



"Prima Primum" – First Things First

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12 November 2021

PRAYER

After the last three months of their school education was spent in lockdown and after having their final school-based assessment pushed back twice, the Class of 2021 have finally begun their HSC written examinations.

With them in mind we pray

Lord may our sons, brothers, friends and students, and all that are sitting their Higher School Certificate examinations, feel your presence with them.

May their minds be clear, and their nerves be quieted, and may they be confident in themselves and the work that they have done to prepare themselves.

Bless them with the strength to maintain their focus from start to finish in each examination, and the clarity to express their knowledge and understanding in response to every question.

And when all is done, keep them safe as they head out into your world to celebrate their efforts.

Amen.

St Paul pray for us.
Blessed Edmund Rice, pray for us.
Live Jesus in our Hearts, forever.

COLLEGE PRINCIPAL

The selection of our Senior Student Leaders has progressed over the past fortnight with students reflecting on the competing demands of leadership as service to one another and focussing on one's own learning and have nominated those that they have seen demonstrate these attributes. This has been followed by a student vote and interviews with those that gained the support of their peers.

I am pleased to announce that the Senior Student Leaders of the College for 2022 are:

College Captain – James Wood
College Vice-Captain – Riley Picard
Mission Prefect – Thomas Dignam
Wellbeing Prefect – Ross Downey
Co-Curricular Prefect – Savelio Tamale

Please join me in congratulating these young men on their selection for these important roles in the life of the College. Congratulations are also in order for the Class of 2022 on the manner in which they engaged with the leadership selection process. They have demonstrated great maturity and the capacity to make informed and well-considered choices that augurs well for their year as leaders of our community.

Riley Picard and James Wood in their first role as College Captains at Remembrance Day Ceremony held at Manly Dam.



Our Professional Practice

In our last newsletter I shared with you the first part of our teaching staff's shared statement of Professional Practice, responding to the needs of our students. This week the focus is on

Developing clear and consistent classroom practices that support learning

As professional educators we commit ourselves to: establishing clear learning intentions and success criteria at the beginning of each learning inquiry cycle, we will model the

standard of work that each student is expected to achieve, providing ongoing feedback and a range of modes and opportunities for students to demonstrate their skills and understanding. We will equip our students to self-edit and provide meaningful feedback to one another.

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/stpaulscatholiccollegemanly>

ASSISTANT PRINCIPAL

Each of the Catholic Schools of Broken Bay participate in a survey entitled 'Tell Them From Me'. The survey provides valuable feedback on what our students, parents and staff think about all aspects of school life. Many schools throughout Australia and around the world use the 'Tell Them From Me' survey to help them improve. Last Friday and this Wednesday an email was sent through Compass with a unique URL that parents can use to access the survey; this link can also be found in the Newsfeed of your Compass home page. The survey is anonymous and does not ask for email address or names; there is no way of identifying responses. The survey is open until Friday 19th November. Your son and staff have also been given the opportunity to complete the survey.

As you are all aware one of the many precautions that we have been asked to undertake in our return from home-based learning is wearing masks when inside buildings/classrooms/offices and on buses. All students are required to carry masks and they are to be worn unless they have a medical exemption. Students are to provide their own mask please. Any student who does not have a mask can go to the College Reception and ask for a one for a donation of a gold coin. All proceeds will go towards the Vinnies Christmas Appeal.

Ms Karen Shawcross
Assistant Principal

DIRECTOR OF TEACHING AND LEARNING

Our Year 12 students finally started their Higher School Certificate on Tuesday 9th November. It has been a long haul for them, and while COVID-19 has affected us all, the impact on Year 12 2021 has been significant. The way in which Year 12 2021 have dealt with the everchanging face of their Stage 6 education has defined them as men of resilience, good humour, and compassion. They have supported their classmates unconditionally as needed and encouraged each other to persevere.

