
St Mary's Catholic College Gateshead

BE SAFE, BE A LEARNER, BE RESPECTFUL

Newsletter No.2/22

Friday 4 March 2022



Principal's Message

Dear Parents, Carers and Community Members

Lent – a time to improve our lives and that of our adolescents by being of service to others

This week, we celebrated Ash Wednesday marking the commencement of Lent. This is a time when, as Christians, we are called to renewal of self and our relationships with God, others and our earth. It is also a most appropriate time to heighten our awareness to the critical need that our adolescents have for balance and perspective in their lives.

We, as their educators (parents/carers and teachers), have a dual responsibility, firstly to be alert to their feelings and the tensions and pressures impacting on them as they struggle to make sense of our world and their place in it, and lead happier and healthy lives. Secondly, we must take action to support them in their struggle.

There is clear evidence that a significant area of need is to educate and support them in gaining a sense of happiness in order to maintain their mental health and sense of wellbeing. This begs the questions: How do we do this?

There is a simple answer and it is found in the College motto **“Ready to Serve”**. We must encourage them to break-out of a self-referential approach to life and be of service to others. People who do this lead happier and healthier lives. Indeed, empathy, compassion and giving are at the core of our being. Religious traditions, the teaching of Jesus, the wisdom of early philosophers and modern science confirm this.

Lent is a time to remind our adolescents to re-focus their lives on the good and care of others, and to educate them to understand and appreciate that having empathy, being of service to others, being compassionate and giving back promote happiness which is a crucial part of their sense of wellbeing and mental health. Jesus said **“I have come to serve, not to be served.”** As followers and educators of his way of life, may we remind our adolescents during Lent that **to serve is to love, to love is to serve and is a key to human happiness and fulfilment in life.**

Rich blessings

Larry Keating
Principal

Acknowledgements: Principal's Digests, "Improve Your Life Helping Others" Vol 20, No.46

OUTSTANDING COMMUNITY SERVICE

At the recent on-line College Assembly, the following students were highly commended on account of the preparedness to witness to the College Motto: Ready to Serve, but generously volunteering on a regular basis at the Breakfast Club. It is so pleasing to congratulate:

Jack Brown (8.4)
Jasper Groenendijk (8.4)
Cooper Cousins (8.6)
Olivia Hamilton (9.2)

Larry Keating
Principal

Year 7 (2023) Information Evening

The Enrolment Evening provides a comprehensive introduction to St Mary's.

It is designed to support parents/carers in gaining a deep awareness of what St Mary's offers students and, to this extent, will support parents/carers in a process of learning, discernment and decision-making about whether St Mary's is the right school for your child's secondary education.

You are invited to a presentation by members of the College's Leadership Team. It will include a detailed overview of the College's Learning Agenda, the Wellbeing process, the outstanding success of our first three HSC classes and the Campus refurbishment.

Our Enrolment Evening for this year, for the 2023 intake, is being held on:

Date: Tuesday 29 March, 2022
Time: 7.00pm
Venue: The Josephite Centre (Hall)

We look forward to welcoming you.

*Enrolment Applications will be accepted, for Year 7 (2023) from **Monday 7 March 2022 until Friday 27 May 2022.***

Application forms are available on the evening, from the College Reception or can be downloaded from the College website:

<https://www.gatesheadsm.catholic.edu.au/media/nzzmafzq/cso-enrolment-package-vers-10-21.pdf>

