



24 August 2016 Vol: 14 - 16

To the Families and Friends of the St Paul's Community.....

One of the keys to success, not only at high school, but in life in general is resilience. People who are resilient are able to get on with things when life gets a little tough or when things don't go as expected. This can include a poor test result, the breakdown of a friendship, and an unexpected incident in the playground or a family crisis. Life can throw us a curve ball and often does! It's how we respond to that curve ball that will allow us to move forward successfully. The following is from an article taken from the "Raising Children" website, an Australian organisation that offers very good advice to parents and young people.

When young people are resilient, they cope better with difficult situations. They 'bounce back' when things go wrong. Young people need resilience to navigate life's ups and downs, so building resilience is an important part of adolescent development. What is resilience?

Resilience is the ability to 'bounce back' after a tough situation or difficult time and then get back to feeling just about as good as you felt before. It's also the ability to adapt to difficult circumstances that you can't change, and keep on thriving.

When you're resilient, you can learn from difficult or challenging situations and get stronger.

Your child needs the personal skills and attitudes to help her bounce back from everyday challenges such as making mistakes, falling out with friends, moving to a new school or losing an important sporting match. Your child might also face more serious challenges such as family breakdown, adapting to a stepfamily, the illness or death of a family member or bullying.

How resilient you act and feel can go up and down at different times.

You might be better at bouncing back from some challenges but not others. Some young people face more challenges than others because of learning difficulties or disabilities, or because they have more anxious personalities. The more challenges young people have, the harder it is for them to be resilient.

But all young people can build the personal skills for resilience.

Resilience is more than just coping. When you're resilient, you're more prepared to seek new experiences and opportunities and take reasonable risks to achieve your goals. Risk-taking might mean some setbacks, but it also creates opportunities for success and greater self-confidence.

Building resilience: how you can help your child.

Resilience for young people is built on a foundation of strong positive relationships with parents.

Children can also gain strength from other caring adults, such as grandparents, aunts, uncles or teachers who might act as mentors. Friends and classmates can be great

Inside this issue:	Page
<u>From the Principal</u>	1-3
<u>Assistant Principal-Curriculum</u>	3
<u>Assistant Principal-Welfare</u>	4-5
<u>Years 7, 8 & 10 News</u>	6
<u>Year 11 News</u>	7
<u>From the Finance Office</u>	8
<u>From the Career's Desk</u>	9-10
<u>Learning Support News</u>	11
<u>Religious Studies News</u>	11
<u>Sport Update</u>	12
<u>Creative Arts & LOTE News</u>	13-14
<u>Archipaul Prize Invitation</u>	15
<u>Information Technology News</u>	16-17
<u>Canteen Roster/ Term Calendar</u>	18
<u>Clothing Pool Information</u>	19
<u>Entertainment Book News</u>	20
<u>Community Notices</u>	21
<u>Uniform Requirements</u>	22-25

sources of support too.

You can help your child build the ability to bounce back from difficult situations by giving him the opportunity to learn and practice important values and skills such as:

- ◆ self-respect and other personal values and attitudes
- ◆ social skills
- ◆ helpful and optimistic thinking
- ◆ skills for getting things done

As a parent you can't stop your child from experiencing problems or tough times. But you can play a big role in helping your child to be more resilient. And the earlier you start, the more likely it is your child will develop skills for resilience.

Personal values and attitudes for resilience.

Self-respect is a great building block for resilience.

Self-respect grows out of setting standards for behaviour. If your child has self-respect, she believes that she matters and should be treated respectfully by others. She's also more likely to protect herself by avoiding risky behaviour and situations. A strong sense of self-respect will also help your child be less vulnerable to bullies and bullying.

Empathy, respect for others, kindness, fairness, honesty and cooperation are also linked to resilience. This includes showing care and concern for people who need support, accepting people's differences, being friendly and not mistreating or bullying others.

If your child shows these attitudes and behaviour towards others, he's more likely to get a positive response in return. This helps him feel good about himself.

Having a strong, loving relationship with you and staying connected are the basis for all these qualities and values in your child. If you show your child love and respect, she'll be more likely to care for herself and others.

Social skills for resilience.

Social skills are another important building block for resilience. They include the skills needed to make and keep friends, sort out conflict, and cooperate and work well in a team or group.

When your child has good relationships at school and gets involved in community groups, sports teams or arts activities, he has more chances to develop connections and a sense of belonging.

Helpful and optimistic thinking.

Resilience is about being realistic, thinking rationally, looking on the bright side, finding the positives, expecting things to go well and moving forward, even when things seem bad.

When your child is upset, you can help her keep things in perspective by focusing on facts and reality. For example, you could try gently asking, 'Does this really matter as much as you think it does? On a scale from 1-10, how bad is it really?'

You can also help your child understand that a bad thing in one part of his life doesn't have to flow over into all parts. For example, if your child gets a poor exam result, you could point out that it won't stop him playing his weekend sport, or going out with his friends.

A sense of humour can help you both keep things in perspective and stay calm.

If your child is being hard on herself – for example, 'I'm going to die of embarrassment speaking in front of my class' – you could suggest more helpful self-talk instead. For example, your child could try saying, 'Public speaking isn't my favourite thing, but I'll be able to cope'.

Your child is more likely to feel positive if he can see that difficult times are a part of life, that they'll pass, and that things will get better. You might be able to help your child with this by talking about how you, people you know, or even famous people have gone through tough times.

Talking and working together to find solutions can help your child be more resilient. And having a problem-solving method is one way for your child to feel she has the power to get through challenging times.

No matter how upbeat your child is, there'll be times when he feels anxious, scared or angry. If he's resilient, he'll be able to ride out these adolescent ups and downs.

Ways to turn low moods into better ones include:

- ◆ doing things you love and enjoy
- ◆ spending time with friends
- ◆ helping someone else
- ◆ talking with friends or a support person

- ◆ exploring activities that help you relax
- ◆ going for a vigorous walk or doing some kind of physical activity
- ◆ going over some good memories by looking through photographs
- ◆ watching a funny TV show or DVD, or reading something funny

You're a role model for your child. Let her see and hear you being positive and optimistic. You can do this by thanking other people for their support, saying 'Things will get better soon and I can cope with this', and expecting that good things are possible.

Challenges are a normal part of life, and young people have to learn to cope with them by themselves. Let your child have a go at sorting out her own problems and fighting her own battles before you step in. Fumbles and even failures are part of the process.

Key messages for building resilience

You can create a positive family environment that fosters resilience by communicating some key messages to your child in your daily life together:

- ◆ Life is mainly good, but now and then everyone has a difficult or unhappy time. It's a normal part of life.
- ◆ Things nearly always get better, even though they might sometimes take a bit longer to improve than you'd like. Stay hopeful and work on the problem if you can.
- ◆ You'll feel better and have more ideas about what you can do if you talk to someone you trust about what's worrying or upsetting you.
- ◆ No-one's perfect. We all make mistakes. We all find out there are some things we can't do so well.
- ◆ If you can find something positive or funny in a difficult situation, no matter how small, it can help you cope better.
- ◆ Take fair responsibility for what you did or didn't do to cause a difficult or unhappy situation. But don't blame yourself too much – circumstances, bad luck or other people all played a part too.
- ◆ If something can't be changed, you just have to accept it and live with it. Don't make yourself miserable by making it worse or by assuming that the worst possible scenario is the one that will happen.
- ◆ When something goes wrong, it will usually affect only one part of your life. When this happens, focus more on the things in your life that are still going well.
- ◆ Everyone gets scared sometimes, but not always about the same things. Facing your fears can help you grow stronger.
- ◆ Don't let yourself be 'hijacked' by your feelings so that you're not in charge of yourself. Find a way to calm yourself down so you can think of the best way to deal with how you're feeling.

http://raisingchildren.net.au/articles/resilience_teenagers.html Downloaded 22 August 2016

Go Gently.....

