

Newsletter 18.23

Friday 10 November 2023

Principal's Message

Dear Parents, Carers and Community Members

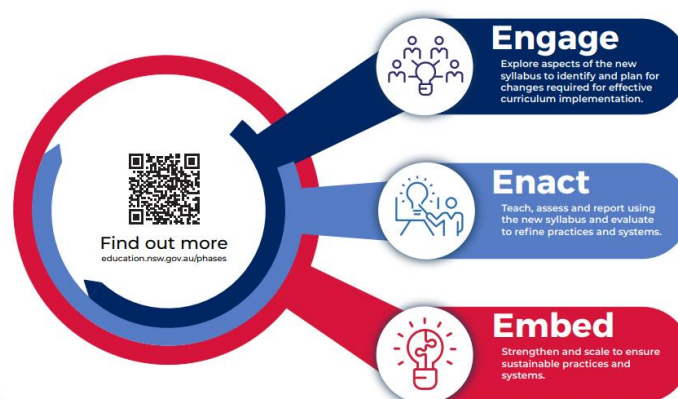
Collective expertise grows out of a shared experience of teachers who collaborate, observe, and learn from one another. (Fullan, M. & Quinn, J 2016)

As we move closer to the end of the year, completing assessment and reporting processes, we also turn our minds to the next stage of learning for our students, planning for the introduction in 2024 of a number of new syllabi as part of the [NSW Curriculum Reform](#).

At St Mary's we are a community of learners, and our teachers demonstrate a deep commitment to enhancing educational outcomes for our students, seeking to foster a dynamic learning environment at the college. In recent weeks we have engaged in professional learning in both faculties, leadership teams and as a collective, preparing for new courses in 2024 including 7-10 Mathematics, English, Computing Technology & Languages; and Stage 6 Geography and Enterprise Computing. We also continue to work in our current programs as we embed new Literacy and Numeracy strategies, as well as focussing intently on the capabilities of communication, collaboration, critical thinking and creativity.

Working collaboratively, engaging in the new syllabi as well as the current programs, our teachers are committed to exploring deeply the possibilities of the new curriculum, developing and deepening understanding of the complexity of each syllabus – actively involved in the ENGAGE Phase of curriculum implementation (see below). Our teachers are working to develop opportunities for our students to learn both **knowledge** and **skills** in a way that is meaningful and deeply connected to their experiences; creating learning that is personalised, relevant to life beyond school, and impactful on the whole of the child, forming them as young, capable and articulate adults.

Phases of curriculum implementation



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[Phases of Curriculum Implementation](#)

Michael Fullan and Joanne Quinn capture the strength and power of this “collective expertise” and collaborative practice when they state:

*“What we need is consistency of purpose, policy, and practice. Structure and strategy are not enough. The solution requires the individual and collective ability to build shared meaning, capacity, and commitment to action. **When large numbers of people have a deeply understood sense of what needs to be done - and see their part in achieving that purpose - coherence emerges and powerful things happen.”***

Coherence: The Right Drivers in Action for Schools, Districts, and Systems Fullan, M. & Quinn, J (2016)

On behalf of our community, I take this opportunity to commend the energy and passion of our teachers as they work together collectively on what is a daunting task. I acknowledge their commitment to learning, to going deeply into the learning pit, challenging their thinking and ways of doing things. Above all, I commend their commitment to doing the work **together**, in collaboration, as a collective – this commitment to each other’s learning is incredibly powerful.

Finally, I share with you a few images from the recent ACEL Conference attended by the College Leadership Team in September holidays. Yet again, the love of learning that is integral to the culture of St Mary’s is evident. We are, each of us, truly committed to life-long learning and I look forward to sharing with you our journey as we continue to develop and implement the new curriculum in the coming months.

Blessings,

Cathy O’Gorman
Principal (Acting)



Prayer Vigil

An overnight prayer vigil is planned for Emma Walsh and Flo Turner. The intention is to pray for strength and to support the families and their loved ones. The prayer vigil will begin at 6pm Saturday 25 November at St Mary's Immaculate Church Charlestown and start with Mass. The blessed sacrament will be exposed. There will be music, silence, and scripture. Confession will be offered to anyone attending.

At 6am Sunday 26 November – the Feast of Christ the King, the blessed sacrament will be processed from St. Mary's Immaculate Church to St Paul's Church Gateshead. A silent vigil will continue until 9am.

The vigil will conclude with 9:30am Mass at St Paul's Church Gateshead, followed by a BBQ.

Please see notice in this newsletter for QR code and more information.

All are invited to attend.

