



**St Paul's**  
Catholic College  
Booragul

# The Spinnaker

Primrose St, Booragul, 2284  
PO Box 194, Boolaroo 2284  
Ph - 4958 6711

Email - [admin@booragul.catholic.edu.au](mailto:admin@booragul.catholic.edu.au)  
Website - [www.booragul.catholic.edu.au](http://www.booragul.catholic.edu.au)



Photo by Andy Warren

11 September, 2019 Vol: 14-19

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

Dear Parents and Caregivers,

How the term (and the year) has flown. The recent weeks have been filled with many important aspects of a vibrant welcoming community. We are about to head into the final two weeks of formal classes for Year 12 and their last opportunity to work as a group and individual with their teachers to finalise their preparation.

I spoke to the group last Thursday and talked about what they might need to consider as they move towards their Graduation Ceremonies in a few weeks. I spoke of the need to look after one another at social gatherings as it can be a time where foolish decisions are made. I spoke about the need to be mindful of driving to and from school as the Police traditionally have a higher presence on the roads at this time of the year. I mentioned to the group that their participation in any 'multi school', student derived activities can be a very risky and at times dangerous. I passed on communication from the Local Area Command of Police that any of these activities will be closely monitored.

I also spoke particularly about their final week and the many events aimed at farewelling the group in an appropriate way, on the Monday there is a charity 'dress up' day themed 'The 80's. There will be Tutor Group and Year group gatherings that enable students and their teachers to thank and acknowledge the important time it is for our Year 12 students. The formal events begin with the Graduation Mass on the Wednesday evening with Bishop Bill presiding. The following morning will be the Academic Awards Ceremony and the College Farewell Assembly. Finally Year 12 will be 'clapped out' by the St Paul's community as they leave the College.

I am looking forward to a very positive week for Year 12 and the College. I also very clearly outlined the College's expectations of our senior students in these final two weeks. I am confident that this Year 12 group will celebrate and finish their time here at St Paul's very appropriately.

Tuesday of last week the annual Archipaul's Art show was held in the College Hall. A very enjoyable and successful evening with great support from parents, students and the staff. I thank Mrs Sarah Adams as the Leader of Creative Arts and her team for their efforts in putting on a great show. The number of pieces on display was very impressive from students in Year 7 right the way through to our Year 12 HSC student's Major Works.

I said to the group on the evening it is so important that we take every opportunity as parents and as a College to recognise the talents of our student as a means of affirmation and support. We often in our school and in society recognise achievement in sport and many other areas. At times there are areas where great talent and skills are displayed and but for evenings such as these, they are missed and not held up as the great talent and incredibly important skills they are.

These events are a combined effort of many staff and it is only through their generosity and care that these events can run. In preparing and on the evening I noted our Ground Staff, our Music Staff, Hospitality Staff, Office Staff and particularly our Creative Arts staff all contributing. My thanks to all.

Over the past weeks many of our Year 12 Students involved in courses that require a 'Major Work' have been finalising and handing in their work or being formally assessed by HSC Examiners. Drama, Industrial Technology Timber, Design and Technology, Visual Arts, Music and Ext 2 English students have all had a busy time completing these works. On their behalf I again thank our amazing teachers for their guidance and support of these students.

All the best,

**Mr Colin Mulhearn**  
College Principal



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In a busy day my favourite moments are the ones spent with our students here at St Paul's (the staff aren't too bad either!). Somehow, the piles of administration, the phone calls, the niggling emails all fall away when I am on the playground, or talking with students or travelling outside of the College with fantastic ambassadors for our school – such as I found myself this Tuesday with two of our College Leaders – Jack Coyne and Tom Hall. Our leaders had been invited to attend the St Joseph's, Kilaben Bay, Kinder Orientation to speak to parents about their journey through Catholic Education and the relationship/transition between our two schools.

Jack, who commenced Kindergarten at St Joseph's, and Tom, who joined him in First Class, were able to share the opportunities and memories of their time at school. With only two weeks left of formal lessons (and lets not forget the HSC exams before them) both leader's were able to articulate the nature of Catholic education – caring environments, opportunities, relationships and life lessons. I have never been more proud of our students here at St Paul's than on Tuesday and I thank Tom and Jack for giving of their time so freely. You truly made my day and as Mrs Charlene Reid, Principal of St Joseph's said to me, "having the boys standing next to the Kinder children was priceless". In closing I share Tom's words with you,

*I've really enjoyed my time as St Joseph's and St Paul's, and as I am about to move on to a new stage in my life, I feel confident and prepared for it. In closing, I would like to leave you with a piece of advice - encourage your children into taking positives risk and for them to put their hands up to every opportunity that they are given.*



### Term 4 Staff Professional Development Days

**The first two days of Term 4, Monday 14 & Tuesday 15 October, are Pupil Free at St Paul's.** On Monday staff will be involved in a Professional Learning Day where our Teams will present their research and findings to staff in areas such as Gifted, Literacy, Numeracy, e-Learning, Data, Professional Practice and STEM. These Teams have been meeting for three terms in cross-curricular groupings working in developing content for this day and it is our belief that this sharing of practice and knowledge enables staff to remain cognisant of current pedagogy and educational theory. On Tuesday 15<sup>th</sup> staff will be involved in the mandated Diocesan Faith Story Witness Training and Mark Spencer from the Catholic Schools Office will be joining us for the day. We will also use this time for Faculty Assessment Development. **School for all students will resume on Wednesday 16<sup>th</sup> October.**

**Mrs Cathy O'Gorman**

**Assistant Principal—  
Teaching & Learning**



## Dr Michael Carr-Greg

The Catholic Schools Office through the Federation of Parents and Friends Association have secured Dr Michael Carr-Greg to speak with parents and carers at St Pius X Adamstown on 22<sup>nd</sup> October. Dr Carr-Greg is a high-profile child and adolescent psychologist who will be presenting on the topic of “Raising Resilient and Happy Children.” He is well known across Australia, not only for his work as a child and adolescent psychology, but as an author and media commentator. I have heard Dr Carr-Greg on several occasions, and he offers some very practical advice and strategies for parents who are raising teenagers in this modern world. I would highly recommend taking the time to listen to this free opportunity. See the attached flyer to register your attendance.

