



2 November Vol: 18 - 16

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

I came across this interesting article in a newsfeed that I subscribe to. It talks about young people and their connection to social media sites such as Facebook and Instagram. I hope you get as much out of this as I did.



Instagram

Our love of social media seems to have grown and grown in the past decade, but recent studies show the tide may be turning for some platforms, with young people in particular ditching Facebook. One study claims that more than 11 million teenagers left Facebook between 2011 and 2014. It's been argued that they are swapping public platforms such as Twitter and Instagram for more private messaging apps like WhatsApp and Snapchat.

We asked the Guardian's younger readers whether they have quit social media and why, as well as what apps they are ditching. Almost all reported a greater sense of happiness after going offline. Here, we share some of their experiences.

- *Daisy, 23, Manchester: 'I feel less anxious and less like a failure'*

After a romance ended with a guy I really liked, I kept trying to avoid Facebook so I wouldn't have to see him. It was after this that I gradually switched off from it, but before that I'd been wanting to quit for a while.

Facebook made me feel anxious, depressed and like a failure. When I went online it seemed like everyone was in Australia or Thailand, and if they weren't travelling they were getting engaged or landing great jobs. I felt like everyone was living the dream and I was still at home with my parents, with debt from my student loan hanging over me.

I also felt that if I wasn't tagging myself at restaurants or uploading photos from nights out, people would assume I wasn't living. I remember a friend from uni said to me once, "Yeah, but you're still going out having fun, I've seen on Facebook." I tried to present myself as always having a great time. If my status didn't get more than five likes, I'd delete it.

It makes you realise who your real friends are and how social media takes the joy out of sharing news with people.

- *Ben, 21, Surrey: 'I have a much more positive mindset now'*

I made a New Year resolution to cut down on my social media use. After doing this I started to ask, why am I using it at all? That's why I've quit various platforms over the past year: Snapchat in November and Facebook in June. I've never really had WhatsApp or Twitter. I mainly used Facebook at university, for organising events and meet-ups, but I've gradually started to realise how pervasive it is. I also feel uncomfortable with the amount of time I used to spend on it.

I've always found social media to be an environment in which people constantly seek



twitter

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attention and validation through one-upping people's comments, and boasting over likes and retweets.

We've not needed social media for thousands of years and now people think your life is over if you don't have it

- Syed Ali, 19, Birmingham: 'I don't need to prove anything to people'

There's so much negativity on social media, with people complaining about how tough their lives are (and these are the same people who post a picture of every meal they eat). That's part of the reason I haven't been using it for the past three years.

Posting on social media is quite frustrating because it feels like everyone is conforming to the norms, and you have to post photos of yourself (every place you visit, etc). Some people merely "like" your pictures so you return the favour – it's childish. I don't need to prove anything to people or show people I'm doing well. This has made me a much happier person.

- Kevin, 23, Dublin: 'I enjoy actually talking to people face to face'

When I used Facebook, I found myself aimlessly watching videos and scrolling through articles that I never had any interest in reading in the first place. Furthermore, the Facebook statuses I saw were very uninspiring.

Leaving Facebook was one of the best decisions I've made this year. Aside from the increased productivity that comes from not having it, I enjoy actually talking to people face to face, and not seeing what someone I met once, years ago, had for breakfast.

I do, however, forget to wish a lot of people happy birthday and I seem to be months behind in finding out some news – but I find out eventually.

Leaving Facebook was one of the best decisions I've made this year

- Sophie, 18, Surrey: 'I used to check for updates countless times a day. Now, I'm free'

I've never really used Instagram and Tumblr because I don't see the point of them. I had Twitter for news updates when I was in school and sixth form, but stopped using it when my exams started. As for Facebook, I only ever used it to contact my friends, but Skype chats and other apps mean I don't need it any more.

I've been free from the chains of social media for about six months now, which doesn't seem like a lot of time, but it feels like it now that my time isn't being sapped by these apps. It sounds so silly, but since leaving I feel like my own person. Before, Facebook and Twitter became almost like extra arms attached to me that I constantly had to be aware of. I used to check for updates countless times every day. Now, I don't have to be reliant and dependent on it any more – it's like a breath of fresh air. I don't plan on going back, except for maybe WhatsApp if I need to talk to people when I'm abroad.



