



"Prima Primum" – First Things First

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3 September 2021

PRAYER

As he prepared to go out into the world, proclaiming God's Word, the prophet Jeremiah reflected on his calling. "Before I formed you in the womb, I knew you... and set you apart."

Whilst the experience and the circumstances of fatherhood are different for all, we can imagine these words being spoken by many fathers to their soon to be born children; watching, listening, anticipating, and planning for the daughters and sons that will soon come into their lives.

As we approach Father's Day this weekend let us pray for the men that have brought us to life, nurtured, challenged, and shaped us.

May God bless all fathers, who through the gift of new life, have become partners with Him in the great work of creation.

The fathers that lift their children up on their shoulders, so that they may see the possibilities that lie before them. The fathers that hold their children, comforting and nurturing them in times of need.

The fathers that sacrifice their time, their talents and their dreams so that their children may have dreams of their own.

The fathers that have gone before us into eternal life, filling us with the confidence that we too will know the joy of the resurrection.

Those fathers that are absent, that they will know the good they have brought into this world continues to grow, building upon the beginning they have given us. And those fathers that did not bring us to life, but came into our lives, enriching us with their presence.

St Paul pray for us.

Blessed Edmund Rice, pray for us.

Live Jesus in our Hearts, forever.

Blessed Edmund Rice, pray for us.

COLLEGE PRINCIPAL

Late last year Pope Francis dedicated 2021 as a Year of St Joseph, Patron Saint, and Father of the Church. He launched this year with an Apostolic Letter titled *With a Father's Heart* in which he reflects on the example that Joseph sets for the Church and for fathers.

Without diminishing Mary's pivotal role in our salvation Pope Francis asks us to consider Joseph, the many ways in which he was challenged by God's plan, and the faithful way in which he fulfilled the role of father, a role that exists and is lived out in relationship with the child Jesus and his mother.

Joseph is called by God to accept Mary's pregnancy, to take her into his home, to flee with her and the child Jesus to Egypt, and on their return years later to settle far into the north of his homeland, and in the words of Pope Francis' and our patron St Paul, to do so with open eyes and an open heart; to show courage and to have faith that "all things work together for good, for those who love God." (Romans 8:28)

As Fathers, we are all finding our way with our own children, as I am with mine. But there are two things I know for certain. Parenting them is the most important job I will ever have. And the greatest thing that I will ever do for my children is to love and respect their mother. No matter how tall they get, our sons will always look up to us and it is from us that they will learn to be men.

I wish all of our fathers and the father figures in our lives a Happy Father's Day and ask St Joseph to pray for us all.

Home-Based Learning

Last Friday I wrote to you outlining the timing for all students to return to school, according to the NSW Government's plan. All going well we reached the midpoint of Home-Based Learning for this year in the middle of this week, just over seven weeks down and just over seven weeks to go.

At this point it would be fair to say that some students are thriving in the HBL environment, managing their own learning and organising themselves effectively. It would also be fair to

say that others are surviving, more so than thriving and require the ongoing support of their teachers and parents. All schools are engaging in conversations about how they will manage what we hope will be the final weeks of HBL. Being a part of the community of Catholic Schools Broken Bay we are very fortunate to have the support of our colleagues across the Northern Beaches, North Shore and Central Coast, as well as the feedback of our parent community to inform this discussion.

To ensure that each student continues to maintain a learning routine and connection with his teachers, he will continue to follow his established timetable each day, with class teachers meeting students face to face on Zoom for at least the first 10-15 minutes of each lesson. This follows the routine of explicit teaching each lesson in the physical classroom followed by the teacher supporting students as they engage individually or in groups on their learning tasks.

Farewell Mr Luke Edmunds

After five years Leading the CaPA team and teaching Visual Arts and Photography at St Paul's, Luke Edmunds will be leaving the College at the end of this Term. Prior to his arrival at Manly, Luke purchased a home in Tasmania with the plan of making the move there when the time was right. Luke will take up a teaching position at The Friend's School in Hobart once he is able to negotiate the COVID travel restrictions on interstate travel. He will, however, be available to provide some support to St Paul's on a casual basis until his travel plans are finalised.