Mr Graeme Selmes
Principal

From the Assistant Principal - Curriculum

NAPLAN RESULTS

NAPLAN results have now been posted home to parents of Years 7 and 9 students. If you have any questions about these results please feel free to contact the school for further clarification.

YEAR 12 MAJOR WORKS

It is certainly a busy time for our Year 12 students as they are finalising the last of their internal assessments as well as completing major works. There will be a number of opportunities for these works to be displayed over the next few weeks and I am certainly looking forward to seeing the final product of our students' toils.

Mr Greg Ptolemy
Assistant Principal - Curriculum

Uniform Expectations

St Paul's has a very clear uniform policy and I have attached the acceptable uniform requirements for 2016 at the end of this newsletter for families to consider.

I have mentioned to students at various assemblies this year, the School's expectations and now I would like to draw parents' attention to the following uniform expectations:

School
Uniforms

- Sports uniform for junior students may be worn on Fridays as part of our weekly sports programme and when students have practical PDHPE/PASS lessons. At all other times students are expected to be in their regular academic uniform.
- Students who are out of uniform require a signed note from home outlining the temporary deficiency and if prolonged an expected time of correction.
- Students who are out of uniform without a note or valid reason will be marked as a uniform deficiency on attendance rolls. If 3 deficiencies are received, students will receive a warning letter. On the 4th deficiency, an Afternoon Detention will be issued.
- Should there be any concerns with uniform, please do not hesitate to contact the relevant Student Coordinator for assistance.

School Access via Hayden Brook Road

Students are reminded that access to the St Paul's gates is near the chapel via the correct path from Hayden Brook Road. Students entering via the wrong path will end up on the Contractor's site which has no access to St Paul's.

The contractor's entrance is clearly signposted and students are not permitted to access this site due to WHS/insurance and legal reasons. Parents are asked to access the temporary Administration Building (Old Library) via the main driveway off Primrose Street.

Assessment Tasks in Term 3

As Year 12s conclude their major works submissions, sit their final internal assessments and as Year 11 prepare for final Preliminary Exams, the following information from *StudySkills* might be of assistance.

Study Skills – Students and Sleep

How much sleep do I need?

- Different people need a different amount of sleep in order to function optimally during the day. Whilst most adults need about 8 hours sleep a night, teenagers need more like 9 hours and 15 minutes sleep per night. Working out how much sleep you need will take a little time and perseverance. Record how you feel during the day based on how much sleep you had a night and a pattern will start to appear.
- Getting a good sleep is important for your mind and body. Sleep lets your body rest and repair, it helps maintain a healthy immune system and sleep is needed so your body has the energy it needs during the day for activity and concentration. Sleeping well helps you to stay mentally healthy too.
- Signs that perhaps you aren't getting enough sleep or enough good quality sleep include irregular sleep patterns, feeling tired and drowsy during the day, falling asleep at school or in the afternoon, trouble falling asleep or staying asleep, loud snoring, sleepwalking or night terrors and difficulties with concentration and memory.



Top Tips for getting to sleep / sleep routine / falling asleep

- Have a regular bed time and wake up time. A regular bed time helps to set your body clock so your body knows it's time to sleep. Waking up at (or near) the same time each day also helps your body to establish a sleep pattern. Get plenty of sunlight during the day too.
- Establish a bed time ritual. Doing a series of actions before bed also helps your body to prepare for sleep. Ideas include, a warm bath or shower, reading a book, listening to quiet music or doing some gentle stretches.
- Avoid technology in the hour before bed, including TV, computers and phones.
- Exercise during the day so that your body is ready for rest at night.
- Don't eat big meals at night. Eat as early as possible and try to avoid rich, heavy food close to bed time.

- Limit your caffeine during the day and don't drink any caffeine in the afternoon or evening.
- Don't have too much liquid in the evening....and if you are drinking, consider a herbal tea like chamomile.
- Worrying about problems at school or with friends often stops you from getting to sleep. Talk to a trusted person about things that are worrying you to find ways to solve your problems. You could also try some relaxation exercises such as meditation or positive visualisation.
- Have your room as dark as possible when trying to get to sleep. Use a sleep mask if you need to avoid light e.g. from electronic devices, street lights etc.

Staying Asleep

- Make sure the temperature of your room is comfortable. Too cold and you may have difficulty falling asleep or staying asleep. Too warm and the heat will also wake you.
- Having a quiet environment will help you stay asleep. If loud noises often wake you, having some consistent "white noise" can be helpful. Earplugs may also work for some people.
- A comfortable bed which is large enough for you to spread out and is supportive will help you to sleep well, as will a comfortable pillow which provides the right amount of support for your neck.
- Good ventilation in your room helps to get rid of toxins and keep the air you are breathing fresh. A potted plant in your room may help.
- Make sure you go to the toilet just before you get into bed.

Good quality sleep

- Smelling lavender while you sleep might improve the quality of your sleep. Try a few drops of lavender oil in your washing or on your pillow, or using lavender scented soap.
- Have a good sleep environment. Clear your room of clutter. Dust regularly. Have calming colours in your room.
- Try rearranging your room according to Feng Shui principles, whereby you can see the door from your bed, but your bed is not directly facing the door. This may mean putting your bed on an angle.

Feeling refreshed after sleep

- First thing in the morning, drink a glass of water to help you wake up and rehydrate.
- Do some gentle stretches or more vigorous exercise first thing in the morning as part of your morning ritual. This will also help to set your body clock.
- Practice deep breathing while you are still in bed to make sure your body is able to take in lots of oxygen and expel carbon dioxide.

Where to go for help or more information

- If you try out the tips here and are still having trouble with falling asleep or staying asleep, try talking to your doctor to see if there is a medical or other reason.

Study Skills Weblink:

I would encourage all students as part of getting organised next Semester, to look at this website and see the study resources available to students regardless of which year level they are in. The details are as follows:

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au . Our school's access details are:

School's Username – **stpauls**

School's password – **52success**

Mr James Furey
Assistant Principal (Welfare)

Year 7 News

“Education Perfect” – on-line literacy project in Year 7 English

The English Faculty is now trialling the platform Education Perfect. This online system aims to increase student engagement with grammar, literacy skills and a variety of English concepts. It is an interactive platform with a variety of tasks available. The content is linked directly with the Australian curriculum and is already being used by over 300,000 students from 1000 schools. Here at St Paul's we are trialling the system with Year 7 during Term 3. Teachers will be assigning tasks for students to complete during class and for homework. This system will then provide us with immediate insights into each child's progress.

