



St Paul's  
Catholic College  
Booragul

# The Spinnaker

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Photo by Andy Warren

30 April 2021 Vol: 06-21

Dear Parents and Caregivers,

I have had a great welcome from all back to St Paul's. I have been associated with this college since 2005 and have a detailed understanding and appreciation for the great place it is. My thanks to all the students, staff and the parents I have met over the last two weeks for the way they allowed me to enter into their conversations and the feeling of belonging they quickly instilled in me.

Early last week a College Assembly was held to begin term 2 and to give an opportunity for the students to hear from me and what I think are our goals as a community over the coming months.

I mentioned to all at the Assembly that I believe success begins with setting goals, goals give direction, focus and act as a reference to reset when we fall off task or lose our way. I hope each and every student has set goals for the year, my challenge to each student is to spend time identifying what they would like to achieve, then plan and work at that goal. Rather than cruising and allowing all to come to us, we need to move towards and plan for the week, months and year ahead. We all should consider where we would like to be and then work to put strategies in place to achieve this.

So, from the student's perspective it is very much about continuing as normal, working hard each lesson to make those small steps each day toward the larger goal they have.

My role then is to support Mrs Shipman and Mrs Carter and all the teachers to support all students in achieving to the best of their ability.

I met with Mr Selmes at the end of Term 1 to hand over some of the things that I need to be aware of. Mrs Shipman, Mrs Carter and I also met during the recent break to form our plan and areas for focus. I know that they both have very specific ideas and plans for the development and support of students as they work through their studies.

Term 2 is an important term for different year groups for different reasons

Year 7 – the beginning is over, you should be comfortable here and settling into a routine of hard work and completing your set tasks for each of your classes.

Year 8 – 9 you are consolidating and as Mrs Carter mentioned in her address to the assembly, making those small improvements each day through your application to build on your understanding and achievement.

Year 10 you are moving towards and thinking about course selection for next year. Working hard to put yourself into the best position to make those important course choices for stage 6 studies.

Year 11 you are heading towards your mid-course assessments for the Preliminary Course. The formative work completed in year 11 greatly influences the outcomes achieved in your HSC year.

Year 12 you are in your final two terms with their Trial Examinations at the end of this term. Year 12 will be a main focus of the college to ensure their remaining time at the college is a calm and focused time. The ultimate goal is to support these students to be in the best position to achieve to their potential in the HSC.

For this to happen the classroom needs to be settled and the teachers and students able to concentrate on their teaching and learning.

My expectation is that all students are engaged in their learning to ensure they are achieving to their potential. This expectation is not new, it has always been the case, and I just remind all of their responsibility to be engaged in learning in the classroom and not being involved in distracting behaviour or causing others an inability to learn.

All of this can be summed up into one word. Respect. Respect for other students, Respect for you teachers, Respect for your parents and family and most importantly Respect for yourself. If we all are able to have this at the centre of how we interact then I am very confident that Teaching and Learning at the college will be of a high standard.

I would like all to know that you be challenged by you teachers, by Leaders of learning, by your Leaders of Wellbeing and Engagement, by Mrs Carter and Mrs Shipman and by me when you are outside the expectations that teachers, parents and other students expect at St Paul's

My goal and the goal of all staff is to have a calm and settled college. Learning is and will be the focus of all classrooms at St Paul's

Students and teachers will see me, in the yard, in your classes, at sport, and where I can at many of the activities you will be involved.

On Tuesday of this week it was a great pleasure to be involved in the Staff Professional Development day. All College staff came together to build their understanding and experience of Aboriginal Culture and Spirituality. The day was a very powerful time where staff experienced the simplicity and impact of Aboriginal Culture and the importance of connection to Mother Earth.

Staff were able to interact with current and former students, local indigenous leaders and elders to gather first-hand experience and understanding of this ancient Culture.

My thanks on behalf of all those that attended to Mrs Astro Stewart and Ms Belinda Flood and their organising team to plan and facilitate a great day for staff that will be of benefit to the outcomes this college is able to offer all students.

There is a more detailed report on this event in this newsletter.

The college also paused on Wednesday to commemorate ANZAC day with a simple service that was reflective and solemn. The students led this ceremony and the engagement of the students in this was excellent. Thank to the organisers of this

Welcome back again to what I know will be a very successful term.

I look forward to catching up with you around the college.

**Mr Colin Mulhearn**  
**Principal (*Relieving*).**

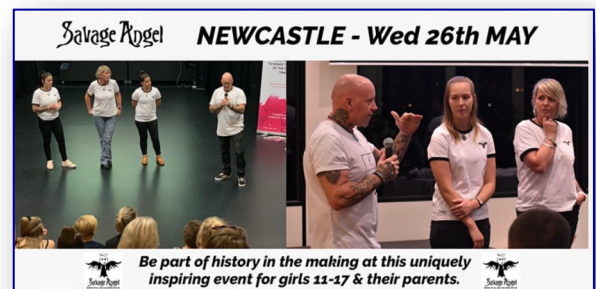
St Paul's is a constant buzz of activity and energy. When I reflect on how much has been packed into the last two weeks, I feel satisfied that as a teacher in this wonderful community we are providing a lot of scope for growth and development in many areas. From student-led College Assemblies and Anzac Day Service, to students-led meetings for the SRC, to Football Trials and League selections, to involvement in the Future Proofing Study, to a Year 8 Community Day, to the Duke of Edinburgh Camp, to staff Professional Development on 8 Deadly Ways which involved and included some very talented First Nation students, to a 'Smashed' performance for Year 8 and 9, to the Tut Show for Year 7, to Year 12 Awards and Year 11 & 12 Student Conferences. All of these events accumulate to not only provide a diverse range of activities for the academic achievements of our students but also the social and emotional growth of these same students. This hive of activity will no doubt continue as we move through Term 2.

