



3rd Nov 2023 Vol:17-23

"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 Wednesday, 1 November the Church celebrates All Saints' Day. The Gospel reading proclaimed at mass on Wednesday was from Matthew and is known as the Semon on the Mount, where Jesus proclaimed the Good News to the crowd, outlining to them the actions required to help build the Kingdom and make the world a better place.

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit; theirs is the kingdom of heaven.

Happy the gentle: they shall have the earth for their heritage.

Happy those who mourn: they shall be comforted.

Happy those who hunger and thirst for what is right: they shall be satisfied.

Happy the merciful: they shall have mercy shown them.

Happy the pure in heart: they shall see God.

Happy the peacemakers: they shall be called sons of God.

Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven; this is how they persecuted the prophets before you.'

Jesus **Pray for us and for peace in the world.**

St Paul **Pray for Us**

Pupil Free Day

Friday 10 November, 2023 will be a Pupil Free Day. Staff will engage in Spirituality Day where the focus will be by Jesus and St Paul. There will be no staff on site on this day.

24th Annual Mass Celebrating Diverse Learning

The 24th Annual Mass Celebrating Diverse Learning was held last Sunday, at St Mary's Catholic Church, Warners Bay.

The Federation of P&F Association hosts the mass with students from St Paul's, Booragul, St Mary's Warners Bay, St Paul's Gateshead and St Dominic's, Mayfield participating in the Eucharistic celebration. The mass was celebrated by Vicar General, Fr Greg Barker with leaders from the Catholic Schools Office present to support the students and families from across the diocese.

Thanks to Mrs Pola-Kuras for her contributions to the Liturgy as well as to Kasey Crebert and Lucas Walz for their involvement.

Socktober

Thursday Week 3 saw the students wear colourful socks as the school raised funds to support the work of Catholic Mission. Students also took part in a penalty shootout at Lunchtime to assist the fundraising efforts. This year the focus of Catholic Mission's support are the underprivileged people of Timor-Leste.

Thank you to those students and families who supported the work of Catholic Mission on the day. Thanks also to Mr Doyle and Mrs Pola-Kuras who coordinated the day and for the teachers who supported the activities.



Year 11 End of Course Awards

It was wonderful to affirm Year 11 students in Week 3 at their Awards Ceremony. Students received a range of academic and CARE awards at the ceremony.

It was also an opportunity to remind Year 11 of the importance of making the most of their time in class over the coming twelve months as they work towards completing their HSC and achieving their best possible results.

It was pleasing parents and family members were able to also join us for the celebrations to support their children.



Term 4 Parent and Carer Engagement Meeting

The Term 4 Parent and Carer Engagement Meeting will be held online on Tuesday 28 November, 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).

Current Agenda Items for the Meeting are:

- Overview of and Feedback on proposed Student Support and Wellbeing model for St Paul's.
- Family and Community Engagement Model – input form representatives of the diocese and the P & F Association
- Parents and Friends Federation Report.
- General Business.

Regarding the Family and Community Engagement model your feedback will assist the Diocese of Maitland-Newcastle to build on the strengths of both PEGS and P&F Associations that are currently operating amongst its system of schools. As such, it would be wonderful to have as many parents and carers in attendance as possible, to ensure your views are well represented.

Link to register for the Parent and Carer Engagement Meeting:

<https://forms.office.com/r/DzLCxH1WBJ>

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.

2023 School Fee Accounts

Thanks to those families who have finalise their 2023 School Fee Accounts. A reminder to those family's accounts need to be finalised by 30 November, 2023 unless there have been other arrangements put in place through a fee agreement.

Families can contact the College's Finance Officer, Mrs Gale, finance@booragul.catholic.edu.au if they have questions about their finalising their 2023 accounts.



*Mr Nicholas Wickham
Principal*

Wicked

Ms Burt, Ms Garrett and 28 cast members of our upcoming musical 'Alice in Wonderland' had an amazing theatrical experience in Sydney last week. We attended Wicked, the musical performance at the Lyric Theatre Star-city followed by a Q & A with members of the production company's cast and crew. We are now feeling very inspired and excited for what we can present to the school community in week 8!!!



PPEP Talk®

On Tuesday 14th November, all Year 10 female (female assigned at birth) students will be involved in an information session regarding Periods, Pain and Endometriosis, presented by the Pelvic Pain Foundation of Australia during period 4. The PPEP Talk is a curriculum-linked health and wellbeing education program delivered with a fun, medically accurate and age-appropriate approach. It incorporates the modern neuroscience of pain, and is of benefit to all students, particularly the 1 in 4 girls and people assigned female at birth with severe period pain.



Approximately half of these girls and people assigned female at birth will develop endometriosis during their teens and twenties. The Program, lasting one hour, is delivered by fully trained educators and incorporates animation, video and interactive components. It includes specifically developed resources for use during the session and resources for girls with pain to take home and discuss with their parents.

Year 11 First Aid Course

Last Friday, 50 students from Year 11 participated in a First Aid Course. The course included the completion of a pre-learning booklet, followed by an information session with practical assessments. All students were incredible throughout the day and successfully accredited with a First Aid Certificate.



Year 8 Orienteering

Last Tuesday, Year 8 students and the PDHPE crew made their way to Rathmines Park to compete in an Orienteering Challenge Course. Year 9 PASS students assisted with guiding the Year 8 students through the course at regular checkpoints. A huge congratulations to the winners of the day:

- 1st place – Lucas, William and Luke
- 2nd place - Bridget, Noah and Charlotte
- 3rd place – Beau, Scarlett and Sophia

A special mention to the team who completed the course in record time, but didn't finish with all team members – Kaden, Ty and Lachlan.



The Tea Towel Project



“The Tea Towel Project” Years 7 to 10.

