



Photo by Andy Warren

30 August, 2019 Vol: 13-19

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

Dear Parents and Caregivers,

Firstly, my thanks to the St Paul's community and it's welcome to me over the last two weeks. It is certainly an interesting experience to return to St Paul's after a break away. I immediately recognised the great place this is, the students coming up to say hello, the renewing of friendships with staff and parents catching me around the college. I look forward to the coming weeks and keeping the College moving in the same direction that it clearly has set out in all areas.

As we move into the final 4 weeks of the term, we are at the stage of discerning our new Student Leadership Team for 2020. After an exhaustive process of application, voting, interviews and process, I am pleased to announce our new Student Leadership Team:



Abby Willcox



Grace Shrume



Nicholas Curran



Sam Jenkins

We congratulate these four students who will be leading our school into the future. I would also like to publicly congratulate all the students who put themselves forward as potential leaders of St Paul's. They are leaders as well and I know that they will continue to work to make this place the best it can be as Year 12 students and role models for the younger students. To our new leaders, well done and I look forward to your guidance, wisdom and working with the passion that you have for your school. The next 12 months will go quickly and I am excited about the wonderful legacy that you will leave.

Next week, I will be speaking to the Year 12 group about their final weeks at St Paul's. It is a wonderful time for our young men and women and a time of celebration for the staff as they finish courses, complete revision and enjoy the last formal lessons that will mark the end of each course.

For our students, it is also a time of reflection and for some, a time of trepidation. Thirteen years of formal, school based education is a significant time in their young lives. As they finish the year, they will reflect on the good times and the not so good times that schooling has brought. Some might be able to remember their first day at school. The tears from mum as they donned that little uniform and marched into kinder, no longer completely joined to the family unit but now exploring the big world. Others will remember significant events such as successes in sports carnivals, debating competitions, eisteddfods and concerts. Still others will remember fondly friends who have gone to other places.

For staff, it is also a time of reflection. It is a time where we remember the fun events, the retreats, the amazing lessons, the "light-bulb" moments in class, the surprising essay answer and the great relationships that have been formed in the years that Year 12 have been at St Paul's.

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I discussed some of the areas where our young men and women will need to be mindful, particularly as they finish their time at the campus. We want all of them to finish well, to celebrate their time openly, honestly and with dignity. However, it would be neglectful of me if I didn't point out some of the pitfalls that can happen when young people get together and make foolish choices.

Earlier in the term, we sent out a letter to all Year 12 families outlining expectations we have at the end of the term. As well it listed the events that will mark the successful end to Year 12, beautiful events that will showcase our students.

In that letter, it was made clear that we do not have "Muck-Up Days" I intend to explain to the students exactly what we mean by that statement. As well, I will speak about such matters as parties, police, drugs and alcohol, uniform, school attendance, work ethic and study vacation.

At this time of the year, it is obvious to us adults that there will be more than the usual number of young people on the roads going to and from social events. This is certainly known to the Police. I will say to our students to be very mindful of that reality. At this time of the year, there is always a heightened police presence on the roads, particularly around schools. They will be there to protect other road users and our young drivers from making foolish decisions. In my experience, there will be one or two students booked near the school in the mornings or afternoons particularly around this time. I ask our students to be mindful of this and to make sure that they make good decisions as they drive to and from school.

End of year parties are a real issue for mums and dads as well as the Police. If you, as a parent, intend to host such a gathering, I strongly suggest that you visit the following website:

[https://www.police.nsw.gov.au/online\\_services/party\\_safety/safe\\_party\\_tips](https://www.police.nsw.gov.au/online_services/party_safety/safe_party_tips) where you can get some excellent advice on how to host such an event.

One of the main things that I will convey to Year 12 is the hope that they are all able to finish their time at St Paul's with dignity. The work being done by staff to help prepare them for their HSC as well as the massive work done to prepare and host the beautiful Graduation Ceremonies and events should give the students a real indication of the esteem that they are held in by the staff. In saying that, it is possible that some of our young people for whatever reason might think it a good idea to do something that will, in the short term, make a "mark" in their name. I have, in the past had a situation where a young person, who had been a model student throughout the time he was at school, decided to do something very foolish on the last day. As a result, he was unable to attend Graduation and the Final Dinner. As well, the significant award that he was to receive was not presented to him publicly. I will never forget the tears from mum and the boy as we sat in the Principal's office.

We want all our students to end the year well, to celebrate appropriately and to leave this wonderful place with dignity and pride. We want them to stay safe, to look after each other and to celebrate with family and friends in a gentle, special way. My final message to the students will be to look after one another; making sure that each and every one of them help with good decision making and guide one another through the last few weeks of formal schooling and continue to work hard up to the final exam period.

We look forward to the final week where we will celebrate with you all in the St Paul's Hall with the final Mass on Wednesday 25<sup>th</sup> September and the Graduation Ceremony the following morning.

Thank you again to all in the way the community has allowed me to begin my short time with the college as we move to celebrate the great successes of the year 12 Group.

All the best,

**Mr Colin Mulhearn**

**Acting Principal**



These past few weeks have seen a number of activities taking place in the area of Gifted Education as we prepare for 2020 and our role as a Gifted Education Lead school in the Lakes Region. In Week 5 our Middle Leaders met with Mrs Lauren McCafferty, our Gifted Education Mentor, and undertook some professional learning in relation to giftedness, assessment and identification of gifted children in our school. Following this, all students in Years 7 & 8 were assessed using the ACER COGAT tool, with results expected to be in at school over the coming weeks. This was the first step of the process in identifying our gifted students.

On Tuesday 27 August the teaching staff were involved in a professional learning meeting where Lauren again worked with staff on developing an understanding about the nature of giftedness and how this can be assessed. In future weeks our focus will shift towards pedagogy and differentiation in the classroom to cater for those students requiring our support and extension within our classrooms. This is an exciting time for St Paul's and we are looking forward to continuing our journey in this area.

Other areas of focus for us currently are the finalisation of subject selections for Years 8 & 10 students, the preparation of exams for Year 11 (commencing 9 September) and completion of Year 12 assessment and marks for HSC completion. In relation to subject selections and timetabling, students will receive a letter confirming their 2020 subjects once we can ensure staffing and viability of all subjects. Year 10 students and families will receive communication early in Term 4 regarding the final part of the Senior Enrolment process and the final weeks of Year 10.

**Finally, to Year 11 students,** I wish them every success in their upcoming exams and remind them of the expectations for Weeks 8 & 9, as outlined below.

