



St Paul's
Catholic College
Booragul

The Spinnaker

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Photo by Andy Warren

31 July 2020 Vol: 7-20

Dear Parents and Caregivers,

We begin the Spring term in a slightly different position than we had predicted at the close of the Winter term. Last week, I sent out to our families a reminder about our processes that we established in the event of a positive COVID-19 case at the College. The outbreaks in Victoria and the sadness of the rising death toll along with the continuing number of small outbreaks in Sydney and surrounding areas remind all of us that this virus continues to be part of our every day lives. We all need to be vigilant in how we live our lives day to day, keeping appropriate safe practices and procedures in all that we do. At St Paul's, we will continue to be vigilant and use strategies and plans to keep all in our community safe.

In the procedure that I sent out to you last week, one possible point was not as clear as it could have been. As mentioned, if we receive notice late in the day about a positive case, the obvious response is to send all our students home via their normal processes (buses, train, cars, bikes, walking). That point is clear. In the event of a positive being notified early in the day, we have put out a clear process for our community to follow. The one point I would like to make is that if students are unable to be picked up by parents or walk/bike or catch the train, then they will be supervised here until they are able to catch their normal bus home at the end of the day.

I am quite confident that we will not have to revert to home learning for a long period of time like we were in the first and second term. If we do have a case, we would be subject to a short-term closure for deep cleaning. This might be for a few days. In saying that, I suspect schools in the greater Melbourne area could easily have said the same thing at the end of the last term! If the unthinkable does happen, we will cross that bridge and make it work once more to the best of all our abilities.

Year 12 students begin their Trial HSC exams next week. Normally, the Trials would have been completed by the end of last term but with the school shutdown, we felt that moving the Trials would be the best thing to do so that our Year 12 students would have more face to face teaching before they sit for their final formal sit down school based exams. I spoke to the Year 12 cohort at their short assembly last week. (Assemblies can only last for 15 minutes under the COVID safe protocols.) I talked about the fact that things remain very different for them but that they must consider that this difference is for everyone to some extent. I also said that at this point, given the current restrictions that all schools are operating under, they can assume that the end of school year celebrations will probably be very different to what we would consider normal. Obviously, this is not ideal but as I said to the cohort, we are operating under health guidelines that are designed to protect all of us. I also said that they are all adults even though they are still at school and that we all need to protect each other from this virus. The College will be working very hard over the next few weeks to ensure that what we do to celebrate the end of secondary schooling for our Year 12 students is meaningful, appropriate and within the guidelines that we all have to work under during this pandemic.

The HSC Exams are scheduled to continue. The marking of some of the major works completed by students this term will be somewhat different. Mrs Carter has provided updates to our students and families outlining those changes and modifications. I was asked a question from one of our students, what would happen if the state went back into a lock down and the HSC exams couldn't run. The answer is simple. NESA would use the school-based assessment results (which currently make up half the HSC) and use that for the full HSC. For that reason alone, it is important that our Year 12 students do the best they can do in all tasks that remain. As well, I suggest given that Universities will continue to struggle with the lack of income from overseas students for the foreseeable future, there has never been a better time for Australian students to apply and be accepted for university entrance. As well, it seems the Federal Government is going to spend large amounts of money in other tertiary training particularly in the skills fields. So even though this virus has had a significant affect on our current Year 12 students, it may well come out in their favour!

We resumed our Sports Program for Years 7 to 10 last Friday. It was a success given that there are many restrictions on what we can and can't do. Our ability to source multiple COVID Safe venues for some of our sports program has been problematic and has certainly restricted our Sports selections. I would like to publicly thank our Sports Coordinators, Mrs Heard and Mrs de Winter for all the work that they have done to make our spots program happen this term.

As part of our COVID restrictions mandated by the State Government, adults, apart from staff are not allowed on site. This has a huge implication on our Student Conferences (formally Parent Teacher Interviews.) We are using zoom meetings this week for these important meetings and I would like to thank our community for supporting us as we try this different way of operating. At the time of writing we have had almost 100 families logged in and ready to give Zoom a go! This is just another part of all our lives that we have had to reimagine and work out an alternative solution. I suspect there will be many more to come.

Next week the College welcomes Felicity Harley to our Learning Support Team. Felicity comes to us from the mid north coast and has had extensive experience as a senior English Teacher and more recently as a Teacher of Special Needs. Felicity will be here in a part time capacity and we look forward to welcoming her to our community from next Wednesday.

Mr Ian Harborne who has been working in the Mathematics faculty this year has been successful in gaining a permanent position with the Department of Education. We thank Ian for his work this year and wish him and his family all the best for the future. Ian will finish at St Paul's at the end of Week 3. We are in the process of finalising a replacement teacher and will announce that in the next few days.

