

# Make Jesus Real

OCTOBER 2019  
BULLETIN



## YOU ARE ON THE HOME STRETCH NOW!

Hello!

My name is Catherine Simmonds and I am filling in for Marty while he enjoys some well-deserved long service leave. We wish Marty and his family every blessing.

I am a Faith Education Project Officer at the Catholic Education Office in the Diocese of Rockhampton (Qld). I have been teaching in Catholic schools prior to this role for 17 years. I am passionate about MJR and have been enjoying supporting the MJR Champions in the primary schools in our Diocese.

Term 4 would have to be my favourite term in the school year. Working relationships have already been carefully nurtured and developed with the students and of course their parents. Yes, report cards need to be written and distributed this term but by this stage of the year, there is so much growth to reflect on and communicate with the students and their families.

For me as a parent, the most important thing I want to know from a report card is how well is my child getting along with others? Is my child able to work through problems and disappointments and demonstrate resilience? Is my child generous, giving of their time to help others? Does my child contribute positively to a team or group?

The skills developed through MJR are skills for life. When writing report cards this year, look for opportunities to recognise each student's growth as a person.

Finally, I would love to hear from you! Please send through photos and articles for the next MJR Bulletin to [catherine\\_simmonds@rok.catholic.edu.au](mailto:catherine_simmonds@rok.catholic.edu.au).

Enjoy the remainder of the 2019 school year!

God bless,

Catherine

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# INDIGENOUS ARTWORK FEATURING MJR

And now some stunning artwork from St Joseph's Catholic Primary School, Biloela, Qld.

*Our artwork was a collaborative project involving all the students in the school. Chrissi and Roger, our guest Indigenous painters, tirelessly worked with the classes to create our wonderful MJR displays.*

*"WEST", and "Jesus lives in our Hearts Forever", are our most valued and utilised phrases from MJR.*

Tina Knight  
APRE, St Joseph's Catholic Primary School Biloela



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# MAKING JESUS REAL AT THE TOOWOOMBA CARNIVAL OF FLOWERS

One of the most glorious times of the year to visit Toowoomba is during the Carnival of Flowers, held this year from September 20-29.

St Patrick's Cathedral was spectacular to say the least. The *Flowers to Impress School of Floristry* created an impressive display.

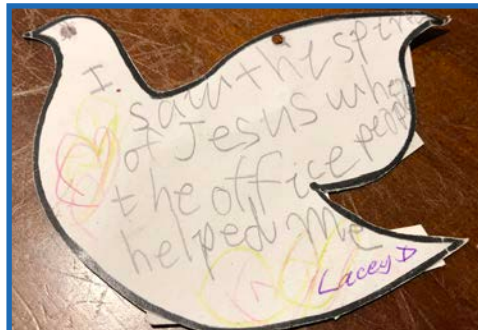
St Saviour's Catholic Primary School created a beautiful display reminding everyone that "the Spirit of Jesus is in us all..."



Passers-by were invited to take a dove, many of which had "Spirit of Jesus" moments on them.



Where ever you go  
Jesus will always  
be there.



I saw the *Spirit of Jesus* when the  
office people helped me.



I saw the *Spirit of Jesus* when  
I gave Ava my rubber.



I saw the *Spirit of Jesus* when  
I didn't know what to play and  
Phoebe let me play with her.

Where have you seen the *Spirit of Jesus* this week?

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# HOW MJR COMPLEMENTS AND BUILDS ON THE AUSTRALIAN STUDENT WELLBEING FRAMEWORK

The Federal Government's *Australian Student Wellbeing Framework* supports Australian schools to provide every student with the strongest foundation possible for them to reach their aspirations in learning and in life – just as MJR does... but MJR goes further!

The MJR values and virtues – including respect, honesty, trustworthiness, understanding, tolerance and inclusion – are all embedded in the government's initiative, as they are in MJR. Yet with the focus of compassion, justice, humility and forgiveness – to name just a few – MJR encourages students to do their best in all things, treat others fairly, take responsibility for their own actions, provide a moral compass to live by, and tools to prevent and combat bullying.

With Christ at its centre, MJR promotes wellbeing, safety and positive relationships so students can reach their full potential!

The *Australian Student Wellbeing Framework* can be found at:

<https://studentwellbeinghub.edu.au/educators/framework/>

There are many great resources packed in the Government's Student Wellbeing Hub, but with a 'Make Jesus Real' lens, consider the following:



Source: Australian Student Wellbeing Framework

## LEADERSHIP:

The Hub's framework encourages 'Visible leadership to inspire positive school communities'. All Catholic schools are regularly reviewing their Mission and Vision statements, building on existing strengths, to enhance student learning and sustain the safety and wellbeing of the whole school community.

As Catholic Educators, each and every day we invite students and parents to be aware of and grateful for God's loving presence. Moreover, MJR brings to life the vision and values of Christ into the nitty gritty of the whole school community's everyday lives.

## INCLUSION:

Inclusive and connected school culture.