Mia Powell and Charlotte Mettam composed a Commemorative Address, which was delivered by Mia, for the College's Anzac Day Service. I have added this address below to honour those men and women who have served our country with valour, bravery and courage.

Below are a number of events which some parents may be interested in exploring as you continue to navigate the adolescent years with your children.

### Eventbrite

In May, Eventbrite are hosting two events for families. One is called **Savage Angel** and is for girls aged 11-17 and their parents. To find out more information click [HERE](#)



The second is called **Motov8ing Boys** and is for boys aged 11-17 and their parents. To find out more information click on the following website. <https://www.eventbrite.com.au/e/motov8ing-boys-newcastle-tickets-145588963509?aff=ebdssbeac>

### Elevate Education - FREE Parent Webinars

In working with Elevate Education St Paul's Catholic College has been given exclusive access to Elevate Education's Parent Webinar Series for Term 2, 2021. Elevate have been working with our senior students, delivering high impact workshops on study skills, motivation, wellbeing, and exam preparation. By tuning into their webinar series parents will learn how to better support your children at home through reinforcing the skills they learn at school.

The webinars take place fortnightly across the term, beginning on Wednesday 5th May at 7pm (AEST). **Registration is essential and is free** for parents of St Paul's Catholic College - Booragul. You can register by clicking [HERE](#).

The webinar is run live online from 7pm – 8pm (AEST) where the presenter will share Elevate’s research findings and skills and will conduct a live Q&A so you can ask them questions directly.

Should you have questions or would like to contact Elevate directly, their details are listed below.

📞 1300 667 945

✉️ [auscoaching@elevateeducation.com](mailto:auscoaching@elevateeducation.com)

🖥️ [https://go.elevateeducation.com/e/891981/2021-04-25/l3l6/55783769?h=eM\\_AVSVvI5qjAgQ2ADalusSQEUT\\_An1DRr8i2WynLc](https://go.elevateeducation.com/e/891981/2021-04-25/l3l6/55783769?h=eM_AVSVvI5qjAgQ2ADalusSQEUT_An1DRr8i2WynLc)

👍 [https://go.elevateeducation.com/e/891981/ElevateEd/l3l8/55783769?h=eM\\_AVSVvI5qjAgQ2ADalusSQEUT\\_An1DRr8i2WynLc](https://go.elevateeducation.com/e/891981/ElevateEd/l3l8/55783769?h=eM_AVSVvI5qjAgQ2ADalusSQEUT_An1DRr8i2WynLc)

**PARENT WEBINAR SERIES**  
TERM 2, 2021

**#1 | TIME MANAGEMENT**  
Does your child procrastinate? Do they cram for tests last-minute? Then this is the webinar to tune into. Students lead busy lives, and you can help them achieve balance by working smarter, not harder.

**#2 | MEMORY AND FOCUS**  
Learn why rote learning is ineffective and how your child can harness more advanced memory techniques to deepen their revision.

**#3 | EXAM PREPARATION**  
Exam preparation – what should students be doing and when? Join us to learn what how the top performing students prepare for exams and the type of study that should be prioritised in the lead up to exams.

**#4 | STRESS AND WELLBEING**  
School can be stressful and finding a school-life balance can seem overwhelming at times. In this webinar we will dive into the neuroscience behind stress and give you practical strategies to help support your child during the tougher periods to keep overwhelmed at bay.

✓ Live Q&A   ✓ Resources & Planners   ✓ Community Support

**TERM 2 Webinar Dates**

May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1						
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

>>> CLICK TO REGISTER <<<

**elevate**  
education

1300 667 945  
[auscoaching@elevateeducation.com](mailto:auscoaching@elevateeducation.com)



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

## ANZAC Day 2021 College Service



## **Anzac Day Speech 2021**

ANZAC day is a day of commemoration and thanks for the thousands of men and women who bravely signed up to protect our country and those who died for our freedom. This ANZAC day we come together to commemorate the men and women who have served our nation in all wars, conflicts, and peacekeeping operations. This year we also celebrate the centenary of the Royal Australian Air Force and recognise those hardworking men and women who still are serving in the Air Force today.

Australian military aviation began in 1914 shortly before the first World War, when the Australian Flying Corps at Point Cook admitted its first four pupils. By the end of World War One in 1918, the AFC had four squadrons in the field and four training squadrons in England. The following year it was disbanded and replaced by the Australian Air Corps, which in 1921 became the Royal Australian Air Force. This year is the Royal Australian Air Force's centenary of its establishment. During the Second World War, RAAF personnel served around the world, from advanced training in Canada to some of World War Two's most significant battles, like the Battle of the Atlantic, the bomber offensive against Germany, important victories in Papua New Guinea and playing key roles in Allied operations across Asia and the Pacific.

Since the early years of the 21<sup>st</sup> century, RAAF personnel have served in wars in the Middle East and Afghanistan, carrying out combat operations, maritime surveillance and reconnaissance and intelligent flights alongside the air forces of allied nations. Along with service through wars and conflicts, for more than seven decades RAAF personnel have been involved in peacekeeping and humanitarian operations spanning the globe, from Africa and the Middle East to Southeast Asia, East Timor, and the Pacific.

The Royal Australian Air Force has played a central role in Australian military operations for a century. Its personnel have served in every war and conflict that Australia has been involved in since 1921, but its traditions and history go back to the AFC and the airfield at Point Cook on the eve of the Great War. Today, ANZAC day also honours those who have served through recent conflicts, such as the Vietnam War, and on peacekeeping missions. This year we also the acknowledge the withdrawal of the remaining Australian soldiers in Afghanistan and will be welcoming them home to their families in September of this year.

