

ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 18th February, 2016

Term 1 Week 4B

Dear Parents, Staff and Friends of St Joseph's Community,

Visit from Ms Lan, Principal of 'Little Joeys', Vietnam

Last Friday the School Leaders and SRC hosted a visit by Ms Lan, the Principal of St Joseph's Charity School, Dong Nai Province, Vietnam, more affectionately known as 'Little Joeys'. Mrs Pitt generously brought Ms Lan and her sister to the school as well as showing them some of the sights of the Illawarra. It was a wonderful opportunity for 'Big Joeys' students to learn more about the life and struggles of the Little Joey's students. Ms Lan has invited us to visit Little Joeys, while we confirmed our pledge to continue supporting the great work of Little Joeys.



Lent 2016

As we enter the first full week of Lent I am pleased to report that the Lenten Liturgies held on Ash Wednesday were very prayerful and meaningful events for staff and students. Thanks must go to Mrs Williams, Mr Pannell and the students involved. Please find included in this week's newsletter from Bishop Peter Ingham, a reminder about 'Lenten Penance & Obligation'.

Parents and Friends Association

The St Joseph's Parents & Friends Association, while small in the number of persons who are able to attend meetings, provides invaluable support and assistance to the school in the education of your children.

The Association has provided a forum for myself and other members of school staff to gain additional input and feedback on school initiatives, policies, procedures and activities. The Association, via the P&F levy, has provided finance to help the school purchase additional resources. The P&F also held a parent only Trivia Social Evening which was popular and well attended.

There are generally eight meetings per year (two in each of Terms 1 & 4 and a single meeting in Terms 2 & 3). On Monday 21st March, 2016, the Annual General Meeting will be held in the school library commencing at 7:00pm. All parents and friends are most welcome to attend.

Mr John Barrington, Principal.



Attached to this week's Newsletter is an article entitled "Set Yourself Up for a Great Year". I encourage all parents, staff and students to read this article by Andrew Fuller, which may just contain the 14 tips that could make 2016 the best year of your life!

Mrs Gail Tarrant, Pastoral Care Coordinator

From the Finance Office.....

School Fees

School fee statements have been issued. They have either been emailed or sent home with students. If you have not received your statement, please contact the Finance Office on 4230 8525. Please note that there have been some amendments to the fees for Years 7 and 8. The Creative Arts fee was processed twice in error for both years. For Year 7, the Geography Excursion and Musical performance fee have been billed separately.

Excursions

The payment time on excursions has been changed from midnight on the final day of payment to 3:30pm on the final day of payment. Students are now requested to bring their notes into the office before school, recess and lunch rather than after school.

Mrs Cathy Bagnall, SSO Finance

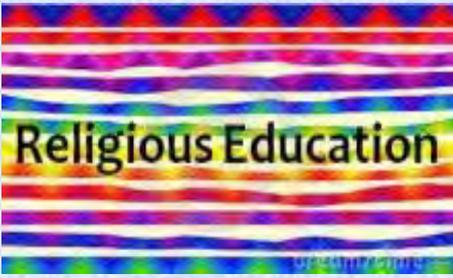


All Saints Catholic Parish Shellharbour City

All Saints Parish will be conducting its Confirmation Program for 2016 beginning with information meetings on Wednesday 30th March @ 7:30pm and Sunday 3rd April @ 10:15am. Parishioners of All Saints Parish whose child is in Year 6 or older and would like to present their child for Confirmation, should attend one of these meetings with their child. The sessions will be held in the Grealy Centre, 19 College Avenue, Shellharbour City - next to Civic Video!

Important Dates for your Diary

- 18/2 - School Swimming Carnival
- 23/2 - Year 7 Vaccinations
- 26/2 - Staff Development Day (Pupil Free)
- 2/3 - School Cross Country
- 8/3 - Year 7, 2017 Information Evening
- 9/3 - International Women's Day
- 16/03 - Year 12 Parent Teacher Night
- 18/3 - St Joseph's Day
- 21/3 - Harmony Day
- 25/3 - Good Friday
- 28/3 - Easter Monday
- 30/3 - Year 11 Parent Teacher Night



Youth Mission Team, Wollongong

The Youth Mission Team is in it's 31st year of operating in schools and parishes across Australia and they're based right here in the Wollongong Diocese. There are four teams and I think we've got the best! The National Office for YMT Australia is on the grounds of Holy Spirit College, Bellambi. The brand new Wollongong YMT would love to meet you. They'll be at the two events mentioned below and also running quite a number of Retreats, Reflection Days, Camps and

Twilight Retreats for us here at Joeys this year. Check them out on Facebook by clicking [here](#).

