



St Raphael's School newsletter March 6, 2025

Upcoming Events

Adelaide Cup

Date: Monday 10 March
Time: 12:00am
Venue: Not at school -

Pupil Free Day

Date: Tuesday 11 March
Time: 12:00am
Venue: Not at school -

Yr 6 Retreat and NAPLAN Yr 3 and Yr 5

Date: Wednesday 12 March
Time: 12:00am
Venue: Venue is TBC -

Book Club Playgroup for babies and toddlers.

Date: Wednesday 12 March
Time: 9:15am - 10:30am
Venue: The Loft St
Raphael's School - Adelaide

Swim Trials

Date: Thursday 13 March
Time: 7:30am - 8:15am
Venue: Venue is TBC -

Assembly with Year 2

Date: Friday 14 March
Time: 12:00am - 12:00am
Venue: The Hall at St
Raphael's School -

Book Club Playgroup for babies and toddlers

Date: Wednesday 19 March
Time: 9:15am - 10:30am
Venue: The Loft St
Raphael's School - Adelaide

International Day of Happiness

Date: Thursday 20 March
Time: 12:00am
Venue: St Raphael's School
- Parkside

Swim Trials

Date: Thursday 20 March
Time: 7:30am - 8:15am
Venue: Venue is TBC -

Community prayer with Year 1

Date: Thursday 20 March
Time: 9:00am - 9:30am
Venue: The Hall at St
Raphael's School -

Harmony Day - please wear orange

Date: Friday 21 March
Time: 12:00am
Venue: St Raphael's School
- Parkside

Book Club Playgroup for babies and toddlers.

Date: Wednesday 26 March
Time: 9:15am - 10:30am
Venue: The Loft St
Raphael's School - Adelaide

Squad Training for swimming

Date: Thursday 27 March
Time: 7:30am - 8:15am
Venue: Venue is N/A -

Swim Training

Date: Thursday 27 March
Time: 7:30am - 12:00am
Venue: Venue is TBC -

Glee Club

Date: Friday 28 March
Time: 12:00am
Venue: St Raphael's School
- Parkside

Years 4/5 and Year 2 attend Mass.

Date: Friday 28 March
Time: 9:30am
Venue: St Raphael's Church
- Parkside

Cultural Connections Fair Day

Date: Sunday 30 March
Time: 12:00pm - 3:00pm
Venue: St Raphael's School
- Parkside

Join Us for Our AGM "A Night to Shape the Future of St Raphael's

Date: Tuesday 1 April
Time: 6:00pm - 6:00pm
Venue: St Raphael's School
- Parkside

Swimming Carnival

Date: Wednesday 2 April
Time: 9:00am - 3:00pm
Venue: Venue is TBC -

Book Club Playgroup for babies and toddlers.

Date: Wednesday 2 April
Time: 9:15am - 10:30am
Venue: The Loft St

Twilight Sports Day

Date: Friday 4 April
Time: 12:00am - 5:00pm
Venue: Venue is TBC -

Book Club Playgroup for

Holy Week

Date: Wednesday 9 April
Time: 12:00am - 12:00am
Venue: Venue is N/A -

Good Friday Public Holiday

babies and toddlers.

Date: Wednesday 9 April

Time: 9:15am - 10:30am

Venue: The Loft St

Raphael's School - Adelaide

Date: Friday 18 April

Time: 12:00am - 12:00am

Venue: Not at school -

Easter Saturday

Date: Saturday 19 April

Time: 12:00am - 12:00am

Venue: Venue is N/A -

Easter Monday Public Holiday

Date: Monday 21 April

Time: 12:00am - 12:00am

Venue: Venue is N/A -

ANZAC Day Public Holiday

Date: Friday 25 April

Time: 12:00am - 12:00am

Venue: Venue is N/A -

Term 2 Commences

Date: Monday 28 April

Time: 8:30am

Venue: St Raphael's School
- Parkside

Yr 3, Yr 4, Yr 5, Yr 6 School Camp

Date: Tuesday 29 April -
Thursday 1 May

Time: 12:00am

Venue: Not at school -

Join Us for Our AGM – A Night to Shape the Future of St Raphael™s

We warmly invite all parents and caregivers to attend our **Annual General Meeting (AGM) on Tuesday, April 1 at 6:00 pm**. This is a significant evening for our school community, where we will come together to reflect on our journey and look ahead to an exciting future.

