



"Prima Primum" – First Things First

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4 September 2020

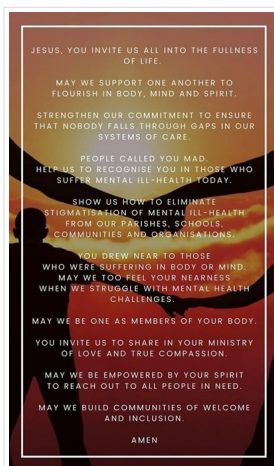
PRAYER

This week we had the launch of the Bishop's Social Justice Statement for 2020/21 entitled "To Live Life to the Full: Mental health in Australia today".

It can be downloaded here:

<https://socialjustice.catholic.org.au/2020/07/03/social-justice-statement-2020-21/>

Our prayer for this week comes from that inspiration.



St Paul;	Pray for us
Blessed Edmund Rice;	Pray for us
Live Jesus in our Hearts;	Forever

Amen

PRINCIPAL

Year 12 - Terrific Support from Staff

It is great to see Year 12 back after their Trial HSC exams. They now begin the refining process of their preparation for their HSC exams commencing on 20th October. I just wanted to highlight the amazing supportive work of our Teachers at this time with Year 12. Every day there are wonderful examples of generosity and care:

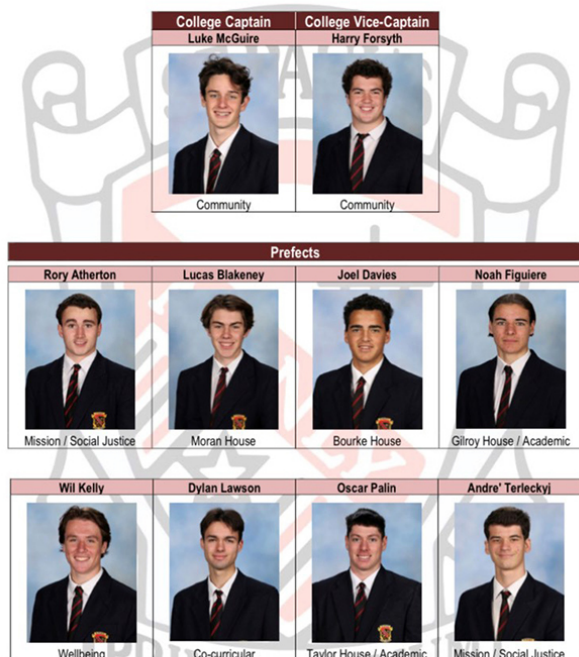
- Extra lessons in subjects by Teachers after school
- Online support of students with drafts of essays overnight and on weekends
- Extra time in the workshops, music and art spaces supported by Teachers present
- Time spent with students just allowing them to talk about how they are at this time - wellbeing check in
- Special provision support around exams including extra liaison with students and families to ensure they are traveling OK.

I know the boys are very grateful for the support they receive, and I know I'm incredibly proud of the efforts our staff have made to support their students this year. This is across all years, but Year 12 are a nice case study of what a caring place St Paul's is.

STUDENT LEADERS 2021

Today in our School Zoom Assembly we announced our College Captain and College Vice-Captain for 2021 as well as the Prefect portfolios for 2021. We wish them well, confident in the strong support for them.

Please join me in congratulating these fine young men.



Leaders of Student Wellbeing

Thank you to the parents of Years 7, 9 and 10 for your support in filling out the surveys. A 55% response rate was great. Work is now underway with their reports and process will be completed by the end of Term.

All Parents / Carers have been emailed for Years 8, 11 and 12 and have been asked to complete surveys to give them some feedback to inspire their goal setting for 2021. This is very important feedback and I would ask for all parents to assist us with filling out these surveys. Knowing what our own areas of strength are as well as where we might feel challenged are richer for feedback from all those we work with: students, staff and parents. Your help is greatly appreciated. Please encourage your son to fill out his survey also.

Post Lockdown Learning Survey

I will be sending out a survey to all, late next week to gather some feedback about how the boys and your good selves are traveling in the current COVID impacted times post lock down. Feedback about what's going well, what's not and how we can support you better will inform our planning.

We'll keep it short but clear and provide you with space to explain concerns or commendations. Both are helpful!

Thank you for your ongoing support.

God Bless.

