



FROM THE PRINCIPAL

Dear Parents, Friends, Staff and Students of Caroline Chisholm College,

Have you ever seen a mission statement for an organisation? Perhaps you've seen it over and over and over again without registering its significance? Or just thought BLAH! BLAH! BLAH?

I belong to the Parish of St Brigid's in Marrickville and while I was waiting for mass to begin last Saturday night, a photo of our church and a statement came onto the screen ahead of me. I'd probably seen it a hundred maybe a thousand times before.

Last Saturday we celebrated (although belatedly) the feast of St Brigid after whom my parish is named and so I came to mass knowing that there would be a celebration of the cultures that make up our community.

As I sat waiting and I read the mission statement something clicked in a deep way for me... it was the last bit of the mission statement which said "... where people of many cultures worship God and inspire each other to **BE** the gospel"

So what does it mean to the **BE** the gospel?

I was reading that latest Australian Catholics magazine. In it there is an article by **Fr Andrew Hamilton sj** about **Pope Francis**. **Fr Andrew** says "...He (Pope Francis) has a distinctive way of communicating the Good News of the Gospel. Pope Francis believes that Faith is a door through which we invite Jesus in. Jesus then invites us to go outside and to greet other people... Pope Francis also wants us to express God's compassion...more through gestures than words... Pope Francis says that the gospel is all about the joy of being loved and called as sinners....and (despite our sinfulness) God still loves us and invites us to follow Jesus...."

My parish mission statement challenges me to **BE** the gospel message and Pope Francis, through his words and, more importantly, through his actions, shows us what that means in a very real and practical way – to be of service to others and to love them, thus following in the footsteps of Jesus.

On Tuesday we celebrated our Caroline Chisholm Day beginning with a thoughtful celebration of Eucharist at Padre Pio Parish Church. **Fr Robert Riedling**, in his homily poignantly reflected on the essential difference between our catholic school and other kinds of schools. He said all schools can teach you how to learn, but he believed that the catholic school, because of its foundation on Christ, also teaches us how to love.

We inducted over 50 Year 10 and Year 11 students who will work as catechists in our local public school sharing their faith and **BEing** the gospel to the children at that school. We also inducted our newest members of our college and presented Year 7 with a bible because part of **BEing** the gospel is developing a deep knowledge and understanding of the story of Jesus that we find in the Word of God. Finally, we inducted our newest teachers – including me - and we were challenged to **BE** witnesses of Jesus in our work with the students in our care

Finally I was invited by Mr King to lead the whole community gathered in our College Commitment Pledge:

" We the Caroline Chisholm College community are called to **BE**

- The light of Christ through our faith
- The heart of Christ through our courage
- The hands of Christ through our tolerance for those those who are different from ourselves
- people of compassion and forgiveness and we will demonstrate this in the way we treat each other.

We are called to BE the good news of the gospel.

Caroline Chisholm College
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Glenmore Park NSW 2745

College

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Uniform Shop

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General Information

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Padre Pio Parish

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LOG ON TO OUR WEBSITE

**www.cccglenmorepark.
catholic.edu.au**

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After Mass the college enjoyed a wonderful day of games and fun and raised nearly \$9,000 towards Project Compassion. My thanks to the senior students and their teachers who organised and conducted all of the fun things there were to do. A great community day for the College as you will see in the photos elsewhere in this newsletter and on our website.

During this last week I have been able to visit a number of our feeder primary schools and have taken with me current Year 7 students: **Jada Edwards, Monique Quirk, Breah Sands, Ellen Gibbons, Laura Parker** and **Caylie Wallace**, as ambassadors of the College. These young women have been outstanding in the way they have engaged the Year 5 and 6 girls about their new school. They answered every question with enthusiasm and being new myself, I learnt a lot too!

I have also had two exceptional Year 8 students: **Claudine Rule** and **Courtney Camenzuli** act as my own personal tutors teaching me about a range of apps that are currently being used within the junior school. I am very much looking forward to my next lesson with them and hope that my end of term report says that I am improving in my skills!

