



Photo by Andy Warren

6 February, 2019 Vol: 01-19

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

Welcome to 2019. To our new families, a very special welcome. To all our continuing families and friends, welcome to the new year. I hope that the summer break was one of exciting family get-togethers and celebrations as well as an opportunity to have some much needed quiet time. I often reflect on the frantic nature of the Christmas and New Year season and wonder why we do it to ourselves every year! In saying that, when we deeply reflect on the true reason we celebrate Christmas, it brings a genuine reality check to my thoughts. The Christmas season should be a time to celebrate the birth of Christ and all that this means to our world. The new year is the ideal time to continue that reflection and to set new directions and goals for us as individuals and families for the next 12 months.

As this new year begins, I would like to introduce some new staff to you. Some of the names you will know but they are in new roles at the school.

- Mrs Cathy O'Gorman will continue in the role of Assistant Principal – Teaching and Learning
- Mrs Anne-Maree Shipman is our new Assistant Principal – Community and Well Being for 2019
- Ms Alice Grant is the new Leader of Pedagogy – TAS
- Mr Brad Melville is our new Sports Coordinator and will be teaching PDHPE
- Ms Renee Pola-Kuros is our new Ministry Coordinator
- Mrs Deb Thompson is teaching Maths and Science J/S
- Dr Elise Asquith returns teaching Science J/S
- Ms Cologne Lane will be teaching in the Maths and Science area J/S
- Miss Beth Galinski is teaching English and HSIE
- Miss Eleanor Martin is teaching Drama
- Miss Alex Thomas is teaching HSIE and English
- Mrs Tatiana Tinlin is teaching Languages
- Mr Samuel Davidson is teaching in the TAS area
- Mrs Michelle McCabe is our new Learning Support teacher
- Ms Anna Stuart is working in the TAS area J/S
- Ms Olivia Barzen is replacing Ross Bush while he is on leave
- Mrs Donna Reaney has joined our office staff from the library

Mid way through last year we were able to secure a new Leader of Pedagogy - Mathematics. Unfortunately, Mr Jeff Larsen contacted me in late January to inform me that he is unable to take up the position because his elderly parents in the US have had significant health episodes and he needs to relocate his family back to the States to look after them. As a result, we have had to readvertise the position. We will endeavour to secure a new LoP in the very near future but until then, Mrs Haynes and Mrs Richardson have agreed to share that position until the new person can begin.

Quite a number of these positions are job share (J/S) positions working in team with our established teaching staff. I know that as a community we will make our new staff feel very welcome and we also wish those staff in new positions all the best as they begin their year with new challenges and exciting endeavours.

AS we welcomed the students back last week it was wonderful to see them in their full summer uniforms. One of our major focuses this year is wearing our uniform correctly and

Inside this issue:	Page
<a href="#">From the Principal</a>	1-2
<a href="#">Assistant Principal - Teaching &amp; Learning</a>	3
<a href="#">Assistant Principal - Community &amp; Wellbeing</a>	4-6
<a href="#">Swimming Carnival Info</a>	6
<a href="#">Year 11 News</a>	7
<a href="#">Year 10 News</a>	7
<a href="#">Peer Mediation</a>	8
<a href="#">Year 9 News</a>	9
<a href="#">Year 8 News</a>	9
<a href="#">Year 7 News</a>	7-10
<a href="#">Creative Arts &amp; Languages</a>	12-13
<a href="#">Sport News</a>	14
<a href="#">Vietnam Immersion</a>	15
<a href="#">School Calendar</a>	16
<a href="#">Canteen Roster</a>	16
<a href="#">Community News</a>	17-19

with pride. Mrs Shipman has already spoken to the students about these simple expectations and the staff are keen to ensure that students do the correct thing at all times. I ask that you support us by writing notes when your child needs a uniform variation and that any uniform issues are corrected as quickly as possible.

Our other major focus continues to be *Student Engagement*. Last year I wrote about this in one of the mid-year newsletters. Here is a reminder of what I said:

*"I spoke to the students about engagement in their learning. In that address I talked about our students making the most of every learning opportunity in every lesson. I spoke about the need to have all their equipment including computers that are fully charged and ready to go every day. I spoke about ensuring that bags are packed the night before ensuring that any items that will be needed for the next day's lessons are included. I also spoke about the idea that homework is an old term and that today we speak about home study. It is a time where all students should be reading, looking over notes from previous lessons and even looking at work that is to come. This study obviously includes assignments and research that is needed to complete some of the complex tasks that students are engaged in every day in every lesson. It also includes any tasks that have been set from the previous lesson.*

*The other area that I spoke about was the concept that all students are responsible to ensure that the learning environment is one where each person can work consistently. I said that students who, for whatever reason decide to disrupt the learning environment for others need to seriously consider their actions. It is most unfair that students in class are put in situations where they struggle to learn because of the actions of others. Ironically, the students who disrupt lessons are usually doing that because they are not prepared themselves for the lesson. They are usually the ones who have not brought the correct equipment or who have not completed the set tasks that have been set to enable them to fully participate in the lesson."*

I ask that you support these endeavours by helping your child prepare for each day effectively and to have a home study routine that builds strong foundations from the beginning of the year.

The term begins at a furious pace. This Friday we have our Opening School Mass. This beautiful event is usually celebrated by Bishop Bill Wright. As you might be aware, Bishop Bill had a major health scare towards the end of last year and is still in recovery mode. As a result, Frs Brian Brock and Geoff Mulhearn will be concelebrating with us. At the conclusion of the Mass we will host a short Awards Ceremony to award our 2018 ATAR Dux and our 2018 ROSA Awards of Excellence. Mr Gerard Mowbray, the Director of the Catholic Schools Office will present these awards.

Following the Mass and Awards Ceremony, we will host the commissioning and blessing of our new administration wing, Chapel and new classrooms. Fr Brian will lead the commissioning and the building will be officially opened by Mr Mowbray. It will be a very busy morning.

