



Nov 22, 2024 Vol:12-24

"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."

The Liturgical season of Advent will commence on Sunday, 1 December, 2024. The season of Advent is about waiting and preparing for the birth of Christ. During this holy time the Church asks to wait with anticipation for the joys which are associated with the arrival of the Messiah. The following prayer comes from the Diocese of Maitland-Newcastle Advent Reflections.



God have mercy on your people,
baptise us in wisdom and clothe us in integrity,
wrap us in the beauty of your love.
And may the God of mercy bless us,
Amen

St Paul

Pray for Us

Year 12 Graduation Ball

It was wonderful to gather with the Year 12 students, their families, and staff to celebrate the end of their formal schooling last Friday night at their Graduation Ball. The students are to be affirmed for the way they conducted themselves on the evening. Several significant awards were presented on the evening. The awards presented and the recipients were:

Leadership Awards	Kasey Crebert, Kirrily Boslem, Lucas Walz, Jian Grasso
Bishop's Award	Lucas Walz
Sister Jacinta Award	Nata Peel- Sasaromya
Community Award	Hugh Hall
Principal's Award	Katherine Turton
Zim Award	Rachinee Peel-Sasaromya
Sunshine Award	Hugh Hall

Thanks to Mr Heagney and the Support Staff for all their effort to make the night a success. Thanks also to the parents and carers for supporting the students throughout their lives, especially over the past 12 months.



2025 Senior Leaders Retreat

Last week our 2025 Year 12 Leaders Cleo Doyle, Orlando Maratos, Emily O'Grady and Jesse Walsh attended a three-day retreat with the other Senior Student Leaders from across the Diocese. We offer our thanks to Mr Connell who accompanied the leaders at the retreat.

On Wednesday, Bishop Michael celebrated mass for the leaders followed by dinner with Secondary School Principals, and System Leaders.

On Thursday and Friday, the students became familiar with some of the other agencies of the Diocese, gaining an understanding of how they support the mission of the Church. As part of the retreat, the leaders attended Mums' Cottage to experience the assistance it provides to families. The leaders also undertook activities which explored what it means to be a Student Leader in a Catholic School.



International Men's Day

On Tuesday, Year 11 and 10 boys gathered with staff for breakfast and a guest presentation in recognition of International Men's Day. Kina from 88 Custom shared insights how he had turned his life around after a trouble life during his teenage and early adult life.

Thanks to Mr Connel for arranging the event and also to the other staff who supported on the day.



Year 11 Mock Trial Team

On Tuesday 3 December, 2024 our Year 11 Mock Trial team will be competing in the State Final of the competition in Sydney. The members of the Mock Trial Team are Bethany Evans, Mitchell Owen, Maddison Serone, Sienna Siulai, Cerys Smith, Daniella Trevathen and Ella Tupou. Mr Gallop has done a wonderful job advising and mentoring the students throughout the competition.

We affirm the students for their efforts to reach the final of the competition and wish them all the best for the final.



Virtual Academy Showcase

Throughout 2024, Ruth Wheatley of Year 7 has engaged with the Catholic Schools Office's Virtual Academy program. This program aims to meet the needs of individual students who have demonstrated great potential. Students are required to develop solutions to real world problems through inquiry and critical thinking.

The focus of Ruth's work was on Waste Management and with her investigation looking at the understanding of and engagement with recycling. Ruth proudly presented her work to family and other members of the Catholic Schools Office on Thursday.



Term 4 Parent and Carer Engagement Meeting - CANCELLED

The Term 4 Parent and Carer Engagement Meeting scheduled to take place on Tuesday, 3 December, 2024 will be CANCELLED as I will be in Sydney for the day with our Year 11 Mock Trial team who are competing in the final of the competition.

I wish to thank all the parents and carers who have participated in the Parent and Carer Engagement Meetings throughout the year.

Holy Cross Primary School, Glendale

Over the past two weeks the College has welcomed Holy Cross Primary School, Glendale to our site as their playground has been closed for remediation works.

It has been wonderful the two communities have been able to exist on the one site and continue to provide educational opportunities. This week some of the Holy Cross students attend the Aboriginal Dance workshop with some St Paul's students.

I thank the students, staff and families of both communities for their flexibility and support over the last two weeks and look forward to this continuing in the weeks ahead.



