



Photo by Andy Warren

1 November 2017 Vol: 17 - 17

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

I recently came across this article about teenagers and online security. It has some excellent advice to parents and young people about how to stay safe in the online world.

Teenagers spend a lot of time online and use the internet as part of their daily lives. You can help your teenage child take responsibility for identifying and managing internet safety risks. This is a skill your child needs for life.

Teenagers use digital technologies for everyday activities like keeping in touch with friends on social media, relaxing and doing schoolwork. They also go online to look for support for physical or mental health problems, and sometimes to experiment with different ways of expressing themselves.

Because they're online so much without your supervision, teenagers need to be able to identify acceptable and unacceptable online content independently. They also need to know how to behave respectfully online and avoid online risks.

There are three main kinds of internet risks for teenagers.

Content risks

For teenagers, these risks include coming across material that they might find upsetting, disgusting or otherwise uncomfortable, especially if they encounter it accidentally. This material might include:

- pornography
- real or simulated violence
- hate sites
- terrorist sites
- harmful user-generated content like sites about drug use, self-harm, suicide or negative body image.

Contact risks

These risks include coming into contact with adults posing as children online or with strangers who persuade teenagers to meet them in real life, or being the victim of an online scam.

Conduct risks

Conduct risks include behaving in inappropriate or hurtful ways, or being the victim of this kind of behaviour. Examples include:

- cyberbullying
- sexting
- misusing people's passwords and impersonating people online
- making unauthorised purchases using other people's financial details
- creating content that reveals information about other people

Another conduct risk for teenagers is having trouble regulating online time, which can develop into internet addiction disorder.

Protecting your child from internet safety risks

Although your child is probably an independent internet user now, you can still help him to keep building the skills and knowledge he needs to identify and



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manage internet safety risks.

Here are some basic things you can do to protect your child from internet safety risks:

- Create a family media plan. It's best to negotiate your plan with your child. Your plan could cover things like screen-free areas in your house and what online behaviour is okay.
- Talk with your child about upsetting and inappropriate content. If you can talk with your child in an open and non-judgmental way, she's more likely to talk with you if she comes across something disturbing online or has a bad online experience.
- Stay in touch with what your child is doing online and how much time he's spending online. This will help you to spot when your child might be having problems online.
- Ask your child to 'friend' you on social media. Friending your child means you can follow what she's interested in and who she's connected to online. Younger teenagers might be OK with this, but older teenagers might prefer not to friend you.
- Encourage and remind your child to explore and use the internet safely – for example, it's OK to remind him to check his privacy settings.
- Find out how to make complaints about offensive or illegal online content.

Technical internet safety tools like internet filters can actually increase risk for children over 14 years. If children are using filters at this age, they might not be developing the skills they need to avoid disturbing content. They might take risks either accidentally or on purpose when they use the internet in unfiltered environments.

Helping your child to identify and manage internet safety risks

It's important to help your teenage child manage internet safety risks for herself. This lets your child build digital resilience, which is the ability to respond positively and deal with risks she comes across online.

You can do this by:

- being a role model for healthy internet use
- talking with your child about online content and behaviour
- reminding your child about privacy and personal information
- teaching your child about online purchases

It's all about trusting your child to become a responsible digital citizen.

Being a role model for internet use

All children – including teenagers – do as you do, so being a role model for your child is a powerful and positive way to guide your child's behaviour when it comes to internet use.

You can be a role model for safe and healthy screen use by using the internet in the way you want your child to use it – for example, by not having internet-connected devices in bedrooms or bathrooms, or not using your phone during mealtimes.

It's also good to model positive technology use like sending supportive messages to friends.

Talking about online content

Talking openly about your own internet use and encouraging your child to do the same will help your child feel able to talk to you if he has a bad experience online. It's also good to talk about the kind of content that makes people feel good.

You can get your child talking by asking her to explain the apps, games and content she's interested in, so that you understand why she uses them. You might say, 'Snapchat posts disappear quickly, but a screenshot can capture what's been said. Is that right?'

It's good to encourage your child to develop a sense of what he likes and doesn't like online and to defend his choices with friends. For example, you could say, 'It's great that you chose to block that content and didn't get involved in that online argument'.

Talking about online hoaxes and fake news with your child will help her develop the ability to tell whether a website has good-quality information.

And if your child isn't sure about a site's credibility, he can ask himself, 'Whose interest is this in?' The answer can help him work out what sites and offers are dodgy. This is all part of digital and media literacy.

Taking care with privacy, personal information and personal safety

You can help your teenage child look at and choose appropriate privacy, location and safety settings on any devices, programs or social media that she uses, and explain why it's important. For example, you might say, 'Employers often do online searches to find out about job applicants. Make sure that anything you make public



online is OK for future employers to see’.

It’s also important for your child to be careful about sharing personal information. Remind your child not to give out his name, address, date of birth or other identifying information to people he doesn’t know in person.

And it’s a good idea to update ‘stranger danger’ advice with your teenage child as she moves towards adulthood and comes into contact with online dating. For example, you might say, ‘There’s always a risk if you meet someone you only know online. It can lead to dangerous situations – for example, the person might want to hurt you’.

Making online purchases

If your child is starting to shop online, it’s important for him to use reputable shopping sites, check customer reviews, look into the transaction and security software the site uses and so on.

You could talk with your teenage child about shopping online, and explain the risks associated with online transactions. For example, you might say, ‘Have you done a web search and checked the online ratings to make sure it’s a reputable site?’

I hope that the article helps you navigate this world that our young people are so much a part of today.

