

Photo by Andy Warren

17rd March 2023 Vol:4-23

"We are in the country of the Awabakal peoples. We respectfully acknowledge their elders, celebrating their continuing culture and the living memory of their ancestors."

On Friday 17 March, 2023 the ninth Bishop of Maitland-Newcastle, Bishop Michael Kennedy will be installed at the Sacred Heart Cathedral, Newcastle. We offer the following prayer for and wish Bishop Michael all the best as he commences his ministry in the Diocese.

We pray that the Holy Spirit will grant Bishop Michael the strength and wisdom he needs to Shepherd the people of our Diocese.

We pray Lord hear our prayer

St Paul Pray for Us



Pupil Free Day

Monday 24 April, 2023 will be a Pupil Free Day. Staff will engage in Teaching and Learning Professional Learning activities on this day. Classes will resume for students on Wednesday, 26 April, 2023.

St Paul's Open Afternoon and Information Evening

Toward the end of the term, two important events are scheduled as we begin planning for 2024.

The first event is our Open Afternoon on Wednesday, 22 March, 2023 commencing at 4pm. Students will lead tours of the school for interested families in all year groups. Families will be able to register their details and commence the tour at the College Hall.

The second event is St Paul's Information Evening on Monday 3 April, 2023 commencing at 6pm in the College Hall. Information about St Paul's will be presented, and students will provide insights into the life of a St Paul's student. Registration details will be published on Facebook and the College's website in the coming days.

Enrolment Vacancies

There are currently some places available in some year groups for 2023. If any current St Paul's families are aware of any other families who are considering enrolling their students at the College, please encourage them to contact the school to discuss possibilities.

International Women's Day

On Wednesday, 8 March, 2023, senior students and staff gathered in the Damascus Centre for our International Women's Day Breakfast.

We were fortunate to hear from two guest speakers who provided different perspectives of their personal and professional journeys.

Firstly, Sophie Scanlon, an ex-student of the College provided an insight into her time as a student of St Paul's and the way she was uncompromising in her pursuit of securing a journalist's position with different media organisations throughout the Hunter, Central Coast and New England regions. Sophie is currently a reporter with NBN News in Newcastle.

Lisa Tierney, the Chief Operating Officer for the Diocese of Maitland-Newcastle provided an outline of her path she has taken to her current position. Along with details from her current role, overseeing the operation of the different diocesan agencies, Lisa also offered insights from her previous role with Compass Housing where she oversaw the provision of affordable housing and accommodation.

The College offers it's gratitude to Sophie and Lisa for joining us for breakfast as well as to Mrs Burns for organising the event, the other staff who assisted on the day and to the Hospitality Staff and students for providing breakfast.