Once again, thank you for all that you are doing to support our community during this constantly evolving time. Stay safe and we continue to pray for the wellbeing of those who are so badly affected by this virus and those who are living in fear of a possible outbreak. I think of my own mum who is in a nursing home and she reports that it is a constant concern for all her friends during this time.

Go gently,

Mr Graeme Selmes
Principal



Drop off and Pick up of students

I would remind parents and carers that drop off and pick up in the college grounds is not possible

This is a work health and safety issue for our community as we are trying to ensure students catching the buses are kept safe. Sadly, we have some parents who, for some reason, believe that the expedient picking up of their child takes precedence over the safety concerns of others. They have even been known to challenge staff quite rudely when they are reminded of their responsibility. I hope that we can all work together to make the driveway as safe as we can.



Assistant Principal—Teaching and Learning

Semester 1 Reports were issued to Years 7-10 students last week and reflected two significant differences to past reports. As per the CSO guidelines, reports did not include an overall grade which was a decision made considering the remote learning arrangements in Term 1 and Term 2. It is hoped we will be in a position to provide a grade and comment for Semester 2 Reports in Term 4. Importantly, however, the reports included a student self-reflection which, along with teacher's feedback on the same scale, provided students with the opportunity to develop goals for learning and to work with teachers to identify their next steps in learning. The Student Conferences provided a platform for students and their families to discuss their next steps and it was wonderful to see so many families engage in this process this week. Thank you to the families that were able to meet with teachers by Zoom, it was certainly a new way of doing Student Conferences and the feedback received from families was constructive and overwhelmingly positive.

It goes without saying that Semester 1 was an uncertain and disrupted time for our students, however, partnering with families to assist students to continue to engage in learning will only result in improving outcomes for students. A few ways in which parents can support their children with engaging in their learning include:

Take the time to discuss your child's report with them one-on-one. It is a good idea to focus on the positive aspects of the report and then ask your child to identify an area they would like to improve on. This reflects a strengths-based approach to learning and to developing efficacy over learning.

Focusing on effort over grades also focuses on a strength-based approach to learning. Focusing on effort is supported with the inclusion of the student self-reflection. Effort is one aspect of learning students have the most control over and therefore it is beneficial they can develop agency for their effort. Focusing on effort over achievement does not reduce students' motivation to work harder, rather, focusing on effort assists in developing a growth mindset. If students focus on achieving personal bests through effort, there are going to be more resilient learners. Resilient learners are more likely to enjoy learning, continue to challenge themselves and are more comfortable making mistakes and these are valuable learning skills.

When you sit with your child to talk about their report, there is value in taking time to reflect on the report and to set an individual goal for the next semester or term. The Semester 1 Report includes areas students can identify to work on which are: giving a personal best; applying feedback and seeking assistance. If students focus on improving their effort in these areas, they will be improving their learning power!

As we conclude the process of course selection with Year 10 for Year 11 2021, we embark on the journey of elective course selection with Year 8 for Year 9 2021. This event marks the first opportunity for students to have some choice over what they study as they transition into Stage 5. Students will take part in a workshop in week 3 where they will receive a course selection handbook and hear about the electives we offer at the College. Students are encouraged to select courses which they will enjoy and are interested in and selections will be made using the online course selection platform during week 4.

This term our Year 10 students will be completing the HSC Minimum Standards tests. Teachers are working closely with students to prepare them for the tests which will take place during normal class time. All students will be supported to ensure they achieve the HSC minimum standard and students have multiple opportunities this year to sit the tests. If parents/carers or students have any questions regarding the HSC Minimum Standards they can contact me at the College.

Last week Year 12 were provided with the Trial Examination timetable which outlined the examinations which will take place over weeks 4 and 5 this term. For most courses, the Trial Examination represents the last school-based assessment students will complete. Students are expected to be aware of the Examination Rules and Procedures document which was provided with the timetable. Understandably, many students will be feeling apprehensive and anxious about the examinations, and a manageable level of anxiety is normal. A few strategies families and students can adopt to assist in managing examination anxiety can be found at the following link: [Managing Examination Stress](#). Students are also encouraged to reach out to their support network at the College which includes their Care Group teacher, Mrs Pryor, Mrs Shipman and myself if they are finding the coming weeks challenging.

The College community is upholding our Year 12 students in our prayers as they embark on the examination period and plan for life after school. And, as Jeremiah 1:9 encourages us all in challenging times:

⁹Remember that I have commanded you to be determined and confident! Do not be afraid or discouraged, for I, the LORD your God, am with you wherever you go."