Early Leaving Processes

Yesterday, the following letter related to student's leaving the College early was distributed to all Parents and Carers via Compass.

PO Box 194 Boolaroo NSW 2284
T: (02) 4958 6711
F: (02) 4958 6145



St Paul's
Catholic College
Booragul

21 November, 2024

Dear Parents and Carers

Over recent weeks, there has been an emerging trend, especially on Friday afternoon where students are leaving the College grounds without signing out at Student Reception before they leave. Students should only be leaving school early under extenuating circumstances when appointments or other commitments can't be arranged outside of normal school hours.

It is vital the College is aware of which students are onsite at all times, especially if the school had to be evacuated or placed in lockdown. If students are not following the clear processes in place, it could put the safety and wellbeing of fellow students and staff at risk, due to the additional time it would take to determine accurate lists of students onsite.

I have outlined below the **Early Leavers** arrangements for students and families which outlines the process to be followed if students need to leave school early on any day, including Friday afternoon Sport for Years 7 – 10 students:

- A student is to bring a note, signed by the parent/carer stating the date and time a student is required to leave school early.
- The student presents this note to the classroom/supervising teacher, who signs the time of departure on the note and signs it.
- The student is then allowed to leave the classroom to sign out at Student Reception.
- The student reports to student reception, hands the note to office staff, who then signs the student out. The exact time of departure for the student will be recorded on Compass.
- If a parent/carer rings or emails the office providing permission for a student to leave early on any given day, the student will be called to the office to receive an EARLY LEAVERS PASS. Parents are asked to make this call or send an email before 12.00pm so enough time is given for students to receive the EARLY LEAVERS PASS. On Fridays, NO EARLY LEAVERS PASS will be issued after 12.00 for students in Years 7-10.
- The departure time will be on the EARLY LEAVERS PASS. At the designated time, the student is to show the EARLY LEAVERS PASS to the classroom/supervising teacher. The student is to report to student reception, hand the early leavers pass to the office staff, who then signs the student out. The exact time of departure will be recorded on Compass.

I understand family life can be busy; however, I seek the support from all parents and carers to ensure the College continues to operate in a safe and effective manner.

Thank you for your understanding and assistance.

Yours Sincerely

Nicholas Wickham
Principal

Respectful Relationships Presentations.

On Thursday, 14 November, 2024 the College hosted renowned speakers Melinda Tankard Reist and Dr Marshall Ballantine-Jones.

Melinda worked with our female students while Marshall presented information to our male students. They presented information which focused on respectful relationships, within the context of the online world. They outlined how online feeds and platforms can easily misrepresent the way women are perceived and the impact this can have on the relationships. They also provided advice on how to navigate the online world.

A Parent and Carer information session was also held in the evening.

The presentations were organised and supported by the Catholic Schools Office, with all secondary schools throughout the diocese participating in the presentations by Melinda and Marshall.

*Mr Nicholas Wickham
Principal*



Assistant Principal- Teaching and Learning

The season of Advent and the days of Christmas are a really beautiful time of the year. There is a sense of hope, of wonder, of anticipation and overwhelmingly, a sense of great joy. It is a time where we are challenged to bring the Christmas story to fruition by extending kindness and thoughtfulness to others.

As we near this time I have reflected on the many highlights in 2024 that are reflective of the spirit of St Paul's and extend my gratitude to all members of our community that make the rich learning experiences at St Paul's possible. Over the coming weeks I encourage students to remain focused and engaged in their studies and extra curricular activities organised for them. I have noted below some significant dates. Please reach out if staff or I can support your child in anyway as we near the completion of the 2024 school year.

Thursday December 12- 7-10 Awards Assemblies

On Thursday December 12 as a school community we will celebrate the achievements of students in Years 7-10 across Semester Two for their academic achievement, diligence and engagement in a number of different community and extra-curricular activities that focused on the four values of our CARE program – Compassion, Appreciation, Respect and Endurance. Parents/Carers of students receiving awards will be sent an invitation to attend closer to the date.

Year 11 (HSC 2025) Assessment

Year 11 students will only be required to attend school when they have a scheduled assessment task during the End of Year Activities period Friday Dec 13- Wednesday December 18. Students are to report to the Damascus Centre 20 minutes prior to each scheduled task. Students may do independent study at school within school hours outside the scheduled assessment tasks. Students are to sign in at Student Reception upon arrival to school. Please see below for assessment tasks scheduled during this period. All other assessment tasks are noted on the Compass calendar and within the HSC school assessment policy.

