

Newsletter No.17/22

Friday 11 November 2022

Principal's Message

Dear Parents/Carers and Community Members,

Fidelity to our role as Parent and Teacher Educators

In the past week our Year 12 class of 2022 completed their HSC examinations, and family members, carers and staff had the opportunity to celebrate a joyous formal with them. Like their parents/carers, the College community hope and pray that their post-school lives will be a reflection of the goal of Catholic education.

The goal of Catholic education is to educate them to embrace their humanness as gift by becoming fully alive individuals who help create a society that serves the common good. The desire and ability of our graduates to do this depends in large part on our fidelity to meeting our shared role and responsibilities as their parent and teacher educators.

This demands that in the home and school we:

- Honour and uphold the dignity, worth and sacredness of all human life;
- Grow the "gift of life" given to us at birth by continually developing our whole being and that of our children/students;
- Be concerned to see justice and basic human rights extended to all;
- Reject the individualistic ethic of our times in favour of the communal ethic and the acceptance of social responsibilities;
- Exercise a 'sacramental conscience'. This demands that we look for "the more" in life; that we are alert to and reach out to those society "overlooks" – refugees, the destitute, asylum seekers' the spiritually poor, etc., and that we practise faith that does justice;
- Recognise that we find our true identity, our true selves in relationships with others;
- Embrace opportunities to extend care and welfare to others;
- Build right relationships with all creation;
- Recognise that all our lives have historical agency, ie. a lasting worth, a purpose that reaches beyond ourselves and our time;
- Counter the social fatalism and pessimism of our times by being hope-filled and optimistic in spirit, and maintaining a profoundly positive view of the human person;
- Are prepared to "carry the cross", to bear with the many pains, challenges and heartaches which are integral to the human condition.

Please pray that our Year 12's adult lives will reflect these qualities and truly be a manifestation of God's love.

Acknowledgement: The ideas which form the basis of this article flow from a reading of: Thomas H Groome, "Educating For Life – A Spiritual Vision for Every Teacher and Parent", 1998; and the opportunity I had to engage in professional learning with Prof. Groome in 2001.

Blessings

Larry Keating
Principal

Leadership Formation Retreat

Last week, our four College Leaders and myself attended the Formation and Leadership Retreat in Newcastle. It was a true privilege to witness forty student leaders from across the diocese unite over the three days. The connections, experiences and growth will impact students and staff for many years, if not a lifetime.

Special Guests included **Br Damien Price from Queensland**, an expert in Social Justice and ministry and **Sam Clear**, an adventurer, author and speaker who walked around the world for Christian Unity – they were both incredible people and incredible presenters!

The Church in Action Immersion Session where students visited local agencies including St Vincent De Paul, Refugee Hub and St Dominic's to participate in works of social justice was deeply transforming and the highlight of the retreat.

Thank you to all that made this opportunity happen and thank you to the wonderful student leaders across our diocese ... the future is in good hands!

"The immersion experience at St Dominic's was a brand-new experience for me, it was genuinely amazing to work with the kids, showed me the impact that these social justice initiatives can have, and it's something I can take forward into the future." – Ben Dezelak

*I found the Student Leaders Retreat to be an eye opening and highly positive experience. On the retreat, we were able to learn skills in Servant Leadership and Catholic Social Justice through both guest speakers and immersive, hands-on experience with local charities and agencies. It was this charity work that I found the most rewarding: through it, we were able both to give back to the community which has supported us so much and meet people who helped us to gain a new perspective on our role as leaders. Overall, it was a wonderful opportunity and I thank **Louise Hatcher (SPC Coordinator)** that were able to make it possible. ~ Lily Quinn*



Youth Forum: Right to Education

On Tuesday, 1 November, we were given the opportunity to visit Newcastle University as part of the Youth Forum: Right to Education.

Throughout the day we were able to communicate with members of schools across NSW as we worked together to break down the barriers preventing access to education. As well as this, we answered several questions as a group geared towards improving education and its accessibility.

We witnessed a panel of three students, each with different backgrounds facing different challenges in relation to education, which provided great insight into the barriers of education for those in Australia and overseas and the ways they can be overcome.

