



St Paul's
 Catholic College
 Booragul

Photo by Andy Warren

5 June, 2019 Vol: 08-19

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

Dear Parents and Caregivers,

Welcome to winter! I must admit, it was very late into autumn before the weather became somewhat colder. I have a theory, very unproven, that the seasons are moving. What I mean by that is it seems to me that the real heat of summer is happening later and that the coldest months of winter are really when spring is almost half way through. As a school, we have a ski trip that traditionally happens in the last week of the official ski season. It would be fair to assume that the snow would be quite ordinary by September but the reality we have faced for that past few years is that the snow has been very good and the season is often extended! So as you can see, my climate change theory is based on solid evidence gathering and scientific research! Perhaps that's why I teach Modern History!

NAPLAN has come and gone for the year. For the families that walked the journey this year, you will be more aware of the challenges that we, as a community have faced in its implementation. The frustrations that we felt were mirrored across the nation. After the first day debacle, I googled "NAPLAN issues 2019" and the google return showed a timeline that spread from NSW across to Western Australia reporting the same connectivity and drop out issues that we experienced here at St Paul's. Last week I was at a conference of Catholic School Principals from across NSW. Every principal that I spoke with talked about the same frustrations that we experienced here. It will be fascinating now that the Federal Government has been re-elected as to what review might happen given that most states and other concerned bodies are calling for an open review into NAPLAN as a tool. As a school we will be watching this space carefully particularly when the results are released.

Last week, the College hosted Christine Anu as part of National Reconciliation Week. Christine performed for the school for 90 minutes. Unlike a standard concert, Christine took us on a journey of her own childhood in the Torres Strait. She taught us some of her language and her dance along with childhood nursery rhymes that had a strong message for our students today. She had the students dancing and singing along in her native tongue and it was clear that she made a big impact on our young men and women. Her final song was "Island Home" which she famously sang at the closing ceremony of the 2000 Sydney Olympic Games. A huge thank you must go to Mrs Astro Stuart and Ms Sarah Adams for all the work that they did to make this wonderful event happen.

This week we have a large number of students involved in Dio Sounds, the annual musical event for the Diocese. The concerts traditionally showcase students from our primary and secondary schools across the Hunter and is held at the Newcastle Civic Theatre. Students are involved in all aspects of the production from performance to set design and back stage. Our own Jack Coyne will be hosting the night, the first time we have had that honour for a number of years. I would like to wish all our performers and production people all the best as they reach the culmination of a huge amount of work. As they traditionally say in theatre, "Break a leg!"

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As you are aware, for safety and security reasons, we have had to close the gates at the Hayden Brook Road side of the college. This decision was not made lightly and we understand that it has impacted particularly our senior students and those who live in that direction. Interestingly, this access has only recently been reopened after a number of years where it was closed because of the building program. We are looking carefully at an alternative secure gated system and have engaged a company to give us some appropriate options so that in the near future, we can have an appropriate opening and exit system on that side of the school. We thank you for your patience.

In a similar way, we have placed important signage on the roadway entrance to the College that restricts private car access in the mornings and afternoons. This has been done in association with our Work Health and Safety team both here and at the Catholic Schools Office. We ask that students who arrive by car are dropped off at the drop off area at the front of the College. With staff cars and many buses accessing the college in the morning and afternoon peaks, it is important that we keep the safety and security of the students as the priority. In the short term, with the side gate closure happening I do understand that congestion could be an issue. If your child needs to walk a little further in the morning, I am sure that they will cope. In fact, it will be probably good for them!

As the weather gets colder, I ask that you ensure that your children wear the correct college jumpers and sports jackets. Last Friday I challenged many students as they were wearing non-uniform hoodies and sloppy-joes. Many had notes which was commendable but that is a short term solution. We take pride in our uniform and ask that parents support us by also challenging your children, making sure that they wear the uniform correctly.

Finally, on Friday 7 June, the entire staff will be participating in our Staff Spirituality Day. This day will be off site and as a result the College will be closed on that day. The staff will be working on our role as leaders in a Catholic School and as part of our strategic direction, will be examining and critiquing our current mission statement. I would like to pay tribute to Mrs Renee Pola-Kuras who has been working tirelessly to prepare this important day for us.

Go Gently.

*Mr Graeme Selmes
Principal*



As I reflect on the past few weeks of testing - NAPLAN, National Minimum Standards and now our Junior Assessment Block – it is timely to remind ourselves of a few things. Firstly, the **results of formal testing do not define us as people** – they are ONE way of collecting information about our students and where they are at a **particular point in time** in their learning journey. We must remember, also, that we are more than simply academic beings – do not undervalue the qualities of empathy, compassion, creativity and spirituality – none of which are assessed by a standardised test! Secondly, formal testing is only one way of assessing student progress. Every day teachers are engaging with students to build a picture based on behaviours, conversations, formal discussions and debate, observations and anecdotal data. Finally, it is important to recognise that testing allows us to not only give feedback but also to “feed forward”, planning the next stage of the learning cycle. Over the next week or so students in Year 10 will receive their NMS test results back via Maths and English classes. Assessment results will also be available to Year 7 – 10 students. It is how students work with teachers, listen to the feedback provided and set new goals, that will determine their success and growth as learners. Tenacity and grit are qualities that are important for learning to take place. Next, I wish to acknowledge this week the time and effort that has been placed into the construction of meaningful assessment tasks by our dedicated staff here at St Paul’s. Test construction, administration and marking can be stressful and taxing on our teachers – it is important, therefore, that students make the most of the feedback and advice shared with them – learning is a partnership and product of commitment from both students and teachers.

