



St Paul's
Catholic College
Booragul

The Spinnaker

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Photo by Andy Warren

14 August 2020 Vol: 8-20

Dear Parents and Caregivers,

Last week, two of our sister schools, St Pius X High School and St Francis Xavier College were shut as a result of positive COVID cases. Fortunately, at this time, there are no more cases in the Hunter that are linked to these cases. The experience of those schools has given us an excellent opportunity to reflect on our own practices and processes that we may have to employ if we are subject to a positive case. We have been very proactive in the planning and communication of our processes and I would like to thank all our community for their vigilance in helping us be prepared for the possibility.

One of the interesting lessons from these cases is the role of the media. It would seem that in one of the cases, the media were informed of the possible COVID case before that school was informed! You can only imagine the angst that this caused the community of that particular school. We all know that the media's need to be first with a breaking story, even if the story is incomplete outweighs the need to be respectful and look after all involved. The old concept of the 24 hour news cycle has been replaced by the need to have instant news and constant updates. I am not convinced that it is the right approach.

Our Year 12 students are immersed in their Trial HSC exams. These exams are the final major formal assessment for them in the preparation for their external exams next term. There is a heightened anxiousness for the students as they prepare and complete these papers. The COVID situation is now firmly part of our every day lives and the constant unknown makes it a very interesting time for all our young students. Our staff are working tirelessly to support all our students. Last week, I wrote to our Year 12 wishing them luck and clear heads for the exam period as we all assure them that as a community we are working very hard behind the scenes to make their final school celebrations as meaningful and memorable as we are able given the COVID restrictions we all face.

The 8th of August was the Feast Day for St Mary MacKillop, Australia's Saint. I commend this short reflection to you from Sr Monica Cavanagh, who is congregational leader of the Sisters of St Joseph of the Sacred Heart, the order co-founded by St Mary MacKillop who said there was possibly no better time to remember the outstanding nun, who like many Australians impacted by COVID-19, experienced loneliness, isolation, and even restriction of movement.

Sr Cavanagh said St Mary MacKillop, who suffered ill-health for much of her life, would be close to those whose health have been impacted by COVID-19.

Her courage in the face of adversity, Sr Cavanagh said, was what Australia needed to get through the pandemic.

"I think one of the great qualities was her capacity to persevere in the face of adversity," Sr Cavanagh said.

"That quality I would then name as courage – she was a courageous woman.

"One of the lovely things in the midst of all of this is Mary shows her humanity.

"She never lost sight of the God who loved her, but she didn't deny that she felt those things.

"I think she'd say to us, don't deny what you're feeling, because those feelings are real, but they can be a pathway to hope and faith."

For St Mary MacKillop, that pathway was often paired with an act of charity and compassion, to quote her famous phrase: 'Never see a need without trying to do something about it'.

Sr Cavanagh said she hoped on St Mary MacKillop's feast day that Australians would find their own way to do "the MacKillop thing".

*“What I’d be saying to people is what’s the MacKillop thing that you can do on this feast day?” she said.
“We’re not going to be able to gather to celebrate in the ways that we would normally, so is there a MacKillop thing I could do through someone living near me, through making a connection.
“She’d be encouraging us to use all those means of connections, and really just to be that little word of hope or word of kindness for people.”*

St Mary MacKillop’s guiding principle - *“Never see a need without trying to do something about it”* is such a simple yet powerful statement. It is so essentially Australian yet it speaks to the entire world. In this time of great uncertainty, I commend this principle to all in our community. I also ask that you pray for those who have lost family members both here in Australia and around the world and those who have been affected by this virus both physically and emotionally.

Stay safe and go gently.

Mr Graeme Selmes
Principal



COVID Contact Details:

We ask that if you have had any changes to your **contact details** that you inform the College so that our contact database is up to date. This includes addresses, home and mobile phone numbers as well as email addresses.

Thank you
Mr Selmes

Drop off and Pick up of students

I would remind parents and carers that drop off and pick up in the college grounds is not possible

This is a work health and safety issue for our community as we are trying to ensure students catching the buses are kept safe. Sadly, we have some parents who, for some reason, believe that the expedient picking up of their child takes precedence over the safety concerns of others. They have even been known to challenge staff quite rudely when they are reminded of their responsibility. I hope that we can all work together to make the driveway as safe as we can.



As I visit classrooms throughout the week, I am always struck by the variety of learning experiences our students engage in. It is testament to the dedication of our teachers and the expectation we have for students to come to class ready to learn. In one particular class students were working in groups to solve a problem which related to an environmental issue and I asked students what was important about their learning. Many students were able to relate their learning to the impact they can have on the world around them. This reflects the wider purpose of education – it is not about the mark in the exam, the grade on the assessment or who comes first. The greater purpose of education is to teach students about their place in the world and the positive impact they can make to the wider community beyond the school gates. This reflection provides a sense of perspective as we look ahead to events taking place in the coming weeks.