This Remembrance Day, join us in honouring those who gave their lives in service.

Saturday 11 November 2023 marks the anniversary of the Armistice that ended fighting with Germany in World War I.

Every year at the 11th hour of the 11th day of the 11th month, millions around the world pause in silence to remember the sacrifices many have made so we can enjoy life today.

Lest We Forget





**Dear Special Guests, Parents, Students and Staff of St Mary's
(past and present)**

**You are invited to a celebration of
Larry Keating's
Retirement and 51 years of Service to Catholic Education**



Date: Friday 8 December

Time: 5.30pm

Venue: St Mary's Catholic College, Gateshead

This is a catered event

Please RSVP numbers and dietary requirements by

Friday 24 November

to debbie.carter@mn.catholic.edu.au or 4944 4803



ST MARY'S
CATHOLIC COLLEGE
 GATESHEAD

10th November 2023

Dear Parents/Carers,

Next week, commencing 13 November, students in Years 7, 8 and 9 will be involved in a Progressive Assessment Tests (PAT Test) in the domains of Reading Comprehension, Mathematics and Critical Thinking.

These short tests are designed by the Australian Council for Educational Research (ACER) and are a way for schools to collect data in relation to a student's growth over time. The data collected from these tests enable us to deliver quality programs that support students where needed.

While data from the tests is for internal use only at the college and not connected in any way to NAPLAN or external state/national testing, it is still **essential that all students attend on the testing days. Please note, students MUST bring their device to school, fully charged and ready for use.**

Please read the timetable below for the time and date of tests:

	Period 1	Period 2	Period 3	Period 4
Monday 13.11.23	Year 9 PAT Reading and Comprehension		Year 8 PAT Reading and Comprehension	Year 7 PAT Reading and Comprehension
Tuesday 14.11.23	Year 7 PAT Mathematics	Year 8 PAT Mathematics	Year 9 PAT Mathematics	
Wednesday 15.11.23	Year 7 PAT Critical Thinking	Year 9 PAT Critical Thinking		Year 8 PAT Critical Thinking

For further information about the PAT Tests you can visit ACER's website: <https://www.acer.org/au/pat>
 If you have any further questions, please feel free to contact Ms Flood or you child's Leader of Wellbeing.

Kind regards,

Belinda Flood
 Assistant Principal (Acting) Learning & Teaching

ASSISTANT PRINCIPAL – WELLBEING

Parents and Carers – we are currently reviewing our policy on student mobile phones. Please take a minute to answer the one point questionnaire, and giving additional feedback if you wish, by following the link below. We thank you for your support.

<https://forms.office.com/Pages/ResponsePage.aspx?id=x2JU50ZySU-2DkekmO6p1rWazBp391NFvHI8-OvSOKZURU42WDREMIRNTzBSVTIQRk85NINTUk4yRy4u>

School TV

Raising confident and happy children in a modern world can be hard work! Often one of the biggest challenges can be sourcing relevant and reliable information that you can draw on to support their wellbeing.

As such, St Mary's is excited to announce that we have recently added an award-winning resource to our school website. The resource, SchoolTV, includes evidenced-based information and practical strategies to build parent, carer and educator knowledge and confidence across a range of mental health and wellbeing topics.

The Diocese of Maitland-Newcastle supported St Mary's to add SchoolTV to our website in response to feedback received from parents and carers who said they are seeking greater support in understanding the challenges their children are experiencing, as well as practical strategies for ways they can assist them.

SchoolTV features interviews with leading wellbeing experts and researchers from around the world, on topics including:

- Mental Health (encompassing grief and loss, suicide and self-harm, drug and alcohol use, anxiety, trauma and depression).
- Healthy Bodies (including mindfulness, body image, sleep, eating disorders, diet and nutrition, physical activity and exercise).
- Cyber Safety (encompassing cyberbullying, digital reputation, internet addiction, online gambling, sexting and managing screen time).
- Positive Parenting (including friendship and belonging, blended families, resilience, positive parenting and understanding adolescence).
- School Survival (encompassing school refusal, school transitions and exam jitters).
- Diversity and Inclusion (including multiculturalism, neurodiversity, respectful relationships, gender diversity and supporting children with a disability).

These topics are presented in a variety of ways including videos, factsheets, podcasts and SchoolTV also includes recommendations for additional resources including books, apps and other websites.

While we will continue to host parent and carer information events as a school, one of the many benefits of SchoolTV is that you can watch it pre-emptively or as the need arises.

