



# The Spinnaker

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Photo by Andy Warren

11 September 2020 Vol: 10-20

Dear Parents and Caregivers,

We have now entered the wonderful season of spring. The smell of newly mowed lawns fill the nostrils most Sunday mornings and the new blossoms are blooming. The days are getting longer and the weather is improving every day. I suspect that most of us think that this time of the year is by far the most wonderful!

As St Paul's moves into the final weeks of the term, we begin the preparations for the celebrations for our Year 12 cohort. We know that this year is much different because of all the various restrictions that are in place because of COVID. We are working tirelessly to ensure that our celebrations for Year 12 are meaningful and most memorable. I applaud the way that our students are working with us as we plan and prepare for the celebrations. In my most recent meetings with the year group (15 minute long – COVID compliant), we outlined what we have in place for them in the final week of the term. It was clear that there is some disappointment that it can't be the same as previous years, but at the same time, there was great understanding that we are working hard to make their final week the best it can possibly be. I would like to thank the College Leadership team for their hard work and support as we work through the rules and regulations ensuring that the events are safe for all concerned.

Year 11 students have begun their end of course exams this week. We are now able to hold our exams in air-conditioned multi-purpose rooms rather than the draughty hall. It also means that our PE department is able to continue to use this facility and on rainy days we can open it for students at recess and lunch. The students have been well prepared for these exams despite the interruptions in Term 1 and 2.

The College has also been through the process of discernment for our 2021 Student leadership team. After a very rigorous process including an interview with the College Executive, current student leaders and Mr Paul Greaves, our Assistant Director from the Catholic Schools Office, we are proud to announce that Matthew Boslem, Grace Feenan, Kent Azas and Alyssa Bishop have accepted the roles of Student Leaders for 2021. We wish them well and are very confident that they will lead our College well as we move into the continued uncertainty of this COVID world.

Unfortunately, I have had to have a quite stern conversation with the junior school about the poor language that has begun to emerge both in the classroom and the yard. It would seem that this poor language is now very much a part of some of our young men and women's vernacular and that it has become so common on social media and in movies that it is almost seen as acceptable. This is certainly not the case here at St Paul's. I have asked the staff to challenge students when they hear such language in the yard and to certainly use our current discipline processes if it is used inappropriately in the classroom. If such language is directed towards a staff member or is used to exhibit frustration as a result of a reasonable directive from a staff member, the student concerned can expect a suspension from the College. We are making a firm stand on this emerging issue and I hope that all our parent community will support us in this important dimension. If you would like to ask any questions about this, please contact the College via email.

As we go to print, there is still much uncertainty about the State Government position on COVID restrictions for schools going forward into term four. As soon as we have any clarity, the Catholic Schools Office and Catholic Schools NSW will offer new guidance to all schools in the diocese. Once we know more, we will endeavour to keep our community well informed.

Go gently.

**Mr Graeme Selmes**  
**Principal**



In the last newsletter I had included some information about the role of developing a regular pattern of study in developing learning resilience, or grit. The greatest benefit for developing a regular pattern of homework and study is the impact on student's ability to self-regulate their learning and to have greater advocacy over their learning. When we discuss study with students, the most frequently asked question is 'What is the best way to study?'. The effectiveness of approaches can vary between students, however, there is some sound research into what works best. Students often believe that long hours of study is the best way to successful learning, however, recent research by Oxford University suggests that highly successful students actually spend less time studying than their peers – they actually study more effectively. So, what does this look like?

- **Work accomplished = time spent X intensity of focus**

The formula above suggests that to accomplish a task, you need to focus on time spent with intense focus. According to the formula homework or study is best accomplished in short bursts where you can maintain maximum focus. This means you should spread your study and homework across 20 to 25 minute blocks where you can maintain your focus. This is also called the Pomodoro Technique which is explained in this short clip: [What Is The Pomodoro Technique?](#)

Our students are constantly bombarded with social media and digital distractions and this has resulted in students (and adults!) finding themselves doing a lot of multitasking. We need to remember that there is no such thing as successful multitasking because our brains spend most of the time restarting and refocusing as the context changes. This reduces the intensity of our focus and then, by our formula above, reduces the work we can accomplish. Successful students avoid multitasking and keep digital distractions away from their study area.

