St Mary's Catholic College Gateshead

BE SAFE, BE A LEARNER, BE RESPECTFUL

Newsletter 7.23 Friday 12 May 2023



Principal's Message

Dear Parents/Carers and Community Members

A TIME TO BEGIN ANEW IN PURSUIT OF GROWTH AND IMPROVEMENT AS LEARNERS AND AS PEOPLE.

We are now 3 weeks into a new term. Students and teachers have had the opportunity to stop, rest, re-create and renew their body, mind and spirit in preparation for the journey ahead.

A new term provides the opportunity to begin anew and hopefully our students/your children have embraced this opportunity by honestly reviewing and renewing their commitment to classwork, homework and study based on the recommendations gained from their teachers during Term 1 and more importantly, by acting on their own reflections and commitment to personal betterment, as a person and as a learner.

NOW is a time for our students to monitor how they are progressing in their learning and their personal development as responsible and caring adolescents. It is a time for each student to re- visit goals set at the beginning of the year and re-focus on their achievements; to learn from feedback gained from their teachers as part of the classroom learning process, and to challenge themselves in the learning process by embracing the tasks they maybe avoiding. If appropriate, it could be time for them to set new and more challenging goals and priorities. If there is not challenge, there is no growth in learning and personal formation.

Parents/Carers, please offer your children positive encouragement and support in their home study, monitor their progress and regularly remind them to follow a realistic homework/study timetable, and to engage in a small amount of revision each day. Please monitor their use of mobile devices and screen time, place limits on its use 1-2 hours before they go to bed and exclude mobile devices from bedrooms at bedtime. Adequate sleep is a vital factor in maintaining a healthy sense of wellbeing.

Please also remind your children that they have two excellent resources available to support them in their learning, especially when preparing for exams, completing assessments tasks, preparing written reports for instance. They are the **SCHOOL DIARY** and the online **STUDY SKILLS HANDBOOK**.

In the last edition of this Newsletter there was an excellent article, taken from the Studyskills Handbook, on Improving Handwriting. Students are encouraged to read and act on the advice and guidelines contained in that article. Please review this week's article on page 13. – "Resolving Conflict Around Homework"

Our students on-line access details are: www.studyskillshandbook.com.au

Username: stmarys Password: 106results

The research about the role and significance of parental support of children in their learning is very clear. The children achieving better educational outcomes have parents/carers who are engaged in their learning, that is, take a real interest in what they are learning and why; who have high expectations for them; who have positive attitudes towards schooling and who support the efforts of the school.

Like your children, we, their teachers, have a professional, indeed a moral obligation to be learners and to collaborate as a community of learners. This is our reality. The dedication and commitment of the staff (teachers and teacher support) to focussed professional learning since to beginning of the year has continued into Term 2. It is a joy to be able to publicly recognise and affirm the staff for this because it is crucial to the creation of a Year 7 to 12 college culture offering students the very best learning opportunities. This must be and is our collective intent, as a staff, and it is so pleasing to witness the enthusiastic, committed and collaborative manner in which staff members are continually embracing and seeking out opportunities to learn and enhance their practice in order to improve the educational outcomes of **ALL** students entrusted to **OUR** care.

Blessings

Larry Keating Principal

ASSISTANT PRINCIPAL – LEARNING & TEACHING

Dear Parents/Carers

YEAR 12 STUDENT-PARENT-TEACHER CONFERENCES

On Monday 15 May from 3.30pm to 7.00pm we will be holding our Year 12 Student Parent Teacher conferences. The booking period will **open on Thursday 4 May at 6.00pm** and will **close on Thursday 11 May at 9.00pm**.

The booking process can be found on Compass.

We encourage ALL students to attend the conferences with their parents & carers.

I look forward to your attendance.

Cathy O'Gorman Assistant Principal – Learning & Teaching

YEAR 8 LEADER OF LEARNING

Year 8 Formation Day at Belmont Swansea Surf Club on Friday April 28th, 2023 began with a sense of excitement as students and teachers gathered to listen to Chris Doyle. Blacksmiths Beach provided the perfect backdrop for reflection and inspiration. Throughout the day, Year 8 students engaged in various activities that encouraged them to explore the themes of love, hope, faith and responsibility.