2022 STAFF DIRECTORY

LEADERSHIP TEAM:					
Principal:		Larry Keating			
Assistant Principal Learning and Teaching:		Cathy O’Gorman	Ministry Coordinator:	DeAnna Addicoat	
Assistant Principal Wellbeing:		Benjamin Frize	Admin Coordinator:	Andrew Burke	
LEADERS OF LEARNING:			LEADERS OF WELLBEING:		
Religious Studies:		Elizabeth Quinlan	Year 7:	Ruth McCrae	
English:		Tracy Carpenter	Year 8:	Katrina Brennan	
Mathematics:		Tania Eastcott (Acting)	Year 9:	Daniel Beckett	
Science:		Margaret Wright	Year 10:	Gerard Cushman	
HSIE:		Natasha Convery	Year 11:	Sharon Smith	
Creative Arts/LOTE:		Morag Aitchison	Year 12:	Maryanne Murray	
PDHPE:		Stephen Burns	School Counsellors: (Tu) (M, W, Th, F)	Kaine Griffith	
TAS:		Clint Crispin		Vanessa Petersen	
Sport:		Annette Morgan			
LEARNING TECHNOLOGY:		Shane Abell	“BEYOND THE GATE” PASTORAL SUPPORT:	Joanne Relf	
CAREERS ADVISOR & VET COORDINATOR:		Paula Finlay	GIFTED EDUCATION MENTOR:	Louise Henderson	
SPC/JUNIOR VINNIES COORDINATORS:		Louise Henderson	PEDAGOGICAL MENTOR & ESL	Georgina Lindsay	
		Louse Hatcher	TEACHER:		
FACULTIES:					
RELIGIOUS STUDIES:		ENGLISH:	MATHEMATICS:	SCIENCE:	
Elizabeth Quinlan	Joanne Meagher	Tracy Carpenter	Tania Eastcott	Margaret Wright	
DeAnna Addicoat	David Luschwitz	Elisa Milajew	Kerri Hogan	Shane Abell	
Ruth McCrae	Elizabeth Savovski	Gemma Hughes	Alicia Lang	Rebecca Morrice	
Isabelle Quiqueree	Elisa Milajew	Renae Turvey	Sharon Smith	Katrina Piper/Amy Lavis	
Louise Henderson	Karenna Andrews	Andrew Burke	Kieren Knight	Anna Matthews/	
ABORIGINAL EDUCATION TEACHER Paul McKay		Katrina Brennan	Benjamin Frize	Kate D’Arcy	
		Gabrielle Turnbull	Gerard Cushman	Tracey Flack	
		Emma Grealy	John Hepworth	Shaun O’Regan	
		Maria Griffen	Prue Owen/Kate D’Arcy	Gerard Cushman	
		David Luschwitz	Cologne Lane	John Adams	
HSIE:		CREATIVE ARTS/LOTE:	PDHPE:	VET:	
Natasha Convery	Morag Aitchison Martin Speirs Stephen Walter Ruth McCrae Louise Hatcher Carol Paterson Cathy O’Gorman Gabrielle Turnbull Adele Weekes	Stephen Burns	Fiona Edwards	TAS: Clint Crispin Fiona Edwards Nicole Abell Katia Bunn Peter Barnes Tom Millen Kristopher Eames Shane Abell Andrew Blackwell Andrew Smith	
Maryanne Murray		Annette Morgan	Vanessa Dews		
Joanne Meagher		Daniel Beckett	Kristopher Eames		
Paula Finlay		Jade Williams	Clint Crispin		
Karenna Andrews		Ben Mulligan	Joanne Meagher		
Vanessa Dews		Brittany Avery	LEARNING SUPPORT Tim O’Neill Michelle Van Vlimmeren		
Michelle van Vlimmeren		Jacqui McInherney/ Melanie Schultz			
Daniel Matzen		TEACHER/LIBRARIAN: Ros Dunn			
Tarryn Wilson					LIBRARIAN ASSISTANT: Melissa Watt
Daniel Houston					
Kyle Clarence					
Nikki Lorenz/ Rosemary Laughton					
LEARNING SUPPORT ASSISTANTS:		PRINCIPAL’S SECRETARY:	RECEPTION:		STUDENT SERVICES:
Janice Lawrence		Debbie Carter	Lola Romanelli	Zora Velich	
Charisse Bekens		FINANCE: Helen See April Bisegna	Petty Sofianos	Linda Younger	
Leya Wilson			April Bisegna	Stephanie Leard	Jodie Warburton
Declan Meagher		IT: Jonathan Tickle Rod Allan	FOOD TECH/HOSPITALITY ASSISTANTS: Christine Shaw Michelle Russell	CANTEEN: Christine Shaw Debra Tserepas Fiona Fowler Brooke Ceaser	
Jenni Whitehead					
Gemma Thorpe		SCIENCE LAB ASSISTANTS: Sharon Butler Lucia Scherrer	GROUNDSMEN: Steve Howlett Ian Lucietto Michael Rush		
ON LEAVE: Prue Owen (returns Term 2) Christina Hookway (returns 2023)					

MINISTRY

Lent is a summons to live anew

Lent which starts this week, it calls us to journey together in truth and courage. Pope Francis tells us that Lent is a new beginning, a path towards the continual conversion of heart. Sr Joan Chittister says that Lent calls us “to look again at who we are, at where we’re going in life, at how we’re getting to where we say we want to go,”.

Lent also traditionally calls us to prayer, fasting, almsgiving and reconciliation. Giving up things such as chocolate, cake and alcohol can be exercised in self-discipline, but they are not necessarily going to sustain our journey or create a mindset for spiritual growth. In fact, what we give up for Lent should be something that distracts us from God. A Lenten sacrifice should be something that, once removed, makes it easier for us to connect with God.

Our prayer, fasting, almsgiving and reconciliation can be expressed in more creative spiritual action. Joan Chittister says that Lent is a call to weep for what we could have been and are not. Lent is the grace to grieve for what we should have done and did not. Lent is the opportunity to change what we ought to change but have not. Lent is not about penance. Lent is about becoming, doing and changing whatever it is that is blocking the fullness of life in us right now. Lent is a summons to live anew.

The Franciscans in Ireland have given us the following advice, which challenges our views of Lent and promotes a positive mindset for daily living in grace and generosity and following this summons to live life anew, in the renewal of our hearts and minds.