- **Ineffective vs Effective Learning Habits**

I am sure we can all relate to times where we have prepared for a test or assessment only to forget what we had learnt after the event was over. This is because the learning techniques or habits we used gave us the illusion of mastery but actually we only used our short-term memory.

Ineffective study habits include:

- Studying for long periods of time.
- Studying for a single subject for a long period of time and repeating phrases over and over to memorise them (this is - called mass practise).
- Reviewing one topic repeatedly before moving onto another topic (this is called block practise).
- Reading and rereading a text.
- Highlighting and underlining important concepts in a text and then reviewing notes.

Although these techniques have a place in study, students shouldn't rely on these all the time. Instead students should use high-intensity study habits to increase sustainable learning and retention when incorporated into daily study routines:

- 1 **Pre-test:** When students practice answering questions, even incorrectly, before learning the content, their future learning is enhanced. Research has shown that pre-testing improves post-test results more than spending the same amount of time studying.
- 2 **Spaced practise:** Spacing our study sessions – focusing on a topic for a Pomodoro session at a time on different days – has been shown to improve retention and recall more than massed practise. Students can find this challenging at first but creating flash cards and self-quizzing can help. Students should create different piles when reviewing the flash cards. The cards they're able to answer immediately should be placed in a pile to review three days later; those answered with some difficulty should be reviewed two days later; and those that they answered incorrectly should be reviewed the next day.
- 3 **Self- quizzing:** Testing has a negative connotation in this era of standardized testing, but it is a form of active retrieval practice. Encourage students to make test questions for themselves as they learn a new concept, thinking about the types of questions you might ask on a quiz or test. They should incorporate these quizzes into their study sessions, answering every question, even those they believe they know well.
- 4 **Interleaving practise:** Students may rely on blocked practice, studying a set of problems—such as multiplication problems—as a group until they feel mastery. A more effective method of studying is to work on a set of problems that are related but not all of the same kind—for example, a set of math word problems that call for addition, subtraction, multiplication, or division. The consecutive problems cannot be solved with the same strategy. This is more effective than doing one multiplication problem after another.
- 5 **Paraphrasing and reflecting:** Many of us have read a few paragraphs in a textbook only to realize that we didn't retain a single concept or key point presented in those paragraphs. To show your students how to combat this, have them utilise intentional learning strategies. These include relating what is being learned to prior knowledge, thinking about how they would explain the content to a 5-year-old, and reflecting on and asking questions about the content.

These techniques are difficult and require effort, and they slow down learning. Initially the learning gains seem to be smaller than with some ineffective practices. However, these techniques lead to long-term mastery and successful learning.

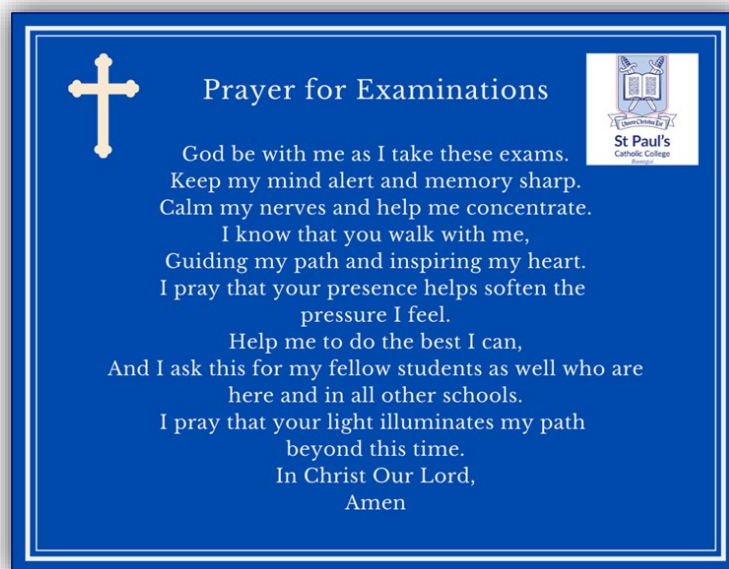
### **NESA COVID Advice for HSC Examinations**

Students and parents/carers are advised to be familiar with the arrangements NESA has outlined in the event of a COVID case or if students develop COVID symptoms. This information is available at the following link: [NESA COVID Safe HSC Examinations](#)

Should you have any questions or concerns regarding these arrangements please don't hesitate to contact me at the college.

