



Photo by Andy Warren

15 August 2018 Vol: 12-18

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

I am writing this article after we had our annual Athletics Carnival at Glendale Athletics Centre. It was a beautiful day and the students were absolutely wonderful. The spirit of competition was high, the sense of fun and sportsmanship even higher. There was a real sense of pride in each of the houses and the staff were so pleased with the way that the kids participated and the level of fun and comradery that was on display.

This came after a very difficult day. As you are probably aware, one of our families has suffered a real tragedy with the loss of their son in an accident over the weekend. This sad event has an obvious effect on any community and I would like to pay credit to this beautiful community who came together and supported each other so wonderfully on Monday and who I know will continue to do so over the coming weeks. I watched the genuine sense of care that the young men and women displayed towards one another and the incredible sense of support and calm that the staff of St Paul's demonstrated, this made me very proud to be part of this place. I know that there are many directly affected by the tragic death of one of our ex-students and will continue to have difficult days but I do know that they will be loved and supported as they move forward over the next little while.

Last week we hosted the annual Splendour in the Arts Festival. I attended the Wednesday night event and was absolutely amazed at the wonderful musical, dance and drama talent that was on display. We were taken on a joyful and thought provoking ride through time from the stone-age, Shakespearean theatre, 60's rock and modern pop and dance that made us consider the tragic issue of post-traumatic stress. The quality of the performances was first class. Congratulations to all involved.

The week before I attended the Aspire production at the Civic Theatre. We had a large number of students involved what can only be described as a stellar performance. This is one of the most professional stage productions that grace the hallowed halls of the Newcastle Civic Theatre. The choreography, musicology and acting skills on display from young people from around the Diocese is amazing and I recommend that you save the date next year if you want to experience quality live performance. Once again, congratulations to all involved.

On the sporting front, we have also had huge success from our Under 16's and Senior Girls League teams. Both teams played in the Caitlin Moran Cup and the Under 16 team were age champions and the Senior girls were runners-up. Well done girls and thank you to Mr Penny, Mr Reynolds and Mrs Pakalniskis for coaching and supporting the girls.

Year 12 are finalising their major works and completing final assessment tasks. I encourage them to continue to work consistently in all their subject areas. It is easy to fall into the trap of neglecting some subjects when the pressure is on to complete major works but students need to remember that the HSC is about all the subjects that they are working towards. It's a juggling act and, at times very stressful but they have the support of their teachers and coordinators. We wish them well as they complete their tasks over the next few weeks.

As the drought continues, we are all mindful of our farming communities as they battle to keep afloat. There are a multitude of organisations running support campaigns. At this stage, we have made the choice to continue to support the normal charities that are part of our outreach program rather than add another to the group. We are cognisant that our community supports a number of charities over the year and we do not want to lessen our work with these established groups. The other reality is that the groups we support are working with farming communities so we are certainly doing our bit!

Enjoy the longer days but I think a few prayers for rain could certainly help.

**Mr Graeme Selmes**  
**Principal**



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## Uniform Expectations

St Paul's has a very clear uniform policy and I have included the acceptable uniform requirements for 2018 at the end of this newsletter for families to consider.

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

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

Assessment Tasks in Term 3:

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

## Study Skills – Students and Sleep:

### How much sleep do I need?

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

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

- \* Have a regular bed time and wake up time. A regular bed time helps to set your body clock so your body knows it's time to sleep. Waking up at (or near) the same time each day also helps your body to establish a sleep pattern. Get plenty of sunlight during the day too.
- \* Establish a bed time ritual. Doing a series of actions before bed also helps your body to prepare for sleep. Ideas include, a warm bath or shower, reading a book, listening to quiet music or doing some gentle stretches.
- \* Avoid technology in the hour before bed, including TV, computers and phones.
- \* Exercise during the day so that your body is ready for rest at night.
- \* Don't eat big meals at night. Eat as early as possible and try to avoid rich, heavy food close to bed time.
- \* Limit your caffeine during the day and don't drink any caffeine in the afternoon or evening.
- \* Don't have too much liquid in the evening....and if you are drinking, consider a herbal tea like chamomile.
- \* Worrying about problems at school or with friends often stops you from getting to sleep. Talk to a trusted person about things that are worrying you to find ways to solve your problems. You could also try some relaxation exercises such as meditation or positive visualisation.
- \* Have your room as dark as possible when trying to get to sleep. Use a sleep mask if you need to avoid light e.g. from electronic devices, street lights etc.

### Staying Asleep

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

### Good quality sleep

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

### Feeling refreshed after sleep

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

Where to go for help or more information

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

### Study Skills weblink:

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

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

*School's Username – stpauls*

*School's password – 52success*

If any Parents/Carers are interested in volunteering at the College, please follow the link below to see the compulsory requirements.

<http://www.booragul.catholic.edu.au/about-us/parent-involvement/>

**Mr James Furey**  
**Assistant Principal—Community & Wellbeing**  
[james.furey@mn.catholic.edu.au](mailto:james.furey@mn.catholic.edu.au)



## Assistant Principal—Teaching & Learning

There are a number of key events in the Teaching and Learning domain in upcoming weeks but I would firstly like to acknowledge the wonderful support of parents and carers for our Awards and Interviews held last fortnight. It was heartening to see so many parents and carers joining with their children in the interviews, meeting teachers and discussing the future terms ahead with students and staff. Yes, it's time out of our day but it is time well invested. I thank each of you for supporting our staff in their efforts to support your child in their learning by being present at this very significant occasion.

