



Photo by Andy Warren

27 September, 2019 Vol: 15-19

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

This week we farewell our Year 12 class of 2019. We celebrate 13 years of schooling for these wonderful men and women. As a College community, we wish them well as they leave this place and begin final preparations for their HSC next term. We know that they are well prepared for the world that awaits them.

The following is an extract from my speech to our class of Year 12 2019.

At the beginning of the year, I challenged you to consider what legacy you would leave St Paul's after you had finished your time here I can say that you have certainly lived up to that challenge. And I thank you for your collective leadership of this place.

In the past few days, I have been proud of the way that you have conducted yourselves. You have honoured the people who have supported you on your journey, not just here at St Paul's but all the people in your lives who have walked with you for the past 13 years, teachers in infants and primary, support staff in all the schools you have attended, people whose names you may have forgotten or who you may never have even known personally. As you sit here this morning, I want you to think back to the teachers and support people whom you owe so much to over your school lives. They are the people we remember and thank today.

Your time at St Paul's has not always been easy. As a group you have lived through some times of significant sadnesses. You will be remembered for the beautiful way that you supported one another this year. Thank you so much.

There have been some beautiful times as well. The unity of your Year 12 retreat, the carnivals and sporting events that you have been so successful at. For the first time in living memory, we had 100% attendance at the swimming carnival! The music nights and concerts, the drama plays and major work displays. The outstanding academic work that you have completed over many years has shown a real growth and achievement. The enduring friendships that have grown and developed over many years are a true indicator of who you are as young Christian men and women.

Today, Year 12, you have all reached a fundamental milestone in your short lives. Today signals an end to your school days. It is indeed an auspicious occasion, one that might well be tinged with contradictory feelings of loss, confusion and sadness on one hand and jubilation, exultation and sheer joy on the other! As you look back to your memories of other milestones, you might remember events such as your first day at school, the birth of a younger brother or sister, the first big fight with treasured friends, your first high school report, the first time you fell in love and the first time you felt betrayal... the death of a friend, family member, the loss of someone special. The list goes on.

Our lives are all made up of these sorts of events. As you continue your journeys, there will always be people around to support you, to offer guidance, love, advice, confidence. So far, you have learned many things in your short lives. Not just syllabus items in preparation for the HSC but real life lessons.

Farewell Year 12 - *Vivere Christus Est.*

.....Go Gently

Mr Graeme Selmes
Principal



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Principal's Awards

Last Wednesday we gathered at College assembly to present two prestigious Principal Awards to two very worthy recipients.

The Principal's Award is not easily achieved and this occasion was the first time in 2019 that we had recognised this high level of achievement within the College.

To receive a Principal's Award a student must first receive Three Merit Awards. Once receiving 3 Merits a student is then awarded a School Commendation. Following this a student then must earn 3 School Commendations in order to win an Award of Honour. Finally, a student who receives 3 Awards of Honour will then be acknowledged with a Principal's Award. That means 27 Merit Awards, 9 School Commendation Awards, 3 Awards of Honour and finally, a Principal's Award.

It was with pride that I called to the stage the two students to receive this very prestigious award – **Thomas Fairleigh and Shaila Dube**, both of Year 12.

In preparing for the presentation I took the time to read through some of Tom's report comments and the notes made in relation to his merit awards by his teachers. There were several words and phrases that stood out for me – *Effort, determined, consistent, motivated, willingness to improve, attentive, diligent, contributes to class, hard work, commitment, excellent work practices and thorough.*

Shaila's reports and Merit award comments had a similar theme. Her teachers had used words such as *consistent effort, generous, excellent, community spirit, participation in community events, enthusiastic, reflective, determined, committed, attentive, diligent, hard work, thoroughly prepared, contributes, conscientious, motivated*, and even, *"searches for extra questions to test herself"*.

Both students also achieved excellence in Uniform, Punctuality, Attitude/Cooperation & Participation on all reports.

