



"Prima Primum" – First Things First

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25 February 2022

St Paul's Catholic College Manly
EDUCATING YOUNG MEN IN YEARS 7 TO 12

OPEN DAY
Wednesday 23 March 2022 | 4pm – 7pm
A safe and supportive community, focused on the learning needs of every student.

Come and visit our College

- Connect with our Student Ambassadors and Teaching Staff
- Actively engage with each KLA's learning displays
- Meet our College Principal and Student Leaders
- Discover how St Paul's will meet your son's learning needs

Enrolment enquiries:
enrolments@dbb.catholic.edu.au

PRIMA PRIMUM: First things first

Darley Road, Manly | Tel: 9977 5111 | www.stpaulsmanly.nsw.edu.au

first of our representative sport competitions to be reinstated, and opportunities like music tutoring to be reinstated.

This week the NSW Premier announced that, although rapid antigen test kits will be supplied to students again for the coming fortnight, that their use will not be compulsory. A more accurate statement would be that the tests have not been compulsory from the beginning, but that they were highly encouraged and have been one of the most successful precautions taken to date. To date every positive case of COVID-19 in our community has been detected by the use of RAT kits. I strongly encourage every family to continue using these tests whenever a member of your family has even the slightest symptoms associated with COVID. Their continued regular use will also help to identify non-symptomatic cases and keep our students, staff and families safe.

From Monday 28 February the College will also implement the changes announced this week by the Premier, including removing the mandate for all students and staff to wear masks whilst indoors. Cohorting, or the separation of year groups, across playground areas will also be discontinued. Parents will now be allowed to visit the College for community events with no particular vaccination status necessary.

Last week we were able to hold our first full College Assembly in The Waterford Hall. To mark the occasion our College Captain James Wood addressed the whole student body for the first time. James spoke about the importance of being proud of who we are as a community, and of each individual student developing a sense of pride in himself. His full address is included below.

College Captain's Address: James Wood

Good morning and welcome staff and students to our very first college assembly. It has been a long time coming and thankfully our lives are slowly returning back to normal with limited interruptions. As a whole school community, we have all returned to school life with a greater maturity, respect and gratitude.

It has been a very busy and productive start to the Term this far, especially for the Year 7s. After the first few days they

PRAYER

Throughout the year the daily prayer of the Church is based on the Psalms. This week the Psalms proclaim, the Lord is our protector, who has brought us to a place of freedom. It is good to give thanks to the Lord. And so, we pray:

We give thanks for the many blessings that you have bestowed upon us, Lord.

For providing us with the resources that have kept our families safe throughout the past two years. For nurturing in us a spirit of compassion that has prompted us to make sacrifices for the good of the most vulnerable among us.

As we prepare to enter into the season of Lent, may we repay your generosity by giving generously to those most in need in our world, by supporting Project Compassion.

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

COLLEGE PRINCIPAL

First, I want to thank our whole community for the way in which you have cooperated with the many precautions under which the College year began. Your consistent use of Rapid Antigen Test kits across our community has not only kept us safe, it has allowed our Year 7 Camp and Year 12 Retreat to go ahead, the

were off to camp, some of them knowing very few people so I congratulate them for beginning the year with such courage. There were many great memories made at camp for all and it was an honour to be there to meet and get to know the Year 7 boys a little better. During the camp, I was able to witness the bonds and friendships that were created during the activities they participated in, which will grow and last for many years to come.

This bond that is created between the St Pauls students is something truly remarkable and unique. It's something that all of us should be grateful for and something all St Paul's boys should take pride in. First of all, what is pride? Pride refers to a feeling of satisfaction from one's own achievements, or possession that is widely admired. All St Pauls students should take pride in the school we go to, because of the unique connections it allows us to make. At this college we hold a brotherhood that isn't seen in many other schools, it's a connection like no other, where all students feel as if they belong. I hope as the year moves on new bonds and lasting friendships will be created and a sense of trust is present between us.

A sense of personal pride comes from being able to identify your purpose, to set clear goals for yourself, and to work hard to achieve those goals. Everyone's purpose is different, due to personal experience and beliefs, however our purpose as a St Paul student is to try our best in all aspects of college life from academics, sports, arts and to participate fully in college life. By having pride in St Pauls, everyone can achieve and can succeed without limitations, reaching their full potential. As well as setting our own goals, it's also important that we encourage each other to work towards their goals. And that we celebrate with each other, not just the achievement of our end goals, but the smaller success along the way. That is how we build a stronger culture. That is how we build pride.

