

Star of Peace

NEWSLETTER NUMBER 19 | ST PATRICK'S MARIST COLLEGE, DUNDAS | 5TH DECEMBER, 2018

IN THIS ISSUE

- **From the Principal**
- **Assistant Principals**
 - Wellbeing Framework
 - 2019 Leader Profiles
 - Year 12 Learning
 - New Semester Reports (7-9)
 - Presentation Night
- **Instructional Leader / Learning Coach**
- **Leader of Studies and Learning Analytics**
- **Business Manager**
- **Pastoral: Years 11, 10, 8, and 7**
- **Key Learning Areas**
 - Visual Arts
 - Harry Potter Club
 - Science

KEY DATES

Friday, 14th December, 2018
Pastoral Care Day

Monday, 17th December, 2018
Parent, Teacher, Student Interviews

Tuesday, 18th December, 2018
Parent, Teacher, Student Interviews
Last Day for Payments to School

Thursday, 20th December, 2018
College Office Closed

Thursday, 24th January, 2018
College Office Re-opens

From the Principal

Dear Parents, Students, Staff and Friends,

This is a busy and exciting time for our students as they complete their work for 2018 and look forward with great anticipation to the holidays and, following that, to all that 2019 has to offer. As this is our last newsletter I would like to thank all the staff, students and families in our community for contributing to what has been a great year.

The Advent season is the beginning of our Liturgical year and a time of renewed commitment to our faith. During the four weeks of Advent, we prepare for the celebration of Christ's birth through prayer and reflection. We contemplate the First Coming of Jesus as Saviour and anticipate his promised Second Coming. Amid the busyness of Christmas preparations, we look for practical ways to observe the holiness of the season in our everyday lives. There are young people in our local communities that live less than ideal lives. I am reminded that these young people will not experience the joy and excitement that our young people will experience in the coming weeks. In this season of Advent as we pray for Hope, let us take a moment each day to pray for these young people, that through God's grace they will have a life that they have long hoped for, one of peace and freedom.

The last couple of weeks have been very busy with St Pat's Got Talent, Year 10 Careers Conference, Picnic Day and Harbour Cruise, our P&F Thankyou Evening, Peer Support Training and our Carols Evening.

St Pats Got Talent. That is an understatement!! All year I have witnessed through the many opportunities we have, students demonstrating their outstanding creative talents. Students were invited to send in their auditions and we had a great response. The staff and students were in awe as each act performed. I thank Mr Berner for his leadership and Mr Heffernan, Ms Andrews and Ms Lyons for their assistance. The highlight of the afternoon some might say was the staff performance, where students

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The Mission

of Marist schools is to lead young people in the way of Mary, to know and love God in the belief that they all can become good Christians and good Citizens.

were blown away by the hidden talent of our staff. I thank Mrs Lyons, Mr Berner, Ms Andrews, Mr Heffernan, Mr Kolta, Mr Hornby, Mr Fung and Mr Zhang for being a part of the show. Students and staff were then encouraged to vote their favourite act.

Thankyou to everyone who joined in our Carols Evening. It was a wonderful community event with lots of singing, great Christmas Trivia, great company and even a visit by Santa. It was wonderful to see staff and their families sharing the evening with our families. A very big thank you to Mr Moussa, Ms Andrews, Mr Heffernan and Mrs Lyons for their organisation of the evening along with our amazing Year 12 Leaders. Thanks to Mr Flew for being our Santa and to members of our P&F Joe Moses, Chrishani Cogger, Susan Boulous and Melissa Stevens for manning the BBQ for the evening.

2019

As usual a letter will be sent to families in January outlining key dates and information for the start of the year. If you have any queries, please contact the College by 11.00am Thursday, 20th of December on 88417900.

24th January, 2019:	College Office Opens
30th January, 2019:	Term 1 commences for Years 7, 11 and 12
31st January, 2019:	Term 1 commences for Years 8, 9 and 10.
1st February, 2019:	College Swimming Carnival
5th February, 2019:	High Achievers Assembly

Leaders of Learning Pastoral 2019

Year 7:	Mr Hornby	<i>jhornby@parra.catholic.edu.au</i>
Year 8	Mrs Padden	<i>npadden@parra.catholic.edu.au</i>
Year 9	Mr Quigley	<i>pquigley@parra.catholic.edu.au</i>
Year 10	Mr Berner	<i>dberner@parra.catholic.edu.au</i>
Year 11	Mr Bonora	<i>dbonora@parra.catholic.edu.au</i>
Year 12	Mr Belcher	<i>sbelcher@parra.catholic.edu.au</i>

We farewell the following permanent staff members:

Ms Therri Ellison, Ms Cathy Mollace, Mrs Helena Dowdall, Miss Natalie Hutchinson, Mrs Marie Donaghy, Mr Paul Sheppard and our temporary staff who have done a wonderful job assisting us in replacing teachers on leave this year

Mrs Amira Al-Zahab, Ms Chloe Abel, Ms Phoebe Craddock-Lovett and Miss Lauren Calabrese.

Each of the teachers mentioned above and all of our wonderful dedicated staff have continued to make significant contributions to their students in their learning spaces, in a wide variety of extra-curricular activities and to the rich Marist culture here at the College. We wish those leaving us every happiness and success as they begin their new journeys.