So what to make of all this? For me, the Principal's Award is not about being the most academic, or the highest marks. It's not about the student who "wins" it – it is about the student who has "earned" it. The award acknowledges students who strive to always give the best version of themselves that they can – attitude, effort, participation and determination.

It is Shaila and Tom's effort and hard work, their willingness to persevere and to commit to being the best they can be, that has enabled both students to achieve this recognition. Further, their willingness to work in relationship with their teachers has enabled them to succeed in reaching this achievement.

We acknowledge your commitment, Shaila and Tom, your effort and your determination to always give of your best; and we congratulate you on receiving a Principal's Award. Well done!



Principal Award Winners - **Shaila Dube** and **Thomas Fairleigh** pictured with Mr Mulhearn (Principal)

NAPLAN Results

This week NAPLAN results will be mailed to students and families in Years 7 & 9. As expressed to parents in May, the move to NAPLAN being Online this year has had a significant impact upon the administration and completion of these tests. During the testing days, along with other schools, we endured multiple disruptions, loss of time and some students' work being severely impacted. Both ACARA and the CSO issued statements acknowledging the disruptions, putting the cause down to technical difficulties within the ACARA website. Within the media these problems were also widely reported in other schools. I encourage parents to review the results through this lens, remembering that significant disruption occurred during the testing times. I have addressed my concerns re the validity of the data to both the Catholic Schools Office and Catholic Schools NSW. I am currently working through the CSO in order to collate data so that I can present a detailed summary for staff, students and parents. This will take time as there continues to be, for us as a school, a number of ongoing issues on the SCOUT website. I will provide a further update when available. Please be aware of this context when receiving results this week. While we have cause to celebrate some excellent results there are also great inconsistencies recognised at a school and Diocesan level.

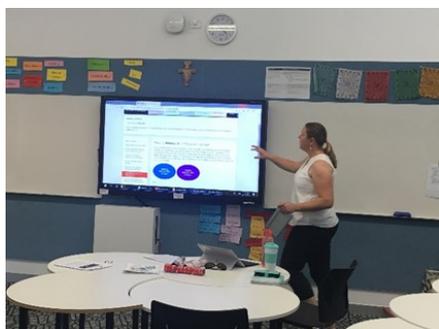
Professional Learning Teams - Collaboration Day

Following on from last year's successful PL Day for Teachers, on Monday 14th October staff will participate in a day of learning – *Building a Culture of Collaboration - St Paul's Professional Learning Teams*. The day is designed to increase teachers' knowledge of a range of quality strategies that may be embedded into teaching and learning programs at St Paul's. Teachers will participate in six sessions, each lead by a member of a Professional Learning Team in the following areas:

- 1. Numeracy** – Numeracy, The Progressions and the role they can play in your classroom.
- 2. Literacy** – Using scaffolds to create independent learners and writers.
- 3. STEM** – Where are our students headed? How do we prepare them for 21st Century employment?
- 4. eLearning** – Ideas about Learning Spaces & Digital Tools to suit the Learning Intent.
- 5. Data** - Using the NESA RAP website to get information about students in order to inform teaching practice.
- 6. Gifted Education** – An overview of the CSO Gifted Education Policy, Staff Survey results and an introduction to Differentiation as we move forward on our Gifted Education journey.
- 7. Professional Practice** - Making learning clearer for students through the use of Learning Intentions and Success Criteria for success.

Teachers will be grouped in their Professional Learning Teams as they attend each session. The presentations are designed to share some of the skills/findings learned during the PLT process in 2019 at St Paul's. Following the presentations, teachers will collaboratively work in their own Professional Learning Team in order to analyse and synthesise the knowledge gained from the presentations. Informed by the work of Rebecca Dufour, Richard DuFour and Robert Marzano teachers will collaborate in order to build shared knowledge about contemporary pedagogy and areas for further exploration at St Paul's, with a view to driving student growth across all KLAs.

A reminder that Monday 14th and Tuesday 15th October are PUPIL FREE DAYS here at the College.



Mrs Cathy O'Gorman
Assistant Principal—
Teaching & Learning



NSW SCHOOL VACCINATION PROGRAM 2019

The following information has been provided by Hunter New England Health.