### **Student Instructions for Stage 6 Examinations**

- ◆ Students need only be at school when examinations are on. Misreading of the exam timetable will not be an acceptable excuse for being late or missing an exam.
- ◆ Students should ensure that they arrive at least 15 minutes before the commencement time for their scheduled exam, **and remain until the exam's conclusion.**
- ◆ Students attending school outside of exam times are expected to use the Library facility for private study where the Library is available. **Students must SIGN IN at the library when on campus** and are **NOT permitted to be on any other part of the school grounds.**
- ◆ **Students are NOT Permitted to leave the school grounds after an exam finishes and then return again.**
- ◆ Ensure that you have all necessary equipment required for each of your exams.
- ◆ Malpractice or cheating will result in serious consequences including the awarding of a zero mark. Behaviour in an exam is based on complete cooperation with supervising staff and respect for rights of other students in the room.
- ◆ Students missing an examination for any reason must ensure that the **Absence, Illness, Misadventure Procedures** are carried out. Notification to the school at the time of the exam, and subsequent completion of the appropriate Absence, Illness, Misadventure forms are mandatory requirements of this procedure.
- ◆ Wherever possible "catch-up" examinations should take place during the examination block, when the individual student concerned does not have a scheduled examination. **These exams are to be organised with Leaders of Pedagogy or APT&L at the time of submitting the relevant Absence, Illness, Misadventure Procedures Form.**
- ◆ Normal school uniform is to be respected and worn to examinations.
- ◆ The examination block commences on **Monday 9 September 2019** and concludes on **Thursday 19 September 2019.**

**Mrs Cathy O'Gorman**

**Assistant Principal—  
Teaching & Learning**



## **Uniform**

Over the last few weeks several students have been issued with afternoon detentions as a result of not wearing the correct items of uniform. **It is the College expectation that the correct uniform is always to be worn appropriately.** If a student is unable to wear correct uniform on any day, they must bring a note of explanation from their parent or carer. This note needs to be signed by the Tutor Group teacher. This must only be temporary (a day or two.)

If a student receives three uniform infringements, a warning letter will be sent to parents explaining that the fourth uniform infringement will result in the child being issued with an afternoon detention. It is hoped that after three warnings, any or all, uniform issues will be corrected. If assistance is required to meet the uniform expectations, please contact Mrs Shipman.

At times, students have blatantly and intentionally ignored the uniform expectations of the College. **It is expected that by agreeing to choose St Paul's as a place of learning that the uniform is always worn correctly and with pride.**

Areas of concern have been incorrect shoes, socks and on the cooler days, incorrect jackets.

## **Additional Uniform Items**

There has recently been an addition to junior and senior girls' uniform. Junior girls may now wear grey shorts and senior girls may wear navy shorts as part of the standard uniform. Lowes at Glendale and Verdon Hiles at Toronto are stocking the approved short options for \$39.95-\$49.95. **Please note, these approved shorts are the only shorts that are to be worn with the school shirt.**

These additional options will give the girls an alternative to the school skirt. It is hoped that by introducing this option, the girls will be encouraged to be more active during break times and allow them to be more comfortable during situations like assemblies. The wonderful models below show that the shorts maintain a high standard of dress for the school. The skirt will remain the primary option however, the short will also enable an alternative to the skirt.



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



## Year 11 News

We are now **halfway through the Term** and less than 2 weeks away from **End of Course Examinations**.

Students received their **Examination timetables** last week and Mrs O'Gorman went through the procedures for examinations with the cohort. Expectations in regard to process, uniform, requirements and absences were all made clear to the students and are included with the Examination Timetable.

**Examinations occur between 9-19 September** inclusive. Students are only expected to attend school for their particular examination but are invited to frequent the Library for study in between scheduled examinations.

The **Leadership process** is nearing its end. The 15 nominees addressed the school assembly Friday 16 August with honesty and confidence. Voting took place and now eight (8) nominees are preparing themselves to be interviewed on Wednesday 28 August. We wish **Sam, Joshua, Jaime, Nicholas, Maggie, Teleah, Grace and Abby** well.

Following on with our ex-student talks, we welcomed **Jed Webster** (brother of Riley Year 11) last Thursday to address the Year 11 cohort. Jed is currently in his third year studying primary teaching at nearby Avondale College. Jed talked to the students about his journey through senior school and how he ventured into primary teaching. He also discussed his reasoning behind the decision to choose Avondale over Newcastle University, and then talked about the benefits of this smaller facility. Jed gave some advice to the students on how to best finish their school years and wished them all well for the future. We thank Jed for his generosity in giving up his time to enhance ours.

We wish **Madison Freeman** well this weekend as she represents St Pauls at the *2019 Catholic Earthcare Youth Eco-Summit* in Sydney. I know that Madison has been spending lots of her own time attending meetings and getting prepared for the summit, and we thank her (and her parents) for their time and efforts.

**Mrs Cayte Pryor**

**Student Coordinator**

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



### What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:



## **Friday Sport**

This term sees Year 7 students participating in a myriad of activities. Groups 1 and 2 are enjoying gymnastics at Hunter Sports Centre, Glendale, while Groups 3, 4, 5, 6, 7 and 8 are rotating through different activities such as squash, fitness class, mixed sports on the oval and having fun in the Splash Zone

## **BYOD**

There have been quite a number of students without a working device/laptop recently. I encourage parents to have a conversation their child/ren to check if they have experienced any problems with their device or if they are not charging their devices at night. Our trained IT specialists are available before school and during both breaks to see students and they are quite accessible at the Student Hub. It is important that students have a working device to maximise their opportunities for learning.

## **Brainstorm Production – Sticks and Stones**

Last week we were treated to an entertaining and highly engaging performance that covered topics such as resilience, bullying, safe online behaviour and problem solving. Year 7 students were very well-behaved, and I congratulate them on the way they participated when asked. Whilst watching the performance I made a few notes, which I shared with students and are outlined below.

- ◆ I am looking to make/purchase some juggling balls for Year 7 students to use – this was part of the act and quite popular with students
- ◆ Draw your own line about what you do and don't like and how you want to be treated.
- ◆ What one person thinks is teasing or 'mucking around' and acceptable is not necessarily what another person thinks is ok and students need to reflect on this and how they treat others.
- ◆ You WILL get rejected/fail many times in your life (e.g. miss out on a job, relationship break up, get turned down by someone, etc.). How will you deal with it? How will you respond when things don't go your way?
- ◆ There are a range of supports available for students – from people at school, including the Year 7 Coordinator (me!), our Pastoral Care Worker and School Counsellors; to online and phone supports such as Kids Helpline (1800 55 1800), [www.reachout.com](http://www.reachout.com), Apps, such as Headspace, Smiling Minds and Stop, Breathe & Think. There are many more resources available – please see me if you would like to know more.
- ◆ I finished with two words for Year 7 students to reflect upon. These words were used in the Brainstorm presentation and also by Mr Mulhearn, our College Principal, when addressing the junior students the previous day. These words are Empathy and Respect.

Parents may wish to talk to their child/ren about the performance and what they gained from it.

Today's quote is not from an athlete, but from the Brainstorm Production. It is in reference to the advice given to a character who thought physical conflict or 'mouthing off' were the only responses when he got upset or angry or when things didn't go his way.

*"Find other ways to solve your problems"*

Take care,

**Mrs Tracey Evans  
Student Coordinator**



## Year 10 Debating – Grand Finalists!

Congratulations to the Year 10 Debating team who were runners-up in the Diocesan Debating Year 10 Grand Final on Thursday August 15<sup>th</sup>. The contest took place at St Clare's Catholic High School, Taree and involved Catholic high schools from around the Diocese.

Thank you to Mrs Martin who coached the team and also transported them to Taree on the day. The team represented the school admirably and demonstrated confident public speaking skills and the ability to think critically and creatively. The members of the team were Kari Williams, Claire Wilson and Grace Feenan.



Year 10 Debating team: Kari Williams,  
Claire Wilson and Grace Feenan

**Mr Michael Doyle**  
**English Teacher**



## 50 Word Story Competition

For the past four weeks, the annual 50 Word Story Competition has been running. This encouraged students to write 50 original and creative words on the theme 'Secret Power'. The entries were outstanding and showcased the sophistication and imagination of our young writers here at St. Paul's Catholic College.

