



The Spinnaker

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St Paul's
Catholic College
Booragul

Photo by Andy Warren

19 February 2021 Vol: 02-21

Dear Parents and Caregivers,

Last week was an exceedingly busy one for the St Paul's Community. It began with our Year 12 students heading off on Monday morning to their Year 12 Retreat. This year we secured a new retreat venue – The Collaroy Centre – on Sydney's Northern Beaches. This venue was chosen because it allowed us to conduct the retreat with the entire year group as one rather than splitting the group into two which needed to happen at our previous venue due to the size of the meeting spaces.

I was fortunate enough to be able to attend on Monday and Tuesday. What I witnessed from the group was nothing short of amazing. This wonderful group of men and women engaged so beautifully and fully into the spirit and the intent of the retreat experience. There was a tangible sense of the sacred and it was clear that they have become a group who are keen to lead our College and look after and respect the individuals that make up their year cohort. I would like to thank Renee Pola-Kuras, Blair Brownlee and Jess Knott for the huge amount of work they all did to conduct the retreat for the students as well as the staff who attended giving up, their family time to be with our students on this very special event. Every year, the Year 12 students reflect on their final year. It is the retreat that is often at the forefront of their thinking.

On Friday morning, we hosted our Opening School Mass. The Mass where we give thanks for the promise of the new year is a very important event in the life of our Catholic College. To be able to come together and celebrate the Eucharist is one of the things that makes our place unique. Our young men and women conducted themselves beautifully and respectfully. They had a real sense of the Sacred and we were able to witness our faith and our vision in a real and tangible way. Thank you to Fr Brian Brock who lead us in prayer and particularly to Renee Pola-Kuras who did all the work behind the scenes to make this special event happen. It was an exceedingly busy week for Renee!

At the conclusion of the Mass we were able to celebrate with our significant achievers from last year's HSC class and ROSA for Year 10. The students were presented with a variety of trophies from the Catholic Schools Office and we also celebrated our ATAR Dux for 2020; The Awards winners were:

ATAR Dux – Conor O'Neil (97.55)

ATARS above 90 – Will Negline, Sam Jenkins, Nick Curran, Abby Willcox, Lucy Reid and Braith Sneddon.

First in Course in the Diocese – Nick Curran, Sam Jenkins, Conor O'Neil, Imogen Reid, Danielle Roberts and Abby Willcox.

ROSA Awards – Dominik Brymora, Alexandra Holiday, Mark Roberts, Jessica Rowe and Paige Wheeler.

On Monday this week we hosted the Annual House Swimming Carnival at New Lambton Pool. It was a lovely but windy day and the students were in great form. There were a number of records broken in most age groups. The senior students led by example, involved in both the serious races and the novelty events. The highlight was the

blow-up boat race where it was clear that rowing a boat straight was beyond the capability of most teams! The winning house was MacKillop. Age Champions will be announced at the next full school formal assembly.

Each year the College established our School Improvement Plan. This year is no different. In 2021 we will be focussing on the following areas:

- Mission and Vision** – reviewing our current Mission and Vision statements.
- Teaching and Learning** – We will continue to work closely with Lyn Sharrat and the Catholic Schools Office initiative – **Leading Learning Collaborative**. For the College, the focus will be the implementation of Learning Intentions and Success Criteria for Stages 4 and 5, Writing in all KLA's and Quality Assessment and Feedback.
- Wellbeing and Partnership** – Continued implementation and Development of the CARE Program.

Our Professional Development focus has been designed so that our staff will continue to grow in expertise and the impact on the outcomes for our students will continue to be enhanced. This has certainly been true of the past number of years and the excellent results in last year's HSC bears testament to the work done by our teachers every year.

COVID still has a significant impact on events that we would traditionally have at St Paul's. The news of the vaccine roll-out is most promising but even with the most ambitious timeline being met, full vaccination of Australia won't be completed until October. To that end, we will still need to modify events such as our traditional information evenings for Year 7 and 12 this term as well as other events. More information will come soon outlining how we will be engaging in these events.

Enjoy the last weeks of summer. It is amazing that this time last year, we were still in the grips of drought and witnessing the terrible impact of the bush fires. We were just hearing about this new *CORONA VIRUS* and its possible impacts. What a difference 12 months makes. This has been the wettest and coolest summer for quite some time!

Finally, a short Ash Wednesday reflection as we enter Lent.

"It is a strange anointing, this cross that comes to mark us as Lent begins. Ashes, dust, dirt: the stuff we walk upon, that we sweep away, that we work to get rid of, now comes to remind us who we are, where we are from, where we are bound.

How terrible. And how marvellous, that God should feel so tender toward the dust as to create us from it, and return us to it, breathing through us all the while. Even after releasing us from the blessed dust at the last, God continues to breathe us toward whatever it is we are becoming."

Jan Richardson

Our prayers, love and blessings on all your "becoming" this Lent.