Mr Chris Browne
College Principal

Please check out the College on Social Media

<https://www.facebook.com/stpaulscatholiccollegemanly>

<https://twitter.com/stpaulsmanly>

<https://www.linkedin.com/company/st-paul-s-catholic-college-manly/?viewAsMember=true>

ASSISTANT PRINCIPAL

Congratulations to the Year 12 cohort and those Year 11 students who have sat the Trial HSC exams over the last couple of weeks. The boys seem to approach the exams in good spirits and for the most part worked well. There were a few little bumps along the way, and I encourage any student who is unsettled about the upcoming HSC to speak up and contact either Ms Stuart, Mary or Kelly. There is always someone to help and when exam papers are returned the boys need to remember that is identifying what they know well and what still needs to be worked on.

For those boys who still have questions about careers or university, Mr Casburn, our Leader of Post School Options, is available for you to have a discussion with.

There seems to be a variety of hair styles at the moment, some of which are of the current trend and do not meet the College grooming guidelines. The current 'trend' at the moment is 'the mullet' which is wonderful if the boys are joining in with supporting the campaign for "Mullets for Mental Health". Information about this campaign has been emailed to the boys via Compass.

If your son is not supporting "Mullets for Mental Health" his haircut must fit within the College Uniform and Grooming Guidelines as are written in the Student Diary below.

Hair must be in such a condition that it:

- does not draw negative comments
- is clean, neat and tidy at all times
- is kept off the face and collar
- is a natural colour

The Student Diary also references that all students are always to be cleanly shaven at all times.

For those boys supporting "Mullets for Mental Health", their hair must be returned to the guidelines stated in the Student Diary as from Monday 12th October, which is the first day of Term 4.

I ask your assistance with these guidelines as we work together to support your son(s).

Ms Karen Shawcross
Assistant Principal

DIRECTOR OF RELIGIOUS EDUCATION

Year 12 Trial HSC Examinations

Congratulations to the Year 11 and Year 12 boys who completed their HSC trials this week. A lot of work and effort is required, and this was largely on display in these exams. This year was the first year that our Year 11 students have sat a trial exam as they complete an accelerated 1-unit course. This is a big ask of the boys. They need to develop their skills and knowledge in a condensed space of time and match the work of the Year 12s. Congratulations to those boys. Of course, this

will only benefit the whole cohort, which is our biggest in my recollection with 92 boys sitting the 1 Unit Studies of Religion.

It must be remembered that Studies of Religion often makes a significantly high contribution to the boys ATAR scores.

Prefect Leadership Day

On Wednesday 26th August, our nearly appointed Prefects spent the day at the picturesque Freshwater Surf Lifesaving Club to start their leadership journey. A number of fun, interactive and insightful activities allowed to boys to discover a bit about leadership, themselves and the team as a whole. The day was a great success involving eight and a half hours of intense training. These young men will no doubt be positive, successful leaders of the College. They are a strong group of young men who not only have a passion for St Paul's but are willing to leave behind a lasting legacy.

Mr Steven Callow

Director of Religious Education

DIRECTOR OF TEACHING AND LEARNING

This week the Class of 2020 completed their HSC Trial Examinations. In a year that continues to challenge, these students continue to inspire as they cope with the challenges and disappointments being thrown at them. Each one of our Year 12 students has had different experiences through 2020, but the overarching theme has been one of personal development; resilience, understanding and persistence are abundantly evident.

The return of the Trial Examinations gives each student the opportunity to identify areas of strength and areas for improvement. There is a significant amount of time for each student to address these with their teachers and with their classmates, prior to sitting their final exams. A collaborative approach to HSC preparation is best practice, as students undertake a collective responsibility for the success of Year 12 2020.

Year 11 students should be well underway with their preparation for End of Preliminary examinations. It is important that each student takes advantage of this examination block to not only successfully complete the Preliminary Course, but also as a guide to what will be required of them during the formal examination periods in their HSC year.

I am currently concerned at the number of students turning up to class unprepared to engage effectively with their learning. A basic requirement for most classes is a charged computer, pencil case containing pens, pencils, ruler and calculator and an exercise book. I encourage you to check that your son has all this equipment. There is no limit to how learning can occur in any classroom, and limiting oneself to just a computer, is limiting the attainment of other requisite skills.

As we approach the end of Term 3 there will be assessment tasks due across many subjects. The excuse I have no homework is now defunct. Review of the day's work is optimal as it supports consolidation of knowledge; whether this is keeping a summary book and collating key points from the

lesson, or reviewing problem examples from class, the mode is irrelevant. What is important is that there is some type of review. This also benefits the student as they complete assignments and prepare for tests. Developing a personal pattern of study early, supports students as they progress through high school. I encourage your son to speak with each of his teachers about how best to consolidate the learning in each of his subjects.