Youth Ministry Prayer Night: Adoration

WHAT is Adoration? Adoration (Latin) is respect, reverence, strong admiration or devotion in a certain person, place, or thing. In this case, adoration is the catholic practice of spending some time in silence before Jesus in the Blessed Sacrament. The term comes from the Latin *adoratio*, meaning 'To give homage or worship'.

Where: St Francis Xavier's Catholic Cathedral

When: Friday 4th March, 2016. 4pm-6pm



Diocesan Youth Ministry Night: iStand Youth Group

Last December, around 3,500 young people converged into Adelaide for the Australian Catholic Youth Festival. About 70 of those people were from our Diocese here in Wollongong including a group from here at Joeys. This night will be a great opportunity to meet other young people from across the Diocese, even if you didn't attend in Adelaide. It will be a terrific night for young people.

Where: The Xavier Conference Centre (36 Harbour Street, Wollongong)

When: Friday 11th March, 2016. 6:30pm

I will be attending both of these evenings and I'm happy to take any enquiries. Perhaps some students might like to ask some parents to arrange a car pool of students to attend one or both of these nights. Please feel free to contact me at school to discuss any of the above information.

Ph - 4230 8504 or email martin.pannell@dow.catholic.edu.au.

Mr Marty Pannell, Religious Education Coordinator



The sale of Chocolate Hearts on Monday for Valentine's Day was such a success that we completely sold out by Recess!! Thank you to all students who purchased chocolate hearts in support of Project Compassion.

To find out more about who we are supporting this term, watch Project Compassion's feature film [here](#). Miss Senitta Hurley, Mission Coordinator



Careers Room is Open!!
Students may visit the Careers Room F8 at Lunchtime on Tuesdays or Fridays or by appointment at other times. All year groups welcome.
Mrs Sue Kennedy—Careers Adviser



By Mrs Michelle Garbutt & Mrs Jodie Linsley - Sport Coordinators

Berg Shield Cricket

In a game that had plenty of ups and downs, the Joeys boys dug deep to make a real game of it, only to end up on the wrong side of the ledger. Hats off to the team that is in the top 8 in the state and just needed a bit more luck. They have represented our school with pride and we should all be proud of them.

We played St Stannies, Bathurst at Bonaira Oval, Kiama. Joey's won the toss and the boys went into bat looking to put on a big total. Great opening bowling spells from Stannies had our top order in trouble (3 for 7 off 7). Not an ounce of panic from Joeys as Captain Ryan Castles went about steadying the ship and building an innings. He had got us through to drinks in reasonable shape and then started to set something competitive. Great little cameos of support from Jackson Burns, Tom Norris and Ben Lavender had us 132 after 30 with Castles not out 83! A total that at one stage was a dream, but now the bowlers were happy they had something to defend. The Stannies top order were strong and although they got off to a flyer, Joey's soon had two of their danger men back in the pavilion. The pace slowed and we had air in the sails. Great spells from Lleyton Callaway, Blake Nikitaris, Logan Coombes and Ben Lavender gave us a fighting chance. However, the well disciplined Stannies middle order kept ticking over the runs slowly but surely and wickets were hard to come by. In the end the boys fought until the death, but they hit our mark with a few overs to go!

What a run they have had - I thank the boys for their passion, it is infectious and for the parent support during the season - we have good people in our St Joseph's community.

Mr Daniel Lewis, Coach

NSWCCC

A reminder that those considering attending NSWCCC events or trials need to register for the event via the NSWCCC website www.csss.nsw.edu.au/nswccc-home.aspx. Currently nominations for students wishing to trial for AFL, Baseball, Basketball, Cricket - Girls, Diving, Golf, Hockey, Netball, Rugby League, Rugby, Tennis, Rowing, Triathlon and Volleyball are open. Triathlon closes on 24th February, Cricket on 25th February and Rugby League on 26th February.

Cross Country Carnival

The Cross Country Carnival is being held at school on Wednesday 2nd March. Year 7 and 8 will be held in Periods 1 and 2, Year 11 and 12 in Periods 3 and 4 and Year 9 and 10 in Periods 5 and 6. All students are encouraged to participate and run or walk the course in a reasonable timeframe. Students are encouraged to continue to train for the event at home.