These young people make some interesting points. I watch the students at St Paul's constantly on their phones, messaging, updating, and chatting. I have had arguments with students about using their phones at inappropriate times and the threat of confiscation sends them into an absolute rage. Michael Carr-Gregg suggested once that taking a phone from an adolescent is like cutting off their arm!

I suggest you keep an eye on your child's phone usage. Talk to them about the comments in the article above and ask them if any of the comments resonate with them. It could prove to be an interesting conversation.

Article downloaded from https://www.theguardian.com/media/2016/sep/21/does-quitting-social-media-make-you-happier-yes-say-young-people-doing-it?CMP=share_btn_tw (1 November 2016)

Go Gently.....

Mr Graeme Selmes
Principal

P & F Chocolate Drive Fundraiser 2016

Money and/or unsold chocolates are now OVERDUE to be returned to the school

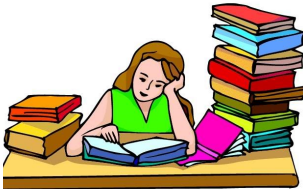
Winner of the JB Hi-Fi \$100 Gift Voucher was:

Keely McCabe from Year 8 pictured here receiving her prize from Mr Ptolemy.

Congratulations Keely and all our other \$20 Gift Voucher winners.

Thank you to everyone who supported this fundraiser
on behalf of the St Paul's P & F Association





Semester Examinations

Edward Young, the 18th Century English poet, once noted that 'procrastination is the thief of time', and as our students move rapidly toward their semester examinations I find myself reflecting on the profound wisdom of these words.

Faced with the opportunity to prepare thoroughly and effectively for the forthcoming assessments, it is all too easy to fall into the trap of procrastination. There is always a pressing social media emergency demanding our attention, or friends that need us, or an interesting item of note on YouTube.

All of us can easily fall into the trap of procrastination, but with exams approaching it is vitally important that students try to prioritise effectively and remain on track. Do not allow yourself to think that you will begin studying tomorrow – start today!

In order to keep task oriented when undertaking study, it is usually wise to work in short bursts. Thirty minutes of focused study (with distractions removed), pen in hand and writing notes followed by a 15 minute break, is often significantly more effective than sitting in a room for several hours facing a computer screen.



Exams will be in Weeks 5 and 6 and all Years 7-10 students should now have a copy of their examination timetable.

Year 11 also should be aware that they have their first HSC assessments scheduled for later this term – a more precise outline of these events will be released soon.

Mr Greg Ptolemy
Assistant Principal - Curriculum

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.

Next P & F Meeting

Wednesday 2 November

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 Wednesday of every month.

Study Skills:

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

eSafety Commissioner YouTube link:

The following is an excerpt from Generation Next with a link to the Federal Government's initiative to address cyber bullying. The following link might be of some interest to parents and families. Should any student need support with any instances of cyberbullying, could I invite them to speak with their respective Student Coordinator.

What Do We Know about Cyberbullying among Young People?

<https://www.youtube.com/watch?v=mkE816KGcTQ>

[Click here](https://www.youtube.com/watch?v=mkE816KGcTQ) to watch video (ctrl click)



Cyberbullying is a major concern on most parents' minds, but what do we know about how it plays out among young people? Greg Gebhart, Senior Education Trainer at the Office of the Children's eSafety Commissioner discusses the prevalence of cyberbullying, key reasons young people engage in this behaviour and its most common forms.

Transport NSW Opal Cards:

A reminder that students need to be presenting their Opal Cards on our School transport systems. Each student is expected to 'tap' their card as it is an essential measure of how many students actually use school buses. Transport NSW regularly review the services linked to St Paul's and this can determine any changes to routes or overcrowding issues.

If students do not tap their Opal Cards, it may affect our future transport services from Transport NSW.






Mr James Furey
Assistant Principal - Welfare


END OF YEAR ACTIVITIES


Year: 7—10


Thursday 8 December to Wednesday 14 December




Booklets will be issued to students this week and selections can be made from Week 6 onwards




at pppst.com





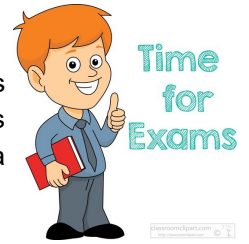




Congratulations to all Year 7 students for successfully negotiating Term 3. Term 4 offers fabulously exciting opportunities during end of year activities, but prior to all the fun and frivolity we have the serious business of exams.