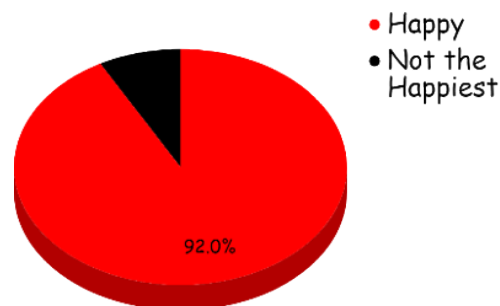
Mrs Trish McGregor

Director of Teaching and Learning

DIRECTOR OF STUDENT WELLBEING FOR LEARNING

Wellbeing Check-In: Week 7, Term 3

Last week students in Years 7, 8, 9, 10 and 11 completed a Wellbeing Check-In survey during Pastoral Care. The data that we gather from their surveys is valuable in that it helps us to identify skills that students would benefit in, developing more of, and to also assist specific students that may need a little bit of additional support.



The survey reported that 92% of students identified that their emotions at that time allowed them to feel happy.

Students also recorded what their learning goal for the week was and here are some examples:

- Do all my assignments
- Start an assignment
- Try and do my work to the best of my ability
- Get more merits (*some were more specific and gave a numerical value*)
- Get as much as I can get done without feeling overwhelmed
- Get all unfinished work finished

Given time to reflect, students were provided with this image as a stimulus.



Connect

Whilst with loved ones this month, consider asking one, or both, of these questions:

1. What is your learning goal this week?
2. How do you think you could be more kind to others and / or yourself?

STUDENT DIARY

Some Year 7 and Year 8 Students are a little out of practice with their organisation, it seems. Some boys have forgotten how to use their Student Diary and some boys forget to bring their diary to school.

It would be wonderful if you could encourage your son to use his Student Diary and remind him to pack it for school each day please.

"WHAT? YOU'VE LOST ANOTHER JACKET!"

The season is changing.

- It is cold in the morning, so the boys will wear their jacket to school.
- Come recess and lunch, a bit of touch football, basketball, handball and quickly the boys will remove their jacket and place it to the side.
- Then it starts getting cool again in the afternoon, so the boys go to put their jacket on.
- They begin to search for their jacket. In their locker - no. In their bag - no.
- So, they retrace their steps - nope, cannot find it.
- It is 'lost'.

There appears to be numerous pieces of clothing and other random items surfacing in the Wellbeing Centre, College Reception and in DM8 Sick Bay. Please ensure that your son has all of his clothing and other items clearly labelled with his full name. This will mean that anyone can locate the owner of the lost and misplaced items, not just him. This way there is a higher probability of the lost property being returned to your son.

Ask your son to come to the Wellbeing Centre where there is a laundry marker that can be borrowed to label his clothing and items.

One day, they might realise the value of their school uniform.



<https://www.jerseyday.com.au/>

On Monday, as I was finishing my day here at school, I noticed a tall gentleman at the top of the school yard with two young boys. I approached him and we started a conversation. He was taking a photograph of the promotion of Jersey Day on our school noticeboard and he was sending it to a good friend, who was a member of the Gremmo family.

On 30th April, 2015 the Gremmo family's life changed forever when their eldest child Nathan, age 13, was critically injured while crossing the road. Despite an off-duty paramedic and

policewoman rushing to assist and a Care Flight trauma team and paramedics arriving shortly after, his injuries were too severe. Nathan died the next day in hospital.

Why do we celebrate?

Nathan's family made the decision to donate their son's organs and this decision became an amazing gift as it saved the lives of five young adults and a baby.

Nathan wrote on his Instagram account hours before his death, *"You only live once but if you do it right once is enough"*. We celebrate his life and the legacy that it has left for all of us.

Nathan had a love of sport, so today we all wore a sporting jersey and we played in various competitions, year group against year group, in memory of the gift of Nathan's life and as a reminder to have the conversation with loved ones about Organ and Tissue Donation. Think about registering when of age.

Watch us celebrate Jersey Day on St Paul's Facebook. Like, share and repost the message.



<https://donatelife.gov.au/>



RUOK? Day is Thursday 10th September

There's more to say after RUOK?

Ms Angela Bowland
Director of Student Wellbeing for Learning

COLLEGE COUNSELLOR

Help kids tap into their inner resources

"If you want your child to be resourceful you need to put them in positions to develop their resources."

