

Principal's Message

Dear Parents, Carers and Community Members

The conceptual root of education is nourishment from the parent to the child. The word “educate” originated from the Latin word “educare” which means to nourish, to rear, to bring up, in the sense of a child drawing forth nourishment from a mother. This understanding has significant implications for the nature of all educational environments in the home and school.

School communities and homes must be nourishing places for our children/students to grow up in. They must be places characterised by patience, love, and hope. They must be places where the witness of parent and teachers, and the quality of relationships between the members of the respective communities (home and school) speak to our young people about our common Christian heritage. A heritage which aims to provide them with a moral compass to live by. A moral compass based on love of God and love of neighbour. How do we do this?

In the ordinariness of each day, we do this best in our homes and schools by:

- Nurturing the positive impulses that lie within us all
- Promoting an ethic of service and ways of living and being together that are life-enhancing, life-promoting and life affirming
- Encouraging and witnessing to a spirit of generosity
- Challenging our adolescents to be committed to the common good, to rise above a life of self-absorption, to be transformative and embrace a life that is lived for others.
- Instilling values such as mutual respect, responsibility and sharing
- Exercising authority infused with respect and love
- Giving appropriate attention to the moral significance of “little things” such as saying “please”, “thank you”, “I’m sorry”, not littering, etc.
- Honouring the values we cherish in our hearts – compassion, justice, love, mercy, and forgiveness – by how we witness to them as adult mentors and role models to our young people.
- Continually promoting our adolescents’ sense of their own worth
- Responding promptly to any behaviour that violates respect to others and their property
- Helping our adolescents to respect differences in others
- Building relationships in the home and school based in cooperation, mutual respect and fairness
- Continually spelling out and enforcing behavioural expectations which promote values such as responsibility and respect.

When we, as educators of adolescents do these things, we are providing them with the opportunity to discover the reality of God’s love through the lived experience of their home and school environments. The public ministry of Jesus witnessed to this reality and we honour our Christian heritage by imitating Jesus’ words and deeds in our shared process of educating our young people to become responsible, caring adults who live a life for the good and care of others, and our earth.

Blessings

Larry Keating
Principal

Assistant Principal – Learning & Teaching

Year 11 Preliminary Examination Timetable

Year 11 Preliminary Examinations commence on Monday 5 September 2022 through to Friday 16 September 2022. Students need only be at school when their examination is on. Misreading of the exam timetable will not be an acceptable excuse for being late or missing an exam.

Students attending school outside of exam times are expected to use the Library for private study. **Students must sign in at Students Services if on campus and obtain a study pass** (other than for the exam period).

YEAR 11 PRELIMINARY EXAMINATION TIMETABLE

TERM 3 2022

WEEK 8

	Monday 5/9			Tuesday 6/9			Wednesday 7/9			Thursday 8/9			Friday 9/9		
	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue
AM	8:50 – 10:30	English Advanced (36)	TJC	8:55 – 11:00	Business Studies (37)	TJC	8:55 – 11:30	Studies of Religion (2U) (41)	TJC	8:55 – 11:00	Physics (18)	D6 & D7	8:55 – 10:30	Modern History (17)	D7
	8:50 – 10:30	English Standard (71)	TJC	8:55 – 11:00	Society & Culture (9)	TJC	8:55 – 10:30	Studies of Religion (1U) (59)	TJC	8:55 – 10:00	Work Studies (4)	D6	8:55 – 11:00	Engineering (15)	D6
	8:50 – 10:30	English Studies (14)	D7	8:55 – 10:30	Mathematics Extension (13)	TJC	8:55 – 10:00	Catholic Thought (21)	TJC						
PM	12:25 – 2:00	Business Services VET (6)	TJC	12:25 – 2:00	Visual Arts (11)	TJC	12:25 – 2:30	PDHPE (34)	TJC	12:25 – 2:30	Food Technology (7)	D7	TBA	Catch Up Exams	TBA
	12:25 – 2:00	Construction VET (16)	TJC	12:25 – 1:40	Japanese Beginners Listening/ Speaking Exam (4)	D8	12:25 – 2:30	IP Technology (5)	TJC	12:25 – 2:30	Drama Perf & Written (2)	101			
				12:25 – 2:30	Earth & Environmental Science (9)	TJC				12:25 – 2:30	Legal Studies (17)	TJC/D6			