Downloaded and adapted from http://raisingchildren.net.au/articles/internet_safety_teens.html 31 Oct 2017

Please see following an invitation to attend St Paul’s to see guest speaker Olympic Gold Medalist Steven Bradbury, along with an article on St Paul’s that was in the Newcastle Herald earlier this week.

Go gently

Mr Graeme Selmes
Principal

Next P & F Meeting
Wednesday 29 November
All welcome
Damascus Centre 7.00pm



END OF YEAR ACTIVITIES

Years 7—10

Thursday 7 December to Wednesday 13 December
selections can be made from Week 5 onwards.

Booklets were issued to students this week.

Please see below link to view the booklet

[End of Year Activities](#)



Invitation



Dear Students, Parents and the College Community

You are invited to attend an evening with Guest Speaker

Steven Bradbury

Monday 27th November



St Paul's College Hall 7pm

Presented by St Paul's P & F

RSVP by email - admin@booragul.catholic.edu.au (with Steven Bradbury in subject & numbers attending)

Olympic Champion, Champion Speaker and genuine onstage Motivator and Entertainer is a unique skill set. Transitioning from being an expert speed skater to an expert motivational speaker, MC and after dinner entertainer has been an interesting ride over the last 10 years. Steven Bradbury has presented at over 800 conferences and events in 15 countries and still loves it. He loves the adrenalin before going onstage and loves that his strategies for success in business and in life are able to inspire and help people.

Session Highlights

- ◆ A fully interactive show including motivation, videos, music, comedy & audience participation.
- ◆ You will actually hold and have your photo taken wearing Steve's Olympic Gold Medal.
- ◆ How he broke his neck, lost 4 litres of blood on the ice and trained 5 hours a day, 6 days a week for 12 years to become an overnight success.

As well as being entertained and inspired you will leave with the knowledge the much of the prize is in the journey and success takes Passion, Persistence and Teamwork. For not

Outcomes

- ◆ The saying 'Doing A Bradbury' was officially included in the Macquarie Dictionary in 2014. Learn how to put yourself in position to be the next to 'Do A Bradbury'. Position yourself to come from behind and be ready to seize the opportunity. Links to creativity, innovation and disruption themes.
- ◆ Sustaining a culture of success and positive mindset.
- ◆ Teamwork: Today's world is competitive. To succeed at school, sport and in life you need the right support team. A team is only as strong as its weakest link.
- ◆ Leadership: A successful leader, leads by example not just by telling others what to do.
- ◆ Setting goals and having a plan written down is not optional.
- ◆ Steven has been dubbed the 'luckiest' Olympic Gold Medallist. Luck is when preparation meets opportunity. Links to themes around resilience, belief in self or team and maintaining a positive state-of-mind.

Career Highlights

- ◆ 4 time Olympian.
- ◆ Southern hemisphere's 1st Winter Olympic Gold Medalist—Gold 1000m—Salt Lake City.

Honours

- ◆ The Don Award for Australia's best sporting performance in 2002.
- ◆ Order of Australia Medal (OAM) for services to Australian Sport.

Other

- ◆ On air host and commentator at the 2006, 2010 and 2014 Winter Olympic Games Australian TV coverage.
- ◆ Director Olympic Winter Institute of Australia (OWI) 2002 to current.

Testimonial

Can I just start by saying how brilliant you were yesterday! Such an honour to hear and learn from your story – truly inspiring. Accepting the gold medal for 12 years, not 90 seconds speaks volumes for your maturity and given how hard I work, I know that I am not defined by 1 day! You would be a great speaker for our events, will be in touch!

Pip Marlow - Microsoft Australia Managing Director



SCHOOL ENROLMENTS ADVERTISING FEATURE

St Paul's got it all for your child's future



APPROACH: At St Paul's Catholic College, teaching staff focus their attention on using internal and external data to inform their teaching practice and personalise learning for all students

ST PAUL'S Catholic College at Booragul is an expansive, contemporary and well-resourced College.

The recent construction of new buildings and the refurbishment of existing facilities, ensures the College is equipped with modern and engaging teaching tools and the latest state-of-the-art learning spaces.

The Damascus Centre is the most recent learning hub at St Paul's.

The Centre has flexible learning spaces with full wireless technology and SMART Boards in every teaching area.

The Library/Resource Centre allows teachers to engage in contemporary pedagogical practices to enhance the learning for all our students.

Nearing completion is a new wing that includes administration, staff area and additional class rooms.

The College has a variety of technology resources that ensures each and every room in the College has access to the most advanced facilities available.

It features two specialist music rooms, a fully operational photo laboratory, excellent science laboratories and a multi-purpose school hall.

It also has three dedicated Trade Training Centres where Business Services, Hospitality and Construction are taught.

Alongside this, students have access to a variety of on-line learning platforms, well-equipped workshops and commercial quality kitchens, all of which are supported by the latest digital resources.

St Paul's Catholic College is located at Primrose Street, Booragul. For more information ring (02) 4958 6711 or visit www.booragul.catholic.edu.au.



FORWARD THINKING: A key focus at St Paul's Catholic College is building a community of effective learners; both staff and students.



INCLUSIVE: The idea of contemporary learning includes a professional learning plan for all members of the school community.



Photo by Andy Warren



St Paul's Catholic College (formerly St Paul's High School)

St Paul's Catholic College, Booragul is a co-educational High School offering a comprehensive curriculum for students from Years 7 to 12.

Students at St Paul's are challenged to meet their potential. Staff constantly strive to offer a quality education that helps shape every students ability to make informed choices and to be faith-filled, compassionate individuals. Our mission is to equip individuals with the skills to succeed and our will is to provide students with the knowledge and skills that will dutifully equip them for the vast opportunities that lie ahead.

