in Year 5 and 6 will participate in the Beenleigh Zone Gala Day sports program. Each semester there are 5 Gala Days occurring where interschool competition takes place in a number of sports. Students have already chosen their sports and notes will be coming home in the coming days notifying you of your child’s choice. We are currently waiting on confirmation of venues before these notes go out, in an attempt to keep parents as informed as possible.

If you have any queries on anything sport, please get in touch with me on matthew.armstrong@bne.catholic.edu.au

LIBRARY NEWS - LYN GIEBELS

Just a reminder that we still have several children with books outstanding from last year. It is our wish that every child at St Joseph's become life-long-learners. To achieve that aim, it is essential that all students read every day. Please ensure that your children’s books are returned (or paid for) so that their borrowing can continue uninterrupted. If you have any concerns about missing books, please do not hesitate to contact the library.

At the start of the year, we loaned several of our library bags to students who did not have one. Please remember to return these to the library.

We have also had an issue of a student hacking another children’s online account. Usernames and passwords are meant to be confidential, not shared between friends. We have heard of a case where a child gave their details to another so that the friend could do their work for them. Please help us to discourage your child/children from this practice. All children coming to the library to complete their homework tasks need to know their passwords.
STUDENTS OF THE WEEK

Week 5

PC: Aarielle Falaniko
1C: Lincoln Matthews
2C: Ryan Burgess
3C: Jarvis Millman
4C: Shivali Chand
5C: Jacob Miller
6C: Kieran Calton

PF: Maxwell Taylor
1F: Slayter McGhe
2F: Sarah Jriege
3F: Paige Stevens; Aidan Donovan - Week 4
4F: Joey Alfie
5F: Harmony Te Hau
6F: Elsa Boby

FROM THE ART ROOM - MARY McBRIDE

The Art Room is looking for round plastic tops - any size any colour, from milk bottles to large jars.
If every child could bring in just one top we would have almost 400 - so please think about bringing them in.
Thank you.

SR JENNY - SCHOOL PASTORAL WORKER

SEASONS FOR GROWTH PROGRAM

The Seasons for Growth Program (Good Grief Program), is an Australian based program for children who are experiencing grief and loss in their lives. These losses can include the loss of a parent or significant other (e.g. grandparents, siblings, etc.) through death or separation. It also includes the loss of a parent or significant other through separation or divorce. This programme aims to educate children who are experiencing grief to assist them to understand that the reactions associated with their losses are normal. It also helps children to develop skills for coping, problem solving and decision-making and for building peer support networks thus aiding the restoration of self-confidence and self-esteem. The Seasons for Growth Program is a whole school program catering for children who are experiencing grief in Years 2 to 6.

Sr. Jenny will offer this program starting the week beginning 7 March. Which year levels it will be offered to will be determined by parent response to the form at the bottom of this program outline.
I will contact parents/caregivers to let them know which year level will be involved. Please place the signed permission form in an envelope marked for Sr. Jenny’s attention and return to the school office.
I can be contacted Tuesday to Friday at St Joseph’s if you wish to know more about this program.
Thank you,
Sr. Jenny Scari
School Pastoral Worker

PERMISSION FORM FOR THE SEASONS FOR GROWTH PROGRAM

Child’s Name ___________________________ Year Level __________

Grief Situation (e.g. Divorce, death) __________________________________________
___________________________________

I give permission for my child to attend this program.

Parent Signature __________________________

PLEASE RETURN TO THE OFFICE: Attention SR JENNY
LITERACY PLANET NEWS - MELISSA BURGESS

CLASS LEADERS FOR WEEK 4 - 15/2/16 - 21/2/16

PC - Cameron Parker - 282
1C - Connor Dougherty - 719
2C - Jarrod Connor - 408
3C - Charlotte James - 822
4C - Cody Bale - 272
5C - Jennifer Witham - 280
6C - Shivaun Sonnex - 286

PF - Maxwell Taylor - 478
1F - Laylah Higgins - 2842
2F - Jace Higgins - 3026
3F - Savannah Paniagua - 594
4F - Charlotte Nash - 257
5F - Bradley Brown - 637
6F - Flynn Wickens - 115

CLASS with the **HIGHEST Points** goes to **2F** with **11644** points and **3F** with **3939** points.

Our **TOP SCORERS** for Week 4 go to:

**SCHOOL LEADERS – P-2**
1. Jace Higgins - 3026
2. Laylah Higgins - 2842
3. Frankie Surace - 1734

**SCHOOL LEADERS – 3-6**
1. Charlotte James - 822
2. Bradley Brown - 637
3. Savannah Paniagua - 594

Please contact Melissa Burgess for any questions regarding Literacy Planet - mkburgess@bne.catholic.edu.au

JETs NEWS

**Colouring in Competition**

A colouring competition is being run in conjunction with our Twilight Markets.

