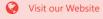




St Paul's Catholic College Manly

Darley Road Manly NSW 2095

Phone: 02 9977 5111



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26 November 2021

PRAYER

Last Sunday we celebrated the Feast of Christ the King, and with it, the end of the Church's year. This week a new Church year begins with the First Sunday of Advent.

Each of the four Sundays of Advent highlights a different virtue that shapes our lives as people that follow Jesus - Hope, Love, Joy and Peace. 2021 has been a year that has challenged us all, but it has also been a year in which Hope has brought us innovation and advancements in medical research, in which isolation from family and friends has renewed and strengthened our loving bonds, and in which we have found new joy in time spent engaging with one another and with our natural environment.

As we enter into the season of Advent and await the coming of Jesus into our hearts and into our community let us pray that the remaining virtue of Peace will bring comfort to those for whom this year has been difficult, those that have felt most isolated, those who have found little joy, and those that have lost loved ones.

peace.

it does not mean to be in a place where there is no noise, trouble or hard work. it means to be in the midst of those things and still

be calm in your heart.

(unknown)

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

COLLEGE PRINCIPAL



Nov 11, 2020

facebook.com/stpaulscatholi...

 \bigcirc $[\rightarrow$

St Paul's Manly @stpaulsmanly

Support our fellow homeless community and sleepout@home this Friday night 19 June!



Embed

View on Twitter

Upcoming Events

No Upcoming Events



Stay up to date with all of the latest news with SZapp!

















Catherine McAuley Catholic College in Medowie. This is a newly founded co-educational College in a growth area of the Maitland Newcastle Diocese and this new role is an opportunity for Mr Chaney to be a part of the planning and development of this new venture. It is an opportunity that comes along rarely in education and one with which we wish him well.

Mr Phillip Arthur will also move on from St Paul's at the end of this year to take up a position in the Science faculty at Redlands College. Mr Arthur joined our community at a time when finding experienced science teachers was difficult in all schools and he has made a substantial contribution to the learning growth of our students. We wish him well in his new role.

Ms Emma Bolton has been appointed to the creative arts department at Mercy College in Chatswood commencing in 2022. This is an exciting opportunity to work with a large and established band program whilst remaining a part of our Broken Bay system of Catholic Schools. Ms Bolton joined us as an early career teacher and this opportunity recognises the professional growth she has gained in her time at St Paul's.

Mrs Nicole Kanis has been appointed to a new teaching role at Domremy College in Five Dock from the start of next year. This is an opportunity for her to work much closer to her young family in a school that has great plans for the near future. In my conversation with her new Principal, I have said that the families of Domremy College are very lucky to have secured her.

Our Professional Practice

In our recent newsletters I have shared with you the first parts of our teaching staff's shared statement of Professional Practice, responding to the needs of our students. This week the focus is on

Establishing and maintaining respectful relationships with our students

As professional educators we commit ourselves to: accepting that our students are still growing in maturity, establishing clear, consistent expectations and applying them with fairness, compassion and dignity. We will hold students accountable for their choices without judging them. We will listen to them, allowing them to shape their learning, and consult with them when making decisions that directly affect their learning and wellbeing.

Finally, from 2022 the structure applied to Senior Student Leadership at the College will more closely reflect the priorities and life of the College, with Prefects for Mission, Wellbeing and Co-Curricular life.

In particular the role of the Mission Prefect develops from our sense of who we are and how we understand and engage with the world around us. We believe that each person is created, known and loved by God and that each one is deserving of the same respect. Working closely with the Director of Mission/Religious Education, the Mission Prefect will support and create opportunities for the College to respond to and protect the dignity of all, both within the College and in terms of outreach. This includes modelling an active involvement in the prayer and liturgical life of the College, but will also include charitable works, the induction and ongoing support of new students and promoting respectful relationships in the classroom, in the playground and in the wider community.

Prima Primum

God bless.

