

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

Dear Parents and Caregivers,

Welcome to Term 4. It is wonderful to be back after my six weeks off from surgery. I am amazed every day by the skill of the doctors and the technicians and researchers who over many years have given us the technology to do life changing operations like hip and knee replacements. After more than 5 years of gradual increased pain, I am now relatively pain free and able to walk easily again. So no more excuses for being lazy! No more getting out of mowing the lawns! In saying that about the amazing advances we have made in medicine over the years, I firmly hope and pray that we continue to advance our knowledge to find cures for so many other diseases that affect so many in our community every day.

At the end of last term we celebrated with our Year 12 group. Our Graduation Mass and Awards Ceremonies were beautiful recognitions of the impact this group has had on the College in their time here. There were tears of joy and tears of sadness as the students were farewelled with our time honoured tradition of the "Clap-Out Ceremony". With the entire school lining the College drive way, Year 12 were celebrated so wonderfully well as they left the grounds formally for the last time. So many parents offered their thanks and gratitude for the work that our teachers and support staff have done for their children over the past 6 years. At the end of the clap-out, so many wanted to just stay at the top gate and reminisce about their special time at St Paul's. Congratulations to Blair Brownlee, our Year 12 Student Coordinator and her team for all the work done to make these celebrations so memorable.

At the end of the term, James Furey contacted the College from his new home near Port Macquarie. As you are aware, James and

Trish have been on leave this year and have been teaching in the Lismore Diocese. James has been successful in securing a new promotions position at his new school beginning 2020. He will be leading his new school as the Assistant Principal – Teaching and Learning. We congratulate James and wish him, Trish and their family well as they begin this exciting new adventure.

Roisin McVeigh has been working for the past 18 months with the Catholic Schools Office, helping develop the capacity of Middle Leaders in our schools across the Diocese. This is vital work for the future of all schools and Roisin's skillset has been instrumental in advancing this work. Roisin was to eventually return to St Paul's as Assistant Principal – Teaching and Learning but her work in at the CSO has been seen as so vital that she has been offered and has accepted a long term contact to continue this work.

Mrs Cathy O'Gorman has been our Acting Assistant Principal – Teaching and Learning since Roisin's secondment to the CSO. At the end of last term, St Mary's Catholic College at Gateshead advertised for a new Assistant Principal and Cathy has been successful in securing that position. It is a bitter sweet moment for our college and we will certainly miss Cathy as she has done a wonderful job in this acting position for the past 18 months.

Mr Sarah Adams, who has been acting CAPA Coordinator while Cathy has been working in the Teaching and Learning space has also secured a new position in Tasmania for 2020. She will lead the Visual Arts faculty at St Mary's Catholic College in Hobart, an

i i		
	Inside this issue:	Page
1	From the Principal	1-2
	Assistant Principal—Teaching and Learning	3
;	<u>Year 12 News</u>	4
	<u>Year 11 News</u>	5
;	<u>Year 9 News</u>	6
	English News	7-8
	<u>Sport News</u>	9
	<u>Careers News</u>	10-13
,	<u>Duke of Ed News</u>	14
	Finance News	15
	Canteen Roster and Term Dates	16
	<u>Community News</u>	17-19

independent Catholic college conducted by the Presentation Sisters. We wish her well for the future and hope that this big move is all that she hopes for her and her partner, Nathan. Interviews for this position will happen next week.

We have been in a state of flux over the past two years with a number of people in acting positions as identified above. We have advertised for two Assistant Principals and have secured a very good field of candidates from locally and around the state. Interviews will be held over the next few weeks and I hope to be able to announce our new team soon. I have been reflecting on this situation and it is interesting that all our colleges in the Maitland Newcastle Diocese have faced this significant change in all their futures. Gateshead will have two new Assistant Principals for 2020. All Saints College in Maitland will have a new Principal and potentially significant changes to its leadership team for 2020. The new school at Medowie has a new Assistant Principal for 2020 as well. St Francis Xavier College will have a new Principal in 2020. Change in all schools is a normal thing. We get new students every year, we farewell students every year. As we move towards 2020, as all our colleges have gone through significant change over the past few years it is hoped that the rate of change for all of us slows! Perhaps in this modern, mobile world, that might be wishful thinking but we can hope anyway!