We are very grateful to Luke for the wonderful work that he has done at St Paul's, nurturing the talent of our students from Years 7 - 12 and establishing our creative arts hub in The Waterford Hall. We wish him all the best for his new role in Hobart and look forward to celebrating with him the successes of his Year 12 students once the 2021 HSC concludes.

Prima Primum.

God bless.

Mr Michael Reid
College Principal

COLLEGE CALENDAR 2021

For 2021 school dates please refer to the Google Calendar



Please check out the College on Social Media on

Facebook:

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

ASSISTANT PRINCIPAL

Term 3 has certainly not been the Term that we all expected it to be and whilst that is stating the obvious, I would like to congratulate all members of the community on their approach. As a classroom Teacher I am conscious of the learning that is taking place and the difficulties that are faced when class discussions take place via Zoom and break out rooms. This is a challenging time and yet one that I believe we can preserve with and ensure that together we can get back to the daily canteen lines and basketball games. In my role as the Assistant Principal, I miss the noise of the courts at recess and lunch, the many handball games and dropping into Zoom lessons just isn't the same as popping into a classroom. However, I have mailed out more certificates this week than ever before and the conversations I have on Zoom are more meaningful.

We have had some students come into school and they have been working well in their Zoom lessons. If they are an indication of what is happening at home, then I am sure your son is also spending time in Zoom. We have asked that all classes start with a Zoom meeting to ensure that everyone is aware of what is required of them in the lesson and also to ensure that structure is continued. All information regarding the Zoom links are available in your son's Compass schedule, if by chance your son is having difficulty accessing the Zoom lesson, due to technical difficulties or he cannot seem to find the Zoom link, please contact me at the College on 9977 5111 and I will see whether I can assist him.

Last Term, Catholic Schools Broken Bay engaged Pathways & Partnership Leader Ms Jayne Persico to work with schools. Ms Persico will be working at St Paul's for two days each week, on Monday and Tuesday. Ms Persico is currently engaging with the students in as many different ways as possible to ensure the boys experience a variety of experiences that open them to new ideas. Earlier this Term the boys in Stage 5 PASS engaged in a Careers Behind the Olympics Forum this allowed the class to look beyond just the athletes in the Olympics and next week Ms Persico is facilitating a 'Careers at Google' webinar. Information for these events is posted in the Compass newsfeed.

This week during our Courage period we had the opportunity to engage with a local chiropractor to ensure that the long hours we are sitting in front of computer screens is not detrimental to our necks. The 'Tech Neck' talk was an informative session with some great tips, hopefully you all able to engage with it. Many thanks to Ms Jayne Persico for organising this

Ms Karen Shawcross
Assistant Principal

DIRECTOR OF RELIGIOUS EDUCATION

Lockdown has been quite the hinderance when it comes to connecting. Zoom has been a wonderful tool, but humans really like to connect more personally. One constant connection we can make is with our Lord, although we have not been able to attend Mass or conduct reflection days. Term 3 was to see class Masses with Father John, but they have had to be postponed. A newsfeed was sent out to families with links to

online Masses at our local parishes. Dee Why do not have an online Mass so we included a link to Fr Rob Galea's masses which may be appealing to the students.

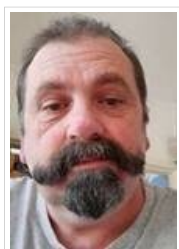
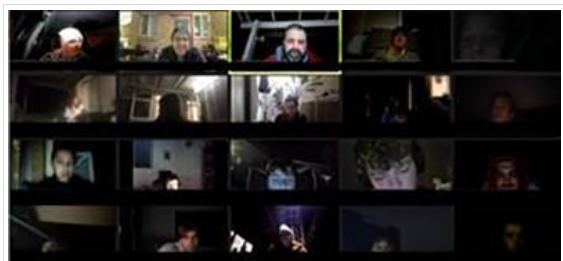
We thank Fr David Taylor for his message to our Year 11 students and Year 12 students who will be sitting the Higher School Certificate (hopefully) in November.



