



Photo by Andy Warren

7 March 2018 Vol: 03-18

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

In the news over the past few weeks, there has been a number of articles and campaigns referring to Cyber-Bullying. This recent push by concerned politicians and other officials has come about due to the tragic death of 14-year-old Amy 'Dolly' Everett who, as a young girl was the face of an Akubra Hats marketing campaign. Sadly, it would appear that Amy took her own life as a result of bullying, particularly via Cyberspace.

Bullying in any form is a real issue. In my experience, Catholic schools are not immune but for many years they have been working with students and families to work for solutions to this insidious issue. In saying that, there is more that we can do and I know that all teachers work tirelessly to support all students as they navigate the difficulties of adolescence and early adulthood.



The reality is that bullying is something that is prevalent in all domains in society. I often reflect on a statement from my own daughter when she was 18. She came home from her part time job at the local RSL club and said "Dad, you would be amazed by the amount of bullying behaviours and comments that happen where I work." I foolishly suggested that the other 18 to 20 years old employees working behind the bar would be who my daughter was referring to. My daughter relied, "No... it's the older staff in their 50's. You should hear how they gossip and make snide and disgusting comments about people and the way they belittle people both staff and guests."

I watch the ad campaigns for some of the reality TV programs currently being broadcast. They seem to revel in conflict and commentary that is belittling and negative. "Fat, stupid, jealous of us.... What is with those lips?....He is so dumb...." The celebration of these putdowns astounds me. The real irony is that the same TV station in their morning show gets on the band wagon and starts to promote the fact that they are "Anti-Bullying" but at the next ad break, they promote the bullying behaviours of the contestants on their reality TV show.

Prime-Minister Malcom Turnbull has written to all school principals in the country urging them to join the fight against bullying. In the letter, Turnbull said he was "profoundly affected by the death of teenager Dolly Everett and implored the principals to launch anti-bullying education programmes." Turnbull suggested a number of ways in the letter to educate children about bullying, including conferences where children promise to "make their school free from bullying". "While school and educators have a key role to play in tackling bullying, we also know the important role parents and families play" he wrote.

We at St Paul's have always worked hard to make our school a safe environment where respect for one another is the cornerstone of who we are. When we know about issues, we respond. However, in many cases, there are no easy fixes. Some of these conflicts between students have been part of their lives from early primary school and trying to unpack years of frustration and distrust is almost impossible. I would love the Prime-Minister to spend a week in a school to witness first-hand the efforts that we make and the difficulties we face in finding a just and reasonable response to some of these issues between young people. In saying that, we will always work hard to make our school the best environment it can be for all in our community.

I have included some information for you to look at from the *Office of the eSafety*

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Commissioner, the Federal Government organisation who are charged with working with communities in regard to online safety. I commend the website to you. There is a great deal of excellent information that will assist you when you are having conversations with your children about all matters online. <https://www.esafety.gov.au/esafety-information/esafety-issues/cyberbullying> (downloaded 5 March 2018)

What does cyberbullying look like?

Cyberbullying can occur in many ways, including:

- abusive texts and emails
- hurtful messages, images or videos
- imitating others online
- excluding others online
- humiliating others online
- nasty online gossip and chat



I am being cyberbullied—how do I stop it?

- talk to someone you trust straight away—like a parent, sibling, uncle/aunt, teacher or friend, or contact Kids Helpline
- don't retaliate or respond—they might use it against you
- block the bully and change your privacy settings
- report the abuse to the service and get others to do as well
- collect the evidence—keep mobile phone messages, take screen shots and print emails or social networking conversations
- do something you enjoy—catch-up with friends, listen to good music, watch a good show or chat online to people you can trust
- remember you didn't ask for this—nobody deserves to be bullied and you will get through this

What if the cyberbullying material is still there?

1. Report the cyberbullying material to the social media service it happened on

Social media services should remove cyberbullying material that is reported to them. Most social media services have a reporting area on their website. Our [Social media safety centres](#) page also provides information about how to report material on various services.

2. Collect evidence of the cyberbullying material

Depending on where the cyberbullying material is posted, you might need to do this first, before you report it to the site. A simple way to collect evidence is taking a photo or screenshot of the material. If you submit a complaint to us about the cyberbullying material, you will need to provide this evidence.

3. Report cyberbullying to the Office of the Children's eSafety Commissioner

If the social media service fails to remove the material within 48 hours of you reporting it to them, you can [make a complaint](#) to the Office of the Children's eSafety Commissioner.

4. Block the person

We recommend that you block or unfriend the person upsetting you, so they cannot keep upsetting you while the material is being removed.

On a more positive note about the online world, our new website has been launched. <http://www.booragul.catholic.edu.au/> It has a huge amount of quality information about our College including **up-to-date assessment calendars and policy documents**. Over the next few months, we will continue to populate the various sections and update and keep fresh this vital portal that communicates so well with our community. I would like to publically thank Carolyn Hanley from our office who has done a wonderful job developing this new site.

Next Thursday 15th March we will be hosting our first Open Evening. Staff have been busy preparing displays that will showcase all aspects of our school. The evening begins at 4.30pm with information and tours leaving every half hour from the Damascus Centre until 7.30pm. It should be a lovely event that will hopefully result in a greater understanding of our College in our local area as well as increased enrolments for 2019. Further information is on our website.

Our new electronic signs are being erected this week. It is hoped that they will be functioning within the next few days. These modern colour notice boards, one fronting the main road and the other at the main gate will be used to advertise special events, showcase our students and teachers and show that St Paul's Catholic College is the premier education facility on Lake Macquarie.

Go Gently

Mr Graeme Selmes
Principal





St Paul's has a new website!
Please click on link to view

<http://www.booragul.catholic.edu.au/>

St Paul's
Catholic College
Booragul

Uivere Christus Est

"YOU'RE WELCOME HERE,
WHOEVER YOU ARE"
- ST PAUL

OPEN EVENING

THURSDAY 15 MARCH

ST PAUL'S CATHOLIC COLLEGE
PRIMROSE STREET, BOORAGUL

INFORMATION SESSIONS AND TOURS OF
THE COLLEGE FACILITIES

FIRST TOUR COMMENCES
AT 4.30PM THEN ½ HOURLY UNTIL 7.00PM

REFRESHMENTS PROVIDED

Save the
Date

The Year 7-10 Parent Teacher Interviews will be held on 4th April 2018.
An email will be sent when the Parent Portal is available for bookings.