From time to time, we may also promote key topics contained in SchoolTV for families either through Compass or our newsletter, when they coincide with student learning and/or matters arising in our school community. Importantly, SchoolTV complements initiatives already underway in our school including our Student Wellbeing and Pastoral Care Policy and the "Wellbeing Together" Student Learning and Wellbeing Framework.

Our staff are familiar with SchoolTV, and as such, I am confident that this shared knowledge between staff and parents will assist us all in partnering together to better support children and young people's learning, safety, mental health and wellbeing.

If you have any questions about SchoolTV, or the topics contained within the site, please get in touch with the staff listed on the site or, me directly.

Visit our SchoolTV site here: <https://gatesheadsm.catholic.schooltv.me/>

Ben Frize

Assistant Principal – Wellbeing

LEARNING TECHNOLOGY – AI Feedback

AI Parent Survey Results

I would like to take this opportunity to thank you for participating in the recent AI survey, which aimed to gather your perspectives on the use of artificial intelligence technology in our educational setting. The feedback we received from this survey has been invaluable, and it provides us with significant insights into your thoughts and concerns regarding AI in the classroom. **A summary of the data can be viewed at: <https://bit.ly/parentaidata>**

First and foremost, I am pleased to report that the overwhelming majority of parents expressed strong support for the integration of AI technology within our school. We are delighted to know that you recognise the potential benefits that AI can bring to the education of your children, including personalised learning experiences, improved efficiency in administrative tasks, and enhanced opportunities for collaboration and engagement.

However, we also acknowledge that a significant number of parents expressed concerns about their level of awareness regarding how often students are using AI in their educational experience. We understand that clear communication and transparency in this regard are essential, and we will make it a priority to provide you with regular updates and information on the frequency and purpose of AI usage in the classroom.

A common concern voiced by both parents and students, which was also shared by our teachers, is the lack of knowledge about age restrictions and responsible usage guidelines for AI technology. This issue underscores the importance of educating all stakeholders about the ethical and appropriate use of AI tools, as well as the necessity of adhering to age-appropriate guidelines and policies. Rest assured, we will work diligently to address this issue and ensure that our students receive the guidance they need to use AI responsibly. A part of this planning will be to provide information sessions for parents to assist with the learning journey at home.

We would also like to express our sincere appreciation for the positive feedback you provided regarding our school's proactive stance on the use of AI. We believe that responsible integration of AI into education is essential for preparing our students for the future, and your support is crucial in our efforts to navigate this ever-evolving landscape effectively.

Finally, we acknowledge the genuine concerns raised regarding issues such as plagiarism, ownership of AI-generated content, ethics, and responsible use. These concerns align with our commitment to promoting responsible and ethical AI usage, and we will be taking steps to address these issues in collaboration with parents, teachers, and students. We believe that fostering a strong sense of digital citizenship is vital in equipping our students with the necessary skills and values to use AI responsibly.

In conclusion, we are deeply grateful for your valuable feedback and are committed to addressing the concerns raised in the survey. We are in the process of forming an Action Group that will endeavour to construct principles, guidelines and resources around the safe and responsible use of AI technology within the college. We would like to invite members of our parent and student community to be a part of this group. If interested, please contact me at:

shane.abell@mn.catholic.edu.au

Likewise, if you have any immediate questions or concerns, please do not hesitate to reach out. We are here to work together to ensure that AI technology enhances the educational experience of our students while safeguarding their well-being and ethical development.

Regards

Shane Abell
Leader of Digital Innovation and Learning (DIAL)

STUDY SKILLS HANDBOOK STUDY TIP FOR NOVEMBER

How much sleep?

We all know that sleep is important for general health, for growth and development and for emotional well-being. However, you may not know that important memory processes take place while you are sleeping, ensuring you retain what you are learning and studying.

Perhaps you have heard that teenagers need between nine to ten hours of sleep per night. But where does this come from and how valid is this claim? In 1980, Mary Carskadon of Stanford sequestered a group of adolescents in the university's sleep laboratory for several days, letting them sleep for as long as they wanted, up to 10 hours. She found that the teenagers slept just over nine hours, with very little variation. This single "naturalistic" study is the primary basis for the adolescent sleep recommendation. However, some researchers argue that just because teenagers slept nine hours when left alone does not mean that this is the best thing for them, just like letting people eat whatever they want is not necessarily the best thing for their health. So there is no definitive answer at this point in time.

The amount of sleep needed by teenagers is most likely very individual, just like it is for adults. It is probably safe to assume that adolescents need more sleep than adults and that the average for most people is at least 8 hours of sleep per night. Pay attention to the signs and have students listen to their body. If they lie down in bed and fall asleep instantly, this is a sign they are not getting enough sleep for their body. It should take at least 15 minutes to fall asleep. If they wake up in the morning and are feeling exhausted, then check all lifestyle factors: are they getting enough sleep, eating healthily and getting enough exercise?