St Paul's have been involved in the School vaccination clinics this year with Year 7's having their second dose of the HPV vaccine on Monday 16th September.



WHAT IF MY CHILD HAS MISSED A VACCINE?

If your child has missed any vaccinations they will be offered any missed doses at the next clinic at their school.

WHAT IF MY CHILD HAS NOT RECEIVED BOTH HPV VACCINES BEFORE THE END OF 2019?

Any year 7 student with missed doses of HPV vaccine can be caught up in 2020.

ADDITIONALLY:

- **Any 2019 Year 8 student** who commenced HPV vaccination while in year 7 and are yet to finish the course of HPV (and who has not received any from their local doctor) can still receive this at the next clinic at their school (as long as 6 months have elapsed).
- **Any year 10 student** who returned a signed consent card for Meningococcal ACWY vaccine and has not receive this in 2019 (and who has not received it from their local doctor) can still receive this at the next clinic at their school.

Please note:

As of July 2017 any student who has missed school program vaccines or any childhood vaccines can now receive these vaccines from their local doctor.

Don't forget a Record of Vaccination is given to each student for each vaccination. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Any questions, visit the NSW Ministry of Health website at:

<http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>



Lake Macquarie Survey

In Term 4, Year 7, 9 and 11 students will be completing the Lake Macquarie Youth Development Survey during pastoral period in Week 2. This is the largest known regional youth survey of its kind in NSW and is designed to support young people of Lake Macquarie to access services and future opportunities. The Survey is delivered by not for profit organisation Community Activities Lake Macquarie to Year 7, 9 and 11 students in schools across Lake Macquarie.

Student details are not recorded in this survey, so the privacy and confidentiality of their responses can be assured. The information collected in this survey will be utilised by the school and local support services to provide improved advocacy, programing and activities for the benefit of young people throughout the region. Student participation in this survey is voluntary. If you **do not** wish your child to participate please complete the Parent Information Notice which will be sent to parents via Compass.

Individual school results from this survey will be sent to St Paul's and will also inform the Wellbeing Programs which are developed by the school to assist and support students within our school.

Year 12 Farewell

As we close for the term, I wish to acknowledge the 2019 Year 12 students for their community involvement at St Paul's over the last six years. Many thanks to their leaders, **Shaila Dube, Amber Kelly, Tom Hall and Jack Coyne** for the extra time they have dedicated to ensuring that St Paul's has been represented with such style, grace and humility this year. As we finish the class of 2019's formal years of schooling, with a number of celebrations this week, I pray that each and ever student is able to prepare well for the coming exams and will find future endeavours that are fulfilling and rewarding.



"Everybody can be great, because everybody can serve" Martin Luther King Jr

Mrs Anne-Maree Shipman
Assistant Principal—Community & Wellbeing



Year 11 News

There is not a more powerful word for girl power then Tidda.

Tidda is an aboriginal word for woman friend, sister or aunty.

A tidda is a woman who believes in you, inspires you and empowers you.

Last Tuesday **Lucy Reid** and **Keeley Gayler** spoke in front of and very confidently to, 500 delegates from across NSW. Those attending the 8th Annual Aboriginal and Torres Strait Islander Conference at the Crowne Plaza Cessnock expressed their appreciation and the privilege they felt in listening to the girls discuss their views and what was missing from ABTS identity in Catholic schools.

Jeff McMullen not only hosted the day but presented the Q & A and sought the girls out to spend lunch with them. The opportunity to listen to his words as the keynote speaker and have him reference the girls ideas in his address, was another proud moment. Anita Heiss author, poet and social commentator was another empowering speaker and the girls were invited to participate in a yarning circle.

Astro Stewart has been the force that's driven St Pauls' pivotal role at the conference and has given the girls the opportunity to realise the capacity they have to be heard and make change. We watched Astro first hand command the space and others seek her wisdom on the day – awesome stuff!