Dear Parent/Carer

NSW Government informed the Diocese on Friday 23 February 2018 on the changes to students' eligibility to receive the HSC Certificate. Students are still required to meet a national minimum standard across the domains of Reading, Writing and Numeracy. The change means that **NAPLAN results will NO LONGER** be the deciding factor whether a student is eligible or not, instead: **'All HSC students will now meet the HSC minimum standard'** (NESA 22/2/18).

Please note, this does not apply to our current Year 10 students. NESA informs us that:

Current Year 10 students, who achieved a Band 8 or above in one or more of the 2017 Year 9 NAPLAN reading, writing or numeracy tests are recognised as having met the HSC minimum standard in that area/s and will not need to sit the corresponding online test/s (NESA 22/2/18)

However, students in Year 10 who are currently working towards meeting this standard, will be provided with the opportunity to sit the online tests on **Friday 16th March 2018**.

In short, the change means that from 2019 **ALL Year 10** will be sitting these Literacy and Numeracy tests. To date, this is the only information we have received, however we will keep you updated if any further details come to hand.

I have provided NESA'S media release for your perusal.

Miss Roisin McVeigh
Assistant Principal – Teaching and Learning



CHANGES TO THE HSC MINIMUM STANDARD

Media Release

22 February 2018

Topic: NAPLAN, HSC

The requirements to meet the HSC Minimum Standard have been simplified under a change announced today by Education Minister Rob Stokes.

Following detailed consultation over the past 12 months, results for Year 9 NAPLAN tests will no longer be linked to the minimum standard of numeracy and literacy for the HSC.

Mr Stokes said that the introduction of a minimum standard to receive the HSC from 2020 was a reform that had widespread support, ensuring all students who receive the HSC have the literacy and numeracy skills needed to succeed in life after school.

However, he recognised the link of this standard to Year 9 NAPLAN tests placed unnecessary pressure on Year 9 students.

"NAPLAN should be a simple check-up, not a major operation. It is one tool used to assess educational progress – not a high stakes test," Mr Stokes said.

"Allowing students to demonstrate the HSC minimum standard early with their Year 9 NAPLAN scores inadvertently transformed NAPLAN into a high stakes test."

Mr Stokes expressed his gratitude to teachers, parents and school communities for their feedback over the past year.

All HSC students will now meet the HSC minimum standard through short online tests in reading, writing and numeracy. Tests can be taken in Years 10, 11 or 12, in a process similar to obtaining the NSW Learner Drivers Licence.

"These tests are available for students to take anytime their teachers think they are ready, removing the stress and protecting the value of the HSC," Mr Stokes said.

NSW Education Standards Authority CEO David de Carvalho supports the change.

"The NSW Government's decision has removed a complicating aspect of the policy that was causing concern about the purpose of NAPLAN," Mr de Carvalho said.

The change does not affect current Year 10 students.

Study Skills

I would encourage all students as part of 'getting organised' in Term 1, to look at this website and see the study resources available to students regardless of which year level they are in. The details are as follows:

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au. Our school's access details are:

School's Username – **stpauls**

School's password – **52success**

Mr James Furey

Assistant Principal—Community & Wellbeing



Smooth Sailing Trail

This year, St Paul's Catholic College will be taking part in a research study for student wellbeing. This voluntary study is being run by the Black Dog Institute, University of New South Wales. As part of this study, students in Year 9 will be invited to answer some questions about their mental health in class time on a private computer. Participation is entirely voluntary. Students will then be given access to an online program developed by the Black Dog Institute called Smooth Sailing. This program provides information and activities to help students cope with worry, stress, and feelings of sadness. Students can use Smooth Sailing in their own time for up to 12-weeks. After using the program for 6 weeks and then 12 weeks, students will be asked to answer questions again. This will help the researchers determine whether the program has been helpful. All students' answers remain confidential and will be stored only at the Black Dog Institute. If a student reports that they are experiencing severe depression or thoughts of suicide during the study, they will be immediately referred to the school counsellor who will then follow usual school protocols. This study will help us to ensure students are being cared for. For more information about this study, visit:

<https://blackdoginstitute.org.au/information-for-parents1>.

If you have any questions or concerns, or **you do not wish** for your child to participate in this study, please contact your School Counsellor, Valerie Huens. Alternatively, you can directly contact the research group with any questions by emailing smoothsailing@blackdog.org.au or calling Dr Bridianne O'Dea on 02 9382 8509.

Mrs Valerie Huens

School Counsellor

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 to Student Reception to 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 to Student Reception, to meet their Parent/Guardian. A note is not necessary if leaving with a Parent/Guardian at recess or lunch.



St Paul's is participating in the 2018 Coles Sports for Schools

Please start collecting your vouchers

There is a box in Student Reception for collection!

Year 7 News

Congratulations to Tutor Group and SRC elected representatives

I would like to congratulate our Year 7 students elected to represent both their Tutor Groups and Student Representative Council. I was delighted to see the number of students who nominated themselves to a position, showing a strong willingness to build and support the new Year 7 community at St Pauls.

Congratulations to **Emily Dixon** and **Joseph Plumridge** our Year 7 SRC members and Tutor Group Representatives **Toby Allan-Ross (7.1)**, **Lachlan Cooper (7.2)**, **Ellarna Gayler (7.3)**, **Sienna Isaac (7.4)**, **Joseph Plumridge (7.5)**, **Jessica Robinson (7.6)**, **Ollie Tabone (7.7)** and **Allannah Wilmen (7.8)**.

Year 7 Information and Cyber Safety Evening

On Wednesday March 28th St Paul's will be hosting an information evening which will be the conclusion of our orientation program for Year 7. On the same evening our ICT team will be presenting information on appropriate and safe use of digital devices within and outside the school grounds.

Year 7 Community Day

On Wednesday March 14th all Year 7 students will attend their Reflection Day. Students should come to school as normal, then we will travel to Dixon Park Surf Club for a day of team-building and reflection activities. Students should wear sports uniform and bring swimmers. Weather permitting, the students will have an opportunity to swim at Merewether Baths. There is no additional cost for this event, however students will need to return the permission note which was sent home this week.

Mrs Trish Furey & Mr Sam Heagney

Student Coordinators



Year 8 News

Year 8 students are well and truly underway in their academic year and are showing a very pleasing focus and commitment.

The **Assessment Tasks** for Year 8 begin this week in English and the Assessment Booklet with tasks and dates is available on the school website for parent and student access. In addition, students will be given notification in advance in all subject areas of the nature of the task, the content to be studied, and a scaffold of what is required. Usually this will be issued two weeks in advance, but can be issued earlier in some cases. Organisation is the key to success in secondary school so please check the website for Assessment details.

