



St Paul's  
Catholic College  
Booragul



Photo by Andy Warren

21 March 2018 Vol: 04-18

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

Last Thursday, St Paul's hosted our first Open Evening. It was an opportunity to showcase our College to the wider community. We have basically been a building site for the past four years and now that we have finished this phase of our masterplan, it was an ideal opportunity to show off our new facilities and more importantly, showcase the wonderful talents of our teachers and students.

The evening was a huge success. We had over 300 people tour our facilities and engage with our staff and students. The first tour was at 4.30pm and we still had people on site after 8pm. We had visitors from our own feeder system along with large numbers of families from government and non-government schools who were looking for the right school for their children.

The feedback has been outstanding. One family saw me at the end of the day and commented on the fact that this was our first open event and that they had been to four others in the past 3 weeks, they said that ours was by far the best one that they had been to. The passion of the teachers was clearly evident and the pride that our students had in their school was also evident in the way that our guides and hosts interacted with the visitors.

Here are some more comments:

*(Via SMS) Dear Sally, let Graeme know that we all thoroughly enjoyed the tour on Thurs. Spent 2 hrs there. Girls didn't want to leave... they now want to skip yr 6 lol!*

*I was very impressed with each subject areas activities and displays. All the teachers at each stop were so friendly and genuine. He has a lovely staff and school to be proud of!*

And another...

*(Via Email) I just wanted to express my gratitude for a job well done last night.*

*My wife and I were both very impressed, the passion and care shown by everybody was truly amazing and started well before our tour even began, i.e. In the car park a very nice lady approached us welcoming us to your school and directed us to the administration building.*

Thank you to all our parents who shared Facebook posts to help with the advertising and all those who shared the event via word of mouth.

Our Year 12 students leave on Wednesday for their final Retreat. This beautiful event is one of the great highlights of their final year at St Paul's. It is an opportunity for them to reconnect with one another, with their own selves and with their God. This retreat is conducted by Mr Doyle who spends a huge amount of time preparing the resources, writing the program and then he delivers the retreat to our students. It is a huge undertaking and one that makes our place the unique Catholic school that it is. Our staff give up time with their families to be on retreat with the students and contrary to popular belief, there is no overtime or living away from home allowances! The staff volunteer their time to the students because they believe in the power of what we believe in as members of the Catholic Church. I wish the students all the best as they enjoy the wonderful experience that the retreat will bring to their final year at St Paul's.

In week 10, I will be taking leave. My wife and I will be travelling to Europe for 8 weeks. While in Europe, we will be visiting family and friends, but the main reason

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we are going is to attend the Centenary of the Battle for Villiers-Bretonneux in France on ANZAC Day.

On that day 100 years ago, Australian troops fighting on the Western Front in the final months of World War One, liberated the town. To this day, the townsfolk of Villiers-Bretonneux have commemorated the ANZAC spirit. The beautiful Adelaide Cemetery is the final resting place for thousands of diggers and the memorial wall has the names of many thousands more whose bodies were never found. It is a stark reminder of the horror and futility of War. The local school was destroyed during the fighting (as was much of the town) and it was rebuilt with donations from school children from Victoria. There is a sign in the playground – *Never Forget Australia*.

While I am away, Mr Furey will be Acting Principal. We will be announcing the other positions as soon as we have settled them.

In the next week or so, Interim Reports will be issued via the Parent Portal. These interim reports are issued for students in Year 7 to Year 11. It will give you a snapshot of how well your child is engaged in their own learning in all their subjects. Year 12 students will receive their mid-course full reports early next term.

As Easter approaches, I would like to leave you with this thought from Pope Francis:

**FAITH  
HOPE  
LOVE**

*'During the Easter Vigil, we will celebrate once more the moving rite of the lighting of the Easter candle. Drawn from the "new fire", this light will slowly overcome the darkness and illuminate the liturgical assembly. May the light of Christ rising in glory dispel the darkness of our hearts and minds and enable all of us to relive the experience of the disciples on the way to Emmaus. By listening to God's word and drawing nourishment from the table of the Eucharist, may our hearts be ever more ardent in faith, hope and love.'*

Go Gently

**Mr Graeme Selmes**  
Principal



## Open Evening 2018



This week I have included two articles that may be of some benefit to parents and students. I would hope that they might provide some discussion at home and a discussion of their content and potential merits for St Paul's students:

## **Rewards for Students Who Put Down Phones**

An app that rewards students for time spent away from their phones is being released in the UK.

Hold was developed by three students who met at Copenhagen Business School and wanted to develop something to help with the issue of device distraction.



It has proved popular in Scandinavia, with more than 120,000 users across Norway, Denmark and Sweden.

Experts are growing increasingly worried about the issue of device addiction.

According to a 2017 study by the University of Texas, simply having a smartphone within eyeshot can reduce productivity, slow down response speed and reduce grades.

A previous study from the London School of Economics suggested pupils who did not use their smartphones on school grounds saw a 6.4% increase in test scores.

The app will initially be rolled out to 170 universities around the UK. It works on both Android and iOS devices and is free to download.

Students will accumulate 10 points for every 20 minutes that they do not use their mobile phone between 07:00 and 23:00 every day of the week.

Points can be exchanged for goods and services within the app's marketplace, with brands such as Caffe Nero, Vue cinemas and Amazon signed up.

To earn two free coffees, students will need 300 points, which equates to 10 hours on the Hold app. For free popcorn at the cinema, they will need to spend two hours to accrue 60 points.

Students can also exchange their points for books and stationery which are donated to schools via Unicef.

— Jane Wakefield

The second article is from the business journal - CEO Magazine and was written by Dr J Brockis regarding mental health and resilience. Although the audience is for business leaders, I think the principles of positive resilience are more than applicable for the families and students of St Paul's.



## **Creating Mental Toughness with Positive Resilience**

By Dr Jenny Brockis. Dr Jenny Brockis is a Medical Practitioner, healthy brain advocate and a renowned professional speaker.

### **Being mentally tough in the face of adversity starts with knowing how to create positive resilience**

While predominantly talked about and developed in the armed forces and sports arenas, research suggests that mental toughness is also highly pertinent to workplace performance, psychological health and wellbeing. But what defines mental toughness? A good insight comes from the description of the selection course for the SAS:

*"It is designed to break an individual down to see their character, revealing strengths and weaknesses in situations where they are at the absolute limits of human endurance, to come up with a solution to achieve the mission. Selection gives a good insight into the soul of the individual."*

Essentially, it's the inner discipline needed for true resilience; the determination, endurance and self-belief necessary to successfully navigate all challenges and deal with the discomfiture of possible failure and negative emotion. The appearance of a shiny Teflon coating isn't enough.

Anyone wishing to building mental toughness must therefore start by identifying the components required for greater positive resilience.

### **Focus on what you can control**

Determine what it is possible for you to influence and change, and let go of the rest. This conserves mental energy and reduces stress levels. Staying focused on the big picture reduces the tendency to get stuck in the minutiae that can otherwise lead us to get bogged down in a mire of "what-ifs".

### **Change the game to concentrate on the process**

Sports psychologists know that a team that focuses on actions rather than results has a higher chance of winning. While winning makes

us feel good and is immensely satisfying, concentration on the actions required to get you there alleviates the emotion (that's to say the fear and anxiety) associated with potential loss, and reduces risk aversion.

### Show your passion

Your inner conviction, beliefs and values keep you working hard towards your goals. Checking in regularly with your thoughts and feelings about why you're doing something reassures and validates your purpose. This elevates mood, provides a greater sense of meaning, and determines the level of drive needed to keep going.

### Embrace the possibility of failure

Positive resilience is about embracing a challenge as an opportunity for growth and success, while acknowledging the reality of potential failure. Mental toughness recognises that taking a calculated risk is always part of the process.

