Dear Parents, Students, Staff and Friends of the Magdalene Community,

Last Friday evening the Spark Retreat was conducted at the school. This event provided a wonderful opportunity for over 50 students from Year 9 to Year 12 to enjoy each other’s company while focusing on their faith. During the evening Father Richard also offered students the opportunity to attend Reconciliation in the lead up to Easter. As an observer at the event I was really impressed by the student’s involvement enthusiasm and openness. It was certainly a great opportunity to witness a faith experience in a relaxed atmosphere. I thank the students involved and acknowledge and thank, Mr Elliott, Mr Pannell, Mr Whicker, Ms Miller, Mr Sligar, Mr O’Neill, Mrs Abernethy, Mr San Pedro-Loyola, Miss Rose, Mrs Fantini, Mr Trimarchi, Mrs Russo and Fr Richard for their support of this wonderful faith experience.

This week Year 12 concluded their Half Yearly Examinations. During the time Year 12 were involved in examinations, teachers at the school were involved in an HSC Symposium. This allowed teachers to closely examine the 2012 Higher School Certificate results while looking to offer advice on the 2013 Higher School Certificate candidates. Discussions centred on maximizing student performance and improving teaching and learning strategies. It was agreed by all teachers that the HSC is part of a continuum and students must recognise the importance of a commitment to excellence from Year 7. This commitment involves high expectations on the part of students, teachers and parents. The commitment also involves understanding what is required to attain the highest level of performance. Teachers recognise that they must know their students and expect standards commensurate with their ability. Students must know what their potential is and seek advice and feedback to ensure that this level is attained. Finally parents should also have the highest expectations of students in each year of high school. At present a number of students excel, however, a number settle for mediocrity which has an impact on their results and their learning at a senior level.

As we approach Easter we should all consider the meaning of Easter and the ultimate sacrifice Jesus, our God, made in order to give each of us an opportunity to gain eternal life. We as Christians have the opportunity to “Have life and have it in abundance” Easter provides a wonderful opportunity for us to not only reflect on that sacrifice but also to set directions for our future lives.

This week I have asked students to express what Easter means to them. These students certainly provide some food for thought:

Reflections

Easter is the day Jesus rose from the dead and is significant to all Catholics and to me because that is the day the gates of heaven opened for all of us. It shows us how much Jesus loved and cares for us to die on the cross to redeem us. Easter means a lot to me and my family. Have a great Easter! - written by Yvette Awad

For me, Easter is a time of new beginnings. It is about spending time with friends, family, gathering new relationships and rekindling old ones. Most importantly, it is about the resurrection of Jesus Christ, and also to spend time with him.
- written by Daniel Bajac

Strong minds, gentle hearts
The first thing that comes to my mind when I think of Easter is new life. It is the resurrection of Jesus Christ from eternal life. It is Christ rising from the dead after his crucifixion, which took place on Good Friday. Many people see Easter as a time of eating chocolate eggs although I have always been taught, in the simplest terms that Easter is about new life, which can be represented through an egg as it cracks and hatches, and new life begins, I believe this is just like the life of Christ. We should joyfully celebrate our new birth on Easter Sunday just as Jesus did. - written by Leah Carlsen

As a chocoholic Easter means Easter Eggs. But as a Catholic chocoholic it also means that this is the time each year where we can follow the final stages of Jesus’ life and try to understand the great gift he gave us through His ultimate Sacrifice.

A young seminarian once asked his lecturer what really happened. The lecturer replied that something extraordinary happened and that death had been overcome, that death was not the final end of the story, that there is more to life than we might have thought.

So I guess Easter to me means to gather with family and friends to celebrate Jesus ultimate love for us. Through Jesus’ death and resurrection we are liberated for life, free from fear and open to transforming love. We are seen and know, loved and forgiven. We are worth the effort. There is purpose, there is meaning, there is great love. Oh, and of course there is chocolate. - written by Vera-Gemma Cavallaro

This Friday staff and students from Magdalene will play a major role in the Stations of The Cross at Maryfields. Everyone is invited to join in the ceremony. I also encourage everyone to involve themselves in the Easter ceremonies in our local parishes. This is an opportunity to reflect on our faith journey and look to Easter and beyond with hope. Parish Easter timetables are included in this newsletter.