WEEK 9

Monday 12/9			Tuesday 13/9			Wednesday 14/9			Thursday 15/9			Friday 16/9			
	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue
AM	8:55 – 11:00	Mathematics Advanced (36)	TJC	8:55- 11:00	Biology (45)	TJC	8:55 – 11:00	Community and Family Studies (33)	TJC	8:55 - 11:00	Geography (13)	D7		Catch Up Exams	117
	8:55 – 11:00	Mathematics Standard (70)	TJC	8:55- 11:00	Economics (2)	TJC	8:55 – 11:00	Chemistry (19)	TJC	8:55- 11:00	Ancient History (9)	D6			
PM	12:25 – 2:00	Industrial Technology - Multimedia (14)	TJC	12:25 – 2:00	Hospitality (7)	D7	12:25 -1:30	English Extension (5)	TJC	1:00 – 2:00	Japanese Reading & Writing	117		Catch Up Exams	117
	12:25 – 2:00	Industrial Technology – Timber (10)	TJC				12:25 – 2:00	Exploring Early Childhood (13)	TJC						

NB Disability Provisions students are to report to D8.
Catch Up Exams will be scheduled throughout the Examination Block. Please email cathy.ogorman@mn.catholic.edu.au

Year 8 Additional Courses of Study Update

Year 8 students have finalised choices for their 2023/24 Additional Courses and the subject Lines are currently being finalised. In the coming weeks, where there are clashes or courses collapsed, students will have an opportunity to discuss alternative choices with Mrs O’Gorman. Students will be contacted during class time. This is a process that takes some time and patience – we will work to place all students in their chosen pattern of study as best as we can. Once all courses have been finalised, students will receive formal notification of their allocated subjects for 2023/24.

Cathy O’Gorman

Assistant Principal – Learning & Teaching

Assistant Principal – Wellbeing

Student Leadership 2023

Term three saw the launch of the student leadership process for 2022. Fourteen students from the class of 2023 responded to the invitation to apply for Leadership and attend the Leaders Formation Day at Redhead Surf Club on Friday 5 August.

The purpose of the day was to shape an understanding of authentic Christian leadership in the minds of the young persons present through an exploration of the College’s Josephite history and the personal connection each now had, through their life within the College, to the example of the Josephite Sisters, to Saint Mary MacKillop and back through the millennia to the foundational statement given by our Blessed Mother Mary, ““Here am I, the servant of the Lord; let it be with me according to your word.” [Lk 1:38].

Given time and space to reflect and connect with each other, under the care and guidance of Ms Smith, Leader of Wellbeing and Engagement - Year 11, and Mrs Addicoat, Ministry Coordinator, our next generation of student leaders responded with a maturity and insight beyond their years, embracing the challenge to deeply explore how servant leadership within the College could, and perhaps will, be lived out in 2023.

The next step in the process played out last Tuesday with each student leader delivering an impassioned speech to the College community, extolling the purpose of leadership, and giving personal witness to their desire to place their time, effort, and gifts in service to our community. I cannot describe how impressive each of these young people were, both in the articulate and faithful witness they gave and the depth of sincerity each brought to the moment. Each acquitted themselves admirably, demonstrating themselves to be a very worthy member of the student leadership team of 2023.

From here the final step in the process will take each of our aspiring leaders to a panel interview with the College Leadership Team and Leader of Wellbeing and Engagement - Year 11, after which a determination of four College Leaders will be made and published to our community.

I look forward to working closely with this team in 2023 as I believe they carry within them the potential to make a uniquely positive contribution to the culture and lived experience of each and every student within our community.

Ben Frize

Assistant Principal – Wellbeing and Engagement



HAVE YOUR SAY: TELL THEM FROM ME (TTFM®) SURVEY

Dear Parents and Carers,

Last year you may recall parents, staff and students in years 7–12 participated in an online Tell Them From Me (TTFM®) survey.

Schools in Australia and around the world have used the TTFM® survey to help them improve.

The data we received provided us with valuable feedback in relation to faith, learning, student engagement and wellbeing and will help to better inform our Diocesan system as well as our own school improvement agenda.

Thanks to input from you and from each of our stakeholders, here are our key learnings and key actions from 2021.

The 2021 TTFM survey told us:

What we learned:

- Staff believe St Mary's Catholic College fosters a culture of learning that is collaborative, inclusive and disciplined.
- Students believe St Mary's Catholic College is a place that values relationships and to which they attach a strong sense of belonging.
- Parents believe that the College is a caring place with effective and purposeful leadership.

