



The Spinnaker

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St Paul's
Catholic College
Booragul

Photo by Andy Warren

03 June 2022 Vol: 8-22

"We are in the country of the Awabakal peoples. We respectfully acknowledge their elders, celebrating their continuing culture and the living memory of their ancestors."

This weekend is the Feast of Pentecost, where the Holy Spirit came upon the apostles. The Feast of Pentecost marks the beginning of the Church. Filled with the spirit, the apostles preach in many languages symbolising the universal nature of the Church's mission. All people regardless of race or language, are welcome in Christ's Church. Indeed, membership of the Church is not based on ethnic origin but on love, the greatest of the Spirit's gifts. Everyone moved by love is a daughter and son of God. The reading below is from the second chapter of the Acts of the Apostles and will be proclaimed at mass on the weekend.

When Pentecost day came around, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

St Paul **Pray for Us**

2023 Year 11 Subject Expo

It was fantastic to see so many Year 10 students and their families attend the 2023 Year 11 Subject Expo. Throughout the evening it was evident students were wanting to gather as much information as possible to enable them to make informed choices about their subjects for Years 11 and 12.

Following the evening, Mrs Carter and Mr McLoughlin have been conducting small group workshops with the students to answer any questions and to provide additional guidance throughout the subject selection process.

Thanks to all the families who attended, Mrs Carter for her coordination of the evening and to all the staff who were present to work with the students and their families.

National Sorry Day and National Reconciliation Week

Last Thursday was National Sorry Day and the significance of this day for our nation was outlined at our Assembly. The students were informed of the mistreatment of the Indigenous Australians by the ruling authorities which saw the forced removal on ideological grounds of children from their Indigenous families and the lasting suffering inflicted on the children and their families. Sorry Day commenced in 1998 and preceded the Apology to the Stolen Generation in Federal Parliament in 2008.

This week is National Reconciliation Week and the focus is on what still remains to be undertaken in ensuring that Indigenous Australians are not discriminated against. The theme for National Reconciliation Week is *Be Brave, Make Change*.

A large banner was hung from the Damascus Centre to acknowledge National Reconciliation Week. Our Aboriginal Education Officer, Mrs Stewart arranged for the banner to be produced, our Indigenous students contributed to the banner and Mrs Pateman painted the image of Eddie Mabo. Thanks to Mrs Stewart for overseeing the development of the banner and to everyone else who assisted with its production and to Mrs Pateman for her artistic work.



Cancer Awareness Day

Last Thursday, the St Paul's community gathered for our Cancer Awareness Assembly.

During the assembly the annual Sunshine Award to a Year 12 student was present in honour of Jacquie Chatburn. Jacquie was a former student of the college who died of cancer in 2006, she was known for adding 'sunshine' to everyone's life. Her Graduating class initiated the Sunshine Award and the 2022 recipient nominated by her Year 12 peers was Charlotte Ferry. Charlotte's values of kindness, humour, selflessness, compassion, empathy and honesty were the cornerstones of her peer's nomination.



Also during the assemble foundation staff member Mr Paul Burke was remembered. In remembering Mr Burke and his challenges with cancer the students were reminded of the importance of sun protection and undergoing regular checks for possible melanomas.

DioSounds

On Thursday evening music students from across the diocese gathered at the Civic Theatre, Newcastle for the annual DioSounds performance. This was the first production of Diosounds since 2019 due to the pandemic and the title for the evening was 'Back on Stage'.

St Paul's students performed wonderfully with their renditions of 'Crazy' and 'Unwritten'. It was great to see the students on the stage enjoying the opportunity to perform live once again. Thanks to Miss Heads, Ms Garrett, Mr Baker and Ms Burt for their preparation and support of the students. Mr Baker was instrumental in the whole production as Stage Manager.

Staffing

Year 8 students were advised on Monday morning that Mrs Evans was stepping down from the Year 8 LoWE position for the remainder of 2022. Mrs Lucas has been appointed as the Acting Year 8 LoWE for the remainder of the year. We thank Mrs Evans for her work since the start of 2022 and wish Mrs Lucas all the best in her new role.

Miss Mackertich will be joining the HSIE Faculty from Wednesday, 8 June until the end of the 2022 school year. Miss Mackertich is replacing Mr Martin and Mr Carr.