If teenagers are sleeping in for many hours on a weekend, unfortunately this does not mean they are "catching up" on their sleep. According to University of Texas Southwestern sleep specialist Dr. Gregory Carter, when we think we're catching up on sleep, what we're really doing is messing with our circadian cycle -- the body's internal clock which dictates sleep patterns. Excessive sleeping in is in fact a signal that during the week students need to go to bed earlier. The aim is to work out the optimum bedtime so that the need to catch up on large amounts of sleep on the weekend is eliminated.

There is nothing wrong with having a power-nap in the afternoon when students get home from school, as long as the nap is no longer than 40 minutes. A short nap can help students regain their energy levels and allow them to focus on the work they have to do that evening. However, a longer nap will also disrupt sleeping patterns for that night.

Check out the unit in the Study Skills Handbook on Lifestyle and Balance to learn more about sleep and other lifestyle factors for success.

Our school's subscription details to www.studyskillshandbook.com.au are -

Username: stmarys

Password: 106results

Year 11 Formation Day

On a bright and sunny Monday, October 30th, Year 11 experienced a day to remember as we came together for a thrilling Dolphin Cruise Formation Day. The event was not just a delightful marine adventure but also a heartwarming celebration of our community spirit. From the boom net to the wonderful outfits, it was a day filled with fun, togetherness, and a strong sense of belonging. The sea, always a source of wonder, seemed to shimmer with anticipation as we boarded the vessel. Once aboard, we were treated to a breathtaking journey along the coast.

The area of Nelson Bay is renowned for its natural beauty, and this cruise allowed us to discover the splendour of the pristine beaches and sparkling blue waters, which provided a scenic backdrop for the day's festivities. Magnificent dolphins graced our gathering with their presence, leaping gracefully from the water and providing an awe-inspiring display of aquatic agility. It was as if the dolphins were celebrating with our community, showcasing their acrobatics and playful nature. Every breach and twirl met with gasps of delight and applause from the audience.



Throughout the cruise, the guides shared their knowledge about these remarkable mammals. It was a valuable educational experience, highlighting the interconnectedness of our community and the natural world. The cruise was not only about admiring the beauty of the marine world but also about building connections within our cohort. The shared experience of watching these magnificent creatures in their natural habitat brought everyone closer together. The sense of unity and togetherness grew stronger with every sighting of a dorsal fin breaking the surface.

By the time the cruise returned to the docks, there was a collective feeling of gratitude and fulfillment. The Dolphin Cruise Formation Day had not only created a profound connection with the marine world but had also fostered a sense of community. As we disembarked with smiles and cherished memories, inclusive of various sing-alongs to Mr Frize paddling in the boom net, it was evident that this day had strengthened the bonds between all community members.

Enjoying the sunshine on the beach, the wide array of activities brought staff and students together. In the end, it was a day filled with the simple joys of life: the joy of being in nature's presence, the joy of sharing experiences with loved ones, and the joy of belonging to a warm and welcoming community. The Dolphin Cruise Formation Day was not just a fun outing; it was a celebration of the collective spirit that makes St Mary's community a unique and cherished place to call home.

Audrey Mayzen – Year 11



STUDENT ACHIEVEMENTS - CONGRATULATIONS!!

ArtExpress!

Congratulations extend to **Kayla Penfold** in Year 12, for her nomination for the Visual Arts HSC Showcase ArtExpress! Well done Kayla, we are so very proud. Sincere thanks to Kayla's teacher, Mr Martin Speirs, for his quiet encouragement and support, thank you.

InTech

Congratulations also extend to two IT Timber students, **Charlie Barnett and William Hooper**, for their nominations for InTech – an exhibition of exemplary Industrial Tech Major Works. Well done and the very best of luck to you both.

Aspire

We are pleased to announce the 2024 successful Aspire auditionees. They are:

Vocal Ensemble: **Imogen Hartcher, Sienna Reddie, Maiya Abson, Justin Davey, Ruby Inglis, Amelia Bubenicek, Joe Jarvie, Piper Araujo, Ella Macnamara, James Bernasconi, Macy Nash**

Stage Band Ensemble: **Olivia Brown, Charlotte Pierchorowicz**

Dance Ensemble: **Amelia Cutler**

Drama Ensemble Junior: **Finlay Frost, Avi Gleeson, Samuel Grice, Darcy Pierchorowicz, Gabrielle Ollerton, Zac Armit**

Drama Ensemble Senior: **Katelyn Dowling, Henry Barnett, Chloe Griffin**

Aspire Actors Program: **Hazel Boyd, Zane Cowen, Evie Duggan, Chloe Boyle, Molly Drayton, Maggie Hardie**

Congratulations to you all, St Mary's is so very proud of every one of you.