Building greater positive resilience requires acknowledgement of our human frailties and imperfections, characteristics we would often prefer to either ignore or downplay. It is through these that we learn how to manage thoughts, feelings and behaviours for both the present and the future.

Being mentally flexible enables different perspectives to be considered, promotes possibility-thinking, and creates a positive feedback loop where taking action further elevates confidence.

### Adapt and respond

Our capacity for adaptability enables us to successfully manage changes in our environment and is far easier to achieve when the brain is in a relaxed and rested state. Getting sufficient sleep and taking time out to uncouple from focused work facilitates the mental work done at a subconscious level to consider all options and develop the best solution.

Being mentally tough is increasingly important in our complex and challenging world. Remembering to acknowledge and celebrate all success – and failure – and the contribution made by others creates a workplace where grit, tenacity and the willingness to see things through in the face of adversity are valued and appreciated.

**Mr James Furey**

**Assistant Principal—Community & Wellbeing**



### Smooth Sailing Trail

This year, St Paul's Catholic College will be taking part in a research study for student wellbeing. This voluntary study is being run by the Black Dog Institute, University of New South Wales. As part of this study, students in Year 9 will be invited to answer some questions about their mental health in class time on a private computer. Participation is entirely voluntary. Students will then be given access to an online program developed by the Black Dog Institute called Smooth Sailing. This program provides information and activities to help students cope with worry, stress, and feelings of sadness. Students can use Smooth Sailing in their own time for up to 12-weeks. After using the program for 6 weeks and then 12 weeks, students will be asked to answer questions again. This will help the researchers determine whether the program has been helpful. All students' answers remain confidential and will be stored only at the Black Dog Institute. If a student reports that they are experiencing severe depression or thoughts of suicide during the study, they will be immediately referred to the school counsellor who will then follow usual school protocols. This study will help us to ensure students are being cared for. For more information about this study, visit:

<https://blackdoginstitute.org.au/information-for-parents1> .

If you have any questions or concerns, or **you do not wish** for your child to participate in this study, please contact your School Counsellor, Valerie Huens. Alternatively, you can directly contact the research group with any questions by emailing [smoothsailing@blackdog.org.au](mailto:smoothsailing@blackdog.org.au) or calling Dr Bridianne O'Dea on 02 9382 8509.

**Mrs Valerie Huens**  
**School Counsellor**



**St Paul's has a new website!**

**Please click on link to view**

**<http://www.booragul.catholic.edu.au/>**

## Parents in the Classroom

As a part of Catholic Schools Week, Year 7 students invited their parents to come in and join them for three periods of classes, giving insight into the daily routine of a St. Pauls student. Parents attended classes among the Technology, Creative Arts, Science, Maths and PD/H/PE faculties, experiencing a wide range of teaching and learning activities utilised by their teachers. From all accounts everybody enjoyed the morning and I believe even the parents learnt a new skill or two.

We would like to thank the Year 7 students and their teachers for being wonderful hosts and to the parents who were able to come and share the morning with us. We hope you enjoyed the experience and look forward to sharing more in the future.

Please see the below link to view an article on MN News showcasing Parents in the Classroom.

<http://mnnews.today/catholic-schools/2018/29463-back-to-school-for-parents-at-st-paul-s/>

*Mrs Trish Furey & Mr Sam Heagney*

*Student Coordinators*



## Year 8 News

### The Gift of Healing

A friend who teaches in a primary school, some time ago shared a story with me about an incident in his classroom that gave him insight into the intrinsic goodness of each of the children in our care.

A new student arrived in his class. The student was very withdrawn and although he observed all that happened in the classroom, there was little emotional response nor interaction. Burns scarring from an accident some years earlier had left the student severely facially disfigured. Parts of his face had seemed to melt, hair would not grow on parts of his scalp, and some of his fingers had become purple stubs. What injuries were hidden beneath his clothes were left to the imagination.

In an attempt to encourage discussion for a creative writing task, the teacher asked if anyone knew what it felt like 'to be lost...to be alone?' He was surprised when the new boy, usually so reserved, raised his hand to answer, so the teacher gave priority to his answer. The boy looked at the teacher with a look of sadness and ache, and said, 'I have felt alone every day of my life.' There was stunned silence within the class after his response, and the teacher struggled to fill the void with some empathetic remark, but before the teacher could articulate his response, a young girl seated close to the boy, rose from her seat and walked the few steps to him, placed her arm around his shoulders, and said, 'Not any more!'

Soon, other students had gathered around the boy and in an affirming way had placed an arm or a hand on the boy. The teacher had said nothing, but watched as this miracle in the classroom unfolded. The boy smiled.

My friend said that the dynamic in the classroom changed after that day, and the badly burnt boy had smiled again, and had even laughed. Touch can be a powerful healing force in our struggle for acceptance and inclusion.

So many of the issues in Year 8 that I have to deal with on a daily basis are the result of what has been said in anger, or frustration, or resentment. The kids are young and they are learning that life is really about inclusion; about finding joy in working with others; about finding self-confidence, but not at the expense of others. Our kids are intrinsically good –they just sometimes need guidance.

Well done to those Year 8 students who continue to be acknowledged by teachers with Positive Referrals.

**Mr Ross Wilson**  
**Student Coordinator**



## Year 12 News

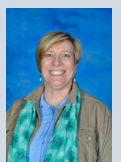


All the best for upcoming exams and assessment

Let's enjoy the calm of retreat together!!



**Mrs Libby Lucas**  
**Student Coordinator**





## Way of the Cross

Every year our school participates in the Way of the Cross celebration held at Kilaben Bay. The event, led by Bishop Bill Wright, will be held on Sunday 25th March from 2pm in the grounds of the St Joseph's Conference Centre at Kilaben Bay (140 Wangi Rd, Kilaben Bay).

The Way of the Cross or "Stations of the Cross" are a retelling of Jesus' suffering, death and resurrection, with students from Catholic schools around the Diocese reading the scripture and creating a 'freeze frame' for each of the fourteen stations. St Paul's students will be reading and participating in two of the stations.

The Way of the Cross will proceed regardless of weather conditions. If it rains or if the grounds are too wet the Stations will be held in the Church. Students, families and friends are invited to attend.

Student volunteers are required to wear school uniform, and to meet Mr Doyle on the day:

**1pm** - Rehearsal and briefing at St Joseph's Kilaben Bay Conference Centre (140 Wangi Rd, Kilaben Bay). Some food will be provided for students at this time.

**2pm** – Way of the Cross. The event should conclude at 3pm, and a delicious afternoon tea will be provided afterwards in the school hall.

## Year 12 Retreat

Thank you to the students and staff who are attending the retreat this week. We pray that the event will be a rewarding and enjoyable occasion.

## Year 7 Reflection Day

Thank you to the staff and students who attended the Reflection Day last week. It was a very successful event.

## Easter Service Times

For a list of Easter services throughout the Diocese, please visit:

<https://www.mn.catholic.org.au/news-events/easter-service-times-2018/>

*"Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?'*

*They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, 'Yes, it is true. The Lord has risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread."*

© Jerusalem Bible, Luke 24:13-35

**Mr Michael Doyle**  
Ministry Coordinator



## HSIE News

### COMMERCE AND LEGAL STUDIES EXCURSION TO SYDNEY

On Monday 12<sup>th</sup> March, Year 10 Commerce and Year 11 Legal Studies left school at 7 am to travel to Sydney to view the legal system and government in action.

First stop was the Downing Centre in Liverpool Street which deals with local and district court issues. Before entering the courts, we were required to go through a security check. This meant we had to take everything out of our pockets and walk through a scanner. After this, we were free to venture around the various levels to look at the courts and observe the cases. As we entered each courtroom, we were required to bow towards the front of the room- and had to do the same when we left.