Ms Kerrie-Lee Guest
English Teacher

Year 8 News

The Year 8 debating team recently travelled to St Pius at Adamstown to compete in the Annual Diocesan Debating Tournament. After a dream run last year, we had high hopes for the team in 2016. However, the team was disappointed to bow out after the first debate to the eventual finalists, San Clemente Mayfield. The adjudicator commented positively on the girls' strong arguments and use of strong rhetoric, making special mention of our third speaker, speaker Keely Dunning. Despite their disappointment, the girls had a wonderful day, making some new friends and participating in two well-argued debates.

Our Year 8 debating team consisted of:

First speaker – **Rebecca Post**

Second Speaker – **Ashley Probert**

Third Speaker – **Keely Dunning**

Fourth Speaker and reserve – **Abby Wilcox**



Mrs Nicole Burns
English Teacher

Year 10 News

Brainstorm
Productions

BRAINSTORM PRODUCTIONS Award-Winning In-School Theatre Performances

Cheap Thrills

On **8 September 2016** Brainstorm Productions will be presenting their student wellbeing program 'Cheap Thrills' for **Year 10**.

Cheap Thrills is a live theatre performance that takes the audience on an emotional roller coaster as the lead character's world becomes a boiling, emotional-cauldron, fuelled by risky behaviour and 'cheap thrills'. This moving production is filled with convincing dialogue, intelligent humour, and memorable reminders that risky behaviour can ruin lives. But as fast as the cheap thrills come and as chaotic as the situations get, the experience is sobering and designed to give students the confidence to make good decisions and take personal responsibility for their actions.

Cheap Thrills is part of our student wellbeing curriculum and the program has been developed in consultation with teachers, psychologists, as well as real-life student experiences. The methodology of the program is safe, supportive and nonjudgmental and designed to provide students with positive and useful tools that they can use in their everyday lives.

More than 350,000 Australian students have already benefited from Brainstorm Productions multi award-winning educational theatre programs over the past twelve months. Their programs cater to the specific wellbeing needs of students, helping to create a healthy and harmonious school environment. If you would like to know more about Brainstorm Productions, visit their website at www.brainstormproductions.edu.au

Mrs Libby Lucas
English Teacher

[Return to top.](#)

Year 11 students attended the **Bstreetsmart** presentation in Sydney on Wednesday 17th August. This was a very engaging day (even if a long day due to the early start), and included a Crash Scene Scenario, Brain Injury Unit speakers, Interactive displays of smart technology cars, a speaker from the Spinal Injury Unit, and a breaking distances demonstration. Most students found the initial dramatic presentation of a crash scenario confronting. Ambulances, fire trucks, police cars from the crash investigation unit, actors 'miked-up', and realistic 'blood and pain' screened in large audio-visuals, created a hushed audience. If such a day forces students who are driving to slow down, and be more aware of the risks on the road, then it was a worthwhile day out of school. What a shame that only 60 students took the opportunity to attend.

I am conscious that among the Year 11 students who drive to school, several have been involved in car crashes or near misses. Thankfully there have been no serious injuries. At the last Form Meeting I pleaded with students to be road-wise and to be aware of potential dangers – mobile phones, distractive passengers, rushing to get to school after collecting other students en-route, or visiting Macca's!. I will be asking students for the registration number of the car they drive (or sometimes drive to school), and the passengers that they carry. Each student should have parent permission before they 'jump in' someone else's car. I also reminded students that there is NO provision for student parking within the school grounds – they need to park on the road outside of school and to be mindful of neighbours – that they do not obstruct any driveway or collection of garbage bin. Failure to comply would be bad manners, but will also involve a school penalty being imposed.

Congratulations to each of the students who nominated for student leadership at St Paul's for 2017:

Lara Duggan, Skye Burgess, Aimee Richards, Lauren Cameron, Sophie Scanlon, Colleen Shields, Catherine Mackay, Tahlia McLean, Brooke Charlton, Jessica Godwin, Stella Watts, Hugh Woollett, Ciaran Parsons, Ethan Roach, Aaron Gardner and Layton Pellew. Voting in Years 10, 11, 12 and staff have taken place and the final list of 8 for panel interviews is:

- ⇒ **Lara Duggan**
- ⇒ **Aimee Richards**
- ⇒ **Sophie Scanlon**
- ⇒ **Colleen Shields**
- ⇒ **Hugh Woollett**
- ⇒ **Ciaran Parsons**
- ⇒ **Ethan Roach**
- ⇒ **Layton Pellew**

I thank each of the students for their generosity of spirit, and their desire to work with the executive of the school in continuing to make St Paul's a great place to learn.

Year 11 students should be creating a study timetable for the up-coming **Year 11 exams** in Weeks 8 and 9. The students will only be asked to attend school on the day of their exams, but need to be mindful of organisational issues that pertain to them, for example ski trip or Vietnam organisation. The Monday of Week 10 is a pupil free day for Year 11 (post ski trip), but they are expected to be present for the rest of the week as exam papers are returned, HSC books are distributed ready for next term, the Year 12 'Clap-out' involvement, and for lessons that revise the Preliminary Year.

Congratulations to **Layne Morgan** for selection in the Women's Seven's Rugby side that will play at the half-time interval in the upcoming Bledisloe Cup Clash between Australia and New Zealand at the Olympic Stadium in Sydney.

Mr Ross Wilson
Year 11 Student Coordinator

Opening Hours for Payments to the Finance Office

Parents: come to Reception from 8.30am to 2.30pm
 Students: mornings from 8.30am until tutor group bell
 all of recess time and all of lunch time

School Fee Payments

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

Excursion Payments

1. Qkr
2. Eftpos **Minimum payment \$10**
3. Cheque
4. Cash

Fee Agreements.....

ARE NOW VOID and new agreements for 2016 have to be made with the Principal.
 Please phone the office to make an appointment.

Health Care Cards and Pension Cards If you (**the Fee Payer, not the child**) are in receipt of a health care or pension card, please bring it in and you **may be entitled to a reduction in tuition fees.**

QKR is a great way to pay fees and excursions



For your convenience, when paying for excursions the new Qkr! app is now live for families of our students. Qkr! by MasterCard can be downloaded for free from Apple's app store for iPhones, iPad users can also download the iPhone app or from Google Play for Android phones. Simply:

For more information about QKR visit our website

www.booragul.catholic.edu.au

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

Scan the QR code or search for our school name. Our school will also appear in "Locations Nearby" if you are within 4kms of the school

Step 4 Register your children

When first accessing your school menu, you will be prompted to register your child. This allows you to make school orders on their behalf.

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.

Year	Subject	Date	Venue	Cost	Money Due
12	Biology	25 August	Sydney Children's Hospital	\$60	19 August
8	English	2 September	Lake Cinema, Boolaroo	\$13	26 August
7-11	Music	26 October	Capitol Theatre	\$105	22 July
8	Welfare	31 August	Speers Point Park	\$7	26 August
12	Legal Studies	31 August	All Saints College, St Mary Campus, Maitland	\$30	26 August
10	Welfare	8 September	School Hall	\$8	2 September

Please let the School know if you change your email address. School Accounts are sent via email.