I was particularly pleased with the student response to the **Brainstorm Production** last week - *Cyberia*. The play's focus on cyber bullying, inappropriate social media usage, excessive gaming to the point of addiction, and the consequences of these on relationships with peers and family, sparked a reaction from the students and created productive discussion. I hope that there was further discussion within families about the issues raised. The students' audible 'oohs' and gasps of shock to some of the actor's decisions showed that the Year 8 students have a very clear understanding of what is fair, what is just, and where anger can overcome common sense. Later in the year, the ideas of responsible social media usage will be discussed further in a meeting with the police liaison officer.

One issue that I have tried to highlight to students is the need for **greater care in relation to backpacks and the devices** that they now hold as part of NSW schools BYOD policies. All students need to be conscious that every bag contains a laptop, possibly a phone, and textbooks, apart from the usual lunchbox and personal items. I will continually stress to students to be mindful of where they step when there are clumps of bags – for example PE and Practical classes, school assemblies etc. Lockers are also available for students to use for storage of items. It is important that all students are respectful of other students' property and not interfere with bags in any way.

Students are wearing their uniform well and generally have a cheerful and respectful approach to each other and their teachers – a great start to 2018.

Mr Ross Wilson

Student Coordinator



Greetings to Year 10 students and their families. I hope this edition of the newsletter finds you well. We are at the halfway mark of Term 1 and the holidays may be a distant memory for some. The Easter long weekend will be here soon, shortly followed by the next round of holidays.

All Year 10 students are in the process of completing their first Religious Studies assessment task, with several other subjects distributing tasks over the next few weeks. Students are encouraged to stick to an afternoon routine that incorporates homework and assessment time, as well as rest, or 'down time'. Students are encouraged to use the calendar attached to their email to help with organisation and can seek help with this from teachers at school.

On the topic of organisation and management, several Year 10 students need to work on organising their socks, shoes and jackets, as they continue to wear the incorrect uniform to school. White is the correct sock colour, along with lace-up joggers worn with the sports uniform; and black leather shoes are required when wearing the formal uniform. Canvas and high top shoes are not appropriate footwear.

Mr Craig McLoughlin, our Vocational Education/Careers Coordinator, regularly emails job vacancies, apprenticeships, traineeships and other training opportunities to all students in Years 10, 11 and 12. Students may be missing out on a fantastic chance if they are not checking their emails daily. I encourage all students to make a habit of checking for these important notices.

Finally, I leave you with a reflection from some professional development I completed just last Monday 5th March. I was fortunate to hear Susan McLean speak on the topic of Cybersafety. Susan is an expert on the cyberworld and she consults and speaks worldwide to students, parents, teachers and other professionals. Although I cannot possibly convey every word said, it was a timely reminder that teenagers are incredibly tech savvy, however, there is a massive gap between their technological skills and their social, mental and emotional development. Students can be deceived or misled by so-called privacy settings. Once something is posted online, it becomes public and permanent. Deleting pictures or comments does not completely erase what was said or done. I encourage parents and students to have an honest discussion about online safety and review how students are using the internet. I will also take this opportunity to remind students that it is part of our Social Media and Mobile Phone Usage Policy that they must not post pictures or images of members of the St Paul's Catholic College without permission. As the MC of last night said, we [teachers/the school] can't do it by ourselves, and you [parents/caregivers/students] can't do it by yourselves, but we can have a good go at keeping our kids safe online together. For more information, see either of the websites listed below:

www.esafety.gov.au

www.cybersafetysolutions.com.au

Important Dates

Year 10 into Year 11 Information Evening - April 9th (Term 1, Week 11)

Year 10 Camp Wednesday 16th - Friday 18th May (Term 2, Week 3)

Mrs Tracey Evans

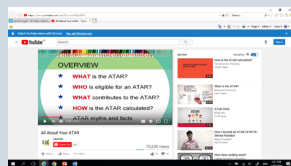
Year 10 Coordinator (Acting)



Thank you

Thanks to all parents and students who attended the HSC and ATAR evening. Please click on the link below to watch the UAC explanation of how HSC and ATAR marks are calculated.

<https://www.youtube.com/watch?v=vmc9u9uOUKs>



Assessment Calendar

Assessment Calendars are now available on Student Documents/Assessment Documents 2018/Year 12/Year 12 Assessment Calendar

https://mncatholic.sharepoint.com/:b:/s/BRG/ETmmT6fnYI9HtHzK4hI62zsB7Oii_yrLWodjQjNIQKWLdA?e=qxyO7

Congratulations

Congratulations to our **Principal Award Recipients; Markus Favilla-Schirk, Tully Maurer and Tom Negline** (L to R). They are to be admired for their continued tenacity and effort through their High School years at St Paul's.



Year 12 Retreat



Reminder that Retreat is coming up in Week 8 – I can't wait!!

Mrs Libby Lucas
Student Coordinator



Ministry News



Year 7 Community Day

On Wednesday March 14th all Year 7 students will attend their Reflection Day. Students should come to school as normal, then we will travel to Dixon Park Surf Club for a day of team-building and reflection activities. Students should wear sports uniform and bring swimmers. Weather permitting, the students will have an opportunity to swim at Merewether Baths. There is no additional cost for this event, however students will need to return the permission note which was sent home this week.

Year 12 Retreat

The final note for the Year 12 Retreat has been sent home. The note and payment should be returned to the office by Friday March 16th. Even if your child hasn't paid a deposit, they can still join the retreat. I strongly encourage all students to attend this wonderful event. If there are financial difficulties, do not hesitate to contact Mr Selmes.

Year 10 Camp

A note for the Year 10 Camp was distributed to students last week. The Year 10 Camp will be held from Wednesday May 16th until Friday May 18th this year. The camp is held at Broken Bay Sport and Recreation Centre. To secure a place at the camp, a deposit of \$50 is required by Friday March 23rd.

Project Compassion

Thank you to the students and Tutor Groups who are raising money for Project Compassion during Lent. To hear some of the stories of people who have been supported by Caritas, visit: <http://www.caritas.org.au/projectcompassion#stories>



Mr Michael Doyle
Ministry Coordinator



Industrial Technology – Timber Industry Visits

On Monday 19th February, Year 12 visited Wildflower, the factory at Cardiff & showroom at Warners Bay. Students gained an insight into the timber building industry in our local area. I would like to thank Alison for her time & expertise she shared with all students. All students have gained valuable knowledge from the experience.



