

"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."

Sunday 3 September, is Father's Day, and we offer our gratitude for all fathers and for father figures in our life. We offer the following prayer for all fathers,

Loving Father, we ask you to Bless all Fathers as they care for their families. Give them strength, wisdom, patience and tenderness.

Support Fathers in the work they do, protecting those who look to them for guidance.

We remember all those who have helped fill the void when fathers pass early or are absent, grandfathers, uncles, brothers, cousins, teachers, and stepfathers.

We offer these intercessions through our Lord Jesus Christ. Amen.

St Paul Pray for Us

Assembly Message Week 5 – Respect

Our CARE Value for Term 3 is Respect, and this was the message of our Assembly last week. Unfortunately, in recent weeks there have been a number of incidents where students have been disrespectful to some of their peers and other members of our community.

Students were asked to reflect upon times when they may have been shown little respect and how this made them feel.

The following advice was provided to students at the Assembly and subsequently in an email to all students:

1. We don't have to be best friends with everyone, but we need to be respectful of everyone and accepting of everyone because we are all different.

- 2. We need to let someone know someone has hurt us. This can be in person or by sending a teacher an email with the details of what has happened.
- 3. You can say to the person "I don't like the way you are treating me" I know this can be hard to do, but we have many staff who can assist you with delivering this message.
- 4. If you see someone being disrespectful to someone else, let a teacher know about it. We all, students and staff have a responsibility to look after each other.

Flourishing communities are built on respect and acceptance; therefore, it is critical we are committed to ensure all members of our community are made to feel welcomed and are valued and accepted for their uniqueness.

I would ask our parents and carers to reinforce these messages with their children.

2024 Year 7 Orientation Day and Parent / Carer Meeting

On Wednesday we welcomed our 2024 Year 7 students to St Paul's for their first Orientation Day. There were students from 20 different schools in attendance and it was wonderful to see them engaging in the planned activities throughout the day. The focus of the first Orientation Day was on becoming familiar with the layout of the school, meeting new friends and teachers.

The student's second Orientation Day will be held on Wednesday, 6 December 2023.

Thanks to Mrs Pryor and Mrs Thompson for their coordination of the day and to the other teachers who assisted with running of the different activities.

On Monday 28 August 2023 there will be an Information Evening in the College Hall commencing at 6.00pm for all our incoming Year 7 parents and carers. Families will be provided with information which will assist their child with their transition into high school.

The school appreciates the support of the families as we continue the preparing for our incoming Year 7 students for next year.







2023 HSC Information Evening

On Wednesday evening Year 12 Parents / Carers and Students were invited to attend a HSC Information Evening. Mrs Carter, Mrs Brownlee, and Mr McLoughlin presented information related to:

- Wellbeing Strategies throughout the HSC.
- HSC Examination Rules and Procedures.
- Ways to prepare for the HSC Examinations in the remaining weeks.
- Pathways at the conclusion of the HSC Examinations.

Thanks to the students and families who attended.

Some relevant links for HSC students and families:

- 2023 HSC Rules and Procedures. Students have been provided with a copy of this resource.
 - https://educationstandards.nsw.edu.au/wps/wcm/connect/4fc2ae35-363a-4bc8-9edb-2eecd1a8d7fb/2 023+HSC+Rules+and+Procedures.pdf?MOD=AJPERES&CVID=
- 2023 Sydney Morning Herald Study Guide. The guide provides insights from 2021 HSC students as well as specific course advice.

https://www.smh.com.au/national/nsw/hsc-study-guide-2023-20230524-p5daxg.html

Diocesan Athletics Carnival

Last Wednesday, students who qualified at our Athletics Carnival represented the College at the Diocesan Carnival.

The following students were successful on the day and move on to represent the Diocese at the NSW CCC carnival later in the year:

- Madeline Platt 1500m, 800m
- Ashlee Copeland 100m, Discus
- Madeleine Maxwell Discus, Walk
- Ireland Thomas Long Jump
- Grady Platt 1500m, 800m
- Harry Klepzig Discus, Javelin

Madeline Platt of Year 9 performed to an exceptional standard in the Under 15 Girls 800m race where she broke a 40-year record by 3 seconds. Congratulation Maddie on a wonderful achievement.