Week 2 Sample Program: Continue with a 20-30 minute session every 2nd day but look to increase the length of running time to 5-10 minutes and a comfortable pace. This can then be followed by a 1-2 minute rest/recovery if required. For those looking for more of a challenge and/or structure in their program consider downloading a training app to your ipad or phone to assist your preparations.

Dragon Boat Challenge!! We Need You!

Come and race for St Joey's. This is a unique opportunity to be involved in something different and fun. Training is on Friday 26th February at 4pm at Illawarra Rowing Centre with the race day on Saturday 5th March at Oak Flats. More information can be found on the permission note on the school's website. The due date of permission notes has been extended until this Friday 19th February.

Mrs Michelle Garbutt and Mrs Jodie Linsley, Sports Coordinators

2016 Vaccination Program

The 2016 Vaccination program will commence on February 23rd. All Year 7 students will receive a consent package next week in Homeroom. Any Year 8 students who require catch-up HPV vaccinations will also receive a reminder notice in Homeroom next week. For further information please click [here](#).

Mrs Christina Fraser, Administration Coordinator



Another busy week in the Library, hosting a variety of school events. Year 12 participated in the 'Elevate' program, focusing on study procedures and the importance of having an organised approach to the HSC. Year 10 were involved in their laptop 'Bootcamp'

preparing for the responsible use of technology throughout their senior years at school. The library also hosted a presentation focusing on 'Self Esteem and Peer Pressure' presented by David Kobler, showing our Year 10 students the importance of thinking and behaving.

Munday

Munday is certainly proving to be a success with our senior students as we move through the first school term and it was lovely to see so many students working so diligently, flanked by supportive teachers, sharing their knowledge and skills. As always, Mrs Stewardson was present, guiding 2U Mathematics and Extension Maths students through the course. Miss Masi was surrounded by an eager group of General Mathematics students, keen to perform well in class tasks and assessments. Miss Muniz generously provided extra tuition in Ancient History and Miss Hurley was extremely pleased to see more than half of her Studies of Religion class in attendance, working and studying earnestly. Year 12 are also generously being provided with extra tuition both before and after school by Mrs Davis, our Mathematics Coordinator and Miss Conlon, our Year 12 Chemistry teacher. Our students are very fortunate to receive such wonderful support from our hard working and conscientious teaching staff.

Project Compassion

As a way of raising funds for Project Compassion, the library is presenting a movie each week at recess and lunch in the IT Lab, at the back of the library, starting Monday February 22. Next week's film will be 'Star Wars - A New Hope'. Entry will be via a gold coin donation and places are strictly limited. Please come along and help us raise funds for Project Compassion.



Overdue Books

If a student has a book overdue, it is paramount that these texts are returned promptly to the library. It is important that in the spirit of our school community, we return all texts by their due date, so that all students can enjoy the wonderful resources we have available.

Mrs Francis Schneider, Library Teacher

Uniform Shop Trading

Monday from 12 noon to 4:15pm

And

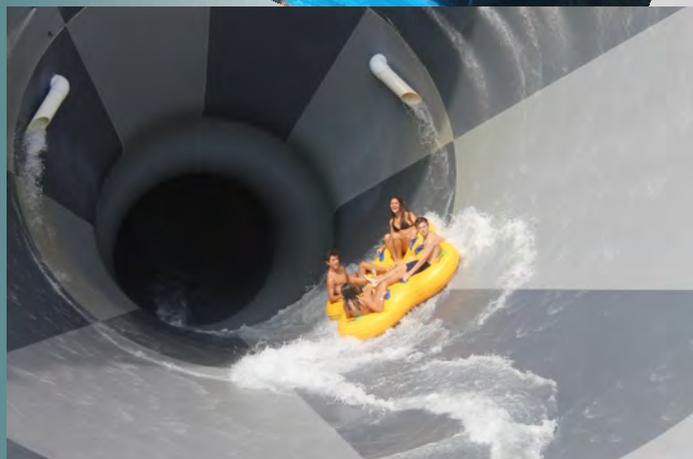
Thursday 8:30am to 1:45pm

Canteen Roster 2016

22nd Feb	Leisa Smith, Jodie Duff
23rd Feb	Vickie Austin, Rachel Parkes
24th Feb	Leanne McMillan, Oriana Dimise, Amanda Quintel
25th Feb	David Smith, Valerie McMillan
26th Feb	Pupil Free Day

What's Happening at St Joseph's

Year 7 Getting to Know You Day 2016



A



"Look what happened at school today..."