We were extremely fortunate to have the Shadow Minister for Tertiary Education, **Tim Crakanthorp**, to answer our queries and talk about his own experience with regard to access to education. The day culminated with a written statement created by all students present designed to challenge the current standard of education and the lack of access to this basic human right in our world today.

Written by **Sam Collins**

Students attended: **Sam Collins, Joseph Hogan, Beth Urquhart, Annalise Burrows**



Wellbeing and Engagement

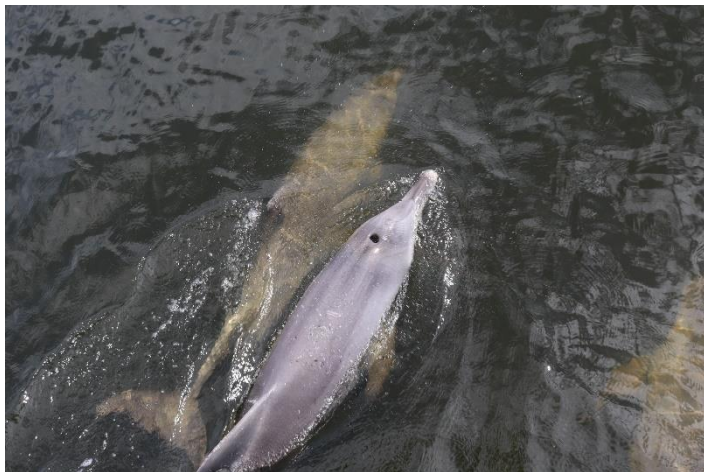
Year 12 (2023) Formation Day

Year 11 had an amazing day! Although we had the wipers going on the double decker bus (so excited about the double decker) in the initial stage of our journey, the weather got its act together and put on a show. Perfect day, not too hot...not too cold. The dolphin cruise lived up to expectations as we saw playful dolphins and got to swim in the boom net. We shared a picnic and beach fun in Fingal bay which just topped off our day. It was a great day for year 11 to take a breather and enjoy each other's company.

Sharon Smith

Leader of Wellbeing – Year 11

Some shots of the dolphins that joined us on the cruise taken by Noah Walker



Year 11 Formation Day



Aboriginal Education

Culture Workshop – Making Soap

St Mary's hosted a Cultural Workshop this week, with students from some of our feeder schools joining with our Year 7 Aboriginal students.

Students from St Paul's Gateshead, St Joseph's, Charlestown, St Pius X, Windale and St Francis Xavier, Belmont came together to make soap. Raw soap was heated and mixed with colouring and oils from some native plants (eucalyptus, tea tree and lemon myrtle) before being placed in moulds.



Students also learned about how indigenous people washed their hands in the past. They collected some Sydney Golden Wattle and mixed it with water to lather up and wash their hands.



BUSH SOAP - Sydney Golden Wattle - Acacia Longifolia

Leaves can be crushed up in hand and wet with water. Rub hands together and it will start to lather up like soap.

Flowers and Seeds can be used as a food source.

(Before eating any plant make sure you are with an elder or someone with proper knowledge. Bush tucker can be deadly if not prepared correctly or too much eaten.)

Year 7 'First Contacts'

In HSIE Year 7 have learning about the impact of first contacts on indigenous people around the world including Aboriginal and Torres Strait Islander people in Australia. A number of classes took part in partner and small groups activities to uncover a 'truer history' of European settlement of Australia.

Students also learned about the amazing local story of Biraban, an Awabakal leader and Threlkeld, a British clergyman. These two men built a strong relationship in the 1820s and were responsible for creating many rich records of life around Lake Macquarie and Newcastle and the chronicling of the Awabakal language.