## Changes to Parking in Primrose Street

The Council have advised of several changes to parking restriction in Primrose Street. These changes have come about as a result of safety concerns for traffic entering the school grounds from Primrose Street. With over twelve buses coming and going every morning and afternoon, a clear line of sight is required as traffic leaves the school grounds and space is required for the buses entering from both directions coming into the school grounds. As a result, the following changes have been made:

- **Relocation of the ‘Kiss and Ride’ No Parking** (8am-9.30am and 2.30pm-4pm school days) restrictions on the western side, north of the College access road by 10 metres to the north
- **Extension of the statutory 10-metre NO Stopping** restrictions on Primrose Street on the northern side of the access road by 10 metres
- **Extension of the existing ‘Kiss and Ride’ No Parking** (8am-9.30am and 2.30pm-4pm school days) restrictions on Farlow Street to include the turning area
- **The installation of No Stopping** (8am-9.30am and 2.30pm-4pm school days) restrictions on the western and eastern sides of Primrose Street

Please see the link below, which will provide a visual image of where these new signs have been positioned:  
• <http://www.booragul.catholic.edu.au/media/3024/booragul-primrose-street-parking-restrictions.pdf>

All drivers are to be aware that these changes have been made and are clearly signposted along various points in Primrose Street. At all times drivers are to be mindful of the 40km zones in the streets surrounding St Paul’s College.



**Mrs Anne-Maree Shipman**  
Assistant Principal—Community & Wellbeing



# Raising happy and resilient children

22 OCTOBER, 2019



**The Federation of Parents & Friends Associations invites:**  
parents, carers and staff for our Catholic schools.



**Dr Michael Carr-Gregg is one of Australia's highest profile adolescent and child psychologists.**

He wrote his PhD at the University of NSW on Adolescents with Cancer and named and founded CanTeen more than 30 years ago with a group of young cancer patients. He has worked as an academic, researcher, and political lobbyist. He is also the author of 14 books and sits on the Board of the Australian Children's Television Foundation, the National Centre Against

Bullying and the Federal Government's Online Safety Working Group. He is the resident parenting expert on Channel 7's Sunrise, as well as a social commentator on the Morning Show with Neil Mitchell on Radio 3AW and Sky News. He is married with 2 sons and is a special Patron of the Hawthorn Football Club.

**DATE** Tuesday 22 October, 2019  
**TIME** 6.00pm for a 6.30pm start – 8.00pm  
**VENUE** St Plus X High School Park Avenue Kotara NSW 2289  
**RSVP** Click on the link [www.mn.catholic.edu.au/fpfa](http://www.mn.catholic.edu.au/fpfa)



[www.mn.catholic.org.au](http://www.mn.catholic.org.au)

## THE PEOPLE HAVE SPOKEN



We are so excited to see the overwhelming support that the Toronto Community Kitchen received in the voting for the My Community Project grant. Our project received the highest points in our electorate!

**Thank you to all our supporters !**

It gives us great heart to know that our community has come together to help some of our neighbours who don't always have a voice, let alone a home or a meal. We are busy making plans to open our Kitchen while we wait to receive the Grant money. If all goes well we hope to open before the end of 2019.

As this is a community-based Project, we'd love to hear from you if you'd like to help serve in our Kitchen to make some new friends and support others in need.

God bless you and your families  
St Joseph's ,Toronto

Contact: Bev McWilliam 0437 868888  
Community Engagement Coordinator

Only three weeks of Year 11 left and two of those are Exam Weeks.

**Exams started this week** with all students attempting a Religion Exam of some variation. A reminder that students are expected to attend Exams in full school uniform, have clear water bottles and pencil cases, and inform the school of any absences.

We welcomed the Colleges **new student leaders for 2020**. Congratulations to **Nicholas Curran, Abby Willcox, Sam Jenkins and Grace Shrume**. We are sure they will lead the student body with enthusiasm and mutual respect.

At our Year Assembly last week, we had a few speakers:

**Mrs O’Gorman** reminded students of Exam expectations and informed them of the process for **changing subjects**.

**Mrs Shipman** informed the students of the **Councils new parking signs** outside the school and the consequences by the Council for not adhering to them.

**Jessica McNamara** from the Community and Family Studies class launched the **“It’s in the Bag”** donation collection for homeless young people. Jess showed a clip and then spoke about the needs of young homeless women in regard to personal care and hygiene. She encouraged us all to help support this cause.

We were fortunate to have three of our current **interns address the Year 11** cohort this time. Olivia Bielby, Taine McLennan and Tal Cohen spoke to the students about their experiences of school and how they chose their respective universities to extend their education. They talked to the students about the advantages they found in having to move away from home to go to university and how they looked for opportunities to make friends and fit in. They discussed their career choices and paths to where they are now. One shared that he had trained for and had become a boilermaker for a few years before he decided to follow his heart and become a teacher. They all discussed with the students the help that is available at university and school if only they ask for it.

I reminded the students that they are only **5 weeks away from starting their HSC Course**, and to finish their Preliminary year well.

Best wishes with the Exams.

*Mrs Cayte Pryor*

*Student Coordinator*

[cayte.pryor@mn.catholic.edu.au](mailto:cayte.pryor@mn.catholic.edu.au)



## Science and Engineering Challenge

On Tuesday Week 2, 32 Students from Year 9 and 10 attended the University of Newcastle for the Science and Engineering day. Students participated in a number of activities in groups of 4, which tested their knowledge and understanding in coding, project based learning, problem solving, trialling and testing solutions to a variety issues, as well as collaboration skills. Some examples of activities included deciphering coded messages using lights, creating a mechanical hand from everyday items, constructing a working buggy, and making a stable bridge for a heavily weighted toy train to travel over. The students who attended from St Paul's are to be congratulated on their maturity, diligence, teamwork and problem solving skills which were demonstrated over the day. Overall, our students came 4th place. Fantastic work on challenging yourself and taking on this opportunity to all the students involved.

*Mr Phil Cassel*  
*Teacher*



# Year 9 News

Year 9 are Entrepreneurial, Creative and Engaged in Learning.

As you will see in the images below, Year 9 are blessed with talent. We all enjoyed the art works on display at The Archipaul's, particularly the innovative treehouses.

Mr Gallop's business minded Commerce students managed an excellent display of their skills in the playground stalls and were successful at designing and selling a variety of popular products.

Earlier in the term Year 9 were entertained and educated by the Brainstorm Production of "The Hurting Game" which focused on gaming, bullying and compassionate behaviour.

*"Creativity is intelligence having fun."*

Elisa Milajew  
Student Coordinator and Religion Teacher  
[elisa.milajew@mn.catholic.edu.au](mailto:elisa.milajew@mn.catholic.edu.au)



## Diocesan Debating Competition

On 27 August six talented Year 9 students competed in the **Diocesan Debating Competition** at St Joseph's High School, Aberdeen. **Merin Charly, Jannella Francis, Mia Powell, Sindy Richards, Ebony Wattus and Paige Wheeler** were tasked with debating the topic: *'That the government should place a cap on the amount private schools can charge'*. Both teams were given the affirmative side.