Mrs Amber Carter
Assistant Principal—Teaching & Learning

Assistant Principal—Community and Wellbeing

Welcome back to Term 3 for all students and families. As we continue to navigate these very different times, we need to continue to be mindful of our own wellbeing, the wellbeing of our children and students and the wellbeing of others. We have all witnessed the selfishness of some community members who continue to challenge the laws and rules that have been put in place to protect all of us and I cannot help but think about the importance of the simple rules we ALL need to abide by to keep us ALL safe. By abiding by simple rules, we are able to demonstrate respect and empathy for one another.



Respect will be the key value that will be the focus of the CARE program for this term. Year groups will begin looking at respectful language and the power that language can have when we communicate with one another. A simple ‘please’ and ‘thank-you’ can demonstrate gratitude and appreciation, a ‘Can I help you with that?’ can demonstrate support for a friend, parent or colleague and an encouraging word such as ‘You can do this’ can provide courage and confidence.

It’s time we moved out of the negativity and ego-driven selfishness that we see displayed over social media. One of the key focuses of this term’s CARE program is **Respect** that we all must use as we navigate the *online* world. This focus will include how to safely navigate social media sites so that our own self-respect is not compromised.

The added expectations and stress that social media place on students makes it difficult for teenagers to navigate these adolescent years. Adding to their own self-doubt and fear of the judgemental comments from their peers, the age old questions of ‘Who am I?’ and ‘Where do I fit in?’ continue to be the focus of these adolescent years. How, as teachers and parents, do we support our children and students with all that is going on around them? Below is an extract from an article by Juli Fraga, a psychologist, who discusses the difficulties parents face as they support their children through adolescence:

"It's important for parents to realize that puberty triggers identity questions like 'Who am I?' and 'Where do I fit in?' for boys and girls," ...

*Luckily, compassion doesn't require parents to have all the answers. Puberty calls for the same good parenting skills as any other age: **being emotionally available** to kids through their developmental milestones, witnessing their growing pains, and providing comfort when life throws them curveballs.*

*That advice is simple; the effects powerful. Scientific evidence shows this kind of parental support helps foster **emotional resilience**, and that bolsters kids' health and relationships for years to come..."*

This year, more than ever, it has shown how important being **emotionally available** to the children in our care has been. As well, it has also demonstrated the importance of resilience and the ability to ‘bounce back’. It has been proven that whatever extraordinary circumstances we need to face, CAN be faced and we have the ability and capacity to adjust and shift to all types of adversity.

The following website offers some sound advice for parents (and teachers) around helping to build resilience:

<https://resiliencyouth.org/free-resources>

Mrs Anne-Maree Shipman
Assistant Principal—Community & Wellbeing



WHAT IS SEL?

Social and emotional learning (SEL) is the process of understanding and managing emotions, goals, empathy, relationships, and decisions.

Admit When You've Made a Mistake

The character of a person shows in the way they behave. Learn to be confident about your abilities, so you develop healthy behaviors, like apologizing when you're wrong and choosing not to smoke because it's unhealthy.

Keep a Planner and Use It

Developing organizational skills gives you self-awareness about how you need to structure your life's tasks.

How to Cook

Taking care of yourself requires skills like finding recipes, making food lists, and pulling it all together as a meal.

How to Find a Job

From interview skills to writing a resume, learning to work for your money is great for self-esteem and feeling ready for the world.

Understand Navigation in the World

Learning to use a map, GPS, and a bus schedule promotes self-awareness and social-awareness. There's a world of rules about how to get yourself around with or without your own transportation.

Find Solutions to Problems

It's great to ask for help and go to the right people when you need it, but it's also important to discover your own ways to solve problems. Relying on yourself is critical to being independent.

Coping With Emotions

It's not okay to cry over everything or throw a tantrum, anymore. Those days are over. Instead, find positive ways (like running or cooking) to calm yourself down and deal.

Being Flexible

Things may not turn out as you hope but being able to be okay with a new path will help you be more resilient.

Make an Appointment

Learning skills that require phone calls and asking for detailed information builds communication skills.

Take Responsibility for Completing Work

If you only do things when people ask you to—this includes dishes and filling the car with gas—you aren't independent yet.

Update Your Devices

Just because your devices are working properly doesn't mean an update isn't necessary. This will help you solve unexpected problems instead of preventable ones.

LIFE SKILLS

EVERY TEEN SHOULD KNOW
They also build social-emotional skills.

Know the Value of Money

The best way to learn about money is to earn it, save it, and make a budget to help you spend it.

