



Photo by Andy Warren

7 February 2018 Vol: 01-18

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



Welcome to St Paul's Catholic College.

We have begun the year under our new name, it is very exciting! The new logo is up on the college Hall as well as on the new Administration wing. The Damascus Centre finally has its signwriting completed and it looks magnificent. Later this month, our new electronic signs will be installed at the main gate and on the main road frontage. Over the next few months, we will be auditing all our signage and changing it over to reflect our new name.

In the coming weeks, we will launch our new website. This site has been built by a young company from Melbourne who have a very strong connection with our Diocese, having gone to Catholic Schools in Newcastle. I would like to thank Mr Nick Moroney for his leadership over the past six months in working with the team on its development.

Over the break, much work has been done to complete our major building project. At the time of writing this article, we are almost finished. We are fully operational in the new Administration wing and the landscaping is almost complete. The only landscape item to finish is the new Sister Jacinta Garden which will take pride of place near the main entrance. It will continue to be a rose garden but we will be including some lovely places to sit as part of the reimagining of this special space.

A new deck area has been built as a tangible link between the new Administration wing and the Student Services block that was the old Admin. Over the coming months we will be doing some major work in the old admin wing to make it a state of the art Student Services centre. We have engaged our architects to design the most appropriate way to use the building in consultation with our student services team.

The new Chapel is still a few weeks away. The carpet has been laid and the stained glass windows will be put in later this week. Once the building is complete we will be working towards the final setup with appropriate iconography, seating and audio visual equipment. The classrooms that have been rebuilt will have their technology installed next week and will come online soon after.

The students arrival last week was wonderful. Schools are very empty places without the buzz of young people. They have settled into the rigour of lessons and other programs seamlessly. Our Year 7 cohort in particular have been made very welcome and I have been amazed how comfortable they are in their new surroundings. I have spoken to many of them over the past few days and they are enjoying high school. We are still sorting out some BYOD issues particularly password retrievals and resets but by and large they are very much enjoying being part of the St Paul's Community.

This year we are also launching the Strategic Plan. This massive undertaking was developed in conjunction with our wider community and the staff at the College. It has four distinct parts, Catholic Formation and Vision, Teaching and Learning, Governance and Facilities and Leadership, Community and Wellbeing. The four domains will be led by members of the College leadership team. The Plan will be available on the new college website once it is launched in the next few weeks. During the course of the year, I will be reporting to the community on the

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progress of the plan. It gives the College community a clear understanding of the direction that we will be taking to ensure that we continue to offer quality Catholic Education for our community.

This week we have our annual swimming carnival at New Lambton Aquatic Centre. This is a wonderful day and a great opportunity for our new students to get to know new friends. It is a normal school day and full attendance is expected. As a parent it is vital that you support the College by ensuring that your child is here on the day. I thank you for your help in this regard.

On Friday, we will be hosting Bishop Bill along with Fr Geoff Mulhearn who will concelebrate our Opening Mass. This Mass is a very special time in our College year. Bishop Bill will be blessing our new name and leading our community in worship. The College Hall will be transformed into a beautiful prayer space and our young men and women will join us in a special liturgical celebration. Unfortunately, I cannot invite parents and caregivers to this mass as I do not have a space to safely accommodate everyone.

Once again, welcome to St Paul's for 2018. As I have often said, this is a special place. A place of welcome and friendship, a place that delivers quality education and one that celebrates the uniqueness of each individual. It is a place that seeks to be true to the teaching of Christ, a place that is true to the words of our patron saint. I would like to leave you with the words that I spoke to the students on our return.

*Saint Paul was an intelligent, energetic dynamo, deeply inspired by Jesus, and famous for his courage and his preparedness to challenge for the truth and for love – against any odds.*

*He was the proverbial **rough diamond**, shaped by his constantly being on the move, by his many hardships, and by his profound devotion to people.*

*As **the Great Missionary** who founded the first Christian communities, St Paul insisted that these be places of welcome and hospitality, places where **mutual respect** for men and women and the hands of friendship are warmly extended. In addition, he was very clear – in any Christian Community there is no place for **spectators**. **Involvement, participation and genuine interest** in each other are the **price of belonging**.*

**“You’re welcome here, whoever you are”**

Go Gently

**Mr Graeme Selmes**

**Principal**



## **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 to Student Reception to 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 to Student Reception, to meet their Parent/Guardian.

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

One of the most thrilling features of this latest phase in the College's Master Plan, is the vast range of learning experiences that is about to unfold. This new direction promises to 'whet our appetite' and stir our emotions as to what lies ahead for Teaching and Learning.



With the introduction of our Strategic Plan this year, staff, parents and more importantly students, have the opportunity to journey with us as we move in this new direction; a direction where quality teaching and meaningful learning occurs for each and every member of our community. Speaking as the Assistant Principal for Teaching and Learning, I can testify to our commitment towards ensuring that each and every one of our young men and women will be equipped with the literacy, numeracy and IT skills to help them engage as active members of society. I can confirm that each and every one of them will come to understand who they are as a learner; as a member of this unique and caring Catholic community and as an agent of change. I can attest to our focus on creating an inquisitive, reflective, self-directed, independent and interdependent individual who will have the ability to think rationally, logically, ethically and morally. More so I can affirm that our commitment to academic excellence, begins with a curriculum that is both stimulating and challenging and designed to foster a love of learning. The structure of each teaching program is underpinned by the seven principles of the curriculum framework 'Understanding by Design' (UbD). UbD allows us to focus on designing a curriculum where teachers are able to think purposefully about curricular planning; where the structure of each program deepens students' understanding of the content and where the acquisition of skills means students' content knowledge is transferrable across each subject.

