St Mary's Catholic College Gateshead

BE SAFE, BE A LEARNER, BE RESPECTFUL

Newsletter No.8/22 Friday 10 June 2022



Principal's Message

Dear Parents, Carers and Community Members

Educating our Adolescents to Serve Enduring Values

We, and especially our adolescents, inhabit a world in which morality is too often a matter of taste and expediency; where values are absorbed from the screen; where the cult of self (the individualistic ethic) is all pervasive and where human integrity is compromised by an unhealthy focus on 'MY RIGHTS' to the neglect of 'MY RESPONSIBILITIES'. This presents a challenge for the educators of adolescents.

As their educators, (parent and teacher), how do we encourage them to:

- Maintain balance and perspective in their lives?
- Be committed to honouring enduring values such as respect, responsibility, fidelity, compassion, justice, mercy, community and the common good?
- Develop a sense of right and wrong?
- Understand that MY RIGHTS cannot be separated from MY RESPONSIBILITES?
- Reject the cult of individualism in favour of commitment to the common good as reflected in service and responsibility to a community?

As a first step, the school and the home must work together in setting boundaries for adolescent conduct. Within the context of our College community, we have a clearly defined school uniform and we insist on the correct wearing of it. We have a pastoral care policy which sets acceptable boundaries for student conduct and interpersonal relations. We have our mantra: 'Be Safe, Be Respectful, Be a Learner' which define community members' rights and corresponding responsibilities. We have our motto: 'Ready to Serve' which is a call to a life of love, service and fidelity, and we have a tradition, established by our founding order, the Sisters of St Joseph, of high standards and expectations in relation to community members' wellbeing, learning, leading and service.

These and other expectations, values and guidelines are critical to developing in our adolescents a sense of belonging and connectedness to a community and, in particular, responsibility to a community, and the loyal living-out of commitment to the common good.

Adolescents will acquire balance and perspective in their lives if they see it witnessed in ours, and if we set clearly defined boundaries for them. They will acquire the self-discipline and resilience required to meet life's major challenges only if they first experience it in meeting the demands made of them in their youth. They will acquire the capacity to shun the cult of experience and demonstrate appropriate respect for self and others in their community only if they are challenged to be obedient.

Continued

Our adolescents must acquire these enduring values and qualities to live by because unfettered freedom is a recipe for disaster. It fractures relationships, it negates a loyal living out of commitment to one's community and family and it precludes the opportunity to find fullness of living through a life committed to love and service.

We (parents, teachers and students) are the custodians of our College's values and standards and we must not allow individualism and the ethic of experience to override our commitment to an ethic of obedience characterised by daily commitment to a Christian way of living. Our College motto: 'Ready to Serve' is a call to serve enduring values as reflected in the life and death of Jesus, not society's superficial values. Our daily challenge is to honour this call, and educate our adolescents to do the same.

Rich blessings

Larry Keating **Principal**

Gifted Education

Congratulation to the 52 students from Year 7 and 8 who completed their CogAT testing this week. CogAT measures learned reasoning abilities in 3 areas:

- Verbal Reasoning abilities to use search, retrieval and comparison processes
- Quantitative Thinking abilities to reason about patterns and relationships
- Nonverbal Reasoning abilities to use spatial and configurative content

This testing is used across the Diocese of Maitland-Newcastle and students usually sit the exams in primary school or the first years of secondary school. CogAT will highlight areas of student strength, areas where assistance may be needed and areas where students may show gifts or talent.

Emma Bennis and Maree Karaka from the Gifted Education Team at the Catholic Schools Office oversaw the testing and commented on how beautifully behaved the students were. It was great to see everyone doing their best to answer tricky questions outside of their comfort zone. Thank you to Louise Hatcher who also assisted with the administration of the test.

Students who have not yet completed CogAT testing will have a chance to sit the exam before the end of term.

Louise Henderson
Gifted Education Mentor

ST MARYS AT DIOSOUNDS 2022

Music students from St Mary's Catholic College performed with energy and panache at the 2022 DIOSOUNDS "BACK ONSTAGE" Performance held at The Civic Theatre on Thursday June 2nd.

St Mary's performance pieces all related to the shared experience of emerging out of lockdown. In "When the Machine Starts Up Again" Missy Higgins wonders, "When the Lockdown ends and the speed is picking up, will you remind me darling what it felt like just to stop?" Perhaps we are all still wondering this!