May our prayer in the coming weeks, be that we find many opportunities to **BE** the gospel to those we meet in the coming weeks.

God Bless,

Mrs Mary Leask
Principal





FROM THE ASSISTANT PRINCIPAL

Blazers

Students are reminded that on colder days, the college blazer must be worn to and from school, not the college jumper. The jumper can be worn under for additional warmth but the blazer must be the first item of warmth worn. At this stage of the year, it is optional for students to wear a blazer – the decision would be made on the weather on the day. IF a student has not yet purchased a blazer, this should be attended to as soon as possible or their Year Leader contacted to explain when this will happen. A student waiting to purchase a blazer may wear a jumper on a temporary basis, with a note from a parent. They are never to wear sports jackets, other than on Wednesday with the full sports uniform.

Later in the year we will let you know when it becomes compulsory for the blazer to be worn every day during the cooler months.

Personal Fund-raising

At Caroline Chisholm College, we have a strong focus on social justice and raising the consciousness of students to those in less fortunate situations. However, there is a limit to the amount of fundraising we can reasonably ask the college community to participate in. As a college, we have decided on priorities, particularly raising money for Caritas projects during Lent. Throughout the year we have many requests from organisations and students to raise money for other causes. While they are very worthwhile, we have had a policy of not allowing fundraising other than for those causes officially supported by the college.

From last year, we have had a policy which is practical in terms of demands on students, while supporting individual students' commitments to causes which are compatible with our ethos as a Catholic school.

Consequently, if students wish to undertake individual fundraising, they would need to apply in writing to Mrs Leask or myself, outlining the reason for the fundraising, the nature of the fundraising and the duration of the fundraising. In practice, I would expect fundraising occur in the college for no more than one week. It would also be something undertaken by the individual students or their friends, for example, selling chocolates. We would not, for example, run a whole-school mufti day for an individual student's cause. We would also need to evaluate how many fundraising efforts were happening at a particular time.

Doing the Right Thing

Congratulations to **Tegan Tripodi** (7 Kenny), **Jordyn Cochran** (8 Jackson), **Bella Penson** (8 Macarthur), **Amy Di Christoforo** (9 Gilmore) and **Emily Smith** (11 Macarthur). They have been selected to receive a \$5 canteen voucher for college service.

Appreciation of Honesty

Students at Caroline Chisholm College regularly display outstanding honesty in returning items they find on the college grounds. Often these can be of quite substantial value. Students handing in found items receive a certificate of appreciation. I would like to congratulate the following students who have handing items in over the last fortnight: **Abbie Simmons** (7 Jackson), **Kiara Daly** (7 Macarthur), **Courtney Aiken** (8 Gilmore), **Isabel Alcantara** (9 Macarthur), **Teagan Hall** (9 Macarthur), **Monique Smith** (10 Gilmore), **Camillia Saab** (10 Macarthur) and **Ria Varghese** (11 Kenny)

Mr Greg King - Assistant Principal



Facebook - <http://www.facebook.com/pages/Caroline-Chisholm-College>

Face book is a social media platform that most people use for hours every day, and teenagers practically live on it. Why not harness this for the benefit of college communication? Keep informed on what wonderful things the college community is involved in and check out photos of many special occasions and events within the college.



Twitter - <https://twitter.com/CCCGlenmorePark>

Twitter is the fastest growing social media site in the world at present. Limited to 140 characters, each tweet can provide a short but sweet link to very valuable information about the college community and things happening at Caroline Chisholm College.



FROM THE LEADER OF RELIGIOUS EDUCATION

Our Catholic Faith - The Sacraments

The sacraments are sacred signs through which Jesus gives us his Spirit and makes us holy and pleasing to him by grace.

A sacramental sign is something we can hear or see, which tells us something about the sacrament we are about to receive. In every sacrament words make up part of the sign.

Holy means “like God” or “close to God”. It can also mean “set apart”. God’s holiness is the greatness and goodness that sets him apart from all his creatures.