Year 12 HSC Trial Examinations

This week started with Year 12 Trials and, as students gathered in the Damascus Centre before the first English examination, there was certainly a buzz of anticipation among students. It is important to acknowledge the journey our Year 12 students in particular have been on over the past few months. The resilience they have shown and tenacity to maintain their studies is admirable. The words of author Robert Collier serves to remind us that success is not the sum of an examination but intrinsically linked to our efforts:

'Success is the sum of small efforts, repeated day in and day out'

~ Robert Collier

As a College community we uphold our Year 12 students in our prayers as they complete the HSC Trial examinations over the next two weeks. If students require support over this period of time and coming into the HSC examinations, they are encouraged to speak with Mrs Pryor, Mrs Shipman or myself.

Edrolo

To further support our Year 12 students and to assist Year 11 students in develop a consistent approach to their studies, we have provided students with a subscription to Edrolo. Details of how to activate student accounts was provided to students this week.

Edrolo is a comprehensive, online, interactive video and examination simulation resource for Year 11 and 12 students. We have evaluated the resource and expect it to be an incredibly valuable tool for our Stage 6 students. We will use Edrolo as a teaching and learning tool to further enhance what our teachers and students are doing day-to-day. Our teachers will be provided with training on how to best utilise the resource and will guide students to use Edrolo in a range of ways across the year, including holiday homework; pre-class work; post-class consolidation; assessment preparation; and exam revision.



Year 10 HSC Minimum Standards testing

Year 10 students have been completing minimum standards tests for numeracy, writing and reading during class time. It is important for students to be reminded that these are skills which are acquired during the day to day learning and do not require any special preparation. The results for reading will be made available to students this week, with all students who have completed the tests achieving the minimum standard. Numeracy and writing will be taking place in class over the coming weeks. Students are reminded that they have four opportunities this year to complete the tests and we will work with all students to ensure they have achieved the minimum standard by the end of the year. More information about the HSC Minimum Standard can be found at the following link:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-minimum-standard>

Year 9 2021 Elective Course Selection

Last week Year 8 students engaged in a series of workshops to provide them with information regarding their elective selections for next year. These workshops were well received by students and their electives will be confirmed in the coming weeks. Elective courses are an opportunity for students to have some advocacy over what they study and we are able to provide students with a wide selection of courses to select from. This is an exciting time for year 8 and marks the beginning of the transition to Stage 5 (Years 9 and 10).

What is the difference between study and homework?

This is a question I have heard on several occasions this term, especially as students progress through secondary school. The information below is an important message for all students, but in particular Year 11 as the term will conclude with Year 11 examinations in weeks 8 and 9.

Teachers are actively working with students to assist them in developing positive study habits to prepare them for the rigours of senior studies. Generally, homework encompasses activities assigned by the teacher which are there to assist in consolidating, extending and enriching the College's academic program. Research has shown an appropriate type and amount of homework improves students' study skills and their attitudes toward school and helps learning take place outside the classroom. The type and nature of homework varies depending on the subject, the student's level of learning and the stage in the academic program.

The three main types of homework are:

Practice exercises - providing students with the opportunities to apply new knowledge, or review, revise and reinforce newly acquired skills.

Preparatory homework - providing opportunities for students to gain background information on a unit of study so that they are better prepared for future lessons.

Extension assignments - encouraging students to pursue knowledge individually and imaginatively. Extension activities encourage students to transfer knowledge and skills to new situations.


Homework is an effective way in which students can develop self-regulation skills which will serve them well as they progress through school and beyond. Furthermore, homework provides a mechanism for students to receive feedback on how they are going in a subject and to identify their next steps for learning.

Study, on the other hand, is a student directed activity which refers to time spent reading and processing material, either to review what has already been covered, or to prepare for future classes. Many students think of studying as something they do to prepare for an examination. However, it is best to set aside regular time for studying to be sure you understand all the concepts you are learning in class and do not fall behind.


Studying includes creating flashcards, taking detailed notes, practising examination style questions, making outlines, and reading. The techniques students employ can vary but the most important message, especially for our senior students is to make a study timetable and aim to complete at least 30 minutes of study per 2-unit subject five nights per week.