The same day students also visited the Australian Guitar Making School at Wallsend. This experience enabled students to further understand the possibilities of a career working with timber. Thanks to Matt Semmens the franchise owner for his time & expertise.



On Friday 2nd March, Year 11 visited C & L Joinery at Teralba. Students gained an experience in how the local business works, from placing an order, manufacture to delivery. I would like to thank Gerrard for his time & expertise on the day. All students gained valuable knowledge into a local business in our area. St Paul's has visited C & L Joinery for the past 11 years, we appreciate greatly a local company dedicated to providing a learning opportunity for students.

Mr Mark Redman
TAS Leader of Pedagogy



English News



Year 10 are studying a novel and film this term. 10 English 6 have been reading the novella *Red Dog*. Louis de Bernières describes the people and places of Australia with great poetic detail. The class examined a section of his prose and were challenged to write about a place they knew well using his work as a model. Please enjoy some of their lovely portraits.

Mrs Felicity Foley
English Teacher



He travelled to West Wallsend, a spectacular sunny suburb in Australia, where motorbikes roar down the street into the bush. Where, at the the footy field, the beaming sun smacks the turf, where the grass gets torn up like a bear eating on a fish, where the people come across grumpy but when there's an important event they jump in and help out and where cockatoos squawk in flight. **Damon Hartcher**

I travelled to Mackay QLD, a hot humid town, where swooping birds fly over your head, where there is the harbour and the kids laugh and listen to music like they are at a fun fair, and where there are frogs jumping under your feet, where the skate parks are as loud and as plentiful as the utes on the streets, where the people are hard working miners, where the people make the streets feel like home, where everyone has your back, and where the weather is hot and humid from sunrise to sunset. **Emma Randalls**

The Spruce family travelled to Lake St Clair, a quiet country place, where lizards run around on the roads, where there is a river where everyone loves to ski and knee board, where there are fires that are as common as street lights in the city, where everyone waves at one other kindly, and where there are mullet flying out of the water. **Blake Spruce Conn**

Kira travelled to India, a warm, humid country where monkeys climb and roam around the street, where there are jungles as big as small islands, where the mountains reach the clouds, where the people are humble and hard working and where elephants stomp around. **Portia Elliott**



Aspiring Professional Dancers attend C.S.O.'s 'Create Choreographic Programme'

Last week, Year 8 student **Kaitlyn Allen** and Year 10 student **Hannah Finley** experienced the life of full-time professional dancers when they partook in an ASPIRE workshop initiative at Catapult Dance. Under the direction of guest choreographer, Omer Backley-Astrachan, who has trained and danced in a number of overseas companies, the girls worked with eight students from two other Diocesan high schools.

Originally from Israel, Backley-Astrachan is a freelance dancer and choreographer and he is currently course coordinator of the Pre-Professional Year at the Sydney Dance Company. Over three intensive days of contemporary dance training, Kaitlyn and Hannah embraced the opportunity to work with professional artists and fellow students which culminated in a performance attended by family and friends of the students involved, along with ASPIRE's artistic director Anna Kerrigan, and director of Catapult Dance's Choreographic Hub, Cadi McCarthy.

Exploring movement and storytelling through body language, improvisation and collaboration, provided all students involved with an opportunity to extend their stylistic repertoire within an avant-garde medium that was both foreign and exhilarating. As a classical ballet dancer who successfully auditioned for ASPIRE 2018, thus marking her fifth year in the programme, Hannah very much enjoyed the tuition and said, "Having a choreographer from the Sydney Dance Company was so 'cool' because he has had so much experience in ballet and contemporary dance. I learnt so much over the three days and I wish it didn't end!" Kaitlyn, who specialises in tap and modern dance commented: "The programme was very enjoyable and creative. I got to meet Omer who is an amazing choreographer. He taught me how to move in ways I would not have thought possible. Omer also helped me to extend my dance knowledge and taught me the important connection we need to have within ourselves to that of our surroundings. I'm so thankful I had the opportunity to participate in this workshop and look forward to doing it again."

As an initiative of the Catholic Schools Office, ASPIRE nurtures a creative and performing arts program within the Diocese of Maitland-Newcastle. Educational opportunities, such as that brought to Newcastle by McCarthy, provide amazing creative experiences for our students. McCarthy's craft was recently described in the Canberra Times as having the capacity "to hold the moment in poetic dance, to capture the form and breathe life and meaning into gesture, every movement and every line and flow of the dancer's movements." This insight is also shared by both St. Paul's students who now hold a greater awareness of the elements of dance: music; movement; performance; shape and space. An increased sincerity of communication, coupled with a recognition of the value of large and expansive fluid movements, was impressed upon all participants and according to our Diocese's accompanying teacher, Mrs. Jane McNaughton, the tuition process and the final performance were compelling viewing.



Mrs Jane McNaughton
Accompanying Teacher



ASPIRE is looking for Expressions of Interest from students wishing to be part of the 2018 Production or Design Ensemble. This initiative is designed for Years 9, 10 or 11 students in the diocese with an interest in technical and behind the scenes aspects of theatre.

Being involved in the **Design Ensemble** means working under the direction of ASPIRE's Design Ensemble Director Guilherme Noronha and Assistant Design Director Gillian Rutherford, students will work on areas such as costume creation, set building and painting, make-up and hair design and theatrical design elements.

As part of the **Production Ensemble**, you will be working under the direction of respected industry professional Loretta Foster students will experience a range of opportunities including but not limited to sound, lighting, props, set, costume and scene-change (backstage) crew.

Students involved behind the scenes in Aspire will also be considered to work backstage at Splendour in the Arts this year.

Applications close on the 16th of March, please visit our website

<http://www.booragul.catholic.edu.au/teaching-learning/creative-arts/> or see Miss Adams for more details.



Miss Sarah Adams

Leader of Pedagogy – Creative Arts and Languages

NSWCCC Individual Sports Nominations

If students wish to nominate to trial for NSWCCC teams, they must make individual registrations online using the CSSS website. <https://www.csss.nsw.edu.au/default.aspx> A 'HOW TO' set of instructions has been included in this newsletter –pages 21 & 22 explaining the two-step process. Swimming, Athletics, Cross Country, Touch Football and Rugby League are sports that students either need to qualify for, or are selected in from Northern Division or Diocesan Trials.