In other news the Year 8 Information evening was also well attended and I encourage those students who have still to yet log in and make their elective choices for 2019 to do so as soon as possible. This will allow us to continue with our timetabling process and better support all students as they move forward in to Stage 5 and the next stage of their time here at St Paul's. I would particularly like to commend the time spent on this process so far by Mr Craig McLoughlin, Mrs Cheryl Wills and Mr Nick Moroney who have invested many hours into timetabling and interviews with both Year 11 and Year 9 students.

We have several key events ahead including:

- \* Thursday 30th August – **NAPLAN ONLINE TRAINING** for Years 7 & 9. A note was sent last Monday to families in relation to this testing. Students are reminded to bring devices, chargers & earphones for this day.
- \* Friday 9th November – **Year 10 National Minimum Standards** testing will occur for certain students. Those students involved will receive notification via an emailed letter this week. A reminder will go out to home early in Term 4.
- \* Year 11 Exams commence Monday 10th September and conclude Thursday 20th September. Exam timetables will be issued in Form Assembly this week and personal timetables will be emailed home.

Finally, I would like to acknowledge several of our students across Years 7 – 10 who met with significant success in our recent awards. Congratulations to the following students for their excellent effort and achievements in Semester One:

**Mrs Cathy O'Gorman**  
**Assistant Principal—Teaching & Learning (Acting)**



<b>Year 7</b>	Kennan BATHMAN	Scholastic Achievement in Technology, Visual Arts, Improvement in PDHPE; Consistent Effort in History, Religious Studies, Science & Mathematics; Perfect Attendance
	Olivia BERTRAM	Scholastic Achievement in Mathematics, English, HSIE, Religious Studies, Science; Consistent Effort in Technology & French; Improvement in Visual Arts; Outstanding Attendance
	Emily DICKSON	Equal First in in Technology; Scholastic Achievement in HSIE, PDHPE; Consistent Effort in Visual Arts, English, Science & Mathematics
	Alexander FEENAN	Scholastic Achievement in German, Visual Arts, Mathematics, Religious Studies; Consistent Effort in Science & Mathematics: Outstanding Attendance
	Jace O'KEEFE	Scholastic Achievement in Mathematics, Science, Technology; Consistent Effort in French & Music; Improvement in Religious Studies: Outstanding Attendance
	Kate PARKER	First in Course in HSIE; Equal First in French; Scholastic Achievement in Mathematics, English, PDHPE & Science; Outstanding Attendance
	Michael POCKRAN	First in Course in Music, German, Mathematics, Science; Consistent Effort in Technology & Religious Studies
	Chloe SCANLON	Scholastic Achievement in Technology, English & HSIE; Consistent Effort in French, Mathematics, History, Science, Religious Studies & Visual Arts
<b>Year 8</b>	Dominik BRYMORA	Equal First in Music; Scholastic Achievement in History & PDHPE; Consistent Effort in English, Mathematics, Religious Studies, Technology & Science
	Holly NEIL	Equal First in Course in Science, Visual Arts; Scholastic Achievement in HSIE, Mathematics; Consistent Effort in Technology, English & PDHPE
	Jessica ROWE	First in Course in PDHPE; Technology; Equal First in Course in Music; Scholastic Achievement in Mathematics & Religious Studies; Consistent Effort in Science, Improvement in English
	Paige WHEELER	Equal First in Course in Science & Technology; Scholastic Achievement in HSIE, Mathematics & Visual Arts; Consistent effort in History; Outstanding Attendance
<b>Year 9</b>	Alyssa BISHOP	Equal First in Course in Textiles Technology; Scholastic Achievement in English, HSIE – History, PDHPE; Consistent Effort in Science, Religious Studies and PASS
	Angelina JOYCE	Equal First in Course in Information and Software Technology; Scholastic Achievement in HSIE-History, Mathematics, Religious Studies and Science; Consistent Effort in Music; Improvement in Music
	Kari WILLIAMS	Equal First in Course in HISE-History; Scholastic Achievement in Food Technology, Mathematics, Science; Consistent Effort in English, PDHPE and Textiles Technology
	Claire WILSON	First in Course in Science; Scholastic Achievement in Mathematics, PASS; Consistent Effort in HSIE-History, Visual Design; Improvement in Religious Studies
<b>Year 10</b>	Aliyah BECKWITH	First in Course in Visual Design; Scholastic Achievement in History; Consistent Effort in Science, PDHPE, Mathematics & Food Technology
	William BURGIN	Scholastic Achievement in Mathematics, Science, PDHPE, PASS, Food Technology; Improvement in English; Outstanding attendance
	Nicholas CURRAN	Equal First in Course in Music; Scholastic Achievement in Religious Studies, Mathematics, PDHPE, PASS; Outstanding attendance
	Sarah HANNAN	Scholastic Achievement in History, PDHPE, Visual Design; Consistent effort in Religious Studies, Mathematics & Science
	Sam JENKINS	Scholastic Achievement in English, Science, History, HSIE; Consistent effort in PDHPE & Religious Studies
	Conor O'NEIL	Equal First in Course in English; First in Course in Science; Scholastic Achievement in Mathematics, HSIE, Religious Studies, German & PDHPE; Consistent Effort in Elective History
	Rebecca POST	First in Course in Religious Studies; Equal First in Course Music; Scholastic Achievement in Mathematics, Science, PDHPE, Food Technology; Outstanding attendance
	Grace SHRUME	Scholastic Achievement in Religious Studies, PDHPE, PASS & Music; Consistent Effort in English, Mathematics & HSIE