FAST from judging others;	FEAST on the Christ within them.
FAST from emphasis on differences;	FEAST on the unity of life.
FAST from apparent darkness;	FEAST on the reality of light.
FAST from thoughts of illness;	FEAST on the healing power of God.
FAST from words that pollute;	FEAST on phrases that purify.
FAST from discontent;	FEAST on gratitude.
FAST from anger;	FEAST on patience.
FAST from pessimism;	FEAST on optimism.
FAST from worry;	FEAST on trust in God.

DeAnna Addicoat
Ministry Coordinator



eSafety parent guide

to digital technologies and mental health



LEADERSHIP • ADVOCACY • SUPPORT

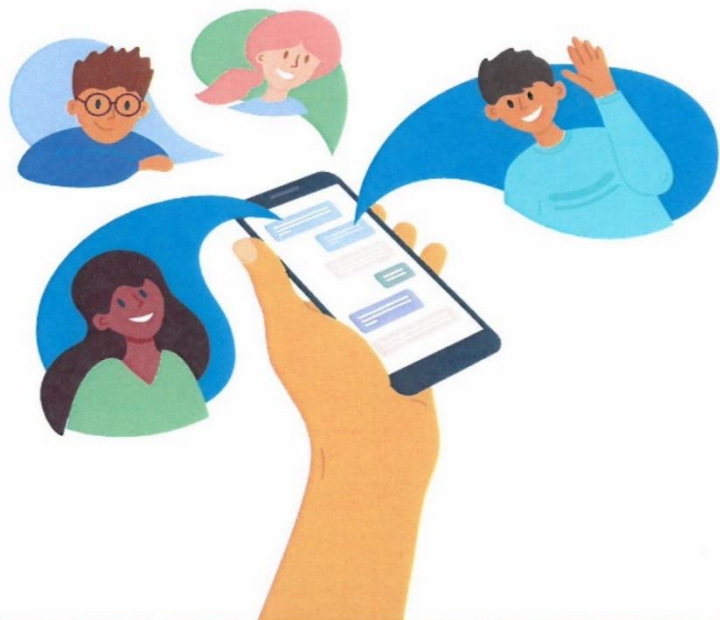
Join the **eSafety Commissioner's** expert education and training team for a **FREE** live webinar on **Tuesday 8 March from 7.30-8.30pm**

This Term 1 webinar will provide parents and carers with strategies to help young people and their mental health when they are online.

8 March 7.30 to 8.30pm

The webinar will cover:

- what do to about accidental exposure to content about suicide, self-harm or eating disorders
- using games, apps and social media to support mental wellbeing
- the pros and cons of digital mental health platforms
- strategies for young people to support friends online.



Register now: <https://attendee.gotowebinar.com/register/6726877427764036623>



ccsp.catholic.edu.au esafety.gov.au

ASSISTANT PRINCIPAL – LEARNING & TEACHING

NAPLAN 2022

Attention Parents and Carers of Students in Years 7 & 9,

Once again it is time to prepare for NAPLAN testing and both Years 7 and 9 will be partaking in this month's Practice Online test period and the May NAPLAN tests. In 2022, there will be two rounds of NAPLAN tests:

NAPLAN Practice Tests Week 9 Term One

Year 7 and 9 Students - Thursday March 24 will sit the 'Omnibus Test' which combines three tests – Reading, Conventions of Language and Numeracy - into one test.

These tests each last for approximately 40 minutes and are entirely for practice – for the students to understand how the tests work and for NESA/ACARA to test its servers and their capacity.

NB The marks achieved in these tests are not reported to students or the school.

NAPLAN Tests – in Week 3 of Term Two, commencing May 10, students will sit three NAPLAN tests. These tests will be in - Reading, Writing, Conventions of Language and Numeracy. An exact timetable for these tests closer to the time will be forward to parents and carers.

In 2022, our students will sit these online tests on their own devices. As a result, **every student in Years 7 and 9 will need to ensure that they have their devices with them and that these are charged.**

PLEASE NOTE:

- **Chromebooks are not supported by the Locked Down Browser** required to undertake the NAPLAN tests. Students with Chromebooks will be required to complete the tests on a school owned device.
- All students are **required to download/update the latest version of the Locked Down Browser prior to the day of their NAPLAN Practice tests.** Information regarding this process will be **communicated to students by Mr Abell.**

Additional resources:

- [Public demonstration site](#)
- [NESA NAPLAN website](#)
- [NAP parent/carers support page](#)

And, finally, if you are a Visual Learner you can watch a YouTube Clip via the following link:

[NAPLAN Overview Youtube](#)

Please do not hesitate to contact me by email cathy.ogorman@mn.catholic.edu.au if you have any further questions regarding NAPLAN.