Friday December 13	English Advanced English Standard English Studies	1pm- 2.30pm (+10 minutes reading time)
Monday December 16	Mathematics Advanced Mathematics Standard	1pm- 2.30pm (+5 minutes reading time)
Monday December 16	Community & Family Studies	9am- 9.50am (+5 minutes reading time)
Tuesday December 17	Mathematics Extension 1	9am-10am (+5 minutes reading time)



PPEP Talk® Year 10 students

Last week we were fortunate to have Polly and Lauren from the Pelvic Pain Foundation of Australia visit us. Year 10 students enjoyed this talk, educating them on periods, pain and endometriosis. This is a very valuable program for adolescents and not only were they educated on the signs, symptoms, treatment and options available to those who suffer from pelvic pain, but also learnt how to be a support person for those suffering. Below is a snapshot of the feedback received:

- “Really well presented information and provided helpful tips.” – student assigned female at birth
- “She was a really nice person” – student assigned male at birth
- “Thankyou for coming to our school!” – staff member

AFAB (assigned female at birth) Students:

- 100% of students found PPEP Talk® informative.
- 96% of students know what endometriosis is (compared to 53% pre session)
- 100% of students reported PPEP Talk® showed them tools to use if they get period pain.
- 100% of students reported PPEP Talk® had information on how to improve their general health.

AMAB (assigned male at birth) Students:

- 90% of students found PPEP Talk® informative.
- 68% of students know what endometriosis is (compared to 29% pre session)
- 78% of students reported that PPEP Talk® showed them how to support people with period pain.
- 78% of students reported that PPEP Talk® had information on how to improve their general health.



We are thrilled to share that Waverley Mears has been accepted into the National Art School (NAS) for 2025 with an unconditional offer!

Despite facing significant challenges throughout her senior schooling, Waverley's talent, hard work, and resilience have shone through, earning her a spot at one of Australia's most prestigious art schools.

Waverley visited the school this week to thank her teachers for their guidance and support throughout her journey.

We are so proud of Waverley and excited to see where her creativity will take her !



CONGRATULATIONS to Sarah Wark Yr 9 who is currently touring Brazil in the Australian 15s Futsal team.

In the opening game of the female category, Sarah's team had a 3-1 victory over Projeto Articular. This is such a wonderful opportunity for Sarah to showcase her skills and talents. We wish you all the best!

For those keen to watch the games view on the [@craque.tv](https://www.craque.tv) YouTube channel.

Lights Out, Dreams In: Sleep helps you Shine

Newborn babies find it easy. Toddlers sometimes find it daunting. School-aged children often resist it. Teenagers are convinced they don't need it. Adults want it but frequently don't have the time for it. Seniors have time for it but often can't achieve it.

Yet it's a simple fact that whatever your age, getting a good night's sleep is one of the best ways of staying happy and healthy. It's just as important as a good diet and regular exercise.

Sleep is vital for children and teenagers' health, development and wellbeing. It helps them to stay healthy, grow, learn and do well in school. Sleep physically restores their body, improves brain function and mental health.

Children and teenagers of all ages need to get enough sleep so they can play, learn and concentrate during the day.

Not getting enough sleep can have a big impact on children and teenagers – behaviourally, mentally and emotionally.

Sleep is like food for the brain

Sleep lets your mind recharge and process information. It's the only part of the day that your body gets to rest and repair.

Sleep problems are some of the most common issues faced by parents. When children and teenagers don't get enough sleep over a period, the following behavioural, cognitive and emotional symptoms can occur:

- Sleepiness during the day
- Issues with study and socialising
- Irritability and moodiness
- Shorter attention span
- Lack of concentration and focus
- Increased forgetfulness
- Reduced academic performance
- Lack of interest and motivation
- Difficulty learning new information
- Difficulty regulating emotions
- Increased emotional problems
- Reduced immune system
- Poorer memory
- Increased impulsivity
- Higher risk of accidents
- Increased stress
- Higher levels of obesity
- Decline in mental health

Benefits of Sleeping Well



How Much Sleep Do Kids Really Need?

