



Photo by Andy Warren

2nd December 2022 Vol: 19-22

“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.”

The following passage from Luke’s Gospel and reflection from Kate Atkins were used to start our Staff Meeting and Parent Carer Meeting on Tuesday

The turning to his disciples he spoke to them in private, ‘happy the eyes that see what you see, for I tell you that many prophets and kings wanted to see what you see, and never saw it; to hear what you hear, and never heard it.

Kate Atkins a sister from the Missionaries of God’s Love provided the following insights on the Luke’s Gospel passage, *‘it is a reminder of who we are. We are children of God, and we are co-heirs with Jesus – who shares with us all he has. When we forget who we are, we try to sort out our lives without God, and it never works.’* She continues with, *‘we so often don’t ask because we are trying to me more than we are, and yet it is in surrender and humility that we create space for God to work through us.’*

St Paul

Pray for us

Building Works

The Catholic School’s Office recently advised the school that the following maintenance works and improvements to the College’s infrastructure will be undertaken in the coming months:

1. The female and male toilet blocks nearest to the library will be refurbished.
2. The retaining wall behind A Block will be replaced along with the clearing of the vegetation.
3. An analysis of the electrical capacity of the site has been undertaken and the advice from the consultants indicates there is enough electrical capacity to allow for the classrooms not currently heated or cooled to have air-conditioned systems installed. To allow this to happen solar panels are to be installed on the roof of A Block as well as LED lights to be installed throughout the school. Prior to the solar panels being installed the roof of A Block will be replaced.
4. The development of a mechanical system to enable classrooms which can’t currently be heated and cooled to be fitted with an energy efficient system.

I am greatly appreciative of the financial support of the Catholic School's Office and the Diocese of Maitland -Newcastle to allow for these works to be undertaken. Likewise, I am grateful to the work of former Principal, Mr Selmes and Acting Principal, Mr Mulhearn who initiated conversations in earlier years to allow the school to present these needs.

The refurbishment works of the male and female toilets near the library will commence on Monday, 5 December, 2022. It is anticipated these works will be complete by the start of the 2023 school year. After meeting with the builder this week, there appears there will be minimal disruption to the operation of the school. One of the first task of the builders will be establish their building site, **NO students are to enter this area at any stage during the building works.** Students will be advised of the change to school operations at an Assembly on Monday morning.

Creative and Performing Arts (CAPA) Showcase

On Thursday the Semester Two CAPA Showcase took place with two performances.

At the first performance students from our feeder primary schools, Holy Cross, Glendale, St Benedict's, Edgeworth, St Mary's Warners Bay and St Joseph's Kilaben Bay were invited to attend. It was wonderful for the primary school students to gain an insight into life at high school. The St Paul's students were appreciative of the student's attendance.

At the second performance, members of the student's families were in attendance to witness the student's works throughout the year. The performances are an affirmation for the student's work throughout the year and showcases the teachers talents in being able to develop the skills of the students so that they are able to perform so admirably in front of live audiences.

Thanks to the family members who attended to support their children and to the CAPA teachers for their commitment to provide authentic opportunities for the students to perform. Thanks also to Mrs Anderson and the Year 11 Hospitality students provided canapes prior to the start of the evening performance and also to Ms Burt for her coordination of the performances and displays.



Parent and Carer Term 4 Meeting

Thanks to the parents and carers who attend the meeting on Tuesday evening. Those in attendance were supportive of similar meetings taking place towards the end of each term. An update was provided on the school's strategic direction over the coming three years as well as an outline of the College's Personal Technology Device policy.

Traffic Management

Outside the Primrose Street entrance to the school is a Kiss and Ride area which doesn't allow parking between the times of 8.00am to 9.30am and 2.30pm to 4.00pm. Parents, carers, family members and students are advised that the local Ranger patrols the area from time to time.

School community members who are parking near the entrance to the school are also asked to be respectful of our neighbours and not block access to their driveways when visiting the school.

The local council ranger recently contacted the school and has asked that the information be shared with all families <https://www.lakemac.com.au/For-residents/Roads/Parking-rules#:~:text=You%20must%20not%20park%20on,or%20loading%20or%20unloading%20items>.

