



Photo by Andy Warren

6 September 2017 Vol: 14 - 17

## To the Families and Friends of the St Paul's Community.....

### Student Leadership 2018

It is with great pleasure that I am able to announce the Student Leadership Team for 2018. After a thorough process of discernment from the student body and staff as well as formal interviews, **Laura Boslem, Kiara Conaghan, Daniel Mason** and **Jackson Morgan** are charged with the responsibilities of leading St Paul's for the next 12 months. As I have reflected before, this is a role of service. These young men and women will represent the school at a variety of Diocesan functions, community celebrations and commemorations as well as speaking for, of and with the student body of St Paul's. The announcement made last week was met with huge support from our staff and students and I wish them well as they begin their journey as Student Leaders of their school.



Laura Boslem

Kiara Conaghan

Daniel Mason

Jackson Morgan

### The End of Days for Year 12

Earlier in the term, I spoke to the Year 12 group about the *End of Days*. This is the term I use to describe the last days of formal education for our students in Year 12. It is a wonderful time for our young men and women and a time of celebration for the staff as they finish courses, complete revision and enjoy the last formal lessons that will mark the end of each course.

For our students, it is also a time of reflection and for some, a time of trepidation. Thirteen years of formal, school based education is a significant time in their young lives. As they finish the year, they will reflect on the good times and the not so good times that schooling has brought. Some might be able to remember their first day at school. The tears from mum as they donned that little uniform and marched into kinder, no longer completely joined to the family unit but now exploring the big world. Others will remember significant events such as achievements in sports carnivals, debating competitions, eisteddfods and concerts. Still others will remember fondly friends who have gone to other places.

For staff, it is also a time of reflection. It is a time where we remember the fun events, the retreats, the amazing lessons, the "light-bulb" moments in class, the surprising essay answer and the great relationships that have been formed in the years that Year 12 have been at St Paul's.

I discussed some of the areas where our young men and women will need to be mindful, particularly as they finish their time at the campus. We want all of them to finish well, to celebrate their time openly, honestly and with dignity. However, it would be neglectful of me if I didn't point out some of the pitfalls that can happen

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when young people get together and make foolish choices.

Earlier in the term, we sent out a letter to all Year 12 families outlining expectations we have at the end of the term. As well it listed the events that will mark the successful end to Year 12, beautiful events that will showcase our students.

In that letter, it was made clear that we do not have “Muck-Up Days” I explained to the students exactly what we mean by that statement. As well, I spoke about such matters as parties, police, drugs and alcohol, uniform, school attendance, work ethic and study vacation.

At this time of the year, it is obvious to us adults that there will be more than the usual number of young people on the roads going to and from social events. This is certainly known to the Police. I said to our students to be very mindful of that reality. At this time of the year, there is always a heightened police presence on the roads, particularly around schools. They will be there to protect other road users and our young drivers from making foolish decisions. In my experience, there will be one or two students booked near the school in the mornings or afternoons particularly around this time. I ask our students to be mindful of this and to make sure that they make good decisions as they drive to and from school.

End of year parties are a real issue for mums and dads as well as the Police. If you, as a parent, intend to host such a gathering, I strongly suggest that you visit the following website: [https://www.police.nsw.gov.au/online\\_services/party\\_safety/safe\\_party\\_tips](https://www.police.nsw.gov.au/online_services/party_safety/safe_party_tips) where you can get some excellent advice on how to host such an event.

One of the main things that I expressed to Year 12 is the hope that they are all able to finish their time at St Paul's with dignity. The work being done by staff to help prepare them for their HSC as well as the massive work done to prepare and host the beautiful Graduation Ceremonies and events should give the students a real indication of the esteem that they are held in by the staff. In saying that, it is possible that some of our young people for whatever reason might think it a good idea to do something that will, in the short term, make a “mark” in their name. I have, in the past had a situation where a young person, who had been a model student throughout the time he was at school, decided to do something very foolish on the last day. As a result, he was unable to attend Graduation and the Final Dinner. As well, the significant award that he was to receive was not presented to him publically. I will never forget the tears from mum and the boy as we sat in the Principal's office.

We want all our students to end the year well, to celebrate appropriately and to leave this wonderful place with dignity and pride. We want them to stay safe, to look after each other and to celebrate with family and friends in a gentle, special way. My final message to the students is to look after one another; making sure that each and every one of them help with good decision making and guide one another through the last few weeks of formal schooling and continue to work hard up to the final exam period.

We look forward to the *End of Days* where we will celebrate with you all in the St Paul's Hall with the final Mass on Wednesday 20<sup>th</sup> September and the Graduation Ceremony the following morning.

**Go Gently**

**Mr Graeme Selmes**  
**Principal**

## IMPORTANT NOTICE

PUPIL FREE DAY

MONDAY 9TH OCTOBER

*First day of Term 4*



## **Uniform Issues:**

My thanks to parents for adhering to not only the process for students being temporarily out of uniform but also in terms of correcting deficiencies. Students who are out of uniform without a note or valid reason will receive a uniform deficiency by classroom teachers. After 3 separate deficiencies, families will receive a warning letter and on the 4<sup>th</sup> deficiency, an Afternoon Detention will be issued.

Should there be any concerns please do not hesitate to contact your respective Student Coordinator or myself for assistance.

## **Sun Protection Policy**

As part of the School's Sun Protection Policy, we require students doing outdoor activities to wear hats for Terms 1 and 4 – where the UV radiation is at its strongest. The wearing of hats applies to students who use the courts/oval during breaks, for PDHPE practical lessons and also relevant Friday Sport activities. Students will need to bring a hat in any School colours, to wear at recess/lunch when using the oval and courts. These colours include hats that are predominantly/or a mix of the school red, white, light and dark blue.

## **Study Skills**

The following is a feature from our subscription to Enhanced Learning's Study Skills Handbook. Considering the conclusion of formal classes for Year 12 this might be of interest for our seniors as well as some consideration for junior students to develop their study habits.

## **Learning Collaboratively**

We are all different in the way we prefer to learn. Some students like to work in groups, and others prefer to work alone. Some students like to discuss things over Skype or messenger and some like to work together in person. There is a reason why we have the saying 'two heads are better than one', so let's see how this applies to different types of students.

*If you think you always prefer to work alone:*

- It is great that you are very self-sufficient. Students who prefer to work alone are often confident in their own abilities. However sometimes these students make it more difficult for themselves by not asking for help when they need it. So if you are this type of student, don't struggle on alone when you get into difficulties or don't understand something. Being able to ask for help when you need it is an important skill for academic success. Just become more aware that you don't always ask for help and instead try reaching out a little more when you need help.
- The other area to consider is that when you talk about things with other people it can often help you to see things from a different perspective. By discussing ideas with another person, you also may find you clarify your own thoughts. By not being open to collaboration, you might not develop your ideas as well as you could or you might not see potential issues that a fresh pair of eyes and ears might discover. If you haven't done much collaboration, give it a try and you might find yourself surprised at how valuable you find the experience.

