



"Prima Primum" - First Things First

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17 June 2022

PRAYER

For people not familiar with the faith tradition of our community the doctrine of the Holy Trinity can be confusing - *'What do you mean that there is only one God **and** that there are three persons in God?'*

I sometimes explain it to students using the example of my own wife. When we gather together with her family to celebrate, she fulfils three very different roles. As well as being my wife, she is both mother to our children and, at the same time, daughter to her parents. Each of these relationships is unique, and none of them makes the others any less real. It is not the best explanation, but there are times in our lives when God plays very different roles too.

As Father, God is the creator of all life and everything that is good in our world. In the person of Jesus, our God is a living example of how we can best fulfil our humanity, and the means of our salvation through his self-giving love. The Holy Spirit is the ongoing presence of God in our lives, moving and shaping our hearts and minds to recognise and desire what is good. One God, who relates to us in different ways, according to our needs and God's will.

And this is what we have celebrated this week on Trinity Sunday.

*O God, who gives us life, draws us to you and watches over us,
we give thanks for all that you are and all that you have given us.
May our lives be worthy of your love and trust in us - may we use
our gifts to make the world around us more just in your name.*

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

COLLEGE PRINCIPAL

If you have been following our Facebook page since our last newsletter you would have seen just how much our students have been up to and continue to accomplish.

- Our Year 11 VET Sport Coaching and PDHPE students have been putting their knowledge and skills to good use leading sport and recreation activities at St Kieran's Manly Vale and St Mary's Manly
- A number of Year 7 and 8 students have led mathematics workshops, coaching boys, and girls at St Mary's as part of the Australian Mathematics Trust Challenge
- Our Year 10 Student Catechists have led Scripture classes at Harbord Public School on behalf of the Manly Freshwater Parish
- Year 8 participated in a practical assessment in Food Technology, planning and catering for a large-scale High Tea that they and their teachers all enjoyed
- A volunteer group of students again prepared meals for the One Meal charity, supporting those most in need in our community
- Our music students from Years 7 - 12 put on a showcase of their talents for their parents and teachers
- Year 9 took part in a Reflection Day focussing on the Emmaus story and their own encounter with Jesus in our community, and
- Our Year 8 students prepared a complex menu of traditional Japanese dishes, cooking and serving them in Japanese to a very appreciative Master Chef judging panel including Ms Shawcross, Mrs Pervan and Kaz Waka san, owner of Waka Japanese restaurant in Manly.

The number of opportunities for enrichment and service that St Paul's continues to provide for our students on a regular basis

is what sets the College apart from many other schools, as a true community of learning. And none of it happens without the generosity and dedication of our wonderful teaching and support staff. As we enter the final weeks of this Term, I am incredibly grateful for all that they have done and continue to do.

Staffing Announcement

I am pleased to announce that we have secured a wonderful candidate for the role of Leader of Learning English, commencing in Term 3. Mr Chris Falkland comes to us with twelve years' experience including as Acting Head Teacher of English at The Forest High. Most recently he has worked at Balgowlah Boys High School where he was highly regarded as a leader within the English faculty.

I am also pleased to announce the return of Ms Jessica Weight to the College. Ms Weight will also be teaching English from Years 7 - 12 from the start of Term 3.

Northern Beaches Working Party

Last week I shared an email with all families that included an invitation to complete a community survey as part of the consultation process into the provision of Catholic Education on the Northern Beaches. I encourage every parent to complete the survey and to share it with your wider family and friends so that the views of our whole community are taken into account in this process. You can find the survey [HERE](#) .

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

Over the last couple of weeks, the weather has been kind to us in that the students have been able to get outside at recess and lunch and once again resumed the many games of basketball, touch football and handball. However, it is also noticeable that parts of the clothing are not the correct items of uniform. The uniform is clearly outlined in the College diary and on the College website. There is no need for any student to be wearing a grey or black sweatshirt/hoodie as part of the uniform. Students will be asked to remove the incorrect item(s), and these will be held by the Leader of Student Wellbeing for the week. In repeated cases demerits will also be issued, leading towards a detention.

Recently we have completed some much-needed repairs to the boys' toilets. These repairs came about due to students being in bathrooms for extended periods of time, either during class time or breaks. Therefore, it is now practice that all students must have their diaries signed by the classroom teacher in order to leave class for any reason. All students are issued with a college diary at the commencement of the year and there is no reason as to why it is not being taken to every class. If a student does not have their diary with them, they will need to use the bathroom only during breaks. We hope that this will reduce the amount of damage that is being caused.

Mobile phones and other devices are often the item that creates much concern with young people and parents. Last month I notified parents of a webinar related to gaming and if anyone was concerned about their son's gaming. You may have missed this webinar or would like additional information; next week (21 June 7:30pm-8:30pm) there is a webinar designed to help kids stay safe by knowing the benefits and the risks of online gaming. This webinar is aimed for parents with children between 8 and 13 years of age and will cover the following.