In other news, I wish to commend our students who have been involved in so many co-curricular learning experiences in recent weeks – MUNA, DIOSOUNDS, Mock Trial and multiple excursions. These are all possible, once again, because of dedicated staff who are willing to organise and support these experiences. These real world experiences of performance, debating, researching, collaborating, creating and problem-solving are invaluable and I acknowledge all those who have given up their time to support these activities. Finally, a huge “Thank You” to students in Mr Newell’s Year 12 class today who hosted me at their “taste testing” during their Investigating Science class. The energy, joy and genuine engagement in their experimentation was evident. “Testing” at its best!



Mrs Cathy O’Gorman
Assistant Principal—
Teaching & Learning



At St Paul's we have plenty for which to be thankful and grateful. In the last couple of weeks there have been many students who have continued to excel and participate in a variety of events and activities which have been offered. This newsletter will be littered with the many reports from these events and activities. Firstly, I would like to recognise the SRC initiative in planning and promoting the Anti-Bullying Day. This initiative focused on encouraging students to say NO WAY to bullies and bullying type behaviours. It also focused on providing words of kindness, support and appreciation for all in our community. The motif of the chain and the symbolism of the colour red were ideas that the SRC promoted to show that we stand together and will continue to say NO WAY to bullying in our community.

Five students from St Paul's will also be representing Team Lake Macquarie at the 2019 International Children's Games in Ufa Russia from 9th -14th July. We wish the following students all the best as they experience this wonderful opportunity. Caleb Baker (Swimming), Rylee Jenkinson (Swimming), Ella Kohl (Swimming), Jasmin Roberts (Athletics) and Chloe Scanlon (Swimming).

Year 11 students have also continued to enjoy their own educational experiences by excelling in Mock Trial and MUNA. Mr Gallop and Mrs Hennessy have been working with both groups of students to ensure they are fully prepared for the challenges both extra-curricular activities require.

In the sporting arena, a number of students have achieved excellent results in the recent Diocesan Cross Country. Molly Salvador – First in U'14 Girls, Gabriella Sneddon – 3rd in U'15 Girls, Paige Wheeler – 7th in U' 15 Girls, Ella Kohl – 8th in U'13 Girls, Zac Forsyth – 8th in U'15 Boys and Alex Hanson 10th in the U'16 Boys. Molly and Gabriella will now compete at the NSWCCC Cross Country Championships at Eastern Creek.

And to complete what has been an extremely busy fortnight, the student body was able to welcome to our school the wonderful Christine Anu who entertained and educated us about her own story. This was a fitting and memorable performance as we celebrated Reconciliation Week – Grounded in Truth – Walk Together in Courage.

"... Sometimes the greatest gift you can give another person is to simply include them..."



Mrs Anne-Maree Shipman
Assistant Principal—Community & Wellbeing



At our last Form Assembly (30/5/19), the students were addressed by another ex-student Catherine Mackay who completed her HSC at St Paul's in 2017.

She is completing a double degree in Maths and Science at Newcastle University, and is enjoying the experience. Cate spoke to the cohort about what she has done since leaving school and imparted advice on what she thinks is important to consider in their education.

She stayed to answer individual questions from interested students. I thank Cate for giving up her time away from her studies to assist the students.

At this stage, I have three more ex-students waiting eagerly to address the Form over the coming weeks but would like to have more please. I am hoping that Year 11 will get the opportunity to hear from other university students from various fields, those who have attended Avondale College, those who are in the Defences Force, those with apprenticeships or jobs, those that opted to have a gap year, etc. Please contact me at cayte.pryor@mn.catholic.edu.au if interested. We run the Form Assemblies every second Thursday from about 12.30pm. The students appreciate these chats with ex-students.

Students are in the throws of many Assessment Tasks again, so I hope that they are using all the study tools that they have been given throughout the year to assist them to do their best.

Mrs Cayte Pryor

Student Coordinator

cayte.pryor@mn.catholic.edu.au



SMALL STEPS ANXIETY AWARENESS PROGRAM FOR PARENTS

1 in 10 children are affected by anxiety

Problematic anxiety can have significant impacts on a child's social, family and school life. However, early intervention through informed care, treatment and support may assist in preventing the development of more serious problems later in life.

Small Steps seminars share the tools to identify differences between normal levels of worry and problematic anxiety, spot signs and symptoms and consider potential options going forward.

