



## "Prima Primum" - First Things First

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23 October 2020

## PRAYER

Prayers to St Joseph of Cupertino for Success in Examinations

O Great St Joseph of Cupertino who while on earth did obtain from God the grace to be asked at your examination only the questions you knew, obtain for me a like favour in the examinations for which I am now preparing. In return I promise to make you known and cause you to be invoked. Through Christ our Lord.

St Joseph of Cupertino: Pray for us.

St Paul: Pray for us

Blessed Edmund Rice: Pray for us

Live Jesus in our hearts, forever,

Amen

St Joseph of Cupertino was canonized in 1767 and history tells us that St Joseph's mother often considered him a bit of a nuisance as he was often slow to learn and absent-minded; had a bad temper and was not at all popular. He tried to learn a trade but failed; around the home he dropped piles of dishes and kept forgetting to do what he was told. Like many parents his mother was not pleased and often frustrated with the teenager. However, around the age of eighteen Joseph began to change growing in humility and gentleness. Today he is remembered as the patron saint of studying and this prayer was said at the St Mary's, Manly last weekend for all those preparing for their HSC. I encourage everyone to read the prayer keeping our boys in mind as they complete their HSC examinations.

## PRINCIPAL

Welcome to Term 4, and what a great start we have had. Our Year 9 students started the Term with a camp; some slight adjustments were made to ensure that it was COVID safe, however none of the adjustments affected the experience. It was wonderful to see that after having to postpone this camp

from Term 1 we were able to have the boys experience this camp and the associated activities. Congratulations must also be given to the group of boys who stayed on at the camp to participate in the practice adventurous journey for their Bronze Duke of Edinburgh Award. The Bronze Award is challenging and requires a commitment beyond the classroom calling on all aspects of life. For the boys who have committed to this award I wish you all the best and encourage you to finish the journey you have now begun. Many thanks must also go to the Teachers who gave of their time to accompany the boys on both the camp and the adventurous journey.

This week Year 12 commenced their Higher School Certificate examinations and the reports from the supervisors has been very positive in the way the boys have approached their exams. I spoke with some of the boys after the first couple exam papers this week and they have said that they are pleased with the questions and with their preparation. The year has indeed been challenging for our Year 12 boys and it is wonderful to see them so positive at the conclusion of their first week of exams. Many thanks to Mrs McGregor who has created a COVID safe 'bubble' around the examinations to ensure the safety and wellbeing for all.

God bless.

**Ms Karen Shawcross**  
**Acting 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

Term 4 is Christmas Term. Advent is a season of the liturgical year, a time of expectant waiting and preparation for the celebration of the Nativity of Jesus at Christmas. There is, however, no time to be sitting around and waiting. We must

be active in our preparation. October is both Catholic Mission Month and Mental Health month. Both were launched last week by our new Prefect body as they presented their first assembly to each of the Year groups. They did a fantastic job and we are confident that we are in safe hands for 2021.

The message this year is that charitable actions and behaviours are in fact a huge protective factor for our mental health. Evidence suggests that the act of giving, either your time and service, or cash donations has a great impact on our happiness and self-worth, just as at Christmas, making them feel good about themselves. Giving is good for the giver — boosting physical and mental health, including raising self-esteem and reducing depression.

This year we have already collected a huge pile of goods for the Vinnies winter appeal and we donated over \$2,000.00 to Project Compassion. (more per head of school population than many other institutions). We have worn our Jerseys for organ donation, yellow for 'RU OK Day' and raised nearly \$8,000.00 with 'Mullets for Mental Health'.

Other protective factors in good mental health include: building and maintaining good relationships with other people, contributing to a sense of wellbeing; developing gratitude for what we do have, which leads to empathy for those that don't have; and using your strengths to give to others.

This year's Catholic Mission is focussing on Cambodia, one of the poorest countries in the world, and one we as a school visit and support. In the 1970s the Khmer Rouge, a political revolutionary party led by Pol Pot dismantled the education system and the industry in the country, moved people out of the cities into the fields and murdered a quarter of the country's population between 1975 and 1979 in the Killing Fields. Even now the country, full of beautiful smiling people, is not fully recovered and COVID-19 has made even worse with the Tabitha foundation reporting that about 60% of the population are not in full time employment surviving on a few dollars a week.