Using this framework allows for creative and critical thinking; it allows for the integration of numeracy and literacy and helps students to find meaning and connections in their learning. The framework lends itself to collaboration. Beginning last year, we formed a UbD team, comprising of a representative from every faculty. The team has been working tirelessly at redesigning their teaching programs, beginning this year with Stage 4 and the new Stage 6 syllabi. The structure of the team means we can work in a cross-faculty capacity. Our aim this year is to look at ways of working collaboratively, of ways to team teach, ways to design and deliver interdisciplinary programs and ways to create integrated assessment tasks.

Alongside the refashioning of our teaching programs, the new direction provides us with the opportunity to create a company of learners; both at home and here at the College. You can see that our curriculum seeks to, not only impart knowledge but build skills. This is also true of our Professional Learning focus. This year we are committed towards supporting teachers enhance their skills as educators. With the appointment of Mrs Gina Sneddon as our Professional Learning and Training Administrator, we are able to ensure that each and every member of our College community (including Support, Admin and Facilities staff) has the opportunity to engage in professional development that plays to their strength and is tailored to their needs.

It is common knowledge that for a school to succeed it must have a shared vision, with quality teaching and learning being at the forefront. Every school seeks improvement; it identifies and names its area of focus and puts into place structures that will help achieve this goal. For us at St Paul's, an area that we collectively felt was in need of our attention, was academic writing. Communication in all forms, is the key to success and none more so than writing. Over the span of its five-year existence, academic writing will be at the heart of our strategic plan for Teaching and Learning. Each faculty is currently engaged in creating their own annual improvement plan, whereby each teacher has committed themselves to achieving a set of goals, one of which includes academic writing. To support teachers in achieving their goals we have appointed a Leader of Literacy. Mrs Libby Lucas is a valued member of our College community; she is not only a highly skilled English teacher but holds an important role in assisting our Year Coordinators. Like minded and as passionate about academic writing as I am, Mrs Lucas, in her role as Leader of Literacy, will help drive this focus.

I have much to be thankful for here at St Paul's. We have a body of staff who are wholeheartedly committed to each and every student. They are committed to personalising learning for our young men and women; they are committed to instilling the Catholic values that we hold so dear and are committed to perfecting their practice in this ever-changing educational landscape. It is said that it is 'the teacher' who makes the biggest impact on a child's learning and this is true, however I say that when teachers come together as a collective force in school, the impact on a child's learning is tenfold. Professional Learning Communities (PLC) have been operating in educational establishments for some time now. Evidence has shown that educators who have a shared purpose and who work together on a specified area of need, improve student learning. The primary purpose and function of any PLC is the continuous professional learning of its members.

Gathering feedback from teachers last year, I discovered that we had seven key areas of focus:

- ◆ **Literacy**
- ◆ **Numeracy**
- ◆ **eLearning** (The use of technology as a teaching tool)
- ◆ **Gifted Education**
- ◆ **Using data**
- ◆ **Programming and Assessment**
- ◆ **Professional Practice**

In Term Two we will see the launch of our own Professional Learning Communities. Every member of the teaching staff will have the opportunity to join one of seven key focus areas. We will schedule time for each group to meet. Each community will have the opportunity to engage in professional dialogue with colleagues from other faculties. They will have the opportunity to engage in



professional reading; they will be given resources and time to seek PD for their group; they will be allowed to share and showcase what their learning community is planning for the school and given support to create programs and initiatives that will improve the learning experience and outcomes of their students.

There is much to celebrate at this very early stage of the year. It looks to be a year where we are about to embark on a new and very exciting journey for teaching and learning. It will be an exciting learning curve for us as we observe the College entering into a new and exhilarating phase in its history.

As the Assistant Principal - Teaching and Learning, I can say with great pride and conviction that your sons and daughters are being taught by some of the most intelligent, able and highly skilled educators that I have ever worked with and I thank you for entrusting them into our care.

#### School Calendar Dates – Curriculum for Term One

Date	Event	Year Level
16 <sup>th</sup> Feb	Study Skills Seminar Periods 1-4	Year 11
26 <sup>th</sup> Feb	ATAR & HSC Evening – School Hall (6.30-7.30pm)	Year 12
5 <sup>th</sup> March	Parent Information Evening School Hall (6.30-7.30pm)	Year 7
7 <sup>th</sup> March	Parents in the classroom (9am-11.30am)	Year 7
26 <sup>th</sup> March	Parent Information Evening School Hall (6.30-7.30pm)	Year 6 into Year 7 (2019)
4 <sup>th</sup> April	Parent teacher interviews (3.30-8pm)	Year 7-10
9 <sup>th</sup> April	Parent Information Evening – ( <i>entry in senior school</i> ) School	Year 10

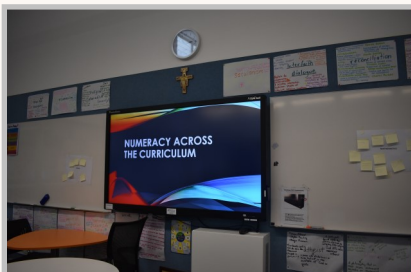


**Miss Roisin McVeigh**  
Assistant Principal—Teaching & Learning

## St Paul's Learning Fair—18 December 2017

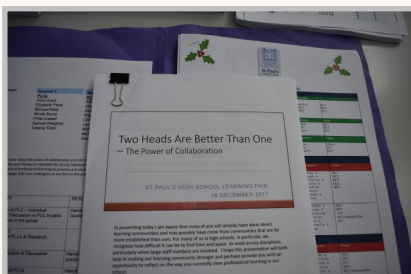
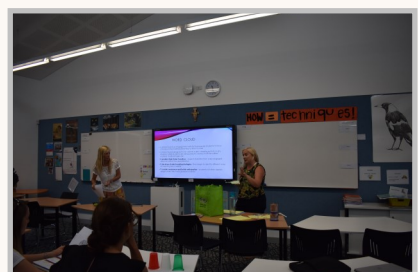


Staff participated in the St Paul's Learning Fair—a Professional Development Day that consisted of various workshops being presented by our teachers for our teachers. Teachers were able to participate in the workshops they selected. Feedback was extremely positive and our educators are looking forward to further collaborative efforts in 2018.