Unfortunately due to the limited size of the Hall, we cannot invite parents and friends to the Opening Mass. Occupational Health and Safety means that we need to ensure that the venue is appropriate for the event and with almost 1000 staff and students along with some invited guests (parents of our award recipients), the hall will be at capacity.

Next week we host our annual Swimming Carnival at New Lambton Pool. This is the next major whole school event on our calendar. When I spoke to the students about being an engaged student, I referred to the need to be fully involved in all that the school has to offer. As parents it can sometimes be easy to allow our adolescent child permission to not attend such events. I strongly urge you to resist this. Engagement in their school is not just about class time. It includes all things offered and conducted by the school. Swimming Carnivals are a wonderful opportunity for students and staff to mix in a very different environment; a chance to build relationships that are key to successful learning. It is also a great place to engage in some friendly exercise and fun with friends.

Year 12 leave for their final Retreat on Wednesday 13<sup>th</sup> February. This event has historically been later in the term but a decision was made by the leadership team to have the event early in the year. This will allow the students to engage fully in this important program and build those special relationships with each other and the senior staff at a very early time in the year. I look forward to being with the Year 12 cohort at the Retreat and I hope and pray that they will all grow in their faith and in their own sense of self as a result of this experience.

Continue to enjoy this amazing summer weather, winter will be upon us far too quickly!

Have a great week. Go Gently

**Mr Graeme Selmes**  
Principal



# Assistant Principal - Teaching & Learning

Welcome back to all students and their families as we begin another year together. At our first assembly this year I had the opportunity to talk to students about working WITH their teachers in a partnership in their learning. I take this opportunity to extend an invitation to all families to join us in this journey. Central to the message sent out to our students this week is that we want them to be both **aspirational and independent** in their learning – to take control over the year ahead. Are they alone in this journey? No. They are part of a wide community, made up of teachers, peers, family and friends, who want to support them in their efforts. I encourage all parents to be engaged in partnership with us as the year unfolds.

## PROFESSIONAL LEARNING TEAMS

At St Paul's we value collaboration as a way of building teacher capacity and collective expertise. As part of our 2019 Professional Learning Plan all teachers will partake in a team in an area of Professional interest/expertise to them. The Teams are as follows: Literacy, Numeracy, Gifted, Data, eLearning, STEM & Professional Practice. Our 2018 PLT day highlighted the value of collaboration and shared expertise, as staff joined together for an engaging and rewarding day.



PLT PD Day 17 December – Building a Culture of Collaboration

## EDUCATION PERFECT

In 2019, as part of our Literacy Plan, we are working in partnership with *Education Perfect*. This will supplement the work being done in the area of Literacy and Writing as part of our Strategic Plan. The Leader of Literacy, Mrs Libby Lucas, in conjunction with Faculty representatives, will be responsible for overseeing this program across Year 7 & Year 8. Staff will engage in training over the coming weeks. More information will be distributed to parents once training has been completed.

## 2019 - REPORTS & PARENT TEACHER INTERVIEWS

In **Years 7 – 10** St Paul's provides three reports to families and two opportunities for Parent-Teacher meetings. In Term One we provide families with an Interim Report which delivers a snapshot of a student's Approaches to Learning. A formal interview is available at this time for parents and teachers to establish a clear understanding of a student's progress, allowing for goal setting and intervention if needed. At the end of Semester One a full report, including Grades, Comments and Position in the cohort, is issued, once again followed by interviews early Term Three. At the conclusion of the year a Summative Report, containing an overall Grade and Subject Band Descriptor is issued. In **Years 11 – 12** we offer a Full Report both at Mid-Course and Completion of Course. We also offer a Stage 6 Interview evening in Term One as well as one other interview opportunity per year group.

## ASSESSMENT

All students at St Paul's have access to an Assessment Handbook which contains a copy of the Year Group's Assessment Schedules, the Assessment Procedures and Policies. These handbooks will be available on our website from Week 4 Term One. These are regularly updated on our site and I encourage all parents to access these. Students will be notified when 2019 Handbooks are available.

As a school we aim to provide our students with a variety of assessment tasks across all Year Groups and we use assessment for, as and of learning. Formal Examination Blocks are held for the Year 12 Trial Examinations (Weeks 9 & 10 Term 2), the Year 11 Course Examinations (Weeks 8 & 9 Term 3) and the Year 7 – 10 Formal Examination Block held in Week 5/6 Term 4. Apart from these times we do not conduct formal written examinations and, as educators, we continually seek to provide a wide variety of assessment tasks, aiming to provide meaningful feedback and feed forward to our students about their learning and growth.

## TERM ONE KEY 2019 DATES

25 Feb	Year 12 HSC & ATAR Evening 6.30pm – Year 12 Parents/Carers & Students
4 March	Year 7 Information Evening – Year 7 Parents/Carers & Students
5 March	Parents in the Classroom – Year 7 Parents/Carers
25 March	Year 6 2020 Information Evening 6.30pm Year 7 – 11 Interim Reports Issued – Approaches to Learning
1 April	STAFF DEVELOPMENT DAY
2 April	Year 7 – 10 Parent Teacher Interview Evening



**Mrs Cathy O'Gorman**

**Assistant Principal—  
Teaching & Learning**

*"The beginning is the most important part of the work."* Plato

A warm welcome is extended to all students, parents and guardians to our wonderful school community. To our Year 7 students and all new families who have joined us, we look forward to walking with you as you navigate your new surroundings and embrace all that St Paul's has to offer. As we pride ourselves on the extra pastoral support that is offered to all students and families, I draw your attention to the Student Coordinators who will be working closely with specific year groups throughout 2019. The following Coordinators are key contacts for you to discuss matters concerning your child/children throughout the year.