24th of June	24th of June	25th of June
1 - 2:30 pm	7 - 8:30 pm	1 - 2:30 pm or 7 - 8:30 pm
Lecture Theatre Mental Health Admin Building Cnr Edith and Platt Streets Waratah	Elsie Graham Centre Wallsend Hospital Campus Longworth Ave Wallsend	Singleton Public School 8 Hunter St Singleton
stickytickets.com.au/87664	stickytickets.com.au/87665	stickytickets.com.au/87666

Please book via links above to secure your place



Senior Curriculum Evening

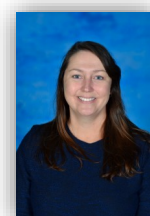
A reminder to all parents that the Subject Selection evening is on 17 June. Subject selections will then be open online and will close 24 June. It is an important evening for all parents and students considering continuing their studies to attend as there is a lot of information about the different course and the different patterns of study available.

The first **Semester Assessment** block is all but done now and teachers will soon be preparing reports for the students. Many students are relying on receiving excellent comments this term to help them secure apprenticeships or employment next year. A gentle reminder at home might be helpful at this time.

With the colder weather I have seen a big decline in uniform standards. Could I ask that you assist us by ensuring your child has the required uniform. Jumpers and shoes remain particularly bad at the moment. Students must wear the woollen jumper or cardigan, or the sports jacket. They may only wear the CCC attire on Fridays. They are not permitted to wear a long sleeve shirt under their uniform if it can be seen and will be asked to remove it, regardless of the weather. When wearing the school uniform shoes must be black, polishable lace up shoes. When wearing the sports uniform they must wear supportive athletic shoes. There is to be no canvas or skate style shoes.

Year 10 Camp

We had a wonderful time at Challenge Camp. We were blessed with good weather and while the water was pretty fresh it didn't stop the kids having a great time making rafts, paddle boarding and surf skiing. It was amazing to see kids push their limits on the high ropes course and egg each other on to more death-defying stunts while dismounting on the flying fox. The site at Broken Bay has one of the most beautiful natural abseiling locations with views over Patonga Beach. The abseil itself goes down over The Golden Cave, an amazing place with significant significance to Australia's first peoples. I couldn't believe how quickly some of the students learned how to correctly throw a boomerang too. Even two at a time! The night activities led to many laughs with the camp crew leading challenges and games. If I learned nothing else it was that Year 10 are fiercely competitive. Thank you for all the sacrifices you made in order to get your child to camp. I hope that they thanked you too. It really was a wonderful experience.



Kerrie-Lee Guest
Student Coordinator

'When we stand together, no one stands alone.'

The National Day of Action against Bullying and Violence (NDA) is an important day to mark Australian school communities standing together against bullying. On Wednesday 29th May, the St Paul's Student Representative Council orchestrated the school's first Anti-Bullying Day, with a strong focus on solidarity. Prior to Wednesday, staff and students wrote a positive message on a red piece of paper which was then connected to create a large chain to reflect the strength in a connected community that presents a united front against bullying; each link is important- if one breaks the entire chain falls apart. This image was physically replicated at lunch time when students created a giant Conga line in the playground.

The agenda of the day was not only to promote the importance of standing against bullying, but the importance of being a part of a caring, connected community. Students wore the colour red as a symbol of their love, strength and firm stance against bullying.

This year marked the first year of many that the St Paul's community will celebrate their stance against bullying. It was a beautiful example of the respect students have for one another and their desire to be a part of a community that emphasises the importance of loving, healthy relationships that foster growth and positivity.



Miss Eleanor Martin
Coordinating Teacher



Science and Engineering Day—Build ME a Future

On Thursday the 23rd May, 8.1 Science went to the University of Newcastle to participate in the Build ME a Future, Science and Engineering day. The class split up into eight groups to compete alongside other schools. Each group took part in two activities throughout the day. These were:

Mars Buggy – building a buggy designed to travel over uneven ground

Light Comms – getting the message across using light colours and patterns similar to Morse code

Max Power – build different electrical circuits for a city to meet specific criteria

String Along – using string follow paths to gain the maximum points possible

Earthquake – design and build from limited materials and tower to survive an ‘earthquake’

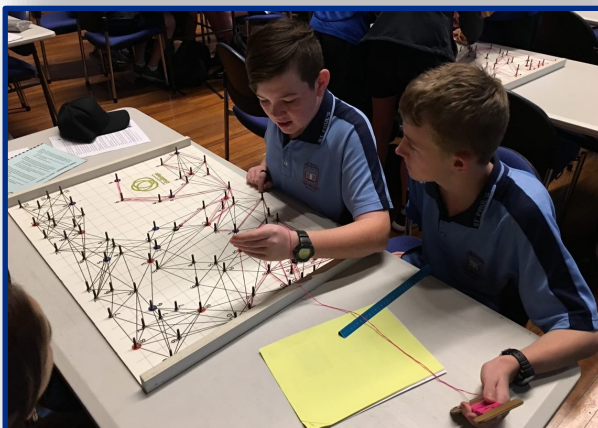
Get A Grip – build an artificial hand to be able to pick up different objects and

Get Over It - design a bridge from limited materials to withstand a moving mass.