So, one question to ponder is "What do you want to achieve this year, and what kind of person do you want to Be?" What are the steps you are going to take to get there? And What things will you put first?

For the past six years these are the questions that I have continually been asking myself. They are pivotal to our growth. We should all strive to achieve our best because what have we got to lose, everyone has so much potential so it would be a waste to not use it. We should all aim to be a St Paul's student that has respect, pride and courage because fundamentally this will build our character and will allow us to be the best person we can be. To be men that are not just successful but help others to succeed as well.

I personally, am excited for what the year ahead holds and look forward to seeing all students strive to reach their personal goals. To being proud of you all, and all that you will achieve.

Prima Primum

God bless

Mr Michael Reid
College Principal

COLLEGE CALENDAR 2022

For 2022 school dates please refer to the Google Calendar



Please view our College Facebook page

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

ASSISTANT PRINCIPAL

You may have noticed that the College Diary has changed this year from the previous versions in that it is now designed to support the work occurring in the COURAGE classes each fortnight on Thursday. As many of our community are aware, we have a class each cycle called COURAGE. This lesson is based on PERMA and the skills of social and emotional learning. PERMA is the building blocks (Positive emotions, Engagement, Relationships, Meaning and Achievement) that form the wellbeing and happiness of individuals. It is these qualities that we hope to inform through the social and emotional skills that we are working on in the COURAGE classes. The classes are taught by the PC Teacher and support the students to ensure that they develop as young adults that can achieve their potential. The diary supports the work that is being done in the class and I encourage you to ask your son to see his diary and ask him about his COURAGE lesson.

The alternative week to the COURAGE lesson is a Year Assembly on Thursday, led by the Leader of Student Wellbeing.

Last week we held our first College Assembly for 2022. At this assembly we acknowledged the House Captains (Year 11) and the House Leaders (Years 8, 9 and 10). This week the Year 7 cohort will begin the process of selecting their house leaders.

	Bourke House	Gilroy House	Moran House	Taylor House
Captain Year 11	Ben G	Joshua G	Finn O	Lachlan P
Year 10 Leader	Noah P	Finau T	Kody V	Izayah T
Year 9 Leader	Henry P	Matt J	Riley G	Boston N
Year 8 Leader	Kane G	Tadgh M	Aaron S	Jesse R

These leaders have a range of activities that they will be leading their Houses in over the next few weeks of Term 1. Activities, merits, participation in sport, academic awards and other activities all earn points for their House. At this assembly we also awarded the House Trophy for 2021 as we were unable to award the trophy at the end of the year. The winning House (in a close finish) was Moran House. Moran team held their trophy proudly.



As per the guidelines from both NSW Catholic Education and the Department of Health we will distribute Rapid Antigen Tests again this week for the next two weeks. I encourage all students to use the tests twice weekly to ensure their own health and safety and that of others. If your son has not collected his tests due to being away, please remind him to collect them from College Reception.

This week we commenced Homework Club on Monday afternoon (3:30pm to 4:30pm in room S21). Any student can attend Homework Club with Teachers from a range of subject areas available to assist. If your son needs assistance at any stage with class work or assessments encourage him to attend on a Monday afternoon.

In Term 2 and Term 3 all Year 11 and 12 students should be wearing the College Blazer with the long grey trousers. If your son requires a blazer, please ensure that you contact Pickles at Brookvale and have him fitted. It is advisable to get in early before Term 2 commencing on 26 April.

Ms Karen Shawcross
Assistant Principal

DIRECTOR OF RELIGIOUS EDUCATION

At the College Assembly, our Mission Prefect, Tom Dignam talked about the World Day of Social Justice on 20 February. The celebration reflects on guaranteeing fair outcomes for all through employment, social protection, social dialogue, and fundamental principles and rights at work. What can we do to address this, one may ask? Well, we are coming up to Project Compassion which occurs during the season of Lent. Lent is a time for reflection, abstinence, and prayer and one thing we can do is give to Project Compassion which seeks to address these Social Justice issues.