The HSC has begun successfully. English papers with the new course being examined for the first time was received well by our students last week. Other subjects with new courses will be examined over the next 4 weeks with the final exam being Design and Technology on the 11th of November. We have been able to host all our exams this year in B Block which is air conditioned. This is a real advantage for the students as they work towards this final part of their secondary schooling. We wish Year 12 all the best as they complete their HSC Examinations.

Next week the College Executive host a team from the Catholic Schools Office who will be here to conduct our external Continuum of School Improvement (COSI) review. The leadership team, myself, Cathy O'Gorman, Anne-Maree Shipman and Renee Pola-Kuras have been working on this process for some months. Staff, students and parents have completed a number of surveys and workshops to help us with the important work. I am confident that we will be successful in this review and I will report the outcomes in the near future.

The days and getting warmer and longer. The drought continues and we all hope that good rains come soon for our outback communities throughout Australia. This term will go quickly and another year will have finished. Thank you to everyone who wished me well while I was recovering and thank you for the great support that you gave to Colin Mulhearn in my absence. It is great to be back.

Go gently.

Mr Graeme Selmes Principal





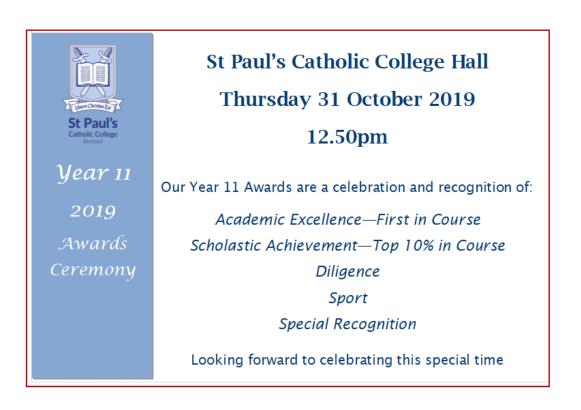
Page 2

Year 11 News

- Year 11 Reports will be available on Compass on Wednesday 30th October afternoon. These reports are a final Course Report for the year and will include a summation of achievement in Semester 2 and an indication of what is needed for students as they move into their HSC Courses.
- Following the reports being available a **Formal Awards Ceremony** will take place on Thursday 31st October, commencing at 12.50pm. All parents and carers of Year 11 students are invited to attend the ceremony in the Hall on this day. Parents are reminded to take care when parking around the college as there are new restrictions in some areas immediately outside the college.
- On Monday 4 November **Parent-Teacher Interviews** will be held for Year 11 students in the Damascus Centre. Bookings for interviews will be available after reports have been published. This is a great opportunity for parents and students to meet together as they move into their HSC year, working together to support the learning of our students.

Mrs Cathy O'Gorman Assistant Principal— Teaching & Learning





Year 12 vs Staff Soccer Match

Firstly congratulations to the boys on their 3-2 victory at lunch yesterday. It was a great final lunchtime and nice to see lots of spectators, staff and students out on the oval too. Thanks to Rob Tracey for organising the victorious team and to all the staff team for being such champions. A huge thank you to lan Matthews, Ben Conway and Nick Curran for increasing our chances, and to Ryan Bonett for being the man in the middle. Also to Mrs Ellis for organising the strips for the day (and washing them!).

Mrs Blair Brownlee Student Coordinator





Welcome to back to school and to the start of the HSC course. You and your child have only four terms left of school!

The students wore their uniform well for this first week back – thankyou. The students were reminded of the change in consequences for not adhering to the uniform policy as outlined in the email sent last term to parents and students.

Many students have had a rethink about their courses, and some have changed their timetable accordingly. Students will commence their new timetable after Mrs O'Gorman has processed these changes.