Mrs Amber Carter

Assistant Principal—Teaching & Learning



Prayer for Examinations



God be with me as I take these exams.
Keep my mind alert and memory sharp.
Calm my nerves and help me concentrate.
I know that you walk with me,
Guiding my path and inspiring my heart.
I pray that your presence helps soften the
pressure I feel.
Help me to do the best I can,
And I ask this for my fellow students as well who are
here and in all other schools.
I pray that your light illuminates my path
beyond this time.
In Christ Our Lord,
Amen

My how time flies! We just started the Term and now half way through!

Year 12 have just embarked on their Trial HSC Exams this week (10 - 21 August). They have approached them well and steady with only a few doubts and worries each morning as they enter the Exam. I attach the Trial Timetable for your perusal. I hope that the students are recognising the support they have at home in their family, and utilise all other support resources that are available for them.

When the students return to class after the Trials, they will only have four weeks of learning left to finish Courses and revise for the HSC Exam. This unfortunately, leaves no time for relaxation or even breathing! As such, a steady home study routine is imperative right up until the last day of school. A reminder that the school has supervised Study sessions from 3.15 for about an hour each Monday and Wednesday afternoon, where students can collaborate, or arrange a meeting with a specific teacher for assistance.

Week 10 Graduation events are being discussed and organised under these new COVID rules. They will still be a time of memory and celebration. They will obviously be "unprecedented in these unprecedented times" (Aldi add!) and are being discussed within a purpose-made committee so that Year 12 have a Graduation to remember.

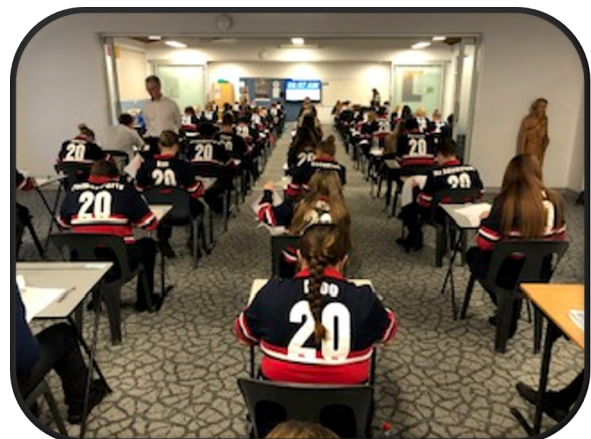
The last of the Jerseys have finally arrived and the students look great in them - they chose well! The students are allowed to wear them on Monday, Wednesday and Friday this year only. Normal full winter school uniform is to be worn on other days, otherwise a uniform detention will occur. I would ask parents to encourage their senior child remains respectful of the proper wearing of the uniform right up until the last day. This demonstrates the students respect for the school they have been part of for six years, to the rest of the community, which is a sign of leadership.

Best wishes

Mrs Cayte Pryor

Student Coordinator

cayte.pryor@mn.catholic.edu.au



HSC Trial Examination Timetable



YEAR 12 2020 HSC TRIAL EXAMINATION TIMETABLE Week 4

	Monday 10/8			Tuesday 11/8			Wednesday 12/8			Thursday 13/8			Friday 14/8		
	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue
AM	8:55 – 10:35 1h 40m	English Standard Paper 1 (61)	B01/ B02 / B03 / Chapel	8:55 – 11:00 2h 5m	English Standard Paper 2 (61)	B01/ B02 / B03 / Chapel	8:55– 12:00 3h 5m	Food Technology (8)	B01	8:55 – 10:30 1h 35m	Catholic Studies (67)	B02 B03/ Chapel	8:55 – 12:00 3h 5m	Business Studies (26)	B02 B03/ Chapel
	8:55 – 10:35 1h 40m	English Advanced Paper 1 (50)	B01/ B02 / B03 / Chapel	8:55 – 11:00 2h 5m	English Advanced Paper 2 (50)	B01/ B02 / B03 / Chapel	8:55– 12:00 3h 5m	Physics (5)	B01	8:55 – 12:00 3h 5m	Studies of Religion (2U) (28)	B01	8:55 – 10:30 1h 35m	Studies of Religion (1U) (57)	B02 B03/ Chapel
PM				12:55 – 2:30 1h 35m	Industrial Technology (6)	B01	12:55 – 4:05 3h 10m	Ancient History (14)	B01	12:55 – 4:00 3h 5m	Invest. Science (6)	B02 B03/ Chapel			
				12:55 – 2:30 1h 35m	Textiles and Design (8)	B01	12:55 – 4:00 3h 5m	Earth & Environ Science (12)	B01						

- Catch-up exams will occur during the exam block where possible. Disability provisions will be located in the B BLOCK Rooms B4 to B9
- Times provided on the timetable incorporate reading time.
- Students are also to be familiar with the Rules and Procedures for examinations which has been made available with the timetable.
- Students are to note that this is the formal notification for their examinations. Individual course notifications will be provided to give further clarity on the requirements of the examination.
- Students who are completing external Trial examinations at alternate venues will catch up their school-based Trial examination in week 6.