The following overall year group winners are to be congratulated on their fantastic work:

Kirrily Boslem Year 7, Rosemary Hale Year 8, Sophie Crowley Year 9, Matt Sheather Year 10, Danielle Roberts Year 11, Adam Foster Year 12, Overall Teacher Winner – Mrs Nicole Burns.



'The winners collecting their certificate and cinema gift card prize.'

**Shipwreck**  
**Matt Sheather** Year 10 Overall Winner



I tune into the sound of the breaking waves as I dive into the deep depths of sea, the comfort of the reef leaves me as I take a deep breath. Saltwater fills my lungs as I swim towards it; the shipwreck that made me discover my secret power.

## Garden

Our tired, pale faces are wrapped in suburban worries, too scared to mention the dream nestled inside.

A brave light moves it, pulling through the thaw.

Dreams sprouting slowly with the hope hidden in a smile.

Every smile brings a blossom.

Yours, his, her smile too.

Building our garden together.

**Ms Bethany Galinski**  
**English Teacher**



## 'A World of Stories'

The latest contribution to our 'A World of Stories' collection comes from Year 7 student, Chalize Bathman. Charlize is a beautiful writer who shows a gift for using vivid imagery to create mood and setting.



Mrs Sophie Stanley  
English Faculty

### Gone with the Night

Charlize Bathman



The rain pelted little crystal water droplets against my window, the house unusually peaceful. The front door clicked open and someone stumbled into the house, trailed closely by another figure. Yelling ensued, and the harsh noise of my parents fighting reverberated through the house. Suddenly, the noise halted and the silence that followed almost eerie.

I crept towards the stairs and investigated what had happened. Standing at the top I watched the scene unravel before my very eyes. The dastardly noise rang across the room, echoing off the walls. One person was left standing with the other now lying limp on the hard floor. He had snapped and I didn't want to be his next victim. I shuffled back down the hall. I cautiously looked into all the rooms, looking for places to hide in the enclosed darkness. The shadow cast by the moon in one room caught my eye and caused me to abruptly stop. My mother's orange kimono hung from a coat hanger. It was in pristine condition, embraced by the shadows. My head flooded with painful memories of a better time. I dashed down the hall and back into the security of my room. I crawled under the covers, holding my head in my hands in disbelief.

I cried an ocean that night. My father must have assumed I was asleep and I struggled alone with the tragedy. My brain couldn't comprehend this situation, but I knew that I would have to do something. An idea struck me like lightning, and a plan quietly unfolded from there.

I slipped down the stairs and out the front door, hearing the gentle click as I slipped on my coat almost in a trance. I prayed that my aunt would believe me as my future hinged on this.

Stratford Street is where my aunt lived at the time, located only a block away from my house. Sprinting through the rain as it bombarded my body, I banged on my aunt's front door frantically calling for her help. She answered groggily but when her eyes fell on me, they widened in a mixture of shock and understanding. She quickly ushered me inside. I hastily explained to her my problem. She hurried me into her bedroom and returned with shoes and a jacket.

We arrived at my home swiftly. She swung open the front door of my house and gasped at the crimson pool of blood on the carpet. A shrill scream came as she ventured further into the house.

Sirens blared from outside and my father was escorted out of the house with handcuffs tightened around his wrists. He looked back at me from the police car with sorrow in his eyes. I shook my head and snuggled into my aunt's coat. I asked myself if it was strange to feel no empathy towards him but concluded that it was not.

I had been distracted on one night and my whole life had slipped right through my hands like water. I only returned to that house for my mother's orange kimono, a cherished symbol of her light and love. This memory I would hold onto tightly, that house I would try to forget.

# Book Week

We celebrated Book Week during Week 5. It was fantastic to see so many students and staff get involved with all of the different activities designed to remind students about the importance of literacy and promote a love of reading.



The week kicked off on Monday with the guessing competition where students were asked to guess how many of our library resources had something to do with this year's theme, 'Reading is my Secret Power'. Rosemary Martin from Year 12 took out the prize.

Tuesday saw students and staff participating in the 'Selfie Shelfie Challenge'. This involved matching teachers' selfies with pictures of the book shelves (shelfies). It was very interesting to hear the way the students tried to match book titles, style of bookshelf, number of books and even cleanliness to different teachers to come up with their answers. The winners were Ella Thomas from Year 9 and Mr Simon Pearse from the staff.



Wednesday was in many ways the main event! Students and staff were encouraged to dress up as their favourite literary character. The day began with the inter tutor group challenge with many tutor groups showing extensive knowledge of a range of novels. The discriminating question ended up being, 'In the Harry Potter series, how many broomsticks are flown in a game of quidditch?' Many knew there were two teams of seven but most forgot the referee. That bought it down to a tie breaker between 11.7 and 9.7 who both got full marks. After asking for what year the Miles Franklin Literary Prize was first awarded, Bayley Thurston got the closest so Mrs Burns 11.7 will be enjoying the pizza lunch.

Then it was time for the costume judging. The judges, Mr Colin Mulhearn (acting Principal), Mrs Libby Lucas (Leader of Literacy) and Mrs Kerri Beezley (Librarian) expressed early their preference for home made costumes. They had a tough job, but here are the winners:

Year 7: Lucy Drinkwater as Mr Strong.

Year 8: Jace Lawless as Deadpool.

Year 9: Sindy Richards and Shelby Kincaid as Woody and Jesse.

Year 10: Isabella Mahony as the Cheshire Cat.

Year 11: Bayley Thurston as St Mark, Wil Negline as Jesus and Owen Winter as Judas.

Year 12: It was hard to part them (lol bad English teacher pun) so the large group of Year 12 who represented the Red Sea and Matt Potter as Moses took out the prize. The live action replay of Moses' famous moment really got them over the line.



*Please follow this link to our website for more Book Week photos:*

<http://www.booragul.catholic.edu.au/news-events/galleries/2019-bookweek/>

**Ms Kerrie-Lee Guest  
Student Coordinator**





## Good Luck to all our HSC Creative Arts and Languages Students!

As we head into the final stages of Term 3 and formal classes for Year 12, I would at this point like to acknowledge the hard work and commitment of our Creative Arts and Language students. Whilst they, like everyone else, are working hard with their teachers to cover the last content components, complete practice tests and engage in invaluable feedback sessions, our Creative Arts and Language Students are actually completing their final performances and handing in their final submissions for their actual HSC. All that they have been working towards over the HSC course, projects that for many represent their passion and the peak of their creative career, will be completed over the next few weeks. What an achievement! On behalf of the St Paul's community, I would like to wish our HSC Creative Arts and Languages students luck in completing these tasks. We have watched you pour your heart and soul into your works throughout your time at the college and we have faith in each and every one of you that you are capable of achieving your best on the day. So please, be confident, have trust in your teachers and their guidance, and be proud of what you have achieved thus far.

To the St Paul's community, please be aware that your fellow students will be undertaking formal examinations over the next few weeks. There will be times when you will be asked to avoid areas, be part of an audience, set up an artwork or move some tables, change rooms or to be mindful of the noise in the yard. We would like to thank-you for these little efforts that you can make to support your fellow students during such an important time for them.