Cyber Safety Evening:

Given the lateness of the year, Mr Paton has postponed the parent evening with Susan McLean until next March. We will still run our seminar for students on the 12th of December.

New Uniforms:

I have had so many positive comments from the wider community on our new school uniforms. Could I ask that we ensure that the girls summer dress length is to the bottom of the knee.

If you need to contact the College at any time during the holidays, please do so by emailing me at ahay@parra.catholic.edu.au.

Wishing each of you a very happy and holy Christmas.

Mrs Angela Hay
Principal

Mission and Wellbeing

WELLBEING FRAMEWORK

The concept of wellbeing and its link to learning is acknowledged at St Patrick's Marist College. We understand that wellbeing is dynamic and an integral influence on learning. Research shows that students with high levels of wellbeing are more likely to have higher academic achievement, better mental health and a socially responsible lifestyle. At St Patrick's Marist College, we endeavour to support and nurture every student's wellbeing and provide opportunities for growth, giving students a voice, to become active learners and to develop strong character qualities that will enable them to succeed and positively contribute to our wider society.

The last of our three themes is, *Grow*. Our commitment to our students, parents and members of the wider community is that we will be a place where school members forge strong bonds, develop personal qualities and grow into good Christians and good citizens.

Grow: Our students will thrive and flourish to do their best in all aspects of school life.

Growth involves the development of the individual in a holistic sense. Growth contributes to social competence, positive sense of self, self discipline and strong morals and values.

Students of St Patrick's Marist College will:

- develop their social and emotional skills to shape their ethical decision making and become a positive member of the school community.
- have a strong sense of meaning and purpose, show initiative and be self-directed.
- be recognised for personal achievement and effort.
- have leadership opportunities at every level of the school community.
- contribute to the learning of other students through collaboration, encouragement and support.
- be appreciated for their diversity.
- be challenged and supported at their individual stage of development.

Evidence of the "Grow" theme within College life:

- Co-Curricular opportunities
- Social Justice initiatives
- Enquiry Based Learning projects
- Holistic approach of guest speakers, tailored for different wellbeing topics. Suitable for families, teachers or students.
- Professional development for growth development

Mr M. Paton

Assistant Principal - Mission and Wellbeing

2019 LEADER PROFILES

Joshua Ahn – College Captain



Joshua Ahn began high school at the age of 11, attending St Patrick's Marist College. Josh considered himself to be a reserved student who did not allow himself to partake in what high school had to offer. At the beginning of Year 11, Joshua new his responsibility now that he was a senior student and recognised the benefits of being more involved in school life. This was inspired by his friend's willingness to be involved. Josh participated in extracurricular activities such as Year 7 Camp and school Youth Group which allowed him to become more aware of the benefits of school. Josh's vision is for school to become a place where students feel comfortable and welcomed, like "a home away from home". He wants people to feel accepted, speak their mind and take advantage of the opportunities that we have. Josh strives to encourage the junior students of the College to get involved in all aspects of College life. As College School Captain for 2019, Josh has a desire to ensure all students participate in extracurricular activities and further develop a community where students are happy and safe.

Written by: Rachael. Dick

Emma-Louse Gallagher – College Captain



Emma-Louse Gallagher has been a member of St Patrick's Marist College since she was in Year 7, in 2014. Since then she has displayed enthusiasm and passion in many facets of College life. A result of this was Emma-Louse being elected College Captain for 2019.

Emma has demonstrated her extensive communication skills through her involvement in debating and the Marist Oratory. She has also been active on the sporting field, representing the College in MCCS Tennis and Shotgun. Emma-Louse also fosters a welcoming and entertaining environment for younger students which was evident in her participation in Open Day, the Year 7 Spelling Bee and as a leader for the Year 7 camp. Furthermore, she has sought to strengthen her Marist faith and relationships with God, which has been evident in her involvement in Social Justice, which includes the Winter Sleepout and Good Friday Walk, as well as her participation in Marist Connect. She was also privileged enough to embark on the school immersion to India.

Emma's vision for the future of the College centres around the unification of all year groups, particularly the strengthening of relationships between older and younger years. She wishes to foster a sense of school spirit and pride within each member of the College and will strive to achieve this through her passion and encouragement.

Written by: Anton Sheridan

Innovation, Teaching and Learning

YEAR 12 LEARNING

As the academic year draws to a close, the Year 12 journey has only just begun. Over the Christmas break, time for rest, family celebrations and holidays are the norm. It is also important to continue to support our seniors by encouraging them to take some time to revise work covered this term and most importantly to engage in any work or study materials provided by their teachers. The HSC journey is ongoing and intense, however the small steps that are taken each and every day ensure that success will be experienced at its conclusion. Students are able to access material on their Google Classrooms over the holiday break.

NEW SEMESTER REPORTS

As we draw closer to the end of the Semester, Years 7 to 10 reports will be sent home. This year, Years 7 to 9 reports will look different and provide an outcomes based focus. As NESA directs schools to report on each student's growth and performance in relation to course outcomes and reflective of the common grade scale. This means that the new reports will clearly state each of the outcomes that were assessed during the semester for each subject. Students will be awarded a grade A to E for each outcome which then teachers will combine to provide a final grade for the subject. The new reports will also provide a detailed Student Profile which reflect the skills, application and approaches to learning. The new reports will be reflected in each year group 7 to 12 in 2019.