In the spirit of St Paul the apostle, the College is proudly inclusive. At the very heart of its mission, the College welcomes all families seeking a quality Catholic education for their child.

Enrolments for 2018 are now open

A: Primrose Street, Booragul 2284 • E: admin@booragul.catholic.edu.au

T: 4958 6711 • W: www.booragul.catholic.edu.au

AW333304

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?



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.

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

[Click here](#) to watch video (ctrl click)

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 don't tap their Opal Cards, it may affect our future transport services from Transport NSW.



Mr James Furey

Assistant Principal - Community & Wellbeing

Bishop's Award

Applications are now called for the 2017 Bishop's Award.

Students currently enrolled in Catholic Secondary Schools within our Diocese in Years 7-11 are invited to collect a ***Bishop's Award Information and Application pack*** from their school's administration office and discuss their application with their Priest, Deacon, Minister or church leader as well as School Principal.

Applications are to be forwarded to the Catholic Schools Office.

bishopsaward@mn.catholic.edu.au and be received no later than 2 February 2018.

For further information, please don't hesitate to contact ***Cath Garrett-Jones*** on email:

bishopsaward@mn.catholic.edu.au





2017 trial HSC minimum standard literacy and numeracy tests

Dear Year 9 students

Two significant changes to the NAPLAN test have occurred this year. As you know, the first change involves you! This year's Year 9 students are the first year group that need to demonstrate that they have achieved a minimum standard of literacy and numeracy to receive their HSC in 2020. The second is that this is the last year it will be done on paper.

Students who have achieved Band 8's or above in the Year 9 NAPLAN tests have already met the minimum literacy and numeracy standards. Students who are still working towards achieving the minimum standards will have the opportunity to sit the tests on four separate occasions from 2018 onwards. ***(Please refer to the HSC Minimum Standard Parent information on the trial online tests at the end of this newsletter)***

NESA, who oversees the test, tells us that "New, short, online tests are the key way that we will assess if students have reached the level of literacy and numeracy skills that are essential for life after school."

So, to help prepare you for the test next year, we are providing you with the opportunity to trial the online system. As it stands, the school wishes to test the capacity of our IT system and to support us in doing this, we are having all current Year 10's sitting the trial. However, in light of the results released in September, we would like to extend this invitation to any student in Year 9, who is currently working towards achieving a Band 8 across all, or some of these subjects.

I believe participation in the trial, will provide you with the opportunity to familiarise yourself with online testing. It will, not only prepare you for what the test will look like next year, but may help build your confidence and skills in achieving a Band 8. It will also give you an idea of what onscreen testing looks like in comparison to a paper copy, and will provide you with the opportunity to pre-test yourself before you sit the 'actual' test next year.

We have never been provided with this opportunity before but I personally feel, it is an experience that will benefit you significantly.

If you would like help in understanding the process, please do not hesitate to contact Miss McVeigh, Mrs O'Gorman or Ms Melocco.

Miss Roisin McVeigh
Assistant Principal—Teaching and Learning

Years 7 – 10 Exam Week

Exams for all Years 7 – 10 students take place in Weeks 5 and 6 commencing

Wednesday 8 November and concluding Tuesday 14 November

Students have been emailed the timetable, it can also be viewed by following the below link

[Year 7 - 10 Exam Timetable](#)

Parents are asked to consider these dates if planning any Leave and are reminded of our Assessment Policies - available in Student Assessment Booklets on the Student Portal.



Last Newsletter, I talked about the requirement of a BYOD (computer) for all Year 10 in 2018 and directed parents where to find the school's specifications for the device. I also listed the due dates for Term 4's Assessment Tasks and the Exam period. I reminded parents about how to assist their child on how to be organised for the upcoming assessment period, and about the school's continuing uniform regulations.



On Wednesday 25 October, Year 9 were given the opportunity to participate in a 'Leadership and Wellbeing Day' with the Sydney company *Burn Bright* running the day. Personally, I was very impressed with what this group were able to share with the students and how they imparted skills, opportunities for confidence and self-reflection, and subtly imbedded leadership information in everything they presented. The shared information and experience was invaluable to all students in finding their place in this community. It gave those who are thinking of nominating to be Peer Support Leaders the opportunity to exercise the skills learnt. **Peer Support Nomination Forms** were emailed to every Year 9 student to give each student the opportunity to nominate if they wish. These nominations are due by November 4. Absent notes are expected from the larger than normal number of students who did not attend school on Wednesday, and thus missed an important part of their social education.



As mentioned previously, the **Exam period** is from 8-14 November. This is a major part of your child's assessment for the year. A note to the Student Coordinator is required as soon as possible, if there is a known absence during this Exam time. If time allows, the student may have the opportunity to sit the missed exam or an alternative on their return to school (if it is not outside the exam catch-up period) or the child may be given an estimate mark. Please contact the office by phone if your child is sick on the day of an exam.

As always, continue to talk to your child and hear what they are saying. Continue to assist them with school work and organisation, but also be there for them emotionally and support them in being the best person they can be.

Mrs Cayte Pryor
Student Coordinator

Year 9 Leadership Training Day

On Wednesday 25 October the Year 9 students of St Paul's participated in a Leadership Training Day. The purpose of the day was to encourage students to reflect on their values and to consider how their actions might reflect on others. Students who have completed the course are encouraged to volunteer for future leadership positions, including Peer Support Leaders and SRC representatives, to further develop their own capacity to lead others through example.