Term One Sport Dates

7th March – NSWCCC Tennis (Parramatta)

9th March – Closing date for Volleyball-Girls & Boys

13th March – Diocesan Swimming Championships (New Lambton)

21st March – Closing date for Hockey – Girls Open, U'16 Girls, Boys Open

22nd March – Diocesan Team Tennis Entries due

28th March – Closing Date for CCC Golf – Boys & Girls

5th April – Diocesan Team Tennis (Broadmeadow)

6th April – NSWCCC Swimming Championships (Homebush)

10th April – Diocesan Junior Football Knockout

10th-11th April – U'15 & Open's Northern Division Rugby League Selections (Smithtown)

12th April – Diocesan Touch Competition/Trials (Maitland)

Mrs Anne-Maree Shipman
Sports Coordinator



Learning Support News

PAT Assessment

Over the coming weeks all students from 7-10 will be completing two PAT (Progressive Achievement Test) online assessments. Each assessment will take approx. 40 mins to complete and will take place within the classroom. The data collected from the assessment will provide the school with a comprehensive report detailing the current Comprehension and Numeracy skills that students/year groups have consolidated to this point in time and will inform future teaching and learning practice.

If you require any further information please contact the Learning Support Team.

Mrs Anne-Maree Melocco
Learning Support Coordinator (Acting)



Vietnam Immersion Update

Congratulations to those students who have been successful in their application to participate in the Vietnam Immersion 2018. We had our first meeting as a team in Week 2 where we discussed a lot of important information and updates that participants needed to know. We also announced that Mrs deWinter, Mrs Hennessey and Mr Newell will be joining us on the Immersion, a big welcome to our new team members! In case that you may have missed the meeting and the letter that was sent home with Students, here are some important updates that you need to know:

- The **Departure date** has changed from Friday the 5th of October, to Saturday the 6th of October. We will still arrive into Hanoi at the same time (around 11pm), however, we will be flying direct into Hanoi instead of via Ho Chi Minh City. This dramatically reduces our traveling time.
- Students have been asked to access to the Vietnam School Tours Webpage Student Account. You will need to see or email Miss Adams to get the Login. This outlines the Itinerary, what to pack and Vietnamese phrases to learn. *Students need to fill in the 'Booking Form' section*, as requested by Vietnam School Tours, so that they have a digital version of your details.
- At the end of the term we will be asking you to bring in your **Passport** so that we can scan it and send it through to Vietnam School Tours to accompany your Visa Application. Vietnam School Tours handle all the applications for us, and unlike in the past, we no longer have to fill out a paper application nor send them our Passports. **MAKE SURE YOUR PASSPORT IS CURRENT WITH AT LEAST SIX MONTHS OF TRAVEL REMAINING FROM THE DAY WE RETURN TO AUSTRALIA !!!**
- Parents and Guardians are advised to **review Student Vaccinations** and discuss with their GP what level of protection that your Child may need for travel in Vietnam. Some Vaccines require more than one injection, so it is best to organise this sooner than later.

That's all for now ! If you have any questions, please feel free to contact myself, Mr Thomas, Mr Newell, Mrs deWinter or Mrs Hennessey.



VIETNAM
SCHOOL
TOURS

Miss Sarah Adams
Organising Teacher





Career Thought of the Week:

“There is nothing in a caterpillar that tells you it’s going to be a butterfly”

R. Buckminster Fuller

ADF Gap Year

ADF GAP YEAR

The **ADF Gap Year** program provides an opportunity for young Australians, who have finished Year 12 (or equivalent) and are aged between 17 and 24, to experience military training and lifestyle whilst gaining new skills and pay over their Gap Year. The life skills and job training that students acquire during their Gap Year experience will be valuable regardless of what career you ultimately undertake. **Gap Year opportunities are available in the Navy, Army and Air Force.**

Applications for 2019 open in March!

To find out more information about the ADF Gap Year program please visit [ADF GAP YEAR](#)

UMAT 2018

The test is used specifically to assist with the selection of students into the medicine, dentistry and health science degree programs at undergraduate level at a number of universities in Australia and New Zealand. For more information, and/or to apply visit [UMAT2018](#).

| | |
|--|--|
| Charles Darwin University | Clinical Sciences |
| Charles Sturt University | Dental Science |
| Curtin University | Medicine |
| Flinders University | Clinical Sciences/Medicine |
| La Trobe University | Health Sciences (Dentistry) (non-Y12) Oral Health Science (non-Y12) |
| Monash University | Medicine |
| University of Adelaide | Dental Surgery Medicine |
| University of Auckland (NZ) | Medicine |
| University of Newcastle / University New England | Joint Medical Program |
| University of New South Wales | Medicine |
| University of Otago (NZ) | Dental Surgery Medicine |
| University of Queensland | Dental Science Medicine (provisional entry) |
| University of Tasmania | Medicine |
| University of Western Australia | Dental Medicine (direct pathway) Medicine (direct pathway) |
| University of Western Sydney | Medicine |

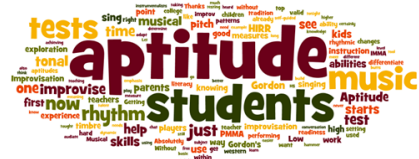
Practice Aptitude Quizzes

The Australian Apprenticeships Pathways website site contains information and resources to support young people and career practitioners explore apprenticeship and traineeship opportunities. You can search over 3,000 job and training descriptions and view job pathway charts.

A range of industry based practice aptitude quizzes are also available for download and use. The quizzes start with industry based details, including detailing jobs in demand, salary ranges and information about relevant qualifications, followed by the aptitude quiz example.

Aptitude quizzes:

<https://www.aapathways.com.au/practice-aptitude-quizzes>



Job Pathway Chart

<https://www.aapathways.com.au/careers-for-australian-apprenticeships-traineesh/job-pathways>

Australian Apprenticeship Pathways:

<https://www.aapathways.com.au>

Work Experience Year 10, 2018

Students in Year 10, who would be interested in doing Work Experience this year, should be actively looking for contacts now. Remember you cannot start work experience until you have completed the **compulsory** 'Work Ready Program' early in Term 2. Any questions regarding this please see me before the end of term.

**Work
experience!**

Careerlinks Employment Links - Reminder

I have had a lot of interest this year from students in Yrs. 10,11and 12 that are regularly checking their emails in relation to junior positions vacant each week.

This has resulted in many students applying and some gaining casual employment. So, if you are interested please check your school email account each Monday for the latest listings.