### **Year 11 Examinations**

Our Year 11 students have started their Course Examinations this week and we uphold them in our prayers. Needless to say, our Year 11 students have had a disrupted start to their senior studies, however, these examinations are an opportunity for students to apply a 'bounce-back' attitude by considering how they manage through challenging times. It is also important for our students to remember success is about what the individual student has achieved, not what they have achieved compared to other students. Students are encouraged to reach out to their support network which includes Mrs Brownlee, Mrs Dufty, Mrs Shipman and myself if they need support through the examinations.



### **Edrolo**

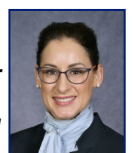
A reminder to Year 11 and Year 12 students that we have arranged for access to Edrolo. Details of how to activate student accounts was provided to students earlier this term. Edrolo is a comprehensive, online, interactive video and examination simulation resource for Year 11 and 12 students. We have evaluated the resource and expect it to be an incredibly valuable tool for our Stage 6 students. We will use Edrolo as a teaching and learning tool to further enhance what our teachers and students are doing day-to-day. Our teachers will be provided with training on how to best utilise the resource and will guide students to use Edrolo in a range of ways across the year, including holiday homework; pre-class work; post-class consolidation; assessment preparation; and exam revision. If parents/carers or students have any questions about Edrolo please don't hesitate to contact me at the College.



### **Year 12 Master Classes**

As the HSC Examinations are starting in week 2 next term, we are making arrangements for students to attend Master Classes during Week 1. A schedule for the Master Classes will be made available to students next week. The Master Classes will be optional for students, however, they are encouraged to take advantage of this opportunity to refine their knowledge and understanding before the examinations.

**Mrs Amber Carter**  
**Assistant Principal—Teaching & Learning**



**BECOVIDSAFE**

## COVID-19 safe HSC exams



Symptoms? Stay home  
and get tested



Regularly wash  
your hands



Cough or sneeze  
into your elbow



Avoid touching  
your face

HSC exams will operate according to AHPPC advice for reducing the risk of the transmission of COVID-19 in schools. #StayHealthyHSC

For more COVID-19 advice and information about the changes made to this year's exams due to COVID-19, visit [educationstandards.nsw.edu.au/covid](https://educationstandards.nsw.edu.au/covid)



#2020HSC  
#StayHealthyHSC

## Stay healthy on your HSC journey

### Questions about the HSC?

Contact the COVID-19 support team on 1300 138 323  
email [covid19support@nesa.nsw.edu.au](mailto:covid19support@nesa.nsw.edu.au)  
visit [educationstandards.nsw.edu.au/stayhealthyHSC](https://educationstandards.nsw.edu.au/stayhealthyHSC)

### Need help managing stress?

Visit [ReachOut.com](https://ReachOut.com) for information, tools and tips to turn exam stress into success. If you need help right now, call Lifeline 13 11 14 or Kids Helpline 1800 55 1800 or talk to your GP





## Happy Father's Day to All our Dad's

Happy Father's Day for last Sunday to all our St Paul's dad's. Your presence in the life of your own children is certainly valued and appreciated. When I think about my own dad and the importance of his continued presence in my life, I am truly grateful for all that he has given, the sacrifices he has made and the strength that he has provided. I know in my many conversations with dad's at St Paul's the underlying focus they have for their own children is that they are happy, safe, secure and achieving their very best. The strong foundations and guidance that dads provide enable the strength of families who contribute to our community at St Paul's. We thank you for all that you are to your own children.



## RUOK

This week St Paul's students have been focussing on the strategies and ways they can assist friends or loved ones who may be in need. The RUOK campaign has been a focus this week and will finish with a picnic on the oval on Friday. Special thanks to Ms Guest and the student Coordinators who have coordinated and provided information and activities in CARE group this week. It is always important for us to be aware of the story of others when we are interacting with one another.