#### Examples of the workshops

- ◇ How to give Constructive Feedback
- ◇ Cross Curricular Opportunities
- ◇ Growth Mindset
- ◇ Gifted Learning



## From the Assistant Principal – Community & Wellbeing

Welcome to the 2018 academic year at St Paul's Catholic College. I especially welcome 148 new students in Year 7 and hope your time at St Paul's will be an enjoyable one. I extend an open invitation for all parents to contact me either by phone or email regarding their child's individual pastoral care or wellbeing.

### Key Wellbeing Roles

For the benefit of new and returning families, I would like to draw attention to the following **Student Coordinators** and the Year Levels they will be responsible for in 2018:

- Year 7—Mrs Furey/Mr Heagney
- Year 8—Mr Wilson
- Year 9—Miss Guest
- Year 10—Mrs Evans
- Year 11—Mrs Brownlee
- Year 12—Mrs Pryor

As Mrs Pryor is on leave for Term 1, Mrs Lucas will be filling in until the start of Term 2. Please do not hesitate to contact them for any Year Level issues.

Each Student Coordinator is supported by their respective **Tutor Group teachers** - who will foster the daily pastoral and administrative duties of their Tutor Group. Tutor Group teachers will be the initial point of reference each morning and address the expectations of students in regards to:

- ⇒ Jewellery/piercings/hair
- ⇒ Uniform (including when sports uniform should be worn)
- ⇒ Correct style of shoes
- ⇒ Administration of absences
- ⇒ Liaising with families in regards to general pastoral/wellbeing issues

St Paul's will again have the services of Mrs Lucas as the **Student Coordinator – Support** role and Miss Lancaster as the **Pastoral Care Worker** (Thurs-Fri) for 2018. In addition to this, we will have the services of CSO Psychologists Mrs Mitchell (Mon-Wed) and Ms Huens (Thurs-Fri) each week working at St Paul's as our **School Counsellors**.

I would encourage parents to make use of these roles and seek assistance where needed to support their son/daughter throughout the academic year.

### Sunsmart, Student Lockers & School ID Photos

As part of our SPB Sun Smart Policy, students are encouraged to use sun protection options whilst participating in outdoor activities. As part of this all students during Term 1 and Term 4 are required to wear a hat when using the courts/oval at Recess and Lunch breaks. Students in these areas without hats will be asked to leave these areas as part of this policy.

Parents of Year 7-10 received a letter regarding the optional use of School Lockers last week. I spoke about this document and the process adopted should a student wish to use a School Locker. Further copies of this letter/application can be obtained from Student Reception.

This Thursday (8<sup>th</sup> February 2018) will see Year 7s and newly enrolled students have an individual ID photo taken by A1 Photomakers. These photos will be used for ID purposes and **ARE NOT** the traditionally family purchased portrait photos. These photos will be taken later in the year.

### Study Skills

As we begin the academic year, I have included an article by *Prue Salter* on managing Technology and how it can assist students in their study. St Paul's subscribes to this studyskills website and all families have access to its resources.

I would encourage all students as part of 'getting organised' in Term 1, to look at this website and see the study resources available to students regardless of which year level they are in. The details are as follows:

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

School's Username – **stpauls**

School's password – **52success**

## **Top 10 Tips for Students for Managing Technology Distractions:**

1. **Allocate specific times for work and for technology**- this can be tricky given that much of the time students need to use technology for research. However, making a timetable which clearly identifies time for homework/study, games and other online activities, means you know that you will soon get an opportunity to get back online. It's best to make these blocks in the time when you aren't at your most "productive" with work.
2. **Turn off your technology distractions** - turn off as many things as you can eg. phone, ipad, ipod, Facebook, Instagram, even your computer if you don't need it for that piece of work. If you aren't aware of messages or notifications coming in, then you won't need to check them. Try it for half an hour and then get back to your messages once you've finished that work block.
3. **Set clear goals** - once you have achieved your work goal, reward yourself with technology. Allow yourself 20 minutes of guilt free online time.
4. **Set a timer** – if you can't stop gaming or checking facebook, even when your allocated time is up, set an annoying timer....which you place away from where you are playing, so that you have to get up to turn off. Once it's off, you have already broken the connection to the game and it should be easier to get on with your work.
5. **Install software on your computer to help manage distractions** – there are lots of different packages available to assist you in controlling your computer use – how long you use particular programs for and what you use.

More information is available for subscribers to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) in the Managing Distractions Unit of the Study Skills Handbook [http://www.studyskillshandbook.com.au/inside/inside\\_content/home5c.html](http://www.studyskillshandbook.com.au/inside/inside_content/home5c.html)

6. **Don't make in-App purchases** – lots of us have downloaded a "free" app only to get caught up in the cycle of "in app" purchases so we can just get one more level or win. Making a deal with yourself to wait for a while to have another go at a game both saves money and gives you 20-30 minutes to focus on schoolwork instead.
7. **Remember TV is technology too** - working in front of the TV can be just as distracting as other forms of technology. Save up your easy work – like title pages, or filing, to do in front of the TV and use your technology free time to focus on more challenging work.
8. **Enlist some help** – ask your parent or sibling to help you manage your technology distractions by sitting near you while you work to monitor what you are doing, testing you on your current topics or holding on to your devices for you.
9. **Find a different place to work** - some work can be done outside, or while you are exercising. Why not step outside to review your study notes, or read your novel? Record your notes or listen to a podcast when you are out walking the dog?
10. **Do some mental skills development** – if you really need to improve your focus, attention and memory, try doing some specific exercises. <http://www.cogmed.com.au/schools> offers a formal school based program. Also <http://www.lumosity.com/> <http://www.mindgames.com/brain-games.php>

I hope the above information will be helpful this year, and the Term starts well for all students and families as we begin the 2018 academic year.

