Dear All,

Welcome to another edition of Bring Tha Nooze. This week I will be focussing on the steps we take at JCS in order to reach ‘Happiness’. Our definition of happiness is as follows. Happiness is the capacity to be in the middle of suffering and yet to feel no pain. In many ways it is a trite contradiction and yet in others, it makes total sense.

At JCS the journey begins by accepting the social constructs over which you have no control.

Some are born in the deserts of Africa, others in way torn countries and some in beautiful Australia. Within Australia, most are born healthy and wealthy, but some are not. Most are born into loving caring families, but some are not.

The next step is to acknowledge the things over which we have partial control.

We are all born into our own bodies. Some are healthy, others are not. We are all born into our own ‘personality’ some of it is pre-determined by DNA, some of it is not.

Next come the things we think we control, but don’t really.

We are all born into nature… Even if we never set foot in the bush. We are all born into the universe… If you’ve ever looked up at the stars while floating in an ocean, you’ll understand how small you really can be.

It is at this moment we start to ask the big questions. Why am I here? What is all about? The answer to these questions lies in your spiritual direction and choices. It is out JCS belief that when you can link this ‘spiritual direction into something that has relevance in the real world… you begin to knock on the door to happiness.

And the longer you knock the more likely it is to open.
A key feature of JCS curriculum is a ‘through line’. Each term we focus on a key theme. This teaches students to see that everything in their lives, their community and the wider world is connected. This year we are linking each term through consecutive themes of self, family, community and society. Class subjects, personal development, activities and camps have curricular links to these themes.

In Personal development we are exploring the impact that the individual has on the world, both directly and indirectly. We look at the difference between ‘what is’ and ‘what we perceive’. We then use this as a basis for greater self-awareness and communication.

In art we look at self-image and the perception we consciously and subconsciously portray in order to both hide and show aspects of our true selves. We question: Why do we choose to do this? What experiences have led us to do this?

On camp we are challenged to do new activities in new circumstances. In close quarters with each other for a long period of time our habits good and bad are brought into a different light.

In health we look at our habits and how these impact on our ability to be healthy. Why do we continue to make bad choices when we know what is healthy for us? We look at self-destructive habits and ways to break them by forming new constructive habits.

This then becomes a stepping stone to the next terms focus. When we look at these habits and the impact they have on the people closest to us.

If only I’d learnt that at 15...

According to our student, the most memorable things included: sausages (Cat). ‘Watching Anime with Dean’ (Jason). Finding genuine 1990’s limited edition Pokemon at the Colac $2 Bargain shop (Josef). Sleeping in (Everyone). Catching two fish (Kira). Skateboarding down the highest mountain on the great ocean road (Dean). Working with power tools (Rach and Storme). Finding fairy mushrooms (Isy A). Cooking a fish (Marty). First JCS camp (Belle) A shower (Jon). Having everyone together and safe (Kate).

…there was also the Great Ocean Road, the Majestic Otway Ranges, surfing at Apollo Bay, sunset at the picturesque Joanna beach and the completion of the deck (and those sausages did hit the spot). Thanks for a great camp guys!!
**Dates**

**Term 1**
- Monday 9th March: Labour Day
- Tues 31st Mar – Thu 2nd April: Valley Camp
- Thursday 2nd April: Term 1 Concludes
- Friday 3rd April: Good Friday
- Monday 6th April: Easter Monday
- Tuesday 21st April: Term 2 commence

**Birthdays**

First off the bat for birthdays this year was Josef, Happy Birthday Joel! And in the spirit of coming of age and becoming a lady, this month we celebrated Rachel Merrigan’s 18th Birthday with a decadent chocolate cake!

**Valley Camp**

Valley camp will run in the last week of Term 1. This is an important camp as it is a time for students to cement the lessons they have learned around the central theme for the Term. And have lots of funnnn!

**DECV**

The first two weeks of DECV for juniors included discovery learning and launch pad. This enabled the teachers at JCS and DECV to measure student’s abilities and place them in the numeracy and literacy program that best suits their abilities and aims.

All our students have made a very positive start to the year. It is not always easy adjusting to the new workload and expectations and we are very proud of the student body. In particular Rachel Merrigan, Catherine Duong-Thai and Dean Kroll who have all commenced Year 12.
The new king of maintenance