Go gently,

Mr Graeme Selmes
Principal



Our school year has begun with a flurry of activities that have filled our first four weeks. Last week saw our Year 12's participating in their Retreat at Collaroy Beach. This new venue was an excellent space for our Year 12's to reflect on the many facets of their lives and gave them an opportunity to consider the important people in their lives and the significance of healing and forgiveness. It was a fantastic three days spent with these young men and women who, have certainly grown in strength over the last few years. After a year of missing out in 2020 they certainly embraced this experience and began establishing some great bonds with the teachers who joined them over this time.

Year 12 Retreat was followed by the celebration of our Opening School Mass on Friday which enabled us to come together as a whole school community. This celebration, which was led by Father Brian Brock, was an opportunity for us to reflect on and express our faith. Sometimes it is difficult for our adolescent students in their contemporary world to see the relevance of this expression of faith but as was witnessed during the Mass on Friday many still have an understanding and appreciation of this unique opportunity in their school experience.

Monday also saw the student body come together at Lambton Pool for the annual Swimming Carnival. It was a day of fun, laughter, great spirit and plenty of competition. Students participated with enthusiasm and the House Leaders and Patrons did a wonderful job of encouraging participation. Congratulations to the staff- Mrs Dufty, Mrs Daniels, Mr Ekin and Mr Baker who were victorious in the Staff V's Student relay. House Leaders for 2021 are as follows:

Year 12

Chisholm: Holly Callaghan/Christine Connell

McKillop: Flynn Guest/John Kennedy

Polding: Benjamin Lerch/Kian Livingstone

Therry: Luke Sneddon/Claire Wilson

Year 11

Jorja Brown/Caleb Baker

Rylee Jenkinson/Lara Fennell

Mia Powell/Jazmyn McPherson

Kevin Van Der Merwe/Ella Rushton



There will be over 41 students who will now proceed to the Diocesan carnival and vie for an opportunity to compete at the NSWCCC Championships at Homebush. We wish these students all the best at the Diocesan Carnival.

SPORT

It's great to see sport back up and running for our students. Trials for the Diocesan U'15 Rugby League team also took place this week with Mr Penny and Mr Melville assisting. There will be plenty of opportunity for many sports and students are encouraged to listen to and read notices regarding representative sport on their COMPASS news feed.

Year 9 Top Bloke Program

A small group of Year 9 boys will also be participating in the Top Blokes Program throughout Semester 1. Last Monday the boys met their mentors who will be running this program every Monday until the end of Term 2. For those interested in knowing more about the program go to: <https://www.topblokes.org.au/> A second group of Year 9 boys will be invited to participate in this program in Semester 2, so if parents wish to nominate their son to take part please contact Mrs Evans (Year 9 Student Coordinator) or Mrs Shipman.



Year 8 Future Proofing Study

As has been outlined in previous correspondence to parents, Year 8 students will also have an opportunity to begin taking part in a longitudinal study which will be run by the Black Dog Institute. Ms Guest has sent information to parents regarding this and consent to participate in this study will need to be returned.



Participating students will try out new mental health apps and complete surveys about their health and wellbeing at school until they are in Year 12. The surveys will ask about a wide range of issues important to young people, including health, emotions, friendships, school, and the impact of the COVID-19 pandemic.

Students need parent permission and a smartphone to participate. Please follow this link to read the study information sheet and complete the consent form: <https://www.fpstudy.org.au/stpaulsbooragul>

We hope you consider your child's participation in this study. Even before COVID-19, research was showing that mental health concerns in teenagers are on the rise. Our school is keen to be part of the solution. If you'd like to learn more, please feel free to watch this short information video from the research team: <https://youtu.be/Mf2OsMfFKSs>

There was also an article in last weekends Sydney Morning Herald discussing this study.

<https://www.smh.com.au/lifestyle/health-and-wellness/teens-to-have-phone-gps-data-monitored-to-track-onset-of-mental-health-issues-20210211-p571nl.html>

Leadership and Community Service

It was wonderful to hear a member of the public congratulate our students on the orderly and calm way in which they entered Lambton Pool on Monday. The lady was full of praise for the respect and manners shown by our students. I would also like to acknowledge several senior students who have demonstrated leadership and offered assistance to younger members of the school community on the different modes of transport. The mature way in which they have assisted has been very much appreciated by those students and their families.

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience." Colossians 3:12

Mrs Anne-Maree Shipman
Assistant Principal—Community & Wellbeing



Study Skills Website

www.studyskillshandbook.com.au

Subscription details for St Paul's are: School's Username – stpauls
School's password – 52success

This term has certainly proceeded at a rapid pace and it has been wonderful to visit classrooms to see the variety of learning our students are engaged in every day. Our focus on formative (informal) assessment to make judgements on what students know and can do has shifted the focus to ensure students show their best effort in the tasks they are presented with. Learning is a life-long skill and it is our vision at the College that our students find enjoyment in their learning and that they develop a sense of curiosity and wonder about the world around them.

Perspectives on assessments and testing

This newsletter includes information about assessments and external ‘tests’ students take part in. With the amount of external testing schools are required to conduct, it forces us to reflect on the purpose of schooling and what all this testing means. It is very easy for students to look at results of tests and assessments and to make judgements on their intelligence and ability. As the significant adults in students’ lives, we have the opportunity to help young people put tests, assessments and examinations into perspective. Our message to students is for them to give their best effort and to be resilient in the face of challenges. Students are encouraged to see effort and persistence as a characteristic of a successful learner and that success is showing a positive attitude towards their learning, not the end result of a test. The key phrases in the table can be used by parents and carers to encourage students to develop resilience in their learning and to help their children change the way they think about their learning power. Learning is a lifelong skill and understanding that intelligence is not fixed and predetermined is important in continued and sustained engagement in successful learning.