Rapid Antigen Test (RAT) Kits

As was outlined in earlier communication, the school has received a further supply of RAT kits. The arrangement for the collection of these further RAT kits is different to earlier in the year. The RAT kits are to be provided to families on a needs basis.

RAT kits will be distributed from the Main Office at the school. Families can come to the Main Office to collect their RAT kit or if families wish for the RAT kit to be go home with their child an email can be sent to admin@booragul.catholic.edu.au with instructions on who will take the RAT kits home.

Mr Nicholas Wickham
Principal



Flourishing in the 21st century

Last week at the Year 11 Studies Expo, we spoke to students and families about our vision for students at St Paul's. We described students who know how to use their gifts and talents to be positive change makers in the world and who know the value of learning for life. The importance of this vision emerges from the recent unpredictability we have experienced over the past few years which has required all of us to be flexible and agile as situations have changed. The challenges we have all faced have also presented opportunities and new ways of doing things as evidenced through the National Skills Commission report into emerging occupations¹.

What is also highlighted through the report, is the need for students to have the skills to adapt and change in response to challenges and to seek opportunities and to be change makers. Being agile, responsive and resilient relates to the concept of a VUCA world – **V**olatile, **U**ncertain, **C**omplex and **A**mbiguous. The acronym VUCA was first used by military strategists and trainers who were trying to explain the change in military operations post the Cold War. However, after the past few year where the only predictable thing was unpredictability, VUCA seems even more apt².

While a VUCA world sound ominous, it also presents opportunities for us as we work with students to flourish through the acquisition of skills and dispositions which enable them to take charge of their responses to change. When we consider the importance of our students flourishing, it means we are working with them to ensure their academic and wellbeing needs are met, they have the capacity to make informed decisions and to work with others to make the world a better place. While we don't know what the future will bring in terms of technology, environmental change, political manoeuvres, or new social movements, we do know that our society always needs creative thinkers, humanistic perspectives, empathetic citizens, and deeply principled people who can face big, complex questions and collaborate across lines of difference. It is through opportunities presented to students both in the classroom and beyond at St Paul's that we encourage the development of these key skills that enable students to flourish in a VUCA world.



Year 11 2023 Studies Expo – Imagine the Possibilities

As mentioned, our Studies Expo was held on 24 May in the Damascus Centre and it was wonderful to see students and families at this event. This is not just about selecting courses to study in Year 11 and 12, the purpose of the evening is to encourage our students to imagine the possibilities for them both at St Paul's through their last years of secondary education and beyond. Students and families were able to interact with teachers and current students to explore their options for courses, patterns of study and how these options can link to students' aspirations for their post school pathways. As a comprehensive Catholic secondary school, we are able to accommodate a range of options for students which are tailored to their post-school pathway if this is the goal in mind, or package courses which allow students flexibility if they are unsure of what the future holds.

¹<https://www.nationalskillscommission.gov.au/reports/emerging-occupations/what-are-emerging-occupations>

²<https://www.mindtools.com/pages/article/managing-vuca-world.htm>

The week following the Studies Expo Mr Mc Loughlin and I have been working with students in small groups to ensure their questions are answered and they have clarity around their patterns of study. It has been great to



listen to the aspirations of our young people from the student who would like to fly F-35A jets, the student aspiring to be a doctor, the student who would like to work for the United Nations, the aspiring criminal forensic accountant, the budding teachers, the student who wants to secure a carpentry apprenticeship, the student who described themselves as an innovator and wants to be a business entrepreneur, the students who want to work with marginalised groups through philanthropy work to make a difference in the world

– the list of aspirations is endless and these conversations with students have been inspiring. Our message to students is that aspirations are not necessarily linked directly to a chosen career, rather aspirations are dreams, hopes and ambitions to achieve. A point of difference at St Paul's is the targeted work we do in ensuring students can imagine the possibilities and strive to achieve their aspirations. The course selection WebChoices link will close on Tuesday week 8 and students' selections will be published early in Term 3.