What we did:

- Continued engagement of staff in professional learning focused on embedding effective pedagogy within lessons of longer length.
- Embedded the role of Pedagogical Mentor within the learning community with an initial remit to develop literacy strategies to increase student growth in the areas of inferential reading, spelling, and writing.
- Implementation of *Learning Walks and Talks* with a renewed focus on the six critical questions that provide insight into effective learning and teaching; What are you learning? Why? How are you going? How do you know? How could you improve and where do you go for help? Where to from here?
- Embedded the role of Gifted Education Mentor with a focus on the development of differentiation strategies to improve student engagement.
- Further refinement of the student leadership structure providing for greater clarity of roles and areas of responsibility.

Commencing 5 September 2022, you will be given the opportunity to participate in this survey. The survey takes approximately 15–20 minutes to complete.

As parents and carers of students in our school, we deeply value your feedback and encourage you to partner with us and complete this survey. The information we gather is critical to us and allows us to hear directly from you and gain insight into what you think is important about the work we do, how we communicate with you and where you think we need to improve.



As you can see, we use the feedback you provide us to action strategies for improvement.

We want all (children/young people) in our schools to thrive and we know that working together, listening and sharing ideas helps all students.

If you have questions about this survey, please don't hesitate to contact us via admin@gatesheadsm.catholic.edu.au

PARENT/CARER LETTER TO INFORM RE STUDENT PARTICIPATION AND ENABLE OPT OUT

Dear Parents and Carers,

As part of our focus on school effectiveness, St Mary's Catholic College Gateshead will be participating in an online survey for students – Tell Them From Me (TTFM®). The survey will provide us with valuable feedback on what our students think about their faith, school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the TTFM® survey to help them improve.

During Week 8, students from Years 7 to Year 12 will be given the opportunity and time to participate in this survey during regular school hours. Students who agree to complete the survey will be given a random username and password to access and complete the survey online. Students' names cannot be linked to their responses which allows it to be completely anonymous. Results will show all student scores combined together – it is not possible to single out individual students in the results.

The survey takes approximately 15–20 minutes to complete. The survey measures include such topics as emotional and social well-being, physical health, and behaviours and attitudes linked to student success.

Participation in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish to. If, during the survey, your child is uncomfortable answering any question, they should leave it blank and move on to the next one. Your child can stop the survey at any time.

If you **do not want your child to take part** in the survey, please complete the attached form and return it to your child's school by the 2nd of September 2022. If you would like more information, please contact the survey coordinator Benjamin Frize, Assistant Principal Wellbeing.

Larry Keating

Principal

St Mary's Catholic College Gateshead



PARENT/CARER OPT OUT FORM

Tell Them From Me® Student Survey

If you **do not want** your child to participate in the Tell Them From Me® student survey, please sign this form and return it to your school **by 2nd September 2022**.

I (print name) **DO NOT** give consent

for my child/children (print name/s)

of roll class/esto participate in the **Tell Them From Me® student survey**.

Signed..... **Date**.....

Careers Corner

- **UPCOMING EVENTS: Year 12**

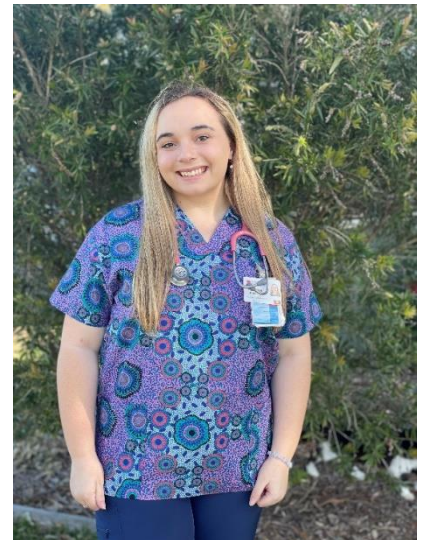
All Information sessions will run at school during lunchtime.