YEAR 12 2020 HSC TRIAL EXAMINATION TIMETABLE Week 5

	Monday 17/8			Tuesday 18/8			Wednesday 19/8			Thursday 20/8			Friday 21/8		
	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue
AM	8:55 – 12:00 3h 5m	Engineering Studies (15)	B02 / B03 / Chapel	8:55 – 11:05 2h 10m	Mathematics Standard 1 (21)	B02 / B03 / Chapel	8:55 – 9:50 55mins	Drama Theory (6)	B02 / B03 / Chapel	8:55 – 12:00 3h 5m	Biology (59)	B02 / B03 / Chapel	8:55 – 11:05 2h 10m	Mathematics Extension 1 (9)	B01
	8:55 – 12:00 3h 5m	Community & Family Studies (21)	B02 / B03 / Chapel	8:55 – 11:35 2h 40m	Mathematics Standard 2 (85)	B02 / B03 / Chapel	8:55 – 11:35 2h 40m	French Beginners (6)	Own rm CHC				8:55 – 10:00 2h 5m	Hospitality Theory (51)	B02 / B03 / Chapel
				8:55 – 12:05 3h 10m	Mathematics Advanced (18)	B01	8:55 – 12:00 3h 5m	PDHPE (36)	B02 / B03 / Chapel				8:55 – 10:00 1h 5m	Music (6)	C08
				8:55– 12:05 3h 10m	Mathematics Extension 2 (5)	B01									
PM	12:55 – 4:00 3h 5m	Chemistry (14)	B02 / B03 / Chapel	12:55– 2:30 1h 35m	Visual Arts (16)	B02 / B03 / Chapel	12:55 – 4:00 3h 5m	Legal Studies (29)	B01				12:55 – 4:00 3h 5m	SDD (4)	B01
	12:55 – 3:00 2h 5m	Society & Culture (23)	B02 / B03 / Chapel	12:55– 4:00 3h 5m	Modern History (12)	B02 / B03 / Chapel	12:55 – 3:30 2h 35m	Construction (9)	B01						
							12:55 – 3:05 2h 10m	History Extension (3)	B01						

Please follow the link below to view the recent Diocesan Parent News Term 3—2020:


<http://www.booragul.catholic.edu.au/media/3888/parent-news-term-3-2020.pdf>



Every teen should know...

LIFE SKILLS
EVERY TEEN SHOULD KNOW
They also build social-emotional skills.

- WHAT IS SEL?**
Social and emotional learning (SEL) is the process of understanding and managing emotions, goals, empathy, relationships, and decisions.
- Find Solutions to Problems**
It's great to ask for help and go to the right people when you need it, but it's also important to discover your own ways to solve problems. Relying on yourself is critical to being independent.
- Being Flexible**
Things may not turn out as you hope but being able to be okay with a new path will help you be more resilient.
- Admit When You've Made a Mistake**
The character of a person shows in the way they behave. Learn to be confident about your abilities, so you develop healthy behaviors, like apologizing when you're wrong and choosing not to smoke because it's unhealthy.
- Make an Appointment**
Learning skills that require phone calls and asking for detailed information builds communication skills.
- Keep a Planner and Use It**
Developing organizational skills gives you self-awareness about how you need to structure your life's tasks.
- Coping With Emotions**
It's not okay to cry over everything or throw a tantrum, anymore. Those days are over. Instead, find positive ways (like running or cooking) to calm yourself down and deal.
- Take Responsibility for Completing Work**
If you only do things when people ask you to—this includes dishes and filling the car with gas—you aren't independent yet.
- How to Cook**
Taking care of yourself requires skills like finding recipes, making food lists, and pulling it all together as a meal.
- Update Your Devices**
Just because your devices are working properly doesn't mean an update isn't necessary. This will help you solve unexpected problems instead of preventable ones.
- How to Find a Job**
From interview skills to writing a resume, learning to work for your money is great for self-esteem and feeling ready for the world.
- How to Stand Up for Yourself**
Learn to ask for what you need and say no to things you don't want. These skills will help you in almost every situation.
- Know the Value of Money**
The best way to learn about money is to earn it, save it, and make a budget to help you spend it.
- Understand Navigation in the World**
Learning to use a map, GPS, and a bus schedule promotes self-awareness and social-awareness. There's a world of rules about how to get yourself around with or without your own transportation.
- Turn Your Phone Off When You Need to Focus**
Don't rely on your ability to resist your phone's notifications. People have spent millions to develop apps that get you to pay attention to your phone. Instead, turn it off when you need to drive, walk someplace, or do your homework.
- Filling the Car With Gas**
Just because you've been to a gas station doesn't mean you know how to recognize your tank is low, remove the gas cap, and fill it properly. Maintenance pays off when you have a car that works every time you need it.
- Bounce Back When a Relationship Goes Sour**
If you think things will always go well for you, think again. But that's okay, it's how you recover from tough times that shows how resilient you are.