Finally, you are all invited to view the HSC Visual Arts Body of Works as a feature of the ArchiPaul's Prize and Art Exhibition. The Exhibition will be held on the evening of Tuesday, 3<sup>rd</sup> of September from 6.30pm in the College Hall. We look forward to seeing you all !

### Key HSC Dates –

**Drama Individual Projects – Monday, 26<sup>th</sup> of August**

**Visual Arts Body of Works – Monday, 2<sup>nd</sup> of September, 9 am**

**Drama HSC Performances – Wednesday, 4<sup>th</sup> of September, 11 am – 4pm**

**French Oral Examination – Saturday, 7<sup>th</sup> of September, 11am**

**Music HSC Major Works – Monday, 9<sup>th</sup> of September, 9am**

**Music HSC Performances – Tuesday, 17<sup>th</sup> of September, 9am – 5 pm**

## Grandparents Day Performance, St Joseph's, Kilaben Bay

Last Tuesday, 20<sup>th</sup> August, we had the privilege to be invited to perform at our feeder school, St. Joseph's, Grandparents Day. Three of our very talented Year 12 students where chosen to represent the college by performing for the community. **Laura Condon, Kaiah Alexander, and Mackenzie Johnston** showed great courage in taking to the stage in front of a large crowd and absolutely sung their hearts out! Mr Simon Pearse and Miss Nikalla Garrett commended the students for their commitment to the preparation for the day and the professionalism in which they conducted themselves. Mrs Cathy O'Gorman, who also was present for the performance, spoke with pride regarding the talent of our students and how proud we are of them for sharing their talents with our extended community. I would also like to thank Laura, Kaiah, and Mackenzie for sharing their passion and representing the college during their busy HSC schedule. We are incredibly proud of you!



## **The Art of Banksy; Sydney, Monday, 23rd of September**

We are very excited to announce that an excursion has been organised for Elective Visual Arts and Visual Design students to attend the upcoming Banksy Exhibition in Sydney. [The Art of Banksy](#) is a massive collection of pieces by the art world's chief enigma — including the darkly satirical, overtly political work that has turned the stencil-loving artist into such an infamous icon. You may be familiar with his work 'Girl with Balloon' or 'Flower Thrower'?

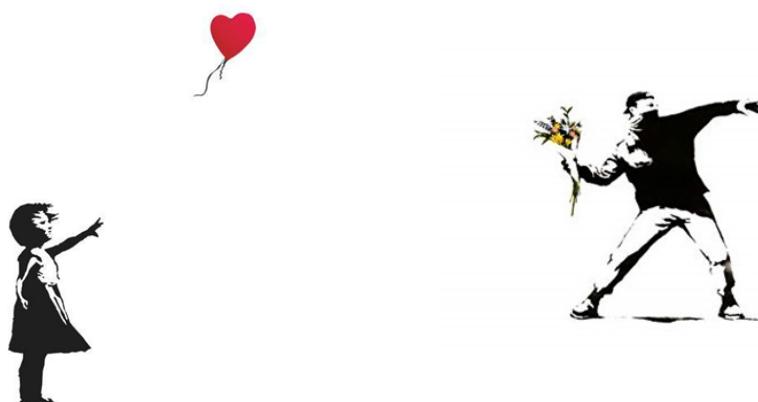
**Please note that this is a 'First-Come-First-Serve' Excursion.**

**PAY VIA QKR.**

**Payment must be made and permission note returned to secure your spot.**

**Places are Limited.**

Your Art Teacher should have your notes for you in class this week.



**The Archipaul Prize**

**St. Paul's Catholic College Hall**  
**Tuesday, 3rd of September**  
**\$5 Adult \$2 Child \$10 Family**  
**6.30 pm**

**Featuring:** year 12 Body of Works, 7-11 Visual Art and Visual Design Works, Industrial Technology Projects, Yr 11 Hospitality Catering, Musical Acts and Acoustics

**Registration to audition is now open!** Aspire is a diocesan wide initiative that fosters the creative abilities of our students, as well as providing the invaluable opportunity to be a part of a professional production. Students also develop their confidence, leadership and collaboration skills, and importantly, form long lasting friendships with like minded students from throughout the area. Take the chance! It will be worth it!

Here are the categories that you can choose to take part in, as well as the date auditions will be held:

#### DANCE, STAGE BAND AND STRINGS

Monday 28 October 2019

#### JUNIOR DRAMA

Tuesday 29 October 2019

#### JUNIOR DRAMA AND SENIOR DRAMA

Wednesday 30 October 2019

#### VOCAL

Thursday 31 October 2019

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

- 1 Go to the ASPIRE website - [aspire.mn.catholic.edu.au](http://aspire.mn.catholic.edu.au)
- 2 Click on *JOIN US*
- 3 Click on *2020 AUDITIONS*
- 4 Then click on the link: *CLICK HERE TO APPLY ONLINE FOR ASPIRE 2020*

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 27 September 2019

#### Aspire Holiday Workshops - Year 7 and 8 !

*This one is for you Year 7 and 8 !*

Please follow the link below for details regarding the ASPIRE 2019 Holiday Workshops scheduled for the first week of the upcoming school holidays. Workshops are offered in Musical Theatre working with Assistant Vocal Director Luke Baker, Script Writing with Assistant Drama Director; Jay Wood, and Creating Dance with Assistant Dance Director; Montanna Doyle. Workshops are open to all students, not just cast members!! What a fantastic opportunity to build your skills and confidence by working with some of our regions best!

Here is the link: <https://aspire.mn.catholic.edu.au/join-us/holiday-workshops/>

Please contact me if you have any questions.



**MUSICAL THEATRE**

**DATE:** Tuesday 1 October 2019  
**LOCATION:** Catholic Schools Office Newcastle  
**TIME:** 9.00 am -3.00 pm  
**COST:** \$80.00

Participants will explore the genre of musical theatre through a variety of songs from different musicals. Working with ASPIRE Assistant Vocal Director Luke Baker the group will explore a range of musical styles as they look at stories through song and movement. This fun workshop will involve both solo and group work as participants develop performance skills and their confidence in being on stage.

This workshop is open to students who are in Years 4 to Year 8 at school.



**HOLIDAY WORKSHOPS**

Please refer to the ASPIRE website for all ASPIRE Information, forms, updates, photos and the newsletter from the Artistic Director

<http://aspire.mn.catholic.edu.au>

**GETTING TO GRIPS WITH SCRIPTS**

**DATE:** Wednesday 2 October 2019  
**LOCATION:** Catholic Schools Office Newcastle  
**TIME:** 9.00 am -3.00 pm  
**COST:** \$80.00

This workshop will look at interpreting scripts and getting to grips with them. Working with ASPIRE Assistant Drama Director Jay Wood participants will look at a variety of scripts from different genres and apply skills in blocking, characterisation and performance to them. Participants will be encouraged to take on a variety of roles as they explore bringing text to life.

This workshop is open to students who are in Years 4 to Year 8 at school.

**CREATING DANCE**

**DATE:** Thursday 3 October 2019  
**LOCATION:** Catholic Schools Office Newcastle  
**TIME:** 9.00 am -3.00 pm  
**COST:** \$80.00

This workshop is all about creative collaboration. Working with ASPIRE Assistant Dance Director Montanna Doyle participants will develop skills through exercise based work before collaborating on an original piece of dance. You will be encouraged to explore your ideas and try out new ways of working and performing. A great experience for dancers wishes to develop choreography skills.