Congratulations to all students who represented the College at the carnival and thanks to the teachers who accompanied the students on the day.



Year 10 Reflection Day

On Thursday of Week 5 Year 10 students travelled to Rathmines Theatre for their Reflection Day. The students engaged in activities which required them to consider their goals for the next few years of their life as well as looking at positive role models in their lives. Thanks to the students for their willingness to be active participants on the day.

Thanks to Mr Doyle and Mrs Pola-Kuras for their development and facilitation of the day as well as to the other teachers who assisted with the activities.







St Vincent Paul Winter Appeal

Last Friday, Mr Steve Barnett from the Booragul Conference of the St Vincent de Paul Society presented a certificate to the school. This was to acknowledge the efforts of the students and families who supported the conference's recent Winter Appeal.

Mr Barnett provided some insights with the students on how their contributions to the Winter Appeal had made a difference to many families in our local community.

Thank you to everyone who supported the 2023 Winter Appeal.

Parent and Carer Engagement Meeting

The Term 3 Parent and Carer Engagement Meeting will be held online on **Tuesday 5 September 2023 commencing at 6.00pm**. Parents and Carers are asked to register at the link below (some people indicated they would prefer to attend the meeting in person, if this is the case then I ask that those people indicate this option via the link below).

The Agenda for the Meeting will be:

- Overview of and Feedback on Ministry, Wellbeing and Learning at St Paul's.
- Parents and Friends Federation Report
- General Business.

Link to register for the Parent and Carer Engagement Meeting:

https://forms.office.com/r/1cLn4C4q1d

On the Tuesday morning prior to the gathering a Zoom link will be forwarded to those parents and carers who have indicated that they will be join the meeting online.



Assistant Principal - Teaching & Learning

Cognitive Load Theory – the one thing about learning we all need to know about

While visiting some classrooms last week, it was interesting to note how teachers were establishing a positive learning culture with the class. One thing that was striking was how effective teachers were at reducing distractions so students had the optimal conditions for learning. This is an example of teachers being aware of an important learning theory called Cognitive Load Theory. While this may sound like 'educator speak' it is actually a theory we can all engage with.

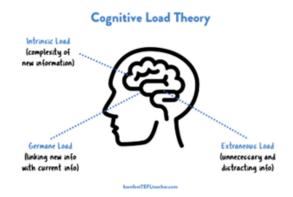
What is Cognitive Load Theory?

Imagine your brain as a supercomputer handling information. Cognitive Load Theory, proposed by John Sweller in 1988, helps us understand how our brain processes this information during learning. It's like a roadmap for educators to create lessons that match the way your brain works, making learning more effective and enjoyable.

Three Types of Cognitive Load:

There are three types of cognitive load:

- 1. Intrinsic Load: This is the natural difficulty of a task. Some things are harder to understand than others, and that's okay!
- 2. Extraneous Load: This is the extra "noise" that comes from distracting learning environments for example, where there is too much noise, a lot of things to look at like visual displays or checking emails or messages while concentrating on another task or learning.
- 3. Germane Load: This is the good stuff! It's the effort you put into learning and understanding – the mental workout that makes your brain stronger.



Being aware of the three types of cognitive load is helpful for students as they develop strategies to self-regulate their learning. Germane load is the exciting part of learning. When we master a concept or skill, our body releases a rush of dopamine, which is the 'feel good' hormone and, of course, we feel good about what we have mastered. Practising learning in the Germane load zone also increases the plasticity of our brain. You can read more about neuroplasticity and cognitive load here.

Year 12: Preparing for Year 13

Thank you to the families and students who were able to join us for the Preparing For Year 13 information session this week. Thanks is also extended to Year 12 LOWE Blair Brownlee and our LOL Careers Craig McLoughlin for presenting information about looking after your wellbeing through the examination period, hints and tips for parents and carers and post-school pathways. The presentation and a summary of the links shared on the night will be provided to families and students in the coming days. Students and families are encourage to reach out to Mrs Brownlee, Mr McLoughlin or myself if they have any questions or concerns leading up to and after the examinations.