Details of St Paul's Traffic Management Procedures can be found at <https://www.booragul.catholic.edu.au/media/3918/road-management-plan-2020-3.pdf>

Year 7 Sports Gala Day

On Thursday Week 7, Year 7 students enjoyed a sports Gala Day at Teralba. It was wonderful that the students could have an enjoyable day with their peers in a more relaxed environment. Thanks to Mrs Woolley who organised the day, to PDHPE staff who assisted and the Year 10 PASS students who supported the Year 7 students as coaches and referees.

Year 9 Leadership Training

This week Year 9 participated in Leadership Training facilitated by Burn Bright. Students will be selected from the day to act as Peer Support Leaders for our incoming Year 7 students next year. The Peer Support Leaders role is critical in assisting the Year 7 students transition successfully into high school. Thanks to Mrs Lucas and Mrs Easterbrook for their organisation of the day.

Mr Nicholas Wickham
Principal



Doing Holidays Well

As the Christmas holidays approach, I know teachers, students, parents and carers will be looking forward to a break from routine. Extended time to rest helps us to recover from the stresses of the term and when we rest well our bodies recover physically as well as emotionally, but there are some approaches to this rest which are more effective than others. If we spend most of the time catching up on Netflix, gaming or scrolling through social media, we are not giving ourselves the best opportunity to recharge. Although these activities can be tempting, and in moderation these activities are okay, there are some things we can be doing during the break which mean we come back to the new school year refreshed and ready to be the best learners we can – teachers and students alike.



The first thing we can do is make sure we are spending time outdoors and being active. While we are tired from the busy year, for some, getting outside and going for a walk, run or bike ride might feel like the last thing we want to do. However, if we spend too much time inside, we are reducing our levels of Vitamin D which is necessary for calcium uptake, strong bones and good health. Spending time outside and doing regular exercise assists in Vitamin D uptake

as UV radiation is necessary for this process – but remember to be sun safe! The benefits of physical activity are well researched. Being active affects brain structures and brain chemicals and influences higher cognitive processes like attention, learning and memory. Physical activity also has a positive effect on executive processes, i.e. on processes concerning attention, planning, decision making, coping with stress, correcting mistakes – all processes that are highly relevant for daily life. Other studies have found that physical activity stimulates the growth of cells in the hippocampus, a brain structure involved in learning and therefore positively contributes to memory performance. Regular exercise has also been linked to positively influencing general well-being, motivation, and self-consciousness.

As second approach to be mindful of to rest well during the break is to ensure we are not overindulging and not drinking enough water. Obviously with the Christmas celebrations and gatherings with friends and family, we should allow ourselves to enjoy the rich foods and sugary drinks which are associated with our celebrations – but, link screen time, everything should be in moderation. We give our bodies, and especially our brains, the optimal condition to recharge by eating well and drinking lots of water.

Another approach we can take during the break is to learn a new skill. Now, while students may want a break from learning, acquiring a new skill has been shown to improve our self-esteem, assists with managing stress, develops neural connects between myelinated (the thinking cells in our brain) and as a positive impact on resilience. Reading a wide range of material, both fiction and non-fiction, also has a positive influence on maintaining learning connection in the brain. No doubt you have heard of the ‘holiday learning slide’ where students find it difficult to re-engage in learning at the beginning of the new scholastic year. This can be negated by reading during the break and it doesn’t matter if the reading is fiction or non-fiction, just reading regularly is so beneficial for all of us to keep our minds sharp!

With all this in mind, and the holidays approaching quickly, here are some holiday goals to try:

- Spend time outside each day (weather permitting of course and be sun safe!).
- Build up to 60 minutes of physical activity each day which does not need to be done all at the same time. You could break this up into blocks of time where you elevate your heart rate. This meets the Australian physical activity guidelines for young people.
- Read for at least 20 minutes each day – read anything, but just read and again, it does not need to be in one block of time. Read for 10 minutes in the morning and then before going to bed. Level up this goal by reading at least one new book during the holidays.
- Learn a new skill or build on the skills you already have – master the new trick on the scooter, learn a new card game, learn a new recipe for your family to try, or even visit a museum or art gallery.
- Drink at least 2 litres of water and eat whole foods – the Australian healthy eating guidelines suggests we need to eat 2 serves of fruit and five serves of vegetables.