Students have received their **Trial results and ranks** and are probably feeling a bit deflated or delighted depending upon how much effort they have put into their education up until the Trial exams. In most cases, the students probably 'got what they deserved'. Thus, there is still time and opportunity to put in the effort to achieve sound results for their last upcoming Assessment Tasks and the HSC exams. Unfortunately, we as parents and teachers can only give advice, teach, guide, support and nag, to give our children every opportunity to reach their potential. It is totally up to the student themselves to decide and act on whether they accept the help or not. Each student needs to finally take ownership of their own education – we can't do the HSC for them.

The College has been offering Year 12 students quiet time after school on a Monday and Wednesday in **supervised study** in the library, for most of this year and it will continue this Term. *Toronto Rotary Club* is offering **free HSC tutoring** in the next school holidays to also assist students. Please see flyer Page 19 in this Newsletter and was emailed to Year 12 students last week.

### Some upcoming **event and Task reminders**

Week 4 (13-17/8)	Week 5 (20-24/8)	Week 6 (27 – 31/8)
13 August: Drama Task 4	20 August: PDHPE	27 August: Ancient History
14 August: <i>Athletics Carnival</i>	20 August: SOR 1	27 August: Maths (all)
15 August: Economics Task	21 August: Biology	28 August: Modern History
16 August: Marine Studies	21 August: Chemistry	28 August: Geography
17 August: IPT Task 4	21 August: EES	28 August: Maths Ext 2
	22 August: Bus Stud	29 August: Advanced English
	22 August: SLR	29 August: Standard English
	22 August: Chemistry Prac	30 August: English Studies
	22 August: Sen Science	30 August: Society and Culture
	22 August: EEC	30 August: Maths Ext 1
	23 August: Engineering	
	23 August: Legal Studies	
	24 August: SOR 2	

At our last Form Assembly, we had a guest speaker, Ursula Scale from Avondale Higher Education come to address the students. She spoke about Avondale at Cooranbong, as an alternative option for higher education to Newcastle University. She outlined the many degrees that are available, the ATAR of 60-63 that is required for direct entry, explained alternative entry methods, gave out

Prospectus' to interested students and answered many enquiries. In the Form Assembly in week 4, we will have representatives from TAFE NSW address the students to assist them with any enquiries.

Again, I ask for parental support in making sure that students are wearing the correct uniform at school. Jerseys are only to be worn on Wednesdays and Fridays. I am disappointed in the few students who blatantly disregard this condition of the uniform contract.

Details about the Graduation Ceremony and Graduation Ball will be coming your way soon so that parents can plan if they would like to attend. The Graduation Mass starts at 6.30pm on Wednesday 26 September in the school Hall. The Yr 12 Academic Awards will occur on Thursday 27 September starting at 9.30am. This is followed by the Graduation Ceremony from 12 – 1.30pm.

I appreciate that the students have mixed emotions this Term – they are happy about finally finishing school after thirteen years and yet probably a bit scared about what the future holds. For thirteen years they have known what they are doing every day and now they must start making decisions about their own futures. But that can't happen until they get through their final Assessment Tasks and the stress of the HSC exam. Add to that the fact they are leaving securities and friendships, then it is no wonder the students are a bit overwhelmed.

As adults in these young peoples lives, our role as teachers and parents is to encourage them to finish successfully – to be safe while having fun, to do the best they can even though they might be tired, to finish so that they can look back without regrets, to ask for help when needed and before it is too late, to savour every “last”, to appreciate those in our lives at this moment and those that guided them to where they are now, to mend relationships and to finish with self-respect.

We offer our condolences to Sidney Burt who tragically lost his brother Luka on the weekend. We offer our thoughts and prayers to his family.

*Mrs Cayte Pryor*  
*Student Coordinator*



## *Year 8 News*

Thankyou to all the parents and students who attended the **Elective Information Evening** last Monday night. It was a chilly evening but hopefully you gained insight into the process and how educational expectations of NESAs change for students in Years 9 and 10 in relation to RoSA and Naplan.

Prior to Year 8 students attending ‘Splendour in The Arts’ last Thursday morning, I reminded students that once they had made their choices on-line, they needed to **print out a hard copy** and get parents to sign it. Students then need to deliver the print-out to Student Services for filing. Once the ‘lines’ of elective choices have been finalised Mrs O’Gorman (Acting Assistant Principal) will meet with Year 8 students who have a subject ‘clash’. Whilst mentioning ‘Splendour in the Arts’; congratulations to the Year 8 students who participated in this wonderful display of talent, and to the Year 8’s who were the appreciative audience at the Thursday morning performance, in addition to the Primary school students from St Mary’s Warner’s Bay and St Benedict’s Edgeworth.