Year 11 Course Examinations

Year 11 students and families have been provided with the Course Examination timetable through Compass. The examinations will take place during Week 8 and Week 9 of this term. The Elevate sessions students have engaged in throughout Year 10 and this year should assist them in their preparations. Importantly, the key to success in preparing for examinations is the continual revision of study notes, practice of past paper questions and seeking feedback from their teachers.

On the first day of the examinations, students will store their bags in the library and gather at Holland Court at least 30 minutes before the start of the examination. Students are also expected to be familiar with the Examination Rules and Procedures which are found here.

Year 10: HSC Minimum Standard Testing

In the coming weeks, Year 10 students will compete HSC minimum standards testing during class time. HSC Minimum Standards is a requirement of NESA for students who will achieve their HSC. Students need to achieve Level 3 or 4 in short online reading, writing and numeracy tests of skills for everyday life to meet the HSC minimum standard. At St Paul's we start the HSC Minimum Standards Testing in Year 10 and ensure all students have achieved the minimum standard for each test domain before they complete Year 12. Further information regarding when the tests will be schedule for each class will be issued through Compass. More information about the NESA Minimum Standards Tests can be found here.

Reading, writing and numeracy — skills for everyday life



The HSC minimum standard has been introduced to ensure students have the reading, writing and numeracy skills needed for everyday life, work and further study.

What this means for students

Students need to meet the HSC minimum standard to receive the HSC. To show they meet this standard, students need to achieve Level 3 in short online reading, writing and numeracy tests. Schools will help students to decide when they are ready to take each test. Students get six chances a year to sit each test if they are in year 12, and four chances a year in years 10 and 11. Students may take tests up to five years after successfully completing their first HSC course.

Only students who meet the HSC minimum standard will receive an HSC testamur.

Provisions and exemptions

Students do not need to meet the HSC minimum standard to:

- · study HSC courses
- · sit HSC exams
- · receive HSC assessment and exam results
- · receive an ATAR
- · receive a Record of School Achievement.

Provisions are available for some students with disability. Some students with a disability studying Life Skills courses may also be exempt from meeting the minimum standard to receive their HSC testamur.



Assistant Principal - Wellbeing & Engagement



Respectful Relationships

This week's edition of school TV is focussing on respectful relationships. As students continue to navigate the different stages of adolescence and the continual changes in friendship dynamics, they will often need to have support from the trusted adults in their lives. Schools and parents need to continue to work in partnership with our young people to ensure they have the skills to be able to continue to build respectful relationships. Initiating conversations about respectful relationships with children is crucial for their emotional and social development. By addressing topics like kindness, empathy, and communication, parents create a foundation for healthy interactions. These discussions promote awareness of boundaries, consent, and mutual understanding, fostering a safe environment where children can thrive. Teaching respect from an early age equips kids with essential skills to navigate friendships and romantic relationships, building a future based on empathy and equality. Open dialogues about respect empower children to recognise and value their own feelings and those of others, cultivating a positive and harmonious approach to all relationships.

https://booragul.catholic.schooltv.me/newsletter/respectful-relationships

Future Proofing Study Findings



Since 2021, our current Year 10 students have been involved in the Future Proofing Study which is being conducted by the Back Dog Institute. This is a longitudinal study looking at gaining advanced knowledge about risk and protective factors associated with a broad range of mental health conditions in adolescence. "One of our key findings is that students are reporting significant difficulties with peer connectedness.

And many well-being school staff have told us that they have observed a significant increase in friendship and peer relationships difficulties at school in the last few years. As one Head Teacher of Well-Being told me last week, "I spend a lot of my day mediating between students who are in conflict because they lack the problem-solving skills to have resolved – or prevented – a drama with a mate or someone in their class". School staff are also telling us that these interpersonal problems have increased since the covid lockdowns."