This workshop is open to students who are in Years 4 to Year 8 at school.

To reserve your place please complete the online registration form below or call Anne Atkins on 02 4979-1331 for more information.

<https://aspire.mn.catholic.edu.au/join-us/holiday-workshops/>

## HSC Drama Evening

On the 15<sup>th</sup> August, the Year 12 Drama students performed their group pieces in front of friends and family for the final time. The first performance titled, '**Amigo/Ami/Hombre/Friend**' explored the political parallels between the French Revolution and modern day France. With it's beautiful sound scapes, integration of French dialogue and political message, the students highlighted their skilful ability to integrate their cross curricula knowledge in to their performance.

The second group performance, titled, '**The Ties That Bind**' was a controversial piece about toxic masculinity in Australian culture. The ensemble were inspired by the course texts, '*Norm and Ahmed*' and '*The Removalists*'. The core of the piece questioned society on commonly accepted social behaviour and this was highlighted through their strong physicality and visceral language.

The students will continue working on their group and individual performance until the HSC examiners visit St Paul's on 4<sup>th</sup> September.

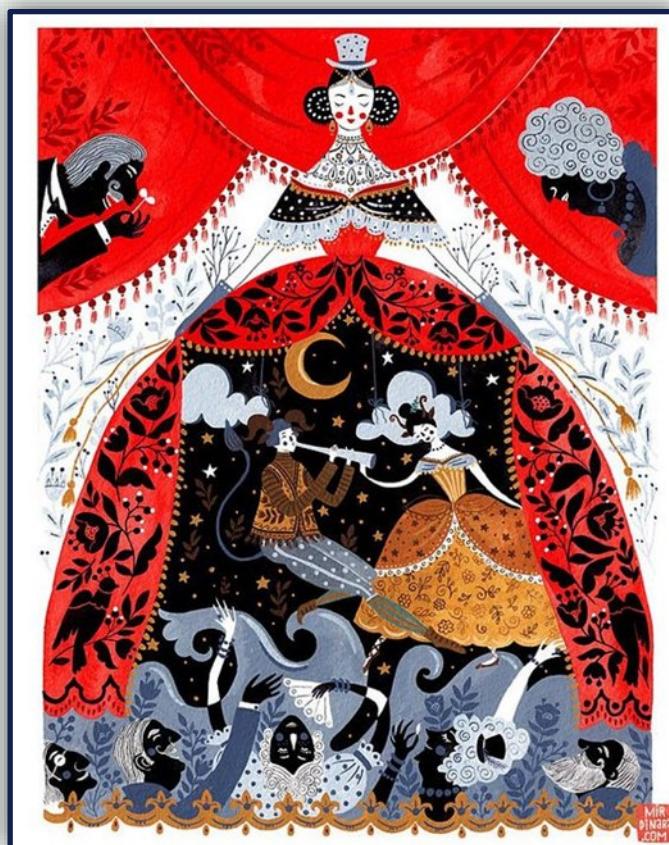
The night also showcased students' independent projects, including: scriptwriting, poster and program design, review writing, video drama and performance. Friends and family were impressed with the sophistication of the projects and commented on their integration of Drama terminology and skill.

It is a week now until the final performance and I wish the Year 12 students nothing but success on their examination day. I want to congratulate the hours of dedication they have shown to working on both their independent and group projects (many of which occur outside of scheduled lessons).

I am so proud of the work they have put in; there are very little things that are as satisfying as watching a final work come together.

*'Success is no accident. It's hard work, perseverance, learning, studying, sacrifice and most of all, love for what you are doing or learning to do.'* – Pele

**Eleanor Martin**  
**Drama Teacher**



## Performances

**Amigo/Ami/Hombre/Friend-** Laura Condon, Jack Coyne, Mackenzie Johnston, Elise Patterson and Iana Roberts  
**The Ties That Bind-** Kaiah Alexander, Matthew Fennell, Thomas Hall, Sophie Lowe and Alysha Toomey

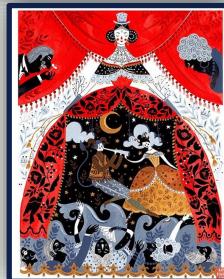


## Individual Performances

**A Doll-** Alysha Toomey  
**Over the Moon-** Mackenzie Johnston  
**It's Not a Ride-** Thomas Hall  
**The Office of Charlotte Wallace-** Elise Patterson

## Individual Projects

**Portfolio of Theatre Criticism-** Laura Condon and Sophie Lowe  
**Promotion and Program-** Jack Coyne and Iana Roberts  
**Scriptwriting-** Kaiah Alexander  
**Video Drama-** Matthew Fennell



"The strength of the team is in each individual member. The strength of each member is in the team." – Phil Jackson



### Amigo/Ami/Hombre/Friend

This piece explores the political parallels between the French Revolution and modern day France.



### A Doll

This monologue highlights the courage of a 1800's woman breaking out from the stereotypical familial roles.



### The Ties That Bind

This controversial piece is about toxic masculinity in Australian culture. It was inspired by the course texts, 'Norm and Ahmed' and 'The Removalists'.



### It's Not a Ride

An emotional monologue that explores the guilt and isolation a veteran feels after returning from the Vietnam war.



### Over the Moon

A monologue taken from the musical, 'Rent' that metaphorically explores the suppression of the Arts and the shutting down of theatre spaces.



### The Office of Charlotte Wallace

This monologue is about Charlotte, a quirky, eclectic therapist who should really be the one in therapy...



## Diocesan Basketball Gala Day

A more thorough report will be in the next newsletter, however, we want to congratulate all students who participated in the Diocesan Basketball Gala Day at Broadmeadow Basketball Stadium on Monday 26th September.

Congratulations to the 7/8 Girls, 7/8 Boys and 9/10 Girls teams for making the semi-finals.

Thank you to Mrs Catherine Kennedy for scoring for several teams throughout the day.

## Term Three Sport Dates

9<sup>th</sup> September – Diocesan Golf Championships

20<sup>th</sup> September – CCC Athletics Championships (Homebush)

## Diocesan Athletics Carnival

Year 12 student Tom Webster was competing at the Diocesan Athletics Carnival and was happy to see past Principal Mr Tony Stevens who was volunteering on the day



Nitro Athletics Junior Girls Team



**Mr Brad Melville**  
**Sports Coordinator**



## **Girls 9s Rugby League – Caitlin Moran Cup**

On Tuesday 20<sup>th</sup> August, the Opens and U16 Girls Rugby League teams played against other local schools in the Caitlin Moran Cup.

The U16s team dominated their pool, comfortably moving through to the final. In a tight affair St Paul's went down by one try to Hunter Sports High.

The Opens team played a straight out final against Irrawang High School. From the outset, the Booragul girls were too skilful, too physical and too fast for their opposition. A wonderful team effort saw the Opens team win the Caitlin Moran Cup.

Congratulations to all of the girls for their effort on the day.