ANZAC day reflects the diversity of modern military operations as young veterans connected by the experience of service join with veterans of earlier wars. Now a tradition of over a century old, ANZAC day has become Australia's most important secular section. What form it will take in the future, how it is understood and whether it endures or fades away will be determined by the generations of Australians who are now playing their part in the ANZAC story.

**By Mia Powell  
Charlotte Mettam**

*(Year 11 Modern History students)*



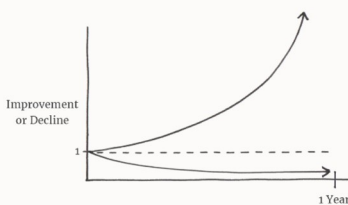
Welcome back to a new term of learning. At our assembly last week, I challenged students to think about how they are demonstrating persistence in striving for personal bests in their learning. My message to students reflected the fact that we define our success through the persistence we apply to learning and our ability to bounce back when we are faced with challenges. I also shared with students, the story about Australian cyclist Matt Hayman and how he overcame challenges to win the Paris-Roubaix, an international one-day cycling race. His story illustrates the importance of grit and resilience in the face of setbacks (read more here: <https://www.sbs.com.au/cyclingcentral/blog/2016/04/11/myth-busters-matthew-hayman-paris-roubaix-edition>).

Without going into too much detail, Matt Hayman overcame a series of setbacks to win the Paris-Roubaix after 15 attempts at the race. His story is inspiring because his success is framed around ability to bounce-back because not everything goes the way we expect it. Often, when we hear about people's success, the story is told to us quickly. What we often don't hear is the story of how that person was persistent, showed grit, made a plan B and often a plan C, D, E and so on. Often, the real story of success is not quick, and we don't usually get the full version. That is the lesson we can learn from Matt Hayman, he won a cycling race, but his story of success and how he applied resilience and persistence makes his story a complete one. What I would hope that students can learn from Matt Hayman's story, is the importance of persistence when striving for our personal best. At our school every student gets to achieve their personal best if they ask: *how am I going with my learning? How do I know? What are my next steps? Where can I go for help?*



## The Power of Tiny Gains

1% better every day  $1.01^{365} = 37.78$   
1% worse every day  $0.99^{365} = 0.03$



JamesClear.com

Students were also encouraged to think about how they are making small and consistent improvements in their learning which allows them to achieve their personal best – I called this the aggregation of marginal gains, the 1% every day that can result in significant achievements in the long run. To get to your personal best, you need to take small steps consistently. We see that success when students make small steps, consistently to improve their learning, when they seek help, ask questions and look for feedback. Persistence and resilience, this is sometimes known as grit, will make a student a successful learner.

## Student Conferences, Feedback & Goal Setting

We have completed Student Conferences for all students and the purpose of these conversations is to enable students to set goals for their learning so they can make progress. Goal setting and feedback go together. When students can seek their own feedback, they are more likely to create compelling, timely and measurable goals. The following pages provide information on how goal setting and feedback can be used by students to enhance their learning. Parents/carers are also encouraged to use these questions to help their child in this process of seeking feedback and setting goals.

## **Year 11 and Year 12 Parent/Carer Information Sessions**

During week 4 we will be holding information sessions for Year 11 and Year 12 Parents. The Year 11 session will focus on supporting students through Stage 6 studies. Year 12 Parents/Carers will be provided with information about preparing for the HSC and life beyond Year 12 – sometimes referred to as Year 13. We will be sending a survey to parents/carers so you are provided with an opportunity to have any questions you may have answered, or any concerns addressed.

## **Year 11 2022 Subject Selection Expo**

During Term 2 our Year 10 students will start the process of subject selection for Year 11 2022. This year we will be hosting a Subject Expo on Monday 17 May. This is an exciting event as students start to consider their Stage 6 pattern of study and what opportunities are available to them after school. The day after the Subject Expo, students will take part in workshops run by Mr McLoughlin and myself to further address any question students may have. Mr Newell's Year 11 Information Processes and Technology class have been working on a St Paul's Subject Selection website which will be an additional source of information to students and parents/carers through this transition.

## **NAPLAN**

During weeks 3 and 4 Year 7 and Year 9 students will be taking part in NAPLAN. Students are reminded to have their device charged for these tests. Students are also required to have headphones that can be connected directly to their device. **Bluetooth headphones can not be used on the NAPLAN test platform.** The test schedule will be provided to students through Compass. Any questions or concerns about NAPLAN can be directed to myself, Mrs McCafferty (Leader of Learning: Literacy) and Mrs Yates (Learning Support Teacher).

*Mrs Amber Carter*  
*Assistant Principal—Teaching & Learning*



# Goal Setting & Feedback

Goals are crucial to school success (and areas of life beyond the classroom). Setting and tracking goals helps you learn important life skills such as planning, organisation, and time management while also building communication skills, self-awareness, and confidence.



Creating and tracking goals is a great way to understand where you are with your learning and allows you to focus on determining direction for the future.

**Effective goals are compelling, time-bound and measurable.**

By the next Friday I will have re-submitted my practise essay so that I can get feedback to improve my writing.

Some examples of goals are:

By next Monday I will have asked each of my teachers' specific feedback on a practice question.

A good way to think about goal setting is:

By [time frame], I will [action], so that [measurable outcome].

During this term, I will complete 2 hours of study per week for each course so that I can prepare for the Trial examinations.

Each week I will complete 45 minutes of Mathematics study five afternoons a week so that I am consistently improving my working mathematical skills.





Goals help you see the finish line. They help you know what you're working for and they keep you focused on the right things. But without feedback along the way, it is harder for you to achieve your goal.

Getting feedback can show you where you are making progress (even though you might not be able to see it) or help you find new ideas and new things to try that help you move forward. The right feedback at the right time will help you stay on track.



