Dear Parents,

What a wonderful start to the school year. I must say how impressed I am with the student's behaviour during our school masses. Mrs Sibbald and Ms De Filippi co-ordinated the beautiful liturgies. Mrs Grubb and the choir are to be praised for the harmony and clarity of the singing. Mrs Armstrong's precision with the projection and PowerPoint can always be relied upon. Kaido Hart and Blake Lamond had their first time on the laptop with the help of Carmel Allum and are to be congratulated. From Mrs Weymouth's meticulous planning emerged a Lenten prayer focus and altar decorations. Thank you to the diligent altar servers and senior students for setting up the chairs.

I acknowledge the way in which the staff made our students feel comfortable and successful in their new year level and classroom. Their experience and expertise is a great hall of our school. Thank you to our P&F for the wine and cheese during our Parent Information evening. Our parent community is well known for its support and I believe this is a major contributing factor to the wonderful ambience that exists at Saint Anthony's. When parent's express confidence in the school and teachers, and are involved in some way; their children are more likely to be happier and perform better academically.

I am looking forward to seeing our Year Six students develop their Leadership Ministries throughout the year. This afternoon I presented the ministry badges to the recipients for their first term of service. We will have our Student Council meeting in Week 5. The Student Executive consisting of Head Boy-Christopher Hall, Head Girl-Zoe Caubo, and Deputies-Benjamin McKern and Teneal Read, will lead the meeting and each class will send two representatives. The representatives will present their class list of positives and concerns about the school. They will be minuted and presented to me.

God Bless

Greg Green
Principal

KINDERGARTEN 2014

If your child is eligible for Kindy in 2014 – that is children that are born between 1 July 2009 and 30 June 2010 - and you wish him/her to attend St. Anthony's, please complete an enrolment form A.S.A.P. which is available from the School Office. Kindy operates on fifteen hours per week or 3 days and limited places are currently available for 2014. Interviews will take place in Term 2, 2013.

Treat others as you would like to be treated.

Take responsibility for your actions.

Your attitude should be that of Christ Jesus.

Phil. 2:5

† † †

RESPECT – Why Practise It?

Without respect for rules, we would have confusion. People would treat each other rudely and violate each other’s privacy and other rights. Respect helps people to feel valued. Elders deserve special respect because they have lived longer and learned many of life’s lessons. Self-respect is making sure no one hurts you or abuses you, even an elder. When you respect yourself, others respect you too.

“When I respect others, others respect me and I like that.”

(6th Grader, California)
KINDERGARTEN NATURAL PLAYSCAPE

To follow the Early Years Learning Framework that children discover themselves and the world around them through their imaginations and senses, we are currently looking at creating an exciting new outdoor playscape for our kindergarten yard. From sensory gardens and dry creek beds to cubby houses and board walks with hidden tunnels—the possibilities are endless! We would like to form a planning committee to undertake this wonderful project. We have been fortunate to have a group of parents from this year’s kindy cohort sign up but would like to extend the invitation to all parents in our school community to join our planning committee. If you are interested there will be a gathering to brainstorm ideas on Monday 25 February, 2013 in our kindergarten room at 3.30pm. Please come along and be a part of this amazing opportunity to improve our school. Interested people can also have a look at the website below which has some ideas as to what we hope to achieve.

www.natureplaysolutions.com.au
www.creativeplaygrounds.com.au

ABSENT STUDENT NOTIFICATION

As part of our school’s duty of care you will be notified of your child’s absence from school via SMS. In order for this to run smoothly we ask of parents/guardians to:

a) Phone the school office on 9294 5500 by 8.30am if your child/ren will be absent or late arriving to school. If you have not notified the school office or class teacher you will be notified via SMS of their absence. You will need to follow this up with a written note to your child/ren’s class teacher.

b) “Sign In” their child/ren at the school office if they have arrived late to school.

c) “Sign Out” their child/ren at the school office if your child/ren need to leave school (e.g. for appointments with doctor, dentist etc.) and then “Sign In” when they have returned

d) Notify the school of any changes to contact details including changes to emergency details and medical conditions.

Thank you in advance for your support in this matter.

SCHOOL PLAYGROUND EQUIPMENT AFTER HOURS

At the present time, children are playing on the school playground equipment after school. The school is considered private property and as the Principal of the school, I am responsible for the welfare of any person on school premises. Under our public liability insurance, there is a duty of care to provide a safe environment. If the school foresees possible problems, or potential claims, it is a condition under our Public liability policy to take “reasonable care and precautions to prevent personal injury and/or property damage.”