*If you already love working with other people:*

- Make sure that you always contribute equally and don't expect other people to do all the work for you.
- Collaboration doesn't mean cheating. For example, it is ok to discuss an assignment and what you think it is about and how you might approach it, but it is not ok to write the assignment together and hand in similar pieces of work.
- Collaboration also doesn't mean wasting time. If you are working with other people make sure you are staying on task and not getting distracted.
- Every now and then you have to do things on your own. If you always do your Maths homework with your friends, you might not really know what you can and can't do on your own. The first time you find this out could be a test which could be a big issue. Always ask yourself if the work you are doing is going to be enhanced by collaboration or if it is more appropriate to try the work on your own.
- It is important each night to have a certain amount of homework time on your own. If you want to collaborate when you are working at home, make specific times to do this. Don't skype the entire night with your friends. Instead have set times for collaboration and set times for independent work.

Families can learn more about groupwork skills at [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) by logging in with the details below and working through some of the units.

School's Username – **stpauls**  
School's password – **52success**

**Mr James Furey**  
**Assistant Principal –**  
**Community and Wellbeing**  
[james.furey@mn.catholic.edu.au](mailto:james.furey@mn.catholic.edu.au)



## Year 9 News

According to the Year 9 Assessment Booklet there are a few **Assessment Tasks due** before the end of Term:

Week 8: Visual Design, Music, German, Elective History and IST.

Week 9: Visual Arts, PDHPE, Science

Week 10: Geography

I hope that these Tasks are underway and nearing completion for submission.

In the last Newsletter, I discussed the **varying forms of homework** each school day. (*Just a reminder that students should be engaging in home study each school night, thus a homework routine and time may be needed at home. Homework could take the form of work due the next day, reading ahead, summarising what was learnt that day for upcoming exams, working on Assessment Tasks, packing the bag for the next day, completing unfinished classwork, etc.*)

A **home study routine** is important in getting on top of school work, for showing responsibility and for organising one's life around the varying things that impact upon it. Students are expected to be completing about 1-2 hours of study each school day. Thus, a routine might look like – home, eat, play, one hour's school work, dinner, one hours school work, bed. This will of course vary for each family but a routine means minimal disputes.

I have included a **Study Planner** that I use a lot, with thoughts on how to fill in the planner. *Its about working smarter, not harder.* [https://mncatholic-my.sharepoint.com/personal/cayte\\_pryor\\_mn\\_catholic\\_edu\\_au/Documents/2017/Yr%209%202017/STUDY%20PLANNER.docx](https://mncatholic-my.sharepoint.com/personal/cayte_pryor_mn_catholic_edu_au/Documents/2017/Yr%209%202017/STUDY%20PLANNER.docx)

STEPS:

- Recommend that first hour is eat, relax and exercise so have a snack and take the dog for a walk
- Put in what you **have** to do - work, training, make dinner, babysit, dinner time, bed time, etc
- Put in what you **want** to do - watch a favourite TV show, go for a run
- Rank each subject for how much work you need to devote to it
- In one-hour blocks, insert subjects giving more time to those ranked higher
- Have a break in between each block - have a cup of tea, say hi to the family, pat the dog

If you can't breathe without **social media**, then include it in your study planner but make sure that you only use it in those times - turn off access at other times.

I have had a brief look through our schools **NAPLAN results** and found that about 22% of our students have met the minimum standard at this stage. Other students will have opportunities in the future to resit the tests to achieve the standard as set by NESAs. We will alert students of these dates as they become available.

I have sent all Year 9 an email with an attachment that talks about the **need for sleep and a healthy food intake** in their teenage years. This could provoke family discussion and give parents a back-up.

**Mrs Cayte Pryor**  
**Student Coordinator**

## Year 12 News

### Important Dates



|  |   |
|--|---|
| Year 12 Charity Day Out of Uniform Day | Monday 18 September   |
| Graduation Mass                        | Wednesday 20 September at 7.00pm  |
| Graduation Awards Ceremony             | Thursday 21 September at 9.30-11.00am   |
| Year 12 Farewell                       | Thursday 21 September at 11.30am  |
| Year 12 Graduation Ball                | Friday 17 November from 6.00pm<br>(Deposit due strictly by 22 September to confirm numbers for venue) |
| Year 12 Barbeque                       | Friday 15 December at 11.00am   |





## Book Week Celebrations

What a massively fun week we had with Book Week! There are so many thanks and congratulations to make!



Did you know that there are 10,985 books in our library? Well done to **Abby Ruyter-Kehoe** (12) who won the guessing competition with a guess of 10,569. An honourable mention must go to **Mia Griffiths** (10) who guessed 10,472. Polding took out the most house points for the Guessing Competition with the most members participating.

The tutor group vs tutor group quiz was hotly contested with two teams gaining maximum points. Well done to Mrs Plsek's 11.7 and Mr Reville's 9.6. The tie breaking question saw **Zoe Ashmore** take out the pizza lunch on behalf of 9.6. Well done!

Rosemary Martin did a fantastic job letting us all know why the books are always better than the movies. Thanks also **Nyah Thomson** and **Eloise Way** for helping to run the assembly.

The outfits for the Book Week dress up were outstanding! Year 7 and the staff really put the rest of the school to shame. Our judges, Miss McVeigh, Ms Grealy, Sophie Scanlon and Lara Duggan had a tough job deciding on the winners and we thank them for their efforts. The winners were:

Year 7 & 8: *One Fish, Two Fish, Red Fish Blue Fish* starring **Amelia Douglas**, **Christina Swinsburg**, **Jazmyn McPherson** and **Emma Tait**.



**Ms Kerrie-Lee Guest**  
English Teacher







## Year 8 Community Day

Thursday this week (September 7<sup>th</sup>) is the Year 8 Community Day. The purpose of the day is to develop a sense of camaraderie among the Year 8 students and to give each student a chance to contribute to a community volunteering project. The day will begin with a Mass at St Michael's Church Booragul at 9am.

After a safety briefing from a Landcare representative, students will work in groups to plant native gardens on the grounds of St Michael's church. Plants for this project are being donated by Lake Macquarie Council Landcare. Gardening equipment is being donated by Bunnings Glendale.

Students will also complete a 'clean up' on the Lake Macquarie foreshore in Booragul as part of the Council's 'Eco Angels' project and enjoy a BBQ lunch. Information regarding the impact of rubbish on our lake and oceans can be found at: [www.tangaroablue.org](http://www.tangaroablue.org)



## Crazy Sock Day

On Wednesday September 13<sup>th</sup> the school will hold its annual Crazy Sock Day. This is our annual fundraiser for Catholic Mission, the Australian agency of the international Pontifical Mission Societies. Catholic Mission operates in over 160 countries to support initiatives in 1,100 dioceses, including remote Australia. Grassroots needs are identified by local Catholics, to give people the opportunity for a full, enriched life—physically and spiritually—regardless of race, religion or gender.