One of the key highlights of the night will be the official **launch of our new Strategic Plan**, a vision that will guide St Raphael's in the years to come. This plan has been shaped with great care and consideration, ensuring that we continue to provide the best possible learning environment for every child in our school. We are eager to share this vision with you and discuss how, together, we can bring it to life.

While the **AGM is an essential meeting** for our School Board, it is not just for board members—this is an opportunity for all parents to be involved, to hear about the school's direction, and to contribute to the discussions that shape our community. **Your voice and presence matter**, and we would love to see as many of you there as possible.

Attending the AGM is a **wonderful way to stay connected and to understand how decisions are made**. Whether you are new to St Raphael's or have been part of our community for years, this night is a chance to be part of something meaningful.

Please mark Tuesday, April 1 at 6:00 pm in your calendar, and join us for an evening of conversation, vision, and community spirit. We look forward to seeing you there!

With thanks,

Emma Fowler

Principal

Coming Together in Faith: Shrove Tuesday & Ash Wednesday at St Raphael™s

At St Raphael's, **we are blessed to share in the rich traditions of our Catholic faith**, and this past week was a beautiful reflection of that. As a community, we gathered to mark two significant moments in the liturgical calendar—Shrove Tuesday and Ash Wednesday—reminding us of the importance of faith, reflection, and togetherness.

Shrove Tuesday: A Joyful Feast

On Shrove Tuesday, **the school was filled with excitement** (and the delicious smell of pancakes!) as students, staff, and families came together to celebrate. Traditionally, this day serves as a final feast before the solemn season of Lent, and what better way to enjoy

it than with warm pancakes topped with syrup, jam, and plenty of smiles!

Beyond the fun and flavours, Shrove Tuesday is a day of preparation—a **moment to pause and consider how we will journey through Lent with prayer, kindness, and a spirit of giving**. It was wonderful to see our students reflecting on what they might 'give up' or 'take up' during Lent to grow in faith and generosity.

Ash Wednesday: A Time for Reflection

The following day, the mood shifted to one of reverence as we gathered for our Ash Wednesday Mass and liturgy. **The distribution of ashes marked the beginning of Lent, a season of renewal and spiritual growth**. With the words "Change your heart and know that God loves you" spoken over us, we were reminded of the call to turn our hearts toward God through prayer, fasting, and almsgiving. Our students participated with deep respect and understanding, recognising that this time of preparation leads us to the joy of Easter. It was a privilege to share this moment as a school community, united in faith and reflection.

Walking Together Through Lent

As we now journey through these 40 days of Lent, may we continue to support and encourage one another—whether through small acts of kindness, moments of prayer, or by extending a helping hand to those in need. **St Raphael's is not just a school; it is a faith community where we grow together, lifting one another up in love and service.**

Thank you to everyone who contributed to making these special days meaningful, from **our wonderful staff and Father Tony** who flipped pancakes with enthusiasm to those who helped prepare our liturgy, your generosity and dedication truly enrich our school's spiritual life.

With thanks,

Emma Fowler

Principal

Lenten season

For those not familiar with the practice of Lent, here it is in a nutshell –

In the Christian calendar, **Lent is the 40-day period from Ash Wednesday to Easter**. When it was first observed in the fourth century, its focus was on self-examination and self-denial in preparation for Easter, and Christians used fasting (abstaining from eating food) in the early years as a visible demonstration of this process.

Lent begins with Ash Wednesday (this year March 5, 2025) and ends on Holy Thursday (this year April 17, 2025). On the evening of Holy Thursday, Lent ends and the Sacred Triduum begins.

The 40 days of Lent correspond to the 40 days that Jesus spent in the wilderness to fast, pray, and endure the temptations of the devil, all in preparation for His public ministry, which would culminate in His death on the Cross.

Over the centuries, Catholics have relaxed some of the strict fasting rules. **Today, only Ash Wednesday, Good Friday, and all Fridays during Lent are considered fasting days**. On these days, Catholics over the age of 14 are to refrain from eating meat. (Historically, this practice was meant to help unify people who could afford meat with poor people who couldn't.) In addition, on Ash Wednesday and Good Friday, those between the ages of 18 and 59 are to eat only one full meal and two smaller meals and are not allowed to eat between meals.

Orthodox Christians are far more rigorous in their observance of fasting during Lent, believing that regular fasting is a crucially important discipline for one's spiritual growth. Meat, dairy products, and eggs (which historically were considered more luxury foods than ordinary breads) aren't allowed, with some additional restrictions on certain days. They can only eat fish (which was historically considered less of a luxury than red meat) on the feasts of the Annunciation and Palm Sunday.