**Mr James Furey**

**Assistant Principal – Community & Wellbeing**

[james.furey@mn.catholic.edu.au](mailto:james.furey@mn.catholic.edu.au)



**St Paul's is participating in the 2018 Coles Sports for Schools**

**Please start collecting your vouchers**

**There is a box in Student Reception for collection!**

**School Newsletter Article:  
Adolescent human papillomavirus (HPV) vaccination program**

In early 2017 parents/carers of Year 7 students were asked to provide consent for their children to receive three doses of HPV vaccine in the NSW School Vaccination Program.

**Most\* Year 7 students who have received two doses of HPV vaccine are considered to be fully vaccinated and do not require a further dose.**

This change is based on recent international studies that show for children aged 9 to 14 years of age, two doses of HPV vaccine provide the same protection as three doses, as long as the second dose is given at least six months after the first dose. Based on this evidence, the World Health Organization (WHO) now recommends a two-dose HPV schedule, and this has already been adopted in comparable countries (i.e. the UK, Canada, the United States and New Zealand) and is now being adopted in Australia.

In 2017 Year 7 students were given the second dose of HPV vaccine at least six months after the first dose to accommodate the urgent roll-out of the Meningococcal W Response Program to Year 11 and 12 students. Year 7 students who have received only one dose of HPV this year will be offered their second dose in 2018. Parents/carers whose children were vaccinated in 2017 but who still wish for their child to receive a third dose of HPV vaccine can access a free dose from their general practitioner (GP).

\* Students with significantly impaired immune systems are still recommended to have three doses of HPV vaccine. Parents of these students should make arrangements to complete the vaccine course with their GP or by calling their local public health unit on 1300 066 055.

More information is available on the NSW Health website at [www.health.nsw.gov.au/hpv](http://www.health.nsw.gov.au/hpv) or by calling your local public health unit on 1300 066 055.



## Year 7 News

Welcome to all of year 7, and their families. It was a very big and exciting start to the year for these students, and they have done an excellent job at settling in well so far.



*Mrs Trish Furey & Mr Sam Heagney*  
*Student Coordinators*



## Year 8 News

Welcome back Year 8 students to a new academic year. This is a chance to start afresh – you're no longer the 'newbies' of the school - but this comes with higher expectations of maturity in your interaction with others and your commitment to studies. There has been quite a shuffle in the Student Coordinators and their respective responsibilities for Year groups. Only Mrs Brownlee carried her group through from 2017 to 2018. I was Year 12 Student Coordinator in 2017 but am excited to be able to work with Year 8 this year. I thank Mrs Furey and Mrs Evans for the wonderful work that they did with Year 7 cohort last year. It's okay for students to continue a relationship with them, but remember they have other Year groups who must now take priority. Our styles are different, but both are effective!

At the recent Year 8 Form meeting, I spoke about the four cornerstones of success in secondary school. I encouraged students to build the Foundations of scholarship:

**Punctuality** (attendance)

**Uniform** (be proud of your school and create a sense of community)

**Commitment** (to class task, homework, and assessments)

**Respect** (to students and staff)

I also spoke of my desire to eliminate the phrase "I can't do it!" and replace it with the more realistic and achievable: "I can't do it YET!" We are all a work in progress, and as long as we don't stop trying then we will slowly reach a better skill set and understanding.

There are quite a few things for students to organise this week: lockers, Education Perfect and Maths On-line log-ins, Sport Choices, BYOD devices linked to the school site, as well as the Swimming Carnival and the Opening School Mass.

The election of Tutor Group Reps and SRC Reps will take place this week, so if you're interested in building a better St Paul's Catholic College, then nominate and contribute your talents and ideas to the community discussion.



Do your best; get involved... and you'll enjoy school all the more.

*Mr Ross Wilson*  
*Student Coordinator*





## Year 9 News

Welcome to 2018! I would like to take this opportunity to introduce (or re-introduce) myself to you all. I will be Year 9 coordinator for 2018 and I am really excited to be working with this year group again after a stint with them in 2016. We got off to a great start on Thursday with everyone excited to be back. The students were so positive about my appointment and made me feel very welcomed! One of my goals this year will be to bring the year group closer together and to help them to continue building a positive identity within the school community.

We have many new students joining us in Year 9 this year and we have all welcomed them with open arms. Welcome to Zak, Erin, Ella, Isabella, Keeley, Khye, Sebastian, Carly, Jade and their families.

The beginning of the year is a good time to remind everyone about the importance of wearing the correct uniform, not only to show pride in being part of the St Paul's community but also to ensure safety. Full uniform descriptions are available, but I will highlight a couple of the main indiscretions. Please remember sports uniform is only to be worn on Fridays and when PE practical or PASS are scheduled. School shoes are to black, lace and polishable. Makeup is to be minimal and hair is to be of a natural colour. We would also encourage students to wear a hat in the school colours for all sporting activities. Students are not allowed on the oval or the courts without a hat this term.

It is great to see so many Year 9 excited about their elective subjects. There is already a lot of talk about the new opportunities that this has opened up. Students have been told that unless there are extreme circumstances, all electives will remain as timetabled. Classes, rooming and staffing have all been built around elective choices, so it is not possible to make changes at this point.