Our guest speaker, Chris Doyle, shared his personal stories and experiences, reinforcing the idea that love and hope can transform lives and create a positive impact on the world and can be driving forces that propel individuals towards their goals, even in the face of obstacles.

The themes of faith and responsibility were developed throughout the event. The Year 8 students were encouraged to reflect on their values and beliefs, fostering a deeper understanding of themselves and their place in the world. Through thought-provoking discussions and activities, they explored how faith can guide their actions and decisions. Chris challenged all the Year 8 cohort to "live their best lives".

The day culminated in a commitment to take responsibility for their own lives and make positive contributions to their communities. and the day left a lasting impact on all who attended, empowering them to embrace love, hope, faith, and responsibility on their journey ahead.

Ruth McCrae Acting LoWE Year 8











Year 7 – Year 10 Da Vinci Decathlon

This year 4 teams from Year 7 – Year 10 competed in the da Vinci Decathlon at Bishop Tyrell Anglican College.

This year saw the largest number of participants in the regional competition since Covid. Students competed in ten academic disciplines: Mathematics and Chess, English, Science, Code Breaking, Engineering Challenge, Ideation (process of creating new ideas), Creative Producers, Art & Poetry, Cartography and General Knowledge.

Each day saw 19 teams competing from various schools across the Hunter and Newcastle region. St Mary's students conducted themselves with respect and were true examples of our College motto. Our students achieved well. The Year 7 team were placed first in Engineering and the Year 9 team placed first in Legacy.

It was a great event and we look forward to being involved in 2024.



Year 7 & Year 11 RAW Challenge

A picture speaks a thousand words!



Aspire Song Writing Finals - "Adventures in Songwriting"



Elective Music students Kate Erby and Macy Nash from Year 10 and Hannah Dezelak from Year 9 represented St Mary's in Aspire's "Adventure's in Songwriting" Final on Thursday May 11th, at The Factory Theatre, St Pius.

Kate Erby's song, *"Fly Away"*, won equal 1st place in the Senior category. Macy Nash sang the song, with Kate accompanying her on guitar. The piece is about making positive choices for change. Kate reflected that the line, "..and go beyond the wildest pastures and scream the hills are alive" was a reference to her family's love of road trips and adventures. Kate and Macy will record "Fly Away" as winners of the Senior category. Congratulations Kate!

Hannah Dezelak's song, "*In The Sun*", explores the theme of oppression. Hannah sang about this from a

teenage perspective and the emotions of feeling left out. Hannah reflected that while the song was quite personal, it was also a topic that many people could relate to. Hannah sang and played guitar for her piece. Hannah was well supported by a number of Year 9 Music students who came to cheer her on! Hannah's piece has also been selected to be recorded. Congratulations Hannah!

Daniel Ollerton in Year 11, was a marvelous MC for the evening and all the St Mary's students present represented the College extremely well. Ms Weekes and Ms McCrae were so proud of you all.





Library Matters

The Term is off to a great start with our first event celebrating **STAR WARS DAY** on May the Fourth. A Star Wars Trivia Kahoot saw individuals and teams alike compete to be crowned St Mary's biggest Star Wars Fan. This year I am pleased to announce that Ethan Blackmore was able to 'use the force' with the greatest result, winning this year's Kahoot.



Ethan Blackmore - WINNER 2023

We all know our mums, grandmas, nannas and our special women in our lives deserve a little bit of extra attention on **Mother's Day**, and this year we had a crafty event in the Library seeing both students and staff get creative with coloured paper, glue and scissors, making a spectacular 3D Mother's Day card.





The **2023 NSW Premier's Reading Challenge** is well underway. Stay tuned for a special event for our 2023 group in the coming weeks. It is not to late to sign up for the Reading Challenge, email Mrs Dunn or drop by the library to sign up. Remember if you are in Year 7 and did the PRC in Primary school, you need to let the Library know which Primary school you attended, so that we can match your Primary and Secondary school accounts together.