(Source: Kids Helpline)

12 Graduation Ball





St Paul's Catholic College *Booragul*

CREATIVE ARTS FACULTY SHOWCASE EVENING

WHEN: THURSDAY 5TH
DECEMBER, 2024.

WHERE: SCHOOL HALL

WHAT: 5PM ART
EXHIBITION WITH
PERFORMANCES
BEGINNING AT 5-30PM
ALL WELCOME



Good Sleep Habits

- Go to bed at the same time each night. The body has an internal clock and hormones that control sleepiness and wakefulness. This clock works best if there is a regular sleep routine.
- In the hour before going to bed, it is important to have a relaxing sleep routine. This might include activities like taking a warm bath or shower, listening to relaxing music, deep breathing, or light stretching. Anything that helps your child unwind and feel calm could work, and the routine could just be one or two activities.
- Turn off all screens (e.g., computers, gaming devices, tablets, smartphones) 1-2 hours prior to bed, and if possible, not have them in the bedroom.



Find all this and more at <https://www.sleephealthfoundation.org.au/>, www.kidshelpline.com.au and www.thepathwaytosuccess.com

Wishing you a lovely week.

Mel Dobosz
Pastoral Care Worker





Transcultural Mental Health Line 1800 648 911

The Transcultural Mental Health Line connects community members to clinicians who understand their culture and can communicate in their language.



Resources are available to promote the Transcultural Mental Health Line including:

- Postcards for communities
- A4/A3/A2 Posters for waiting rooms or noticeboards
- A2 Multi-language tile poster
- Social media tiles

Resources are available in 42 languages:
Arabic, Assyrian Neo-Aramaic, Bengali, Burmese, Cantonese, Croatian, Dari, English, German, Greek, Gujarati, Hazaragi, Hindi, Hungarian, Indonesian, Italian, Japanese, Khmer, Korean, Lao, Macedonian, Malayalam, Mandarin, Nepali, Pashto, Persian (excluding Dari), Polish, Portuguese, Punjabi, Russian, Samoan, Serbian, Spanish, Swahili, Tagalog, Tamil, Thai, Tibetan, Turkish, Ukrainian, Urdu, Vietnamese

Download in-language versions of our Transcultural Mental Health Line resources by visiting: www.dhi.health.nsw.gov.au/tmhl

To order hard copy resources please contact at tmhc@health.nsw.gov.au.

Linking language, culture
and mental health care

 **Transcultural**
Mental Health Centre

 **NSW**
GOVERNMENT

Please notify the main office by email of any changes to personal or medical details.

Email: admin@booragul.catholic.edu.au

Clothing Pool

Located at the hall
end of the
Student HUB

Please see the office
for clothing
pool enquiries



2024 School Fee Information

School fees comprise of Resource, Tuition, Diocesan Family School Building Levy (DFSBL), Camps/Retreats and Electives and are the responsibility of parents/carers of students enrolled at the school.

Tuition Fees Year 7-10 \$2033, Year 11-12 \$3089

The Diocesan Tuition Fee is set each year by the Diocese.

Family discount on full rate diocesan tuition fees is available to parents who have more than one child attending a Catholic School in this Diocese.

- 1 child family - 0% - full rate
- 2 child family - 15% - each child
- 3 child family - 25% - each child
- 4 + child family - 50% - each child

Concessions on Tuition fees are also given to account holders of a current Health Care/Pension card. Please provide a copy of original card to finance@booragul.catholic.edu.au

Diocesan Family & School Building Levy (DFSBL) \$1638

The DFSBL is charged to the oldest child for each family. The levy is pooled to contribute towards past, present and future costs for building projects across all existing schools, and for the development of new Catholic schools within the Diocese.

Resource Fees Year 7-10 \$860, Year 11-12 \$810

The resource costs are set by each individual school. Fees are used to pay school resources, educational activities, student textbooks, various low cost excursions/incursions, photocopying, computer technology and amenities.

Elective Fees Year 9-12

Students who choose to undertake specific subjects, will be required to pay additional charges per year to cover specific expenses associated with the individual subject.

Retreats/ Camps

The Year 7 & 9 Camp and 10 & 12 Retreat are compulsory, and it is expected that all students attend as per conditions of enrolment in a Catholic school. Costings are calculated based on all students attending, venues and buses have to be paid when booking is first made. Your understanding of this would be very much appreciated.