Year 7 – Mrs Tracey Evans

Year 8 – Mr Sam Heagney

Year 9 – Mrs Elisa Milajew

Year 10 – Miss Kerrie-Lee Guest

Year 11 – Mrs Cayte Pryor

Year 12 – Mrs Blair Brownlee

Student Coordinator Support – Mrs Libby Lucas

College **expectations** have been clearly outlined to students regarding **uniform**, attendance and respect. Firstly, it is expected that ALL students are wearing the correct footwear as outlined in information that has been distributed to families. Skirt length also needs to be addressed by some students and a modest length needs to be adhered to. As our uniform is a symbol of what we represent at St Paul's, it is expected that students always wear their uniform correctly and with pride.

**Attendance** on ALL school days, including sport carnivals, sport afternoons and special community days such as St Paul's day is **COMPULSORY**. Such days provide a myriad of opportunities for all students to demonstrate and develop their own talents and skills. These extra-curricular days also enable students to develop socially outside of the classroom. Parental support is appreciated in supporting the attendance requirements.

**Respect** will also be the fundamental expectation in all classrooms and extra-curricular activities. This will be key to student success as they interact with their teachers, one another and the exceptional learning environment and facilities that they have the privilege of using.

### **Extra Student Support**

As well as the Student Coordinator team, St Paul's has the benefit of the services of CSO Psychologists Mrs Rhonda Mitchell (Mon, Thurs & Fri) and Ms Julie Hicks (Tues & Wed). We welcome Ms Hicks who has replaced Ms Valerie Huens. In the coming weeks a Pastoral Care worker will be appointed as a result of Ms Sarah Lancaster leaving St Paul's at the end of 2018.

Mrs Anne-marie Melocco and the Learning Support team will also continue to provide extra student and family support. The learning support teachers and aides work closely with the Student Coordinators to ensure all students have the benefit of achieving their own personal goals and success. Parents are encouraged to seek assistance where needed to support their son/daughter throughout the academic year.

### **Sunsmart, Student Lockers**

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

If students wish to make use of a school locker, a copy of the application can be obtained from Student Administration. Students will need to return this application and purchase a lock before a locker is allocated.

### **Transport**

All students travelling by bus or train will need an OPAL CARD. Students must 'swipe on' as they board any bus, as this provides important information to the bus companies as to how many students are using a specific service. If students fail to swipe on, it may jeopardise the continuation of these bus routes. If an Opal Card is needed, an online application needs to be completed. If an Opal Card is lost, an application requesting a replacement one also needs to be completed online. These cards will be sent directly to the student's home address. Use the link below to make an application:

<https://www.opal.com.au/en/about-opal/opal-for-school-students/>

## Phone Policy

The College has a phone policy where students are to have their phones in their bags at all times during class time. The only exception to this, is if students are invited by their teacher to use their phone for academic purposes. If students do not follow this expectation, phones will be taken to the office and can be collected by students at the end of the day. Parents and workplaces are NOT to phone students through class time. If there is an emergency, please phone the office where students will be contacted.

## Study Skills

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

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

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

## School's Username – stpauls

## School's password – 52success

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

1. *Allocate specific times for work and for technology- this can be tricky given that much of the time students need to use technology for research. However, making a timetable which clearly identifies time for homework/study, games and other online activities, means you know that you will soon get an opportunity to get back online. It's best to make these blocks in the time when you aren't at your most "productive" with work.*
2. *Turn off your technology distractions - turn off as many things as you can eg. phone, ipad, ipod, Facebook, Instagram, even your computer if you don't need it for that piece of work. If you aren't aware of messages or notifications coming in, then you won't need to check them. Try it for half an hour and then get back to your messages once you've finished that work block.*
3. *Set clear goals - once you have achieved your work goal, reward yourself with technology. Allow yourself 20 minutes of guilt free online time.*
4. *Set a timer – if you can't stop gaming or checking facebook, even when your allocated time is up, set an annoying timer....which you place away from where you are playing, so that you have to get up to turn off. Once it's off, you have already broken the connection to the game and it should be easier to get on with your work.*
5. *Install software on your computer to help manage distractions – there are lots of different packages available to assist you in controlling your computer use – how long you use particular programs for and what you use.*  
*More information is available for subscribers to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) in the Managing Distractions Unit of the Study Skills Handbook [http://www.studyskillshandbook.com.au/inside/inside\\_content/home5c.html](http://www.studyskillshandbook.com.au/inside/inside_content/home5c.html)*
6. *Don't make in-App purchases – lots of us have downloaded a "free" app only to get caught up in the cycle of "in app" purchases so we can just get one more level or win. Making a deal with yourself to wait for a while to have another go at a game both saves money and gives you 20-30 minutes to focus on schoolwork instead.*
7. *Remember TV is technology too - working in front of the TV can be just as distracting as other forms of technology. Save up your easy work – like title pages, or filing, to do in front of the TV and use your technology free time to focus on more challenging work.*
8. *Enlist some help – ask your parent or sibling to help you manage your technology distractions by sitting near you while you work to monitor what you are doing, testing you on your current topics or holding on to your devices for you.*
9. *Find a different place to work - some work can be done outside, or while you are exercising. Why not step outside to review your study notes, or read your novel? Record your notes or listen to a podcast when you are out walking the dog?*

10. Do some mental skills development – if you really need to improve your focus, attention and memory, try doing some specific exercises. <http://www.cogmed.com.au/schools> offers a formal school based program. Also <http://www.lumosity.com/> <http://www.mindgames.com/brain-games.php>

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

**Mrs Anne-Maree Shipman**  
**Assistant Principal—Community**  
**& Wellbeing**



## **Swimming Carnival**

**Tuesday 12 February 2019**

**Venue: Lambton Pool**



### **Transport:**

Students will arrive at school as per their usual transport and then will be transported to the pool on buses

Students will return to school after the carnival and leave as per usual

## Year 11 News

Welcome to Senior School and Stage 6 of your child's education.