Don't forget that our library never sleeps and that you have access to e-books, audio books, magazines and readalongs 24/7. How? Through the **SORA app**, and here is how to access SORA if you haven't already.



With the cooler months it is a great time to snuggle up on the lounge or prop your self up in bed, under the doona and spend some time reading. If you are looking for inspiration for something to read, please drop by the library and speak with Ms Watt or Mrs Dunn. We would love to find a good match for you to try. Research shows that Reading is a fantastic way to manage stress, so pick up or download a book today!

Mrs Rosalind Dunn – Teacher Librarian





Wollotuka Institute Visit

Dominic Dates from the Wollutuka Institute at the University of Newcastle visited St Mary's recently. Dom helped Aboriginal students from Yrs 7-12 over three separate sessions with setting some career goals. Students were given a booklet to help follow up with their 'dreams'. Please be I touch if you would like any further information. Dominic will be back in future to continue the conversation!



Welcome to 'Roo'

We are thrilled Mr Richard 'Roo' Faulkner has joined the staff as Aboriginal Education Teacher. He will be at St Mary's each Wednesday. Roo is a proud Gomeroi man and is well known around Newcastle as a strong Indigenous leader and for his many sporting connections.

Bush Tucker Garden

Students have given the totem poles in the garden a new lease of life with new paint and varnish. Well done to the multiple artists!

Dancing with Hilary

Aboriginal students from Years 7 and 8 have been invited to join students from St Pauls with a series of lessons on Aboriginal Dancing. The students have participated in three sessions in the Josephite Centre so far, with boys and girls combining for a

'Clearing' Dance. The boys also perform a 'Hunting

Dance' and the girls a 'Gathering Dance'. These dances will be performed at some special assemblies. Watch this space for further details.

Paul McKay Aboriginal Education Teacher

BEAMINE FOR GENERATIONS



#NRW2023

NATIONAL RECONCILIATION WEEK 2023



27 MAY — 3 JUNE





Year 9 Sporting Achievements!

Recently, Year 9 student Eva Potts competed in the Australian Swimming Championships on the Gold Coast.

Eva raced in 7 events over the week long meet with her best results being 6th in Australia in 50m Butterfly, 12th in Australia in 50m Freestyle and 16th in Australia for 100m Butterfly.

An amazing outcome for this incredible athlete.

We are very proud of your achievements Eva and wish you all the best for the next stage of your swimming career!

St Mary's is cheering for you!







U15 BOYS RUGBY LEAGUE

Today the U15 boys competed in the Newcastle Knights Hunter Premiership at Windale.

After being drawn in a tough pool, the team showed great competitiveness throughout the day, finishing with 2 wins and 1 loss.

In their first game, the team played Whitebridge High in what was a high intensity and high scoring game. Unfortunately, the team was unable to come away with the victory.

Our next match was against Lambton High. The team rallied themselves and recorded a dominating performance. Through several powerful runs and bone crunching defence, the boys achieved an exhilarating 30-0 victory. Unfortunately, the team was unable to progress to the next stage of the tournament.

Notable mentions go to Toby H, Noah G, and Lachlan C who displayed standout performances throughout the day. With a little more practise and fine tuning, the boys will now begin their preparation for their next tournament in Term 4.

Thank you to Mr Meagher for acting as assistant coach and high performance sports trainer today.



STUDY SKILLS HANDBOOK NEWSLETTER ITEM FOR MAY RESOLVING CONFLICT AROUND HOMEWORK

Some of the most common schoolwork arguments at home lead to statements like this:

- "Stop playing computer games and do your homework."
- "Why haven't you started your homework yet?"
- "What do you mean you have no schoolwork to do?"

If these are common refrains in your household there are some simple steps that can be taken to deal with this.

Step 1: Family meeting. Both students and parents get a chance to explain what is bugging them.

<u>Step 2:</u> Agree on how much time will be allocated to schoolwork per day or per week. Minimum would be around 1 hour per day {depending on school stage}

<u>Step 3:</u> Agree that during this time homework will be the first priority, then assessments and any remaining time should be spent on independent learning (e.g. reviewing difficult work, making summaries).