Form Assembly Thursday 17 October:

Ex-student, Stephen Tredinnick addressed the students, HSC class 2013. Stephen talked to the students about how he had a plan to go straight into a Business Degree at University, but he had to rethink this when he didn't receive a high enough ATAR score. Since he had a part time job working with children, he decided to use his skills in this field and worked in a Summer Camp in America for a while. On his return to Australia, he realised that he wanted to continue working with children and entered *Open Foundation* at Newcastle University so that he could enter a Primary Teaching degree directly. He is proud to say that he has just graduated, and is now applying for permanent positions, other than the causal ones that he has picked up now.

Mr Mcloughlin address the students and spoke to them about only having three terms left to decide and plan for their afterschool life. He suggested that the students sit down with their parents and caregivers to have an open and honest discussion about where each student wants to be this time next year and how they are going to get there. As always, he offered assistance to any student who wants to chat to him about how the school can help.

Mrs Shipman spoke to the students about being part of the *Lions Club Youth of the Year* programme. She outlined the requirements and opportunities that this leadership venture could bring them, and suggested they look on the website for details and applications forms, <u>https://lionsclubs.org.au/activities/youth/yoty/</u>. Mrs Shipman also spoke about the survey that students will complete next week issued by the Lake Macquarie City Council. The survey is anonymous but supplies our Council with information about the needs of the youth of its area so that they can adjust or implement things accordingly.

I took the opportunity to call them "Year 12" since they are starting the HSC course, and asked them to consider how they are going to handle themselves academically and socially this year. I asked them to reflect on their Preliminary year and to question how they wanted their last year of education to pan out. I reminded them that *they* were the main obstacle in their way to achieve their desired goal. I also reminded them that parents and the school will support anyway that we can as long as each student is willing to try their best.

The whole cohort will be attending the *RYDA Road Safety Education* course on Tuesday 12 November at Broadmeadow Showground. (see flyer below). As always this is a compulsory school day but at a different venue. Details of times and cost will be available at a later date.



Mrs Cayte Pryor Student Coordinator cayte.pryor@mn.catholic.edu.au



Welcome back to Term 4 and the final few months of Year 9. This term is jam packed with academic work, fun activities and End of Year Activities in the last week. We are also working on selecting the future leaders of our school and the **Leadership Day** and **Burn Bright** will be a great catalyst for students to make themselves known and demonstrate their potential. This day will be held at school on the **28th November** and will help us to select those students that we will have as peer support leaders for 2020. I recommend that parents speak with their children about what the opportunities and experience in leadership can offer for the future, and each student will be given the opportunity to nominate for the role. The Leadership Day along with the student's general behaviour and attitude will assist us in selecting those students who will work with Year 7 in 2020.





Alex Holliday- (Year 9) -Sporting Achievements so far...2019.

The following list shows the extent of Alex's skills across a variety of sporting codes, all at an elite level.

- Represented Newcastle City Touch for State Cup in Feb 2019 and re-selected (2019-2020) (in Port Macquarie)
- Selected to play CCC for Touch football (in Nelson Bay)
- Selected to play for Wildfires Rugby Union and won State Champs (Crescent Head)
- Selected to play for NSW Country Rugby Union (in Newcastle)
- Played Rugby League for Wests Newcastle 1st division and won the grand final and received player of the match
- St Pauls Rugby League Gala Day 20/8/19 St Paul's were runners up and Alex received player of the match (in Windale)
- Selected to play for Newcastle Junior Rugby League Rep Team (tournament in Blacktown)
- Selected to be a part of the NSW 16's Girls Origin Development Team (NSW Rugby League Centre of Excellence)
- Played the Koori Knockout for Newcastle All Blacks (in Tuggerah)
- Played in the NSW State Cup for Rugby 7s for Randwick Magic and won (in Forster)

Congratulations Alex, we look forward to watching your diverse sporting career as it develops in the future.



Elisa Milajew Student Coordinator and Religion Teacher



English News

Humans of St Paul's

As part of their Learning Portfolio, Mrs Stanley's Year 12 English Studies class interviewed a mentor who had inspired them during their time at St Paul's. They entitled it 'Humans of St Paul's' to reflect the popular 'Humans of New York' website, and to incorporate the common module studied in their HSC year 'Texts and Human Experiences.' They asked a series of questions to their mentor and then drew from these to formulate a unified response.

