



"Prima Primum" – First Things First

Darley Road
Manly NSW 2095
Subscribe: <https://stpaulsccmanly.schoolzineplus.com/subscribe>

Email: stpauls@dbb.catholic.edu.au
Phone: 02 9977 5111



8 April 2022

PRAYER

Each week the Diocese of Broken Bay shares a reflection from Bishop Anthony and members of his team, as well as news from around the diocese. This week we are invited to reflect on our Lenten journey.

Has Lent this year been a time of reflection and repentance? Have I stripped away some of the distractions of everyday life and focused on my relationship with God?

Has the practice of self-denial during Lent also been a time of renewal and growth? Of reconnecting with the foundations of my faith?

Has it been an opportunity to recharge my heart and soul? A time of prayer and recognising what it means to be a follower of Christ?

Has it been a time of forgiveness?

As we head into Holy Week, I invite you to take the time to attend some or all the services that make up this most solemn time of the Church's year. To receive Jesus' gift of himself at the Mass of the Lord's Supper, to walk the way of the cross as we remember Jesus' Passion on Good Friday, and to rejoice in the light of the Resurrection and God's promise of eternal life fulfilled.



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

COLLEGE PRINCIPAL

At our recent whole school assembly, I impressed upon our students and staff what a remarkable Term this has been, in trying circumstances. Without reviewing all that we have encountered in the past three months I would like to express my gratitude to our parents in particular for your ongoing support this Term. From rapid testing to your rapid response when we dismissed all students early to ensure that you and they were not caught up in flash floods and fierce storms, I appreciate all that you have done to ensure that we have supported one another, and that your sons' learning continues. In the words of our Patron, St Paul, I thank God for you and pray for you always.

May you have a safe, happy and Holy Easter with time to rest and be renewed by the promises of our God, fulfilled in the resurrection of Jesus.

Northern Beaches Working Party

This week we have received an update on the Strategic Working Party that Bishop Anthony has formed to strengthen and renew the provision of Catholic Education at the Southern end of the Northern Beaches. The working party itself has now been finalised and consists of a core team of CSBB staff across the strategy, community engagement, and human resources teams.

In the past week Principals were invited to meet with the working party to review the scope of the project, its timelines and what its first steps will be.

The working party has begun reviewing both current and projected demographic and enrolment patterns and will progress from there to direct community consultation. At this stage I hope that this will take place at St Paul's in the latter half of Term 2. Once this has been confirmed parents, students and staff will all be invited to participate in the consultation process.

This project is a positive step towards Catholic Schools Broken Bay's goal of delivering an authentic, professional Catholic Education to ALL families on the Northern Beaches.

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

As the Term ends, we can surely say that we have weathered the storm; with the rain and COVID. Throughout the Term we have managed to complete most of our activities without too much rearranging, except for the Year 9 camp which we have managed to postpone until November.

We celebrated the results of the College Swimming Carnival at last week's assembly. Congratulations to those in the Moran House who were the winning house on the day.

Our age champions are:

Under 12 years - Sebastian W
Under 13 years - Connor W
Under 14 years - Lachlan H
Under 15 years - Riley G
Under 16 years - Jack D
Under 17 years - Joseph F
Under 18 years - Ethan S

These boys along with others represented the College at the Broken Bay Carnival and congratulations to both Joseph F and Lachlan H who will be representing the Diocese at the Combined Catholic College Carnival.

This week we also held our Easter Liturgy with the Year 7 classes staging the Stations of the Cross with the assistance of our Year 12 Leaders. The Liturgy was a great success and even the rain did not dampen their spirits as we moved from an outdoor venue into the hall.

Term 2 commences on Tuesday 26th April, this is timetable Week A, Day 2.

All students are to return in their full College winter uniform - long navy trousers for all students in Years 7, 9, 9, 10. All Year 11 and Year 12 students are to wear long grey trousers with all senior boys wearing the College blazer. All uniform items can be purchased from Pickles in Carter Street in Brookvale. A reminder to all that hair and grooming is also to be attended to prior to the first day of Term 2.

Monday 2nd May is the College Photo Day. All orders and payments are made through the Compass Portal and orders are accepted until Monday 2nd May 2022.