If you are interested in the story of Biraban and Threlkeld it is part of a great series called 'Stories of our Town'. Follow the link:
<https://www.youtube.com/watch?v=GTPjS-dOKgg>

Paul McKay - Aboriginal Education Teacher



Year 7 students worked together in pairs to uncover a 'truer history' of 'First Contacts'

Creative Arts and Languages

Every year, students from around the Diocese engage in a rigorous audition process to try and land a position or role in the ASPIRE production for the following year. We at St Mary's Catholic College are very proud to be represented by 21 students in the Dance, Drama, Band, Vocal and Acting Ensembles in 2023. Congratulations to our current and future St Mary's students on their achievements and we look forward to seeing you in action next year!



Those students are:

James Bernasconi, Macy Nash, Piper Arajuo, Amelia Bubenicek, Joe Jarvie, Ruby Inglis, Lily Edwards, Polly Lucas, Olivia Brown, Charlotte Pierchorowicz, Remi Druery, Katelyn Dowling, Nelly Frost, Zac Armit, Gabrielle Ollerton, Daniel Ollerton, Henry Barnett, Chloe Griffin, Molly Drayton, Evie Duggan and Maggie Hardie.

Congratulations on behalf of your very proud Creative and Performing Arts Teachers!

Soundscapes

Last night we celebrated some of the achievements of our wonderful students in Semester 2. The atmosphere was relaxed and joyous and the weather couldn't have been more perfect. Congratulations to all those involved and thank you to all who joined us on the evening.



HSIE News

Vietnam Veteran visits St Mary's Catholic College

On 3 November, Ken Beckett (Mr Beckett's dad) shared his Vietnam War story and wisdom. Following are some reflections from the Year 10.3 History students about this experience:

"Ken didn't smoke but instead he used his cigarettes and traded them off to the others for either chocolate or canned food. Ken did not change his clothes for 2-3 weeks. At the end of the three weeks his clothes were rotting away and they would start to fall off him."

"Mr Ken Beckett is a very wise and admirable man. He shared a multiplicity of stories of his brave time serving in the Vietnam War, from the French bread roll girl to the reckless helicopter pilots. Ken shared the important life lessons of 'treat everybody the same, see the good in everybody,' alongside the salience of gratitude."

"We learn about the conditions of camp life in the sand dunes. No running water and squalid living conditions."

"Mateship was critical then and today."



SPORTING ACHIEVEMENT

Last Friday, Year 8 student **Cayden Lobach** left for Singapore as part of NSW Football Talent Support Program (TSP) Singapore Youth Cup team. Cayden was selected as 1 of 2 goal keepers and will spend 9 days in Singapore with the team attending training sessions and playing in the Cup.

Cayden started playing soccer at the age of 6, and this year was invited to join the National Premier League for Valentine where his talent and commitment saw him selected to train in the TSP Team.



This season Cayden was chosen as goalkeeper for both the U14 and U15 teams. His dedication to improving his skills and pushing himself to achieve the best in his sport has seen Cayden involved in not only training with the first-grade team, but also having personalised and specific goalkeeper training every week.

During the season, Cayden played a total of 63 games and trained 5-6 nights per week. On top of all of his achievements, Cayden was also named Valentine's Player of the Year award.

Whilst representing his country in Singapore, Cayden will be given an opportunity to visit Universal Studios, participate in a day trip of sightseeing and experiencing the culture, history and people of Singapore as well as having the opportunity to attend an FA Cup game.

Congratulations Cayden on such a wonderful achievement and experience! We wish you all the very best for this exciting opportunity and look forward to watching you continue to develop your skills in soccer.

Gabrielle Turnbull



VINNIES CHRISTMAS APPEAL

A Christmas without joy is no Christmas at all. Yet that's what too many people are facing this December. The St Vincent de Paul recognises that Christmas is a time for enjoyment for most, but there are many disadvantaged families who will struggle to supply a celebration that they feel provides for everyone. But it doesn't need to be that way. Your generosity can help bring joy and comfort to people this Christmas.

The Vinnies Christmas Appeal is coming up fast! This year we are focussing on not just Christmas Day, but Christmas Week. We often think of Christmas as being the one day, but we need to make sure families still have enough to eat on the days that follow. Your generosity can help bring joy and comfort to people this Christmas. The St Mary's community recognises the call to "Love one another" extends beyond a single day. Therefore, we are Ready to Serve. Each roll call class will be given a bag to fill with donations that have been recommended by the Gateshead/Windale Chapter for the St Vincent de Paul Society.