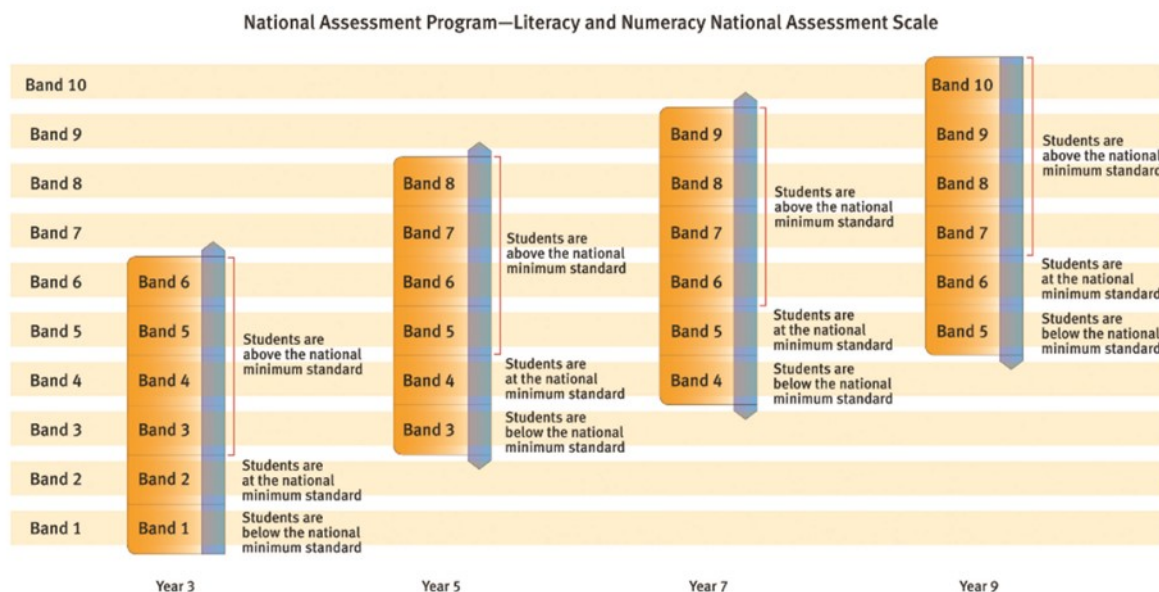


NAPLAN

This week students in Years 7 and 9 started to complete their NAPLAN tests. There have been several changes to the NAPLAN this year.

Firstly, the timing of the NAPLAN test has moved from Term 2 to Term 1. The earlier testing window will allow for students, families and schools to receive their results earlier.

The second change is to how NAPLAN is reported. In previous years, NAPLAN has been reported using a 10 Band scale as shown in the image below:



Source: <https://www.nap.edu.au/results-and-reports/how-to-interpret>

From 2023 the reporting bands are being replaced with four levels of achievement:

Exceeding

Strong

Developing

Needs additional support.

Source: https://www.acara.edu.au/docs/default-source/media-releases/naplan-proficiency-standards-media-release-2023-02-10.pdf?sfvrsn=481f4c07_2

Thanks to Mrs Carter and Ms Hennessy for their organisation of the NAPLAN tests and to the NAPLAN Team who have administered the tests. Also thanks to the students for their cooperation during the tests.

Refurbished Toilets

Last Thursday, the refurbished toilets near the Library were opened for student use. The school community is greatly appreciative of the Diocese for their funding and oversight of these works to improve the facilities for the students. We also offer our thanks to Unique Building Partners for completing the works.

Thanks to the students for their patience and understanding while the works continued into Term One and resulted in alternative arrangements being made at the start of the year.

Parents and Carers in the Classroom

Towards the end of February, Year 7 Parents and Carers were invited to attend classes for the first two periods of the day. This initiative provided an opportunity for parents and carers to experience the life of a Year 7 student at St Paul's.

Parents and Carers attending a range of lessons including, Languages, Music, Visual Art and PDHPE.

Thanks to Mrs Pryor and Mrs Thompson for their organisation of the event, to the teachers who welcomed the parents and carers into the classroom and to the Hospitality staff who provided morning tea for those in attendance.



Parent and Carer Engagement Meeting

Thanks to the parents and carers who gathered on Tuesday evening for the Term 1 Parent and Carer Engagement Meeting. The school greatly appreciates the engagement with our families through various forums.

One Parent and Carer Engagement Meeting is scheduled for each term with the next meeting to take place on Tuesday, 13 June, 2023 at 6.00pm. In the Newsletter prior to the meeting further information will be outlined as well as a link to register your attendance at the meeting.

District Final of the Lions Youth of the Year

Last Sunday, Year 12 student Rosemary Hale represented St Paul's in the District Final of the Lions Youth of the Year competition in Maitland. Rosemary clearly articulated her prepared speech titled *Who is your neighbour, links between Australia and India?* as well as responding strongly to the two impromptu questions, *When planning your last meal, who would you invite and why?* and *Should the voting age in Australia be lowered to 16?*

Whilst Rosemary didn't progress through to the State Final, she spoke confidently and represented the school admirably.

Train Travellers from Morisset and Surrounding Areas

Train travellers from Morisset and surrounding areas are required to *alight from the train in the morning at only Booragul Station* and come directly to school. Students are to cross Toronto Road at the traffic lights. Likewise, *in the afternoon, the students are to hop on the train only at Booragul Station.*

The students catching the train in the afternoon are required to wait at school until they are dismissed at 3.20pm.

In recent months, when students have been transitioning to or from Teralba station there have been several incidents where students' safety could have been comprised. Furthermore, last week when the train network was shut down students at Teralba station were unable to be supervised or assisted by staff with making alternative transport arrangements to go home.

