

Principal's Message

Dear Parents, Carers and Community Members

The Power of Community

When souls really touch, it is forever. Then space and time disappear, and all that remains is the consciousness that we are not alone in life.

Joan D Chittister

It is when people are "in communion" with one another that love and its potential to nurture and sustain is truly felt. This connectedness, as a Christ-centred community, binds us in hope and love, strengthening us and enabling us to care for those who most need our prayers and support.

As was communicated to you towards the end of last term, our Principal, Mr Larry Keating, has taken Leave from his position to care for and support his wife, Anne. As a community we extend our love and prayers to Larry, Anne and their family as they take this time together.



We acknowledge that we shall miss Larry in our daily lives here at St Mary's while on Leave, but we are called, at this time, to take strength from each other, as we continue to engage in living out our faith, serving others, lifting up each other and growing stronger as we face the challenge of what it means to be fully human – that there is both pain, and joy in life.

We journey together through life's challenges, as expressed through the words of Joan Chittister, "*It is in community that we come to see God in the other. It is in community that we see our own emptiness filled up. It is community that calls me beyond the pinched horizons of my own life, my own country, my own race, and gives me the gifts I do not have within me.*" As a hope-filled community we will continue to pray for Larry, Anne and his family as we travel together through this coming term.

Term 3 Arrangements

While Mr Keating is on Leave, life continues at St Mary's, and the following arrangements have been made to support our daily work:

Acting Principal (replacing Mr Keating) – **Mrs Cathy O'Gorman**

Acting Assistant Principal – Learning and Teaching (replacing Mrs O'Gorman) – **Ms Belinda Flood**

Acting Leader of Learning HSIE (replacing Ms Flood) – **Mrs Nikki Lorenz**

All other facets of college life continue as normal.

Blessings

Cathy O'Gorman
Principal (Acting)

UPDATE - BOB SHERIDAN'S BIKE ODYSSEY – NORSEMAN TO CEDUNA

Bob's incredible feat of endurance has continued in the past fortnight as the following update outlines. The update was provided last Sunday, 16 July, when he reached Ceduna (South Australia) after pedalling the length of the Nullarbor, 1200km from Norseman (WA) to Ceduna (SA) in 8 riding days.

Hi Larry

Since our last chat I covered 1500kms in 2 weeks. That's a pretty good effort considering the weather. It's been raining and freezing cold but occasionally we get tail winds which are gold.

One day on the Nullarbor I did 200kms. Beautiful conditions.

The Nullarbor Plains are beautiful. 1210kms in 8 days. The Bunda cliffs overlooking the Great Australian Bight with whales in the distance in the Great Southern Ocean was brilliant. On the Nullarbor we stayed at Road houses or free on the cliffs. It was a unique experience to be able to do this on a bike.

I've been riding by myself now for 10 weeks and it's hard. Especially when the weather conditions are against me.

Today was -4°C when I started at 5.30. It would have been great to have another rider with me for encouragement.

However, I have to go it alone and these can be the times when you really get to know yourself.

We'll be in Port Augusta Wednesday and on track to be back in Newcastle Sunday 13 August.

Cheers mate

Since leaving Townsville (QLD) on 11 April, Bob has now pedalled across Queensland, Northern Territory; from Broome to Perth; Perth to Norseman and then to Ceduna (SA) and has set a goal of arriving back in Newcastle by mid-August (Sunday 13 August).