Keeley and Lucy talk of future projects they have in mind for St Paul's. Guided by Astro, we have much to look forward to.



Ms Belinda Flood
HSIE Coordinator



Year 11 News

This is the last week of Year 11. When the students return to school in Term 4 on Wednesday 16 October, they will be **starting their HSC courses** in each subject and be the sole student leaders of the College.

My expectations of the cohort will thus match this leadership role and therefore so will the consequences of not adhering to the expectations or policies of the College.

I have been disappointed in the **lack of adherence to the school uniform policy** that each student signed off on when enrolling in senior school. Even after repeated warnings and detentions, there has been minimal improvement. As such the consequences for not following school policy in this area will be firm and direct. Details will be via email in the near future.

I was also disappointed that seventy percent of the Yr 11 cohort **failed to attend school** on Monday 23 September. I am looking forward to the absent notes. My email in Week 9 to all students and parents was very clear on attendance for this last week of school for the Preliminary courses.

Students will be starting to receive their End of Course Exams and Tasks back. I hope they listen and **embrace the feedback** that is given with each Task so that they can use it to improve for the next Task. We cannot all get top marks in a Task, but we can all learn from our mistakes and use this information to better ourselves for next time.

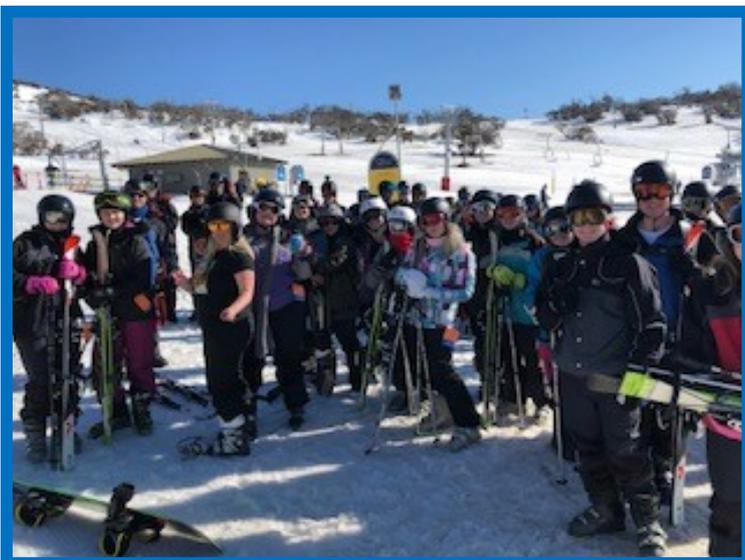
On a positive note, I was privileged to take 42 students on our annual **ski trip** over the weekend. We left school at 10pm Thursday evening and returned 9.20pm Sunday night. The students who attended did our school proud. The Lodge, the bus driver, the Ski school and the Ski hire all made comment on how well behaved, and respectful the students were. But more than that, they had fun and enjoyed each other's company. A big thank you to Mr Melville, Mr Penny, Ms Adams and Mrs Melocco who gave up their weekend and family time to attend and support the students. Another thankyou goes to Mr Kelly who organised the whole trip from start to finish but did not reap the benefits of the time and effort by attending.

I hope that each family has a restful break and I look forward to our last school year together.



Mrs Cayte Pryor
Student Coordinator

cayte.pryor@mn.catholic.edu.au



50 Word Story Challenge Winners

For the past four weeks, the annual 50 Word Story Competition has been running. This encouraged students to write 50 original and creative words on the theme 'Secret Power'. The entries were outstanding and showcased the sophistication and imagination of our young writers here at St. Paul's Catholic College.

The following overall year group winners are to be congratulated on their fantastic work:

Year 7 - Kirrily Boslem

Year 8 - Rosemary Hale

Year 9 - Sophie Crowley

Year 10 - Matt Sheather

Year 11 - Danielle Roberts

Year 12 - Adam Foster

Overall Teacher Winner - Mrs Nicole Burns



Shipwreck

I tune into the sound of the breaking waves as I dive into the deep depths of sea,
the comfort of the reef leaves me as I take a deep breath.