Mr Nicholas Wickham
Principal



Strategies for Managing Stress

It is a busy time of the term for students and teachers alike as we negotiate a period of external testing, internal assessments and the 'normal' routine of teaching and learning. Students have also had some wonderful extracurricular experiences such as retreats, presentations and excursions. In all these rich and diverse experiences, it is normal to start to feel tired and, at times, overwhelmed. Negotiating busy periods of time is a normal part of life and there are some strategies students can adopt to help them manage.

The first step to managing stress is for our young people to get enough sleep. A recently published Australian study¹ found adolescents who do not get enough sleep are at a higher risk of developing anxiety and are less likely to effectively engage in learning. Along with getting at least eight hours of sleep, limiting screen time also assists young people in reducing stress. This advice may seem counterproductive as homework and study often requires a device. To assist in reducing screen time and managing stress, our students are strongly encouraged to develop routines after school which allow them to complete required homework and study as well as having important downtime.

Developing effective homework and study patterns after school can be a challenge. Having a routine, however, can assist students in managing stress through prioritising time and tasks. By considering the blocks of time after school and having a plan on what tasks to complete first is useful in developing time management skills. The following link has some useful tips on creating a study/homework routine: [How To Create A Study Timetable](#)

Finally, to help manage stress eating well, drinking plenty of water and exercise is an important aspect of looking after ourselves. When we are busy, our bodies release cortisol which is a stress response hormone. Our body requires a lot of energy to process cortisone which impacts on normal functioning. A balanced diet provides the extra energy needed to cope with stressful periods of time. Regular exercise helps to lower blood pressure and stress hormone levels. Aerobic exercise like walking and swimming increases breathing and heart rate so that more oxygen reaches cells throughout the body. This reduces tension in muscles, including the heart. More information about stress, nutrition and exercise can be found here: [Harvard University Stress, Diet and Exercise](#).

Finally, it is also important to remember that the College has a support network available to all our students. If students are finding they are overwhelmed by the busyness of the term, they are encouraged to reach out to their teachers, Leaders of Learning and Leader of Wellbeing and Engagement. There are several supports we can connect students with to assist them through demanding periods of time. By working together to support our young people to thrive no matter what challenges they are facing, we can ensure they are well equipped to flourish in school and beyond.

Elevate

Year 11 students will take part in Elevate workshops in week 9. They will be presented with information about how we learn and how to leverage learning power. There is also a presentation for parents and carers in the evening where they will be provided with some information from Elevate as well as having the opportunity to speak with Mr Baker and myself about successfully transitioning to senior studies. Thanks is extended to Mr Baker for his organisation of this event for students and their families.

¹ UniSA Sleep Study.

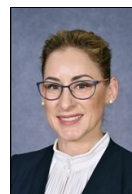
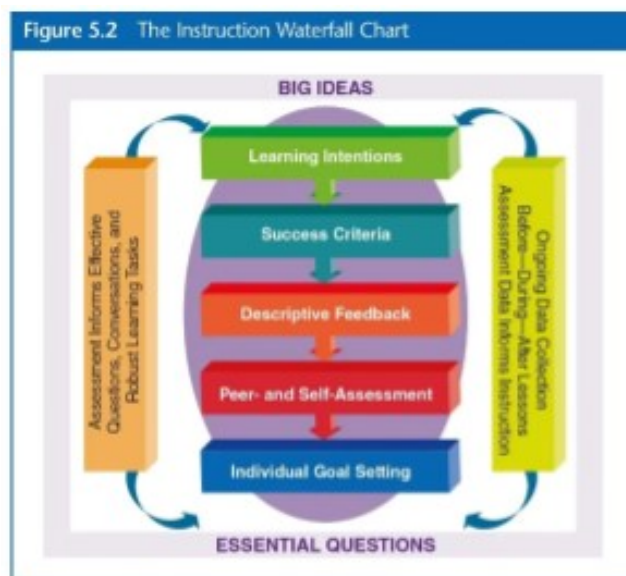
NAPLAN

