



"Prima Primum" – First Things First

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16 December 2020

PRAYER

Prayer for the Third Week of Advent.

Lighting the lighter-coloured candle this week is a sign that what was dark is getting brighter, and joy is on its way. We can hardly wait to rejoice and sing at Christmas. We know that the wonder of the season tends to push all our sadness and sorrow away, so we start to feel that special feeling already.

The prophet Isaiah, in this third week of Advent, recalls for us what that joy is like. Feeling God in our lives lifts our spirits. What is it that will make even the poor happy and the hurting healed? Praise for God and justice for others.

St. Paul reminds us to pray, to be holy and to not let anything quench our joyous spirit.

Let us pray.

Father in heaven, help us hear again the voice of John the Baptist crying out in the desert. Help us make straight the pathways of our own lives so that those paths lead to eternal life with you. God above, do good and avoid evil is so easy to say, yet so hard to put into practice. Be with us in each moment of every day so that we remain blameless and worthy of your coming.

Help us, Lord, not to dampen the joy of others. Remind us this week to rejoice always and to pray without ceasing.

Holy Spirit guide us so that our lives may be testimony of the wonders and the love of God, so that others might believe through us.

St Paul pray for us.

Blessed Edmund, pray for us.

Live Jesus in our Hearts, forever.

Amen



PRINCIPAL

For my last newsletter article I'm using the substance of what I said to the boys at the Year in Review last Friday and added some thoughts for the community also.

In reflecting on the year we have had, I'd first like to congratulate all our prize winners which recognises individual excellence not necessarily, all about high achievement but as I've said for four years it's about each young man being the best he can be, making the most of his gifts.

It is about excellence and I invited the boys to reflect on how they've achieved the goals they have set themselves, to take a moment and savour that. Celebrate it and use it to motivate them as they've proven what COURAGE, our graduate profile, produces.

Curiosity
Organisation
Understanding
Responsibility
Autonomy
Grit
Ethical Awareness

So well done to them and now to start planning to go to the next level next year, learning from the feedback and not taking a backward step. Remember that what they do next when adversity strikes is what matters.

2020 has been an extraordinary year in so many ways. I reflected on the image of an uncut diamond. Why would I talk about that?



As we know Diamonds are formed deep within the Earth about 100 km or so below the surface in the upper mantle. Obviously in that part of the Earth it's very hot. There's a lot of pressure, the weight of the overlying rock bearing down, so that combination of high temperature and high pressure is what's necessary to grow diamond crystals as the carbon atoms are brought together. With movement in the crust of the earth these diamonds are pushed upwards closer

to the top where man mines them from deep in the earth. But what's my point?

Diamonds are made under pressure. 2020 has provided plenty of that between bushfires and Covid.

There's been a lot of talk about the deteriorating mental health of young people. Those who have been treating those who seek help also note that 2020 has created significant resilience in young people too as they have lived through these extraordinary times. It has proven to many that they can push through, they can prevail.

Two lessons, therefore. Firstly, those who seek help learn about their own resilience - get the help if they need it and secondly, 2020 has created St. Paul's Diamonds.

When we look at our COURAGE model this is referring to Grit, that capacity to sustain focus and persistence on long term goals regardless of what life throws at us. Feel free to look up the Grit TED talk by Angela Duckworth or read her book. She points out the critical importance of Grit for individual success.

So rather than the odour of hand sanitiser be the abiding memory of 2020 lets focus on how this experience has made us stronger, how we've learnt to push through when things have seemed tough. How we've been able to be our best under pressure. How we have become diamonds due to the pressure.

We have evidence of this in assessment from them, both formal and informal, summative and formative, through the year and I know we certainly saw it with how Year 12 prevailed this year despite all they had to face. Yet we also saw it in all years.

They need to be proud of making it through this year as well as they have, as do the staff.

Their teachers have journeyed this with them and in their own way have shown what diamonds they are also. I hope they are grateful to them for the many many ways in which they go the extra step for them because they want them to be the very best, they can be.