BREAKING NEWS & EVENTS FROM JOEYS

<https://twitter.com/sjchsdown>
Join us @sjchsdown





Year 9 Career Talk

Last Wednesday Year 9 found out vital information for their future about the world of work, courses, resumes and how they can make use of the Careers Adviser as a resource in the school. Topics discussed included: future growth areas in the workforce, applying for casual positions, motivation to do well at school, the importance of Year 9 to your future and planning for the next 15 months when they choose subjects/electives for their senior years. YES ! It's only 15 months till Year 9 have to make big decisions about their senior studies. Since the talk, the Careers Room has had many Year 9 visitors! Students are reminded that the Careers Room is open every Tuesday and Friday and Lunchtime or they can email me for another appointment.

POSITIONS VACANT

A local Oak Flats business is looking to fill these two positions:

Apprentice Tiler- need at least "L's" to drive and be reasonably fit and have a good work ethic.

Administrative Trainee - 17 years old

Both positions are Full Time positions.

Email sue.kennedy@dow.catholic.edu.au or come and see me Friday in the Careers Room – Rm F8

The following is an extract from MHSCAREERS NEWS if you wish to see more please email me sue.kennedy@dow.catholic.edu.au

University of Sydney Dux Scheme

The scheme offers a guaranteed place at the university for those who meet the ATAR requirements and are nominated by the principal by the 30th of September. For principals nominating students, nominations are completed online. FAQ will also be available online through a portal, the login details of which will be released between the 5th and 7th of August.

<http://sydney.edu.au/study/admissions/pathways-to-study/alternative-entry.html>

UNSW Galleries

Cnr Oxford St and Greens Road, Paddington, NSW 2021

Located on the UNSW Paddington campus, the recently established UNSW Galleries present an ambitious program of changing exhibitions and projects exploring recent ideas and research in art and design, creativity and culture, science and technology.

<https://www.artdesign.unsw.edu.au/unsw-galleries/>

Quality Indicators for Learning and Teaching (QILT)

This website helps prospective university students make informed choices about their future. QILT provides students with a broad range of information about Australian universities including graduate job prospects and student satisfaction and retention rates. <http://myuniversity.gov.au/>

5 things I wish I knew about exams when I was in high school

This page provides a few study tips and ways to reduce stress around exam time.

<http://learningfundamentals.com.au/blog/5-things-i-wish-i-knew-about-exams-as-a-student/>

Fri 19th February:

Macleay College: 2016 Scholarships Applications Close

Taronga Work Experience closing date

Charles Sturt University: MyDay Program 2016

The MyDay program gives you the chance to spend a day on campus participating in a range of activities specifically focused on the course area you're interested in.

Accounting and Business Wagga Wagga: 10th May

Accounting, Business and Information Technology Bathurst: 12th May

Agriculture Wagga Wagga: 7th -8th July

Allied Health Albury-Wodonga: 30th June

Clinical Science, Dental Science, Pharmacy and Physiotherapy Orange: 15th April

Communication and Creative Industries Bathurst: 11th April

Communication and Creative Industries Wagga Wagga: 18th April

Communication and Creative Industries Port Macquarie: 4th July

Engineering Bathurst: 11th April

Exercise and Sports Sciences Bathurst: 26th February

InfoDay Port Macquarie: 23rd -24th June

Medical Radiation Science and Paramedic Port Macquarie: 8th July

Medical Science, Medical Radiation Science and Nursing Wagga Wagga: 26th February

Nursing Albury-Wodonga: 22nd April

Nursing and Paramedic Bathurst: 21st April

Psychology and Social Work Wagga Wagga: 22nd March

Psychology Bathurst: 19th May

Policing, Law and Criminal Justice Bathurst: 18th April

Teaching and Education Bathurst: 2nd June

Teaching and Education Wagga Wagga: 7th June

Teaching and Education Albury-Wodonga: 9th June

Teaching, Nursing and Social Work Dubbo: 28th June

Read more at <http://futurestudents.csu.edu.au/unilife/social/events/myday>

TAFE Career Quiz

This quiz uses brief multiple choice questions to determine prominent characteristics and then which career paths might suit these. <https://www.tafensw.edu.au/careers/career-quiz>

Whitehouse Institute of Design: School Workshops

2 Short Street, Surry Hills, NSW 2010

Whitehouse Institute of Design offers workshops for school students, which are beginner classes and may be held on campus or at the school. Areas offered include drawing for fashion, interior drawing techniques, creative direction, textiles and design. These are suitable for students from year 7 to 12.