Each challenge required different skills and ways of thinking. The host conducted many experiments with liquid nitrogen, such as freezing a zooper dooper and creating frozen bubbles with dishwashing liquid. She also demonstrated to us how a combustion can works.

Overall, this day was a fun and challenging way to learn and to realise what is possible for jobs in the future. It inspired us to think outside the square and to believe that our abilities can do great things.

By Mia Elliott and Emily Dickson - 8.1 Science



Mr Steven Thomas
Science Teacher



Christine Anu—In Conversation & Song



Last Tuesday, one of Australia’s most iconic female Indigenous entertainer graced St Paul’s with her acclaimed show called Christine Anu: In Conversation & Song. Her visit was one of the many highlights organised by Mrs Astro Stewart celebrating NAIDOC week. Ms Anu share personal anecdotes on life, her advocacy work for diversity and inclusion, and the importance of Aboriginal and Torres Strait Islander language in Australian culture. Students and teachers sang and danced along to a selection of songs from Ms Anu’s acclaimed music career, including ‘Sunshine on a Rainy Day’ and ‘My Island Home’.

At the risk of missing someone, and please forgive me if I do, I would like to take this opportunity to thank everyone who was involved in ensuring Ms Anu’s visit was a success. In particular, a huge thanks goes to Mrs Stewart for her vision and organisation of the event, without her, it would not have been possible. I would like to thank the Leadership Team for supporting the initiative, and allowing us to reorganise the school for the day. Thanks to Mrs Alice Grant and the Hospitality Students who provided the catering, it was so delicious Ms Anu took some with her! Thanks to Miss Emily Heads for hosting on the day, your knowledge was invaluable. I would like to also thank Chantelle Finely and Amy-lee Roberts for also being fantastic hosts. Thanks to Mr Simon Pearse and Mr Michael Doyle for helping out with the sound technicians, I appreciated your skill set! Thanks to Mrs Di Simmington and Mrs Jasmine Outteridge for your help with the logistics. A huge thanks to Ms Anna Hennessey for providing cover for us to run the event and to the Teachers who took care of our classes for us. Also to Miss Nikalla Garrett and Miss Jacqui Moriarty for helping set up the Hall and to Mrs Anne-Maree Shipman for packing it up in my absence. Finally, thank-you to all the staff and students who in your positivity ensured that the day was a massive success.



Diosounds

Good-luck to all of our muso's who will be performing in Diosounds this Thursday night. I was privileged to watch the soundcheck on Monday and was incredibly impressed by the talent that our student possess. They approached the day with great maturity and were very professional in the way that they conducted themselves. It is obvious that you have been working very hard on your repertoire, I cannot wait to see you all shine on the big night! Thanks goes to Miss Emily Heads, Mr Simon Pearse and Ms Nikalla Garrett for the hours of time that you have invested in helping our students prepare, I know that they appreciate it !

I encourage you all to come and see the performance on Thursday night, at Civic Theatre. The show is of a high standard and never disappoints. Tickets are available through Ticketek.



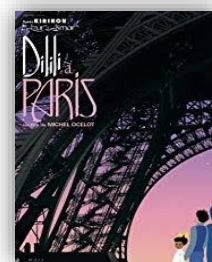
Miss Sarah Adams
Leader of Pedagogy –
Creative Arts and Languages



'Dilili a Paris'

Newcastle French Film Festival

Senior Language students had the opportunity last Friday to see the delightful French movie 'Dilili a Paris,' one of the movies included in the Newcastle French Film Festival. Students were introduced to many famous French people from the 1900s, including Louis Pasteur, Picasso, Renoir and Gustave Eiffel. The students represented the school beautifully.



Mrs Christine Churchwood
Science Teacher





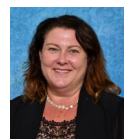
Abby Willcox, Grace Shrume, Braith Sneddon and Conor O’Neil were excellent ambassadors for our school over the weekend at the **Model United Nations Assembly** in Muswellbrook.

These students were required to represent their countries (girls were Japan, boys were France) and advocate either for or against on a number of issues. These issues included Banning Nuclear Weapons, making 2020 the International Year of the Plant and Moratorium on the Use of the Death Penalty. They spoke articulately and intelligently on what are contemporary and complex issues, quite often having to think on their feet and not rely on their research. They learnt how the UN general assembly works and made new friends.

Whilst they didn’t come home with the championship, they were most definitely the best dressed!



Ms Anna Hennesy
HSIE Teacher



Public Speaking Enrichment Day

On 8th May, I, along with Christine Connell, Valentina Costa, Zoe Dalglish, Shelby Kincaid, Jordyn Laucht, Emma Reynolds and Sindy Richards were given the chance to attend a CSO Public Speaking Enrichment Day. This day was held at All Saints' College, St Mary's Campus Maitland and secondary students from all over the diocese attended.

We got to learn about many aspects of public speaking such as how to use body language naturally; how to project our voice and how to use eye contact effectively. One of the most important pieces of advice given about overcoming nerves was the reminder that the audience is cheering you on and wants to see you succeed.