If this reasoning is applied to the use of our playground equipment outside school hours, there is a cause for concern. I have been advised by Catholic Church Insurances to ban all children from playing on school playground equipment outside school hours, even if parents or guardians are present.

PUPIL FREE DAY: The teachers will take part in a Professional Development Day on Friday 1 March, 2013. The session will cover the Geography content of the Australian Curriculum and the School Maths focus for 2013.
SCHOOL FEES

An annual account will be issued initially should you wish to pay in full at the commencement of the year. Accounts for fees will be issued at the beginning of each of the first three school terms. Fees are payable in full by the due date unless otherwise arranged. It is important for all parents to know that St. Anthony’s stand ready to support all families, especially those for whom fees are a concern. Please contact the Principal or Finance Officer, Gina Hall whenever fees are a problem.

Term 1 Accounts: To be posted to families next week

P&F Amenities: An annual fee of $50 per family per year is billed in Term 1.

Building Levy: An annual fee of $216 per family per year is billed at $72 per three Terms.

Concession Cards: *REMINDER* Holders of Concession Cards for tuition fee discounts need to ensure the school office has an up to date copy of your valid card ASAP.

Fee Sharing: Fee sharing is available for parents with children currently enrolled at St Anthony’s School and La Salle College.

St Anthony’s: With one child at St Anthony’s (Pre Primary to Year 6) and one or more children at La Salle, parents receive an annual discount of $42 off tuition fees and are required to lodge a form at St Anthony’s each year.

La Salle: With one child at La Salle and one or more children at St Anthony’s, parents are entitled to receive a discount off tuition fees and are required to lodge a form at La Salle.

Both Schools: With one child at St Anthony’s (Pre Primary to Year 6) and one child at La Salle, parents are entitled to receive a discount off tuition fees at both schools and are required to lodge a form at both to receive the discount.

Full Family Details Data Sheet – The record of your child/dren’s ‘Full Family Details’ will be sent home with the Term 1 Accounts. This is the most up to date details the school has on record. If required please make any changes to this sheet in RED PEN and return it to the school office as soon as possible so we can update our records.

MUSIC

Wind & Brass Instruments
We would love to develop further the instrumental ensemble from last year and to do so we need children learning Wind and Brass instruments. We have some instruments available for hire in the school and would love for them to be used. If you have a child in Year 4 – 6 who would love to learn trumpet, clarinet, flute, trombone, saxophone, - please consider!

MEDICAL CONDITIONS—EMERGENCY DETAILS

The school should be made aware of students who are taking special medication or suffering from allergies or other conditions.

You will need to update your forms at the school office at the beginning of each year. Forms have been sent home for those who need to update their child’s condition. Please fill these forms out and return to Cath in the office ASAP.

For new medical condition notifications please see Cath in the school office.

TERM DATES – 2013

<table>
<thead>
<tr>
<th>Term</th>
<th>Teachers:</th>
<th>Students:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Thursday 31 January to Friday 19 April</td>
<td>Monday 4 February – Friday 19 April</td>
</tr>
<tr>
<td>2</td>
<td>Monday 6 May to Friday 5 July</td>
<td>Tuesday 7 May to Friday 5 July</td>
</tr>
<tr>
<td>3</td>
<td>Monday 22 July to Friday 27 September</td>
<td>Monday 23 July to Friday 27 September</td>
</tr>
<tr>
<td>4</td>
<td>Monday 14 October to Friday 20 December</td>
<td>Tuesday 15 October to Friday 13 December</td>
</tr>
</tbody>
</table>
PE NEWS

SWIMMING TRIALS:

These began this week for Years 4 & 5. Please see the following details:

Year 4  Wednesday 20 February, Wednesday 6 March and Wednesday 13 of March
9.00-10.30 @ Bilgoman Pool

Year 5  Wednesday 20 February, Wednesday 6 March and Wednesday 13 of March
1.30-2.30 @ Bilgoman Pool

Year 6  Thursday 7 March and Thursday 14 March
9.00-10.30 @ Bilgoman Pool

Many thanks to parents who volunteered your time. Your help is much appreciated.

COLES SPORT FOR SCHOOLS:

The new equipment has arrived including what has become a firm favourite… a bucket of rubber chickens! Petunia Purple, Gertie Green (no relation I’m sure), Roxy Red, Orietta Orange, Bertha Blue and Yolanda Yellow will feature in many PE lessons this year.