After lunch, we walked to State Parliament. We were able to sit in both the Lower and Upper Houses of Parliament where an official talked about the different parts of the rooms and where the various Ministers sat. In each of the Houses, students role-played the various characters involved in a fictitious bill "raising the age of drinking from 18 to 21 years".

The day was enjoyable and showed us what we can expect "in the real world" compared to what we study in class.

On behalf of the Commerce and Legal Studies classes, I would like to thank Mr Gallop and Mr Furey for organising this valuable excursion for us.

**By Bailey McDonald, Year 10 Commerce**



# Library News

Why read? **Reading makes you more empathetic.** Studies show that losing yourself in books, especially fiction, might increase your empathy. When reading a book, you become part of the story and feel the pain and other emotions of the characters. This in turn allows your mind to become more aware of how different things affect other people. Eventually, this improves your ability to empathize with other people. Read and help to make the world a better place! (Source: 30 Reasons to Read Books, <https://seriousreading.com/blog/283-30-reasons-to-read-books.html>)



## The Inky Awards

The Inky Awards recognise high-quality young adult literature, with the longlist and shortlist selected by young adults, and the winners voted for online by the teen readers of InsideADog.com.au. There are two awards: the Gold Inky Award for an Australian book, and the Silver Inky Award for an international book. Longlists for the Inkys have just been announced and are a great place to find new books that other teenagers think are great. Can you read through the list before the awards are announced in October?

### Gold Inky Longlists



### Silver Inky Longlists



## Book Reviews

We are looking for students who love to read and are interested in reviewing books to appear in our school newsletter. Please see Mrs Beezley if this sounds like you.

**Mrs Kerri Beezley**  
Teacher Librarian

# Mathematics News

## Year 12 Maths class helping others

During this season of Lent, I am very proud to share the news that class 12-5 General Mathematics took independent initiative to help those in need by choosing to purchase a "Food for Life" package through World Vision Gifts. This purchase sets up a hungry family with a reliable source of nutrition and income. This includes items such as fast-growing seeds, fruit trees, farming tools and a fish farm.

The compassionate spirit of these students truly warms my heart. The class members are:

- Donovan Bilsborough**
- Cooper Braun**
- Nathan Cooper**
- Hayley Cryer**
- Maddison George**
- Charli Guest**
- Lauren King**
- Ben McCarthy**
- Jacob Pogson**
- Chloe Roberts**



**Mrs Adrienne Haynes**  
Mathematics Teacher





It has been a very busy couple of weeks for the boys and girls school rugby league.

Firstly congratulations to **Brock Steele**, **Riley Cullen** and **Kane Thomas** for their selection in the U15's Diocesan Representative team, as well as **Kendyll Fahey** in the opens division. The boys will travel to Smithtown to compete in the Northern trials on the 10<sup>th</sup>- 11<sup>th</sup> April.

Last Wednesday 7<sup>th</sup> March, our Opens Boys RL team travelled to Thornton to compete in the NSW CCC Cup. Our boys started the day with a brilliant 14-4 victory over St Josephs Aberdeen. We then progressed to play SFX in a brutal encounter which resulted in a very close 10-6 loss. Finally the boys defeated St Clare's Taree in a dominant performance 20-4 to win the play off for third position. It was a tremendous effort considering we fielded 8 boys still eligible for the U16's.

Last Friday, 9<sup>th</sup> March, our opens girls and U16's girls competed in the NSW All Schools Knights KO rugby league competition.

Our opens girls team comprised mainly from year 11 competed against SFX, Hunter Sports High and Toronto. The girls showed great resilience and skill throughout the day against older and more experienced teams. I was so proud of all the girls, especially the way they stuck together throughout some tough matches.

Our U16's girls team, fresh off a World Cup gala day victory at the end of last year, continued their undefeated rein, winning their pool with three convincing wins. The entire team apart from 2 players are still eligible for the U15's yet they dominated their older rivals. All of the girls played amazing and have now progressed to the regional final series to be played next term on Tuesday 19<sup>th</sup> June. The finalists of this tournament will then progress to play at the Knights Stadium. Thank you to Mr Reynolds for assisting with coaching the girls on the day.

Finally, on Tuesday 13<sup>th</sup> March, our boys U15's RL team played in the Callaghan Cup tournament. Our boys played a total of 7 games throughout the day. We progressed through to the Plate final defeating Hunter Sports High in the semi final before a dominant display winning the final vs West Wallsend. All of the boys showed great skill and physical fitness to win so many games. Congratulations to **Riley Cullen**, awarded player of the final. Thank you to Mrs Pakalniskis for her assistance with coaching on the day.

All of the boys and girls who have represented St Paul's Catholic College demonstrated great sportsmanship, skill and behaviour at all times, I am very proud of the way the students conducted themselves on and off the field.

Thank you also to Astro Stewart for her ongoing support with all of our indigenous sporting students, the students love the new jerseys designed by **Kendyll Fahey**.



**OPENS TEAM AT THE CCC CUP**



**GIRLS U16'S TEAM AFTER ANOTHER SUCCESSFUL, UNDEFEATED TOURNAMENT**



**BOYS U16'S SHOWING GREAT SPORTSMANSHIP AFTER BEATING HUNTER SPORTS HIGH**

**Mr Joel Penny**  
Organising Teacher

## **NSW All Schools Triathlon**

For a second year running **Charlotte Renshaw** (12), **Sarah Gardner** (12) and **Amber Kelly** (11) have competed in the NSW All Schools triathlon which was held in February. The girls significantly improved their overall time from last year and finished a creditable 8<sup>th</sup> from the 28 Combined Catholic Colleges teams that competed. In the Junior Boys team event **Declan Joyce**, **Tyson O'Brien** and **Kaleb Smith** finished 22<sup>nd</sup> out of a possible 51 Catholic College teams with an overall time of 42.15 This is the first time these boys have competed at this event as a team and it is always a valuable experience to be mixing it with the best at this level.

## **U'15 Rugby League Trials**

Trials have occurred for the U'15 Diocesan Rugby League, with **Riley Cullen** (9), **Brock Steele** (9) and **Kane Thomas** (9) being selected in this team. In addition to these selections in the U'15 division, **Kendyll Fahey** (12) has once again made the Open Boys Diocesan Rugby League team. These players will progress to the Northern Division Rugby League Trials to be held in Smithtown later in the term.

## **Tennis**

Nominations for the Diocesan Tennis Competition to be held on Thursday 5<sup>th</sup> April, closes this Thursday 22<sup>nd</sup> March. Nominations can be collected from Mrs Shipman.

## **Football Trials**

Nomination Forms are now available for students wishing to trial for the Open Boys and Girls Diocesan Football teams. These trials will be held on Wednesday 2nd May at Lake Macquarie Regional Football Facility from 9.30-2.30. Closing Date for Competitor Entry Form is the 9th April. See Mrs Shipman for Nomination Forms.

## **Swimming**

A team of 35 students represented St Paul's at the Diocesan Swimming Championships on the 13<sup>th</sup> March at Lambton pool. The squad members were: **Madeline Ferry**, **Spencer Hamilton**, **Declan Joyce**, **Molly Salvador**, **Chloe Scanlon**, **Helina Sheather**, **Jordan Ward**, **Finn Williams**, **Caleb Baker**, **Kristin Copeland**, **Zack Forsythe**, **Zoe Ingrey**, **Bradley Post**, **Flynn Toomey**, **Nicholas Hamilton**, **Angelina Joyce**, **Krystal Lowe**, **Charlotte Pratt**, **Conor Reilly**, **Hayden Ward**, **Imogen Haines**, **Demi Parsons**, **Nikila Johnston**, **Amber Kelly**, **Alex Madden**, **Cameron Sparkes**, **Sam Steele**, **Brielle Taape**, **Alysha Toomey**, **Georgia Tupou** and **Sarah Gardner**

From this squad, the following students achieved some outstanding results at this level.