How to Stand Up for Yourself

Learn to ask for what you need and say no to things you don't want. These skills will help you in almost every situation.

Filling the Car With Gas

Just because you've been to a gas station doesn't mean you know how to recognize your tank is low, remove the gas cap, and fill it properly. Maintenance pays off when you have a car that works every time you need it.

Turn Your Phone Off When You Need to Focus

Don't rely on your ability to resist your phone's notifications. People have spent millions to develop apps that get you to pay attention to your phone. Instead, turn it off when you need to drive, walk someplace, or do your homework.

Bounce Back When a Relationship Goes Sour

If you think things will always go well for you, think again. But that's okay, it's how you recover from tough times that shows how resilient you are.



Allstate
Foundation

AllstateFoundation.org

The Allstate Foundation empowers young people—and those that guide and teach them—with skills and confidence to change the world.

Miss Guest's English class studied the play, *Boy Overboard* in Term 2. As part of that study the students did some research into the Siev X disaster, the sinking of a refugee boat off the coast of Christmas Island in 2001, a similar time to when the play was set. They also looked (virtually) at the memorial constructed by school students for the victims of the Siev X tragedy in Canberra. From here the students designed their own way of recognising refugees that have lost their lives in search of peace and safety to celebrate World Refugee Day on June 20.

Part of the chalk display the students created was to outline the size of the Siev X and try to imagine 421 people crushed onto a fishing boat that size. In order to make it more real, we used our Mathematical skills to downsize it to scale. In the photos you can see the equivalent size boat for 30 people where two people struggle to fit.

Overall, the experience allowed the students to understand the play better and the challenges of the characters. It allowed them to consider decisions made by asylum seekers and question the way that successive Australian governments have sought to help end refugees drowning at sea.

Ms Kerrie-Lee Guest
Student Coordinator



Measuring the boat



One student's memorial



Letting the school know it was World Refugee Day



Sienna and Irela remembering the families lost



Lauchlan, Nata, Shiv, Taj, Jack, Natalia and Alivia trying to fit in our 'equivalent boat' for 30



Marissa and Valentina in our boat for 30

'...And when I say eyes right I want to hear those eyeballs click!'

Last term 10English 1 enjoyed a study of the late, much loved Australian poet, Bruce Dawe. One of the final poems the class looked at was the anti-war poem ***'Weapon's Training'*** – a dramatic monologue told from the perspective of a toughened Sergeant Major, whose purpose is to terrify his young recruits into being prepared for battle.

To introduce the poem 30 oblivious class members were lined up 'army style' in Holland Court. You can imagine their shock and surprise when our very own Sergeant Major (drama teacher Mr Tom Baldwin) appeared, (fake) rifle in hand to recite the poem to the unsuspecting 'recruits'. Mr Baldwin did not disappoint, embracing the role passionately, and delivering the message and purpose of the poem loud and clear!

Our poor recruits soon learned that to look sideways, laugh, smirk or move would result in a humiliating, roasting blast from the Sergeant Major. This was certainly a text and lesson that the class will not forget!

A big thanks to Mr Baldwin for giving up his time and delivering a memorable performance with gusto!

Mrs Nicole Burns
English Teacher



'What's the matter? Why are you looking at me like that?'



'Grab and check the magazine man!'



'What are you laughing at you in the back row with the unsightly elephant ears!'

St Paul's Day Celebrations

St Paul's Catholic College Booragul continued its 15 year tradition of celebrating the community of St Paul's on the final day of Term 2.

Despite the COVID restrictions which meant that the whole school liturgy, large talent concert and afternoon of rides had to be abandoned in 2020, the fun and community spirit of the day still outshone the different circumstances.

Students were organised in their Care Groups to participate in the St Paul's Liturgy which was designed as an interactive video, where the rituals of the liturgy were interspersed with prayers read by students in their Care Group.

Large symbolic art works were created such as the Appreciation Tree in the Damascus Centre Library and the 'We Love St Paul's' balloon swag, which served to highlight the outside podium for the St Paul's Got Talent Awards Ceremony.

Our wonderful St Paul's community willingly participated in the St Paul's Got Talent Concert – this time in a pre-recorded COVID safe style. Thanks to the technological genius and hard work of the Year 11 Talent Show Committee the talents of our students were again celebrated.

St Paul's is a community that pulls together in a crisis and this term we celebrated in style.

Follow the link below to view more photos on our Website:

<http://www.booragul.catholic.edu.au/news-events/galleries/st-pauls-day-2020/>



Mrs Libby Lucas
Student Support Coordinator



Year 12 After-School Study Afternoons

Year 12 After-School Study Afternoons

St Paul's have been providing staff supervision for After-School Study Afternoons for Year 12 **only** in B07/08.