 **Allstate Foundation** AllstateFoundation.org
The Allstate Foundation empowers young people—and those that guide and teach them—with skills and confidence to change the world.

7 SMART TIPS TO STUDY FOR A TEST WITHOUT CRAMMING

Research shows that cramming negatively affects your body and brain functions – and eventually, your exam results. Here are 7 useful and effective study tips for your next round of examinations.

- 1 IDENTIFY YOUR IDEAL STUDY TIME**
 - Identify the time your attention and concentration is at its peak
 - Studying during these peak times allows you to breeze through tedious tasks like memorization
- 2 PRIORITIZE DIFFICULT SUBJECTS WHEN STUDYING**
 - Use your energy and brain power on the more difficult subjects first, save the easiest for last
- 3 FIND A CONDUCIVE PLACE FOR STUDYING**
 - Your study space plays a crucial factor in how we execute different tasks
 - Choose a study space that allows you to focus and concentrate
 - A space that's quiet, organized and free from distractions is ideal
- 4 TAKE A BREAK AND RELAX**
 - Do not overexert yourself
 - Exhaustion will prevent your brain from effectively absorbing information
 - Take an occasional 5 to 10 minute break between subjects
- 5 GET ENOUGH SLEEP**
 - A solid night's sleep allows your brain to take a break and prepare for tedious mental activity
- 6 EAT PROPERLY**
 - Proper nourishment is necessary for the body to function properly
 - Researchers suggest dark leafy greens and carbohydrates are good for the brain
- 7 STUDY DAYS AHEAD**
 - Spread out study time days before the exam to allow enough rest in between study days, and ample time for all subjects
 - Planning ahead will reduce anxiety from lack of time

Remember: You need to take your studies seriously but not at the expense of your health (or your sanity).

For smart and effective study tips visit blog.scitechleaders.com/how-to-study-for-a-test

The National Academy of Future Scientists and Technologists

Virtual Academy

Virtual Academy update

The Year 7 and Year 8 Virtual Academy students are continuing to work on their modules this semester. Taj Williams and Grady Platt of Year 8 are currently working on a unit based around the concept of 'Agency.' Lucy Teyhan, Tahlia Rowan and Cerys Smith of Year 7 are working on a unit based around the concept of 'Patterns.' I would like to make special mention of Cerys Smith whose work in the Virtual Academy last term was acknowledged by the educators at the Catholic Schools Office. Miss Heath (VA educator) recognised Cerys' "Search for self-improvement and her growth mindset in seeing all opportunities as places to develop." Well done Cerys!

Mrs Lauren McCafferty
Gifted Education Mentor Teacher



Reconciliation Action Planning

Narragunnawali is a word from the language of The Ngunnawal peoples from the Canberra district and the neighbouring country. It means alive, wellbeing, coming together and peace.

St Paul's Booragul has joined with Narragunnawali to create a Reconciliation Action Plan, a formal statement of commitment to reconciliation. It has initiatives that focus on strengthening relationships, respect, and opportunities within the classroom and around the school.

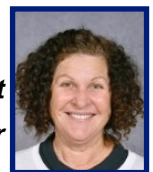
The RAP Program contributes to advancing the five dimensions of reconciliation by supporting schools to develop respectful relationships and create meaningful opportunities with Aboriginal and Torres Strait Islander peoples. In relation to education there has been significant growth in RAPS with the total number of over 4,211(2019) schools and early learning centres developing a RAP.

"We can access data and provide our school with a focus on cultural knowledge, resources and understanding of all our students and curriculum support for our teachers" said Belinda Flood.

During our last meeting we were joined by Bryan Rowe the Aboriginal Education Teacher from St Francis Xavier College Hamilton and San Clemente Mayfield who shared stories and music as we forged strong partnerships between our secondary colleges.



