Dear Parents,

Of recent times, there has been much talk about our aging population and the fact that we are living longer. Professor Robyn Richmond conducted a study of 190 centenarians, the oldest was 112, and from her interviews with them found that personality traits and attitudes had a greater influence on their longevity than genetics. Low neuroticism – fear, worry, guilt – low anger and hostility, low impulsivity, low depression, high social connectedness, high openness, high conscientiousness; these seemed to be the key to a ripe old age. Levels of anxiety and depression amongst the group were well below average.

“Get on with it; you can’t dwell on disappointments.” “Wherever I am, I’m contented.” “They tell me I’m the oldest woman. How did I get here? Just quietly living one day at a time.” These were a sample of the comments from our most senior citizens and what wisdom they contain. Collectively, these centenarians seem to have discovered the secret of joyful living by being fully engaged with their lives and being fully alive in one present moment followed by the next. Pema Chadron, a Tibetan spiritualist, observed that, “Authentic joy is not a state of feeling or being high. Rather it is a state of appreciation that allows us to participate fully in our own lives.” Denmark seems to be the best country at living joyfully and the main reason is that most people strive to do their very best in their day to day activities. They do their best because they care, they work hard because that fulfils them and they don’t worry too much about the “negatives”. “Worry is like sitting in a rocking chair; it will keep you busy but you won’t get anywhere.” Author unknown.

The French naturalist, Jean Henri Fabre, was fascinated by processional caterpillars that marched in a long unbroken line front to back. So, he captured enough of them to encircle the rim of a flower pot. He linked them nose to end and started them walking in a closed circle around the rim of the pot. For days they moved like a perpetual merry-go-round and, although food was near at hand, the caterpillars starved to death on their endless march to nowhere.

Unfortunately, life is like this for some people. They worry over unfounded fears which really never happen. They wander through life without any meaningful and worthwhile purpose. Similar to the caterpillars, they spend their life going in circles which, as they age, become decreasing circles; a tragic way to live.

Joyful living is the result of being totally accepting of our present moment. Whenever we project ourselves away from our present moment and seek happiness in another time or place, we leave joy behind. When all parts of our life fully embrace where we are right now, we can’t help but be joyful. When Jesus spoke to his Apostles and said, “These things I have spoken to you that my joy may remain in you and that your joy may be full” John 14:11. he was speaking through them to us.

Again, when Jesus said, “Until now you have asked nothing in my name; ask and you will receive that your joy may be full” John 16: 24 he is stating that he wants us to be full of joy. Jesus is inviting us to call on his name to draw on the resources of God for anything we need to help us to live joyfully. Living joyfully is a work in progress throughout our lives. So, “Get on with it; you can’t dwell on disappointments.”

“Lord, we pray for a personal encounter with your words, ‘Well done ... enter into the joy of your Lord\’.” Matt. 25: 23.

Peace and Best Wishes.

R. Blissenden
Richard Blissenden
Principal
Dear Parents,

Faith Formation
5th Sunday of Lent : Year A
First Reading Ez 37:12-14
The Lord promises to raise his people from the dead.
Second Reading Rom 8:8-11
The Spirit of God dwells in us.
Gospel Jn 11:1-45
Jesus raises Lazarus from the dead.

A beginning point for discussion of this week’s Gospel with children:
Can you remember a time when you went away from home for a few days or more?
What was it like when you returned home? What did your family do?
In today’s gospel Jesus brought Lazarus back to life after he had been buried in a tomb. How would Lazarus’ sisters Mary and Martha have felt?
The Spirit of Jesus gives us life. How can we give life and hope to others?

Catholic Culture
Congratulations once again to all the children who presented themselves for the Sacraments of Reconciliation, Eucharist and Confirmation last year. It has been noted that the number of children making their sacraments does not match with the number of students on the grade. For whatever reason your child has not participated in the programme it is important to note that through Baptism they already started on the journey. By participating in the programme they are continuing the journey that you as parents already chose for them. They are then able to fully participate in the sacramental life of the Church and the celebrations we have as a school. We nurture, plan and prepare our children for many things and their spiritual life should be part of this as well. Please watch for dates and times when these will be available again this year.

Confirmation Parent Meeting
14th May, 2014. 7.30pm/school hall

First Eucharist Parent Meeting – 30th July, 2014. 7.30pm/school hall

First Reconciliation Parent Meeting – 22nd October, 2014. 7.30pm/school hall

Looking forward to sharing this special time with you all.