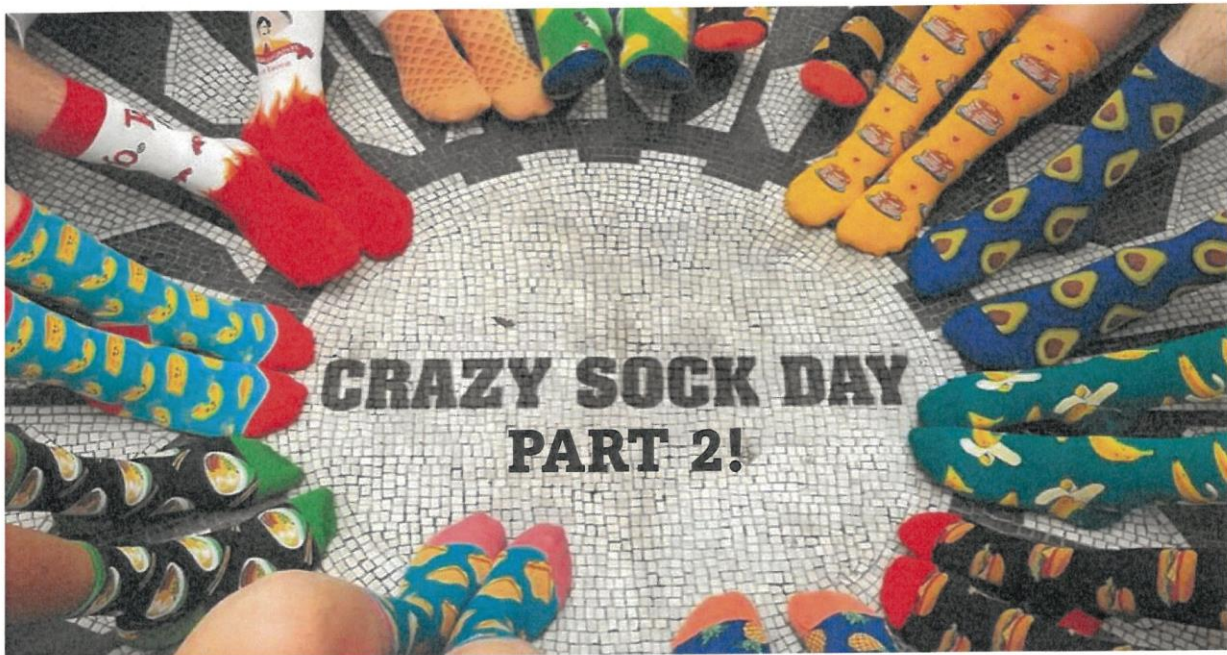
Bob is finding his biggest challenge now is remaining mentally focussed each day on the task before him. He is drawing strength from the prayers, messages of encouragement and support being forwarded by members of our community (students, staff and parents/carers). His gratitude and thanks for your support is truly immense and he asked me to convey this to you. PLEASE continue to reach out to him with your expressions of prayerful support and encouragement and if you are in a position to do so, please make a donation in support of Bob's efforts to raise funds for the research work and education of the Black Dog Institute focussed on promoting mental health and suicide prevention.

<https://www.teamblackdog.org.au/fundraisers/robertsheridan/bob-sheridan--s-bike-odyssey>

[Bob Sheridan's Bike Odyssey](#)

I'm raising \$100,001 for Black Dog Institute and I need your help! Bob Sheridan's Bike Odyssey is my moment for mental health – it's all about raising funds for mental health research and education. Nearly 1 in 2 Australians will experience a mental illness like depression or anxiety in their lifetime, and sometimes people don't reach out for help when they need it. This issue is really close to my heart. Please click and donate what you can. www.teamblackdog.org.au





- ◆ Choose your socks for a donation of \$5
- ◆ Sock stall open each lunchtime from Tuesday 8 August to Friday 11 August
- ◆ Limited stocks of socks!! Be quick to pick!!
- ◆ Socks delivered to Roll Call on Monday 14 August
- ◆ Please donate a gold coin if you wish to wear your own crazy socks
- ◆ All money raised goes to the Black Dog Institute

***WEAR YOUR SOCKS LOUD AND PROUD IN
HONOUR OF MR SHERIDAN'S AMAZING
BIKE ODYSSEY***



ASSISTANT PRINCIPAL – LEARNING & TEACHING

Year 10 – Stage 6 2024 Course Selections

The second WebChoice survey of Year 10 (Year 11 2024) Course Preferences is currently open and all Year 10 students are asked to complete choices **by Friday 28 July**. Over the coming weeks, Ms Finlay (Careers/VET), Mrs Dews (Careers) and myself will continue to speak with students regarding choices or options. Our role is to find solutions for each student as best as we can within the constraints of the 2024 timetable. Students will receive a Letter of Confirmation regarding subjects prior to the Senior interview, held in Term 4.

Year 8 – Stage 5 Additional Studies

Next week students in Year 8 will commence the **2024 Additional Courses of Study Process**. Students will receive the Additional Courses of Study 2024 Handbook in next week's Year Meeting and will be provided with opportunities to talk through the subject options as well as a Parent Information Evening which is being held on Wednesday 2 August in The Josephite Centre commencing 7pm. Students will make subject choices in the week following this meeting and I encourage parents/carers to engage in conversation with their children.

Year 12 Trial HSC Examinations

Exams commence Week 3 31st July for our Year 12 students. A copy of the timetable is included in this newsletter. I encourage all students to make the most of the next week for revision and preparation for these examinations. I also encourage those students with Major Works due over the next few weeks, to continue to engage with teachers, making the most of the offers of additional support and time. Good luck!

NAPLAN

Year 7 and 9 parents are advised that NAPLAN results for individual students will be sent home next week. Information has been included in this newsletter.