Year 12 and Year 10 Elevate Information Sessions

This week Year 12 and Year 10 students attended presentations by Elevate. We have engaged Elevate to assist students in their transition to Stage 6 and have worked with Elevate to develop a program which extends from Year 10 to Year 12. The Year 10 presentation, Study Sensei, focused on note making, mind mapping and independent learning. These are valuable skills for our students to develop to be successful learners.

For our Year 12 students, the Ace Your Exams presentation was a valuable resource for students and, more so this cohort as they prepare for their first Stage 6 examination block. Teachers have been working closely with students to assist them in their preparations and this presentation focused on examination technique, managing examination stress and what to do with the Trial examination when they receive feedback.



Mrs Amber Carter
Assistant Principal—Teaching & Learning



There are many safety issues that are associated with caring for students in the school and home environment. Two safety concerns which I would like to highlight this week are Transport Safety and Cyber Safety.

Many of our students at St Pauls' travel to and from school by bus and train. I have included below the NSW Transport Code of Conduct for School Students which may be a useful conversation starter with your child to ensure their safety. St Paul's have appointed Yr 11 Transport Monitors who are there to assist students in their travel to and from school. Should an issue arise on transport, students and parents are encouraged to contact the Assistant Principal of Wellbeing and Engagement.

Behaviour on buses

- Use appropriate language not offensive or racist language
- Fighting, spitting, feet on seats, throwing things in or from the bus is not permitted
- No eating or drinking (other than water) - unless for medical reasons or the bus operator gives written permission.
- Offer seats to adults including people with a disability, elderly or expectant mothers
- Do not push or shove other people
- Do not bully or harass other passengers or the driver
- Avoid attracting the attention of the driver except in the case of emergency

Do not play music at such volume that it may distract the bus driver or other passengers.

Safety on and near buses

- Obey reasonable directions from the driver (for example, where to sit or to remain in the bus)
- Remain in your seat - do not move around the bus unnecessarily
- If standing, remain behind the front passenger seat and always keep a secure hand hold
- Keep bags and other items clear of the aisle
- Do not allow any part of your body to protrude out of the bus at any time
- Wait for the bus in a quiet and orderly manner - including at bus interchanges
- Stand away from the roadside until the bus comes to a complete stop
- Allow other passengers to leave the bus before stepping onto the bus in a single line
- Wait until the bus stops before moving to get off the bus at your designated stop
- Cross the road where and when it's safe to do so, use crossings/traffic lights where available.

Legal considerations on buses

- Wear the seat belt properly adjusted and fastened, if one is available
- Obey the law that bans smoking on buses
- Ensure that buses are not vandalised - report any damage, graffiti and window etching, to the driver
- Do not interfere with bus property, equipment and signage
- Do not leave rubbish on the bus, or at bus stops or interchanges.

On Trains:

Students will:

- Obey all signage instructions on metro, train and light rail services and at stations.
- Always behave safely, for example:
 - avoid running or riding bikes, scooters or skates on metro, train and light rail services and at stations,
 - keep off metro, train and light rail lines,
 - keep arms, legs and other body parts inside the metro, train and light rail,
 - refrain from touching metro, train or light rail doors, safety equipment or any part of a moving metro, train or light rail.
- Use non-offensive language and always behave appropriately on rail property. You must not swear, spit, fight, throw items or put feet on seats.
- Protect rail property and report graffiti and vandalism.
- Keep yourself and anything you are carrying clear of aisles, steps, thoroughfares and behind the yellow line on platforms.
- Take your rubbish with you and dispose of it thoughtfully.
- Follow the instructions of station staff, drivers, guards, transport officers and Police officers.
- Spread out along the platform so as not to overcrowd one carriage. Avoid boarding carriages that are already overcrowded.
- Allow other passengers to get off metro, train and light rail services before boarding and then board without delay.
- Move inside the carriage and stand away from the doors during travel.
- Comply with all laws relating to conduct and behaviour while travelling on public transport.
- Not possess any prohibited items, such as knives, spray cans or other implement intended for use in damaging property.

Adhere to the law that bans smoking and drinking alcohol at stations, and on metro, train, and light rail services.

Cyber safety is also an important conversation we need to have when raising children. The following resource taken from the E Safety site, provides excellent advice on helping your child to manage their devices and accounts, building social and emotional skills, how to support your child if they experience cyber bullying and how to encourage early help-seeking. There are also excellent support services for both students and parents to help navigate these difficult situations.