PE LESSONS

Please ensure your child has their hat and drink bottle on his/her PE day(s). Also, when next buying sport shoes for your child, please choose shoes that are designed for sport rather than the more ‘casual’ non-supportive type.

SHOE LACES

PE homework for all students in Pre-Primary to Year Three is to learn to tie your shoe laces. If you already can, great!

SCHOOL BANKING has started again…

We would love to see you!

WELCOME to all the new bankers we have this year and to all you wonderful regulars who have been saving so well. I have some bankers whom I have not seen for quite some time, please start banking again, now is the time to get back into your regular banking habits. You not only see your savings grow week by week for that something special you are saving for, but you depositing through the school banking helps to increase the commission the Commonwealth Bank gives our school to go towards the P&F fund raising.

WHERE TO BANK: School Hall

WHEN: Thursday 8.15am until the bells rings

REMEMBER if you cannot make Thursdays, you can still bank. Leave your deposit book folder at the school office by Thursday morning start of school and I will process it and get your folder back to your class.

TO OPEN A NEW ACCOUNT so your child can take part in school banking. Please pick up an application form from me at the school hall on Thursday morning banking OR from the office. This form needs to be completed and together with your child’s birth certificate and your driver’s licence sited for identification. You can bring these documents to Thursday morning banking OR leave them at the office for our new school banking helper Mariana Anthony. Mariana has children in Pre-primary and Year 2 Blue and actually works as a customer service representative for the Comm Bank, which will be a huge advantage for us. Mariana has offered to process the applications for us, so that will definitely hasten the process – you shall all be saving in no time! Any documents that need to be returned and your child’s Platymbank, will be returned to the office, for you to collect within 48 hours. Thanks so much for coming on board Mariana. Any School Banking queries what so ever, please do not hesitate to contact me, Vicki Stenning mob: 0438783148 or Any General Banking enquiries to Mariana Anthony mob: 0435003377

HAPPY BANKING 2013 EVERYONE!!
The Bakery

[Images of children playing with cardboard boxes and other makeshift materials, suggesting a creative and playful environment.]
Dear Parents,

The School Disco’s for students in Years 1 to 6 is scheduled to be held on Friday 8th March 2013. In order for this event to go ahead we require a firm commitment from parents and we are therefore asking for a minimum of 6 parent helpers for each disco and also 6 parent helpers to assist with the tidying of the school hall at the conclusion of the disco. We need all of the timeslots filled with helpers - including at the end to tidy up. If you can help out at this event please complete the tear off slip below and return it by Thursday 28th February 2013. Acknowledgement of your offer to assist will be sent to you once we have received all offers of help and a helper roster is organised. Please understand that if we receive more than the required number of offers to help we may not need your assistance on this occasion and we will inform you of this accordingly.

The P&F committee has discussed the supervision of the children at these types of functions at lengths and the student’s safety is one of our main priorities which are sometimes compromised due to lack of parent support. After much consideration and discussion, it has been decided that in order for the discos to go ahead we require a minimum number of parent helpers. (6 parent helpers for each disco and also 6 parent helpers to assist with the tidying of the hall at the conclusion of the disco)

Please remember that if we do not receive enough parents to help out, this event may not go ahead and could jeopardise future discos.

We appreciate your assistance and understanding in this matter.

Aurelia Cooper
St Anthony’s P&F
21 February 2013

SCHOOL DISCO PARENT HELP – Friday 8th March 2013

Parent’s Name: ________________________________

Child’s Name and Class: ________________________________

Parent’s Contact Number: ________________________________

I am prepared and am committed to help at the school disco scheduled to be held on Friday 8th March 2013.

Year 1 to 3 Disco (5:45pm – 7:15pm) ☐ Year 4 to 6 Disco (7:30pm – 9:15pm) ☐ Clean up at conclusion evening (From 9:15pm) ☐
UNIFORM SHOP - Open every Thursday 8:30am - 3:30pm

Due to a high demand of polo tops we have sold out of some small sizes and are currently awaiting orders from our supplier. We will notify you when stock arrives.

New kindy t-shirts will be available in Term 2.

P&F NEWS

Parent Information Evening/P&F Cheese & Wine Night - Thank you to the parents who came along to the P&F Cheese and Wine night last Monday Night. It was lovely to see you all and to meet some of the new families to our school. Thank you also to the P&F committee members who helped with the preparation of this event and also for helping out on the night.