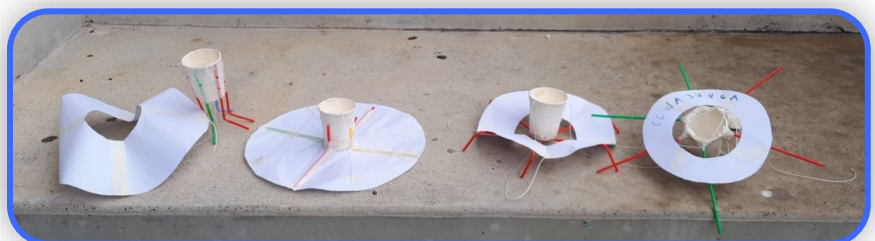
Miss Astro Stewart
Aboriginal Liaison Officer



Year 12 Engineering Studies - STEM problem solving

Over the last 4 weeks of school Year 12 Engineering students have been challenged to solve a number of problems associated with Aeronautics. Their initial problem was to make a "Stomp" rocket from cardboard that would fly as far as possible from the launcher - with James leading the way with his design. Bottle rockets were their next challenge, using 2L soft drink bottles, some cardboard and tape with Brock and Lachlan breaking a record with a 112 metre distance from the launcher - almost over the fence (check the school website for some videos of the rockets being launched). The final challenge asked students to use some paper, straws, masking tape and a paper cup to make a Lunar Lander that could float from as high as possible and safely land with the astronauts still inside the "pod" (marshmallows make great astronauts!!!!), with Jamie, Zac and James helping their astronauts survive from all heights tested. Students enjoyed the experience of being challenged (most of the time) and continued to work through to make some great solutions.

Mr Phil Cassel
Teacher





NSW School Vaccination Program 2020

School vaccination clinics continue into Terms 3 and 4

Year 7 second Vaccination—Monday 19 October 2020

WHAT IF MY CHILD HAS MISSED A VACCINE?

If your Year 7 or Year 10 child has missed any vaccinations throughout 2020, they will be offered these missed doses at the next clinic at school.

WHAT IF MY CHILD HAS NOT RECEIVED CONSENTED VACCINES BEFORE THE END OF 2020?

If any Year 7 or Year 10 student has returned a signed consent form in 2020, they are eligible to receive:

Year 7 - any missed doses of HPV & dTpa vaccine in 2021.

Year 10 – any missed dose of Meningococcal ACWY vaccine in 2021.

ADDITIONALLY:

Any 2020 year 8 student who commenced HPV vaccination while in year 7 and are yet to finish the course of HPV (and who has not received any from their local doctor) can still receive this at the next clinic at their school (as long as 6 months have elapsed).

Please note:

As of July 2017 any student who has missed school program vaccines or any childhood vaccines can now receive these vaccines from their local doctor.

Don't forget a Record of Vaccination is given to each student for each vaccination. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Any questions, visit the NSW Ministry of Health website at:

<http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>

Year 7 second Vaccination—Monday 19 October 2020

SAVE THE DATE TO VACCINATE

Dear Parents/Carers and students,

I touched base with our Duke of Edinburgh students last week to see where they were up to with their award. Unfortunately due to Covid we are still unable to participate in our over-night Adventurous Journey this term. If things improve we may look at doing it in Term 4.



We had some positive feedback from students across Years 9-11 who are currently in the middle of their volunteer section of the award. Before Covid, the students were originally visiting the local elderly home, singing songs and playing games with the dementia ward. I was beyond impressed with the empathy, compassion and maturity our students showed while giving up their time to socialise with the patients. We were told it was the residents favourite time of the week. Unfortunately students will now have to participating in their own local volunteering for the next few months.

Its not too late to sign up, as the Award is self-paced and the over night camp will not be till later in the year. If anyone is interested please email Mrs Dufty Jessica.knott@mn.catholic.edu.au or see me at school Monday's or Tuesday's.

	Service	Skills	Physical Recreation	Adventurous Journey
Bronze Ages 14+	3 months	3 months	3 months	2 days/3 night ¹
	Averaging at least one hour per week on each section, plus a further 2 months in one of the Service, Skills or Physical Recreation sections.			8hrs Training and at least one Practice Journey
<small>¹ With 9 hours of successful effort per day</small>				

Jessica Dufty

Duke of Edinburgh Coordinator




Year 12 After-School Study Afternoons

Year 12 After-School Study Afternoons

St Paul's have been providing staff supervision for After-School Study Afternoons for Year 12 **only** in B07/08.

This will occur on Monday and Wednesday afternoons between 3.10 and 4.30pm.





DID YOU KNOW THAT WORK BEING DONE TO SUPPORT GIFTED EDUCATION IN OUR SCHOOLS SUPPORTS ALL OUR STUDENTS?

JOIN US FROM THE COMFORT OF YOUR HOME TO LISTEN TO SALLY BROCK - EDUCATION OFFICER - GIFTED EDUCATION TO HEAR ABOUT THE EXCITING WORK BEING DONE TO SUPPORT CHILDREN AND YOUNG PEOPLE IN OUR SCHOOLS.