The staff of the College have had an amazing 2020 and they know how much I have appreciated all they have done. We know through parent surveys that they too have been very grateful for the staff of the College.

On the note of gratitude can I also take a moment to thank a small handful of staff who are moving on at the end of this year. We have a couple of big trees falling in the St Paul's forest. Firstly Ms. Sheryl Amber who is moving to Queensland after 20 years of service to the College. Her contribution in Learning Support / Diverse Learning in recent years has been one of profound care in our community and we wish her every success in her new school but also reconnecting with her daughter, son in law and grandchild. Family must always come first.

Next Ms. Fiona Stuart is leaving us to move to the North Coast after close to 20 years' service as a teacher, Diocesan Sport Officer and in more recent years Leader of Wellbeing. Her capacity to give for the students through her love of sport and PDHPE, like Sheryl's has also been profound. We wish you well at your new school in Kempsey.

We also farewell early next year Mr David Fowell who is moving to the Southern Highlands with his wife and child and we thank

him for his five years of service to the College in and out of the classroom, teaching, coaching teams, a great community man who will enrich his next community.

We also thank Ms. Kylah Hollingsworth who is moving to Newcastle after a very successful twelve-month appointment at St. Paul's and to Mr Lei Guan who has been picked up for a permanent Maths teaching position at Our Lady of Sacred Heart, Kensington. Lei will live on in our collective memory for how professionally he accepted a position here then immediately found himself teaching in Home Based Learning. A great effort from a fine teacher.

At this point I'd like to make a couple of points to leave with you for the last time as you know I too am departing to take up the leadership of Kildare Catholic College, Wagga Wagga.

This College first and foremost is a Catholic school with an Edmund Rice tradition. That means we are focused very much on exploring just what Jesus' commandment of Love One Another means for our young men's lives. Edmund Rice gives us the sharpening of that focus on placing others at our centre and being of service to humankind and our world more broadly. That is a gift to their lives this College gives the young men who go here. I hope they can reflect on it and allow it to always be their guiding force in life.

I thanked them for who they are, what they bring to each other and their College and wished them the very best for their futures ahead.

I take this opportunity to thank all parents and carers for their support this year through a very trying time but one which I am proud to say the College handled really well. For your sons, learning was sustained, wellbeing was supported, and their faith lives nourished.

In the meantime, may you have a wonderful Christmas, and may the birth of our Saviour give us all a chance to pause and reflect on what the birth of Jesus means amidst all the gifts and food. As our College motto says, Prima Primum, First Things First after all. We should honour that.

Best wishes to you all now and for the future.

God bless.

Mr Chris Browne
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

As the year ends it is often a time to reflect on what has been and nothing does this better than the Year in Review. Sadly, in these times of Covid we needed to organise a slightly different day presentation as compared to previous years. However, the bonus of this new style meant that it was videoed and released to the community via a link, thus allowing the memories to

be held for all to see. The boys received their awards in front of their friends and classmates; they were able to see short videos of memories and listen to both the Junior and Senior bands. The presentation itself was led by our student leaders who did so with immense pride for the Year 7-10 boys. There were many highlights of the awards including some students receiving numerous subject specific outstanding achievements – almost too many to carry for some. Congratulations to all our award winners.



Over the last week the boys were reminded to empty their lockers and take all their books home with them. It is wonderful that most of them have done this. However, for those boys who may have left items in their lockers, they will be discarded this week.

This week the Year 12, 2020 cohort will receive their Higher School Certificate results and ATAR's (if applicable) and I am sure this is a nervous time for them. Regardless of the end results, this cohort worked well during a difficult time, ten have already received early offers from Macquarie University and many have already begun their apprenticeships. They are a group of young men who handled the challenges of 2020 well and should be proud of their achievements.

A friendly reminder that the 2021 school year commences on Thursday 28th January for all Year 7, 11 and 12 students, with the remainder of the boys commencing on Friday 29th January. All boys need to be in correct summer uniform, and I ask that they set a reminder now to have the haircuts completed prior to these dates. For all enquires the College Office will reopen on Wednesday 20th January. I wish everyone a safe and Happy Christmas and look forward to seeing you all in the new year.