We welcome Courtney, Rosie, Olivia and Caitlin to our Year 11 cohort and hope they settle in well.

It is a privilege to guide your child again since having them from Year 7. I reminded them of how it was on their first day of junior school and to compare to the first day of senior school – the uniform, the anxiety, the teachers, the change, the hope.

We started our journey with a liturgy at St Michael's Church on Thursday. Thank you to the parents that were able to attend and to Mrs Pola- Kuras for organising the Liturgy. She had the students place their thumbprint upon a painted cross as a symbol of each student's individuality forming part of our whole school body. I'm hoping this theme will be recalled throughout our year.

I reminded the students about the email that I sent to parents, students and carers in the holidays to welcome them to senior school and the expectations I have for them. The reminders included wearing the correct school shoes and having the skirts of a modest length. I have asked some students to rectify these anomalies.

I presented each student with a Term Planner and will speak to this and other study skills during our Form Meeting next week. The Pastoral Period this term is dedicated to increasing the seniors study skills capacity, which includes experiencing the Study Skills Online that the school subscribes to. Each child should be undertaking a steady home study routine every school day. This time should include revision of the day's lessons, reading ahead, researching, completing class work and set homework, as well as consistently working on Tasks and preparing for Exams.

*Success, in whatever form that is for each individual, is made – not given.*

Cayte Pryor

Student Coordinator

[cayte.pryor@mn.catholic.edu.au](mailto:cayte.pryor@mn.catholic.edu.au)



## Year 10 News

Welcome to 2019! I will be Year 10 coordinator for 2019 and I am really excited to be working with this year group again. We got off to a great start on Friday with everyone excited to be back. A real buzz started when I reminded them that they have Challenge Camp this year. It will be held May 15-17. Full details will be sent out soon but please keep this date in mind with your budgeting and other potential commitments.

We have a few new students joining us in Year 10 this year and we have all welcomed them with open arms. Welcome to Harrison and welcome back to Mitchell. We have a great pastoral team working with Year 10. They are: Christine Pakalniskis, Erin Parsons, Olivia Barzen, Melissa Chapman, Sheridan Foye, Tatiana Tinlin, Brad Melville, Michelle McCabe, Darlene Ellis, Belinda Richardson and Gill Fox.

Pastoral periods resume in Week 3. 64 of our students will be involved with Peer Support at this time, helping Year 7 to adjust to high school. The rest of the students will be working on leadership activities to help mirror some of the peer support leadership experiences.

The beginning of the year is a good time to remind everyone about the importance of wearing the correct uniform, not only to show pride in being part of the St Paul's community but also to ensure safety. Full uniform descriptions are available on the website, but I will highlight a couple of the main indiscretions. Please remember sports uniform is only to be worn on Fridays and when PE practical or PASS are scheduled. School shoes are to black, lace up and polishable. They are NOT to wear canvas shoes or high tops at any time. Makeup is to be minimal and hair is to be of a natural colour. We would also encourage students to wear a hat in the school colours for all sporting activities. Students are not allowed on the oval or the courts without a hat this term. Some of our girls have obviously grown over the holidays and skirts are getting short. Please let the hem down where possible and ask your daughter to not roll over the waist band.

I look forward to working with you all this year,

Kerrie-Lee Guest  
Student Coordinator



Peer mediation is a wellbeing initiative that began in 2018. Basically, the program is about Year 11 students helping younger students to resolve low level conflict. We have 21 Year 11 students who undertook training in conflict resolution, communication skills and critical thinking. Mediators have been trained to help junior students with issues such as:

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



They will not be called on to deal with bullying, physical violence or anything that may involve breaking the law.

To initiate the program and make the younger kids comfortable with the mediators they will be rostered on to one lunch time a cycle. They will be wearing their badges as peer mediators. During this time, they will be a visible presence in the playground and speaking to younger kids. At this point they may take students to a quiet space to mediate a situation. Otherwise, they will just be making their presence known and creating relationships.

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

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

The anticipated benefits of peer mediation are as follows:

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

We would appreciate your support with this program. If you have any further questions or concerns, please contact Kerrie Guest. [Kerrie-lee.guest@mn.catholic.edu.au](mailto:Kerrie-lee.guest@mn.catholic.edu.au)



## Year 9 News

*“Continuous effort – not strength or intelligence- is the key to unlocking our potential.” Winston Churchill*

**Welcome back to all students and the parents of Year 9.** 2019 is feeling like a wonderful year so far and I am excited to be coordinating this great group of amazing young adults. I have been lucky enough to have taught four of the classes of this cohort recently, so there are very few of your children that I have not been able to get to know. I will endeavour to meet each individual student in the coming weeks. The beginning of a school year is always quite busy and full of many extra-curricular activities, one of my favourites – The Swimming Carnival is very soon. Attendance at this fun day is expected and I look forward to sharing the day with our lovely community.

Some details which may assist in preparation– *Sport starts on Friday, Week 2* and students are to wear their sports uniform on this day with the correct sports shoes. Students will be informed by their PDHPE teacher when they will have their practical PD/H/PE lessons, and only then will they wear the practical uniform. This will be checked in Tutor Group. We are blessed to have a strong group of Tutor Group Teachers on Year 9 again this year and I thank them for their kindness and care of the cohort.

If you have any enquiries, news about your child or concerns please contact me via email at school.

Elisa Milajew  
Student Coordinator and Religion Teacher  
[elisa.milajew@mn.catholic.edu.au](mailto:elisa.milajew@mn.catholic.edu.au)



## Year 8 News

A big welcome back to a new school year to all students and families. A special welcome to the nine new year 8 students and their families to St Paul's, I am sure you will enjoy the new journey ahead of you.

I hope everyone has had a relaxing break, and you are ready to begin the new year refreshed. I look forward to this year being another one of growth and challenge, but also fun, friendships and positive memories.