Unfortunately, neither of our teams made it through to the next round. However, the students are to be congratulated on participating enthusiastically on the day and for the dedication they showed over many lunch time sessions in the lead up to the competition. They put up some very clever arguments and gained valuable experience in the very important activity of thoughtful and civil public debate.



**Mrs Felicity Foley**  
English Teacher

## NATIONAL YOUNG WRITERS' FESTIVAL

### 2019 YOUNGER YOUNG WRITERS' PROGRAM

Saturday 5 October 2019  
10:30am - 5pm  
Newcastle Library (Upstairs - Theatre Room)  
15 Laman Street, Newcastle NSW

The Younger Young Writers' Program is for creatives who are passionate about writing in all its forms. The YYWP runs separately from the main festival, with sessions and workshops directly catered to teenagers.

You are welcome to come along to any and all sessions.  
To RSVP, email [yywp@youngwritersfestival.org](mailto:yywp@youngwritersfestival.org)

#### 10.30am | IN CONVERSATION: All About Screenwriting

Ceinwen Langley and Chloe Sargeant

For creatives interested in writing for TV. How do you become a screenwriter and what do you need to know about the process?

#### 11.45am | PANEL: Writing Fiction

Holden Sheppard, Jenna Guillaume, Alison Evans  
Facilitator: Kali Myers

What makes a good novel and what is the process of publication? YA authors Holden Sheppard, Jenna Guillaume and Alison Evans will discuss their writing and their careers with Kali Myers.

#### 12.45pm | BREAK

#### 1:30pm | PANEL: Writing about Pop Culture

Jenna Guillaume, Caleb Triscari  
Facilitator: Merrlyana Salem

These creatives will discuss writing for pop culture. Whether you're interested in music, TV shows, movies, celebrities or more, learn how to turn that passion into publishable work.

#### 2:45pm | PANEL: Writing Comedy

Nina Oyama, Claire Sullivan, Cassandra Whittem  
Facilitator: Elyce Phillips

How do you write humour? Writers Nina Oyama, Claire Sullivan and Cassandra Whittem will discuss with Elyce Phillips all about writing comedy and how you can as well.

#### 4pm | WORKSHOP: Drawing and Illustrating

Elyce Phillips

Do you love to draw? In this one-hour workshop, artist Elyce Phillips will take you through her process for creating comic art. All skill levels welcome.

#### 5pm | CONCLUDE

## YYWP FEATURED ARTISTS

### ALISON EVANS

Alison Evans is the author of the YA books *Highway Bodies* and *Ida*, and is a contributor in the queer #loveoza anthology *Kindred*. They are co-editor of the zine *Concrete Queens* and live in Melbourne.

### JENNA GUILLAUME

Jenna Guillaume is a freelance journalist and author based in Sydney, Australia. She writes about pop culture, identity, feminism and social media. Previously, she was editor-at-large at BuzzFeed Australia, and before that she was features editor at *Girlfriend* magazine. *What I Like About Me* is her debut novel.

### Ceinwen LANGLEY

Ceinwen Langley is a Perth-based author, screenwriter and game writer. She is a scriptwriter for *Neighbours* and writes an interactive soap opera for top 25 iOS game *Choices: Stories You Play*. Her first novel was *The Edge of the Woods* and was published in 2014. She is currently writing her second novel.

### KALI MYERS

Kali is a writer, researcher, and editor based in Melbourne. She is Editor-in-Chief of *Feminartsy*; Her creative essays and short fiction have been published in *Meanjin*, *Kill Your Darlings*, *Matters Journal*, and *Transportation Press' Smoke One*. Her op-ed and critical work has been published on online platforms and circulars such as *The Monthly Daily*, *The Lifted Brow*, *Going Down Swinging*, and *Overland*.

### NINA OYAMA

Nina Oyama is a stand up comedian, actress and writer, best known for her work on *Tonightly* and *Utopia*. She has worked on *You're Skitting Me S2*, *The Chaser's Election Desk*, *Squinters*, *Pedestrian.TV's Big Flick Energy* and *Kinne Tonight*. In 2018, her comedy pilot *The Angus Project*, was broadcast on ABC COMEDY and this year she appeared on The Comedy Channel's *Just for Laughs*, filmed at The Opera House.

### ELYCE PHILLIPS

Elyce Phillips is based in Melbourne and is an up-and-coming writer, comedian and illustrator. She performs regularly at the Improv Conspiracy as part of House Sketch team *Goin' Steady* and on Harold team *Cheff*. Elyce's writing has appeared in *McSweeney's*, *Junkee* and *Funny Ha Ha*.

### MERRYANA SALEM

Merryana Salem is an Indigenous Australian with an English teaching degree, seeking the sweet spot at the intersection of pop culture, enjoyment, criticism and activism. Published in *The Big Issue* and *Junkee*, you can usually find her picking apart her favorite things on the internet somewhere and/or consuming waffles.

### CHLOE SARGEANT

Chloe Sargeant is a writer and reporter. She was News Editor at *PEDESTRIAN.TV* and is currently a producer for *SBS Australia*. Her writing has been published by *SBS*, *Vogue Italia*, *Daily Life*, *whim*, *Concrete Playground*, *Broadsheet* and *Rip It Up*. She was a featured author in 2018 anthology, *Going Postal: More Than Yes Or No*. Chloe won Journalist of the Year at the 2017 Australian LGBTI Awards.

### HOLDEN SHEPPARD

Holden Sheppard is an award-winning author based in Perth. His debut YA novel *Invisible Boys* won the 2018 City of Fremantle T.A.G. Hungerford Award and will be published by Fremantle Press in October. His novella *Poster Boy* won the 2018 Novella Project competition and was published in *Griffith Review*. Holden's writing has also appeared in *Ten Daily*, the *Huffington Post*, page seventeen and *Indigo Journal*.

### CLAIRE SULLIVAN

Claire Sullivan is a comedian, performer and writer living in Melbourne. Sullivan is a member of multi-award winning physical comedy group *PO PO MO CO*. She has toured all over Australia, Europe and the UK, performing her weird surreal comedy. Her day jobs are as an actor in an educational children's theatre company and also as a bookseller.

### CALEB TRISCARI

Caleb Triscari is the digital editor of *Beat Magazine*. In a past life, he was co-director of the National Young Writers' Festival. His work has been published in *Slate*, *The Saturday Paper*, *the ABC* and *Kill Your Darlings*.