The table below includes language we can help students use which allows them to develop a growth mindset towards their learning. Using positive language in the face of challenges is an effective way to model a resilient approach to ‘bouncing back’ (for more information see:

<https://mindfulbydesign.com/change-mindset-change-words/>

| INSTEAD OF | TRY SAYING | BUT THEN.... |
|------------------------------|-------------------------------|--|
| I'm not good at this | What am I missing? | I don't know what I'm missing! |
| I give up | I'll use a different strategy | If I had a different strategy I wouldn't have given up |
| It's good enough | Is this really my best work? | Yep! Turns out it is my best work |
| I can't make this any better | I can always improve | I don't know how to improve on this! |
| This is too hard | This may take some time | I spent the time and still don't know how. |
| I made a mistake | Mistakes help me learn | That mistake proves I haven't learnt! |
| I just can't do that | I'm going to train my brain | How do I change my brain? |
| I'll never be that smart | I will learn how to do this | How do I learn this? |
| Plan A didn't work | There's always a Plan B | How do I create Plan B? |
| My friend can do that | I will learn from them | I can't work out how my friend does that. |

HSC Information Session

Due to ongoing COVID restrictions, we are unable to hold the HSC Information Session for our year 12 students and families. As an alternative, we have organised to run a session with year 12 students next week. At this session students will be provided information on completing the HSC successfully, managing your wellbeing during the HSC, support that is available to HSC students and preparing for Year 13 (life post-HSC!). An abridged recording of the slides will be made available to families and a link to a platform where questions can be asked by students and parents/carers.

Academic Guides

Students and parents will find the assessment calendars and Assessment Guides located on the College website. These resources will be used by students to assist in developing an organised approach to their learning. For our 7-10 students, the tasks listed on the calendar and in the guide represent 'critical' tasks which will be used in conjunction with the student's evidence of learning from set classwork to build a profile of student understanding.

Student Profiles and External Testing

At the beginning of this term our Year 7 students completed the Best Start testing which will be used by teachers to identify students who may need extra support in developing fundamental literacy and numeracy skills. Our students from non-feeder schools will also complete CoGAT (a cognitive assessment) and this information is of interest as we build profiles of our students. Many thanks to Nicole Yates and Sue Hatfield-Smith who coordinate these external assessments.

This term we will also be starting to plan for NAPLAN which will take place early Term 2. Towards the end of this term, Year 7 and Year 9 students will take part in a practise test which will allow us to plan for the implementation of NAPLAN Online. The results of the practise test are not recorded, however, it is important that students have their device and earbuds available. Students and parents will be provided with more information closer to the date of the practise tests and will then be provided with details of the NAPLAN schedule later this term. Many thanks to Lauren McCafferty for her assistance in coordinating NALAN this year.

Mrs Amber Carter
Assistant Principal—Teaching & Learning



How can I learn more about ways to help my child learn?

So, you're wondering how you can find out more about Cybersafety? Maybe you want to listen to national and international experts on anxiety, building resilience in children and young people and learn more about keeping your kids safe or listen to experts share tips on supporting young people approaching the HSC?



You need to join the Federation of P & F Association Facebook page.



Find us on Facebook

What does the "Federation of P & F Association" do?

The Federation works to strengthen the participation of all parents and carers in Catholic schools in the Diocese and to promote and advance Catholic Education and its excellence. Along with our work in advocacy and supporting Catholic education generally, we regularly invite you to events (currently via Zoom) where you can build your understanding of lots of issues that impact our children....and it's all **FREE!**

Use this QR code to get onboard!

For further information E: cath.garrett-jones@mn.catholic.edu.au

Catholic Care News

Become a foster carer and help a child to heal

CatholicCare are looking for people interested in providing a loving, supportive and predictable home for children.

Through no fault of their own, many children are not able to live with their birth families. Our carers are crucial to providing children with stability and nurturing when they need it most.

There are various types of care you could provide that would make a difference:

- **Short term:** such as providing regular weekend care.
- **Medium term:** typically, six to twelve months while families work to have their children restored to them.
- **Longer term:** typically, two to five years or longer.

Can you commit to helping a child? Please call Di Walters on (02) 4944 0711 for further information or visit bit.ly/CCfoster



**Social Services
Hunter-Manning**
DIOCESE OF MAITLAND-NEWCASTLE



Contact (02) 4944 0711
www.catholiccare.org.au

Welcome back to our final year of schooling. I trust that our Year 12 families enjoyed a lovely break during the summer holidays. This term has commenced at full speed with Year 12 being involved in their Retreat, Swimming Carnival and our opening College mass, all before the end of just week 4.