### **FeedBACK** question 1: What I can do ...

You can phrase this as:

- This is what I can do ...
- I can ...
- The strengths of my work are...

The three feedback questions allow  
**feedback**  
to  
**feedforward**



### **FeedBACK** question 2: What I need to work on ...

You can phrase this as:

- I will remember next time ...
- Improvements I need to make are ...
- I need to work on ...
- My work could be even better if ...
- I am aiming for ...



### **FeedFORWARD** question 3: My next steps ...

You can phrase this as:

- My next steps in learning are ...
- Next time I will ...
- To reach my goal I will ...

St Paul's students involved in World War II Veteran Alf Carpenter's story told at 65th Newcastle and Hunter Combined Schools ANZAC Commemorative Event this week.



WORLD War II veteran Alfred Clive Carpenter was "more than honoured" to see his life story told at the 65<sup>th</sup> Newcastle and Hunter Combined Schools ANZAC Commemorative Event where two Year 9 St Paul's Catholic College students Gabrielle Brady and Kirrily Boslem were a part of the cast.



Gabrielle



Kirrily

Mr Carpenter OAM, who will turn 104 on April 22, was guest of honour at Wednesday's morning and afternoon events, which comprised a remembrance service, as well as a drama performance about his experiences serving "in every major theatre of war during World War II", in North Africa, the Middle East, Northern Greece, Crete, Darwin and Bougainville.

**Ms Belinda Flood**  
**Leader of Learning HSIE**



Last week we were finally allowed to participate in our first Duke of camp in over 18 months due to Covid!

Early last Thursday Mr Adam Grant and Mrs Alice Grant accompanied 17 Bronze and Silver students from Booragul Station to Hornsby to start their 2 day (Bronze) and 3 day (Silver) hikes. From there they began a 6 hour hike through difficult parts of the Great North Walk, carrying 12+ kilogram heavy back packs, finally finishing at Crossroads camping ground to set up camp. After setting up for the night, students cooked their dinners around the camp fire, completed their personal journals and prepared for the next day of their journey.

Friday morning students woke up nice and early and set off up a mammoth rocky climb to make their way to Berowra. After their final 4 hour (mostly up hill) trek, this is where the groups separated. Bronze made their way home with Mrs Dufty and Silver continued onto the Hawksbury River to participate in their half day paddle with Mrs Grant.

A very tired but excited Silver group then made their way, paddling up the Hawksbury River finishing at Broken Bay Recreation and Sport Centre for their second night of camping. Again, enjoying a campfire overlooking the beautiful scenery and reflecting on the last 2 days.

Up once again nice and early on Saturday, students then made their way home via train only to be held up, stuck on the train for 2 hours with a broken- down freight train. Not what you want to hear after being out in the bush for the last 3 days!!

A very BIG THANK YOU to Mrs Alice Grant and Mr Adam Grant for giving up their time and weekend to accompany this group for 3 days.

All 17 students should be very proud of themselves as there were difficult sections of the hike that even the experts struggle with! The participants will now complete their Qualifying Journey in Term 3.

If you are interested in the Duke of Edinburgh Award please call the school or email me on [jessica.knott@mn.catholic.edu.au](mailto:jessica.knott@mn.catholic.edu.au)

Kind regards,

**Mrs Jessica Dufty**  
**Duke of Edinburgh Coordinator**





Kaayi (Ki/you) – hello (Awabakal language)

Back in 2018 a conversation was had about something that was missing from our classrooms and our understanding.

In 2019 a team of St Paul's students (some of whom join us today—*Sam Jenkins, Lucy Reid and Chloe Roberts*) started a journey of bringing that conversation to life.

Louise Campbell and Astro Stewart gave them the opportunity to actively engage and speak out at the 8<sup>th</sup> Aboriginal and Torres Strait Islander Catholic Education State Conference, which in turn encouraged a team of St. Paul's teachers to take up that journey with them.

In 2020, the SPCC Reconciliation Action Plan was finally launched through the Narragunnawali platform.

This further gave credence to the journey that all members of the St Paul's community should be given the opportunity to take.

So here we are...**2021 and 8 Deadly Ways to Lead.**

This day is for you. For you to explore your cultural understanding and to challenge what you may have known or what you thought you knew.

“If you take something, then put something back”.

People ask for 8 ways to Lead and Learn to be explained summarily.

It doesn't quite work like that.

One needs to connect their knowledge to place or land to seek a valid connection in their own right.

It is through this engagement with the ways of Aboriginal people and places that we can forge strong, productive relationships with both our Aboriginal and non-Aboriginal students.

This work is an act of reconciliation more than anything else.

Respect is more than tolerance and inclusion- it requires dialogue and collaboration.

We need to be able to bring indigenous knowledge to the front of our awareness and develop metalanguage to explain it and utilise it in cross- cultural contexts.

Education involves becoming conscious of what we don't know, however it can be said that we also need to become conscious of what we are already familiar with, what we see and feel already and perhaps challenge that in ourselves.

Aboriginal understanding is the catalyst and beginning for bringing these out. For creation and a different way of thinking by learning through culture, not just about culture.

Centralising the strengths of our students requires us to decentralise our power as educators in the classroom.

To do this we need to be culturally safe and culturally competent educators. We must first consider our professional training and our own social conditioning.

Today we will be gifted with the perspectives of those who carry the traditions of care for country; of care for peoples. They have held it for time immemorial just for us; all of us, no matter where our ancestral journeys may have begun.

Amongst many other achievements, but most recently, the 2021 Senior Citizen of the Year, Miriam -Rose Baumann from the Aboriginal people of the Daly River region in the Northern Territory brought dadirri (da/did/ee) to our conscience.