Our fundraising this year will help those struggling in Cambodia and the activities we will use to do this will hopefully also build on our students' mental health to develop a sense of gratitude and connection

Each Pastoral Care group will decide on its own fundraising activity. Ask your son about his PC's activity. Year 10 PC2, for example, are having 'no red shirts Thursdays' because red represented the Khmer Rouge Regime in Cambodia. Year 10 PC3 are having a 'Fancy Clothes Day' as recognition of the fact that the garments industry is the backbone of Cambodia's economy. More than 600 garment and footwear factories produce apparel for around 200 international brands, taking advantage of cheap Cambodian labour. The minimum wage for a garment worker was set at 153 USD per month. Up to one million people now work in the garment sector, 90% of them being women. Year 9PC3 had a pizza day to raise \$60.00. Year 12 PC3 are selling chocolates.

In addition, we held 'Fluro Day' today with a donation going to Catholic Mission whilst raising awareness of mental health and starting that conversation.



Finally, we are having a naming competition for the Science room S21. Room S21 happens to be the name of an infamous prison that the Khmer Rouge had. For \$2.00 an entry, you are invited to come up with a new name for the room that is appropriate and reflects this month's focus. Your legacy to St Paul's may just be the name you give to the room!

**Mr Steven Callow**  
**Acting Assistant Principal**

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## DIRECTOR OF TEACHING AND LEARNING

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The hectic pace of school life continues in Term 4.

This week our Year 12 students commenced their Higher School Certificate Examinations. Given the challenges that this year has presented I continue to be impressed at the way they have risen to these challenges, and particularly, in their preparation for their final examinations.

It is not only our Year 12 students sitting the HSC this year, there are 51 Year 11 students sitting the Higher School Certificate examination in Studies of Religion 1 unit. The commitment the Year 11 students have shown in undertaking two years of study in 12 months, is pleasing. The benefits of this pattern of study include an early experience of the demands of the HSC, and the completion of one of their HSC units in Year 11, enabling a slightly lighter study load in Year 12. We wish these students well in their early HSC endeavours.

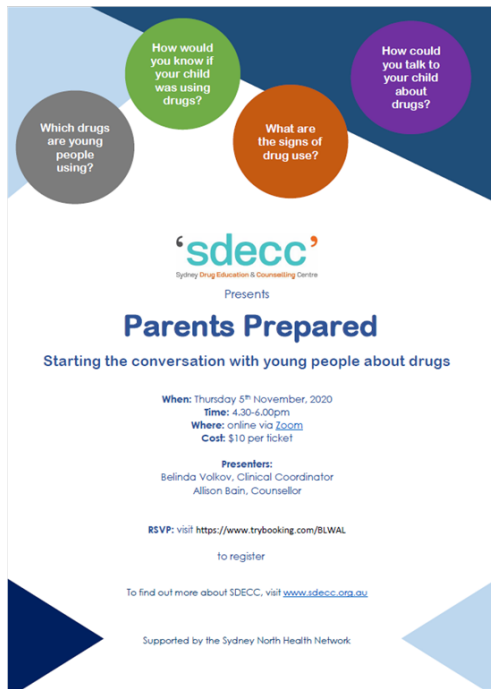
The Year 11 students complete their preliminary courses this week. As of Monday, each student in Year 11 will begin his final year of schooling. The close camaraderie of this cohort is plain to see. I encourage them to use this connection to collaborate with and support each other in their chosen subjects, all the while challenging themselves and each other to maximise their individual, and collective, potential.

As conditions are beginning to allow a return to what is now the new norm, it is appropriate for each student to review how he has adapted to the conditions of 2020. This Term things are approaching normal, and each student needs to consider how he engages in class and with his teachers, how he consolidates learning with review and study at home and what he needs to modify in order to pick up the pace in 2021. Using the remainder of 2020 to plan and implement an appropriate pattern of study will ensure student readiness for 2021.

