

Newsletter No.15/22

Friday 14 October 2022

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## Principal's Message

Dear Parents/Carers and Community Members,

### Request for Prayers for our Year 12 Students

On Wednesday of this week, our Year 12 Students commenced their Higher School Certificate examinations which will continue until Friday 4 November. They, like our first three HSC classes, have pioneered the way for future generations of St Mary's students to complete their senior studies in our College community. Just to be able to sit their final HSC Examinations is a real triumph over adversity.

During the 6 years of their secondary education, they have displayed remarkable and inspiring courage of endurance. They have had to cope with a four-year building programme (Year 7 to Year 10), and the harsh and unforgiving reality of COVID-19 during the final three years of their senior schooling. Their wellbeing (psychological, physical and emotional) has been significantly tested yet they have endured in the struggle. They have done so with a spirit of optimism and hope and, in the process, they have shown themselves to be highly adaptable, resilient and focussed on the good and care of each other and their teachers.

Like our forebears; the Sisters of St Joseph, our Year 12's have witnessed in a profound and inspiring way to the courage of endurance. They have come to understand and accept the need to "carry the cross", to bear with life's burdens in their life journey. Over the next three weeks, they will undoubtedly display similar tenacity of purpose and endurance as they respond to the demands and challenges of their HSC examinations.

Their commitment to scholastic betterment; the outstanding guidance, direction and care provided to them by their teachers and mentors; the love, support and encouragement offered by their parents/carers, and their care and support for each other have prepared them well to face and successfully manage the demands and challenges of their HSC examinations.

**Please pray** that this will be so, as they face up to the last hurdle in an unprecedented and memorable journey to gain their High School Certificate.

Blessings

**Larry Keating**  
**Principal**

## ASSISTANT PRINCIPAL – LEARNING & TEACHING

On Wednesday, 21 September, we celebrated with Year 12, their parents and carers and staff of St Mary's, the final Assembly and Awards ceremony. The following awards were distributed to students:

**Academic Awards** – which are presented to students who have achieved **First in Course** and **Top 10% in Course**; **Cross-Curriculum Excellence Awards** – awarded to those students who have achieved outstanding results across TEN units of study; and the

**Diligence Awards** – The Diligence Awards are awarded to students nominated by their teachers for application and persistent effort across **a minimum of FIVE subjects**. Students receiving a Diligence Award demonstrate self-management, independent motivation and a conscientious commitment towards learning. This award is not necessarily a reflection of ability, but rather it is indicative of **effort**.

Name	Award	Subject
Allan, Brody	Academic Excellence - First In Course	Music 1
	Member of the Student Leadership Team	Member of the Student Leadership Team
Garner, Samuel	Academic Excellence - First In Course	Work Studies
Godde, Lara	Scholastic Achievement - Top 10% in Course	Biology
Ledbury, Jazmin	Scholastic Achievement - Top 10% in Course	PDHPE
	Scholastic Achievement - Top 10% in Course	Community and Family Studies
Lowe, Baylen	Scholastic Achievement - Top 10% in Course	Sport, Lifestyle and Recreation Studies
	Member of the Student Leadership Team	Member of the Student Leadership Team
Mason, Scarlett	Academic Excellence - First In Course	Studies of Religion 2 Unit
Plush, Thomas	Scholastic Achievement - Top 10% in Course	Sport, Lifestyle and Recreation Studies
Rousos, Scarlett	Academic Excellence - First In Course	Numeracy
	Academic Excellence - First In Course	Business Services VET
Aurisch, Amy	Academic Excellence - First In Course	Mathematics Advanced (Non-Extension Student)
	Academic Excellence - First In Course	PDHPE
	Academic Excellence - First In Course	Industrial Technology - Timber
	Scholastic Achievement - Top 10% in Course	Studies of Religion 1 Unit
Croft, Bailey	Scholastic Achievement - Top 10% in Course	English Standard
	Scholastic Achievement - Top 10% in Course	Mathematics Standard 2
Googh, Chloe	Scholastic Achievement - Top 10% in Course	Studies of Religion 1 Unit
	Scholastic Achievement - Top 10% in Course	PDHPE
Judd, Ryan	Academic Excellence - First In Course	Industrial Technology - Multimedia
McDougall, Kal	Scholastic Achievement - Top 10% in Course	Mathematics Standard 2
Russell, Sophie	Scholastic Achievement - Top 10% in Course	English Advanced
	Scholastic Achievement - Top 10% in Course	PDHPE
	Diligence Award	Diligence Award
Urquhart, Riley	Member of the Student Leadership Team	Member of the Student Leadership Team
Wilde, Eamon	Academic Excellence - First In Course	English Studies
Beath, Joseph	Academic Excellence - First In Course	Mathematics Advanced (Extension Student)
	Academic Excellence - First In Course	Mathematics Extension 1
	Diligence Award	Diligence Award
Brien, Lachlan	Academic Excellence - First In Course	Sport, Lifestyle and Recreation Studies
	Scholastic Achievement - Top 10% in Course	Mathematics Standard 2
Creighton, Macey	Scholastic Achievement - Top 10% in Course	Community and Family Studies
Cruickshank, Sara	Scholastic Achievement - Top 10% in Course	English Advanced
	Diligence Award	Diligence Award
	Member of the Student Leadership Team	Member of the Student Leadership Team