BPay amounts are processed off School Fees only. If you wish the BPay amount to come off any other area, eg excursions, laptop etc. please telephone the Finance Office and confirm this arrangement.

Mrs Betty Harris - Finance Officer

finance@booragul.catholic.edu.au

[Return to top.](#)



Career Thought of the Week:

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time”

Thomas A Edison

Careers in Sport

With the Rio Olympics on, the focus this month is careers in sport. We are a sporting nation so we explore what opportunities there are for young people in Sport, Fitness and Recreation.

All personality styles are attracted to sports. Most people think first of athletes and coaches, but there are also referees, umpires, broadcasters, marketing specialists, agents, equipment managers, dieticians, sports psychologists, trainers and many more positions. Sport is a business that needs managers, accountants and statisticians.

If ever there was a list of diverse, challenging and rewarding careers, sport and sport recreation roles would be close to the top. Today, more and more people are taking part in physical activity, either for the health benefits it provides or purely for social and recreational purposes. This increase in demand means Australia needs more skilled people who are able to provide these services in a safe, fun and professional manner.

If you are a person that enjoys physical activity, loves interacting with people of all ages and backgrounds, and enjoys helping people achieve their goals, a job in the sport, fitness and recreation industry may be for you.

There are 68,907 people employed in occupations covered by these sectors according to the Australian Bureau of Statistics.

The sport, fitness and recreation industries plays a crucial role in the health and wellbeing of Australians. The positive impact they have on the health of both the population, and by extension, our economy, cannot be underestimated.

These are a few websites we recommend you explore to discover careers in sport, fitness and leisure.

1. [Service Skills Australia - Sports Fitness and Recreation](#)
2. [Good Universities Guide - Sport & Leisure](#)
3. [NSW TAFE - Sport & Fitness Careers](#)
4. [Graduate Careers - Sport & Science](#)



Private education providers offer courses in sport management and fitness.

1. [ICMS - Sports Management](#)
2. [ACPE is Australia's specialist undergraduate degrees in sport, dance, and physical education.](#)
3. [Australian Institute of Fitness](#)

Gaining a university degree is not the only way a worker can gain the new skills

TAFE Queensland boss Jodi Schmidt has backed claims that the demand-driven system is corralling too many students into university courses for which they are ill-suited.

“People are making choices based on expectation. We have lost sight of the need for skilling and the balance between higher education and vocational skills and where they fit in the economy.” Ms Schmidt said she strongly agreed that school-leaver aspirations were focused squarely on university, with vocational qualifications seen as a “consolation prize”.

“We have grown in aspiration as a country and are starting to indicate to individuals that success comes with the attainment of certain qualifications,” she said. “But we are seeing more students leaving university with an unclear pathway to employment. A large part of the issue is the inherent inflexibility of the current higher education system.”



Nearly half of all graduates who establish careers as managers and professionals three years after graduation work in a field that is unrelated to their degree, according to a new survey.

The survey, Beyond Graduation 2015, also finds that graduates in health, education and engineering are consistently

likely to be in a job that requires their baseline degree. Conversely, creative arts graduates are the least likely to be in a job directly relevant to their degree.

Graduate Careers Australia, which has been tracking the outcomes of graduates for more than 40 years, yesterday released its final slew of reports. Click to download [Beyond Graduation 2015](#) and Australian Graduate Survey.



Reminder -RSA & RCG Certification 10th/11th November 2016

On Tuesday and Wednesday- 10th/11th November Yr. 12 students are invited to be enrolled to complete their certification in the Responsible Service of Alcohol and Responsible Conduct in Gaming courses. Trainers from the BarMax Group will conduct the courses over two days.

REMINDER THAT letters have already been distributed and payment is due on Monday 29th August

Year 12 UAC Information

DIRECTIONS
Universities Admissions Centre



Students have been emailed this week important UAC information to make application to tertiary institutions a simpler task. This is ahead of our UAC Talks and visits from University of Newcastle this Thursday 25th August.



Please see me for any guidance in this regard.

Important Dates for Term 3/4

20TH August-Open Day Newcastle University

RSA/RCG 10TH /11TH November

UAC Dates for Year 12

UAC Applications Open – Wednesday 3rd August 2016. See: <http://www.uac.edu.au/undergraduate/> to apply

UAC On time applications close: 30th September 2016

UAC Application Fee - \$41 – Year 12 2016 - one off fee. BIG late fees apply if you apply after 30th September.

HSC – results released by BOSTES – Thursday 15th December, 2016

ATAR – released by UAC –Friday 16th December, 2016

These can be accessed online – you need a separate PIN for these.

BOS PIN – you need to activate your account – see <http://studentsonline.bos.nsw.edu.au/> and set up a PIN

UAC PIN - will be posted by UAC to your home at the start of August.

Main Round Offers – 18th January 2017

There are several offer rounds – see inside front cover of UAC Guide for all dates.

Casual Positions/Employment Links

These are ready to view on the school site MN Live. Go to News and Events and click on Student News. These are also emailed to students in Years 10-12 through their school email accounts.

Mr Craig McLoughlin
Careers & Vocational Education Coordinator

It is that time of year again where students in Year 11 and 12 are to complete some important exams and Learning Support ask parents to assist with disability provisions as readers and writers for some students.



This is an SOS for any new parents who may have a few hours to spare to come and assist us in week 8 and 9 this term and for the HSC in October. You don't need to have any prior experience, just a willingness to read and write, we will explain everything to you, however you will need to do a working with children check, this can be completed quite simply as well.

If you think you are able to assist or are interested in finding out a little more information regarding Disability Provisions assistant or the working with children check, please do not hesitate to contact Mrs Katie Philpott, Learning Support Coordinator or Mrs Maree Lawrie for the Working with children check.

Mrs Anne-Maree Melocco
Learning Support Teacher



Religious Studies News



Year 11 Reflection Day

Thank you to all the students who attended the Year 11 Reflection Day today. A report will appear in the next newsletter.

Year 8 Reflection Day

The Year 8 Reflection Day is next week, Wednesday the 31st August. Please ensure the permission note and payment is returned by Friday.

Diocesan schools raise over \$45,000 for Project Compassion

This year, schools across the Diocese of Maitland-Newcastle raised \$45,153.98 for the annual Caritas Lenten appeal, Project Compassion. This is a 30% increase on 2015. Saint Paul's students, families and staff made a substantial contribution to this amount. Thank you to everyone for your support of this charity appeal.

For other news about the Catholic community in Newcastle, Maitland and the Hunter, visit: <http://mnnews.today/>

Mr Michael Doyle
Ministry Coordinator

P & F Chocolate Drive Fundraiser 2016

Please return money or unsold chocolates to the school no later than Friday 23 September

Sellers Prize:

**For every box sold and or partly sold, the seller will go into the draw for weekly prizes.
The final prize of a \$100 Gift Voucher to JB Hi-Fi will be drawn Tuesday 18th October**

Thank you from the St Paul's P & F Association





TERM 3 EVENTS: Students are encouraged to check the sports notice board at school (for those in Year 7 this notice board is located outside the staffroom) and the NSW CCC website for any sport they are interested in – www.csss.nsw.edu.au

Students are required to register online at this website for possible representative selections in their nominated sport. Some NSW CCC dates can change so please check the website. Please see Miss Ellis if you have any questions.