Through the sacraments Jesus makes his people holy by grace. The Church, as well as its ceremonies, feasts, buildings etc, are holy because of God. Sacramental grace is the particular grace of the Holy Spirit which each sacrament gives, for example, Confirmation strengthens our commitment to Christ. Through each sacrament the Holy Spirit transforms us and unites us in Christ.

In the Catholic Church there are seven sacraments:

- Baptism
- Confirmation
- Holy Eucharist
- Penance (Reconciliation)
- Anointing of the Sick
- Holy Orders
- Matrimony.



The three **sacraments of initiation** in the Catholic Church are Baptism, Confirmation and Holy Eucharist. Along with the sacrament of Penance and Reconciliation, these sacraments are usually received when a child is in primary school.

Penance and the Anointing of the Sick are **sacraments of healing**.

Holy Orders and Matrimony are sacraments at the **service of communion**.

The Church is also called a sacrament - a “great sacrament” through which we receive the other seven sacraments. The Church is a sign that there is a God who cares about the world and that we are called to union with God and one another. The seven sacraments, too, are signs of God’s loving concern for people.

The Sacrament of Baptism.

Baptism is the sacrament in which Jesus sends us his Spirit, who frees us from sin and gives us the grace by which we become God’s children, heirs of heaven, members of the Church and temples of the Blessed Trinity.

“You were buried with him in baptism and in baptism you also rose with him through faith in the power of God, who raised Christ from the dead” (Col 2:12)

The Sacrament of Holy Eucharist.

The Holy Eucharist is a sacrament, a sacrifice, and the abiding presence of Jesus himself, God and man. He is truly and completely present under the appearance of bread and wine, to make us like himself and to join us to one another.

“I am the bread of life”. (Jn 6:35)

The Sacrament of Confirmation.

Confirmation is the sacrament in which the holy Spirit comes to us in a special way to join us more closely to Jesus and his Church and to seal and strengthen us as Christ’s witnesses. It is the completion of baptismal grace.

When the Intercessor comes, whom I will send to you from the Father- the Spirit of truth that comes forth from the Father - he will bear witness to me, but you, too, will bear witness. (Jn 15:26)

The Sacrament of Penance and Reconciliation

Penance and Reconciliation is the sacrament of God’s loving forgiveness by which we are set free from sin and reconciled with the Church, which we have wounded by our sins. This sacrament helps us to grow in God’s grace, and it strengthens us to avoid sin and lead holier lives.

Be merciful, as your Father is merciful. (Lk 6:36)

This week **Fr Robert Riedling**, Parish Priest at Padre Pio Parish Glenmore Park visited the Year 7 classes to invite any student who is catholic and who hasn't yet received the sacraments of Baptism, Penance, Eucharist and Confirmation and would like to receive these sacraments, to undertake a program of preparation here at the College. At the end of this preparation **Fr Robert** will organize with the families for the students to receive these sacraments at Padre Pio Catholic Church. If your daughter would like to be involved in this preparation program please contact **Ms Bernadette Murray**, Leader of Religious Education here at the College.

In addition, if any parents or students would like to become a Catholic, a preparation course is conducted through your local Catholic Parish. This program is called the Rite Of Christian Initiation of Adults. Please contact you nearest Parish for details of when this program is run.

Excerpts from Hill, M.L and Wallace, S.W. 1999. Basic Catechism: Creed, Sacraments, Morality, Prayer. Pauline Books and Media. U.S.A. are included in this article.

Ms Bernadette Murray - Leader of Religious Education



Enrolling now for 2015

Our annual **Open Night** will be held on Monday 3rd March from 6.00 pm to 8.30 pm.

This includes information sessions, displays, performances and tours.

If you have a daughter in Years 5 or 6, you are invited to attend.

Please also let your friends know about this night if they have a daughter entering high school soon.