Students will wear their normal uniform and attend normal classes on the day, however students are encouraged to wear a unique pair of socks for the day, perhaps their favourite sporting team's socks. Students are asked to bring a gold coin donation to support the work of Catholic Mission. Some special activities will be organised for the day, such as 'Socks Off in Solidarity', where all the students and staff take off their shoes and socks at exactly the same time as a simple gesture to show solidarity for those hundreds of thousands of children who go barefoot to school every day.



**Mr Michael Doyle**  
Leader of Pedagogy—Religion

## HSIE News

### Excursion Report for Year 11 Legal Studies

*"On the 15th of August, Year 11 Legal Studies students had the opportunity to travel down to Sydney and attend the Parramatta Justice Precinct and attend some cases being heard in the district and specialty courts. The day was very insightful and gave students an indepth look at Australia's legal system and how courts operate, even receiving a personal talk on the legal system from one of the magistrates. The excursion was very helpful and gave students looking to move into the legal field some great ideas and was an interesting day for all. The Year 11 Legal Studies students would like to thank Ms Flood and Mr Gallop who accompanied us and made the whole day possible."*



**Tully Maurer**  
Student





Last Tuesday St Paul's held its annual Archipaul Prize Exhibition. It was a fantastic event that is always much anticipated by our community. The exhibition showcased over 500 works from years 7 - 12 created by our Visual Arts and Visual Design classes. Parents, teachers, students and friends gathered to acknowledge the immense talent that exists in our community. The Year 12 Body of Works were particularly noteworthy. We are consistently impressed by the works created by all our students, and of course, incredibly proud. Not only did they get to see brilliant works of art, they were also entertained by our incredibly talented musicians and served delicious canapés by our hospitality students. The night culminated in the presentation of prestigious and longstanding awards. Please see photo's on following page. We wish to acknowledge the following recipients:

## MAJOR PRIZE WINNERS

|                                    |                         |
|------------------------------------|-------------------------|
| ARCHIPAUL PRIZE                    | <b>Abby Liu</b>         |
| ART SHOW Junior Winner             | <b>Elliot Haines</b>    |
| ART SHOW Senior Winner             | <b>Courtney Lincoln</b> |
| Encouragement Award: Junior        | <b>Eloise Way</b>       |
| Encouragement Award: Senior        | <b>Lachlan Hemson</b>   |
| Visual Design Award                | <b>Jacob Gower</b>      |
| Photographic & Digital Media Award | <b>Alanna Jessop</b>    |

|  |                  |
|--|------------------|
| Highly Commended Awards:<br><b>10 awarded to Archipaul Entries</b> |                  |
| Year 7 Self Portrait   | Lily Wood        |
|  | Piper Kohlhagen  |
|  | Evie Jones       |
|  | Georgie Bouffler |
| Year 8 Self Portrait   | Matthew Gilmour  |
|  | Jade Crouch      |
|  | Amelia Alexander |
|  | Jade Johnston    |
|  | Gabriel Turton   |
| Year 10 Contemporary Portrait                                      | Mikayla Conway   |

|   |                   |
|---|-------------------|
| Highly Commended Awards:<br><b>10 awarded to Art Show Entries</b> |                   |
| Year 9 Skateboard   | Lilly Burgess     |
|   | Claire Williams   |
| Year 9 Drawing  | Imogen Haines     |
|   | Ellie Knorre      |
| Year 9 Ceramic Day  | Alexandria Lane   |
| Year 10 Mixed Media   | Curtis Matthews   |
|   | Evangeline Latu   |
| Year 10 Sculptural Day  | Alyssa Wojcik     |
| Year 10 Tattoo Design   | Charlotte Gilmour |
| Year 11 Mandala   | Grace Betts       |

Thank you to all of the Artists and Designers who helped to make the Archipauls happen, without you there would be no show! I would also like to thank the staff at St Paul's who helped in the preparations for the show, there are so many of you I feel humbled! Each of you played an important part in the event, be it in covering lessons, preparing musicians, catering, advertising or even those who may have been inconvenienced by missing students or not having access to the hall. It is a community effort to hold such an event and I really appreciate the support that we were given over the past week.

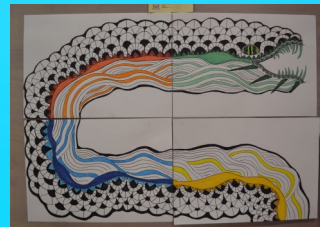
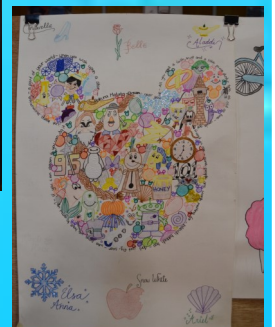
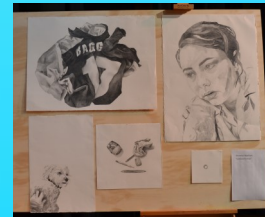
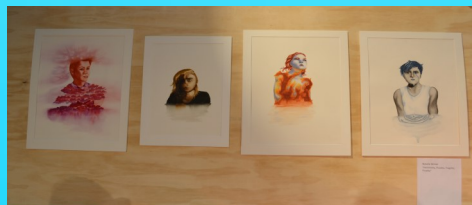
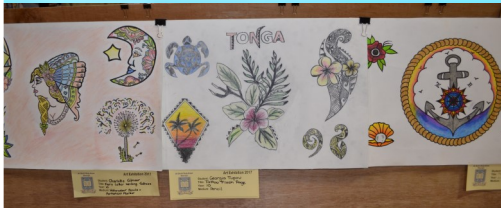
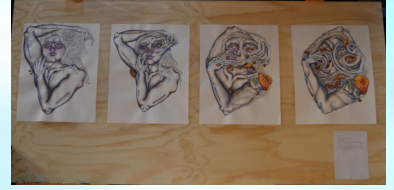
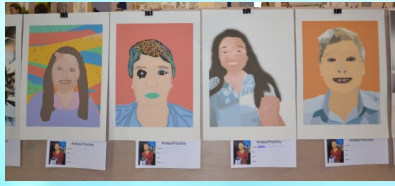
Lastly, I would like to give a massive thank you to my Art Teachers, Luke Beezley, Felicity Howard, Alison Pateman, Edward Leonard and Gill Fox. You are the people who sweated it out beside me for 3 very long days hanging, sorting, carting, labelling, chasing and dismantling. Thank you so much for the hard work that you have done and all that you do to nurture the creativity that exists in our community.

That's a wrap for 2017 !!

**Miss Sarah Adams**  
**Leader of Pedagogy – Creative Arts and Languages**  
**(Acting )**



# Archipaul Winner 2017 Abby Liu – Self Portrait



Miss Sarah Adams  
Leader of Pedagogy –  
Creative Arts and Languages (Acting)



# Year 12 Drama



**HSC Drama Performance Exams** were held last week and I congratulate the Year 12 students for their outstanding effort in completing these exams. The day began with students performing in their HSC Groups in 8 – 12 minute self-devised performances. Following the groups, students undertaking the Individual Performance Elective completed their performances of 6 – 8 minutes each. All students performed admirably. I would like to commend Year 12 for their support of each other on this day and for their willingness to take risks in their work. I also would like to congratulate Years 9 – 11 Drama students who acted as excellent audience members. **Byron Boyland** of Year 11 did an excellent job of being our sound and lighting technician and I thank all staff and students who assisted in making this HSC day a success. Congratulations Year 12 Drama!