Upcoming Sports Dates

31st August – Year 9 and 10 Girls, Rugby League ‘Tackle Day’

8th September – CCC Rugby League Cup and Plate Final

16th September – CCC Athletics Championships, Homebush

Check future newsletters for:

Cricket – Downie Shield (Open Boys)

⇒ Berg Shield (year 7 to 9 Boys)

⇒ Regional Cricket Selections 15year and U/19 (November)

Indoor Soccer Competition – November

⇒ Girls 7/8 Teams

⇒ Boys 7/8 Team

Oz Tag Gala Day

⇒ Boys 7/8, 9/10 and 11/12

⇒ Girls 7/8, 9/10 and 11/12

Sporting Achievements Updates

In recent weeks.....

Dakota Thomas Year 10 was named in the Australian Schoolgirls netball squad to tour Fiji in May. She also has the under-15 state tri-series challenge for NSW Combined Catholic Colleges in Sydney next month. Well done Dakota!!



Sports News

Last Thursday 18th August, St Pauls had 66 students representing themselves and the school at the Diocesan Athletics Carnival.

During the day we had numerous students breaking their own Personal records. We also had quite a few come in the top three places in their events. Unfortunately, in most events only the top place getter goes through to the CCC Championships at Homebush.

A special mention must be made. **Dakota Thomas**, broke the girls 15 years long jump Diocesan record and the 15 years Shot Put record. Congratulations Dakota.

So well done to all those students who competed on the day and we wish the following students all the best as they proceed through to the CCC Athletics Championships.

Girls: Charlotte Pratt, Dakota Thomas, Grace Shrume, Rebecca Webster and Gemma Lawson.

Boys: Anton Fenech, Zachary Thomas, Jack Hardman, David Lerch, Kendyll Fahey and Thomas Webster.



Parents/Carers

If your child/children are achieving great results in sport, please feel free to email me the details Darlene.ellis@mn.catholic.edu.au and I would be happy to include them in the newsletter. The students are sometimes embarrassed to let me know how well they are doing with their sports. And I think they should be very proud of themselves and be acknowledged for their outstanding achievements.

Miss Darlene Ellis
Acting Sport Coordinator



And so it begins! The first of our HSC Exams kicks off this weekend with our Year 12 French Beginners class sitting their **Oral Exams on Saturday 27th August**. We wish **Erin Sutherland, Daleasha Izzard, Dayna Nugent and Alanna Carew** the best of luck and we take this time to acknowledge the hard work and commitment of **Mrs Pichler and Mrs Karen Poole** in preparing the students for these exams. Bonne Chance!



Erin Sutherland



Deleasha Izzard



Dayna Nugent



Alanna Carew



In addition to this **Year 12 Music students** presented their works in the evening Soiree held in the **Music Rooms on Tuesday 23rd August**. The evening was an informal way for students to present their work for family and friends, providing a safe and encouraging environment for students sitting their Performance exams in just a few weeks' time on **Tuesday 13th September**. The performers on the evening were excellent and the audience, including myself, were privileged to be part of this celebration of the students' effort and commitment. We wish them the best of luck for the upcoming exams.

In Drama news, the HSC class held their HSC evening for parents and friends last fortnight and final works have been submitted in the areas of Film and Critical Analysis. On **Monday 29th August** students will present their HSC individual performance works as well as their Group Self-devised works to external examiners. Students are once again for commended for their HSC preparation and we wish them the best of luck! Students from **Years 11 & 10 Drama will be the audience** for this performance and we are all very much looking forward to it. Good Luck Year 12 Drama!



Creative Arts & Languages KEY DATES:

French Beginners HSC Oral Examinations – Saturday 27th August 2016

Drama HSC Practical Examinations – Monday 29th August 2016

Visual Arts HSC BOW Submissions 9am – Monday 29th August 2016

Music Practical Examinations – Tuesday 13th September 2016

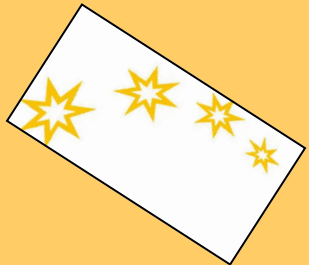
In other news, just because we are not busy enough, we invite you all to attend our **ARCHIPAUL and ART Exhibition NEXT TUESDAY 30th August**. The exhibition will be preceded by a **TAS display at 5pm of HSC Design and Technology** works and Industrial Tech Timber. At 7pm the Art show will commence and we invite all to come along for an evening of celebration. There will be Visual Arts Art and Design works on display from across all years in the Hall and Damascus Centre, including HSC works, food and drinks catered for by our Senior Hospitality classes with Winners of the Art prizes being announced on the evening. Year 10 Music Elective students are also providing music for the evening. We hope to see you all there! Please see the advertisement in this newsletter for more detail.

In Drama news the **NIDA Excursion for Year 11 Drama will be held on Tuesday 25th October**. This will involve travelling to Sydney to take part in the HSC Individual Project Planning day which will allow students to explore concepts, skills and ideas related to their various major works including design, scriptwriting, filmmaking and performance. The cost for the day is \$40 per student plus train fare and notes have gone home with Year 11 students this week.



And finally, the **ASPIRE Program** is now calling for students who would like to audition for the 2017 Ensembles in Production, Vocal, Instrumental, Drama and Dance. I encourage all students to think about taking up this amazing opportunity to be part of the program. Learning about your craft, making friends, developing skills and performing in the major production are all benefits to students giving them confidence and skills in their own practice. **Audition forms available from the office and students are welcome to speak to either myself, Miss Heads , Miss Hook or Ms Starkey.** I am including in this newsletter some photos from the recent ASPIRE production. See if you can spot our very talented students! You can see the whole gallery on the CSO website:

<http://www.mn.catholic.edu.au/about/news-events/galleries/mega-aspire-2016-theres-something-strange-about-marvin-mcrae>