WEEK	Information Sessions
Week 6 Tuesday 23 rd August	TERTIARY PATHWAY-University <ul style="list-style-type: none"> • UAC Application • University Processes-General Info & Scholarships
Week 7 Wednesday 31 st August	TERTIARY PATHWAY-University <ul style="list-style-type: none"> • EAS, SRS and Equity Scholarships
Week 8 Monday 5 th September	TERTIARY PATHWAY-University <ul style="list-style-type: none"> • University of Newcastle (UON) Members of the Future Students Recruitment & Engagement Team to Present
Week 9 Wednesday 14 th September	VOCATIONAL PATHWAY <ul style="list-style-type: none"> • Apprenticeships and Traineeships

School Based Traineeship Achievement

Congratulations to **Charlise Buddingh** who has successfully completed her Traineeship with Hunter New England Health. Charlise has balanced her schoolwork, VET training at TAFE and her work at John Hunter Hospital for the past two years.

Ms Paula Finlay
Careers Advisor/VET Coordinator

**EDUTECH CONFERENCE**

Last week, 4 staff attended the Nationally acclaimed Edutech conference in Melbourne. It is the first time this event has been able to be conducted face to face for 3 years and the 5000+ attendees were certainly not disappointed. The team of staff have returned with many ideas and strategies they are keen to share with others and implement in their own classrooms. The Expo hall was jam packed with exhibitors showcasing the latest technologies, it is lucky we left Mr Keating's credit card at school! It also personally gave me the opportunity to network with the team of MIE experts from Microsoft, which is always a valuable learning opportunity.

Shane Abell
Learning Technology Coordinator



GIFTED EDUCATION: ICAS

We are halfway through our ICAS Competition. Students from Years 7-9 have been completing the activities for Writing, Digital Technologies and English along with other students from all over the world.

Over the next two weeks the students will also complete questions in Science and Maths as well as a Spelling Bee.

Comments from participants so far have included:

- I liked the selection of questions as they had an array of questions on the topic that test your understanding and comprehension skills – Victoria
- It was interesting that they tested every part of my learning in this test – Jeremy
- I enjoyed being able to express my creative mind and test my learning – Anna
- I enjoyed the inference questions in the English test, they were interesting and challenging – Kiara
- I enjoyed the variety of texts that we were able to read – Sheridan
- I enjoyed the use of technology to do my test as it made it easier to check my answers and complete the test – Dylan
- I enjoyed how easy to navigate the tests were, you didn't need any external knowledge going into them other than the test's subject itself – Willow
- The interesting thing about the ICAS test is that it's relatively simple and doesn't change that much in difficulty – Wendi

ICAS will be running again in 2023 – think about signing up to stretch your brain!



Mrs Louise Henderson
ICAS Coordinator



Aboriginal Education

Cultural Tour with Bahtabah

Recently students had the opportunity to learn about some significant Aboriginal sites in our local area with **Mr Kentan Proctor** from Bahtabah Land Council. Thirty five of our indigenous students accepted the invitation, with the first stop being Belmont Lagoon to learn about 'When the Moon Cried' and bush tucker. Then on to Bahtabah Land Council at Blacksmiths for an artefact talk and some art activities.

After a sausage sizzle provided by the wonderful Bahtabah team Kentan took the students to Swansea Heads. Here students learn another story, 'Malangula: the Women of Swansea Heads'. Students also learnt about the very solemn repatriation site located behind the Marine Rescue building. Here more than twenty remains of local Aboriginal people from around the area are interred.

Well done the students for their positive engagement and great manners. Thank you to **Mrs Jenni Whitehead, Miss Isabelle Quiqueree** and **Mr Steve Burns** for helping lead the day. If anyone has any questions about the day please be in contact.



Paul McKay
Aboriginal Education Teacher

SPORT

Sydney Netball – During Week 5, **Mrs Lorenz**, **Mrs Turvey** and **Mrs Bunn** had the privilege of taking three wonderful netball teams to Penrith for the NSWCCC Netball Championships. We had some excellent results with the Junior Girls team winning their division and the intermediate and senior teams both coming third in their divisions. This is an excellent result for the school whilst competing against such elite competition.

The teams were also supported by our experienced umpires **Ella Ham**, **Emily Roberts** and **Caleigh Gorlick**. Without these girls the carnival would not have been able to go ahead and St Mary's are extremely grateful for the acts of service these girls demonstrated.

All girls represented the College with grace, humility and fantastic sportsmanship and are congratulated on their wonderful results.