After an introductory workshop we split into smaller groups and learned detailed strategies to approach any topic. For example, thinking of a topic in terms of its past, present and future or dividing a speech into areas such as the individual, the community and the world. During these workshops we were involved in fun activities like selling the unsellable and arguing why we shouldn't be thrown off a failing hot air balloon!

After lunch we were given the opportunity to try out our new skills in front of a small audience. Teachers gave us feedback on all aspects of our speech. Everyone had a different topic to talk about, but I had to talk about a person/people I admire the most. Overall, I had a fantastic day and I would love to do it again.

*Ebony Wattus
Year 9 Student*



Transition Expos for Students with Disability

The annual **Transition Expos for Students with Disability** is coming up in June (Central Coast) and July (Broadmeadow). These expos have been running for a few years now and are a wealth of information for both parents and students regarding life after secondary school. I would recommend students in Years 10, 11 and 12 attend one of these expos with their parents to get an idea of what services are available to assist them with such important decisions. If you have any questions about these Expos, please do not hesitate to contact myself via email or phoning the school and asking to speak with me. I do suggest that you attend early as it does get crowded, an hour at the expo should be enough and then you can head to school without missing too much class time.

anne-marie.melocco@mn.catholic.edu.au

Mrs Anne Marie Melocco
Learning Support Teacher



2019



Future Choices Transition Expos for Students with Disability

Thurs 20 June | 9.00 am – 1.00 pm
Mingara Recreation Club, Mingara Drive, Tumbi Umbi

Thurs 25 July | 9.00 am – 1.00 pm
McDonald Jones Stadium, Turton Road, Broadmeadow



Everything students, families-carers, schools, services and providers need to know about moving to life after study with disability... university, VET, apprenticeships/traineeships, employment, community connections, advocacy, disability services, support services, technology and more!

You may not think of yourself as having a 'disability' but the definition is broad and includes learning disability, Autism Spectrum Disorder, medical conditions, mental illness, physical conditions, sensory impairments, intellectual disability, and much more. Do you have to put in extra effort during study because of your disability or condition? If so, then this Expo is for you.

FREE | LOTS OF PARKING | YOUR ANNUAL ONE STOP SHOP!

Queries: BOTH EXPOS	HUNTER: DoE Supp Tchr Trans	CENTRAL COAST: DoE Supp Tchr Trans
Kay Dean NDCO 0438 218 848 kay.dean@newcastle.edu.au	Tom Davison 4985 3122 tom.davison@det.nsw.edu.au	Bronwyn Flanagan 4325 0792 BRONWYN.CARBERRY@det.nsw.edu.au
Diana Allen Unisson Disability DianaAllen@unisson.org.au 0428 286 727	Gayl Chappell 4968 1939 gayl.chappell@det.nsw.gov.au	Tracey Scheitel 4358 1411 Ext 119 Tracey.Scheitel@det.nsw.edu.au
	David Nevins 4933 5844 david.nevins@det.nsw.edu.au	
	Tracey Scheitel 4358 1411 Ext 119 Tracey.Scheitel@det.nsw.edu.au	

 www.facebook.com/HCCExpos

 Expo Website <http://bit.ly/2E3iiNE>

Exhibitor EOJ & queries from transition related services – NDCO



National Disability Coordination Officer Program
An Australian Government initiative

From the Finance Office

Please note: All 2018 fee agreements are now void. Please phone to make an appointment with Mr Selmes to discuss your 2019 fees, if needed.

For all Finance enquiries please use the following email address: finance@booragul.catholic.edu.au

To calculate your Weekly, Fortnightly or Monthly payment amount, please go to our Website and use the calculator. <http://www.booragul.catholic.edu.au/about-us/finance/fee-calculator/>

If you have not already done so, please ensure I have copies of relevant updated Health Care / Pension Cards.

Also, if you have not completed 2019 Family Discount and Diocesan Pastoral Contribution Form, please follow the link to the Website above to download, complete and return to college office.

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

Opening Hours for Payments to the Finance Office

Parents: Come to Student Reception or Reception from 8.30am to 2.30pm
Students: Mornings from 8.30am until tutor group bell, all of recess and all lunch times

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 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:

For more information about QKR visit our website

www.booragul.catholic.edu.au

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.

Canteen Roster

Monday 3 June—Friday 7 June

Mon	Lisa Kelly, Kristy, Sharyn Kiely
Tues	Mel Dobosz
Wed	Linda Gesell, Kim Harding
Thurs	Debbie Parker, Claire Matthews
Fri	Pupil Free Day

Tuesday 11 June—Friday 14 June

Mon	June Long Weekend
Tues	Susan White, Sharn Johnson
Wed	Sarah Ashmore, Teresa Tanks
Thurs	Nicole Ferry, Paula Douglas
Fri	Tania Egan, Kylie Powell, Caroline Hickey

Monday 17 June—Friday 21 June

Mon	Karen Lee, Cath Liley
Tues	Christine Bathman, Worakot Walker
Wed	Diane Fennell-Fraser
Thurs	Rochelle Loveday, Nadine Steenson
Fri	Anne Negline, Susan Noonan