Belinda Flood

Assistant Principal – Learning & Teaching (Acting)

Year 8 Additional Courses Information Evening

Wednesday 2 August 7pm

Trial HSC – Week 1

YEAR 12 TRIAL EXAMINATION TIMETABLE 2023



ST MARY'S
CATHOLIC COLLEGE
GATESHEAD

	Monday 31/7			Tuesday 1/8			Wednesday 2/8			Thursday 3/8			Friday 4/8		
	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue
AM	8:50-10:30 1 ½ Hours	English Advanced Paper 1 (30)	TJC	8:55-11:00 2 Hours	English Advanced Paper 2 (30)	TJC	8:55-12:00 3 Hours	Ancient History (8)	TJC	8:55-10:30 1 ½ Hours	Studies of Religion 1U (47)	TJC	8:55-12:00 3 Hours	Business Studies (28)	TJC
	8:50-10:30 1 ½ Hours	English Standard Paper 1 (58)	TJC	8:55-11:00 2 Hours	English Standard Paper 2 (58)	TJC				8:55-10:00 1 Hour	SICT (28)	TJC			
	8:50-11:40am 2 Hours 40mins	English Studies (2)	TJC							8:55-11:30 2 ½ Hours	Studies of Religion 2U (27)	TJC			
PM	12.25 – 1.30pm 1 Hour + 5 mins	Music Aural (4)	D8	12.30 – 1.330pm	Music Performance (4)	115 & 116	12:25-2:00 1 ½ Hours	Industrial Technology – Multimedia (5)	TJC	12:55- 4:00pm 3 Hours	Geography (9)	TJC	12:55- 4:00pm 3 Hours	Chemistry (13)	D6
	12.25 – 3:30pm 3 Hours	Retail Services (1)	D7				12:25-2:00 1 ½ Hours	Industrial Technology – Timber (6)	TJC	12:55- 3:00pm 2 Hours	Hospitality VET Theory (7)	TJC	12:55- 3:00pm 2 Hours	Construction VET (12)	D7

Disability provisions will occur in D6, D7 & D8

Trial HSC – Week 2

YEAR 12 TRIAL EXAMINATION TIMETABLE 2023



	Monday 7/8			Tuesday 8/8			Wednesday 9/8			Thursday 10/8			Friday 11/8		
	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue
AM	8:50-11:30 2½ Hours	Mathematics Standard 2 (58)	TJC	8:55-12:00 3 Hours	Information Processes and Tech (3)	TJC	8:55-12:00 3 Hours	Biology (35)	TJC	8:55-12:00 3 Hours	PDHPE (27)	TJC	8:55-12:00 3 Hours	Legal Studies (14)	D6
	8:50-11:00 2 Hours	Mathematics Standard 1 (1)	TJC	8:55-12:00 3 Hours	Modern History (10)	TJC	8:55-12:05 3 Hours + 10mins reading	Mathematics Extension 2	TJC	8:55-10:30 1½ Hours	Mathematics Extension 2	TJC	8:55-10:30 1½ Hours	Visual Arts (7)	D6
	8:50-12:00 3 Hours	Mathematics Advanced (28)	TJC				8:55-11:30 2½ Hours	Japanese Beginners (1)	D8						
PM	12:55-4:00 3 Hours	Community & Family Studies (26)	TJC	12:55 – 4:00 3 Hours	Earth & Environment (7)	TJC	12:55-4:00 3 Hours	Engineering Studies (15)	TJC	12:55-4:00 3 Hours	Food Technology (7)	D7	12:50-3:00 2 Hours	Mathematics Extension 1 (13)	D7
				12:55 – 4:00 3 Hours	Physics (17)	TJC	12:55-3:00 2 Hours	Extension English 1 (5)	TJC						
				12:55-3:00 2 Hours	Society & Culture (5)	TJC									

Disability provisions will occur in D6, D7 & D8

Trial HSC – Final Day

Monday 14/8			
	Time	Exam	Venue
AM	8:55-12:00 3 Hours	Economics (2)	117
	8:55-11:00 2 Hours	Business Services VET (4)	117
	8:55-11.00 2 Hours	History Extension 2 (5)	117
	9am – 3pm	Hospitality VET Practical	102
PM	12-3:00pm	Cath Up Exams	APT&L

NSW Education Standards Authority

NAPLAN 2023 results: Information for parents and carers



What's changing?

From 2023, proficiency standards replace the previous reporting of student NAPLAN results that used numerical bands and the national minimum standard.

What are proficiency standards?

Proficiency standards describe what students are expected to know and should be able to do in literacy and numeracy at the time of NAPLAN.

There is a proficiency standard for each test area within each year level.