**Mrs Trish McGregor**  
**Director of Teaching and Learning**

## DIRECTOR OF STUDENT WELLBEING FOR LEARNING

### 'Parents Prepared' Online via Zoom



<https://www.trybooking.com/BLWAL>

### Technology, Gaming and Online Safety

Northern Beaches Council recently held a parent webinar on Technology, Gaming & Online Safety with Dr Michael Carr-Gregg, Game Aware and ySafe and a recording has now been published for parents.

Watch the recording from a recent webinar with leading Child and Adolescent Psychologist Dr Michael Carr-Gregg, Game Aware Founder Andrew Kinch, and ySafe Executive Director Yasmin London. Moderated by local Northern Beaches Psychotherapist Mike Burns, this panel-based webinar covers some important issues parents are facing in our current world as young people are required to utilise technology and the internet in education, recreation and their personal lives. The webinar also provides strategies for parents to support their children develop a healthy relationship with technology. Link to the webinar

More information can be found here:

<https://www.northernbeaches.nsw.gov.au/things-to-do/what-s-on/webinar-recording-technology-gaming-online-safety>

**Ms Angela Bowland**  
**Director of Student Wellbeing for Learning**

## COLLEGE COUNSELLOR

### Parenting in challenging times

Life has a way of throwing curve balls that really test the strength and resilience of families. Personal tragedy, natural disasters and global pandemics are the types of events that challenge us all to the core, testing our emotional and social 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](mailto:stpauls@dbb.catholic.edu.au)

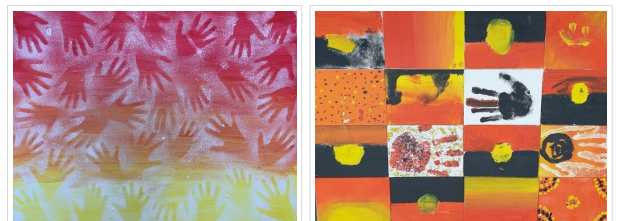
### St Paul's Standard Collection Notice

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

### Year 7 Reflection Day



Last Friday our Year 7 students enjoyed a Reflection Day that was led by Aboriginal Elder Stuart McMinn. Students participated in a smoking ceremony and Stuart shared the 6 L's that are important to Aboriginal people Lore/Law, Love, Look, Listen, Learn and Lead. Stuart generously shared culture through story, tools of the trade, song, dance, music and art. The day concluded with students joining in a yarning circle, where they were able to share what they enjoyed most. The boys created a beautiful artwork that was gifted to Mr Chaney to symbolize their journey here at St Paul's.

## World Mission Day



The College celebrated 'Fluro Friday' today, one of student initiatives designed to help raise awareness and money for the works of Catholic Mission. Students and staff dressed in fluro clothes and accessories and brought in a donation. During the month of October each Pastoral Care Group has been running their own campaign to raise awareness and money for Catholic Mission. This year the College is focusing on the plight of Cambodia and students have gained an understanding of the history and social conditions affecting its people, especially during COVID. Our friends from Tabitha report that up to 60% of people have been left without work, which only reaffirms the College ongoing commitment to seeking improving conditions for the people of Cambodia.

## Praisefest



Our very last Praisefest of the year is happening. So, book it in your calendar and get ready for a sweet night of fun and good laughs, a message and \*drumroll please\* a very special INTERNATIONAL guest: Chris Padgett! (Trust us... You do NOT want to miss this...)

- When:** Friday 13th November at 6:00pm  
**Where:** St Mary's Catholic Church, 6 Raglan Street, Manly  
**RSVP:** joanne.kalayzich@dbb.catholic.edu.au

## An invitation to discover more about our Catholic faith

The Rite of Christian Initiation for Young Adults

Perhaps you have been thinking about becoming a Catholic Christian for some time but never got around doing anything about it.



- Perhaps you have been baptised but have not received the Sacraments of Holy Communion and Confirmation
- Perhaps you have been involved in a faith community but never took the step to investigate becoming a full member of the Church.