As always please see me if you need help with applications or further information. Examples this week include:



1st Year Apprentice Mechanic - Maitland

Benefits

- Team member discounts and laundered uniforms for your convenience
- Technical development and career progression opportunities
- Excellent work environment and conditions with a friendly team
- Fully equipped workshop with all the latest diagnostic equipment

Essential Requirements

- Have a completed a mechanical pre-apprenticeship (preferred but not essential)
- Have completed mechanical work experience (preferred but not essential)
- Drivers license
- Available to work every Second Saturday

Who we are

Kmart Tyre and Auto Service is one of Australia's leading service repair businesses with over 240 stores nationwide and more than 1,300 team members. You'll be part of one of those store teams, repairing and maintaining a wide variety of vehicles while providing great service to our customers.

For more information visit our website
<http://www.ktas.com.au/careers/>



1st Year Hairdressing Apprentice

Nestled in the heart of Cooks Hill, Crysalis encompasses all that is unique about inner city Newcastle: eclectic and stylish with a warm, neighbourly attitude.

WE ARE LOOKING FOR A NEW 1ST YEAR APPRENTICE TO JOIN OUR GROWING TEAM.

SUCCESSFUL applicants must exhibit the following skills

- a passion for hair , beauty , makeup and fashion
- great customer service skills
- ability to work as part of a team
- able to work evenings and weekends
- displays a high level of personal grooming and presentation
- hardworking and wanting to build a career
- bright bubbly personality

If you think you have what it takes to be a member of our team we would LOVE to hear from you

you can either submit via seek or drop into the salon

@ 72 Bull Street Cooks Hill 2300

only serious applicants to apply

you can also check us out via

www.crysalis.com.au

Important Dates for Term 1 2018

21st March-23rd March Yr. 12 Retreat

2nd April- 13th April VET Hospitality Work Placement

9th April- YR 10 Information Night

Casual Positions/Employment Links

These are ready to view on MN Connect-School Portal. These are also emailed to students in Yrs. 10-12 through their school email accounts.

Mr Craig McLoughlin

Leader of Pedagogy-Vocational Education/Careers





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

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 |
|---------|--------------------------|-------------|---------------------|---------|-----------|
| 10 & 11 | Legal Studies & Commerce | 12 March | Parliament House | \$28 | Due now |
| | Diocesan Swimming | 13 March | Lambton Pool | \$8 | 9 March |
| 11 & 12 | Visual Arts | 20 March | AGNSW | \$25 | 14 March |
| 12 | Retreat | 12-23 March | | Balance | Due now |
| 10 | Challenge Camp | 16-18 May | | \$50Dep | 23 March |
| 12 | English | 30 May | Giant Dwarf Theatre | \$52 | 6 April |

Like to pay fees by Bpay weekly, fortnightly or monthly?

Visit the new St Paul's website for a user friendly Fee Calculator....

<http://www.booragul.catholic.edu.au/about-us/finance/fee-calculator/>

If you require your full 2018 school year fees, please email finance@booragul.catholic.edu.au

Please remember to include any future sport buses for 2018 or Year 11 Term 2&3 Elective Fees

Health Care Cards and Pension Cards If you (the Fee Payer, not the child) are in receipt of a health care or pension card, please bring it in and you **may** be entitled to a reduction in **tuition fees**.

Mrs Betty Harris—Finance Officer
finance@booragul.catholic.edu.au

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



Canteen Roster



Monday 12 March — Friday 16 March

| | |
|------------------------------------|---|
| Mon | Lisa Kelly, Kristy Baker, Sharyn Kiely |
| Tues | Elizabeth McGovern, Christine Jones |
| Wed | Linda Gesell, Kim Harding |
| Thurs | Debbie Parker, Mel Dobosz, Claire Elliot |
| Fri | Jennifer Barrett, Carol Crabbe, Krisna Bradbury |
| Monday 19 — Friday 23 March | |
| Mon | Kristy Weller, Cathy Dutch |
| Tues | Susen White, Sharne Johnson |
| Wed | Sara Ashmore, Teresa Tanks |
| Thurs | Nicole Ferry, Paula Douglas |
| Fri | Tania Egan, Kylie Powell, Caroline Hickey |

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

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.



Reception Hours for 2018

8.00am to 4.00pm Monday to Thursday
8.00am to 3.30pm Friday

Student Reception Hours for 2018

8.30am to 3.30pm Monday to Friday

Term 1 2018

| | | |
|-----------------|------------------|--|
| Wk 6 | Wed 7 Mar | CCC Cup—Open's Rugby |
| | Thur 8 March | Yr 7 Parents in the Classroom |
| | Fri 9 March | Yr 12 Marine Studies Excursion U14/16 Open Girls Rugby League T20 Cricket—Pickering Oval |
| Wk 7 | Mon 12 March | Yr 11 Legal Studies Excursion |
| | Tues 13 March | Yr 10 Commerce Excursion DIO Swimming Carnival |
| | Wed 14 March | U15 Rugby League Callaghan Cup |
| | Thurs 15 March | Yr 7 Community Day St Paul's Open Evening Baiaame Cave—Millbrodale Excursion |
| Wk 8 | Mon 19 March | Europe Information Meeting 6-7pm |
| | Tues 20 March | Bishop Bill & School Captains |
| | Wed 21 March | Yrs 11&12 Visual Arts Excursion |
| | Wed 21-23 March | Cochran Cup-Rugby League |
| | Fri 23 March | Yr 12 Retreat Yr 7 History Incursion T20 Cricket—Pickering Oval |
| Wk 9 | Mon 26 March | Yr 6 Parent Information Evening |
| | Wed 28 March | NSWCCC Hockey Selections |
| | Thur 29 March | Yr 7 Cyber Safety & Info Night 6.30-7.30pm U13,14 & 15 Knights 9's Rugby League Easter Liturgy |
| Wk 10 | Wed 4 April | Yrs 7-10 Parent/Teacher Interviews |
| | Thurs 5 April | Diocesan Tennis |
| | Fri 6 April | NSWCCC Swimming & Diving Champ T20 Cricket—Pickering Oval |
| Wk 11 | Mon 9 April | Yr 10>11 Information Evening |
| | Tues 10 April | Junior Dio Football Knockout |
| | Tues 10-11 April | Northern Country RL Selections |
| | Wed 11 April | Europe Excursion |
| | Thurs 12 April | Dio Touch Football |
| Friday 13 April | Last Day of Term | |

Clothing Pool



Clothing Pool



Clothing Pool Opening Times

Tuesdays only from 8.30am—9.30am

The Clothing Pool will now only be accepting donated uniforms

NSWCCC REGISTRATION AND EXPRESSIONS OF INTEREST

There are two steps to this process:

1. Creating a Login (If you don't already have one) The login/Account is ONE per family(not per child) If you have an account and your child has moved schools use the "Edit" tool to change your child's details.