Year 11 2023 Day In

During week 7, Year 10 students took part in a Day In with the aim of preparing them well for the transition to Stage 6 studies. Mrs Beezley took students through All My Own Work which is an academic integrity module that must be completed before students are enrolled in their Stage 6 courses. Students heard advice from current Year 11 students and had the opportunity to ask questions of the Year 11 students about their journey through senior studies. Students learnt about goal setting and establishing positive learning behaviours for successful Stage 6 studies. During the final session Mr Baker ran an escape room activity to build students collaboration and teamwork skills. Thank you to Mrs Beezley and Mr Baker for running the day for our students and thank you to the students for their positive engagement and participation throughout the day.

Year 12 2023 Starting Well

Last week students, parents and carers of Year 12 2023 students were invited to an information session which outlined how we can work together to support our young people in achieving to their potential in the final year of school. Students, parents and carers were also provided with information about the HSC Rules and Procedures Guidelines and the College Academic Guide which outlines College Assessment Policy and Assessment Schedules for each HSC Course. This information is important for students and families in assisting with organisation and meeting the eligibility requirements for the HSC. Links to these documents are below:

[*HSC 2023 Academic Guide*](#)

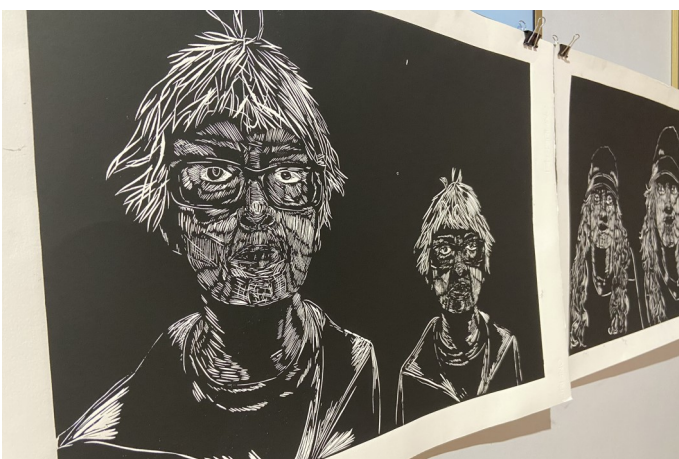
[*NESA HSC Rules and Procedures*](#)

[*HSC_Starting Well Presentation*](#)

Mrs Amber Carter
Assistant Principal - Teaching & Learning



Creative and Performing Arts (CAPA) Showcase



Nam Bus



On Friday 25th November the 'Nam Bus' did its last tour of duty for schools and St Paul's was its second last stop. We again, were incredibly honoured to hear the stories of the veterans, be able to read about experiences and campaigns like the Battle of Coral Balmoral, wear and handle primary sources and make great attempts at empathy for Australia's pivotal role in the Vietnam War. The bus will be retiring to the National Vietnam Veterans Museum on Phillip Island - St Paul's thanks and honours the selfless acts of the veterans who have over the years shared their time, difficult memories and life lessons

and who have left a legacy for us all.

Ms Belinda Flood
Leader of Learning - HSIE



Community & Family Studies



CAFS Kindness

Just like past years, our new Year 12 CAFS class are lending their support to the 'It's in the Bag' appeal. 'Share the Dignity' is an organisation that collects bags filled with goodies for those doing it tough in the community. The bags made by the class will be distributed to women and children in need. Thank you so much to the girls and their families

for your thoughtfulness and kindness and for helping to ensure women and girls feel a little bit of love and hope this Christmas time.

Mrs Nicole Burns
English Faculty



Year 11 Biology

On Tuesday the 22nd of Nov, the Year 11 Biology students went on an excursion to Taronga Park Zoo. We caught the train down to central. Spent the days walking around the city and parks before we caught the ferry over to Taronga Park Zoo. We were welcomed by the zookeepers and given a run-down of what was happening.