This will occur on Monday and Wednesday afternoons between 3.10 and 4.30pm.



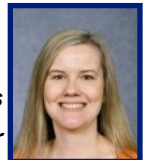
Vinnies News

REACH OUT
TO OTHERS WITH
COMPASSION AND LOVE

Vinnies Winter Appeal

Thank you to all the families who contributed to the Vinnies blanket and jumper drive at the end of last term. Over 30 large bags were donate to the Toronto Vinnies branch. They were overwhelmed and delighted by our school community's generosity and compassion for helping those in need.

Mrs Renee Pola-Kuras
Ministry Coordinator



Opal Tap on and Tap off News

Win \$300
by simply
tapping on and tapping off
your School Opal card

We'd like you to use your School Opal card travelling to and from school. Every time you tap on and tap off between 1 to 31 August 2020, you go into the draw to win.

Visit newcastletransport.info/studentcomp

Tap on and tap off every time

as it tells us how many people are using public transport. This helps us to plan better services for you.

As a condition of the School Tap On and Tap Off Competition, all students who are using the School Opal card must have their tap on and tap off every time they use the School Opal card to ensure that the data is accurate. This helps us to plan better services for you.



Career Thought of the Week:

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”

Vincent T Lombardi



Why aren't today's students dreaming of careers of the future?

PISA is the OECD's Programme for International Student Assessment. PISA measures 15-year-olds' ability to use their reading, mathematics and science knowledge and skills to meet real-life challenges.

PISA reports don't just focus on academic skills and which county's students can read and write. They also give an insight into what students think about the future, what careers they aspire and dream of.

With some 600,000 students surveyed the results are fascinating and have significant impact on how career expectations have changed over time and what we know about the future of jobs.

Here are a few insights that I found thought-provoking.

When asked what career 600,000 15-year-old students in 79 countries wanted to pursue, the list was surprisingly limited to 10 or so careers regardless of where they lived or their economic status. It seems kids everywhere have similar career expectations.

What is remarkable is that these careers are traditional ones, something their grandparents would have aspired to. This concentration of students' career expectations raises questions about the extent to which young people are aware of the availability of current and future jobs, and the real threat to these “traditional” careers.

The careers students dream of are not predominately STEM or technology careers. In many ways, it seems that labour market signals are failing to reach young people with well-paying jobs not capturing the imagination of teenagers.

So how do careers advisers encourage 15-year-olds to think about future careers. BTW, an excellent career advisers' resource on this topic is [UNE's Future of Work Predictor](#)

Career advisers and counsellors need to employ labour market information focusing on future growth and recognise that many jobs will undergo significant change and identify these jobs early to students so that a more informed decision can be made.

The surveys show that too many teenagers are ignoring or are unaware of new types of jobs that are emerging, particularly as a result of digitalisation and the risk that the jobs young people expect to be pursuing at age 30 will become automated.

This will require career counsellors who whilst not experiencing the jobs of future, are aware of what these are, who employers are, and the education required for a student to pursue one.

Career development activities should help young people develop a better understanding of the relationship between education, the employment market and jobs of the future and broaden their aspirations to a new generation of careers and occupations

To read click:

[Dream Jobs? Teenagers' Career Aspirations and the Future of Work](#)





Careers in Real Estate

Working in the **real estate profession** offers students the opportunity to achieve high levels of personal satisfaction and career success. In general terms, estate agents lease, manage, appraise, buy and sell residential, rural, commercial and industrial property or business on behalf of clients. The first step in establishing a real estate career is to become an **agent's representative**. Agent's representatives perform a variety of real estate roles under the supervision of a licensed estate agent.

Students who are interested in completing a course to become a real estate agent, might like to browse the following link.

For more information about careers in real estate visit [REAA](#)



Career as a Paediatric Nurse

Paediatric nurses care for babies, children, and adolescents. Children are not small adults; they have special needs and specialist paediatric nurses understand these. There are a diverse range of specialty areas within paediatric nursing.

Nurses may work in *schools, hospitals or community centres* and work with families to provide optimal health. Several specialty areas also exist within paediatric nursing.

For example, paediatric nurses may become specialised in intensive care, oncology (cancer nursing), mental health and child development.

Browse [How to Become a Paediatric Nurse](#) to find out more.