"Upside Down" by Jack Johnson reminds us to embrace life. "This world keeps on spinning and there's no time to waste" sings Jack Johnson, and our Year 12 students want to use their Diosounds time playing music together again and enjoying it! "Adventure of a Lifetime" by Coldplay is an affirmation of living life with each other. "And if we've only got this life, this adventure, then I want to share it with YOU!" And indeed this reflects our students' sentiments.

Congratulations to all the students who performed on the night:

When The Machine Starts Up Again by Missy Higgins

Performers:

Lucy Wallace, Paige Allen, Alice Connell, Beth Urquhart, Bradley Nash, Marli Smith, Beth Urquhart, Joseph Harrison, Piper Araujo, Macy Nash, Alaeuteauea Hart, Sophie Windever, Elleni Pedonese

Upside Down by Jack Johnson

Performers:

Timana Hill, Brody Allan, Riley Urquhart, Beth Urquhart, Molly Freebody, Alyssa Dugan, Lachlan Brien, Jack Erby, Hayden Werren, Joe Jarvie, Tobin Blackwell.

Adventure of a Lifetime by Coldplay

Performers:

Jamie Whyte, Daniel Smith, Piper Araujo, Macy Nash, Alaeuteauea Hart, Sophie Windever, Elleni Pedonese, Charlotte Lee, Lucy Wallace, Molly McKay, Timana Hill, Joe Jarvie, Tobin Blackwell, Ruby Inglis, Nathalie Mislos, Riley Urquhart, Noah McKenzie, Kane Roberts, Byron Lynch, Isabel Gale, Molly Freebody, Madelyn Lush, Jordan Bika, Alex Mazzitello





DIOSOUNDS 2022





St Mary's Push Up Challenge

The Push Up challenge was started in order to help shine a spotlight on the number of Australians who die by suicide each year. One in five Australians will experience mental ill health this year and only 46% of people seek help. It's a complex challenge - for ourselves, our loved ones and, most of all, for the nine Australians who die by suicide everyday.



Due to COVID last year, we weren't able to go ahead with our challenge, BUT this year it is on! St Mary's has agreed to support the push up challenge on Wednesday 15th June and students will be completing the challenge in teams and helping to raise money for Lifeline.

Lifeline offers 24/7 crisis support via phone, online chat, text, face to face counselling, video counselling as well as running support groups for people who have attempted suicide and support for those who have lost a loved one through suicide. But they need us to help them to continue developing and funding these programs through making a commitment to get involved and raise as much money as we can.

Mental health is a huge concern for our society and for way too long a stigma has existed which has forced people to keep quiet about their own struggles with their mental health. This has the potential to cause even greater problems for the individual, their family and in turn society as a whole.

NSW government data shows that in January 2021 alone – 104 people committed suicide – that is an increase from 81 in January 2020. This is obviously an ongoing concern and so we are asking you to please get behind this cause we feel so passionately about, and either become involved by participating in the challenge OR by supporting those who are completing push ups.

Students can help in a number of ways -

- Get a team of friends together, pay \$1 each and compete to see how many push ups you can all complete
- Enter as an individual and ask people to sponsor you to complete a number of push ups
- You can challenge your teachers to get involved by pooling your funds and nominating a teacher to complete a certain number of push ups – this is your opportunity for payback over that assessment task you hated, the novel you had to read or the excursion you had to go on!!
- On the day, PARTICIPANTS ONLY will be wearing green and we will have green ribbons to provide to all participants –
 why green? Because green is the international colour for mental health and we want to create a sea of green to show
 the community our support for those who struggle with mental health and let them know they are not alone.

A lot of people have asked 'Why push ups?' - The Push up challenge comes directly from 'The push for better' foundation. Their aim is to PUSH for change and to engage and educate people in mental and physical health and raise awareness of the mental health issues affecting everyday Australians.

So please, help us get behind this challenge and let's raise as much as we can to help push away the stigma surrounding mental health and support those around us to stop suffering in silence. You can help our students play a role in supporting mental health awareness and Lifeline.