An inner deep listening; a quiet still awareness; a waiting.

Archie Roach, Aboriginal singer and songwriter said “It does wonders for a person to just be still and listen to someone else talk about their life and how they probably came through things. You never know what you’ll learn”.

And Keeley Gayler from our 2020 HSC cohort spoke about the importance of opening up the dialogue for not only First Nations students but for all young people in our classrooms- she wanted us to have conversations and if we got it wrong that was always going to be OK because at least we were talking about culture, language and history, the land and connection.

By doing this we would be on our way to being culturally safe and competent.

I hope today you find da/did/ee...

Wamanbila (woman/bila) – lets go

Thank you to our wonderful students who joined us for this day...

Year 7 Jorja Powell and Antonio Multari

Year 8 Cleo Doyle

Year 9 Taleshia Brown

Yr11 Mia Robertson

Year 12 Damien Jolliffe



**Ms Belinda Flood**  
**Leader of Learning HSIE**





## FROM THE LIBRARY

Our Year 7 students begin a regular independent reading program this term. They will be timetabled into the library for one lesson a fortnight and will begin each English lesson with 10 minutes of reading time. Along with the many benefits that reading provides such as cognitive benefits and improved literacy outcomes, development of empathy and positive interpersonal characteristics we will be focusing on cognitive stamina. Students will work on the length of time that they can remain focused on a task and on techniques to regain focus when they become distracted.

St Paul's is a school that supports reading engagement and the fostering of a positive attitude toward reading from both a skill and equity perspective. Each newsletter we will focus on a reader from our school, a staff member or student.

Mr Mulhearn, our Relieving Principal for Terms 2 and 3, is sharing his reading habits in this newsletter.

### My Reading Habits.

Growing up in a family of 8 with one television in the 70's and 80's often meant finding other things to occupy your time. My father was a lover of books, in particular non-fiction books. He would often attend book sales at the University of Newcastle or a local library and picked up outdated encyclopaedia sets, science and nature books, history books, atlases, and the like. I particularly liked the National Geographics he would bring home, always out of date but still very relevant and interesting to me at the time.

From an early age I was fascinated by the information in these books. The information in these books didn't necessarily help in my ability to achieve in my school examinations but they certainly added to my broader understanding of my position in the wider world and the huge difference to be found in all things, people and cultures.

Reflecting on this, the fact that I was reading regularly meant that I would encounter new words, language and an appreciation of how we explain our world.

Currently, I enjoy reading non-fiction biographies or historical accounts of particular events or eras of Australian History. I also enjoy keeping up to date reading news publications, especially on a Saturday morning over a coffee.

Reading for me is part of my occupation, with many and varied documents, policies and reports to be aware off and responsible for, however as a leisure activity reading is still very much an activity I regularly make part of each day.

**Mrs Kerri Beezley**  
**Teacher Librarian**

A warm hello to the community of St. Paul's, my name is Rose Mahoney and I will be working as the Family Ministry Coordinator here at St. Paul's. As Family Ministry Coordinator (FMC) my role is to connect and form relationships with families, students and staff. I hope to be a point of contact between the parish and the school, someone you can talk to and answer any question you may have. I hope to connect with the whole community through a variety of exciting and engaging programs and formation experiences.



I am looking forward to meeting each and every one of you. Please feel free to contact me at any time.

I will leave you with this quote from St Thérèse of Lisieux, it is one I use to guide my everyday actions and how I hope to approach working with the community of St. Paul's.


*"Remember that nothing is small in the eyes of God. Do all that you do with love."*

With thoughts and prayers,

Rose Mahoney (FMC).

0408796252

[rose-marie.mahoney@mn.catholic.org.au](mailto:rose-marie.mahoney@mn.catholic.org.au)



BE KIND TO YOUR MIND

**TAKE A BRAIN BREAK  
IT'S TIME TO  
MEDITATE**

Give your mind a few minutes of peace and calm each day

**MEDITATION  
WEDNESDAYS 11:04am-11:35am  
COME, LEARN, RELAX**

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MEDITATION IS ONE OF THE BEST WAYS TO RELIEVE STRESS



**Career Thought of the Week:**



“Striving for success without hard work is like trying to harvest where you haven't planted”.

David Blye

**Year 10 Information Night/ Subject Expo –MONDAY 17<sup>th</sup> May 2021**



A reminder to parents and students in Yr. 10 of our annual information night on Monday 17th May. This is a vital first glimpse of the preparation of Yr. 10 students as they move from Yr. 10 into their senior years of schooling. On the night information will be given on:

- ROSA/HSC - NESA requirements
- Careers/VET – Programs in 2021
- Navigating Subject selection for HSC



**UAC Applications Opening**

This year, UAC applications opened on **Thursday 1st April**. This is much earlier than has been the case in previous years as UAC have decided that they want to give students a lot of extra time to get their applications completed. Applications for Schools Recommendation Schemes, Education Access Schemes and Equity Scholarships will also open on this date.

**PLEASE NOTE:** “On Time” applications do not close until **Thursday 30th September**, so you do not need to panic and rush in to get your UAC application done. Use your time wisely to research your options before completing your application. UAC books will arrive in schools shortly – spend time looking through this book to find out more about specific institutions and courses they offer.

**Tip:** UAC PINs should have been sent to your email address. Keep an eye out for this and make sure you do not lose it. Make a copy of your pin and save it in another place. You will need it to access the UAC website to complete your application when the time comes.



# SPCCB Work Experience Guidelines 2021



## Dear Parents/Guardians and Student

The Work Experience Program offered to students is not compulsory, however, to ensure positive opportunities and ensure a smooth process for this experience, the following guidelines have been established.