Important Dates for Term 2 2020

- 10th Aug-21st Aug Trial HSC
- 3rd July Closing date for TVET Applications
- 20th Sept SRS Applications close
- 30th Sept UAC Applications close
- 18th December ATARS released

Casual Positions/Employment Links:

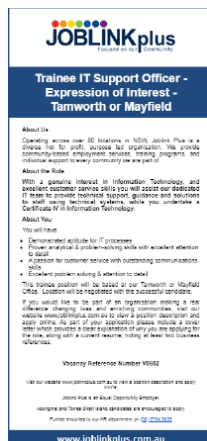


02 4967 1050

www.careerlinks.nsw.edu.au

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

Examples are:



Mr Craig McLoughlin
Careers Adviser



ASPIRE
MUSIC.DANCE.DRAMA

JUNIOR THEATRE MAKERS 2020

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

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

Thursdays in Terms 2 and 3 in five different locations across the Diocese

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

ASPIRE's Junior Theatre Makers Ensemble for Years 5 – 8 is again offering creative drama programs across the Diocese in 2020 throughout Terms 2 and 3.

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

Term 3 will be spent creating an original short performance piece which will be performed on **Thursday 24 September 2020 at the Civic Playhouse, Newcastle**. All five groups will come together to rehearse for the day before performing an integrated piece that evening.

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

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

To reserve your place please complete a booking form online at the ASPIRE website <https://aspire.mn.catholic.edu.au> or call Anne Atkins on 02 4979 1331 for more information.

ASPIRE

ASPIRE NEWS



SENIOR THEATRE MAKERS 2020

ASPIRE's Senior Theatre Makers program will be taking a slightly different approach to creating a new work in 2020. ASPIRE has put out a call for written submissions from students all around the diocese on the topic of isolation. Our Senior Theatre Makers will use these pieces to create a verbatim piece of theatre that will be performed at the Civic Playhouse at the end of Term 3 (*in the event the playhouse has not reopened by this point the work will be filmed or an alternate date agreed on with the students*)

Students will work with ASPIRE Artistic Director Anna Kerrigan and ASPIRE intern Ollie Crawford to produce the piece of theatre. They will be involved in the creation of the work using text from students and their own experiences. They will then collaborate with the directors and ensemble to put the piece onstage developing skills in blocking and workshopping ideas as well as developing performance skills in voice and movement.

Our process will alter from the usual weekly workshop format to three online sessions for Term 2, where the group will come together virtually to look at the material we have been sent and start to put together our piece of theatre. It is hoped that we will be able to hold face to face rehearsals in Term 3, however if that is not possible we will rehearse virtually.

The schedule is:

ONLINE Session: 4.30pm – 6.30pm

Tuesday 2 June 2020

Tuesday 16 June 2020

Tuesday 30 June 2020

FACE TO FACE Rehearsals: 4.30 pm – 6.30 pm (these may run online in Term 3)

Tuesday 21 July 2020 at Catholic Schools Office Newcastle

Tuesday 28 July 2020 at Catholic Schools Office Newcastle

Tuesday 4 August 2020 at Catholic Schools Office Newcastle

Tuesday 11 August 2020 at Catholic Schools Office Newcastle

Thursday 20 August 2020 at Catholic Schools Office Newcastle

Thursday 3 September 2020 at Catholic Schools Office Newcastle

Thursday 17 September 2020 at Catholic Schools Office Newcastle

WEEKEND Rehearsal: 10.00 am – 4.00 pm

Saturday 19 September 2020

PERFORMANCE DAY 10.00 am – 8.00 pm

Wednesday 23 September 2020 (*Performance at 6.30pm*)

Senior Theatre Makers is open to all students in Years 9-11

Course Cost: \$150 (scholarships are available for those in financial need).

To reserve your place please complete a booking form online at the ASPIRE website <http://aspire.mn.catholic.edu.au> or call Anne Atkins on 02 4979 1331 or 0404 003 601 for more information. Closing date for registration is **Wednesday 27 May 2020**

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 2020 Family Discount and Diocesan Pastoral Contribution Form, please follow the link to the Website above to download, complete and return to college office.

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

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.

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

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 download the iPhone app or from Google Play for Android phones. Simply:

Step 1 Download Qkr!

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



Step 2 Register

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

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

For more information about QKR visit our website

www.booragul.catholic.edu.au



Mrs Betty Harris—Finance Officer

finance@booragul.catholic.edu.au



Verdun Hiles

The Boulevard, Toronto

4959 1258

Tracksuits are now available at Verdun Hiles in *all sizes*



HOME DELIVERY INFORMATION


DARA IS PROVIDING, FREE MEAL HOME DELIVERY AROUND NEWCASTLE, PORT STEPHENS, MAITLAND AND LAKE MACQUARIE AREAS.



All who require food support are welcome to receive a weekly meal delivery.