Firstly, I would like to extend my gratitude to our Year 12 students for their behaviour and level of engagement whilst on our Retreat at the beautiful Collaroy Centre. Although we all came back a little weary, and possibly a little heavier due to the quantity of food we consumed, I am sure they all agree when I say it was well worth it. Like many of the Year 12 students, Mrs Dufty and I left the Retreat on a high, full of positivity, feelings of connection and an overall sense of being part of a wonderful Year 12 cohort. Highlights include the affirmations, evening liturgies and time to simply bond with others whom we may not normally have the opportunity to spend time with. A huge thank you to our Year 12 Care Group Teachers for joining other staff members to generously volunteer their time to ensure the Retreat was a great success. A special mention to Mrs Pola-Kuras who lead the students through the Retreat program in her role as Ministry Coordinator. Well done Year 12 – I hope our Retreat is a memory which will last a life time.

We returned from Retreat to our opening College Mass for 2021 during week 3. Our College Leaders Alyssa Bishop, Grace Feenan, Matthew Boslem and Kent Azas graciously lead the College in the readings, whilst Damian Jolliffe delivered a touching Welcome to Country.

On Monday of Week 4, Year 12 again lead by example in a display of house colours at our College Swimming Carnival. Whilst we were well represented in the pool by some very talented Year 12 swimmers, we also celebrated being part of a community and adorned some very interesting outfits to promote our House colours. Thank you to our wonderful House Leaders Holly Callaghan, Christine Connell, Flynn Guest, John Kennedy, Benjamin Lerch, Kian Livingstone, Luke Sneddon and Claire Wilson for assisting our House Patrons in the organisation on the day and to the 98 Year 12 students who participated in their final school swimming carnival.

As previously mentioned via a Compass alert/email, Mrs Dufty and I continue the journey with Year 12 as their Student Coordinators in 2021. Mrs Jessica Dufty will remain on Monday & Tuesday's, whilst I (Mrs Blair Brownlee) will continue the role on Wednesday, Thursday & Friday. Jess and I work tirelessly to ensure that there is a smooth hand over each week and always update each other on any contact made by both parents and students. In 2021, we are supported by a wonderful CARE team which is outlined below. We would also like to again acknowledge our student leaders for 2021 and wish them well in their leadership roles this year.

| Care Group | Care Group Teacher | House | House Leaders | College Leaders |
|------------|--------------------------------|----------|-------------------|-----------------|
| 12.1 | Michelle Anderson | Chisolm | Holly Callaghan | Matthew Boslem |
| 12.2 | Kerri Beezley | | Christine Connell | |
| 12.3 | Sheridan Foye/Julian Pettinari | McKillop | Flynn Guest | Kent Azas |
| 12.4 | Julie Nach | | John Kennedy | |
| 12.5 | Steven Wood | Polding | Benjamin Lerch | Alyssa Bishop |
| 12.6 | Sarah Daniels | | Kian Livingstone | |
| 12.7 | Darlene Ellis | Therry | Luke Sneddon | Grace Feenan |
| 12.8 | Libby Lucas | | Claire Wilson | |

On Tuesday 23rd February during period 2, Year 12 will be attending a HSC Information Session which will include preparing for the HSC, wellbeing during the HSC year and preparing for Year 13. Usually our parents are invited to attend the session, however the current COVID restrictions unfortunately prevent this from occurring. Therefore, parents will have the opportunity to view the information session later in the week with thanks to technology. Please remember to consult the College website for any assessment information including due dates and policies for HSC assessment.

A reminder that we have booked our Year 12 Graduation dinner for Friday 12th November at NEX Newcastle. We will be guided by COVID restrictions at the time of event, so at this stage I don't have anymore information to share but ask that you add the date to your calendar. Please contact Jess and/or I if we can support you and your child in anyway.

Mrs Blair Brownlee
Student Coordinators



Year 12 at the Swimming Carnival



Canteen Volunteers Urgently Needed for 2021



St Paul's is in URGENT need of Canteen Volunteers for 2021

If you are able to help out it would be greatly appreciated.

Please phone Mrs Carolyn Stanton on 4946 3115

or more information



Year 10 are beginning to settle into their new year and there is already a buzz around the yard. The students are into their final year of the Junior school and the energy is now shifting towards what the students are wishing to achieve before the end of the year. Each student should now begin to set their own individual goals as they begin to consider their senior life at St Paul's or whether they are wishing to pursue employment opportunities. The expectations of Year 10 are clear and succinct. Students are reminded that they need to apply themselves diligently to all areas of study and to seek guidance when needed. The best resource that the students have are the highly professional and skilled teachers in front of them every day. Regardless whether their regular classroom teacher or a substitute teacher is guiding the lesson, the level of respect that is expected from the students should always be a priority. Students are reminded to avoid engaging in unsocial behaviour that may hinder their position within the cohort. Some students have already been reminded of this. However, as the students grow, the level of maturity should match. I look forward to meeting more students in the upcoming weeks.

Uniform

The uniform policy of the College is clear and not a to be used as a "guide". The policy is an enrolment requirement for all students to comply with and any incorrect uniform choices will be challenged. During Week 5, I will be enforcing the uniform policy to students who present with incorrect uniform choices (including piercings, facial hair and jewellery) without valid reasons. If a student is unable to wear the correct uniform, the student must present a signed note from home outlining the reasons for the incorrect uniform to their Student Coordinator or CARE Group teacher. If there are any further concerns regarding a students uniform, please don't hesitate to contact myself at the College.