Saltwater fills my lungs as I swim towards it; the shipwreck that made me discover my secret power.

Matt Sheather Year 10 Overall Winner

Garden

Our tired, pale faces are wrapped in suburban worries, too scared to mention the dream nestled inside.

A brave light moves it, pulling through the thaw.

Dreams sprouting slowly with the hope hidden in a smile.

Every smile brings a blossom.

Yours, his, her smile too.

Building our garden together.

Adam Foster Year 12 Overall Winner

Ms Bethany Galinski
English Teacher



Year 7 Narratives

This week's addition to our collection of the best Year 7 narratives comes from **Daniel Lerch**. He composed an action-packed story inspired by the legend of Blackbeard. Daniel is commended for his creative use of dialogue and verbs to engage the reader and propel the plot forward.

Blackbeard's Treasure

Written by Daniel Lerch

I, Captain Alexander Roughfinger, the most feared pirate of the Caribbean Sea in the 1700's, travelled all around the lush coast of Jamaica looking for the legendary treasure of Blackbeard.

The thunder was the booming of gods fighting with tridents of stone. Our ship was a mere paper boat in the midst of a whirlpool. We were heading for a secluded cave in the overgrown mountainside where the waves were angry wild horses. The cave was located on my map that I pilfered from a couple of drunken sailors.

To my horror I spied an ominous outline on the horizon. It was Long John Lever, the fiercest, most bloodthirsty pirate after Blackbeard himself. How did that mangy mutt find out about my map?

The sea was a devil driven mad. The thunder was barrels full of steel falling down never-ending stairs. The rocks were jagged teeth desiring to gnaw my ship. As we hit the rocky water my crew and I tumbled across the deck.

"Get up men," I boomed, "and lower the mainsail. Veer starboard."

My crew leapt into action and soon we were past the bony rocks.

"Prepare for action!" I hollered as a cannon sounded behind us.

Our mast broke in two with a crack like a thunderclap. There was the scurrying of feet and the smell of gunpowder as a seaborne fight was engaged. The winds were dogs fighting over a bone.

"Get ready for a fight to the death men!" I cried.

Screams ripped through the air as the enemy swung vigorously on ropes onto our ship.

Chaos broke loose. My men flew at their men like a hurricane, their cannons booming at our cannons. I headed to my cabin to retrieve my map when I was blocked by a menacing figure.

Captain Long John Lever, in a voice like fire, barked, "I'll be taking that map."

"Well," I say passion driving through me like a hurtling bullet. "I think you'll find I do." I drew my shimmering rapier.

Lever pounced like a cat, his sword pointing at my chest murderously. I dodged swiftly out of the way and swung my rapier around only to hit the mast. I turned like a tornado to deflect his rearing sword from piecing my throat. With a roar I spun around and, with a slash of my sword, I finished him.

There was a sudden silence as the buccaneers saw the limp body colliding with the deck. I broke the quiet in a commanding voice.

"Throw them overboard!" I ordered.

Cheers erupted followed by the many splashes of our vanquished foes as they plummeted into the raging sea.

Victory was once again mine.



Mrs Sophie Stanley
English Teacher



French Breakfast

This week, all four Year 7 French classes enjoyed a typical French breakfast. The menu included croissants with Nutella, baguette (French bread stick) with jam and profiteroles. Students appreciated the opportunity to taste some French food as part of a unit on La Belle Vie - The Good Life, during which students learnt about French food and how to order in French in a café or restaurant.