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou

## SOCIAL MEDIA

In saying this, many parents and students will be aware of a disturbing video that circulated on social media over this last week. Whilst it is very difficult to monitor and censor what material our young people are viewing, it is important to talk to them about the impact some of this material is having on their own mental health. The content that circulates undoubtedly, as one student said to me through the week "messes with my head." The constant need to check phones and social media accounts for updates, is certainly an addiction. As parents and educators, we see this but our adolescent children who are developing in their own social and emotional intelligences will need a constant hand in how to deal with this material. The greatest advice we can offer our children is:



***If you are unhappy about something – DELETE IT!***

***If you are asked to send images or post something you are uncomfortable about – SAY NO!***

***If at any time online material is offensive or harmful please report on:***

**<http://www.esafety.gov.au/report/illegal-harmful-content>**

***If your own child has viewed distressing content and you require further advice see the fact sheet provided by Headspace:***

**<https://headspace.org.au/assets/Uploads/headspace-mh-support-following-large-scale-incidents-March-2019-v2.pdf>**

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





# Mental Health Services and Support

## Beyond Blue

24/7 mental health support service

1300 22 4636  
beyondblue.org.au

## headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)  
For webchat, visit: [headspace.org.au/eheadspace](https://headspace.org.au/eheadspace)

## Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800  
kidshelpline.com.au

## 1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732  
1800respect.org.au

## Lifeline

24/7 crisis support and suicide prevention services

13 11 14  
lifeline.org.au

## Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467  
suicidecallbackservice.org.au

## Mensline

24/7 counselling service for men

1300 78 99 78  
mensline.org.au

## QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)  
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.





**St Paul's**  
Catholic College  
Booragul

## Front Gate & Pedestrian Footpath.

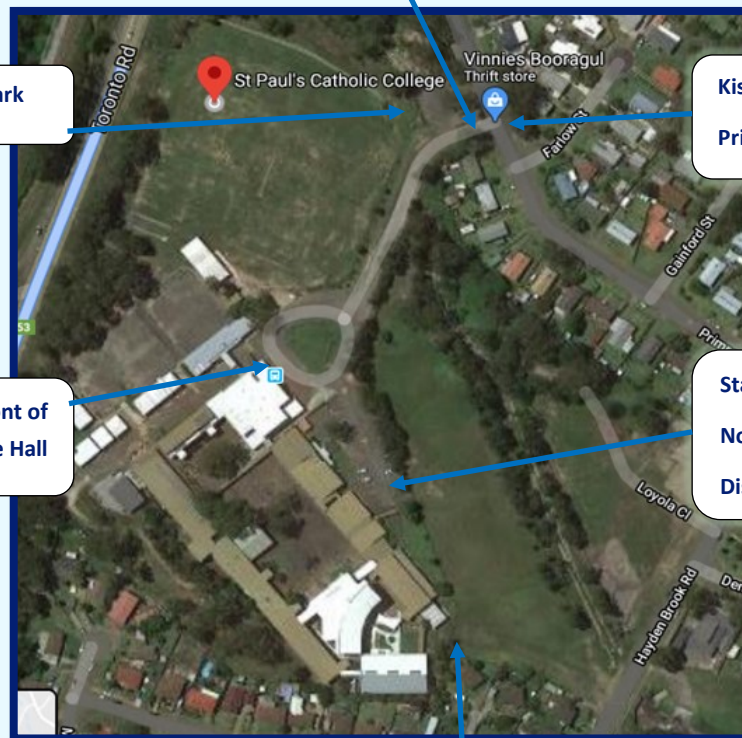
**NO cars permitted entry to the College grounds  
between 8.00am-9.30am and 2.30pm-4.00pm**

**Staff/Visitors Carpark**

**Kiss and Drop Zone  
Primrose Street**

**Bus only Zone in front of  
College Hall**

**Staff parking only  
No visitor parking.  
Disabled parking accepted**



**Pedestrian Turnstile Entry / Exit Haydenbrook Drive for use**

**8.00am-9.30am**

**2.30pm-4.00pm**

## ***Parent Information***

### **Setting a good example**

Safety of students as they travel to and from school each day is important. It is expected that parents/carers, grandparents and family members will support the school through role modelling safe road use behaviours.

### **Arriving and Departing**

Parent/carers and family members are encouraged to walk with their child to school to reduce traffic congestion around the school, to promote physical activity and to teach children about correct road use behaviours.

There are two points of entry into St Paul's Catholic College for this Year 7 to 12 College site:

- 1** One **pedestrian** access gate on Primrose street.
  - Students will follow the designated path from Primrose Street, past the Oval into the College.
- 2** One **pedestrian** Turnstile gate on Haydenbrook Drive (for use 8.00am - 9.30am and 2.30pm – 4.00pm)
  - Students will walk on the grass path to the Turnstile gate into the College grounds.

Students are expected to use the above two access points to enter the College.