### CASSANDRA WHITTEM

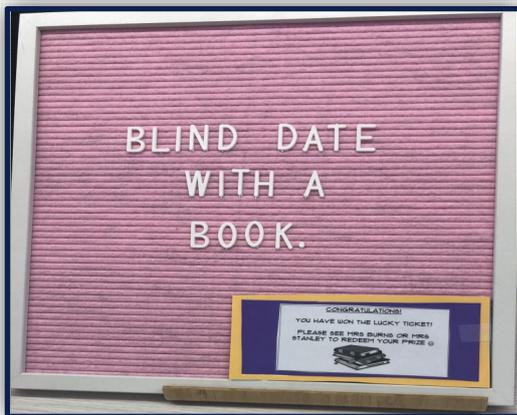
Sandy Whittem is a Melbourne-based director, writer, actor, singer, academic, and comedian. She has written, performed, and directed for the Melbourne International Comedy Festival, Melbourne Fringe Festival, and Geelong's Footlight Productions. Sandy's most recent theatrical project is her Melbourne International Comedy Festival show *Three Guards on Manus Island*, which opens on April 8 2019.

## Fall in Love with a Book

Discovering a great book, can be akin to falling in love. Books can hold a special place in your heart, it is a wonderful feeling to love a book and want to share it. As part of Book Week celebrations, the staff of St Paul's wanted to share their most treasured books with the students. Book enthusiasts visited the library to receive a blind date; a mystery book that was lovingly wrapped in brown paper and twine. Each book has been pre-loved by a staff member and donated to students for the occasion. The event was a success with a sea of students flooding the library to uncover their next book.



Did the blind date rekindle your love affair with reading? Did it spark you from reading slump? Or was the book incompatible and the date a total disaster? We would like to hear about student's experience on their blind date. Please email your rating and a small review of the mystery book to Mrs Stanley or Mrs Burns for inclusion in future newsletters and a display in the library.



Two lucky students also discovered a golden ticket hidden within the pages of their book. **Bailey McDonald** (Year 11) and **Kylee Azas** (Year 7) not only received a book but also a block of chocolate!



**Mrs Sophie Stanley**  
English Teacher



## 'A World of Stories'

This week's contribution to our 'World of Stories' collection comes from Year 7 student, Kirrily Boslem. Kirrily has composed a story that showcases her humour and imaginative mind. Her narrative 'Unchained' uses a combination of genres to challenge audience expectations.

Sophie Stanley



### Unchained Kirrily Boslem



The chains slowly cut deeper into my wrist, the taste of metallic blood and stale old bread lingers in my mouth, intensifying the dank smell of the old dungeon. The absence of the sun slowly sending me insane, and the lack of human contact wears away the last of my resolve.

It's been 1 year, 8 months, 3 weeks and 4 days and 5 hours since I've been down here. At first, I had hope that someone would rescue me, but no-one did.

Now that my hope has dwindled to a small puddle, I know it's just a matter of time...

For the first time in a month, I hear the pounding of boots coming up the corridor. The only time people come near is to issue my daily ration but it's normally a silent tread punctuated by the clanging of a metal plate. This one sounds like an elephant dragging down the hallway. Someone seems to stop at the door, suddenly it bursts open flinging my 'food' half away across the cell.

"Hey, that's *my* food."

My voice judders like a newborn foal with the words like daggers in my throat. The silent stranger slides a piece of paper across the floor to my feet and scampers into the distance. I open the folded note and a small key fall to the ground. It scatters across the hard floor and I dash to pick it up. It is no bigger than a button. I fumble but manage to unlock the chains and rip the cold metal off my wrists, the bruises from the shackles leaving a deep purple in the shape of large rings. My dress torn, flaking at the ends, making it difficult to walk in.

Silently I move my way over to the door. Turning my head both ways to make sure there was no one there. The corridor has two guards at one end and one at the other.

'Oh great...' I mutter. 'How am I going to get passed this?'

Noticing a message scrawled across the note, I furiously read it;

*"You are more powerful then you look, Annie, use your gut, be smart. As you know magic surrounds us..."*

Signed ,

*Unknown..."*

I see a small door at the end of the corridor, my shot at freedom. I know what I have to do. I know I have no other choice. The restraining chains are gone, and I feel the power swirl through me.

"Undornaor."

The earth moves. I hear the rain start, the pounding of lightning. This is my chance, my chance at freedom.

"Know your power." I hear my father's voice in my ear.

"Undornaor," I scream at the top of my lungs. The guards run at me but I'm too strong, and I flick my hand throwing them across the room. They hit the wall with a tremendous bang. I run to the door to find it's locked.

"Unlockaor."

The door burst open and the sun blinds me, the smell of air fills my lungs and the rain had now passed, leaving nothing but a muddy earth and the silent drip of water making everything feel at peace...

"And that's how I got these scars," I said sliding my fingers along the mottled skin on my wrist.

"Yeah right, Annie. you're a magical being that everyone wants to trap?" Matthew says mocking her.

"Well, you know I don't tell you everything."

"Put up your hand if you call rubbish?"

Everyone put up their hands, including Annie. Her black hair and green almond eyes make her look more beautiful in the light of the flickering fire. The distance sound of bickering from the others, the smell of smoke and the fierce empty forest.

This is why I love camping,

# Book Week

We celebrated Book Week during Week 5. It was fantastic to see so many students and staff get involved with all of the different activities designed to remind students about the importance of literacy and promote a love of reading.



The week kicked off on Monday with the guessing competition where students were asked to guess how many of our library resources had something to do with this year's theme, 'Reading is my Secret Power'. Rosemary Martin from Year 12 took out the prize.

Tuesday saw students and staff participating in the 'Selfie Shelfie Challenge'. This involved matching teachers' selfies with pictures of the book shelves (shelfies). It was very interesting to hear the way the students tried to match book titles, style of bookshelf, number of books and even cleanliness to different teachers to come up with their answers. The winners were Ella Thomas from Year 9 and Mr Simon Pearse from the staff.



Wednesday was in many ways the main event! Students and staff were encouraged to dress up as their favourite literary character. The day began with the inter tutor group challenge with many tutor groups showing extensive knowledge of a range of novels. The discriminating question ended up being, 'In the Harry Potter series, how many broomsticks are flown in a game of quidditch?' Many knew there were two teams of seven but most forgot the referee. That brought it down to a tie breaker between 11.7 and 9.7 who both got full marks. After asking for what year the Miles Franklin Literary Prize was first awarded, Bayley Thurston got the closest so Mrs Burns 11.7 will be enjoying the pizza lunch.

Then it was time for the costume judging. The judges, Mr Colin Mulhearn (acting Principal), Mrs Libby Lucas (Leader of Literacy) and Mrs Kerri Beezley (Librarian) expressed early their preference for home made costumes. They had a tough job, but here are the winners:

**Year 7:** Lucy Drinkwater as Mr Strong.

**Year 8:** Jace Lawless as Deadpool.

**Year 9:** Cindy Richards and Shelby Kincaid as Woody and Jesse.

**Year 10:** Isabella Mahony as the Cheshire Cat.

**Year 11:** Bayley Thurston as St Mark, Wil Negline as Jesus and Owen Winter as Judas.

**Year 12:** It was hard to part them (lol bad English teacher pun) so the large group of Year 12 who **represented the Red Sea and Matt Potter as Moses took out the prize.** The live action replay of Moses' famous moment really got them over the line.