School Disco - The Discos for the Year 1 to 6 students is to be held on Friday 8th March 2013 (Year 1 - 3 from 5:45pm to 7:15pm, and the Year 4-6 from 7:30pm to 9:00pm). Please note that the disco is only for students who attend the school and are in Year’s 1 to 6 ONLY. Attached to the newsletter is a letter requesting parent helpers for this event. If we do not have enough helpers this event may not go ahead. If you can please help out please complete the RSVP slip and return it to the school office by Thursday 28th February 2013. More information about this event will be sent out shortly.

Entertainment Books 2013/2014 - The P&F will be selling the Entertainment Books again this year. More information and order forms will be sent out soon. The new books will be launched in May 2013.

CLASS REPRESENTATIVE NEWS

Icy Poles – The Year 6’s will be selling icy poles on a Monday and Tuesday at lunch time for 50c. (Down by the Canteen). To help raise money for their school camp.

If your child is celebrating a birthday and you want to do something different instead of chocolates and cakes – how about icy poles?

Please contact Leanne or Maddie to help you organise it – Leanne 0409 366 577, Maddie 0419 485 999

CHURCH NOTICES

Saturday, 23 February & Sunday, 24 February, 2013

<table>
<thead>
<tr>
<th>Sat 6:00pm</th>
<th>Sun 7:30am</th>
<th>Sun 9:00am</th>
<th>Sun 6:00pm</th>
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</thead>
<tbody>
<tr>
<td>Commentator</td>
<td>T Knuckey</td>
<td>R Scarfone</td>
<td>M Colton</td>
</tr>
<tr>
<td>Readers</td>
<td>A Knuckey</td>
<td>B Waugh</td>
<td>F Swindale</td>
</tr>
<tr>
<td>T Knuckey</td>
<td>R Scarfone</td>
<td>M Colton</td>
<td>T Palmer</td>
</tr>
<tr>
<td>Special Ministers</td>
<td>J Nguyen</td>
<td>M Mercer</td>
<td>B Sapinski</td>
</tr>
<tr>
<td>E Nguyen</td>
<td>I Poli</td>
<td>F Swindale</td>
<td>T Palmer</td>
</tr>
<tr>
<td>Altar Servers</td>
<td>Nguyen Family</td>
<td>M Mercer</td>
<td>B Rigoli</td>
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<td></td>
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<td>J Ludewig</td>
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NEW PARISH OFFICE HOURS: Monday, Tuesday, Thursday & Friday - 8.30-2.45pm. The Parish office will be CLOSED EVERY Wednesday.

STATIONS OF THE CROSS: Have commenced every Friday evening at 7.00pm. All are invited to join us for this very special Lenten devotion. Good Friday is a day of fast and abstinence from meat. We are also encouraged to fast and abstain from meat on all Friday’s during Lent.

PLAYGROUP: A Parish Playgroup run by parish/school parents is held every Tuesday morning in the church hall from 9.00am to 11.00am. It caters for babies to school age children. Come along share a cuppa and make new friends.

RCIC (Rite of Christian Initiation of Children): Is the program which prepares children (not baptised as infants and in Year One or older), for Baptism. RCIC classes have commenced and are held every Wednesday for an hour from 4pm.
SCHOLARSHIPS for 2014

Examinations will be held at the College on Saturday 16th March, 2013

St Brigid’s, a Catholic College based on the traditions of the Mercy ethos, strives to provide a Christ-centred environment that encourages growth of the total person. Comprehensive academic and extra-curricular programs are offered. The College is structured in such a way so as to best cater for the individual needs of all students from Junior through Middle to Senior School.

ACADEMIC

Scholarships offered:

Year 7       Gabrielle Marchesi Memorial Scholarship (partial tuition fees – 3 years)
Year 7       Myrtle Scott-Tomlinson Scholarship (full tuition fees – 3 years)
Year 10      Mark Travicich Memorial Scholarship (full tuition fees – 3 years)
Year 10      Sue Spencer Memorial Scholarship (full tuition fees - 3 years)

MUSIC SCHOLARSHIP

Year 7       Sue Spencer Memorial Music Scholarship (full music tuition fees for 3 years)

FRIENDS OF ST BRIDGID'S SCHOLARSHIP

Year 7       Friends of St Brigid's Scholarship (partial tuition fees – 3 years)

Applications should be submitted on the prescribed form, which can be obtained from the Principal’s Secretary on (08) 9290 4202 or on the College website. Closing date is: Friday 1st March 2013. No late applications will be accepted.