### **Arrival and Departure by car:**

For those parents/carers that need to drive their children to school, there is adequate parking in surrounding streets. For those parents needing to come to the office, they can park in the **top visitor carpark** on immediate entry to the college.

There is also a **kiss and drop zone** on the school side of Primrose Street where parents can drop their child off. Drivers are expected to abide by these parking regulations.

**Restricted parking signs are in place around the school site to increase Student's safety. Drivers must abide by these parking regulations.**

The College is located in a 40km school zone where a 40 km speed limit applies for the hours of 8.00-9.30am and 2.30-4.00pm on school days. The speed limit is lowered to 40km during these hours to increase the safety of the students arriving and departing the school. Drivers **must** abide by these speed regulations.

**No unauthorised cars can enter past the College front gates between 8.00—9.30 and 2.30—4.00.**

**Parents can NOT drop students at the bus drop zone at the College roundabout during this time.**

**There is no kiss and drop zone on the College grounds.**

Wet weather days are particularly hazardous for children as traffic increases, visibility of children is decreased, and slippery roads make driving conditions more difficult. Reduce speed, park correctly abiding by parking regulations. Students are encouraged to use umbrellas and raincoats on these wet days.

We thank you for your cooperation.

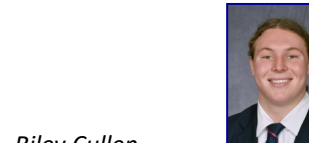
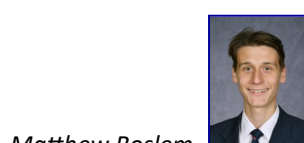
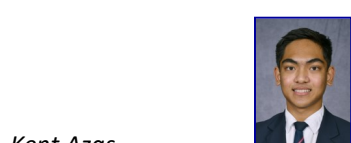
***Mr Graeme Selmes***  
***Principal***





# Year 11 News

Each year in Term 3 we start the exciting process to select our School Leaders for the following year. This year like many other things, the leadership process for our 2021 leaders was done a little differently. Our nominees for this year are:



The usual process that follows is the nominees must pass a staff-selection criteria and then present their speech to a whole school assembly.

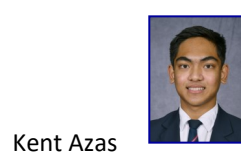
This year due to Covid our nominees were required to read their speech in a private conference room on camera on Wednesday the 26<sup>th</sup> of August. The speeches were pre-recorded and edited into a video for all staff and students in Year 10, 11 and 12 to watch on Friday the 28<sup>th</sup> of August.

A huge congratulations to all our nominees for being able to adapt in these changing times and still come up with and present amazing speeches.

The students and staff were then sent a link to cast their votes. Once voting closed, 8 students were selected and had to face the panel for their interview on Thursday 3<sup>rd</sup> September.

The panel faced a difficult decision as all 8 students **Alyssa Bishop, Christine Connell, Grace Feenan, Sydney Prajogo, Kent Azas, Matthew Boslem, Damien Jolliffe, and Riley Cullen**, were all worthy of a leadership position. We are confident all nominees will make fine young leaders in the school.

After a lengthy discussion we proudly present the following students as our 2021 College Leaders:



Congratulations and we look forward to working with you all in your senior year.