I would also like to welcome the Year 8 Tutor Group team, Miss Emily Heads (TG 8.1), Mr Simon Pearse and Miss Nikalla Garrett (TG8.2), Mrs Sarah Daniels (TG8.3), Mrs Julie Nach (TG 8.4), Mr Phil Cassel (TG8.5), Mr Samuel Davidson (TG8.6), Mr Steven Wood (TG8.7) and Miss Alex Thomas (TG8.8). This team brings much experience and devotion to the pastoral care of our students and I look forward to working closely with the them.

Mr Sam Heaney  
Student Coordinator



Welcome again to Year 7 students, parents and caregivers. Congratulations to students on their first few days – you have exceeded expectations across many areas of high school life, including participating in activities and giving back to the community.

The first few days of high school were spent setting up devices, logging on to school programs, sending emails, creating documents and folders and more. Tuesday 5<sup>th</sup> February was Safer Internet Day and it is a timely reminder to check the four critical skills of Respect, Responsibility, Reasoning and Resilience when navigating the online world. I encourage parents/caregivers to have a conversation with their child about safe internet usage. Further resources can be found at the website for the Office of the eSafety Commissioner at: <https://www.esafety.gov.au/saferinternetday>.

This week (Week 2) sees students having their ID photos taken on Wednesday, 6<sup>th</sup> February. These photos are used for school records (and helps teachers get to know students), as well as for Student ID cards, which are used for borrowing textbooks and library books and when using the photocopier in the library. If a student was absent on Wednesday, they will have their photo taken upon their return.

On Friday, 8<sup>th</sup> February, we have our Opening School Mass and the presentation of some major academic awards from 2018, as well as the Official Opening of our new Administration Building. Year 7 students will require books for periods 3 and 4 (Friday, Week B) and will attend sport as planned.

On Tuesday, 12<sup>th</sup> February (Week 3), students will attend the annual St Paul's Interhouse Swimming Carnival. This is a fantastic day for our community and students are encouraged to dress up in their House Colours. (No face paint, coloured hair spray or streamers are allowed due to the damage they cause to the pool and/or grandstand.) Here is a reminder of House names and colours:

Tutor Groups	House Name	Colour
1 & 2	Chisholm	Blue
3 & 4	MacKillop	Green
5 & 6	Polding	Red
7 & 8	Therry	Yellow

Students will catch a bus from school to Lambton Pool and will return back to school in time for regular afternoon transport. Parents/grandparents and other supporters are welcome to attend the carnival and cheer on students. Our Peer Support sessions also commence in Week 3, with Year 7 students working in small groups with 2-3 Peer Support Leaders from Year 10. This is a long-standing program at St Paul's, which helps students to settle in and provides another opportunity for students to feel part of the school community.

### **Advanced Notice:**

Week 6 is Catholic Schools Week. We will be holding our annual Parents in the Classroom, where parents/caregivers are invited to attend morning classes with their Year 7 student, followed by morning tea. More details will follow shortly.

An Information Evening for Year 7 Students and Parents/Caregivers will be held on Monday 4<sup>th</sup> March in the School Hall.

Vaccinations for Year 7 students will occur on Monday 4<sup>th</sup> March. Information packs will be sent home and need to be returned in order for your child to receive their scheduled vaccinations.

Later in Term 1, you will receive an Interim Report for your child, which will provide an overview of their progress to date. There will also be an opportunity to discuss this report and any other concerns you have with your child's teachers at Parent-Teacher Interviews at the end of Term 1.

All Year 7 students should be aiming to organise their books and after-school routine as soon as possible. There are many resources that can help with this. In particular, St Paul's has a subscription to the following website:

<https://www.studyskillshandbook.com.au/> Username: stpauls Password: 52success

I strongly suggest looking at the pages on 'Working Better at Home', which includes topics such as Home Study Environment; Organisation and Filing; Goal Setting; and Lifestyle and Balance. There is also a 'mini-unit' titled Starting Secondary School which covers the differences between Primary and Secondary School, tips for studying, managing homework, etc. as well as the following advice.

### Top Tips for organizing timetables and books:

- **TIMETABLE COPIES:** It is a good idea to make 3 copies of your timetable.
- **COLOUR-CODE:** Colour-code it so you highlight each subject in a different colour.
- **DISPLAY COPIES:** Put one in your diary, one in your locker (if you have one) and one on your desk or in front of your desk at home.
- **READ FRONT OF DIARY:** Spend some time reading through the front of the school diary as it will have lots of important info about school rules, what to do if you are late/sick etc.
- **LABEL EVERYTHING:** Make sure all books etc are labelled with your name and class.
- **STATIONERY:** Check you have ruler, pens, pencil, glue, small stapler, paper clips, eraser etc.
- **LOOSE SHEETS:** Get in the habit of pasting in loose sheets immediately and take home and file into a folder at home anything that cannot be pasted into your book.
- **FILING:** Set up somewhere at home (eg. a large folder or a filing cabinet or a series of folders) where you can file away the papers from school that cannot be pasted in your book (eg. past tests and assignments, large amounts of handouts) and also where you can keep exercise books for that subject when they are full. A magazine holder for each subject can be a good idea.

See more information at the website listed above.

Finally, I encourage all Year 7 students to continue to rise up to each challenge and get involved in the events and life at St Paul's and I look forward to working with them as the year unfolds.

*"If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."*

*Michael Jordan*

Take care and be kind,

Mrs Tracey Evans  
Student Coordinator





It is with great pleasure that I start off the year in acknowledgement of some of the achievements of our HSC Students.



A reminder that Yr 12 Drama Student, **Kiara Conaghan**, has been selected for **OnStage!** OnSTAGE is a presentation and exhibition of group and individual performances and projects by HSC Drama students. OnSTAGE acknowledges the most exemplary Drama Students in the state; Kiara is 1 of only 4 students who will have their Theatre Reviews exhibited at the prestigious event.