Mrs Libby Lucas
Organising Teacher

Students have received a note outlining the **end of year arrangements for Year 10** students once their formal assessments have finished in **Week 6** of this term. At St Paul's, we have created a program that includes preparation for senior years and other activities that will hopefully engage and inform the students. A calendar has been included as a simple reference, but some of these days require more specific explanation.

Year 10 Exams Weeks 5/6: Wednesday 8th November – Tuesday 14th November

All students will attend school on each of these days. When not in exams, students will be in lessons. **Students are expected to participate in sport as usual.** These exams are the final component of Grades that will be sent to the BOS and will be the first inclusion on the ROSA statement for students. These **grades will be available on-line** to students via the password that they have received from the BOS.

Year 10 Alternative Timetable: Wednesday 15th – Friday 17th November

Year 10 students will attend normal school days and experience a range of timetabled lessons which will expose them to Senior School subjects in line with their selected subjects. **ALL** students are expected to attend these days in **normal school uniform**. More information will follow.

HSC Minimum Literacy & Numeracy Standards Trial Online Test – Monday 20th November

Students will complete online tests as part of a trial. **ALL** students are expected to attend school in their **normal school uniform** and bring their laptop charged and ready for the day.

Road Safety Education (RYDA): Tuesday 21st November

This course will be held at the RTA Driving Range, Court Street, Adamstown. Students will need to be at school ready for an 8.45am departure, and the day will conclude at 2.15pm before students are again transported back to school for normal buses. There is a cost to participate in this program (see back page) but it is heavily subsidised by Rotary Clubs and other corporate partners. The day is comprised of six presentations – five in a classroom environment with audio-visual presentations (one an emotional video showing the ripple effect of a fatal car crash) and one demonstration on the driving range. Some students will be given the opportunity to be a passenger in a vehicle driven by a licensed driving instructor. If students have a medical condition or injury that may be aggravated by sudden stopping of a car, they will not be permitted to participate in the practical demonstration.

Students are to bring their own lunch and drink as there is no food available for purchase on-site, and students will not be permitted to leave the site. **ALL** students are expected to attend and **School sports uniform** is to be worn on this day.

Career Pathways University Day: Wednesday 22nd November

Students will be transported to Newcastle University departing school at 9.30am and returning by 2.30pm. The time spent at the University will involve meeting with University staff, a tour of facilities, and talks in some of the Faculty areas eg *Engineering, Maths, Humanities*. Some students might not at this stage feel that Uni is relevant to them, but life has a funny way of opening opportunities for Uni study, for example after completing TAFE courses, or with mature age entry. Lunch is available at the University for purchase, or students are welcome to bring their own. This day will involve **ALL** students and **normal school uniform** is to be worn on this day.

Senior Interviews: Thursday 23rd – Friday 24th November and Tuesday 28th – Wednesday 29th November

All students intending to remain at St Paul's in 2018 are required to seek re-enrolment. Letters will be sent to parents in the next few weeks asking them to make an appointment (through Admin. office) with senior staff in order to discuss the requirements of senior schooling at St Paul's. **Interviews will require students to be in full school uniform and to have a parent present.** Interviews will generally be of 30 minutes duration. In the interview the student's subject choice is reviewed in line with ATAR or non-ATAR selection, expenses are explained in regard to practical subjects, policy documents and student agreements are signed, and the Resource Fee will need to be paid. Further details of the interview process will be provided in the afore-mentioned letter.

When students are not in attendance at these interviews, **they may remain at home.**

Guest Speaker Day: Monday 27th November

We will have a guest speaker, Mr Steven Bradbury, attend the school for a day with our Year 10 students. He will focus on areas such as overcoming adversity, positive mindsets, goal setting, hard work (endurance), self belief, teamwork and leadership which are all critical to becoming a senior student at St Paul's. There will also be a parent and community evening with Steven Bradbury on the same night. Please see invitation on page 6.

This day will involve **ALL** students who will wear their **normal school uniform**.

Study Skills Day – Thursday 30th November

ALL students will be attending an online studies skill course directed by Mr Furey. **Normal school uniform** is to be worn and students are to bring their laptop for the day.

HSC: 'All My Own Work' Program: Friday 1st – Tuesday 5th December

The *HSC All My Own Work Program* is designed to help Higher School Certificate students follow the principles and practices of good scholarship. This includes understanding the ethical practices when locating and using information as part of their HSC studies. Completion of this course and the associated workbook **is a compulsory prerequisite to HSC study**.

These days will involve ALL students including those who have indicated that they might be changing schools - their new schools will expect that this has been completed. The exception will be those students who have submitted paperwork to the Principal Mr Selmes, indicating that they have secured full-time employment in 2018.

Each student is required to bring **his/her own laptop** for on-line completion of the All My Own Module as well as pens for the completion of the associated workbook. Students will need to be in **full school uniform**.

<i>Peer mediation trainees</i>		<i>to attend 9-11am on Friday 1st December</i>
<i>Students with surnames</i>	A - L	<i>to attend 9-11am on Monday 4th December</i>
<i>Students with surnames</i>	M - Z	<i>to attend 9-11am on Tuesday 5th December</i>

Upon completion of the course requirements students will be allowed to leave school if they have parent permission (**note required**) and sign out at the front office.

Hand back exams / Presentation of Awards / Christmas Liturgy: Wednesday 6th December

Students will attend sessions with our Leaders of Pedagogy to return exams and discuss requirements for 2018 during periods 1-4. This will be followed by the Year 10 second semester Presentation of Awards in Period 5 which parents are invited to attend. All students 7-10 will conclude the academic year with a Christmas Liturgy and farewell to departing staff. Students are to be in **full school uniform**.