Assessment at St Mary's

Years 7, 8 and 9 (Stage 4 and early Stage 5)

Assessment in Years 7 - 9 is formative in nature and is centred on student growth. Evidence of learning includes a variety of tasks, for, as and of learning, that are collated throughout the year by the classroom teacher AND the student (eg portfolio; process diary; learning log.) Compass Learning Tasks or TEAMS Assignments are also utilised by some teachers to provide relevant and timely feedback to students and parents in the learning process.

A Formal Assessment Schedule is published by the college ONLY for students in Year 9 who are undertaking 100 Hour RoSA (Record of School Achievement) Courses. This **Stage 5 Handbook** will be available in the school portal from Monday 7 March 2022.

For Years 7 & 8 students, individual teachers will manage formative and summative assessment within each faculty and, as such, an **Assessment Handbook is not printed for these students.**

At the end of each semester a report is issued identifying an overall level of achievement for each subject studied based on the **Common Grade Scale**. These Grades are awarded to each student based on the evidence collected throughout the learning process. Performance is measured against descriptors for A - E in that subject. Teachers collaborate in this process in professional learning teams.

Year 10 (Stage 5 Assessment)

In Year 10, assessment is still largely formative with **no more than TWO formal summative assessment tasks** completed by each subject in Year 10 per year. These two tasks per subject appear in the **Stage 5 Assessment Handbook** and **Formal Task Notifications** are issued to students at least two weeks in advance. These two formal tasks contribute to the awarding of Grades for the Stage 5 RoSA but are **NOT the only evidence used to determine grades for the students**. The gradual introduction of these formal Summative Tasks leads students towards an understanding of the nature and requirements of Stage 6 assessment.

The assessment and reporting principles outlined above for Stage 4 will also apply.

For **Years 9 and 10 RoSA Courses** Grades A – E will be awarded for ROSA and submitted to NESA at the conclusion of the academic year.

NB There are no exam blocks scheduled for 2022 for Years 7 – 9. With longer lesson length, subjects may choose to complete assessment of student achievement in the longer periods. Students in Year 10 may be required to sit a formal examination at the end of the year for some subjects. **The Formal Examination Block will be held in Week 6 Term 4.**

SAVE THE DATE!

Year 11 Stage 6 Learning and Wellbeing Day will be held in **Week 11 Term One 7 April**.

The day will provide students with opportunities to learn more about study skills, critical thinking skills, wellbeing and managing the Stage 6 journey as a learner at St Mary's.

Details of the day will be provided closer to the date. This is a compulsory day for all Year 11 students and a great day is guaranteed!

SMCCG Stage 6 Learning & Wellbeing Day
Thursday 7 April 2022
This day is compulsory for all Year 11 students.



Cathy O'Gorman
Assistant Principal – Learning and Teaching

www.studyskillshandbook.com.au

Having run over 5000 study skills seminars over the past twenty years, Dr Prue Salter has been asked many questions about study skills. Below are some of the questions parents ask.



1. SHOULD YOU TYPE OR HANDWRITE STUDY NOTES?

If the exam will be handwritten, students are better to **handwrite study notes**. This creates muscle memory and helps student practice their handwriting skills. However, many students prefer to type their study notes as it is so much easier to organize the information. If students choose to type, when they are learning their notes they need to read a section, see what they can write down without looking and check and see if they were correct. This will help them practise their handwriting skills while committing the information to memory.



2. MY STUDENT DOESN'T SEEM TO KNOW HOW TO STUDY, WHAT SHOULD THEY BE DOING?

Sadly many students think that studying for a test just means reading their notes over and over. This is the slowest and most ineffective way of studying. Studying involves 3 steps. The first is make study notes or summaries on what they have been learning. The second is to learn the notes by testing themselves over and over on the information to be retained. The last step is to do as much practice as possible – the more different questions they can do, and preferably under time constraints, the better they will be prepared. Remember that we all learn in different ways so there is scope to allow students to use techniques that suit their individual learning style, such as recording notes to listen to.



3. HOW CAN STUDENTS GET MORE ORGANISED?

The first step is to work out what area of organisation you want to target. Books, computer files, locker, diary, desk, folders... the list goes on. There is no point saying to a student 'you need to be more organised'. Instead, identify an area where there could be improvement. Then, with your student, work out specific strategies to implement to address this issue. Once this issue is under control, then move onto the next problem.



4. WHAT TIME SHOULD STUDENTS GO TO BED?

Although it varies, most students need at least 8 hours of sleep each night. Therefore work backwards, allow an hour or so for students to get ready for bed and fall asleep, then work backwards to the time they need to get up for school. Have students pay attention to how they feel in the morning – they may need less or more sleep than the average.