FROM THE LEADER OF LEARNING AND TEACHING

Year 11 Information Evening

Last Thursday evening, our Year 11 students and their parents/guardians gathered in the West Wing to learn important information regarding Stage 6 HSC policies and procedures. We were lucky enough to listen to Jennifer Michalski, the BOSTES Liaison Officer, who provided the students with valuable tips on how to succeed in the HSC.

By now, all Year 11 students should have downloaded and read the **Year 11 Assessment Handbook** which contains all school policies regarding assessment and illness/misadventure procedures. I encourage all students and their parents to read this important document if they have not yet done so.

Assessment Tasks

Over the coming weeks, if not already, students will be receiving their first assessment task in various subject areas. These assessments will assist teachers in determining semester grades for each course. It is very important that students complete these tasks to the best of their ability. Many of the tasks students receive are **assessment for learning** – which means that the tasks themselves form part of the learning of the unit. A substantial amount of time is given in class to working on these tasks and homework is given to support the completion of the task, so while it may be that students have more than one task at a time, they represent several weeks' worth of work in each class.

The nature of the tasks encourages and allows for deeper learning and understanding of the work. However, assessments do raise expectations of students' organisation skills, as they need to be working steadily on different parts of assessment tasks. Students are encouraged to write the due dates in their diaries so they can plan and organise their homework schedules appropriately and avoid the stresses of leaving work to the last minute.

Homework

Homework is regularly set by class teachers and should be recorded in the student diary each day. Students are encouraged to use their diary as an organisational tool to help them plan out their workload so they do not fall behind. Below is a table that outlines the amount of time that should be spent on homework each night.

Year 7 and 8	1 – 1 ½ hours
Year 9 and 10	1 ½ - 2 hours
Year 11 and 12	2 ½ - 3 hours

As well as homework, students should be engaged in **regular revision** of all their work and should be planning, drafting and completing assessment tasks. The key to success is time management and organisation, as is regular communication between students and parents about the nature of their homework and assessments. The best way to avoid stress is to **plan ahead** and **stay organised**!

Year 12 Exams

The timetable for Year 12 exams will be distributed later this week. All exams are formal assessment tasks. Students are advised to check their assessment handbook for the weightings of each examination.

Over the coming weeks, students should be engaging in regular revision of all work completed from Term 4, 2013 onwards as this is all examinable. Specific information regarding exams will be provided by each of the class teachers. I wish every student success as they plan for these important assessments.

Mr Stephen Casni - Leader of Innovation & Learning Improvement





Cyber-Safety for your family

On Tuesday last week it was nation-wide Safer Internet Day, a timely reminder that there are risks and potential pitfalls of the internet for our children that they need adult advice, guidance, and support to negotiate. Some of the more common risks include cyber-bullying, offensive content, and digital reputation.



As parents of teenagers you are no doubt familiar with a teen's difficulty in controlling impulse, problem solving, and weighing options, while at the same time asserting their independence and invincibility. This is because the area of the brain responsible for impulsivity and decision-making, the prefrontal cortex, isn't fully developed until approximately 25. This means that throughout the adolescent period the goal of the adults in their life is to provide the right advice and guidance to support the adolescent through this period with no long-term negative consequences or regrets. Just as making the right decisions regarding education, driving, and social situations can be potentially long-lasting, it is also essential that your teen makes the right decisions in their everyday use of the internet.

How does this easily apply to households of students at Caroline Chisholm?

- Keep communication about technology with your child open, and free from judgment
- Ensure that your expectations are clear (how often used, sites accessed etc.), and if they are disobeyed consistent consequences are applied
- Be aware of how your child uses technology – what sites they visit and social networking platforms they use. Try to familiarise yourself with these sites.
- Talk to your child about cyber bullying and work out strategies for if it happens to them. A lot of children fear a total ban of the internet if they disclose bullying to their parents
- Teach your child how to 'block' or 'report' on the sites they use
- Talk to your children about safe internet use and your expectations of sites or content that aren't appropriate, and their honesty in letting you know if they access something inappropriately by accident
- Set house rules about what personal details can be put online (i.e. mobile numbers, suburb, age etc.)
- Advise your children to set profiles to private, and educate them how
- Encourage children to be cautious when making new friends online, especially when they haven't met them in 'real life'. Explain that they may not be who they say they are, and forbid children to meet online friends in person unless a trusted adult is with them.
- Encourage your children to think before they post. Is it something that they would say in person, or be happy for their grandmother to see?
- **Overall, try to arm your children with the tools, knowledge, advice and values required so that their actions, words and behaviour online is something of which both of you can be proud.**