Then there was the most hotly contested competition of the day. The staff! The judges made a short list of Mrs Nicole Yates' The Little Mermaid's Sea Witch, Ms Olivia Bielby's Paddington Bear, Mrs Alison Pateman's Jane Jetson, Mrs Tracey Evans as the Joker, Mr Simon Pearse's Gandalf of Lord of the Rings, Ms Pieta Baker and Mr Nick Ekin as Thing 1 and Thing 2 but in the end it was the crowd favourite, Ms Darlene Ellis and her version of Charlie and the Chocolate Factory's Willie Wonka that took out this year's title.

Thursday saw the highly successful 'Blind Date with a Book' (see separate article).

**Friday officially launched the Principal's Reading Challenge.** All students are encouraged to enter the competition where they record the reading they do between now and November. All participants are recognised with a certificate and there are some great prizes for the students who read the most. All they need to do to enter is contact Ms Guest or any teacher, and they will be set up with the details of how to record their reading via email.

Big thanks to all the staff for their support, especially the super powered office ladies and **Nicole Burns, Olivia Bielby and Sophie Stanley** for running activities.

*Please follow this link to our website for more Book Week photos:*

<http://www.booragul.catholic.edu.au/news-events/galleries/2019-bookweek/>

**Ms Kerrie-Lee Guest**  
**Student Coordinator**



# Year 9 Commerce Market Day

At lunchtime on Thursday September 5<sup>th</sup>, Year 9 Commerce organised and ran a Market Day as part of an assessment for their 'Running a Small Business' topic. Students developed a business idea and used market research to develop their products into a brand. They had to accurately cost their business and calculate projected earnings, as well as promote it to their target market. They had to identify and manage the associated risks. There were a variety of businesses selling delicious food and drink items. The businesses were: Retro Recess, JustCans, Spider Scream, Scoops, Sugar Rush, Lobachoc and Crazy4Donuts.

They now have to complete a business plan and report for their assessment with an income statement and evaluation of the process.

The day was a huge success with a net profit of \$607.00, which the class has elected to donate to The John Hunter Children's Hospital.

I would like to commend the students for the enthusiasm and ingenuity they have displayed on this project. Thanks also to all of St Paul's for getting behind and supporting Year 9 Commerce.

**Mr John Gallop**  
**Commerce Teacher**





## ArchiPaul's

In its nineteenth year the St Paul's Art Show, encompassing The *Archipaul* Portrait Prize, did not disappoint last Tuesday night. The show took two days to hang and featured over 400 art and design works. Those who attended the big night were overwhelmed by the standard and variety of works that were on display. On show were paintings, printmaking, skateboard design, jewellery, digital and wet photography, sculpture, mixed media, drawing and ceramics. Each year group within the Visual Arts and Visual Design Courses also completes one unit in which there is a portraiture component ranging from Chuck Close inspired paintings in the Year 10 Visual Art Program to surrealist inspired portraits in Year 7 Visual Arts.

A huge congratulations goes out to the winner of the Archipaul Prize, Ray Meeks for his Self-portrait. Below are the prizes awarded for various artworks but regardless of these, it is the inclusivity and community dimensions of the exhibition that are a highlight of the "Archies". The People's Choice Award will be announced at our next assembly.



Please follow this link for more Archipaul photos. <http://www.booragul.catholic.edu.au/news-events/galleries/2019-archipaul-and-art-show/>

## Major Prize Winners

- Reconciliation Award: Jacob Gower, *Adams Goodes*, Yr 11
- Photographic and Digital Media Award: Summer Williams, *Australian Stories Photogram*, Yr 8
- Visual Design Award: Georgie Bouffler, *Tree House*, Yr 9
- Packer's Prize: Jade Crouch, *Portrait of CW*, Yr 10
- ArchiPaul's Encouragement Award: Junior – Finn Miller, *Self Portrait*, Yr 7
- ArchiPaul's Encouragement Award: Senior – Evangeline Latu, *My Culture Isn't Lost*, Yr 12
- Art Show: Junior Winner: Matt Sheather, *ANZAC*, Yr 10
- Art Show: Senior Winner: Eloise Way, *The Garbled Trinity*, Yr 12

## Art Show Highly Commended

- Bailey Woolfe, *Photogram*, Yr 8
- Tyra Boyd, *Tree of Life Mandala*, Yr 11
- Charlotte Mace, *Man Sitting on a Headland*, Yr 10
- Elizabeth Knorre, *Kings of the Castle*, Yr 11
- Remmi Griffiths, *Shamed Nudity*, Yr 10
- Kate Parker, *Mixed Media*, Yr 8
- Amber Crouch, *A Blooming Plastic Citizen*, Yr 10
- Molly Fairleigh, *Devine Feminine*, Yr 10
- Samantha Moir, *Whitely Beach*, Yr 10
- Sophie Crowley, *Experimental Drawings*, Yr 9

## Highly Commended – ArchiPaul's

- Imogen Haines, *Portrait in Colours*, Yr 11
- Jace Lawless, *Comic Me*, Yr 8
- Millie Stivano, *Surrealist Arcimboldo*, Yr 7
- Indiah Weller, *Portrait in Lino*, Yr 9
- Catherine Turton, *Portrait*, Yr 7
- Ben Middleton, *Underground*, Yr 8
- Sophia Wills, *Darlene*, Yr 11
- Charlize Bathman, *Portrait*, Yr 7
- Ebony Wattus, *Self-Portrait*, Yr 9
- Kylee Azas, *Your Mind Is A Powerful Thing*, Yr 7

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





**Registration to audition is now open!** Aspire is a diocesan wide initiative that fosters the creative abilities of our students, as well as providing the invaluable opportunity to be a part of a professional production. Students also develop their confidence, leadership and collaboration skills, and importantly, form long lasting friendships with like minded students from throughout the area. Take the chance! It will be worth it!