*Zoe, Redi and Matt anticipate the day ahead!*



*Luci Tolhurst prepares for her performance of Mozart and The Whale*



*Redi Tome rehearses for She's Dead*



*Natalie, Hayden, Sophie and Jordan in Cultured Silence*



*Brooke, Zoe, Bronwyn and Colleen in Caged*



*Byron and Kiara (Year 11 Drama) await the next performance*



*Daniel prepares for his Group Performance - Lessons*



*Sophie killing time in the Drama room!*

**Mrs Cathy O’Gorman**  
Drama Teacher



## Display of 2017 Major Projects

### Industrial Technology – Timber Products & Furniture Technologies



**Bailey Bliim**

**WORKBENCH**

Built from Australian Blackbutt and Meranti



**Ryan Davis**

**ALFRESCO LOUNGE**

Built from Pacific Maple



**Jordan Elliott**

**BEDSIDE TABLE**

Built from  
Tasmanian Oak



**Samuel Field**

**CABINET**

Built from New Guinea Walnut



**Samuel Hickey**

**FISH TANK STAND**

Built from Tasmanian Oak,  
Merbau & Radiata Pine



**Jack Kehoe**

**HALL STAND**

Built from Tasmanian Oak & Merbau Inlay



**Matthew Maloney**

**DESK**

Built from Jarrah & Radiata Pine



**Zachary Mustard**

**PARK ROCKER CHAIR**

Built from Merbau



**Logan Olive**

**TOOL BOX & STAND**

Built from Tasmanian Oak & Merbau



**Zachary Palmer**

**ENTERTAINMENT UNIT**

Built from Tasmanian Oak



**Joshua Pidutti**

**CABINET**

Built from Tasmanian Oak



**Benjamin Potter**

**TELEVISION CABINET**

Built from Jarrah & Tasmanian Oak



**Emily Tudehope**

**TALLBOY DRESSER**

Built from Spotted Gum,  
Australian Red Cedar & Tasmanian Oak

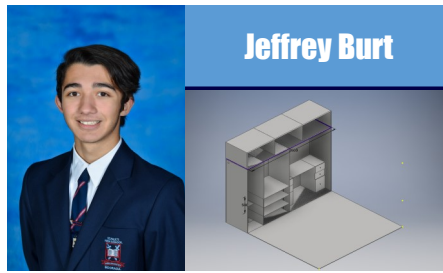
## Display of 2017 Major Projects

### Design and Technology



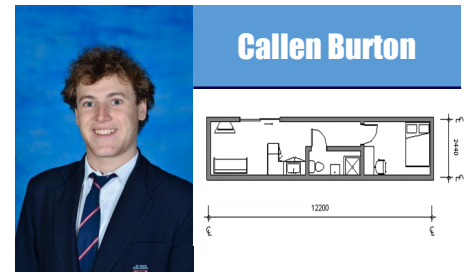
**Flynn Balin**

Resource Efficient House



**Jeffrey Burt**

In Built Wardrobe Storage Re-Design



**Callen Burton**

Shipping Container House Interior Design



**Mitchell Dyett**

Gaming Console Table



**Lachlan Groen**

Panel Van  
Interior Refurbishment



**Kye Jackson**

Adjustable Coilover  
Suspension System



**Zachary Kennedy**

Second Story Entertainment Living Area



**Jake Trethowan**

Workplace System -Environment Redesign



**Emily Tudehope**

Sustainable University  
Accommodation

*Congratulations and well done to all students on the successful completion of their Major Project and Portfolio in 2017.*

*The Major Project was completed in 72 hours of class time. The Portfolio was an additional 40 hours of work.*

**Mr Mark Redman**  
**Leader of Pedagogy—TAS**



## Hospitality News

Term 3 has been a busy term for the hospitality department.

The Jewel Café has been open for breakfast for staff and senior students each Thursday morning of this term as usual. As part of their Hospitality course, our Year 12 students help run the Jewel Café by coming in early (7.15am) to set up the café, serve our staff and students, make the hot and cold beverages and prepare the food, and clean up at the end of the café period. The Jewel Café is a highlight of the week for many of our staff and students. The Jewel Café is open Thursday mornings from 7.30am until 8.45am.

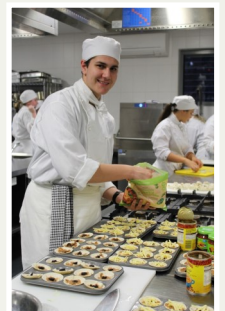
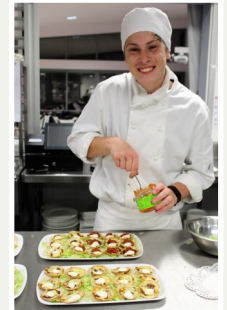
Also this term our Year 12 Hospitality students came in early to prepare a special breakfast for their chosen teachers. Teachers were invited to breakfast by the students and were served two freshly poached eggs with ham topped with a hollandaise sauce. The students enjoy this opportunity to prepare breakfast for their favourite teacher.

Our Year 11 Hospitality students prepared their first large function for the school during Week 7. Students started during normal lesson time preparing food for the Archipaul evening, and then remained back after school to finish preparing the delicious finger food that was served on the night. The teachers were very proud of the students. They prepared some delicious food for the evening and did so with a very mature approach and good spirit in what was a very long day for staff and students alike. We received some very positive comments about the food served at the event.

Some of the finger food prepared by our students included delicious arancini balls, beef bourguignon pies with mushy peas, marinated lemon, honey and ginger chicken skewers, mini Mexican tortilla bites, spinach and cheese pinwheels, chicken and bacon bites, saucy Asian meatballs, followed by chocolate and caramel brownie bites and lemon meringue tarts to finish.

Our final event for this term will be the Year 12 farewell, when we prepare morning tea for the outgoing Year 12 students and their guests.

**Mrs Janine Turton**  
**Hospitality Assistant**







## Wellbeing and Balance – A Career Perspective

### What contributes to wellbeing?

Much is written in the news, on social media and in magazines about wellbeing and “work-life balance”. In a recent article by Seek ([Defining Work-life balance](#)), it was claimed that 1 in 2 Australians are unhappy with their work-life balance. When you think about wellbeing in a simple sense, there are a number of things that we can plan to do every day, whether we are busy teenagers or parents:

1. doing things you enjoy;
2. getting enough sleep;
3. eating well;
4. having time for rejuvenation – relaxing; and
5. connecting with others.



If there is not enough time for these things in daily living, it may be time to make choices to take some things out of your busy life! How does this relate to career decisions at school?