To book or for enquiries, Email: enquiry@whitehouse-design.edu.au or Phone: 02 9267 8799 or 1300 551 433.

<http://www.whitehouse-design.edu.au/courses/school-studios-workshops-for-schools-in-nsw-and-vic>

University of Wollongong College: VET Courses for School Leavers

The College has a number of Diploma or Certificate III and IV programs offered for those looking for alternative entry to university or for a qualification to obtain work.

<http://www.uowcollege.edu.au/careers/index.html>

Careers in Maths - Visit the Australian Mathematical Sciences Institute's website to view a range of career profiles from Apprentice Chefs to Electricians to Nurses where mathematics is a necessary part of their everyday jobs. <http://www.mathscareers.org.au/>

Leukaemia Foundation

**WORLD'S
GREATEST
SHAVE™**

Miranda Moffat



is **shaving** in
the Leukaemia Foundation's
World's Greatest Shave
and is aiming to raise

\$5000



Show your support by sponsoring today!

Where : **St Josephs Catholic High School Albion Park**

When : **18th March 2016**

Details : **Thank you for donating and for all your support**

Contact : **Email me: moffatm01@dowstu.catholic.edu.au**





*“The
spiritual
person
notices.”*



BY THE GRACE OF GOD AND THE APOSTOLIC SEE

MOST REV PETER W INGHAM DD
BISHOP OF WOLLONGONG

ST FRANCIS XAVIER'S CATHEDRAL WOLLONGONG

Lenten Penance & Obligations

The Church's Canon Law reaffirms our obligation to do penance. The special times of penance are all Fridays throughout the year, Ash Wednesday, Good Friday and the season of Lent.

- We recall that St John the Baptist prepared for the coming of the Lord by “preaching a baptism of repentance.” Christ began his ministry on earth with the exhortation to repent: “Repent and believe the Gospel.” (Mark 1:15)
- Repentance means the rejection of sin. It implies conversion to, and reconciliation with God.
- Penance is the concrete expression of repentance. It takes the forms of prayer, self-denial, and works of charity. Each of these identifies us more closely with our Saviour. By penance we make satisfaction for our sins, and take real steps in the renewal of our lives. Penance is the proof of our repentance.
- Repentance and conversion are central, ongoing features of Christian living. Penance has to be a constant, even daily, practice in our lives. In nominating special times of penance, the Church encourages and promotes in all of us the habit of penance.
- Furthermore, observance of these special times by all Catholics throughout the universal Church emphasises what we call “the social dimension of sin”. The sin of the individual member always in some measure infects the whole body. Therefore during Lent and on the Fridays of the year, we do penance, not only on our own account, but also in the name of the Church and of the world.
- We must take very seriously our penitential obligations and be sure to carry them out. The Australian Catholic Bishops' Conference has not restricted our penance to fast and abstinence in all cases, it has left room for our own responsible choice. Where we make the choice, we should carefully select the form of penance that we consider most appropriate for our own circumstances and growth in the Christian life.

Paschal Precept

Each of the faithful is obliged to receive Holy Communion at least once a year. This is to be done between Ash Wednesday (10 February 2016) and Trinity Sunday (22 May 2016) unless for a good reason it is done at another time during the year.

All the faithful are obliged to confess their grave sins at least once a year.

Days of Penance

All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast.

All who have completed their fourteenth year are bound to abstain from meat on Ash Wednesday and Good Friday.

On all other Fridays of the year the law of the common practice of penance is fulfilled by performing any one of the following:

- a) **Prayer** — for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary.
- b) **Self-denial** — for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country (eg, Project Compassion).
- c) **Helping others** — for example, special attention to someone who is poor, physically or mentally ill, elderly, lonely, bereaved, depressed, addicted or overburdened.

Again this year, the Australian Catholic Bishops Conference calls on our clergy, religious and faithful to join us in observing the Fridays of Lent as special days of penance, particularly in the light of the child sexual abuse crisis. Appropriate penance would include setting aside regular time for the prayerful reading of Sacred Scripture, spending an hour in prayer before the Blessed Sacrament, and the traditional acts such as fasting and abstaining from meat.