Cummings, Nicholas	Academic Excellence - First In Course	Mathematics Extension 2
	Academic Excellence - First In Course	Physics
	Academic Excellence - First In Course	Chemistry
	Academic Excellence - First In Course	Engineering Studies
	Academic Excellence - First In Course	Marine Studies
Griffiths, Jack	Academic Excellence - First In Course	Legal Studies
	Academic Excellence - First In Course	Society and Culture
	Academic Excellence - First In Course	Information Processes and Technology
	Scholastic Achievement - Top 10% in Course	Modern History
	Scholastic Achievement - Top 10% in Course	Studies of Religion 1 Unit
	Diligence Award	Diligence Award
Lindsay, Jaysen	Academic Excellence - First In Course	Construction VET
Posner, Kamryn	Scholastic Achievement - Top 10% in Course	English Standard
	Member of the Student Leadership Team	Member of the Student Leadership Team
Saunders, Daniel	Academic Excellence - First In Course	Photography Video and Digital Imaging 1 Unit
Bird, Sophia	Academic Excellence - First In Course	Ancient History
	Academic Excellence - First In Course	Food Technology
	Scholastic Achievement - Top 10% in Course	Studies in Catholic Thought
	Diligence Award	Diligence Award
Buddingh, Charlise	Member of the Student Leadership Team	Member of the Student Leadership Team
Bradshaw, Alana	Diligence Award	Diligence Award
Dugan, Alyssa	Scholastic Achievement - Top 10% in Course	Studies in Catholic Thought
Freebody, Molly	Academic Excellence - First In Course	Studies in Catholic Thought
	Member of the Student Leadership Team	Member of the Student Leadership Team
Howlett, Patrick	Scholastic Achievement - Top 10% in Course	Business Studies
	Scholastic Achievement - Top 10% in Course	Community and Family Studies
	Member of the Student Leadership Team	Member of the Student Leadership Team
Lawes, Jaz	Academic Excellence - First In Course	English Standard
	Scholastic Achievement - Top 10% in Course	Studies in Catholic Thought
	Scholastic Achievement - Top 10% in Course	Visual Arts
	Diligence Award	Diligence Award
Pitt, Laura	Academic Excellence - First In Course	Geography
	Academic Excellence - First In Course	Studies of Religion 1 Unit
	Academic Excellence - First In Course	Earth and Environmental Science
	Academic Excellence - First In Course	Biology
	Scholastic Achievement - Top 10% in Course	English Advanced
	Scholastic Achievement - Top 10% in Course	Mathematics Standard 2
	Diligence Award	Diligence Award
Sharp, Isabella	Academic Excellence - First In Course	Chinese Beginners
	Member of the Student Leadership Team	Member of the Student Leadership Team
Surman, Luca	Academic Excellence - First In Course	Hospitality VET
	VET Student of the Year	Hospitality VET
Thompson, Ethan	Academic Excellence - First In Course	Modern History
	Scholastic Achievement - Top 10% in Course	Studies of Religion 1 Unit
	Scholastic Achievement - Top 10% in Course	Mathematics Advanced
Walker, Sean	Scholastic Achievement - Top 10% in Course	Studies of Religion 2 Unit
Gagan, Chelsea	Academic Excellence - First In Course	Community and Family Studies
	Scholastic Achievement - Top 10% in Course	Business Studies
	Scholastic Achievement - Top 10% in Course	Biology

	Diligence Award	Diligence Award
McGrath, Heath	Scholastic Achievement - Top 10% in Course	English Advanced
	Scholastic Achievement - Top 10% in Course	Mathematics Standard 2
O'Hagan, Cian	Academic Excellence - First In Course	Business Studies
	Academic Excellence - First In Course	English Advanced
	Academic Excellence - First In Course	Mathematics Standard 2
	Academic Excellence - First In Course	Visual Arts
	Academic Excellence - First In Course	Economics Diocese of Lismore Distant Education
	Scholastic Achievement - Top 10% in Course	Studies of Religion 1 Unit
	Diligence Award	Diligence Award
O'Sullivan, Katherine	Academic Excellence - First In Course	Exploring Early Childhood
Pola-Kuras, Brodie	Scholastic Achievement - Top 10% in Course	English Standard
Rogers, Annie	Scholastic Achievement - Top 10% in Course	English Standard
	Scholastic Achievement - Top 10% in Course	Industrial Technology - Timber
Thomas, Sebastian	Member of the Student Leadership Team	Member of the Student Leadership Team
Traynor, Ava	Scholastic Achievement - Top 10% in Course	Business Studies
	Scholastic Achievement - Top 10% in Course	English Standard
Wilson, Charlie Rose	Scholastic Achievement - Top 10% in Course	Business Studies

### Special Awards

#### 1. The Principals Award sponsored by Jodie Harrison state member for Charlestown:

The Principal's Award is presented to students who enhance the culture of our college by their actions and attitude. These students have lived the values and ideals of our community, quietly giving life to the College motto, Ready to Serve. With humility and grace, they go about making St Mary's Catholic College a better place for others. Our recipient this year has been a strong advocate for the Creative Arts within our community for 6 years, consistently engaging and encouraging younger students to participate in community life. She has repeatedly represented the College in Aspire, she has hosted on numerous occasion music evenings and consistently volunteered her time to support community, charity and fundraising initiatives

**Molly Freebody**

#### 2. The ADF Long Tan Leadership Award:

Each year the ADF presents an award for Leadership and Teamwork. The recipient must be a student who demonstrates leadership within the community, a team player whose knowledge, appearance and behaviour demonstrate respect for the values of the school and the community. The recipient must be an enthusiastic problem solver who cooperates and communicates well with others and who involves themselves in community activities.