PRESENTATION NIGHT

A reminder that our academic year ends with a wonderful celebration of student learning, growth and success in all aspects of College life. The evening will be held again at Kings School on Tuesday 11th December in the Futter Hall commencing at 7.00pm till 9.00pm. **Students are to be present by 6.30pm.** Students receiving an award are ask to be in full summer uniform including their College Blazers.

The guest speaker this year is a parent and Professor from Charles Sturt University, Dr Gerard Moore, who will be speaking about this Year of Youth and its opportunities and challenges for our young people.

In advance, I would like to thank Mrs Cathy Le Mottee for her tremendous work and preparations around reporting, awards and certificates. Also to Ms Trudy Andrews, Mr Liam Heffernan and Ms Renee Lyons for their preparations and work in providing our students the opportunities to showcase their musical talents and also bring joy and inspiration to our end of academic year celebrations. I thank also Thomas Williamson who as a Year 12 Graduate continues to support our audio/visual technologies in various College events.

Mr J. Scanlon

Assistant Principal - Innovation, Teaching and Learning

Leader of Studies and Learning Analytics

HSC

HSC results will be delivered via email and text message from 6.00am on Thursday, 13th December 2018. Students will also be able to access their results on this day by logging on to their Students Online account.

See the following website for more information around HSC results and receiving HSC credentials:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/results-certificates/getting-your-results>

ATAR's will be released on the UAC website and the My UAC app at 9.00am on Friday, 14th December. Students are reminded that the school does not get a list of student ATARs and they need to send a screenshot of their ATAR results to Miss Hagarty - shagarty@parra.catholic.edu.au

See the following website for more information around UAC, ATAR and university places:

<https://www.uac.edu.au/key-dates>

ALL MY OWN WORK

In preparation for the HSC Preliminary course in 2019, students in Year 10 have completed the NESA HSC All My Own Work program. Any student who was absent will need to complete this program before starting Year 11. Please contact Miss Hagarty for further information.

REPORTS AND INTERVIEWS

Reports for Years 7 - 10 will be posted home on Monday 10th December.

An optional Parent / Teacher / Student interview session has been arranged for Monday 17th December and Tuesday 18th December for students in Years 7-10. These interviews can be booked through SOBS. An email has gone home to all parents regarding this. Students are expected to attend any interviews scheduled by parents/guardians in full school uniform.

MINIMUM STANDARDS

Students in Year 10 who have completed HSC Minimum standards re-testing should have received the results for these tests. Please log on to your Students Online account to check the status of your test results.

YEAR 11 INTO YEAR 12 INFORMATION EVENING

This evening was held on Tuesday, 4th December. We discussed changes to the HSC and HSC Assessment as well as ATARs. We will give an overview of what was discussed at the first Parent Forum evening in 2019.

I would like to take this opportunity to wish all of our students and their families a very safe, happy and holy Christmas. I hope all students have a restful break and return in 2019 energised, optimistic and ready to learn.