And

2. Registering Your Child for their specific sport

1. CREATING A LOGIN

If you have not used the website you will need to create a Log In. Go to www.csss.nsw.edu.au/nswccc-home.aspx

- Click Help
- Click on I am a Parent/Guardian for a student
- Click on Secondary student (NSWCCC)
- Click on 'How do I get a login for the website?'
- Scroll down to the information 'If you don't have a login '
- Click on 'Click here to get a new account and login'
- Complete the page titled Parents Register Here and click Register after you have completed all fields. Only parent email addresses and mobiles are to be used as these contact details will be used to send updates. If you cannot find St Paul's, type in Booragul under school name drop down box and it should appear.

You will now need to check your email account for the password and the login. You will receive a computer generated text and email with your password (you may need to check your Junk Mail if you don't receive an email)

If you wish to change your password, go to my account and Edit my Details. Here you can change your password and add other children. Please note that your child will stay in the system and will go up an age group each year. The only time a parent will need to edit their child's details is if your child changes schools. Each year the system should roll over to progress them to their next school year. Always remember to click 'Save your details' button on the bottom of the page.

2. REGISTERING YOUR CHILD TO A SPORT

- Login to your account (using email or cssid)
- Go to NSWCCC Home Page
- Go to the Sports link (e.g. ATHLETICS)

- Click on Register
- Click on the team you wish to register for (it is a hyperlink)
- Follow the prompts to register.
- Click on Register Expression of Interest for this Sport to complete your registration
- Once you have successfully registered, both the Sports Coordinator and Principal of your child's school will be notified of your nomination. Your registration will then be accepted or declined based on whether your child meets the criteria as set by NSWCCC.
- **PLEASE NOTE:** You will be unable to register if the Closing Date has passed. Please check the Sports Specific Information page for these dates.
- Once you have completed all the information an email will be sent immediately to the Diocesan/Association Rep, Principal and Sports Coordinator for approval (Consent)
- You can log in at any time to see the status of your registration
- Please make sure your details (email address and mobile) remain up to date so that you can be emailed or sent a text message.



ENGAGING ADOLESCENTS™ INVITATION TO PARENTS OF TEENS

Learn strategies and skills to improve parent – teen relationships

A three-session program for parents and carers & a bonus emotion coaching session.

By **Allambi Care & Belmont Neighbourhood Centre**

359 Pacific Highway Belmont North

When: Tuesday Mornings 6th, 13th, 20th & 27th March 2018

Time: 9.30am – 12.00pm, 4 consecutive sessions

Cost: \$20 for Workbooks and light refreshments. (Concessions available).

Learn:

- ✓ Some common ground shared by parents & reasonable expectations to have about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self-check-in, first-for parents
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.

Who's running it?

The trainer for this course is Michael Burke who works as an Adolescent & Family Counsellor in the East Lake Macquarie Local Government Area.

Registration is required

Limited spaces are available, please register for this course by contacting Michael Burke on 0408 474 602.









- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective
-

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



Contact
Cynthia Culhane
your local Saver Plus
Coordinator

Phone
02 4032 4703
1300 610 355

Email
cynthia.culhane@
thesmithfamily.com.au

Web
www.saverplus.org.au



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



Sunday March 11th

7km .. there and back

Along the foreshore path to Warners Bay.

**Starts at Speers Point Park between
9.30 & 10.30 am**

The family charity ride takes place simultaneously with the traditional Loop the Lake event.

Join us for a fun day!

Morning tea, lunch and a pass to Speers Point Swim Centre are included. Register online at for great family prizes:

www.loopthelake.com.au

Your fun-day contributions make it possible for the Rotary Club of Warners Bay to support the efforts of major charities who do such good work in our community. In addition, donations are made throughout the year to other worthy projects, some that are local and some elsewhere in Australia and in the wider world beyond.



Are you thinking about becoming a foster carer?



Hunter Child and Family District Unit

Carer Development team

Ph: 40882001

<http://childstory.net.au/>

<http://www.fosteringnsw.com.au/>

It is said, "It takes a community to raise a child".

Your Community needs you!

Across the Hunter we are recruiting for carers of all ages and backgrounds to meet the needs of our resilient, courageous children and young people up to the age of 18!



We are looking for motivated people to open their hearts and homes to children and young people requiring short-term assistance. Foster carers may be individuals, couples or families who are able to provide care on weekends, for a few days in an emergency, or for a few weeks until a more permanent home is available. All carers receive training, ongoing support and financial assistance. Our Community is in need of passionate caring people especially if you are willing to care for children who are; older than 7, part of a sibling group, have a disability or health needs and or from an Aboriginal or culturally diverse background.

Arrendell

secondary education centre™

Book now for 2018

- English, Maths, Sciences
- Remedial literacy & numeracy
- Small group & one-on-one tutoring
- Years 3 - 12, all levels
- Exam prep workshops
- Essay writing & study skills
- Qualified, experienced teachers
- HSC specialists

Discounts for multiple weekly lessons within the same family

KEY DATES

| | |
|-----------------------|-----------------|
| Summer Holiday School | 15 - 18 Jan |
| Term 1, 2018 | 30 Jan - 13 Apr |
| Term 2, 2018 | 1 May - 6 Jul |
| Winter Holiday School | 16 - 19 Jul |
| Term 3, 2018 | 24 Jul - 28 Sep |
| Spring Holiday School | 8 - 11 Oct |
| Term 4, 2018 | 15 Oct - 14 Dec |

Over 40 years of helping Newcastle students succeed

4929 2522

11 Scott St Newcastle 2300

arrendell@ozemail.com.au | www.arrendellsecondaryeducation.com.au



Macquarie Scorpions
Rugby League Football Club

ABN: 79638218997



COME AND PLAY

Ladies League Tag 2018 season

16 rounds in the home and away season

With the

Macquarie Scorpions

Training will commence Tues 23rd January

at PEACOCK FIELD TORONTO.