This year's award recipient exceeds these criteria in many ways. For many years he has been an active participant within the student pastoral council, willing to step up and assist with the planning and organisation of events, contributing to the success of this year's push up challenge, SVDP winter appeal, project compassion collection, dolly day and the kindness and compassion initiative. He generously gives of his considerable technical knowledge to support the transmission of college events and has supported the Student Leadership Team in the development and implementation of student leader portfolios. In his own words "Leadership is about the empowerment of others for the betterment of all". The recipient of the 2021 Long Tan Award is.....

**Jack Griffiths**

#### 3. ADF Future Innovators Award:

Each year the ADF presents the Future Innovators Award. The recipient must be a student who has demonstrated a passion for and skill in the areas of Mathematics, Science, and Technology. The recipient will have been identified by teaching staff as an exceptional learner and one who is likely to contribute new and innovative thinking in their chosen field of future study. Staff feedback on the recipient this year included; that he is a student with a particularly astute mind, that he is a conscientious and mature learner, a high achiever who excelled across a range of academically challenging disciplines. The recipient of the 2021 Future Innovators Award is.....

**Nicholas Cummings**

**4. Nominee for the Dame Marie Bashir Award**

Each year the principal of our College, is invited to nominate one student whom they consider has made a significant contribution to social justice through displaying leadership in fostering harmonious relationships and peace. This year our nominee is a quiet unassuming young woman who has grown in confidence over her time at the College. She has been a faithful member of the Student Leadership Team coming to be recognised as having a unique skill set which allows her to navigate and resolve conflict, forging a path forward to positive outcomes for all involved. In her own words "I pride myself on being open minded and considerate of the diverse needs of students and teachers alike within our community".

The Nominee for the Dame Marie Bashir Award for 2022 is.....

**Sara Cruickshank**

**5. Nominee for the Volunteer of the Year Award – Sponsored by Yasmin Catley state member for Swansea**

This year our nominee regularly volunteers at St John's Ambulance Warners Bay, fulfilling the role of first aid office at community events. As part her school-based traineeship she works at the John Hunter Hospital one day a week, During this has worked on the COVID, rehab, spinal and antenatal wards. Her chosen career path is in health sciences and midwifery.

The nominee for the Volunteer of the year award for 2022 is.....

**Charlise Buddingh**

**6. SMCCG Sportsperson Award**

This award recognises a student who has excelled in range of sporting endeavours, demonstrating virtues such as fairness, self-control, determination, and courage both on and off the field.

This year we have two worthy recipients:

The first recipient has participated in both swimming and athletics carnivals for each of his 6 years at the College. He has participated in school representative soccer, futsal and cricket. This year he was selected for the U19 NSW CCC cricket team progressing to the All-Schools Championships in Sydney. He plays in the men's Newcastle representative cricket squad and was selected in the NSW Country U19's trials. He is a very humble and gracious young man. The first recipient of the SMCCG Sporting Excellence Award for 2022 is.....

**Riley Urquhart**

The second recipient this year has participated in both Swimming and Athletics Carnivals for each of his 6 years at the College, won the Diocesan tennis in years 7, 8 & 9. She trialled for the U18's NSWCCC team in Sydney this year and after two days of competition against the best in NSWCC schools won at Parramatta. She is involved in tennis coaching in the local community and often noted as giving back to the sport she loves.

The second recipient of the SMCCG Sporting Excellence Award for 2022 is.....

**Chloe Googh**

**7. SMCCG Citizenship Award**

The College award for citizenship is presented to a student who is friendly and approachable, who has been involved in a wide range of school activities to assist in the building of the College Community and who has an exemplary attendance and behaviour record.

This year we have two worthy recipients:

The first is a young woman who has demonstrated an ongoing selfless commitment to the College community throughout her 6-year tenure. She has according to staff been a committed student, abided by the mantra, lived up to the motto *Ready to Serve*, worn her school uniform with pride always showing kindness and respect to her peers. As a College leader she has shown herself to be a team player always ready to assist others, listen to their point of view and contribute to the organisation and animation of College events. She is a young woman of the utmost integrity.

The first recipient of the Citizenship Award for 2022 is.....