### **Senior Girls**



### **Under 16's girls**



**The NSWCCC Netball Championships** were held on Tuesday 22/8/19 at Penrith. St Pauls competed in three divisions with all the teams playing hard and contesting every pass. The teams also displayed excellent sportsmanship throughout the day which always makes us proud of our players. The Year 9/10 team were undefeated throughout the day beating All Saints Liverpool, St Mary's Catholic College Gateshead, Bede Polding College Windsor, St Mary's Gunnedah, Mount Carmel Catholic College Varroville, St Matthew's Catholic School Mudgee and St John Paul College Canberra. All the girls were exhausted after the carnival. A special thank you to Justin Dobosz and Sidney Hopkins for umpiring us on the day

#### **Year 7/8 Team**

Charlotte Parsons, Paige Stalling, Krystal Lienau, Regan Loveday, Alexandra Reilly, Angelica Lowe, Madeline Ferry, Presleigh McGregor, Sienna Isaac, Shay Warner - Coach Mrs de Winter

#### **Year 9/10 Team**

Jess Dunn, Malaina Fuller, Jorja Brown, Reagan Dunn, Ruby Wills, Krystal Lowe, Alyssa Bishop, Keeley Warner, Gabriella Sneddon—Coach Ms Heard

#### **Year 11/12 Team**

Caitlyn Biggins, Keely McCabe, Maddi Tolhurst, Gabrielle Loveday, Lydia Philpott, Georgia Tupou, Keeley Fuller, Amber Kelly, Nikila Johnston—Coach Mrs Wills





# **Kenya Experience—Kesheni 2019**

**Kesheni 2019**, an experience that has changed me, for the better! Kesheni means 'stay awake', I did not understand what this really meant until after I came home and reflected on my journey.

We had met as a group prior to leaving for Kenya and we had read Ann Cerreto's book 'I Am Because We Are, Stories of Kibera's Youth', we listened to others who had already experienced Kesheni but still I was unaware of the impact this journey would have on me.

All my family, friends and colleagues wished me a great holiday, but this was far from a holiday, I have never had an experience quite like this and I hope to one day return to Nairobi and the wonderful people I met.

We spent our first few days visiting and learning about The Ruben Centre, which is like a sanctuary in the middle of Mukuru slum. It contains a Health Clinic, HIV clinic, a birthing centre, a day care for infants, the Kurt Fearnley centre for disabled students, a primary school, a counseling service for the students. They also have their own sustainable garden, charcoal making facility, vocational education centre with weaving and sewing classes, a shop (where we purchased many beautiful hand made things to bring home) and a radio station, Ruben FM. After visiting Ruben, I thought, 'what else could we be doing, we have done so much and seen so much wonderful work'. How wrong was I!

The days that followed saw us visiting other wonderful agencies such as Wings of Hope Home (a place for young girls who find themselves pregnant through no fault of their own), Mary Rice Centre for disabled children in Kibera, Women for Women centre and Mother Teresa Home for the Destitute. All these places were so confronting and for some of us, overwhelming.

For me, one of the most powerful and enlightening experiences I had was walking through Kibera slum with my Karibu Youth Leader, Marell, and visiting her home with her. It is impossible to describe this experience, all your senses are assaulted and it is difficult to breathe.

Every corner you turn through this maze of rusty tin you are confronted with more alleyways, more rubbish, more poverty. The slum is the largest in the world, home to more than 2 million people. The homes are simple, some in better condition than others. There is no bathroom in the houses, therefore no toilet, no kitchen, just a small living space and a curtain to separate the sleeping area. I will forever remember this not because of how confronting it was but for the love, sense of community and pride these people have.

The Karibu Youth Camp was a highlight of the trip, seeing the young leaders that have grown up in Kibera, giving up their time to be with the children of Kibera, to give them a day away from the slum, a day of play, to run in the open, play games, work in teams and forget their everyday life. It was amazing.

Of course we got to have some downtime and visited the African markets, Bomas Cultural Centre, a day in Nairobi National Park, a drive to see Rift Valley, Sheldrick's Elephant Orphanage and the Giraffe Manor. Then each night we came home to the Little Daughters of St Joseph's convent where we were staying for a debrief and a wonderful African meal prepared by the nuns.

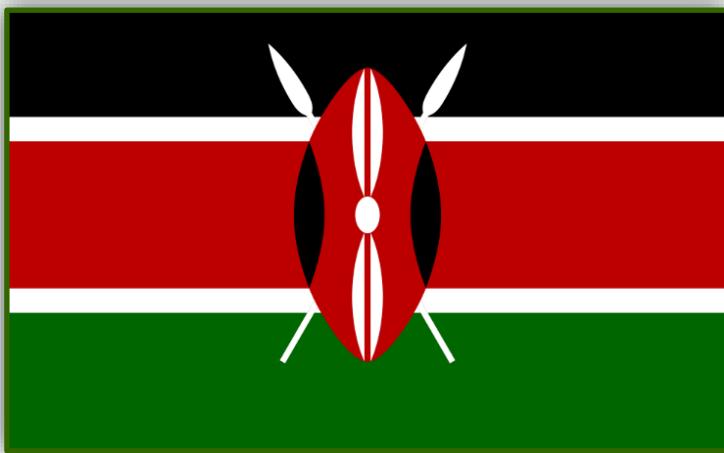
Now I know what Kesheni really means... 'Stay awake' to what is going on around you, what you see on the surface is so little of what is really out there. Stay connected with your community, work together; for alone you can do little but together you can make a difference. Don't think of yourself as one, but as part of a bigger picture. For the world to be a better place, we need to look after each other and love each other, support those with little and help those with nothing and always remember that love and forgiveness is key to happiness.

I will be forever grateful for this opportunity, to have experienced it with 9 other wonderful educators, to have made life long connections and to have been led by Michael and Alison Slattery was truly an honour.



**Mrs Anne Marie Melocco**  
**Learning Support Teacher**





## Return and Earn

St Paul's Catholic College launched the Return and Earn program this term with the energetic Mr Davidson introducing our new blue Return and Earn bins and educating our students on what type of containers are able to be collected. By collecting drink containers for Return and Earn we can receive 10c for every eligible container. Our students have been fantastic in depositing their containers and now we need your help. Parents are encouraged to collect eligible containers at home and return them to the Front Office. Funds raised from the Return and Earn program will go back to support purchasing resources for our students.



Which containers can be returned for a refund?	Which containers aren't eligible for a refund?
A row of four drink containers: a white carton, a silver can, a brown glass bottle, and a clear plastic bottle.	A row of four drink containers: a white plastic jug, a clear glass bottle with a red cap, a clear glass bottle with a black cap, and a clear plastic jug.
<p>Most 150ml to three litre drink containers will be eligible for a 10 cent refund at an approved NSW collection point. Container materials that may be eligible for a refund include:</p> <ul style="list-style-type: none"><li>• Glass</li><li>• Plastic</li><li>• Aluminium</li><li>• Steel</li><li>• Liquid paperboard (cartons)</li></ul> <p>Containers should be empty, uncrushed, unbroken and have the original label attached. Wine, spirits, cordial and plain milk containers are generally not eligible.</p> <p>If a container isn't eligible for a refund, please use a recycling bin.</p>	<p>Containers that can't be deposited for a refund include:</p> <ul style="list-style-type: none"><li>• Plain milk (or milk substitute) containers</li><li>• Flavoured milk containers of one litre or more</li><li>• Pure fruit or vegetable juice containers of one litre or more</li><li>• Glass containers for wine and spirits</li><li>• Casks (plastic bladders in boxes) for wine or water of one litre or more</li><li>• Sachets for wine of 250ml or more</li><li>• Containers for cordials and concentrated fruit/vegetable juices</li><li>• Registered health tonics</li></ul>



## From the Careers Desk



Career Thought of the Week:

"Start by doing what is necessary, then what's possible, and suddenly you are doing the impossible."