Stay tuned to Compass and Facebook for a detailed list of donations needed.

Thank you


Ms Hatcher and Mrs Henderson and the SPC

Library Matters

We are busy chasing Library books and English novels that may have been laying around your homes. If you have received an Overdue notice please have a look under the bed and see if you have a book hiding there. Any help in returning the books is appreciated.

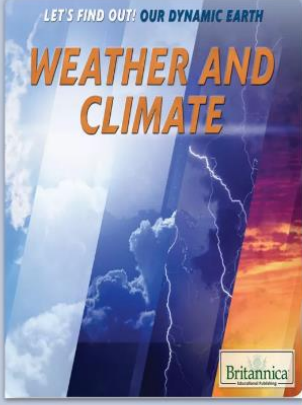
Please remember you always have access to SORA 24/7/. Download the SORA app and then use the Set Up Code – cenetau and choose the school ACEN Digital library. Then you are all set. Here are some titles you may like to try:

Mrs Rosalind Dunn
Teacher Librarian




ACEN EBOOK OF THE WEEK



31/10/2022




This book invites young readers to explore the science behind weather and climate and to discover how these forces shape the world around them. With the aid of visuals and age-appropriate language, readers will learn how the combination of different elements, such as temperature and wind, create Earth's weather.

<https://bit.ly/3NI66Tm>

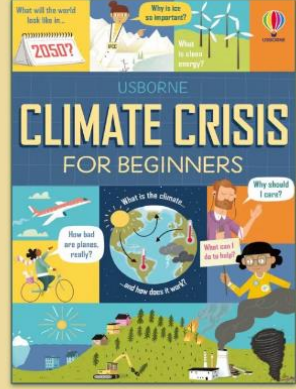





ACEN EBOOK OF THE WEEK



31/10/2022



This book explains, in simple language and with clear illustrations, what the climate is, and how it is changing very rapidly at the moment, and the effects this is having on our planet. It tackles suggestions about what needs to change in the way people live, from power stations to farming, and explains why it's so difficult to do. Along the way, it also talks about what individuals can do, including tips on how to keep a clear head and not get overwhelmed by bad news.

<https://bit.ly/3fGNS7Z>





ACEN AUDIOBOOK OF THE WEEK

31/10/2022



New Scientist Australian edition:

This magazine covers the latest developments in science and technology that will impact our lives.

In this edition:

- More floods in Australia
- Could do better: reasons for concern and optimism, ahead of the next crucial climate summit
- Climate Action: a progress report

<https://bit.ly/3hjmBJr>








If you have a child who has recently finished Year 12, left high school without completing Year 12, or is unsure of what to do after school, the University of Newcastle is holding a Parents and Carers Information Session to answer all your questions.

Here is a sneak peak of the types of questions to be covered:

- Why should my child pursue tertiary education?
- What areas of study will best prepare my child for the future workforce?
- How do ATARs, Selection Ranks and UAC preferences work?
- What is the process for accepting an offer?
- My child has struggled at school but has potential and ambition, what are their options?
- What pathways do you have into university for those who didn't complete high school?
- What support can the University provide my child?

Parents and Carers will have the opportunity to hear from knowledgeable university staff covering a range of different topics to assist you in supporting your child/ren through their transition from high school. You'll also have the option to participate in a Q&A with our experts as well as have one-on-one discussions at our expo to ensure you walk away feeling confident and informed.

[For dates and times, see here.](#)

[Register your interest here.](#)

At the University of Newcastle, there's a place for everyone.