In Term 4, now that we know a timeline, we will be holding a morning prayer session for students, parents, and Teachers briefly each Tuesday at 8.40am. (Zoom at the link below)

<https://dbbcatholic.zoom.us/j/63591483382>

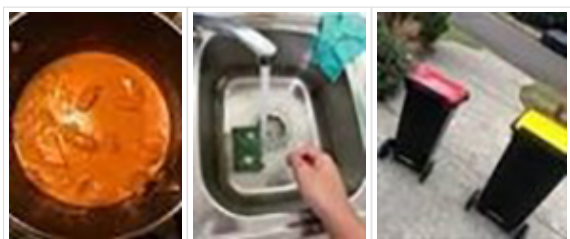
We were, however, able to hold one event which was the virtual Vinnies Winter Sleepout on the evening of Friday 30 July, which we reported in our last Newsletter. This was a great opportunity for students to connect and raise awareness of a good cause.



And I did follow through and have the shave which was picked by one of the students on the night!

Year 9 students have been working on a discipleship project that demonstrates the outreach we can still have despite being cooped up. Here is some of what they did:

Dylan's Butter Chicken for the family, Finn did the dishes, Noah found the joys of bin night.



Simple things you can do to help.

Finally, it's probably appropriate to ask everyone to keep in their prayers those that are doing it tougher than we are as a community. Those in Afghanistan and Haiti for example.

God bless.

Mr Steven Callow
Director of Religious Education

DIRECTOR OF TEACHING AND LEARNING

What would your response be to this question 10 years from now?

..... "What did I do in Term 3, 2021?"

I am sure many will not recall; but I will remember how well so many people rose to the challenge, delivering engaging and meaningful lessons to students who were willing to learn, irrespective of the teaching and learning platform and location.

Our Higher School Certificate students are an inspiring group of young men, exhibiting flexibility and understanding as expectations and deadlines remain fluid. Their approach to the online delivery of their final school assessment block and the delay in the Higher School Certificate examinations has been exceptional. I ask that we keep these young men in our prayers as they continue the extended preparation schedule for their final HSC examinations.

I would like to acknowledge the hard work and dedication of all Teachers at St Paul's, but particularly the Year 12 Teachers who have encouraged and counselled their students during their final year of school. For many students the Year 12 milestones will not be as expected, but the one constant for the students is their teachers. They will continue to support them and provide structure for them as they navigate the remaining months of their HSC year.

Year 11 students commence their End of Preliminary Assessment Block on Thursday 9th September. As with the Year 12 Assessment block, this will be online. This model has worked well with our Year 12 students, and I look forward to reviewing their success in demonstrating their understanding of their preliminary courses.

Without the support of our parents and carers, the success of Home-Based Learning (HBL) would wane. The ongoing communication between school and home, while frequent for some, has helped strengthen our sense of community, showing that our students and your sons are at the centre of everything we do here at St Paul's.

Even with remote learning, activities and events continue. Year 11 2022 students are finalising their Stage 6 subject choices, and Year 9 and 10 students will know their elective subjects for 2022 before the end of term. Subject choice is an exciting time for students as they begin to have some autonomy in their pattern of study, and I thank all Teachers, parents/carers and students who have engaged with this process.

While NESA has provided schools with some flexibility in their delivery of course content, it is important that we continue to challenge and engage our students in their learning. Students

are continuing to complete assessment tasks, providing them with the opportunity to demonstrate their achievement of specific outcomes.

Mrs Trish McGregor
Director of Teaching and Learning

DIRECTOR OF STUDENT WELLBEING FOR LEARNING

HBL +

HBL (Home Based Learning) is not only about LEARNING. It is about LEARNING +.

The '+' is not 'additional' it is not 'extra' but rather what we do at St Paul's.

HBL+ is what we do each and every day when connecting with your son.

HBL+ is what we do with our colleagues.

HBL+ is what we do in our community.

The Leaders of Student Wellbeing have been collaborating with their PC Team and individual teachers of students in their care developing individualised plans to support students with engaging with their learning. These plans are co-created with the students and communicated to both parents and Teachers. Follow up of these plans maintains connection and encourages students to be responsible for their learning growth.