All Year 7 students should have received their exam timetable last week. This week in long tutor group we will be going through the exam timetable to ensure that all students are aware of the exams and when and where they are scheduled. Students will also receive a blank study timetable for their own use to help prepare themselves for the upcoming exams.



With warm weather upon us I would like to send a **STRONG** reminder to all Year 7 students that **spray can deodorants are not to be used at school**. We have a number of students who suffer asthma and the use of spray deodorants can pose a significant risk to these students. Please purchase roll-on deodorant for use at school. All spray can deodorants will be confiscated if used at school.



Whilst on contraband items – all forms of **energy drinks are banned at school**. The best form of hydration on a hot day is **WATER**. The P&F have purchased and installed a number of new filtered water dispensers around the school that students can use to refill their water bottles.

There are a number of online revision programs students can access in preparation for exams: English- Education Perfect; Maths – Hotmaths; Science – Cosmos (Stile) and KISS (OneNote Revision) and a Study Skills Handbook that has a link on the Year 7 Portal (**username: stpauls, password: 52success**). Good luck with your preparation for exams.

Mrs Natalie Squires
Student Coordinator

Vinnies Christmas Hampers

Christmas is approaching quickly. Most of us celebrate this special time with family, friends, presents and food. For many in our community who are financially struggling for all sorts of reasons, a Christmas like this is not possible.

Our local St Vincent de Paul Conferences (Morisset, Toronto, Booragul, Boolaroo) assist these individuals and families throughout the year and at Christmas. This is where the generosity of our St Paul's students and families play a part.

Traditionally each student chooses an item from a list in their Tutor Group (food, serviettes, bon bons etc). They are then asked to bring this item in to school in the next few weeks. All items are made into hampers.

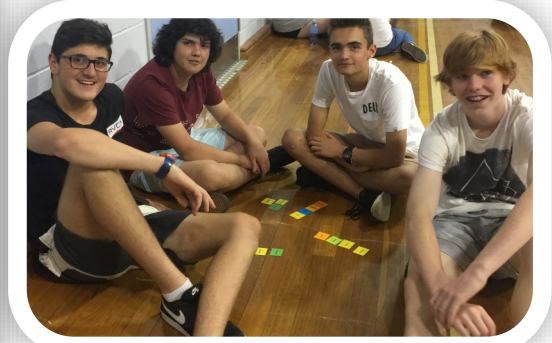
We will be presenting the hampers to the Vinnies Conferences at our Advent Liturgy on 7th December.

Thank you in advance for your generous contributions.

Ms Fran Heard and Mrs Brigid de Winter

Year 9 News

This term Year 9 have a focus on Leadership as we prepare to welcome the Year 7 students for 2017 and take on the responsibility of **Peer Support Leaders**. On Monday 17 October Year 9 students participated in a Leadership Day at the school. Students listened to many stories and enjoyed team building activities with their peers. There was also a time for reflection as we looked to develop the skills and traits it takes to be a good leader. This week, students who attended the day will have the opportunity to nominate themselves to be considered as a Peer Support Leader for 2017. The role involves further training and the responsibility of leading a small group of Year 7 students next year through the Peer Support Program. The selected leaders will also assist and meet their groups on the Year 6 Orientation Day later this term. There will be a note sent home later this week and nominations will close on Tuesday 8 November.



A few of our students in Year 9 have been successful in their various sporting activities over the past few weeks. Please let me know of any successes your child has experienced out of school so that we can celebrate and acknowledge them as a community. Firstly, congratulations to **Joshua Ford** who has taken out **Gold at the 2016 World Field Archery Championships** in the Junior Male Freestyle Unlimited Division. Freestyle Unlimited is a target style of archery not used for hunting, using a bow, release aid, moveable sight and scope to assist with accuracy of the shot. Well done Josh!



Joey Jevtic was selected with the boys from Central Coast Mariners and eight boys from North shore Mariners to tour India recently for football (soccer). Joey played nearly all whole games minus about five minutes in the first game. He assisted many goals scored from his attacking midfield position. As a result of his efforts Joey has been offered a position with the U/18's Central Coast Mariners and hopefully will play with the U/20's who he has been training with since he has returned. Keep up your efforts Joey!

A friendly reminder to parents and students that timetables have now been distributed for the upcoming examination block starting on Wednesday 9 November through to Tuesday 15 November. A letter detailing requirements for next year's BYOD for Year 10 has also been distributed. If you have not received this information please ask your child to collect additional notes from the Student Services Office.