<u>Step 4:</u> Allocate set times for schoolwork and write these out and put them on the fridge e.g. Monday 4-5pm, 6-6.30pm.

<u>Step 5:</u> Agree that in these blocks of time, there will be no personal technology use (best for phones to be switched off and put out of sight).

Step 6: Decide on rewards and consequences if the agreement is not honoured.

There are many units in <u>www.studyskillshandbook.com.au</u> that can help you specifically with these areas. For example

DEALING WITH CONFLICT – strategies for conflict resolution

TIME MANAGEMENT SKILLS – find out the recommended amount of time to spend on schoolwork, learn more about independent learning and print weekly planners

DEALING WITH DISTRACTIONS – strategies for managing technology addictions

Log into www.studyskillshandbook.com.au with these details -

Username:stmarys Password: 106results

WINTER UNIFORM

A reminder that the Winter Uniform comes into effect from Thursday 1 June. Please note the following:

- Boys must have tie, belt and shirt tucked in
- Girls continue to wear tie
- Skirts and girls PE shorts not to be rolled to make shorter

Year 8 – Day at Glenrock





WISHING ALL MOTHERS A HAPPY MOTHER'S DAY

Mothers Day

The gift of motherhood is expressed in the unconditional love of a mother for family members and her tireless labours for them. It is a love which comforts, nurtures, heals, uplifts and understands.

True motherhood exemplifies the unconditional love and self-effacing service which is at the heart of all Christian communities.

May we ensure that all our mothers are remembered and blessed with loving expressions of gratitude and thanks this Sunday 14th May, and always.

"We are all meant to be mothers of God......for God is always needing to be born".

Meister Eckhart





THURSDAY 8TH JUNE | 6.30PM START

\$36 Adult | \$26 Concession | \$30 Group | \$92 Family ticket Civic Theatre TICKETS AVAILABLE AT www.civictheatrenewcastle.com.au



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The Place: Charlestown Community Centre and Well Education have partnered together to create a program for young men aged 12-14. The aim of this program is to focus on encouraging resilience, confidence, mate ship and self-worth



through various games and activities in a collaborative and welcoming environment where you are encouraged to bring your friends along and make life long mates with the other people involved.

The program will be running on a Thursday night from 4pm - 6pm beginning on the 11th of May - and will be running for 8 weeks, until the 29th of June. All refreshments will be provided and the program is completely FREE!

To book, please give us a call on (02) 4032 5500 or email <u>youthprograms1@theplacecharlestown.org.au</u>



<u>29</u>	Justin Coulson - Anxiety and Resilience strategies for parents and carers to assist their children
Mar	7:00 PM - 8:00 PM
<u>23</u>	Getting the most out of gaming - Parent education webinar
MAY	7:30 PM - 8:15 PM
<u>15</u>	Parent education webinar - presented by eSafety
AUG	7:30 PM - 8:30 PM
<u>9</u>	Parent Education webinar -eSafety
NOV	7:30 PM - 8:30 PM

https://www.ccsp.catholic.edu.au/upcoming-webinars



About the project

This project aims to enhance and increase young people's ability to identify and sustain activities that can reduce the impacts of emergencies, disasters and climate change on themselves and their communities.

As part of this project, a pilot training program is being developed, to support youth leadership and understanding of emergencies, disasters and climate action. Knowledge of these issues ultimately makes young people feel empowered and in control of decision-making before, during, and after a disaster. This enables them to respond to crises and build resilience.

This disaster resilience program consists of interactive discussions and activities for young people (ages 12-18) in the Lake Macquarie LGA.

Program activities include:



Disaster preparedness and how to plan for an emergency.



Psychological first aid skills to support mental resilience.



Information sessions on understanding local disaster and climate risk, and how to reduce it.

Collaborate with us:

We want to collaborate with local high schools, youth service providers, community-based organisations and local emergency services, to develop and deliver activities for this project. If you'd like to know more or get involved, please get in touch.



Ideas incubation workshops where young people will actively participate in community initiatives around disaster risk reduction and climate action.



Capacity-building workshops to guide youth in designing a range of resources, tools and materials to support disaster risk reduction activities locally.