End of Year Activities: Thursday 7th December – Wednesday 13th December

Year 10 are invited to participate in the End of Year Activities Program. There is a range of activities available from passive to outdoor adventure. The booklet detailing what is being run this year was distributed by Ms Flood early in Term 4. To participate, students need to select one or more activities and to submit the appropriate payment and permission note. These activities are always out-of-uniform but clothing must be suitable to the activity being undertaken. If students are unavailable to attend End of Year Activities due to commencement of employment or family holiday, a note needs to be directed to Mrs Brownlee/Ms Guest. These absences would then appear as explained absences on our records.

To simplify the collection of money for the excursions (21st & 22nd November) we ask that **ONE payment of \$40 be made to the Finance Officer before Friday 10th November**. An excursion note was handed out yesterday.

Payment can also be made via our QKR App.

I thank you for your cooperation and support throughout this year and I trust your son / daughter will participate fully in the End of School Program. Should any problems arise, please do not hesitate to contact the school on 4958 6711.

Mrs Blair Brownlee & Ms Kerrie-Lee Guest
Student Coordinators



Year 10.3 Science **ASTRONOMY PROJECT**

I really enjoyed the task, I thought it was a fun way to learn about space and to make what we learnt into a creative project. Was a really clever idea. It was good working in a group so we could extend our ideas to make our project the best it could be. It has also taught me better skills of how to work in a group and combine everyone's idea's together. **Rowiena, Chloe, Alysha, Kaiah and Abbey**

We enjoyed the astronomy project because we were able to teach ourselves and work in a group. Which we have not done before, the topic was interesting and we thoroughly developed an understanding of astronomy as a whole. **Kayla, Mary, Keasha, Nyah and Ella**

The Astronomy project was a cooperative project based on our own teaching and learning from other peers. The task was challenging but fun to do because we had freedom with the creative aspect of the task such as creating the storyline and pictures. The task took a lot of time to complete, it was a commitment and a challenge to finish the book for us all, we all put in our 100% effort and gave it our best shot. We thought the task was great. It allowed us to work together and cooperate with each other to produce a product. **Blake, Sam, Sam, Matt and Alex**

Our group project was lots of fun! We enjoyed our time with each other as we got to spend time in and out of school. I'd 100% recommend this project again to any other students and we would do it again in a heartbeat. **Ellie, Brielle, Ky and Hayden**



A9 Fish Tank

As part of the year 8 ecology unit a 150L (3 foot) fish tank was set up in A09. The tank contains 14 fish (2 bristle nose cat fish, 2 otocinclus, 5 cardinal tetra, and 5 spotted zebra fish). The fish tank contains various plants, algae and small snails. The algae eating fish are surviving solely on the algae growing naturally in the tank and have been for over 6 weeks, while the other fish are being feed twice daily by students. Students are monitoring the tank's pH level and will also be looking at some of their home grown algae with microscopes.



Astronomy Night

On the 14th of September, 14 students, 2 staff (Ms Brunton and Ms Daniels) hosted 7 astronomers on the school oval to do some serious star gazing. The astronomers from both the NSW Astronomical Society and the Newcastle Astronomical Society brought over \$30,000 of equipment to observe the rings of Saturn, the moons of Jupiter, various star clusters, the ring nebula and watched the International Space Station transit across the sky. With beautiful clear skies and pizza for tea, a fun night was had by all.

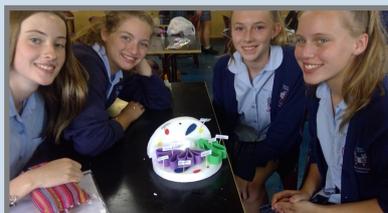


Cell models

Pics of 8SciJN's Cell models



Cake models of Cells!



Mr Mark Newell
Leader of Pedagogy—Science

Sports Achievements

Soccer: Congratulations to **Nicholas Curran** who was selected in the U'15 Northern NSW Football team to attend a national training camp at the Australian Institute of Sport in Canberra at the beginning of this term.

Cricket: Next Monday, two of St Paul's very competent cricketers, **Ethan McLachlan** and **Flynn Guest** will be attending the NSWCCC U'15 Cricket trials at Sawtell. This is a regional trial where both Ethan and Flynn will be vying for a position against other players from the Armidale and Lismore Diocese. We wish the boys all the best in these trials.

Athletics: **Thomas Webster** has continued to break his own personal best records in various athletics events at both the NSWCCC Championships and the NSW All Schools. At the NSWCCC Thomas came third in 100m and 200m, 2nd in long jump and 1st in shot put and discus. He achieved PBs in shot put, the 200m and 100m events. Tom also competed at the NSW All Schools Athletics Championships, coming second in the discus which then enabled him to qualify for the Pacific Championships in Adelaide in December.



Netball: Congratulations to **Aidan Davies** who has been selected in the NSW Indoor Netball Team which will be competing at the Nationals from Saturday 25th Nov through to Saturday 2nd Dec. All the best in these upcoming championships.

Ice Skating: In December **Ashley Probert** and **Chantelle Finlay** will be competing with their Synchronised Ice Skating Team, Ice Reflections, in the Australian Figure Skating Championships. Competing at a National Championships is an exciting opportunity for both girls.

Girls Rugby League: In November two teams from St Paul's will be playing at a Rugby League gala day in Cronulla as part of the lead up to the Female World Cup Rugby League Tournament. The girls will have a chance to try out their league skills and also watch the Jillaroos take the field. This is a great opportunity for the girls who will also adopt a country to support for this tournament.