Mrs Blair Brownlee
Student Coordinator



Many students were acknowledged at a recent Form assembly for their diligent and consistent efforts in class throughout Term 3. The following list is extensive and demonstrates that many Year 10's are being rewarded for the effort they are making in a variety of subjects.

Merit Certificates:

Hannah Hickey(4), Cooper Paget(3),Taj Abrahams, Laura Boslem, Kendyll Fahey, Daniel Ireland, Jordan Kotevski-Kaye, Harrison Manning, Emily Noonan, Arbi Watt, Sam J Willis, Claudia Becus, Kiara Conaghan, Liam Fitzpatrick, Callan McDonald, Joshua Snedden, Sam L Willis, Gabrielle Bracken, Lucy Douglas, Maddison George, Ricky Harden-Briot, Lauren King, Jemma Lawson, Tom Negline, Abbey Nugent, Ryleigh Parton, Laney Quinn, Liam Bennett, Tom Curran, Connor Davies, Ben Dunning, Nadia Egan, Jarvis McLeod, Daniel Mason, Cheyenne Murphy, James Roper, Matilda Shrum, Cooper Stowe, Luke Baker, Abby Lui, Tully Maurer, Shae McManus-Smith, Joshua Sueli, Samantha West, Emily Callinan, Kaylee Coombe, Blake Hamon, Samantha Hawthorn, Charley Lawlor-O'Neill, Breanna Power, Chloe Roberts, Ben Taylor, Oliver Watson, Jacob Attard, Nicole Davis, Jesse Fittler, Lachlan Hemson, Samuel Herring, Grace Kennedy, Liam O'Neill, Jinn Yi, Madison Bednarz, Connor Crase, Olivia Fanning, Lincoln Forrester, Madison Forshaw, Julianne Fox, Jack Heness, Natalia Hogan, Kianni Johanson, Liam Kennedy, Lachlan Parker, Dakota Thomas, Jed Fatches, Hannah Fletcher, Molly Galbraith, Lochie Kneis, Isaac Milajew, Samantha Moonen, Heath Penfold, Riley Smith, Katie Williams.

As a result of receiving three Merit Certificates the following students have received a **School Commendation:**

- ◆ Hannah Hickey(5), Lucy Lantz(9), Callan McDonald(3), Cooper Paget and Dylan Simone.

Due to receiving three School Commendations the following students received An **Award of Honour**. This puts them a step closer to receiving a **Principal's Medal !!!**

- ◆ Callan McDonald, Charley Lawlor-O'Neill, Hannah Hickey and Lucy Lantz.



As the P & F major Fundraiser for the year has drawn to a close, a number of Year 10 students are yet to, either return **chocolate money** or unsold chocolates. These students will be reminded to do so and are expected to honour that fundraiser.



The Final Year Exam Timetable has been issued and students are to carefully check this timetable and be thoroughly prepared for these final assessments.

Cyber(Smart) booklets have also been issued to all students. This booklet is a Parent's guide to online safety which offers practical advice for parents of children of all ages. As parents it is hoped that our children have understood and heard the many cyber safety warnings that have been continually given. However, this booklet is a timely reminder to keep all cyber activity safe and appropriate.

Year 10 Mass

A Mass has been scheduled for Thursday 17 November at 9.15am at St Michael's Church, Booragul. The Mass will be presided by Fr Geoff Mulhearn. Parents, carers, families and friends are welcome to join us for the Mass.



Mrs Anne-Maree Shipman
Student Coordinator



Career Thought of the Week:

*“Nobody ever wrote down a plan to be broke, lazy and unmotivated.
Those things are what happen when you don’t have a plan”*



Larry Winget

Work experience and why it matters

Matters because?

Work experience can open up your mind to the great possibilities of your career. Handled well, you can learn a lot about the workplace you visit, the types of education and training required to get there, and what sort of fit this career might have with your own life.

Often parents and students think that the purpose of work experience is to assist you to obtain part time work, but this seriously undervalues work experience as a program to help explore, develop, and refine your career aspirations.

Having coordinated a work experience program in a secondary school, I know that the best placements are organised well in advance; that the student has really thought about what they would like to try, and they have maximised their time in their placement to find out as much as they can about that work environment.