Please follow these steps to order photos:

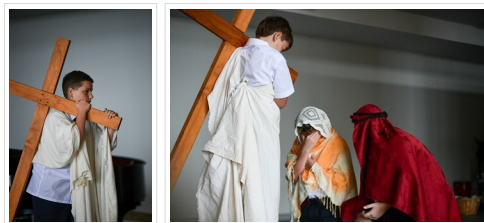
1. CONNECT:
Log into your Compass Portal at:
<https://stpaulsmanly-nsw.compass.education/Photos/>
2. Order:
Place your order online and keep a record of your Order Reference Number.
3. Family orders:
** Must be placed no later than the day before photo day, to capture their photo. **
Please place your order with your eldest child. Order online by scrolling down below the individual packages to find your family ordering options.
4. Orders received after photo day are subject to a \$20 Archive Fee

Ms Karen Shawcross
Assistant Principal

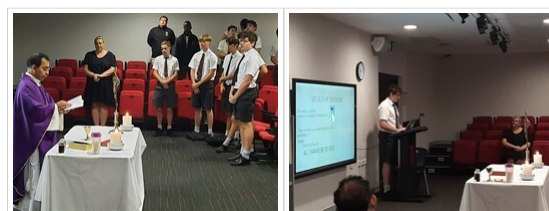
DIRECTOR OF RELIGIOUS EDUCATION

As we head into Holy Week, it is a good time to reflect on our Lenten journey. Did we make a difference to others or contribute to charity? Did we take time to reflect? Did we act in some way to repent – give up lollies or chocolate for example?

Year 7 have been preparing for the Stations of the Cross for their last learning cycle in the lead up to today's Liturgy. The students did a commendable job displaying reverence for the tableaux styled presentation.



Year 11 were our first group to have a Year Mass in the Brother WX Simmons Lecture Theatre with Father John. It was a very lovely Mass where the boys were excellent participants. We look forward to continuing this with other years in Term 2 and Term 3.



Next Term will begin with a busy program in the Mission area with Year 10 having their Reflection Day. This will be followed up with the Feast Day of Edmund Rice Mass on Thursday 5th May. To further develop the sense of service that Edmund Rice exemplified, the Year 10 will then head off to Bondi, to "Our

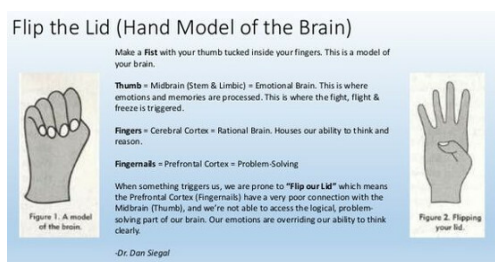
Big Kitchen” and prepare food for the homeless and needy of Sydney.

If anyone has performed any acts of service, don't forget to log them on Compass!

Mr Steven Callow
Director of Religious Education

COLLEGE COUNSELLORS

It may be helpful over the holiday period to keep this image in the front of your mind when dealing with difficult emotions and behaviours from others within our family. Asking the question 'what are the unmet emotional needs?' is a constructive way to start.



When we have 'flipped our lids', the different part of our **brain** are not integrated and, as such, we cannot learn, communicate our needs, stay connected with others or problem-solve. Maintaining a healthy balance in our brain can be very difficult.

Here are some useful tips for what we can all do to help ourselves to become better at 'keeping the lid on':

- **Exercise.** Exercise does not have to be planned or extensive. Jump up and down on the spot. Do some quick yoga poses. Go for a walk or ride a bike if you are able.
- **Deep breathing:** Breathe in slowly and deeply from your tummy, and breathe out slowly, imagining all your worry and anxiety leaving your body as you exhale. Sometimes counting while breathing in and out can further calm your mind.
- **Imagine a comfortable, calm, and safe place.** Imagine yourself in a safe and comfortable place. Feel the safety of it. Put yourself there and try to experience the sounds and sensations of the place.
- **Counting Awareness.** Look outside and count the things you see. You can count the trees, the stop signs, the bushes, even the cars on the road.
- **Laugh and talk with a friend.**

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

VET (VOCATIONAL EDUCATION AND TRAINING) AND POST SCHOOL OPTIONS

HSC VET Sports Coaching - Level 1 Cricket Coaching Course

Students from the HSC VET Sports Coaching class were given the opportunity to hone their coaching skills in front of the watchful eyes of Ben Bryant and Jacob O'Sullivan (Manly Warringah Premier Cricket and Cricket NSW). The workshop was the face-to-face component of the Level 1 Cricket Coaching accreditation course.