Water Polo: The NSWCCC Water Polo trials for boys and girls will be on the 20th November. The Closing date to nominate for these trials is November the 9th. This is an Open trial for students U'17. Go to the CSSS website for more details. <https://www.csss.nsw.edu.au/nswccc-waterpolo.aspx>

Mrs Anne-Maree Shipman
Sports Coordinator

Berg Shield Cricket

This year we entered the Berg Shield which is a Years 7-9 Catholic school state wide knockout 30 over cricket competition. It is the first time we have entered this competition. After a washout last week we played St Pius X Adamstown we were not successful but it was great to see an excellent group of young men representing the school in a positive way. We see this as a starting point to develop Cricket participation at St Paul's.

The team consisted of **Ethan McLachlan** (Capt.), **Connor Fitzpatrick**, **Caleb McCudden**, **Matthew Boslem**, **Reegan Connors**, **Joseph Fakes**, **Matthew Gilmore**, **Flynn Guest**, **Zachary Lynch**, **Callum Stalling**, **Andrew Wilson** and **Thomas Stirling**.

St Pius batted first and made 156 we had a difficult chase and we were all out for 83.

Some of our results were;

Bowling

Joseph Fakes 4 overs 3/11

Connor Fitzpatrick 4 overs 2/23

Flynn Guest 5 overs 2/24

Ethan McLachlan 3 overs 1/13

Batting

Flynn Guest 39 runs

Reegan Connors 14 runs

Ethan McLachlan 10 runs



I would like to thank the parents for transporting the boys and to Mr Guest for scoring, Mr Fakes and Mr McLachlan (Ethan's Grandad) for umpiring at square leg and Mr Burke for helping select the team.

Ms Fran Heard
Team organiser

Orienteering Day

Year 8 Orienteering day 2017

On Tuesday 17th October, Year 8 students from St. Paul's travelled to Rathmines Park to participate in an orienteering day as a part of their PDHPE practical assessment. Skills such as compass work and map reading were taught in PDHPE lessons and were essential in completing the course.

Congratulations to all Year 8 students for their excellent behaviour and attitude during the day. Also, thanks to staff who worked tirelessly all day to make the day a success.



Students enjoying the picnic facilities at Rathmines Park



Medal winners were as follows:

1st - Matthew Gilmour, Taylor Gill, Andrew Wilson

2nd - Flynn Guest, Alyssa Bishop, Krystal Lowe

3rd - Olivia Renshaw, Malaina Fuller, Liam Crowe

Mr Michael Reville
Organising Teacher

English News

The National Young Leaders Day – International Convention Centre, Darling Harbour

On Monday, several current and aspiring St Paul's leaders; **Taj Abrahams** (Year 11); **Jack Coyne**, **Simone Dobosz**, **Nyah Thompson** (Year 10); **Abby Willcox**, **Bayley Thurston** and **Aliyah Beckwith** (Year 9), travelled to Darling Harbour to attend the National Young Leaders Day. We heard from inspirational speakers such as AFL legend Adam Goodes, NSW Premier Gladys Berejiklian, motivational speaker John Coutis and former NSW Police Commissioner Andrew Scipione (pictured). It was a fabulous, inspiring day, and we look forward to returning to this wonderful event in coming years.



Mrs Nicole Burns and
Mrs Anne-Maree Shipman
Organising Teachers

Learning Support

PAT ASSESSMENTS

During November, all students in Years 7-10 will complete an online PAT (Progressive Achievement Test) Reading Comprehension assessment.

The results of this test provides valuable information that assists in providing support to students tailored to their specific needs.

Assessments will take place on the following days:

Year 7-9 Wednesday 15th November

Year 10 Monday 20th November

Students who are absent on the day of PAT testing will have the opportunity to complete the test on Tuesday 21st and Wednesday 22nd November.

If you require any further information, please contact Learning Support.

Mrs Natalie Baker
Learning Support Teacher



2017 Diocesan Choral Showcase A Festival of Voices

During Weeks 1 and 2, St Paul's Vocal ensemble participated in a two-day choral showcase at St Joseph's Lochinvar. The days were run at a Diocesan level with 7 school choirs participating. The showcase culminated in a competition in which each choir presented two songs to a very large audience (approx. 1000 people!).

The first day saw all students being involved in a vocal master class run by guest musician Danielle O'Keefe. Each choir was given time with Danielle to workshop their songs and were able to take on advice to improve their performance for the following week. The students then worked with other schools to perfect their understanding of vocal harmony, warm up technique as well as performance skills and musical interpretation.

Needless to say, St Paul's was extremely well represented on these days with students from the vocal ensemble giving up their time throughout Term 3 and Term 4 to create an entertaining performance programme.

We performed a capella arrangement of "Wade In the Water" (Spiritual), as well as an upbeat cover of "Higher Ground" by Stevie Wonder.

Thank you to all students in the choir, your dedication and professionalism over these days were much appreciated.