Parents of High School Girls

We want their opinions!

Help us create a new wellbeing program to support teenage girls.

Register & provide consent for your daughter to complete a 10-minute online survey about:

- Wellbeing
- Sport & physical activity
- Communication & connection with family
- Their experiences of being a young adult

*A chance to win one of: **6 x \$50 gift vouchers**

*applies to high school aged girls completing the survey

Scan me!

https://redcap.link/DDteens_teens_survey

The project has been approved by the University of Newcastle Human Research Ethics Committee. Approval No. H-2023-023.



DADS of high school aged girls, WE NEED YOU!

Have your say in developing a program that aims to **enhance** the father-daughter **connection** and wellbeing of your teenage daughter.

Complete a 10 minute online survey

A chance to win one of 6 x \$50 gift vouchers

Scan me!

https://redcap.link/DDteens_fathers_survey

The project has been approved by the University of Newcastle Human Research Ethics Committee. Approval No. H-2023-023.

VINNIES CHRISTMAS APPEAL 2023

We have begun our Christmas Appeal for Vinnies in earnest. We thank you most sincerely for any donation you may be able to make. Thank you.



Roll Call	Requested Item	Roll Call	Requested Item
7.1	Christmas Gift	9.5	Christmas Chocolates eg Christmas Elves/Santas
7.2	Christmas Gift	9.6	Tinned Christmas biscuits
7.3	Christmas Gift	10.1	Box of Breakfast Cereal eg Weetbix, Nutri-grain
7.4	Christmas Gift	10.2	Long-life milk
7.5	Christmas Gift	10.3	Packet/s of pasta
7.6	Christmas Gift	10.4	Pack/s of rice
8.1	Plain Biscuits eg Scotch Finger, Choc Ripple biscuits	10.5	Bottle of Pasta Sauce
8.2	Chocolate Biscuits eg Tim Tams, Monte, Caramel Crown	10.6	Packet/cups of 3-minute Noodle
8.3	Plain Crackers eg Clix, Sao, Jatz	11.1	Jar of jam eg strawberry, marmalade, raspberry
8.4	Flavoured Crackers eg Shapes	11.2	Bottled condiments eg pickles, corn relish, gherkins
8.5	Rice Crackers	11.3	Tinned vegetables eg corn, beans, tomatoes
8.6	Pretzels	11.4	Packet of tea
9.1	Tinned Fruit eg peaches, pears, pineapple	11.5	Bottles of soft drink eg Coke, Lemonade, Solo
9.2	Long-life Custard (on the shelf- not in fridge)	11.6	Bottle/Carton of long-life Fruit Juice
9.3	Single serve puddings- dessert aisle eg Aunt Betty's puddings	SPC	Chocolate Christmas Stockings
9.4	Jellies for dessert	Staff	Christmas Cake/ Puddings/Fruit Mince Pies

TAS News – Food Technology

Year 10 200-hour food tech class undertook their "Food for Special Occasions" task last week. The students completed the decorating in one lesson, and the cakes were made by Chris Shaw for each student. The theme was New Year. Well done to each one of you – your cakes were amazing!

Nicole Abell
Food Tech Teacher



Landcare

Staff and students are lucky enough to take a wander into the Creek site. The students did an amazing job at our recent Landcare day improving the erosion measures that LMCC put in place. **Simon Lubinski** from the Lake Macquarie Landcare Resource Office taught the students what best practice riparian erosion control measures look like and the students just did it! The serenity – listening to the water running over the rocks. We are truly blessed to have a creek running along the edge of the playground. Students and staff - make the most of it whilst it is highly accessible and the water is running.

Maryanne Murray
Landcare Coordinator



Year 7.1 HSE – Museum in a Shoebox

This semester, Year 7.1HSE were given the opportunity to explore, discover and create a museum exhibit on an ancient civilisation of their choice.

The learning intention of the History Research Task was to encourage students' interest in and enjoyment of exploring the past, to develop an understanding of the past, and to develop skills of historical inquiry.

On Thursday 9th November, students presented their 'museum in a shoebox' exhibits to the St Mary's community. It was great to see all students get involved and explain the process to teachers and students as they walked through the museum.