Dio Athletics – Our students who placed in the top two for each track and field event at the school athletics carnival, progressed to the Diocesan Athletics Carnival at Glendale Sports Complex on the 17th of August. With some wonderful weather provided, our students were able to demonstrate some great athletic ability during the track and field events. We had a number of students be successful again at this top level and will now progress onto NSWCCC Athletics Championships in September. As always, the students carried themselves with great sportsmanship and had a great day.

NRL Road Trauma Presentation – On Wednesday the 10th of August, St Mary's welcomed the NRL Road and Trauma Roadshow to speak to the whole of Year 10. The Centre for Road Safety and NSW Rugby League has joined together to present a clinic titled 'The Knock on Effect'. The idea behind the program is to highlight the effects of road accidents involving young people and to prevent these accidents from happening through road safety awareness. Year 10 heard from former professional NRL players Andrew Ryan, Mark O'Meley, Steve Menzies and Tim Brasher on ways to promote safe behaviour by young people in and around our roads. The students found the presentation really valuable and resonated with the experiences that each presenter talked about. The students also loved meeting the ex-players at the end of the presentation and speaking to people they look up to. Thank you to Mrs Morgan for organising such a wonderful event.



Ms Brittany Coe
Acting Leader of Learning – Sport

OzTag

On Tuesday, 9 August, the St Mary's Oztag juggernaut travelled inland to the rolling hills of Maitland to compete in the Hunter Regional Oztag Championships. After an early morning departure, a crisp morning greeted our arrival and the scene was set for a jam-packed day of face-paced "tag" action.

This was the first time that we have attended this tournament and it was an amazing effort to have four teams competing across the Years 7/8 and 9/10 Boys and Girls divisions.

Throughout the day, all four teams were extremely competitive with many exhilarating tries, dazzling defence and tightly contested games.

In the Year 7/8 Girls division, our team started strong with two dominating wins filled with amazing attacking masterclasses. Unfortunately, we were unable to maintain our unbeaten streak, going down in our final two games of the day.

In the Year 9/10 Girls division, our team commenced the day with two hard fought losses. However, as the temperature began to heat up, so too did our senior girls with the team rallying themselves to conclude the day with an exciting win and draw in their final games.

Unfortunately, both Girls teams narrowly missed out on making the finals, with final qualifications coming down to for-and-against.

In the Boys divisions, both teams were able to progress to the semi-finals with the Year 7/8 Boys experiencing 3 wins and 1 loss and the Year 9/10 Boys achieving 3 wins and 2 losses in their respective pool games. Unfortunately, both teams were unsuccessful in what could only be described as two high intensity semi-finals filled with jaw dropping plays and heart racing competition.

All players demonstrated exceptional skill and tenacity, with notable mentions go to **Kaitlin R** and **Luca B** (7/8 Girls), **Reuben P** and **Cayden L** (7/8 Boys), **Abi P** and **Stevie B** (9/10 Girls), **Blake B** and **Joel S** (9/10 Boys).

Finally, a huge thank you to **Brittany** and **Alicia** for their support in coaching the teams. I am sure they will agree how amazing it was to see our students thrive outside of the classroom and display their many skills and talents.

Final placings and results are listed below:

- Jnr Girls – 5th Overall
- Jnr Boys – 4th Overall
- Snr Girls – 6th overall
- Snr Boys – 4th Overall



Kieren Knight
Coach





SENIOR THEATRE MAKERS 2022

ASPIRE's Senior Makers Ensemble is for students in Years 9-11. This initiative is all about the devising process.

Working as a company of theatre makers the group will create an original performance piece that will be shared at the end of the process at the Civic Playhouse in Newcastle.

As part of the program participants will be encouraged to evaluate their work and develop their own theatrical language of the program. They will also develop their acting skills and be challenged to keep experimenting with their voice and physicality. It's perfect for anyone studying, or thinking of studying HSC drama, as well as anyone who loves theatre and wants to learn more with like-minded peers. The group will be led by ASPIRE's Artistic Director, Anna Kerrigan and ASPIRE Intern, Katie Matthews.

Senior Theatre Makers will take place from 4.30 pm – 6.30 pm at the Catholic Schools Office, Newcastle.