Students' results are measured against 4 levels of proficiency:

- **Exceeding:** The student's result exceeded expectations at the time of testing.
- **Strong:** The student's result met challenging but reasonable expectations at the time of testing.
- **Developing:** The student's result indicated that they are working towards expectations at the time of testing.
- **Needs additional support:** The student's result indicated that they did not achieve the learning outcomes expected at the time of testing. They are likely to need additional support to progress satisfactorily.



Has there been a change in what NAPLAN assesses?

No, there has not been a change in what NAPLAN assesses. NAPLAN continues to measure student achievement in numeracy, reading, writing, spelling, grammar and punctuation.

Detailed information on the knowledge and skills being measured in each NAPLAN assessment is available at www.nap.edu.au

Your child's teacher can provide more information into how your child's NAPLAN result relates to their other school-based assessments and classroom learning, and any additional support your child might need.

Why has the reporting changed?

Proficiency standards provide clearer information about a student's NAPLAN achievement based on reasonable expectations of what students should be achieving at the time of testing.

The standards will allow you and your child's teachers to easily identify areas of strength, as well as any areas that may need more support.

How do I know if my child is meeting expectations?

A result in the *Exceeding* or *Strong* level means your child has met and/or exceeded expectations for their current stage of schooling.

A result in the *Developing* or *Needs additional support* level means your child has not yet demonstrated they are meeting expectations for their year level at the time of testing.

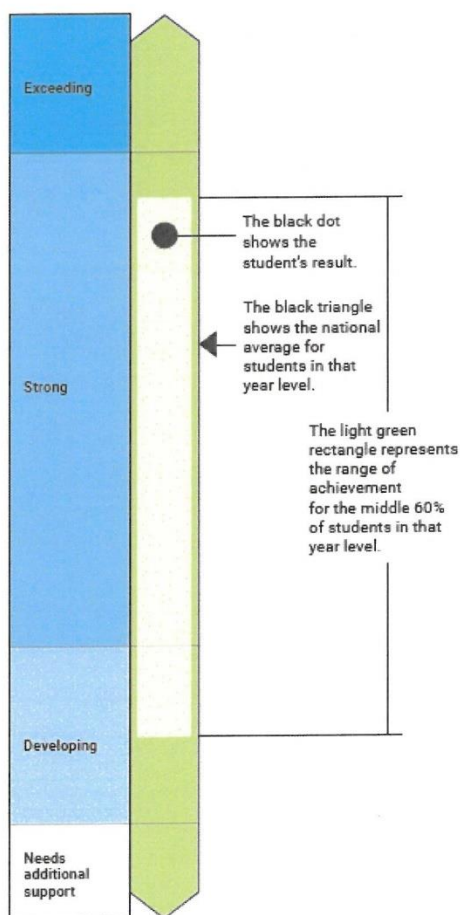
The results are simple to interpret and will allow you to easily identify areas where your child may require additional support.

How will proficiency standards appear on individual student reports (ISRs)?

The report shows 4 levels of proficiency - *Exceeding, Strong, Developing* and *Needs additional support*.

A student's result is shown as a black dot on an achievement scale for each assessment area, which shows increasing levels of knowledge, understanding and skills demonstrated in the assessments.

The new report continues to show each student's achievement against the national average (black triangle) and the range of achievement for the middle 60% of students in their year level (light green rectangle).



What skills are expected at each proficiency level?

Proficiency levels are set at a challenging but reasonable level expected for your child at the time of NAPLAN testing, based on what has been taught in previous years of schooling.

Page 4 of the ISR includes a summary of the skills expected at each level of proficiency.

Detailed proficiency level descriptions are available at www.nap.edu.au

Can I check my child's progress against previous NAPLAN reports?

Results from 2023 cannot be directly compared with results from 2008 to 2022 as:

- all schools now complete NAPLAN online
- the tests are held earlier in the year
- a new measurement scale that is more suited to the online tests has been introduced.

Questions?

If you have any further questions, please contact your child's teacher in the first instance.

Your child's teacher can provide insight into how your child's NAPLAN result relates to their other school-based assessments and classroom learning, and any additional support your child might require.