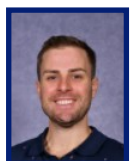
Year 10 Camp

After a COVID year where we were unable to hold any extra-curricular activities outside of the region, restrictions have eased and we are able to hold our annual tradition of the Year 10 Camp. A note will be sent home to all Year 10 students regarding Year 10 Camp. I will also send the note via email to all students and parents. Here are some of the quick facts:

| | |
|---------------------|---|
| Dates: | Monday 3rd May until Wednesday 5th May |
| Location: | Broken Bay Sport and Recreation Centre – Brooklyn NSW |
| Deposit due: | \$50 via QKR app by Friday 19th March 2021 |
| Total cost: | approx \$395 (<i>however, the cost will decrease once we know final numbers</i>) |

Please don't hesitate to contact me if you have any further concerns. I will endeavour to reach back to everyone as quickly as possible.

Mr Luke Baker
Student Coordinator



Dear Parents and Carers,

On March 2, 3 and 4 every student at St Paul's will participate in a Headspace workshop about positive mental health and how to look after themselves. **We are also extending the opportunity to all parents and carers to attend a specially designed evening session** called, '**Supporting Young People- Notice, Ask, Connect.**' The parent/carer sessions complement the student workshops. The session includes information about mental health and wellbeing in adolescence, adolescent development, strategies to connect and communicate and information for parents to support their young person and where to access support.

This is a free event at the school on March 3 from 6-7.30pm. To help assist with set up and to comply with COVID restrictions, parents are asked to confirm their free place at the workshop by booking at <https://www.trybooking.com/BOQIA> You will not need to print a ticket or show us upon entry, but we do need to know numbers to apply the correct social distancing. We ask that you book your tickets by 3pm Wednesday 3 March.

If you have any questions or concerns, please contact Kerrie Guest at the school on 4958 6711 or via email—kerrie-lee.guest@mn.catholic.edu.au

Due to current COVID restrictions, we have had to place a limit on availability. I have set up a wait list option for those who miss out. If restrictions change before March 3, I will alert those on the waitlist as soon as possible.

The wellbeing team at St Paul's hopes to see you there.



Kind regards,

Kerrie Guest



Deadly News

On 13 February 2008, then Prime Minister Kevin Rudd moved a motion of Apology to Indigenous Australians. His apology was a formal apology on behalf of the successive parliaments and governments whose policies and laws "inflicted profound grief, suffering and loss on these our fellow Australians".

What a great start Year 8 have had to the year. They have been working well in class, engaging in CARE lessons and their uniform has been immaculate. Big congratulations to all of Year 8 and you, the parents, behind the scenes, washing the clothes and having the arguments!

The swimming carnival was loads of fun, despite the weather not being so kind. We have also welcomed two new students, Chad and Bronte. We wish them well here at SPCC. We have also selected out SRC representatives for 2021. A huge thank you to everyone who nominated. It really was overwhelming to see so many students keen to shape the future direction of SPCC. Congratulations to the successful students:



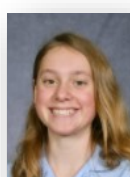
Sienna Rolla



Jesse Walsh



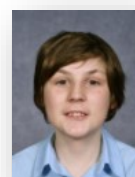
Cleo Doyle



Emily O'Grady



Zack Messenger



Chase O'Brien

The Headspace visit is almost upon us. In Week 6, Year 8 will be participating in a program called **Standing Strong: Bullying and Mental Health**. This will identify the ways your body and brain react to stress, review bullying's impact on mental health, find spaces and activities to help you stand strong and explore who you can talk to and seek support from.

The other wellbeing initiative is the Future Proofing Survey. I hope that many of you have already logged on and given permission for your child to participate. Here are the details again:

St Paul's is taking part in Australia's largest ever wellbeing study for high school students – the 'Future Proofing' Study. We'll be working with the Black Dog Institute and UNSW, along with 170+ other schools, to improve the mental health and wellbeing of Australian teenagers. We all know 2020 was a difficult year and the wellbeing of our students has never been so important. That's why we're encouraging all Year 8 students to participate in this study. Participating students will try out new mental health apps and complete surveys about their health and wellbeing at school until they are in Year 12. The surveys will ask about a wide range of issues important to young people, including health, emotions, friendships, school, and the impact of the COVID-19 pandemic.

Students need parent permission and a smartphone to participate. Please follow this link to read the study information sheet and complete the consent form: <https://www.fpstudy.org.au/stpaulsbooragul>

We hope you consider your child's participation in this study. Even before COVID-19, research was showing that mental health concerns in teenagers are on the rise. Our school is keen to be part of the solution.

If you'd like to learn more, please feel free to watch this short information video from the research team: <https://youtu.be/Mf2OsMfFKSs>

Ms Kerrie-Lee Guest
Student Coordinator





FROM THE LIBRARY

Our digital library is named Sora. We are part of a consortium of Catholic secondary and primary schools on the east coast of Australia, named the ACEN member collection. This gives us access to a large collection of ebooks and audiobooks. We encourage you to have a look, instructions are outlined below.