Teachers will be handing out the colouring sheets next week.

✦ Great prizes to be won!!
✦ Entries close March 17.
✦ Age groups: Prep to Year 2; Year 3 - 4; Year 6 - 7
✦ Multiple entries will be accepted
✦ Winners announced at the Twilight Markets

Our special judge is Mrs McBride from our Art Department

FREE DRESS DAY

Tomorrow the students will be participating in a free dress day to promote the Twilight Market. The “fine” is to bring donations for the bake stall (or their class stall or a gold coin). There will be a quick parade of costumes in the hall as soon as possible after the bell. Judges will choose a boy and girl winner and they will receive a free ride pass. So make sure you all dress in “Country” style to support our school.
Seeing is our primary method of gathering information. While a child may be able to see well, they may be experiencing difficulty with processing what they see. Over 80% of what a child learns in the classroom is learned through their vision. If their visual skills have not developed or not developed efficiently then they will not be able to process what they see.

Apart from being able to see clearly, visual skills that are needed are:

- **Eye tracking** - both eyes working together following a line of print.
- **Eye teaming** - both eyes working together to converge at near and far.
- **Accommodation** - eyes focusing.
- **Binocular Vision** - simultaneously blending images from both eyes into one image.
- **Visual perception** - includes visual memory, visualisation, directionality and sequencing.

As vision and learning are closely connected, a vision problem can sometimes be mistaken for a learning problem. It is important that children undergo a comprehensive vision examination. **Developmental or Behavioural optometry** is an extension of optometry that takes a holistic approach to vision. Apart from being able to see well, we need effective visual skills to process what we are seeing.

For more information about vision or visual processing skills and to find a Developmental or Behavioural Optometrist, email Sue Hall on sehall@bne.catholic.edu.au

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**FROM SUPPORT TEACHER - SUE HALL**

**WONDER WORDS WORKSHOP - SUE HALL**

We invite all parents, grandparents and friends of our Prep and Year One classes to join us for an information session where we will be sharing practical and effective ways of supporting your child on their road to reading.

In this session, we will be looking at the very important ability to identify letters of the alphabet and learning our Wonder Words.

Take this opportunity to find out how you can make a real difference to your child’s reading success.

Join us for this relaxed, fun and insightful session in our Library on

**(Friday March 4 at 1.45 to 3 pm**

**or**

**(Tuesday March 8 at 8.45 to 10 am**

So that we have enough resources for all those who attend, please complete the form below and return it to school or email Sue Hall, Support Teacher- Inclusive Education on sehall@bne.catholic.edu.au

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**I will be attending this workshop on:**

- [ ] Friday March 4 at 1.45 to 3pm
- [ ] Tuesday March 8 at 8.45 to 9am

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<thead>
<tr>
<th>Child’s Name.................................</th>
<th>Child’s Class...............................</th>
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<tr>
<td>Your name..................................</td>
<td>Your email..................................</td>
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St Joseph’s Beenleigh

Newsletter 25 February 2016
Start the New Year with control of the on/off switch.

Over the holiday period many parents, normally relax routines such as bedtimes, time to get up, chores, time on the computer and time watching television. Such action helps promote the feeling of being on holiday.

Having just finished Week 3 of the new school year, I thought it is very appropriate to share with you some interesting points raised in Des Houghton’s column in the Weekend Australian. His article focuses on “Television Monster in Our Midst.” It is very apt for those parents re-establishing the house rules and routines for the New Year.

- Television exists primarily for the advertiser not the viewer
- Psychologist Dr Aric Sigman warns that watching more than 2 hours a day is dangerous
- Sitting in front of the TV makes people fat and depressed
- Studies show television can turn children into bullies
- TV images and flashes can scramble our brains, reduce self-control and critical analysis
- TV is exactly the opposite of what toddlers need for their development...young children’s television viewing should be postponed for as long as possible
- Most of us in affluent nations would have spent more than 12 years watching TV by the time we turn 75
- The American Academy of Paediatrics recommends that children of all ages should not have a TV in their bedrooms
- The Academy also states that rapid scene changes in children’s programmes account for dwindling attention spans
- Excessive TV watching is a direct cause of obesity

Now that the kids are back to school they need the ability to focus in class, be able to complete set work, be able to communicate their needs to others and to partake in physical activity. The above information would suggest TV may hinder these goals.

Like anything and everything in life it seems to be about balance.

Who controls the on/off switch in your house?

Have a great week!

Dave.
HEALTH INFORMATION

Please note that a parent and two children in our school community have been diagnosed with Whooping Cough.