Mrs Sophie Stanley English Teacher



Ryan Stanley Interviewed Lachlan Jones from Year 12.



"The ski trip is by far the fondest memory from St Paul's, even though I cannot snowboard at all. It was a great time to spend with my friends. We are already planning to go again when school is over next year. I would have to say all the new friendships at St Paul's that I have formed this year have surprised me. The old friendships are even stronger. Being at St Paul's has made my friendships so much better. In terms of school, I would be most afraid of my ATAR and my results at the end of the year. I will not lie, I am very scared about leaving St Paul's because I do not have a job to go to after school is over and it is such a safe community, but in other ways you have to move on and see what life has to give. My best friend Ryan has been my most significant role model at St Paul's. He has always been there for me. He has helped me in so many ways. I do not know if I would have been able to get through school without his support and funny humour."

Mariane Serrano interviewed Janine Turton, Support Staff and Kitchen Assistant



"So far at St Paul's, my happiest moment was seeing my son graduate 2 years ago. ArchiPaul night is the most memorable experience at school for us because it's a massive week where we stay up late and it's really fun to work with the kids. It helps that they have such a good attitude on these nights. ArchiPaul's always fun and enjoyable. The teachers that I work with are a great team, so I think we help each other in a lot of ways. I help them find recipes and other things and I'll help them out as much as I can. What has changed about St Paul's since I've been here is we had a new Principal start but not much has changed in the community as everyone gets along well but obviously there are new buildings, a new library and office. My most significant mentor and friend at this school is, I have to say, Mrs Grant and Mrs Anderson because I can't favour one over the other! They are the two teachers I work with the most and they are both just great people and teachers.

My biggest fear is that we might one day lose the sense of community we have here at St Paul's. As a school, we always work together really well and I'd hate to see that change. I don't want people to become so caught up in their own roles, and how busy they are, and forget to care about the people that are around the school. We are a good community and it would be nice to think that it would stay that way."

Isabella Kljajcic interviewed Jo MacDonald, Learning Support Assistant (LSA)



"St Paul's is the best place that I have ever worked in. I love the students and every day that I come to school to see all the beautiful smiling faces. It always makes me feel happy, even if I've had tough morning. My aim is to ensure all students have the opportunity to learn but also to experience a joyful moment in their day. The teachers that I work with are amazing and I have made so many wonderful friends here as well. I get up every morning and I cannot wait to come to work! The 2019 Year 12s are very special to me as I have followed their journey since they were in Year 8. I'm going to miss them, and I will even cry when they leave, but I wish them all the best for their future. I feel the St Paul's has set many of these students up to have a fulfilling life with fond memories to look back on too"

Renalyn Serrano Interviewed Alice Grant, Hospitality Teacher and Leader of Pedagogy (TAS)



"In terms of school and St Paul's, I am so blessed and honoured to be a part of such a wonderful amazing community. I love the people, obviously, and they're the most important thing about our community. We all help each other but we also have a lot of fun together. The staff are good fun. When you walk through the playground and the students come up and say "hello!" it's a great feeling. It really is a warm-hearted place to come to every day! Plus, I absolutely love the functions and catering, where the place gets busy and we all work together to cook different food for the staff and guests. I feel a sense of accomplishment and it so rewarding for us after all the hard work we've done. I have a lot of happy moments, but probably one would be when the students who have left come back and tell what they're doing! They pop in and say hello and share their post-school experiences, and that makes me feel all warm and fuzzy. I've also had a lot of funny experiences with some of my students which are memorable, where one of my students accidentally set his schoolbag on fire! Eventually all the memories,