Research shows that friendships with other students can give children a sense of belonging and a greater connection to their school. And having this sense of belonging promotes positive mental health, physical well-being and improves students' ability to learn. It can also give them a sense of purpose and meaning. Studies also show that the presence of a good friend can protect against the effects of negative experiences, and that while friends cannot eliminate the stress of being excluded by other children, having friends can reduce it. In all these ways, helping students to be good friends and to problem solve or avoid peer difficulties constitutes productive early intervention work for mental health and promotes adolescent mental well-being.

The following link is a webinar which will discuss the findings of this study so far. Attached in the newsletter is also a poster which provides a snapshot of the results of the data collected so far.

https://www.youtube.com/watch?v=kmoOTZkrh-8

ReachOut Schools has also recently put together some practical, hands-on resources to help parents/carers assist their child with friendships - and they have included some resources for students to check out too. These resources cover vital subject matter including:

Reachout resources for families https://schools.au.reachout.com/friendships

- 1. Supporting your teen through negative peer relationships
- 2. Helping your teen learn positive friendship skills
- 3. How to support your shy or introverted teen to build connections
- 4. Teaching your teen how to be a good friend



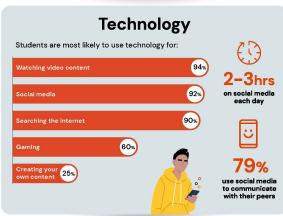


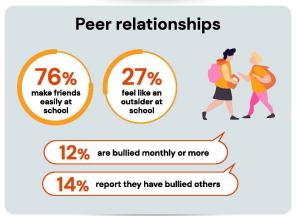
Australia's largest and most comprehensive study of teenage mental health and wellbeing

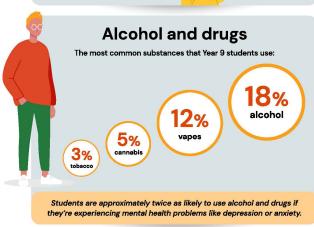
What have we learned from over 6,300 students involved in the Future Proofing Study?

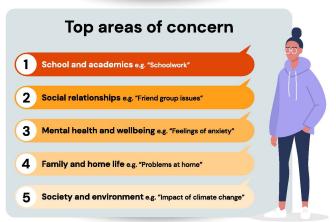
Mental health and wellbeing 11% experiencing serious sleep problems 15% experiencing depression 32% experiencing high levels of stress Sleep problems, feeling disconnected from peers at school, and feeling unsupported by family are some of the factors that put students at greater risk of developing symptoms of depression and anxiety in the future.











If you are feeling distressed, you may find the following services helpful. These services are both completely confidential and free.





College Uniform

Please see below the updated Uniform pricing from LOWES Glendale:







St PAUL'S CATHOLIC COLLEGE

GIRLS ALL SEASON UNIFORM		RRP
56313 Sky Blue Overblouse - Junior		\$48.95
92268 S/S Overblouse White With Red Piping & Embroidery - Senior		\$44.95
78144 Ladies Tailored Shorts Charcoal	from	\$34.95
78143 Ladies Ink Navy Tailored Shorts - Seniors		\$39.95
79221 Ladies Ink Navy Tailored Pants - Seniors		\$50.95
91876 Blue/Grey Check Skirt - Junior		\$63.95
91881 Navy Skirt - Senior		\$84.95
96579 Navy Pullover with Embroidery	from	\$81.95
57493 Navy Microfibre Tracksuit Jacket		\$69.95
57494 Navy Microfibre Tracksuit Pants		\$52.95
99877 Navy Short Shell Jacket with Embroidery		\$94.95
97975 White Trafalgar Crew Socks		\$5.95
86260 Navy Jackie Tights		\$8.95
BOYS ALL SEASON UNIFORM		
84257 S/S Deluxe White Shirt with Embroidery	from	\$44.95
84258 Sky Blue Shirt	from	\$47.95
95047 Mid Grey Short		\$54.95
95051 Navy Deluxe College Shorts		\$49.95
97030 Mid Grey PQS College Style Trousers		\$67.95
97032 Navy College Trousers		\$67.95
96579 Navy Pullover with Embroidery	from	\$81.95
99877 Navy Short Shell Jacket with Embroidery		\$94.95
97975 White Trafalgar Crew Socks		\$5.95
99011 Black Leather Belt		\$21.95
SPORTS		
85062 Sky Polo Top	from	\$47.95
96326 Navy Microfibre Stretch Short		\$45.95
79003 Navy Knit Shorts	from	\$45.95
57493 Navy Microfibre Tracksuit Jacket		\$69.95
57494 Navy Microfibre Tracksuit Pants		\$52.95
97906 White Sport Socks		\$5.95
SENIOR BLAZERS		
98410 Navy Collarless Blazer		\$219.95
98590 Navy Blazer		\$219.95