The Push Up Team - "St Mary's Fairies" — would be thrilled to receive sponsorship. Please use the link below to pledge your support. By using the link you can sponsor St Mary's Fairies who are: Bailey Croft (Organiser), Sophie Russell, Timana Hill, William Race, Ethan Thompson, Ava Traynor, Heath Mc Grath, Kal Mc Dougall, Xavier Harrison, Jaz Lawes

Let's see how much we can achieve as a community to support mental health and break down barriers by donating here:

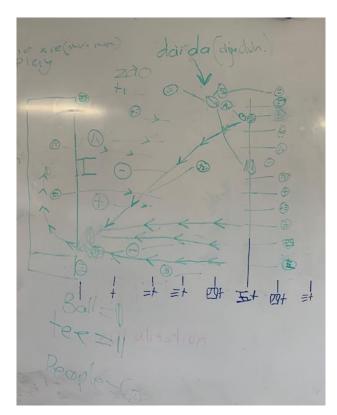
https://www.thepushupchallenge.com.au/fundraisers/baileycroft/the-push-up-challenge

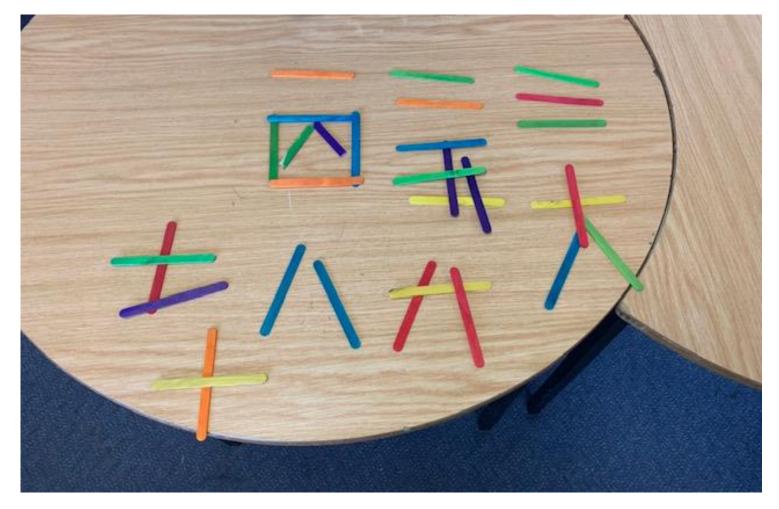
Thank you!

CHINESE

In year 8 Chinese students have been creating authentic ways to use their new Chinese language. In 8.2 Cailan Jones and Xavier Browne used Chinese numbers and language to create Rugby plays for their teams. They took photos and called the plays 'Ni Hao' and 'Xie Xie'. It was so awesome watching them being passionate about their sport and using their Chinese at the same time.

Every two weeks in Chinese we take a brain break and have Activity Box Time. Most activities have an Asian theme, but students used the paddle pop sticks to make numbers in Chinese. Again ,using their own creativity to make the learning process more authentic. It is such an honour to watch how students create these ways of demonstrating their learning.





Aboriginal Education

Traditional Indigenous Games

Students from Years 7 and 8 joined forces with students from Year 6 at St Paul's Gateshead, St Columba's' Adamstown, SFX Belmont and Pius Windale to learn some Traditional Indigenous Games. Many thanks to Mrs Dannielle Peachey from St Paul's for hosting and leading the session. Students learnt about the origin of games such as Noongar Wana, a game like cricket played by young girls in WA, and Jumpinpin, a fishing game from Stradbroke Island.







As part of Term 2 PDHPE, our Year 7 students are also learning some Traditional Indigenous Games with their teachers. One game 'Marngrook', is believed to be the origins of Australian Rules footie and was first observed in the 1840s. Year 7 enjoyed their own 'spirited' version!

My Family Heritage - Reconciliation Week Lessons

To help better understand 'Reconciliaton' it is helpful to have an understanding of our own heritage stories -namely are you part of:

- 1. Australia's Indigenous Dreaming story
- 2. The British Colonisation story, or
- 3. The Migration story?

Religion classes across Years 7-9 have been investigating their place in Australia's great 'Stories of Origin'. Students have been recording their investigation as a poster to display. Many thanks to families for your strong support – and maybe responding to a 'text' during school time!

Bush Tucker/Science Lessons

Year 7 have been classifying Bush Tucker plants as part of their Science unit. Mrs Flack's class came up with a variety of ways of classifying plants according to size. structure, leaf type and use. We also planted some daisy yams to go with the kangaroo grass in our Bush Tucker Garden.

Prayer for Reconciliation

God of justice and forgiveness, Guide us as we continue on our pathways to Reconciliation.

Grant us the courage to speak out against the injustices that our Indigenous brothers and sisters continue to suffer.

Help us to see with new eyes, to listen to the stories of our Indigenous brothers and sisters and to feel with a heart of compassion.