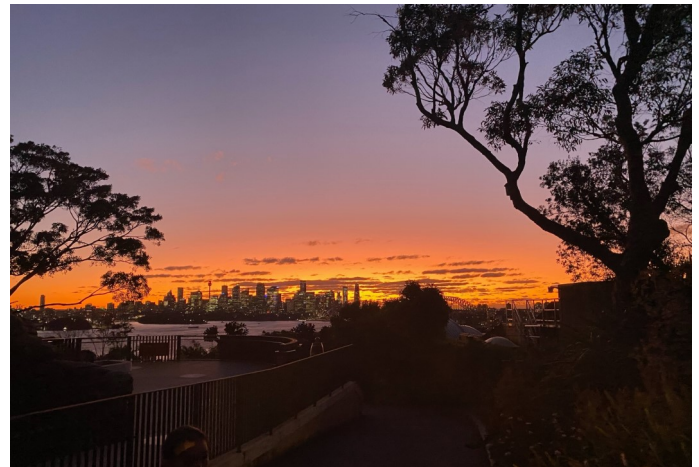
We had a quick tour around a small part of the zoo. We then had dinner (which was yummy). After dinner, we were taken on an extensive walk and talk around the zoo lasting 2 hours. At 9pm we had a lecture about how they enrich the animals lives through play and natural behaviours, how they look after them. We got to pet a snake and a lizard. At 9.30pm we were taken to our room and got ready for bed. We slept in the rooms with snakes, spiders, stick insects other creepy crawlies. But they were well and truly locked up.

On Wednesday we were up by 6.30am, changed and having breaky by 7am, before a behind the scenes tour and a morning walk around the zoo, where we watched the animals play and feed. At 9am we had a lecture about hereditary and genetic change, learning lots of interesting information. We were shown a stick insect that they had bred and we got to pet a different snake from the previous evening, an echidna and a possum.

We then had free time from 10am to wander the zoo and go to the seal show. At 1ish we caught the ferry back to Circular Quay and got a train from central back to Booragul.

Many thanks to the students for their wonderful behaviour.

We'd also like to thank Miss Ellis and Mr Murph for organising the excursion, and our ring in Mrs Burns. Thanks for taking time away from your families to come to the zoo with us. It was a Great experience.



In the shadows
of the cities heart-
a lone man
rests upon a pile of leaves, as sticks
of sunbreak peek over
the horizon
revealing the grime that stretched
along the acrid alley.
This sludge and muck is home,
unlike the wealth of concrete
that stands stoic and tall around him;
like a hug from a tender mother
who didn't stay.

Above;
light, fluffy cotton balls
tremble in the wind.

Sam Kelly Year 10.

Year 7 Sports Gala Day

The Year 7 cohort were busy participating in the inaugural sports gala day last week. Lots of competition in the first half of the day was evident whilst the teams were trying to win points for their house, in games of touch football and soccer. The students enjoyed a leisurely afternoon at the bowling club with hot chip sandwiches and games of lawn bowls before heading back to school. Mr Reville found his secret weapon and passed on some tips to a lucky group of students!!

A great day was had by all and thanks to year 7 for their positivity and energetic nature throughout the day. Congratulations to the winning team – TEAM 7 from Therry House.

Overall, CHISHOLM was the winning house based on the number of points scored.

Thankyou to Year 11 Sport, Lifestyle and Recreation students who refereed and demonstrated excellent



Vinnies Christmas Hampers



The Vinnies Christmas Appeal is all about bringing joy and festivity to families and individuals in need of some extra support. For most of us, Christmas is a time of celebration with family and friends; the joy of exchanging gifts, making precious memories together and enjoying delicious Christmas treats to eat. However, for 2.2 million Australians, including families and 750,000 children living below the poverty line, Christmas can be a time when meeting their most basic needs, like putting food on the table or a place to call home, is a real struggle. Before the school year winds up, we are again inviting you to join us in making this Christmas one filled with joy and happiness

for families in our local area. Students are invited to donate goods which will be made into hampers for local families.

A list of items has been provided to each Care Group. Please check with your Care Group teacher to see which item you have been allocated. To uphold the dignity of those receiving the hamper, we ask that all food items are not due to expire for at least six months.



Photos from www.vinnies.org.au and <https://vinniesyouthqld.org.au/>

Ms Fran Heard
Vinnies Coordinator





Just a reminder enrolments for Year 7 2023 are open.

Please submit applications as soon as possible.



Verdun Hiles

88-92 The Boulevard, Toronto

PH: 02 4959 1258

Now in stock for St Paul's students:

- Jackets
- Jumpers
- Cardigans



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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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Switch/Reception

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Finance Office

Hours: 8.30am to 2.30pm
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Canteen

Telephone: 4946 3115