**Mrs Jessica Dufty and Mrs Blair Brownlee**  
**Student Coordinators**



# Year 11 Examination Timetable



**St Paul's**  
Catholic College  
Bloomington

**YEAR 11 2020**

**YEAR 11 COURSE EXAMINATION TIMETABLE**

**Week 9**

	Monday 14/9			Tuesday 15/9			Wednesday 16/9			Thursday 17/9			Friday 18/9
	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	
AM	8:55 – 10:30 1h 35m	SORI (84)	B2/B3/ Chapel	8:55 – 11:05 2h 10m	Mathematics Standard 2 (80)	B1 B2/B3/ Chapel	8:55 – 11:00 2h 5m	Geography (7)	B2/B3/ Chapel	8:55 – 11:00 2h 5m	PDHPE (40)	B2/B3	Construction: White Card (all day)  Hospitality Group II and Group III E10
	8:55 – 11:00 2h 5m	SORII (25)	B1	8:55 – 11:05 2h 10m	Mathematics Advanced (51)	D01/ D02	8:55 – 11:00 2h 5m	CAFS (24)	B2/B3/ Chapel	8:55 – 11:00 2h 5m	IPT (12)	B2/B3	
							8:55 – 11:00 2h 5m	Physics (24)	B2/B3/ Chapel	8:55 – 10:00 1h 5m	Music I (5)	C8	
PM	12:00 – 2:05 2h 5m	Ancient History (22)	B2/B3/ Chapel	12:00 – 1:00 1h	Drama: practical (4)	A19	12:00 – 1:35 1h 5m	VET Construction: theory (14)	B2/B3/ Chapel	12:00 – 1:35 1h 35m	English Ext 1 (5)	B1	
	12:00 – 2:05 2h 5m	Earth & Env. Science (12)	B2/B3/ Chapel	12:00 – 1:35 1h 35m	VET Hospitality: theory (23)	B2/B3	12:00 – 1:05 1h 5m	Drama: theory (4)	B2/B3/ Chapel	12:00 – 1:40 1h 40m	Mathematics Ext 1 (26)	B2/B3	
	12:00 – 2:05 2h 5m	Engineering Studies (21)	B2/B3/ Chapel							12:00 – 2:05 2h 5m	Society and Culture (23)	Chapel	
										12:00 – 2:30 2h 30m	Hospitality Group I: practical	E10	

## 7 SMART TIPS TO STUDY FOR A TEST WITHOUT CRAMMING

Research shows that cramming negatively affects your body and brain functions – and eventually, your exam results. Here are 7 useful and effective study tips for your next round of examinations.

### 1. IDENTIFY YOUR IDEAL STUDY TIME

- Identify the time your attention and concentration is at its peak
- Studying during these peak times allows you to breeze through tedious tasks like memorization

### 2. PRIORITIZE DIFFICULT SUBJECTS WHEN STUDYING

- Use your energy and brain power on the more difficult subjects first, save the easiest for last

### 3. FIND A CONDUCIVE PLACE FOR STUDYING

- Your study space plays a crucial factor in how we execute different tasks
- Choose a study space that allows you to focus and concentrate
- A space that's quiet, organized and free from distractions is ideal

### 4. TAKE A BREAK AND RELAX

- Do not overexert yourself
- Exhaustion will prevent your brain from effectively absorbing information
- Take an occasional 5 to 10 minute break between subjects

### 5. GET ENOUGH SLEEP

- A solid night's sleep allows your brain to take a break and prepare for tedious mental activity

### 6. EAT PROPERLY

- Proper nourishment is necessary for the body to function properly
- Researchers suggest dark leafy greens and carbohydrates are good for the brain

### 7. STUDY DAYS AHEAD

- Spread out study time days before the exam to allow enough rest in between study days, and ample time for all subjects
- Planning ahead will reduce anxiety from lack of time

**Remember:** You need to take your studies seriously but not at the expense of your health (or your sanity).

For smart and effective study tips visit [blog.scitechleaders.com/how-to-study-for-a-test](https://blog.scitechleaders.com/how-to-study-for-a-test)

The National Academy of Future Scientists and Technologists

**Physical Activity for Everyone (PA4E1)** is an exciting program that has existed at St. Paul's since 2018. Basically it is about getting **ALL** our kids to **MOVE THEIR BODIES MORE** at any time of the day, at school and at home. See below for some info and ideas...



Have you heard about the **Active Kids Program**?

Parents, guardians and carers can apply for a \$100 voucher per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued.

With **thousands** of registered providers now is the time for all our kids to get involved in a physical activity. See <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher> for more info.

**LOTS OF SPORTS ARE NOW REGISTERING FOR THE SUMMER. MANY PROVIDE A TERM OF ACTIVITY AT NO COST IF YOU USE YOUR ACTIVE KIDS VOUCHER.**

For example: <http://lakemacquarieoztag.com.au/>

**Ms Fran Heard & Mrs Brigid De Winter**  
**Sports Coordinators**





## Year 12 Final Events Information

The below table will give you an outline of what the final week of formal schooling will look like. Please keep in mind that every school with Year 12 and every Year 12 student in NSW faces the same restrictions that we do and that many of the restrictions are also about adults. Given that most of you are now legally classed as adults because you are over the age of 18, the guidelines that we are working under are of utmost importance.

Unfortunately, Parents and Caregivers are unable to attend these celebrations due to COVID restriction. The formal events will be live streamed for our community.