The students were challenged with the task of facilitating a game-based activity that developed a multitude of skills in young cricketers, and then further tasked with being able to progress or regress the activity depending on the ability of the participants.

Students took to the course willingly and worked well in collaboration with their session guides to meet the outcomes of the session. They will now complete 7 online coaching modules, and 10 mini-modules through the Cricket Australia Coaching app to complete their accreditation.

This qualification, in conjunction with their Level III Sports Coaching certificate, which they are currently working toward, will help to round out some very well qualified young coaches to inject into local community sport.

Thanks must go to Mr Benjamin Rowse (VET Sports Coaching teacher) and Mr Roy Vumbaca (Head Coach of Manly-Warringah Premier Cricket) for their work behind the scenes in organising the course.



Careers Bulletin

Click this link for the latest Careers Bulletin.

Careers information can be found on the following websites.

2022 University Early Entry Program Information

Click this link to see the cheat sheet for the 2022 Universities Early Entry Program

For more Careers information see the links below

<https://stpaulsmanlycareers.com/>

<https://st-pauls-catholic-manly.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

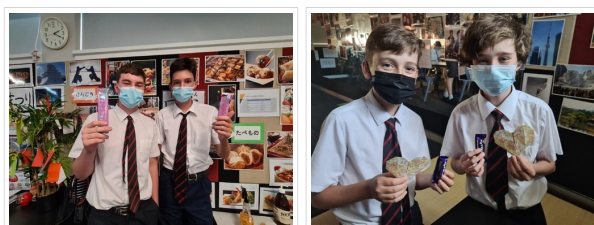
Leader of Learning VET and Post School Options

JAPANESE

We have had a very busy Term 1 in the Languages Department. From receiving chocolates for Valentine's Day celebrations, learning the etiquette around bowing in Japanese culture and learning about Hinamatsuri (Girls Day). We have tried a new food called Chirashizushi in Year 9 and practicing how to write our names and other kanji in calligraphy too.

We also competed in the Education perfect World Championships. We had seven students achieve over 500 points and receive a credit award. Congratulations to Will Abrahamsen, Christian Clemesha, Chris Porteous, Ben Williams, Ben Fergusson, Sam Keen and Marlee Thomas who were our top scorers.

Well done to all of our students in Japanese.



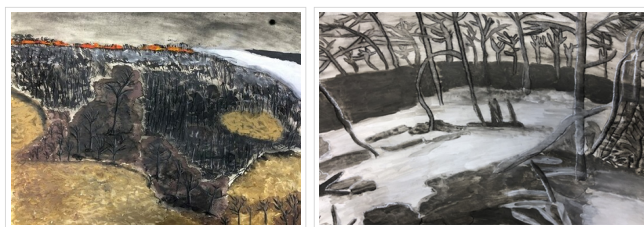
Mrs Amanda Kibby

Leader of Learning Languages

EXPRESS YOURSELF

We congratulate Sean Duffy on his selection to the "Express Yourself" exhibition, at Manly Art Gallery. The exhibition is a selection of the best HSC Visual artworks from the Northern Beaches.

Sean's fifteen mixed media drawings titled "After The Firestorm" were inspired by the hazard reduction burn which turned into a bushfire at Manly's North Head in 2020. The bushfire disasters that have plagued Australia in recent years and have had a significant impact on our ecosystem. Sean stated, "The memory of fire influenced how I wanted my audience to see the environment. Stripped of its beauty, devastated by disaster."



Mr Adrian Walker

Visual Art Teacher

YOUTH MINISTRY AND SOCIAL JUSTICE NEWS

If you are currently in Years 9-12, then come have the time of your life these Easter school holidays with tons of friends you haven't met yet! There'll be heaps of time for games, activities, talks, discussions, prayer, and a chance to grow in your faith! This camp is so big we can only run it once a year so get on board now because you wouldn't want to miss out!

PRAISEFESTS ARE BACK (and in person)! What better way to celebrate our first Praisefest of the year than with our official WORLD YOUTH DAY Launch event? Get ready for some fun and madness, some praise and prayer, a testimony or two and an invitation to the upcoming WORLD YOUTH DAY in Lisbon, 2023! Hosted by the new Glorious team with guest speaker Bishop Anthony Randazzo, the night is set to be full of joy and inspiration. We will leave the College at 4:30pm returning at 10:00pm.



When: 4:30pm - 10:00pm Friday 29th April.

Where: The Light of Christ Centre (Yardley Avenue)

RSVP: joanne.kalayzich@dbb.catholic.edu.au

There are limited seats available on bus.