Social Justice

***Get your orders in by tomorrow***

Baker’s Delight Hot Cross Bun order forms have been distributed today as part of our Project Compassion fundraising. The buns are the same price as you would buy them in the shop but they sell them for less to the school so we can use it as a fundraising venture for Project Compassion. Don’t forget to send in your orders by Friday 4th April, 2014. I would appreciate the help of any parents in our school for a number of jobs with regards to the collection and distribution of the buns on Wednesday 9th April, 2014. If you are able to help could you please contact me via the office.

This year the theme for Project Compassion ‘Have life and have it to the full’. If you wish to know any other information the website is www.caritas.org.au

Project Compassion Week 5
“I was a stranger and you welcomed me.”
MATTHEW 25: 35

Your support for Project Compassion allows Caritas Australia to build a just world by enabling vulnerable communities to be architects of their own future. Far from home for dialysis treatment, Aboriginal woman Lorraine is reconnecting with her culture and community through an income-generating bush balm program. The program offers people who are chronically unwell, a sense of purpose, comfort and wellbeing.
Please donate to Project Compassion today. Your support ensures that together we are walking alongside Indigenous Peoples in Australia and around the world.

Sustainability

Earth Hour: we will be celebrating Earth Hour this year next week. Last Saturday night a programme was aired on television focusing on our own Great Barrier Reef. We will be having a school Great Barrier Reef Art Exhibition and we would like to encourage everyone to participate. Parents, children and staff are welcome to contribute their artworks to the exhibition which will be displayed during Week 11 of this term and Week 1 of Term 2. Please hand in your artwork to Mrs Shahoud, Mrs Moore, and Mr Lanyon, the Environmental Team or the office. Please make sure your name and class (if applicable) is clearly marked on the back of the artwork.

Nude Food Day: this will be held next Wednesday. We are asking everyone to try to bring their food on this day without packaging. This is one way we can focus on reducing our waste and sustaining our environment for the future.

Have a lovely week
God Bless
Sharon Shahoud
Religious Education Coordinator
CURRICULUM NEWS

CAN YOU HELP ON THE MOTHER’S DAY STALL?
The Mother’s Day Stall will be held on Thursday 8th May. We need some volunteers to assist in selling the items to the students. If you are willing to assist on our stall please contact the office and they will then forward your details to Georgette Apap our Mother’s Day Stall Coordinator!

ASSISTANT PRINCIPAL’S MORNING TEA
If your child has received an Assistant Principals Award this term they are invited to have morning tea with Mrs Tonnet in the school hall kitchen next Thursday 10th April. They will not need to bring their morning tea to school on this day.

Kindergarten Nursery Rhyme Day
Today Kindergarten held a Nursery Rhyme Day. The students and teachers all came dressed as a character from a nursery rhyme. The children paraded around in their costumes before reciting their favourite rhymes and participating in a rotation of activities. At the conclusion of the activities the children had a picnic lunch with their family members.

A big thank you to the parents and other family members who joined us for the day. A big thank you also to Miss Dane, Mrs Betros and Miss Jones who coordinated the day, dressed up and joined in the fun. Overall it was a very successful day with fun had by all!

HOW TO STAY IN TOUCH WITH ALL THE HAPPENINGS AT CC!
We endeavor to keep you completely up to date with happenings at our school – have you followed us on:

Twitter - @cccranebrook – along with each grade
@cccranebrook
@ccckindergarten
@cccyearone
@cccyear2
@cccyear3
@cccyear4
@cccyear5
@cccyear6

FaceBook - search for Corpus Christi Cranebrook

YouTube - search for Corpus Christi Cranebrook – lots of videos of recent learnings

SchoolBag - an app for your iPhone and Android – get push notifications and more

Website – Visit www.cccranebrook@parra.catholic.edu.au

Newsletter – available in print form every Thursday, via email, on our website and through the schoolbag app

SOME SAD NEWS
Lukasz (Luke) Sprycha, the father of Natalie (Yr 4) and Daniel (Yr 1), was killed in an accident on his way to work last Thursday. The children in Year 1 and Year 4 have remembered Lukasz and the whole family in their prayers this week. The Requiem Mass for Luke was held yesterday and was attended by many parents and staff from our school. It was a beautiful reminder of the life Luke lived – especially his love for his children. I have assured Karen of our ongoing support and prayers. I know you join with me in sending your condolences to the family and would ask that you keep them in your thoughts and prayers. Eternal rest grant unto him O’Lord and may perpetual light shine upon him. May he rest in peace. Amen.