I look forward to working with you all this year.

*Miss Kerrie-Lee Guest*  
*Student Coordinator*



## Year 10 News

Welcome to Year 10, 2018! This will be an exciting and challenging year for all, with numerous academic, social, spiritual and sporting events planned. Year 10 students are supported by their Year 10 Coordinator, **Mrs Tracey Evans**; an amazing team of Tutor Group teachers – **Mrs Elisa Milajew, Mr Edward Leonard, Mrs Catherine Maloney, Ms Anna Hennessy, Mrs Sophie Stanley, Ms Jae Clarke, Mr Aidan Linehan, Mrs Nicole Burns and Mr Steven Thomas**.

In the first year meeting last week, I raised several points for students to consider.

- The Student Coordinator role is one of service. There are many facets to this role, including support, events and discipline. Students and their individual needs are at the forefront of any decisions that are made and I hope that students are always able to recognise this.
- Students are encouraged to organise their study and activity schedule as soon as possible, so that they can get into an effective and productive routine. Students are encouraged to speak with Tutor Group teachers or myself if they require some assistance with this.
- Uniform requirements have not changed from last year, including correct socks and shoes. It was disappointing to begin the school year with several students in the incorrect uniform, including black socks, on the very first day. Students have been reminded of the policy and correct procedure should they be out of uniform.
- Year 10 Camp is in early Term 2. More information will follow.

Year 10 students were also reminded to check their emails regularly. They will receive emails from myself, as well as from our Careers/Vocational Education Coordinator, **Mr Craig McLoughlin**. My contact details are:

*E: [tracey.evans@mn.catholic.edu.au](mailto:tracey.evans@mn.catholic.edu.au) P: 4958 6711 (this is the school number and a message will be forwarded to me)*

Finally, I spoke to students about the need to look after themselves and referred to the oxygen masks on aeroplanes. Flight attendants advise us to put our own oxygen masks on before helping anyone else, and this suggestion can also be applied to making sure we take time for some self-care during the busyness that is Year 10. I encourage Year 10 students to "PAUSE". That is, to take a moment to stop, concentrate on their breathing and just take time out from timetables, workloads, other activities and even socialising, to be calm and mindful. I encourage students to make this part of their daily routine.

Take care,

*Mrs Tracey Evans*  
*Year 10 Coordinator (Acting)*



## Year 11 News

A warm welcome back to St Paul's Catholic College for our Year 11 students, parents and families. I hope that everyone's break brought some down time and opportunities to enjoy each others company.

Year 11 have passed their first week as senior students of the College with flying colours. We commenced the school year with a liturgy, which reflected on leadership and encouraged the students to think about taking "positive risks". Thank you to the many parents who were able to be present to witness the students receive their senior badge and whom joined us for morning tea.

I am delighted by the number of students who have taken a positive risk and nominated themselves for House Vice Captains, Tutor Group Representatives, Bus Monitors and SRC members. Congratulations to all of those students who were nominated, and especially to those who have been elected in the following roles for 2018:

### House Vice Captains

Chisolm – **Annika Baker & Julian Bishop**

McKillop – **Amber Kelly & Thomas Hall**

Polding – **Evangeline Latu & Seamus McNeely**

Therry – **Nyah Thomson & Cameron Sparkes**



House Vice Captains

### Tutor Group Representative's

TG 1 **Jacob Adams**

TG 2 **Simone Dobosz**

TG 3 **Thomas Hall**

TG 4 **Jai Inkster**

TG 5 **Matthew Potter**

TG 6 **Jaz Robertson**

TG 7 **Logan Panozza**

We also welcome two new students and their families to our year group **Callan Nicol** and **Robert Tracey**, who have seamlessly transitioned into our community. I look forward to continuing to work with all the Year 11 students and their families, and encourage you to contact me if I can assist you or your child in anyway.

Mrs Blair Brownlee  
Student Coordinator



## Year 12 News

Welcome Back to the final year of schooling. My name is Mrs Libby Lucas, I am the acting Year 12 Coordinator for Term 1. Usually I work as a Support Student Coordinator, who works with all Student Coordinators helping to correlate special events and programs within the school. I feel privileged this term to be able to work with all Year 12 students, to get to know them better and to offer encouragement when needed.

This term is a busy one with an information evening and retreat coming up, as well as all the usual assessment tasks and study requirements of this year. More detailed information and notes will be available in the coming weeks.

The challenge this term is for students to be kind and supportive to one another in the midst of the stress and busy schedules of the HSC year. I encourage all students to show gratitude to those who are trying to help them and to make the most of every opportunity they've been given this year.



Mrs Libby Lucas  
Student Coordinator





## Opening Mass

The school's Opening Mass of 2018 will be held on Friday. Bishop Bill will lead the Mass, accompanied by Fr Geoff Mulhearn from Toronto parish. We will listen to the words of Saint Paul, our school patron, who said that each person has unique gifts, and that each member of the Christian community is part of "one body" (1 Cor 12:3-7, 12-13).

## Ash Wednesday

This year Ash Wednesday will be on February 14<sup>th</sup>. The school community will gather for a liturgy and staff and students will be marked with ashes. This is the beginning of the season of Lent in the Church calendar. It is a time for prayer, for giving up unnecessary luxuries and for giving to the poor.

## Launch of Project Compassion

Each year our school supports Caritas, the Catholic Agency for International Aid and Development, by raising money during Lent for Project Compassion. Mrs McNaughton and a group of senior students will join parish representatives to attend the launch of this year's Project Compassion on Tuesday February 13<sup>th</sup> at the Sacred Heart Cathedral.

## Year 12 Retreat

A note has been sent home to all Year 12 students regarding the retreat. Please return the note and deposit as soon as possible so that final numbers can be determined.