If you require further information, advice, support or need to report online bullying or abuse, please go to www.esafety.gov.au

Mrs Blair Brownlee
Assistant Principal—Wellbeing & Engagement



eSafety's parent guide to cyberbullying and online drama

Summary Sheet

Cyberbullying is sending or sharing seriously threatening, seriously intimidating, seriously harassing or humiliating online content to or about someone under 18.

The behaviour might include abusive texts and emails, hurtful messages or creating fake accounts to trick someone or humiliate them

One in five young Australians aged 8 to 17 years say they have been socially excluded, threatened or abused online.

Helping your child manage devices and accounts

Regularly reviewing settings in apps and on devices can help young people manage online drama and protect their wellbeing. You can support them by encouraging them to do this

Review privacy settings regularly

- Limit or filter comments to help manage negativity online.
- Actively manage who can make contact online by using the tools to mute, restrict, delete or unfriend others for a period of time or permanently.
- Enable wellbeing settings that help track time online and schedule breaks.

Most services provide a parent guide to help you understand the basic settings.

Examples

- [TikTok Safety Center for Parents](#)
- [YouTube Kids Parental Guide](#)
- [The Parent's Guide to Snapchat - ConnectSafely](#)
- [A Parent's Guide to Instagram - Reachout.com](#)
- [Tips for parents on helping your teen stay safe on Discord](#)

Building social and emotional skills

Cyberbullying is often an extension of face-to-face bullying. Talk regularly to young people about their relationships, including what happens online. Start the chat by asking some key questions:

- What do you do if you feel frustrated or angry about something happening online?
- What would you do if you saw someone harassing a friend?
- What can you do if you feel like someone is trying to make you look bad online?

[Young and eSafe](#) has practical advice and videos for young people. The resource covers topics such as respect, responsibility, empathy, resilience, and critical thinking.

You can also use our [conversation starters](#) to help with a range of online safety topics.

Supporting your child if they experience cyberbullying

eSafety research showed that more than 80% of teens took some form of action after a negative online experience, and this mostly involved self-help or speaking to family or friends.

If you are aware that your child has had a negative experience like cyberbullying, try to stay calm and remind them that support is available. eSafety can help you deal with the issue and report the abuse.

- We have general information about [different types of cyberbullying](#) and how the abuse may affect your child's behaviour.
- Our videos step you through [collecting evidence](#).
- [The eSafety Guide](#) provides links to help you report a complaint to the social media site, app, game or websites where the cyberbullying occurred.
- We have FAQs about [how to report cyberbullying](#) to eSafety and information on [how we handle complaints](#).

Encouraging early help-seeking

Provide easy access to information about support services, such as displaying key contact numbers on your fridge.

Kids Helpline

Kids Helpline provides free and confidential online and phone counselling to young people aged 5 to 25. It is available 24 hours a day, 7 days a week.

kidshelpline.com.au or 1800 55 1800.

eHeadspace

eheadspace provides free online and telephone support and counselling to young people 12 to 25 and their families and friends. It is available 9am to 1am (Melbourne time), 7 days a week.

eheadspace.org.au or 1800 650 890

Support for parents

Each state or territory has a dedicated parent helpline that offers counselling, information and a referral service. Opening hours vary by state.

Parentline (QLD and NT) — 1300 30 1300

Parentline (VIC) — 13 22 89

Parentline (NSW) — 1300 1300 52

Parent Helpline (SA) — 1300 364 100

Parentline (ACT) — 02 6287 3833

Parent Line (TAS) — 1300 808 178

Parenting WA Line (WA) — 08 6279 1200 or 1800 654 432

More resources

According to [eSafety research](#), 40% of children and young people want to access online safety information through a trusted website.

eSafety [Kids](#) has information and advice designed especially for children aged 5 to 12. It provides simple explanations about issues that kids might need help with. The pages include tips for [when someone is being mean online](#), what to do if you think [you have been mean to others online](#) and [how to help friends](#).

eSafety [Young People](#) has information and advice designed especially for secondary students and younger adults. It explores common online safety risks as well as tips for preventing and dealing with them. The content includes a main page about [cyberbullying](#) and related pages about [online drama](#), the difference between [banter and bullying](#), what to do if you have been [called a bully, being an upstander](#) instead of a bystander, and other relevant issues.