### **Girls**

- U'13 – **Chloe Scanlon** 3<sup>rd</sup> 50m Breast  
**Zoe Ingrey** 1<sup>st</sup> 50m Fly, 3<sup>rd</sup> 50m Back, 4<sup>th</sup> 50m Breast, 2<sup>nd</sup> 100m Free, 2<sup>nd</sup> 200IM, 4<sup>th</sup> 50m Free
- U'14 - **Angelina Joyce** 2<sup>nd</sup> 50m Back, 3<sup>rd</sup> 50m Breast, 3<sup>rd</sup> 100m Free, 3<sup>rd</sup> 50m Free, 2<sup>nd</sup> 50m Fly
- U'15 – **Christine Connell** 1<sup>st</sup> 100m Free, 1<sup>st</sup> 50m Free, 1<sup>st</sup> 50m Fly
- U'16 – **Demi Parsons** 2<sup>nd</sup> 50m Breast, 2<sup>nd</sup> 50m Fly, 4<sup>th</sup> 50m Back, 4<sup>th</sup> 200m Free, 3<sup>rd</sup> 200IM, 3<sup>rd</sup> 50m Free
- U'17 – **Georgia Tupou** 3<sup>rd</sup> 50m Breast  
**Nikila Johnston** 4<sup>th</sup> 50m Breast
- U'17+ - **Sarah Gardner** 4<sup>th</sup> 50m Back, 3<sup>rd</sup> 100m Free, 4<sup>th</sup> 50m Fly
- Junior 4 x 50m Relay – 4<sup>th</sup> – **Chloe Scanlon**, **Zoe Ingrey**, **Kristin Copeland**, **Angelina Joyce**
- Intermediate 4 x 50m Medley Relay – 2<sup>nd</sup> – **Alysha Toomey**, **Brielle Taape**, **Demi Parsons**, **Christine Connell**
- Intermediate 4 x 50m Freestyle Relay – 3<sup>rd</sup> **Alysha Toomey**, **Brielle Taape**, **Demi Parsons**, **Christine Connell**
- Senior 4x 50m Medley Relay – 2<sup>nd</sup> – **Amber Kelly**, **Nikila Johnston**, **Sarah Gardner**, **Georgia Tupou**
- Senior 4x 50m Freestyle Relay – 2<sup>nd</sup> – **Amber Kelly**, **Nikila Johnston**, **Sarah Gardner**, **Georgia Tupou**

### **Boys**

- U'12 – **Jordan Ward** 2<sup>nd</sup> 50m Back, 3<sup>rd</sup> 100m Free, 3<sup>rd</sup> 50m Free, 2<sup>nd</sup> 50m Fly  
**Finn Williams** 4<sup>th</sup> 100m Free
- U'13 – **Spencer Hamilton** 2<sup>nd</sup> 50m Breast  
**Caleb Baker** 4<sup>th</sup> 50m Breast, 3<sup>rd</sup> 50m Back, 4<sup>th</sup> 100m Free
- U'14 – **Conor Reilly** 4<sup>th</sup> 50m Free, 4<sup>th</sup> 50m Fly
- U'15 – **Flynn Guest** 2<sup>nd</sup> 50m Breast
- Junior 4 x 50 Medley Relay – 3<sup>rd</sup> – **Jordan Ward**, **Declan Joyce**, **Spencer Hamilton**, **Finn Williams**
- Junior 4 x 50 Freestyle Relay – 2<sup>nd</sup> – **Jordan Ward**, **Declan Joyce**, **Spencer Hamilton**, **Finn Williams**

Congratulations to **Zoe Ingrey** and **Christine Connell** who have qualified to compete at the NSWCCC Swimming Championships at Homebush on the 6<sup>th</sup> April.

## International Children's Games

Congratulations to **Erica Wattus** (Tennis), **Benjamin Roberts**, **Jasmine Roberts** (Athletics) and **Caleb Baker** (Swimming) who will be representing the City of Lake Macquarie at the International Children's Games in Jerusalem in July/August this year. See article below.

<https://www.lakemac.com.au/news/2018/03/15/team-lake-mac-named-for-international-childrens-games>

## NSWCCC Individual Sports Nominations

If students wish to nominate to trial for NSWCCC teams, they must make individual registrations online using the CSSS website. <https://www.csss.nsw.edu.au/default.aspx> A 'HOW TO' set of instructions has been included in this newsletter –pages 21 & 22 explaining the two-step process. Swimming, Athletics, Cross Country, Touch Football and Rugby League are sports that students either need to qualify for, or are selected in from Northern Division or Diocesan Trials.

### Term One Sport Dates

22nd March – Diocesan Team Tennis Entries due

28th March – Closing Date for CCC Golf – Boys & Girls

5th April – Diocesan Team Tennis (Broadmeadow)

6th April – NSWCCC Swimming Championships (Homebush)

10th April – Diocesan Junior Football Knockout

10th-11th April – U'15 & Open's Northern Division Rugby League Selections (Smithtown)

12th April – Diocesan Touch Competition/Trials (Maitland)

**Mrs Anne-Maree Shipman**  
Sports Coordinator



## Marine Studies

As part of the year12 Marine Studies "Wind Powered Marine Craft" module, the students spent a day aboard "Aja", a 34ft yacht on Lake Macquarie last Thursday. The day began with a light to moderate SE breeze which strengthened throughout the day. At various times the students took the helm, worked the winches & halyards and "took the rail" as they tacked down to the south side of Wangi for lunch. Then it was over to Murray's Beach for a swim along the shore. The afternoon saw all hands on deck for a thrilling spinnaker run North towards Valentine again.



**Mr Mark Newell**  
Leader of Pedagogy—Science



# International Womens Day Breakfast

“It’s an exciting time to be a woman, but true equality will take vigilance, commitment and perseverance – but isn’t that a goal worth pursuing and fighting for?”

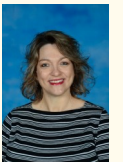
These were the closing words spoken in the key address delivered by human rights lawyer, Rabia Siddique, at the Newcastle International Women’s Day Business Breakfast. Organised by the Equal Futures Project, the breakfast raised funds for the Hunter Women’s Centre (providing services to improve the health and wellbeing of the women of the Hunter). St Paul’s Catholic College Year 12 leaders, **Laura Boslem**, **Kiara Conaghan** and **Natalia Hogan** attended the breakfast along with their teacher, Mrs Cathy O’Gorman.

Speaking on the international circuit, Ms Siddique travels the globe, sharing her story with others so that they may find resilience and strength. Born to immigrant parents, Ms Siddique survived abuse as a child, faced prejudice on the school playground and battled against discrimination of one kind or another in her life. Her response to the prejudice and injustice she experienced in her own life, and the injustices she witnessed in the lives of others, was to study law in order to “make a difference”. Joining the British Army she worked as a Legal officer, serving in Iraq in 2005. After surviving a hostage situation, the British army sought to “gag” her achievements, awarding her male counterpart with a Military Cross whilst ignoring her own achievements. It was at this point that Rabia fought for equal recognition and successfully sued the British Government for discrimination. Her story, as told to the hundreds who attended the event, highlighted the power of one and the capacity of the human spirit for resilience.