All members of the school community are active participants in building a welcoming school culture that values diversity, and fosters positive, respectful relationships.

Through W.E.S.T., G.T.S., G.A.T.E. and so many other strategies, MJR provides students with the skills to establish and maintain positive relationships with others. Moreover, our core hope is that all students have a sense that God is present with them always.

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# HOW MJR COMPLEMENTS AND BUILDS ON THE AUSTRALIAN STUDENT WELLBEING FRAMEWORK CON'T...

## PARTNERSHIPS:

Effective family and community partnerships.

The Government's model encourages schools to develop strategies to sustain culturally respectful partnerships with families and communities that are welcoming and inclusive.

Because MJR isn't a program – it is a way of life, the skills and strategies that the students learn through MJR extend beyond the school gates, into the homes of the students' families and the wider community groups that they are a part of.

## SUPPORT:

Wellbeing and support for positive behaviour.

The Hub calls schools to embed wellbeing and support for positive behaviour strategies that are evidence-informed, promote resilience and align with the needs of the school community.

Through MJR, students learn skills to deal with disappointments and conflict in a positive manner which nurtures resilience. An attitude of gratitude and the SOJ encourages students to recognise the positive elements within any given day and situation.

## STUDENT VOICE:

Authentic student participation.

The Student Wellbeing Hub explicitly calls schools to teach social and emotional skills using evidence-informed practices related to personal safety, resilience, help-seeking and protective behaviours.

MJR invites students to recognise and strengthen their own gifts and talents, learn positive people skills and build their mental toughness to make good decisions now and into the future. **MJR is, after all, a resource for life.**

Take a look at the Student Wellness Hub. These resources found on the Wellbeing Framework website may complement your MJR sessions in your classroom, and in particular we liked:

- ✚ Everyone Belongs, Respecting Others, Making Good Choices  
<https://studentwellbeinghub.edu.au/students/primary/year-2-year-4/topics/>
- ✚ Respectful Relationships, Keeping Your Mind and Body Healthy  
<https://studentwellbeinghub.edu.au/students/primary/year-5-year-6/topics/>

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# SETTING YOUR CLASSROOM UP FOR MJR SUCCESS

Below are some wonderful tips from Allison Casey, Year 6 Teacher at St Brendan's Catholic Primary School, Rural View, Qld.

We try to feed the positive wolf by having places in our room where we can go if the negative wolf has crept in.

On the back wall of the classroom near the fridge there are a range of positive sayings that students can access.

Also located on the fridge door is a positive note for each student written by their peers. Whenever the students collect their lunch they can read these notes of positivity and therefore feed their positive wolf.



I model MJR by using the MJR calendar as a teacher resource. This is located on my noticeboard wall and the students often watch me referring to it and we talk about the message with each new month.



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## SETTING YOUR CLASSROOM UP FOR MJR SUCCESS CON'T...

At the start of the year my class came to me with a solid foundation in MJR as they were very familiar with it. With that background knowledge and the focus on leadership as new Grade 6's, we looked at leadership from a MJR perspective.

We thought about the people in our lives who show the 'Spirit of Jesus' and then we thought about how as leaders of the school we could do this.

Each student then reflected on some questions about leadership and their responses were made into a wall that everyone who enters our classroom can see.

The quote "Excellence isn't being the best it is doing your best" (author unknown), was then added as this quote encompasses the whole idea of MJR.



After attending the MJR conference in Melbourne and watching Mitch present a few lessons with students, and witnessing how they responded to his call 'Jesus in our hearts - FOREVER' I wanted to ignite that 'spark' with our students. This phrase has gone onto become the year 6 motto and with the amazing support of Shaye Gaviglio (Our APRE) the students have spread this during fortnightly pastoral groups across the school.



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# MITCH'S TRAVELS

## AN UPLIFTING PREP DISPLAY



Below is a prep display from St Patrick's Emerald, Qld. The school has over 500 students and they have bought a book for every student!

The MJR heading has been made up of cut outs from last year's MJR Calendar\*.

Natalie is a brilliant operator, as it was so easy to "switch the kids onto the *Spirit of Jesus* in their lives", because of Natalie's energy and passion for MJR.

In the photo below is Natalie McCosker, Assistant Principal Religious Education, who teaches MJR in each class at St Patrick's Emerald.



[\\*Click here for if you would like more information on the MJR 2020 Calendar](#)

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# MITCH'S TRAVELS CON'T...

## START WITH THE END IN MIND

This is a heading from the Stephen Covey book *The Seven Habits of Highly Effective People*.

What as Catholic Educators, do we hope for our students as they leave our schools?

For me, I hope that our students:

- Have a relationship with Jesus in the now and that they can recognise His Spirit in themselves and others.
- Leave our schools knowing they are better people, living the Gospel Values of Kindness, Compassion, Forgiveness, Generosity, Welcoming, Encouraging etc.