COLLEGE OPEN DAY

Our OPEN DAY will be held on Friday 15th March, 2013. For further information please contact the Community Relations Office on (08) 9290 4208.
La Salle College

La Salle College is committed to providing a quality education for the whole person within a Catholic community.

Teaching Minds and Touching Hearts

ENROLMENTS YEAR 7 2015

Enrolments for Year 7 2015 are now being accepted. For a prospectus and enrolment form please contact La Salle College on 9274 6266 or email lasalle@lasalle.wa.edu.au

OPEN DAY
Monday 11 March 2013
Tour times: 9:30am and 1:40pm

We welcome you to view our extensive facilities at La Salle College. To book your preferred tour time, please contact events@lasalle.wa.edu.au or call Ms Anne Lockyer on 9274 6266.

ACADEMIC SCHOLARSHIPS
YEAR 7 2014
Saturday 23 March 2013
Closing date: 13 March 2013

La Salle College invites applications for Year 7 2014 Academic Scholarships. The scholarship offers successful applicants full tuition through to Year 10. The examination will take place at La Salle College on Saturday 23 March 2013 from 9am to 11.30am. Closing date for registration is 13 March. No late applications will be accepted.

To register, please visit www.lasalle.wa.edu.au by viewing Parent Resources_Scholarships.

The Scholarship Selection Test is run by the Australian Council for Educational Research (ACER) and incurs a fee. For further information, please contact Ms Angela Johnson, Learning Area Coordinator for Learning Support on 9274 6266.

ABORIGINAL SCHOLARSHIPS
YEAR 7 2014
26 April 2013

As a commitment to working with Aboriginal people to enhance life choices and help further the career opportunities for Aboriginal youth, La Salle College offers Aboriginal Scholarships each year. This scholarship entitles the recipients to full/partial tuition. An application form can be downloaded from the College website www.lasalle.wa.edu.au by viewing Parent Resources_Scholarships. Applications close 26 April 2013.
14th February 2012

As a parent of a child in this school, your voice is important in the upcoming State Election. Here’s Why...

With the upcoming state election, the Parents and Friends Federation of Western Australia Inc. would like to take this opportunity to highlight the importance of grass-roots parent advocacy to effect change at the political level.

The Federation was formed in 1954 with the principle aim of advocating for financial support from governments for Catholic schools. In 1965, after years of sustained effort and advocacy by the dedicated members of the PFFWA Council, “the Brand government Liberal-Country Party Government legislated to provide in WA the first per-pupil recurrent operating funds anywhere in Australia for children in non-Government schools.” [1]

The PFFWA were the first parent organisation in Australia to win this funding for children in Catholic and independent schools and have continued to advocate on behalf of parents since that time.

It is still as important today as it was then to continue to push for funding equity at the grass-roots level - parents = voters. Whilst we appreciate the recently received $15m Low Interest Loan Scheme (LILS) funding for capital works in our schools from the Barnett government, the reality is that it has not increased since 1998, yet the cost of building new schools to provide choice and accessibility for families and the maintenance of existing schools to keep abreast of curriculum and technology needs has increased significantly.

It is important that you ensure your sitting member of Parliament and the prospective candidates in your electorate, know of your concern for the failure of state government to increase funding for Catholic school capital development.

The Federation has continued to advocate on behalf of parents of children in Catholic schools, maintaining a strong record of representation, advocacy and service through its independent voice. We hope that Catholic schools are provided with the continued funding and certainty to provide the exceptional education our children receive and the PFFWA will endeavour to ensure that the voice of parents is heard at all levels of government.

Please contact the PFFWA office on 9271 5909 if you have any questions.

Shelley Hill
PFFWA Executive Officer

[1] [p61, Struggle & Achievement: a history of the Parents and Friends’ Federation of Western Australia Inc. (1954-2004), Dr Noel GP Colebatch]
COMMUNITY NOTICES

SWAN VALLEY DANCE: We offer dance classes in Modern / Jazz, Tapping & Ballet, for all ages and abilities, with qualified & experienced teachers. We also offer annual exams & concerts and competitions throughout the year. Phone or email Eva to find out more. 9296 0011 or swanvalleydance@yahoo.com.au or visit our website at www.pgtechstore.info/svd.