St Francis of Assisi

### Attention Yr. 12 Students

A special UAC NEWSLETTER has been emailed to all Year.12 students last week, be sure to check your student email accounts to access this information.

### SPB Careers Newsletter UAC Super Edition 2019

#### RSA/RCG Courses 2017

(Responsible Service of Alcohol /Responsible Conduct in Gaming.)

**Responsible Service of Alcohol – RSA**

**Responsible Conduct of Gambling – RCG**



These courses will be run after the HSC is over and before Graduation Night. They are accredited and nationally recognised. In fact, you must have these to work in the 'club' and 'hotel' industry and many of the local restaurants.

**The RSA and RCG will be run at school on Tuesday 12th & Wednesday 13th November 2019 from 8am until 2.30pm both days.**

**Students will also need to bring a valid photo ID on the first day and have their USI number. Registration is to be completed online for both courses and payment made to BARMAX training.**



An Interim Statement of Attainment is issued to all students successfully completing each course and theory exam. Students then can obtain their Photo ID Card from **Services NSW (Old RTA)** at the completion of the course.

The cost to complete the RSA and RCG courses is **\$225.00**. Monies are payable to the School Finance Officer (cheques made out to St Paul's High School) this is substantially lower than other institutions can offer.

For the courses to 'run' there must be a minimum of **20** and a maximum of **30** students per trainer. Therefore, it will run on a first in best dressed basis. **Registration and Payment can be made online from Monday 2<sup>nd</sup> Sept through until Friday 18<sup>th</sup> October or until the maximum of 30 students is reached.**

Any questions regarding these courses can be directed to Mr McLoughlin at school Phone 4958 6711.

### Are you a Female Interested in Being a Tradie?

Well they are on the rise!

Hi Pages, points out that "despite exaggerated stereotypes about women being more emotional, less adept at taking charge, and thus better suited to careers that involve caring for others, the reality is that female tradies are just as effective as their male counterparts."

Below is a link to some interesting facts, resources, information and tips for making it as female tradie in a male dominated industry.

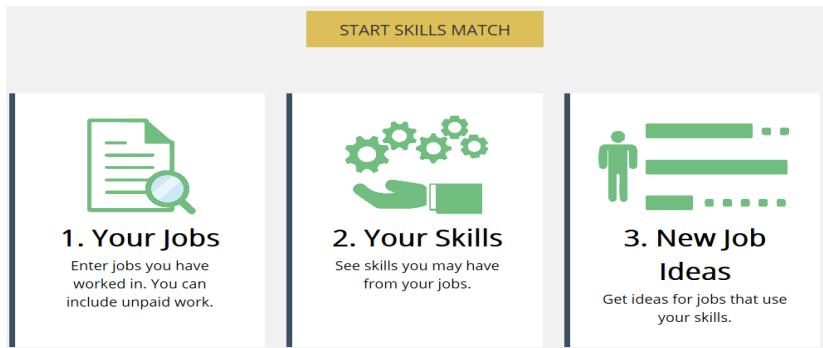
[https://hipages.com.au/article/the\\_rise\\_of\\_female\\_tradies](https://hipages.com.au/article/the_rise_of_female_tradies)



## New Job Outlook Skills Match Tool

Job Outlook has developed a new career match tool that will give you ideas about the sorts of jobs that match your interests, what level of pay to expect and if there is growth in that industry.

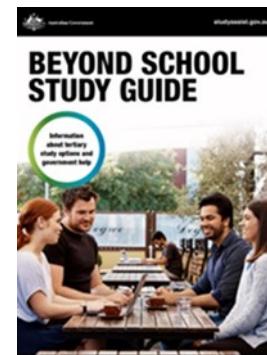
You can [go here to do the quiz](#).



## Beyond School Study Guide

The new [Beyond School Study Guide](#) is designed to help senior students navigate their way into higher education. It provides information on

- higher education pathways
- higher education fees and government loans
- student support services.



## Career as a Paediatric Nurse



*Paediatric nurses care for babies, children and adolescents.* Children are not small adults; they have special needs and specialist paediatric nurses understand these. There are a diverse range of specialty areas within paediatric nursing.

Nurses may work in *schools, hospitals or community centres* and work with families to provide optimal health. Several specialty areas also exist within paediatric nursing.

For example, paediatric nurses may become specialised in intensive care, oncology (cancer nursing), mental health and child development.

Browse the following link to find out more: [How to Become a Pediatric Nurse](#)

## Teacher Training Scholarships CSO 2020

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 Year 12 students in our Catholic schools, who intend to commence undergraduate courses in teacher training in 2020. 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 27th September 2019**.



## Important Dates for Term 3 2019

### Aug-Sept UAC Applications

22<sup>nd</sup> Aug UAC Sessions/UON visit

31<sup>st</sup> Aug UON Schools Open Day Yr.12

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

## 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.

**FIND THE ALDI IN YOU**



**Retail Assistant - Warners Bay & Cardiff  
- 15hrs p/w**

**At ALDI, our people are the key to our success.**

We're looking for high energy team members who love to keep active and busy. A Retail Assistant at ALDI needs to be able to thrive in a fast paced, team environment and always be willing to go the extra mile for their customers and team. The role is physical in nature, so you'll need to enjoy hands-on work and meeting deadlines and our shifts can start at 6am some mornings, and finish at 10pm others, so being flexible and available any 5 out of 7 days is important. Finally, prior experience in a fast paced, retail environment will be viewed favourably; however a positive attitude and hardworking spirit are an absolute must.

**What's in it for you?**

- Market leading remuneration
- Be a part of a leading international retailer
- Career opportunities in our rapidly growing store network including progression to Store Management Trainee
- Extensive training and development.
- Rotating roster and limited contracted hours.
- 4 weeks annual leave
- Work alongside friendly and supportive colleagues

**You will be responsible for:**

- Maintaining and replenishing stock storewide
- Operating manual pallet moving equipment
- Merchandising stock storewide
- Serving and assisting customers in a professional and efficient manner
- Operating tills and calculating change manually

**Junior Dental Assistant**

We are looking for a Junior Dental Assistant to join our team in our busy modern inner city practice. No experience necessary. If you are looking for a new career we are looking for someone eager to learn and develop new skills. The successful applicant will be offered ongoing on the job training as well as possible training opportunities within Tafe.

We are looking for someone who will:

- Be confident within their job
- Have a friendly and caring nature
- Competent with technology
- Outstanding Communication Skills
- Ability to think and learn quickly
- Empathetic
- Responsible
- Have initiative and be willing to work in a fast paced environment
- Be flexible working extend hours and possible Saturdays.

This Position is a casual with potential for full time employment in the future.

Please apply to [Khonney@paulbeathdental.com.au](mailto:Khonney@paulbeathdental.com.au)

**Mr Craig McLoughlin**  
**Leader of Pedagogy—Careers and VET**



# **From the Finance Office**

For all Finance enquiries please use the following email address: [finance@booragul.catholic.edu.au](mailto:finance@booragul.catholic.edu.au)

To calculate your Weekly, Fortnightly or Monthly payment amount, please go to our Website and use the calculator. <http://www.booragul.catholic.edu.au/about-us/finance/fee-calculator/>

If you have not already done so, please ensure I have copies of relevant updated Health Care / Pension Cards.