As part of the Year 9 Commerce Running a Business Unit, our students have been busy organising the design, production and marketing of Fundraising tea towels. Each year group will have their own tea towel with drawings of the students and Care Group teachers that they have done themselves.

These will make a wonderful Christmas gift and keep sake of your child’s 2023 school year. All proceeds will go to a Charity. The teatowels are Australian Made.

Cost: \$20 Orders need to be placed by Friday 10th November on QKR (to allow the manufacturer enough time to make them).



Ms Anna Hennessy
Admin Coordinator - HSIE Faculty



Upcoming Sport Events

Fri 3 November	U16 Boys 9s Rugby League	Windale
Fri 10 November	U14 Boys 9s Rugby League	Windale
Tues 14 November	NSWCCC Girls U18 Cricket	Riverwood
Wed 15 November	<i>Individual Selection Trial</i>	
Fri 17 November	U16 Girls 9s Rugby League	Raymond Terrace
Tues 21 November	NSWCCC Boys U18 Cricket	Riverwood
Wed 22 November	<i>Individual Selection Trial</i>	
Fri 24 November	U14 Girls 9s Rugby League	Raymond Terrace

Upcoming Closing Dates for Sport Nominations

- 3rd November – CCC U18 Girls Cricket
- 10th November – CCC U18 Boys Cricket
- 7th February – NSWCCC Softball Selections
- 17th February – NSW All Schools Triathlon Championships
- 23rd February – NSWCCC Tennis Selections
- 29th March – NSWCCC Volleyball Selections

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



Mr Brad Melville
Sport's Coordinator





St Pauls Catholic College Booragul, Creative Arts Faculty presents our production of the musical **Alice in Wonderland**, Week 8 this term. Over 25 student performers from Years 7 to 11 have been rehearsing this production weekly during sport time throughout this year and we are very excited to perform to a live audience. Student and teacher directors, choreographers, vocal coaches, set and costume designers have all been working on putting together this production and we are very excited we are almost there. This production is suitable for all ages to attend, there is something for kids and adults alike.

Shows will take place on Wednesday 29th November, Thursday 30th November and Friday 1st December in the mornings at 10am for primary school students and on Thursday 30th November at 6-30pm we will be having an evening performance for all community members.


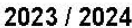

For the evening performance tickets are available at the door for \$10 or follow the link/s below to prepurchase tickets.

<https://www.trybooking.com/CMWOS>



College Uniform

Please see below the updated Uniform pricing from LOWES Glendale as well as the link to the website:






St PAUL'S CATHOLIC COLLEGE

		RRP
GIRLS ALL SEASON UNIFORM		
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, 406 2285
(02) 49568570



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<https://www.lowes.com.au/schools-online/st-paul-s-catholic-college-booragul>



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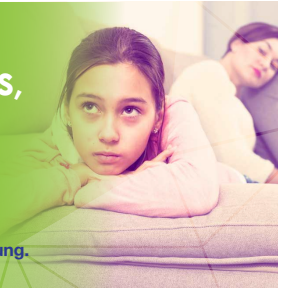
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Behaviour, Big Feelings, and Self-Regulation

TUESDAY 14 NOVEMBER 2023

A FREE workshop for parents and carers with guest presenter and internationally respected child development expert and author, Karen Young.



The Federation of P & F Associations is very pleased to provide this opportunity to parents and carers of children and teens enrolled in the Diocese of Maitland-Newcastle Catholic Schools.

Big feelings are a very normal part of development. For many children and teens, big feelings will drive big behaviour, which can be confusing and challenging for them and the adults who care for them. The more we understand the what, why, and how of feelings and the behaviours they fuel, the more we will be able to respond to teens (and ourselves) more effectively and compassionately. Ultimately, our responses will nurture the vital foundations of self-regulation in children and their capacity to feel and express the full range of human emotions in healthy ways.

The session will explore:

- where big feelings come from and why they have an important job to do;
- why children depend on their important adults to provide calm during their emotional storms, and how to do this;
- the four broad reasons for emotional dysregulation and how to respond;
- practical ways to help children and teens understand feelings and why this matters;
- a new way to understand big feelings and the big behaviours they fuel;
- practical strategies to deal with challenging behaviour;
- changing the way we think about discipline - why traditional disciplines don't work and what to do instead;
- how to build relationships with teens that will preserve our connection and influence;
- connection after conflict - how to repair after an emotional or relational 'collision' with children;
- brain to brain - how to use our own capacity to self-regulate as the circuit breaker for big feelings and big behaviour;
- when behaviour is extra big - the common origins of big behaviour, how to respond in the moment, and the practical strategies that will effect lasting change;
- how to establish meaningful boundaries with love and leadership, and how to respond when those boundaries are challenged;
- building their emotional toolbox - the strategies that will build their capacity to tolerate big feelings and respond more effectively.

DATE Tuesday 14 November 2023
TIME 7pm - 8.30pm
VENUE All Saints College, Maitland
9 Free Church Street

COST FREE

RSVP is essential by
Friday 10 November
www.mn.shor.in/KarenYoung

ABOUT: KAREN YOUNG began her career as a psychologist working extensively with children, teens and families. She is a sought-after speaker and consultant and is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research driven information on anxiety. She is the author of four books, including the bestselling 'Hey Warrior', which creatively assist children to understand and manage anxiety.



mn.catholic.edu.au



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 Betty Harris - Finance Officer
finance@booragul.catholic.edu.au





St Paul's Catholic College

Address: Primrose Street, Booragul
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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

Clothing Pool 8.45 - 10.30am Thursday



St Paul's
Catholic College
Booragul

IMPORTANT UPCOMING DATES

10th November: Year 12 Formal

10th November: Pupil Free Day