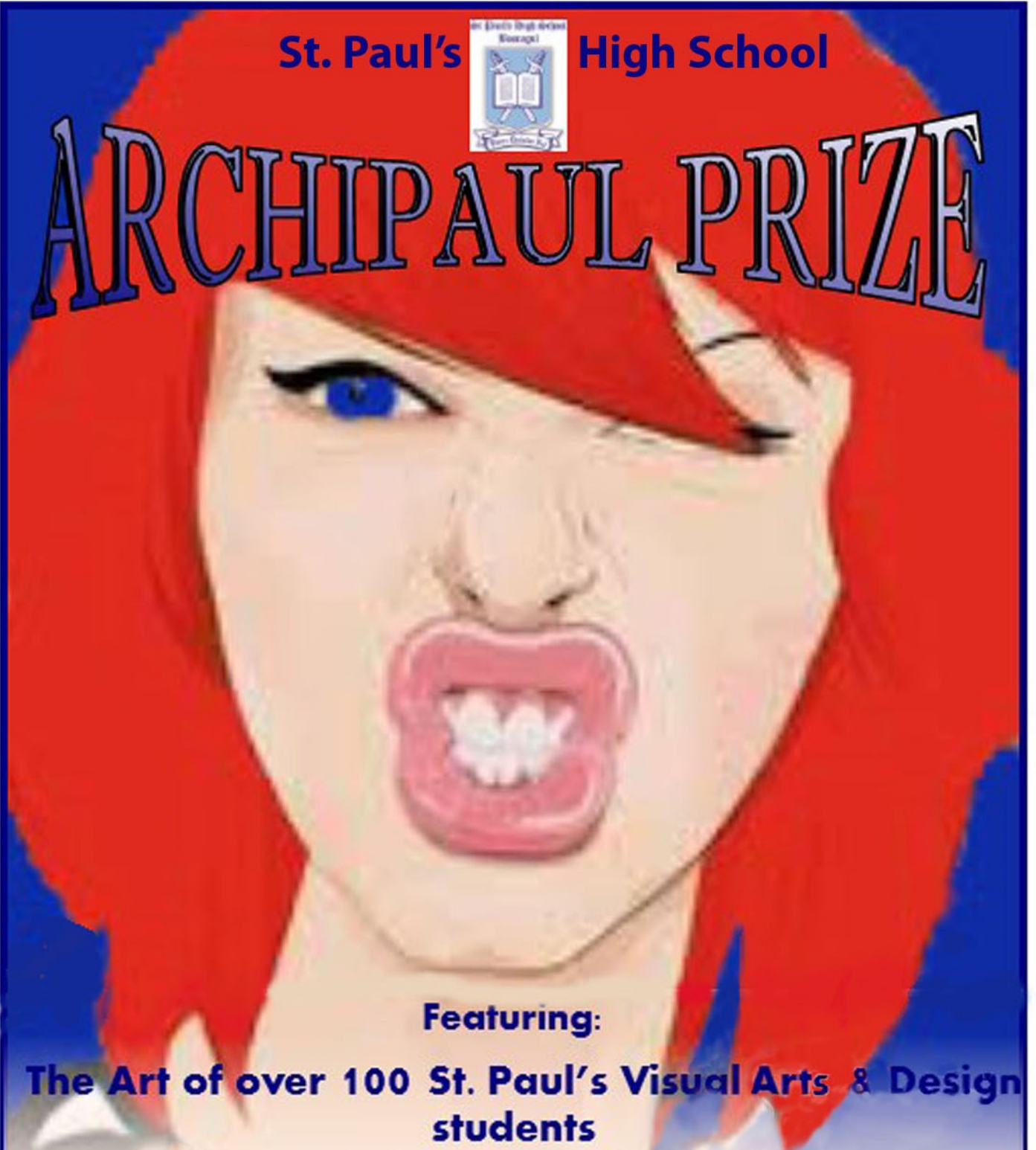
Mrs Cathy O’Gorman
Creative Arts & LOTE Coordinator

St. Paul's



High School

ARCHIPPAUL PRIZE



Featuring:

The Art of over 100 St. Paul's Visual Arts & Design students

Also TAS projects on display from 5.00pm

Date: Tuesday 30th August Time: 7pm

Tickets: \$5 per family or \$2 pp at the door

Fine Food and Wine supplied

All Welcome

Year 7 - 2017
Year 10 - 2017



St Paul's High School 2017 BYOD SPECIFICATIONS

Students attending St Paul's High School will require a portable computing device to operate in a contemporary learning environment.

Bring Your Own Devices will be used as a learning tool for online research, work production/creation and enhancing curriculum delivery.

Please Note:

- ▶ **St Paul's High School supports a Microsoft Windows Environment**
- ▶ **Consider a wireless keyboard if purchasing a Tablet device**
- ▶ **Microsoft Office 365 is available for **FREE** to all students****

** Only available whilst attending a Catholic School in the Diocese of Maitland-Newcastle



Suggested Entry Level Hardware Specifications: (Laptop/Convertible Laptop/Tablet)

Central Processing Unit (CPU)	Intel: Celeron, Pentium, Core M series, Core I series or AMD Intel Core i5/AMD A8 recommended for Year 10 students
Storage (Hard Drive)	120GB+ solid state drive (SSD), 250GB+ standard HDD
Memory (RAM)	4GB+
Screen Size	11" to 14"
Battery Life	6 hours +
Wireless Compatibility	802.11a/b/g/n (2.4GHz – 5GHz)
Operating System	Microsoft Windows 7, 8.1 or 10

St Paul's High School

2017 BYOD SPECIFICATIONS

Additional Considerations:

Recommendation	Reason/Explanation
Maximum weight of 2kg	Students will be carrying the device to and from school and also between classrooms
Physical Dimensions	The device should not be too large, this increases risk of damage, difficulty with transport and weight. i.e. Devices with 15.6" screen size
Solid State Disk (SSD) – optional for laptops	This type of disk speeds up the laptops performance and extend battery life. It is also more durable in its operation when moved around
Operating System	Apple devices are not compatible with our teaching environment. i.e. Apple Mac OSX. Teachers use Windows Operating Systems
Protective cover/case	A hard cover or case containing memory foam for added protection is essential when transporting. Some back packs have dedicated protection pouches
Backup	A USB flash drive and portable hard drive is recommended to backup files on a regular basis, <i>the flash drive to use at school – the portable hard drive for use at home</i>
Battery Life	Make sure the device is fully charged overnight; reduce the screen brightness, shut down device when not in use
Anti-Virus Software	Windows 8.1 & 10 have a built-in Anti-virus application – Windows Defender. The purchase of 3 rd party antivirus software is not necessary but is at the discretion of the purchaser
Browser Software	Internet Explorer, Microsoft Edge, Google Chrome are all acceptable browsers. An advertisement blocker is also recommended to enhance browsing experience and reduce risk of infection
SUPPORT	IT staff provide limited technical support for student devices. It is the responsibility of the student for the upkeep and working order of their own device.
Unacceptable Devices	Windows RT, Android, Chromebook, iOS and Mac devices

Targus TANC Laptop Bag

By absorbing shocks, bumps and drops, the TANC bag doesn't just prevent laptop, screen and other damages, it minimises the need for laptop repair.

Will suit 13.3in devices, and Dell Latitude E6430 model. Now available from the school

Cost: \$10, please pay at the Finance Office

Enquiries to Mr Graham Hancock - Technology Support Officer





Canteen Roster



Monday 29 August - Friday 2 September

Mon	Melissa Dobosz, Sharyn Kiely, Melanie Parker
Tues	Emma Boslem, Paula Tripney
Wed	Linda Gesell, Nannette Preston, Kim Harding
Thurs	Paula Douglas
Fri	Megan McInnes, Jennifer Davis, Carole Crabbe

Monday 5 - Friday 9 September

Mon	Kerri-ann Richardson, Rhonda Bull
Tues	Mark Simpson, Susen White, Shame Johnson
Wed	Jodie Riggs, Candance Way
Thurs	Nicole Miller, Lisa Kelly
Fri	Tania Egan, Mary Norris, Kylie Powell, Caroline Hickey

Canteen Supervisor: Carolyn Phone - 4946 3115

Canteen Hours: 9.00am to 2.30pm

If you are unable to come on your day, please try to arrange a swap or contact Carolyn.