ALL PRICES ARE SUBJECT TO ALTERATION

Glendale 387 Lake Road, Glendale, 486 2285 (02) 49568570





SCAN THIS QR CODE FROM YOUR MOBILE PHONE CAMERA TO GO TO WEBSITE





WITH YOUR LOWES ZERO CARD YOU WILL RECEIVE 5% DISCOUNT ON EVERY PURCHASE, RECEIVE 5% IN REWARD POINTS TO REDEEM, PLUS GREAT FEATURES AND BENEFITS.

Year 10 Reflection Day













Mrs Renee Pola-Kuras Ministry Coordinator





Sporting News

Sport Results

Diocesan Athletics Carnival - Glendale, Wednesday 16th August

Congratulations to those students who represented St Paul's at the Diocesan Athletics Carnival. The following students have qualified to represent the diocese at the NSWCCC Athletics Championships later in the term:

- Madeline Platt 1500m, 800m
- Ashlee Copeland 100m, Discus
- Madeleine Maxwell Discus, Walk
- Ireland Thomas Long Jump
- Grady Platt 1500m, 800m
- Harry Klepzig Discus, Javelin







There were some notable performances on the day...

- Madeline Platt broke a 40 year old record in the U15 Girls 800m by 3 seconds.
- Madeline also came 3rd in the 15 Years Girls Age Championship.
- Harry Klepzig was equal 1st in the 16 Years Boys Age Championship
- Grady Platt was 3rd in the 17+ Boys Age Championship

CCC Netball Championships

A wonderful day at the CCC Netball Championships in Penrith last week with our Junior, Intermediate and Senior girls teams. They played well and with great sportsmanship. Congratulations girls!







Upcoming Sport Events

Thurs 24 August Diocesan Basketball Gala Day
Mon 11 September NSWCCC Athletics Championship

Broadmeadow Sydney Olympic Park

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



Student Laptops 2024

Since 2019, St Paul's has engaged a supplier to provide a parent portal for easy ordering and payment of Student laptop devices. Whilst previously this was only open to Yr 6 and Yr 9 families, we will be taking orders from any students at St Paul's this year for 2024. Next Technologies are a leader in student devices and technology for schools with over 30 years of experience. They have worked closely with Diocesan schools since 2018 in supplying BYOD devices.

Whilst we recognise that many students already have a laptop from Primary school, this remains an additional option for families looking to purchase a laptop for student use at St Paul's Catholic College.

There are significant advantages if you purchase one of these devices for student use. The chosen devices have been selected based upon their designation by HP as an "Education" device – stronger hinges for multiple openings each day, rounded corners and stronger edges, "drop" and pressure tested, a "garaged" pen for ease of use and avoid losing it, spill and damage resistant keyboards, increased performance over similar retail models and standardised USB-C charging'

- 3 Year on-site Premier Support
- 3 Year Battery Coverage
- 3 Year (3 claims) Accidental Damage and Protection (with \$0 excess)
- Most warranty/repairs are completed in 1-2 days.

Learning benefits to students include:

- Equity for all learners (payment plans are available where necessary)
- Consistent hardware and software that can enhance engagement, deepen learning, increase feedback, personalise learning, and make the best possible use of classroom time
- Minimises classroom disruptions caused by incompatible hardware and software
- Allow staff and students to assist with minor troubleshooting
- Allow access to business grade devices, warranties, and repairs
- Provide volume discounting and reduced costs
- Ability to streamline ICT support and warranty and repair processes

We have selected 2 devices as recommended for student use in 2024. Schools currently using these devices have reported excellent student reviews.