Year 8 students who were not in attendance at the Semester Awards will receive their awards this week, as well as Year 8 students who have gained a **School Commendation, or a Certificate in the 50 Word Writer’s Challenge**.

Wherever families are taking leave for a **family holiday**, I would ask that you inform the school prior to departure. This will save confusion of staff, where there is concern that the student is sick, and will also save unnecessary phone calls from the TG teacher or Student Coordinator. Government legislation states that absences 10 days and greater require the Principal’s permission.

Although this newsletter article will be emailed in Week 4, I would like to notify parents that **I will be taking long service leave** from weeks 6-10 of Term 3, and weeks 1-2 in Term 4. This leave will allow me to undertake some long distance walks in Europe. During my absence I ask that student matters be referred to the Acting Student Coordinator or to AP Wellbeing Mr James Furey. Of course if there is a teaching and learning issue, then you should direct the query to the student’s teacher or the respective Studies Coordinator.

It has been an absolute pleasure working with the students in Year 8, and helping them to achieve their academic best, as well as guide their emotional and social development. They’re a great bunch of kids! I look forward to continuing this journey when I return in Term 4 Week 3. In the meantime, don’t forget that **most Year 8 Assessment Tasks are tabled for Weeks 9 and 10 of this term**.

*Mr Ross Wilson*  
*Student Coordinator*





On Friday, 3rd of August I was lucky enough to attend this year's Aspire Production 'Dark Matter'. Amazing! Amazing! Amazing! I was captivated from the opening scene to the curtain call! The program offers student from Year 5 - Year 11 the opportunity to hone and polish their performing skills. This year, Aspire showcased St Paul's finest actors, singers, dancers and musicians. And for the first time, in this year's production there was an orchestra made up entirely of student performers! We were lucky enough to be represented in the orchestra by Michael Pockran of Year 7, congratulations Michael! It must also be noted that both the Design Team was largely made up of our very own Visual Design students! All of our student representatives performed spectacularly, I was incredibly proud of all of you. On behalf of St Paul's Catholic College, I would like to thank you for the hours and hours that you and your families have put into preparing for and participating in the performances. We thank-you for the courage that you have shown in sharing your gifts on behalf of the college with audiences of over 1000! You are truly an inspiration to us all.



## Auditions

Recently, we sent over 40 students to the Aspire Matinee so that they could experience first hand the wonder and level of sophistication that is achieved by all those involved. I was delighted to hear that a large number of those who attended were now interested in taking part in Aspire 2019. Aspire is a year in the making; as soon as one show is completed the next show is ready to go into production. This means that applications to Audition are all due within the next two weeks! The details for the Dance, Instrumental, Vocal and Drama Ensembles can be found below or by visiting:

<https://aspire.mn.catholic.edu.au/join-us/2019-auditions/> Applications for the Production and Design Ensembles will follow. All applications can be made online. If you have any issues, as the Aspire Contact Teacher, I am more than happy to help you. I encourage all that have an interest to take a chance and apply! It is such a rewarding experience, you will develop your skills, make new friends and gain experience in stage production. Just do it!

## Oh what a night ... and morning!!

Last Wednesday, the 8th of August saw over 100 actors, singers, dancers and musicians take the stage in the annual Splendour in the Arts Performance. St Paul's, as a community, could not have been prouder! Each performance was professionally executed and captivating, with each performer putting their heart into their piece. From upbeat Icelandic renditions to Shakespearean laments, our students held the audience in the palm of their hands. Parents described the night as 'beyond expectation' and sent 'a big thumbs up to all the boys and girls for such a magnificent show'. Needless to say, the standard has been set!



What could top that ? Did someone say Matinee! Still relishing their accolades from the night before, our tireless performers put on the show AGAIN for our honourable guests from our feeder schools, St. Mary's at Warners Bay and St Benedict's at Edgeworth. Our very own Year 8's also honoured us with their presence. You could tell by the big smiles on our guests faces that they obviously enjoyed the show, and they left singing praises of Annika Bakers Taylor Swift solo and the very funny Yr 10 Drama play!

On behalf of the St Paul's Catholic College community, I would like to say a huge thank you to all of the students who showed the courage and commitment to perform in Splendour in the Arts. Events like this do not happen without commitment to your practice and your fellow performers, I commend you on the dedication that you have shown. I would also like to thank all of the students and teachers who worked tirelessly behind the scenes to ensure that our show presented professionally and ran smoothly. Without you, the performances would not have been nearly as successful!

I look forward to what next years show brings! What a splendid event to look forward too!