Here are the categories that you can choose to take part in, as well as the date auditions will be held:

**DANCE, STAGE BAND AND STRINGS**

Monday 28 October 2019

**JUNIOR DRAMA**

Tuesday 29 October 2019

**JUNIOR DRAMA AND SENIOR DRAMA**

Wednesday 30 October 2019

**VOCAL**

Thursday 31 October 2019

The following instructions will direct you to the online audition form:

- 1 Go to the *ASPIRE* website - [aspire.mn.catholic.edu.au](http://aspire.mn.catholic.edu.au)
- 2 Click on *JOIN US*
- 3 Click on *2020 AUDITIONS*
- 4 Then click on the link: *CLICK HERE TO APPLY ONLINE FOR ASPIRE 2020*

Any problems please contact either Anne Atkins by email: [anne.atkins@mn.catholic.edu.au](mailto:anne.atkins@mn.catholic.edu.au) or by phone 02 4979 1331.

Please note: Audition Forms need to be completed and forwarded by no later than Friday 27 September 2019

**Aspire Holiday Workshops - Year 7 and 8 !**

*This one is for you Year 7 and 8 !*

Please follow the link below for details regarding the ASPIRE 2019 Holiday Workshops scheduled for the first week of the upcoming school holidays. Workshops are offered in Musical Theatre working with Assistant Vocal Director Luke Baker, Script Writing with Assistant Drama Director; Jay Wood, and Creating Dance with Assistant Dance Director; Montanna Doyle. Workshops are open to all students, not just cast members!! What a fantastic opportunity to build your skills and confidence by working with some of our regions best!

Here is the link: <https://aspire.mn.catholic.edu.au/join-us/holiday-workshops/>

Please contact me if you have any questions.



**HOLIDAY WORKSHOPS**

Please refer to the ASPIRE website for all ASPIRE Information, forms, updates, photos and the newsletter from the Artistic Director

<http://aspire.mn.catholic.edu.au>

**MUSICAL THEATRE**

**DATE:** Tuesday 1 October 2019

**LOCATION:** Catholic Schools Office Newcastle

**TIME:** 9:00 am -3:00 pm

**COST:** \$80.00

Participants will explore the genre of musical theatre through a variety of songs from different musicals. Working with ASPIRE Assistant Vocal Director Luke Baker the group will explore a range of musical styles as they look at storytelling through song and movement. This fun workshop will involve both solo and group work as participants develop performance skills and their confidence in being on stage.

This workshop is open to students who are in Years 4 to Year 8 at school.

**GETTING TO GRIPS WITH SCRIPTS**

**DATE:** Wednesday 2 October 2019

**LOCATION:** Catholic Schools Office Newcastle

**TIME:** 9:00 am -3:00 pm

**COST:** \$80.00

This workshop will look at interpreting scripts and getting fantastic results. Working with ASPIRE Assistant Drama Director Jay Wood participants will look at a variety of scripts from different genres and apply skills in blocking, characterisation and performance to them. Participants will be encouraged to take on a variety of roles as they explore bringing text to life.

This workshop is open to students who are in Years 4 to Year 8 at school.

**CREATING DANCE**

**DATE:** Thursday 3 October 2019

**LOCATION:** Catholic Schools Office Newcastle

**TIME:** 9:00 am -3:00 pm

**COST:** \$80.00

This workshop is all about creative collaboration. Working with ASPIRE Assistant Dance Director Montanna Doyle participants will develop skills through exercise based work before collaborating on an original piece of dance. You will be encouraged to explore your ideas and try out new things in a fun environment. A great experience for dancers wishes to develop choreography skills.

This workshop is open to students who are in Years 4 to Year 8 at school.

To reserve your place please complete the online registration form below or call Anne Atkins on 02 4979-1331 for more information.

<https://aspire.mn.catholic.edu.au/join-us/holiday-workshops/>

Our current cohort of Year 11 Hospitality students prepared their first large function for the College during Week 7 of this term – preparing finger food for the school’s Archipaul evening. Students started preparing the appetisers during normal lesson time, and then remained back after school to finish preparing the delicious finger food that was served on the evening, finishing at approximately 8pm.

Our Hospitality teachers Mrs Grant and Mrs Anderson were very proud of the students. They prepared some delicious food for the evening and did so with a very mature approach and good spirit in what was a very long day for staff and students alike. We received some very positive comments about the food served at the event.

Some of the finger food prepared by our students included delicious Arancini balls, lamb spinach and feta sausage rolls, curry beef puffs, mini taco bites, chicken goujons with garlic aioli, parmesan ricotta and tomato toasts, curried meatballs and chocolate caramel tarts.

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



There are so many benefits of physical activity and sport. Enjoy Spring and Summer by doing some physical activity.

You might even be able to do it free by using your ACTIVE KIDS VOUCHER (NSW government has seen the benefits of this and have now offered a second voucher for every child for 2019).

Go to:

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

- The NSW Government is helping kids get active with the Active Kids program.
- The Active Kids program provides two \$100 vouchers for parents, guardians and carers of school-enrolled children to use towards sport and active recreation costs each year.
- From 1 July 2019, parents, guardians and carers can apply for the second \$100 Active Kids voucher.
- Voucher 1 is valid January to December and Voucher 2 is valid July to December.
- To use the voucher, find a [registered activity provider](#) and present your voucher when you sign up.

**THE PSYCHOLOGICAL AND SOCIAL BENEFITS OF PLAYING SPORT**

@BelievePHQ

- REDUCES STRESS, ANXIETY AND DEPRESSION
- TEACHES CHILDREN LIFE SKILLS SUCH AS TEAMWORK, RESPECT AND FAIR PLAY
- BOOSTS BRAIN POWER
- INCREASES CONFIDENCE
- IMPROVES SLEEP
- INCREASES SELF ESTEEM

|  |                                  |
|--|----------------------------------|
| ✓ HELPS CHILDREN TO LEARN FROM FAILURE | ✓ IMPROVES WELL BEING            |
| ✓ POSITIVE EFFECT ON EDUCATION         | ✓ INCREASED ENERGY LEVELS        |
| ✓ DEVELOPS RESILIENCE                  | ✓ IMPROVES COGNITIVE FUNCTIONING |
| ✓ INCREASED SELF ESTEEM                | ✓ TEACHES EMOTIONAL CONTROL      |
| ✓ HELPS CHILDREN TO CREATE FRIENDSHIPS | ✓ IMPROVES COMMUNICATION SKILLS  |

Mrs Brigid de Winter  
PDHPE Teacher



The more active a parent is, the more likely their child will be active too

For more information, visit [www.nsw.gov.au/active-kids](https://www.nsw.gov.au/active-kids)

Make time in your week to be active with your kids



**YWCA**  
HUNTER REGION INC

**BOOK YOUR SPOT NOW**  
[www.ywcahunterregion.org.au/self-defence](http://www.ywcahunterregion.org.au/self-defence)

## SELF DEFENCE FOR TEEN GIRLS

Facilitated by Nissa Lee



### LEARN TO DEFEND YOURSELF!

Younger women, are statistically at a higher risk of assault and specifically sexual assault in our communities. Self defence and martial art skills often take a long time to master but the YWCA Hunter runs a well-designed self defence program that can offer skills designed for rapid learning and targeted to some common strengths and abilities. Classes include personal skills, alongside physical self defence skills.