**NSW Education Standards Authority
NAPLAN team**

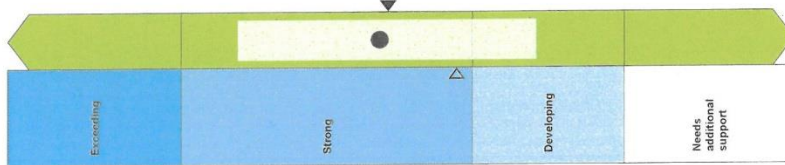
Phone: 1300 119 556 or (02) 9367 8382

Email: naplan.nsw@nesa.nsw.edu.au

Student report 2023 Year 7

KEY ● Individual student result ◀ National average ▷ School average ▭ Range of achievement for the middle 60% of Year 3 students in Australia

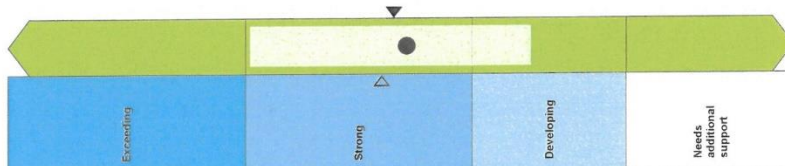
Numeracy



Students were assessed on aspects of numeracy. They were allowed to use a calculator for part of the assessment. Tasks included:

- interpreting and solving problems involving decimals and fractions
- solving rate problems
- using equations to solve problems
- using tables and graphs with multiple data sets
- using geometric properties of quadrilaterals and triangles
- solving problems involving 2D shapes and 3D objects
- calculating angle size

Reading



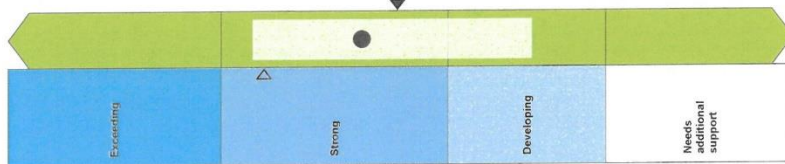
Students read a range of informative, imaginative and persuasive texts with some support from pictures and diagrams. Students were assessed on aspects of reading that included:

- finding information that is clearly stated or implied
- connecting ideas and drawing conclusions
- understanding a character's motivations and actions
- understanding a sequence of events
- understanding different opinions
- identifying the main purpose of a text, diagram or picture
- understanding the main idea of a text.

Student report 2023 Year 7

KEY ● Individual student result ◀ National average ▷ School average ▭ Range of achievement for the middle 60% of Year 3 students in Australia

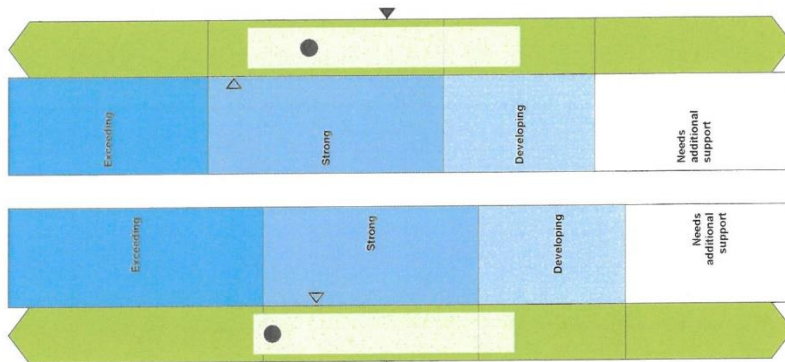
Writing



Students wrote a story or persuasive text. Their writing was assessed by evaluating how well they demonstrated their skills in:

- supporting the reader and understanding the purpose of their writing
- structuring the text, developing ideas and making effective word choices
- using the conventions of written language such as grammar, punctuation, spelling and paragraphs.

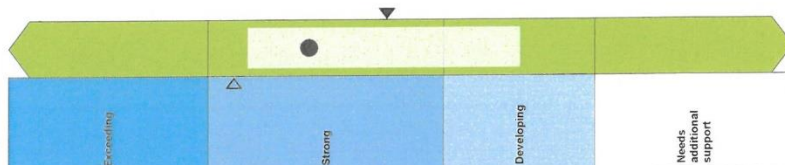
Conventions of language Spelling



Students were assessed on aspects of spelling, grammar and punctuation. Tasks included:

- correctly spelling multi-syllable words with common and difficult spelling patterns
- identifying errors and then correctly spelling words with common and difficult spelling patterns
- identifying examples of correct grammar usage
- recognising the correct use of a range of punctuation, including some less frequently used.

Grammar & punctuation



Students were assessed on aspects of spelling, grammar and punctuation. Tasks included:

- correctly spelling multi-syllable words with common and difficult spelling patterns
- identifying errors and then correctly spelling words with common and difficult spelling patterns
- identifying examples of correct grammar usage
- recognising the correct use of a range of punctuation, including some less frequently used.

CAREERS CORNER

In Term 3 the Careers Adviser role will return as a job-share arrangement with Ms Finlay and Ms Dews. Ms Finlay will be available Tuesday and Thursday and Ms Dews Monday, Wednesday and Friday. The general responsibilities will be shared however, we each have a main area of focus this term. Ms Finlay will be focused on transitioning Year 12 Beyond School and Year 11 2024 EVET applications. Ms Dews focus will be Year 10 Work Experience.