Mrs Tatiana Tinlin



Mrs Christine Churchward



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
- 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 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/>



Career Thought of the Week:

“Some people dream of great accomplishments,
while others stay awake and do them”

Anthony Robbins

TAFE/Enterprise / Short Courses

TAFE NSW has over 500 short courses that can be completed in just days or weeks, offering practical skills and experiences across all industries. Gain the confidence to immediately apply new skills in your career and be

Business	Hospitality	Health	Design	Trades	Services	Agriculture	Online
Be management material Basic Bookkeeping & MYOB Business Computing Cyber Security Leadership Skills Marketing Microsoft Office Essentials Payroll Human Resources Website Building <small>online study available</small>	Be the best Responsible Service of Alcohol Liquor Licensing Responsible Conduct of Gambling Food Handling Food Safety Barista Galileo & Sabre Essentials Patisserie, Cake Design & Bakery Wine <small>online study available</small>	Be qualified Community Services First Aid & CPR CPR Mental Health Counselling Aged Care Disability Work, Health & Safety Early Childhood Medical Administration Sport & Recreation <small>online study available</small>	Be noticed Ceramics Drawing Creative Writing Graphic Design Interior Design Photography Special Effects (SFX) Makeup Video Editing Entertainment & Production Design Other Graphic Design & Illustration <small>online study available</small>	Be trained First Aid Forklift License Welding Electrical Construction Mechanics Fire Safety Maritime Operations Scaffolding & Rigging <small>online study available</small>	Be a stand-out Barbering Beauty Floristry Hairdressing Real Estate & Property Events <small>online study available</small>	Be certified Agricultural Chemical Application Agro Ecology Animal Studies Chainsaw Operations Asbestos Horticulture Pest Control Drone Essentials <small>online study available</small>	Be accredited online Accounting & Bookkeeping Business Marketing Computer Skills IT Engineering Work, Health & Safety Medical Administration Mental Health English Real Estate Travel & Tourism Writing & Presentation <small>online study available</small>

Attention Yr. 12 Students

RSA/RCG Courses 2019

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



- **Responsible Service of Alcohol – RSA**
- **Responsible Conduct of Gambling – RCG**

These courses will be run after the HSC is over and before Graduation Night. They are accredited and nationally recognised. In fact, you must have these to work in the ‘club’ and ‘hotel’ industry and many of the local restaurants.

The RSA and RCG will be run at school on Tuesday 12th & Wednesday 13th November 2019 from 8am until 2.30pm both days.

Students will also need to bring a valid photo ID on the first day and have their USI number. Registration is to be completed online for both courses and payment made to BARMAX training.



An Interim Statement of Attainment is issued to all students successfully completing each course and theory exam. Students then can obtain their Photo ID Card from **Services NSW (Old RTA)** at the completion of the course.

The cost to complete the RSA and RCG courses is **\$225.00**. Monies are payable to the School Finance Officer (cheques made out to St Paul’s Catholic College) this is substantially lower than other institutions can offer.

For the courses to ‘run’ there must be a minimum of **20** and a maximum of **30** students per trainer. Therefore, it will run on a first in best dressed basis. **Registration and Payment can be made online from Monday 2nd Sept through until Friday 18th October or until the maximum of 30 students is reached.**

Any questions regarding these courses can be directed to Mr McLoughlin at school Phone 4958 6711.

Australian Defence Force

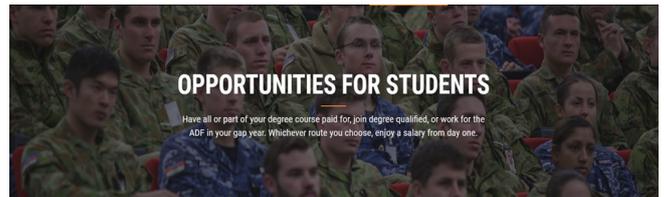
Have all or part of your degree course paid for, join degree qualified, or work for the ADF in your gap year. Whichever route you choose, enjoy a salary from day one.

More Information: <https://www.defencejobs.gov.au/students-and-education>

Looking for a gap year that gives you more?

There's a lot that makes an ADF Gap Year so fulfilling. It's an opportunity to get a feel for military life while enjoying unique experiences.

<https://www.defencejobs.gov.au/students-and-education/gap->



Set Sail: Young Endeavour

Are you aged 16 - 23 and looking for a new challenge or develop some new skills? Join tall ship Young Endeavour for an unforgettable adventure! Apply at

www.youngendeavour.gov.au

The Young Endeavour Youth Development program is internationally recognised in the field of sail training. The experiential program is delivered on board STS *Young Endeavour* by Navy personnel specifically selected for the program.