- the games young people are using and how they are engaging with them
- the benefits of gaming and how to mitigate the risks
- practical strategies to use at home and where to find help and support if things go wrong.

If you are interested in this webinar, please register with eSafety Commissioner website using this link .

Next week on Wednesday June 22 we will be holding the College Athletics Carnival. Details of this carnival have been sent to all families via the Compass Portal.

Ms Karen Shawcross
Assistant Principal

DIRECTOR OF RELIGIOUS EDUCATION

Year 9 Reflection Day

Last Thursday saw the Year 9s attend their reflection day. The activities were designed to develop the elements of the liturgy that concluded the day. The day started with a bang with Simon Hyland from CSBB giving a singing masterclass. Who knew the Year 9s could sing so well? In addition to singing some well-known songs and a little choreography, the boys practiced a couple of the Hymns we will use in the St Paul's Day Mass on 29 June.

The group was then split up into 2 groups to do a labyrinth reflection activity and some theatre sports games that led to the creation of tableaux's of the theme for the day which was the road to Emmaus.

Despite a few pizza issues, the boys were great and got stuck in really well.

St Paul's Day Mass

The celebration Mass will be on Wednesday 29 June at St Mary's Church. We would really like to see the improvements in

our singing continue and will be giving **Pizzas to the best year group** for their singing!

Vinnies Appeal and Winter sleepout

We will start collecting for the Vinnies Winter appeal in Term 3, culminating in our winter sleepout on **5 August**.

Information will be released during the College Assembly in Week 9.

Mr Steven Callow

Director of Religious Education

TEACHING AND LEARNING

As we near the end of Term 2, the realisation that their secondary education is nearing an end, is becoming much more real for Year 12. As many complete their penultimate school-based assessment tasks, the trial examination period is looming large. All Year 12 students should have settled into a regular study and revision program so that they are not only completing course work but are readying themselves to make the most of the opportunity that the trial examinations present. I encourage all Year 12 students to make the most of any opportunities made available to them over the next weeks, as they prepare for trial examinations.

Year 11 students will have received their interim reports this week and will have Parent/Teacher/Student meetings next Monday evening 20 June. This is an invaluable opportunity to receive feedback on your son's progress. Year 11 is very important as it allows students to practice and develop the requisite skills for Year 12 success. I encourage parents to ask their sons' teachers for areas of strength and areas for development; early recognition for areas that need further development gives sufficient time to adopt best practice for Year 12.

Year 10 continue to prepare for their Stage 6. The individual HSC planning interviews with students, parents and staff show the commitment that all parties have to a successful senior secondary experience, and post school options. I thank all involved for the way in which they have engaged with the process, and the effort of the Year 10 students in committing to an appropriate HSC pattern of study.

Teachers of students in Years 7–10 are preparing Semester 1 reports for students. These reports not only give a snapshot of where each student is currently sitting in his learning journey, but more importantly it provides a starting point for Semester 2. I encourage all students to review their reports with an eye to identifying what has worked, and what adjustments can be made to show growth during Semester 2. Parent/Teacher/Student conferences will occur in Weeks 1 and 2 of Term 3. Information on booking meeting times will be made available through Compass towards the end of Term 2, and during Week 1 of Term 3.

Mrs Trish McGregor

Director of Teaching and Learning

COLLEGE COUNSELLOR

Teaching kids to be kind

Judgement and criticism are the stock in trade for many people in today's fast-paced world. In our playgrounds and parks, children often act cruelly or are simply uninterested in how other people feel. Little kids, big kids, and even adults can respond reactively and unthinkingly, or sometimes intentionally, with unkindness.

<https://www.happyfamilies.com.au/articles/the-screens-issue>

<https://www.happyfamilies.com.au/articles/how-to-stop-telling-and-yelling-and-how-to-connect-with-your-teen>

Feeling very angry and frustrated all the time, or being around someone who is always angry, is exhausting and stressful. Our guide below will help you understand what causes anger and how you can help someone who is feeling angry.

<https://au.reachout.com/articles/when-someone-is-always-angry>

Mrs Mary Thomas: Monday, Tuesday, Wednesday

Mrs Danika Mouldsdales: Thursday, Friday

College Counsellors

VET (VOCATIONAL EDUCATION AND TRAINING) AND POST SCHOOL OPTIONS

VET Construction Work Placement

Work placement is a mandatory component of the VET Construction course, an invaluable experience for our students that allows them to have a real taste of working in the industry and the opportunity to start networking with industry professionals. The College would like to thank all our employers for supporting our students here are some photos of our students on placement.



Lachlan Cahill was working on a large renovation project. He was placed with Nsync Constructions, a local family-owned business operated by Chris and Melissa Snell, parents of ex- St Pauls student Kye, who also works in the company.