For more information:

- www.cybersmart.gov.au - a wealth of specific information for parents on cyber safety, there is also a section of the website designed for teens
- http://www.communications.gov.au/easyguide/download_the_easy_guide_to_socialising_online - a document containing information specific to each method of social networking on privacy, settings, and how to manage risks

Mrs Jessica Austin - School Counsellor



SPORT UPDATE

Sport Announcements

Well, 2014 has kicked off for sport and students are already busy trialing and competing in events within the school and also outside.



College Swimming Carnival

The College Swimming Carnival for competitors is on Thursday 6th March. If you haven't already, please return your permission note ASAP. We would like to see as many competitors as possible.

Wednesday Sport

Year 9 and 10 have started their sport program. All students need to ensure they are at the correct sport on time and with the appropriate equipment. For YMCA, this includes hand towel and water bottle.

Samantha Arnold

Congratulations to **Samantha Arnold** (Year 11) who has been selected in the 18s Australian Oz Tag Team. Well done, Sam, and good luck with your training and competitions.

Lauren Dahl

Congratulations to **Lauren Dahl** (Year 11) who placed 2nd in the 100m backstroke at the State Championships in the school holidays.

NSW CCC Softball

Good luck to **Rachelle Gutteridge** (Year 12), **Robyn Bailey** (Year 11) and **Cheyne Easthorpe** (Year 8) who are competing in the NSW CCC Softball Championships on Wednesday.

Any student who competes in sporting events outside of school, please ensure you keep the school updated on your achievements so we can acknowledge your success.

Ms Kate Nowland – Leader of Learning - Sport

THE MIND BOGGLING COMPLEXITY OF SEEING COLOUR

Congratulations to **Chloe Sheridan** who achieved a Highly Commended for her 'Sleek Geeks' clip The Mind Boggling Complexity of Seeing Colour.

Chloe's Sleek Geeks clip has been selected to go into the ABC Splash Primary Science page to illustrate the topics highlighted in the clip as a student and teacher resource. You can see Chloe's clip at <http://www.abc.net.au/science/sleekgeeks/eureka/>. If you are interested in entering the competition please speak to your Science teacher.



Mrs Michelle Cook – Leader of Learning Science

STUDENT LEADERSHIP TRAINING AFTERNOON

On Friday 6th February, the student leadership team had their first training session for the year. The team came together to discuss and plan their goals and initiatives for the year. Throughout the session the students branched off into their committee groups to begin preparations and allocate roles and responsibilities.

A big thank you goes to the teachers who have dedicated their time to working with the committees this year: **Mrs Elborough** (Communications), **Mrs King** (House Leaders), **Ms Morley** (Liturgy), **Ms Murray** and **Mr Carozza** (Social Justice) and **Mr McIlveen** and **Mrs Dodson** (Environment).

I would also like to thank all the student leaders for their participation and contributions during the session and I'm really looking forward to working with you all and seeing your ideas in action.

If you would like to become involved in any of the upcoming initiatives or programs, please listen to the notices for more details.

Ms Kate Nowland - Student Leadership Coordinator

YEAR 7 WELCOME BBQ



The Year 7 Welcome BBQ was held Friday evening the 7th of February. This event was well attended and was a wonderful opportunity of fellowship between students, parents and teachers. Our Year 7 students took delight in showing their family their new learning spaces and introducing them to new friends.