In addition to refraining from eating, Lent is often a time when **Christians give up something pleasurable (furthering the focus on self-denial), be it chocolate, meat or — perish the thought! — coffee**.

Some Protestant denominations (such as Anglican and Episcopalian) observe Lent, but many Protestant churches attach less significance to the Lenten season than to the individual holy days leading up to Easter.

(What Is Lent and How Is It Observed? From The Book: Christianity For Dummies)

Two of the important aspects of prayer and fasting are mentioned above but there is a **third element that all Catholics are encouraged to pursue through Lent and that is the practice of alms giving**, sharing what we have with the poor, while one of the many visual signs of Christianity is caring for those who are identified as the poor or widowed within the society we are called to bring this practice into an action of love and outreach through the Lenten period.

Each class at St Raphael's School have been given a **Project Compassion Box** and students and staff are encouraged to contribute what they can to support the projects of 'Caritas Australia' an outreach organisation of the Catholic Church.

I will share more information in the coming weeks regarding the good works of Caritas.

PROJECT COMPASSION - LENTEN PRAYER

God of our journey
we are all pilgrims of hope
brought together by your love
and your wish that we may all be one.
We pray that in this Year of Jubilee
when we are called to greater justice
and care for our common home
that we may Unite Against Poverty.
May we work in unity for the freedom
of the oppressed and the renewal of creation.
May our compassionate minds
and generous hearts help bring about a
world where all can live in peace.
May our Lenten pilgrimage of
fasting, almsgiving and prayer
bring us closer to your loving heart.
We ask this in the name of Jesus.
Amen

APRIM

Linda Low

Glen Osmond-Parkside Parish News



ORDINATION On the 8th of March with Ordination of Deacon Phi at 4pm there will not be a 6pm Mass that weekend. Everyone is invited to Deacon Phi's Ordination to celebrate his commitment to God.

SACRAMENT OF RECONCILIATION FOR CHILDREN Please find in our Church foyers, letters regarding our Sacramental program and enrolment forms for the Sacrament of Reconciliation for children this year. If your child is aged 8 or older and is ready to receive the Sacrament of Reconciliation, please fill in the form and return it to Sue Schulz via sue.schulz@themonastery.net.au or bring to the Parish Office by the 10/3/25. If you have any questions regarding the program please contact Sue on 8338 1277.

SPA IN A JAR PROJECT Many thanks to the wonderful parishioners who donated a coffee jar for our “Spa in a Jar” outreach project. They have flooded in and we now have enough jars to make sure every child at the shelter will be able to choose one to gift their Mums on Mother’s Day. In late March a list of items needed to fill these jars will be advertised so we can prepare the jars in time for Mother’s Day.

Reception update

Learning Sounds and Handwriting

We are practicing listening to different sounds and matching them to pictures and letters. This helps us learn to read and write. By connecting sounds to letters, children improve their reading skills and develop the hand movements needed for writing. For George, he has demonstrated interest in drawing and this gives him a foundation to build his fine motor skills! Great work Receptions ðŸ™,

Talking About Important People

In our recent activities, we've been helping children talk about the special people in their lives, like family members and friends. We've emphasised that every family is unique, but the feelings of love and care are universal. This approach helps children understand that, despite differences, all families share similar emotions and create cherished memories.

Visit to Father Tony

During our recent visit to Father Tony at the local church, the children explored various sacred items, such as the altar, chalice, and candles, learning about their significance in worship. We then compared these to the items on our classroom prayer table, noting both similarities and differences. This experience highlighted the diverse ways people connect with God through love, song, images, and sacred objects, enriching the children's understanding of personal and communal prayer practices.



Girls in Tech Expo

Empowering Young Minds in STEM

Last week, our Year 5 and 6 students had the exciting opportunity to attend the annual Girls in Tech Expo at St Peter's Girls' School. This

event has become a highlight on the STEM calendar, fostering valuable connections with industry experts and inspiring young minds.

Exploring the Future of Tech

During the expo, our students joined forces with peers from local schools to immerse themselves in a dynamic range of seminars and workshops. They delved into cutting-edge technologies such as virtual and augmented reality, drone technology, driverless cars, humanoid robots, and media production. These hands-on experiences not only showcased the latest innovations but also introduced the girls to the rewarding careers available in the tech field.