We kick start the campaign with our Pancake Stall on Shrove Tuesday, 1st March. For \$5:00 the students can buy a drink and a 'stack' of two pancakes. \$3:00 buys just the 'stack' of two pancakes (no drink). But even better, if this combo deal is pre purchased then you also get a ticket into the Easter hamper raffle AND you join the VIP line. These tickets can be bought before school and at recess during Week 5. More details can be found in the Youth Ministry item of this Newsletter.

Year 12 Retreat

Year 12 Retreat was an enjoyable and engaging experience. Spending time with all of your mates for a few days without the worries of school work or training made my time there very

relaxing. Throughout the Retreat we took part in many activities and sessions that brought us all closer together and helped us connect with ourselves on a deeper level.

A contest between all the different cabins with the points being accumulated over the duration of the retreat was something that I enjoyed participating in. The free time that was given to us was mostly spent inside the sports hall, the pool table or the veranda of my cabin where all of the boys came to take a break. Having this time to ourselves and the access to these facilities really made the retreat engaging and relaxing.

The first day of the Retreat everyone talked in front of the group and told us about their sacred item they had brought in. This was an item that meant something to us. It was good to hear stories behind all the different items and see them all together. Later that day we all made our way back to the main room to find the walls covered in photos of all my peers as babies and kids. I found this very funny as a few of them looked super different and they had some embarrassing photos of themselves.

On the last night of the Retreat we had a liturgy and a couple of activities that really enlightened me and brought me closer to my mates. A highlight of that night was talking to Father John with a couple of my mates where we decided to create a manly parish cricket team. Father John also answered any questions we had for him which I found illuminating.

The Teachers all told us very personal and inspiring stories that gave me a different outlook on life. These stories, I believe, allowed everyone to become a little more grateful of the lives we live and made us appreciate everything we have. Along with becoming more grateful these stories made me realise that not everything needs to work out straight away.

On a whole, the Retreat was definitely one of my most memorable times at St Paul's and is something that all the boys should look forward to in their senior year of school.

By Tim Wood



Mr Steven Callow
Director of Religious Education

COLLEGE COUNSELLORS

Key strategies will help you build a healthy working relationship with Teachers in the year ahead.

Anxiety is one of the most common mental health concerns for young people. Take a look at this article if you are increasingly concerned about your young person.

<https://headspace.org.au/explore-topics/supporting-a-young-person/anxiety/>

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

VET (VOCATIONAL EDUCATION AND TRAINING) AND POST SCHOOL OPTIONS

Most of our school-based apprentices and trainees have started their training at TAFE and Industry Based Learning on the job sites this week. This is fantastic for our students to have access to these opportunities.

This week I will be meeting with Year 12 to discuss Australian Tertiary Admission Ranks (ATAR), University Early Entry, Upcoming Career and University information sessions.

Students keep an eye out for emails regarding any upcoming events and information sessions.

Careers Bulletin

Click this link for the Careers Bulletin.

Careers information can be found on the following websites.

<https://stpaulsmanlycareers.com/>

<https://www.jobjump.com.au/>

If you would like any further information, please do not hesitate to contact me at garth.aird@dbb.catholic.edu.au

Mr Garth Aird
Leader of Learning VET and Post School Options

YEAR 9 COURAGE REPORT

Year 9 have started the year positively during their Thursday COURAGE sessions. In the first four weeks Year 9 have had a combination of Year assemblies and PC time during COURAGE. Year assemblies have focused on making a positive start to the school year by developing good habits and setting high expectations of the students. Year 9 have responded extremely well as evidenced by the large number of merits the cohort has received already.

The PC sessions have utilised both the College Diary and digital tools that focus on Positive Education. Positive Education involves intentionally and explicitly teaching young people how to develop the skills and competencies to grow their brain's abilities while at the same time teaching them how to acquire the skills of social-emotional resilience. Throughout the year we will be looking to develop:

- Positive emotions and gratitude
- Relationships and empathy
- Accomplishment and optimism
- Engagement and mindfulness
- Meaning and purpose
- Health and strengths

Mr Anthony Noyes
Year 9 and Year 10 Leader of Student Wellbeing

YEAR 12 COURAGE REPORT

Our Year 12 Courage sessions this Term have been divided into the two themes of personal development and community cohesion. Our personal development started with our 'Tomorrow Man' seminars and our Retreat and will later explore topics such as drinking responsibility, positive gender relationships and attitudes associated with gender-based-violence.