Contact:

Ana Mortimer 0423 323 077 amortimer@redcross.org.au

This project is funded under the joint Australian Government – NSW Government National Partnership Agreement on Disaster Risk Reduction and NSW Disaster Risk Reduction Fund - Local & Regional Risk Reduction Stream. Although funding for this product has been provided by both the Australian and NSW Governments, the material contained herein does not necessarily represent the views of other Government.



Are you concerned about your child's mental health and well-being? Would you like to improve the support you provide your child to develop their coping, resilience and positive ways of seeking help? This is your invitation to join many other parents and carers in our community to learn better ways to respond to your child when they are struggling.

Guest speakers include;

- Dr Stephen Spencer (PhD) (Mental health nurse and Co-founder of Equi Energy Youth)
- Dr Caroline de Vries (Child & Adolescent Psychiatrist and Founder of The Base Health)
- Bradley Dunn (CEO of Lake Macquarie & Newcastle Suicide Prevention Network)
- Byron Williams (headspace Community Development)



13th of June 5.30pm to 8pm At NEX Newcastle

<u>CLICK HERE TO</u> REGISTER OR SCAN THE <u>QR CODE</u>



www.eeyouth.org.au



WHAT IS IT?

AUSSIE HOOPS IS A FUN, LEARN 2 PLAY, BASKETBALL PROGRAM FOR K-6 STUDENTS. LEARN THE FUNDAMENTALS OF BASKETBALL THROUGH A SERIES OF FUN GAMES, WITH THE GOAL OF BUILDING UP TO PLAYING MODIFIED 5-ON-5 BASKETBALL.



WHAT YOU GET?

 ★ 7 X QUALITY SKILL SESSIONS
 ★ AN AUSSIE HOOPS PLAYER PACK (INCLUDING BASKETBALL, SINGLET, & BAG)
 ★ PLUS OTHER EXCITING HANDOUTS

REGISTER TODAY BY HEADING TO NEWCASTLEBASKETBALLCOM.AU/AUSSIE-HOOPS-5-9 WANT MORE INFORMATION? CALL NEWCASTLE BASKETBALL ON **4961 3185**

NSW.

esafety.gov.au



For more information and to register now: esafety.gov.au/parents/webinars



OsafetyCommissioner



Mon 8 May Tues 9 May	Year 12 Retreat All Week – Group A on Monday, Tuesday, Wednesday
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i ues s iviay	College Assembly
	DaVinci Decathlon – Years 7 & 8
	Year 12 Retreat – all week
	Dio Tennis – TBC
	Bill Turner Soccer (Girls) - TBC
Wed 10 May	Year 12 Retreat All Week – Group B on Wednesday, Thursday, Friday
	DaVinci Decathlon – Years 9 & 10
	Year 8 Wellbeing and Teamwork Day
	Raw Challenge – Year 11 and Year 7
	Year 9 Community Day
	Year 10 Community Day
Thurs 11 May	Knights Knockout U15 Boys
	Year 12 SPT Conference Bookings Close
Fri 12 May	Chess Competition - TBC
	Newsletter 7.23
Sun 14 May	Mother's Day
Week 4 – Term 2 (B	Week)
Mon 15 May	Catholic Schools Week
	Year 12 Student-Parent-Teacher Conferences – 3pm-7pm
Tues 16 May	College Assemblies
	Brainstorm Productions – Year 9
	PLM Extended – Students depart College at 2.40pm. Bus supervision as usual.
Wed 17 May	POSTPONED - St Mary's Open Day and Grandparents Liturgy and Morning Tea – 9am
	• Open Day Tour 1 – 10.17am to 11.34am
	Open Day Tour 2 – 4.00pm to 5.00pm
	• Open Day Tour 3 – 5.00pm to 6.00pm
	POSTPONED to a date T.B.A
Thurs 18 May	Knights Knockout U13 Boys
	Careers Expo excursion
	Landcare
Week 5 – Term 2 (A	
Mon 22 May	Catholic Schools Week Mass – 10.30am Sacred Heart Cathedral, Hamilton
Tues 23 May	College Assembly
	The TUT Roadshow
Wed 24 May	Year 7 (2024) Enrichment Day – Government Schools
	The Tragedy of MacBeth theatre excursion
Thurs 25 May	OzTag Hunter Regional Champs
	• Year 7 (2024) Enrichment Day – St Mary's Warners Bay, St James Kotara, St Therese's New Lambton
Fri 26 May	National Sorry Day
	Rising from the Embers Festival – Year 7, 8, 9 students
Sup 29 May	Newsletter 8.23 Pentecost Sunday
Sun 28 May Week 6 – Term 2 (B	
Tues 30 May	Year Assemblies
i acti to iviay	 PLM (extended) Students depart College at 2.40pm, bus supervision as usual
	 Landcare
Wed 31 May	Year 8 Religious Literacy Testing
Fri 2 June	Applications for Year 7 (2024) Enrolment notified to parents
	 Senior Geography Fieldwork excursion
Sat 3 June	MABO Day
Week 7 – Term 2 (A	
Mon 5 June	World Environment Day
Tues 6 June	College Assembly
	• Year 10 (Year 11 2024) Stage 6 Course Preference & Selection Evening – 6pm
Wed 7 June	Inquisitive Minds – Year 8
	All Schools Touch Footie Competition