**Ava Taynor**

The second recipient is a young man who has represented the College with grace, maturity, and honour for many years. He wears his uniform with pride, engages all he meets with courtesy conveying a deep sense of respect for the other. Staff commented that he is a wonderful ambassador for both our community and the Christian values we live by, that he is always been ready to serve, consistently displays safe and respectful behaviours and is a committed learner. He is approachable, is respectful of both his peers and teachers and is a wonderful role model to our younger students. He is respectful and accepting of differing cultures and has openly shared his own culture with our school through performance.

The second recipient of the SMCCG Citizenship Award for 2022 is.....

**Timana Hill**

### **8. Reuben F Scarf Award for Integrity:**

This award recognises a student who has a unique strength of character, demonstrated by a steadfast commitment to the achievement of their personal goals and an overarching integrity which unites and aligns their efforts. They are a student who is humble and hardworking, a student who has committed themselves to the achievement of their personal goals but have still found ways to give of themselves generously both within the classroom and to the broader community.

This year we have two worthy recipients:

The first is a determined young lady who has excelled both academically and on the sporting field. Staff comment includes that she is exceptionally hard-working and dedicated student, that she strives to give of her best in everything she does, embracing and living the values of the College, that she is a role model for her peers, younger students and aspiring young tennis players.

The first recipient of the Reuben F Scarf Award for Integrity Award is.....

**Chloe Googh**

The second recipient is a quiet and humble young man who has worked tirelessly to achieve his academic goals, maintaining deeply respectful relational connections throughout the College. Staff comment included that he has exemplary personal conduct, he is an independent learner, he consistently turns up to carnivals and community events and gives of his time and positivity. His work initiating the Push Up challenge to highlight the need for us all to learn more about mental health issues is evidence of his commitment to improving the culture of the College.

The second recipient of the Reuben F Scarf Award for Integrity Award is.....

**Baily Croft**

### **9. AMPOL All Rounder Award**

This award recognises a student who has participated in a wide range of activities and achieved excellent results in academic, sporting and community service fields. The recipient of this award possesses characteristics that the College strives to instil in all its students because they are the cornerstones of success and the hallmarks of a richly integrated life.

Staff comment on this fine young man included the following: has positively contributed to the College community through his humility and willingness to serve; he lives out the heritage of The Josephite sisters in his daily interactions with students and teachers. He has a strong sense of social justice and is willing to challenge behaviour of his peers, he is a support to those less powerful and as a result St Mary's is a more inclusive and welcoming place because of his work. He is caring young man who shows empathy in class through kindness, understanding and acceptance. He has represented the school in Rugby League, Oz tag and basketball. He has been Sport captain, assisting with the organisation of both Swimming & Athletics Carnivals and Friday sport. He is captain of his local rugby league team and was selected to play in under 18's Australian Indigenous Oztag Team. He has is a proud member of the Awabakal Indigenous dance group, through which he shares Aboriginal culture and our story.

The Caltex All Rounder Award for 2022 is.....

**Levi Briggs**

**10. Cross-Curricular Academic Excellence Award**

These awards are presented to those students who have achieved outstanding results across TEN or more units of study, achieving either First in Course or in the Top 10% of their Course. This year we wish to recognise two students:

Laura PITT	First in Course: Biology Studies of Religion 1 Unit Geography Earth & Environmental Science TOP 10% (Ranked Second): Mathematics Standard II & English Advanced
Cian O'HAGAN	First in Course: English Advanced Mathematics Standard II Business Studies Visual Arts Economics (Lismore Diocese) TOP 10% (Ranked Second): Studies of Religion 1 Unit

**11. 2022 SMCCG VET Student of the Year Sponsored by Pat Conroy, Federal member for Shortland**

The SMCCG VET Student of the Year Award recognises the achievements of a Year 12 student who has excelled in the area of Vocational Education.

Our College's VET student for 2022 has for the past two years demonstrated industry knowledge and practical skills with a positive attitude and a commitment to learning and improvement. This student has consistently demonstrated leadership and initiative by organising tasks for themselves and other students. This recipient's Hospitality teacher, and work placement employers, report that this student possesses qualities of initiative, adaptability, organisation, and excellent time management, leading to job offers on each of the work placements. Our 2022 VET student of the year is well respected by both peers and teachers and is the College's nominee for the Catholic Schools Office VET Student of the Year Award.

This year's St Mary's Catholic College VET Student of the Year is:

**Luca Surman**

**12. Vice Chancellor's Award for Academic Excellence 2022**

This prestigious award, sponsored by the University of Newcastle, is presented to a student who has displayed commitment to, and excellence in, their academic performance throughout the year. The Vice Chancellor's Award for Academic Excellence consists of a certificate and a scholarship offer of \$2000 if the student enrolls in an undergraduate program with the University of Newcastle in 2023.

While there are several students who have worked impressively throughout their senior years, there are none more deserving than this student, whose commitment and desire for excellence has been exceptional.

This student has demonstrated throughout the HSC year, a commitment to growth, an openness to learning from feedback, perseverance and a genuine desire to learn and develop academically. Teachers have identified this student as someone who "is active in seeking feedback for practice responses and preparing study notes"; "dedicated, compassionate and talented"; someone who "maintains meticulous summary notes, sustaining a strong level of independent learning"; "is highly motivated, working diligently at all times"; This person "shows a high level of maturity when checking over solutions" and "seeks assistance to clarify work to extend their knowledge; "is always thoroughly prepared for assessments".