Be informed

Get all the relevant forms you need so you can familiarise yourself with everything that is required. Work experience in secondary school requires a ‘Work Experience Arrangement Form’ for a placement to go ahead. This will form a legal contract between you, your parent, your school and the employer. This is really important! This is what protects you should you be injured while you’re on placement. It is essential that everyone understands what they are signing. It’s also useful to grab the information guides for students, parents and employers so that you are aware of the common questions to ask if you contact an employer who’s unfamiliar with the work experience program.

Be prepared

Make yourself a list of industries you’d like to explore. Think about what areas within the industry you are most interested in. Want to work in health and medicine? Would you like hospitals, maternal and child health center’s or a health promotion organisation? Compile a list of potential businesses to contact. For local businesses, you might find a local business directory more useful than Google. Write yourself a script for when you call businesses so that you remember to include all the important information in your conversation (dates, what work experience is, why you’d like to work there, etc.).

Start now

Many formalised work experience programs, such as the state police force or zoo require written applications in the year prior to the placement. They often want a written recommendation, or even the placement paperwork to come from your school. Check with your Careers Adviser now about what the possibilities are. Already missed out on a placement like this? Then look at your plan B options, but consider doing another week next year.

Be resilient

It’s not unusual to call dozens of employers and get dozens of knock backs. Sometimes it’s because they have filled their quota or perhaps they’re just not interested in hosting a student at that time. It’s nothing personal, so don’t be discouraged. Keep trying. Ask for help if you need it.

Be involved

Identify the different roles that employees have in the organisation. What are they all doing? What further education or training did they do to get to where they are? Try and arrange a time to sit and talk to some of the employees to find out a bit about their career journey. You can learn a lot from listening to others people’s stories.

At the end of your placement, review how it went. Did you love it? Hate it? Why? What did you learn about that job/ occupation/industry? What did you learn about yourself? This is the best part of the program because it allows you to draw on the experience to help you make better career decisions in the future.

Reminder—RSA & RCG Certification 10th/11th November 2015



On Monday and Tuesday 8th & 9th November a number of Year 12 students are enrolled to complete their certification in the Responsible Service of Alcohol and Responsible Conduct in Gaming courses. Trainers from the **BarMax Group** from Sydney will conduct the courses over two days. Good luck to all students.



End of year tips for Year 10 students

For most students, Year 10 is no longer the end of school!!! Statistics demonstrate a clear link between level of education and training and employment prospects and potential to earn. So, make the most of your time in 'junior' school.

- ◆ *Carefully consider your final subject selection for Year 11 and 12 – have you chosen subjects you think you will enjoy and do well in? Do they cover any university pre requisites? Check with your Mr. McLoughlin if you are unsure.*
- ◆ *Participate in work experience – try a field of employment you are considering for the future. See Mr. McLoughlin to help you organize the paperwork to do this.*
- ◆ *Involve yourself in school and community volunteer projects. It's great for the resume and gives you a sense of achievement and pride when you give back to the community.*
- ◆ *If you don't have part time or casual employment – now is the time to start looking! Apply online to the 'chains' such as McDonalds, Coles, Woolworths, Bunnings, Kmart, KFC and Subway. Drop a resume into local cafes and retail outlets. Most will be experiencing a better trade now the weather is warmer and in the lead up to Christmas and summer holidays! If you need help to do this, please see me.*

Reminder for Parents in 2016/17

Changes to the Secondary Schools Tax File Number Program in 2017

The Secondary Schools Tax File Number (TFN) Program will not continue beyond 31 December 2016. This means that School TFN forms will no longer be processed beyond this date.

How students can apply for a TFN from 1 January 2017

The Australian Taxation Office in partnership with Australia Post is making it easier for individuals to apply for a TFN.

Students can now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office. Applying online is the fastest and most convenient way for students to get a TFN. More information on applying online can be found at ato.gov.au by searching for 'QC27248'

Students who are unable to visit a participating Australia Post office will need to complete the application form Tax file number - application or enquiry for individual's form (NAT 1432).

The ATO will continue working with teachers to educate students about tax and superannuation. The curriculum resource Tax, Super & You is a free, easy to use, online educational resource aligned to the school curriculum of each state and territory. This resource can be accessed at taxsuperandyou.gov.au

In the meantime, if you require any further information you can phone **1300 130 282** between 8:00am and 5:00pm Monday to Friday.