Date	Event	Comment
Monday 21 <sup>st</sup> September	Charity Dress -Up Day	This traditional day based on a theme chosen by Year 12 will raise money towards a Year 12 gift and a Year 12 Charity. Normal classes will continue on this day.
Tuesday 22 <sup>nd</sup> September	Academic Awards Celebrations	Normal classes period 1 and 2. Awards Ceremony with some social distancing protocols from 11.30 pm. Live streamed to the wider community. Students able to leave the College at 12.30pm or remain for study.
Wednesday 23 <sup>rd</sup> September	Academic Awards Celebration	Normal classes period 1 and 2, Final Care Group and Video presentation. Awards Ceremony with some social distancing protocols from 11.45 am. Live streamed to the wider community. Students able to leave the College at 12.30pm or remain for study. <b>Due to COVID Restrictions, the traditional Final Mass held this evening with Bishop William Wright is unable to proceed.</b>
Thursday 24 <sup>th</sup> September	Major Awards Celebration Final Morning Tea Ceremony of the Light Final Assembly	The Major Awards Celebration will begin at 10am with students asked to be seated by that time. Final Morning Tea will commence at 10.30am until 11.30am Ceremony of the Light will be held outside commencing at 11.30am. Final Assembly will begin at 12 midday and finish at 12.30pm. College Leaders addresses, Student Coordinator's Address, and Final Commissioning will happen in this time. The events will be live streamed to the Community.

## Senior After-School Study Afternoons

### Senior After-School Study Afternoons

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

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





## Real World Issues

This term, 7 English 3 have been learning about 'Real World Issues', with a focus on the plight of refugees and asylum seekers.

Part of the class learning involved viewing an episode of 'You Can't Ask That' – an SBS documentary which interviews refugees from South Sudan, Afghanistan and Iraq, who have settled in Australia.

After listening to their stories, the students completed an empathy and vocabulary task, taking on a persona of a male or female refugee and recounting their story. They then employed their geography and mapping skills to trace the difficult journey that these people made.

Below are some extracts from the students' writing:

*"My name is John and this is my story. I am from Afghanistan. I came to Australia after paying people smugglers all of my money. When I arrived at the boat, I was expecting a big cruise ship, but instead it was an unsafe fishing boat. There was no room to move around and it was very cold."*

Tallan

*"My name is Morteza and this is my story. When I was 15 Iraq and Iran went to war. My family was a risk of getting killed in the war. We couldn't stay in my home country as it was too dangerous, so we fled. We boarded a fishing boat to go to Australia. It was terrifying seeing endless blue, not knowing when we would see land."*

*I am grateful for Australia and the opportunity to live here."*

Zach and Lachlan



**Mrs Nicole Burns**  
**English Teacher**



## *studyskillshandbook.com.au*

### Making the Most of Your Learning

Learning is not just what you do in the classroom. Study is not just what you do the night before a test. Both of these are ongoing activities that are enhanced by the correct pre and post activities. See which of these 5 Ps you do.



#### PREPARE

This is the stage where you ensure you have all of the materials you need for learning and have completed any pre-tasks such as reading sections of your textbook in advance or any other activities your teacher asks you to complete prior to the class.



#### PARTICIPATE

Engaging in your learning is the best way to start to embed it in your memory and ensure you understand. Having the opportunity to discuss and interact and complete different styles of learning activities really helps your brain to process what you are learning.



#### PLAN

Take the time to look at the assessments for the course and plan when you will start, work on and complete tasks. Anytime you are asked to complete work for class, plan when you will do it and even better write your plan into your diary or online planner.



#### PRACTISE

One of the best ways to learn is to do practise questions. When you apply what you have learnt to actual questions, you will engage retrieval and cognitive pathways in the brain and reinforce your learning and uncover areas that need extra study.



#### PINPOINT

After a test or assessment is returned to you, celebrate your successes but also use it to pinpoint areas of weakness. This allows you to then spend time building your strengths in these areas without the pressure of an exam looming.