Mrs Mary Thomas
School Counsellor



CAREERS

For comprehensive careers information please visit St Paul's Careers on our website at the link below where you can find a calendar of careers based events along with information on the different pathways available to your son during and after school.

<http://stpaulsmanlycareers.com/>

For our Careers Newsletter please click on this link:

<http://stpaulsmanlycareers.com/?page=newsletter>

To subscribe to our careers email alerts of further and higher education provider open days and events, please follow the link below:

<https://stpaulsmanlycareers.com/?page=calendar-of-events>

Mr Dale Casburn
Leader of Post school Options

COLLEGE NOTICEBOARD

If you would like a tour of the College, please register your interest by calling our Enrolment Registrar, Mrs Louise Raffo on 9977 5111 or by emailing stpauls@dbb.catholic.edu.au

St Paul's Standard Collection Notice

Please find here an updated and current version of St Paul's Standard Collection Notice.

<https://stpaulsmanly.nsw.edu.au/wp-content/uploads/2020/02/Standard-Collection-Notice-February-2020.pdf>

YOUTH MINISTRY AND SOCIAL JUSTICE NEWS



Catholic Youth Broken Bay invites all young people to PRAISEFEST – virtual. Come and join young people across the Diocese as we gather online, participate in community and break open the good news in a new and fresh way.

We will be welcoming very special guest and friend, Father Rob Galea as he takes us deeper into our theme 'Christ in Me', not to mention some fun and creative segments we will be doing in this online environment.

So, make sure you join us on Zoom or tune in via livestream to not miss out.

<https://www.facebook.com/events/361345181560667/>

Date: Friday 18 September 2020

Time: 6:00pm

Venue: Zoom Meeting and Live Stream (Zoom link to follow on CYBB official event page)

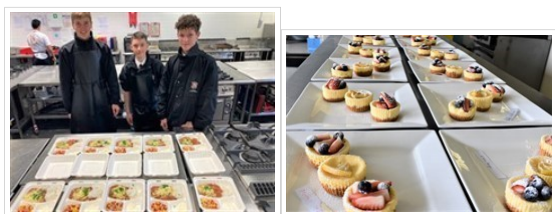
Ms Joanne Kalayzich
Youth Ministry Coordinator

FOOD TECHNOLOGY STAGE 5

Through our new topic on Food Service and Catering, the Stage 5 Food Technology students have put their knowledge of commercial and non-commercial catering establishments into practice.

The first practical activity was somewhat an assembly line, where the students prepared just one task towards the mass production of a simple dish, and one that could be prepared on a budget. The boys loved the Chilli Beef with Rice and Corn salsa.

To represent a commercial establishment and the need for consistency and professional food presentation, each student prepared an individual plate of Baked Mini Cheesecakes. They were each required to present the dish exactly according to the presentation, weights and proportions on the recipe card provided. I think the photos say it all, 35 identical plates of mini cheesecakes and 35 evenly portioned and packaged chilli beef sets.



YEAR 7 TECHNOLOGY

Year 7 Technology have been demonstrating their computer coding and programming skills using Arduino microcontrollers. Several weeks ago the boys had little to no idea about the programming language however are now independently reading, deciphering and changing the code provided to produce a range of different outcomes. In just a few weeks they have learnt how to create flashing lights, control a light sensor, use and apply the potentiometer to control lights and create intruder alarms and buzzers to make music.

By the end of the year, we hope the boys will be able to combine a range of sensor input devices to produce outputs for a specific purpose and chosen application.



Mrs Catherine Winter
Leader of Learning TAS

YEAR 8 JAPANESE

Today, we heard the sounds of oishii (delicious) from our Year 8 students. They thoroughly enjoyed eating their Obento as part of their Japanese unit on food and dining etiquette. Students used chopsticks effortlessly and abided by Japanese rules of dining etiquette.

Obento is derived from the word benri in Japanese meaning convenient. Which is exactly what an obento is - a conveniently packed lunch with a variety of food included. We were fortunate enough to have yakisoba- noodles, edamame- soybeans, sushi, teriyaki chicken and gyoza- dumplings.

At the end of the lesson, we saw many empty obento's with students saying "gochisousama deshita" thank you for the meal.



Thank you to Waka Restaurant in Manly for providing us with our oishii obento today.