Challenging others to work for equality and justice, Rabia’s story had a deep effect on the three young leaders from St Paul’s. The theme of International Women’s Day “Press for Progress” prompted our students to think about the power that lies within each person to “speak out” and “break the silence” on issues of injustice such as gender inequality, abuse and discrimination. When asked about the event Kiara said, *“Listening to the guest speakers was both confronting and inspiring. It highlighted the extreme capabilities of women who are ready to challenge themselves and take a risk, but at the same time, the extent to which women are prevented from fulfilling their potential.”* The challenge now is for all women to find the courage to speak out against injustice and to be advocates for those who do not have a voice in our society.



**Mrs Cathy O’Gorman**  
Organising Teacher



## Aboriginal Education News

On Thursday 15th of March a group of students went on a Connecting to Country excursion. Our bus driven by Mr Reynolds headed off from school for the drive to Milbrodale where we met Uncle Warren Taggart

Uncle Warren is a Wonnarua Elder and on the day, he shared his knowledge with our group. We listened to the story of Baiame the Great Spirit who created all things beautiful and how his figure embraces the Wonnarua people. Uncle Warren spoke of the Connection of Country for Indigenous people to the land. The students walked the tracks to explored secret caves, Aboriginal sacred sites all while Uncle Warren spoke of the storylines of the Wonnarua people. It was a great day and all the students who went had a fantastic day. A big thanks to Uncle Warren Taggart and Mr Reynolds.



**Miss Astro Stewart**  
Aboriginal Liaison Officer



## Vietnam Immersion Update

Congratulations to those students who have been successful in their application to participate in the Vietnam Immersion 2018. We had our first meeting as a team in Week 2 where we discussed a lot of important information and updates that participants needed to know. We also announced that Mrs deWinter, Mrs Hennessey and Mr Newell will be joining us on the Immersion, a big welcome to our new team members! In case that you may have missed the meeting and the letter that was sent home with Students, here are some important updates that you need to know:

- The **Departure date** has changed from Friday the 5<sup>th</sup> of October, to Saturday the 6<sup>th</sup> of October. We will still arrive into Hanoi at the same time ( around 11pm ), however, we will be flying direct into Hanoi instead of via Ho Chi Minh City. This dramatically reduces our traveling time.
- Students have been asked to access to the Vietnam School Tours Webpage Student Account. You will need to see or email Miss Adams to get the Login. This outlines the Itinerary, what to pack and Vietnamese phrases to learn. *Students need to fill in the 'Booking Form' section*, as requested by Vietnam School Tours, so that they have a digital version of your details.
- At the end of the term we will be asking you to bring in your **Passport** so that we can scan it and send it through to Vietnam School Tours to accompany your Visa Application. Vietnam School Tours handle all the applications for us, and unlike in the past, we no longer have to fill out a paper application nor send them our Passports. **MAKE SURE YOUR PASSPORT IS CURRENT WITH AT LEAST SIX MONTHS OF TRAVEL REMAINING FROM THE DAY WE RETURN TO AUSTRALIA !!!**
- Parents and Guardians are advised to **review Student Vaccinations** and discuss with their GP what level of protection that your Child may need for travel in Vietnam. Some Vaccines require more than one injection, so it is best to organise this sooner than later.

That's all for now ! If you have any questions, please feel free to contact myself, Mr Thomas, Mr Newell, Mrs deWinter or Mrs Hennessey.

As part of the preparations for the Vietnam Immersion, Students are required to complete the pre- aquatic activity Water Survival Test. Students will be required to demonstrate the ability to swim 25mtrs continuously using a recognised stroke, the ability to walk 5 mtrs in shallow water, tread water for 1 minute in deep water, plus enter and exit the water unassisted. The tests will be held on Friday 13<sup>th</sup> of April at Speers Point Pool during Periods 5 and 6/Sport. Students who do not pass or complete the test will not be allowed to participate in unstructured water activities. Students who have completed their Bronze Medallion or Surf Survival Certificate do not need to complete the test but they must provide a copy of their documentation to Miss Adams. Please see Miss Adams for a permission note.



**VIETNAM  
SCHOOL  
TOURS**



**Miss Sarah Adams**  
**Organising Teacher**





## Career Thought of the Week:

“Don't say you don't have enough time. You have the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo Di Vinci, and Albert Einstein”

*H. Jackson Brown Jr*

## Careers in Information Technology

Whenever you Google “Jobs of The Future”, “Best Paying Jobs”, or “Jobs In Most Demand”, you'll always find Information Technology, or jobs in computers.



The most in demand job anywhere is cybersecurity... protecting data from hackers, viruses, ransomware and many other cybercrimes that threaten our interconnected world. Cybersecurity is the body of technologies, processes and practices designed to protect networks, computers, programs and data from attack, damage or unauthorized access. In a computing context, security includes both cybersecurity and physical security.

The second most in demand job is Data Analyst. Data analysts translate numbers into plain English. Every business collects data, whether it's sales figures, market research, logistics, or transportation costs. A data analyst's job is to take that data and use it to help companies make better business decisions.

Information technology is not just about cybersecurity and data analysis. It encompasses many jobs in the computer sciences... mobile devices, gaming, digital marketing, hardware and software, coding, design, service support, website development and sales, the choice is vast and all these careers are in-demand which makes them highly paid jobs, and jobs that are transferable. So, an IT person in the defence force, can work in health technologies (a massive growing industry), the banking sector or in communication.

The fact that these technologies use English as a base language creates the opportunity for global travel, or online consultancy.

In this digital age, the IT sector is never going to stop growing ... it will create many in demand jobs with job security, great salary, transferable skills, new inventions of Artificial Intelligence (AI), robotics, blockchain technology, cybercurrencies (Bitcoin) to name a few. This is an industry where you never stop learning; a lifetime of education and upskilling every two years.

What's really good about IT is that its gender neutral, although currently male dominated (this will change!) and there's a job for every level of expertise. You can enter with a degree, diploma or certificate.

I often hear the misconception that jobs in this sector require a university degree. This simply is not true of many key roles. In an industry that is focused on practical skills, it's easy to see why the combination of competency-based outcomes and hands-on experience typically offered by VET courses is, in many cases, more useful than more academic university studies. In fact, in one of the most in demand roles, ICT Support Technician, around half the current employees are VET qualified.

## Year 10 Information Night –MONDAY 9<sup>th</sup> April 2018

A reminder to parents and students in Yr. 10 of our annual information night on Monday 4th April. This is a vital first glimpse of the preparation of Yr. 10 students as they move from Yr. 10 into their senior years of schooling. On the night information will be given on:

- School Certificate- Board of Studies requirements
- Careers – programs
- Prospectus for Yr. 11/12
- Vet pathways
- Subject selection HSC



The night will commence at 6.30pm in the Hall.

## YR 10 Career Match Profiles 2018

Our current year 10 students are in the process of finishing their Career Profiles in Careers class. These serve as a good introduction of what careers are we suited to, and more importantly starts the conversations with themselves, peers and family regarding pathway options.

**MyCareerMatch** is based on proven behavioural and psychometric principals.

Employment studies have shown that personality is a contributing factor for career success and the closer the behavioural match between you and the job requirements, the happier, more successful you will be.

## Our Personality Style

There are four basic personality styles

**Drivers | Promoters | Supporters | Analysers**

When blended together in varying percentages these four personality styles make us who we are. Most people are a combination of two styles. The first style is a "Dominant Style", this is the one that governs how we behave most of the time. The second is a "Back Up" style, it's like our co-pilot and kicks in when there is a need for balance.

The final report is a comprehensive 10-page document that will be used later to develop students resumes and cover letters.

**Choosing a career**  
MyCareerMatch helps you choose a career that's right for you. But which career is the right one? Making a career choice is hard. Most young people are not engaged in thinking about different career options because they lack the information and skills to make a choice of a career that is right for them.