Getting started with Sora

With Sora, you can borrow ebooks and audiobooks.

Step 1

Install the Sora app from the [Apple App Store](#) or [Google Play Store](#), or go to soraapp.com.

Step 2

In Sora, find the ACEN member collection, then sign in. You sign in with your school login.

Step 3



Browse the **Explore** tab and borrow a book. Your book will open so you can start reading right away.

Step 4



Close the book and go to **Shelf** to see all your books. From there, you can:

- Select **Open book** or **Open audiobook** to read or listen to the book.

Select **Options** to renew or return the book, see your notes and highlights, and more.



We are always looking for recommendations of books that you think our library should own. Send us an email request or pop into the library and have a chat!

Mrs Kerri Beezley
Teacher Librarian



SONG COMPETITION

This year's songwriting competition offers two starting points for aspiring songwriters to explore as they get creative

This year's songwriting competition takes its themes from the 2021 ASPIRE production *The Masked DJ*. Young composers and songwriters can use one or both of this year's two inspirational concepts to write their original song:

MASKS

After 2020 we are all way too familiar with face masks, but what other kinds of masks could you use as inspiration? As well as physical masks you wear there are also the metaphorical masks we all wear at times to pretend to be something we are not or to fit in. The idea that everyone wears a mask of some kind is a strong theme in *The Masked DJ*.

DANCE MUSIC

Use the genre of dance music to inspire your tune. We encourage entries from writers who use technology to create their music.

WEEK 10, TERM 4 2020

Entries can be uploaded to the ASPIRE website

WEEK 6 TERM 1 2021

Entries close: Friday 5 March 2021

WEEK 8, TERM 1 2021

Workshopping of shortlisted songs: Monday 15 March 2021

WEEK 9, TERM 1 2021

Songwriters Showcase Performance where the winner will be decided: Thursday 25 March 2021

As with last year's competition, after entries close shortlisted finalists will have the opportunity to workshop their song with professional musicians. The winner will be decided at a live concert where a panel will judge the songs. This year there will be both a primary and secondary winner, both of whom will receive a \$300 Muso's Corner Voucher and have their song professionally recorded at Tommirock Studios.

HOW TO ENTER

Video or record yourself singing and/or playing your composition, even if this is a work in progress, and save it as an **mp3** file. Attach a **copy** of your lyrics and music e.g. the chords you play with your song. However, writing out your song isn't compulsory. We really want to hear your song! You will be able to enter and upload your files to the ASPIRE website from **Week 10, Term 4 2020** and entries close Friday 5 March 2021.

Swimming Carnival

St. Paul's Swimming Carnival held on Monday was a wonderful community day with students and staff getting involved and having lots of fun together. Our students were cooperative and showed great team spirit in supporting one another. Results for the day:

MacKillop 1022 points – well done on a HUGE WIN

Polding 695 points

Chisholm 652 points

Therry 510 points

Of course, the most important aspect of the day being the swimming. Congratulations to all students that swam competitively. The Diocesan Team will be announced very soon.

A very BIG CONGRATULATIONS to **Spencer Hamilton (Year 10)** who got 2 NEW RECORDS in the 50m Butterfly (time 29.38s) and in the 50m Breaststroke (time 35.15s).

The **MacKillop 16 Years Girls Relay team** also got a NEW RECORD (time 2m10.75s). Well done girls.

We also had some fun with our annual Scramble, our inaugural noodle race, the Seniors boat race, a cheering competition and best costume competition.

Follow this link to the Website for more photos:

<https://www.booragul.catholic.edu.au/news-events/galleries/2021-swimming-carnival/>



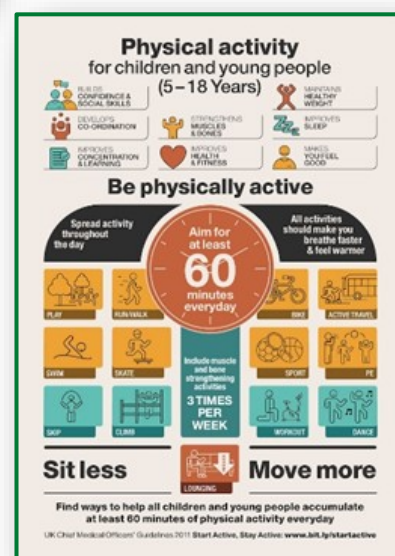
Physical Activity 4 Everyone (PA4E1)

Did you know your child should be doing at least 1 HOUR of physical activity each day? Read more:

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines>

Have you used your child's \$100 Active Kids Voucher? Find a fun activity and move your body. Find out more:

<https://www.service.nsw.gov.au/campaign/active-kids>



Friday Sport Program

The Friday Sport Program is compulsory for ALL Year 7-10 students. Therefore, please avoid organising appointments in sport time.

Our Years 7-10 students are now participating in the Friday Sports Program. Hopefully they are coming home on Friday afternoons having burnt some energy and with some good stories to tell you.

Diocesan, NSWCCC and All Schools Rep Sport

For those students who want to participate in Rep Sport at a higher level, there are options to represent in Diocesan and State levels.