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

Term 3 2016

Week 6	Mon 22 Aug	CCC Basketball
	Tues 23 Aug	HSC Music Soiree
	Wed 24 Aug	Chocolate Fundraiser begins
	Thurs 25 Aug	Yr 11 Reflection Day
	Sat 27 Aug	Yr 12 Biology Excursion HSC French Oral Exams
Week 7	Mon 29 Aug	CCC Knockout Football
	Tues 30 Aug	Yr 7,8 Indigenous Students-IBelieve CCC Knockout Football
	Wed 31 Aug	Archipaul Exhibition Yr 10 DIO Debating
	Thurs 1 Sept	Yr 8 Mass & Reflection Day
	Fri 2 Sept	Yr 12 Legal Studies Excursion Yr 7 Vaccinations (3rd visit) Yr 8 English Excursion Yr 7 History Incursion
Week 8	Mon 5-15 Sept	Yr 11 Exams
	Thurs 8 Sept	Yr 12 Ext 1 Maths Excursion
	Fri 9 Sept	Yr 10 Cheap Thrills Yr 12 Ext 2 Maths Excursion
Week 9	Mon 12 Sept	Basketball-NSW Championships
	Tues 13 Sept	Yr 7,8 Indigenous Students-IBelieve
	15-18 Sept	Yrs 9 & 10 Commerce Excursion
	16 Sept	Yr 11 Ski Trip CCC Athletics
Week 10	Mon 19 Sept	Yr 11 only - Pupil Free Day
	Wed 21 Sept	Yr 8 Medieval Incursion
	Thurs 22 Sept	Yr 12 Graduation Mass
	Fri 23 Sept	Yr 12 Award Ceremony/Assembly LAST DAY OF TERM 3

Next P & F Meeting

Wednesday 6 September

All welcome

Damascus Centre 7.00pm



AUROZA

Reminder:

Aurora - the magazine of the Maitland-Newcastle Diocese is available in The Newcastle Herald.

Look out for it on the first Tuesday of every month.

LOST AND FOUND SCHOOL JUMPERS / JACKETS / CLOTHING ITEMS



We have many items of clothing in our Student Services area waiting for collection.

Please come and see if you belong to any of these items, otherwise they will be donated to the Clothing Pool at the end of Term.



Clothing Pool

Clothing Pool

Hours: Tuesdays & Thursdays 8.30am - 9.30am

Location: E Block (near the basketball courts) – students & adults welcome

- ◆ We can sell your near new items on Consignment (must be \$20 and over).
- ◆ Please put a label/tag on **each** item with the **price, name, address and phone number** of the person who is to receive payment.
- ◆ When the item is **sold**, a P&F cheque will be issued.
- ◆ 10% commission applies for items less than 3 years old.
- ◆ Items that are not sold within 3 years are then considered a donation to the school.
- ◆ *Any items under \$20 are donations to the P&F Clothing Pool.*



School
Uniform
Information

Catering Uniforms

Available at reduced prices !

Uniforms

All NEW uniform items are available at Lowes Glendale and Verdun Hiles, Toronto.

Low Prices !



Blazers

There is a selection of **BRAND NEW BLAZERS** available from Clothing Pool .

Normally selling for \$150.00 - **Now only \$100.00.**

Please pay at the Finance Office.

Special

LARGE RANGE OF JUMPERS AND SPORTS UNIFORMS IN STOCK NOW

For further information please contact Kathleen Dyett at: kathleend@extrabuild.com.au

Senior Uniforms

Large range of boys and girls sizes.

Great condition!

Shirts, shorts, skirts, ties, blazers.

Cash or cheques only

When Leaving School Early

Leaving school without Parent/Guardian:

If students are leaving school early they must bring a note from their parent/guardian to leave class early.

The note should be shown to the class teacher to be dismissed from the class.

The student must then go the Front Office, hand in the note and swipe out.

Leaving school early with Parent/Guardian:

If students are leaving school early during class time with their Parent/Guardian they must bring a note from the parent/guardian. (As Students may not be contactable e.g on PE Prac or in a class room without a phone)

The note should be shown to the class teacher to be dismissed from the class.

The student must then go the Front Office, to meet their Parent/Guardian.

A note is not necessary if leaving with a Parent/Guardian at recess or lunch.



St. Paul's High School

Booragul

Help St Paul's High School - Booragul fundraising effort by purchasing the NEW 2016 | 2017 Entertainment™ Book. Hurry! FREE delivery for a limited time.

Buy your Entertainment™ Membership now and receive free delivery!



For a limited time, postage is FREE to any address in Australia when you buy the NEW 2016 | 2017 Entertainment™ Book online from us!

The NEW 2016 | 2017 Entertainment™ Membership is packed with thousands of up to 50% OFF and 2-for-1 offers for the best local restaurants, cafés, attractions, hotel accommodation, travel, and much more!

20% of the purchase of every Membership sold contributes towards our fundraising.

[ORDER FROM US TODAY](#)

[See what's inside»](#)



St Paul's High School - Booragul

Phone: 0249586711 | Email: admin@booragul.catholic.edu.au

THANK YOU FOR YOUR SUPPORT!

World Suicide Prevention Day
Friday 9th September 2016
Fort Scratchley, Newcastle East



Lifeline joins international activities to observe **World Suicide Prevention Day**, a time to provide an opportunity to discuss suicide prevention openly and respectfully. You can make a difference and show your support for the work that we do at Lifeline Hunter Central Coast by participating in Lifeline's symbolic **Out of the Shadows and into the Light** dawn walk and/or our free breakfast. We invite you to join us as we walk to raise awareness, remember those lost to suicide and unite in a commitment to prevent further deaths by suicide.



6:00am – 7:00am

Out of the Shadows and into the Light Walk

Assemble at the base of Fort Scratchley from 5:45am and walk along the foreshore with members of the NSW Police and Ambulance Services, returning via the Resilience Sculpture.

7:00am – 8:30am

World Suicide Prevention Day Breakfast

Free hot buffet breakfast at Fort Scratchley with guest speakers Rev. Kesh Rico Govan speaking about his own personal experiences in dealing with suicide and Garry King, subject-matter expert on self-harming behaviours.

*We look forward to connecting with you at one or both events for
World Suicide Prevention Day*

Lifeline Hunter Central Coast

(incorporating Lifeline Newcastle & Hunter and Lifeline Central Coast)

12 Maitland Road, Islington (PO Box 219) NSW 2296

P 02 49402000 M 0408 847687 F 02 49402010

Kip McGrath
EDUCATION CENTRES

MAKE A PLAN TO HELP THEM SUCCEED

If you're concerned that your child is falling behind in class...

Boost your child's success, self-esteem and confidence in English and Maths with a personalised learning programme from Kip McGrath

Book your free assessment today

✓ Proven Methods ✓ Qualified Teachers ✓ Primary - Secondary

Call Sue on 4945 4112 to book a free assessment

Adamstown 297 Bruner Rd	Belmont 12 High St	Toronto Unit 3, 8 The Blvd
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Sue Felsing, 'Excellence in Entrepreneurship' Winner in the 2016 Lake Macquarie Business Excellence Awards

www.kipmcgrath.com.au

2016
 19th Annual
 Special Needs Mass
Come to the Table

St James' Primary School Muswellbrook
 together with Catholic schools of the Upper Hunter region and
 the Federation of P & F Associations, Special Needs Working Party
 Warmly welcome all to join with
 principals, teachers, school staff and families and parishioners to
 celebrate our Annual Special Needs Mass.