Mr Michael Reid **College Principal**

NEWSLETTER ARTICLES

















2022 COLLEGE CAPTAIN	(3)	LOST PROPERTY	(5)
YEAR 7	(>)	PARENT LIAISON GROUP	(5)
YEAR 9	>	CANTEEN	(>)
YEAR 11 (2022) HOUSE CAPTAINS	(>)	SCHOOL UNIFORMS	(3)
ENGLISH	(3)	BROKEN BAY NEWS	0
TAS	>		
MATHEMATICS	(>)		



COLLEGE CALENDAR 2021 / 2022

For 2021 / 2022 school dates please refer to the Google Calendar



Please check out the College on Social Media on

Facebook:



ASSISTANT PRINCIPAL

As Term 4 enters the last few weeks, it is evident that many students and staff are tired of the seemingly long year and the changes that we have all endured throughout the 2021 year. I must congratulate the boys on how well most of them have adapted to the mask wearing and social

For more information

contact Schoolzine www.schoolzine.com













In the next couple of weeks, we will have the opportunity to welcome the Year 7 (2022) cohort and

provide them with an experience of high school. This cohort will be linked to a senior student who will be able to assist them to navigate their way through the beginning of high school. We will also have the opportunity to celebrate the Eucharist with our Year 7 -11 cohorts and congratulate them on the year of 2021. However, we need to remind ourselves that the year has not yet finished, and we still need to present ourselves in an appropriate manner for learning.

Karen Shawcross Assistant Principal

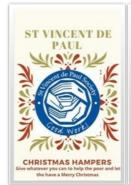
DIRECTOR OF RELIGIOUS EDUCATION

The department is continuing to develop the new Curriculum for 2022 onwards, in conjunction with schools across the Broken Bay Diocese. This will start with Year 7, but by the end of 2022, Year 9 will be exploring the new, richer, programmes that have tapped into the expertise of over 40 Secondary RE Teachers in Broken Bay. In the meantime, the Year 7-10 classes have been kept busy creating artifacts to show what they have learned.

We need to thank the Year 10 RE classes for producing the video to launch the Vinnies Christmas Appeal. There were more than we could use but they all recognised the need for empathy at a time that can bring so much joy to some, whilst others have a joyless Christmas because of circumstance. They also made posters which are currently posted around the school. Some examples are below, including a screenshot of the launch video.









Year 9 have completed their discipleship project which explored how we can live our lives. Year 8 analysed some artwork that depicted the beatitudes then created their own pieces whilst Year 7 have a range of options from create a magazine or website as a teenager's guide to saints, to creating collages depicting the qualities of selected saints to writing a letter to the Pope to suggest a new saint from more modern times.









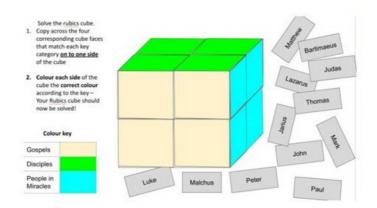








This week Year 7 and 8 students have been trialling an online game made for them to explore Advent and to 'test' them on what they have been learning about. These have been in the style of escape rooms and amazing races. They have been fun but secretly learning!



Mr Steven Callow
Director of Religious Education

DIRECTOR OF STUDENT WELLBEING FOR LEARNING















Here are some ways in which parents can support their son in **creating** and **maintaining positive connections** with not only their mates but also others.

SOURCE: ReachOut Parents

One of the best ways to help your teenage son to become a good friend is by being a positive role model for him. Demonstrate for him how to connect, build and nurture solid friendships. He will learn from you.

- Being proactive in connecting with friends
- Being warm and friendly towards others
- Being actively interested in other people
- Listening actively
- Supporting friends through tough time

Use your own positive experiences of friendship to help guide your son. The friends they choose will be ultimately be their decision, but you can help steer them towards positive ones:

1. Talk about the value of honesty

Encourage your son to make friends with people they can trust and be honest with.

Talk to him about how a good friend will:

- make them feel relaxed and able to be themselves
- tell them the truth and listen without judgement
- won't pressure them, blame them or make them feel anxious.

2. Highlight good qualities in their peers

When you see or hear about his peers doing something positive, talk about it with your son. Explain why you admire this kind of behaviour and also talk about other qualities that build good, strong friendships like:

- listening and being understanding
- trusting and keeping confidences
- Respect boundaries, other people etc
- supporting and being respectful.

3. Help your teenager to bond with others over common interests

Where you live and what your son's interests are may make this one a little tricky.

Here's some suggestions to help:

- Find out what clubs, youth groups, sports or school holiday programs your son can join in your
 area. If what they're interested in is hard to get to, see if you can join up with other parents to
 share transport.
- Some activities can cost a lot. If your teen's interested in something that's free once they have
 the equipment (i.e. skateboarding, photography, surfing, cycling) see if you can help them get
 the kit they need on eBay or Gumtree.
- **Encourage your son to invite friends home** to play video games or watch films, if your home situation allows. If they're reluctant, ask them what's up, they might be worried about siblings barging in, or not know how to ask. Fairly quick fixes when you know what they are.