Thank you to everyone who attended and assisted in making the evening a success. In particular, The Student and Peer Support Leaders under the guidance of **Miss Kate Nowland** and **Mrs Wendy Merriman**. **Mrs Lydia Bianchi** and **Mr Geoff Clerke** for catering and cooking on the night and all staff members that were able to attend.



Mrs Lisa Rowe - Leader of Learning – Year 7

FROM THE LEADER OF LEARNING TECHNOLOGIES



With the growing use of digital media in our classrooms, it has never been so important to help our students understand their responsibilities online and the implications of this on their lives now and in the future. Our commitment as a college to teaching these lessons in digital citizenship was highlighted in a recent Ten Eyewitness News story called 'Web Wise'. You can view the report at <http://tenplay.com.au/news/sydney/2014/2/7/web-wise>.

This report was filmed during an iPlan lesson with two Year 9 classes who were learning about their digital footprint and the impact that can have on their lives. The students represented the college well with a great level of involvement in the lesson and filming. Special thanks must go to Nandita Jagota and Farkanda Russall who were chosen to be in one-on-one interviews with news reporter Jessica Turner, answering questions about how they feel knowing what they now do about their digital footprints.#

Ms Kristina Hollis – Leader of Learning Technologies



APP OF THE WEEK



An app many students are using on a daily basis on their iPads, across almost every KLA, is Book Creator. Book Creator allows students to create an interactive ebook that collects and compiles all of their work into one place. Students are taking screenshots of their completed digital worksheets and adding them to pages in their books for each subject. They are also able to take pictures of the whiteboard or other resources displayed for them in classes and add those into their books as well; making those books a very comprehensive resource come time to study for exams. These books will also be fantastic portfolios of student work.

Ms Kristina Hollis – Leader of Learning Technologies

ENGAGING WORKSHOP GIVES YEAR 9 STUDENTS AN INSIGHT INTO THE SERIOUSNESS OF SEXTING AND CYBER-BULLYING



On Friday 14 February, Year 9 participated in an important workshop on the potential dangers around sexting and cyber-bullying. Presented by **Kirsty Harrison**, a solicitor from the Children's Legal Service at Legal Aid NSW, the scenario-based workshop explored the criminal law outcomes and consequences involved in social media and inappropriate technology use. A follow-up presentation is being organized for the near future, tailored to parents and families. Keep an eye on the newsletter for details.

The following is a report from a group of journalists in Year 9, who give us their insight and perspective on last Friday's valuable workshop.

Mr Adam MacNamara - Leader of Learning - Year 9

Sexting and Cyber bullying can lead to weighty penalties and life-long consequences.

Last Friday, Year 9 gained an insight into just how much these 'seemingly small' crimes can impact on a young person's life.

Kirsty's eye-opening workshop proved that pressing just a few wrong buttons can get young people into a lot of strife and even, potentially, prison cells. It can get their names on criminal records for good - even after they turn 18.

Through this workshop, we learned about both the Commonwealth and NSW laws relevant to these pressing issues. We also came to understand our current and future rights in relation to cyber-safety and really got to see the legal outcomes from poor internet choices.

During Kirsty's presentation, relatable situations, based on the case studies of a teenage girl and boy, were represented through stories that we could really understand.

Students learnt that creating and distributing inappropriate images, messages or animations and threatening or harassing people online, could lead to years of jail time.

Real life examples from NSW were discussed and students listened attentively and asked questions eagerly.

The workshop was a success as Year 9 students came to see the harmful consequences of sexting and cyber bullying.

We interviewed a few students on the presentation and got very positive comments



Riley Hayward said it was an interesting and a helpful workshop that will help in the future.

Amarjit Kang also added that the workshop was educational and also agreed that it was helpful to her future life.

Written by The 9 News Team: Alannah Gillis, Georgia Atkinson Melinda Peterson and Phoebe Anderson

DISTRIBUTION OF 2013 COLLEGE YEARBOOK

2013 College Yearbooks will be distributed in Year 8-12 homerooms throughout the week. Parents/Carer's please be advised that if your daughter was absent on the official College Photo Day in 2013 her individual photo will not appear on the year group photo page.