*	<b>SPCCB Work Experience program</b> runs from <b>Term 1-through until Term4</b> . Work Experience may only occur for a <b>maximum of 5 days</b> . Students may choose to attend for a whole week, a few days or for one day a week over 5 weeks.
<b>STEP 1</b>	Students are encouraged to initiate contact with an employer via face to face, email or by phone. Once the employer agrees to a placement, the student can see the Career Advisor and pick up a <b>Work Experience Pack</b>
<b>STEP 2</b>	Student and Parents are to read all information including handbook and insurance documentation. The White card Qualification is <u>mandatory</u> for students choosing to take on a construction work -egs Builder, Carpenter, Electrician, Plumber, Painter, Plasterer, Landscape Gardener
<b>STEP 3</b>	Student phones to make a time to meet with the employer to sign WE contract and associated documents.
<b>STEP 4</b>	Student must complete a Work Ready Certificate through the St Paul's Careers website Students must give evidence to Mr McLoughlin on completion of the module by emailing the certificate or printing it off and including it with the Work Experience Pack paperwork. Yr. 10 will complete this component in Careers Classes during term 1.
*	A Student cannot attend Work Experience during exam blocks or assessment periods. It is the Students responsibility to catch up on any work that is missed.
<b>STEP 5</b>	Student must pay \$20 to the Finance Office to cover insurance for accident or injury whilst in a workplace. If you currently do VET course here at SPB this is not required.
<b>STEP 6</b>	Paperwork must be returned to Mr McLoughlin at least <b>1 week prior</b> to the date you will start work experience. This will allow time for risk assessments to be conducted if necessary. Failure to follow the above guidelines may result in you not being allowed to participate in work experience regardless of any arrangements you have made.
*	The school will always have discretion as to whether it is appropriate for a student to engage in any Work Experience.
<b>STEP 7</b>	On completion of Work Experience student returns the Work Experience Certificate for sign off and completion.

If you have any questions about this process, please do not hesitate to contact me on 49586711.

## Applications for the 2022 ADF Gap Year are now open

An ADF Gap Year is a unique opportunity for students to experience life in the Navy, Army or Air Force, without needing to make a long-term commitment. The skills obtained through the ADF Gap Year program will provide them valuable work and life experience and are completely transferable.



It will enable students to develop the confidence for their next endeavours.

Students who take part in the ADF Gap Year program:

Gain valuable skills and work experience.

- Enjoy a great salary package plus free healthcare.
- Live a varied, active, and healthy lifestyle.
- Make friends with like-minded people.
- Have the opportunity to see more of Australia.

Applications are open! Learn more and/or apply at [ADF Gap Year](#)

Students might like to participate in Defence Force Information Sessions, or watch YouTube clips, so visit [Defence Force Events and Information](#)

## Working in the Real Estate Profession

Working in the **real estate profession** offers students the opportunity to achieve high levels of personal satisfaction and career success. In general terms, estate agents *lease, manage, appraise, buy, and sell residential, rural, commercial, and industrial property or business* on behalf of clients. The first step in establishing a real estate career is to become an agent's representative. Agent's representatives perform a variety of real estate roles under the supervision of a licensed estate agent.

For more information visit :

<https://joboutlook.gov.au/occupations/real-estate-sales-agents?occupationCode=6121>



## Yr.12 Students

### Newcastle Careers Expo Thursday 13<sup>th</sup> May 2021



### Newcastle Lake Macquarie Career & Training Expo

The Newcastle Lake Macquarie Career & Training Expo is an annual event presented by Career Links in conjunction with the Hunter Region Career Adviser Network. The Expo is the largest event of its kind in the region, attracting over 100 local and interstate exhibitors, including leading education and training providers and some of the Hunter's largest employers.

**Reminder -Payment &Permission Notes are due Wed 12<sup>th</sup> May.**

### Important Dates for Term 2 2021

**2<sup>nd</sup> April- UAC Open to Yr. 12 Students**

**26<sup>th</sup> April - 30<sup>th</sup> VET Construction Work Placement**

**13<sup>th</sup> May Yr.12 Careers Expo**

**17<sup>th</sup> May Yr. 11 2022 Information Evening**

### Casual Positions/Employment Links:



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:



**Mr Craig McLoughlin**  
Careers Adviser



## Sailing—Combined High Schools Regatta

During the holidays St Paul's had 3 students competing in the CHS sailing. Gabe Turton (Year 12), Georgia Steenson (Year 11) and Noah Steenson (Year 8). Conditions were very light and tricky, with one race abandoned due to lack of wind. All sailors conducted themselves in a sportsmanlike manner and were very respectful to other sailors and officials on and off the water.

Congratulations to each of them and their crews for these great results:

**Gabe** - Sailed on a VS 15ft skiff called SFC with two other lads; Griffin Suters from Merewether High and Lennon Sullivan from Lake Macquarie High.

-6th in overall CHS

-1st in Division 1 CHS

-1st in Division 1 All Schools (Catholic and Independent Schools)



**Georgia** - Sailed on a 16 ft skiff called "Fake Skiff" with two other crew.

-26th in overall CHS

-7th in Division 1 All Schools



**Noah** - Sailed on a Flying 11 called "Gary" with one other crew.

-12th in overall CHS

-5th in Flying 11 Division

-4th in Division 4 All Schools



## Representative Football (Soccer)

On Tuesday 20<sup>th</sup> April we had 6 students try out for positions in the Diocesan teams. Students had to already be playing at an elite level just to trial for these teams.

St Paul's was represented by: Lara Boghos (Year 10), Alisha Ingrey (Year 9), Molly Salvador (Year 10), Danah Chapman (Year 9), Matthew Goswell (Year 9) and Ian Matthews (Year 11).