Good luck to **Michael McCarthy (Year 9)** and **Nicholas Kettles (Year 9)** who are trialing this week for the Diocesan 15s Rugby League Team.



Michael



Nicholas

Please read the info included in this newsletter for selections in the following **Diocesan Team Sport** trials:

- Diocesan 18 Years League Trial (register online by 19th Feb)
- Diocesan Touch Selections (register online by 23rd Feb)

Registrations 2021 for pathway sports are via the [CSNSW.sport](https://csnsw.sport) portal.

For instructions on how to register see the info included in this newsletter or go to: [Guide For Parents – Sport Registrations >>](#)

Term One Individual Nominations Sport Registrations

- Tennis - Boys & Girls - 1 March – Close 22 February
- Cricket – U16 Boys – 1 March – Close 18 February
- Baseball – Boys – 3 March – Close 26 February
- Golf – Boys & Girls – 8 March – Close 25 February
- Volleyball – Boys & Girls – 10 March - Close 5 March
- Water Polo – Boys & Girls – 15 March – Close 11 March
- Hockey – Open Boys & Girls, 16s Girls – 22 March – Close 15 March
- Diving – Boys & Girls – 29 March – Close 19 March

Swimming and Touch Football registrations are through the Diocesan/Association pathways.
For further information, go to the CSNSW Sport website Sport pages.



Ms Fran Heard & Mrs Brigid De Winter
Sports Coordinators



PARENTS

SETTING UP AN ACCOUNT

If you have an account on the [csnsw.sport](#) website, click on "log in". If you have forgotten your [password](#) then select "forgotten password". This will send a link to your emails to reset password.

If you have **NOT** previously had an account, you will need to set one up so you can register your child.

1. Go to [csnsw.sport](#)
2. Click on **Create Account** which is located in the blue box on the top [right hand](#) side of the page. Select on parent in the dropdown list.
3. Complete all the fields in the Parent/Guardian account set up page, then click on **Create Account**. You will receive a confirmation email.

ADDING A CHILD

1. Click on **Add Child**
2. Complete all fields. Click **NEXT**
3. Complete all fields on the next page and click on **Add Child**

REGISTER FOR A SPORT

1. Scroll to your child's profile
2. Click on **Register for a Sport**
3. Select the **Sport** from "available sport registration". Please note that you will have to select "the sport" ([Diocese Selection](#))
4. Click **Next**
5. Review your child's details and if they are correct tick the "Acknowledgement" box and click **Next**
6. Sport Specific Details – these will be for the Diocesan event your child has already attended. Then click **Next**
7. Consent to Participate - Complete all the fields and click on **Finish**.
This will generate an email to your child's principal for them to approve. Once the principal has approved this, your child will be progressed to the Polding/MacKillop/NSWCCC event.

PROGRESSION TO NEXT LEVEL

Once the above progression has occurred you will receive an email to login to your account

1. Scroll to the child's profile on your dashboard and there will be a box in red "**Confirm Selection**". Click on the box.
2. Review your child's details and if they are correct tick the "Acknowledgement" box and click **Next**
3. Sport Specific Details: Review [all](#) of the Polding information and click **Next**
4. Consent to Participate: Complete all the fields and click on **Finish**
5. Add to Cart: Levy and uniform will be displayed. (If applicable)
Follow the prompts and click on **Checkout**
6. This will take you to the payment options. Complete payment.
7. The Principal will be able to approve this registration even if the parent has not completed the payment or confirmation of selection



Career Thought of the Week:

"Optimism is the faith that leads to achievement; nothing can be done without hope and confidence".

Helen Keller

Welcome to 10/11/12 Students & Parents in 2021

As a way of introduction to new students and parents, my name is Mr Craig McLoughlin (Mr Mac) and I am the Leader of Pedagogy (Careers and Vocational Education) for St Paul's High Catholic College. Each week I will endeavour to keep you up to date with events planned inside and outside the school. Part of my role at St Paul's High School is to coordinate and manage all VET courses. If a student takes one of the following: Construction or Hospitality or they attend a TAFE course (EVET) or have been successful in obtaining a School Based Traineeship (SBAT), all these courses are part of my responsibility. If a student or parent has a concern regarding any of these courses, please phone or email me to discuss any issues as they arise.



A U S T R A L I A N APPRENTICESHIPS

Your Life. Your Career. Your Future.

Steps to becoming an Australian Apprentice!

Apprenticeships are a great way to earn money while you learn your trade! They will give you skills for life and can open up a world of exciting work opportunities.

As the new school year begins, a new wave of students and young people will be thinking about what comes next. For many, this will be an apprenticeship or traineeship.

It is important to remember that there are many pathways to your dream job and that while it may seem a little bit daunting at times, you can break it down into four easy-to-understand steps:

1. Research

Researching your options is an important step to take before you start making career and training decisions. This will help you make up your mind about what industries and occupations you are interested in working in.

2. Preparation

Now that you've done your research and know which apprenticeship or traineeship you want to do; the next step is to prepare yourself for the job! Consider things like doing a pre-apprenticeship, having a look at wage information, and familiarising yourself with working conditions.