**Mr Michael Doyle**  
Ministry Coordinator



## Peer Mediation

Peer mediation is a new wellbeing initiative beginning in 2018. Basically, the program is about Year 11 students helping younger students to resolve low level conflict. We have 22 Year 11 students who undertook training in conflict resolution, communication skills and critical thinking. Mediators have been trained to help junior students with issues such as:

- ⇒ name calling
- ⇒ rumour spreading
- ⇒ friendship problems
- ⇒ property issues
- ⇒ teasing
- ⇒ exclusion



They will not be called on to deal with bullying, physical violence or anything that may involve breaking the law. To initiate the program and make the younger kids comfortable with the mediators they will be rostered on to one lunch time a cycle. They will be wearing their badges as peer mediators. During this time, they will be a visible presence in the playground and speaking to younger kids. At this point they may take students to a quiet space to mediate a situation. Otherwise, they will just be making their presence known and creating relationships.

Students may self-refer but staff will also refer students for mediation. If you think your child may benefit, please get in touch with the appropriate student coordinator to discuss. The program is completely voluntary. This program does not replace the support offered by student coordinators, pastoral care worker or the school psychologists.

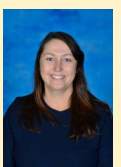
Referrals can be made face to face or via email to Kerrie Guest or Blair Brownlee directly or through the peer mediation email address [BRG-Peer-Mediation@mn.catholic.edu.au](mailto:BRG-Peer-Mediation@mn.catholic.edu.au).

The anticipated benefits of peer mediation are as follows:

- Reduced peer conflict in the junior years.
- More harmonious peer groups.
- Greater connection between the older and younger students.
- Greater leadership opportunities for Year 11 students.
- Extension of the skills and relationships that Year 10 students experienced during Peer Support.
- Increased ability and responsibility for solving their own problems.
- Reduction in bullying through early intervention.
- Increased skills in communication, listening and problem-solving
- Development of social, language and leadership skills
- Increased self-esteem for the mediators and students experiencing conflict

We would appreciate your support with this program. If you have any further questions or concerns, please contact Kerrie-Lee Guest.

**Miss Kerrie-Lee Guest**  
Organising Teacher





**Physical Activity for Everyone (PA4E1)** is an exciting new program that has begun at St. Paul's in 2018. Basically it is about getting **ALL** our kids to **MOVE THEIR BODIES MORE** at any time of the day, at school and at home. See below for some info and ideas...

Have you heard about the **Active Kids Program**?

From 31 January 2018, parents, guardians and carers can apply for a \$100 voucher per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued.

With **thousands** of registered providers now is the time for all our kids to get involved in a physical activity. See <https://sport.nsw.gov.au/sectordevelopment/activekids> for more info.

Mrs Brigid de Winter  
PDHPE Teacher



## Information on our physical activity program...

# PA4E1

### Active kids do well in class!

Research shows....

- Kids who are active....
- ... and eat well
- Do better in class!

This is why our school has introduced the PA4E1 program.

## Physical Activity for Everyone (PA4E1)

Our school is now part of PA4E1. This will help us in our aim to increase student physical activity levels. Some ways we will do this are:

- More activity in our PE lessons
- Creating physical activity plans
- Resistance training at our school
- More activities during our breaks
- More information sent home
- More links with our community

For more information, visit: [pa4e1.hnehealth.nsw.gov.au](http://pa4e1.hnehealth.nsw.gov.au)

### Did you know?

- The Government recommends kids do at least **60 minutes** of moderate-to-vigorous activity each day.
- This is activity which makes kids huff and puff!
- Sadly, only **1 in 5** kids meet the guidelines!\*

\* NSW SPANS Survey 2015

All staff and students of Catholic schools in the Diocese of Maitland-Newcastle can download and install Microsoft Office 365 ProPlus for free on up to 5 personal computers/devices. This includes:

- Office 365 ProPlus for PC/Windows
- Office 365 ProPlus for Mac

Office 365 ProPlus contains the complete Microsoft Office product suite including Word, Excel, Powerpoint, OneNote, Access, Publisher and Skype for Business.

Initial installation and activation requires an active internet connection. Current employed staff and currently enrolled students in a Maitland-Newcastle Diocese Catholic school are eligible for the free Office 365 ProPlus licence. To keep the software activated, you must connect to the internet at least once every 30 days. Your Office 365 ProPlus licence(s) will expire if you are no longer a staff member or student (e.g. graduate or leave the diocese school system).

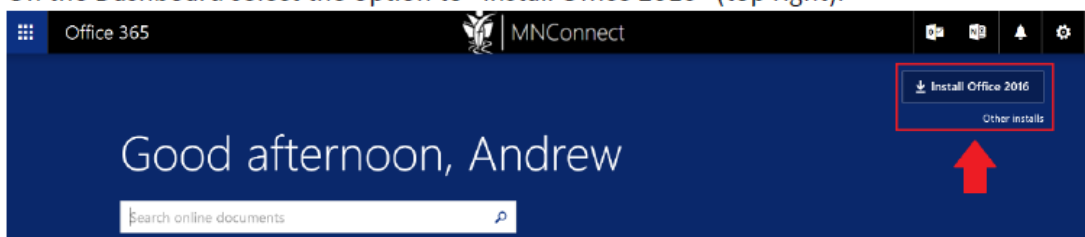
## How to Install Office 365 ProPlus: PC/Windows

1. Access the MNConnect portal. When at school, this will be the landing page when you open your browser (after authenticating with wireless or zScaler). For BYOD you should go to <http://mnconnect.cloud>.