Help us to build right relations with each other based on truth and justice. We ask this prayer through Christ our Lord, Amen.

- Prayer from the National Aboriginal and Torres Strait Islander Catholic Council (NATSICC)



Paul McKay Aboriginal Education Teacher

Library Matters

We have been pretty busy in the library, with the cold adding an extra incentive to spend some time with friends and participating in some of our events.

Recently about 40 students and teachers joined in the St Mary's Trivia Competition.

"A lot of laughs" and "Great fun!", were just some of the comments the 40 plus students and staff said as the St Mary's Library Australiana Trivia competition came to a close at lunchtime today. Teams comprised of students, teachers and support staff who joined forces to test their knowledge of Australian Geography, History, Politics, The Arts and Sport. We also loved that Sara could join her team virtually too! The winners were The Echidnas! Ruby Turvey, Chloe Gillies, Liam Lane, Lucas Anthony, Mr Houston and Mr Rice!







This week a lucky group of writers were chosen to attend the **LittleScribe's Writer's Festival for High Schools**. We zoomed in to sessions by Australian Authors such as Dee White, Tristan Bancks and Stephanie Hunt. We had some good fun creating some progressive stories, pimping simple sentences and learning about how we can use technology to help us prepare for our writing. We were so pleased to have 2 students also attend virtually from home.









We are also 1/3 of the way through our **Agent C Workshops t**hat introduce students to the skills required to think critically. They touched on Fake News, Deep Fakes and ClickBait News. More on this as the program progresses.







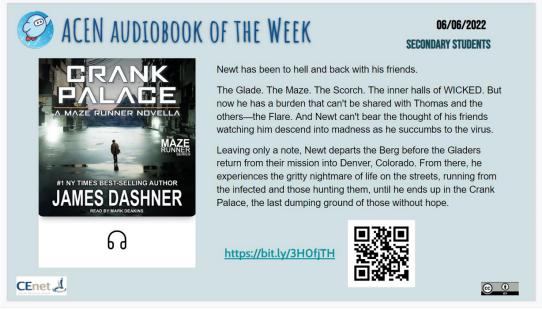
- * Concerned about the rise of online fake news and conspiracy theories?
- * Worried about the spread of racism and online hate?

We are inviting young people to participate in 3 exciting and interactive workshops that will explore the emergence of online fake news and conspiracy theories with a focus on hateful and divisive narratives.

Congratulations to **Oliver** in Year 9, who is the first student to complete this Year's **Premier's Reading Challenge**. Hopefully, he is the first of more. The challenge finishes in August, so still plenty of reading time ahead.

Did you know we have audio-books available on SORA, visit: https://soraapp.com/library/cenetau





Rosalind Dunn
Teacher Librarian

SPORT

U/15's Rugby League

Today the Under 15 Rugby League team competed in the 2022 Hunter Premiership at Raymond Terrace.

Throughout the day the team demonstrated tenacity and enthusiasm, with all players ripping in and giving it their all, narrowly missing out on progressing to the next stage of the competition.

The day began against St Pauls Booragul, where the team demonstrated their skill and ability, winning 16 – 6 in a dominant victory. Highlights of the game included runaway tries from deep within our half by both **Wyatt K** and **Lachlan G**.

The team then played Callaghan College Waratah in what was an exhilarating game filled with bone crunching defence and powerful attacking runs. Unfortunately, we were unable to continue our unbeaten streak, going down 18 – 12.

The boys then rallied themselves for Callaghan College Wallsend which saw the team lift in spirit. In what was our most determined defensive display all day, the boys competed until the final siren, but were unable to secure the victory.

All players were fantastic ambassadors for our school and are to be congratulated for their efforts as they played with great commitment and sportsmanship.

Notable mentions go to **Drew M, Hamish T, Jai H and Wyatt K,** as well as **Jye S** who acted as assistant coach and High performance sports trainer.

With a little more practise and fine tuning, the boys will now begin their preparation for their next tournament in Term 4.





Young Endeavour Youth Scheme is pleased to announce that applications for youth development voyages scheduled in STS Young Endeavour from July-December 2022 are now open.

Since 1988, more than 14,000 young Australians aged 16-23 have joined national sail training ship Young Endeavour on a life changing voyage.

Our internationally recognised youth development program builds self-awareness, develops leadership and communication skills, and fosters a sense of community responsibility in participants.