### Follow your strengths

Career decisions are life decisions. When making choices about subject electives in the middle school, senior subjects in your career plan, or tertiary courses for your UAC application, consider how well school subjects, or tertiary courses will link to your strengths – the things you are good at and you enjoy doing. Career and job choices don't just link to subjects you do well at in school, but also to your interests, part-time jobs and extra-curricular and family activities. A passion for online shopping could lead to a career in marketing and business, an interest in reading and film to a Bachelor of Arts, a love of plants to marine biology or health science!

### Consider your commitments

Over-commitment with sport and cultural activities, and long hours of part-time work will detract from your academic work. Your plan in Year 10, and your plan for tertiary study are not just about subjects and courses. If you plan to work substantial hours in a job after Year 12, consider studying part-time. If you are still at school and thinking about more than 8-10 hours per week - think again! Australian research indicates that working up to 5 hours per week can actually mean higher school results, but more than 10 hours, and school results will take a dive! (Anlezark and Lin 2011)

### Yr. 12 -UAC 2017 Seminars

These seminars were held at St Paul's in Wk. 6 – 24th August. Students were issued with their 2016 UAC Guides and a presentation on how to use them followed the talks. A student ambassador from the University of Newcastle spoke to Yr. 12 on university life and the opportunities that lay ahead of them. Students were to be commended on their preparation and thought provoking questions within these sessions.



### Careers Advisory Service

[www.cas.det.nsw.edu.au](http://www.cas.det.nsw.edu.au)

This website provides access to the Careers Advisory Service, an annual initiative which gives students and their families or caregivers up to date information about the range of relevant career and study options available following the release of the Higher School Certificate results by the NSW Board of Studies Teacher Educational Standards (BOSTES).

The Careers Advisory Service complements the services provided by NESA the NSW Educational Standards Authority, The Universities Admissions Centre, TAFE NSW, universities and other providers.

A feature of this website is 'Post School Options'. This section supports students to consider their options. It may also be used by a parent, carer, teacher or mentor who is helping a school leaver with his or her decision making.

After completing their research, school leavers accessing this website in December are encouraged to take advantage of the phone in or email service to discuss their options/decisions with a qualified careers adviser from the Careers Advisory Service.





## RSA/RCG Courses 2017

(Responsible Service of Alcohol /Responsible Conduct in Gaming.)

### Yr12 Reminder- Register your interest NOW!

### Register before 18<sup>th</sup> September

I have booked these courses to run over two days 14<sup>th</sup> and 15<sup>th</sup> November 2017 for Yr12 Students only. Student information was distributed last week. The courses will be delivered by the BARMAX Group. If you missed out on this information, please see me in the Careers Office.



### Important Dates for Term 3

|                   |  |
|-------------------|--|
| 2 August 2017     | applications open                                      |
| 31 August 2017    | August Round 1 offers released                         |
| 14 September 2017 | September Round 1 offers released                      |
| 28 September 2017 | September Round 2 offers released                      |
| 29 September 2017 | on-time closing date for applications                  |
| 12 October 2017   | October Round 1 offers released                        |
| 26 October 2017   | October Round 2 offers released                        |
| 16 November 2017  | November Round 1 (SRS) offers released                 |
| 23 November 2017  | November Round 2 offers released                       |
| 7 December 2017   | December Round 1 offers released                       |
| 15 December 2017  | ATARs released   |
| 17 December 2017  | change of preference closing date for December Round 2 |
| 21 December 2017  | December Round 2 offers released                       |
| 3 January 2018    | change of preference closing date for January Round 1  |
| 12 January 2018   | January Round 1 offers released                        |
| 24 January 2018   | change of preference closing date for January Round 2  |
| 31 January 2018   | January Round 2 offers released                        |
| 8 February 2018   | February Round 1 offers released                       |
| 15 February 2018  | February Round 2 offers released                       |

### Dream Jobs You Never Knew Existed

#### Voice Actor:

**Duties:** Unlike regular actors who require outstanding body gestures and facial expressions, voice actors visualise an animated character by their voice. One important thing to note is that they never appear on camera, so they can show up in whatever suits them. Pyjamas, Onesies, Suits, Night gowns. Anything we can think of as long as our vocal cords are functioning.

**Salary:** Voice actors earn around \$40,000 a year. The salary is dependent on experience which an entry level voice actor is expected to earn \$25,000 a year while an experienced one can earn over \$100,000.

**Example:** Tom Kenny. You might not know his name but you must have definitely heard his voice. Tom Kenny is the voice actor of the title character Spongebob in the Spongebob SquarePants TV series and films.



#### Casual Positions/Employment Links:

These are ready to view on the school site MN Live, go to News & Events and click on Student News. These are also emailed to students in Yrs. 10-12 through their school email accounts.

**Mr Craig McLoughlin**  
**Leader of Pedagogy—Vocational Education/Careers**



## All About Awabakal



### The Great Book Swap

During the week of 19th –26th August St Pauls High School gathered in the Library to support The Great Book Swap. Students and staff swapped and donated their books in support of Indigenous Literacy.

All the donations were calculated and St Paul's High school raised a total of \$225.

A big thank you to everyone who donated and the Library staff for setting up this great event. All money will be sent to Indigenous Literacy Foundation so they may purchase books for Indigenous communities.



**Mankillikan Local AECG**

We would like to invite you to our next meeting to have a cuppa and a chat.

Wednesday 6th September, 2017, 4pm.

Nikinpa Aboriginal Family & Child Care Centre  
9/13 Beckley St, Toronto NSW 2283  
Phone: (02) 4979 2400  
RSVP to Toni Heard 0407 706 748



*Miss Astro Stewart*  
**Aboriginal Liaison Officer**

## Library News



### We are supporting the Australian Reading Hour

The idea is simple.

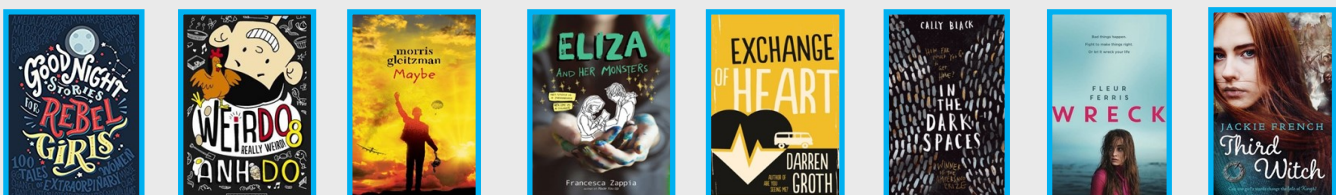
On Thursday September 14 2017, stop what you're doing for one hour and pick up a book.

We want you to either rediscover or introduce yourself to the benefits of reading.

In children, it has been shown to help with identity formation and setting them up for success in the future.

In adults, it has been shown to reduce stress by 68% more than listening to music, going for a walk, or having a cup of tea.

We have some great new books to spark your imagination and take you to worlds other than your own.



*Mrs Kerri Beezley*  
**Teacher Librarian**



## Diocesan Athletics

St Paul's recently sent 80 students to represent the school at the Diocesan Athletics carnival at the Hunter Sports Centre, Glendale. The students enjoyed the sunny conditions and competed with great spirit, achieving some excellent results. The day was capped off with a convincing win by our senior girls relay team.