The standout favourite was Ancient Egypt, with many pyramids and artefacts on display. The museum also featured exhibits from Ancient Rome and Greece, the Mongol's conquering the Great Wall of China and the floating gardens of the Aztecs. There was even a Trojan Horse.

Well done to all students of 7.1HSE. You did a fantastic job.

Mrs T. Wilson
HSIE Teacher



COMPLAINTS RESOLUTION

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

STUDYSKILLS HANDBOOK

Just a reminder that our school is a subscriber to the study skills website www.studyskillshandbook.com.au - this is a website with units of work on different study skills topics, as well as facilities to ask study skills questions, download podcasts about how students can improve their results as well as other resources and planning templates.

Each month new content and features are added to the site (you can see what has been added by clicking on the 'For Students' tab and then clicking on the 'What's New' button). Our school's subscription details to www.studyskillshandbook.com.au are:

User-name: stmarys
Password: 106results

Aboriginal Education

Cultural Sessions

Aboriginal students from across Year 7-10 have participated in a series of Cultural Sessions in recent weeks. Activities have included weaving raffia bracelets and researching family history. Students identified important people, activities and symbols in their lives. Students have also had the opportunity to create an artwork on a small canvas or paint clapsticks. This week Roo commenced a series of dance sessions in preparation for end of year assemblies.

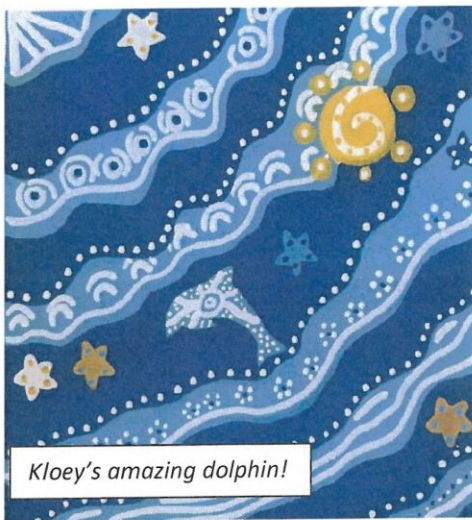
Mount Sugarloaf Excursion

Aboriginal students in years 7-10 will be invited to attend an end of year cultural excursion next Wednesday 15 November. This is an on-Country leaning experience of significant Aboriginal places and sites within the Newcastle/Lake Macquarie region. Students will gain a deeper understanding and appreciation of the local area whilst participating in some traditional cultural practices as well as actively engaging in important protocols when visiting significant places. Keep your eye on Compass for more information and permission notes.

Paul McKay
Aboriginal Education Teacher



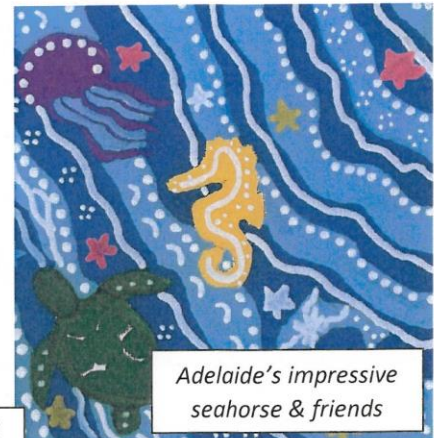
Learning about cultural heritage with Roo



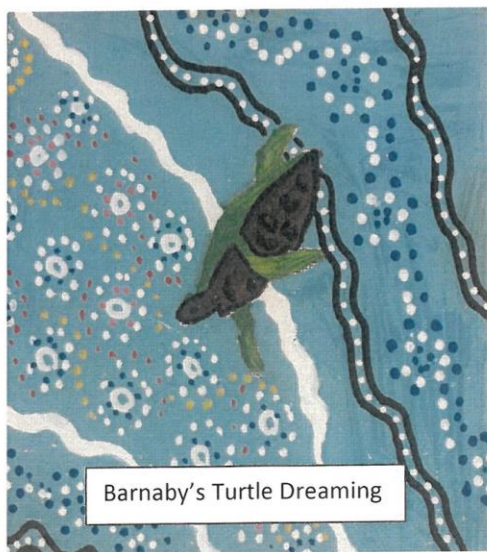
Kloey's amazing dolphin!



Nate showing off his canvas!



Adelaide's impressive seahorse & friends



Barnaby's Turtle Dreaming



The boys dancing with Roo

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.

No appointment is necessary to visit during shop hours.

The College blazer is mandated on formal occasions throughout the academic year - it will be required early Term 1, 2024.