5. HOW CAN I GET MY STUDENT MOTIVATED TO DO THEIR WORK?

There is no quick or easy fix for lack of motivation. There are quite a number of strategies to try, but they all take time and effort and persistence. Check the Developing Motivation unit to print a guide for parents on helping your student to be more motivated.

www.studyskillshandbook.com.au

Help students develop great study skills.

username: stmarys

password: 106results

DISABILITY PROVISIONS

Disability Provisions applications for HSC exams are now open. Any student considering applying for these provisions please see **Mr Tim O'Neill** to discuss their eligibility. The closing date for applications is the last day of Term 1. Please note that SMCC does not make decisions about applications. The NSW Government Education Standards Authority (NESA) make determinations based on evidence supplied in applications.

FACULTY NEWS – BIOLOGY**Year 11 Biology Excursion**

On Friday the 25th February, Year 11 Biology students went to Gibberagong Environmental Education Centre at Bobbin Head to carry out a series of investigations about the abiotic and biotic factors in that environment and to determine the abundance and distribution of crab holes and mangrove trees. We were all excited to get out of the classroom for a day and despite the rainy, muddy conditions and soaking wet activity booklets, we all had a great time during this hands-on experience. The highlight was catching crabs to examine their adaptations.

On behalf of Year 11, I thank the excursion leaders of Gibberagong Environmental Education Centre, Mrs. Flack and Mrs. Morrice for creating a fun and informative day for us.

Beth Urquhart



FACULTY NEWS – CREATIVE ARTS & LANGUAGES

St Mary's Catholic College Concert Band 2022

It is my pleasure to be writing to you about Concert Band commencing at St Mary's Catholic College Gateshead in 2022. It has been a tough two years for musical ensembles and we have finally been given the green light to rehearse as a group again.

Concert Band is a wonderful musical ensemble for wind instruments and percussion. Students learn to read music and perform at a high level. (This is very good for brain development!) This ability to read music means students can perform a huge range of musical styles. Concert Band is an excellent opportunity for students with a musical aptitude to gather with students from other year groups and with similar interests and abilities to prepare and perform quality music in a friendly and encouraging environment.

I am aware of many students who have played in concert bands in Primary School. We will also welcome students who would like to learn an instrument.

Concert Band will rehearse either before or after school. Could interested parents please complete the survey (link below) so that we can find a time that suits most people. It is my hope that rehearsals will commence in week 7.

Steve Walter
Music Teacher and Concert Band Director

Here is the link to the survey. <https://forms.office.com/r/C5K1crx1R2>

VIRTUAL ACADEMY

The Virtual Academy for 2022 has started! Across the diocese there are 60 students attending the Virtual Academy, with 3 students from St Mary's – Sheridan Owen and Nic Toshack in Year 7, Jeremy Gocher in Year 8.

At the Orientation last week, students got to know their Virtual Academy teachers and peers, experience some problem-solving trying to break out of virtual escape rooms, and they heard first-hand what it is like being in the academy from some special guests in their second and third years of the Virtual Academy. Learning in the Virtual Academy is just one example of how gifted learners are being offered the opportunity to socialise and learn with like ability peers.

It is clear from the energy and enthusiasm students brought along with them, that this year will be full of new experiences, new connections and new learning.



Louise Henderson
Gifted Education Mentor

FACULTY NEWS – SPORT

SWIMMING CARNIVAL REPORT

A great day had by all, a huge thank you to our amazing House Captains who delivered in the spirit of our Motto, “Ready to Serve”.

Thank you to all St Mary's staff for all their support and assistance in running the day. Congratulations to the staff and students for their amazing costumes, creative ideas and wonderful colour which spread throughout the Grandstand. Students shared laughter, competed against each other, had fun together, and certainly displayed enthusiasm for every event.

Our annual Water Polo contest was amazing, the number of students involved was very pleasing to see.

THE WINNER FOR 2022 is

CHISHOLM HOUSE

Chisholm has not won a Swimming carnival for a number of years!! Congratulations!!

Many congratulations extend to the Age champions for 2022, well done on all your efforts. Medals will be presented at a full Assembly (tbc)

SWIMMING - AGE CHAMPIONS FOR 2022		
AGE	GIRLS	BOYS
12	Anna Gocher	Jacob Lynch
13	Emily Jack	Cade Rimanoczy
14	Eva Potts	Dylan Wilks
15	Isabelle McCurdy	Kane Edwards
16	No competitors	Ethan Hamilton
17 Plus	No competitors	No competitors



DIOCESAN BASED SPORTS

Selected St Mary's students can compete for this level compete against our 11 Secondary Catholic Schools in the following sports:

- Swimming – Lambton Pool
- Cross Country – Aberdeen
- Athletics – Glendale Athletic track

Other sports which apply at this level can be Individual and Teams. Our representative sports in Term 1 are:

- Rugby League – U/15 yrs & 18 years also Girls U/16years development
- Swimming – Lambton Pool
- Touch – U/15years & Opens
- Soccer – coming up

OTHER TEAM COMPETITIONS

- Bill Turner Cup Soccer – U/ 15years Boys & Girls
- Knights Knockout – 13,14,15,16 & Opens League
- NSWCCC Netball – Catholic Competition - Penrith
- NSWCCC Soccer – Catholic Competition
- NSW Futsal – Boys & Girls