Easter Prayer

Lord,
the resurrection of Your Son
has given us new life and renewed hope.
Help us to live as new people
in pursuit of the Christian ideal.
Grant us wisdom to know what we must do,
the will to want to do it,
the courage to undertake it,
the perseverance to continue to do it,
and the strength to complete it.

(New Saint Joseph People's Prayer Book)

God Bless

Mr John Lo Cascio
Principal
Bishop Peter Ingham’s Easter Message on following Pope Francis’ call to mercy and forgiveness

I am particularly grateful each year when the media give me the opportunity to convey an Easter message to you all. Some of my parishioners would know that a special text of Scripture that has inspired my ministry is from Acts Chapter 14 where it says that the Apostles Paul and Barnabas “put fresh heart into the disciples encouraging them to preserve in the faith.” (Acts 14:22)

We all need fresh heart from time-to-time, me included. I am reminded of a quote, “Aspire, to inspire, before you expire!” The events over the past couple of weeks with the election of our new Pope Francis have given so many people fresh heart and encouragement. His humility has inspired me and I feel like I have a new spring in my step. In his unassuming way, the Pope has already shared many profound ideas such as our need to be protectors of life, protectors of the environment and protectors of those in most need in our society – such as our children. The Pope is calling the Church to continue to face its failings of the past and to ensure it always protects the most vulnerable in our society. He has spoken about how protecting each other demands goodness and calls for a certain tenderness which is not the virtue of the weak but rather a sign of strength.

Pope Francis says that, “If we look upon others with tenderness and love, it opens up a horizon of hope; it lets a shaft of light break through the heavy clouds.” Christian people deal in hope because Jesus conquered our two great enemies, sin and death, by dying on the Cross for us and by rising again. Easter is about God’s mercy and forgiveness; bringing new life and hope.

Pope Francis has said that the Lord’s most powerful message is his mercy and forgiveness, “But it is not easy to entrust oneself to God’s mercy, because it is an abyss beyond our comprehension.” I hear people tell me, “I am too far gone Bishop, I am beyond forgiveness, I am a great sinner.” But, the Pope says, “All the better! Go to Jesus: he likes you to tell him these things! [Jesus] has a very special capacity for forgiving... he embraces you and he simply says to you: ‘Neither do I condemn you; go, and sin no more.’ (John 8:11)... The Lord never tires of forgiving: never! It is we who tire of asking for God’s forgiveness.” So my Easter message to you is: never tire of asking for forgiveness! God is our loving Father who always pardons, whose heart is merciful to us all so we in turn may learn to be merciful to each other.

Have a blessed Easter.
Most Rev Peter W Ingham DD
Bishop of Wollongong
MISA SPORT
This week Magdalene played Round 7 of the Term 1 MISA competition against Wollondilly Anglican College. Next week our teams play a catch-up round against St Benedict’s.

This weeks results:

<table>
<thead>
<tr>
<th>Team</th>
<th>Result</th>
<th>Comment</th>
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<tbody>
<tr>
<td>Basketball – Boys 8/9</td>
<td>Won 42-9</td>
<td>We are on a winning streak! Thank you to Jake who had to ref our game at short notice. Good luck for the finals round in two weeks. Miss McCallum</td>
</tr>
<tr>
<td>Basketball – Girls 8/9</td>
<td>Won 26-15</td>
<td>A tough game against a physical opposition. The girls pushed through for a good win. Mr Dowdell</td>
</tr>
<tr>
<td>Oztag – Boys Senior</td>
<td>Lost 2-3</td>
<td>The senior boys played their best game for the season but were simply outclassed in the dying minutes by WAC. Daniel Lagudi was in fine form and was well supported by Danny Banos (1try) and Ricardo Rahme. Mr Lipscombe</td>
</tr>
<tr>
<td>Oztag – Girls Senior</td>
<td>Won 10-0</td>
<td>Good game girls. You played well as a team. Mrs McAlister</td>
</tr>
<tr>
<td>Volleyball – Boys 7-9</td>
<td>Won 3-0</td>
<td>The boys did enough to win and become undefeated in the regular season. They now play off in the final in two weeks after St Benedict’s next week. Mr Hewitt</td>
</tr>
<tr>
<td>Volleyball – Girls 7-9</td>
<td>Lost 1-2</td>
<td>Most improved player Claire Bonanno. The team played well together, great game girls. A 2-1 loss with all sets very close. Miss J Miller</td>
</tr>
</tbody>
</table>