Miss S. Hagarty

Leader of Studies and Learning Analytics

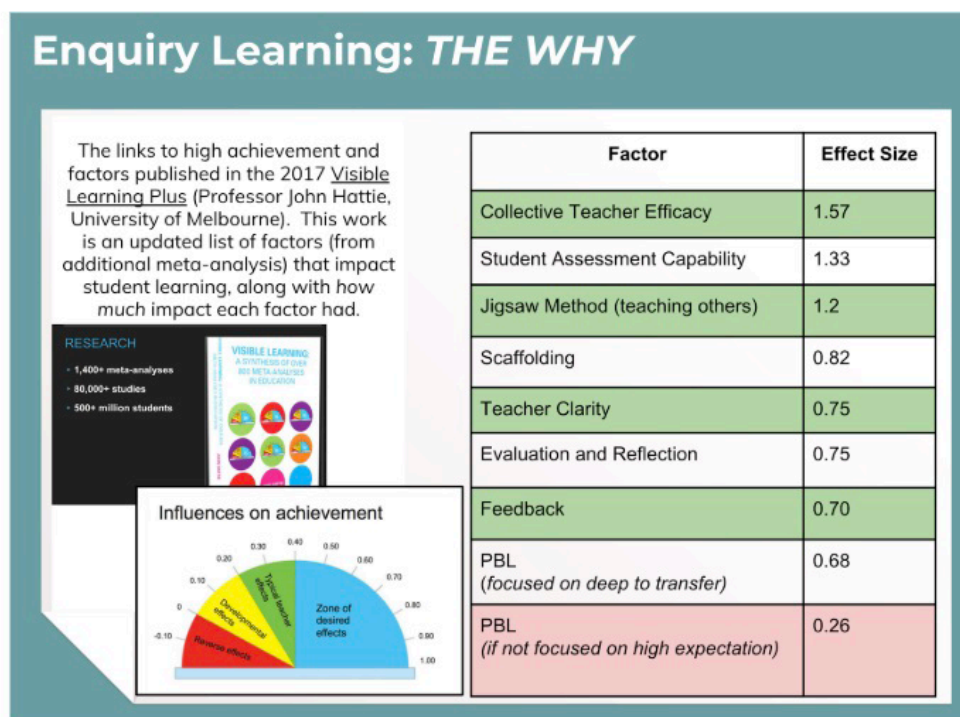
Instructional Leader / Learning Coach

This year, a strategically designed and mapped approach to teacher Professional Learning has been delivered at St Patrick's Marist College, Dundas. This learning began with addressing our College move towards outcomes based assessment and grade reporting (through a clear understanding of the Common Grade Scale, and how to map rigor across teaching and learning programmes and summative assessment), Assessment 'as', 'of' and 'for' Learning (and the importance of formative assessment in student growth), and detailed learning experiences in Project Based Learning design and implementation as a means of addressing our College priority around embedding the high impact pedagogy and effect size of deep to transfer Project Based Learning (which also includes Student Assessment Capability, the jigsaw method, scaffolding, improved teacher clarity, metacognitive strategies and increased formative assessment through Benchmarking).



Term 4 has also seen the development of a Co-Teaching Working Party as we progress towards the opening of our new 2019 open learning spaces and the construction of our 2020 contemporary, multi-levelled building for Years 7-10. This has involved 4 intensive Professional Learning sessions with me, together with visits to Parramatta Marist High School and St Luke's Catholic College to observe Co-Teaching in action. From this process, I am now engaged in formalising policy and drafting planning and support materials to ensure the smooth transition of staff and students into these spaces.

Co-Teaching assists in building what is termed, Collective Teacher Efficacy. Collective Teacher Efficacy (CTE) refers to a staff's shared belief that through their collective action, they can positively influence student outcomes, including those who are disengaged and/or disadvantaged. Educators with high efficacy show greater effort and persistence, a willingness to try new teaching approaches, set more challenging goals, and attend more closely to the needs of students who require extra assistance. In addition, when collective efficacy is present, staff are better equipped to foster positive behaviour in students and in raising students' expectations of themselves by convincing them that they can do well in school.



Term 1, 2019 will see the opening of 3 purpose built, double spaces for 180 students in a co-teaching environment. The 18 staff across six KLAs (who were selected as our 'early adopters' in this working party) will take a range of new Project Based Learning/Problem Based Learning units through these spaces. These include;

Year 7 Geography: Deserts

Year 8 Catholic Studies: People of the Covenant

Year 8 Catholic Studies: Easter

Year 8 Geography: Water in the World

Year 8 English: Short Story Anthology

Year 9 Mathematics: Number, Data, Probability, Pyth & Surds

Year 8 English: Short Story Anthology

While this first group trial the new learning environment, another group of 18 staff will work with me to undergo their phase of Professional Learning; this time with our own Instructional Walks in order to observe the original members of the Co-Teaching Working Party as they refine their practice.

Ms K. Maish

Instructional Leader/Learning Coach

Business Manager

OFFICE CLOSURE IN 2018 & OPENING IN 2019

The school office will be closed from **Thursday, 20th December 2018**.

- Finances – if you need to pay school fees, purchase school bags/sports bags/hats/ties, or any other financial matter, please do so as soon as possible but no later than 12 noon on **Tuesday 18th December**.
- Uniform shop - (school bags, sports bags, hats, ties) – will close for stocktake at 12 Noon on Tuesday 18th December;
- Enrolments – no applications can be processed after Friday 14th December;

The school office and uniform shop will re-open from **Thursday 24th January 2019**.

GATES

We have numerous gates around the external perimeter of the school as well as the internal perimeter and other specific areas. These are locked and unlocked by our general assistants in the morning, after school starts, before school finishes and the end of the day. In reviewing this process, the decision was made that the gate at the rear of the school (at Dorahy St) will be locked by 8.30am and opened at 2.30pm from the start of the 2019 school year.

WHEELIE SCHOOL BAGS

We reviewed the possibility of introducing wheelie school bags, following expressions of interest from several parents. We investigated potential suppliers and conducted a risk assessment of the potential dangers of students moving about quickly between lessons and before/after each break, whilst some students drag a wheelie bag behind them, below eye level. The decision was made that these bags pose a significant trip hazard, and so we will not be introducing them as part of our range of school bags.

Please note that we have a number of larger lockers available on request, whereby students can store the bulk of their school items during the day and only take what is required to each lesson.

We understand that there are always extenuating circumstances that need to be considered. If your child has a medical condition, please write to our Principal and attach supporting medical evidence and we will review the request and work with you to find a suitable solution.

CHIROPRACTIC SCHOOL BAGS

We have ordered a limited supply of chiro bags, which should be delivered soon. If you want a chiro bag, please let the office know your name and contact number and your child's name and homeroom (we cannot take advance payments).

LOWES SUMMER DRESSES

Lowes advised that they recently received a delivery of the girls summer dresses which they were going to prioritise to those parents who had placed an order. The remainder of the production run is expected to be delivered and in-store by late December.