**Congratulations you are a**  
Dominant Style: **Driver**  
Backup Style: **Analysers**

**Your personality graph**

Style	Percentage
D (Driver)	75%
P (Promoter)	25%
S (Supporter)	25%
A (Analysers)	75%

**Four personality styles**  
MyCareerMatch uses four personality styles. Blended together in varying percentages these personality styles make up who you are. Most people are a mix of two styles who are:

- Drivers are Adventurers** - strong, energetic and dynamic. They are action and results. Drivers want to lead, be in charge and work with change.
- Promoters are Sociables** - outgoing, fun and charming. They are great communicators who inspire others with their imagination.
- Supporters are Organisers** - helpful, reliable and practical. They are the go-to person when you need help.
- Analysers are Thinkers** - smart and logical. They are the person you go to for advice and like to pay attention to detail.

**MYCAREER MATCH**  
matching your personality with your career

**CAREER PROFILE**

- First Name: Sam
- Last Name: Gange
- MyCareerMatch Test Report
- Date: 28 January 2018, 10:30

**Your personality graph**

There is no right or wrong style and one style is not better than another. The way you are to do things may not be the same as others. This doesn't make you better or worse, just different.

All styles can succeed or fail. What's important is what you do with your style. Your education and how you get along with others.

Name: Sam Gange  
Profile: DRIVER ANALYSERS

**"Domino's Toronto are Hiring!!"**

In stores - (Ideally suited for students in year 8 and 9)  
E-bike Riders - (Ideally suited for students in year 8, 9,10,11,12 and enjoys riding)  
Scooter and Driver's - need to have correct licence.  
Please apply at [www.dominos.com.au](http://www.dominos.com.au)  
Any questions call Trudie Guttridge Franchisee on 0405844908".



## Careerlinks Employment Links-Reminder

I have had a lot of interest this year from students in Yrs. 10,11and 12 that are regularly checking their emails in relation to junior positions vacant each week.

This has resulted in many students applying and some gaining casual employment. So, if you are interested please check your school email account each Monday for the latest listings.

As always please see me if you need help with applications or further information.

Some examples this week:

19th March 2018

LIKE us on



## Youth Links

### Apprenticeship

Driven by people

**1st Year Apprentice Mechanic - Maitland**

**Benefits**

- Team member discounts and laundered uniforms for your convenience
- Technical development and career progression opportunities
- Excellent work environment and conditions with a friendly team
- Fully equipped workshop with all the latest diagnostic equipment

**Essential Requirements**

- Have a completed a mechanical pre-apprenticeship (preferred but not essential)
- Have completed mechanical work experience (preferred but not essential)
- Drivers licence
- Available to work every Second Saturday

**Apprentice Construction Carpenter**

Full Time - 4 Years Fixed Term  
30000

**The Role:** Council is seeking a highly motivated individual to undertake the above position. The successful candidate will assist the Construction team to perform construction carpentry (form work, bridge work etc), concreting, pipe laying and building carpentry, ensuring adherence to safety procedures while obtaining a trade qualification.

**What You Will Need:** All applicants must possess a genuine interest in the construction carpentry trade with the ability to work in co-operation with other employees and contractors. Previous trade work experience is highly desirable.

## Important Dates for Term 1 2018

**21<sup>st</sup> March-23<sup>RD</sup> March Yr. 12**

**Retreat**

**2<sup>ND</sup> April- 13<sup>TH</sup> April VET Hospitality Work Placement**

**9th April- YR 10 Information Night**

## Casual Positions/Employment Links

These are ready to view on MN Connect-School Portal. These are also emailed to students in Yrs. 10-12 through their school email accounts.

**Mr Craig McLoughlin**

**Leader of Pedagogy-Vocational Education/Careers**



**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:

**Step 1 Download Qkr!**

on your Android phone or iPhone. iPad users can download iPhone app



**Step 2 Register**

Select your Country of Residence as 'Australia' and follow the steps to register

**Step 3 Find our school**

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

**Step 4 Register your children**

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

**Excursions Coming Up .....**

Please **pay for all excursions by the due date written on the excursion notes** which are sent home with your child. This date is important as excursion costing is calculated on the number of students who should be attending that particular event. Venues and buses have to be paid when the booking is first made. Your understanding of this would be very much appreciated.

Year	Subject	Date	Venue	Cost	Money Due
10	Challenge Camp	16-18 May		\$50Dep	23 March
12	English	30 May	Giant Dwarf Theatre	\$52	6 April

**Like to pay fees by Bpay weekly, fortnightly or monthly?**

**Visit the new St Paul's website for a user friendly Fee Calculator....**

<http://www.booragul.catholic.edu.au/about-us/finance/fee-calculator/>

**If you require your full 2018 school year fees, please email [finance@booragul.catholic.edu.au](mailto:finance@booragul.catholic.edu.au)**


*Please remember to include any future sport buses for 2018 or Year 11 Term 2&3 Elective Fees*

**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)




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


	
<b>Monday 26 March — Friday 30 March</b>	
Mon	Karen Lee, Kath Edwards
Tues	Vicki Blundell, Megan Brewster
Wed	Dianne Fennell-Fraser, Christine Forrester
Thurs	Kim McManus-Smith, Rochelle Loveday, Nadine Steenson
Fri	Good Friday
<b>Monday 2 April — Friday 9 April</b>	
Mon	Easter Monday
Tues	Amanda Holt, Janelle Haggerston
Wed	Joanne Bower, Pamela Amos, Karen Gilmore
Thurs	Michelle Hall, Kylie Smith, Sharon Roberts
Fri	Leanne Maher, Kim Dickson, Cathy Feenan
<b>Canteen Supervisor:</b> Carolyn Phone - 4946 3115  <b>Canteen Hours:</b> 9.00am to 2.30pm  If you are unable to come on your day, please try to	

Term 1 2018		
Wk 8	Wed 21 March	Cochran Cup-Rugby League
	Wed 21-23 March	Yr 12 Retreat
	Fri 23 March	Yr 7 History Incursion T20 Cricket—Pickering Oval
Wk 9	Mon 26 March	Yr 6 Parent Information Evening 6.30pm NSWCCC Hockey Selections
	Wed 28 March	Yr 7 Cyber Safety & Info Night 6.30-7.30pm U13,14 & 15 Knights 9's Rugby League
	Thur 29 March	Easter Liturgy
Wk 10	Tues 3 April	U15 Boys 9's AFL
	Wed 4 April	Yrs 7-10 Parent/Teacher Interviews
	Thurs 5 April	Diocesan Tennis
	Fri 6 April	NSWCCC Swimming & Diving Champ
Wk 11	Mon 9 April	Yr 10>11 Information Evening 6.30pm
	Tues 10 April	Junior Dio Football Knockout
	Tues 10-11 April	Northern Country RL Selections
	Wed 11 April	Europe Excursion
	Thurs 12 April	Dio Touch Football
	Friday 13 April	Vietnam Immersion Swim Test Last Day of Term

**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.





Year 7-10 Parent Teacher Interviews - 4 April 2018  
*An email will be sent when the Parent Portal is available for bookings.*