4. Support the way your teen likes to socialise

Think about your son's character, and encourage him to play to their strengths:

 If they like settling down to have a good chat, encourage them to arrange going for lunch with someone they like.













5. Use your own friendships as an example

Be open with your son about your own friendships and set an example by letting them see how you are with your own friends:

- Show them how friendship is a two way street that requires some effort and nurturing.
- Talk about things you have done with your friends and ways you have supported each other when you were teenagers.
- Include your son in some activities that involve your good friends, like parties, backyard barbecues, and picnics in the park.

6. Support your son in developing their judgement

Trust your son and encourage him to develop good judgement through their own experiences:

- Tell him you're there for him if he needs to bounce anything off you.
- Tell him that good friendship takes time to develop and to take it at their own speed.
- Remind him that some people take a while to open up, and to give the quieter ones in their circle a chance.

7. If you're worried about negative influences on your teen

Read up on <u>how to recognise bad friendships</u> for how to spot and deal with negative peer pressure and toxic friendships.

Read <u>Things to try: friendships</u> for more ideas on how to support your teenager to have positive and supportive friendships, and also be a supportive friend themselves.

Ms Angela Bowland

Director of Student Wellbeing for Learning

COLLEGE COUNSELLORS

The Parents Website

Our teens have been glued to their screens like never before. How can we help get the balance back? Leading adolescent psychologist Andrew Fuller offers some strategies for parents to gently support the process.



Mrs Mary Thomas: Monday, Tuesday, Wednesday Mrs Danika Moulsdale: 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:















Being elected as College Captain of St Pauls is firstly an honour, it's

something I've always aimed to be, and I couldn't be more appreciative to lead the school that has given me so many opportunities. In this role, I would like to leave a legacy behind, for the younger students where they can reach their personal goals. I will strive to develop an environment where students feel valued, understood, and supported. As College Captain, I want to emphasise that the senior students are



approachable, trustworthy, and understanding. Additionally, I would like to be a positive role model and encourage school beliefs and values to bring the St Pauls community closer.

I intend to do this by working collaboratively with the Prefect team to arrange events and activities where all St Paul's students feel as if they belong. Especially during this COVID world where many have been disconnected, I aim to bring back a stronger connection, a brotherhood that will never be forgotten.

My first requirement for the role was the Remembrance Day service. The College Vice-Captain Riley Picard and I laid a wreath down at Manly Dam to remember all soldiers that have sacrificed their own lives for ours. It was an honour to represent the school and I am excited about the future ahead.

James Wood College Captain

YEAR 7

After a long period of Home Based Learning Year 7 have finally returned to face-to-face learning.

Students and Teachers alike were delighted to reconnect and return to the classroom. There was much to catch upon and reset.

During our Wellbeing Sessions students have focused on the positives and negatives of HBL and what they were most proud of and think that they were grateful for during this time.

Our weekly COURAGE sessions focus on different activities that develop their social and emotional learning.

We have spent time looking at factors that students can control in their lives and by doing these activities it enables them to reflect on how having control over your behaviour, learning and attitude enables you to develop resilience and feel empowered in your life.

Last week our COURAGE session focused on "Friendship" and explored the question "What does a good friend make you feel like?" as well as unpacking various scenarios centred on friendship.

As always, the boys embraced these activities with enthusiasm and commitment as they develop their social and emotional skill set.

Dr Natasha Perrett Year 7 Leader of Student Wellbeing

YEAR 9

Following a term of COURAGE via Zoom it has been great to be back in the classroom for our fortnightly COURAGE sessions with Year 9 and their Pastoral Care Teachers.

Our first COURAGE session asked the boys to reflect on how they were feeling about being back to school for face-to-face learning. The cohort was unanimous in saying they were glad to be back, citing being with their friends and learning in the presence of their Teachers as the main positives of returning to school. This positive attitude reflected in the way Year 9 hit the ground running once they were back in the classroom.

The second COURAGE session focused on student leadership. Year 9 were introduced to the new student leadership structure and learnt what it meant to be a leader - Service. A student leader's role













education. Year 9 will have access to this website throughout Years 9, 10, 11, 12 and the first year afte

their schooling. We will be revisiting JobJump regularly over the next few years.