LOST PROPERTY

We have quite a few items in Lost Property, ranging from school and sports uniform items, a pair of sports shoes and numerous drink bottles, lunch boxes, pencil cases, umbrellas, etc. If your child has lost anything, please ask them to come to the Book Room to identify and collect it. The Book Room is open on Wednesdays and Thursdays before school, and during recess and lunch breaks.

Uniform items not collected by the end of the year will be added to our second hand uniform shop stock, while all other items will be discarded. A timely reminder to ensure that you label your child's uniform and other items.

Ms V. Fraser

Business Manager

Pastoral

YEAR 11

The Sleep Connection Workshop

A Student's Perspective

On Wednesday the 26th of October, Lisa from The Sleep Connection spoke to all of Year 11 about the benefits of getting a good nights' sleep especially leading into our HSC year. She highlighted for us the dangers of a lack of sleep especially when driving, as some of us are now able to drive ourself to and from school. Lisa left us with a challenge - record our sleep for two weeks, the first week sleep as we normally would but in the second, modify our sleeping patterns so that we may try to achieve the ideal 8-10 hours a night we all need.

Lisa returned to talk to us on Wednesday 21st November and it is safe to say we all now have a far better understanding of how much we really do need sleep and just how beneficial a good nights' sleep can be on not just our grades but our overall mood. It is also safe to say that the visit from Lisa was the wake up call we all needed before HSC kicks in in the coming weeks.

Written by Jennifer Garth and Elise Aubry

YEAR 10

Our Year 10 students have been extremely busy in the last week or so and had a successful and productive conclusion to their year. Several Year 10 students were involved in the 'St Pats Got Talent' show, through performances in the areas of singing, dance and DJing. Their acts were outstanding and added greatly to the success of the event.

We also recently had our Post-School Options Conference, which was extremely well organised by our Careers Adviser, Mr O'Connell. Students heard from six past students, including our very own English KLA Leader of Learning, Ms Gray. Many wise words were expressed but the main being that it is important to choose something for which you have a passion. Students also heard from guest speakers that represented TAFE, Macquarie University and the Defence Forces and learnt more about writing a cover letter, preparing a resume, what is appropriate attire when going for an interview. The most worthwhile aspect was when students had to dress up and undertake a mock interview led by a member of the community for a fictitious job at Barangaroo. Although there were some anxious students (and others who had left the printing of their resume to the absolute last minute - not sure what they would have done if I didn't help them out!), the feedback from the interviewers was that our students were articulate, well-presented and performed their interviews to a very high standard.

Many of our Year 10 students have applied to participate in the India Immersion in 2019. With only 16 places available, I am told it will be a very difficult task to choose the successful applicants as there is a strong field of candidates. If students do miss out, there will be many other offerings students can be involved in during 2019.

We also had our Pastoral Care Picnic Day at Fagan Park last Friday. It was a beautiful day and not too hot considering the time of the year. As part of day, we told students not to use their phones and to just enjoy being with one another in a picturesque setting. This served us well as students could be seen playing cricket, kicking a footy, going for a bushwalk with their teachers, sharing a meal and generally having a laugh with one another and their teachers. The students were also very well behaved and had a great day out.

At the time of writing, students were eagerly looking forward to their Year 10 Harbour Cruise. This year we are boarding the Starship Sydney, a very stylish vessel. It promises to be a great night and a fitting conclusion to a busy school year. Photos to come!

As this is the last newsletter for the year, I want to thank all the Homeroom Patrons for their work with our students. I also extend my best wishes for Christmas to all Year 10 students and their families. There are also a number of students going on to other activities next year; be it in the workforce, undertaking an apprenticeship or attending other schools. I wish you all the best and "May God hold you in the hollow of his hands".

Mr D. Bonora

Pastoral Leader of Learning - Year 10

YEAR 8

On Friday, 23rd November Year 8 set off to Manly for their Beach Skills day.

Most of our students learnt to swim in a pool, however, the ocean is a very different environment and we feel it is important that our students should develop some new skills to increase their level of safety when they are at the beach.

We followed a course run by Surf Education Australia with the instructors all being experienced surfers and lifesavers.

It was a windy day so the program had to be altered but the students still got to do a range of activities including beach running, wading, ocean swimming, board paddling and surfing. The students had a healthy and active learning experience and hopefully had fun while they were doing it!.

Thank you to the staff helped on the day.

Mr P. Quigley
Pastoral Leader of Learning - Year 8



YEAR 7

Congratulations to Sophie Klamer of 7 Chavoin who competed in the final of the BHP Physical Culture 13 Years National Final last week. Sophie has worked extremely hard representing North Ryde Physie and very much deserved her place in the final. Well done Sophie!

Well done to Sara Maree Wakim and Chanel Nader who performed in the St Pats Got Talent last Monday. Both girls showed amazing courage and singing skills to perform in front of the College.

Mr J. Hornby
Pastoral Leader of Learning - Year 7

Key Learning

VISUAL ARTS

Sculptures by the Sea

On the 31st of October, the Year 9 and 10 Elective Visual Arts classes went to Bondi for Sculptures By The Sea. Held annually since 1997 with over 100 sculptures from artists around the world, 'Sculptures By The Sea' invites over 500,000 visitors to see the largest annual sculpture exhibition in the world. This year we were lucky enough to see some amazing pieces and gain inspiration for our own works in class. Year 10 in particular had been working on our latest assessment task with the topic of 'Found Objects', in which we had to make a sculpture using an everyday object. One sculpture that we especially enjoyed was 'Groundswell' by Georgina Humphries, made from the flies of tents left over from festivals. In all it was a wonderful day with beautiful weather that we all enjoyed.