	Diosounds		
Fri O Iura			
Fri 9 June	Newsletter 9.23		
Week 8 – Term 2 (B Week)			
Mon 12 June	King's Birthday Public Holiday		
Tue 13 June	Year Assemblies		
	Year 11 Biological Diversity Day		
	• PLM (Extended) – Students depart College at 2.40pm. Bus supervision as usual.		
Fri 16 June	Final Day for Acceptance of Offer of Placement for Year 7 (2024)		
Week 9 – Term 2 (A Week)			
Tues 20 June	World Refugee Day		
	College Assembly		
Wed 21 June	Year 11 Mid-Course reports published		
Fri 23 June	Newsletter 10.23		
	Next Stage Correspondence to Year 7 (2024) families		
Week 10 – Term 2 (B Week)			
Mon 26 June	Year 9 Formation Day – details TBC		
Wed 28 June	Years 7 to 10 Semester 1 Reports published		
	Years 7 to 10 Student Parent Teacher Conference Bookings Open		
Fri 30 June	Last Day of Term 2		
Sat 2 July	NAIDOC Week – "For our Elders"		

UPDATE TO COVID PROTOCOLS

With the changes to the NSW Health advice on COVID Testing and the transition to a focus on symptoms, it is important to ensure that we all have the same understanding of the requirements. A summary from the Dept of Education is as follows:

While COVID-19 remains an unpredictable virus, NSW Health advise that it will continue to present a health risk to the community. Accordingly, schools will continue to implement baseline COVID-smart measures to help reduce the risk of transmission for students and staff members. These key COVID-smart measures include:

- Staying home and getting tested if unwell, and only attending school when symptom free
- Rapid antigen testing for symptomatic students and staff. People exposed to COVID-19 should follow NSW Health Guidance LINK and test to identify infection early even if they are not experiencing any symptoms
- Strongly encouraging COVID-19 vaccinations for students, staff and their families, including a booster shot (when eligible) and maintaining double dose vaccination requirements for staff and their families who work in SSP
- Good hygiene practices including regular hand washing with soap and warm water and/or use of hand sanitiser
- Maintaining natural ventilation, with consideration of local circumstances
- Boosted cleaning during the day, with particular attention to high touch surface areas
- Wearing a mask for all staff and visitors when working with or visiting Schools for Specific Purposes (SSPs), support units or schools with students who are at greater risk of serious illness should they contract COVID-19 particularly indoors and when physical distancing is not possible
- Assessing risk and applying appropriate safeguards across activities and events
- Learning remotely where face-to-face learning is not possible for short periods

As can be seen from the above, the focus has changed from enforcing testing to a focus on symptoms. In short, if a member of staff or a student is displaying COVID-19 or flu like symptoms then they cannot be at school until such time that the symptoms have resolved, there is no requirement to return a negative COVID-19 test result.

Advice for people exposed to COVID-19 | NSW Government