Important Dates for Term 4

- ⇒ RSA/RCG 8 & 9 November
- ⇒ UAC Dates for Year 12 refer to UAC Book
- ⇒ 16 November Year 10 Uni visit
- ⇒ 15 December HSC results out
- ⇒ 16 December ATARS released

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

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

Commencing Term 4

All receipts will be emailed unless school is otherwise advised

QKR is a great way to pay fees and excursions



For more information about QKR visit our website

www.booragul.catholic.edu.au

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:

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
8	PDHPE	22 November 2016	Rathmines Park	\$10	17 November 2016

Please let the School know if you change your email address. School Accounts & Receipts 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 etc. please telephone the Finance Office and confirm this arrangement.

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



Year 8 Tutor Groups enjoyed raising funds for **Socketober** during Week 3. The teachers all felt extremely proud of how selfless the individual students in Year 8 were and how eager many were to be involved. Some of the goods made by Year 8 were Ice Cups, Fairy Bread, Noodles and Spiders and all proceeds were donated to Socketober.

The fundraiser coincided with the Social Justice module being studied by Year 8 in Religion classes. It was clear that learning about homelessness and the less fortunate, in an academic manner had increased the altruistic behaviour of the students in their own lives.

I have included a few pieces of writing about Jesus' message for Justice and The Kingdom of God. This writing task was set as a homework task and I was amazed and impressed at the quality of understanding of some very difficult concepts. **Well Done Year 8.**

Mrs Milajew, Mrs Blandford, Mrs Burns and Mrs Hennessy

Jesus' golden rule states "Do unto others as you would have them do unto you". This means that we should love one another and that is good news to us. Jesus also says that we should love others that we don't particularly like, which means that even though you don't like someone you should care for them and look out for them as you would do for someone you did like.

The Kingdom of God is found in the faith of the hearts of the believers, a place of justice and peace for everyone. The Kingdom of God is especially for the poor, the outcast and sinners. Jesus calls everyone to be part of the Kingdom. An example of Jesus showing justice is in the story of "The man with the withered hand." In this story Jesus teaches us that despite the Jewish laws he will help anyone no matter the day of the week or who they are.

Brittany Georgalis

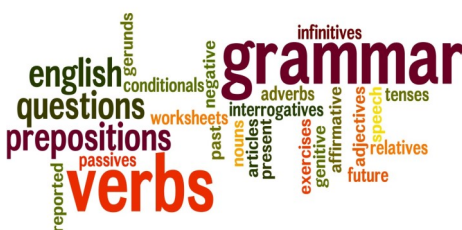
Jesus defined justice as much more than fairness and equality but told us that "to love is to be just" and loving and forgiving your neighbour creates a just world for all. He did not care to minister to those who were well, rather to those who needed healing. Through this healing and teaching of justice emerged spirituality. "Righteousness and justice are the foundation of your throne; steadfast love and faithfulness go before you." Psalm 89:14 Jesus' teachings and the natural law tie closely together with the present church's views on human dignity, freedom and responsibility. Both are gifts of justice and should not be taken from others. Jesus teaches that the Kingdom of God is more than just a place, more a belief, mindset, open to all who are true of heart, right and just. That kind of compassion and love is a sign of the kingdom. Jesus proclaimed that people can bring about the kingdom by changing their way of life, values and relationships with others. The key is love, and those who love are just.

Conor O'Neill

English News

Well done Year 7! The trial of **Education Perfect** is going really well with lots of you providing enthusiastic and positive feedback about how it is helping you to improve your grammar. Since the trial has started you have:

- ⇒ **Answered 38,134 questions**
- ⇒ **Logged in 1,476 times**
- ⇒ **Spent 212 hours improving your literacy skills**



Remember to keep it up though as you have exams coming up. Not only will you be tested on some of the modules from Education Perfect in your English exam, it will help you to write with improved clarity and fluency in all of your other subject exams (except maybe Maths).

As one of your peers has said, "This website is great and I love it so, so much. I always say the same thing because it's true," and "It's a great learning tool."

Well done Year 7.

**Miss Kerrie-Lee Guest
English Teacher**

The Great Maths Day

Thirty Year 7 students were invited to participate in the GREAT (Gifted, Really Enthusiastic And Talented) Maths Day. Students were presented with an array of problem solving and puzzles to solve on the day and were given strategies to help them obtain the answers. These strategies will also help them in their classes when presented with problem-solving activities.