experiences blend into one after a little while! What I really enjoy is the staff, I've had a lot of great time with the staff over the years, especially with Mrs Anderson, Janine and Ms Ellis. Mrs Anderson is obviously one of my biggest role models and a great friend. We hang out and talk about numerous things inside and outside of school. Everyone needs a friend like her. As far as role models go, Mrs O'Gorman has been really supportive of me in my role moving forward. Then there is Mr Bush, he just makes me laugh and cry! I've had a lot of wonderful students assist me from just carrying things through the playground, like you'd walk through the playground and someone would offer to help you, so that's very nice and I'll always appreciate that! I've also had lots of students come in and do extra shifts on café as a favour for me and assist me in the kitchen if I have functions on. Mrs O'Kane is in a lot of my classes and she is absolutely amazing in what she does and supporting me in the classroom, so she needs a big gold star too as she stands out for me as far as learning support. Overall, someone amazing told me "work hard, be kind and amazing things will happen" which is something I have been holding onto for quite a while now. This has brought me to where I stand today. Plus, education is the key to unlocking the world, a passport to freedom."

William Turnbull interviewed Kim Adamson, Student Services Manager.



"I think what I'm most afraid of right now, in terms of our St Pauls' community, is there are lots of changes happening and the unknown can be very scary. I am slowly getting closer to retirement and the thought of leaving the St Paul's community is really scary. Not having St Paul's as part of my community is a very sad thought. My whole family has either attended the school or worked here. Both my parents have worked here, as well as myself and my sister. My cousins and my own children have all attended this school, and I have my youngest starting next year. My eldest is now doing casual work here too. I think what has surprised me the most in my time at St Paul's is the growth of the school from when I was a student. In my first year in 1984 there were less than 200 students but now the school has nearly 1000. I never imagined it would ever get this big. My most memorable moment has to be when I was working in Learning Support 15

years ago. There was a student who was having troubles and when he left, he gave me huge hug and said thank you. He now has a great job and is doing really well. I also enjoy meeting the new students and the Year 12 clap outs are very special. This school has helped me so much because all the staff are really helpful every day and the school community very welcoming. We always give new staff a great welcome and make them feel part of the community. The whole school has changed so much over the past 17 years; from demountable buildings to beautiful architecturally designed classrooms. Since I've been here, the St Paul's community has given me many friends. All of the staff are leaders, and are good at what they do and know how to do it well. I have so much admiration for what the student co-ordinators do for our students on a daily basis."

Equestrian news

Molly Callinan once again competed at the elite level in Equestrian. She competed at the Pony Club Australian National Championships during the school holidays The event was held at the Sydney International Equestrian Centre from Monday 7th October until Sunday 13th October.

Molly's mother Lesley wrote the following report about the event:

"As this was a National Championship there was a long selection process for riders with results being submitted from previous pony club State Championship events, local events and Equestrian Australia events.

Molly was selected for dressage, she was required to compete in a warm up test on the Tuesday and then 3 other tests over 3 days in the Elementary level.

Molly and her little pony Merrindale DeNiro (Danny) tried their hearts out, she was lucky enough to win all 3 dressage tests, these results then enabled her to take out the following:

Sub Junior Elementary Australian Champion 1st Sub Junior Rider Australian Champion Sub Junior NSW Team Australian Champion

As always we are super proud of Molly and her achievements."

We once again congratulate Molly for her achievements and are very proud as a school. We would also thank Molly's mother Lesley for making the opportunity available for Molly to compete.

Mr Michael Reville PDHPE Teacher



Lawn Bowls News

Two St Paul's teams competed in the Hunter Region HIGH SCHOOLS 'Let's Play Bowls' Competition on Monday 21st October.

The Year 11 team of skipper Matthew Webster, Brock Jacobson, Ethan Parkes and Bailey McDonald were drawn in a tough pool, facing St Pius X, Callaghan College and Newcastle High. Despite obvious improvement and some flashes of brilliant bowling, the team failed to register a win.

In their first pool game the Year 10 team, Flynn Guest, Callum Stalling, Joshua Willis and Andrew Wilson, were beaten by last year's champion Hunter River HS. They then suffered a narrow one shot loss to eventual 2019 winners Callaghan College. In the final pool game a strong team effort saw St Paul's register a morale-boosting victory over our old nemesis St Pius X.

Congratulations to all St Paul's lawn bowlers for their efforts on the day and for being fine ambassadors for the College.

Page 9



Mr Brad Melville Sports Coordinator



From the Careers Desk





What will future work look like for you?