The schedule is:

Term 4

Tuesday 11 October 2022
 Tuesday 18 October 2022
 Tuesday 25 October 2022
 Tuesday 1 November 2022
 Tuesday 8 November 2022
 Tuesday 15 November 2022
 Tuesday 22 November 2022
 Tuesday 29 November 2022
 Tuesday 6 December 2022

Weekend Rehearsal 10.00 am – 4.00 pm
 Saturday 10 December 2022

Bump In and Rehearsal 10.00 am – 4.00 pm
 Monday 12 December 2022

PERFORMANCE DAY 10.00 am – 8.00 pm
 Tuesday 13 December 2022 (*Performance at 6.00 pm*)

Senior Theatre Makers is open to all students in Years 9-11

Course Cost: \$150 (scholarships are available for those in financial need).

To reserve your place please complete a booking form online at the ASPIRE website
<http://aspire.mn.catholic.edu.au> or call Anne Atkins on **02 4979 1331** for more information.
 Closing date for registration is **Friday 9 September 2022**

VET Hospitality

Dear Mrs Edwards and Year 12 Hospitality Students

Thank you from the staff and students of St Mary's and congratulations on a fantastic morning breakfast! (Yes, we know it was an HSC Assessment task ... but not for all of us!)

Thank you, not only for today, however ... thank you for being our baristas, our morning companions, our go to for 'coffee lifelines' these past two years!

We never take you for granted, Year 12, and we just want to say how proud we are of each of you. We are grateful to you for looking after us each Thursday, providing us with a place of hospitality, where teachers and students can meet, mentor, share stories and laugh. Enjoy your last few weeks together – you have contributed so much! ☕🍷😊

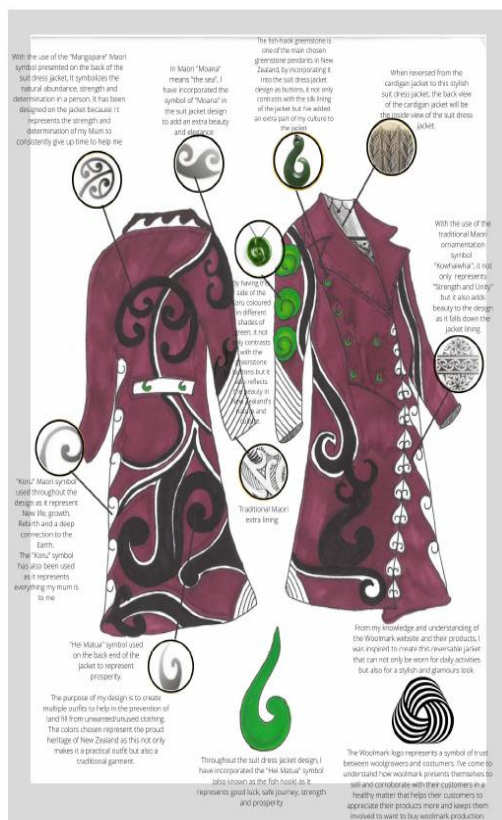
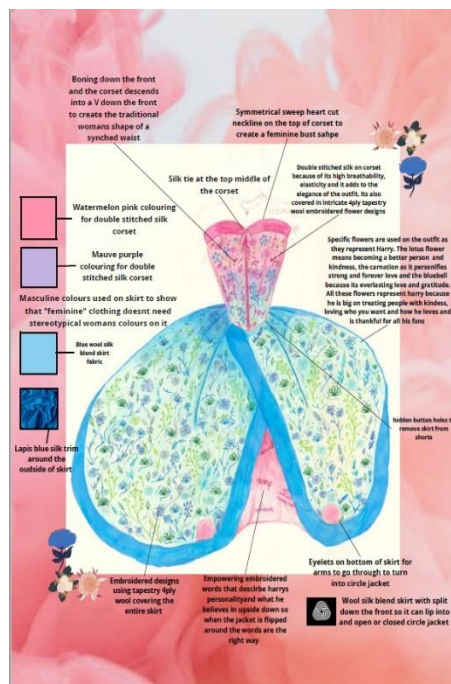
To Mrs Meagher, Mrs Dews, Support Staff and the Business Services students, we also say thanks for your generous support and welcoming service each week - thank you!

Love from the Staff and Students of St Mary's! x



Good Luck Textile and Design Students

The following students, **Audrey Mayzen, Amara Dawson, Sienna Gribble** and **Hineira Hill** have taken part in the Wool 4 Schools design competition as part of their studies. The students were required to celebrate their hero by designing them an outfit that embodies their interpretation of sustainability. Below is a sample of the work that the students submitted.