No games: Cricket – Boys Senior; Cricket – Girls Open; Softball – Boys 7-9 and Softball – Girls 7-9

Congratulations
Samuel Harrison
Samuel Harrison (10 Dunne) has been selected for the Boys NSW All Schools 16 Years and Under Hockey Team.
Comments from Sam’s coach state “Sam is an outstanding goalkeeper. His strengths lie in his communication and first time saves.
He is cool under pressure and maintains a cool exterior. This year Sam has worked on his fitness and overall agility”

Well done Sam we wish you every success

Congratulations
Jackson Harrison
Jackson Harrison (11 Dunne) has been selected for the Boys U/18 State Hockey Team.
Although only 16 Jackson’s talents have been obvious which has led to his selection in the U/18 side.

Well done Jackson we wish you every success
**NOTICEBOARD**

### March

| 29 Fri | Good Friday - School Closed |

### April

| 1 Mon | Easter Monday - School Closed |
| 2 Tue | Yr 12 Textiles Excursion |
| 3 Wed | Yr 9 History Excursion |
| 4-5 Thu | Duke of Edinburgh |
| 6 Thu | School Cross Country |
| 7 Fri | Year 7 Vaccinations |
| 8 Fri | Year 9 Boys Vaccinations |
|       | Interim Reports issued |
|       | LAST DAY OF TERM 1 |

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**Magdalene Catholic High School**

**Year 7, 2014 Enrolment Applications**

The Enrolment period for Year 7, 2014 is now open. Enrolment packages are available from the school Administration office from 7.30am - 3.30pm. For further information please contact the school office 4647 7055.

Enrolments for 2014 close on Friday 12 April 2013

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**SICK BAY ASTHMA**

If your child has been diagnosed with Asthma they need to carry their own Ventolin inhalers. The office DOES NOT carry spare Ventolin puffers for students who forget to bring their own supply.

Students are also advising office staff that they are asthmatic and puffers are needed when the student has not been diagnosed as asthmatic. If a child has been diagnosed as Asthmatic then an Action Plan should be provided to the school as a matter of urgency.

- First Aid Administrator

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**Autism: Help for Picky Eaters!**

Despite their parent’s best efforts children on the Spectrum are notoriously difficult to feed. They can be very selective about their food choices often influenced by sensory processing difficulties. Their diets can become very limited, leading to nutrient deficits. This will impact on their physical health, mental wellbeing and brain function. Nutrition is instrumental in supporting children with Autism Spectrum Disorder make positive gains in their development.

This nutrition workshop will be informative, practical and interactive in nature. Paula Tazzyman, Accredited Practising Dietician, will share her insights to help you widen your child’s food choices and identify what nutrients are missing from you child’s diet and how to best correct nutritional imbalances.

When: Wednesday, 5 June 2013, 10.30am—12.30pm
Where: CatholicCare, 35a Cordeaux Street, Campbelltown
Cost: $15 includes morning tea
Bookings Essential: Kath on 4254 9332 (Mon/Wed/Thurs) or via email kath.walsh@catholiccare.woll.catholic.org.au

About Paula:
Paula graduated from the University of Sydney in 1995 with a Masters in Nutrition & Dietetics. Paula has worked with children on the Autism Spectrum for over 16 years assisting with management of symptoms and behaviours seen on the Spectrum via dietary modifications.

Paula has an active role in educating parents and health care professional regarding the function nutrition plays in children’s health and cognition. She is a regular speaker at different forums including national conferences.

Find out more about Paula at www.paulatazzyman.com.au or on her professional Facebook page http://www.facebook.com/pages/Paula-Tazzyman-Dietitian/180866515360313

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**CANTENE**

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<thead>
<tr>
<th>Term 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Week 10B</td>
<td>1</td>
<td>Easter Monday</td>
<td>2</td>
<td>Isabella Riservato Christine Montfia-Brown</td>
<td>3</td>
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<table>
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<tr>
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<tbody>
<tr>
<td>Week 11A</td>
<td>8</td>
<td>Monica Cabrera Cathy McDonald Jennifer Quinn</td>
<td>9</td>
<td>Karen Ryan Nicole Mortimer</td>
<td>10</td>
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</tbody>
</table>