THE KALAMUNDA CHILDREN'S CHOIR: is a newly formed Community Choir which will launch on February 10th, 2013. It has been developed to provide the opportunity for children aged 7-12 to learn aural, vocal and musicianship skills in a fun and inclusive environment outside of school hours. The Choir will be directed by qualified teachers and professional singers / Choral Directors; Jonathan Paxman and Michaela Steels, both who hold a current WWC card. For further information please contact Jonathan Paxman at kalamundachoir@gmail.com or phone 0425 295 358.

PERTH HILLS UNITED FOOTBALL CLUB 2013: Registration for the 2013 season is being held on 16 & 17 February from 9:30am to 1pm at Harry Riseborough Oval, Hartung St, Mundaring; or you can register online at www.phufc.com.au. Juniors, Seniors & Masters are welcome, so whether you want social or competitive games, come and join us. It's a great club for the whole family. Like to get involved in coaching a team? We also offer accredited coaching courses, so get in touch & find out more. The season kicks-off in April 2013. For more info, visit www.phufc.com.au or email our team registrar tonywitcomb@bigpond.com.

Perth Hills Utd is a Kidsport Club.


RHEE TAE KWON DO: Self defence classes for children, teenagers and adults. Help to improve self-confidence, concentration and learning skills as well as improving fitness and strength. For more information and a NO OBLIGATION trial lesson at the Greenmount branch, please contact instructor Lou on 9250 2749 or Head Office on 9275 5050 – www.rheetkd.com.

STATE SCHOOLBOYS 12S AFL TEAM TRIALS: Will take place during the second week of the April School holidays. This year’s team will be travelling to Darwin in the Northern Territory from August 10th - 18th. The trial dates are Monday 29th April through to Friday 3rd May and are held at various venues (Perth, Australind and Jurien Bay). Only students turning 12 in 2013 are eligible to nominate.

In order to nominate for the trials please log onto the School Sport WA website, www.schoolsportwa.com.au, and go to the ‘Interstate’ menu button which is located on the left hand side. All relevant details can be found on this website. If you have any queries please call Alex McLennan on 0438 937 078 or the School Sport WA office.

Please be aware that School Sport WA also sends State Primary teams to other National Carnivals throughout the year and the trial dates for each of these sports are located below. Nomination also completed through the SSWA website.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Boys</th>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>AFL</td>
<td>Girls &amp; Boys</td>
<td>Perth WA</td>
<td>20/3</td>
</tr>
<tr>
<td>Basketball</td>
<td>Girls &amp; Boys</td>
<td>Richlands Qld</td>
<td>16/3, 23/3, 6/4, 13/4</td>
</tr>
<tr>
<td>Soccer</td>
<td>Girls &amp; Boys</td>
<td>Canberra ACT</td>
<td>27/4</td>
</tr>
<tr>
<td>Hockey</td>
<td>Girls &amp; Boys</td>
<td>Launceston Tas</td>
<td>19/4</td>
</tr>
<tr>
<td>Netball</td>
<td>Boys</td>
<td>Lark Hill WA</td>
<td>TBA</td>
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<tr>
<td>Rugby</td>
<td>Girls &amp; Boys</td>
<td>Brisbane QLD</td>
<td>22/6, 23/6</td>
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<tr>
<td>Swimming</td>
<td>Girls &amp; Boys</td>
<td>Adelaide SA</td>
<td>17/4</td>
</tr>
</tbody>
</table>

OLD GUILDFORDIANS MUNDARING HOCKEY CLUB: Registration Day - Saturday 16 February, 2013 at Lilac Hill from 11.00am to 2.00pm. Contact Rod Armstrong 0448 588 026 or visit our web site www.ogmhc.com.au.
A DIFFERENT APPROACH TO FASTING

Lenten fasts have a tendency to be oriented toward things like giving up food or television. But there are many other creative ways we can welcome Jesus’ healing touch this Lent. Below are some suggestions you may want to consider:

1. **Fast from anger and hatred:**
   Give your family an extra dose of love each day.

2. **Fast from judging others:**
   Before making judgments, recall how Jesus overlooks our faults.

3. **Fast from discouragement:**
   Hold on to Jesus’ promise that he has a perfect plan for your life (Jer. 29:11)

4. **Fast from complaining:**
   When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you.

5. **Fast from resentment or bitterness:**
   Work on forgiving those who may have hurt you.

6. **Fast from spending too much money:**
   Try to reduce your spending by ten percent and give these savings to the poor.