Newcastle Parents and Carers Info Session

University of Newcastle, Q Building
16 Honeysuckle Drive, Newcastle

Tuesday 22 November, 2022

6pm – 7pm – formal information session and Q&A panel

7pm – 7:30pm – expo and one-on-one assistance

Central Coast Parents and Carers Info Session

University of Newcastle, Central Coast Clinical School
Gosford Hospital, 75 Holden St, Gosford

Thursday 24 November, 2022

6pm – 7pm – formal information session and Q&A panel

7pm – 7:30pm – expo and one-on-one assistance

Future Students Team
Marketing and Communications

E: futurestudents@newcastle.edu.au

W: newcastle.edu.au



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join, participants must:

- ☒ Have a current health care card OR pensioner concession card
- ☒ Be studying yourself OR have a child in school
- ☒ Have regular income from work, yourself OR your partner

For full eligibility requirements, speak to a Saver Plus Coordinator.

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact Saver Plus:



saverplus@bsl.org.au



saverplus.org.au



1300 610 355



@SaverPlusAU

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

COMPLAINTS RESOLUTION

St Mary's Catholic College, the Catholic Schools Office (CSO) and Schools in the Diocese of Maitland-Newcastle are committed to providing a positive, safe environment for all staff and students. There are occasions however, when members of our schools and wider community are concerned about something happening at a school that appears to be unsatisfactory or unreasonable. If you have a complaint, please follow this procedure:

<https://www.mn.catholic.edu.au/about/complaints-resolution-and-feedback/>

DONATIONS GRATEFULLY ACCEPTED

Please consider donating any uniform you no longer need back to St Mary's – our clothing pool for life's little emergencies or to help out our needy families is running very low. Items can be dropped off at Reception or Student Services. Thank you very much!

Uniform – Year 10 2023

Uniform requirements change for students going into Year 10. Shirts and blouses change to white, formal trousers and belts are required for boys and blazers are required for all students from the beginning of 2023.

Fitting appointments can now be booked on the Uniform Shop website. Please go to alintaapparel.com.au to make your appointment. Please note, special size orders take longer to receive therefore please make your appointment at your earliest convenience.

If you have any queries, please contact Kylie in the Uniform Shop on 0435 954 372.



They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

from *For the Fallen*, by Laurence Binyon

We commemorate Remembrance Day on the eleventh hour of the eleventh day on the eleventh month.

COUNSELLOR NEWS


A reminder of where you can access helpful information and support:

<https://kidshelpline.com.au/>

<https://headspace.org.au/>

<https://au.reachout.com/>



<https://www.smilingmind.com.au/> or via the app can help with relaxation and mindfulness. Other apps are Stop, Breathe & Think, Calm, Breathe2Relax, Headspace: Meditation and Recharge





Mental Health Services and Support

Beyond Blue 24/7 mental health support service 1300 22 4636 beyondblue.org.au	headspace Online support and counselling to young people aged 12 to 25 1800 650 890 (9am-1am daily) For webchat, visit: headspace.org.au/eheadspace	Kids Helpline 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 1800 55 1800 kidshelpline.com.au	1800RESPECT 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au
Lifeline 24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au	Suicide Call Back 24/7 crisis support and counselling service for people affected by suicide 1300 659 467 suicidecallbackservice.org.au	Mensline 24/7 counselling service for men 1300 78 99 78 mensline.org.au	QLife LGBTI peer support and referral 1800 184 527 (6pm-10pm daily) qlife.org.au (online chat 3pm-12am daily)


If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.





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How to access a psychologist/counselling in the community

Mental Health Treatment Plan

Young people can access 10 Medicare rebated sessions with a private Psychologist every 12 months through a referral from a GP. Most Psychologist charge a gap fee.

<https://headspace.org.au/blog/how-to-get-a-mental-health-care-plan/>

<https://www.servicesaustralia.gov.au/individuals/subjects/whats-covered-medicare/mental-health-care-and-medicare>

Online Safety

The office of the eSafety Commissioner has some great resources and advice for parents and carers related to online safety <https://www.esafety.gov.au/parents>

Online safety Guide for parents and carers <https://www.esafety.gov.au/parents/online-safety-guide>

The eSafety Guide <https://www.esafety.gov.au/key-issues/esafety-guide>

YEAR 7 2023 – INDUCTION DAY and PARENT INDUCTION EVENING

These two events have been rescheduled to:

MONDAY 14 NOVEMBER 2022

(originally Wednesday 19 October 2022)