WHEN: WEDNESDAY 26 AUGUST 2020
TIME: 7.00 - 8.00PM
VIA ZOOM

RSVP TO CATH.GARRETT-JONES@MN.CATHOLIC.EDU.AU
BY COB 25 AUGUST TO RECEIVE YOUR ZOOM INVITATION BY EMAIL.

Opal Tap on and Tap off News




Win \$300
by simply **tapping on and tapping off** your School Opal card

We'd like you to use your School Opal card travelling to and from school. Every time you tap on and tap off between 1 to 31 August 2020, you go into the draw to win.

Visit newcastletransport.info/studentcomp

Tap on and tap off every time

as it tells us how many people are using public transport. This helps us to plan better services for you.



It is a condition of the School Opal Terms and the Student Code of Conduct when issuing and using in connection of the School Opal card that the card holder only use the card for school travel purposes to and from school. For further information, please refer to the School Opal Terms and Conditions. The card holder is responsible for the card and its use. All the holder's responsibilities, conditions and terms are subject to change. Any change will be notified via email.

studyskillshandbook.com.au Making the Most of Your Learning

Learning is not just what you do in the classroom. Study is not just what you do the night before a test. Both of these are ongoing activities that are enhanced by the correct pre and post activities. See which of these 5 Ps you do.



PREPARE

This is the stage where you ensure you have all of the materials you need for learning and have completed any pre-tasks such as reading sections of your textbook in advance or any other activities your teacher asks you to complete prior to the class.



PARTICIPATE

Engaging in your learning is the best way to start to embed it in your memory and ensure you understand. Having the opportunity to discuss and interact and complete different styles of learning activities really helps your brain to process what you are learning.



PLAN

Take the time to look at the assessments for the course and plan when you will start, work on and complete tasks. Anytime you are asked to complete work for class, plan when you will do it and even better write your plan into your diary or online planner.



PRACTISE

One of the best ways to learn is to do practise questions. When you apply what you have learnt to actual questions, you will engage retrieval and cognitive pathways in the brain and reinforce your learning and uncover areas that need extra study.



PINPOINT

After a test or assessment is returned to you, celebrate your successes but also use it to pinpoint areas of weakness. This allows you to then spend time building your strengths in these areas without the pressure of an exam looming.

www.studystudyskillshandbook.com.au



**Enhanced Learning
Educational Services**
"the study skills specialist"

Tips by Dr Prue Salter

username:

password:

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. <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 2020 Family Discount and Diocesan Pastoral Contribution Form, please follow the link to the Website above to download, complete and return to college office.

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

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.

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

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 download the iPhone app or from Google Play for Android phones. Simply:

Step 1 Download Qkr!

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



Step 2 Register

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

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

For more information about QKR visit our website

www.booragul.catholic.edu.au



Mrs Betty Harris—Finance Officer

finance@booragul.catholic.edu.au



Verdun Hiles

The Boulevard, Toronto

4959 1258

Tracksuits are now available at Verdun Hiles in *all sizes*



HOME DELIVERY INFORMATION

DARA IS PROVIDING, FREE MEAL HOME DELIVERY AROUND NEWCASTLE, PORT STEPHENS, MAITLAND AND LAKE MACQUARIE AREAS.



All who require food support are welcome to receive a weekly meal delivery.

Visit dara.org.au/home-delivery or call 4979 1339 (during office hours) to register your details.

DARA DEVELOPMENT AND RELIEF AGENCY.
DEVELOPER OF NEWCASTLE AND LAKE MACQUARIE *empowering people*

  @DARAPROGRAMS

DARA.ORG.AU



Carers for school aged children are urgently needed.

Become a foster carer with Wesley Dalmar and make a difference.

Wesley Dalmar provides respite, temporary, adoption and permanent placements for children from birth to 18 years of age. Aftercare support is available for young people transitioning into adulthood.

**Call 1300 325 627
Support, training and allowance provided.**

wesleymission.org.au

NEXTWAVE

REGIONAL. YOUTH. FILM

Nextwave film competition open for entries

Coffs Coast's Screenwave International Film Festival is again hosting the NEXTWAVE short film competition for young regional Australians this year – and would like some short film entries from our school!



All films need to be under five minutes and include the phrase "What's Next". Creativity is highly encouraged. The best films will screen at SWIFF next January during the Nextwave Youth Film Awards, and tens of thousands of dollars in prizes are up for grabs to students (and our school!).