**Congratulations to Danah, Alisha and Ian who were chosen for the Diocesan teams.**

We have also had a great team of boys represent us at **the 7-10 Boys Diocesan Football Gala Day on Wednesday 21<sup>st</sup> April.**

Further, a great team of girls represented St Paul's in **Bill Turner Trophy Soccer on Thursday 22<sup>nd</sup> April.**

With more football events coming up and large numbers of students trying out for these teams, it is wonderful to see St Paul's students making the most of these opportunities.

A very big "Thank You" to **Miss Ellis** who has been coaching and organizing most of these teams.

## CCC Representative Trials

On **Tuesday 27<sup>th</sup> April 15s CCC Netball Trials** were held in Homebush. St Paul's was represented by Alexandra Reilly (Year 9), Paige Stalling (Year 9), Lexi Wade (Year 9) and Madeline Ferry (Year 10). Again, these students had to already be playing at an elite level just to attend these trials which are extremely competitive, a team of 10 being chosen from about 100.

**Congratulations to Madeline**



**who was chosen for the CCC team.**



## Friday Sport Program

All Year 8-10 students should now have chosen a sport for Term 2.

## Friday Sport Representative Teams

Congratulations to the Students who have been selected and are participating in the Friday Sport Representative teams. Students participate in a round robin competition each week against St Pius X High School Adamstown, St Clemente High School Mayfield, St Mary's Catholic College Gateshead and St Bede's Catholic College Chisholm.

Week 1 results:

Year 8 Boys Football St Paul's Catholic College 1--St Bede's Catholic College 4

Year 8 Girls Football St Paul's Catholic College 0—St Pius X High School 2

Year 9/10 Boys Oz-Tag St Paul's Catholic College 7—St Bede's Catholic College 9

Year 9/10 Girls Oz-Tag St Paul's Catholic College 4—St Bede's Catholic College 1

Year 9/10 Boys Basketball St Paul's Catholic College 18—SPX High School 32

Year 9/10 Girls Basketball St Paul's Catholic College 4—SPX High School 14

Year 8 Girls Netball St Paul's Catholic College 1- 9-St Pius X High School 9

St Paul's Catholic College 2- Bye

Good Luck this week!

### Diocesan, NSWCCC and All Schools Rep Sport

For those students who want to participate in Rep Sport at a higher level, there are options to represent in Diocesan and State levels.

**Registrations 2021 for pathway sports** are via the [CSNSW.sport](https://csnsw.sport) portal.

For instructions on how to register see the info included in this newsletter or go to: [Guide For Parents – Sport Registrations >>](#)

For further information, go to the CSNSW Sport website Sport pages.

### Physical Activity 4 Everyone (PA4E1)

Did you know your child should be doing at least 1 HOUR of physical activity each day? Read more: <https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines>

Have you used your child's \$100 Active Kids Voucher? Find a fun activity and move your body. Find out more: <https://www.service.nsw.gov.au/campaign/active-kids>



### IDEAS TO GET KIDS MOVING MORE EACH DAY

A great strategy for students who aren't able to walk or ride to school because of the distance is to walk to another bus stop along their route. It is a great chance to get in some activity and can mean that they either get on the bus earlier to get a better seat, or they get on later and spend less time on the bus! They can even try getting off at a different stop on the way home and walking the rest of the distance. Why not give it a go?

**Mrs Fran Heard and  
Mrs Brigid de Winter  
Sports Co-ordinators**



# Study Skills

THE FOUNDATION FOR LIFELONG LEARNING

Study Skills Website

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

Subscription details for St Paul's are:

School's Username – stpauls

School's password – 52success

## Canteen Volunteers Urgently Needed for 2021



St Paul's is in URGENT need of

Canteen Volunteers for 2021

If you are able to help out it would be greatly appreciated.

Please phone Mrs Carolyn Stanton on 4946 3115

for more information



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



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



## Billing of School Fees



As you are aware we have moved to an annual billing cycle.

School fee statements will be sent out at the end of April. We ask that parents who have not yet returned their Payment Frequency Form please complete and return to the Finance Office as soon as possible (copy available on Compass).

We remind you the fee payment should have commenced by now and if paying by instalment we ask that accounts are finalised by 30 November 2021. If paying in full please finalise prior to 30 June 2021.

***Payments can be made via BPay, direct debit or credit card.***

For families experiencing financial hardship, or wishing to discuss other payment arrangements please contact the Office.



Term 2 2021		
<b>Week 3</b>	Mon—Fri 3—7 May Mon to Wed 3-5 May Tues 4 May Wed 5 May Fri 7 May	Catholic Schools Week Year 10 Camp 1 NSWCCC Rugby 16 years selections CCC Rugby 7s Girls NSW All Schools Selections Netball 15 yrs 15's Boys Rugby League
<b>Week 4</b>	Mon 10 May Wed 12 May	NAPLAN Year 10 HSC Minimum Standard
Please see website for further Calendar dates <a href="http://www.booragul.catholic.edu.au/news-events/events-calendar/">http://www.booragul.catholic.edu.au/news-events/events-calendar/</a>		

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

WANT TO KNOW MORE ABOUT

# Raising happy and resilient children and young people

4TH & 6TH MAY 2021



The Federation of Parents & Friends Associations presented Michael Carr-Gregg in 2020. In 2021 we have invited him back to give us more detail and specific information related to primary and secondary aged students



**Dr Michael Carr-Gregg is one of Australia's highest profile adolescent and child psychologists.**

He wrote his PhD at the University of NSW on adolescents with cancer and in 1985, and founded the world's first national teenage cancer patients support group, Canteen. He subsequently moved to NZ where he became a political lobbyist for the New Zealand Cancer Society heading up the Coalition Against Tobacco Advertising and Promotion. Dr Carr-Gregg was the inaugural Director of the NZ Drug Foundation before being appointed Head of Education and Training at the Centre for Adolescent Health at The Royal Children's Hospital and an Associate Professor in the Department of Paediatrics at the University of Melbourne, where he developed and taught the Graduate Diploma in Adolescent Health and Welfare. In 2015 he was appointed the Managing Director of the Young and Well Co-operative Research Centre and developed an interest in the use of technology for building wellbeing in young people.