CATHOLIC SCHOOLS NSW SPORT – Nominations for Individual only, Sport Registrations (please refer to Parent help sheet enclosed)

TERM 1 - Individuals nominate only: NSWCCC applies only 2 x Age groups - U/15years and U/19years

- Cricket - 15 Years Girls
- Softball – Boys & Girls
- Tennis - Boys & Girls
- Cricket – U16 Boys
- Baseball – Boys
- Golf – Boys & Girls
- AFL - Boys & Girls
- Volleyball – Boys & Girls
- Water Polo – Boys & Girls
- Hockey – Open Boys & Girls, 16s Girls
- Diving – Boys & Girls

PERMISSION FORM

A permission form is not required for School Sport (Friday) as this is a mandatory and contributes to the hours of physical activity students are required to complete.

Permission notes will be required when your child is attending a Diocesan or NSWCCC sport.

All sports which are classified “contact sports” will require a permission note. This will be sent home to be completed plus a Medical form. Eg Knights Knockout, Bill Turner Cup Soccer, NSWCCC Netball at Penrith, just to name a few.

YEAR 7 & 8 ROTATIONAL SPORTS – 2 year cycle

CLINIC PROGRAM for Year 7 & 8 – COMPULSORY – IF NOT IN A REP Team			
GIRLS		BOYS	
❖ Swimming	❖ Touch	❖ Surf Awareness	❖ Touch
❖ Surf Awareness	❖ Martial Arts	❖ Rugby League	❖ Soccer
❖ Fitness	❖ Dance	❖ Fitness	❖ AFL
❖ BBall	❖ Soccer	❖ Gymnastics	❖ BBall
❖ AFL	❖ Gymnastics	❖ Cricket	❖ Martial Arts
❖ Netball	❖ Tennis	❖ Tennis	❖ Swimming
❖ Cross Country	❖ Cricket	❖ Cross Country	❖ Cricket
All the above Sports will be coached / instructed by a Development Officer associated with each of the above sports, where possible.			

FRIDAY REP SPORT



TERM 1

Coach

Boys	T/20 Cricket 9 & 10 Boys	Smith or Richardson Oval	SPX	Mr McKay
Girls	9 & 10 Volleyball - Mixed	SCM	SCM	Mr Luschwitz

TERM 2

Coach

Boys	7/8 Soccer	Adamstown Rosebuds	SPX	TBA for all
	9/10 OzTag	National Park	SMG	
	9/10 Bball	SCM or B'Meadow stadium	SCM	
GIRLS	7/8 Soccer	Adamstown Rosebuds	SPX	
	7 Netball	National Park	SMG	
	8 Netball	National Park	SMG	
	9/10 OzTag	National Park	SMG	
	9/10 Bball	SCM or B'Meadow stadium	SCM	

TERM 3

Coach

BOYS	7/8 OzTag	National Park	SMG	All TBA
	7/8 Basketball	SCM or B'Meadow stadium	SCM	
	9/10 Soccer	Adamstown Rosebuds	SPX	
	9/10 Dodgeball	SPX	SPX	
GIRLS	7/8 OzTag	National Park	SMG	
	7/8 Basketball	SCM or B'Meadow stadium	SCM	
	9 Netball	National Park	SMG	
	10 Netball	National Park	SMG	
	Open Soccer	Adamstown Rosebuds	SPX	

TERM 4

Coach

Boys	Opens Waterpolo	Lambton Pool	SPX	All TBA
Girls	Opens Waterpolo	Lambton Pool	SPX	

Any questions, please do not hesitate to contact me.

Yours in Sport
Annette Morgan

CATHOLIC SCHOOLS NSW SPORT PORTAL

PARENTS

SETTING UP AN ACCOUNT

If you have an account on the csnsw.sport website, click on "log in". If you have forgotten your password then select "forgotten password". This will send a link to your emails to reset password.

If you have **NOT** previously had an account, you will need to set one up so you can register your child.

1. Go to csnsw.sport
2. Click on **Create Account** which is located in the blue box on the top right hand side of the page. Select on parent in the dropdown list.
3. Complete all the fields in the Parent/Guardian account set up page, then click on **Create Account**. You will receive a confirmation email.

ADDING A CHILD

1. Click on **Add Child**
2. Complete all fields. Click **NEXT**
3. Complete all fields on the next page and click on **Add Child**

REGISTER FOR A SPORT

1. Scroll to your child's profile
2. Click on **Register for a Sport**
3. Select the **Sport** from "available sport registration". Please note that you will have to select **"the sport" (Diocese Selection)**
4. Click **Next**
5. Review your child's details and if they are correct **tick** the "Acknowledgement" box and click **Next**
6. Sport Specific Details – these will be for the Diocesan event your child has already attended. Then click **Next**
7. Consent to Participate - Complete all the fields and click on **Finish**.
This will generate an email to your child's principal for them to approve. Once the principal has approved this, your child will be progressed to the Polding/MacKillop/NSWCCC event.