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



DONATIONS KINDLY REQUESTED

DEAR PARENTS/CARERS

WE WOULD WELCOME PRE-LOVED UNIFORM FOR OUR NEEDY FAMILIES AND EMERGENCIES. IF YOU HAVE GOOD QUALITY UNIFORM, PLEASE CONSIDER DONATING TO ST MARY'S.

ANY ITEMS OF SCHOOL UNIFORM WILL BE GRATEFULLY RECEIVED AT STUDENT SERVICES.

THANK YOU FOR YOUR KIND SUPPORT.

CHANGING YOUNG LIVES



Nourish is a hospitality training program for young people aged 16-25 who face barriers to education and employment. OzHarvest runs the 18-week program, free of charge, where students graduate with a nationally recognised Certificate II in Cookery, new life skills and opportunities for work or further education. Nourish runs in Adelaide, Newcastle and Sydney, with two intakes per year in February and August.

MORE THAN A QUALIFICATION

In addition to providing a formal qualification, Nourish can be a life-changing journey for students as they form friendships and learn new skills in a safe environment. Students are supported by a nurturing team with regular mentoring as they learn foundational life skills, financial literacy and job-readiness training.




OzHarvest provides pathways for employment through industry contacts and partnerships and can help facilitate further education, creating a brighter future for students.



NOURISH IMPACT

An independent evaluation by Griffith University stated, "Nourish works and successfully supports people in employment opportunities and in their broader life"

"Nourish seriously changed my life, pushing me to reach my full potential even when I wanted to quit"
Kiki, Nourish Graduate

-  250 graduates since 2015
-  92% of graduates returned to study or found employment (2022 intake)
-  1 Youth Worker in each location

REGISTER YOUR INTEREST TODAY

For more information about Nourish and to register your interest, visit ozharvest.org/nourish.

Any questions, contact the team in your local area:

nourish.adelaide@ozharvest.org | nourish.newcastle@ozharvest.org | nourish.sydney@ozharvest.org.



EXUBERANT CATHOLIC PRAISE & WORSHIP *Planning Meeting*

ALL ARE WELCOME TO ATTEND OUR FINAL PLANNING MEETING FOR THE YEAR. WE ARE LOOKING TO COMMENCE THIS EVENT MID 2024.

If you have a passion, talent, or simply a strong desire to be part of something meaningful, we want you to lead or join our teams!

The time is ripe to make your mark by shaping an exciting new Praise and Worship event for our vibrant faith community.

- **Music**
(musicians and singers)
- **Research**
- **Marketing**
- **Hospitality**
- **Presenters**
- **Logistics**
& more...

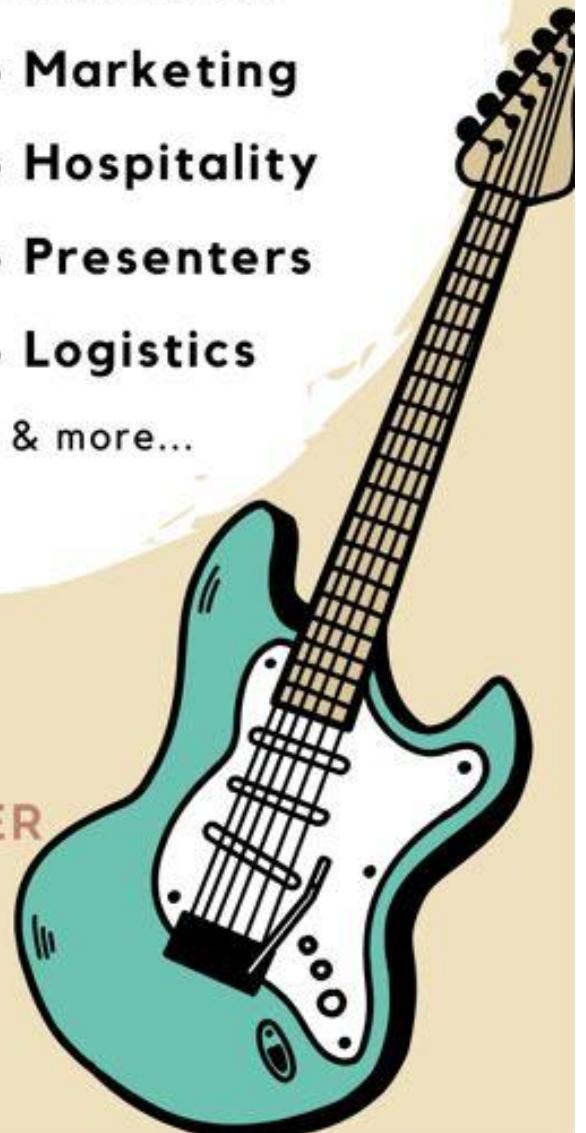


WEDNESDAY 22ND NOVEMBER

MACKILLOP PARISH PASTORAL CENTRE
7 MILSON STREET, CHARLESTOWN

5:30 - 7:00PM

REFRESHMENTS PROVIDED



PRAYER VIGIL

Emma & Flo

STRENGTH THROUGH GOD'S OMNISCIENT LOVE

Please join the MacKillop Parish, as St Paul's and St Joseph's school communities, together with parishioners, gather to pray for Emma and Flo and their families.