See videos of what a few young people had to say about their experience

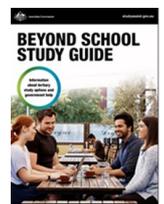
<http://www.youngendeavour.gov.au/testimonials>

Beyond School Study Guide

The new [Beyond School Study Guide](#) is designed to help senior students navigate their way into higher education.

It provides information on:

- higher education pathways
- higher education fees and government loans
- Student support services



Teacher Training Scholarships CSO 2020

The Catholic Schools Office, with the support of Federal Government funding from the National Partnerships Teacher Quality initiative intends to offer up to FIVE (5) **Scholarships** to current **Year.12 students** in our Catholic schools, who intend to commence undergraduate courses in

teacher training in 2020. Under the program each student will receive a total benefit of up to \$7000 over four years. This is an effort to develop a targeting of scholarships recipients for potential employment in Catholic schools.

Application forms can be obtained at the Careers Office.

Closing date for all completed applications is **Friday 27th September 2019**.



02 4967 1050

www.careerlinks.nsw.edu.au

These links are available on the St Pauls' Careers Website and emailed to students in Years 10/11/12 through their school email accounts each Monday.

Examples are:

Important Dates for Term 4 — 2019

- Aug-Sept UAC Applications
 - 30th Sept UAC Closing date
 - 12th 13th Nov.RSA/RCG Courses
- Career Links Junior Positions Vacant**

FIND THE ALDI IN YOU

Retail Assistant - Warners Bay & Cardiff
- 15hrs p/w

At ALDI, our people are the key to our success. We're looking for high energy team members who love to keep active and busy. A Retail Assistant at ALDI needs to be able to thrive in a fast paced, team environment and always be willing to go the extra mile for their customers and team. The role is physical in nature, so you'll need to enjoy hands-on work and meeting deadlines and our shifts can start at 6am some mornings, and finish at 10pm others, so being flexible and available any 5 out of 7 days is important. Finally, prior experience in a fast paced, retail environment will be viewed favourably, however a positive attitude and teamwork spirit are an absolute must.

What's in it for you?

- Market leading remuneration
- Be a part of a leading international retailer
- Career opportunities in our rapidly growing store network including progression to Store Management Trainee
- Extensive training and development
- Flexible roster and limited contracted hours
- 4 weeks annual leave
- Work alongside friendly and supportive colleagues

You will be responsible for:

- Maintaining and replenishing stock storewide
- Operating manual pallet moving equipment
- Merchandising stock storewide
- Serving and assisting customers in a professional and efficient manner
- Operating tills and calculating change manually

Junior Dental Assistant

We are looking for a Junior Dental Assistant to join our team in our busy modern inner city practice. No experience necessary. If you are looking for a new career we are looking for someone eager to learn and develop their skills. The successful applicant will be offered ongoing on the job training as well as possible training opportunities within TAFE.

We are looking for someone who will:

- Be confident within their job
- Have a friendly and caring nature
- Competent with technology
- Outstanding Communication Skills
- Ability to think and learn quickly
- Empathetic
- Responsible
- Have initiative and be willing to work in a fast paced environment.
- Be flexible working extend hours and possible Saturdays.

This Position is a casual with potential for full time employment in the future.

Please apply to khoanmy@louis@stpaulscatholic.com.au



Diocesan Athletics Carnival

Congratulations to the following athletes who placed at the Diocesan Athletics Carnival on 14th August:

Conor Reilly	3 rd Javelin
Jorja Brown	3 rd Javelin
Bailey Baker	3 rd Javelin
Emily Webster	3 rd Discus
Charlotte Pratt	2 nd 200m
Ireland Thomas	2 nd Long Jump
Summerset White	2 nd Discus
Sienna Isaac	1 st High Jump
Madeline Ferry	1 st High Jump
Dominik Brymora	1 st 400m, 3 rd 200m
Nishita Tamhane	2 nd 200m, 3 rd 100m
Grace Shrume	1 st High Jump, 2 nd Long Jump
Gabriella Sneddon	1 st 800m, 1 st 1500m
Emma Curran	2 nd Triple Jump, 3 rd 800m, 3 rd High Jump
Alyssa Bishop	1 st High Jump, 2 nd Long Jump, 3 rd Triple Jump
Molly Salvador	1 st 400m, 1 st 800m, 1 st 1500m
Amber Kelly	1 st Javelin, 1 st Long Jump, 1 st Shot Put



Grace Baker 1st Discus, 1st Shot Put 1st Triple Jump 1st Long Jump 1st High Jump, 2nd Javelin, 3rd 100m, 3rd 200m

Kane Thomas 1st Triple Jump equalling the Senior Triple Jump record with a jump of 12.15m, 1st Javelin, 3rd 100m

Michael McCarthy 1st 100m, setting a new 13 Years record with a time of 11.97, 3rd 200m, 3rd Shot Put

Thomas Webster competed in the Boys Open Multiclass 200m, Shot Put, Long Jump and Discus.

Congratulations to these students and all the best to those competing in the NSWCCC Carnival on Friday 20th September.

Diocesan Golf

The Diocesan Golf Tournament was held at Newcastle Golf Course on Monday 9th September.

John Drake and Tom Palmer represented St Pauls in this event, with Tom winning the 18 Hole Senior Boys Individual Net Score with a score of 6 over.

Mr Brad Melville



Enjoying the sun during outdoor activities is a favourite pastime for many people living in Australia

Sunburn and skin cancer are foreseeable outcomes of overexposure to the sun. The damage done to the skin from even one episode of overexposure to the sun can never be fully repaired.

Sun safety practices can protect you and your children from the damaging effects of the sun and reduce the likelihood of long term harm.

As we head into the summer months students are encouraged to wear a hat when outdoors and apply sunscreen.

We have Sunscreen available for use in the Student Reception and Student Hub.



From the Finance Office

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

Wednesday 16 October—Friday 18 October

Mon	Pupil Free Day
Tues	Pupil Free Day
Wed	Joanne Bower, Pam Amos
Thurs	Sharon Roberts, Michelle Hall, Kylie Smith
Fri	Kim Dickson, Richelle Roseland

Monday 21 October—Friday 25 October

Mon	Lisa Kelly, Sharyn Kiely
Tues	Mel Dobosz
Wed	Linda Gesell, Kim Harding
Thurs	Volunteers needed
Fri	Carole Crabbe, Sheree Roarty

Monday 28 October—Friday 1 November

Mon	Karen Gilmore
Tues	Susen White, Worakot Walker
Wed	Sara Ashmore, Teresa Tanks
Thurs	Nicole Ferry, Paula Douglas
Fri	Tania Egan, Kylie Powell, Caroline Hickey

Canteen Supervisor:

Carolyn Phone - 4946 3115

Canteen Hours:

9.00am to 2.30pm

If you are unable to come on your day, please try to arrange a

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

Term 4 2019

Wk 1	Mon 14 Oct	PUPIL FREE DAY —Staff Development
	Tues 15 Oct	PUPIL FREE DAY —Staff Development
	Wed 16 Oct	School Resumes for students
	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 in the canteen

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 Fernleigh 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 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

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hmri.org.au



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 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 Ph: (02) 49216333

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secondary education centre

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

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Year 5 students, 10am - 12 noon, 8 - 10 Oct

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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

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*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.org.au for more information.

VIP EVENT - THURSDAY 10TH OCTOBER
ZERO & REWARDS CARD HOLDERS

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20%*
OFF
SCHOOLWEAR
AND
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INSTORE & ONLINE THURSDAY 10TH OCTOBER.

* Excludes gift cards, all suit packages & Schoolwear layby's. Cannot be combined with other offers or discounts. Floor stock only. Styles and colours may vary from store to store.
No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount.
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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.

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