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



**Enhanced Learning  
Educational Services**  
*"the study skills specialist"*

*Tips by Dr Prue Salter*

username:

password:

For all Finance enquiries please use the following email address: [finance@booragul.catholic.edu.au](mailto:finance@booragul.catholic.edu.au)

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

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

**Also, if you have not completed 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](http://www.booragul.catholic.edu.au)



**Mrs Betty Harris—Finance Officer**

[finance@booragul.catholic.edu.au](mailto:finance@booragul.catholic.edu.au)





# Community Notices

## CRICKET SOUTHERN LAKES

Playing as Toronto Workers District Cricket

[www.cricketsouthernlakes.com](http://www.cricketsouthernlakes.com)  
[www.facebook.com/torontoworkers.cricketchub](https://www.facebook.com/torontoworkers.cricketchub)  
[www.instagram.com/cricketsouthernlakes/](https://www.instagram.com/cricketsouthernlakes/)  
[www.twitter.com/cricketsouther1](https://www.twitter.com/cricketsouther1)



**Register today via [playcricket.com.au](http://playcricket.com.au), search TORONTO**  
**All costs are prior to \$100 active Kids voucher discount**

**Junior Blasters, intro skills based program, Age 5-8yo, all equipment provided. Wed, 430pm @ Auston Oval, Morisset, Fri, 430pm @ Ron Hill Oval, Toronto, \$115, Term 4 2020.**

**Master Blasters, game based program, Age 7-12yo, all equipment provided. Fri, 5pm @ Ron Hill Oval, Toronto, \$135, Term 4 2020.**

**Saturday morning junior club cricket, Under 10s to 17s. Training mid week Youth (15-17yo) \$250, Junior (14 and under) \$150**

**Sixers Girls Cricket League, T20 games, Age 8-15yo, Wed evening (Stage 2) and Sat morning (Stage 1) \$75 for all-girls Spring and Summer local hub-based competitions.**

**Contact Secretary Chris Kuszelyk 0428 397 207**

### ACTIVE KIDS

CLAIM YOUR \$100 VOUCHER TODAY  
SPORT NSW GOV AU/ACTIVEKIDS





## PCYC News

PCYC LAKE MACQUARIE PRESENTS!

# CAR BOOT SALE!

Only \$30 per boot space!

SATURDAY 31ST OCTOBER 2020  
9AM - 3PM

MORE DETAILS CALL PCYC ON 4948 6622

NOW TAKING  
EXPRESSIONS OF  
INTEREST FOR STALLS  
& FOOD / COFFEE  
TRUCKS

\$\$\$




SHOP NOW • SHOP NOW • SHOP NOW • SHOP NOW • SHOP NOW

**SALE  
SALE  
SALE  
SALE**



## PCYC Spring School Holidays Program

LAKE MACQUARIE 9am-12pm, For ages 5-13yrs  
-\$25 per child  
Book Today 4948 6622

- Monday 28th September  
Multi Sports & Recycled Creative Craft
- Tuesday 29th September  
Gymnastics, Creative Craft & Multi Sports
- Wednesday 30th September  
Multi Sports & Science
- Thursday 1st October  
Multi Sports & Messy Craft
- Friday 2nd October  
Ninja Warrior, Gymnastics & Multi Sports
- Tuesday 6th October  
Gymnastics, Creative Craft & Multi Sports
- Wednesday 7th October  
Multi Sports & Mosaics
- Thursday 8th October  
Multi Sports & Messy Craft
- Friday 9th October  
Ninja Warrior, Multi Sports & Creative Craft










Enrol for 4 or more days and you can use your creative kids voucher





# Could \$500 help you with school costs?

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

 laptops & tablets

 lessons & activities

 uniforms & shoes

 books & supplies

 sports fees & gear

 camps & excursions

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

## Contact

your local Saver Plus Coordinator

## Phone

1300 610 355

## Email

saverplus@bsl.org.au

## Online

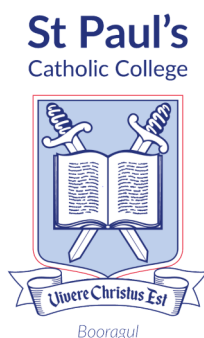
saverplus.org.au

Find us on Facebook 



\* 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 Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



## 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](mailto:admin@booragul.catholic.edu.au)  
Web Site: <http://www.booragul.catholic.edu.au/>

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### Switch/Reception

Hours: 8.00am until 4.00pm

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### Finance Office

Hours: 8.30am to 2.30pm  
Email: [finance@booragul.catholic.edu.au](mailto:finance@booragul.catholic.edu.au)

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### Canteen

Telephone: 4946 3115