Ms Karen Shawcross
Assistant Principal

DIRECTOR OF RELIGIOUS EDUCATION

The year closed very positively for all the Religious Education classes. Year 7 took part in an Advent Escape Room challenge and a Christmas pilgrimage. Year 10 were able to get a start on their accelerated Preliminary course which kept them busy to the end. Year 8 finished their artwork assessment and Year 9 were able to use the service hours they accumulated to log them online.

Over 170 boys were able to log service hours which is very encouraging. This is an important part of being a Catholic school, to set us apart with our own identity. Service hours are an important aspect of school:

1. Service Learning Associated with Academic Gain

Students who participate in community service tend to do better in school.

2. Core to Catholic Discipleship

Service activities are fundamental to Catholic education and core to Catholic discipleship.

3. Students Often Experience Increased Sense of Self-efficacy

Students who do community service work learn that they can make a difference with what they do. This helps students better understand their own competence, leading to more self-confidence.

4. Helping others Has Health Benefits

Community service can help students become healthier over the course of a lifetime. Research has shown that individuals who participate in volunteering have better physical and mental health than those who do not.

5. Students More Attractive to Potential Employers/ University

Taking part in community service teaches students skills that are valuable to employers, like problem solving, teamwork, and the ability to follow instructions. Volunteering is especially valuable when it is related to a student's future career.

6. Sense of Responsibility and Pride

As students work within their community, they learn that they can be responsible for making great things happen. This helps to build a sense of responsibility in students, and a sense of pride when they see what they've done is helping others.

7. Social Skills

Community service helps students to mature by developing social skills.

Students are expected to complete 15 points of service each year. 2 points are awarded for every 1 hour of unpaid/unrewarded service. 1 point is awarded for every hour of service where the student may receive some reward (time of school, nominal payment). Outstanding service is recognised in the Year in Review with all students having their service recorded on their reports. This is very handy when looking for employment or university entrance.

Congratulations should go to all the boys who contributed to the Vinnies Christmas Hampers this year. They were fantastic! So much generosity!

Mr Steven Callow
Director of Religious Education

DIRECTOR OF TEACHING AND LEARNING

While 2020 has been anything but normal, a considerable number of positive outcomes have evolved as a result of navigating school this year. Students have become more responsive to their learning with the remote learning model providing them with flexibility and accountability resulting in greater efficiency. This was particularly apparent with senior students, who were able to manage the limitations of 2020 with aplomb. While the HSC results have not yet been published, the

cohort is proud of themselves and the way they prepared for their HSC examinations.

While 2020 has been a challenge for many in our school community, our students continue to meet the challenges that school provides, working towards developing agency in their learning. By now Year 7 – 10 students will have received their end of semester 2 report. This provides each boy with the opportunity to reflect on his learning in 2020, identifying areas of strength as well as areas requiring further development ensuring that he is ready for a positive start to 2021.

Our 2021 Higher School Certificate students have already commenced their final year of study, with most students having submitted their first HSC assessment tasks for many subjects. Each young man preparing for next year's HSC knows that this holiday period provides opportunity to consolidate this term's learning and preparing for what will be a very busy 2021.

I would like to thank all the teaching staff for their efforts during 2020. The flexibility of the staff to ever changing teaching conditions this year has been impressive, as was the speed in which they moved to remote learning. I thank them for all that they have done in ensuring continuity of learning in 2020.

A school cannot operate without the support of parents and caregivers, and I thank you for all that you do in supporting your son as he progresses through high school. As teachers we appreciate the trust you place in us as we work to educate your son.

I wish you all a Merry Christmas and look forward to welcoming all our students back in 2021 after their well-deserved holiday.

Mrs Trish McGregor
Director of Teaching and Learning

DIRECTOR OF STUDENT WELLBEING FOR LEARNING

2020NE

I saw 2021 written as this 2020ne and wondered what it means.