Year 9 look forward to their final COURAGE sessions as Term 4 draws to a close.

Mr Anthony Noyes Year 9 Leader of Student Wellbeing

YEAR 11 (2022) HOUSE CAPTAINS

On the back of the selection of our Year 12 Senior Student Leaders, our Year 11 Captains to lead the four College houses have now been finalised. Like our fine Captains and Prefects, the prospective House Captains were nominated by their peers for the position, completed a video application, followed by a student vote, and interviewed by the Leader of Sport and Leader of Student Wellbeing – amidst a highly competitive field. Any student from those who followed the application process could have easily led their house. However, it is with pleasure and privilege that I am able to announce our new College House captains for 2022:



They will work closely with Mr Emmerson, as well as the Year 12 Student Leaders to do their best to enliven our house competition. Please join me in congratulating these young men on their selection for these important roles in the life of the College.

We look forward to seeing you fulfil your roles as the mature, responsible and COURAGEous young men that you are.

Mr Benjamin Rowse Year 10 Leader of Student Wellbeing

ENGLISH

It has been outstanding to see Year 7 being so creative with their Fantasy unit of work this term. As part of their assessment, students had to create a new fantasy story, and book cover. They have been extremely "spell binding"!

















Year 9 has also been very creative with their "Action" unit of work, developing short films. These projects have manipulated shot types, editing and lighting to create specific results.





This Term, Year 10 have been completing a unit on "Hip Hop - Protest Poetry". This has entailed the students studying social justice issues involving African American population in the United States. One of the students' tasks was to create a visual protest piece





Ms Amanda Lazar Leader of Learning English

TAS

Technologies and VET in Action

Over recent weeks our students studying **Stage 5 VET Construction** have been rejuvenating the outdoor timber tables and chairs ready for their installation on the new concrete slab that was constructed by our Year 12 VET Construction students earlier in the Term. These Year 10 students stripped back the timber, sanded, and re-oiled the timber, then secured all to the existing metal framing. Many thanks to Mr McDonnell for initiating and supervising these projects with his students.

The Year 10 Construction students also finished off their model house framing unit, which enabled them to put the theory learnt during Home Based Learning into practice.



















Year 9 Industrial Technology students are progressing with their Ukulele project. This week they have been making dovetail joints for the neck and learning about music and its relationship to the spacing requirements of the frets on their Ukuleles. Below is one of our pre-service teachers, Mr Foresto, demonstrating construction methods to Walt Earland of Year 9. It has been fabulous having two pre-service teachers in our Technologies KLA this Term and helping to foster more quality Teachers into our field. They have been a great asset to our KLA over recent weeks.



















Stage 5 iSTEM is a new subject this year and we are looking forward to continuing the subject with a new group of iSTEM students in 2022. This year they have studied Aerodynamics to design and build a heli-plane using Corflute. This semester, through Home-Based Learning they studied the principles of CAD /CAM and motion and are now designing and constructing bottle rockets. The boys have been using the 3D printer, making moulds, vacuum forming plastic and experimenting with a range of materials to construct their bottle rockets, which will be put to the test in the coming weeks.





Mrs Cathy Winter Leader of Learning Technologies

MATHEMATICS

It has been a busy time in Mathematics as we return to School Based Learning.

Year 11/12 and some Year 10 students had an incursion with engineers, cadet engineers and builders from the Sydney Metro City and Southwest project. That project employs 40,000 people across a broad range of skill sets. The incursion presented the students with opportunities for work experience whilst at school and cadetships at university. The students were surprised by the number of pathways presented at the incursion.

Years 8, 9 and 10 were led through a coding incursion using Minecraft led by Mr Alan Prictor.



Over a period of two weeks, selected Year 8 to 10 students participated in the Microsoft Work Experience and Skills Program by participating in Prodigy Learnings 'Coding in Minecraft' credentialing program.

Minecraft is a critically acclaimed video game where players discover and extract raw materials, craft tools and items, and build structures or earthworks. St Pauls students were able to take Minecraft one step further and learn to build structures initially using a visual programming language, Blockcode. Once the basics of coding were understood students began to program in Python, a widely used general purpose programming language.