23RD ANNUAL

Mass Celebrating Diverse Learning



Fr Greg Barker, the community of Catherine McAuley Catholic College, together with The Federation of P & F Associations and The Special Needs Working Party warmly welcome all to join with clergy, students, principals, teachers, school staff, families and parishioners for this special celebration.

Sunday 18 September | 2.30pm

Catherine McAuley Catholic College, 507 Medowie Road Medowie

Followed by afternoon tea.


No RSVP required

For more information please contact

Catherine McAuley Catholic College on 4068 1000



mn.catholic.org.au



BODY IMAGE AND BOYS FOR PARENTS

SUPPORTING BODY CONFIDENCE AND HEALTHY RELATIONSHIPS WITH FOOD AND EXERCISE IN YOUNG PEOPLE

WEDS, 31 AUG 2022

7PM – 8.15PM

VIA ZOOM

Live – No Recording Available



AUDIENCE
Parents & Community



SESSION LENGTH
1 hr 15mins



COST
FREE

BOOK NOW



This session explores the particular challenges facing pre-teen and adolescent boys and practical strategies for parents to support the development of healthy body image and associated behaviours. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention.
- The spectrum of body and eating issues
- Common concerns for boys
- Males at higher risk
- How stereotypes, social media, diet culture and the health and fitness industries drive male appearance ideals
- Muscle dysmorphia and the mask of wellness
- The power of role modelling positive body image and healthy behaviours
- Understanding early warning signs; when training, exercise or eating behaviours become problematic.
- The importance of early intervention
- Referral and support information, including Butterfly's National Helpline

TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." Parent WA

Contact:

E: education@butterfly.org.au

T: 02 8456 3908

www.butterfly.org.au





BODY CONFIDENT CHILDREN & TEENS WEBINAR

**SUPPORTING BODY CONFIDENCE AND
HEALTHY RELATIONSHIPS WITH FOOD AND
EXERCISE IN YOUNG PEOPLE**

MON, 12 SEPT 2022

7PM – 8.15PM

VIA ZOOM

**Live – No Recording
Available**



AUDIENCE
Parents &
Community



SESSION LENGTH
1hr 15mins



COST
FREE

BOOK NOW



This relaxed and informative seminar for carers of primary and secondary age children gives practical tips to help you better understand and promote positive body image in the home. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention
- The spectrum of body and eating issues
- Key influence on body image, including social media
- The impact of diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance talk and how to respond when a child expresses negativity towards themselves/others
- The power of role modelling positive body image and behaviours
- Understanding warning signs and the importance of early intervention
- What to do if you are concerned about a child.

TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." Parent WA

Contact:

E: education@butterfly.org.au

T: 02 8456 3908

www.butterfly.org.au



FREEEmail to
receive a
Zoom link

Dr Justin Coulson is back!

31st August and 1st September 2022

...to share with us his wisdom and advice about the issue of

Anxiety and Resilience

The Federation of P & F Associations is very pleased to provide this **FREE** opportunity to the parents and carers of children and young people enrolled in our Catholic schools.



Dr Justin Coulson is the co-host and parenting expert on Channel Nine's *Parental Guidance*, the founder of happyfamilies.com.au, and one of Australia's most trusted parenting experts.

Over the past decade he has helped innumerable families with his 6 books about raising children, his hundreds of media appearances (including all of Australia's major news outlets, and even the Washington Post and the New York Times), and two viral videos that have been viewed a combined 80 million times!

Justin earned his PhD in Psychology from the University of Wollongong. He and his wife Kylie have been married since the late 1990s and are the parents of 6 daughters.

Anxiety & Resilience for parents/carers of Primary school students

Date: 31 August 2022
Time: 6.30pm start – 8.00pm
Venue: via Zoom
Cost: FREE

To receive the link for this event, [click here](#)

Anxiety & Resilience for parents/carers of Secondary school students

Date: 1 September 2022
Time: 6.30pm start – 8.00pm
Venue: via Zoom
Cost: FREE

To receive the link for this event, [click here](#)

St Mary's Catholic College Uniform Shop

Year 10 Blazer Fittings



Dear Parents and Carers,

A friendly reminder to Year 9 boys to visit the Uniform Shop during Term 4 to be fitted for your trousers and blazer.

A friendly reminder to Year 9 girls to visit the Uniform Shop during Term 4 to be fitted for your blazer.

Blazers are required for all Year 10 students from the first day of Term 1, 2023.