For those wishing to attend in support of Kiara’s achievement, OnStage will officially open at the Seymour Centre in Sydney from the 15<sup>th</sup> of February, 2019.

**DRAMA EXCURSION REMINDER** – A reminder to Drama Students who are wishing to attend the OnStage Excursion on Monday, 11<sup>th</sup> of February, your payment is now due. Thank-you to Mrs O’Gorman in all of your initial planning and organisation of the excursion, what a fantastic opportunity for our students to not only see the calibre of the work produced at HSC level, but also to support one of our own members of our creative community. I would also like to thank Miss Eleanor Martin who has taken on the responsibility of this event and all of her work in the final preparations. I am sure that you will all have a fantastic day!

## Abbey Nugent - FIRST CLASS EXHIBITION 2019 – Lake Macquarie City Art Gallery

A reminder that the annual **First Class 18 Exhibition**, opens this weekend at **Lake Macquarie City Art Gallery**. This year, the gallery received a record number of submissions from schools across the Hunter and Central Coast Regions. This means that competition for selection was exceptionally hard this year. We are proud to have Abbey Nugent representing the college this year, a tremendous achievement and exciting opportunity for her. The official opening is at 2pm with music and refreshments to follow. All are welcome to this free event.



It is not too late to apply to attend the brilliant **workshops and competitions** associated with Aspire this year. You do not necessarily have to have had been selected for Aspire, the events are for any students wishing to extend themselves and improve their performance skills. Please see the list and information below for opportunities in singing, dance and theatre. Feel free to see me for further information or for details on how to apply. The workshops are run by experts in their field and the feedback from past participants has been very positive!

### Aspire Songwriting Competition

- Entries Close Week 4, Term 1 2019
- Workshop - Week 7, Term 1 2019
- Showcase - Week 9, Term 1 2019

### Catapult Dance

- Junior Dance Workshops – 25<sup>th</sup> – 26<sup>th</sup> of February, 2019
- Senior Dance Workshop – 27<sup>th</sup> of February – 1<sup>st</sup> of March, 2019

### Junior Theatre Makers

- Workshop – September 19<sup>th</sup> 2019



### Opening School Mass

I would like to take the opportunity to thank in advance our wonderful musicians and singers who will be performing at our first of many public events of the year, The Opening School Mass. We truly appreciate the courage that you show in sharing your gifts with the community and value the time that you have sacrificed in preparing for the event. Our Mass would not have the same spirit without you. I would like to thank Miss Heads, Miss Garrett and Mr Pearse for all the work that they have put into preparing the students in the busyness of the first weeks, what would we do without you!

Finally, I would like to welcome our new Creative Arts and Languages students who join our community for the first time this year. We look forward to working with you and encourage you to take part in the many opportunities that we have here at the college. If you have any questions or ideas that you would like to share with me, please feel free to come and see me for a chat.

Have a great start to the year !

*Miss Sarah Adams  
Leader of Pedagogy –  
Creative Arts and Languages*





**Sun Feb 24th**  
**10am to 3pm**  
**Rathmines Park**



**lakesidemarketing.com.au/boat-bits-bonanza-lakefest**

**Sell your unneeded marine themed items - Car Boot style \$10 donation at the gate.**

**Marine & summer themed stalls**

**Amusements for the kids - jumping castle, sand painting etc**

**Food vendors**

- **sausage sizzle, hot & cold food, coffee, slushies & ice cream**

**For info 49504799 or**



## Term One Sport Dates



February	<p>11th February – Diocesan U15 Rugby League entries due</p> <p><b>12th February – St Paul’s Swimming Carnival (Lambton)</b></p> <p>13th February – Closing date for CCC Cricket-U19 Boys</p> <p>15th February – Closing date CCC Softball Girls and Boys</p> <p>18th-19th February – U19 Boys CCC Cricket Selections (Riverwood)</p> <p>20th February – Closing date for All Schools Triathlon</p> <p>21st February – Closing date for CCC Cricket-Girls</p> <p>21st February – U’15 Diocesan Rugby League Trials (Windale)</p> <p>22nd February – Open Diocesan Rugby League Nominations Due</p> <p>25th February – Closing date for CCC Tennis</p> <p>25th February – Girls CCC Cricket Selections (Campbelltown)</p> <p>26th February – Diocesan Touch Competition/Trials (Maitland)</p> <p>26th February – NSWCCC Softball Selections (Seven Hills)</p> <p>28th February – All Schools Triathlon Individual Events (Penrith)</p>
March	<p>1st March – All Schools Triathlon Team Events (Penrith)</p> <p>4th March – NSWCCC Tennis (Parramatta)</p> <p>5th March – Closing date for Baseball</p> <p>6th March – Rugby League CCC Cup (Thornton)</p> <p>8th March – Closing date for Volleyball-Girls &amp; Boys</p> <p>12th March – Diocesan Swimming Championships (Lambton)</p> <p>12th March – NSWCCC Baseball Selections (Blacktown)</p> <p>13th March – NSWCCC Volleyball Selections (Homebush)</p> <p>14th March – Closing date for CCC Water Polo</p> <p>18th March – NSWCCC Water Polo Selections (Ryde)</p> <p>20th March – Closing date for Hockey – Girls Open, U16 Girls, Boys Open</p> <p>21st March – Diocesan Team Tennis Entries due</p> <p>22nd March – Closing date for CCC Golf</p> <p>25th March – NSWCCC Hockey Selections (Moorebank)</p>
April	<p>2nd-3rd April – U’15 &amp; Open’s Northern Division Rugby League Selections (Smithtown)</p> <p>5th April – NSWCCC Swimming Championships (Homebush)</p> <p>9th April – Diocesan Junior Football Knockout</p>

## Vietnam Immersion 2019 – REMINDER TO SAVE THE DATE!



I would like to remind the community that the Vietnam Immersion will be held this year during the last week of the Term 3 Holidays and the first week of Term 4. This is a change from the originally scheduled departure of 2020. The decision to bring the experience forward was based upon the need to rectify the clash with the Europe Trip. Both trips will now run on alternating years which provides financial relief to parents and guardians wishing their child to attend both experiences. The Immersion will be open to applicants from Year 10 and 11, Class of 2019. *Our current Year 11 Students who attended the 2018 trip will be allowed to apply the next immersion as the Itinerary will be different.* We are currently in the final stages of constructing the final itinerary and will distribute Application Forms shortly. The cost of the Immersion is around \$4460 including multiple international and domestic flights, accommodation, all meals (except at airports), private coach, our in country guides and assistants, airport transfer, tour shirts, gratuities, and group tours. The exact cost will be finalised in the coming weeks.