Year 12

This final term for you Year 12 is a busy one. Year 12 will be currently preparing for their upcoming Trials that commence in Week 3 and students looking at transitioning to university will need to be vigilant in keeping an eye on upcoming key dates. This term will see many universities holding their **Campus Open Days**. It is a worthwhile exercise in attending these days with a family member.

The **UAC link** below shares upcoming **university open days** across the state:

<https://www.uac.edu.au/future-applicants/open-days>

Other key dates that students must be mindful of are closing dates for Early Entry Programs for individual institutions. After Trial HSC exams are completed this term, Ms Finlay will hold information and Q and A sessions during lunchtimes for Year 12 sessions. This sessions will include: UAC applications with a focus on preferencing, School Recommendation Scheme (SRS), Education Access Scheme (EAS) and Apprenticeships and Traineeships.

University of Newcastle-OPEN DAYS

<https://www.newcastle.edu.au/open-day>

The following links assist you in planning your day whilst on campus. You can see when and where faculties are presenting course information:

Central Coast (Ourimbah and Gosford) **29th July**

<https://www.newcastle.edu.au/open-day/plan-your-day/central-coast>

Newcastle (Callaghan and Newcastle City) **26th August**

<https://www.newcastle.edu.au/open-day/plan-your-day/newcastle>

- **External Vocational Education and Training (EVET)**

Any Year 10 (Year 11 2024) student who is interested in studying a vocational course at TAFE (**EVET**) as part of their pattern of study in Year 11 next year, will need to attend a meeting with Ms Finlay **next Thursday 27th July** at lunchtime. Information will be provided to students as well as a timeline of key dates for the remainder of the year and an Expression of Interest Form.

Completed EVET Expression of Interest Forms and a \$50 deposit are due Thursday 10th August WEEK 4.

- **Year 10 Work Experience**

Year 10 students wishing to participate in work experience in Week 8 of this term, **must complete an online Expression of Interest by Friday 28th July at 2pm**. An email with a link to the form has been sent to **all** Year 10 students. **This is an ESSENTIAL part of the process**. Only those students who complete this form can move forward in the program. Students will be reminded at their year assembly next week and on daily student notices.

A general information session will take place next **Tuesday 25th July** at lunchtime in room 222. It is important that interested students attend, to get an idea of some of the conditions and restrictions regarding work experience insurance and age-appropriate placements.

Ms Finlay and Ms Dews
Careers Adviser

Aboriginal Education

Aboriginal Dance Performance for the Diocese

Congratulations to **Payton Lay, Nate Beckett, Barnaby Hackney, Hayley Cummings, Allissa Ebersold** and **Sonny Wilson** for dancing at the Diocesan Aboriginal Assembly at NEX Newcastle on Monday. These students have been preparing since Term 1 with dance teacher **Hilary** and students from St Paul's, Gateshead. Well done – St Mary's is very proud of your leadership. Thank you to Hilary and to **Mrs Danielle Peachey** from St Paul's for their amazing work with the students.



St Mary's NAIDOC Assembly

St Mary's will be celebrating NAIDOC Week on Wednesday 16 August at 12.00pm. Students from the Yr7/8 Dance group will perform again and be joined by dancers from Yr9/10 currently preparing with Mr Roo Faulkner. All community members are invited to attend.

'For Our Elders'

This year's theme for NAIDOC is 'For Our Elders'. Students in Yr 8 and Yr 9 will have the opportunity to take part in a weaving and yarnning session with elders from Bahtabah Local Area Land Council in Week 3 HSIE lessons.

Netball Carnival

Aboriginal students from Yr 9 and 10 took part in the Aboriginal Netball Day at San Clemente, Mayfield. Well done to the team for making St Mary's proud!



Visit to Wollotuka Institute Uni

Late last term a number of Yr 10 and Yr 11 students attended Open Days at Newcastle University Gosford and Ourimbah Campuses. Hopefully this results in some budding nurses, scientists and Australian Defence Force Recruits!

Paul McKay
Aboriginal Education Teacher

CHINESE

Our class went for lunch at Lees Yum Cha and Mrs Paterson taught us how to order in Chinese. We also learnt the significance and historical context of Yumcha to the Chinese culture. The staff talked to us in Chinese and we made simple replies. We tried a range of Chinese foods and listened as Mrs Paterson spoke to the staff. Our favourite foods were the dumplings and steamed pork buns.

Overall, it was a great experience, and the food was so good.