Year 7: **Scarlett Turnbull, Zack Forsythe, Dominik Brymora**

Year 9: **Mia Haggarty, Jessica McNamara, Mishayla Turner**

Year 10: **Kia Alexander, Taylor Colic, Kaliyah Endersby, Lachlan Harrison, Mackenzie Johnston, Laura Condon, Brielle Taape, Alysha Toomey, Annika Baker**

Year 11: **Lucy Douglas, Charlotte Guest, Aaron Glanville, Lauren King, Grace Kennedy, Aydan Turner**



Mr Riley Warren
Music Teacher





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

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:

<p>Step 1 Download Qkr! on your Android phone or iPhone. iPad users can download iPhone app</p> 	<p>Step 2 Register Select your Country of Residence as 'Australia' and follow the steps to register</p>	<p>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</p>	<p>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.</p>
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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	Year 12 Graduation Ball	17 November	NEX Wests City Club, Newcastle West - \$75 per ticket	Deposit \$30 per person	23 September
10	End of School Program	22 & 23 Nov	Road Safety Education Career Pathways Uni Day	\$40	10 November
11	Society & Culture	27 November	Wesley Conference Centre, Sydney	\$45	14 November
7-10	End of Year Activities	7-13 December	Various		6-24 November

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



Canteen Roster



Monday 6 — Friday 10 November

Mon	Karen Lee, Kath Edwards
Tues	Vicki Blundell, Maree Adams
Wed	Dianne Fennell-Fraser, Christine Forrester
Thurs	Kim McManus-Smith, Rochelle Loveday
Fri	Julie Lerch, Anne Negline

Monday 13 — Friday 17 November

Mon	Susan Noonan, Fiona Wood
Tues	Amanda Holt, Janelle Haggerston
Wed	Joanne Bower, Pamela Amos
Thurs	Michelle Hall, Kylie Smith, Sharon Roberts
Fri	Leanne Maher, Michele Phippen, Cathy Feenan

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

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

	Term	4 2017
Week 4	Wed 1 Nov	CCC Waterpolo Girls Open Champ
Week 5	Mon 6 Nov Mon 6 Nov Tues 7 Nov 8-14 November	Cricket 15 Yrs Regional Selections Orientation Evening Yr 7 (2018) Yr 11 Vis Art & Vis Design Yrs 7-10 Semester 2 Exams
	Wed 8 Nov 8-10 November	Yr 7 Immunisations Young Leaders Retreat (Captains)
Week 6	13-14 Nov Mon 13 Nov Tues 14 Nov Fri 17 Nov	Yrs 7-10 Semester 2 Exams Water Polo Selections Yr 12 RSA/RCG Training Yr 12 Graduation Dinner
	Mon 20 Nov Tues 21 Nov Wed 22 Nov Thurs 23 Nov Thurs 23 Nov Fri 24 Nov Fri 24 Nov	CCC 15 Yrs Selections Yr 10 RYDA—Adamstown Yr 10 Career Pathways Uni Day Yr 11 Marine Studies Exc Senior Interviews Yr10 to Yr11/2018 Reading Challenge finishes Senior Interviews Yr10 to Yr11/2018
Week 8	Mon 27 Nov Tues 28 Nov Tues 28 Nov Wed 29 Nov Thurs 30 Nov	Yr 10 Incursion Stephen Bradbury Yr 11 Society & Culture Exc Yr 7 (2018) Orientation Day Senior Interviews Yr10 to Yr11/2018 Senior Interviews Yr10 to Yr11/2018 P & F Last Meeting—Xmas Yr 10 Studies Skills Day
	4 - 5 December Wed 6 Dec Wed 6 Dec Thurs 7 Dec 7-13 December	Yr 10 AMOW & peer mediation train Advent Liturgy—Period 6 Yrs 7-10 Semester Awards Australian Catholic Youth Festival Yrs 7-10 End of Year Activities
Week 10	11-13 Dec Wed 13 Dec Thurs 14 Dec Thurs 14 Dec Fri 15 Dec	Yrs 7-10 End of Year Activities Last Day of School for students Parent / Teacher Interviews Pupil Free Day Pupil Free Day (Staff Mass)
	Week 11	Mon 18 Dec Tues 19 Dec

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.

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.





Important Notice

Clothing Pool Opening Times

Tuesdays only from 8.30am – 9.30am

The Clothing Pool will now only be accepting donated uniforms.

If you have any items on consignment, please collect them by the 7 November 2017, or they will be considered a donation to the school.

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.

Can all donated items be received at school by Friday 1st December. We will be presenting the hampers to the Vinnies Conferences at our Advent Liturgy on 6th December.

Thank you in advance for your generous contributions.

Ms Fran Heard and Mrs Brigid de Winter

TORONTO

SCHOOL AND OFFICE SUPPLIES

YEAR 7 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! Or follow the link on the schools website.

These packs have been put together in collaboration with St Paul's Catholic College. Year 7 2018 book packs are available now and can be collected at the orientation evening.



TORONTO NEWSAGENCY
66 THE BOULEVARDE, TORONTO
☎ (02) 4959 1092

Seasons for Growth Parent Program:

*Supporting your child
following separation or divorce ...*

provides an opportunity for you to reflect on the experience of separation or divorce from your child's perspective, and to explore ideas and strategies that might help you support your children through the changes happening in your family.

Seasons for Growth Parent Program: *Supporting your child following separation or divorce* is a small group program for 5-12 parents. It will be held over 2 sessions.

Dates: Tues 28 & Thurs 30 November 2017

Venue: Diocese of Maitland-Newcastle
McAuley Building
841 Hunter Street, Newcastle West

Time: 5.30pm – 8pm (refreshments provided)

Cost: \$15



To register or for more information
please contact:



Seasons for Growth (Hunter Region)