Mrs Haynes and I were very impressed with the way students engaged in the day and their enthusiasm for the activities. Thank you also to Mr Vickers and Mr Moroney for their support of the day. The afternoon session saw them solving “Einstein’s Riddle” – why not give this a go yourself! The library was abuzz with busy students having fun doing what they are good at – a teacher’s dream.

Here are some thoughts from **Claire Wilson**, who can solve Einstein’s Riddle in 12 minutes – WOW!



“On Thursday 20th October, a group of Year 7 students were selected to take part in a GREAT Maths Day incursion. It took place in the School Library with Miss Walker and Mrs Haynes leading us throughout the day. Students were challenged by engaging in problem solving activities that focused on a broad variety of maths concepts. The day was enjoyed by all participating students as it was a relaxed way of extending our mathematical knowledge and putting our minds to the test. We gladly hope this day can continue throughout the years to come”.

Miss Margaret Walker and Mrs Adrienne Haynes





On Tuesday 25 October St Paul's High School Booragul held their annual 'Crazy Sock Day' to raise money for Catholic Mission's 'Sock it to Poverty' campaign.

On the day, students wore their craziest or most colourful socks and made donations to Catholic Mission. The community gathered for a liturgy and then took off their shoes and socks to show solidarity with those children who go barefoot to school every day.

This year the MAP group organised a futsal game with a trophy named 'The Golden Sock'. **Joshua Ford** from Year 9 created an impressive trophy which will surely become a highly contested prize each year. Congratulations to the Chisholm futsal team, who took home the trophy this year, much to the delight of their house patron Mr Heagney.

Fundraising food stalls were also organised by tutor groups. All the donations and proceeds from stalls will help Catholic Mission continue their vital support for much needed education programs. Thank you to all the staff and students who participated on the day, and to **Jay Young** from the Diocese's Pastoral Placement program who helped organise our liturgy and activities.

On Wednesday 26 October our school leaders joined representatives from schools around the Diocese at the World Mission Mass at St Francis Xavier's Church in Belmont.

Mr Michael Doyle
Ministry Coordinator





Imagination is the closest thing to feeling compassion. Become the story you are telling and let the story become you ... and then have the courage to let it go.

(Jenevieve Chang)

Year 11 Drama students attended an Individual Project HSC day at NIDA (National Institute of Dramatic Art) on Tuesday 25 October as part of their HSC preparation. With BOSTES releasing the 2017 dates for Drama this week the Individual Projects are now a reality and this day was a great way to kick off student research and understanding of these major works. After attending an opening address in the Parade Theatre by Jenevieve Chang, which explored the creative process and telling stories that are truthful and engaging, we broke into individual areas with students working with theatre practitioners in the area of design, scriptwriting, filmmaking, theatre criticism and performance. **Colleen and Sophie** were fortunate to work with Augusta Supple in the area of theatre criticism and had the chance to develop critical writing skills.

Bronwyn spent the day working with Maryanne Gifford working in Scriptwriting, while other students worked in areas such as Film, Costume Design and Performance.

Each workshop enabled students to have hands on experience in their various project areas from industry professionals and tutors from NIDA, giving them a rare insight into the scope and practice of theatrical arts. I wish to congratulate all students involved for their impeccable behaviour and excellent effort and attitude towards the workshops. I am really looking forward to the students using the knowledge they have gained towards their own creative practice, as they launch themselves into the Individual Projects this term.



Year 11 Drama students at NIDA

Mrs Cathy O’Gorman
Creative Arts & LOTE Coordinator

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 are a few **BRAND NEW BLAZERS** still available from Clothing Pool .

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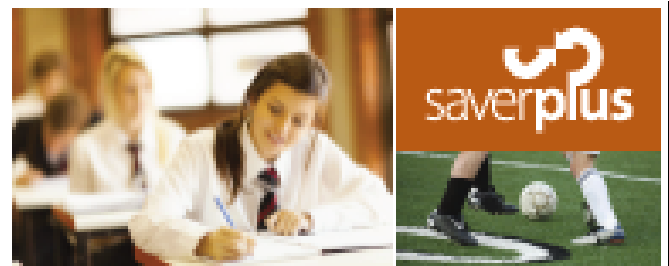
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Canteen Roster