Year 10 > 11 Information Night - 9 April 2018

**Reception Hours for 2018**  
 8.00am to 4.00pm Monday to Thursday  
 8.00am to 3.30pm Friday

**Student Reception Hours for 2018**  
 8.30am to 3.30pm Monday to Friday

**Clothing Pool**



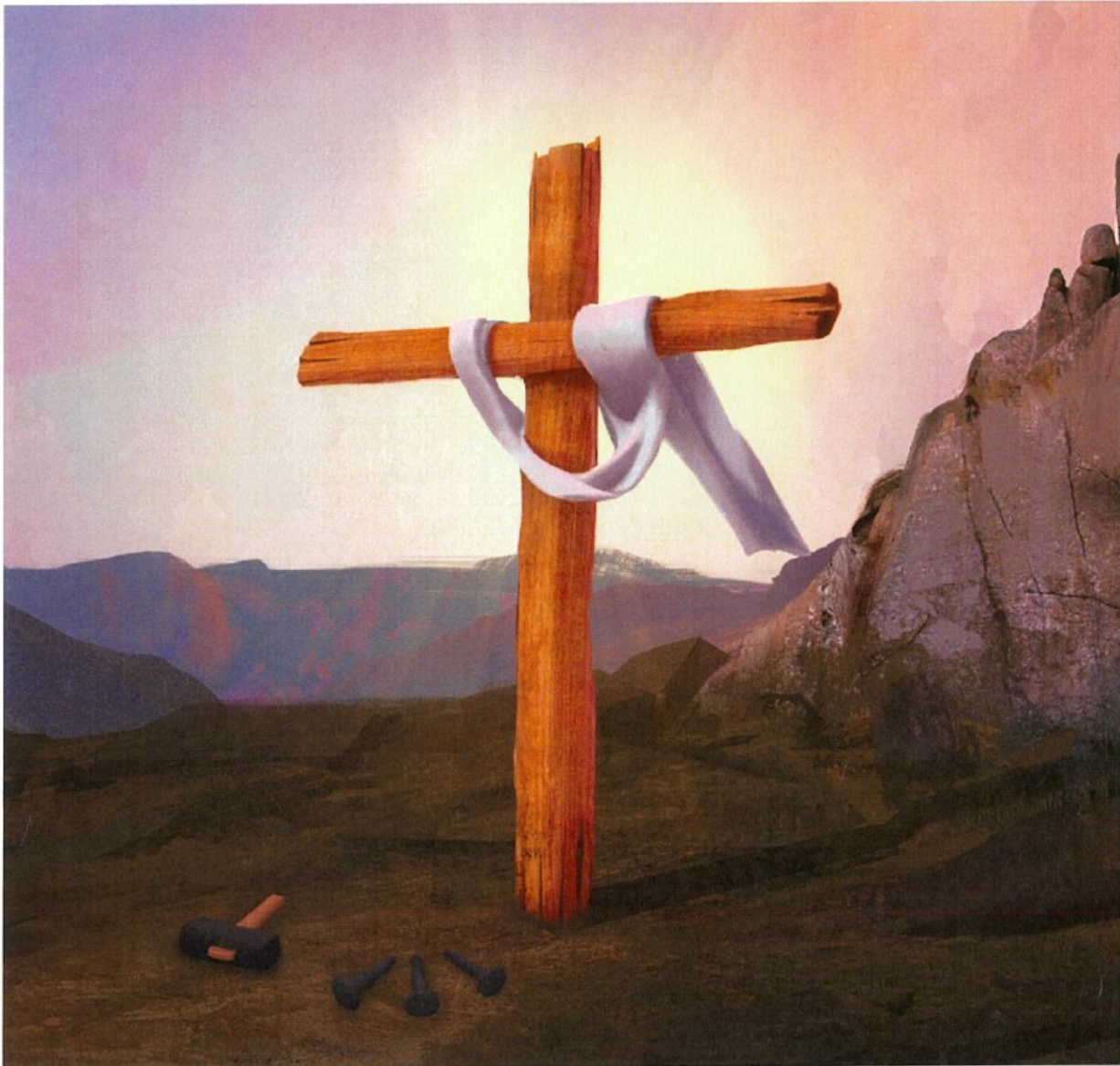


**Clothing Pool Opening Times**

**Tuesdays only from 8.30am—9.30am**

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

# Ecumenical Way of the Cross



St Joseph's Church and School Conference Centre Grounds  
**140 Wangi Rd, Kilaben Bay**

**25 March 2018 2:00 PM**

Afternoon Tea Provided



For more information P 4979 1111

# Food allergies and Anaphylaxis – INFORMATION FOR SCHOOLS

This information has been developed collaboratively by the NSW Department of Education and Communities, NSW Department of Health, the Catholic Education Commission of NSW and the Association of Independent Schools of NSW.

## How common are anaphylactic reactions to foods?

The majority of food allergic and anaphylactic reactions occur in preschool age children. Most food reactions, even to highly allergenic foods such as peanuts are not anaphylactic. Deaths from anaphylaxis are rare.<sup>1</sup> Teenagers are more at risk of death; rarely do deaths from anaphylaxis occur in young children.

## Is a child at risk likely to have a severe allergic reaction (anaphylaxis) through casual contact with an allergen on surfaces, other children's hands or by smelling the food?

No. Severe reactions from casual contact are extremely rare. Studies<sup>2</sup> have shown that placing peanut butter on the skin did not cause any severe reactions in a group of peanut allergic children.

## Is the child at risk of anaphylaxis likely to have a severe reaction if another child brings food to school that contains the known allergen?

Unless the child at risk of anaphylaxis shares or trades the food of others, the risk of anaphylaxis is negligible.

## What does the 'may contain' statement mean on food packaging and is it safe to have these products in school?

The 'may contain' statement is voluntary information provided by the manufacturer in order to inform the consumer that the product may have been inadvertently contaminated during the manufacturing process. It does not necessarily mean that the product will contain the allergen (*this information is on the ingredient list*). Some children who are at risk of anaphylaxis eat the products that have the 'may contain' statement while others do not. Products with the 'may contain' statement do not need to be removed from the school or the school canteen.

## What can schools do?

School communities should take steps to identify the risks associated with anaphylaxis and implement practical, age appropriate strategies to minimise exposure to known allergens. For more information go to <http://www.schools.nsw.edu.au/student-support/student-health/conditions/anaphylaxis/index.php>

## Do schools need to ban foods?

No. Banning of foods or food products is not recommended. There is a lack of evidence to suggest that banning a food from a school is helpful in reducing the risk of anaphylaxis<sup>3</sup>. Schools are encouraged to become aware of the risks associated with anaphylaxis and implement strategies to minimise exposure to known allergens.

## What about nuts?

As one strategy to minimise exposure to nuts, schools may decide in consultation with their community to ask families not to bring nuts or nut products to the school site or to school activities.

While this is an acceptable strategy to reduce the risk of exposure to known allergens, it is never possible to guarantee a school site is nut free.

It is important that schools do not claim they are 'nut or peanut free'. Such a claim could not reliably be made and, if made, may lead to a false sense of security about exposure to peanuts and peanut products.

## Can schools use peanuts or peanut products in curricular or extracurricular activities?

To minimise the risk of exposure to a high risk allergen, all schools should avoid the use of peanuts, peanut butter or other peanut products in curricular or extracurricular activities. They should also review curriculum materials to make sure that they do not advocate the use of peanuts, peanut butter or other peanut products. For more information please go to

<http://www.curriculumsupport.education.nsw.gov.au/secondary/technology/safety/faqs/food.htm>

## Are there food prevention measures specific to preschool students?

Yes. Preschools are advised to see Section 5 of the Australasian Society of Clinical Immunology and Allergies (ASCIA) *Guidelines for the Prevention of Food Anaphylactic Reactions in Schools, Preschools and Childcare*. The guide can be accessed from the ASCIA website at <http://www.allergy.org.au/content/view/31/258/>

## What precautions can parents take to help keep children at risk of anaphylaxis, safe?

All parents can encourage their child to avoid sharing or trading food and eating utensils. Encouraging children to wash their hands after eating may also be helpful to avoid mild allergy symptoms such as a skin rash. It is also helpful to tell children to get help from a teacher or other adult if another child looks unwell, even if they do not know what is wrong with them. Older children can be taught about food allergies and anaphylaxis at appropriate times and of ways they can support their peers to avoid risk foods and to be safe.