Jade Chapman and Lauren Macfarlane



Year 9 News

On Monday June 26th, Year 9 enjoyed their Formation Day at Point Wolstoncroft on Lake Macquarie. The day was action-packed with canoeing, rock climbing, archery, bike riding, damper cooking and archery tag. I was very proud of Year 9 and the way they engaged in the physical and emotional challenges of the day.

Our theme in Year 9 is Respect and Risk-Taking. I witnessed lots of students respecting the comfort zone and nerves of others when taking risks in some of the activities. They offered words of encouragement and supported each other through all the activities. Please take a look at the photos on the following page which shows what an awesome day everyone had. Well done Year 9.

Katrina Brennan
Leader of Wellbeing – Year 9

Year 9 Formation Day



Textiles and Design

Year 9 Textiles and Design students have been studying Properties and Performance in Semester 1 with a focus on Merino Wool and the wool industry. Textiles and Design Year 9 Textiles and Design students have been studying Properties and Performance in Semester 1 with a focus on Merino Wool and the wool industry. **Chloe Griffin** has been selected to enter her designs in the “Wool 4 School” Wool Mark competition that will be judged in August. Chloe’s designs represent the life, time, death and space of model Adwoa Aboah and the journey of her life to inspire young women and how to shape their future through sustainability and fashion.

We wish Chloe the best of luck.





STAYING CONNECTED WHEN EMOTIONS RUN HIGH

AN INTERVENTION FOR FAMILIES, FRIENDS AND CARERS WORKSHOP - NEWCASTLE

Date: Friday 25th August 2023
Time: 8.45 Registration 9am start to 3.30pm
Venue: Club Macquarie - 455 Lake Rd Argenton 2284
COST \$10

FACILITATORS

Dr Annemaree Bickerton
(Child, Adolescent and Family Psychiatrist)

Toni Garretty
(Clinical Coordinator Family and Carer Program Illawarra and Shoalhaven Mental Health Service)

TICKETS & DETAILS

RSVP: <https://events.humanitix.com/staying-connected-when-emotions-run-high-newcastle>

Morning tea and lunch provided.

For further support or information please contact:
Johanna Rowe – 0498 953 920
Johanna.rowe@onedoor.org.au

Elli Purchase - 0459 023 781
Elli.purchase@onedoor.org.au






Teacher Education Scholarships for year 12 students

Up to 5 scholarships available for current Year 12 students in our Catholic schools who intend to commence undergraduate courses in teacher training in 2024.

How to apply

1. Ask your Careers Adviser for an application form.
2. Return the completed form to the Catholic Schools Office by Friday 22 September 2023.
3. Submit your ATAR and HSC results to the CSO before Monday 18 December 2023.
4. Attend an interview in early 2024. HSC results will be taken into consideration.

What's the offer for recipients?

- A total benefit of up to \$7000 per recipient; paid in five lump sum payments over the four years of study
- An internship in a targeted diocesan school that will offer a placement of excellence
- Opportunity to be employed as a school support officer or pastoral care worker while studying
- A permanent position on completion of course in one of our clusters of incentive-based schools
- Support and advice with regard to Accreditation to Work, Teach and Lead
- Program is coordinated and monitored by a dedicated education officer
- Opportunity to complete the Christian Formation Course and Faith Story Witness Course

For more information, please contact
Narelle Cross (Education Officer)
02 4979 1233 or
narelle.cross@mn.catholic.edu.au



'Teaching is a beautiful job as it allows you to see the growth day by day of people entrusted to your care.'
POPE FRANCIS

HSC Stress Less



Sessions Monday 17 July, 4pm – 6pm
Monday 24 July, 4pm – 6pm
Monday 31 July, 4pm – 6pm

Where Newcastle City Library,
Laman Street, Cooks Hill

Cost Free

Ages 15 and up



Bookings essential.
Please scan code
to RSVP

For more information email
library@ncc.nsw.gov.au or phone 4974 5300

NewcastleLibrariesAU

Helping students survive and thrive in their HSC. Newcastle Libraries in partnership with Headspace Newcastle are hosting a workshop series to help HSC students deal with exam stress and school pressures.

These three workshops are free of charge and are facilitated by an expert Headspace clinician. Sessions will teach students mindfulness techniques, stress-reduction and organisation strategies.





BUILD A CLOSER BOND, AND HELP CHILDREN REACH THEIR POTENTIAL

You want to support your baby and child’s development, grow closer and solve problems – positively. Now you can do the parenting program developed here in Australia, and used around the world. It’s backed by research, proven by parents. And it’s free!