On commencing some research, I came across this clip and the quote below remained in my thought. NBC Sports 2020 Olympics Date Change Promo

"We will rise up stronger than ever"

Paralympic Swimmer USA Jessica Long

I reflected on the journey of the students and staff at St Paul's throughout 2020 and was in awe of their resilience they demonstrated day in and day out of what has been a year of firsts for the entire world. We remained safe. We remained present to one another. We remained focus on our purpose. We supported one another.

Both academic learning and student wellbeing transferred to home-based overnight becoming distanced or virtual. A lot of what we do at the College is grounded in positive relationships and the day-to-day connection that we have with one another, especially those most in need.

Collectively we banded together and communicated ensuring that students did not fall through any cracks that the transition may have inadvertently created. Staff reached out to students, students reached out to their teachers and the counsellors, parents reached out to the school community, the school community reached out to the wider community. We made calls, held zoom meetings, encouraged students to attend in person if that was their "Prima Primum" and conducted online wellbeing check-ins to enable students to reach out more easily and seek help to name a few. As a result of all our active participation, we have developed our resilience, something that we will continue to build on in 2021 through the positive learning environment in the classroom and Wellbeing Lessons. To change the words of an individual who has demonstrated resilience to not only herself but the entire world as a Paralympian through her life experiences that have included challenges, obstacles and successes, as a community we have risen stronger than ever.

In 2021 the community of St Paul's will start stronger than ever and continue to demonstrate their resilience, adaptability to change and rising to the challenge, all in pursuit of the common good of our community and the development of individual young men who are respectful, responsible and resilient.

On Friday the community will press these 3 keys:



This will enable us to shut down and rest, reboot, update and renew ourselves ready for 2020NE!

We look forward to seeing everyone return safe and well full of joy and optimism with the energy required to achieve the goals you set for yourself that will enable you to grow and flourish.

To the students leaving the community of St Paul's for new endeavours...

We hope that you take with you the College motto of "Prima Primum" and apply it to your life. Remembering to prioritise what is most important in life and place these things *FIRST*.

What is the most important thing in life? Well, that is for you to both discover and uncover.

These 2 references may give you a hint:

"This is my commandment, that you love one another as I have loved you"

Jesus says this in the Gospel of John 15:12

"Joy is the happiness that doesn't depend on what happens"

Brother David Steindl-Rast

Grace be with you all.

Ms Angela Bowland
Director of Student Wellbeing for Learning

COLLEGE COUNSELLOR

Some Resources and Tips for Parents for the School Holidays

Please keep this resource handy.

This information has been put together to assist you in supporting your child or young person in the coming weeks. The end of the school year can be a big relief for young people and the summer break will hopefully provide some rest and relaxation, however for some it may be a challenge. You may find the following information helpful.

Mrs Mary Thomas
School Counsellor

CAREERS

For comprehensive careers information please visit St Paul's Careers on our website at <http://stpaulsmanlycareers.com/> 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.

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

For 2021 school dates please refer to the Google Calendar

YEAR 7, 8, 9, 10 & 11 TEXTBOOK INFORMATION FOR 2021

The textbook requirements for 2021 are available ONLINE via the link below.

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

You can place your order online using **G5YG** as your code.

All orders are to be prepaid and will be delivered to your nominated address for a cost of \$15.95 per order.

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 at the College on 9977 5111.

Mrs Vicki Broome & Ms Suzanne Toomey
Leaders of Learning IRC

YOUTH MINISTRY AND SOCIAL JUSTICE NEWS



Thank you for your amazing support of the St Vincent de Paul Society during 2020. This has been a challenging year for all, especially for those who are experiencing hardship for the first time. We are very grateful for your engagement, donations and support of the good works of Vinnies. Last week our students delivered 21 hampers to families in need around the local area.

As we approach Christmas and the start of a new year, our prayer is that this be a time of rest, filled with much joy and hope. Vinnies is always here to help! If you know anyone in your school or local community that needs assistance, please call our Support Hotline on 13 18 12.