The Induction Day details are as follows:

- From 8.50am to 12.00 Midday – Monday 14 November 2022
 - Venue – The Josephite Centre (Hall)
 - Year 6 students to wear their Sports Uniform
 - Year 6 students to bring their own water bottle
 - Morning tea will be provided
- Year 10 (2023) Peer Support Leaders will work with the Year 6's offering support and assistance

The Parent Induction Evening details are as follows:

- From 6.00pm to 7.00pm – Monday 14 November 2022
 - Venue – The Josephite Centre (Hall)
 - Students welcome but not necessary

We look forward to seeing you there!

Please join us!

Former Teacher and Support Staff members of St Mary's

**are cordially invited to a
Liturgy, Grand Tour and Morning Tea
of the newly refurbished
Administration and Classroom Facilities**

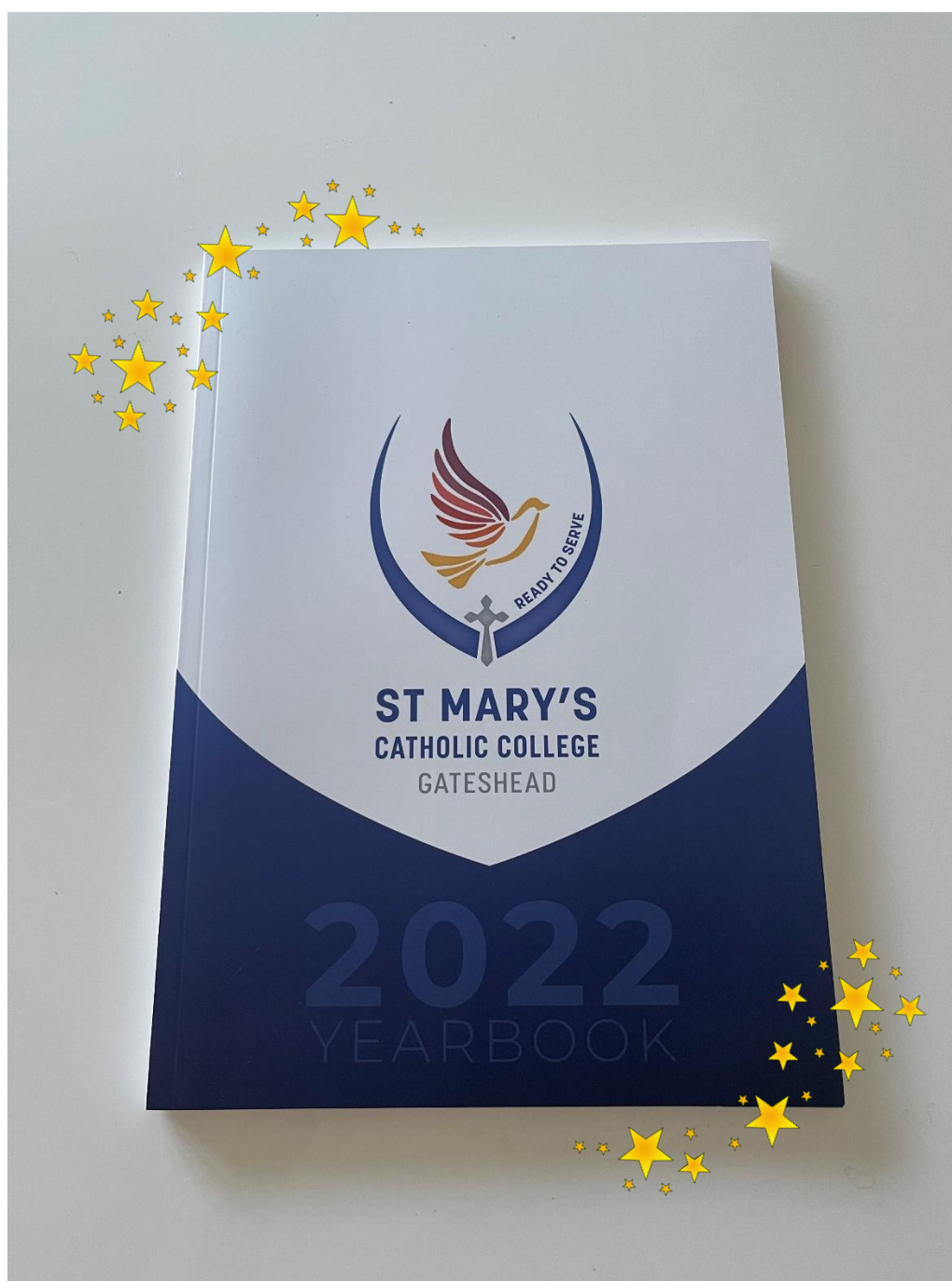
Wednesday 16 November – 9.30am

**RSVP: admin@gatesheadsm.catholic.edu.au
or 4944 4800 by Monday 14 November**



2022 YEARBOOKS NOW AVAILABLE (Limited stocks available)

To purchase your copy for \$25,
please contact the Finance Office on 4944 4804



CALENDAR 2022 - TERM 4	
Week 6 (B Week)	
Mon 14 November	<ul style="list-style-type: none"> Year 10 Examinations Year 7 2023 Induction Day and Parent Induction Evening – 6pm to 7pm – The Josephite Centre
Tues 15 November	<ul style="list-style-type: none"> Year Assemblies Staff Professional Development – <i>Early finish for students at 2.40pm</i>
<p style="text-align: center;">Wed 16 November- 9.30am Former Teacher and Teacher Support Staff to visit the College; visit classes; share in a liturgy; morning tea and reconnect with colleagues from the past</p>	
Week 7 (A Week)	
Mon 21 November	Year 10 PAT Testing – Round 3
Tues 22 November	<ul style="list-style-type: none"> College Assembly Year 10 PAT Testing
Wed 23 November	Visit by Year 6 St Pius X Windale (10.17am to 12.15pm)