Further, this student has studied across a breadth of subjects, demonstrating high level problem-solving skills, meticulous attention to detail and creativity. The academic achievement of this student includes 4 x First Places and 2 x Second Places from the SIX courses completed, all achieved with quiet grace and commitment. The recipient of the Vice Chancellor's Award for Academic Excellence 2021 is

**Laura Pitt**



### 13. Acknowledgement of College Leaders

Being a College leader requires patience, balance and empathy as well as creative thinking. Our College leaders of 2021 have honoured the Sisters of St Joseph and the heritage of St Mary's Catholic College community in the way they have lived our College motto ready to serve.

The College Leaders - **Sophie Russell, Ava Traynor, Jack Griffiths and Timana Hill** are presented with Certificates of Recognition for their outstanding leadership throughout the 2022 academic year.

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## OUTSTANDING ACHIEVEMENTS

Firstly, congratulations to **Brody Allan**, for being nominated for inclusion in ENCORE - a program of outstanding performances and compositions by students from the HSC Music examinations presented by **NESA**. We will find out later in the year if Brody is successful in reaching final selection for the February performance at the Opera House. Fingers crossed!

Secondly, congratulations to **Ryan Judd** for his nomination for inclusion in InTech - an exhibition of outstanding Major Projects from HSC Industrial Technology students.

We are really proud of both students, and we wish them well for the next selection process. Congratulations to the Music and TAS teams in supporting and bringing these students to such success. Pictured below are Brody and proud dad, Rod; Ryan and Tom (Ryan's Multimedia teacher).



Please note – these photos were before the big news – imagine the smiles afterwards! 😊 Fantastic news to be celebrated!

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**LEADER OF WELLBEING – YEAR 12**

The time has come to say farewell. It is the eve of the HSC exams as I write my final newsletter item. The last week of Term 3 was a fitting conclusion to Year 12's final week of formal high schooling years. It was an absolute joy to be part of and a week of activities that spoke so much about the quality of our young people. I spoke to Mr Keating after the week about how our school community should be so very proud of the young men and women who left us to start the next stage of their life's journey. I can confidently say that the world will be a better place for your presence.

The photos from the Spirit Day, Service Day, Graduation Mass, Awards Ceremony, Haka, Final Assembly and clap out, all capture a group of young people who are happy, healthy and ready to take on the world. I hope when you look back upon your time at St Mary's you felt that you belonged to our community and that you were deeply cared for. Thank you for being who you are. Each one of you has made a valuable contribution to the spirit of our College.

I now want to finish with a part of my final speech from that last day of school.....

Year 12, it has been my absolute privilege to be your Leader of Wellbeing and Engagement. You have been one of my blessings in my career. Thank you for caring for me when my body broke and my heart broke, yet again, when my sister passed away. Your caring looks, check ins and reminders that all will be OK, helped me to push on. Thank you.

I hope that you will look back upon your time at St Mary's with fondness. Please call in and have a coffee in the café on a Thursday morning if you're in the neighbourhood.

I wish for each and every one of you the same that I wish for my own children. That is, I hope your lives are blessed with good health, positive relationships and happiness. Be grateful every day and give thanks for what you have. Stay true to yourself, hold onto your values and do what makes your heart sing. Continue to work out who you are and what you value and believe in. These are the things that will guide you and help you make the choices that are right for you.

Have faith in your future!

On behalf of all the staff at St Mary's College, may God bless you and the Holy Spirit guide you. We hope and pray that you will always be "Fully Alive", and I want to finish with the Diocesan prayer that we said together on Day 1 2022:

CREATOR GOD, YOU REVEAL YOUR LOVE IN ALL OF CREATION.

HELP US TO BE MORE AWARE OF YOUR PRESENCE AND MORE ATTENTIVE TO YOUR WONDER:

IN THE WARMTH OF THE SUN,

IN THE COLOURS OF OUR LANDSCAPES,

IN THE SONGS OF THE BIRDS,

IN THE SMILE OF A FRIEND.

GENEROUS GOD, YOU KNOW AND LOVE EACH ONE OF US. LET OUR HEARTS OVERFLOW WITH GRATITUDE FOR EVERY BLESSING AND GIFT.

OPEN OUR HEARTS TO YOUR PLAN FOR US SO THAT WE MAY BECOME PEOPLE WHO ARE FULLY ALIVE IN YOUR AMAZING GRACE.

AMEN.

We hope the HSC examinations go smoothly and we look forward to celebrating with you on the 7<sup>th</sup> November at the Graduation Dinner.

Warmest Wishes

**Maryanne Murray**

**Leader of Wellbeing and Engagement – Year 12**



## FACULTY NEWS – MATHS

In the last week of Term 3, Year 8 had a Maths incursion with a school visit from Inquisitive Minds. Students were immersed in a diverse range of hands-on mathematical and logical thinking problems that were competitive and lots of fun. Students also working together on a STEM project including rocket building and a variety of sport activities incorporating mathematical measurements.