If you would like to know more about becoming a member of the of the church please contact joanne.kalayzich@dbb.catholic.edu.au

**Ms Joanne Kalayzich**  
**Youth Ministry Coordinator**

## SPORT

### Week 3 and 4 Sport Fixtures:

#### Cricket:

- Manly Shield Round 2 – Date TBC
- Manly Cup Round 2 – Date TBC

#### Futsal:

- U14 – Friday 30th October and Friday 6th November
- Opens – Wednesday 28th October and Wednesday 4th November

#### Touch:

- U14 – St Leo's, Wahroonga - Date TBC
- U18 – St Leo's, Wahroonga - Date TBC

#### Basketball:

- Monday - Year 7
- Wednesday - Year 8
- Thursday - Years 9 and 10
- Friday – Open

All enquiries, please contact me at timothy.emmerson@dbb.catholic.edu.au

### Upcoming Broken Bay Event

Tennis: Tuesday 24th November - More information soon

**Mr Tim Emmerson**  
**Leader of Sport**

## Under 15 Cricket Results

The under 15 cricket team had a nail-biting victory over Cromer High on Tuesday. Electing to bat during the early morning drizzle, the boys batted both patiently and intelligently to compile a total of 150 off 35 overs. Stand out performers with the bat included Luke Watts (34) from Year 7 who showed great maturity in what was his debut for the school and Jedd Thomas of Year 9 (38) who showed his power, smashing the Cromer attack to all parts of the oval.

With the ball, the younger members of the St Paul's team stood up. Connor Beat (2/20) from Year 7 started the rot by up-rooting the stumps to dismiss the opener and first drop. All of the St Paul's bowling cartel tormented the batsman - Rishi Pande (1/20) showed great control with his leg spinners, Donnell Prince (0/18) bamboozled, Lenny Foley (0/22) hit the pitch hard and Noah Pitkin from Year 8 made runs non-existent with excellent figures of 1/6 off 5.2 overs. The dominant performance was again Luke Watts, who akin to a young Brett Lee, bowled with pace and accuracy with fantastic figures of 4/11 off 6 overs.

A fantastic win for St Paul's in which was a great team effort.



**Mr Benjamin Falconer**  
**Teacher**

## YEAR 12, 2020/2021 TEXTBOOK INFORMATION

The textbook requirements for Year 12, 2020/2021 are available ONLINE at the link below. Please order NOW, online using 'G5YG' as your code, to have the books home delivered.

<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**

## SCHOOL TRAVEL FOR 2021

Applications for student travel in 2021 opened on Monday 12th October, 2020.

## LOST PROPERTY

Lost property is now 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.

If your son has out grown his school uniform please consider donating any items, particularly senior uniform pieces and jackets, to the spare uniform pool at the College – this has proven to be a very helpful solution to many boys experiencing wardrobe 'malfunctions' during the course of the school day and is a great way to recycle, reduce landfill. The College ties are always very welcome as these are often misplaced by the boys.

## 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](mailto: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**

## SCHOOL UNIFORMS

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It is strongly recommended that uniforms be purchased from Pickles before the end of this year to ensure minimise queuing during the January 2021 back to school period. Most importantly, Pickles wants to keep everyone safe (and within the government guidelines for social distancing) in their store.

## FOLLOW US ON SOCIAL MEDIA

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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

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

## PLEASE BOOKMARK THESE LINKS FOR FUTURE REFERENCE

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<b>College Website:</b>	<a href="http://www.stpaulsmanly.nsw.edu.au">www.stpaulsmanly.nsw.edu.au</a>
<b>Newsletter Password:</b>	<a href="#">stpaulsnews</a>
<b>Enrolments email</b>	<a href="mailto:enrolments@dbb.catholic.edu.au">enrolments@dbb.catholic.edu.au</a>
<b>Student achievements email:</b>	<a href="mailto:stpauls@dbb.catholic.edu.au">stpauls@dbb.catholic.edu.au</a>