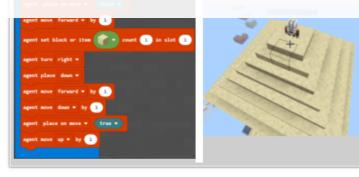








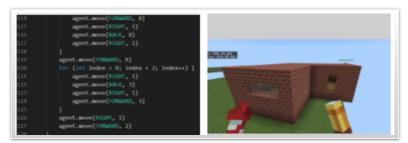




Kye Largier created this Pyramid using Blockcode



Rishi Pande's code create a shape with Minecraft blocks using Python programming language



A sample of the code Joseph Fountain used to create this house

Mr Simon Baker Leader of Learning Mathematics

SCIENCE

Year 7 have been conducting scientific investigations to apply their observation and measurement skills. Students have been understanding how:

- Calculating averages from data is usually more accurate than using just one result.
- Choosing the correct range and intervals for recording data is important to reach valid conclusions.
- Recording data in a table ensures that data is recorded in an organised way.















Year 10 students have been conducting scientific investigations to consider how an understanding of Physics can improve our lives.

Sound waves are compression waves that propagate through different mediums. As students begin to understand the characteristics of sound waves, they can appreciate the Physics of Music and the importance of taking care of one's hearing. It is important to understand noise exposure limits in occupational and environmental situations to be assured that sound levels are safe.





Year 11 Chemistry students have been considering the reversibility of chemical reactions and their implications.

Kidney stones form from sparingly soluble calcium salts and are largely composed of calcium oxalate and calcium phosphate. An understanding of the Haemoglobin and Oxygen equilibrium has important implications for extreme recreational activities such as mountain climbing and diving.



Mr David Longfellow Leader of Learning Science

YOUTH MINISTRY AND SOCIAL JUSTICE NEWS

Vinnies Christmas Hampers















students who have so enthusiastically helped to arrange and wrap the hampers so beautifully. Year 10 students will be personally delivering these hampers on Tuesday 7 December.





Catechist Training and Formation

Well done to the following Year 9 students who have accepted the calling to become Catechists at Harbord Public in 2022: Dylan Cahill, Granger Gorrell, Cruz O'Connell, Lachlan Jacobs, Tek Khulal and Harrison Lowe. Led by CCD Northern Beaches Coordinator Mr John Donnelly and Ms Toni Walsh, students have met through Zoom in the ERC to gain a wider appreciation on what it takes to be a Catechist. Please keep these students in your prayers as they continue to embark on their journey.



5x5 Project

Students in Year 10 have been called on to participate in a College-wide initiative to have every student in the College contribute to the daily prayer calendar in 2022. Each student has been issued a specific date to focus on and identify the significance of that date based on our Catholic liturgical calendar, social justice days, feast days and days of historical significance.



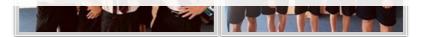












Ms Joanne Kalayzich Youth Ministry Coordinator

SPORT

Basketball

All those interested in representing the school in basketball in 2022 are to attend training / selection.

Year 7 - Friday 7:30am

Year 8 - Tuesday 3:30pm

Year 9 - Tuesday 7:30am

Year 10 - Wednesday 3.30pm

Opens - Friday 3.30pm

Kayaking

Year 8 Students (2022) in Term 1 2022 will participate in kayaking and stand-up paddle boarding activities with Manly Kayak Centre.

Sessions will depart from Manly Kayak Centre, Manly Wharf.

In preparation for this, please complete the below form:





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

BBSSSA Sport Link

Broken Bay Secondary Schools Sport Association link:



Mr Tim Emmerson Leader of Sport

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.



All orders are to be prepaid and will be delivered to your nominated address during the week ending Friday 14th January 2022 for a cost of \$15.95 per order.















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.

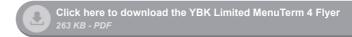
As well as cash, the online Flexischools ordering, and payment service will be available for ordering in

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



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.

The Canteen will remain open in Term 4 for breakfast, recess, and lunch up to and including Thursday 9 December.

Any student who is coming to school on either of these days: Friday 10 December, Monday 13 December, Tuesday 14 December will need to bring their own recess and lunch as the Canteen will be

The Canteen will be operational again in Term 1 from Monday 31 January 2022.













Uniforms may be purchased from Pickles at 43 Carter Street, Brookvale, Phone number 9905, 271







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: ostpaulscatholiccollegemanly

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:



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