## Digital Mentors Program – St Pius X Primary School, Windale

On Wednesday 12 October students from Vanessa Dews' Year 9 Commerce class attended St Pius X Primary School, Windale to engage in a different kind of ministry. As Digital Mentors, they were commissioned to tutor their younger peers in the first of a series of lessons on 'Digital Citizenship'. Wednesday's lesson was about 'email etiquette' and it went down very well, indeed.

Staff and students present remarked at how uplifting the session was. Primary students were abuzz having "teenagers" in their school, and our Year 9 students were just as chuffed at the enthusiastic reception from their younger buddies. A huge thank you to the students involved over the next seven weeks, and a special mention to staff from St Mary's Catholic College, Gateshead and St Pius X, Windale, for committing both time and energy to such a worthwhile program.

**David Luschwitz**  
Acting Ministry Coordinator



Permission obtained from St Pius X Windale to publish photographs

# 7 TIPS FOR MANAGING EXAM STRESS

FOR YOUNG PEOPLE		FOR PARENTS/CARERS
Stay organised with to-do lists and study timetables	1. 	Give them time off chores and non-urgent family stuff
Take regular study breaks	2. 	Encourage them to keep doing the activities they did before exams
Have a dedicated study space	3. 	Help them set up a study space and make sure the rest of the family understands
Have a long term goal	4. 	Chat with them about what they want to do after exams finish
Get as much sleep as possible	5. 	Remind them to go to bed at a regular time each night
Remember your health – eat well and stay active	6. 	Go on study break walks with them and try to cook wholesome meals
Talk to the people around you	7. 	Make a time to chat to them and let them vent

**REACH OUT.COM**



## UNIFORM NEWS

The Uniform Shop have opened up some more appointments up until the 14<sup>th</sup> November.

- 14/10 10am-3pm (full)
- 31/10 10am-3pm (full)
- 4/11 10am-3pm (full)
- 7/11 8.30am-3.30pm (5 appointments taken only)
- 11/11 9am-4pm (4 appointments taken only)
- 14/11 8.30am-4pm (no appointments taken as yet)

Year 7 2023 students can also attend fittings during regular opening times. (Please note change of opening times during the HSC period). If you have any queries, please don't hesitate to contact the Uniform Shop.

St Mary's Uniform Shop

Tel: 0435 954 372

[stmaryshigh@alinta.com.au](mailto:stmaryshigh@alinta.com.au)

# With very best wishes to the Year 12 2022 HSC Students

From the students and staff of  
St Mary's Catholic College, Gateshead

**"You were born to win.  
But to be a winner, you must plan to win,  
prepare to win and expect to win"**

Zig Ziglar



30 August 2022

Dear Parents,

Gel Blasters in New South Wales

New South Wales Police would like to highlight an emerging issue which many of you might not be aware of.

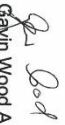
Gel Guns or Gel Blasters are lifelike 'toy' guns that closely resemble firearms. They fire gel balls and can be very difficult to differentiate from a real firearm. They are classified as air guns under NSW law and gel balls are classified as ammunition.


It is a crime to possess a Gel Gun in NSW unless you have a firearms licence, even if it was purchased online or legally in another State. It is also a crime to bring a Gel Gun to school. There is potential for injury if a person is struck by a gel pellet, ammunition and understandably students and staff may become frightened and distressed if they believe a firearm has been brought into the school.

If a student is found to have a Gel Gun in a school, it will be confiscated, parents and the police will be called. The student may face disciplinary action through the school and could be arrested and charged with possession of a firearm. Parents may also be held liable as per Section 82 of the Firearms Act.

On 1 July 2021, New South Wales Police commenced an ongoing National Firearms Amnesty along with all other states and territories. This allows for any firearms or firearm related articles to be surrendered to a police station without fear of prosecution. If this issue relates to you please ensure you contact your local police station prior to attending and ensure the firearm is in a bag or wrapped in a blanket.

My sincere thanks for your attention to this important issue.

Sincerely,  
  
Gavin Wood APM  
Assistant Commissioner  
Capability Performance and Youth Command




NSW Police Force

TRIPLE ZERO (000)  
Emergency only

POLICE ASSISTANCE LINE (131 444)  
For non emergencies

CRIME STOPPERS (1800 333 000)  
Report crime anonymously

NSW  
GOVERNMENT

  
NSW Police Force

PARENT AND STUDENT INFORMATION

GEL BLASTERS

What is a Gel Blaster?

A firearm that is typically constructed of plastic and is operated either manually by a piston air pump or automatically by means of a battery-powered motor. These firearms discharge hydrated gel balls by means of a spring and air operated by a trigger mechanism. They cannot discharge the hydrated gel balls by means of an explosive. They often have an outward appearance of various handguns, shotguns and rifles in existence.

What happens if someone is caught with a gel blaster?

Because these are considered actual firearms in NSW, a person who supplies, acquires or possesses an unregistered firearm could be arrested and charged for possession of a firearm (under Section 36(1) of the NSW Firearms Act 1996) which holds a maximum penalty of 5 years for a FIREARM or up to 14 years for a PISTOL or PROHIBITED FIREARM. Possessing 3 or more where at least one is a prohibited firearm carries 20 years.