Visit dara.org.au/home-delivery or call 4979 1339 (during office hours) to register your details.

DARA DEVELOPMENT AND RELIEF AGENCY.
DEVELOPER OF NEWCASTLE AND LAKE MACQUARIE *empowering people*

  @DARAPROGRAMS

DARA.ORG.AU



Carers for school aged children are urgently needed.

Become a foster carer with Wesley Dalmar and make a difference.

Wesley Dalmar provides respite, temporary, adoption and permanent placements for children from birth to 18 years of age. Aftercare support is available for young people transitioning into adulthood.

**Call 1300 325 627
Support, training and allowance provided.**

wesleymission.org.au

NEXTWAVE

REGIONAL. YOUTH. FILM

Nextwave film competition open for entries

Coffs Coast's Screenwave International Film Festival is again hosting the NEXTWAVE short film competition for young regional Australians this year – and would like some short film entries from our school!



All films need to be under five minutes and include the phrase "What's Next". Creativity is highly encouraged. The best films will screen at SWIFF next January during the Nextwave Youth Film Awards, and tens of thousands of dollars in prizes are up for grabs to students (and our school!).

All competition details are available at www.nextwavefilmfest.com.au

Register your child for Nextwave's new free online filmmaking workshops

If your child isn't sure how to make their short film, the Screenwave International Film Festival has made a step-by-step 10 episode video guide on beginner filmmaking, with episodes starting to roll out next week on the new Nextwave Online learning portal. To secure your child's FREE access (thanks to Port Macquarie-Hastings Council), register here:

<https://nextwavefilmfest.com.au/workshop/>

Young Journalist Information

2020 Young JOURNALIST AWARD

Australian CATHOLICS
ACU AUSTRALIAN CATHOLIC UNIVERSITY

LIVING IT UP
STORIES OF CELEBRATION

What do Australians celebrate? Share inspiring stories in our 2020 Young Journalist Award for the chance to be published and win.

Winter, 2020



Mums' Cottage News Letter July 2020,

*The Cottage is a sanctuary where all are offered HOPE
as they move forward towards a richer, fuller life.*

A Message From Sister Helen-Anne

Greetings from Sister Helen-Anne

It is with great joy that we are opened again after 4 months of restriction. Companionship and hospitality are the main focus points for the rest of term 3, all courses and workshops are on hold for the present.

Sister Helen Anne

Hello from Mel,

What a time we have had recently in the world and it looks like its not getting better anytime soon. So we are looking at trying new things at the Cottage. We have plans to develop a Online shop for the Cottage and updating our Webpage to make it more interactive. I have a little help so it shouldn't be too long now.

So stay tuned to Facebook for announcements

Stay Safe and Well

Mel, Louie & Obie (whose too busy with his ball)



Great Achievement

We proudly share the good news that we have received ACNC accreditation, this means we are officially a registered charity. This will allow an opening to many possibilities for Grants.

Special acknowledgement to Garry McNamara who has devoted countless hours in preparing the documentational requirements. He was greatly assisted by our board members, Peter ,Lorraine, Mark, Rick, Lauretta and Jenny. Mel also assisted in typing up all the documentation.

Much appreciation to you all.



29 St Helen Street

Holmesville NSW 2286

Phone: 02 49 53 4105

Important Dates

August 10th—Toy & Game Sale

August 23rd - Celebrating Women

September 7th—Craft Sale

Volunteers Corner.

During the last several months of restrictions, we have been fortunate, by the blessing of technology, to be able to continue our 'Cuppa Conversation' sessions by zoom.

Most weeks we have several beautiful ladies who are keen to join in for a chat. Even though we haven't been able to meet face to face, we've still been able to gather to share our thoughts, insights and laughs and to encourage each other.

Thursday morning zooms have been much looked forward to and valued.



Follow us on Facebook and keep up to date with activities and events at Mums' cottage.



www.facebook.com/Mums-Cottage



Something to Ponder

"All over the world, people are being quarantined and are being compelled to practice social distancing. We are trying desperately to remain sane in a world that seems bordering on the insane. So, the time is just right for us to ponder, reflect, meditate, and discover the world within our own minds."

— Avijeet Das



Thank you to Peter Kilpatrick and Mums' Cottage Board who put together COVID-19 safe guidelines and submitted, so we are now registered as a COVID-19 Safe workplace.

Volunteers Meeting 20th July 2020,

Prior to reopening after 4 months closure, we held a mandatory meeting to update our volunteers prior to resuming work again. It was a real gift to share the excitement, delight and relief as our valiant helpers reunited to the Cottage after such a long break. Each volunteer was given a folder containing their job description, inspiration quotes and updated Code of Conduct and Confidentiality policies.