Our community cohesion session has thus far been linked with Year 7 building our 'little brother programme'. Each Year 7 student and Year 12 student have been connected and been given time to talk as well as participate in a range of activities such as cricket, table tennis, futsal and more. The idea is for both Year 7 and Year 12 to work as a team and build a sense of trust and respect.

Mr Henry Chapman
Year 12 Leader of Student Wellbeing

JAPANESE

Last week we celebrated Valentine's Day. In Japan it is celebrated a little differently though as only the girls give chocolate to boys. Girls are expected to give chocolates to boys in their workplace, school or other social settings. These chocolates are called *girichoko* or obligation chocolate. So naturally, we celebrated Valentine's Day and all students in Stage 4 and 5 Japanese classes received a *girichoko*. We also made an origami heart too.

I looking forward to White day on March 14th, where boys return to the favour of chocolates to girls but three times as many.





Ms Amanda Kibby
Leader of Learning Languages

CREATIVE AND PERFORMING ARTS

Visual Art

Our Stage 5 Visual Arts students are working on the theme 'Fragments of the City'.

This work will represent their unique idea of utopian and dystopian themes.

After this stage, we will venture into the city and take a collection of photographs which we will then use as inspiration for the next stage of our work.



Music Tuition 2022

This year St Pauls will be offering a variety of extra-curricular music tuition opportunities for students.

Tuition lessons will begin in Weeks 2 and 3, with the following instruments being offered: Guitar, Bass, Drums and Piano. There will be several additional instruments being offered throughout the year, pending student interest.

Stage Band rehearsals will commence in Week 3 on Monday mornings and run between 7:45am to 8:45am in the Band Room (WHL5).

Junior Rock Band will take place on Wednesday mornings between 7:45am and 8:45am, along with the Senior Rock Band taking place on Thursday mornings from 7:45am to 8:45am.

Should you wish to join any of the school bands, please contact me at for further information.

Mr Jordan Waller
Leader of Learning Creative and Performing Arts

YOUTH MINISTRY AND SOCIAL JUSTICE NEWS

SHROVE TUESDAY 1st MARCH

The season of Lent is fast approaching, and the College likes to begin with our annual Shrove Tuesday Pancake Day, raising funds for Caritas Australia Project Compassion Appeal. Project Compassion allows Caritas Australia, the Catholic Agency for International Aid and Development, to work with local

communities around the world to end poverty, promote justice and uphold dignity.

The theme of Project Compassion 2022 is 'For All Future Generations' and reminds us that the good that we do today will extend and impact the lives of generations to come. It invites us to make the world a better place by working together now and finding long-term solutions to global issues.

We encourage you to put your compassion into action this Lent by making a \$5:00 donation, in return you will receive the VIP package of a pancake 'stack' of two pancakes, a can of drink and a ticket into the mega Easter Egg draw, which will be drawn on the last day of Term 1.

Best of all you will move to the front of the line on Shrove Tuesday, no queuing for you that Tuesday!

Together we can make a difference.



Ms Joanne Kalayzich
Youth Ministry Coordinator

Wednesday 2nd March, the school Canteen will be offering a menu for Ash Wednesday, therefore no meat will be sold.

SPORT

Broken Bay Touch Gala Day – Opens and U15s

Last Wednesday, 28 boys arrived at school before dawn to travel to the Central Coast to participate in the Broken Bay Touch Gala Day. The Opens were unlucky to lose in the semi-final against Mater Maria 1-0. The U15s were also unlucky in missing out on a semi-final place. Congratulations to Tim

Wood and Savelio Tamale in their selection to the Broken Bay team.

Thursday Sport

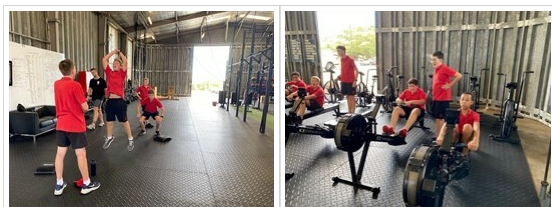
Below are the arrangements for Thursday Afternoon Sport.

Note: Year 7 students can be dismissed from the venue at 3 pm or return to school to catch the bus home.

Year 7 starting their 5-week surf survival course with a 200m swim test.



Year 8 students working up a sweat at North Head Fitness for Thursday afternoon sport.