You could also be facing charges of Possessing a firearm whilst unlicensed (under Section 7 and 7A of the NSW Firearms Act 1996).

Section 82 of the NSW Firearms Act 1996 states that if a parent (or guardian) knowingly allows a person under the age of 18 years to contravene the Act, each parent/ guardian is taken to have contravened the same provision.

What does the law say?


Section 4(1) of the Firearms Act 1996 NSW classifies Gel Blasters as an air gun, which is considered a FIREARM and hand-gun type Gel Blasters as a PISTOL.

Gel Blasters often substantially duplicate military type self-loading rifles, machine guns and sub-machine guns which would classify them as PROHIBITED FIREARMS (Item 7, Schedule 1 of the Firearms Act 1996 NSW).

Hydrated Gel Balls may also be considered AMMUNITION under the act.

What do I do if I already have a Gel Blaster?

On 1 July 2021, New South Wales commenced an ongoing National Firearms Amnesty along with all other states and territories. This allows for any firearms or firearm related articles to be surrendered to a police station without fear of prosecution. Ensure you contact your local police station prior to attending and ensure the firearm is in a bag or wrapped in a blanket.



NSW/1/2021/15437

14 | Page



# upcoming sessions

headspace is offering free mental health education webinars in Term 4 for Parents and Carers in Hunter New England. Follow the links to register.



## Navigating uncertainty and change

Date: Tuesday, 18 October 2022  
Time: 12:00 - 1:15pm AEDT  
Location: Online webinar  
Registration: <https://bit.ly/3SfkSCa>

This session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty
- Build skills and strategies to support young people who are navigating change
- Identify signs that young people may need additional support
- Build awareness of local, state, and national supports available to young people

## Connecting and communicating with my young person

Date: Monday, 14 November 2022  
Time: 6:00 - 7:15pm AEDT  
Location: Online webinar  
Registration: <https://bit.ly/3LGMpOY>

This session aims to:

- Strengthen knowledge and understanding of the mental health challenges facing young people today
- Increase awareness of your young person's emotions, thoughts, feelings, and behaviours
- Identify opportunities for connection with your young person and enhance your conversational approach
- Introduce skills and strategies to encourage and support help-seeking

For more information: Contact us at [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



# Tuning in to Teens

A free six week program that provides an opportunity for parents and carers in the Hunter to build their skills in supporting young people through out their teenage years.

Every Thursday  
27th of October - 8th of December  
5:30pm - 7:30pm


Where: Online

Tuning in to Teens helps participants learn how to:

- Communicate more effectively with your teen.
- Help your teen to manage those difficult emotions.
- Manage behavioural issues with your teen.
- Teaches your teen how to deal with conflict more effectively.
- How to help your teen to develop emotional intelligence

Registrations are essential. Scan the QR code and join the waitlist to be contacted by our Centre.



 Connect: [headspace.org.au](https://headspace.org.au)

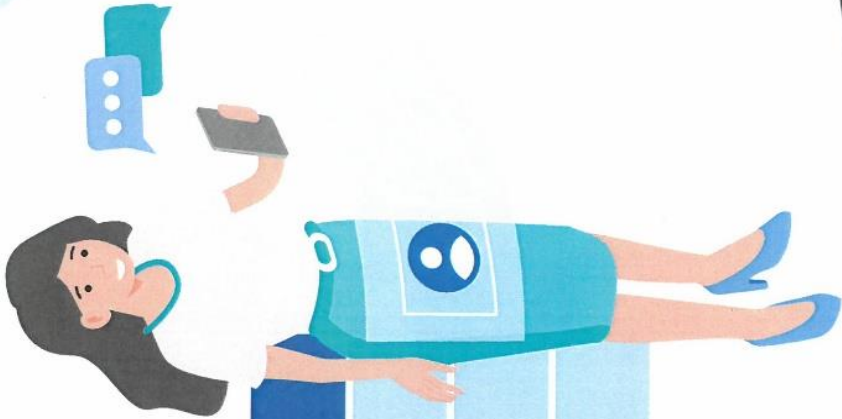
headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



# eSafety parent and carer guide to digital technologies and mental health

Learn how games, apps, social media and time online can influence young people's mental wellbeing.

Join eSafety's expert education and training team for a free live webinar designed for parents and carers of young people aged 10 to 18.



October	AEDT
Wed 12	7:30 to 8:30pm
Mon 17	12:30 to 1:30pm
Thurs 27	12:30 to 1:30pm

Register now: [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



[esafety.gov.au](https://esafety.gov.au)

## 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/>

## Uniform Shop Opening Hours during HSC Examinations

Please find below the revised uniform shop opening times due to the HSC Examinations being conducted in the Josephite Centre. If there are any changes to this during the exam period, you will be notified separately. The Uniform Shop will revert to the usual opening times from Tuesday 8 November.