This is a highly contagious condition. Diagnosed people are infectious for 21 days from the time they first exhibit symptoms, or until they have had five days of a 10-day course of antibiotics.

The symptoms include:
- Runny nose
- Sneezing
- Cough, which often occurs in bouts
- Characteristic “whooping” sound on inhalation
- Fever
- Vomiting at the end of a bout of coughing

Please be aware of these symptoms and seek medical advice for any family member who may exhibit them.

BOOK CLUB

Over the next few days Book Club flyers will be coming home with your children, order forms and payment options are on page 27 of the flyer. Please have order forms and payments into the office by 8.30am on Monday 7 March.

Your support of Book Club earns our library credits in which they can purchase more books.

Thanks in advance.

Raelene & Susan - Book Club Volunteers

MATHLETICS

MATHLETICS Certificates: 15/2/2016 to 21/02/2016

Students earn Points through completing Tasks and in Live Games. They get 10 points for every answer they get correct completing tasks and 1 point for every Live Games question they get correct. Students need to earn 1000 points to gain a Certificate and can only receive one Certificate per week.

SILVER

1C: Layla Morriss  
3C: Ava McErlean  
3F: Danni Drescher; Sean Ranieses  
5C: Maddison Schipplock

BRONZE

PC: Billy Hine  
PF: Michelle Carroll; Justin French; Lacey Gillard; Sophie Holder; Ethan McDonald; Noah Morris; Evie Morriss; Delilah Morriss; Lily Richmond; Maxwell Taylor; Jay Weeding  
1C: Connor Dougherty  
1F: Chloe Bound; Dominic Goodwin; Laylah Higgins; Jonah Madsen; Jack Umstad  
2C: Hero Akipe; Jarrod Connor; Lucas Emmett; Lily Fitzpatrick; Shea Mason; Hayden McDonald; Poni Nyarsuk  
2F: Jayleigh Barnes-Wilson; Jace Higgins; Henry Madsen; Hudson Morris; Harrison Taylor  
3C: Fraser Allan; Aaliyah Brandsen; Sophia Jean Dougherty; Zoe Elford; Charlotte James; Lola Tyrrell-Raddatz; Izabel Wimana; Loren Zajac  
3F: Lucy Barnes; Aidan Donovan; Kayla Fanning; Max Gaunt; Savannah Paniagua; Tristan Torralba  
4C: Rhylee Jackson; Zac Utratny; Tommy Pitts  
4F: Archie Dougherty  
5C: Jade Regeling  
5F: Bradley Brown; Madeline McErlean; Shania Van Doornum  
6C: Aaliyah Fawcett  
6F: Elsa Boby; Ronan Dougherty

Congratulations to all students who attempted Mathletics for this week. Keep up the good work!


Sacramental Program for Confirmation

The Sacramental Program for Confirmation is beginning with a general information session for parents about sacramental preparation, presented by Carole Danby from Evangelisation Brisbane, on 1 March, 6.30pm at St Patrick’s Catholic Church Beenleigh.

Parents who intend to enrol their children for sacramental preparation for 2016 and 2017 are encouraged to attend this session, which will explain the important changes to the Archdiocesan Sacramental Program. Please be aware that only baptised children 8 years and older are able to commence the Sacramental Program this year.
For further information please contact the St Patrick’s Parish Office on 3287 2282

Sacraments Dates 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tuesday 1 March</td>
<td>6.30pm</td>
<td>General Parent Information Session</td>
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<tr>
<td>Wednesday 6 April</td>
<td>9am-3pm</td>
<td>Children’s Activity Day</td>
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<tr>
<td>Tuesday 12 April</td>
<td>6.30pm</td>
<td>Parent Information Confirmation Session</td>
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<tr>
<td>Sat/Sun 16/17 April</td>
<td>6pm/9am Masses</td>
<td>Rite of Enrolment Weekend Confirmation</td>
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<td>Monday 18 April</td>
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<td>Home Activity Week</td>
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<td>Monday 25 April</td>
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<td>Home Activity Week</td>
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<tr>
<td>Sat/Sun 30 Apr/1 May</td>
<td>6pm/9am Masses</td>
<td>Presentation of Creed</td>
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<tr>
<td>Tuesday 17 May</td>
<td>6.30pm</td>
<td>Parish Confirmation Session</td>
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<td>Sunday 22 May</td>
<td>10am-11.30am</td>
<td>Confirmation Family Session (Carole)</td>
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<td>Saturday 28 May</td>
<td>10am</td>
<td>Confirmation Practise</td>
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<td>Thursday 2 June</td>
<td>7.00pm</td>
<td>Confirmation Ceremony</td>
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<tr>
<td>Sunday 5 June</td>
<td>9am Mass</td>
<td>Parish Celebration Cake</td>
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<tr>
<td>Wednesday 6 July</td>
<td>9am-3pm</td>
<td>Alive in the Spirit Children’s Activity Day</td>
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LENT - DAYS OF FAST & ABSTINENCE

Ash Wednesday, the first day of the season of Lent, is designated by the Church as a day of fast and abstinence, as is Good Friday.