**DAY:** Tuesdays  
**DATES:** 15 October - 3 December 2019  
**TIME:** 4-5pm  
**SUITABLE FOR:** Female high school students  
**BOOKINGS:** Complete/return booking forms available here [www.ywcahunterregion.org.au/self-defence](http://www.ywcahunterregion.org.au/self-defence)  
**VENUE:** YWCA Hunter Hall, 24 Dawson St, Cooks Hill  
**FEE:** \$120\* for the 8 week course



\* We accept Active Kids vouchers for part payment.  
From 1 July 2019, a second \$100 Active Kids voucher is available.  
<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

YWCA HUNTER REGION INC | 02 4929 2954 | [yncl@bigpond.com](mailto:yncl@bigpond.com) | [www.ywcahunterregion.org.au](http://www.ywcahunterregion.org.au)



\$55 • AGES 12-18  
FRIDAY 20TH SEPT • 6PM-12AM



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HOCKEY      **NOMINATE NOW**      GOLF

SOFTBALL      BASKETBALL

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## From the Finance Office

For all Finance enquiries please use the following email address: [finance@booragul.catholic.edu.au](mailto: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](mailto: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](http://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 9 September—Friday 13 September

|       |   |
|-------|---|
| Mon   | Karen Lee, Kath Liley                       |
| Tues  | Marakot Walker, Christine Bathman           |
| Wed   | Dianne Fennell-Fraser                       |
| Thurs | Rochelle Loveday, Nadine Steenson           |
| Fri   | Anne Negline, Susan Noonan, Vanessa Hempson |

## Monday 16 September—Friday 20 September

|       |  |
|-------|--|
| Mon   |  |
| Tues  | Amanda Holt, Janelle Haggerston            |
| Wed   | Joanne bower, Pamela Amos                  |
| Thurs | Michelle Hall, Kylie Smith, Sharon Roberts |
| Fri   | Kim Dickson, Richelle Roselands            |

## Monday 23 September—Friday 27 September

|       |                             |
|-------|-----------------------------|
| Mon   | Lisa Kelly, Sharyn Kiely    |
| Tues  | Mel Dobosz                  |
| Wed   | Linda Gesell, Kim Harding   |
| Thurs |                             |
| Fri   | Sheree Roarty, Carol Crabbe |

### Canteen Supervisor:

Carolyn Phone - 4946 3115

### Canteen Hours:

9.00am to 2.30pm

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

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

## Term 3 2019

|       |               |   |
|-------|---------------|---|
| Wk 8  | Mon 9 Sept    | Year 11 Course Exams<br>HSC Music Major Works due             |
|       | Tues 10 Sept  | Tut Truck Roadshow Year 7                                     |
|       | Thurs 11 Sept | Year 7 Debating   |
| Wk 9  | Mon 16 Sept   | Year 11 Course Exams<br>Year 7 Immunisations                  |
|       | Thurs 19 Sept | Year 9 Fort Scratchley Excursion                              |
|       | Fri 20 Sept   | Year 11 Ski Trip<br>CCC Athletics Championship                |
| Wk 10 | Tues 24 Sept  | Year 10 Commerce Excursion<br>Year 12 Final Reports Published |
|       | Wed 25 Sept   | Year 12 Graduation Mass                                       |
|       | Thurs 26 Sept | Year 12 Final Awards/ Clap Out                                |

## Term 4 2019

|      |              |  |
|------|--------------|--|
| Wk 1 | Mon 14 Oct   | <b>PUPIL FREE DAY</b> —Staff Development |
|      | Tues 15 Oct  | <b>PUPIL FREE DAY</b> —Staff Development |
|      | Wed 16 Oct   | <b>School Resumes for students</b>       |
|      | Thurs 17 Oct | HSC Exams Begins                         |

Please see website for further Calendar dates

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



The **Canteen** is in need of volunteers  
Please phone Carolyn if you can help!  
All volunteers must have a Working With Children  
Certificate



## Media release

22 August 2019

### Outdoor gym study aiming to give the masses more strength

In partnership with Lake Macquarie City Council and Newcastle City Council, University of Newcastle researchers are recruiting for a new, nationally-funded trial that blends smartphone technology with park-based fitness facilities to encourage community exercise in the great outdoors.

The study, called *ecofit*, involves aerobic and resistance (weight-bearing) training for a full-body workout that's fast, fun and free for anyone aged 18-80 who isn't meeting physical activity guidelines.

A purpose-built app will guide participants through correct usage of outdoor gym equipment located in seven public parks and trails across Newcastle and Lake Macquarie, including the Ferneigh Track at Adamstown, Lambton, Warrabrook, Speers Point, Pasterfield Sports Complex in Cameron Park, Warners Bay and Wangi Wangi. As the study progresses, additional parks will be added to the smartphone app.

GPS tracking enables the app to know which exercise station is being used, and when, along any of the three-kilometre circuits or trails.

Participants must be willing to complete at least two self-guided sessions per week during the 12-week program, taking an estimated 30 minutes each. There are beginner, intermediate and advanced workouts, depending upon fitness level and prior exercise experience.

Professor Ron Plotnikoff, Director of the UON's Priority Research Centre for Physical Activity and Nutrition and co-leader of the HMRI Cardiovascular Research Program, says that *ecofit* is designed more for the average person than those with rippling muscles.

"Health guidelines recommend adults get 150 to 300 minutes of moderate exercise each week, including at least two days of resistance training," Professor Plotnikoff said. "But a lot of people are deterred by the cost of gym memberships, concerned about injury, or just feel intimidated and embarrassed walking into a gym."

"Outdoor activity, however, has lots of advantages, including being free and highly social. Studies also show that it improves mental health and mood, perhaps even more than indoor exercise sessions."

The study will assess participants' physical activity levels, weight, aerobic and muscular fitness, and mental health at the start of the study and again at three and nine months later. Those randomised to the study's control group will receive the app at the nine-month stage.

"Our pilot study targeted people with type 2 diabetes or pre-diabetes with great improvement in physical and mental health, but this trial is targeting the whole adult population in the community," Professor Plotnikoff added. "We want to see how the program performs in the real world with the general population, so we'll host a group training session at the park then let them loose."

Groups of up to four people can enrol, or it can be done individually with access to a closed Facebook group for social support. Numbers will be capped at around 300 participants.

To enrol, please email [ecofit@newcastle.edu.au](mailto:ecofit@newcastle.edu.au) for additional information.