All competition details are available at www.nextwavefilmfest.com.au

Register your child for Nextwave's new free online filmmaking workshops

If your child isn't sure how to make their short film, the Screenwave International Film Festival has made a step-by-step 10 episode video guide on beginner filmmaking, with episodes starting to roll out next week on the new Nextwave Online learning portal. To secure your child's FREE access (thanks to Port Macquarie-Hastings Council), register here:

<https://nextwavefilmfest.com.au/workshop/>

Young Journalist Information

2020 Young JOURNALIST AWARD

Australian CATHOLICS
ACU AUSTRALIAN CATHOLIC UNIVERSITY

LIVING IT UP
STORIES OF CELEBRATION

What do Australians celebrate? Share inspiring stories in our 2020 Young Journalist Award for the chance to be published and win.

Volunteers Corner.

During the last several months of restrictions, we have been fortunate, by the blessing of technology, to be able to continue our 'Cuppa Conversation' sessions by zoom.

Most weeks we have several beautiful ladies who are keen to join in for a chat. Even though we haven't been able to meet face to face, we've still been able to gather to share our thoughts, insights and laughs and to encourage each other.

Thursday morning zooms have been much looked forward to and valued.



Follow us on Facebook and keep up to date with activities and events at Mums' cottage.



www.facebook.com/Mums-Cottage



Something to Ponder

"All over the world, people are being quarantined and are being compelled to practice social distancing. We are trying desperately to remain sane in a world that seems bordering on the insane. So, the time is just right for us to ponder, reflect, meditate, and discover the world within our own minds."

— Avijeet Das



Thank you to Peter Kilpatrick and Mums' Cottage Board who put together COVID-19 safe guidelines and submitted, so we are now registered as a COVID-19 Safe workplace.



Holding Space

Consulting, Mentoring and Therapeutic Services



AASW

Accredited Social Worker

PERSONAL PROFILE - CATH FAIRS

I have worked in the Non-Government sector across several programs with young people, families and women. Many of which have experienced issues such as mental health, childhood trauma, drug and alcohol dependence, grief and loss, domestic violence, life stage change adjustments or struggling with the powerful emotions of life such as anxiety, depression, fear and shame.

In my work I use a combination of my clinical skills and knowledge as a Social worker trained in therapies including but not limited to Acceptance and Commitment therapy (ACT), Cognitive Behavioural therapy (CBT) and Dialectical Behavioural therapy (DBT). Along with extensive knowledge of approaches such as Trauma Informed, Human Rights and Person centred, to develop a therapeutic relationship that creates change, acceptance and importantly hope.

I like to take the time to explore and create meaning, ***'Embrace with two hands instead of pointing with one finger'***, allowing the person or people to create solutions rather than be fixed.

I have recently branched out to private practice and look forward to working with an equal cross section of people. From those experiencing some of the struggles mentioned above to those that may want to look at more of a mentoring experience, where we work on goal development and life stage changes.

I am also excited at the opportunity to provide professional supervision to other social workers and practitioners. Working together to explore the challenges, wins and self-development experienced in this sometimes challenging work.

CONTACT

cathf@holdingspacetherapy.com
Mobile: 0405297830

Suite 3 1/24 Victory Parade,
Toronto NSW



HOLDING SPACE OFFERS A PORTFOLIO OF SERVICES



Mental health and trauma therapy



Drug and Alcohol dependency



Life stage adjustment,
Relationship changes,
grief and loss.



Work place and family
mediation



Assessment and reports



Mentoring and Supervision



Holding Space
Counselling, Mentoring and Therapeutic Services



HOLDING SPACE SERVICES AND FEES

Counselling
\$130 per hour

Reduced fees available for healthcare card holders. Face to face, Teletherapy and Walk therapy available

Mentoring and supervision
\$130 per hour

Reduced fees available for health care card holders. Face to face, Teletherapy available.

Assessment and reports

Please contact Spots and Arrows Consulting Office: (02) 8668 4616
info@spotsandarrows.com.au
website: spotsand arrows.com.au
or give me a call to discuss your needs

Mediation services

Face to face, teletherapy available.
Give me a call to discuss your needs

**Leaving care and Aftercare
planning and consultation
(OOHC)**

Give me a call to discuss your needs



cathf@holdingspacetherapy.com
Mobile: 0405297830



St Paul's
Catholic College



St Paul's Catholic College

Address: Primrose Street, Booragul
Postal: PO Box 194, Boolaroo NSW 2284
Telephone: 4958 6711
Email: admin@booragul.catholic.edu.au
Web Site: <http://www.booragul.catholic.edu.au/>

Switch/Reception

Hours: 8.00am until 4.00pm

Finance Office

Hours: 8.30am to 2.30pm
Email: finance@booragul.catholic.edu.au

Canteen

Telephone: 4946 3115