Full processor description for both models is:

- a. (HP Fortis 11) Intel N200 1.0ghz-3.7ghz, 6MB Cache, 4 Core / 4 Threads
- b. (HP ProBook 435) AMD Ryzen 3 7330U 2.3ghz-4.3ghz, 8MB Cache, 4 Core / 8 Threads

For Year 7/8 (2024) Students

HP Pro x360 Fortis 11 G10 \$1,262.00 (Inc GST)

Product Code # 50653212

Intel® N200 Processor (1.00 GHz up to 3.70 GHz)

11.6" HD (1386 x 768) 250 nits, Touchscreen

5MP World Facing Camera with Single Microphone

8GB Onboard Memory

256 GB PCIe NVMe SSD

Intel® Wi-Fi 6 AX211 2x2 AX & Bluetooth® 5.3

Garaged Active Pen

Windows 11 Home 64

3 Year Onsite Support + sealed battery

3 Year Accidental Damage Insurance Edu \$0 Excess





For yr 9 (2024) and older students

HP ProBook 435 x360 G10 \$1,531.00 (Inc GST)

Product Code #86P80PA

AMD Ryzen 3 7330U and Integrated Radeon™ Graphics

13.3" UWVA FHD (1920x1080) Touchscreen, 250 nits

HD Webcam

8 GB DDR4-3200 PC4 SO-DIMM memory (1 DIMM)

256 GB PCIe NVMe SSD

Realtek Wi-Fi 6E RTL8852CE 802.11a/b/g/n/ax (2x2) and Bluetooth® 5.3

Active Pen

Windows 11 Pro 64

3 Year Onsite Support + sealed battery

3 Year Accidental Damage Insurance Edu \$0 Excess





Optional laptop sleeves are also offered for both devices – more details to follow We strongly recommend students use a sleeve with their device to keep it protected.

Further details re the ordering process will follow in coming weeks. Feel free to contact the school fi you have any questions.





Wednesday 2 August 9.00 am - 1.00 pm

McDonald Jones Stadium, Turton Road, Broadmeadow Wednesday 30 August 9.00am - 1.00pm

Mingara Recreation Club, Mingara Drive, Tumbi Umbi

Everything students, families-carers and schools need to know about moving to life after study with disability.... university, VET, apprenticeships/traineeships, employment, community connections, advocacy, disability services, support services, technology and more!

You may not think of yourself as having a "disability" but the definition is broad and includes learning disability, Autism Spectrum Disorder, medical conditions, mental illness, physical conditions, sensory impairments, intellectual disability, and much more.

Do you have to put in extra effort during study because of your disability or condition? If so, then this Expo is for you

FREE ENTRY | LOTS OF PARKING | YOUR ANNUAL ONE STOP SHOP

Questions for BOTH EXPOS, contact: Ashlee Kelly





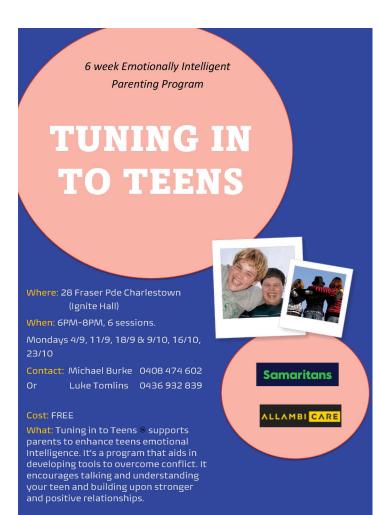
(C) futurechoices@careerlinks.nsw.edu.au















From the Finance Office

For all Finance enquiries please use the following email address: finance@booragul.catholic.edu.au

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













Contact Us



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 3.30pm

Finance Office

Hours: 8.30am to 2.30pm

Email: finance@booragul.catholic.edu.au

Canteen

Telephone: 4946 3115

Clothing Pool 8.45 - 10.30am Thursday



IMPORTANT UPCOMING DATES

28th Aug: Info Evening, Year 7 2024

29th Aug: Year 9 & 10 Brainstorm