Contact

Steve Woodbridge

Ph:0421203880

Email: stephen_woodbridge@bigpond.com



Centennial Coal



PLAYERS WANTED

Southern Lakes United FC Dora Creek

UNDER 5 - 4 PLAYERS NEEDED

UNDER 6 - 1 PLAYER NEEDED

UNDER 7-5 PLAYERS NEEDED

UNDER 8 - 4 PLAYERS NEEDED

UNDER 11-FULL

UNDER 12 - 3 PLAYERS NEEDED

UNDER 14- 3 PLAYERS NEEDED

UNDER 16- 7 PLAYERS NEEDED

for more info please contact Loren 0481144124

www.facebook.com/southernlakesunitedfc



THE RESILIENT ATHLETE

**#1: POSITIVE PERFORMANCE SEMINARS FOR
TEENAGE X-COUNTRY, TRACK & FIELD ATHLETES**

Date: 10 March, 9am-3pm

BOOKINGS ESSENTIAL:

P: 0427596849, E:bronwyn.white@nswathletics.org.au

Presenter: Cale Wallace/ Host: Bronwyn White

Venue: Little Brandy Hill

Cost: \$40

Catering: Lunch/ Refreshments provided



This program is 'age appropriate' and 'domain specific' and utilises the latest evidence-based research practices that are at the cutting edge of resilience research in the world today.



The Resilient Athlete



Seminar Information

At this seminar you will learn from the latest research and develop practical strategies that will enhance the following areas:

- * Identity - who are you and what drives you.
- * Cultivate and create a winning mindset.
- * Redefining your relationship with failure - "Failure as a checkpoint not an endpoint"
- * How to find your strengths and harness your talents to gear yourself for success.
- * Success v satisfaction - what is your trade off? Challenge, Growth and satisfaction.
- * Protective and risk factors in relation to resilience.
- * Perseverance
- * Redefining your perspective - reset, recharge and empower.
- * Perseverance, pupose and positive direction.

About the Presenter: Cale was the recipient of a Premiers Teaching Scholarship and in 2016 was invited the the worlds leading educational institutions in USA, Sweden, Canada, Sweden, Finland, and the United Kingdom to learn from the 'best-practice' models of resilience. He has presented at Yale University (USA), Stockholm University(Sweden), University of Helsinki (Finland), Insitute of Cognitive Neuroscience(London), University of Bath (UK, University of Brighton (UK), Black Dog Institute, NSW Department of Education, and the Anika Foundation. His research is at the forefront of the resilience space.

Cale Wallace B.ED, Med, LLB. Grad.Dip.Leg.Prac.

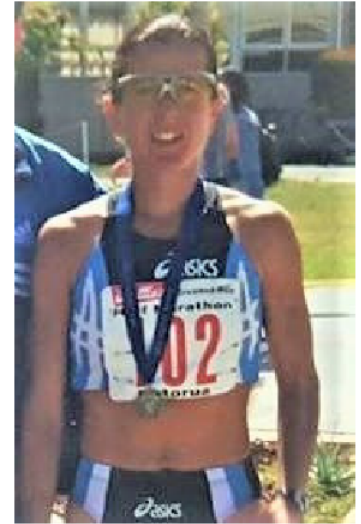


RUN - TRAILS - PINE NUTS - HONEY
ESPRESSO - CLINICS - FARM FORESTRY
LITTLE BRANDY HILL



The Resilient Athlete

Seminar Information



Bronwyn White (nee:Ellis), University trained Outdoor Education and Social Science Secondary School Teacher, having also taught PDHPE. She is a Graduate from Latrobe University Bundoora Majoring in Sociology and also University of Melbourne, Education. Her experience also lies in community participation through planning and implementation of youth development programs in Local Government where she encouraged young people to try new adventures and events, build on their interests and skills to network and create opportunities. Bronwyn is a Level 3 Athletics Coach and currently is employed with the State Sporting Organisation - Athletics NSW as the Hunter Regional Development Officer.

Bronwyn was female Distance Runner for the Year in 2000. She is a former State 10,000m NSW Champion, Australian 3000m Club Champion, fully paid for International Competitor. Later in her running career she has won Australian Masters Half Marathon and Cross Country female outright winner. Still her running times as a Masters athlete where in the pace of 76min for Half Marathons. She has competed in the Australian Grand Prix Series as an Invited athlete. She has won many of the larger competitive fun runs and Half Marathons and Mountain Races both with Australia and OS.

Bronwyn switched from an emerging Triathlon career to athletics after coming off her bike on a training ride just before she was to head to Canada for the World Triathlon Championships.

Bronwyn attributes her success with running from physical and mental development from a broad range of activities as a child and young adult.

These activities included Yacht Racing in both Dinghy's and on 45 - 50ft yachts, Calisthenics at Championship level, Gymnastics, Cross Country Skiing and Snow Camping, Swimming, kayaking and canoeing, and Scouting. All these activities require endurance, great posture, core strength, rhythm timing, strength flexibility, agility, and endurance mentally and physically, initiative, safety in the outdoors and managing risk.

Bronwyn's interests today are in her 90 acre property Little Brandy Hill enjoying the native forest, developing a pine nut plantation, honey, running trails and providing outdoor experience and wellbeing opportunities to the community, Farm Gate Espresso and studying Applied Positive Psychology.



RUN - TRAILS - PINE NUTS - HONEY
ESPRESSO - CLINICS - FARM FORESTRY
LITTLE BRANDY HILL





The Resilient Athlete

No matter where you sit with your goals in Track and Field and Cross Country this seminar is for you!

Teaching Athletes and parents how to improve levels of wellbeing and resilience leads to the cultivation of positive emotions, the fostering of greater engagement, improved relationships and increased levels of achievement (Seligman, 2011). Increasing resilience has been shown to improve athlete's wellbeing and their ability to achieve (Challen, 2010)

The Seminar will start at 9:00am

Venue: Little Brandy Hill

Green Wattle Creek Rd, 2324

Please meet at gate at 8:45am and you will be met and directed where to go.

Please bring any special snacks or drinks/drink bottle that you require, please wear closed in shoes and comfortable clothes suitable for being outdoors and participating in physical activities.

It is advised to bring a change of clothes and rain jacket, hat etc.

Lunch will be provided and refreshments.

You will need to be a registered athlete with ANSW - any level of membership is fine to participate in this seminar.

Please Join Facebook Group - Athletics Hunter Region for event updates and other seminars

To book call Bronwyn on 0427 596 849 and or email: bronwyn.white@nswathletics.org.au



RUN - TRAILS - PINE NUTS - HONEY
ESPRESSO - CLINICS - FARM FORESTRY
LITTLE BRANDY HILL