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 2 2019

Wk 6	Mon 3 June	CCC Tennis Champs (Teams) DIO Sounds Tech Rehearsal
	Tues 4 June	U/14 Girls Rugby League Gala Day CCC Football Selections DIO Sounds Small Ensemble Rehearsal
	Wed 5 June	CCC Football Selections
	Thurs 6 June	Rugby League Semi Finals TBC DIO Sounds Performance Matinee
Wk 7	Wed 12 June	Year 10—Insight Day
	Fri 14 June	CCC Cross Country
Wk 8	Mon 17 June	Year 11 2020 Curriculum Evening
	Fri 21 June	U/14 Girls Rugby League Windale
Wk 9	Mon 24 June	Year 12 Trial HSC Exams commence CCC Open Basketball Champs
	Thurs 27 June	Baiame Cave Visit
Wk 10	Mon 1 July	Year 12 Trial HSC Exams continue
	Tues 2 July	U/14, U/16, Open Girls Rugby TBC
	Thurs 4 July	Year 11 Semester 1 Awards Year 12 Physics Experiment Fest
	Fri 5 July	St Paul's Day Last Day of Term 2

Please see website for further Calendar dates

<http://www.booragul.catholic.edu.au/news-events/events->

Reception Hours for 2019

8.00am to 4.00pm Monday to Thursday

8.00am to 3.30pm Friday

Student Reception Hours for 2019

8.30am to 3.30pm Monday to Friday

Clothing Pool

Commencing:

Tuesday 4 June until

Tuesday 25 June

All Stock \$2

Excluding the following:

Jumpers—up to \$20

Junior Skirts—up to \$20

Senior Blazers—up to \$40

Opening Hours

8.30am to 9.30am Tuesdays Only



The **Canteen** is in need of volunteers

Please phone Carolyn if you can help!

All volunteers must have a Working With Children Certificate

Please follow this direct link for the order and payment page
<https://www.entertainmentbook.com.au/orderbooks/340e72>



Help our fundraising cause!
 Support us and treat yourself!

entertainment
 Discover the best of your city with Entertainment.

Still only **\$65** Every sale contributes to our cause

Enjoy thousands of offers for everything you love to do
 2-for-1 offers, special rates and up to 50% off on activities, dining, shopping, travel and leisure.
Order your Entertainment Membership today!

80+ Contemporary Dining Offers!	 \$50 value	 \$40 value	 \$40 value	 \$30 value	 \$45 value	 \$35 value and many more...
200+ Casual Dining Offers!	 \$30 value	 \$40 value	 \$30 value	 \$25 value	 \$30 value	 \$40 value and many more...
160+ Takeaway and Attraction Offers!	 2 for 1	 2 for 1	 2 for 1	 2 for 1	 2 for 1	 2 for 1 and many more...
2,000+ Travel and Retail Offers!						 and many more...

Up to 50% off Retail, Travel, Leisure and Accommodation

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Meningococcal disease is caused by a bacterial infection and can lead to serious illness. It is uncommon in NSW, and occurs more often in winter and spring. Infants, small children, adolescents and young adults are most at risk. Early treatment is vital.

Meningococcal disease

Last updated: 11 January 2019

What is meningococcal disease?

Meningococcal disease is a serious illness that usually causes meningitis (inflammation of the lining of the brain and spinal cord) and/or septicaemia (blood poisoning). Rare forms of the disease include septic arthritis (joint infection), pneumonia (lung infection) and conjunctivitis (infection of the outer lining of the eye and eyelid).

People with meningococcal disease can become extremely unwell very quickly. Five to ten per cent of patients with meningococcal disease die, even despite rapid treatment.

Historically winter and spring have been the peak seasons for meningococcal disease, however cases can occur year round.

Meningococcal disease is caused by infection with *Neisseria meningitidis* of which there are several serogroups. Disease is caused by serogroups A, B, C, W and Y. The meningococcal C vaccine has reduced the number of cases caused by that serogroup.

Between 5 and 25 per cent of people carry meningococcal bacteria at the back of the nose and throat without showing any illness or symptoms.

What are the symptoms?

Symptoms of meningococcal disease are non-specific but may include sudden onset of fever, headache, neck stiffness, joint pain, a rash of red-purple spots or bruises, dislike of bright lights nausea and vomiting.

Not all of the symptoms may be present at once.

Young children may have less specific symptoms. These may include irritability, difficulty waking, high pitched crying, and refusal to eat.

The typical meningococcal rash doesn't disappear with gentle pressure on the skin. Not all people with meningococcal disease get a rash or the rash may occur late in the disease.

Sometimes the classic symptoms may follow less specific symptoms including leg pain, cold hands and abnormal skin colour.

Meningococcal disease can sometimes follow on from other respiratory infections.

People who have symptoms of meningococcal disease should see a doctor urgently, especially if there is persistent fever, irritability, drowsiness or lethargy, a child is not feeding normally or symptoms have come on or worsened very quickly

If you have already seen a doctor but symptoms continue to worsen, consult your doctor again or go to the Emergency Department.

How is it spread?