PROGRESSION TO NEXT LEVEL

Once the above progression has occurred you will receive an email to login to your account

1. Scroll to the child's profile on your dashboard and there will be a box in red **"Confirm Selection"**. Click on the box.
2. Review your child's details and if they are correct **tick** the "Acknowledgement" box and click **Next**
3. Sport Specific Details: Review all of the Polding information and click **Next**
4. Consent to Participate: Complete all the fields and click on **Finish**
5. Add to Cart: Levy and uniform will be displayed. (If applicable)
Follow the prompts and click on **Checkout**
6. This will take you to the payment options. Complete payment.
7. The Principal will be able to approve this registration even if the parent has not completed the payment or confirmation of selection

CRICKET NEWS....

Year 9/10 Rep Cricket

Round 1 of competition saw St Mary's up against St Pius, Adamstown at Smith Park No 3. St Mary's elected to bat and on the first afternoon's play posted a total of 68 all out off 17 overs. After an excellent partnership between **Eli Hunt** (16) and **Tobin Blackwell** (18) the boys fell to the pressure of some tight bowling. **Lachlan Gillies** (10no) and **Ethan Venables** (8) added some valuable runs at the end.

Even though St Mary's only had a small score to defend the boys turned up with the ball. **Elijah Thompson** (1-0), **Joshua Doggett** (2-6) **Tobin** (1-3), **Eli** (1-5) and **Ethan** (1-7) were the wicket takers. Fielding was outstanding with fine catching by **Lachlan Farrell** (2 catches) **Alec Lucietto** and **Tobin**, who also executed a runout with **Eli**. **Henry Burke**, **Liam Steenson** and **Lachlan Gillies** saved many runs with their impressive ground fielding.

Unfortunately, St Pius were too strong with the bat and passed the total to win by 4 wickets. Well done also to captain **Alec Lucietto** for steering the boys around the field so capably.

Paul McKay
Ab Ed Teacher & Cricket Coach

PAT CONROY MP PRESENTING LOCAL SPORTING CHAMPION CERTIFICATES TO ST MARY'S STUDENTS

On 1 March 2022 Mr Pat Conroy MP presented students of St Mary's High School with a certificate for the Local Sporting Champions Grant in which each recipient also received a \$500 cheque.

This grant was awarded to **Billy Foran**, **Zara Foran**, **Noah Gibbs (pictured)** and **Kaitlin Rees** who was unable to attend the presentation.

All recipients received this grant for competing in Sydney at the Australian Surf Life Saving Championships representing Swansea Belmont Surf Life Saving Club held last weekend.



EXAMPLES OF APPEALING THINGS A YOUNG PERSON CAN GAMBLE ON



E-Sports

Next McFlurry
Flavour

Loot Boxes



Sport



Gaming Skins

Instant Scratch
Cards

TV Shows



WWE



Toy machines

Triple J
Hottest 100

Movies



Lotto

Private Betting
with Family &
Friends

Horses

Social Casino
GamesFirst song in
Superbowl
halftime show

Risks Associated with Gambling

Low levels of gambling might seem safe for a young person but gambling in childhood increases the risk of gambling problems in adulthood. Young people who gamble are at greater risk of other harmful behaviour:

- Anti-social behaviour
- School truancy or poorer achievement
- Smoking, binge drinking or drug use
- Higher rates of depression and anxiety
- Loss of friendships with non-gambling peers

Why a young person may not ask for help

- They may not realise help is available
- They may not believe they have a problem
- They feel there's a stigma attached to seeking support
- They may be afraid there will be a black mark against their name
- They are worried about other people finding out - including their family
- They may not feel comfortable asking for help directly

Ways to Limit Exposure to Gambling

- Install a filter on computers, tablets and phones to block gambling websites
- Encourage them to have interests that don't involve digital devices and consider limiting screen time
- Encourage the use of computers, phones and tablets in family areas of the home, so that they can be monitored more closely
- Have a discussion about gambling
- Be a good role model

How to talk about Gambling with Young People

Pick the right time, if they are engrossed in something it is probably not the right time, when the time is right cover a few basics such as:

- Talking about sport and making sure they know that sport and gambling don't have to go together
- Help them understand that gambling companies are in business to make money from customers and chances of winning are limited
- Discuss things that influence attitudes to gambling and how technology has made it easier to gamble
- Point out gambling is risky and discuss the consequences like not have money to spend

About GambleAware Hunter New England

GambleAware Hunter New England is here to support people to be gamble aware with information on how to gamble safely, plus free confidential support for anyone affected by gambling.