The following students have progressed to the NSW CCC Championships on 15 September in Homebush:

| Age Group      | Student         | Events                          |
|----------------|-----------------|---------------------------------|
| 12 Years Girls | Jorja Brown     | Javelin                         |
| 13 Years Girls | Ruby Wills      | High Jump                       |
| 14 Years Girls | Charlotte Pratt | 100m, 200m                      |
| 14 Years Boys  | Brock Steele    | 100m                            |
| 15 Years Girls | Grace Shrume    | High Jump                       |
| 16 Years Girls | Amber Kelly     | 100m, 200m                      |
| 16 Years Girls | Dakota Thomas   | 100m ,200m, Long Jump, Shot Put |
| 17 Years Boys  | Kendyll Fahey   | 200m, High Jump                 |
| 17 Years Girls | Chelsea Goodhew | 1500m                           |
| 17 Years Boys  | Tom Webster     | 200m, Shot Put                  |
| 17 Years Boys  | Anton Fenech    | 100m, 400m                      |

A number of other students will also be added to the Diocesan relay teams.



Our winning Senior Girls Relay team:

**Charlotte Pratt, Dakota Thomas, Amber Kelly and Georgia Tupou**

**Mr Nick Moroney & Miss Darlene Ellis**  
**Team Managers**

## St Paul's Vietnam Immersion 2018

Are you up for a challenge? St Paul's will be organising another Vietnam Immersion program from 5<sup>th</sup> October to 20<sup>th</sup> October 2018 for students **presently** in Years 9 -10.

The Vietnam Immersion experience is intended to **challenge** students physically, and to expand student knowledge and cultural awareness - but it can also be emotionally challenging.

Students will need to commit to several days of a **social justice program** of assisting others less fortunate than themselves, and to **trek** with a backpack for three days into a hill-tribe ethnic community village. There are several **home-stays** where you will stay with local villagers (but all students will be together within the village). You will also need to be able to **cycle and swim**. The program of travel planned will require the students to work and travel as a team member for 16 days and cost will be just over \$4120 plus a small school levy towards gratuities, airport transfer and travel shirt.

Want to know more? There will be a parent meeting in Week 8 to gauge interest among students. An itinerary will be distributed at this meeting. Although Mr Wilson has retired from organisation, several other experienced teachers will be leading the school team. Still curious? Check out some of the school adventures by logging onto [www.facebook.com/VietnamSchoolTours](http://www.facebook.com/VietnamSchoolTours)

**Parent Information Evening will be held 6pm – 7pm Wednesday 6<sup>th</sup> September.**

**The location will be the Damascus Centre ( ground floor) St Paul's High School**



**Mr Ross Wilson**

**Opening Hours for Payments to the Finance Office**

**Parents:** come to Reception from 8.30am to 2.30pm  
**Students:** mornings from 8.30am until tutor group bell  
 all of recess time and all of lunch time

**School Fee Payments**

1. Qkr
2. BPay *through your own home banking via the Internet*
3. Eftpos **Minimum payment \$10**
4. Cheque
5. Cash

**Excursion Payments**

1. Qkr
2. Eftpos **Minimum payment \$10**
3. Cheque
4. Cash

**QKR is a great way to pay fees and excursions**



**For more information about QKR visit our website**

[www.booragul.catholic.edu.au](http://www.booragul.catholic.edu.au)

For your convenience, when paying for excursions the new Qkr! app is now live for families of our students. Qkr! by MasterCard can be downloaded for free from Apple's app store for iPhones, iPad users can also download the iPhone app or from Google Play for Android phones. Simply:

**Step 1 Download Qkr!**

on your Android phone or iPhone. iPad users can download iPhone app



**Step 2 Register**

Select your Country of Residence as 'Australia' and follow the steps to register

**Step 3 Find our school**

Scan the QR code or search for our school name. Our school will also appear in "Locations Nearby" if you are within 4kms of the school

**Step 4 Register your children**

When first accessing your school menu, you will be prompted to register your child. This allows you to make school orders on their behalf.

**Excursions Coming Up .....**

Please **pay for all excursions by the due date written on the excursion notes** which are sent home with your child. This date is important as excursion costing is calculated on the number of students who should be attending that particular event. Venues and buses have to be paid when the booking is first made. Your understanding of this would be very much appreciated.



| Year | Subject                 | Date        | Venue                               | Cost                    | Money Due    |
|------|-------------------------|-------------|-------------------------------------|-------------------------|--------------|
| 11   | Year 11 Ski Trip        | 15-17 Sept  | Perisher Valley                     | Various                 |              |
| 12   | Year 12 Graduation Ball | 17 November | NEX Wests City Club, Newcastle West | Deposit \$30 per person | 23 September |

Please let the School know if you change your email address. School Accounts & Receipts are sent via email.

**Mrs Betty Harris**  
**Finance Officer**  
[finance@booragul.catholic.edu.au](mailto:finance@booragul.catholic.edu.au)





# Canteen Roster



## Monday 11 — Friday 15 September

|       |  |
|-------|--|
| Mon   | Karen Lee, Kath Edwards                              |
| Tues  | Vicki Blundell, Maree Adams                          |
| Wed   | Dianne Fennell-Fraser, Christine Forrester           |
| Thurs | Kim McManus-Smith, Rochelle Loveday, Nadine Steenson |
| Fri   | Julie Lerch, Anne Negline                            |

## Monday 18 — Friday 22 September

|       |   |
|-------|---|
| Mon   | Susan Noonan, Fiona Wood                    |
| Tues  | Amanda Holt, Janelle Haggerston             |
| Wed   | Joanne Bower, Pamela Amos, Karen Gilmore    |
| Thurs | Michelle Hall, Kylie Smith, Sharon Roberts  |
| Fri   | Leanne Maher, Michele Phippen, Cathy Feenan |

**Canteen Supervisor:** Carolyn Phone - 4946 3115

**Canteen Hours:** 9.00am to 2.30pm

If you are unable to come on your day, please try to arrange a swap or contact Carolyn.

Please be aware that the events and dates listed on this school calendar are subject to change. Please check regularly.

|                | Term  | 3 2017   |
|----------------|---|--|
| <b>Week 8</b>  | Wed 6 Sept<br>Thurs 7 Sept  | Yr 12 Hospitality Luncheon<br>Vietnam Info Evening 6-7pm<br>Yr 8 Reflection Day                  |
| <b>Week 9</b>  | Mon 11-14 Sept<br>Tue 12 Sept<br>Wed 13 Sept<br>Thurs 15 Sept<br>15-17 Sept | Yr 11 Exams continued<br>Young Leaders Mass<br>Crazy Sock Day<br>CCC Athletics<br>Yr 11 Ski Trip |
| <b>Week 10</b> | Mon 18 Sept<br>Wed 20 Sept<br>Thur 21 Sept<br>Fri 22 Sept                   | Yr 11 Only Pupil Free Day<br>Yr 12 Grad Mass<br>Yr 12 Final Assembly<br>Last Day of Term 3       |

# AUROZA

Aurora - the magazine of the Maitland-Newcastle Diocese is available in The Newcastle Herald or online.