Claudia Ball

10 Paul

HARRY POTTER CLUB

On Monday the 26th November myself and Mrs Jones accompanied 17 students to Parramatta Event Cinemas to view the exciting movie 'The Crimes Of Grindelwald'. This movie is the second in the Harry Potter prequel 'Fantastic Beasts'.

Our students had spent a number of our HPC (Harry Potter Club) meetings organising this trip. They researched ticketing costs and buses and worked out an itinerary for the day.

The actual excursion went very well. Students were impeccably behaved and showed real enjoyment and gratitude in sharing this experience.

The movie raised lots of questions which we will pick over in our next meeting.

For any student that would like to come along, the Harry Potter Club meets weekly on Fridays Break 1 in B115. The code for our google classroom is dsbtlr. Looking forward to seeing you there!

Mrs F. Malone

English Teacher



SCIENCE

Year 9 Planet and Stars Incursion

The Year 9 Science Class has been recently partaking in the unit of 'Our Universe,' In which they learnt about the true size and functions of supernovas, black holes, stars, and galaxies. As a way to start off the unit, each class went on an incursion to learn about the differences of air pressure in space, the size of planets, the distance between stars, and planets, how people define a planet, and much more. The instructor went on to explain what air pressure can do to someone's body, and proceeded to use a vacuum to demonstrate what certain molecules would do when in space; water could boil, balloons full of air would expand, and Marshmallows would puff up.

After showing the Year 9 Science classes the vacuum, The instructor gave the class a multitude of experiments they could try, such as; using water to create a vortex, wearing glasses that could refract light into an array of colours, dropping a magnet down a metal funnel and 'defy gravity' due to the magnetic forces of the funnel and magnet, and viewing objects through a telescope. Overall, the science classes of Year 9 had a blast, and can't wait to learn more about this unit!



Sport

SWIMMING CARNIVAL

The 2019 College Swimming Carnival will be held on Friday, 1st February at the Sydney Aquatic Centre, Homebush. Students are reminded that it is a compulsory school event which aims to promote both House and College spirit. Students are expected to be at school by 8:30am and will return by 3:15pm.

Students are to wear their full sports uniform to and from the carnival, and are encouraged to bring suitable house theme and coloured attire to be worn throughout the day. See your house captains for ideas on theme appropriate attire.

A reminder that students will need to bring their own lunch as canteen facilities will not be available on the day.

Participation is expected in at least one event, unless a Doctor's Certificate is provided by THURSDAY 31st January to Mrs. Pavlovich.

Looking forward to a fun and enjoyable day with lots of College and House spirit displayed!

2019 THURSDAY SPORT

2019 Thursday Sports Permission Notes have been handed out to students. In 2019 your son/daughter will be actively involved in the College's Thursday Sport structured program which they follow each term, participating in sports within their homeroom groups.

Please take time to read through the information provided to enable your son/daughter to participate in Sport offered to the students each Thursday. Please complete the permission slip which is attached to the letter and return to the student's Homeroom Patron by Wednesday 12th December.

Mrs D. Pavlovich
Sport Co-ordinator



ST PATRICK'S MARIST COLLEGE

151 Kirby Street, Dundas NSW 2117 ■ Tel: (02) 9638 5644 ■ Fax: (02) 9684 2120
Email: stpatsdundas@parra.catholic.edu.au ■ Web: www.stpatsdundas.catholic.edu.au

14th November 2018

Dear Parent/Guardian,

The annual St. Patrick's Marist Swimming Carnival will be held on **Friday 1st February 2019** at the **Sydney International Aquatic Centre, Homebush**. Attendance at the carnival is **compulsory as this is a normal school day**. All events cater for all range of abilities, including non-swimmers.

The carnival is to commence at 9.00am and conclude at approximately 2.00pm. Students will be traveling by bus and will leave the **College at 8.45am** and return at approximately **3.15pm**, in time to meet buses at the College for travel home.

As there is a need for the carnival to run within the given time frame, it is expected that students would be **at school by 8.30am** for administrative purposes. **No student is to go directly to the pool**. If you wish to leave directly from the pool at the conclusion of the carnival, a written permission letter is required to be given to your Homeroom Patron **during homeroom** on the day of the carnival.

The students are to wear their **full sports uniform, to and from the carnival**. They may bring suitable house coloured attire, which can be worn throughout the day. **Students are not to wear any form of body paint or zinc as this is prohibited by the Centre**. Recognised and appropriate swimwear is a regulation of the Aquatic Centre.

All students are to make their own arrangements for lunch, as **canteen facilities will NOT be available** on the day. Therefore make sure an adequate supply of refreshments is brought.

Please note that glass bottles are not permitted in the Centre.

It is expected that all students participate in at least one event unless a Doctor's Certificate is produced **no later than the day before** the carnival to Mrs. Pavlovich, and other duties can be allocated to these students. Should a student choose not to participate, an afternoon detention will be issued.