Meningococcal bacteria are not easily spread from person to person and the bacteria do not survive well outside the human body.

The bacteria are passed between people in the secretions from the back of the nose and throat. This generally requires close and prolonged contact with a person carrying the bacteria who is usually completely well. An example of 'close and prolonged contact' is living in the same household or intimate (deep) kissing.

Meningococcal bacteria are not easily spread by sharing drinks, food or cigarettes.

Who is at risk?

Meningococcal disease can affect anyone, however there are certain groups that are at higher risk. These include:

- household contacts of patients with meningococcal disease

- infants, small children, adolescents and young adults
- people who smoke or are exposed to tobacco smoke
- people who practice intimate (deep mouth) kissing, especially with more than one partner
- people who have recently had a viral upper respiratory tract illness
- travellers to countries with high rates of meningococcal disease
- people with no working spleen or who have certain other rare medical conditions.
- People who have had only minor exposure to someone with meningococcal disease have a very low risk of developing the disease.

Healthcare workers are not at increased risk unless they have been directly exposed to a case's nasopharyngeal secretions (for example, if they performed mouth-to-mouth resuscitation or intubated the case without using a face mask).

How is it prevented?

Any person from 6 weeks of age who wants to protect themselves against meningococcal disease is recommended to receive the two vaccines available in Australia.

Vaccination against meningococcal C was included in the National Immunisation Program Schedule from 2003. From 1 July 2018 it was replaced by the vaccine against meningococcal strains A,C,W and Y (Men ACWY). It is offered to all children at one year of age (as part of free routine immunisation).

The NSW Meningococcal Response Program offers a single dose of Men ACWY vaccine to older adolescents as part of the NSW School-based Vaccination Program. This was offered to students in Years 11 and 12 in 2017 and to students in Years 10 and 11 in 2018. From 2019 students in Year 10 will be offered the free vaccine at school.

To ensure all older adolescents have the opportunity to be protected, those aged from 15 to 19 years who have not received the meningococcal ACWY vaccine at school are encouraged to see their GP for a free vaccine.

Meningococcal ACWY vaccine is required for pilgrims to the Hajj and strongly recommended for persons travelling to areas where epidemics of meningococcal A,C, W and Y occur such as the meningitis belt of sub-Saharan Africa. For up to date vaccination requirements talk to your travel doctor, or General Practitioner.

Meningococcal B (Men B) protects against some serogroup B strains, and is strongly recommended for young children and adolescents but is not funded by the National Immunisation Program.

Men ACWY and Men B vaccines are also recommended for people at occupational risk of meningococcal disease such as laboratory workers, and for people without a working spleen.

Because routine childhood vaccines do not protect against all strains of meningococcal disease, all people must still be alert for the symptoms and signs of meningococcal disease, even if they have been vaccinated.

How is it diagnosed?

Diagnosis is based on the patient's history and examination. This is sometimes difficult in the early stages of the disease. Confirmation of the diagnosis involves testing samples from the patient, including blood, cerebrospinal fluid, or skin samples. The time taken to get a test result can vary depending on the tests performed.

How is it treated?

Patients with meningococcal disease need urgent treatment with antibiotics, in hospital, and treatment is usually started before the diagnosis is confirmed by tests.

What is the public health response?

Hospitals and laboratories notify cases of meningococcal disease to the local public health unit (PHU). PHU staff will work with the doctor, the patient or the patient's family to identify the people who have been close to the ill person (depending on the duration and the nature of their exposure). These people are called contacts.

Contacts are given information about meningococcal disease. A smaller group of close contacts are carefully identified and given clearance antibiotics because they are the people most likely to be carrying the bacteria.

These antibiotics eliminate the bacteria from the throat and help prevent it from being transmitted to others. Clearance antibiotics are different to the antibiotics used to treat the infection and people who receive clearance antibiotics are still at some risk of developing the disease. All contacts should therefore be aware of the symptoms of meningococcal disease and should see a doctor urgently if these occur.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

Cybersafety & Our Brain Presentation

18 JUNE, 2019

We are extremely fortunate to secure the services of two nationally renowned presenters to share latest research and advice regarding the cyber – landscape.

If you have a child and they have access to a screen whether it is a phone, tablet, laptop...whatever... you do not want to miss this!

Our guest speakers



Greg Gebhardt
Representing the Office of the
eSafety Commissioner
will share information
with us about:

**"Keeping our Kids safe
in Cyber-land" – critical information
we all need to learn.**



Wayne Warburton
Associate Professor -
Psychology
Macquarie University
will present compelling
information about:

**Our Brain – Screen and Gaming
addiction" – an absolute must for
all parents and carers.**

DATE 18 June, 2019
TIME 6.00pm for a 6.30pm start – 8.30pm
VENUE Victor Peter Suite, 841 Hunter Street, Newcastle West.
RSVP Essential by 4 June, 2019 bit.ly/CybersafetyAndOurBrain
Light supper provided.



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JOIN US FOR A NIGHT OF CHRISTMAS CHEER
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'THE RATTLESNAKES'
AND A FESTIVE 2 COURSE CHRISTMAS DINNER
(DRINKS TO BE PURCHASED AT THE BAR).