Maree Tonnet
Assistant Principal
(also known as Mary-from Mary Mary Quite Contrary )
PRINCIPALS AWARD
Congratulations to our latest award winners:
Cooper Greatrex, Zac Hotchkiss, Brianna Grosso,
Anna Pallister and Trent Whitbread for receiving a Gold Principal’s Award.

Q&A
What is the expectation about attending school? Our clear expectation is that all students
will be at school every school day, on time and ready for learning. Of course if your child is sick
they should be at home until they are well enough for school. Holidays, appointments and so on,
while in themselves important (and sometimes unavoidable), should be avoided on school days
as every day counts in a child’s education! So while it might be quieter at the Easter Show on a
school day our expectation would be that your child would be at school! School commences at
8.55am so your child should be here no later than that – late arrivals effect their learning and that of
their class mates. Remember our slogan – Be On Time for Five to Nine.

UNIFORMS
As the weather begins to cool the students may begin to wear the school jumper with their school
uniform and the sports tracksuit with their sports uniform (no cross over though). As it is often
cooler in the mornings and then warmer later in the day, it is important that jumpers and tracksuits
are clearly labelled with your child’s name. Thank you for your understanding.
Please note: The school Bomber is an optional item that is to be worn over the school jumper.

TEACHERS ARE LEARNERS TOO
This week Mr Blissenden, Mrs Peterson, Mrs Thompson and Mrs Sloan attended two days of
professional learning on ‘reading’, while the whole staff were involved in an after school session with
an Apple Educator – don’t be surprised to hear about some new apps being used on the iPads.

GYMNASTICS TERM 2
During Term 2 the students in Year 1 and Year 2 will participate in Gymnastics. Students will need
to wear their sports uniform every Friday. Students in Year 2 will wear normal school uniform
on Wednesdays.
ADVANCE NOTICE – PRG meeting Term 2
Monday 19th May 2014
Guest Speaker Dr Kate Highfield, Teacher Educator – Institute of Early Childhood, Macquarie University. Dr Highfield's presentation will cover
- apps for learning,
- appropriate ‘screen time’,
- good gaming and
- how to access quality apps.
Parents are strongly encouraged to attend our PRG meeting in term 2 to be held on Monday 19th May 2014. More details to follow but mark the date in your diaries.

EXTRA CURRICULAR ACTIVITIES-
TERM 2 – SOCCER
F.A.S.T Football Academy will be holding an after school soccer program for grades Kindergarten to Year 4. The program will be starting on the 15th of May each Thursday afternoon for 6 weeks on the school grounds. The soccer program involves an inflatable soccer field and is a great opportunity for students to be part of this program. FAST Football will be holding a demonstration for all students during school time on Thursday 1st of May and will hand out forms for the program. If you wish to sign up you can register online www.fastfootballacademy.com.au or return the form to the office.

NO SMOKING ON SITE
Please be aware that our No Smoking Policy extends to visitors, parents and staff and covers the entire site INCLUDING THE CAR PARK. There is no smoking on the site at any time on any day. The NSW government has also legislated to ban smoking at bus stops so there is also no smoking in the bus bay area of Andromeda Drive.

WISHING WELL Vacation Care April – Vacancies

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<tr>
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<td>Friday 25/04/14</td>
<td>PUBLIC HOLIDAY</td>
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A very warm welcome to
Corpus Christi Parish, Cranebrook…

HOLY WEEK AND EASTER SCHEDULE

Thursday 17\textsuperscript{th} April - 7.30pm
\textit{Mass of the Lord’s Supper}
A beautiful celebration of the origins of our Eucharist.

Friday 18\textsuperscript{th} April - 10.00am
\textit{The Stations of the Cross}

Friday 18\textsuperscript{th} April - 3.00pm
\textit{The Passion of Our Lord Jesus Christ}
This moving ceremony honours the great sacrifice of Christ.

Saturday 19\textsuperscript{th} April - 7.00pm
(Note not 6.00pm)
\textit{The Easter Vigil}
\textit{This is the highlight of the Church year when we celebrate the greatest hope ever given to humanity.}

Sunday 20\textsuperscript{th} April - 7.30am & 9.30am
\textit{Masses of Easter Morning}
A continuation of the celebration of resurrection when the new Easter light and Easter water of Baptism are used to help give a blessing of renewal.