Ms Joanne Kalayzich

Youth Ministry Coordinator

An Invitation from the Parish of Manly Freshwater

Please join us for morning tea from 11:00am in the Parish Room this coming Saturday - Father John would like to invite you to a talk on "The LAST DAYS OF JESUS" in connection with the Holy Week Reflection on 9th April from 11:30am to 12:30pm at St Mary's Catholic Church, corner of Raglan and Whistler Streets, Manly.

An outline on the talk ... Why did they crucify Jesus?

Under the Roman Empire, we find the divided groups within the Israel people:

- A team of Tax collectors
- Sadducees
- Pharisees and finally,
- Zealots

Jesus' response to these groups, thus leading to His Crucifixion.

We look forward to seeing you there as we begin our journey to Easter.

HOLY WEEK AND EASTER LITURGIES

St Mary's Church, Manly	St John the Baptist Church, Freshwater
14th April Mass of the Lord's Supper at 7pm Followed by Night Prayer	14th April Mass of the Lord's Supper at St Mary's Manly only, at 7pm 15th April Good Friday
15th April Good Friday Stations of the Cross at 10am The Lord's Passion at 3pm 16th April Easter Vigil at 6pm 17th April Easter Sunday at 8:30am, 10:30am and 6pm	Stations of the Cross at 10am The Lord's Passion at 3pm 16th April Easter Vigil at 6pm (not 5pm) 17th April Easter Sunday at 9am

SPORT

Unfortunately, several events were postponed due to the weather, including the eagerly anticipated U13s Touch Gala Day.



Congratulations to Austin Hollands (Year 9), who has gained selection to represent Sydney Metropolitan Catholic Schools at the NSWCCC Australian Football Trials at Wagga Wagga in May.

Congratulations to the St Paul's Team (including College Captain James Wood) that swam in the "Head Above Water Swim" from 8-10pm on Saturday night 26th March.

They raised \$3,106 towards Men's Mental Health!



TERM 2

Dear Students,

Please complete the below form if you are interested in representing the College in a sporting team next term.

https://docs.google.com/forms/d/e/1FAIpQLScLorVn5o3wjaQIWbyOJSum4irgolcd-8I7_Mm44dwcxBOTaA/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:

Rugby - 16 Years	8/04/2022
Rugby - 18 Years	8/04/2022
Volleyball - 15 Years and 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 via the link below.

<https://csnsw.sport/>

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

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

Mr Tim Emmerson
Leader of Sport

DIVERSE LEARNING

Diverse Learning supports all learners at St Paul's and provides dedicated, focused support for students with disabilities who require adjustments. Through the NCCD, schools are required to submit data on the number of students requiring adjustments and the level of support. Details of this data collection can be found on the Australian Government NCCD Parental Fact Sheet. For further information please contact Mr Arthurs, Leader of Diverse Learning.

<https://www.nccd.edu.au/sites/default/files/fact%20sheet%20for%20parents%20guardians%20and%20carers.pdf>

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:

Music Lessons at school:

DEE WHY MOBILE BLOOD BANK

Time to give blood and change lives? 1 in 3 people in Dee Why will need blood, and they need people like you to give it. We're coming into town from 19th to 24th April. Don't forget to pre-book your spot at Lifeblood.com.au, on our app or on 13 14 95.

YOUTH WEEK 2022

Youth Week 2022 kicks off across NSW 4th to 14th April 2022.

The theme for Youth Week 2022 is 'It's up to YOU'th'. This year will see a combination of 24 diverse activations across the Northern Beaches through partnerships with community organisations and Council.

Council's Youth Advisory Group have been actively involved over several months in the lead up to Youth Week 2022.

<https://www.northernbeaches.nsw.gov.au/services/youth/youth-events/event-calendar>

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

School Canteen Assistant



Yummy Bears Kiosk Pty Ltd is seeking a School Canteen Assistant to commence in Term 2 - come and join our friendly YBK Team at St Paul's Catholic College Manly.

We are offering a permanent part-time position, 3 days a week and we work 40 weeks per year during school Term only from 8:00am to 2:30pm.

New Employees are required to apply for a Working with Children Check and Food Safety Certificate. Mandatory COVID vaccination proof or valid medical exemption evidence.

For more information, please phone Tania on 0423 855 273

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.

[attachments/St%20Pauls%20Catholic%20College%20Menu%202022.pdf](#)

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

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