The Vietnam Immersion is more than a holiday, it is an adventure of a lifetime, an opportunity for students to step out of their comfort zones and challenge themselves. It is an opportunity for students to explore a different culture while providing meaningful service to others. Students will climb mountains, ride buffalos, trek to remote villages, experience homestays with ethnic minorities and kayak the most pristine environments in the world. Students will also be given the invaluable opportunity to engage in at least four different Community Service Opportunities, including a major project that they must work as a team to fundraise for in the lead up to the trip. Major projects in the past has included building playgrounds, classrooms and other like facilities for significantly disadvantaged catholic communities.

The Vietnam Immersion is one of the most challenging but rewarding experiences that our students will undertake in their school lives. If you require any further information, please feel free to contact me at the school.

Miss Sarah Adams  
Vietnam Immersion Organiser



 <b>Canteen Roster</b> 	
Monday 11 February—Friday 22 February	
Mon	Lisa Kelly, Kristy Baker, Sharyn Kiley
Tues	Swimming Carnival
Wed	Linda Gesell, Kim Harding
Thurs	Debbie Parker, Mel Dobosz, Claire Elliot
Fri	Carol Crabbe, Sheree Roarty
Monday 18 February— Friday 22 February	
Mon	Karen Gilmour, Fiona wood
Tues	Susen White
Wed	Sara Ashmore, Teresa Tanks
Thurs	Nicole Ferry, Paula Douglas
Fri	Tania Egan, Kylie Powell, Caroline Hickey
<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 arrange a swap or contact Carolyn.	

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

Term 1 2019		
<b>Wk 2</b>	Wed 6 Feb Fri 8 Feb	School Photos for ID School Opening Mass Admin Building Opening Ceremony
<b>Wk 3</b>	Tues 12 Feb Wed 13—Fri 15 Feb	School Swimming Carnival Year 12 Retreat
<b>Wk 4</b>	Thurs 21 Feb	Dio U'15 Rugby League Trials
Please see website for further Calendar dates <a href="http://www.booragul.catholic.edu.au/news-events/events-">http://www.booragul.catholic.edu.au/news-events/events-</a>		

**Reception Hours for 2019**  
8.00am to 4.00pm Monday to Thursday  
8.00am to 3.30pm Friday

**Student Reception Hours for 2019**  
8.30am to 3.30pm Monday to Friday

**Clothing Pool Opening Hours**  
8.30am to 9.30am Tuesdays Only

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

**When Leaving School Early or Arriving Late**

**Without Parent/Carer:**  
If students are leaving school early or arriving late their Parent/Carer must advise the school, either by note, phone call or email. The student must sign in or out at Student Reception.

**Leaving With Parent/Carer:**  
If students are **leaving school early during class time** with their Parent/Carer, the school must be notified either by note, phone call or email from their Parent/Carer. If they have a note this should be shown to the class teacher for the student to be dismissed from the class. The student must then go to Student Reception to meet their Parent/Carer and sign out.



### Messages from Mums' Cottage, February 2019.

#### Something to ponder over.

Whatever you dream your future is, it cannot be equal to His dream for you. All your dreams so wild, so extravagant, are nothing as romantic or as splendid as god's design for you. Lay your own aside, leave yourself in his divine hands, listen to His voice with humility, earnestness and courage.

Father Bede Jarret OP

We have decided to change our newsletters from seasonal, to by the school term. Often the end of the season is a busy time, whereas the end of term is quieter. This brief update will replace the Summer newsletter.

At the onset of our seventh year at Mums' Cottage, I am pausing to give thanks for all the touches of the Lord, particularly in 2018, given to us through the wonderful people, Volunteers, Sponsors Church leaders and members, local businesses, our Mothers and their children. All have allowed their light to shine in Mums' Cottage and radiate out to the community. To note but a few of the events that have inspired us:

**Christmas celebrations.** Many families were able to enjoy a joyous family gathering this year, due to the generous hampers and toys provided by the Exodus Foundation, the Baptist Church, The Charlestown Uniting Church, The Country Women's Association, The Rotary Club of Wallsend/ Maryland, The Place Charlestown, Share the Dignity, and the nearby Northville Church. For the first time we were able to assist many families from a local high school, as well as several who saw our Facebook details and came for support.

The moving Pageant at the Carols at the Cottage was indeed the highlight of our Christmas festivities thanks to Vicky Faith's organisation. We all enjoyed "Jesus" rearranging the straw in the crib during the rendition of Mary's Boy Child! A large crowd gathered to highlight the "reason for the season", and at times the atmosphere was quietly reflective.

A major change since the cottage closed for Christmas is the painting and decorating of the main building - a mammoth undertaking. Thanks to a Community Building Partnerships grant from the state government, the whole complex has been refreshed and rearranged. My additional thanks go out to Deanne, our skilled Office Administrator, her sister Geraldine, and Karenne, our gracious Cottage Hostess for putting everything back in its place.

Another item of very welcome news is that we received \$5000 from Telstra to support Mums' Cottage in assisting others in the local community. Very much appreciated.