Fri 25 November	<ul style="list-style-type: none"> International Day for the Elimination of Violence Against Women – White Ribbon Day Year 10 All My Own Work and Picnic Day Newsletter 18.22
Sun 27 November	Advent Sunday
Week 8 (B Week)	
Mon 28 November	<ul style="list-style-type: none"> Year 10 Course Preference Interviews (Parents and Students) – Stage 6 2023/2024 – All week – Year 10 Students only required to attend for interview Years 7-9 PAT Testing – All week
Tues 29 November	<ul style="list-style-type: none"> Year Assemblies Year 10 Reports released
Thurs 1 December	Virtual Academy Presentation Day
Week 9 (A Week)	
Mon 5 December	Year 10 Alternative Stage 6 Timetable
Tues 6 December	<ul style="list-style-type: none"> Year 10 Alternative Stage 6 Timetable College Assembly Staff Professional Development – Early finish for students at 2.40pm
Wed 7 December	Year 10 Awards – The Josephite Centre – time TBC
Thurs 8 December	<ul style="list-style-type: none"> Year 11 Assessment Block to Wednesday 14 December inclusive Year 10 – All My Own Work and Minimum Skills Catch-Ups
Fri 9 December	<ul style="list-style-type: none"> Year 10's last day Newsletter 19.22 (Last for 2022)
Week 10 (B Week)	
Mon 12 December	Years 7-9 Reports published
Tues 13 December	<ul style="list-style-type: none"> Year Assemblies Landcare
Wed 14 December	<ul style="list-style-type: none"> Year 11 Assessment Block concludes Years 7-9 Awards – 9.00am to 11.00am – TJC
Thurs 15 December	<ul style="list-style-type: none"> HSC Results released HSC Celebration – Café ATAR Results released
Fri 16 December	<ul style="list-style-type: none"> Years 7-9 Students Last Day – dismissed at lunchtime CPR/Emergency Care/Anaphylaxis Staff Training - PM
Week 11 (A Week)	
Mon 19 December	<ul style="list-style-type: none"> Last Day of Term Staff PD Day (Pupil Free) – Staff Farewells, Organisation