This is just one way the Wellbeing Team continues to promote C.O.U.R.A.G.E during HBL.



The article below is by leading psychologist Andrew Fuller that is addressed to teenagers. In it he provides tips, in an accessible format, to guide them in navigating their feelings and responses during this time, with a focus on **CPR - Connect Protect Respect**.

The article will be helpful to all parents and carers living with or raising teenagers today.

'This totally sucks!' Teens, COVID and the Lockdown Lifestyle – tips from Andrew Fuller



Staff and students united and promoted Jersey Day this Friday by wearing a jersey of their choice in memory of Nathan Gremmo, who had a love of all things sport and whose life has left a legacy that all can participate in - Organ Donation.

Look at our staff collaboration promoting and encouraging others to have the conversation about organ donation. What a TEAM!

SPCC Jersey Day Pass it on 2021.mp4 - Google Drive

In 2020, there was a 12 per cent decrease in the number of people receiving a transplant and a 16 per cent decrease in the number of donors compared to 2019.

There are around 1,800 Australians currently waitlisted for a transplant and more than 12,000 additional people on dialysis, many who may need a kidney transplant.



- In 2020, 1,270 Australian lives were saved through an organ transplant due to the generosity of 463 deceased organ donors and their families.
- Since the national program began in 2009 there have been 14,352 organ transplant recipients from 5,029 deceased organ donors.

(Source: donate life accessed August 31, 2021)

Why wait? Have the conversation today - [LINK](#)

Registering to be a donor - [LINK](#)

Join the register - [LINK](#)

**What can those aged 18-75 years old, healthy and weigh over 50 kg do to make a difference?
DONATE BLOOD**

Eligibility test



Body Kind Families is a **FREE** initiative designed to boost parents'/carers' confidence in promoting positive body image and responding to body image concerns in their teenage children. It supports families to be kind to their own body and to others.

What does it mean to be Body Kind? (Link)

Body Image in Males

Did you know that data indicates that eating disorders in people identifying as male are increasing:

- 40% of people experiencing Binge Eating Disorder are men
- Over one-third of Australians that experience an eating disorder are men
- 40% of people aged 11-17 experiencing disordered eating behaviours are male

Let's Talk Body Image in Boys

The webinar below will explore the particular challenges facing adolescent boys and strategies for supporting body image in males.

CLICK HERE for more details

For: Parents of pre-teen and adolescent boys

- Covers: Common concerns; Higher risk males; What's driving appearance pressures; When training, exercise or eating is problematic
- Date: Thursday, 9th Sept 2021
- Time: 7pm - 8.15pm (AEST)
- Format: Live, via Zoom (no recording)
- Webinar registration: [CLICK HERE](#)

COVID: CONNECT US

- **"Monday Me" – Challenge**
 - o Encourage your family to all engage in doing one thing for themselves that they have 'planned to do for some time that they have not prioritised. In the evening share what they did for themselves and how it made them feel.
- **Shift your perspective - from self to other**
 - o Each family member is encouraged to plan an act of kindness that they will do for someone else.
 - o The following day check-in with one another and share the act of kindness they engaged in and how their actions impacted how they felt about the other person and themselves.
- **Tell a Joke** Warning 'Dad Jokes' below - Father's Day
 - o Share a joke, one person, at a time around the lounge room, in a family 'chat', at the table, in the car, while you walk.

What's Forrest Gump's password? 1forrest1
How many apples grow on a tree? All of them
Why can't a T-Rex clap its hands? Because it's extinct

Ms Angela Bowland

Director of Student Wellbeing for Learning

BUSINESS MANAGER

Some parents would have received an email this morning regarding the **2021 Photograph / Video Permission Form**.

For those who did receive the email, would you kindly take the time to tick either Yes or No box on the form, sign and date and **return to the College** via email stpauls@dbb.catholic.edu.au **by Friday 17th September, 2021** at the very latest. (if your son is aged 15+ he must sign the form also)

Please feel free to contact me on phone number 9977 5111 if you wish to discuss.

NB: if you have already returned your form to the College in 2021, there is no need for you to do the Permission Form again.