Saturday 25th November

- **Mass: 6pm** St Mary Immaculate Church, Charlestown
- **12-hour Vigil** before the Blessed Sacrament at St Mary Immaculate Church, Charlestown
- **Walk: 6am** from St Mary Immaculate Church, Charlestown to St Paul's Church, Gateshead in silence and solidarity at sunrise with the Blessed Sacrament

Sunday 26th November

- **Pray:** St Paul's Church, Gateshead 7-9am
- **Mass:** St Paul's Church, Gateshead 9:30am
- **Gather:** BBQ following Mass at St Paul's Primary School, Gateshead



Please scan the QR code to register your intention to attend.

TERM 4 - Week 2 (B Week)	
Week 6 (B Week)	
Mon 13 November	<ul style="list-style-type: none"> Year 7 to 10 PAT Testing Week Dio Golf
Tues 14 November	<ul style="list-style-type: none"> Year Assemblies Extended PLM – Students released at 2.40pm The Project – History Extension Seminar (selected students) NSWR Waterworks 2023
Wed 15 November	<ul style="list-style-type: none"> 2024 Senior Leaders Retreat Aboriginal Cultural Excursion to Mount Sugarloaf and Nobby's Year 9 Drama Evening
Fri 17 November	<ul style="list-style-type: none"> U16 Girls NRL 9's Virtual Academy Showcase
Week 7 (A Week)	
Mon 20 November	Raw Challenge Event
Tues 21 November	College Assembly Year 9 Food Technology Immersion
Wed 22 November	<ul style="list-style-type: none"> Year 7 2024 Orientation Day for Students – 9.00am to 12.30pm (sports uniform to be worn) Year 7 2024 Orientation Evening for Parents (and students) – 7pm The Josephite Centre Year 9 Drama Excursion
Fri 24 November	<ul style="list-style-type: none"> Staff Spirituality Day – Pupil Free Day U14 Girls NRL 9's Newsletter 19.23 published
Week 8 (B Week)	
Mon 27 November	Year 10 (Year 11 2024) Senior Interview week – no attendance by Year 10 unless attending interview
Tues 28 November	<ul style="list-style-type: none"> Extended PLM – Students released at 2.40pm Year Assemblies Williamstown RAAF Base Visit
Wed 29 November	Year 10 Semester Two reports published
Fri 1 December	RAW Challenge Event
Week 9 (A Week)	
Mon 4 December	Year 10 Alternative Timetable TBC
Tues 5 December	<ul style="list-style-type: none"> Extended PLM – Students released at 2.40pm TBC Staff Emergency Care, Anaphylaxis, CPR and Food Handling Training - PM Landcare Year 10 Chris Doyle Formation Day
Wed 6 December	Year 10 Awards Ceremony – details to follow
Fri 8 December	<ul style="list-style-type: none"> Retirement Celebration for Larry Keating – please see notice in newsletter Newsletter 20.23 published (final for the year)
Week 10 (B Week)	
Mon 11 December	<ul style="list-style-type: none"> Year 11 Assessment week Years 7-9 Semester Two reports published
Wed 13 December	Years 7-9 Awards Ceremony – details to follow
Thurs 14 December	<ul style="list-style-type: none"> Last day for Years 7 to 9 HSC Results released
Friday 15 December	Pupil Free Day – Staff PD and Organisation
Week 11 (A Week)	
Mon 18 December	<ul style="list-style-type: none"> Last Day of Term 4 (in lieu of Twilight PD sessions) Pupil Free Day – Staff PD and Organisation

**PLEASE NOTE – DUE TO STAFF SPIRITUALITY DAY,
FRIDAY 24 NOVEMBER WILL BE A PUPIL FREE DAY.
CLASSES RESUME AS NORMAL ON MONDAY 27 NOVEMBER FOR YEARS 7, 8 & 9**

**YEAR 10 (Year 11 2024) COMMENCE SENIOR INTERVIEW WEEK
YEAR 10 STUDENTS ARE NOT REQUIRED TO ATTEND UNLESS ATTENDING INTERVIEW**

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