David Adula Taylor was working with Taylor's Tile and Stone, supervised by Gerald and David during the installation of a decorative stack-stone wall.



Hayden Brannon working with Two Brothers Tiling, working with Martyn on a large, tiled veranda project.

Careers Bulletin

https://drive.google.com/file/d/1cyPxFn_j1ExiMiUVuM7TAWG0pOrDBXQv/view?usp=sharing

2022 University Early Entry Program Information

<https://drive.google.com/file/d/1CosKsvfCYnU1lxPBj-pDX1BxvjiKHw94/view?usp=sharing>

2022 University Open Days

https://drive.google.com/file/d/1Vqp7dsrZz6-YZ_27pqkINKaV-AFKrfe9/view?usp=sharing

For more Careers information see the links below

<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

SCIENCE

St Paul's Students - Custodians for the Environment

Since settlement hundreds of species have become extinct across Australia including insects, frogs, birds, mammals, and plants. This Term our Year 7 students have been considering the role of zoos in a modern society and their contribution to research, conservation, education, and the survival of endangered species.

When we visited Taronga Zoo, students considered how enclosures can be designed to meet the needs of viewers, carers, and the animals in care. A scientific approach to understanding the behaviour and welfare of animals will surely help students to better understand and promote the conservation of endangered species into the future.



Year 8 students have been investigating body systems in their studies of the biological sciences. Through scientific inquiry they have considered the importance of maintaining a healthy diet and regular exercise for organs such as the heart. Students have appreciated how the heart is such an amazing machine beating around 3 billion times in an average lifetime. Scientific understanding can help us all to make healthy, reasoned,

evidence-based decisions to help our organs perform their vital functions.

Year 9 Science Students at St Paul's are helping to create Greener Communities

This Term our students have recently completed some impressive citizen science projects in cold and windy conditions on two of our local beaches. They surveyed the top 2cm of sand, used the processes of sieving and floatation to find and remove microplastics which were then sorted by colour and type. Our findings will be peer reviewed by the Northern Beaches Council and Macquarie University before being added to a national database and added to a hot spot map that allows our community to see the colour, type, size, and average quantity of microplastics per square metre found in sample-sites across Australia.



Leader of Learning Science
Mr David Longfellow

TECHNOLOGIES

Students have been working hard in TAS throughout the Term.

Year 7 enjoyed making their surfboard shaped serving platters. These platters turned out great and are excellent for serving fruits, cheese etc. The boys have also developed their CAD skills and are working in Sketchup to develop a range of 3D models.

This Term Year 8 have made a range of meals in the kitchens from biscuits to sausage rolls and cupcakes. The end of the term culminated in Year 8 making and serving a High Tea for themselves and their pastoral care teachers which was a hit by all accounts.



In stage 5 students have been working away in a range of subjects. In IST students have started developing 3D games in Unity. In iSTEM, students have been looking at circuits and coding with the Arduino platform. In timber students have completed their jewellery boxes and folding tables, many of which were fantastic examples.

Year 11 are almost into their last term before Year 12 and are busy with assessments and completing their coursework. HSC students are looking toward consolidating their learning and the trial HSC exams which are now coming up very fast. I wish everyone an engaging and exciting Term 3!

Leader of Learning Technologies
Mr Callum Endacott

YEAR 9 JAPANESE COOKING CHALLENGE

Yesterday, our Year 9 students put their cooking skills to the test in a Japanese cooking competition. As part of their assessment task students were in three groups cooking three Japanese dishes per team for our guest judges- Kaz Wakai- the owner and chef of Waka restaurant, Manly, Karen Shawcross- College Assistant Principal, Nicola Pervan- Library Technician.

The students did extremely well not only cooking their dishes but introducing themselves in Japanese, handing over their dishes in a Japanese manner and explaining their dishes to the judges.



Mrs Amanda Kibby
Leader of Learning Languages

YEAR 7 WELLBEING

As Year 7 navigate their way through their second term, it is expected some students may find various aspects of high school life testing and at times overwhelming. Over the past 18 weeks, new friendships have been forged, some have been strengthened, and at times, peer relationships have been challenged. It's normal for students' relationships to change, especially as they transition to secondary school. Through our COURAGE sessions this term and next, we hope to better equip students with the skills to adapt and cope with these changes and help them to develop social resilience.

A key focus this term has been on developing and maintaining respectful relationships. Students have engaged in activities which have prompted them to identify qualities which they think "help" a friendship, and those which "hinder" a friendship. In groups, students were asked to prioritise two or three qualities which they value most in a friendship, as well as one they all agreed would let them down. This led into discussions around the importance of "speaking up" to friends, encouraging strong communication and boundaries which help students to surround themselves with people who bring out the best in them. Students reflected on their own ability to "speak up" to their friends and gauged whether this was an area where they could improve to ensure that their friendships are supportive of them and their individual needs.