Mr Frank van Bokhoven

Business Manager

COLLEGE COUNSELLOR

The pandemic continues to bring worry and anxiety to children and young people. Resilience can help kids get through these difficult times.

Mrs Mary Thomas
Counsellor

CatholicCare Northern Beaches

CatholicCare services on the Northern Beaches include:

- Disability Futures
- Children's Services
- Integrated Services
- Senior Services

CAREERS AND VET (VOCATIONAL EDUCATION AND TRAINING)

Please follow the link below for our College Careers Newsletter and to subscribe to our Careers email alerts and events:

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

YEAR 11 HOSPITALITY

With the aim to provide the students a break from screen time during Home Based Learning, the Year 11 Hospitality students engaged in a few practical tasks at home.

Year 11 Hospitality students were provided the task of making a Golden Syrup Sticky Date Pudding, which further developed their skills preparing "Simple Dishes", and apparently was very well received by their parents during the cold nights. Their second task was a savoury dish of Sweet Corn Fritters. Here are a few of the results from Tim Wood, Matthew Schwarz, Liam Wright, and Charles Gunn from Year 11 Hospitality.



YEAR 11 FOOD TECHNOLOGY

Year 11 Food Technology with their current study on "Food Availability and Selection" have engaged in a range of practical tasks during Home Based Learning, to put some of their theory into practice, and to have a break from their screens. At the beginning of the Term, we posted them a range of Australian Native Bush herbs and spices, from which they could create their own recipe, to incorporate the Native cuisine. Jet Flanagan, Jimmy Nicols and Harry De Angelis produced a range of dishes including Macadamia and Wattle seed ANZAC Biscuits, Lemon Myrtle Cheesecake, Native Bush Tomato Pasta, Lemon Myrtle Barramundi and Rainbow Trout with Lemon Myrtle Butter. Unfortunately, I was not able to taste their efforts, however I have on good authority from their parents that they were all delicious.





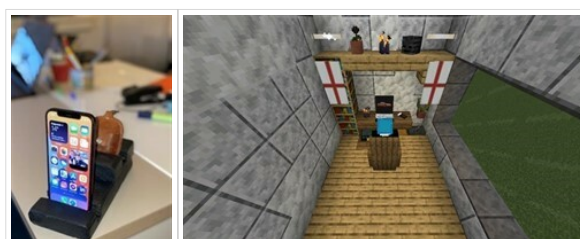
STAGE 4 HBL TECHNOLOGY CHALLENGE

Over the last two weeks, Year 7 and 8 Technology students were provided with a Home-Based Learning Technology Challenge in order to get them problem solving, thinking creatively, working independently, and active in a practical task. The students had a choice of engaging in either a DESIGN, FOOD, MULTIMEDIA, or IST Challenge.

The Design challenge required them to repurpose an item that would ordinarily end up in their waste bin. The Food Challenge required them to design and make a breakfast product in a muffin tin, that could be easily eaten in one hand. The Multimedia Challenge involved the production of a '60 second Documentary' on the "Ups and Downs of Home-Based Learning" and the IST challenge had them creating a virtual ZOOM background using the Minecraft platform.

The Year 7 winners were: Nelson Davis and Chris Porteous (Design Challenge), James Ticehurst (Food Technology) and Aaron Smith (IST Challenge)

The Year 8 winners were: Henry Pim (Design Technology), Thomas Noorenbergen (Multimedia) Mark Zalar (Food Technology) and Lucas Cannon (IST Challenge)



STAGE 5 INDUSTRIAL TECHNOLOGY TIMBER

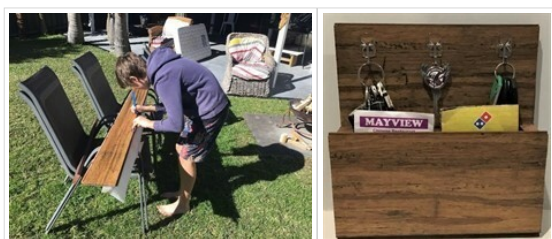
Throughout the past two weeks of Home-Based Learning, STAGE 5 INDUSTRIAL TECHNOLOGY TIMBER students were also provided a design challenge based around repurposing timber. This timber design challenge allowed them to engage in problem solving, critical thinking, resources management and the opportunity to participate in hours of outdoor practical timber activities over a two-week period.