Tuesday 30 August, 2016 at 7pm
St James' Catholic Church
 65 Brook Street
 MUSWELLBROOK

No RSVP required, however for further details, please contact:
 Cath Garrett-Jones, Parent Liaison and Resource Officer
 P 4979 1303 E cath.garrett-jones@mn.catholic.edu.au

St Paul's High School, Booragul

Junior School Uniform – Years 7-10

All Students Need To Wear Their Uniform In An Acceptable Manner

Girls

Skirt	Check blue 91876 and of a modest length – as a guide 5cm above the knee.
Blouse	Sky blue (04) Peter Pan collar as Midford style 5045. Top button only to be undone. An all-white or pale blue short sleeved plain T-shirt may be worn under a school blouse as long as it is not seen except for a little at the neck.
Cardigan	Navy school cardigan with school crest.
Socks	White ankle height. Navy stockings may be worn in winter. Socks and stockings should not be worn together.
Shoes	Totally black leather, polishable lace-up school style. Instep must be totally covered. Boots and high tops are not acceptable.
Slacks	Navy tailored slacks.
Sport Uniform	Navy knit shorts with sky piping and embroidery. Must be of an acceptable length. School sports polo shirt with crest. St Paul's tracksuit (optional).

Boys

Shirt	Sky blue (04) as Midford style 1010. An all-white or pale blue short sleeved plain T-shirt may be worn under a school shirt as long as it is not seen except for a little at the neck.
Shorts/Trousers	Conventional grey serge shorts or trousers only.
Socks	Grey with trousers. Blue marle long socks with shorts.
Belt	Black belt only – not worn low.
Shoes	Totally black, leather, polishable lace-up school style. Instep must be totally covered. Boots and high tops are not acceptable.
Sport Uniform	Navy microfibre shorts with piping, zips and embroidery. Must be of an acceptable length. School sports polo shirt with crest. St Paul's tracksuit (optional).

Boys/Girls

Jacket	Tracksuit jacket. In cold weather students may choose to wear the school jumper and jacket.
Jumper	Navy V-necked with school crest.
Hat	In line with our Sun Smart policy, students are expected to wear a hat when participating in outdoor activities. Hats can either be the school hat or hats that contain the school colours.
Scarf	Scarf in school colour or navy school woollen scarf is available from Lowes.
Sport Shoes	Conventional lace-up sport shoe/jogger offering adequate support in the arch (not canvas shoes) and white sport socks.
Sport Uniform	It is acceptable for students to wear full sports uniform to school on Friday (Sport Day) and on days when they have a designated practical PE lesson (as determined by the PE Department). NSWCCC 'Hoodies' may be worn only on Fridays – sport days.
Jewellery	The wearing of jewellery is not encouraged but the following items are allowable: a watch, one ring, one bracelet, a simple metal chain, sleepers or studs (no more than two pair). Incorrect or excessive jewellery will be confiscated. Facial piercings (eyebrows, noses, lips etc) are not permitted . However for Year 11/12 only one small nasal stud – not nasal ring, is permitted. Visible tattoos are not permitted . If nail polish is worn it must be clear.
Makeup	Must be kept to an absolute minimum.
Hair	Hair for both boys and girls is to be neat and tidy and within reasonable social standards. Multi-coloured hair styles, extremes of unnatural colour and style will not be permitted. Long hair should be off the face and kept in check in some way.
Facial Hair	Facial hair is not permitted in the Junior School. Students should be clean shaven.

Senior School Uniform – Years 11 and 12

Girls Summer	Navy pleated skirt, white blouse with red piping on the collar and crest on pocket of the blouse (smaller than junior size), white socks. The skirt must be of a modest length – as a guide 5cm above the knee.
Girls Winter	Navy pleated skirt, white blouse, school jumper or school vest. Navy tie piece, navy stockings, navy slacks and school woollen scarf are optional. Navy collarless school blazer must be worn during Terms 2 and 3. The school jumper or vest may be worn under the blazer for added warmth.
Boys Summer	White shirt (with crest on the pocket), conventional navy shorts, blue marle socks, plain black belt.
Boys Winter	White shirt, navy trousers (which can be worn all year if so desired), school jumper or school vest, senior tie. Navy school blazer must be worn during Terms 2 and 3. The school jumper or vest may be worn under the blazer for added warmth.
Shoes Girls & Boys	Totally black, leather, polishable, lace-up school shoes. Toes and instep must be totally covered. Boots and high tops are not acceptable.
Hats	In line with our Sun Smart policy, students are expected to wear a hat when participating in outdoor activities. Hats can either be the school hat or hats that contain the school colours.
Jewellery	The wearing of jewellery is not encouraged but the following items are allowable: a watch, one ring, one bracelet, a simple metal chain, sleepers or studs (no more than two pair). Incorrect or excessive jewellery will be confiscated. However, for Year 11/12 only one small nasal stud – not nasal ring is permitted. Visible tattoos are not permitted. If nail polish is worn it must be clear.
Makeup	Must be kept to an absolute minimum.
Hair	Hair for both boys and girls is to be neat and tidy and within reasonable social standards. Multi-coloured hair styles, extremes of unnatural colour and style will not be permitted. Long hair should be off the face and kept in check in some way.
Facial Hair	Facial hair is should be neatly trimmed in line with acceptable professional presentation.

Please Note: *Correct uniform is to be worn appropriately at all times. If a student is unable to wear correct uniform on any day they must bring a note of explanation from their parent or guardian. This note needs to be signed by the Tutor Group Teacher. This must only be temporary (a day or two.)*

Out of Uniform Day Dress Requirements — All Years

The **Dress Code** on Out of Uniform Days requires an appropriate sense of modesty:

- Garments should **not** be revealing – therefore no thin strapped singlet tops, strapless tops, low-cut tops, mid-riff tops or see-through material.
- No offensive slogans or inappropriate language to be printed on any garment.
- Skirts and shorts should be of a **modest length**.
- For safety reasons, footwear needs to be enclosed and as such, thongs are inappropriate.

Other items of clothing and footwear should be appropriate to the day. Students will not undertake practical classes (including PE) if they have inappropriate footwear.

Students who attend school in clothing which is inappropriate will be placed on an **Afternoon Detention**.

SHOE REQUIREMENTS





No adequate coverage or protection ❌



No adequate coverage or protection ❌



No adequate coverage or protection
Sandshoe
not Polishable Leather ❌



No adequate coverage or protection ❌



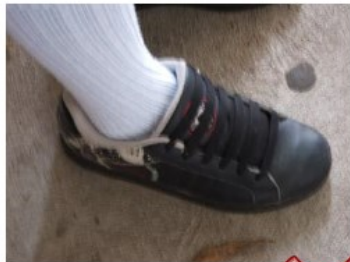
No adequate coverage or protection ❌



No adequate coverage or protection ❌



Wrong Laces ❌



White flashing ❌



Not Black
not Polishable ❌



Wrong Laces
not Polishable ❌



Sandshoe
not Polishable Leather ❌



White flashing ❌



Boot-not a shoe ❌