*Miss Sarah Adams*

*Leader of Pedagogy – Creative Arts and Languages (Acting)*





## Participants:

- Georgina Roach Year 9—Vocal
- Jordan Snowden Year 9—Stage Band
- Michael Pockran Year 7— Stage Band
- Jordyn Laucht Year 9—Strings
- Holly Marks-Gray Year 8—Drama
- Hannah Finley Year 10—Dance
- Zoe Braithwaite Year 8—Design
- Grace Feenan Year 9—Design
- Charlotte Ferry Year 8—Design
- Imogen Haines Year 10—Design
- Evie Jones Year 8—Design
- Ella Ryan Year 9—Design



INVITATION

## SPLENDOUR IN THE ARTS

Wednesday 8 August  
6:15pm for a 6:30pm start

TICKETS AVAILABLE ON THE NIGHT

\$12 per family \$5 per adult \$2 per child

HSC Music - Dio Sounds - Elective Music & Drama  
Year 9 Band - Shakespeare - Independent Acts -





**ASPIRE**  
MUSIC.DANCE.DRAMA

**SAVE THE DATE IN YOUR  
SCHOOL CALENDARS**

### CALENDAR DATES FOR SCHOOLS 2019

ASPIRE @ the Civic Theatre  
 Wednesday 31 July @ 11.00 am  
 Thursday 1 August @ 11.00 am  
 Friday 2 August @ 11.00 am and 7.00 pm  
 Saturday 3 August @ 7.00 pm

**\$ 10 PER STUDENT**

Accompanying teachers free. Tickets through Ticketek in Term 2, 2019

**ASPIRE**



**ASPIRE**  
MUSIC.DANCE.DRAMA

### 2019 AUDITIONS

If you are talented in the Creative and Performing Arts go to the ASPIRE website ([aspire.mn.catholic.edu.au/](http://aspire.mn.catholic.edu.au/)) click on join us and follow the links to audition for the 2019 ASPIRE Program. Closing date is for the return of these forms to the Catholic Schools Office is **Friday 28 September 2018**. An alternate date will also be available for those who are unable to audition on their relevant day.

If you have any queries please contact Anne Atkins at the Catholic Schools Office on (02) 4979-1331 Auditions dates are listed below:

#### INSTRUMENTAL ENSEMBLE

**STAGE BAND  
STRINGS**

Monday 29 October 2018

Newcastle Exhibition and Convention Centre

#### DANCE ENSEMBLE

Monday 29 October 2018

Newcastle Exhibition and Convention Centre

#### DRAMA ENSEMBLE

Tuesday 30 October 2018  
Wednesday 31 October 2018

Newcastle Exhibition and Convention Centre

#### VOCAL ENSEMBLE

Thursday 1 November 2018

Newcastle Exhibition and Convention Centre



**ASPIRE**  
MUSIC.DANCE.DRAMA

### HOW TO AUDITION FOR ASPIRE 2019

*The ASPIRE Audition Process is now an online audition process*

The following instructions will direct you to the online audition form.

1. Go to the ASPIRE website - <https://aspire.mn.catholic.edu.au/>
2. Click on JOIN US
3. Click on 2019 AUDITIONS
4. Then click on the link: [CLICK HERE TO APPLY ONLINE FOR ASPIRE 2019](#)

Any problems please contact either Anne Atkins by email:  
[anne.atkins@mn.catholic.edu.au](mailto:anne.atkins@mn.catholic.edu.au) or by phone (02) 4979-1331

Please note:

**Audition Forms need to be completed and forwarded  
by no later than Friday 28 September 2018**



This competition is open to all Diocese of Maitland/Newcastle Students

Films must take their inspiration from the theme 'Space'

All films must be between 1 and 4 minutes in length.

Films can be of any genre: fiction, documentary, music video, news program etc, however all material must be original, or where copyrighted content is included you must be able to provide written permission for its use.

#### TO ENTER

There are two categories: Primary and Secondary. Students may work individually, in groups or as a whole class and can submit as many entries as they like. Entrants will upload an MP4 file of their completed project into their OneDrive on MFCconnect. Then they will complete the entry form on the ASPIRE website or go to <http://58.1y/AspireFile> where entrants will paste the shareable link to their completed entry that is stored on their OneDrive. Written instructions can be found at <http://58.1y/AspireGuide> or watch a video of how to submit at <http://58.1y/AspireGuideVideo>.

Entries must be received by Sept 28th 2018.

#### JUDGING

The judging panel will shortlist a maximum of 30 films in each category for presentation at the Film Festival.

The winners will be announced in the evening and will receive a JB Hi-Fi voucher.

Finalists will be notified by email by October 10th.

The entrants whose submissions best capture the theme and are considered the most engaging, imaginative and innovative in content and delivery, will be deemed the winners.

### The Flipside

On **23 August, 2018** Brainstorm Productions will be presenting their student wellbeing program 'The Flipside' for **Year 9**.

Powerful, current, and thoroughly contemporary, The Flipside is an unflinching live theatre experience about our online behaviour and its potentially infinite ramifications. The Flipside depicts two teen characters that are embedded in the online community including gaming, social networking and content creation. The sheer magnitude of online interactions, selfies, videos, memes and mash-ups uploaded every minute means that posts quickly disappear into the ether, but not always. As these characters find out, online posts last forever and some can come back to haunt you, even years later. The characters suddenly realise they can't just press the "undo" button to save their relationships, reputation or their dignity. The Flipside will encourage students to think carefully before they 'post', 'snap' or sign up.