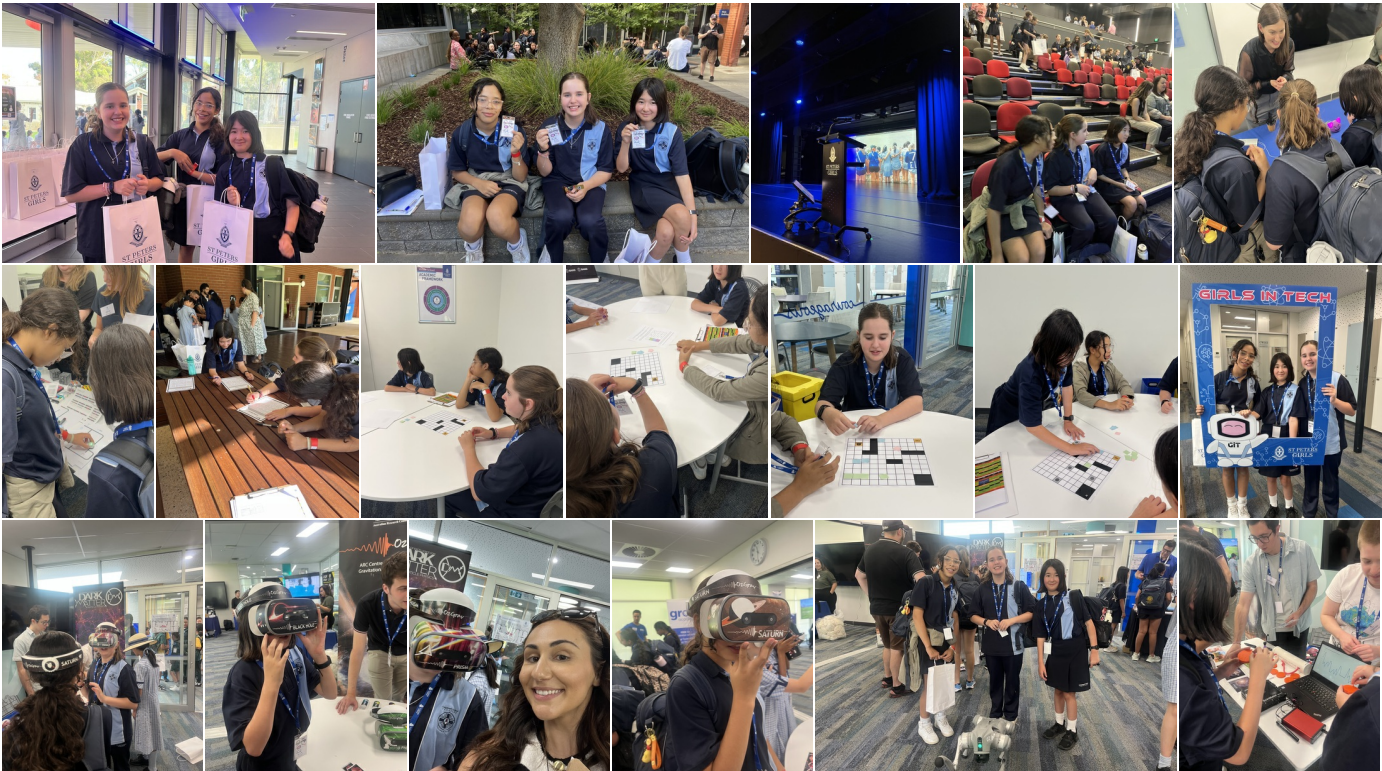
Inspiring Future Leaders

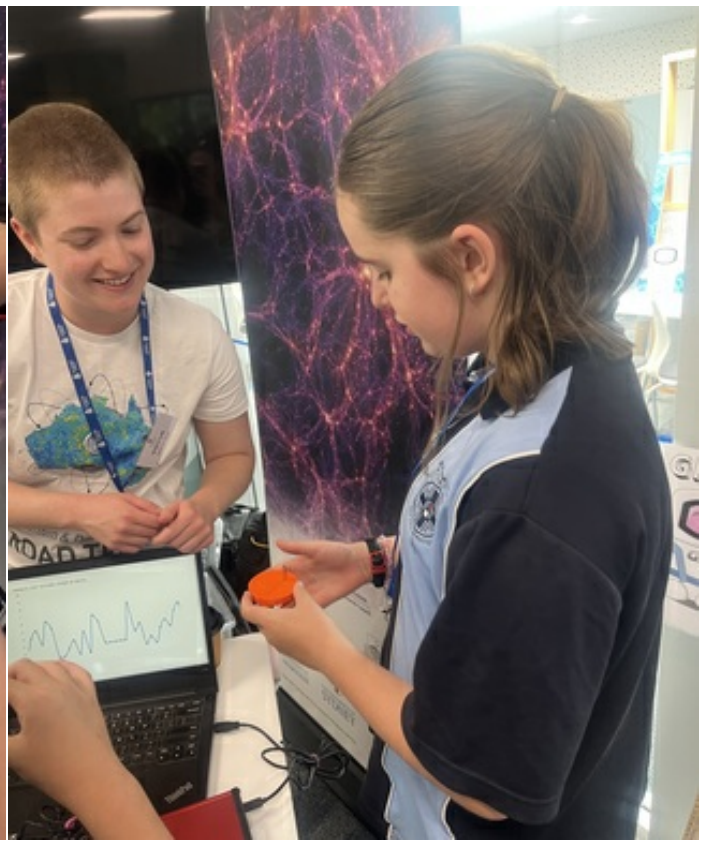
The event was a testament to the power of collaboration and community in nurturing a passion for technology. Our students had the chance to engage with industry leaders, ask questions, and gain insights into what it's like to work in STEM roles. This exposure is crucial in encouraging girls to pursue careers in these traditionally male-dominated fields, bringing new perspectives and problem-solving skills that can drive innovation and productivity.

We are proud of our students for embracing this opportunity and look forward to seeing the impact it will have on their future endeavors in STEM. Thank you to St Peter's Girls' School for hosting this inspiring event!

Year 5/6 Teacher

Cassandra Pulizzi





Dream and Lead

Dream and Lead is a one-day event aimed at **helping primary school students uncover their leadership potential** while laying a solid foundation for future success. Throughout the day, students engage in meaningful activities designed to enhance their problem-solving abilities, boost their confidence, and foster independence. The event is led by trained young leaders who inspire students to recognise the significant impact they can make as youth. **The core message emphasises that age should not be a barrier to leadership.**

During the event, **Year 6 students actively demonstrated their leadership skills** by taking on various roles and participating in activities. They asked insightful questions, interacted with peers, and applied their existing knowledge of leadership principles. Their engagement not only showcased their development as leaders but also further cultivated the skills necessary for thriving in leadership positions.

Year 5/6 Teacher

Cassundra Pulizzi





Mark your calendars for our annual fair day on **Sunday, March 30, midday to 3pm**, as we bring together the community of Adelaide for an important celebration of culture, connection, and reimagining.

This powerful event is more than just a gathering - it's a **long lunch experience** showcasing the strength in our differences, the beauty of diverse cultural traditions and the meaning of hope. Through the universal languages of **food, storytelling, and art**, we invite you to join us in coming together as one.