What a stunning afternoon for Thursday sport for our Year 8 students who are enjoying a paddle on the waterfront in Manly



Broken Bay Events Term 1

Broken Bay Boys U15/U18 Rugby League Trials - Thursday 3rd March

Broken Bay Swimming - Monday 21st March

U13 Boys Touch - Tuesday 29th March

Please express your interest using the following link.

https://docs.google.com/forms/d/e/1FAIpQLSf1we2PM0fkDTYkkw6qLNR5HPLzfJIJ9FMJmU6sS0gCiiMeKA/viewform?usp=sf_link

New South Wales Combined Catholic Colleges (NSWCCC)

Please note that the New South Wales Combined Catholic Colleges (NSWCCC) Sport registrations for individual nominations for 2022 selections are open for the following trials

SELECTION TRIAL REGISTRATION CLOSE DATE

SELECTION TRIAL

REGISTRATION CLOSE
DATE

Cricket Boys 18 Years & Under - CCC	11/02/2022
Squash Championship	11/02/2022
Tennis - CCC	18/02/2022
Baseball - CCC	21/02/2022
Softball - CCC	25/02/2022
Volleyball - Open	25/02/2022
Cricket Girls - CCC	1/03/2022
Triathlon - Intermediate	1/03/2022
Triathlon - Junior	1/03/2022
Triathlon - Senior	1/03/2022
Water Polo	11/03/2022
Diving - CCC	21/03/2022
Swimming - CCC	6/04/2022
Rugby - 16 Years	8/04/2022
Rugby - 18 Years	8/04/2022
Volleyball - 15 Years & Under	8/04/2022
Australian Football - CCC	20/04/2022
Basketball - CCC	22/04/2022
Football Boys U/16 Years - CCC	26/04/2022
Hockey	19/05/2022

* Schools will be asked to nominate teams for the Triathlon Teams event - further communication to come

More details for each sport available at the link below:

<https://csnsw.sport/>

Students MUST be registered for the event with parent and Principal approval (or Principal Delegate).

Registration is through the CSNSW Sport portal. Details on how to register >>

<http://csnsw.atlassian.net/servicedesk/customer/portal/2/article/198901765?src=584134009>

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

BBSSSA Sport Link

Broken Bay Secondary Schools Sport Association link:

<https://csnsw.sport/brokenbay/secondary/home>

Mr Tim Emmerson
Leader of Sport

HOMEWORK CLUB ON MONDAY AFTERNOON

St Paul's offers all students from Year 7 to Year 12 the opportunity to receive additional support for the completion of homework, assessment tasks or test revision.

Our homework club is held every Monday afternoon during Term time from 3:30pm to 4:30 pm in classroom S21 and provides students with a quiet, supervised study space with a variety of Teachers giving support.

Homework Club support staff:

- Mr Ben Arthurs
- Mrs Trish McGregor
- Ms Julie Jones
- Mrs Andrea McKenzie

We look forward to seeing many students there!

Mr Ben Arthurs
Leader of Diverse Learning



NOTICEBOARD

Important Bus Travel Information for parents:

Collection Notice information for parents:

Year 7, 8, 9, 10 and 11, 2022 Textbook Information

The textbook requirements for 2022 are available ONLINE at www.campion.com.au If you still need to place your order, please use BVBT as your code.

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

We recommend you buy or sell your Second-hand books online via

<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

Head Above Water

Raise funds for mental fitness. Registrations now open for Head Above Water 24 hour swimathon from 5th to 6th March.



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.

CANTEEN

- The school Canteen will now be open at lunch time as from Monday 28th February for over-the-counter sales
- Ash Wednesday is 2nd March, therefore the school Canteen will have a 'no meat' menu this day.
- Wednesday 9th March the school Canteen will be closed due to the Swimming Carnival.

Students who have ordered their lunch must collect it from the Canteen on the day of the order.

To register for Flexischools, please follow these instructions

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

The cut off time for lunch orders via Flexischools each day is 9:00am.

Tania and Teresa
Yummy Bears Kiosk

SCHOOL UNIFORMS

All Year 11 and 12 students should be wearing the College Blazer with the long grey trousers in Term 2 and Term 3. If your son requires a blazer, please ensure that you contact Pickles at Brookvale and have him fitted. It is advisable to get in early.

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:

<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
Enrolment's email	enrolments@dbb.catholic.edu.au
Student achievements email:	stpauls@dbb.catholic.edu.au