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



If you would like to know more about Brainstorm Productions, visit their website at [www.brainstormproductions.edu.au](http://www.brainstormproductions.edu.au)

**Mrs Libby Lucas**  
Coordinator



St Paul's  
Principal's Reading Challenge  
23 August - 26 November

FIND YOUR  
TREASURE

Email Miss Guest or see any Teacher to enter  
Winners announced at the Awards Ceremony

To be a part of this challenge all you need to do is  
record your reading on the dedicated One Note space!



A dedicated group of Year 9 and Year 7 students this term have begun working with Lake Macquarie Council Landcare to develop an aquaponics project at their Resource Centre at Teralba. Aquaponics is a system of aquaculture in which the waste produced by farmed fish or other aquatic creatures supplies the nutrients for plants grown in hydroponics, which in turn purify the water. It is a sustainable system of food production that is seen as a solution to providing fish and vegetables/fruit for a rapidly expanding world population. Also, growing plants in this system uses 10% of the water that similar soil-based horticulture uses. It is particularly relevant to the Year 9 Geography course with its focus on sustainable food production.

The project is in its beginning stage, but students will be able to gain some practical experience on a range of topics from nutrient cycles and water quality sampling through to irrigation designs, installation and maintenance. There will also be other roles related to ongoing care for the plants and fish.

The group visits the Centre on Friday afternoons during sport. So far, they have calculated tank sizes and worked out design features related to the site, as well as being involved with work at the nursery. In weeks to come there is further design work, waterproof painting of the tanks as well as considerations such as the type and amount of fish and plants to be used in the system, pump and pipe sizes. It promises to be an exciting and worthwhile project.

I commend the following students for volunteering and the enthusiasm and ingenuity they have shown; **Ben Ashmore, Bronte Bull, Bridget Carrall, Remmi Griffiths, Alex Hanson, Clinton Hutchinson, Zak Levy, Kala Liu, Charlotte Mace, Samantha Moir, Neave O'Reilly, Madeline Sheather, Noah Simpson-Varley, Xander Williams**. I also thank Simon Carroll (a former St Paul's student) from Lake Macquarie Council and Alexandra Wilson from the Landcare Resource Centre for their work with the students.

**Mr John Gallop**  
**Organising Teacher**



Information on our physical activity program...



### 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








The more active a parent is, the more likely their child will be active too

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

Make time in your week to be active with your kids





## Career Thought of the Week:

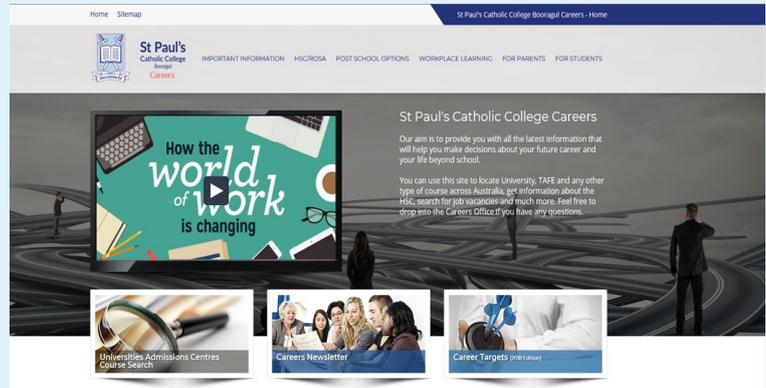
*"You wouldn't worry so much about what others think of you, if you realised how seldom they do"*

**Eleanor Roosevelt**

## St Paul's Catholic College Careers Website- New Look

Our Careers website has had a makeover with a new look with easier navigation. If you haven't already had a chance to view this essential career tool go to:

<http://www.stpaulscareers.com>



## Careerlinks Employment Links-Reminder



I have had a lot of interest this year from students in Yrs. 10,11 and 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.

## Teacher Training Scholarships CSO 2019

The Catholic Schools Office, with the support of Federal Government funding from the National Partnerships Teacher Quality initiative intends to offer up to FIVE (5) **Scholarships** to current **Yr. 12 students** in our Catholic schools, who intend to commence undergraduate courses in teacher training in 2019. Under the program each student will receive a total benefit of up to \$7000 over four years. This is an effort to develop a targeting of scholarships recipients for potential employment in Catholic schools.

Application forms can be obtained at the Careers Office.



Closing date for all completed applications is **Friday 28th September 2018**.

### **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.

## HUNTER TAFE-OPEN DAY

### BE IN A CAREER YOU LOVE

Whether you're looking to; kickstart your career, become an apprentice, launch a small business or gain some savvy new skills, TAFE NSW Open Day will help you be in a career you love. Open Day is the perfect opportunity for you, your family and your friends to discover a huge range of courses, diplomas and degrees. You'll have the chance to:

- ⇒ Immerse yourself in amazing augmented reality
- ⇒ Join interactive workshops and compelling live demonstrations
- ⇒ Meet industry-skilled teachers and get the best career advice for you
- ⇒ Enjoy live music, delicious food and so much more!



Be Ambitious and register for your nearest participating campus today. We look forward to meeting you at Open Day!