2. From the MNConnect portal, select the Office 365 dashboard (top left).



3. On the Dashboard select the option to "Install Office 2016" (top right).



4. Follow the on-screen prompts to complete the installation of Office.

## Activate Office

Office 365 will attempt to activate when first run (e.g. when running Word of the first time). To activate Office, enter your staff or student email address and password when prompted.

## How to Install Office 365 ProPlus: Apple Mac

The Office 365 ProPlus installation process for Apple Mac follows the same basic steps as those above. The DMG installation package will be downloaded to the local device. Double-click on the downloaded Office 365 DMG package to complete the installation.

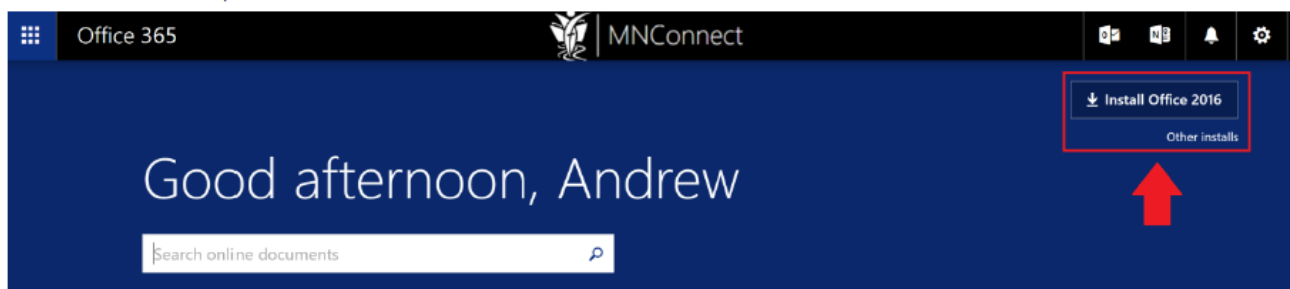
## Office for Mobile Devices (e.g. iPad/iPhone/Android)

Staff and student Office licenses may also be used to activate the premium features of Office for iPad/iPhone/Android. Office applications are installed using the relevant app store (iTunes/Play Store) and activated using the staff/student email address and password.

## Managing Your Office 365 ProPlus Licenses

All current staff and students are provided with 5 free licenses of Office 365. Each separate device (e.g. laptop, desktop, tablet and iPad) consumes a license. You may deactivate licenses for a device that you no longer require Office for by following these steps:

1. Return to the MNConnect portal, and then click through to the Office 365 dashboard (see installation instructions for further details).
2. On this dashboard, select "Other Installs"



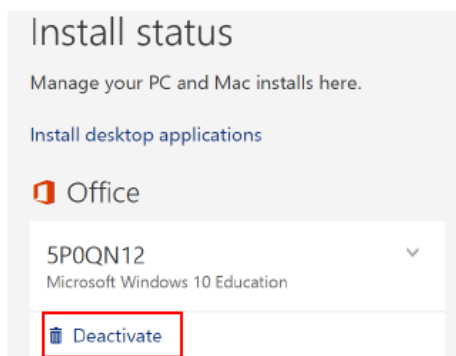
3. From here select "My account -> Install status"

Office

Manage installs

Want to deactivate Office on one computer and install it on another? Go to [My account > Install status.](#)

4. Locate the copy of Office 365 you wish to remove from your license count and click 'deactivate':





**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](http://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><b>Step 1 Download Qkr!</b></p> <p>on your Android phone or iPhone. iPad users can download iPhone app</p>	<p><b>Step 2 Register</b></p> <p>Select your Country of Residence as 'Australia' and follow the steps to register</p>	<p><b>Step 3 Find our school</b></p> <p>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><b>Step 4 Register your children</b></p> <p>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.



**Family Discount Form 2018**

If you have not already returned, please return your 2018 Family Discount Form as soon as possible.

We are unable to apply a family discount to your fees if we have not received your form.

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

**Mrs Betty Harris—Finance Officer**  
[finance@booragul.catholic.edu.au](mailto:finance@booragul.catholic.edu.au)



# Canteen Roster



**Monday 12 — Friday 16 November**

Mon	Kristy Baker, Sharyn Kiely, Lisa Kelly
Tues	Elizabeth McGovern, Christine Jones
Wed	Linda Gesell, Nannette Preston, Kim Harding
Thurs	Debbie Parker, Mel Dobosz, Claire Elliot
Fri	Jennifer Barrett, Carol Crabbe, Megan McInnes

**Monday 19 — Friday 23 December**

Mon	Kristy Weller, Cathy Dutch
Tues	Susen White, Sharn Johnson, Worakot Walker
Wed	Candace Way, Sara Ashmore, Teresa Tanks
Thurs	Nicole Ferry, Paula Douglas
Fri	Tania Egan, Kylie Powell, Caroline Hickey