During Lent may we redouble our prayers and self-denial for the following intentions:

- The success of the Royal Commission
- Justice and healing of victims
- Wisdom and compassion for leaders and carers
- Repentance by perpetrators
- Consolation for all affected
- Respect for life and the human dignity of all from conception to natural death
- Safety for all young people
- Grace for those tempted to lose faith or hope

The current abuse crisis underlines our need for purification, as a Church made up of fragile and failing human beings. May we accept the challenge and respond with commitment.

Set Yourself Up For A Great Year

Make this the year that one you will remember for the rest of your life, as the time you really set yourself on the pathway to success.

There are several sure-fire ways to make this the best year so far:

1) **Make friends with everyone you know**

Parents, teachers, friends, everyone! One of the ways of reducing your stress levels is to set out to have as many positive friendships this year as you can.

2) **Acknowledge your inner genius**

You are much, much smarter than you know. If you practice doing your best in life you will succeed because very few people ever practice doing their best.

To do your best you have to get out of the habit of predicting that things won't go well for you. If you look for what's going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.

Aim to develop at least one positive aspect of yourself this year. The easiest way to start this is to appreciate the quality you want to develop in yourself.

3) **Know that geniuses make mistakes**

People who achieve a lot know that you have to make mistakes to learn. In fact, learning often involves making a mistake and then figuring out what went wrong. If you get too scared to make a mistake, you will not do anything different or new in your life and that would be, well, a mistake!

4) **Prepare yourself for learning**

Thinking positively isn't enough for successfully achieving goals. You have to focus and do things differently. Concentration is hard to achieve and very easy to lose. Find ways to reduce distractions, at least while studying.

Not everyone in your life will be a well-wisher in your self-improvement and learning plans. They may discourage you from your goal. Surround yourself with people who encourage you. Take time to be an encourager of other people rather than being a critic.

5) **Live up your life and get enough sleep**

Sleep helps you to manage stress, stay happy and also increases your marks. The best way to protect yourself from being stressed or depressed is to get enough sleep.

You need at least 8 hours and sometimes as much as 9 and a half hours a night. If we don't get enough sleep we often become tired, moody, bored and boring.

6) **Be healthy – eat breakfast**

Some people skip breakfast, but you often learn best at school in the morning and it helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches, concentration problems and low energy.

7) **Do the most important things first**

Get into the habit of being effective. Write a to-do list each week. Ask yourself the question, "What is the one thing I could do this week in each subject area that would improve my results?" Then do it.

8) **Use your time well**

Many people waste time in class and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school you can save yourself endless hours. Hours that you can spend doing the things you really want to do. Some people find if they sit at the front they are less distracted.

Teachers want their students to do well. Watch your teachers closely. Observe the things that they emphasise or repeat. Take notes of these things. It is a fair bet that these things will feature in tests and exams.

9) From little things big things grow

Do a little bit, often. Succeeding at school can be easy if you do a little bit each day. The best learning occurs when you do spaced interval training. This means do a little bit of practice every day. Interval training is especially powerful in subjects like maths and the sciences.

10) Focus and immerse yourself

For at least some time every day switch all forms of technology off and focus on whatever you're studying. Don't try to watch TV, listen to music or gaze at a screen at the same time as learning something. Technology is not going to be there in exam rooms so you need to be practiced at performing without it.

11) Don't try to predict the future

Most of us are really bad at predicting how well we are going to do. So don't spend the year thinking how awful your results could be. Just do the most important things first and do them regularly.

12) Be curious

Think of someone you know who always seems to know interesting things- weird facts, strange occurrences, funny jokes, and whacky stories. Try to be one of these people. Look out for and learn things that are fun and interesting.

13) Play more

Be active; break out into a sweat now and then. Lack of blood flow is a common reason for lack of concentration. If you've been sitting in one place for a while, stand up and stretch or bounce one of your legs for a minute or two. It gets your blood flowing and sharpens both concentration and recall. Even if you are really busy three twenty minute bursts of exercise a week makes a massive difference to your stress levels, happiness and sleeping.

14) Decide to be happy

Lots of people wait to be happy. They wait for the situation to be right. Or they wait for the right friends to show up. Some people spend their entire lives waiting to be happy.

Decide to be happy now. Have a look at the things in your life you can feel lucky that you have. Appreciate the people who like you and love you.

Make the most of the moment and seize the day.

Help and encourage other people.

Be a really good friend.

Laugh more.

Have fun.

Pray.

And have a fantastic year!

Adapted from Andrew Fuller's most recent book is "*Unlocking Your Child's Genius*" (Finch, 2015).