- Create a positive foundation, right from the start.
- Boost children’s emotional wellbeing and maintain a good relationship – now, and in the years to come.
- Make family life less stressful and more enjoyable – even in tough times.
- Practical, simple strategies you can start using straight away – backed by 35+ years of research studies.
- Set good habits early and nip problems in the bud – you tailor the program to suit your child.
- Raise happier, more capable kids who can meet life’s challenges.
- Join a million+ parents/carers in Australia who’ve been helped by the Triple P – Positive Parenting Program®

Free support for your positive parenting journey

Now, you can do Triple P programs online, at no cost. Choose what works for you, to help you manage the transition to parenthood, give your kids key life skills and help the whole family stay calm and positive. Partners and other family members can also do Triple P, so everyone’s on the same page and there’s less conflict.

- Interactive, easy-to-use online programs with videos and activities and a downloadable workbook.
- Each module only takes about an hour or less, and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace!

The Triple P – Positive Parenting Program® system includes the following online programs:

TRIPLE P ONLINE FOR BABY

for parents/carers to be or with a baby under 12 months old

TRIPLE P ONLINE

for parents/carers of children under 12

FEAR-LESS TRIPLE P ONLINE

for parents/carers of children (6+) who are often anxious

START YOUR FREE PROGRAM TODAY

triplep-parenting.net.au

Delivery of the Triple P – Positive Parenting Program® to parents and carers of children in Australia is supported by funding from the Australian Government Department of Health and Aged Care under the Parenting Education and Support Program.



We acknowledge the Traditional Custodians of the land on which we live and work, and pay our respects to Elders past, present and emerging.

TERM 3 2023	
Week 2 (B Week)	
Mon 24 July	Year 11 Construction Work Placement (all week)
Tues 25 July	<ul style="list-style-type: none"> Year 9 Olympian Presentation Year Assemblies Extended PLM – Students released at 2.40pm
Wed 26 July	<ul style="list-style-type: none"> Landcare Year 11 Japanese Distance Education Visit
Week 3 (A Week)	
Mon 31 July	<ul style="list-style-type: none"> Year 7 (2024) Interviews – all week (week 1) Year 12 Trial HSC Examinations – all week Medieval Day TBC
Tues 1 August	<ul style="list-style-type: none"> College Assembly Knights Knockout U16 Boys
Wed 2 August	Year 8 Additional Courses of Study Evening 7pm
Fri 4 August	Newsletter 12.23 published
Week 4 (B Week)	
Mon 7 August	<ul style="list-style-type: none"> Year 7 (2024) Interviews – all week (week 2) Year 12 Trial HSC Examinations – all week
Tues 8 August	<ul style="list-style-type: none"> Year Assemblies Extended PLM – Students released at 2.40pm Feast of Mary Mackillop Event
Week 5 (A Week)	
Mon 14 August	<ul style="list-style-type: none"> Year 7 (2024) Interviews conclude today Year 12 Trial HSC Examinations conclude today NSWCCC Netball Championships – Penrith - TBC
Tues 15 August	<ul style="list-style-type: none"> College Assembly
Thurs 17 August	Newsletter 13.23 published
Week 6 (B Week)	
Tues 22 August	<ul style="list-style-type: none"> Year Assemblies Extended PLM – Students released at 2.40pm Solar Buddy Light for Learning event
Thurs 24 August	Risk & Dare Josephite Justice Gathering
Week 7 (A Week)	
Tues 29 August	College Assembly
Wed 30 August	Josephite Colloquium
Thurs 31 August	Courage for Care program TBC
Fri 1 September	Newsletter 14.23 published
Week 8 (B Week)	
Mon 4 September	<ul style="list-style-type: none"> Year 11 Exam Block (all week) Year 10 Work Experience Week (all week)
Tues 5 September	Year Assemblies
Wed 6 September	Year 7 Immunisations – 2 nd dose
Thurs 7 September	Landcare
Week 9 (A Week)	
Mon 11 September	Year 11 Exam Block (all week)
Tues 12 September	College Assembly
Wed 13 September	Year 10 Religious Literacy Testing
Thurs 14 September	R U Ok Day
Fri 15 September	Newsletter 15.23 published
Week 10 (B Week)	
Mon 18 September	Year 11 Exam Block concludes today
Tues 19 September	<ul style="list-style-type: none"> Year 12 Graduation Mass Year Assemblies
Wed 20 September	<ul style="list-style-type: none"> Year 12 Reports published Year 12 Graduation and Awards Ceremony Oztag State Championships
Fr 22 September	End of Term 3

We would love to feature your child's special achievements in the Newsletter, whether it is a school event or not. If your child has made it through to CCC, please let us know. Please share with us your stories and photos by sending to:

debbie.carter@mn.catholic.edu.au

Thank you.