Mrs Amanda Kibby
Leader of Learning Languages

SPORT

Results Week 5

U16 Rugby: St Paul's v St Augustine's College, Brookvale (Won)

U18 Football: St Paul's v Mater Maria Catholic College, Warriewood (Lost)

Results Week 6

U14 Rugby: St Paul's v St Augustine's College, Brookvale (Lost)

U16 Rugby: St Paul's v Mater Maria Catholic College, Warriewood (Won)

U18 Football: St Paul's v Oxford Falls Grammar School (Won)

Basketball Manly Warringah Competition Current Table Standings

Opens Division 3 - 3rd
Opens Division 5 - 2nd
Year 10 Division 1 - 3rd
Year 10 Division 3 - 1st
Year 9 Division 2 - 2nd
Year 8 Division 3 - 1st
Year 7 Division 2 - 6th

BBSSSA Sport Link

Broken Bay Secondary Schools Sport Association link:

<https://www.brokenbaysport.org.au/secondary>

Mr Tim Emmerson
Leader of Sport

YEAR 12, 2020/2021 TEXTBOOK INFORMATION

The textbook requirements for Year 12, 2020/2021 are available ONLINE at the link below. Please place the order online before Thursday 17th September 2020 using 'G5YG' as your code, to make sure the books are home delivered ready for the start of Term 4, which is Semester One for Year 12 students.

<http://www.campion.com.au/>

We recommend you buy or sell your Second hand books online via the link below.

<http://www.sustainableschoolshop.com.au/>

If you have any queries, please do not hesitate to telephone the Information Resource Centre.

Mrs Nicola Pervan and Mrs Vicki Broome
Information Resource Centre

MANLY FUN RUN

After consultation with the NSW Government, this year's event is scheduled to take place virtually over the period from Wednesday 2nd September to Sunday 6th September (Father's Day). As the event is now virtual, any course is possible. For those looking for inspiration, the Fun Run will have three separate options:

More information on the course can be found at the link below.

<https://www.manlyfunrun.org/routes>

The event entry fee has been reduced to \$15:00 and will be a donation to the Rotary Club of Manly who is organising the event.

- A 10km loop
- A 5km loop
- A 2km family and kids loop

We are encouraging schools to enter a team in the event (including students, parents, teachers) supporting a charity that is relevant to the school.

LOST PROPERTY

Lost property is located at the College Reception in the Cardinal's Palace. If your son is missing any item(s) please ask him to check at the College Reception and staff will endeavour to locate his missing item(s).

Please label your son's uniform items. Uniforms are expensive and when they have no identification, we cannot return them to the owner.

We welcome any preloved and outgrown St Paul's weatherproof black jackets, long pants and white shirts for donation to the College, as our spare stock has dwindled.

College ties are always very welcome as these are often misplaced by the boys and it is great when we can offer a student a spare tie. We also have a large amount of senior and junior boys' long pants in good condition, so if your son needs a pair, we should be able to help.

PARENT LIAISON GROUP

If you are interested in being more involved with St Paul's and the Parent Liaison Group, you are very welcome. If you have any feedback or questions, please feel free to email us at plgspcc@gmail.com

Mrs Michal Brenchley and Mrs Leisa Cannon
Parent Liaison Group

CANTEEN

As well as cash, the online Flexischools ordering and payment service is available for ordering in 2020.

To register, please follow the instructions available at the following Url,

<http://www.flexischools.com.au/>

Cut off time for lunch orders via Flexischools is 9:30am

EFTPOS is available.

We welcome new ideas and initiatives and work hard to accommodate requests.

Special dietary requirements are available on request: gluten free, dairy free, halal, vegetarian, vegan, and nut free can be catered for.

Tania and Teresa
Yummy Bears Kiosk

FOLLOW US ON SOCIAL MEDIA

Are you following us on social media? Important communication will continue to be emailed, posted and placed in the newsletter but social media is another way to keep up to date with the happenings here at St Paul's.

FACEBOOK: @stpaulscatholiccollegemanly

INSTAGRAM: spcc_manly

TWITTER: @stpaulsmanly

If you have concerns about your son appearing on social media, please alert the College immediately.



BROKEN BAY NEWS

Broken Bay News monthly publications are available via this link:

<https://www.bbcatholic.org.au/news-events/broken-bay-news/broken-bay-news-editions>

PLEASE BOOKMARK THESE LINKS FOR FUTURE REFERENCE

College Website:	www.stpaulsmanly.nsw.edu.au
Newsletter Password:	stpaulsnews
Enrolments email	enrolments@dbb.catholic.edu.au
Student achievements email:	stpauls@dbb.catholic.edu.au