**Canteen Supervisor:** Carolyn Phone - 4946 3115

**Canteen Hours:** 9.00am to 2.30pm

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

## Office Hours for 2018

8.00am to 4.00pm Monday to Thursday

8.00am to 3.30pm Friday

### 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.



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

## Term 1 2018

<b>Wk 2</b>	Wed 7 Feb Thurs 8 Feb Fri 9 Feb	Swimming Carnival Yr 7 - New Student ID Photos Senior Drama Excursion OnStage Opening School Mass 10am
<b>Wk 3</b>	Wed 14 Feb	P&F Meeting-HSC Review (TBC) Ash Wednesday
<b>Wk 4</b>	Thurs 22 Feb	Yr 7 Immunisations
<b>Wk 5</b>	Mon 26 Feb Wed 28 Feb Thurs 1 March	Yr 12 HSC & ATAR Evening BYOD Cyber Safety Info Evening Yr 8 Incursion-Brainstorm Prod Dio U/15 Rugby League Trials
<b>Wk 6</b>	Mon 5 Mar Wed 7 Mar	Yr 7 Information Evening Yr 7 Parents in the Classroom
<b>Wk 7</b>	Tues 13 March Wed 14 March	DIO Swimming Carnival P&F AGM Meeting - 7.00pm Yr 7 Community Day
<b>Wk 8</b>	Mon 19 March Tues 20 March Wed 21-23 March	Europe Information Meeting 6-7pm Bishop Bill & School Captains Yr 12 Retreat
<b>Wk 9</b>	Mon 26 March Thur 29 March	Yr 6 Parent Information Evening Easter Liturgy
<b>Wk 10</b>	Fri 6 April	NSWCCC Swimming & Diving Champ
<b>Wk 11</b>	Mon 9 April Tues 10 April Wed 11 April Thurs 12 April	Yr 10>11 Information Evening Junior Dio Football Knockout Northern Country RL Selections Europe Excursion Dio Touch Football

## Clothing Pool



### Clothing Pool



## Clothing Pool Opening Times

**Tuesdays only from 8.30am—9.30am**

**The Clothing Pool will now only be accepting donated uniforms.**



## ENGAGING ADOLESCENTS™ INVITATION TO PARENTS OF TEENS

*Learn strategies and skills to improve parent – teen relationships*

A three-session program for parents and carers & a bonus emotion coaching session.

By **Allambi Care & Belmont Neighbourhood Centre**

**359 Pacific Highway Belmont North**

**When: Tuesday Mornings 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> March 2018**

**Time: 9.30am – 12.00pm, 4 consecutive sessions**

**Cost: \$20 for Workbooks and light refreshments. (Concessions available).**

### 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 Burke on 0408 474 602.



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

This course is being run by a Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)





## 2018 Netball Registration

Online registrations are now open, please email [cardiffnetballclub@y7mail.com](mailto:cardiffnetballclub@y7mail.com) for more information or we will be at the Clubhouse for assistance...

**When:** Saturday 3 February 8:30am – 11am and Thursday 8 February 5pm – 7pm

**Where:** Cardiff Netball Clubhouse, cnr Newcastle & Myall Roads Cardiff

**Contact:** Katie 0412781739

All players/coaches welcome – new & experienced.

# TAEKWONDO

## BOLTON POINT COMMUNITY HALL

If you would like to:

Make new friends - Get fitter & Healthier,  
Gain Life skills, Learn how to deal with difficult situations in a logical manner, as well as gain:  
Self defence, Confidence, Self Control.  
Come & join in the fun with 2 FREE lessons!

We train Tuesday & Thursday  
5:30 – 6:30 pm  
Ages 5 – 65 all welcome.

For more about who we are, visit:  
[www.smarttraining.club](http://www.smarttraining.club)  
or email:  
[dragons\\_tkd@yahoo.com](mailto:dragons_tkd@yahoo.com)

BECOME A DRAGON TODAY!




Classes from 2yrs to Adult!

**FREE TRIAL CLASS**

Ph: 4959 5754

\*Toronto  
\*Charlestown  
\*Speers Point

\*Valentine  
\*Edgeworth  
\*Warners Bay



Professional Experienced Teachers  
[www.breakawaydancers.com.au](http://www.breakawaydancers.com.au)



SOUTHERN LAKES  
UNITED FC  
DORA CREEK



### 2018 Registration dates

#### McDonalds Morisset

Saturday 3/2/2018 10am -2pm  
Saturday 17/2/2018 10am-2pm

#### Douglass St Oval Dora Creek

Sunday 11/2/1018 10am-2pm  
Sunday 25/2/2018 10am-2pm

#### Enquiries

Greg: 0420 995 639  
Loren 0481 144 124

[www.facebook.com/southernlakesunitedfc](http://www.facebook.com/southernlakesunitedfc)  
[www.southernlakesunitedfc.org.au](http://www.southernlakesunitedfc.org.au)

**BELMONT**  
BASEBALL CLUB

COME AND TRY BASEBALL  
& JUNIOR REGISTRATION DAYS

SUNDAY 11 FEBRUARY 9AM - 10.30AM  
FRIDAY 16 FEBRUARY 5.30 - 7PM  
WEDNESDAY 21 FEBRUARY 5PM - 6.30PM

MILLER FIELD - BELMONT  
(BEHIND THE BELMONT SPORTSMAN'S CLUB)

WINTER  
SPORT FOR  
BOYS & GIRLS  
AGES 5 - 15  
YEARS

(SENIOR TEAMS  
AVAILABLE FOR ALL  
AGES/ABILITY)



WWW.BELMONTBASEBALL.COM.AU

**SOCCER PLAYERS NEEDED**

Have you played soccer at a junior club?

Are you turning 15 this year?

Do you want to play at a more competitive level?

Well, Toronto Awaba FC is looking for you!

We are currently looking for players to complete our U15s boys side at the Stags for the upcoming 2018 season.

If you are interested, please message our Facebook page -

TorontoAwabaStagsFootballClub

or email [torontoawaba@outlook.com](mailto:torontoawaba@outlook.com)

**\*\* HURRY - training is starting & time is running out !! \*\***



Come play Rugby League in 2018

All are welcome to join our team from age 5 to 17

Every player gets Shorts and Socks

Registration days 10 Feb and 24 Feb 10-12

Training is on NOW

Macquarie Junior Rugby League Football Club  
Keith Barry Oval, Toronto

E: [secretary@macquariejuniors.com.au](mailto:secretary@macquariejuniors.com.au) P: 0450 558 565

Register online: [www.playnrl.com](http://www.playnrl.com)

**2017 PREMIERS**  
**U11, U12, U14, U17**