WHEN: Saturday 20th July, 2019
WHERE: RMYC Toronto
TIME: Arrive at 6:30pm and enjoy
a complimentary glass of bubbles,
for a 7:00pm start
COST: \$60 per head

FOR TICKETS CONTACT:

SUE JANSSON: 0402 828 180 PAM LEWIS: 0400 328 143

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CARDIFF FIRE STATION IS OPENING UP!

WE'D LOVE FOR
YOU TO JOIN US



OPEN DAY
2019
FROM 10AM - 2PM
SAT 18TH MAY

Fire & Rescue NSW (FRNSW) will hold its annual **Open Day on Saturday 18 May 2019** with fire stations across the State giving visitors a personal glimpse into Australia's busiest fire and rescue service.

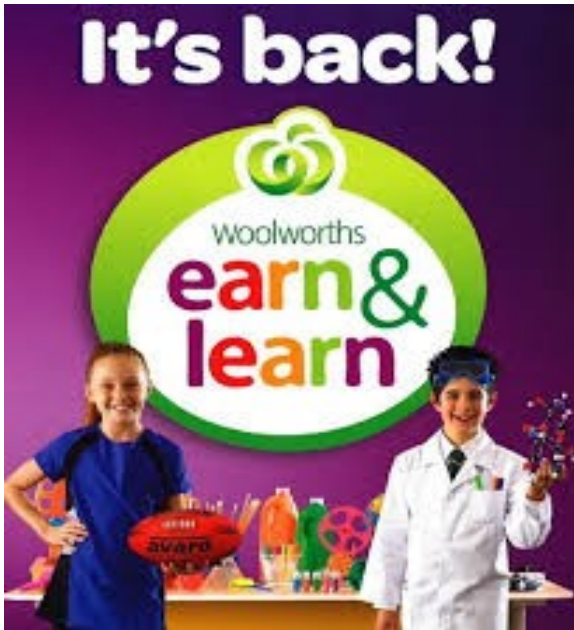
More than 80,000 people will attend Open Day at their local fire station.

Open Day includes safety demonstrations, fire station tours and the chance to inspect firefighting equipment and trucks used by our firefighters when responding to fires and other emergencies. There is also an array of activities for kids.

Visitors can also speak to firefighters first-hand about fire safety in the home, including how to install and maintain smoke alarms and how to develop a home escape plan to ensure they can quickly and safely escape a fire.

For more information, contact Cardiff Fire Station on (02) 4954 9111.

Please also note that if you get to Cardiff Fire Station and it is closed, we may be responding to an emergency.



We are collecting stickers for the Woolworths Earn and Learn program again this year. Students can add stickers to the collection box in THE HUB!



Hi everyone! I am now taking students in preparation for **Semester 1 of 2020**. This year has been a big success so far with many happy students, so I thought I'd start planting the seed for next year!

~ A bit about me~

I graduated from St Pauls High School in 2017 and I have been passionate about math and science since primary school. I have been studying at the University of Newcastle since 2018 enrolled in a Bachelor of Mathematics/ Bachelor of Science. I have been tutoring since 2018 and really enjoy it!

I tutor high school students of any grade, up to the HSC courses of Advanced Mathematics, Extension 1 Mathematics, Biology, and Chemistry.

- I am a home visit tutor
- Rates based on travel time

Contact me on 0459527875 or catherine_mackay@icloud.com if anyone has any questions! 😊

Find us on Facebook @tutoringbycate



THURSDAYS IN TERMS 2 AND 3 IN FOUR DIFFERENT LOCATIONS ACROSS THE DIOCESE

Locations:	St Pius High School Adamstown	St Bede's Catholic College Chisholm	St Joseph's High School Aberdeen	St Clare's High School Taree
Time:	4.00 pm – 5.30 pm	4.00 pm – 5.30 pm	4.00 pm – 5.30 pm	4.00 pm – 5.30 pm

NEW LOCATION: St Paul's Catholic College, Booragul

TIME: 4.00 pm - 5.30 pm

ASPIRE's Junior Theatre Makers Ensemble for Years 5 – 8 is again offering creative drama programs across the Diocese in 2019 throughout Terms 2 and 3.

Term 2 will be all about learning and skills with a focus on play building. Ensemble members will work through an array of exercises relating to character, physical and image based theatre. The ensemble will be led by a local theatre expert and will also receive two workshops from ASPIRE Artistic Director Anna Kerrigan.

Term 3 will be spent creating an original short performance piece which will be performed on **Thursday 19 September 2019 at the Cessnock Performing Arts Centre**. All four groups will come together to rehearse for the day before performing an integrated piece that evening.

This is a great opportunity to learn in a fun environment with like-minded students. Places in the program are limited and will be allocated on a first come first served basis.

Course Cost: \$250 (scholarships are available for those in financial need)

To reserve your place please complete a booking form online at the ASPIRE website <https://aspire.mn.catholic.edu.au> or call Anne Atkins on 02 4979 1231 for more information.