### Attention Yr. 12 -UAC 2018 Seminars

These seminars will take place at St Paul's in Wk. 6 – 30th August. Students will be issued with their 2018 UAC Guides and a presentation on how to use them will follow the talks. Students in Yr. 12 doing an ATAR pathway should soon have their UAC PIN, please keep your number very safe and make a few copies just in case.

### Important Dates for Term 3 2018

16<sup>th</sup> Aug TAFE Pathways Yr. 12

30<sup>th</sup> Aug UON Schools Visit Day Yr.12

28<sup>th</sup> Sept UAC Closing date

<http://www.stpaulscareers.com>

### UAC INFORMATION 2018

#### Attention Yr. 12 Students

A special UAC NEWSLETTER will be emailed to all Yr.12 students this week, be sure to check your student email accounts to access this information.

#### SPPCB Careers Newsletter UAC Super Edition.

#### University Open Days 2018

New South Wales Open Days:	Open Day Date:
<b>University:</b>	
University of Sydney	Saturday August 25
University of NSW	Saturday September 1 (Kensington)
	Saturday August 25 (ADFA)
Macquarie University	Saturday August 18
University of Newcastle	Thursday August 16 (Port Macquarie)
	Saturday August 4 (Central Coast)
	Saturday August 25 (Newcastle)
University of Wollongong	Saturday August 11
Charles Sturt University	See calendar for various "My Day" events
Southern Cross University	Sunday July 29 (Gold Coast) Saturday July 28 (Lismore)
University of New England	Friday May 11
University of Technology - Sydney	Saturday August 25
Western Sydney University	Sunday August 19
Australian Catholic University	Saturday September 1 (Strathfield)
	Saturday September 8 (North Sydney)
University of Notre Dame	Saturday August 25 (Sydney)
La Trobe University (Sydney)	Thursday August 30
CQ University (Sydney)	Thursday August 23

**Mr Craig McLoughlin**  
 Leader of Pedagogy-Vocational Education/Careers



**Opening Hours for Payments to the Finance Office**

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

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

**For more information about QKR visit our website**

[www.booragul.catholic.edu.au](http://www.booragul.catholic.edu.au)

<p><b>Step 1 Download Qkr!</b>                  on your Android phone or iPhone. iPad users can download iPhone app</p>	<p><b>Step 2 Register</b>                  Select your Country of Residence as 'Australia' and follow the steps to register</p>	<p><b>Step 3 Find our school</b>                  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>                  When first accessing your school menu, you will be prompted to register your child. This allows you to make school orders on their behalf.</p>
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**Excursions Coming Up .....**

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

Year	Subject	Date	Venue	Cost	Money Due
11	BSTREET SMART	30 August	Quodos Bank Arena, Homebush	\$30	9 August
11	Year 11 Ski Trip 2018	20-23 September	Jindabyne	Various	7 September
12	Legal Studies	5 September	St Mary's, Maitland	\$30	27 August

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

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

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

<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)

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



# Canteen Roster

## Monday 20 August — Friday 24 August

Mon	Mirella Grasso
Tues	Amanda Holt, Janelle Haggerston
Wed	Joanne Bower, Pamela Amos
Thurs	Michelle Hall, Kylie Smith, Sharon Roberts
Fri	Leanne Maher, Kim Dickson

## Monday 27 August — Friday 31 August

Mon	Lisa Kelly, Sharyn Kiely, Kristy Baker
Tues	Elizabeth McGovern, Julie Lerch
Wed	Linda Gesell, Kim Harding
Thurs	Debbie Parker, Mel Dobosz, Claire Elliott
Fri	Carol Crabbe, Krisna Bradbery

### Canteen Supervisor:

Carolyn Phone - 4946 3115

### Canteen Hours:

9.00am to 2.30pm

If you are unable to come on your day, please try to arrange a

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

## Term 3 2018

<b>Wk 5</b>	Mon 20 August	<b>Book Week</b> HSC Drama Evening CCC Netball Championship U'13, U'15 & 17 Boys Rugby 7's Diocesan Athletics Carnival Year 9 Brainstorm and The Flipside Book Week Dress-up Parade
	Tues 21 August	
	Wed 22 August	
	Thurs 23 August	
<b>Wk 6</b>	Mon 27 August	Diocesan Basketball Year 11Bstreetsmart NAPLAN Online Readiness Test Years 7 & 9
	Thurs 30 August	
<b>Wk 7</b>	Tues 4 September	Archipaul Evening Archipaul Primary Day Year 10 Brainstorm Production
	Wed 5 September	
	Thurs 6 September	

This Calendar may be subject to change

Please see website for further Calendar dates

<http://www.booragul.catholic.edu.au/news-events/events-calendar/>

### Clothing Pool Opening Hours

8.30am to 9.30am Tuesdays Only

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

### 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

### Enrolments for 2019 are now open

Forms are available from the office or please follow this link

[Enrolment Package](#)

Please complete forms and return to the Office as soon as possible

A Reminder to current families, if there are siblings to enrol, we need your enrolment forms as soon as possible.