As a College we are proud of them and of their efforts and pray that they achieve their goals in the HSC examinations. I thank Mrs O'Grady, our Presiding Officer, and her supervising team, for the care being shown to the students during this examination period. When speaking with Year 12 yesterday, Mrs O'Grady reminded the boys that the HSC examination does not define them. It is an opportunity for students to present to examiners knowledge and understanding at this point in time.

Our Year 11 Studies of Religion (accelerated course) will sit their first HSC examination in the coming weeks. I encourage them to make the most of this opportunity, and to mirror the attitude and application of the Year 12 students.

There are still four weeks of school, and teaching and learning continues in all classrooms. Each day students are required to develop proficiency in a range of knowledge and skills. This will continue over the next four weeks. Students will be expected to be in class and to be engaging with their learning.

Mrs Trish McGregor
Director of Teaching and Learning

DIRECTOR OF STUDENT WELLBEING FOR LEARNING

Sometimes the world in which we live feels uncertain and out of our control. This can lead to individuals feeling a whole range of emotions - they might feel anxious, frustrated, or helpless.

- One strategy for dealing with the experience of uncertainty is to remind ourselves of the things we ??? control.
- When we turn our attention to what is in our control, it can lead to a greater sense of acceptance of that which we can't.
- This in turn can help with feeling more grounded, positive, confident, empowered, and offers a sense of achievement.

With four weeks remaining of the final Term of 2021 students have been reminded to maintain focus on their growth, both academic and social.

To support them in fostering this we have asked "What is in your control?" and provided them with this graphic to reflect on



Gratitude and kindness (actions and behaviours) will spark joy and at the core of each of these is RESPECT.

- Respect of Self
- Respect of Others

In living the College motto of *Prima Primum - First things First* we are reminded that Christ comes before all that we do. When we put Christ first, we are doing as Jesus commanded and building the Kingdom of God here and now.

"I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another."
John 13:34-35

Take a moment to consider, what is in your control when it comes to parenting your role as a parent, guiding your son through adolescence and into adulthood?

As the season of Advent, the season of Hope, approaches in the coming days, discuss with your son what is in his control and just how he can shift himself to improve and become closer to the individual he was born to be.

1. What are his goals?
2. Check in with his attitude and how he feels about himself (his self-talk).
3. Are there any behaviours you would like him to adjust or any he would like support from you in challenging him to change?
4. What right actions has he taken this week?
5. On a scale of 1 to 3 what has his effort been this week with his education and right conduct?



1 - Not Good



2 - Okay



3 - Good



Body Image: Adolescent Males

WHO IS MOST AT RISK?

Young people who are anxious, lack self-confidence, or have low self-esteem may have an increased susceptibility to eating disorders. People who have endured bullying or any form of trauma, either at school, at home or in the workplace are more likely to struggle with this disorder. The origin of an eating disorder is not always clear, it can emerge as a function to cope with stress, or it could be a reaction that is caused by stress.



DID YOU KNOW?

40% of people aged 11-17 experiencing disordered eating behaviours are male.



Messages

Males are often exposed to cultural messages that can increase their vulnerability towards developing an eating disorder.

For example:

- males should only have one body type
- males need to be in control
- eating disorders aren't masculine

These messages DO NOT reflect the reality of mental and physical health in males.

LET'S TALK BODY CONFIDENT CHILDREN AND TEENS WEBINAR (FREE)

In 2020 the Mission Australia Youth Survey identified that the number 3 personal concern of young people was body image. Of the 25 800 young people who completed the survey, 41% were male.

The Butterfly Foundation is offering a final LIVE webinar for parents/carers of primary and secondary age children. It is not suitable for young people to view as the content is for parents/carers. The session provides information and practical tips on promoting positive body image in the home.