We look forward to seeing you soon.

📞 0435 954 372

✉️ stmaryshigh@alinta.com.au

📍 The Uniform Shop @ St Mary's Catholic College Gateshead - Pacific Highway, Gateshead NSW 2290



St Mary's Catholic College Uniform Shop

2023 Year 7 Uniform Fittings



Dear Parents and Carers,

The Uniform Shop will hold fittings for 2023 Year 7 students in the upcoming September/October school holidays.

During your 30 minute appointment we will guide you through the requirements for your child and provide you with all the information you need to place your order. Orders can be placed at the time of your appointment or online through our website. Layby is available with a 20% deposit.

We offer size exchange on any garments where needed.

Our online booking calendar will be open from Thursday 1st September. To book your appointment, visit www.alintaapparel.com.au and register an account.

We look forward to seeing you soon.

📞 0435 954 372

✉️ stmaryshigh@alinta.com.au

📍 The Uniform Shop @ St Mary's Catholic College Gateshead - Pacific Highway, Gateshead NSW 2290



CALENDAR 2022 - TERM 3 - Week 6 (B Week)	
Mon 22 August	Visit by Mr Pat Conroy, Federal Member for Shortland, to speak to Senior Legal Studies and Economics Students
Tues 23 August	<ul style="list-style-type: none"> Year Assemblies Extended Staff Professional Learning – school finishes at 2.40pm
Thurs 25 August	First Aid course for VET students
Week 7 (A Week)	
Mon 29 August	<ul style="list-style-type: none"> HSC Marking – Industrial Technology – 10.30am to 4.50pm Mandatory Work Ready program
Tues 30 August	<ul style="list-style-type: none"> College Assembly Teaching staff “twilight” Professional Learning – 3.30pm to 6.30pm
Wed 31 August	<ul style="list-style-type: none"> Year 10 Diocesan Religious Literacy Testing Dio Rugby - TBC
Thurs 1 September	Official Opening of New Buildings – 10.00am
Fri 2 September	<ul style="list-style-type: none"> Year 10 – Round 2 – Minimum Standards Testing Chinese excursion to Sydney Newsletter 13/22 published
Sun 4 September	Father's Day
Week 8 (B Week)	
Mon 5 September	<ul style="list-style-type: none"> “Tell Them From Me” survey opens until 7 October 2022 National Child Protection Week Year 11 End of Course Examinations commence until Friday 16 September
Tues 6 September	<ul style="list-style-type: none"> U16 Knights Knockout – TBC Year 11 Earth & Environment excursion Year Assemblies
Wed 7 September	Vaccinations – All Year 7 – Gardasil9 (HPV) – 2 nd (and final) dose
Thurs 8 September	<ul style="list-style-type: none"> R U Ok Day Year 8 Formation Day with Chris Doyle
Week 9 (A Week)	
Tues 13 Sept	<ul style="list-style-type: none"> College Assembly Extended Staff Professional Learning – school finishes at 2.40pm
Wed 14 Sept	Senior College Leaders Mass – Cathedral
Fri 16 September	<ul style="list-style-type: none"> Year 12 Last day of timetabled classes Dio Golf - TBC Newsletter 14/22 published
Week 10 (B Week)	
Mon 19 Sept	Year 12 “Service Day” (Giving back to the community)
Tues 20 Sept	<ul style="list-style-type: none"> Landcare Year 12 Meeting with HSC Presiding Officer and Preparations for their Graduation Mass Year 12 Graduation Mass – Students, Parents/Carers, Family members and Staff – St Paul's Catholic Church, Gateshead at 6.00pm
Wed 21 Sept	Year 12 Final Assembly; Morning Tea; Formal Graduation Ceremony; “Clap-Out”; issued with Reports
Thurs 22 Sept & Fri 23 Sept	<ul style="list-style-type: none"> Japanese excursion to Sydney Year 12 Teachers will be available to assist students in preparing for HSC exams, during timetabled class time
Fri 23 Sept	Last Day of Term 3 – Spring Vacation
TERM 4 - Week 1 (A Week)	
Mon 10 October	Students return to school for Term 4
Mon 10 - Tues 11 October	Year 12 Teachers will be available to assist students in preparing for HSC exams, during timetabled class time
Wed 12 October	HSC Examinations commence – English Paper 1 (Exams conclude Monday 7 November)
Fri 14 October	Newsletter 15/22 published