At our school, we are committed to providing a **bright and inspired start** for all our students, and this fair embodies that promise by fostering an environment of inclusivity and cultural appreciation.

Why You Should Attend

Celebrate Cultural Diversity

- Immerse yourself in the rich heritage of a variety of **cultural traditions through dance, music, and food experiences**, including **live cooking demonstrations**.

Explore Stories of Reimagining and Resilience

- Discover profound spiritual narratives like the **Catholic Resurrection Story**, celebrating Easter's promise of new life.
- Learn about **Dreaming Stories from the Kaurna people**, symbolising renewal and resilience.

Engage with Our Community

- Enjoy **traditional dishes** shared by families while hearing the stories behind them.
- Participate in **storytelling sessions** where families share their own cultural tales of hope.

Exciting Activities for All Ages

- Witness a **Welcome to Country** and traditional storytelling by an Aboriginal Elder at midday.
- Hear an inspiring talk about **Easter from our parish Father** at 2:30pm.
- Delight in entertainment options for the young with a **soft play area for toddlers, temporary tattoos** and a **giant inflatable soccer pitch**.

Student-Led Cultural Exhibitions

Marvel at student projects showcasing their family's cultural heritage through art and research displays from Reception to Year 6.

Event Details

Date: Sunday, March 30

Time: Midday – 3pm

Location: St Raphael's School, 114 Glen Osmond Rd, Parkside. Entry is available from 114 Glen Osmond Rd or at the Macklin St pedestrian gate at the rear of the school.

Be Part of the Celebration!

We invite you to bring a picnic lunch **[there will be no food trucks]** to enjoy with your family and friends. **A bar will be available** on-site offering both non-alcoholic and alcoholic drinks. **Umbrella-shaded picnic tables will be provided**, but we encourage you to bring fold-out chairs and picnic rugs to make your experience even more comfortable. While not mandatory, **bringing food to share** with others would be wonderful and add to the community spirit.