## GROWING RESILIENCE IN CHILDREN FROM K - YR6

**DATE** 4 May 2021  
**TIME** 6.00pm for a 6.30pm start – 8.00pm  
**VENUE** Via Zoom  
**COST** Free

## GROWING RESILIENCE IN CHILDREN FROM YR 7 - YR12

**DATE** 6 May 2021  
**TIME** 6.00pm for a 6.30pm start – 8.00pm  
**VENUE** Via Zoom  
**COST** Free

Due to circumstances beyond our control the date for this session has been changed to 6 May 2021

All current registrations for 5 May 2021 will be transferred to 6 May 2021

You must RSVP at:

[www.mn.catholic.edu.au/news-events/Dr-Michael-Carr-Gregg](http://www.mn.catholic.edu.au/news-events/Dr-Michael-Carr-Gregg)

This invitation is for parents and carers **ONLY**. This presentation is **NOT** suitable for children and young people.

**PLEASE NOTE** – the link to this presentation will not be sent until the day of the presentation.



[mn.catholic.edu.au](http://mn.catholic.edu.au)





**2 DAY VIP EVENT – 6<sup>th</sup> & 7<sup>th</sup> MAY  
ZERO & REWARDS CARD HOLDERS**

**20%<sup>\*</sup> OFF  
SCHOOLWEAR  
& EVERYTHING ELSE!**



**DON'T HAVE A CARD? APPLY IN-STORE OR  
ONLINE & START ENJOYING THE BENEFITS**

\*Offer available Instore & Online ends midnight (AEST) 7th May 2021. Must use Zero or Rewards card to receive discount. Excludes Gift Cards and Schoolwear lay-bys. Savings of original prices. Cannot be used in conjunction with any other offer, no rainchecks.



# Could you become a foster carer?

Right now, many children across the Hunter and Central Coast region are urgently waiting for a safe place to call home.







Wesley Dalmar will provide the training, support, and confidence you need to provide a welcome home for children in need.

**Please contact our team on 1300 325 627 for a confidential conversation, or visit [wesleymission.org.au](http://wesleymission.org.au)**



## Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

**Contact**  
your local Saver Plus Coordinator  
**Phone**  
1300 610 355  
**Email**  
NewcastleSP@thesmithfamily.com.au  
**Online**  
saverplus.org.au  
Find us on Facebook 

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



\* many Centrelink payments are eligible, please contact your local Coordinator for more information. Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



Education costs made easy with \$500 from Saver Plus

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

Find us on Facebook 






**O'GRADY**  
DRAMA  
NEWCASTLE & THE HUNTER REGION

## We don't just teach drama, we teach life!

- Join our stimulating and contemporary drama environment
- A safe place where communication and collaboration are encouraged
- Together we develop creative and critical thinking skills
- Bringing ideas to life through self-expression and performance

**join a class today!**

T: 02 4969 2338  
E: [dramacorp@bigpond.com](mailto:dramacorp@bigpond.com)  
W: [ogradydrama.com.au](http://ogradydrama.com.au)  
FB: O'Grady Drama Newcastle & Hunter Region

# Self Defence

Learn to defend yourself  
with an 8 week self defence  
program for teen girls

SELF DEFENCE CLASS for teen girls



**WHEN?**  
Tuesdays 4.00pm  
4 May-22 June 2021

**WHERE?**  
24 Dawson St,  
Cooks Hill

**HOW MUCH?**  
\$130, we accept  
active kids vouchers



#### FOR MORE INFORMATION

02 4929 2954  
YWCA Hunter, 24 Dawson St, Cooks Hill NSW 2300  
yncle@bigpond.com  
www.ywcahunterregion.org.au  
YWCA Hunter Region Inc.  
ywcahunterregion



YWCA HUNTER  
REGION INC

# Self Defence

SELF DEENCE CLASS for teen girls



4 to 5pm  
Tuesdays



YWCA HUNTER  
REGION INC

## Learn to Defend Yourself

Younger women, are statistically at a higher risk of assault and specifically sexual assault in our communities. Self defence and martial art skills often take a long time to master but the YWCA Hunter runs a well-designed self defence program that can offer skills designed for rapid learning and targeted to some common strengths and abilities. Classes include personal skills, alongside physical self defence skills.

**WHEN?**  
Tuesdays  
4.00-5.00pm  
4 May-22 June 2021

**WHERE?**  
YWCA Hunter,  
24 Dawson St, Cooks Hill

**HOW MUCH?**  
\$130 for the 8 week course,  
we accept active kids vouchers

**BOOKINGS ESSENTIAL**  
[www.ywcahunterregion.org.au/self-defence](http://www.ywcahunterregion.org.au/self-defence)



#### FOR MORE INFORMATION

02 4929 2954  
YWCA Hunter, 24 Dawson St, Cooks Hill NSW 2300  
info@ywcahunterregion.org.au  
www.ywcahunterregion.org.au  
YWCA Hunter Region Inc.  
ywcahunterregion

**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](mailto:admin@booragul.catholic.edu.au)  
Web Site: <http://www.booragul.catholic.edu.au/>

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### Switch/Reception

Hours: 8.15am until 4.00pm

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### Finance Office

Hours: 8.30am to 2.30pm  
Email: [finance@booragul.catholic.edu.au](mailto:finance@booragul.catholic.edu.au)

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### Canteen

Telephone: 4946 3115