P: 4979 1355

E: seasonsforgrowth@mn.catholic.org.au

1st Saturday each month
8am to 1pm

Toronto Foreshore



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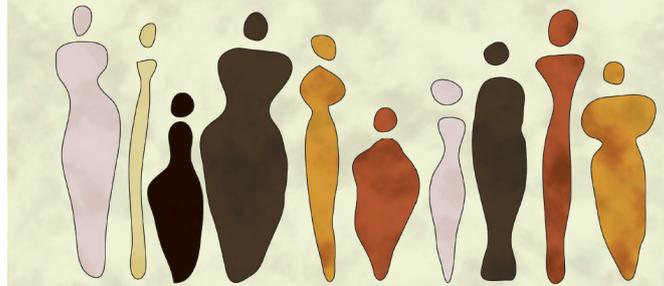
- ALWAYS ON due to our pre-booked wet weather venue (if the foreshore is unusable market held at Toronto High School, Awaba Road)
- SHOP LOCAL - our vendors are from Lake Macquarie, Hunter Valley, Port Stephens, Newcastle or Central Coast
- HIGH QUALITY locally grown, produced or made products
- SUPPORT passionate farmers, growers, producers and artisans who love to share their knowledge and products with their customers

farmersandartisanmarket.com.au

For info 49504799

Healthy Minds ~ Healthy Kids V3.0

The Body Image Edition



How parents can support the development of positive body image in their children.

Keynote Speaker

Dannielle Miller
CEO of Enlighten Education

Dannielle is a best-selling parenting author and the CEO of Enlighten Education. Australia's leading provider of self-esteem and resilience workshops for teenagers.



Dannielle will present a 1 hour seminar entitled 'Beyond Selfies and Six Packs', in which she exposes the real challenges being faced by teens (girls and boys) - the body image crises, low self-esteem, and constant bombardment with toxic and hypersexual media and marketing. Dannielle reveals the reasons why so many teens today are stressed, overwhelmed, exhausted and angry, and why too many are going on extreme diets. She draws upon her many years of experience as an educator, author and media commentator to give participants the tools to help teens see themselves as somebodies - not just bodies.

Q & A

Following the presentation, a panel of professionals will answer questions from the audience. Topics may include connecting with people, group motivation, pressure in society, eating disorders and being functionally positive.

This panel includes:

- Naomi Gadd, Clinical Psychologist
- Danielle Rees, BA Ed (Physical and Health)
- Claire Toohey, Snr Dietitian & Eating Disorder Therapist, APD
- Rachel Sutherland, Public Health Nutritionist, PhD

Audience participation is welcome. Bring along any questions you have and make the most of this opportunity to discuss these important issues.

MONDAY NOVEMBER 6
7pm - 9pm

Valentine Public School Hall
(via Tallawalla Rd gate)



Australian Primary Schools
Mental Health Initiative

melanie.vale@det.nsw.edu.au
Valentine Public School 4942 8211

\$10 per ticket. Please purchase at:

www.sticktickets.com.au

'Healthy Minds - Healthy Kids'

www.sticktickets.com.au/59723



December 7th to 29th
Toronto Foreshore
& The Boulevard

fabulous light displays
For info 1300 488356

Christmas Markets
3pm to 9.30pm
Thursday 7th, 14th,
21st & 28th Dec

Carols by the Lake
6pm to 9.30pm
Friday 8th December

Festive Music
& Performances
6pm to 9.30pm
Friday 15th, 22nd &
29th December



To keep up to date
Download the event app
my.yapp.us/TFOL



See website for details
torontofestivaloflights.com.au



DO YOU LIVE IN THE LOCAL AREA?
(Teralba to Wangi)

Decorate your house for
the festive season
Competition

HSC MINIMUM STANDARD

PARENT INFORMATION ON THE TRIAL ONLINE TESTS

October 2017

Schools are trialling the online tests that will be used by students to demonstrate they have met the HSC minimum standard.



Current Year 9 students are the first cohort that need to demonstrate a minimum standard of literacy and numeracy in order to receive their HSC.

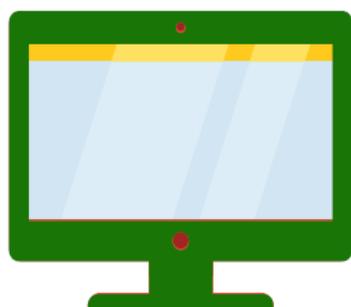
Most students will show they've met the standard through new online tests that can be taken during Years 10, 11 or 12. Students who achieved NAPLAN Band 8 in Year 9 have met the standard early and don't need to take the tests.

HOW THE TRIAL TESTS HELP NESA

To prepare for the tests in 2018, NESA needs to check the suitability of the questions. To do this, they have invited all current Year 9 students to trial the online tests in 2017.

Although Year 10 students do not need to demonstrate the HSC minimum standard to receive their HSC, NESA has also asked Year 10 students to help with the trial, in order to test the questions with a wider number of students.

HOW THE TRIAL TESTS BENEFIT YOUR CHILD



The trial assessments will take place at school and will:

- ✓ Allow Year 9 students to gain an early understanding of the test format
- ✓ Provide Year 10 students with experience of online test environments

As the 2017 tests are a trial, the results do not contribute towards your child's HSC minimum standard. However, schools will receive feedback on students' performance.

THE ONLINE TESTS FROM 2018



To meet the HSC minimum standard, current Year 9 students will have two opportunities a year from Year 10 to pass each online test.

Starting in 2018, these 45 minute tests will include:

- ✓ multiple choice reading test
- ✓ multiple choice numeracy test
- ✓ 500 word writing test

Sample test questions are available on the NESA website

<https://hsliteracynumeracy.nesa.nsw.edu.au/>

The online test dates (school days only) for 2018 are:

- Term 1: 19 February to 23 March 2018
- Term 2: 21 May to 22 June 2018
- Term 3: 13 August to 14 September 2018
- Term 4: 5 November to 7 December 2018



MORE INFORMATION

Contact your school principal for more detailed information about the HSC minimum standard or visit the NESA website:

<http://educationstandards.nsw.edu.au>

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