Topics include:

- What influences body image
- The importance of a positive body image
- The power of positive role modelling
- Reducing toxic body talk
- Developing resilience to social media pressures
- What to do if concerned

DATE : Monday 22nd November 2021

TIME : 7pm to 8pm (AEDT), plus 15 mins for questions

FORMAT : Live, via Zoom (no recording)

You can access additional information about this session here:
[LINK](#)

You can register for the webinar here: [LINK](#)



Parent Portal: [Link](#)

Types of Eating Disordered Eating: [Link](#)

Ms Angela Bowland
Director of Student Wellbeing for Learning

COLLEGE COUNSELLORS

Respond honestly to dishonesty

Mrs Mary Thomas: Monday, Tuesday, Wednesday
Mrs Danika Mouldsdales: Thursday, Friday
College Counsellors

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 8

Year 8 have returned to school with the same high enthusiasm and dedication by which they left at the end of Term 2 before home-based learning. HBL provided a unique opportunity to develop the skills needed in the post-school world. Transferrable skills of self-motivation, organisation and independence were gradually built upon by the cohort and by the end of HBL, we had many well-equipped learners ready to get back to testing their most important skill – socialising.

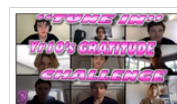
In Week 4, we had an extended Pastoral Care session for the boys to reconnect with one another and their PC teacher. During this time, we shared experiences of HBL and the things we were most thankful for during that time. We also shared those practices picked up during HBL that we wanted to maintain in our return to regular schooling. I have been most impressed with Year 8 and their willingness to not only adapt to life's curve balls but thrive in them as an opportunity for growth. I hope that Year 8 can maintain the positivity and momentum by which they managed HBL and all its ups and downs.

Mr David Chaney
Year 8 Leader of Student Wellbeing

YEAR 10

Year 10's COURAGE in the return to school after lockdown has focused on two things – Catholic Mission Month and Mental Health Awareness Month. These important social movements asked the students to focus on their own wellbeing, as well as the wellbeing of those in far less fortunate circumstances. An activity that bridged the empathy and social outreach focus of Mission month, and the fortitude and upskilling in Mental Health month, was the recording of a selfio (selfie-video). The students explained in their selfios something they were especially grateful for, and why it is such an important part of their life.

Besides the awesome compilation video that resulted from this, there were clear stand outs in what the boys were most grateful for. The end of lockdown and the return of freedoms, personal treasures, food, school, and where they live were popular mentions. Friends was also a dominant theme. But what the students were most grateful for, without question, was their family. This was a pleasant realisation, that the boys valued family to such an extent – especially after being locked down with them for 100+ days! The recognition of this was well aligned with Understanding – the 'U' in COURAGE – understanding more deeply of oneself and what one's values.



Speaking of Understanding, the other major focus of COURAGE in Year 10 was a deeper dive into the College Crest and how this connects the students. This focus was deliberately timed to coincide with the return to school. The session was about connection and unity. As they prepared to return to school, it was hoped that they would be reminded about the important things that connect and unite us all.

Basically, what is the character of St Paul's Catholic College, Manly. For more about Year 10's character building COURAGE sessions, check out this space on their Google site:



<https://sites.google.com/dbb.catholic.edu.au/sspcmyear10/assemblies?authuser>

Mr Benjamin Rowse
Year 10 Leader of Student Wellbeing

HSIE

On Thursday, November 11 we commemorated the end of the Great War – the war to end all wars.

The commemoration began with an Acknowledgement of Country in which we recognised the countless thousands of Aboriginal deaths and casualties in the Frontier Wars and a call for the spirit of Reconciliation assuage the intergenerational pain and suffering as a direct result of these wars.

The HSIE department then led a whole-school focus on the Battle of Passchendaele (the 3rd Battle of Ypres) from July 31 – November 10, 1917. It is a battle close the heart of Mr Walsh because his great Uncle, Harry Johnstone, was killed here and remains interred close to Zonnebeke.

We learnt that of the 65 million combatants, close to 38 million were killed, wounded or went missing. In the mud at Passchendaele 6, 952 Anzacs died. Shockingly, The Third Australian Division lost 35 men for every meter gained. Half a million men were killed in 14 weeks.

In amongst this carnage stands many stories of courage. None more so than the preacher-soldier Captain Frank Bethune. Having been ordered to defend a position that, in his opinion, was nothing more than a 'useless death trap', Bethune insisted that only volunteers accompany him on this mission. His entire company volunteered.