Task Option 1: Make a 'Bush Chair / Stick Furniture' - using any fallen branches, sticks, logs, or recycled scrap timber to which you may have access. Grab some nails, screws, tape, or string and create a piece of bush furniture that you can sit on...and prove it.

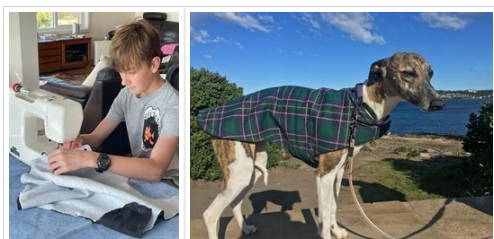
Task Option 2: Make something of your choice using recycled timber using the tools and equipment you have available.

Many thanks go to Mr Henry Chapman for his creative ideas and for continuing to engage the students in a mixture of theory-based tasks as well as providing the opportunity to do something a little more creative utilising their practical skills during Home Based Learning.

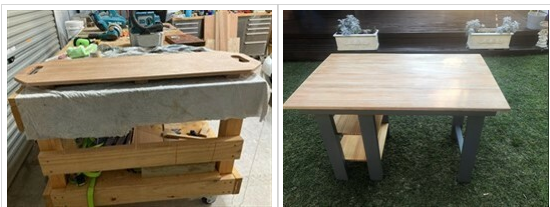
Here are the results from some of our Year 9 and 10 Industrial Technology Timber students.



Floorboards turned into Letter Holder (Design)



Old Fabric turned into a dog coat (Design)



Mrs Catherine Winter
Leader of Learning Technologies

YEAR 12, 2021/2022 TEXTBOOK INFORMATION

The list of your son's textbook requirements for Year 12, 2022 is now available at the link below.

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

Please place your Campion order online **before Wednesday 15th September 2021** using the following 4-digit access code **BVBT** to ensure that your son's textbooks are delivered before the Year 12, 2022 course commences in early Term 4. Please include your son's school email address for access to the e-codes.

The prepaid, pre-packaged service will be delivered to your nominated address during the week ending Friday 1st October 2021.

Second-hand Books

Parents are invited to buy and sell their second hand books online via

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

If you have any queries, please do not hesitate to telephone the College Reception on 9977 5111.

Mrs Nicola Pervan
Information Resource Centre

EXEMPTION FROM ATTENDANCE AT SCHOOL

From time to time the College receives applications for leave from families for a few days, to a week or more. Please note that the College is bound by the Education Act when determining whether leave can be granted. The Act delegates authority to the Principal to grant leave only in very specific circumstances related to serious or prolonged illness, and for involvement in accredited elite sporting competitions or the arts (students employed in film, television or theatre or engaged in cultural opportunities not available through the school or the diocese).

The Act does not allow Principals to grant leave from school for family holidays or overseas travel. Although this may frustrate some parents please understand that this is not a school decision.

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 with the College Receptionist to determine whether it may have been handed in.

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 outgrown his school uniform please consider donating any item in good condition, particularly senior uniform grey shorts, trousers and blazers – 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 and 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 plgspcc@gmail.com

Here is the link to the latest Broken Bay Catholic School Parents Newsletter:

<https://mailchi.mp/8fc4cbe4b020/bbcsp-term-1-news-events-10122093>

Mrs Michal Brenchley
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

Uniforms may be purchased from Pickles at 43 Carter Street, Brookvale. Phone number 9905 2711

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

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

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

BROKEN BAY NEWS

Broken Bay News publications are available via this link below:

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

PLEASE BOOKMARK THESE LINKS FOR FUTURE REFERENCE:

Student achievements
email:

stpauls@dbb.catholic.edu.au

College Website: www.stpaulsmanly.nsw.edu.au
Enrolments email: enrolments@dbb.catholic.edu.au