After the Second Vatican Council, the often complicated rules concerning fasting and abstinence were simplified.

The present laws took effect in 1966. The law of fasting applies to people from 18 to 59 years of age, and only people aged 14 years and older are bound by the law of abstinence from meat.

(Taken from: Liturgy Lines - Brisbane 2016)

ST PATRICK’S PARISH - YOUTH NEWS

United Youth

Our next meetings are Friday 11 March; 5.30pm at the St Joseph’s School Hall.
No meeting on Good Friday (25 March).

Youth Masses:
6pm Sunday 6 March, with practice at 4pm. 9am Sunday 20 March, with practice at 8am. We would love to have more young people available to read at our Youth Masses. If you would like to be a part of ministry at our Youth Masses, please let me know.

Band practice:
On the 2nd, 4th and 5th Tuesdays of the month, in the Church from 7 – 8.30pm.

Good Friday:
The youth have been asked to present the Way of the Cross on Good Friday morning this year. I would love to hear from anyone in the parish (under 35) who would like to be involved. Please give a call asap.

Cathy 0400 494 943 youth.beenleigh@bne.catholic.net.au

St Joseph’s Beenleigh Newsletter 25 February 2016
COMMUNITY NEWS

3 – 5 June 2016: Worldwide Marriage Encounter weekend for married couples at Santa Teresa Spirituality Centre, Ormiston QLD (on Brisbane’s bayside)

For bookings/details contact: Maria and David Murphy, ph (07) 3342 1456, dandmmurphy@optusnet.com.au Information website: www.wwme.org.au

Watch our new video - YouTube: https://youtu.be/5Hdl2ZDxZXc

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EXCITING CROSS COUNTRY PROGRAM

MARCH - JULY 2016

Queensland Running’s 2016 Cross Country season commences on Saturday 5 March at Teralba Park, Mitchelton. The season runs from March through to the end of July and is of great assistance to all students in preparing for the school, district and regional cross country competitions.

Our competition includes distances ranging from 500/800metres (alternating each week), 1000, 1500, 2000, 3000, 4000, 5000, 6000 and 8000 metres. The 3000 and 5000 metre distances are run together as are the 4000, 6000 and 8000 metre events. In these races, runners can complete the lesser or greater of the of distances, depending on their comfort zone.

The runs are conducted at various parks in and around Brisbane, including Chermside, Toowong, Pine Rivers, Sandgate and Yeronga, to name a few.

For those unable to run, but still wishing to participate, a 500 metre non-competitive walk is programmed each week. Take your pram or dog for a wander through one of these beautiful parks. It is a popular event for families and best of all, it is free!

We have very reasonable rates to run and they include as many events as you would like to run over the afternoon, 10 years and under run for $3.00 for the afternoon, $4.00 for 11 to 17 years and adults pay $5.00. If you register for the season for the cost of $12.00, your runs cost $1 less each afternoon and you run your first day for free.

We also have family registrations or individual runners can pay up front for the season.

It is a great family afternoon where mums and dads can run with their children.

If you have any enquiries, please check out our website: www.queenslandrunning.com.au or call 0418 113 377.

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Became a Surf Life Saver Today

Coolangatta SLSC is recruiting now! If you have always wanted to join a surf club and do your Bronze then now is the time. We will be starting our next Bronze/Surf Rescue Certificate (SRC) courses on Sunday 6 March at 8am training every Sunday morning (except Easter) for approximately 8 weeks with an expected assessment on Sunday 24 April 2016.

To complete the Bronze Medallion you need to be 15 years of age at the date of the assessment and complete a 400m pool swim in 9 minutes or less. All members completing a Bronze Medallion will also complete a nationally recognised First Aid Certificate. To complete the Surf Rescue Certificate (SRC) you need to be 13 years of age at the date of assessment and complete a 200m pool swim in 5 minutes of less.

Not a swimmer? That’s OK there’s plenty of other ways to get involved. Contact us for more information.

Annual Membership U18 - $40, 18+ - $50. Join now and your membership is valid until 30 June 2017. Members have access to fantastic, recently renovated facilities including bunk rooms, a gym and coaching as well as great discounts on food and drinks at our supporters club. If you are interested in becoming a member and completing these awards please contact the Coolangatta Surf Life Saving Club Office for more information on (07) 5536 8474 or office@coolangattaslsc.com.au