Look out for it on the first Wednesday of every month or via the below link.

<https://www.mn.catholic.org.au/news-events/aurora/>

## When Leaving School Early Leaving school without Parent/Guardian:

If students are leaving school early they must bring a note from their parent/guardian to leave class early. The note should be shown to the class teacher to be dismissed from the class.

The student must then go the Front Office, hand in the note and swipe out.

## Leaving school early with Parent/Guardian:

If students are leaving school early during class time with their Parent/Guardian they must bring a note from the parent/guardian (as Students may not be contactable e.g on PE Prac or in a class room without a phone)

The note should be shown to the class teacher to be dismissed from the class.

The student must then go the Front Office, to meet their Parent/Guardian.

A note is not necessary if leaving with a Parent/Guardian at recess or lunch.

Please beware of speed limit when using the school driveway.

Also, when buses are arriving/ departing, please drop off / pick up students outside the front gate.



## Panadol

Panadol is **not available** from the Office. If you think your child may need any - students may bring their own and keep in their bag.



# SPRING SALE

**ALL ITEMS 50% OFF THE MARKED PRICE**  
(excluding blazers)



**That includes:**

- Most shirts down from \$10 to \$5**
- Most shorts down from \$10 to \$5**
- Most blouses down from \$10 to \$5**
- Most sports shirts down from \$10 to \$5**
- Most sports shorts down from \$10 to \$5**
- Most track jackets down from \$10 to \$5**
- Most track pants down from \$10 to \$5**

**FOR THE MONTH OF  
SEPTEMBER ONLY**

**If you have consignment items at the clothing pool and do not want them included in this sale, you must forward your details to the clothing pool before 31<sup>st</sup> August 2017.**

**Please note:**

**sale ONLY during standard clothing pool opening times**

**Tuesdays and Thursdays**

**8.30am – 9.30am**

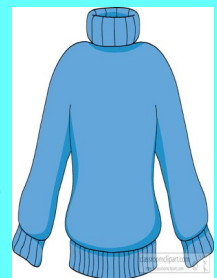
**Absolutely no items available at any other time.**

## **LOST AND FOUND SCHOOL JUMPERS / JACKETS / CLOTHING ITEMS**



**We have many items of clothing in our Student Services area waiting for collection.**

**Please come and see if you belong to any of these items, otherwise they will be donated to the Clothing Pool at the end of Term.**





Monday, August 28, 2017

Mr Graeme Selmes  
Principal  
St Pauls High School  
Primrose Street  
Booragul NSW 2284  
[admin@booragul.catholic.edu.au](mailto:admin@booragul.catholic.edu.au)

Dear Graeme,

Hunter Valley Buses (HVB) would like to inform you of a service change. HVB have reviewed services in the Cameron Park Area.

We are pleased to announce from Monday 11 September 2017 new school service routes 6150 & 6151. This new trip will be used to support loadings on 6292 & 6291. Students travelling to/from the Cameron Park area will be required to check their routes and times for travel. Students boarding in Sedgewick, Harper & Neilson Streets Edgeworth will also be required to check travel options.

We will endeavor to notify traveling students and have attached a copy of your school advice with the amended changes. If your school could please notify students/parents it would be greatly appreciated. Thank you in advance for your assistance and if you require further information please contact our Edgeworth Depot on 4958 2057.

Kind regards,  
Customer Service  
Hunter Valley Buses



Edgeworth School Advice – St Pauls Catholic HS

| MORNING |       |      |   |
|---------|-------|------|---|
| Shift   | Route | Time | Directions  |
|         | 267   | 7:27 | Seahampton to Barnsley Shops: Via Fourth, L> Seventh, L> Fifth, L> George Booth, 7:32 West Wallsend R> Carrington, L> Withers, R> Appletree, R> Elizabeth, L> Mary, L> George, 7:38 Holmesville R> Appletree, L> Johnson, R> Government, L> Northville, Barnsley Shops transfer to Route 6266 to School see details below   |
| 262     | 6266  | 7:05 | Killingworth to St Paul's Catholic High: Via Oakville, R Harris, L Peatmoss, R Hilldale, L Flamingo, R Elanet, L Northlakes Dr, Constitution Drive, L Jupiter, L Araminta, R Julindur, L Northlakes, R Minmi, L Main Edgeworth Shops, L Neilson, L Harper, R Sedgewick, L> Minmi, R> Main, 7:30 Edgeworth L> Northville, L> Wakefield, R> The Broadway, 7:44 Killingworth, L> Stephenson, R> Park, R> The Boulevard, R> The Broadway, L> Wakefield, R> Northville, 7:51 Barnsley Shops collect pax from 267 turn at roundabout, via Northville, L> Wakefield, L> Miller, Macquarie, L> Toronto, R> Enterprise, L> Hayden Brook, L> Primrose to School |
| 242     | 6226  | 7:45 | West Wallsend & Edgeworth to St Paul's Catholic High: Via Carrington, L Withers, R George Booth, L Durham, L Dunbar, L George Booth, Main, R Suttor, L Garth, R Main, R> Lake, TC Frith, Five Islands, L Rens, R Ranclaud, R Primrose to School   |
| 270     | 6292  | 8:00 | Cameron Park (South) to St Pauls Catholic High: Via Oakville, R Harris, L Northlakes, L Elanet, L Flamingo, R Hilldale, L Oakville, R Minmi, L Main, R Frederick, R Lake, T C Frith Ave, Five Islands, L Rens, R Ranclaud, R Primrose to School   |
| 292     | 6150  | 7:54 | Cameron Park (North) to St Pauls Catholic High<br>Constitution, L Jupiter, L Araminta, R Julindur, L Northlakes, R Minmi, L Sedgewick – 8:07 - L Harper, R Neilson, L Main, R Fredrick, R Lake, TC Frith, Five Islands, L Rens, R Ranclaud, R Primrose, R into St Pauls   |