- Monday 10th October 8:30AM - 3:30PM
- Tuesday 11th October 8:30 AM - 3:30 PM
- Friday 14<sup>th</sup> October 8:30 AM - 3:30 PM
- Friday 21st October 8:30 AM - 1:30 PM
- Wednesday 26th October 8:30 AM - 11:30AM
- Monday 31st October 8:30 AM - 3:30 PM
- Tuesday 1st November 8:30 AM - 10:30AM
- Thursday 3rd of November 12:45 PM - 3:30PM
- Friday 4th of November 8:30 AM - 3:30 PM

## 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](http://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.*

<b>CALENDAR 2022 - TERM 4</b>	
<b>Week 2 (B Week)</b>	
Mon 17 October	Continuing HSC Examinations
Tues 18 October	Year Assemblies
<b>Wed 19 October</b>	<b>Year 7 2023 Induction Day and Parent Induction Evening – rescheduled to Monday 14 November</b>
<b>Week 3 (A Week)</b>	
Mon 24 October	<ul style="list-style-type: none"> <li>Continuing HSC Examinations</li> <li>Year 11 Awards – Period 4</li> <li>Student Parent Teacher interviews – 3.30pm to 6.30pm</li> <li>Aspire Auditions – 24 to 27 October 2022</li> </ul>
Tues 25 October	<ul style="list-style-type: none"> <li>College Assembly</li> <li>Staff Professional Development – Early finish for students at 2.40pm</li> </ul>
Wed 26 October	Landcare
Fri 28 October	Newsletter 16.22
<b>Week 4 (B Week)</b>	
Mon 31 October	<ul style="list-style-type: none"> <li>Continuing HSC Examinations</li> <li>2023 Student Leaders Retreat (returning Wednesday)</li> </ul>
Tues 1 November	Year Assemblies
Fri 4 November	Year 11 Formation Day
<b>Week 5 (A Week)</b>	
Mon 7 November	Year 12 Formal Graduation Dinner
Tues 8 November	<ul style="list-style-type: none"> <li>College Assembly</li> <li>PEG Meeting – TBC</li> </ul>
Fri 11 November	<ul style="list-style-type: none"> <li>Remembrance Day</li> <li>Newsletter 17.22</li> </ul>
<b>Week 6 (B Week)</b>	
Mon 14 November	Year 10 Examinations Year 7 2023 Induction Day and Parent Induction Evening – see page 18 of this Newsletter
Tues 15 November	<ul style="list-style-type: none"> <li>Year Assemblies</li> <li>Staff Professional Development – Early finish for students at 2.40pm</li> </ul>
<b>Week 7 (A Week)</b>	
Mon 21 November	Year 10 PAT Testing
Tues 22 November	<ul style="list-style-type: none"> <li>College Assembly</li> <li>Year 10 PAT Testing</li> </ul>
Fri 25 November	<ul style="list-style-type: none"> <li>International Day for the Elimination of Violence Against Women – White Ribbon Day</li> <li>Year 10 All My Own Work and Picnic Day</li> <li>Newsletter 18.22</li> </ul>
Sun 27 November	Advent Sunday
<b>Week 8 (B Week)</b>	
Mon 28 November	<ul style="list-style-type: none"> <li>Year 10 Course Preference Interviews (Parents and Students) – Stage 6 2023/2024 – All week</li> <li>Years 7-9 PAT Testing – All week</li> </ul>
Tues 29 November	<ul style="list-style-type: none"> <li>Year Assemblies</li> <li>Year 10 Reports released</li> </ul>
Thurs 1 December	Virtual Academy Presentation Day
<b>Week 9 (A Week)</b>	
Mon 5 December	Year 10 Alternative Stage 6 Timetable
Tues 6 December	<ul style="list-style-type: none"> <li>Year 10 Alternative Stage 6 Timetable</li> <li>College Assembly</li> <li>Staff Professional Development – Early finish for students at 2.40pm</li> </ul>
Wed 7 December	Year 10 Awards
Thurs 8 December	<ul style="list-style-type: none"> <li>Year 11 Assessment Block to Wednesday 14 December inclusive</li> <li>Year 10 – All My Own Work and Minimum Skills Catch-Ups</li> </ul>
Fri 9 December	<ul style="list-style-type: none"> <li>Year 10's last day</li> <li>Newsletter 19.22 (Last for 2022)</li> </ul>
<b>Week 10 (B Week)</b>	
Mon 12 December	Years 7-9 Reports published
Tues 13 December	<ul style="list-style-type: none"> <li>Year Assemblies</li> <li>Landcare</li> </ul>
Wed 14 December	<ul style="list-style-type: none"> <li>Year 11 Assessment Block concludes</li> <li>Years 7-9 Awards – 9.00am to 11.00am – TJC</li> </ul>
Thurs 15 December	<ul style="list-style-type: none"> <li>HSC Results released</li> <li>HSC Celebration – Café</li> <li>ATAR Results released</li> </ul>
Fri 16 December	<ul style="list-style-type: none"> <li>Years 7-9 Students Last Day – dismissed at lunchtime</li> <li>CPR/Emergency Care/Anaphylaxis Staff Training - PM</li> </ul>
<b>Week 11 (A Week)</b>	
Mon 19 December	<ul style="list-style-type: none"> <li>Last Day of Term</li> <li>Staff PD Day (Pupil Free) – Staff Farewells, Organisation</li> </ul>



## 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!