\* The *ecofit* trial is being conducted by Professor Ron Plotnikoff, from the University of Newcastle. HMRI is a partnership between the University of Newcastle, Hunter New England Health and the community. This project has been approved by the University's Human Research Ethics Committee, Approval No. H-2018-0000

**CONTACT:** Mark Rothfield HMRI | 4042 0590 | 0487 617 055 | [mark.rothfield@hmri.org.au](mailto:mark.rothfield@hmri.org.au)

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Sign up by yourself,  
with friends  
or family

Would you like to improve your fitness, health  
and wellbeing for free, at your local park?

# ecofit

***ecofit* is an evidence-based program to increase physical activity levels through the use of local parks and facilities. It includes the use of a smart phone app, a group training session and a health check.**

We are seeking people to participate who:

1. Are not meeting aerobic and/or resistance training public health guidelines (<150 mins of moderate activity per week, and/or <2 days of strength training),
2. Have access to a smart phone,
3. Will have passed the pre-exercise screening test (by answering questions about your health).

### Interested?

Get more info and see if you are eligible by emailing us at [ecofit@newcastle.edu.au](mailto:ecofit@newcastle.edu.au) or call either 4985 4060 or 4921 7391



This project has been approved by the University's Ethics Committee, HREC Approval No H-2018-0060. If you have any concerns please contact the Human Research Ethics Officer, Research. Email: [Human-Ethics@newcastle.edu.au](mailto:Human-Ethics@newcastle.edu.au) Ph: (02) 49216333

## Arrendell

secondary education centre

# Spring Holiday School

8 - 11 October 2019

**Year 10-11 Writing Workshop**  
The Craft of Writing for the new HSC  
1pm - 3pm, 9 - 11 Oct

**Junior Writing Workshop**  
Year 5 - 8 students, 10am - 12 noon, 8 - 10 Oct

**Selective Schools and Scholarship Exam Prep**  
Year 5 students, 10am - 12 noon, 8 - 10 Oct

**HSC Workshops and Exam Prep**  
English Workshops:  
• Paper 1 - Texts and Human Experiences  
• English Module C - The Craft of Writing

**Practice Exams and Review Sessions:**  
• English, Maths, Physics, Chemistry, Biology  
Times TBC, Individual lessons also available

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[www.arrendellsecondaryeducation.com.au](http://www.arrendellsecondaryeducation.com.au)

# BIODIVERSITY DAY

## AT BLUE GUM HILLS REGIONAL PARK

### Free Community Event

### Bring a picnic and celebrate!

Thursday 3 October, 10am-2pm

Blue Gum Hills Regional Park  
Minmi Road, Minmi

- Free sausage sizzle
- Live entertainment
- Native plants give away
- Learn about biodiversity
- Nature walks
- Culture walks
- Craft activities for all ages
- Interact with live animals
- Learn about volunteering in nature

Our supporters:

NSW Department of Planning, Industry and Environment | Phone: (02) 9005 0000



## LAKE MACQUARIE DOLPHINS WATER POLO CLUB INC.

ABN: 353 838 842 97 ACN: INC 987 8586

### DEEP END WATER POLO DEVELOPMENT

#### HIGH SCHOOL AGES

Lake Macquarie Dolphins Water Polo Club are offering a unique opportunity for high school age kids, running development squads with coaches and players with decades of experience in the game. These squads will be available to individual players or whole teams to come along, work on new and existing skills, learn tactics and get game time experience.

We also hope that, through these sessions, we will build interest in the sport in our local catchment areas.

We will have pre-season access to Speers Point Swim Centre, and will be running Sunday sessions commencing September that will be great fun and good exercise.

Details of the sessions are listed below – if you are interested or have any questions, please get in touch using the contact details below.

#### Session details:

- Dates: Sundays 8, 15, 22 and 29 September
- Time: 11:00am for 11:15am start, sessions run for maximum 90 minutes
- Location: Speers Point Swim Centre
- Cost: Pool entry only

Kind Regards,

Joel Wales  
President  
Lake Macquarie Dolphins Water Polo Club  
0437 642 079

E: [lakemacdolphins@gmail.com](mailto:lakemacdolphins@gmail.com)

W: [www.lakemacquariedolphins.org.au](http://www.lakemacquariedolphins.org.au)

F: [www.facebook.com/LakeMacDolphinsWaterPolo](https://www.facebook.com/LakeMacDolphinsWaterPolo)



# **FREE WILLS**

**Wills can be used to leave your possessions to the people you want to have them. THINGS LIKE**

**Cars, Furniture, Photos, Jewellery, Art Work. ect**

**Wills can also tell people where you want to be buried, who you want to look after your children if they are under 18, including where they live where you want them to go to school. You can also plan for your future with an Enduring Power of Attorney and Appointment of Enduring Guardian by nominate someone to make financial and lifestyle decisions on your behalf when you are no longer able to**

**Thursday 3<sup>rd</sup> October 2019**

**To talk to the lawyer let them know what you want**

**Wednesday 30<sup>th</sup> October 2019**

**Come back look at your will make sure it is correct and sign**

**Another community intuitive by**

**WANGI WANGI LIONS CLUB**

**Spark and Helmore Lawyers**

**Phone Rhonda or Allison to make an appointment**

**When phoning you will be given an appointment time and you can find out what you need to bring with you to your appointment**

**Phone: Rhonda Finlay 0412490123**

**Phone: Allison Heffernan 0400037166**



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**NOW \$200**

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\*T&Cs apply. In-store only. While stocks last, styles may vary. Cannot be used with any other offer. Offer can only be redeemed with flyer. One flyer per person. See store for more details.



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

uniforms & shoes

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laptops & tablets

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



\*many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Brotherhood 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.saverplus.com.au](http://www.saverplus.com.au) for more information.

**Contact**  
your local Saver Plus Coordinator  
**Phone or SMS**  
your name and postcode to  
1300 610 355  
**Email**  
NewcastleSP@  
thesmithfamily.com.au  
**Online**  
[saverplus.org.au](http://saverplus.org.au)  
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# TORONTO NEWSAGENCY

**GIFTWARE AND STATIONERY SUPPLIES**

## SCHOOL BOOK PACKS

*We are the primary stockist for your 2020 Year 7 book packs for St Pauls Catholic College and they are ready to order!*

*We also do packs for Years 8, 9 and 10!*

Simply go to;

**[www.torontoschoolandofficesupplies.com.au](http://www.torontoschoolandofficesupplies.com.au)**

Select the school and student year from the drop down box at the top of the page and you're ready to go!

We will have the packs ready for pickup at the Year 7 orientation evening or in store after that night.

**TORONTO NEWSAGENCY**

**66 THE BOULEVARDE, TORONTO**

**(02) 4959 1092**