| AFTERNOON |       |      |   |
|-----------|-------|------|---|
| Shift     | Route | Time | Directions  |
| 262       | 6187  | 3:20 | St Paul's Catholic High to Seahampton – Edgeworth:<br>via Primrose, L> Hayden Brook, L> Marmong, L> Rens, L> Toronto, R> Macquarie, R> Miller, R> Wakefield, L> The Broadway, Killingworth The Broadway, L> Stephenson, R> Park, R> The Boulevard, R> The Broadway, L> Wakefield, R> Northville, L> George Booth, Holmesville L> Government, R> Seaham, L> Appletree, R> George, R> Mary, R> Elizabeth, L> Appletree, L> Withers, West Wallsend L> Powell, Teralba, R> Wallsend, L> Brown, L> Withers, R> Carrington, L> George Booth, Seahampton R> Fourth, L> Seventh, L> Fifth, L> George Booth, Edgeworth Main, L> Minmi, R> Sedgewick, L> Harper, R> Neilson |
| 272       | 6289  | 3:20 | St Paul's Catholic High to Edgeworth & West Wallsend:<br>Via Primrose, L> Hayden Brook, L> Marmong, L> First, R> Five Islands, TC Frith, Lake, Edgeworth L Main, Durham, L Dunbar, L George Booth, Main, R Suttor, L Garth, L Main, George Booth, L Withers, R Carrington   |
| 270       | 6291  | 3:20 | St Paul's Catholic High to Cameron Park (South)<br>via Primrose, L> Hayden Brook, L> Marmong, R> Fourth, L> First, R> Five Islands, TC Frith, Lake, L> Frederick, Edgeworth L> Main, R> Minmi, L> Oakville, R> Harris, Cameron Park L> Northlakes, turn at roundabout, via Northlakes, L> Julindur, L> Araminta, R> Jupiter, R> Constitution, Northlakes, Elanet, L> Flamingo, R> Hilldale, L> Oakville, R> Minmi   |
| 292       | 6151  | 3:20 | St Paul's Catholic High to Cameron Park (North)<br>via Primrose, L Hayden Brook, L Marmong, R Fourth, L First, R Five Islands, TC Frith, Lake, L Frederick, L Main, R Neilson, L Harper, R Sedgewick, R Minmi, L Northlakes, Constitution, L Jupiter, L Araminta, R Julindur  |

## ASPIRE HOLIDAY WORKSHOPS REGISTRATION

---

Workshop Name: \_\_\_\_\_

Date/s of Workshop: \_\_\_\_\_

Student's Name: \_\_\_\_\_

Student's Age: \_\_\_\_\_ Year: \_\_\_\_\_

School: \_\_\_\_\_

Home Address: \_\_\_\_\_

Email: \_\_\_\_\_

Contact for  
Correspondence: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Medicare No.: \_\_\_\_\_

Allergies/Medical  
Conditions: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Carer)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Student)

Please complete and return to  
Anne Atkins, Administrative Assistant,  
Catholic Schools Office, Newcastle  
as soon as possible via fax (02) 4979-1295 or email:  
[anne.atkins@mn.catholic.edu.au](mailto:anne.atkins@mn.catholic.edu.au)



## ASPIRE HOLIDAY WORKHOPS

SEPTEMBER 2017

### 48 HOUR PERFORMANCE PROJECT YEARS 5 – 9

Tuesday 26 September 2017  
and  
Wednesday 27 September 2017

San Clemente High School, Mayfield

10.00 am - 4.00 pm

Course Cost: \$160.00 per student

To reserve your place please complete the attached Registration Form. If you have any queries please call Anne Atkins on (02) 4979-1331 or email: [anne.atkins@mn.catholic.edu.au](mailto:anne.atkins@mn.catholic.edu.au)

## ASPIRE HOLIDAY WORKHOPS

SEPTEMBER 2017

### MONOLOGUE PREPARATIONS YEARS 10-11

Thursday 28 September 2017

San Clemente High School, Mayfield

10.00 am - 4.00 pm

Course Cost: \$80.00 per student

To reserve your place please complete the attached Registration Form. If you have any queries please call Anne Atkins on (02) 4979-1331 or email: [anne.atkins@mn.catholic.edu.au](mailto:anne.atkins@mn.catholic.edu.au)

Over this two-day workshop program you will work collaboratively to create a short performance piece for family and friends. You can register as a dancer, actor, musician or vocalist and will work on your chosen discipline for the first day and come together on the second to pull the performance together.

As well as learning lots of new techniques and developing existing skills in your chosen discipline you will meet like-minded performers and above all have a massive amount of fun. It's a great introduction to ASPIRE and the kind of work we do.

Whether you have been in the ASPIRE production before or whether this is your first time working with us, this promises to be a fantastic opportunity to get creative and develop your performance skills in a safe open environment.



Working with ASPIRE's artistic director, Anna Kerrigan, this is a great opportunity to get ahead of the game and spend a day focused on performing solo. The morning session will look at you the actor, focusing on voice and movement skills before dissecting a text together, discussing the actors approach to script analysis. The afternoon session will be geared towards writing a monologue, Anna will take you through her own writing process using themes suggested by the group. Anna invites students to bring monologues they are interested in with them or ideas they would like to develop along to the workshop.



### Senior Theatre Makers Ensemble

Tuesday 10 October 2017—Tuesday 12 December 2017

St Pius X High School, Adamstown

5.00 pm - 7.00 pm

Years 9-11

Course Cost: \$125 (scholarships are available for those in financial need)

To reserve your place please call Anne Atkins on (02) 4979-1331 or [anne.atkins@mn.catholic.edu.au](mailto:anne.atkins@mn.catholic.edu.au)

This new initiative from ASPIRE is all about the devising process. There are many different approaches to creating theatre and each week we'll look at a different approach through a series of practical exercises.

Participants will be encouraged to evaluate their work and develop their own theatrical language. As part of the program participants will also develop their acting skills and be challenged to keep experimenting with their voice and physicality. It's perfect for anyone studying, or thinking of studying HSC drama, as well as anyone who loves theatre and wants to learn more with like-minded peers.

The group will be lead by ASPIRE's Artistic Director, Anna Kerrigan and throughout the program we will welcome a series of guest presenters who will share some of their knowledge and experience with the group.



### Applications for Mental Health Youth Reference Group NOW OPEN

The Bright Minds Mental Health project is back!

If you are interested and enthusiastic about increasing awareness and education on youth mental health and suicide prevention in the Lake Mac region please contact Dayle Fogarty from CALM for an application form.

[brightminds@calm.org.au](mailto:brightminds@calm.org.au) / 02 4950 3888 /  Bright Minds Project

Enjoy **FREE** delivery and a **BONUS \$10 Woolworths WISH eGift Card** when you support our **entertainment fundraiser!**







## Would You and Your Family Like To Get Healthier?

**Back2Basics Family** is an online program aimed at getting children and their families healthier! Participating in the program is **free** and your family may receive 2 online face-to-face consultations with an Accredited Practising Dietitian, plus 3 months online resources including free subscriptions to our Nutrition website custom-design for families and a Facebook support group exclusively for program participants only.

Your family can participate in the program, if:

- ✓ You have access to the internet via a smartphone, tablet, laptop, or computer
- ✓ You have a child aged 4–11 years (before 12<sup>th</sup> birthday)
- ✓ At least one parent or carer is willing to participate in the program
- ✓ You are able to attend appointments in either Newcastle/ Tamworth/ Armidale

Register your interest at  
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Wondering if your family can participate? Ask us today or fill in our online form at above link!  
**For more information contact Li Chai at [b2bfamily@newcastle.edu.au](mailto:b2bfamily@newcastle.edu.au) or 4921 5355**

This project has been approved by the Hunter New England Human Research Ethics Committee, Approval No. 16/07/20/4.04 and the University of Newcastle Human Research Ethics Committee, Approval No. H-2016-0329.

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