Celebrate this whole beautiful journey of faith if you can and you will experience real grace and blessing in your life. Invite your friends. Invite people who have felt distanced from the Church. Make sure people who are not Catholic know that they are welcome to celebrate any or all of the liturgies with us. “Catholic” means “universal”/inclusive of ALL”. May our Corpus Christi be truly “Catholic” this Easter in reaching out to many others of God’s much loved people.
## ENROLMENTS FOR KINDERGARTEN 2015
Enrolments are now open for Kindergarten 2015. If you have a child who will turn 5 before the 31st July, 2015 you are welcome to collect an enrolment package from the school office and apply for enrolment. If you know of families in the area looking for a quality Catholic Education for their child – please let them know that we are currently accepting enrolments.

## ENROLMENTS FOR HIGH SCHOOL 2015

### XAVIER COLLEGE
Applications close Friday 11th April, 2014
[www.xavierlandilo.catholic.edu.au](http://www.xavierlandilo.catholic.edu.au)

### CAROLINE CHISHOLM COLLEGE GLENMORE PARK
Provides Catholic Education for girls in Years 7 – 12
Applications close 11th April 2014
For further information : 4737 5506

### ST DOMINICS COLLEGE
For more information phone 47311933

## WHOOPING COUGH
Cases of Whooping Cough have been reported to the school. If you have any concerns please see your Doctor.

## PENRITH SERVICES
Penrith area is fortunate to have a number of services which organise workshops and group activities for family members of all ages. The flyer included with this newsletter is advertising courses that may interest you. Even if you are not interested at the moment, make a note of the phone number or website for future reference or pass the flyer on to someone else.

The courses include:

**Circle of Security**
Suites for parents with young children (0 to 5 years). Find out about what makes kids tick. Discuss ways to manage demanding behaviours such as tantrums and aggression.

**Eat it to Beat it**
What to put in your child's lunchbox?
Vegetables and how to incorporate them into the family diet

**Resilience Doughnut**
Think more optimistically
Ways to help your children grow up happier and more compassionate
Developing skills for working with your child

**Triple P - Positive Parenting Program**
Learn some new, positive ways to set limits in the home
Build your knowledge, skills and confidence
Create a positive home environment

Jennifer Frede
School Counsellor

## JOIN PLAYGROUP
Playgroup is a place for you and your child aged 0-6 to have fun, make new friends and develop skills through play.
Cranebrook Community Centre
Tuesday 29th April 10am – 12pm
You are welcome to try 2 sessions before you become a Playgroup member.
What’s on and When

| Week 10 Fri | 4th   | African Drumming Incursion, award stamping |
| Week 11 Fri | 11th  | No School Banking, Last day of Term 1 |

**TOK 2**

| Week 1 Mon | 28th  | Staff and Students return Term2 |
| Week 1 Wed | 30th  | Uniform Shop 8.30am to 6pm |
| Week 1 Fri | 2nd May | Yr 6 Fundraiser - Disco |

“Excellent efforts in learning”

**Merit Awards**

- Noah Rogers
- Braxton Abnett
- Jack Giampietro
- Katiya Knoester
- Tahlia Fawcett
- Jade Papworth
- Emily King
- Danielle Freeman
- Claire Palamara
- Cooper Fleming
- Dominic Wakeling
- Charlotte Clarke
- Nicholas Galea
- Lachlan Colantonio
- Olivia Dixon
- Saorise Milligan
- Hannah Fitpatrick
- Nicholas Camilleri

**PLAYGROUND AWARD**

Will Whittaker 2B

**ASSISTANT PRINCIPAL AWARDS**


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**UNIFORM SHOP - Wednesday**

****PLEASE KEEP YOUR RECEIPTS****

- 8.30am – 9.30am
- 2.30pm – 3.30pm

Please note: The uniform shop WILL NOT be open during the holidays. The Uniform shop will be open all day Wednesday 30th April 8.30am to 6pm (Term 2 Week 1).

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**NOTES SENT HOME RECENTLY:**

- Penrith Services – flyer
- Dancefever
- Gymnastics Yr 1-2

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**Term 1 Week 11 - Reminders**

- IP Meetings continue this week
- Tuesday – Assembly 2.20pm
- Wednesday – Uniform Shop (normal hours)
- Friday – NO School Banking