As well as giving thanks for the many grace's, blessing and challenges of 2018, we have some plans on the drawing board for 2019. One is to have an honour board in the corner near the kitchen, where we can display names of our sponsors and supporters. An update later.

One of the **new courses** coming up this year is Cool Connections for pre-teens/ teenagers. This is a pilot program facilitated by Mel, which will assist fractured and challenged families in the local area.

**We welcomed** a new Anglican Priest Colin Walters and his wife to Cameron Park Parish during the holidays. They are both very keen to spiritually and practically be involved in the ministry of Mums' Cottage.

We are looking forward to journeying into another deeply powerful year, knowing that we are guided by the spirit and Mary Mackillop as we aim to assist the guests, they send to us each day in whatever way we can. Come and visit Mums' Cottage, and remember, we are always looking for new volunteers.

Blessings of peace and contentment. Sr Helen Anne. |

## ARE YOU LOOKING FOR SOMETHING NEW AND EXCITING?



### Try Australian Army Cadets Today!

*We are now recruiting for Youth between the ages of 13 and 16 to become involved with a leading Youth Development Organisation, which embraces the character, ethos and values of the Australian Army!*

*Australian Army Cadets is a GREAT way to make new friends and give you an insight into the Australian Army.*

As a cadet, you'll learn to be confident, self-sufficient and willing to 'have a go'. It's your opportunity to discover new challenges and have some unbelievable fun. You'll also learn to lead others and work as a member of a team. You'll be able to do things for yourself and help your friends learn too. Cadet life is physical but not risky - and you won't have to be a superwoman or superman. Qualified and experienced cadet officers will instruct you. Safety is always a top priority

#### ***Become involved and get the chance to:***

Work with Australian Army Personnel

Undertake Adventure Training activities such as camping, abseiling and boating

Participate in Drill and Ceremonial activities including ANZAC Day Parades

Learn First Aid

Develop Survival, Leadership and Field Craft Skills,

Become an important member of your local community

#### ***For more information:***

Visit [www.armycadets.gov.au](http://www.armycadets.gov.au)

Visit one of your local units

Call 1300 333 362



**SOUTHERN LAKES  
UNITED FC  
DORA CREEK**



### **2019 Registration dates**

#### **McDonalds Morisset**

Saturday 2/2/2019 10am -2pm

Wednesday 6/2/19 5pm-7:30

#### **Douglass St Oval Dora Creek**

Sunday 17/2/1018 10am-2pm

**or alternatively online at**

**[www.playfootball.com.au](http://www.playfootball.com.au)**

***Southern Lakes is also a registered  
active kids rebate provider!  
Enquiries***

Greg: 0420 995 639

Loren 0481 144 124

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

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

**LAKE MACQUARIE RUGBY CLUB  
JUNIORS**  
Under 4s - Under 18s

**WE WANT YOU  
to become a Roo in 2019**

Be coached by some of the best coaches in the region. We are recruiting players of all standards and ages, for our 2019 campaign.

[www.lakemacquarierugby.com](http://www.lakemacquarierugby.com)

For more information contact  
Matthew Bartley 0407 485 955

*We love dance!*

**Breakaway**  
DANCERS

- ✓ Internationally Experienced Teachers
- ✓ Working With Children Checks
- ✓ Unique dance programmes
- ✓ Professional quality tuition
- ✓ 6 convenient locations

**Life is BETTER when you DANCE!**

Enrol Now!

**FREE Info Pack!**  
Ph: (02)4959 5754

Use \$100 vouchers!

Dance makes healthy bodies, happy minds!

ACTIVE KIDS CREATIVE KIDS

VALENTINE CHARLESTOWN EDGEWORTH WARNERS BAY TORONTO SPEERS POINT

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

**BELMONT**  
BASEBALL CLUB

**TRY BASEBALL & TEEBALL**  
& JUNIOR REGISTRATION DAYS

SUNDAY 10 FEBRUARY 9AM - 10.30AM  
FRIDAY 15 FEBRUARY 5.30 - 7PM  
WEDNESDAY 20 FEBRUARY 5PM - 6.30PM

MILLER FIELD - BELMONT

NEW & EXISTING PLAYERS  
BRING A FRIEND  
PLAYERS AGED 5-15 YEARS

[WWW.BELMONTBASEBALL.COM.AU](http://WWW.BELMONTBASEBALL.COM.AU)

**CARDIFF**  
NETBALL CLUB

Find us on Facebook

**2019 Netball Registrations**

Online registrations are now open, please email [cardiffnetballclub@y7mail.com](mailto:cardiffnetballclub@y7mail.com) for more information or we will be at the Clubhouse for assistance during our Come'n'Try/Skills Session...

**When:** Thursday 31 January 5pm – 7pm

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

**Contact:** Katie 0412781739

All players/coaches welcome – new & experienced.

**ATUKA NETBALL CLUB**

**Atuka Netball Club Registration Days**

The first 30 players to pay & register will receive one of our new uniforms. Don't forget you can use your 2019 Active Kids VOUCHER.

**Atuka Netball Courts, South Street Windale**

Saturday 19<sup>th</sup> January 2019 5pm to 8pm  
Sunday 27<sup>th</sup> January 2019 5pm to 8pm  
Saturday 9<sup>th</sup> February 2019 5pm to 8pm  
Saturday 23<sup>rd</sup> February 2019 5pm to 8pm

For more information contact Tammy on 0448806926 or [atuka@live.com.au](mailto:atuka@live.com.au) or find us on Facebook.

**Register now!**

Lake Macquarie Dockers AFC

**LAKE MACQUARIE DOCKERS**

Tim Mott 0429 000 422  
[tim@pdabuilding.com.au](mailto:tim@pdabuilding.com.au)  
Open for boys and girls 5-17yo

**AFL** Sign up for junior footy [play.afl](http://play.afl)