As it is an official school event, students are reminded that ALL electronic devices, including iPads, are not allowed and will be confiscated.

Yours faithfully,

D. Pavlovich

Mrs. D. Pavlovich
Sport Coordinator

A. Hay
Mrs. A. Hay
Principal



MARIST | SCHOOLS AUSTRALIA
Catholic education in the tradition of St Marcellin Champagnat



Carols Evening



The first Marist Brothers arrived in Australia on the 'Star of Peace' on 21st February, 1872. On the 8th April, 1872, school commenced at St Patrick's. Our Newsletter is named, 'Star of Peace', as it too, hopefully, brings peace and good news to our community.

Let's Get Real! - What you really need to know about staying safe online.

Susan's secondary school student sessions are delivered with clarity and humour and will challenge all students to stop and think about what they do online and what the consequences might be for them not only today, but for the rest of their lives. After a few minutes, Susan has even the most challenging audience listening intently as she recounts her extensive experience in this space, from her first report of cyberbullying in 1994 to her training with the FBI, her visit to Facebook's HQ & her work with elite sports clubs and other organisations. Two year levels can be in the same presentation if a suitable venue is available. The theme of this 90min or double period session is Respect and Responsibility. Schools love Susan's ability to connect with her audience and tell it like it is. Students respond to the clear way Susan presents which leaves them with no doubt about what they need to do to stay safe online.

This age appropriate & interactive session for secondary students includes discussion, a vibrant power point presentation and is supported by videos, music, hilarious role plays and Susan's real life experiences. Time for Q's is included at the end of the session & Susan is will chat privately to students who may need advice about a sensitive issue. Topics covered include:-

- ❖ **The Facts** - What do you need to know about cyberspace in order to make good online decisions. Fact V Fiction.
- ❖ **Digital Reputation** - What how you do online now and what you post will have an impact on your future opportunities. What do ppl look for and how to make your digital reputation as positive as possible.
- ❖ **Cyberbullying** - What is cyberbullying and how/when does it happen. How does it make a victim feel and what can we do if we see it happen or if it is happening to us. Did you know that cyberbullying is a crime & Police can be involved?
- ❖ **Online 'friends'** that are not really a friend. How strangers find us online and what they might ask us to do. We look at online child sexual predators, where they hangout and how to avoid. What is online grooming and who is at risk.
- ❖ **Sexts** - Sending, receiving & possessing naked or sexually explicit images. What are the real consequences for under 18's, pressure to conform and legal considerations.
- ❖ What are the **sites & apps** that children are using and what are the age requirements for each site. How wrong info about some apps is leading to poor decisions
- ❖ **Staying safe online** - How we can be as safe as possible online. How to set up a safe social networking site.
- ❖ **Time for discussion and Q's.**



The Sleep Connection

**Is your child sleep deprived?
Sleep for better health, resilience and performance.**

What if there was a virus going around your school affecting 70% teenagers? What if that virus had an adverse effect on physical development, mental health, behaviour, as well as learning and academic performance?

These effects are occurring now, not through a virus but an equally virulent epidemic that is sweeping through Australian schools. Sleep Deprivation. The good news is that, unlike many viruses, we know the simple cause and effects of sleep deprivation and can take action now to deliver a cure.

Why is sleep deprivation such an issue?

Sleep, nutrition and exercise are core pillars of a healthy life, but sleep will impair function fastest if you don't get enough:

- **Learning and academic performance**: sleep helps concentration and motivation along with consolidation and strengthening of new information and memories.
- **Emotional and mental health**: studies show children who are sleep deprived are more likely to suffer from depression, anxiety, negative body image and low self-esteem.
- **Behaviour and decision making**: sleep deprivation affects decision making capacity, has a negative effect on behaviour and relationships, and increases risk of accidents.
- **Body systems**: sleep deprivation affects children's physical growth, brain development, immune system and plays a key role in weight gain.

Why are our children not getting the sleep they need?

After talking to thousands of students the 4 main reasons they tell me they are lacking in sleep are:

- **Technology/ FOMO (social media, gaming, Netflix, YouTube)**
- **Homework/ study**
- **Busy lifestyle combined with poor time management and procrastination**
- **Stress**

From a sleep specialist point of view the majority of child and adolescent sleep problems fall into four categories, though for many people a combination are at play.

- **Insufficient sleep**: This is the most common sleep problem influenced by lack of understanding of the importance of sleep and hours required for optimal functioning. This combined with a busy lifestyles and the drive to be socially connected means sleep becomes undervalued and a low priority. Together this means children are simply not getting enough sleep for optimal physical and mental health.
- **Psychological Insomnia**: Is a common problem reported by adolescents. This includes difficulty initiating sleep, difficulty maintaining sleep, waking up too early and non-restorative

sleep causing significant distress or impairment. The cause is often anxiety, depression or stress. Or it could be that they cannot switch off their brain from thinking and let go of the day.