Friday Sport Payment & Consent

For your convenience, you can now consent and pay for your child's Friday sport through Compass each Term. The account holder (name on your statement) is the only one who can access Compass to make these payments, if you would like joint access to Compass so both parents can make payments please complete and return the attached joint access form.

<https://www.booragul.catholic.edu.au/media/5915/compass-joint-access.pdf>

Support

The Catholic Schools Office declares that genuine inability to meet tuition and other fees does not exclude access to a school within the system by a child of a family genuinely committed to Catholic faith and practice.

For families experiencing financial hardship or wishing to discuss other payment arrangements please contact the College Principal or Finance Office to make an appointment. These discussions and arrangements regarding fees are strictly confidential.

The collection of all school fees is to ensure the best possible learning environment for your child.

Account Statements

All fees are billed yearly in February, and it is recommended a regular weekly, fortnightly or monthly instalment is made from February to November to ensure your account is fully paid by 30 November, 2024. Our preferred method of payment is via Bpay (BPay detail are on your monthly statement) however fees may also be paid via EFT, Credit card, cheque and Centrepay. If you require assistance with calculating your weekly, fortnightly or monthly payment amount, please email finance@booragul.catholic.edu.au

2024 School fee account can be viewed at any time through Compass and updated statement are emailed at the beginning of each month. Families who have a nil balance will not receive a statement.

Finance Contact Details: Erica Gale
finance@booragul.catholic.edu.au
Telephone: 4958 6711

Mrs Erica Gale - Finance Officer
finance@booragul.catholic.edu.au



College Uniform

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

School Price List

School D-3902 St Paul's Catholic College - Booragul

					Current Promo	Retail Price	New Retail Price.		
Everyday									
Summer	All	56313	Sky Blue Overblouse			\$48.95	\$49.95		
		92268	Snr Ss Overblouse White With Red Piping & Emb			\$44.95	\$47.95 \$47.95		
		84257	SS White Shirt With Emb			\$44.95	\$56.95	\$51.95	\$56.95
		84258	SS Sky Blue Shirt With Emb			\$47.95	\$59.95	\$52.95	\$59.95
		78143	Ladies Ink Navy Tailored Shorts			\$39.95	\$41.95		
		78144	Ladies Charcoal Tailored Shorts			\$39.95	\$41.95		
		91876	Blue/Grey Check Skirt			\$63.95	\$66.95		
		91881	Navy Skirt-Senior			\$84.95	\$88.95		
		95047	Mid Grey PQS Shorts			\$54.95	\$56.95		
Winter	All	97030	Mid Grey PQS Trousers			\$67.95	\$70.95		
		97032	Navy College Trousers			\$67.95	\$70.95		
		96579	Navy Pullover With Emb			\$81.95	\$98.95	\$85.95	\$99.95
		86260	Navy Jackie Tights			\$8.95	\$9.95		
All Season	All	97906	White Sports Socks			\$5.95	\$6.95		
		97975	White Trafalgar Crew Socks			\$5.95	\$6.95		
		99011	Black Leather Belt			\$22.95	\$23.95		
Sports									
Summer	All	85062	Sky Polo Top			\$47.95	\$50.95	\$50.95	
		79003	Navy Shorts			\$45.95	\$47.95	\$47.95	
		96326	Navy Shorts			\$45.95	\$47.95		
Winter	All	57493	Navy Microfibre Tracksuit Jacket			\$69.95	\$72.95		
		57494	Navy Microfibre Tracksuit Pants			\$52.95	\$54.95		
(blank)									
(blank)	(blank)	79221	Ladies Ink Navy Tailored Pants			\$50.95	\$52.95		
		79337	Navy/Red/Sky Tie With Emb			\$27.95			
		95051	Navy Deluxe College Shorts			\$49.95	\$51.95		
		99877	Navy Softshell Jacket With Emb			\$94.95	\$96.95		

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



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: 8.30am until 3.30pm

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

Canteen
Telephone: 4946 3115

Clothing Pool: Please see the main office for uniform needs.



IMPORTANT UPCOMING DATES

Dec 4 2025 Yr 7 Orientation Day 2

Dec 5 Creative Arts Showcase

Dec 12 7-10 Awards