In the future, could you be a robot ethicist? An off world habitat designer? A personal brand manager? A biofilm plumber? A smart dust wrangler?

Everyone has characteristics that make them unique. Different people have different combinations of interests, aptitudes, and skills.

This job explorer tool has been designed to identify some of your career interests and aptitudes. It is not a fully detailed assessment — while you may have stronger interests in some areas than in others, you may also find that you can relate to more than one.

On the basis of your answers, the job explorer will recommend some of the '100 Jobs of the Future' that may be a fit for you.

https://100jobsofthefuture.com/quiz

Attention Yr. 12 Students

RSA/RCG Courses 2019

(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 who have registered will also need to bring a valid photo ID on the first day and have their USI number.

So you have an interview - what now?



Finally, after sending off what seems to be hundreds of resumes and letters, you receive a call and have a job interview – how do you prepare? Do well?

What should I wear?

As a general guide, dress neatly in the type of dress employees would usually wear in that workplace. Make sure that clothes are ironed, shoes polished, jewelry is conservative and hair is tidy.

What should I take to the interview?

Take a folder with the letter and resume you sent through for the application, original and copy of certificates, references, work samples etc.

How do I prepare for the interview?

Research the company – look at the website, learn about their products/services. Write down the names of key people in the business from the website.

Prepare answers to possible questions the interviewer may ask, and have a couple of questions of your own ready. <u>Youth Central</u> have some good ideas on this.

Know how to get to the interview.

Find out the name of the person/people who will be interviewing you. If you forget to ask this when you are contacted about the interview, it is fine to ring and ask.

Top Interview tips ...

Plan to be there about 10 minutes early.

Go in to the interview by yourself – don't have your parent with you.

First impressions count – practice saying hello, and shaking hands.

Practice before hand with a friend or family member.

Aim to speak clearly, take a breath before answering, and look at the interviewer.

Always be positive – don't make negative comments about a previous employer.

Summer holidays - Get a part time job?

Lots of people are looking for employment at this time of year – either a part time job for the summer school holidays, or full time employment as a school leaver or gap year student, or even as a graduate!

Depending on where you live might influence the availability of positions, but the retail and hospitality industries tend to be busy over the Christmas and summer period especially! So... to find a job:



Update your resume – see your school careers website where you will find a template to do this under the 'student secure area'

Cold canvass potential employers – introduce yourself to prospective employers who might need extra help over the busy holiday period – be sure to leave your resume and contact details!

Respond to advertisements in the local paper or websites

Apply on-line to the 'chains' – some ideas and links below:

www.mcdonalds.com.au/learn/careers

www.bunningscareers.com.au/opportunities

www.wowcareers.com.au

www.colescareers.com.au

www.kfcjobs.com.au/team/apply.aspx

http://careers.superretailgroup.com.au/rands/supercheap-auto

www.kmart.com.au/jobs

www.myer.com.au/p/about-myer/careers

Beyond School Study Guide

The new <u>Beyond School Study Guide</u> 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.



Important Dates for Term 4 2019

2019 NSW HSC students:

Tuesday 17 December 2019 NSW HSC results released by NESA Statement (including ATAR after this date. ATARs released by UAC on UAC's website and the My UAC app from 1pm

Yr. 10 Transition- Senior enrolment Evening.

Monday 25th November

12th 13th November-RSA/RCG Courses

Career Links Junior Positions Vacant



These links are available on the SPCCB Careers Website and emailed to students in Years 10/11/12 through their school email accounts each Monday. Examples are:

FIND THE ALDI IN YOU	<u>Junior Dental Assistant</u> 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
Retail Assistant - Warners Bay & Cardiff	possible training opportunities within Tafe.
- 15hrs p/w	We are looking for someone who will:
At ALDI, our people are the key to our success. We're looking for high energy team members who love to keep	- Be confident within their job
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	- Have a friendly and caring nature
nature, so you'll need to enjoy hands-on work and meeting deadlines and our shifts can start at 8am some momings, and finish at 10pm others, so being flexible and available any 5 out of 7 days	- Competent with technology
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.	- Outstanding Communication Skills
What's in it for you?	- Ability to think and learn quickly
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	- Empathetic
Existing programming and development. Rotating roster and limited contracted hours. e weeks annual leave	- Responsible
 Work alongside friendly and supportive colleagues You will be responsible for: 	- Have initiative and be willing to work in a fast paced environment.
Maintaining and replenishing stock storewide Operating manual pallet moving equipment	- Be flexible working extend hours and possible Saturdays.
Operating internal pains more geoperation Merchandising stock storewide Serving and assisting customers in a professional and efficient	This Position is a casual with potential for full time employment in the future.
manner Operating tills and calculating change manually	Please apply to <u>Khonnerv@paulbeathdental.com.au</u>



Mr Craig McLoufghclin Careers Adviser Dear Students, Parents and Carers,

Another busy term for Duke of Ed participants. We have had another student complete their Bronze award last term. Well done to **Alysha Toomey of Year 12** who has worked hard for the last 6 months to receive this commendable award. We currently have around 16 students participating in the award, with some of those year 10 students very close to finishing!



We are hoping to get the Bronze and Silver Award up and running again this term so if you are interested please see Mrs Dufty at school or email on <u>Jessica.knott@mn.catholic.edu.au</u>.

The Duke of Edinburgh Award has now been running at St Paul's High School since 2010. The Award is a selfdevelopment program available to all students 14-25. The award is non-competitive and encourages young people to set and achieve goals at a level appropriate to their needs. We have a number of students across years 9-12 completing all three levels of the award. It is a fantastic opportunity for students to gain confidence, skill and have a fantastic time!

There are four sections to the award: **Volunteering, Skills, Physical recreation and Adventurous Journey**. These activities provide an opportunity for students to acquire and develop skills and build initiative and self-esteem, which will help them become more confident and contributing members of the community. The Award is highly regarded in many scholarship applications, university applications and employers.

Participants design their own program by selecting and participating in activities (for a minimum 3 months) they are interested in, setting their own goals and striving to achieve their own potential. The Award has three levels: **Bronze, Silver and Gold.**

To attain the **BRONZE AWARD** students need complete the following Sections:

Skills: Such as learning/improving on a musical instrument, studying a new language, learning to drive, learning to cook.

Physical

- **Recreation:** Participate in an individual or group physical activity. Eg weekend sport, going to the gym etc.
- **Volunteering:** Voluntary unpaid community service such as peer reading, "meals on wheels", or surf life saving. (This can also be organised and done at school).

Adventurous

Journey: Complete Preliminary Training, a Practise Journey and then a self – sufficient Qualifying Journey (a total of 2 overnight trips). This will be run with experienced trainers, along with the help of St Paul's High School Staff. All equipment can be provided for these camps. This Adventurous Journey section will incur a cost beyond the award entry fee. The cost usually depends on participant numbers.

If your child is interested please don't hesitate to email me at <u>Jessica.knott@mn.catholic.edu.au</u>. Alternatively you can also check out the award on <u>http://www.dukeofed.com.au/</u>. We will also be running a student information session at lunch early in the term for those interested in starting the award or continuing on to Silver.





Mrs Jessica Dufty Duke of Ed Coordinator



From the Finance Office

For all Finance enquiries please use the following email address: finance@booragul.catholic.edu.au

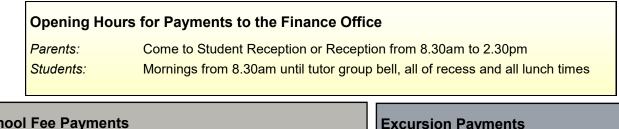
To calculate your Weekly, Fortnightly or Monthly payment amount, please go to our Website and use the calculator. <u>http://www.booragul.catholic.edu.au/about-us/finance/fee-calculator/</u>

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



- School Fee Payments **Excursion Payments** 1. Qkr 1. Qkr 2. BPay through your own home banking via the Internet 2. Eftpos Minimum payment \$10 3. Eftpos Minimum payment \$10 3. Cheque Cheque 4. 4. Cash
- 5. Cash