More recently, we have focussed on the power of self-talk, placing a spotlight on the way in which we talk to ourselves and how this influences the way that we feel. Steve Harvey uses a simple analogy of two foremen and their factory workers to describe the different outcomes which originate from positive or negative self-talk. Negative mind chatter can pull down their moods and attitudes if they are not contested. However, positive Self-talk is a great way to change their thinking from can't do to can do. Students thought about time where they have struggled and identified situations which could be improved with positive self-talk.

As a parent, taking the time to understand how your son is experiencing and connecting with others in their world can help them to learn how to navigate their relationships successfully and independently. I encourage you all to continue to have conversations around the topics they have been exploring in COURAGE and reinforce the importance of developing resilience strategies to support their emotional wellbeing.

Ms Maddie Hogarth
Year 7 Leader of Student Wellbeing

YEAR 11 WELLBEING

In COURAGE this Term, Year 11 have had sessions that focused on different aspects of what COURAGE stands for, and why it's such a valuable mantra for a senior student. The table below shows what the term to date in COURAGE looks like (each session is hyperlinked for your previewing perusal):

Week 1	Autonomy	Year Assembly: What progress looks like
Week 2	Responsibility	COURAGE PC: NESA rules
Week 3	Ethical Awareness	Year Assembly: Service, Charity and Leadership
Week 4	Organisation	COURAGE PC: Career's Expo Preparation
Week 5	Autonomy	Northern Beaches Career's Expo Excursion
Week 6	Grit	COURAGE PC: Halfway point BBQ
Week 7	Curiosity	Year Assembly: The hard work you don't see for the result you do

Their year theme, "Going Atomic" (from James Clear's 2018 book *Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones*) has been a consistent focus throughout these sessions. From a look into the British Cycling team's record-breaking performances through Dave Brailsford's "1% theory", to the way Bamboo grows, and now to Usain Bolt's training regime. Year 11 are learning about the need to make small changes, be consistent in their efforts, and live-in faith that the long-term rewards of their efforts will come. In the final weeks of term, and in the same vein, the students will focus on:

- The HSC, ATARs, ROSAs and UAC
- Year 12 Jersey Design Competition
- St Paul's Day activities



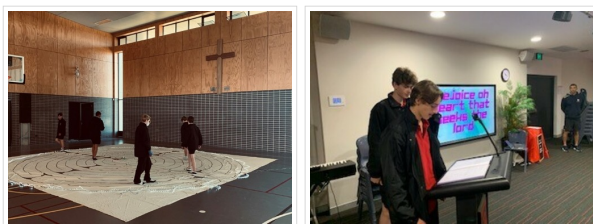
As always, check the Year 11 Google site for your one stop shop for all information for Year 11. Also, don't forget to book in for Monday night's (20th June) Parent-Teacher-Student Interviews. Direct feedback about performance is a powerful tool, and something I hope all the student's ears and minds are open to.

<https://sites.google.com/dbb.catholic.edu.au/sspcmpreliminary/home>

Mr Ben Rowse
Year 11 Leader of Student Wellbeing

YOUTH MINISTRY AND SOCIAL JUSTICE NEWS

What a way to end last week with Year 9 enjoying their Reflection Day. The "Emmaus journey" began with a master music session with the talented Simon Hyland followed by prayerful walk with the labyrinth and meditation. Students enjoyed theatre sports, which culminated into liturgy before a pizza lunch.



Ms Joanne Kalayzich
Youth Ministry Coordinator

SPORT

Due to the adverse weather conditions in Term 2, the Peninsula Cup Football Competition will be replaced by a Gala Day for U14s, U16s, and U18s.

Congratulations to Savelio Tamale (Year 12), Joshua Gedz (Year 12) and Izayah Thomas (Year 10) on their representative selections in the 2022 NSWCCC Rugby Union teams.



The Open Rugby team will be competing in the Peninsula Cup Rugby Final on Monday 27th June (venue to be advised). Good luck to the boys!

Basketball Trials for Semester 2 took place during Week 8. Many of our teams will be in the semi-finals this week in the MWBA competitions. Well done to the Year 7 basketball team. Despite losing the semi-final, they have had an enjoyable first season together.

Internal Sport

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
- Ms Andrea McKenzie

We look forward to seeing many students there!

Mr Ben Arthurs
Leader of Diverse Learning

NOTICEBOARD

Enrolments and College Tours

We are currently enrolling students in Year 7 2023 and Year 7 2024. Prospective families are invited to join one of our regular tours of the College with Michael Reid. To register please email stpauls@dbb.org.au. or phone 9977 5111

Collection Notice information for parents:

Music Lessons at school:

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 immediately - 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. (negotiable).

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.

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.

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.

<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