This is your chance to **connect with others**, **celebrate cultural pride**, and **foster understanding across our community**. By participating in this event, you are not only embracing diversity but also supporting our school's commitment to ensuring a bright and inspired start for all.

Whether you're sharing your own traditions or discovering new ones, this fair promises to be a heartwarming journey into the many ways cultures **bring us together to find hope and renewal**.

We can't wait to see you there!

Participate in our upcoming Cultural Connection Fair



Dear School Families,

WE WOULD BE DELIGHTED IF EACH FAMILY PROVIDED ONE OF THE BELOW FOR:

Our Cultural Connection Fair: Sunday, March 30, from midday to 3pm. This event is a celebration of our diverse community, showcasing stories of renewal, reimagining, and resilience through the sharing of food, culture, and traditions.

THIS IS A RELAXED, CASUAL EVENT.

We encourage you to take part in this exciting event by:

Food Sharing: Bring your favourite cultural dishes to share with others, adding to the community spirit. *[we won't be having food*

Cooking Demonstrations: Host a **cooking demonstration** either on our main stage or in a smaller designated area with support from your children, family or friends who can explain what you're doing and help as you go along. This is a great opportunity to share your family's traditional recipes live at the event. They can then if needed be cooked in our on-site ovens and shared with our guests. *[No need to make enough for everyone – this is supposed to be fun, not hard work]*

Cultural Performances: Suggest **dance, singing, or theatre groups** to showcase their talents on our stage – or suggest yourself!! If you want to put your hand up or know of any performers who would like to participate, please let us know their details.

Storytelling: Share your family's **cultural tales** of hope and resilience, we can set up a designated storytelling space on the main stage or in a smaller designated area to suit.

Craft Demonstrations: Teach others how to make **traditional crafts** or objects from your culture. This could include activities like weaving, pottery, or paper crafts. On our main stage or in a smaller designated area.

If you are participating through activities like cooking demonstrations or craft-making, please note that **the school can cover costs associated with materials and supplies**. This support is available to help you share your cultural heritage without additional financial burden.

To ensure we can accommodate all participants, **please contact us with your ideas and details**. This includes any suggestions for performers or cultural groups you think would be great additions to our event.

Please contact Katrina on ktucker@raph.catholic.edu.au

Call for Donations and Sponsorship: Term 3 Quiz Night

Parents and Friends Committee



As we approach our **Term 3 Parents and Friends Committee Quiz Night**, we are excited to invite you to be a part of this fun and engaging event. This year, we are reaching out to our community for support in two key ways: donations of prizes and sponsorship opportunities.

Donations of Prizes

We are seeking goods and services to use as prizes for various activities throughout the night, including raffles, silent auctions, and trivia round winners. Your contributions will not only enhance the excitement of the event but also provide valuable exposure for your business or organization.

Sponsorship Opportunities

Our main organisers, Laura and Nadine, have prepared sponsorship packages with various levels of involvement. These packages offer a range of promotional deals designed to suit different business needs. By sponsoring our event, your business will be front and center in front of our entire school community, providing a unique opportunity to support us while we support your business.

If you or someone you know is interested in donating prizes or exploring sponsorship options, please contact Laura and Nadine. They will be happy to send you the sponsorship document outlining the available packages.

This event is a fantastic chance for family businesses or friends' businesses to gain visibility and contribute to our school's activities. We look forward to your support and participation!

Thank you for your generosity and enthusiasm.

Best regards,

Laura - laura.lane2208@gmail.com

Nadine - nadinematt@bigpond.com

P.S. SAVE THE DATE FRIDAY AUGUST 15 TO ATTEND.

Mary McKillop



Mary MacKillop College
Kensington

Discover MacKillop at **Open Night**

Tuesday 25 March 4.30pm until 7.00pm
Register online



marymackillop.sa.edu.au

WE INVITE ALL PROSPECTIVE IN-ZONE AND OUT OF ZONE FAMILIES TO THE
NORWOOD INTERNATIONAL HIGH SCHOOL

PRINCIPAL'S TOUR

With a Special Interest Program focus for 2026 Year 7 families who want to hear more about:

- Italian Immersion
- Rowing
- STEM

9:30AM - 11:00AM, THURSDAY 13 MARCH 2025

505 THE PARADE, MAGILL, SA, 5072

REGISTRATIONS



Registrations via the QR Code or our website - nihs.sa.edu.au



Government of South Australia
Department for Education
ORCAS Provider Number: 0001SA



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