QKR is a great way to pay fees and excursions For more information about QKR visit our website by MasterCard www.booragul.catholic.edu.au For your convenience, when paying for excursions the new Qkr! app is now live for families of our students. Qkr! by MasterCard can be downloaded for free from Apple's app store for iPhones, iPad users can also download the IPhone app or from Google Play for Android phones. Simply: Step 4 Register your children Step 1 Download Okr! Step 3 Find our school Step 2 Register on your Android phone or iPhone. iPad users When first accessing your school menu, you Scan the OR code or search for our school Select your Country of Residence as name. Our school will also appear in "Locations Nearby" if you are within 4kms can download iPhone app will be prompted to register your child. This 'Australia' and follow the steps to register allows you to make school orders on their AVAILABLE ON THE APP STORE of the school behalf **BPA**

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 28 October—Friday 1 November						
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 4 November — Friday 8 November						
Mon	Karen Lee, Kath Liley					
Tues Worakot Walker, Christine Bathman						
Wed Dianne Fennell-Fraser						
Thurs	Rochelle Loveday, Nadine Steenson					
Fri Anne Negline, Susan Noonan, Vanessa Hempson						
Monday 11 November—Friday 15 November						
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						
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 4 2019					
Wk 2	Wed 23 Oct	HSC Exams Continues (until 11 Nov)			
VVK Z	Thurs 24 Oct	Year 9 Fort Scratchley Excursion			
	Mon 28 Oct	Year 11 Society & Culture Excursion			
	Tues 29 Oct	Year 8 Orienteering Day			
Wk 3	Wed 30 Oct	Year 11 Reports published			
	Thurs 31 Oct	Year 11 Semester 2 Awards Ceremony			
	Mon 4 Nov	Year 11 Parent/Teacher Interviews			
Wk 4	Thurs 7 Nov	Year 10 Vietnam Immersion Day			
	Mon 11 Nov	Year 7 2020 Orientation Evening			
		CCC Basketball Championships			
Wk 5	Tues 12 Nov	CCC Basketball Championships			
	Thurs 14 Nov	Year 10 Exams commence			
	Fri 15 Nov	Year 12 Graduation Formal			

Please see website for further Calendar dates

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

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





Saturday 23 November 2019

\$25 includes morning & afternoon tea I byo lunch 230 Fairlight Rd, Mulgoa Sr Mary Louise Walsh rsvp 20 Nov info@schoenstatt.org.au I (02) 4773 8338

Annual Pilgrims' Retreat for Men and Women 2019

Friday 1" at 7pm to Sunday 3rd November at 3pm Mt Schoenstatt, Joseph Kentenich House 230 Fairlight Road Mulgoa NSW 2745

Theme: "They have no more wine!" (John 5:8)



Presenters: Father Pawel Barszczewski OP Sr Luisa Maria Fabre ISSM

Cost: \$170 includes registration fee, all meals, twin share accommodation; \$200 for single room accommodation; \$60 for day participants

For more information please contact: Edna Aldana 0403 160 584 or Sr Luisa Maria 0439 537 976

Bookings: <u>info@schoenstatt.org.au</u> Phone (02) 4773 8338 Full payment must be finalised at time of booking. RSVP by 20 October 2019

۵

Would you like to improve your fitness, health and wellbeing for free, at your local park? Plus, get an ecofit fitness pack worth over \$50 and vouchers for participating...

Sign up by yourself, with friends or family



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:

 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,

Will have passed the pre-exercise screening test (by answering questions about your health).

Locations

- Cameron Park
- Dixon Park
- Home Challenge
- Islington Park
- Lambton Park
- Speers Point
- + Stockton Foreshore
- + UoN Callaghan
- Wangi Wangi
- Warners Bay
- + Fernleigh Track Adamstown and more to come.





Interested?

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

This project has been approved by the University's Ethics Committee, HEEC Approval No.11 2018-0660. If you have any concern please contact the Human Research Ethics Officer, Research. Smalt Human Ethicsneewcastic.edu.au. Ph. (82):49216333

YOUTH FOR UNDERSTANDING Student Exchange Programs



host families become woven into the fabric of exchange students' lives