Bethune then issued standard orders for his company. These were later found in a pillbox.

The orders read:

1. *This position will be held, and the section will remain here until relieved.*
2. *The enemy must not be allowed to interfere with this programme.*
3. *If the section cannot remain here alive, it will remain here dead, but in any case it will remain here.*
4. *Should any man, through shellshock or other cause, attempt to surrender, will remain here dead.*
5. *Should all the guns be blown out, the section will use Mill's grenades and anything that comes to hand / other novelties.*
6. *Finally, the position, as stated, will be held.*

And hold the position he did. The Company were relieved 18 days later.

Bethune survived the war and returned to Tasmania to preach.

So, what do we make of this sacrifice? How can we make sense of such terrible loss?

Well, I want you imagine that you can see those ANZACS - regiment on regiment of young men, dead. They are commemorated on the wall of remembrance at the Australian War Memorial – all 102 thousand whose sacrifice will never be forgotten

They say to you, burning in tanks and aeroplanes, drowning in submarines, shattered and broken by high explosive shells,

"we gave the last full measure of devotion. We bought your freedom with our lives.

So take this freedom.

Guard it as we have guarded it, use it as we can no longer use it, and with it as a foundation, build. Build a world in which meanness and poverty, tyranny and hate, have no existence. Hear these men - do not fail them."

Today let our prayer acknowledge the sacrifice of these men and women who came before us and died too soon. Let us remember *this spirit of sacrifice, which was defined 2,000 years ago, and for all eternity, by a brave and beloved leader whose words are engraved on the stones at innumerable Shrines across the world:*

Greater love hath no man that this, that a man lay down his life for his friends.

Every day we trust that we will act in a way that brings pride to ourselves, that remembers this sacrifice, that elevates our families, our communities and our country. That if we are truly tested, we trust that we will be steadfast, selfless and compassionate.

Tully O'Connell, Liam Kuchel, Boston Nolan, Rishi Pande, Phoenix Mccluskey



Mr Ben Walsh
Leader of Learning HSIE

PDHPE

And just like that Week 6 of Term 4 of 2021 is complete!

Already 3 weeks back into 'normal' school life, students have enjoyed several restriction changes that has allowed them to become increasingly physically active in PDHPE. Year 7 test their movement skills via a variety of invasion games. Year 8 have enjoyed pushing themselves in their class Fitness Testing activities. Year 9 have resumed their much-anticipated learning unit of Flag Football (modified Gridiron) and Year 10 are looking into the future by applying their skills of self-reflection to create suitable employment profile of themselves to achieve employment now and after school.



Mr Lionel Newton
Leader of Learning PDHPE

YOUTH MINISTRY AND SOCIAL JUSTICE NEWS

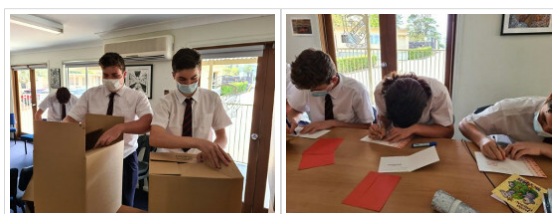
Vinnies Christmas Hampers

As the season of Advent draws closer to us, Year 10 students are busy planning and leading our annual Vinnies Christmas Hamper Appeal.

This year St Vincent de Paul have identified 20 families that students have been busy fitting out boxes for and sharing well wishes on behalf of the College community.

Pope Francis reminds us that it was St Paul himself who invited the Christians of Corinth, and us too, to focus our attention on the encounter with Jesus, "...who will come at the end of the world and who comes every day, so that, with His grace, we might accomplish good in our own lives and in the lives of others." Students have been asked to bring in specific items with their PC teacher, knowing that our collective contribution

will be warmly received by families who are struggling in our community at this time.