Also, if you have not completed 2019 Family Discount and Diocesan Pastoral Contribution Form, please follow the link to the Website above to download, complete and return to college office.

**Mrs Betty Harris—Finance Officer**

[finance@booragul.catholic.edu.au](mailto:finance@booragul.catholic.edu.au)

## **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 all 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)

**Step 1** Download Qkr!  
on your Android phone or iPhone. iPad users can download iPhone app  
 

**Step 2 Register**  
Select your Country of Residence as 'Australia' and follow the steps to register

**Step 3 Find our school**  
Scan the QR code or search for our school name. Our school will also appear in "Locations Nearby" if you are within 4kms of the school

**Step 4 Register your children**  
When first accessing your school menu, you will be prompted to register your child. This allows you to make school orders on their behalf.



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

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



# Canteen Roster



## Monday 2 September—Friday 6 September

Mon	Fiona Wood, Karen Gilmore
Tues	Susen White, Sharne Johnson, Worakot Walker
Wed	Sara Ashmore, Teresa Tanks
Thurs	Nicole Ferry, Paula Douglas
Fri	Tania Egan, Kylie Powell, Caroline Hickey

## Monday 9 September—Friday 13 September

Mon	Karen Lee, Kath Liley
Tues	Marakot Walker, Christine Bathman
Wed	Dianne Fennell-Fraser
Thurs	Rochelle Loveday, Nadine Steenson
Fri	Anne Negline, Susan Noonan, Vanessa Hempson

## Monday 16 September—Friday 20 September

Mon	
Tues	Amanda Holt, Janelle Haggerston
Wed	Joanne bower, Pamela Amos
Thurs	Michelle Hall, Kylie Smith, Sharon Roberts
Fri	Kim Dickson, Richelle Roselands

### 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 2019

Wk 6	Mon 26 Aug	Dio Basketball
	Wed 28 Aug	Year 10 Brainstorm
Wk 7	Tues 3 Sept	Archipaul Evening
Wk 8	Mon 9 Sep	Year 11 Course Exams
	Tues 10 Sep	HSC Music Major Works due
	Thurs 11 Sep	Tut Truck Roadshow Year 7 Year 7 Debating
Wk 9	Mon 16 Sep	Year 11 Course Exams
	Thurs 19 Sep	Year 7 Immunisations
	Fri 20 Sep	Year 9 Fort Scratchley Excursion Year 11 Ski Trip CCC Athletics Championship

Please see website for further Calendar dates

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

 Reception

**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



The Canteen is in need of volunteers

Please phone Carolyn if you can help!

All volunteers must have a Working With Children Certificate

# Community Notices



## Media release

22 August 2019

### Outdoor gym study aiming to give the masses more strength

In partnership with Lake Macquarie City Council and Newcastle City Council, University of Newcastle researchers are recruiting for a new, nationally-funded trial that blends smartphone technology with park-based fitness facilities to encourage community exercise in the great outdoors. The study, called ecofit, involves aerobic and resistance (weight-bearing) training for a full-body workout that's fast, fun and free for anyone aged 18-80 who isn't meeting physical activity guidelines.

A purpose-built app will guide participants through correct usage of outdoor gym equipment located in seven public parks and trails across Newcastle and Lake Macquarie, including the Fernleigh Track at Adamstown, Lambton, Warrabrook, Speers Point, Pasterfield Sports Complex in Cameron Park, Warners Bay and Wangi Wangi. As the study progresses, additional parks will be added to the smartphone app.

GPS tracking enables the app to know which exercise station is being used, and when, along any of the three-kilometre circuits or trails.

Participants must be willing to complete at least two self-guided sessions per week during the 12-week program, taking an estimated 30 minutes each. There are beginner, intermediate and advanced workouts, depending upon fitness level and prior exercise experience.

Professor Ron Plotnikoff, Director of the UON's Priority Research Centre for Physical Activity and Nutrition and co-leader of the HMRI Cardiovascular Research Program, says that ecofit is designed more for the average person than those with rippling muscles.

"Health guidelines recommend adults get 150 to 300 minutes of moderate exercise each week, including at least two days of resistance training," Professor Plotnikoff said. "But a lot of people are deterred by the cost of gym memberships, concerned about injury, or just feel intimidated and embarrassed walking into a gym."

"Outdoor activity, however, has lots of advantages, including being free and highly social. Studies also show that it improves mental health and mood, perhaps even more than indoor exercise sessions."

The study will assess participants' physical activity levels, weight, aerobic and muscular fitness, and mental health at the start of the study and again at three and nine months later. Those randomised to the study's control group will receive the app at the nine-month stage.

"Our pilot study targeted people with type 2 diabetes or pre-diabetes with great improvement in physical and mental health, but this trial is targeting the whole adult population in the community," Professor Plotnikoff added. "We want to see how the program performs in the real world with the general population, so we'll host a group training session at the park then let them loose."

Groups of up to four people can enrol, or it can be done individually with access to a closed Facebook group for social support. Numbers will be capped at around 300 participants.

To enrol, please email [ecofit@newcastle.edu.au](mailto:ecofit@newcastle.edu.au) for additional information.

\* The ecofit trial is being conducted by Professor Ron Plotnikoff from the University of Newcastle. HMRI is a partnership between the University of Newcastle, Hunter New England Health and the community. This project has been approved by the University's Human Research Ethics Committee, Approval No. H-2018-0000

**CONTACT:** Mark Rothfield HMRI | 4042 0590 | 0467 617 055 | [mark.rothfield@hmri.org.au](mailto:mark.rothfield@hmri.org.au)

LEADING RESEARCH FOR LIFE CHANGING RESULTS

[hmri.org.au](http://hmri.org.au)



Sign up by yourself,  
with friends  
or family

Would you like to improve your fitness, health  
and wellbeing for free, at your local park?

## ecofit

**ecofit is an evidence-based program  
to increase physical activity levels  
through the use of local parks and  
facilities. It includes the use of  
a smart phone app, a group  
training session and  
a health check.**

We are seeking people to participate who:

1. Are not meeting aerobic and/or resistance training public health guidelines (<150 mins of moderate activity per week, and/or <2 days of strength training),
2. Have access to a smart phone,
3. Will have passed the pre-exercise screening test (by answering questions about your health).

### Interested?

Get more info and see if you are eligible by emailing us at [ecofit@newcastle.edu.au](mailto:ecofit@newcastle.edu.au) or call either 4985 4060 or 4921 7391



This project has been approved by the University's Ethics Committee, HREC Approval No H-2018-0060. If you have any concerns  
please contact the Human Research Ethics Officer, Research Email: [Human-Ethics@newcastle.edu.au](mailto:Human-Ethics@newcastle.edu.au) Ph: (02) 49216333

## Giant Charity Garage Sale

1st Saturday of the Month

July 6, Aug 3, Sep 7, Oct 5, Nov 2, Dec 7

8 am - 1 pm

Books  
Toys DVDS  
Records



Clothes  
Bric a Brac  
Brand new items  
Sausage Sizzle  
\$2.00

All items \$1.00 each



Church 4 Life 32 Sixth Street

Boolaroo

All proceeds go to charity

## BIODIVERSITY DAY AT BLUE GUM HILLS REGIONAL PARK

Thursday 3 October, 10am-2pm

Blue Gum Hills Regional Park  
Minmi Road, Minmi

- Free sausage sizzle
- Live entertainment
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