There was a vibrant, positive atmosphere evident throughout both sessions: Welcome back everyone. The real meaning of Mums' Cottage.

Early in June Lorraine and Sister Helen-Anne were visited by a lady who wanted to volunteer with us. She shared her touching story of coming to Mum's Cottage 4 years ago to attend a course. Our wonderful assistant at the time, Angela greeted her warmly and made her feel so welcome here. As a result of that Gospel experience, she returned to repay that hospitality herself. Thank you Angela

News from our Western Australian friends,

We were greeted with wonderful news that Mums' Cottage in Perth is now hosting an OPshop / Café in a new premises near their original venue.

From all accounts from Kaye, this venture has been a great success, social, financially and communal.

Congratulations Kaye & Team



donations

Thank you to the Community and Surrounds who have donated to Mums' Cottage. We greatly appreciate all donations that are made.

Please note: Currently we are **unable** to accept any goods as we are full to the brim. If you would like to assist Mums' Cottage we really could use financial assistance, this would be appreciated.

PLEASE HELP US BY DONATING TO...

MUMS' COTTAGE BSB: 650-300, ACCOUNT: 500573905



Holding Space

Consulting, Mentoring and Therapeutic Services



PERSONAL PROFILE - CATH FAIRS

I have worked in the Non-Government sector across several programs with young people, families and women. Many of which have experienced issues such as mental health, childhood trauma, drug and alcohol dependence, grief and loss, domestic violence, life stage change adjustments or struggling with the powerful emotions of life such as anxiety, depression, fear and shame.

In my work I use a combination of my clinical skills and knowledge as a Social worker trained in therapies including but not limited to Acceptance and Commitment therapy (ACT), Cognitive Behavioural therapy (CBT) and Dialectical Behavioural therapy (DBT). Along with extensive knowledge of approaches such as Trauma Informed, Human Rights and Person centred, to develop a therapeutic relationship that creates change, acceptance and importantly hope.

I like to take the time to explore and create meaning, ***'Embrace with two hands instead of pointing with one finger'***, allowing the person or people to create solutions rather than be fixed.

I have recently branched out to private practice and look forward to working with an equal cross section of people. From those experiencing some of the struggles mentioned above to those that may want to look at more of a mentoring experience, where we work on goal development and life stage changes.

I am also excited at the opportunity to provide professional supervision to other social workers and practitioners. Working together to explore the challenges, wins and self-development experienced in this sometimes challenging work.

CONTACT

cathf@holdingspacetherapy.com
Mobile: 0405297830

Suite 3 1/24 Victory Parade,
Toronto NSW



HOLDING SPACE OFFERS A PORTFOLIO OF SERVICES



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Relationship changes,
grief and loss.



Work place and family
mediation



Assessment and reports



Mentoring and Supervision



Holding Space
Counselling, Mentoring and Therapeutic Services



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\$130 per hour

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Mentoring and supervision
\$130 per hour

Reduced fees available for health care card holders. Face to face, Teletherapy available.

Assessment and reports

Please contact Spots and Arrows Consulting Office: (02) 8668 4616
info@spotsandarrows.com.au
website: spotsand arrows.com.au
or give me a call to discuss your needs

Mediation services

Face to face, teletherapy available.
Give me a call to discuss your needs

Leaving care and Aftercare planning and consultation (OOHC)

Give me a call to discuss your needs



cathf@holdingspacetherapy.com
Mobile: 0405297830





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& EVERYTHING ELSE!



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On the day of the event, Lowes will have measures in place to restrict customer numbers and movement throughout the store. Thank you for your support. Lowes will be enforcing social distancing, Marshalls wearing hi-vis vests will be on site. We ask for your support in limiting the number of people you take with you into the store.

DON'T HAVE A CARD? APPLY IN-STORE OR ONLINE & START ENJOYING THE BENEFITS.

*Offer ends midnight (AEST) 7/8/2020. Must use Zero or Rewards card to receive discount. Excludes gift cards, all suit packages & Schoolwear layby's. Cannot be combined with any other offer or discount. 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. Savings off original prices.

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Catholic College



St Paul's Catholic College

Address: Primrose Street, Booragul
Postal: PO Box 194, Boolaroo NSW 2284
Telephone: 4958 6711
Email: admin@booragul.catholic.edu.au
Web Site: <http://www.booragul.catholic.edu.au/>

Switch/Reception

Hours: 8.00am until 4.00pm

Finance Office

Hours: 8.30am to 2.30pm
Email: finance@booragul.catholic.edu.au

Canteen

Telephone: 4946 3115