PARISH YOUTH MASS – SUNDAY 14 NOVEMBER – 6.00PM

The next Parish Youth Mass at St Kieran's Church will be on Sunday 14 November at 6pm. All parishioners are welcome, especially families and youth. Students from local colleges and schools together with their families have been invited to attend. This liturgy is tailored specifically for young people with vibrant music, an engaging message and of course Augustinian community. Fr Dave Austin OSA will be the Presider.

This is an important opportunity for all young people and their families to deepen their spiritual connection and strengthen their relationship with God.

Ms Joanne Kalayzich
Youth Ministry Coordinator

CATHOLIC EARTHCARE

During our day participating in the Catholic Earthcare zoom we were met with an abundance of representatives from different schools and organisations.

We were able to discuss as a group in breakout rooms what our school is doing to combat the issues of climate change and pollution in our local community, whilst also discussing what we would like to see done in our school that would benefit the environment.

Some of the ideas that we came up with for the school to investigate were solar panels, a return and earn drop off point for canteen vouchers, vegan options in the canteen and reduced single use plastics (bottled water).

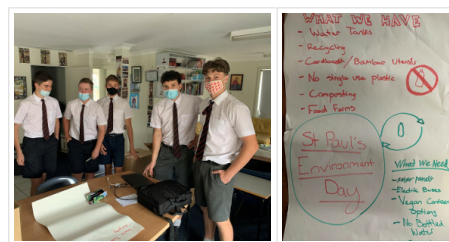
As well as school representatives, a number of special guests attended the meeting such as Bishop Long who talked about the injustice of how our lifestyles in a rich country such as

Australia are affecting nations such as the Kiribati Islands who are taking the brunt of the climate crisis.

Ann Marie Brennan who was a representative of Australia at the Cop26 Climate meeting who talked about the fact that we need to be proactive in forcing governments and businesses to comply with the sustainable practises that Cop26 is discussing.

In order for these implementations to be successful everyone, not just individuals, need to be on board. We look forward to revamping our Green Group in the coming years to implement the initiatives that we discussed today and seeing that from little things big things grow.

Sam Smythe (Year 10)



SPORT

Great to have Thursday afternoon Sports back for the first time since our students returned to school last Monday.

Unfortunately, the weather caused some outdoors events to be cancelled, but Martial Arts for our Year 8 class could go ahead at "Hop, Skip & Punch" in North Manly.

They played games that tested agility, balance, and strength, as well as their listening skills.

Hopefully, all students can join in and enjoy Sport again next Thursday



COVID restrictions continue to impact the school surf carnival and also sporting fixtures against other schools.

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

NSW SCHOOL VACCINATION CLINIC, YEAR 7 & 10 STUDENTS, WEDNESDAY 17TH NOVEMBER 2021

NSW Health will be offering the following vaccinations at your school clinic to all **Year 7 & 10 students**.

Year 7 - HPV dose 2 and catch-up HPV dose 1 and dTpa vaccination.

Year 10 - Meningococcal ACWY

FAMILY REGISTRATION FORM 2022

All families must complete a Family Registration Form for the 2022 school fees and return to the College by next Friday 19th November 2021 at the latest. Please remember that both parents are to sign the form.

Ms Judy Longrigg
Principal's PA & Bursar

YEAR 7, 8, 9, 10 & 11, 2022 TEXTBOOK INFORMATION

The textbook requirements for 2022 are available ONLINE at the link below. Please place the order online before Monday 13th December 2021 using **BVBT** as your code, to make sure the books are home delivered ready for the start of the school year.

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

All orders are to be prepaid and will be delivered to a nominated address by you during the week ending Friday 14th January 2022 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.

Mrs Nicola Pervan
Information Resource Centre

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 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

Mrs Michal Brenchley
Parent Liaison Group

CANTEEN

Term 4, 2021 the canteen will be operational for Recess only. Over the counter sales will be available as well as online lunch orders.

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 9:00am.

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: @stpaulscatholiccollegemanly

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:

<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
Enrolments email	enrolments@dbb.catholic.edu.au
Student achievements email:	stpauls@dbb.catholic.edu.au