## Where can I obtain more information on food allergies?

ASCIA *Guidelines for the Prevention of Food Anaphylactic Reactions in Schools, Preschools and Childcare* available at <http://www.allergy.org.au/content/view/31/258/>  
<http://www.allergyfacts.org.au/>

1 Liew et al Anaphylaxis fatalities and admissions in Australia. J ALLERGY CLIN IMMUNOL FEB 2009

2 Simonte et al relevance of casual contact with peanut butter in children with peanut allergy. J ALLERGY CLIN IMMUNOL JULY 180-182

3 ASCIA Guidelines for the Prevention of Food Anaphylactic Reactions in Schools, Preschools and Childcare

# NSWCCC REGISTRATION AND EXPRESSIONS OF INTEREST

There are two steps to this process:

1. Creating a Login (If you don't already have one) The login/Account is ONE per family(not per child) If you have an account and your child has moved schools use the "Edit" tool to change your child's details.

And

2. Registering Your Child for their specific sport

## 1. CREATING A LOGIN

If you have not used the website you will need to create a Log In. Go to [www.csss.nsw.edu.au/nswccc-home.aspx](http://www.csss.nsw.edu.au/nswccc-home.aspx)

- Click Help
- Click on I am a Parent/Guardian for a student
- Click on Secondary student (NSWCCC)
- Click on 'How do I get a login for the website?'
- Scroll down to the information 'If you don't have a login '
- Click on 'Click here to get a new account and login'
- Complete the page titled Parents Register Here and click Register after you have completed all fields. Only parent email addresses and mobiles are to be used as these contact details will be used to send updates. If you cannot find St Paul's, type in Booragul under school name drop down box and it should appear.

**You will now need to check your email account for the password and the login. You will receive a computer generated text and email with your password (you may need to check your Junk Mail if you don't receive an email)**

If you wish to change your password, go to my account and Edit my Details. Here you can change your password and add other children. Please note that your child will stay in the system and will go up an age group each year. The only time a parent will need to edit their child's details is if your child changes schools. Each year the system should roll over to progress them to their next school year. Always remember to click 'Save your details' button on the bottom of the page.

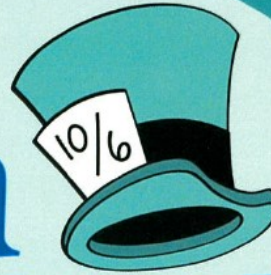
## 2. REGISTERING YOUR CHILD TO A SPORT

- Login to your account (using email or cssid)
- Go to NSWCCC Home Page
- Go to the Sports link (e.g. ATHLETICS)

- Click on Register
- Click on the team you wish to register for (it is a hyperlink)
- Follow the prompts to register.
- Click on Register Expression of Interest for this Sport to complete your registration
- Once you have successfully registered, both the Sports Coordinator and Principal of your child's school will be notified of your nomination. Your registration will then be accepted or declined based on whether your child meets the criteria as set by NSWCCC.
- **PLEASE NOTE:** You will be unable to register if the Closing Date has passed. Please check the Sports Specific Information page for these dates.
- Once you have completed all the information an email will be sent immediately to the Diocesan/Association Rep, Principal and Sports Coordinator for approval (Consent)
- You can log in at any time to see the status of your registration
- Please make sure your details (email address and mobile) remain up to date so that you can be emailed or sent a text message.

Young Peoples' Theatre Newcastle Inc.  
Production of

Disney



# Alice in Wonderland

© Disney

16 April - 19 May 2018 JR.

DIRECTED BY

NICHOLAS THOROUGHGOOD  
AND MADDIE WAYTS

MUSICAL DIRECTOR

TAYLOR REECE

Tickets at  
[ypt.org.au](http://ypt.org.au)

MUSIC AND LYRICS BY SAMMY FAIN AND BOB HILLIARD, OLIVER WALLACE,  
AND Cy COBAN, ALLIE WRUBEL AND RAY GILBERT, MACK DAVID, AL HOFFMAN  
AND JERRY LIVINGSTON

MUSIC ADAPTED AND ARRANGED AND ADDITIONAL MUSIC AND LYRICS BY  
BRYAN LOUISELLE

BOOK ADAPTED AND ADDITIONAL LYRICS BY  
DAVID SIMPATICO

BASED ON THE 1951 DISNEY FILM "ALICE IN WONDERLAND" AND THE NOVELS  
"THE ADVENTURES OF ALICE IN WONDERLAND" AND "THROUGH THE LOOKING GLASS"  
BY LEWIS CARROLL

LICENSED EXCLUSIVELY BY MUSIC THEATRE INTERNATIONAL (AUSTRALASIA).  
ALL PERFORMANCE MATERIALS SUPPLIED BY HAL LEONARD AUSTRALIA.

# Disney Alice in Wonderland JR.



TRAVEL DOWN THE RABBIT HOLE AND JOIN ALICE, ONE OF LITERATURE'S MOST BELOVED HEROINES, IN HER MADCAP ADVENTURES. FEATURING UPDATED SONGS FROM DISNEY'S THRILLING ANIMATED MOTION PICTURE, DISNEY'S ALICE IN WONDERLAND JR. IS A FAST-PACED TAKE ON THE CLASSIC TALE.

THE EVER-CURIOUS ALICE'S JOURNEY BEGINS INNOCENTLY ENOUGH AS SHE CHASES THE WHITE RABBIT. HER ADVENTURES BECOME INCREASINGLY MORE STRANGE AS SHE RACES THE DODO BIRD, GETS TIED UP WITH TWEEDELE DEE AND TWEEDELE DUM, RAPS WITH A BUBBLE-BLOWING CATERPILLAR AND BEATS THE QUEEN OF HEARTS AT HER OWN GAME!

## PERFORMANCE DATES

MONDAY	16	APRIL	11 AM	SATURDAY	28	APRIL	2pm AND 7pm
TUESDAY	17	APRIL	11 AM	SATURDAY	5	MAY	2pm AND 7pm
WEDNESDAY	18	APRIL	11 AM	SUNDAY	6	MAY	2pm
WEDNESDAY	18	APRIL	7pm	FRIDAY	11	MAY	7pm
THURSDAY	19	APRIL	11 AM	SATURDAY	12	MAY	2pm AND 7pm
FRIDAY	20	APRIL	11 AM	SATURDAY	19	MAY	2pm AND 7pm
SATURDAY	21	APRIL	2pm AND 7pm				

TICKETS \$19    OPENING NIGHT \$23 

AVAILABLE AT [ppt.org.au](http://ppt.org.au)  
 SATURDAY 9AM TO 1PM ON 49614895  
 OR AT THE THEATRE, CNR LINDSAY AND LAWSON STREETS  
 HAMILTON

Southern Lakes United Football Club Dora Creek are currently looking for players in

Under 5

Under 7

Under 8

Our regos for under 5-7 is \$140

And under 8 is \$190

We are an active kid's provider and all new kids to our club get club shorts!

If you have any questions or would like to register contact Loren on 0481144124



**MOVIES**  
in  
the **PARK**

**Toronto Lions Park - Free Entry**  
**March 24th from 5pm -**  
**Games - Dancing - Movie**  
**The Original Ghostbusters**

# 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, come see us

**Join in the fun with 2 FREE trial lessons!**

**Tuesday & Thursday 5:30 – 6:30 pm.**

**Ages 5 – 65 all welcome.**

[www.smarttraining.club](http://www.smarttraining.club)

**BECOME A DRAGON TODAY.**

**FREE UNIFORM UPON JOINING!**