Distinguished Achievers' Assembly





Opening School Mass





Caroline Chisholm Day



DIARY DATES

Year 7 Items, Year 8 Items, Year 9 Items, Year 10 Items, Year 11 Items and Year 12 Items, Whole School Items

Thursday 20	Year 9 Information Evening - 6.30
Friday 21	Year 11 Agriculture and Primary Industries Elizabeth Macarthur Dairy Excursion
Monday 24	Staff Development Day - No Students Attending
Tuesday 25	PDSSSC Tennis Singles
Wednesday 26	Year 8 Music Incursion PDSSSC Hockey
Thursday 27	Year 12 Agriculture Emu Plains Dairy Excursion
Monday 3	NSWCCC Cricket Open Night for 2015 Enrolments – 6.00 pm
Tuesday 4	PDSSSC Individual Triathlon Championships



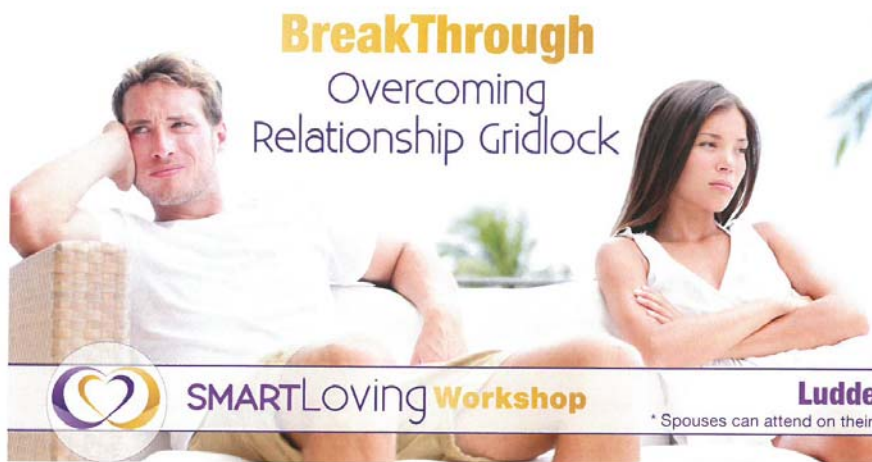
SCHOOL FEES

The Catholic Education Office at Parramatta facilitates the billing of all school fees and levies.

School Fees have now been posted and will be due on the 7th March 2014.

A number of parents use one of the means available to make part payments or automatic deduction.


If you are experiencing difficulty in making this payment please contact Mrs Wendy Slaughter, School Fees Officer, on 4737 5520 to make an arrangement.



BreakThrough

Overcoming Relationship Gridlock

SUNDAY, MAR 23
2-5PM

 **SMARTLoving Workshop**

Luddenham NSW
* Spouses can attend on their own or as a couple

BreakThrough Overcoming Relationship Gridlock

All couples go through periods where their relationship is strained. Stress, sleep-deprivation, demands from family and work can starve your marriage of the positive energy it needs and deserves. Soon, you find yourselves arguing more often, making up with less enthusiasm and becoming someone even you yourself don't like.

If this sounds like you, or someone you love, it's time to do something about it! The **SmartLoving BreakThrough** Workshop is a practical, solution-focussed event for all stages of marriage. Drawing on contemporary research and Catholic theology, this workshop will arm you with skills and insights to transform your relationship into the thriving, joy-filled encounter that it is meant to be.

- **Identify your conflict triggers**
- **Learn strategies to de-escalate an argument**
- **Understand what the real issues are**
- **Find constructive ways to re-establish connection**

Workshop Details

Sunday, March 23
2-5pm

Holy Family School Hall
32 Willowdene Ave
Luddenham NSW 2745

Donation at the door
(afternoon tea provided)

Bookings essential
Call Jess: 02 9319 6280
info@smartloving.org

*Check website for more dates

www.smartloving.org