- **Delayed sleep phase disorder (DSPS)**: Also known as “late body clock” or “night owl”. This can be generally defined when the teen’s sleep is delayed by more than 2 hrs of the desired time. They have difficulties getting to sleep, being more awake late at night and sleepy in the morning. This creates difficulties getting up at the appropriate time in the morning and they may describe feeling permanently jetlagged. This body clock preference in adolescence is a mix of biological factors, further exacerbated by lack of parental monitoring, academic and social pressures and the use of electronic devices.
- **Snoring and Obstructive Sleep Apnea (OSA)**: Loud and regular nightly snoring is often abnormal in otherwise healthy children. Sometimes it is a sign of a respiratory infection, a stuffy nose or allergy. In more serious cases it can be a sign of obstructive sleep apnea (OSA). This is caused by an obstruction of airflow when breathing, causing a lack of adequate oxygen supply to the brain. In children this is most commonly due to enlarged tonsils and adenoids but may also be influenced by factors including obesity and small airways.

How much sleep do our children need?

Dr Chris Seton from the SleepShack says the best way to judge how much sleep a child needs is to assess whether it's “enough for them to wake spontaneously – meaning without an alarm clock - on most mornings and avoid tiredness during the day at least until the last hour before bedtime”.

The National Sleep Foundation recommends:

- Preschoolers (3-5 years old) : 10-13hrs/ night
- Primary School Aged Children (6-12years old) : 9-11 hrs/ night
- Teens (13-17 years old) : 8-10 hrs /night

How do we identify children who are sleep deprived?

- **Habits** :
 - Difficulty waking up and longer weekend sleep ins
 - Late for school
 - Increased use of caffeine/ energy drinks
- **Emotions** - Lower mood and motivation, stressed or anxious feelings
- **Brain** - Difficulties concentrating, poor short term memory, declining grades
Younger children can exhibit symptoms of attention deficit hyperactivity disorder (ADHD), becoming excitable, hyperactive, disagreeable and engaging in extreme behaviours like tantrums or aggression
- **Body** - Tired body language, less energy, yawning, headaches

For others signs visit: [Signs that children are tired](#)

Some practical sleep tips:

1. Prioritise your sleep and create a regular sleep/wake routine.
2. Improve your time management skills.
3. Clear your mind by setting aside thinking and planning time prior to winding down.
4. Have a one hour break between study and sleep.
5. Have a one hour break between electronic devices and sleep.
6. Keep your bedroom an electronics free zone.
7. Expose yourself to bright light in the morning and dim light at night.
8. Have a relaxing pre bed wind down routine.
9. Limit weekend sleep ins.
10. Don't lie awake in bed feeling stressed or frustrated. Try to do something to calm down and then give sleep another go.

For further sleep tips visit [The Sleep Connection-Solutions](#)

IMPORTANT: Seek advice from a health professional.

If you remain concerned that problems with sleep, however mild, are having an impact in terms of wellbeing, school, relationships or home life then seek advice and see below for both online and face to face options.

Professional Help

For suggestions on where to get professional help from visit: [The Sleep Connection-Professional Help](#)

Online



SleepShack is the clinically proven, online sleep program for pre-teens* (10-12 years) and teenagers (13-18 years). If you have any questions regarding the correct pathway simply email hello@sleepshack.com.au.

For more information visit [SleepShack](#)

Face to face



The Woolcock Institute of Medical Research has developed a comprehensive Paediatric and Adolescent Sleep Service which includes an interdisciplinary approach to treating sleep disorders in young people from birth to 18 years. For questions regarding appointments please call 0423 523 840 or 02 9114 0000.

For more information visit [Woolcock Paediatric and Adolescent Sleep Clinic](#)



Orienteering is coming

to the Hills District and western Sydney

Suitable for all fitness levels, ages and abilities. Everyone welcome!



Try the original adventure sport

DATE	SUBURB	ASSEMBLY AREA	START TIMES
1. Sun 2 Dec	Rydalmere	Upjohn Park, Kirby St	9-10.30am
2. Sun 9 Dec	Parramatta	Prince Alfred Square, Marist PI	9-10.30am
3. Sun 16 Dec	Ermington	George Kendall Riverside Park, Spofforth S	9-10.30am
4. Sun 6 Jan	Beaumont Hills	Caddies Creek Reserve, Millcroft Way	9-10.30am
5. Sun 13 Jan	North Epping	Ron Payne Park, Woods St	9-10.30am
6. Sun 20 Jan	Rouse Hill	Rouse Hill Regional Park, Worcester Rd	9-10.30am

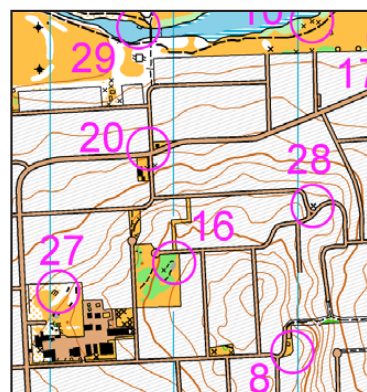
This 'Amazing Race' style of activity is great for families, bushwalkers, runners, athletes looking for some cross training... everyone!

The events are designed for a maximum duration of 45 minutes.

There are three options available:

- Two line courses of 2km and 5 km
- 45-minute score course - get as many checkpoints as you can in any order

For more information: Ian Jessup 0416 040 135
or visit onsw.asn.au/west



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