Christmas Mass Times

Please check here to find Christmas Mass times for all churches throughout Broken Bay

<https://www.bbcatholic.org.au/places/christmas-mass-times>

Ms Joanne Kalayzich
Youth Ministry Coordinator

SPORT

Tennis

On Tuesday the 24th of November St Paul's boys represented the College at the BBSSSA tennis gala day held at the Queenwood Tennis Centre in Oxford Falls.

We were greeted by a beautiful day in the tranquil surrounds of the Oxford Falls valley. The boys competed in 3 divisions, 14's, 17's and The Championship Division and participated in a round robin format followed by semi-finals and a final.

This year, we were the first Gala day for the Diocese and thus Covid restrictions were quite stringent and ever present and thus presented a different atmosphere to most years.

The boys exemplified true St Paul's Christian values- in their behaviour, commitment and sportsmanship. They made our community proud.

Championship Division –Nick Hendriks (Year10), Jimmy Nicols (Year 10) and Jack Doorey (Year 8)

St Paul's topped their pool and thus took on 2nd place in the other pool. Unfortunately, that team was one of the top 2 teams and thus presented a great challenge. Fortunately, the boys showed true SPCC grit and fought off a tough challenge in the deciding set and proceeded to the final.

Taking on the top team in St Augustine's the first pairing battled hard and held an edge up until the end when St Augustine's edged out a win. Our second and third pairings had managed to win most of their matches however maybe the effects of the day or the first set saw them lose some rhythm and confidence and they finished the day with a commendable second place.

17's Division- Harry De Angelis (Year 10), Jake Smith (Year 10) and Lachlan Cahill (Year10)

After having a couple of our regulars missing the boys stood in with great commitment and attitude. Not coming from a tennis background, they battled all day and presented themselves very well on court. They also managed to keep the team spirit up in our team cabana. Although they were unable to make the semis, they made some admirers along the way.

14's Division- Luka Delaney (Year 9), Jasper Wish (Year 7), Henry Pim (Year 7) and Liam Hillary (reserve-Year 7)

Gala day regular teamed up with some new Year 7's to the College this year and did a great job in mentoring them along the way. The boys played well together and supported each other and other teams along the way- great sportsmanship.

They dominated their pool and entered their semi full of confidence. After splitting the first 2 sets it came down to yet another tough tussle in the decider. Unfortunately, as with what seemed to be the case all day for St Paul's they were edged out in the deciding set.

Well done and thanks to all the boys for the attitude and commitment they brought to the day. Next year is already being discussed so I can safely say we are all looking forward to it!

Mr Adam Malcolm
Teacher

Basketball

Congratulations to the Open's Division 4 team on their victory in Friday's Grand Final.



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

BBSSSA Sport Link

Broken Bay Secondary Schools Sport Association link:
<https://www.brokenbaysport.org.au/secondary>

Mr Tim Emmerson
Leader of Sport

TECHNOLOGIES

Over the past few weeks, Year 8 Technology successfully re-engineered their previously designed CO2 cars into solar cars. The boys were limited by their initial designs and the solar kits provided, so were required to apply the design process to design, develop and generate a successful solution. After some initial testing and re-engineering to ensure their cars travelled forwards and in a straight line, the boys raced their solar cars against each other in a series of heats.



Mrs Catherine Winter
Leader of Learning TAS

SCHOOL TRAVEL FOR 2021

Applications for a Student Opal Card need to be submitted before **Thursday 31st December 2020** to ensure that current student entitlements are updated, and the current entitlement/card remains valid. If the application is submitted after Thursday 31st December 2020, the system will automatically cancel an entitlement/card and a new one will need to be issued.

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.

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

Mrs Michal Brenchley and Mrs Leisa Cannon
Parent Liaison Group

CANTEEN

As well as cash, the online Flexischools ordering and payment service will be available for ordering in 2021.

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

It is strongly recommended that uniforms be purchased from Pickles before the end of this year to 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

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.

INSTAGRAM: [spcc_manly](#)
TWITTER: [@stpaulsmanly](#)

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



BROKEN BAY NEWS

<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

FACEBOOK: [@stpaulscatholiccollegemanly](#)