**For more information or to make an appointment, contact us on:
Phone 1800 497 065 or email gambleaware@catholiccare.org.au**

GAMBLEAWARE
Hunter New England



ASPIRE
MUSIC.DANCE.DRAMA

JUNIOR THEATRE MAKERS 2022

<https://aspire.mn.catholic.edu.au>

Please refer to the ASPIRE website for all ASPIRE information, forms, updates, photos and the newsletter from the Artistic Director

Thursdays in Terms 2 and 3 in four different locations across the Diocese

Locations: St Pius X High School, Adamstown St Joseph's High School Aberdeen St Paul's Catholic College Booragul

Time: 4.00 pm – 5.30 pm 4.00 pm – 5.30 pm 4.00 pm – 5.30 pm

ASPIRE's Junior Theatre Makers Ensemble for Years 5 – 8 is again offering creative drama programs across the Diocese in 2022 throughout Terms 2 and 3.

Term 2 will be all about learning and skills with a focus on play building. Ensemble members will work through an array of exercises relating to character, physical and image based theatre. The ensemble will be led by a local theatre expert and will also receive a workshop from ASPIRE Artistic Director Anna Kerrigan.

Term 3 will be spent creating an original short performance piece which will be performed on **Tuesday 20 September 2022 at the Civic Playhouse, Newcastle**. All three groups will come together to rehearse for the day before performing an integrated piece that evening.

This is a great opportunity to learn in a fun environment with like-minded students. Places in the program are limited and will be allocated on a first come first served basis.

Course Cost: \$300 (scholarships are available for those in financial need)

To reserve your place please complete a booking form online at the ASPIRE website <https://aspire.mn.catholic.edu.au> or call Anne Atkins on **02 4979 1331** for more information.

ASPIRE



PRIDE Mass

FOR LGBTIQ PEOPLE, THEIR FAMILIES,
FRIENDS AND THEIR SUPPORTERS

FRIDAY 04th MARCH 2022
6.00PM

IMMACULATE HEART OF MARY CHURCH,
16 Tighes Tce, Tighes Hill

For more information contact: LGBTIQ@mn.catholic.org.au

Term 1 Calendar 2022

Week 7 (A Week)	
Mon 7 March	2023 Enrolment Period opens (closes 27 May 2022)
Tues 8 March	<ul style="list-style-type: none"> Dio Swimming Carnival International Women's Day Breakfast (ticketed event only) College Assembly
Thurs 10 March	Year 12 NSW Cricket incursion
Week 8 (B Week)	
Tues 15 March	Year Assemblies
Wed 16 March	Landcare
Thurs 17 March	St Patrick's Day
Fri 18 March	<ul style="list-style-type: none"> Year 12 Aboriginal Bush Medicine and Land Use excursion Newsletter 03/22
Sat 19 March	St Joseph's Feast Day
Week 9 (A Week)	
Tues 22 March	<ul style="list-style-type: none"> College Assembly Staff Professional Development 3.00pm-4.30pm – Classes cease at 2.40pm
Wed 23 March	Digital Mentor Program
Fri 25 March	<ul style="list-style-type: none"> Feast of the Annunciation (College Feast Day) Celebrations Year 7 to 10 Parent-Student-Teacher Interview Bookings open Year 7 to 11 Interim Reports published
Week 10 (B Week)	
Mon 28 March	Science & Engineering Challenge Day (TBC)
Tues 29 March	<ul style="list-style-type: none"> Year Assemblies Year 7 2023 Information Evening – The Josephite Centre (Hall) – 7pm
Wed 30 March	Landcare
Thurs 31 March	Year 7 to 10 Parent-Student-Teacher interviews 2.30pm-6.30pm
Fri 1 April	<ul style="list-style-type: none"> Newsletter 04/22 Year 7 to 10 Parent-Student-Teacher interviews 8.00am-2.45pm Pupil Free Day for Year 7 to 10 Students; Year 11 and 12 attend class as usual
Week 11 (A Week)	
Mon 4 April	Year 10 Luna Park excursion
Tues 5 April	College Assembly
Thurs 7 April	Easter Liturgy
Fri 8 April	Last Day of Term 1 (Term 2 commences Tuesday 26 April)

Easter 2022

Thursday 14 April - Holy Thursday

Friday 15 April - Good Friday

Sunday 17 April - Easter Monday

Please note the TBC dates – this is due to evolving COVID protocols. Arrangements will be continually updated on this page.



Pianoforte Studio

Piano lessons for students of all ages

Warners Bay studio

\$25 / 30 minute lesson

For more details please contact Rebecca on

0408775780 or

pianoforte@westnet.com.au

<https://www.pianofortestudio.org/>



Lunch Hub

a FREE community lunch!

Free two course sit-down meal!

Mondays @ 12.00 noon

PCYC Lake Macquarie (Lake St, Windale)

 Our Community Place Inc.
coordinator@ourcommunityplace.org.au
 4062 0338 www.ourcommunityplace.org.au