Monday 7 - Friday 11 November

Mon	Karen Lee, Amale Yi, Rhonda Bull
Tues	Vicki Blundell, Maree Adams
Wed	Dianne Fennell-Fraser, Christine Forrester
Thurs	Kim McManus-Smith, Rochelle Loveday, Nadine Steenson
Fri	Julie Lerch, Anne Negline

Monday 14 - Friday 18 November

Mon	Susan Noonan, April Baker, Narelle Baird
Tues	Amanda Holt, Janelle Haggerston
Wed	Joanne Bower, Pamela Amos
Thurs	Michelle Hall, Kylie Smith, Sharon Roberts
Fri	Leanne Maher, Michele Pippen

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 4 2016

Week 4	Wed 2 Nov Fri 4 Nov	P & F Meeting—7pm HSC Concludes
Week 5	Tues 8 Nov Wed 9-15 Nov Wed 9 Nov 11 Nov	Yr 6 Orientation Evening Yrs 7-10 Exams Dio Leadership- School Captains Yr 12 Graduation Ball
Week 6	Tues 15 Nov Tues 16 Nov Wed 17 Nov	Yr 10 Ryder Road Safety Day Yr 10 Career Pathways Uni Day Yr 10 Mass
Week 7	Mon 21-23 Nov Tues 22 Nov Wed 23 Nov Thur 24-29 Nov	Yr 10 Senior Alternate Program Yr 8 PDHPE Orienteering Yr 10 Mass Yr 10 Senior Interviews
Week 8	Mon 28-29 Nov Tues 29 Nov Wed 30 Nov - 2 Dec Wed 30 Nov Thurs 1-2 Dec	Yr 10 Senior Interviews continue Yr 6 Orientation Day Yr 10 All My Own Work Yr 9 Leadership Day Surf Survival
Week 9	Mon 5 Dec Wed 7 Dec Thur 8-14 Dec	Yr 10 RST Guest Speaker Yr 7 & 8 Indoor Soccer Charlestown Yr 7- 10 Semester Awards P & F Meeting Advent Liturgy (TBC) Yr 7- 10 EOYA Yr 11 Assessment
Week 10	Mon 12-14 Thur 15 Dec Fri 16 Dec	EOYA, Last Day for Yr 7-10 Yr 11 Assessment, Last Day Yr 11 P/T Interviews Pupil Free Day Yr 12 BBQ
Week 11	Mon 19 Dec Tues 20 Dec	Staff Development Day Last Day for Staff

Panadol

Panadol is **not available** from the Office. If you think your child may need any - students may bring their own and keep in their bag.



There is a phone available at the Office for student use, but it is for

Emergency Use Only

Cost for a call is 20c.

For calls in case of **sickness**, the Office Staff will ring home.

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.



Please beware of speed limit when using the school driveway.

Also, when buses are arriving/departing, please drop off / pick up students outside the front gate.



TORONTO

SCHOOL AND OFFICE SUPPLIES

SCHOOL BOOK PACKS

Simply go to:

www.torontoschoolandofficesupplies.com.au

Select the school and student year from the dropdown box at the top of the page and you're ready to go!

These packs have been put together in collaboration with St Paul's High School. Year 7 2017 book packs are available now and can be collected on the orientation evening on Wednesday the 8th November or from our store from the 9th November onward.

All your St Paul's High School needs online!

TORONTO NEWSAGENCY
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☎ (02) 4959 1092

BACK to SCHOOL



The **Athlete's Foot** stock a range of school shoes to ensure that there are options for everyone. \$5 from every shoe purchased is donated back to our school. Even better, this applies to the whole family across their fantastic range of school, sports, work and casual shoes.

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ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A three-session program for parents and carers
at the Allambi Care Auditorium
28 Fraser Parade, Charlestown

When: Monday Evenings 7th, 14th, 21st November 2016

Time: 6.30pm – 8.30pm

Cost: \$20, light refreshments included.

Learn:

- ✓ Some common ground shared by parents & reasonable expectations to have about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self-check-in, first-for parents
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.

Who's running it?

The trainer for this course is Michael Burke who works as an Adolescent & Family Counsellor in the East Lake Macquarie Local Government Area.

Registration is required

Limited spaces are available, please register for this course by contacting Michael ph. 4944 5900 or 0408474602 by 4th Nov 2016.

For more information please contact Michael Burke on the numbers above or email michaelb@allambi.org



• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a ParentsShop® licensed practitioner. www.parentshop.com.au