Students are able to tell you that the *Spirit of Jesus* is in their hearts. It is also important, that students can identify the small ways that they can show the *Spirit of Jesus* at school, home and in the wider community.

Reflection is one of the cornerstones of MJR and reflection is a key aspect of Ignatian Spirituality.

With only a few weeks remaining in the 2019 school year, it is important to make time for the Grade 6 students particularly, to write a daily or weekly reflection in their MJR journal:

- Where did you see the *Spirit of Jesus* in your life? and,
- I saw the *Spirit of Jesus* in me when I...

At the end, include a Gospel value. Taking time to write the Gospel values of Caring, Helping, Forgiveness, Tolerance, Empathy in brackets at the end of the entry, will help them to see that Jesus works through them.

I also suggest students don't read their journal entries out to the class, as they are private.



In August I was working with Grade 5 students at St Anthony's Catholic Primary School, in Kingscliff, NSW. This is what we came up with:

**“MJR IS IN THE LITTLE THINGS WE DO AND SAY EACH DAY,  
THAT MAKE SOMEONE'S DAY EACH AND EVERY DAY.”**

Over the next seven to nine weeks, if they practice the “small” things we do and say, they can leave our schools with the idea that Jesus needs them to convey the *Spirit of Jesus* to others. It can certainly add to their sense of wellbeing, overall happiness and self-esteem. They are feeding the positive wolf and enhancing the world they live in with the *Spirit of Jesus*, and they are growing to be better people.

It would be great if we had thousands of Grade 6 students leaving Catholic schools aware of the simple ways to be a better person and also the realisation that the *Spirit of Jesus* is a big part of their lives.

Cheers, Mitch

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# LINKS

Students LOVE music and often the more upbeat the better! The following songs are a great way to inspire ideas and prompt discussion.

## Shawn Mendes – Believe

Great for topics such as “Believe in Yourself” or “Encourage”.

[https://youtu.be/IZMYO\\_iT-r0](https://youtu.be/IZMYO_iT-r0)

## TobyMac – Forgiveness

Ideal for topics such as “Forgiveness”, “Sorry” and “Agents of Mercy”.

<https://youtu.be/xfkhqpl81NA>

## Matthew West – Do Something

Perfect for topics such as “Givers”, “How do you serve others?” and “Care of Creation”.

[https://youtu.be/b\\_RjndG0IX8](https://youtu.be/b_RjndG0IX8)

**ORDER  
NOW**

## 2020 MJR CALENDARS

**ARE NOW AVAILABLE TO ORDER!**

The *MJR Calendars* enable students to take the *Spirit of Jesus* and our positive *MJR* messages into to their homes to share and practice with their families and friends.

Allow your whole school community to experience the joy students have as they discover the *Spirit of Jesus* in everyday life.

You can also brand these [MJR Calendars](#) with your own school logo and information.

Use them as a fundraiser – they'll pay for themselves in so many ways!

Click or tap [HERE](#) to discover how easy it is to fundraise for your school using our 2020 MJR Calendars!

Contact Garratt Publishing for more information at [sales@garrattpublishing.com.au](mailto:sales@garrattpublishing.com.au)



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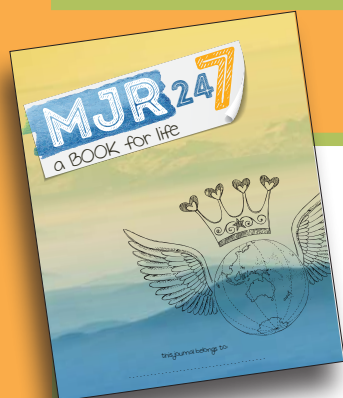


## MJR BANNERS

What makes the MJR Banners great:

- Bright and colourful
- 7 core messages to choose from
- 900mm x 500mm in size
- Eyelets that make displaying easy
- Ideal for classroom or around the school
- Constant reminder of the MJR values

[Click or tap here for more information](http://www.makejesusreal.com.au)



## MJR 24/7 – A NEW Resource for Secondary Students

Earlier this year Marty asked some Year 7 students if they liked the idea of doing MJR in secondary school. Nearly 100% of the students put their hands up to indicate the affirmative. When he asked “Why?” a Year 7 boy answered, “Cos it deals with real life stuff that I need to know about!”

This is where our latest resource in the MJR series – **MJR 24/7** – comes into its own.

**Written especially for secondary schools**, **MJR 24/7** gives students the opportunity to reflect on issues around them, promoting resilience and the need to forge meaningful relationships with their family and peers.

The workbook is graphically designed to appeal to students. It is supported by a FREE online teacher resource containing 30 lesson plans that have direct connection to ACARA curriculum and specific Catholic and learning intentions.

For more information on this valuable resource,  
visit: [www.mjr247.com.au](http://www.mjr247.com.au)  
and share the news with your nearest secondary school.

**Live Jesus in your Hearts – FOREVER!**

The MJR Team ...

Marty, Mitch, Catherine, Michele, David,  
Rose, Karen, Sandy and Charmaine

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