Onboard, 24 youth from across Australia make up the youth crew for each voyage. Over the 10-day program, participants learn all the skills required to said the square-rigged tall ship. These activities include keeping watch on deck, handling lines, taking the helm, navigation using the ship's charts, assisting the chef in the galley and climbing the 30 metre mast to set and furl sails. No previous sailing experience is required.

The program is delivered by the professional Royal Australian Navy staff crew who ensure that the highest standards of safety are maintained. During the voyage, the staff crew encourage youth to pursue personal and team goals and challenges. By the end of each voyage, the youth crew have developed the skills, knowledge and confidence to elect a leadership team to take command of the ship over a 24-hour period.

This is a once in a lifetime opportunity. Applications can be made online at www.youngendeavour.gov.au/apply-now

Voyage fees and conditions will apply to successful applicants. A limited number of financially assisted berths are available for eligible youth. Potential applicants should apply now for the best chance of being selected for a voyage.

Stephen Moss Executive Director

PO Box 1661, Potts Point, NSW 1335 Building 24, Garden Island, NSW Toll Free: 1800 020 444

Email: mail@youngendeavour.gov.au www.youngendeavour.gov.au





HealthHunter New England Local Health District







HNE Mental Health Service, Virtual Education Series for families and carers. June 2022 Sessions

Topic: Common communication challenges

Time: 9-10:30am Date: Wednesday 15th June

Presenters: Matt Garrett (Family Worker- HNE Mental Health)

and Johanna Rowe (One Door Carer Advocate)

Register via this link: <u>June Virtual education</u>
Session- Common communication challenges



ACON is NSW's leading health organisation specialising in community health, inclusion and HIV responses for people of diverse sexualities and genders.

Topic: Supporting Your LGBTQ People

Time: 10:30am-12:00pm Date: Thursday 23 June

Presenters: Kage Gold (they/them) & Louise Dunne (she/her)

from ACON

Register via this link: June Virtual Education Session-ACON Presents- Supporting Your LGBTQ People



To register please see links or acces via HNE MHS Information for Consumers and carers internet page via QR code:





Safer online gaming

Help your kids stay safe by learning about the benefits and risks of online gaming.

eSafety's expert education and training team is running FREE live webinars in June 2022 exploring safe online gaming. Parents and carers of young people aged 8 to 13 years are invited to join.

Friday 17 June: 12.30 - 1.30 pm

Tuesday 21 June: 7.30 - 8.30 pm

Thursday 9 June: 12.30 - 1.30 pm

Dates: (AEDT)

Register now: esafety.gov.au/parents/webinars



eSafetyCommissioner

Calendar 2022

TERM 2 2022 - Week 8 (B Week)	
Mon 13 June	Queen's Birthday holiday
Tues 14 June	Year 7 Formation Day
Wed 16 June	Year 10 House Captains assist at St Joseph's Charlestown Athletics Carnival
Fri 17 June	Stage 6 Geography Fieldwork excursion
	Outcome of Year 7 (2023) Enrolment applications notified to parents/carers
	Year 11 (2023) On-Line Course Preference Nominations close
Week 9 (A Week)	
Mon 20 June	Year 11 Construction Work Placement
	World Refugee Day
Tues 21 June	Solar Buddy Light for Learning Event
	Katrina Fanning 16yrs Female Rugby League
	College Assembly
	• School finishes at 2.45pm – Staff Professional Learning PM (student supervision provided)
Wed 22 June	Year 11 mid-course Reports published
	Push Up Challenge
Thurs 23 June	Dio Public Speaking
Fri 24 June	Acceptance of Year 7 (2023) Enrolment due with Enrolment Application fee
	Newsletter 9.22 published
Week 10 (B Week	(1)
Mon 27 June	Year 7 Music Showcase
Wed 29 June	Landcare Day
	Years 7-10 Reports published (PM)
Fri 1 July	Next steps enrolment communication to Year 7 (2023) parents/carers
	Last Day of Term 2
TERM 3 2022 - We	eek 1 (A Week)
Mon 18 July	Staff Professional Development – Pupil Free Day
Tues 19 July	Term 3 commences
	 Meeting Year 10 to explain 2023/2024 Line Structure – Courses of Study
	Booking period for Year 7 (2023) Enrolment interviews
Fri 21 July	Years 7-10 Parent Student Teacher interviews
Fri 22 July	Year 7 (2023) Enrolment documentation due
	Years 7-10 Parent Student Teacher Interviews
	Newsletter 10.22 published
Week 2 (B Week)	
Tues 26 July	Meeting Year 8 to distribute the Additional Courses of Study Handbook
Wed 27 July	Year 8 Additional Courses of Study – on-line choices open
Week 3 (A Week)	
Mon 1 August	Year 12 Trial HSC Examinations commence until Monday 15 August
	Year 7 (2023) interviews commence until Friday 12 August
Tues 2 August	School finishes at 2.40pm – Staff Professional Learning. Student supervision provided
	Year 8 Additional Courses of Study Information Evening for parents
Thurs 4 August	Annual Athletics Carnival
Fri 5 August	Newsletter 11.22