The NAPLAN schedule will conclude for students in Year 7 and Year 9 on Wednesday week 9. Where possible, students who have missed any of the tests will be provided with an opportunity to complete these before 27 March. We would like to congratulate students on the effort they have shown in their approach to the testing period. At the recent Parent and Carer Engagement Meeting information regarding the change to reporting of student results in NAPLAN was presented. New proficiency standards with 4 levels of achievement for each year level will replace the

previous 10-band structure that covered all 4 levels tested. The standard for proficiency is set at a challenging but reasonable level. If a student achieves in the Strong or Exceeding category, it means they have demonstrated proficiency and that their literacy or numeracy skills are where they should be at this stage of their schooling. If a student achieves either in the Developing or the Needs Additional Support category they will be provided with support to assist them in developing these fundamental skills. More information on the changes to NAPLAN reporting can be found at the following link: [ACARA NAPLAN Proficiency Standards](#)

HSC Analysis and Setting Direction

In the coming weeks Mr Wickham and I will meet with the Leaders of Learning to discuss the 2022 HSC Analysis for courses in their faculty area. As a community of learners, these meetings are an essential in reviewing and reflecting on practice to ensure we are providing conditions and opportunities for our students to flourish. At these meetings our key focus is on student learning and the strategies teachers are working on in each faculty to facilitate growth in student achievement. The HSC faculty reports will also be used by the faculty teams during the Professional Learning day at the beginning of term 2. A key focus of the work of the Leaders of Learning throughout this year is the Assessment Waterfall developed by Lyn Sharratt (see image right). This is a model of teaching and learning which describes effective teaching, learning and assessment practices. Thanks is extended to the Leaders of Learning in leading their teams in setting direction that is data informed and student focused.



Mrs Amber Carter
Assistant Principal - Teaching & Learning

International Women's Day



The Student Representative Council (SRC) at St Paul's experienced a team building day yesterday. Led by experts, Burn Bright Leadership, students participated in lots of structured activities that developed skills such as communication, working together, sharing and planning.

St Paul's Catholic College has a new Leadership structure that consists of Care Group Representatives from each Care Group, our Senior House Leaders and our Year 12 School Leaders. This leadership group meet each Thursday during Care Group and meet during lunch time twice a term.

These students have many opportunities to assist in the College's programs including Wellbeing, Ministry and Academic. The goodwill and maturity of all students was demonstrated as they talked, laughed and worked together.



Mrs Libby Lucas
Acting Leader of Wellbeing and Engagement - Year 8



Sports Results

Diocesan Swimming Carnival

On Tuesday 7th March 33 students represented St Paul's at the **Diocesan Swimming Carnival** at Newcastle University.

Congratulations to all our swimmers for their efforts. Some notable results from the carnival included:



Caitlin Stacey

- 1st 17 years 50m Breaststroke
- 1st 17 years 50m Butterfly
- 2nd 17 years 100m Freestyle
- 2nd 17 years 50m Freestyle



Jaydn Raven

- 1st 14 years 50m Breaststroke
- 2nd 14 years 100m Freestyle
- 2nd Junior 200m Individual Medley
- 3rd 14 years 50m Backstroke
- 3rd 14 years 50m Butterfly



Evie Lucas

- 1st 15 years 50m Breaststroke
- 2nd Intermediate 200m Individual Medley



Bailey Bretreger

- 3rd 15 years 50m Breaststroke



Alyssa Mackay

- 3rd 12 years 50m Breaststroke



Jy Montgomery

- 3rd 12 years 100m Freestyle

*Jaydyn Raven (14 Boys) & Caitlin Stacey (17 Girls) were both crowned **Age Champions** at the carnival.*

Good luck to Caitlin Stacey, Jadyen Raven and Evie Lucas, who will now represent the Diocese at the NSWCCC Swimming Carnival at Sydney Olympic Park later in the month.

Upcoming Sport Events

Wed 22 March	Dio Senior Boys & Girls Soccer Knockout	Speers Point
Tues 28 March	Dio U15 Netball Individual Selection Trial	San Clemente High School Mayfield
Wed 29 March	Dio Rugby League (Students selected from the Dio trial)	South West Rocks
Fri 31 March	NSWCCC Swimming (Students qualifying from the Dio carnival)	Sydney Olympic Park
Wed 5 April	U14 Boys Rugby League Gala Day	Aberglasslyn
Tues 11 – Fri 14 April	NSW All Schools Sailing	Belmont
Wed 26 April	Dio Open Boys & Girls Soccer Individual Selection Trial	Speers Point