3. Job Hunting

There are many ways to find an apprenticeship or traineeship job. Think about contacting employers you already know, using job search sites or registering with a Group Training Organisation. Don't stick to just one method, try them all!

4. Sign Up

Every Australian Apprentice must be signed up into a formal training contract shortly after they are employed. To organise a sign up, the employer will need to contact an Australian Apprenticeship Support Network provider, also known as an Apprenticeship Network provider.

Using these steps as a guide, you can start your journey to becoming an Australian Apprentice today! If you would like to learn more about each step, plus heaps more useful information, visit www.aapathways.com.au/steps.

Career Targets 2021

What is your favourite subject and how can it help you choose a career?

Visit our school Careers Website and under the “For Students” menu you will find 33 different Career Targets that look like the ones below. Just click on any job or career you may wish to explore.



Why Volunteer?

If you're considering a career, volunteering can help you get experience in your area of interest and meet people in the field. Volunteering gives you the opportunity to practice important skills used in the workplace.

Did you know that Volunteering is not just good for others and your resume it's good for your health too!

It can:

- Help combat depression and counteract the effects of stress, anger, and anxiety
- Boost self-confidence and give you a sense of purpose

<https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm/>

VOLUNTEER

Work Experience Yr. 10 2021



Students in Year 10, who would be interested in doing Work Experience this year, should be actively looking for contacts now. Remember you cannot start work experience until you have completed the compulsory 'Work Ready Program' early in Term 2. Any questions regarding this please see me before the end of term.

Important Dates for Term 1 2021

23rd Feb Yr. 12 ATAR/HSC Sessions
22nd March - 2nd April VET Hospitality Work Placement
2nd April- UAC Open to Yr. 12 Students

Casual Positions/Employment Links:



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



| Term 1 2021 | | |
|---|---|---|
| Week 6 | Monday 22 February Wednesday 24 February | NSWCCC Softball Selections Police Liaison Talk—Year 12 |
| Week 7 | Monday 1 March Tuesday 2 March Thursday 4 March | NSWCCC Tennis Selections Headsapce Years 7 & 8 Headspace Years 9 & 10 |
| <p>Please see website for further Calendar dates</p> <p>http://www.booragul.catholic.edu.au/news-events/events-calendar/</p> | | |

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



Immunisation Dates:

Below are the scheduled visits to our school.

| Year 7 – (HPV dose 1) | Year 10 – Meningococcal | Year 7 (HPV dose 2) |
|--------------------------|----------------------------|----------------------------|
| Monday, 29 March 2021 | Thursday, 27 May 2021 | Monday, 18 October 2021 |

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





It's almost that time of year ... time to play ⚾
Come join us at our FREE Come & Try Days. Ask questions and have a go. Boys and girls
Ages 5 - 15years
Multiple days / times available.

Southern Lakes United FC

LAST CHANCE TO PLAY SOCCER in 2021!!
We urgently need players for
u10 Girls
u11 Mixed
12-14 Mixed
u17 Mixed
Ladies All Age
**Other teams are filling fast!
Limited Spots Available.**

southernlakesunitedfc.org.au

ACTIVE KIDS
FOOTBALL FEDERATION AUSTRALIA
NATIONAL CLUB DEVELOPMENT PROGRAM

Toronto Tigers Baseball Club

Come and Try Days

Come and Try Days are for everyone,
Both current players and new players.
If you are a current player, why not bring a friend along!
Spread the word around at school and work!

| | |
|---|---|
| When? Sunday : Feb 14th 10am-11:30am Friday : Feb 19th 5pm-6:30pm Sunday : Feb 28th 3:30pm-5pm | Where? Waterboard Oval Fennell Crescent, Blackalls Park |
|---|---|

All skill levels are welcome, our accredited coaches will help you to improve your skills!

For more information, please text or call the club secretary on 0401282716

Current COVID restrictions will apply

Toronto Tigers Baseball
torontotigersbaseball@gmail.com

COVID SAFE
ACTIVE KIDS

Registrations are open now - don't miss out!

#1 ACTIVE KIDS VOUCHER (if you wish to use it)

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

#2 REGISTER & PAY WITH TAJFC

<https://www.playfootball.com.au/register>

#3 FOLLOW OUR FB PAGE FOR FURTHER INFO

<https://www.facebook.com/pg/TorontoAwabaJuniorFC/about/>

We look forward to seeing you soon!!



Would you like to improve your fitness, health and wellbeing for free, at your local park?
Plus, get an ecofit fitness pack worth over \$50 and vouchers for participating...

Sign up by yourself,
with friends
or family



ecofit

Ecofit is an evidence-based research 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).

Locations

- Cameron Park
- Dixon Park
- Maitland
- Islington Park
- Lambton Park
- Speers Point
- Stockton Foreshore
- UoN Callaghan
- Wangi Wangi
- Warners Bay
- Fernleigh Track Adamstown and more to come.



Interested in this research?

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

Chief Investigator Prof R Plotnikoff. 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

Maths Tutoring

Yrs 7-10

Experienced teacher

0408 495966



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: 8.15am until 4.00pm

Finance Office

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

Canteen

Telephone: 4946 3115