## St Paul's has a new website!

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

## All Students need to wear their College Uniform in an acceptable manner

### Junior Uniform — Years 7 - 10

#### Girls

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

#### Boys

<b>Shirt</b>	Sky blue (04) as Midford style 1010. An all-white or pale blue short sleeved plain T-shirt may be worn under a school shirt as long as it is <b>not seen</b> except for a little at the neck.
<b>Shorts/Trousers</b>	Conventional grey serge shorts or trousers only.
<b>Belt</b>	Black belt only – not worn low.
<b>Socks</b>	Grey with trousers. Blue marle long socks with shorts.
<b>Shoes</b>	Totally black, leather, polishable lace-up style. Instep must be totally covered. Boots and high tops are not acceptable.

#### Boys/Girls

<b>Jacket</b>	Tracksuit jacket. In cold weather students may choose to wear the college jumper and jacket.
<b>Jumper</b>	Navy V necked with college crest.
<b>Hat</b>	In line with our Sun Smart policy, Students are expected to wear a hat when participating in outdoor activities. Hats can either be the college hat or hats that contain the college colours.
<b>Scarf</b>	Scarf in college colour or navy college woollen scarf is available from Lowes

#### Sports Uniform

<b>Boys/Girls</b>	Navy microfibre for boys, navy knit for girls. Must be of an acceptable length. College sports polo shirt with crest. St Paul's tracksuit (optional). <b>Conventional lace up</b> sport shoe/jogger offering adequate support in the arch (not canvas shoes) and <b>white</b> sport socks.
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It is acceptable for students to wear full sports uniform to school on Friday (Sport Day) and on days when they have a designated practical PE lesson (as determined by the PDHPE Department).

NSWCCC apparel may **only** be worn on Friday (Sport Day).

## Senior School Uniform – Years 11 and 12

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

## Out of Uniform Day Dress Requirements — All Years

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

Garments should **not** be revealing – therefore no thin strapped singlet tops, strapless tops, low-cut tops, mid-riff tops or see-through material.

No offensive slogans or inappropriate language to be printed on any garment.

Skirts and shorts should be of a **modest length**.

For safety reasons, footwear needs to be enclosed and as such, thongs are inappropriate.

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

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

## SHOE REQUIREMENTS





No adequate coverage or protection



No adequate coverage or protection



No adequate coverage or protection



No adequate coverage or protection



No adequate coverage or protection



No adequate coverage or protection



Wrong Laces



White flashing



Not Black  
Polychrome



Wrong Laces  
Polychrome



Sandshoe  
Polychrome Leather



White flashing



Boot-not a shoe



Hi-top boot



Canvas shoes





## BISHOP'S AWARD 2018



# Do you contribute to your local Diocesan community?

The Bishop's Award seeks to publicly recognise the efforts of students and young people within our Diocese who have contributed to the community through their Parish, Church group or Church agency.

Applications are now open to students and young people in the Catholic Diocese of Maitland-Newcastle for the 2018 Bishop's Award.

The award recognises and encourages the efforts of young people within the Diocese who have contributed to the community through their parish, their church group or their church agency.

This may include involvement in groups or agencies such as Caritas, Youth Ministries, St Vincent de Paul, Mini Vinnies or similar church groups. This also includes contributions made within parishes such as Liturgy and Youth Ministries.

Bishop Bill, the Catholic Schools Office and the Federation of P & F Associations view this award as an opportunity to acknowledge the contribution of students and young people to strengthening the links between parish communities, schools and the broader community.

The Bishop's Award is open to students, Years 7-12 and Young People (who have completed Year 12 and are under 25 years of age).

The Bishop's Award comprises four categories:

- ▶ Students in Year 7 & 8
- ▶ Students in Year 9 & 10
- ▶ Students in Year 11 & 12
- ▶ Young People (those who have completed year 12 and are 25 years of age or less)

Each successful applicant will receive \$1,000 which may contribute towards the applicant's education or faith formation by assisting them to attend events such as World Youth Day, Diocesan Youth Retreat or music ministry. Each successful applicant will also receive a Certificate of Recognition from Bishop Bill.

There is a maximum award pool of \$10,000 for the 2018 awards.

4 award categories

Award pool of \$10,000

Applications close 8 February 2019

For further information or to request an application form, please contact your parish office, Catholic secondary school (where applicable) or visit [www.mn.catholic/bishops-award](http://www.mn.catholic/bishops-award)



[www.mn.catholic.org.au](http://www.mn.catholic.org.au)

<https://www.entertainmentbook.com.au/orderbooks/340e72>



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The traditional [Entertainment™ Book Membership](#).
- ◆ The [Entertainment™ Digital Membership](#) for your smartphone!

The Newcastle, Central Coast and the Hunter Entertainment™ Memberships sell for just \$65 and you'll receive over \$20,000 in valuable offers you can use until 1 June, 2019.

## Worried about the HSC?

# Need help studying?

We will be running HSC study sessions on October 1st, 3rd, 5th, 10th and 12th  
From: 10am to 1pm

Focusing on: Deconstructing Questions and Essay Skill, English, Math, Sciences & Humanities

ROTARY CLUB OF TORONTO NSW

For more information or to book your seat contact: Sarah Hill, on 0401 587 775 or at [s.j.hill@outlook.com](mailto:s.j.hill@outlook.com)

Want to know more about Toronto Rotary? You can find us at [facebook.com/torontorotarynsw/](https://www.facebook.com/torontorotarynsw/)

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