Upcoming Closing Dates for Sport Nominations

31st March: Dio Open Boys & Girls Soccer

7th April: NSW All Schools Sailing

For information on all individual and team pathway events, please go to <https://csnsw.sport/>



Year 7 History

Year 7 History have been learning about Historical Investigations. In our first unit 'Investigating the Ancient Past,' we are learning about the jobs of Historians and Archaeologists. Whilst we couldn't dig up the playground to find any artefacts, 7.4 HSIE took part in a 'Cookie Excavation,' to simulate an archaeological dig. We instead located and dug up chocolate chips in order to think about the difficult task of piecing together a story using historical artefacts.





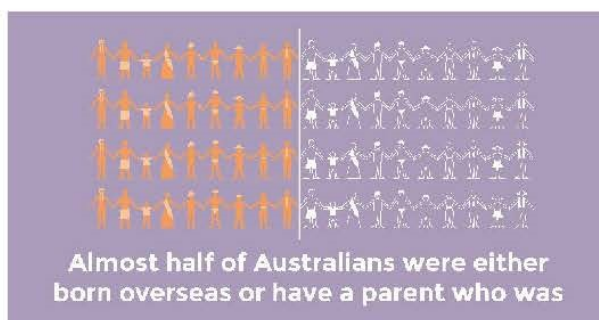
Australian Government

HARMONY WEEK



Tuesday 21st March


St Paul's is celebrating **Harmony Day!**



Out of uniform day!

Wear something **ORANGE**  to show that everyone belongs in Australia.

Please bring a **gold coin**  donation to help raise money for Caritas.

Join in your **Rhythms of the World Drum Beats**  workshop.

everyone BELONGS
www.harmony.gov.au

Is your child in year 7 or year 10?



Provide your consent for routine school vaccinations online.

At the beginning of the school year, your child's school will share the link to complete the online consent form.

Benefits of providing online consent:

- easily update your child's details
- get SMS notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR)

To provide online consent, you will need:

- the link provided by the school
- your Service NSW log-in details
- medicare details for you and your child

Scan the QR code to give your consent now.



For more information on vaccination visit:
health.nsw.gov.au/schoolvaccination



 **NEW SOUTH WALES**

 **LAKE CITY**

GONE FISHING @ LAKE MACQUARIE

Rock Fishing Safety & Skills Day

FREE HOBBIE LIFEJACKET VALUED AT \$160!

Free Lunch
Family Fun
Fishing Skills



**SUNDAY
MARCH 26**

Catherine Hill Bay
9.30am to 3.30pm

LEARN MORE & REGISTER NOW
bit.ly/GoneFishing-LakeMacquarie



We are still looking for more
players to fill our teams.

15 years - Seniors

Call Renee- 0404639500

Or msg our page

Come Join a great Netball Club



Lake Mac Come and Try Girls Tennis

LAKE MACQUARIE TENNIS CENTRE
40 ADA STREET, CARDIFF

For girls aged 5 to 15yrs of all standards
Friday 10th of March
5pm - 6:30pm
Cost: FREE!

SPONSORED BY

**LAKE
MACQUARIE
CITY**

Limited places
Scan to register!



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/> (Please take the figure to the next five cents)

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

School Fee

1. BPay *through your own home banking via the Internet*
2. Eftpos *Minimum payment \$10*
3. Cheque
4. Cash

Excursion Payments

1. Qkr

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: Payments can be made at Reception between 8.30am and 2.30pm

Students: Mornings from 8.30am until tutor group bell, all of recess and all lunch times

QKR is the way to pay fees, excursions and Friday Sport



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 Erica Gale—Finance Officer

finance@booragul.catholic.edu.au



St Paul's Catholic College

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Telephone: 4958 6711
Email: admin@booragul.catholic.edu.au
Web Site: <http://www.booragul.catholic.edu.au/>

Switch/Reception

Hours: 8.15am until 3.30pm

Finance Office

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

Canteen

Telephone: 4946 3115



St Paul's
Catholic College
Booragul

IMPORTANT UPCOMING DATES

21st March: Harmony Day

22 March: Open Afternoon, commencing at 4pm

28th March: Student Conferences

3rd April: St Paul's Information Evening, commencing at 6pm

24th April: Pupil Free Day