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

GIRLS BASKETBALL - I AM A GIRL | COME N TRY SESSION

Our free girls-only session is aimed at new or returning basketballers that want to learn some new skills, be active and have fun making new friends. Ages 4.5 - 18 years.

Come and Try with Newcastle Basketball

: 27 Young ST Broadmeadow

: Thursday 7th July 2022

(4.5yrs -7yrs)

: 12:30am - 2:30pm (8yrs - 18yrs)

(a): https://membership.mygameday.app/regoform.cgi?formID=98307

The I AM A GIRL Program is supported by the NSW Government's Strategic Focus on women and girls in sport through the #HerSportHerWay program and is a part of the overall NSW Legacy Program Pillars with a number of activations being rolled out each year leading up to the FIBA Women's Basketball World Cup 2022 with the Office of Sport.

SPC Newsletterweek: 7

On behalf of Year 8 SPC

Prayer

Heavenly Father, giver of life and health: comfort and relieve those challenged by serious and chronic mental and emotional illnesses. Give your power of healing to those who minister to their needs, that they may be strengthened in their weakness and have confidence in your loving care; through Jesus Christ our Lord, Amen.

Ava Lloyd, Yr 8 SPC



Vinnies Winter Appeal

There is a rise in people experiencing homelessness or at risk of homelessness in Lake Macquarie. The care packs you are creating in roll call go directly to the people in our community who need it. Thank you roll call classes for your support of the Vinnies Winter Appeal! Our care packs will be presented to Vinnies at our assembly in Week 10.





VINNIES WINTER APPEAL CARE PACKS

Each Roll Call group is invited to fill the provided bag with the listed items.

- · Fleece Blanket
- Travel Towel
- · Hand and foot warmers
- Socks
- Scarves
- Beanie
- Gloves
- · Rain gear
- Reusable containers for soap etc
- Zip lock plastic bags
- Band-Aids
- Lip Balm
- Personal hygiene items:
 - Wipes
 - o Toothbrush and toothpaste
 - Hand sanitiser
 - Body lotion
 - o Feminine hygiene products
 - Deodorant
 - Soap
- A note to say we care (i)











Thank you! You are making a homeless person's life a little more comfortable this winter.

Basketball Tournament Success! By Lily Stabler Year 10

The Year 7 basketball tournament on the 7th of June was a huge success. The court was overrun with players from Year 7 and the vocal spectators out of Year 10. There was a total of two games with, 4 teams overall. The players were separated into yellow and red teams and from which red managed to dominate winning both games (7.1 and 7.4). The first game was very evenly matched with a score of 10-4. During this game a mix of sport leaders and other enthusiastic year tens eagerly volunteered themselves to play on the yellow team, who were down a few players. One of which, Tom Muraro was quickly booed off the court by the very loud spectators crammed on one bench together. The second game was a sight to see, our new sports photographer, Ms Hatcher, got some great shots of everyone whilst frantically running away from flyaway balls. The scorers (Halle Johnson, Elleni Pedonese, Holly Ogilvie and Holly Hayes) did a great job of keeping track of the chaotic game after some dodgy calls made by the referee (Xavier Thomas). Don't worry the ref was swiftly and passionately reminded of his mistakes by the spectators uncomfortably crammed on that single bench. The success by red was not the only achievement that day. Watching my peers surrender the end of their period two to help miss McRae set up the court and quickly step into leaders when the year 7s needed help and organisation was a moment of pride. It was also watching the year 7's be so inclusive to everyone who wanted to play that made the tournament such a high achievement. The sport leaders had an opportunity to step up and they took it. The very same leaders are also going to the St Joseph's primary school athletic carnival along with other volunteers from my year. Their continuation in leadership is success that younger years can strive for and for me and my peers to be proud of.