The eSafety [Parents](#) pages have information and advice designed especially for parents and carers. A page on [cyberbullying](#) guides you through the signs to look out for and what to do if you think your child is being cyberbullied.

There are also tips if you are worried that your child might be [bullying others](#) or you need help with [hard-to-have conversations](#) about issues such as cyberbullying and online relationships.

eSafety also has information for people with diverse needs, including resources [translated into languages](#) other than English and [Easy Read](#) resources.

Keep up to date

Read the latest [blogposts](#) by the eSafety Commissioner.

Sign up to an [eSafety newsletter](#) tailored for parents and carers.

More resources: Other eSafety research

[Digital lives of Aussie Teens](#) (2021)

[State of play – Youth, kids and digital dangers](#) (2017)

[Online safety for young people with intellectual disability](#) (2020)

[Adults' negative online experiences](#) (2020)

Follow us on [Facebook](#), [Instagram](#) and [Twitter](#).



Published: January 2022

2023 Year 11 Subject Expo



Cancer Awareness Week



Year 11 Aboriginal Studies

Last Friday, Year 11 Aboriginal Studies students and some staff participated in the University of Newcastle, Wollotuka Institute, "Rising From the Embers" Day. We connected with knowledgeable others, witnessed and participated in cultural activities and discovered ways to integrate what we learn into present and future pathways.

On Monday we launched our Reconciliation Week canvas. Starting with the theme of Reconciliation week ... "Be Brave. Make Change" it encourages us all to be brave in our action on Reconciliation and to respond to Reconciliation.... everyday; to make change in our lives – where we live, work, play and where we learn.

Reconciliation Week, along with our massive canvas, starts with Sorry Day and finishes with Mabo Day. The long line on our canvas depicts the walk of Reconciliation the land beneath our feet, the water holes and community meeting places right through to the stars in the sky. We are on Awabakal Land, always was, always will be.



Ms Belinda Flood
Leader of Learning HSIE



Duke of Ed

Recently our Duke of Ed students completed their Qualifying Journey. Its been a long time coming with Covid and wet weather! The mud and the rain added to the experience but everyone had a great time. Well done to these students who have nearly finished their Bronze and Silver Awards.



Mrs Jessica Dufty
Organising Teacher



Year 9 Reflection Day

Last week the Year 9 students, and their Care Group teachers, attended the Year 9 Reflection Day at Dixon Park Surf Club. The presenter for the day was Chris Doyle from Karis Ministries. He is a talented singer, guitarist and presenter.

Chris gave an entertaining presentation and led the group in team games and activities. The Year 9 group had a chance to reflect on their personal ambitions, relationships and spirituality. Students were encouraged to take responsibility for their actions and be grateful for all the good things in their lives. Also, several students had the opportunity to demonstrate their talents as singers and musicians.

We were lucky to have a break in the rainy weather and spend some time playing sport on the beach. A highlight of the day was Chris' explanation of Saint Paul's beautiful words: "faith, hope, and love... and the greatest of these is love" (1 Corinthians 13:13, NRSV).

Thank you to the students for their enthusiastic participation in the reflection day, and to the staff for their support.



Mr Michael Doyle
Ministry Coordinator





Verdun Hiles

88-92 The Boulevard, Toronto
PH: 02 4959 1258

Now in stock for St Paul's students:

- Jackets
- Jumpers
- Cardigans



All Australian Made



Just a reminder enrolments for Year 7 2023 are open.

Please submit applications as soon as possible.



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/> (Please take the figure to the next five cents)

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

Also, if you have not completed 2022 School Fee Information Form, please follow the link to the Website above to download, complete and return to college office.

School Fee

1. BPay through your own home banking via the Internet
2. Eftpos **Minimum payment \$10**
3. Cheque
4. Cash

Excursion Payments

1. Qkr

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: Payments can be made at Reception between 8.30am and 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 and Friday Sport



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





St Paul's Catholic College

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Web Site: <http://www.booragul.catholic.edu.au/>

Switch/Reception

Hours: 8.15am until 3.30pm

Finance Office

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

Canteen

Telephone: 4946 3115

